

Score



The home of Scottish Orienteering

December 2020

First time
planners &
orienteers in
a time of
Covid



Celebrating women
& girls in our sport
2021 squad news
Festive O puzzle

Back
orienteering
Crystal O Ball 2021
Windswept at
Moravian

What is
Turf?



Welcome

Welcome to the December 2020 issue of Score the last of the year and what a year - certainly one we never could have predicted. In this issue we are concentrating on the positives from 2020: the way Scottish orienteers have been learning new skills from planning to MapRunF and Turf, new ways to enjoy orienteering and new partnerships and their event potential. Normally this time of year we would be giving you league and competition results aplenty but instead we have news of squad selections and we are delighted to be celebrating women and girls in our sport.

I am very much looking forward to a fresh start for orienteering in 2021 and, as part of that, I have asked members of the SOA team, the board and our Score contributors to look into their crystal balls and tell us what they see in the future. I for one hope for more events: I was so grateful to get out with my club RR at beautiful Teviothead - and even though it was on what proved to be the wettest day of the year so far - we all had big smiles on our faces. With that in mind I wish you all the best for a great new year of orienteering in 2021!

Bridget Khursheed

Score Editor

score@scottish-orienteering.org



About orienteering:

Information on orienteering or any SOA activity, as well as addresses of clubs, details of groups and a short guide to the sport are available from:

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score@scottish-orienteering.org

Score is your magazine so please share ideas for content (many of you already do) by sending articles and images. I am also combing our orienteering social media for ideas and stories.

The Editor takes full responsibility for any errors please let me know!

Studying for a career in journalism, marketing or comms? Interested in photography or making videos, there are opportunities for interning on the SOA comms team; junior orienteers still at school remember doing some work on Score could help with your DofE or Saltire Awards volunteering - get in touch if this is you at score@scottish-orienteering.org

The front cover photo is from our Summer photo competition winner Colin Brash (STAG) who also scooped highly commended with this beauty - he said "The photo was taken at the STAG Score event at Cumbernauld Community Park while out collecting controls with Jo in a blizzard. The "lady" statue - Arria she's called - sits above the M80 on the edge of the park. Built by artist Andy Scott his other works include the Kelpies at Falkirk."; photo of Bridget on this page taken by Sam McKinnon (RR)

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Coming up in this issue

Enjoy December **Score** - packed with lots of O goodies to look forward to 2021!

Orienteering2021 crystal ball



Women & girls in sport

Windswept at Moravian



SOA team updates



From the SOA Board of Directors:

We want to thank the dedicated volunteers up and down the country and the entire SOA team who have worked so hard during 2020 in what has been an orienteering year like no other. Thank you too to all the members who attended our EGM on 25th September and to those who submitted proxy votes ahead of the meeting. Our focus is on making sure we achieve our O strategy goals and

that we secure the future of our sport, we are here for our clubs and for you. We welcome to the Board as Directors Tim O'Donoghue and Bridget Khursheed and extend our thanks to Anne Hickling continuing as Development Director and Richard Oxlade as President. We are also very sad to say goodbye to Ade Chapman who has had to resign due to a move down south after making a huge impact as Operations Director. There are still director positions available - make 2021 the year you volunteer! And in the words of Liz Orr our hard-working secretary "Seasonal wishes to all in orienteering. In these constraining times if all else fails get out and enjoy the Winter weather and all it offers, in the sure knowledge Spring is round the corner."



Fiona Keir Chief Operating Officer and Child Welfare & Protection Officer says:

I am delighted to see SCORE back in print edition as we round the year off, I hope this landing on members doorsteps will raise a smile especially for those who reside in more restricted areas at the moment. This bumper festive edition of SCORE is another great

example of just how much the clubs, SOA staff and the sport has managed to achieve during a challenging year. Little in 2020 has gone to plan but we have all adjusted and adapted and continue to offer a variety of opportunities for everyone to enjoy our sport. I want to extend my thanks to the SOA Board of Directors and the many SOA volunteers who continue to put in considerable efforts often out of sight, I want to acknowledge their contribution and express our appreciation. I look ahead to 2021 with hope as we look forward to a 6Day event in Lochaber and continue to evolve as a sport to maximise opportunities to enjoy orienteering across the country.

Trophy news from Sally Lindsay (SOA Trophy Co-ordinator)

In the absence of any further Scottish Championship competitions this year, trophy holders are able to retain their trophies for longer than usual.

That means the trophies can remain displayed on your mantelpieces for a while longer you lucky winners; just a shame we cannot welcome visitors to our houses at this time to show them off! Please look after them until you hear from me! If anyone wishes to hand a trophy back, please email trophies@scottish-orienteering.org to arrange this.



The trophies waiting for 2021!



Here is the very latest **WOC 2024** news from **Paul McGreal (RR) Event Director**:

There's not much to report from WOC2024 HQ. Earlier this year at the request of IOF and as a result of the Danish WOC2020 organisers being impacted by the C-word, WOC Scotland moved dates from 2022 to 2024. The Organising Committee remains intact, but we're 'hibernating' for a while until we need to wake it

up again in late 2021/early 2022. I'm still on-board for a few hours a month to keep things ticking over. We do still very much want to recruit a couple of positions on the OC though - particularly a Volunteers Director. We need someone to help us specify, recruit, train, brief and generally look after the WOC2024 Event Team. We envisage recruiting volunteers both from within orienteering (an amazing and exciting opportunity to get involved at close range with the World Championships, probably the highest profile orienteering event the UK has ever staged!), and outside the sport (a great way for us to introduce the sport to new people). We might need up to 400-500 volunteers in various roles across the event. It's a big project, and literally (probably!) a once in a lifetime and hugely rewarding opportunity to be at the heart of WOC. The Volunteer Director does not necessarily need to be based in Scotland. Does this sound like you? Get in touch for a chat - paul@woc2024.org



Here's the latest news on the **2021 Scottish 6 Days** from Dave Kershaw and Richard Oxlade:

The event slips into August (1st to 7th) because of O-Ringen and we do of course want to welcome our Swedish friends and many others to Scotland after this major event.

Final venues and programme for Lochaber 2021 are close to being agreed and there are some fantastic new areas being used. Look forward to an amazing 6 days of orienteering taking us on a highland journey through Achnacarry, Ardchattan, Arisiaig, Creag Dhubh, Creag Meagaidh, and Inverlochy

Watch out for tickets going on sale a little later than usual at the beginning of January and stay alert if you want to get those coveted early numbers.



Photos: © Colin Matheson & Nevis Range



ScotJOS 2020/2021

Congratulations to all who have been selected to join the 2020/21 Scottish Junior Orienteering Squad (ScotJOS).

Given the lack of races in the past year, the selections were conducted with input from all the Regional Orienteering Squads and we thank everyone who helped with this. The ScotJOS Team are looking forward to working with the squad and regulations permitting hope to be able to hold training sessions in the coming months.



Adam Barrie	MAROC
Alice Kemsley	BASOC
Alice McCartney	CLYDE
Angus Ivory	INT
Angus Laird	INVOC
Anna Cox	BASOC
Catriona Chapman	MAROC
Daisy McNamara	AYROC
David Ivory	INT
Ellie Darlow	RR
Ewan Musgrave	MAROC
Faith Kenyon	MOR
Finlay Raynor	INVOC
Fiona Eades	INT
Hannah Kingham	MOR
Iris MacMillan	ECKO
Isobel Howard	MOR
Jamie Connor	FVO
Jamie Goddard	FVO
James Hammond	FVO
Joel Gooch	MAROC
Jonas Newey	MAROC
Kate McLuckie	MOR
Laurence Ward	INT
Maja Robertson	ESOC
Michael Bishenden	MOR
Oscar Shepherd	INVOC
Pippa Carcas	INT
Rachel Brown	ESOC
Ranolph Whitehead	MAROC
Ruth Gooch	MAROC
Sam Griffin	GRAMP
Sam Hunt	FVO
Yann Newey	MAROC

First time planners: workshops for planners

Lynne Walker Scottish Orienteering Planner Advocate gets up to speed with SOA planning

This initiative was started in June 2020 by Denise Martin (Coaching & Volunteering Manager). Denise got together a group of people who wanted to know more about planning courses for orienteering events; along with the group of enthusiasts Denise also sourced trainers for the online workshops. Since completing the workshops - and the easing of lockdown regulations - a few of this initial cohort of planners have gone on to plan events for their clubs (see next section) and they have also been involved in planning some courses for MapRun. Scottish Orienteering, through Ade Chapman (our outgoing Operations Director) realised that this initiative could be expanded and so I was invited to take on the role of Planner Advocate. The responsibilities of the Planner Advocate are outlined in the document 'Scottish Orienteering Event Officials Guidelines and Framework'; from this and given the current circumstances around COVID-19 restrictions, I decided on the following short term goals:

- To expand the current number of planners in Scotland by giving initial training to people who are keen to get start planning orienteering courses.
- To develop existing planners by building their confidence with regard to planning a range of courses.

- *An example course title*

Planning Easy Courses is Hard

White and Yellow
Technical Difficulty TD1 and TD2
David Robertson

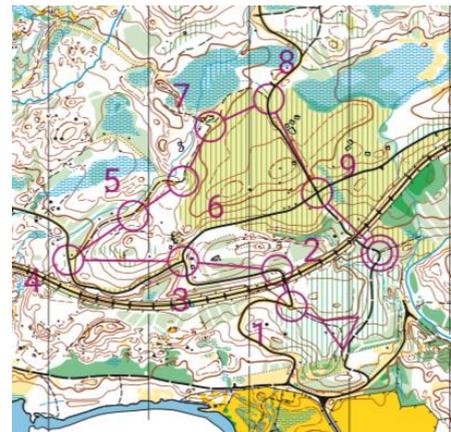
- To look at issues relating planning orienteering courses.
- To help clubs expand the number of planners by offering training they could tailor to their own situation.

People have become used to doing a lot of development through online sessions so a programme of workshops was developed and advertised in September - October 2020. These covered topics from:

- 'Working together as a team' - Together Everyone (Planner / Organisers / Controller) Achieves More.
- 'Getting started in planning' - gaining confidence in the 'how to' plan courses and getting to grips with the software.

Rogie White one of the maps featured in the course

- 'Long vs Middle distance planning' - similarities and differences.
- 'Taping control sites' - 'how to'.
- '2DReRun' - using for comparing route choices especially in urban areas.



They take the form of either discussions / workshops for an hour to a series of workshops spread over a period of time (to allow for the delegates to work on their planning skills for that topic). Approximately 60 applications for the workshops were received - and then it was sourcing trainers for the workshops! I have been able to source trainers who are knowledgeable in the particular areas the workshops cover and they will be using their expertise to develop planners in Scotland; I wish to thank these trainers for their volunteer time with regard to the workshops they are delivering. This programme is running until January 2021. By delivering the courses online people from all over Scotland have been able to attend without the expense (both in terms of time and money) of travelling to a central location. The discussions are also enriched as

people from different clubs have a different experience to bring to the workshop; the enthusiasm shown so far is very encouraging.

So what next? Another series of online workshops for late August - early October will be advertised around June / July 2021. Any suggestions for topics are welcome and if you would like to lead a workshop then please do get in touch. In the future it should also be possible to deliver bespoke sessions to clubs / a group of neighbouring clubs so that the needs for their planner development are met; again please let me know if this is something you want for your club. Contact Lynne Walker planneradvocate@scottish-orienteering.org

First time planners: getting started as a planner in Lockdown

Katherine Ivory INT writes about Developing MapRunF usage after the taking part in the very-first prototype new-planners' workshops led by Denise. She planned and organised her first ever event in October (the INT re-start event at Mortonhall) and has been working on organising an ESOA juniors' training session in a few weeks.

Personal goals during lockdown

This strange time gave me the chance to develop planning skills and learn how to better use some of the software available (Condes, Google Earth Pro, Open Orienteering Mapper, MapRunF). Also to contribute something to keep orienteering going during lockdown in the absence of training and events. My hopes were to get more people orienteering more often:



Katherine Ivory

- Club orienteers without competitions to go to
- See how local areas might provide new opportunities for enjoyable and interesting orienteering - especially to make the most of the enhanced public access being allowed on Edinburgh golf courses during lockdown.
- Develop things for newcomers - e.g., families with more time and interest now, and local runners who might be interested to try something new

Starting off planning in Lockdown

I experimented first with planning courses for urban areas, as I knew these were fairly straightforward to put into MapRunF given easily identifiable features in satellite imagery. The most challenging aspect was learning how to georeference maps (luckily with Angus Ivory's help) and then using Google Earth Pro to create the files needed for MapRunF. I found the detailed instruction sheets from Judy Bell with screen shots etc, and the SOA MapRunF Workshop run by Sarah, really helpful; as well as getting input from more experienced planners on the courses themselves. My personal preference is for running in terrain, so I started playing with an INT map for a generally-accessible area (Craigmillar Castle Park); as well as golf courses given the unusual access arrangements during lockdown and their novelty (orienteers always like a new area to explore and thanks Graeme Ackland and Angus for updated / new map files). I simply used the 'Check Sites' course option given the experimental as well as temporary nature of things, especially in May once the resumption of golf was on the horizon. I then made these courses available to local club runners to try out (Craigmillar Golf Course, Braid Hills golf course, Prestonfield golf course, Liberton golf course) and they provided useful feedback I was able to explore new areas as well as ones I thought I knew; and I also met (at a distance and virtually) new people which was nice!

Next stage

At first, I'd thought that courses needed to stick to open areas (so really, parks and urban) as I couldn't of course see features in woods in Google Earth Pro - and nothing too subtle by way of contour features as hard to spot on satellite imagery. However, using the updated version of the phone app that was then released, I found I could generate good georeferenced maps (.kmz files), and overlay them on Google Earth to pin more precisely, so opening up much more interesting possibilities for courses. This meant a stepchange in the quality of the user experience for courses - (a) as easier to pin courses more accurately so controls beep where they should according to the map, and (b) so the course and the map are much better aligned on the phone screen than previously. For innovations like MapRunF, it is very important to have good quality experiences on offer so it works smoothly for the user rather than being frustrating. So: with Golf-O now at an end, I have been starting to develop courses to go onto the main (permanent) MapRunF server rather than just the temporary development space. Craigmillar Castle Park yellows and oranges; a couple of Dunsapie Loch courses for the JST alternative; a couple of introductory courses on the Meadows; and working on higher-TD courses for Whinny Hill / Holyrood Park with a more experienced planner in the club.



What next?

- Making courses for use as local 'events'- orienteers in the area can run courses individually but still compete on times and routes by uploading the results to the MapRunF webpage post-run.
- Investigating individual and group training uses (e.g. ESOA East Area juniors)
- Courses suitable for promoting the sport to newcomers.
- Planning to look at INT POCs: see whether these work in MapRunF, on the basis that newcomers and families quite like having actual things to find at controls. Then look to promote their usage (with any necessary repairs / updating).
- Have a go: if I can do it - as a user / course developer - anyone can!! Not particularly techy, nor a very experienced orienteer. Lockdown has helped with both elements, though I still managed to make a daft mistake when testing one of my own yellows.
- A great way to develop skills and explore areas, either new or familiar ones but from new angles. Very satisfying when people try out courses and seem to enjoy them!

New orienteers dealing with Lockdown

Ken Horne RR gives his perspective



I came to orienteering in my mid 50s, like many a reasonable distance runner, and with a delusion of a good sense of direction. I also had a vague recollection of reading an OS map, and navigating with a compass, so how difficult could it be? So tentatively I waded in at the shallow end with an Urban event at Denny and made my way through 1970s Scottish housing familiar from my childhood - all vennels and non-vehicular pathways. The first thing that struck me was the format of the maps - so very different from the OS or Google types. A whole new world of symbols and counterintuitive colour coding to take a swinging wild a****d guess at!

Ken Horne tackles the EUOC Edinburgh Big Weekend urban

I was determined to give a good account of my fitness, which worked reasonably well for me at this first event, but has been my undoing as I waded into the deeper water (sometimes literally, rarely deliberately) of courses in the countryside, or forest.

So a couple of courses in, all controls eventually found, and not last on either!

But a couple of weeks later, at another Urban in similar terrain Glasgow, in traditional West Coast weather, it was a very different story. More haste, less speed as I lost count of houses and overran control after control, retracing my steps to get some idea where the last control was. A couple of years on, some excellent training sessions with my club, a fair few 'did not completes, and the maps were starting to make sense. I'd also ditched my 40 year old Scout compass, and was reasonably confidently tackling some of the more taxing forest courses. Still struggling with the control symbols mind...

But just as I was getting into my stride, O went on furlough.

I've managed to run a handful of MapRunF courses, notably the excellent one at Cammo, which I can heartily recommend. This gave me a good bit of map reading and figuring out the fiendish places a control may be hidden, but that last bit of finding the hidden kite isn't part of the fun - you get a beep when you come within a few metres of the control. Beware the beep from the control you've already visited!

I do hope I haven't forgotten everything when we get back to regular Orienteering.



Ken learns the art of O volunteering at RR Teviothead event 2019

The crystal ball of orienteering 2021

We asked if, after all the 2020 has brought us, anyone was brave enough to make predictions for 2021 and here are some of the responses:

My prediction following yesterday's vaccine news is that we are allowed to resume holding regional and national events in the first part of 2021 and it leads up to a successful 6 Days event well supported by orienteers from across the UK and beyond who are delighted to see the orienteering community bounce back from its Covid hibernation.



Ben Hartman FVO



In the absence of orienteering you realise how much you miss it and take it for granted, so I hope for the slow resumption of smaller events to get me fit and up to speed for when the bigger events and activities start, which I am sure they will.

For me, I have missed visiting the beautiful Scottish countryside which I hope we will all now appreciate even more and eventually enjoy again, and also to appreciate all those in Scottish orienteering who put on the events and activities throughout the years allowing us to stay active, fit and healthy. Roll on a better 2021 and let's enjoy all it offers.

Liz Orr Clyde

Crystal Ball: not my thing anymore! - I've given up trying to second guess where all this is headed and the decisions that will be made by our Governments. Orienteering surely must be one of the first activities to be able to return to normal operations. Our 'normal' is pretty much an exact match for social distancing requirements: individualized, time trial starts, no 'pinch point' gatherings (briefings, prize-giving etc.), no spectators, and we're spread across a huge area normally. Fingers crossed we can be racing again soon.

Paul McGreal WOC 2024





My crystal ball is cracked, somewhat jaded and unreliable, but the image it's giving me shows more orienteering being done close to home, with a lot of (distantly) sociable training/coaching activities (as BASOC have been doing weekly for over 10 years), low-key events and asynchronous racing using MapRun.

For a lot of people this will mean urban orienteering. Looking further ahead I think major events will be run by small teams of professionals, supported on the day by a volunteer crew, as many triathlons, mountain marathons etc. are already.

Hilary Quick BASOC

“And the winners of the SOUL categories for 2021 are...”
Words that I would hope might be spoken towards the end of 2021 or early in 2022.

Pat Squire (SOUL coordinator)



That would mean that sufficient urban events had taken place throughout the year to create a meaningful league and ranking positions. Will this be a reality? At present my crystal ball is rather cloudy on that one but I am preparing on the basis that it could happen.

All Clubs have been written to and, at the time of writing (mid November) there are 10 potential SOUL events pencilled in for 2021, with 8 Clubs still to reply one way or the other. Of course for this to become reality the COVID Guidelines and Regulations have to allow urban events to take place and for there to be no restrictions on travel throughout Scotland. You could hardly have a **Scottish** league if there were restrictions on who could journey to the various events!

Mindful of the 3 SOUL events that took place in 2020 and the corresponding points that were awarded to competitors one option is that, rather than cancel them completely, these points could carry forward to make a 2020 / 2021 league for everyone, even the folks who move up to a new age category in 2021. On the other hand the 2020 series could be written off completely with 2021 standing alone. If anyone has any views on this matter I would invite them to make contact with myself.

Similarly if any of the Clubs who have not yet responded are considering, however tentatively organising an urban event next year please do get in touch so that I can pencil it in to the calendar. It is far easier to remove an event that is not going to take place that to add one to a scheduled programme.



A couple of mountain marathons which are planned for 2021 in Scotland - large scale orienteering!

- 5/6th June - Kong Mountain Marathon on Arran - a new event in the calendar
- 30/31st Oct - OMM (Original Mountain Marathon) in the Arrochar Alps - rescheduled after being cancelled this year, for the first time in 53 years!

John Tullie RR



The 6-Days goes ahead with a full week of sunshine, no rain and no midges!

Lindsey Knox RR



From Easter orienteering will really get going again and we'll have some great events to look forward to despite the difficulties. The Scottish Championships will take place on a great area, and we'll put a smile on the faces of hundreds of orienteers at a fantastic 6 Days with 4 new areas, sunny skies and no midges (ok that's maybe that last bit a bit too optimistic). We'll follow that up with a couple of great weekends in the autumn, and the effects of COVID on our sport will start to become a memory.

Richard Oxlade

Moray are lucky to be in an area that has had low COVID infection issues so far. We had a local event recently with around 120 entries so the demand is there. We have also had several coaching activities. The sport does offer a lot of natural social distancing. For the next 6 months, we hope to continue with Covid practical activities and events. By summer 2021, it would be great if National events can start to happen again.

Roo Hornby Moravian



Windswept at Moravian

Roo Hornby

Moravian Orienteering Club teamed up with Windswept Brewing Co. to launch PIONEER, our Moray LEADER funded project brew, that's 'Made in Moray.' *This event, an interesting example of an event run with an external partner, slipped in just as our last Score came out in August. Ed.*

Windswept Brewing Company in Lossiemouth like to partner each of their beers with an adventurous sport/outdoor activity. They approached me in the Spring to see if MOR would be happy to have Orienteering paired with the Pioneer beer which was being launched in the Summer with a particular local angle on the ingredients. Having secured support from the SOA for the initiative, I agreed that I would plan a 16 control Urban Course (1 control for each of Windswept's beers at the time) and we would use the beer labels as the controls. A letter was blanked out on each label so the runners would solve a puzzle to win a discount voucher on purchases.

One of the controls



The activity was available on both the Saturday and Sunday of a pleasant August weekend with the start and finish near the brewery. The brewery handled online entries, and without prompting they devised a very similar system to the Covid requirements we have for start windows and social distancing. We ensured all their arrangements met Orienteering requirements and appointed our own Covid Officer as this was also our

first more formal activity since lockdown. Paper maps were provided and we also set the course up on MapRun (thank you Sarah Dunn); people timed via their own stopwatches and there were no formal results beyond people getting their discount vouchers for completing successfully.

Routegadget is available:

<https://www.moravian.routegadget.co.uk/rg2/#185&course=1>.

*Nigel & Amanda Tiddy finishing their course
(Nigel is the brewery owner and MD)*





The weekend was a great success, with a good mix of newcomers and more committed orienteers taking part and MOR have certainly gained membership. The pleasant weather allowed participants to stay and enjoy refreshment at the outdoor area of the 'Tap Room' and discuss their routes (again under suitable Covid guidelines).

Refreshments at the Tap Room

As a club, we now have an excellent relationship with the brewery and their site would make for a great summer Assembly for a bigger urban event when things ease up. Maps are still available at the brewery!



The Pioneer Beer

News and social media round up



We loved this picture of ScotJOS coach Jon Musgrave in his new t-shirt gifted by the squad

Orienteering Unlocked - new name for Lockdown Orienteering

Orienteering Unlocked @OrienteeringU · Nov 11
 Almost time! The World Champs 1999 competition opens this afternoon. We're very excited about the challenges on offer, including a Photo Memory O with photos from the short distance race area! This is the final control from that race.
 Enter until Friday orienteeringunlocked.com



5 shares, 8 likes

O goals: Score are looking to follow a group of orienteers over the next year or two and see how they set and meet their orienteering targets - beginner or long experienced get in touch; there will be some survey questions to start off with.

Celebrating women and girls in sport

Spotlight on Aberdeen

As part of Women and Girls in Sport week last month, the spotlight was being thrown on Heidi Ross and Marie Bernards, club captain and lead coach for Aberdeen University Orienteering Club.



Against all the odds, Aberdeen University Orienteering Club is going from strength to strength in spite of current COVID-19 restrictions on activities. The club is being led this year by two inspiring girls, Heidi Ross and Marie Bernards, whose enthusiasm and can-do attitude is bubbling over to inspire others. RDO North, Sarah Dunn, caught up with Heidi and Marie to find out more about their involvement in orienteering and love of sport.

Heidi (pictured right) and Marie

Please introduce yourself - who you are, your orienteering background and why you enjoy orienteering

HR Hello, I'm Heidi. I am 20 years old and a 4th year geography student. I started orienteering when I was very young, however, I was too scared about getting lost. I restarted orienteering when I was 14 and have been doing it ever since. I now embrace getting lost! Orienteering combines my love of running and fascination with maps.

MB Hello I'm Marie, 22 years old and I study Genetics BSc at Aberdeen University. I started Orienteering in 2019 when I joined the University club. It combined my love for running with the possibility to travel all over Scotland, so I instantly fell for the sport.

Tell us a little about AUOC and your role in the club

HR AUOC is a friendly club and I have met many amazing friends through AUOC. The club has allowed me to travel all over Scotland during my time at university and go to many orienteering events. This year I am the club president. My role involves organising events and helping the club grow.

MB AUOC is a great, healthy way for people to get out and explore the forests and countryside of Scotland. I am the coach within the club and work alongside our president to ensure the club training sessions are helpful and fun.



I believe that last year you both completed the Coaching Foundation course - what motivated you to do this and what did you gain from it?

HR I did the coaching course as I wanted to gain new skills and further knowledge in orienteering. I have loved being able to apply what I have learnt from the coaching course. Last semester, I helped organise 'corridor orienteering' training for the club at Crathes Castle. When designing the course, I was able to use skills from my coaching foundation course.

MB I did the Level I coaching course because I wanted to make sure I have an idea of how to run efficient sessions and to know Orienteering-based learning games.

AUOC autumn weekend, 2019



Please tell us about how AUOC has adapted to COVID-19 since the start of the autumn term

HR The university is understandably very strict with what we can do this semester. Many of our normal activities such as our Autumn training weekend can't take place. Despite this we have been using Zoom to do online training sessions. These are well attended, and I am excited in the next few weeks to hopefully meet the new orienteers physically.

MB AUOC is trying to have a big online presence to engage new and old members to try and make them feel like they have people to talk to in this very isolating time. The committee is currently spread through three different countries so this can be a challenge!



What are your plans for the club this year?

HR It's difficult to plan anything currently as both university and government rules are changing all the time. Later in the semester, when we can officially meet as a club, we plan to do MapRuns around Aberdeen and runs together. I'm still hopeful that our Spring training camp will take place.

MB The best we can hope for at this time is to keep the club going despite many events not being possible and not being able to meet up!

What is your bigger picture vision for AUOC as a club?

HR I'd love to see us expand as a club. I want more people to know how great orienteering is! **MB** I hope we can get out again as a group one day again, without restrictions, hug, have fun and go to coffee shops after a hard race.

Club activities

What are your personal goals in orienteering (either participation, coaching, or organising)?

HR I want to improve my navigation skills. After 6 months of lockdown my navigation is a bit rusty!

MB I want to get my Level II or even III coaching qualification by the time I leave university.

What message would you give to other women and girls about being involved in sport?

HR Sport improves both physical and mental health. The orienteering club has enriched my time at university, helping me to enjoy my studies more. I would tell other women and girls ‘to not hold back’. There is no harm in trying a sport and not enjoying it, but once you find a sport you love the benefits feel endless.

MB Sport is the best thing there is for you, maybe even sports you’ve never tried. There’s so much out there, everyone can connect with one type of sport.

Thanks, Heidi and Marie, for your insights into AUOC and your sporting life. We hope that your energy and enthusiasm rubs off on everyone (and other girls especially!) to consolidate and grow a thriving club at Aberdeen Uni!

These girls rock and roll

With the theme for 2020 to highlight the positive impact of physical activity and to celebrate the return of sport in Scotland we are celebrating Moravian members, the Howard Family from Rafford, Moray.

In the sport of orienteering it is not unusual to see a ‘household’ of active competitors. The sport thrives from families that participate together and encourage each on at whatever level that is. The Howard ‘Girls’ of Rafford, Moray are one of these families - Active volunteers, accomplished athletes and intrepid adventurers.. these girls Rock and Roll.



We love the MOR hat!!

Nikki, mum, has been involved with the Moravian club for many years. She currently oversees the fixtures in her committee role and is an active club coach. She is fantastic role model for her girls having fun, being active, working hard and continually challenging herself.

The eldest girl, Isobel has gained tremendously from orienteering and has found a sport which she enjoys. Having been given the opportunity to train in the ScotJOS, I am sure we will continue to see her grow as an athlete. Her commitment to the sport is evident and her talent equally apparent. She leads the sister pack well. At twelve Sophie has been orienteering since she was a toddler. Once a young girl tackling the yellow and orange courses, she is showing her skill and determination and leading the MOR pack of youngsters to big wins, fun at competitions and inspiring the team spirit of her club.



Sophie, Anna and Isobel Howard

The youngest girl Anne is quietly making a name for herself. As a youngster I would watch her head off on a course with a pal or on her own, and I was always impressed by her competence and confidence. Now she tackles more difficult challenges with the same endless enthusiasm and determination that is evident in a natural sportswoman.

Like their mother, all three girls generously give their time to volunteer at orienteering events and other sporting activities. The sisters exemplify

a healthy attitude towards giving back and being involved - encouraging others and demonstrating leadership in the most natural way. With an intrepid cycling adventure under their belts this past summer these gals are just getting going. With Dad Andrew and terrier cross Willow, the family marked their inaugural bike packing trip to Dundee to visit Grandma. With Willow in tow in a special dog trailer, the cyclists rode for 3 days to Dundee, had tea with Gran and after a few days returned. I am sure Grandma made a special tea for their arrival to celebrate such an achievement.

These gals really do rock and roll.

Clarification of coaching and crossing Local Authority boundaries

sportScotland have indicated that part of the Scottish Government's wish to enable outdoor organised sport for under 18s is that coaches, both professional and voluntary, are allowed to cross Local Authority boundaries by more than 5 miles for coaching purposes so long as neither Local Authority is at Tier 4.

Parents are allowed to transport their family members to and from these coaching activities but must not join in with the activities, and are not allowed to spectate. They should also observe the 2m physical distancing rule in relation to other people at all times.

Naturally parents involved with the coaching activities can join in. Guidance on who is involved for coaching purposes is:

- The person is an active member of the group delivering the coaching, and
- They are a qualified coach or have completed training in the elements of coaching which allows them to assist (Coaching Foundation, Young Leaders course, IntrO).

Someone who is acting as a First Aider (who is qualified to do so) to the coaching session also counts as being involved.

Registered for Gift Aid? One form can make a big difference!

At the Scottish Orienteering Association we recognise it has been a challenging year for everyone! So we are asking that you help us raise funds through the simple option of Gift Aid. As the SOA is a registered charity, Gift Aid allows us to claim extra funds from HMRC on any donations made to us - including your SOA membership fees - **AS LONG AS** the person donating the funds completes a declaration that they are a UK tax payer. Every single declaration completed helps us gain extra funds to help us provide our service and further support clubs and events into 2021 and beyond. Therefore, if you've been a member of the SOA in any year since 2015, **PLEASE** complete the form using the link on our website **OR** download and complete the form, before emailing it to finance@scottish-orienteeing.org with the subject "Gift Aid Declaration". The deadline for this year's submissions is the end of December, so please complete this as soon as possible, to ensure we can process your declaration in time. If you have any questions, please email finance@scottish-orienteeing.org. All information you provide will only be used in relation to us claiming for Gift Aid.

Questions

I think I've made a Gift Aid declaration to SOA in the past; do I really need to complete this?

- If you've joined or renewed Scottish membership with British Orienteering, the British Orienteering membership system gives no option to make a Gift Aid declaration to the SOA, so please complete the form now.
- If you used SI Entries to join the SOA only, you would have been given the option to make a declaration when joining but - sadly - some people didn't select this option.
- If you're in ANY doubt please complete the form - we'll happily receive a second declaration, rather than none at all!

SOA Launch Post-Viral Support Network

SOA have launched an important support service for those affected by the Covid pandemic. We recognise the impact the virus can have on our social connectedness and want to form a network within orienteering for those that may wish to share, learn and gain support. If you have experienced Covid and are struggling with the long-term impacts, please do get in touch with our volunteer-led SOA Support Network. Medical information shows that most people experience COVID-19 as a short-term illness and once the infection has been fought off, they recover their health quickly and can resume normal life and activities. However, there is evidence emerging that some individuals may struggle with residual symptoms for weeks, months or even longer, experiencing a variety of symptoms which may include fatigue, aching muscles and difficulty concentrating. As orienteers we recognise how frustrating and isolating it can feel when we are unable to access our favourites terrains, our club activities and events.

The residual symptoms are recognised by health services as being caused by the virus, manifesting in physical symptoms; however the ongoing situation can be very worrying and stressful. We are therefore setting up an informal support network for SOA members who are continuing to suffer from any post-viral symptoms. If you are still not 100% recovered after having a viral infection (whether you have tested positive or negative for Covid) and would like some informal volunteer-led support, then please get in touch with support@scottish-orienteeing.org who will confidentially give you the contact details of the SOA volunteers who are coordinating this virtual network. Please note that this support is informal so it will not provide medical advice, but is intended to facilitate peer-to-peer support and enable people to share their own experiences and helpful self-management techniques. We would also be interested to hear from you if you have experience of managing fatigue/post-viral symptoms and would be happy to share this to support others.

Turf tales

Crawford Lindsay and Walter Clark ESOC stake out the turf

Turf - the story so far



Once upon a time, I saw a post on the Nopesport Discussion forum about a game called Turf. You play it via an app on a smartphone - so I downloaded the app out of curiosity and have been playing ever since. Some other orienteers started around the same time, and a few have continued, but until recently there haven't been many turfsters in the UK (unlike Sweden, where there are thousands). To play, you start up the app, and it displays a map (aerial view) with "turf zones" highlighted. You simply go to a zone to claim it - the app recognises where you are via the GPS on the phone - and you get points for taking the zone, plus further points for every hour that you hold it until someone steals it from you. The game is played in monthly rounds, starting on the first Sunday of each month. There are also medals to earn, for many and varied achievements such as collecting unique zones, visiting multiple regions, or holding a lot of zones at once. The whole thing is quite addictive. Turfing is good

exercise. You can use it for regular interval training by following a particular route, though it's infinitely variable. It improves your map memory skills, and also your decision-making - the game is like a massive score event. Or you can just take a few zones while out for a gentle stroll. We've made a point of visiting turf zones when we're away on holiday - often they are in interesting locations that we might not have found otherwise. Turf tourism takes you to some great places. And during lockdown, combining turf zones in ever-changing combinations gave some purpose to local excursions on foot or by bike.

Then a curious thing happened - the Turf Crew in Sweden started setting up more zones in Edinburgh, often in places I'd just visited, which was very spooky. I told other people in ESOC about Turf (not for the first time) and at last a few more tried it. In the absence of orienteering events, a map-based outdoor activity was just what was needed, and we've had several keenly-fought competitions within the club. Things have gone from strength to strength - there are over 100 turfsters in Scotland now, with literally hundreds of zones in all the main Scottish cities, and even some on tops of hills. The Scotland zone-setter is keen to hear suggestions for more. - Crawford Lindsay

Turf - why it's been great for ESOC!

You may have seen Crawford and me feature in CompassSport talking about Turf as well. Why do we keep trying to spread the word? Simply because Turf has been great for ESOC in lots of ways, and has given us a brilliant focus during the lockdown restrictions.

One good aspect of Turf is that people can do it as much, or as little, as they like. Within the club, we have some absolute Turf enthusiasts/addicts, some who take a zone or two now and then, and everything in between! And you can take zones walking, running or cycling, so again that gives lots of flexibility for



people. Cycling of course is the fastest, and so lots of us have started cycling to Turf, much more than we have ever cycled before!

It has also got lots of us fitter. It's a way of giving a good reason, or a focus, for a run, walk or cycle. I personally find it a struggle simply to head out into the streets for a run without any particular purpose or objective, but that's what Turf gives me. I went out cycling in the rain for over 2 hours today to get zones, for example, and I would never normally have even contemplated this!

Another good thing about Turf is that it's very simple - so you basically go to a zone and you "take" it by being there. But there's also a lot more to Turf once you get into it, such as the virtual medals that Crawford mentions above, and this drives you to visit different places and try different routes. So for example, you get an "Eager Ferret" medal for taking ten zones in ten minutes, which is a real challenge and has to be planned and executed very carefully! There are also medals for visiting as many different zones as you can within the round, so you get a virtual medal if you visit 250, 500 or 1000. There's always something else to aim for, and this keeps it interesting.

How to play Turf:



Alongside all of this, one of the best things about it for us has been our ESOC Turfers WhatsApp chat. This is incredibly lively, with members sharing, for example, pictures of them at cool zones, news of their new medals, and tales from their Turf trips. Alongside our main ESOC WhatsApp chat group, these Turf messages have kept lots of us connected during the pandemic when we are not seeing each other as we normally would. Although Turf also leads to you bumping into other members at zones from time to time, and that's always great too. We've been really lucky to be supported in building up our Turf activity in ESOC with the help of Kingslayer (not his real name!), who is our zone-setter for the whole of Scotland. He is based in Sweden and has created hundreds of new zones for us in Edinburgh and the surrounding area over the past few months. He would be happy to help other Scottish orienteering clubs to get going by setting more zones in your local area. If you'd like to do this, please get in touch with me (president@esoc.org.uk) and I will introduce you.

And finally, if you think all of this sounds like a lot of nonsense, just try it! There is something great about it, especially if you like orienteering, and you may find yourself getting hooked like we have in ESOC! - Walter Clark (ESOC)

Come and join us - the game needs more players in Scotland. There's a good description of Turf here: [https://en.wikipedia.org/wiki/Turf_\(video_game\)](https://en.wikipedia.org/wiki/Turf_(video_game)) And the Turf website, with lots of further information, is here: <https://turfgame.com/> To get started, you simply download the app and follow the instructions. There are also several articles on the ESOC website: https://www.esoc.org.uk/category/turf_

Why we orienteer? Janet and Walter Clark ESOC

Festive special: let's meet the Clarks who orienteer with ESOC. (*Are you next? Let us know or suggest a friend on the usual contact details! Ed.*)

- **Names:** Janet Clark W75; Walter Clark M40
- **Club?** Edinburgh Southern Orienteering Club
- **How long have you been orienteering?**
 - **Walter:** Since 1989 & I've been keeping my maps right from the start. I did my 1000th event on my 40th birthday back in 2016 -now working up towards 2000.
 - **Janet:** Since 1989; see Walter's answer. Once he discovered orienteering there was no going back for any of us!

Janet Clark



- **How were you introduced to the sport?**
 - **Walter:** I first experienced orienteering in first year at high school, with a course at Beecraigs Country Park. I loved it from day 1! Mum, Dad and I went to all the Wednesday evening events at places like Bonaly and Blackford Hill, and then moved up to "Lothian O Leagues" as the colour coded events were known in the day, at places like Cademuir and West Lomond Hill. **Janet:** By Walter!



Walter Clark

- **How do you train?**
 - **Walter:** It definitely varies, and I go through phases where I'll do quite a lot of running. For a few years I was doing a marathon a year, so that was good as it MADE me go out running. I used to do the Portobello parkrun as well until the pandemic got in the way. Now I'm doing a lot of cycling while Turfing (see article.) **Janet:** Until recently I did a lot of training; Monday Ladies running, Wed ESOC training, Saturday Edinburgh parkrun, and in between I had a complicated set of speed and hill intervals in inverleith Park which I enjoyed exhausting myself on. Now unfortunately my hips have given out and I can't do any of that, so have turned to cycling.

- **What is your favourite orienteering area?**
 - **Walter:** Linn of Tummel. I love this type of birch woodland, especially in the autumn, which is my favourite season. It's also a technical area and physically demanding, so it's got everything. Other great areas are places like Loch Vaa, which is beautiful, technical and runnable. **Janet:** Anagach, I think. I love the intricate small-scale terrain, with depressions on the tops of hills and lovely ridges to follow under the trees - if you can find the right one!
- **Successes?**
 - **Walter:** None recently! Back in the day, I was Scottish, British and JK Champion at M15/M17 level (as they were known in those days). Since this was now roughly 30 years ago, it's not really much of a claim to fame! I won the Scottish Six Day at Strathspey 1995 as M19, and I think that is possibly my most recent really good result. **Janet:** Not many really; I always felt I should do better but somehow never did.... I was very excited to come second in W70 at Croeso 2012, winning a lovely Perspex cube with a leaping dolphin inside.

- Most rewarding orienteering experience? **Walter:** When I was in the Scottish squad, we had a fantastic trip to Finland to go to the Finnish 5-days and the World Schools Championships. The forests near Lahti were amazing but it was really difficult and I made some of my biggest mistakes ever while we were there! Ynske Riemersma and I then got the ferry from Helsinki to Stockholm, and met up with a British Squad training week in Sweden, where again the orienteering terrain was first class. All great fun! I would definitely encourage people to visit Scandinavia and also experience some of the big events, like the Swedish 5-day - the scale of it is incredible. **Janet:** I love it when you just know the control is going to be behind that boulder or round that corner and it is! For better orienteers, this is probably a routine experience but I find it thrilling.



Walter Clark at Finnish 5 day

- Best kit tip?
 - Walter:** A control description holder is a MUST! You can lose so much time otherwise mucking about with the map to check the codes. If you are saving a few seconds per control, it all adds up and can make all the difference. **Janet:** In contrast to Walter, I recommend attaching your control descriptions to your top with a single safety pin. I learnt this tip at the French 5 Day in 2003 and have done it ever since.
- What are your orienteering goals and how do you aim to achieve them?
 - Walter:** I'm better at navigating than I am at running, so my competitive aspirations centre around outliving people in my age class, so that I can be good again when I'm M80 and running isn't quite as important again! As President of ESOC, I've got lots of goals for us in terms of getting new people involved and giving existing members lots of different orienteering challenges in a whole range of places. **Janet:** It's a bit too late for any more personal goals but I am enjoying working with ESOC to keep people orienteering in lots of different ways.

- Favourite orienteering moment to share?
 - Walter:** Not so much a favourite but certainly a memorable moment was when orienteering in Sweden and I ended up jumping off a crag onto what looked like a slightly marshy piece of ground. But it was REALLY marshy, so I sank right down into it up to my neck and could easily have gone under without trace! I managed to claw myself out of it but that could easily have been the end of my orienteering career. **Janet:** Tinto Twins have been pretty memorable over the years; moonlit nights, pitch black nights, firework nights, head-high bracken with no apparent way out; getting a proper head torch for the first time; and the fuggy warm bright room when you finally make it back.

With Eleanor Pyrah at 100th parkrun



- What would you say to a new orienteer?
 - Janet:** Give it a go and before long you will be hooked. The combination of mental and physical skills is very compulsive, and it is the ultimate family sport because everyone can do it at a pace and level of difficulty to suit them. **Walter:** You are going to love this! I always think that so many people would think orienteering is amazing if only they got to try it.



Meet the clubs - Masterplan Adventure

We were excited to catch up with Graham Gristwood from Masterplan Adventure!

- **Name:** Masterplan Adventure (MA)
- **Founded:** 2018 (although Sprint Scotland also organised 2016 & 2017).



www.masterplanadventure.uk

- **Membership:** We are a very small club - about 8 'full members', and approximately the same number of 'honorary' members.
 - **Area:** Non-geographical, but most of our members live in the Forth Valley and Edinburgh.
 - **Best-known terrain:** Probably Hallglen in Falkirk! It is a really interesting sprint area that we have used for a number of competitions. We also have maps in Denny, Grangemouth, Ballater, Bo'ness, Culross, Rosyth and Falkland.
 - **Regular events:** We organise each year Sprint Scotland, Scottish Spring and the Resolution Sprint (on January 1st).
 - **Notable successes:** We are not a competitive club; in fact all of our members belong to (and compete for) other clubs. Our successes come from organising high-quality events and feeding the proceeds back into developing orienteering in Scotland through ScotJOS and the Scottish Elite Development Squad.
 - **Social media:** We are on Facebook - <https://www.facebook.com/masterplanadventure>) and Twitter - <https://twitter.com/sprintscotland>
- **Outreach:** We are not actively trying to recruit members, but our aims and objectives are:
 - To promote the sport of orienteering.
 - Organise a program of events that is high quality, highly visible and a credit to the Scottish Orienteering Association and British Orienteering.
 - Identify new areas for orienteering in new places and produce high quality maps.
 - Identify and fill gaps geographically and in the orienteering calendar to provide more people with more opportunities to go orienteering.



- Help other Scottish Orienteering clubs who don't have enough members to put on the program of activity that they would like to.
- Increase membership of both the Scottish Orienteering Association and Scottish orienteering clubs.
- Offer opportunities for coaching.
- Support Scottish Junior Squads and Elite teams financially in exchange for volunteer activity at events.
- Support our members to achieve their sporting ambitions.



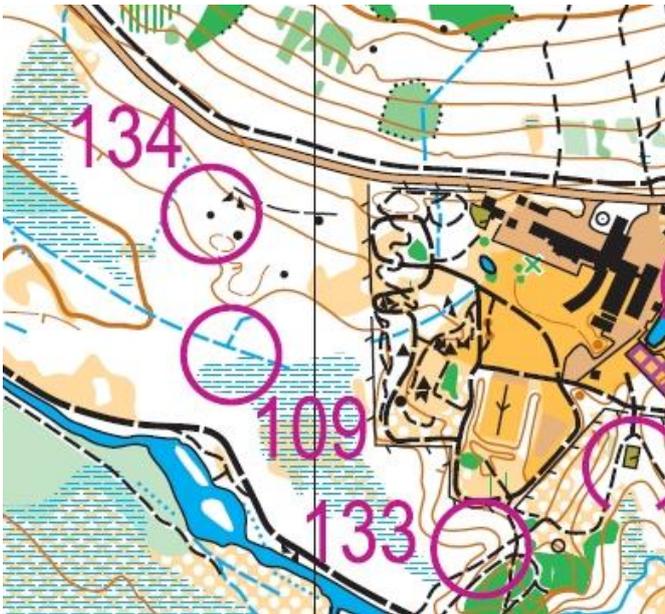
Beautiful terrain on Coasts & Island Orienteering week

- **News:** In 2021 we will be organising the first ever **Coasts and Islands Orienteering Week** (<https://coastandislands.com/>). An orienteering adventure along the NW coast, from Ullapool through Gairloch, Torridon and finishing with the first ever orienteering event on the Isle of Skye. Six areas never before used for orienteering in some amazing scenery! The original entry limit of 100 sold out within 24 hours of entries opening but we're hoping to expand the number of people who can take part in the near future. In the meantime you can join the waiting list to reserve your place in the queue.

New ROMP at Glenmore

A seasonal ROMP (Regular Orienteering Map Programme) has been set up at Glenmore Lodge and is available to individuals and families operating within current COVID-19 guidelines and restrictions announced by the First Minister. There are 19 numbered controls, but no pin punches (or electronic punching) in and around the area south of Glenmore Lodge. Limited parking is available at the Lodge (no toilet facilities) and at the Hayfield car park (Forestry & Land Scotland). Please do not park on the access road between the Reindeer Centre and the Lodge. Many thanks to Steve Smirthwaite of Moravian Orienteers who has updated the map to ISOM 2017 but the map has not been checked for any changes to features.

It is reported that the ground is very marshy and wet and grass is very high! Thanks to Fran Britain who set out the controls - please report any missing controls as the area is prone to vandalism. Maps (pdf only) can be requested from colin.matheson@scottish-orienteering.org. Maps are free to SOA members but if you would like to make a contribution towards the costs of maintaining equipment and other expenses you are most welcome. Non-SOA members are asked for a contribution of £3.50 (bank details available on request). In addition to the normal style ROMP there is also a MapRun course available. The MapRun course is orange standard and can be accessed from the Scotland/SOA folder in the MapRunF app along with information plus a downloadable pdf of the course for printing. The course has been remotely planned and not yet tested out, so if you give it a go then please do let us know how you got on!



British Orienteering Talent Squad 2020/2021 announced

Huge congratulations to the following Scottish athletes who have been selected to the British Orienteering Talent Squad for the forthcoming season:

Tier 1

Adam Barrie MAROC; Sam Griffin GRAMP; Ewan Musgrave MAROC; Iris Macmillan ECKO; Isobel Howard MOR; Hannah Kingham MOR; Pippa Carcas INT; Rachel Brown ESOC.

Tier 2

Eilidh Campbell MAROC; Lizzie Stansfield FVO; Megan Keith INVOG; Alice Wilson CLYDE; Peter Molloy FVO; Matthew Gooch MAROC.



SOA proudly enters into partnership with A4 Design & Print

We are delighted to announce our new partnership with A4 Design & Print based in Inverness. A4 Design & Print has become Scottish Orienteering official printing partner and will see generous rates for printing extended to clubs and for our major events in 2021 and beyond!



We will be working closely with David Ritchie and his team at A4 Design & Print to enable the SOA to produce high quality printed materials including SCORE for a special December issue!

- A4 Print & Design can offer good rates for clubs for maps at 49p per A4; 68p per A3; plus delivery.
- A4 Print & Design can print on Pretex up to 600 x 300 with guaranteed 24 hour turnaround on receiving the print request to the maps and control descriptions being dispatched. A4 Print & Design can work with Condes, Purple Pen but preference is PDF.
- Best of all A4 Print & Design already have a long history in printing maps, working with orienteering clubs and understanding their needs.
- For clubs hosting SOL events, A4 Print & Design will offer a further discount of 10% off printing costs of maps. They will ask in return their logo is featured on the maps.

We are truly delighted to be working with David and A4 Print & Design to bring high quality maps and high quality service to the SOA and its member clubs.

PVG Applications go online

Great news! We can now process PVG online application forms for new members to join the scheme and for existing members to update their records. We hope this simplifies the process for volunteers within orienteering to become PVG Scheme members and ensure we safeguard our sport.

There is recently updated information about Child Protection and Welfare on our website and encourage everyone to familiarise themselves with this. After all, safeguarding our sport is everyone's responsibility. You will find downloadable PVG forms and an outline of the new online process.

If you have any further questions regarding PVG or wish to discuss any areas of Child Protection with the SOA please contact Fiona Keir, SOA Child Protection and Welfare Officer, by email on Fiona@scottish-orienteering.org



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Hilary Quick, BASOC

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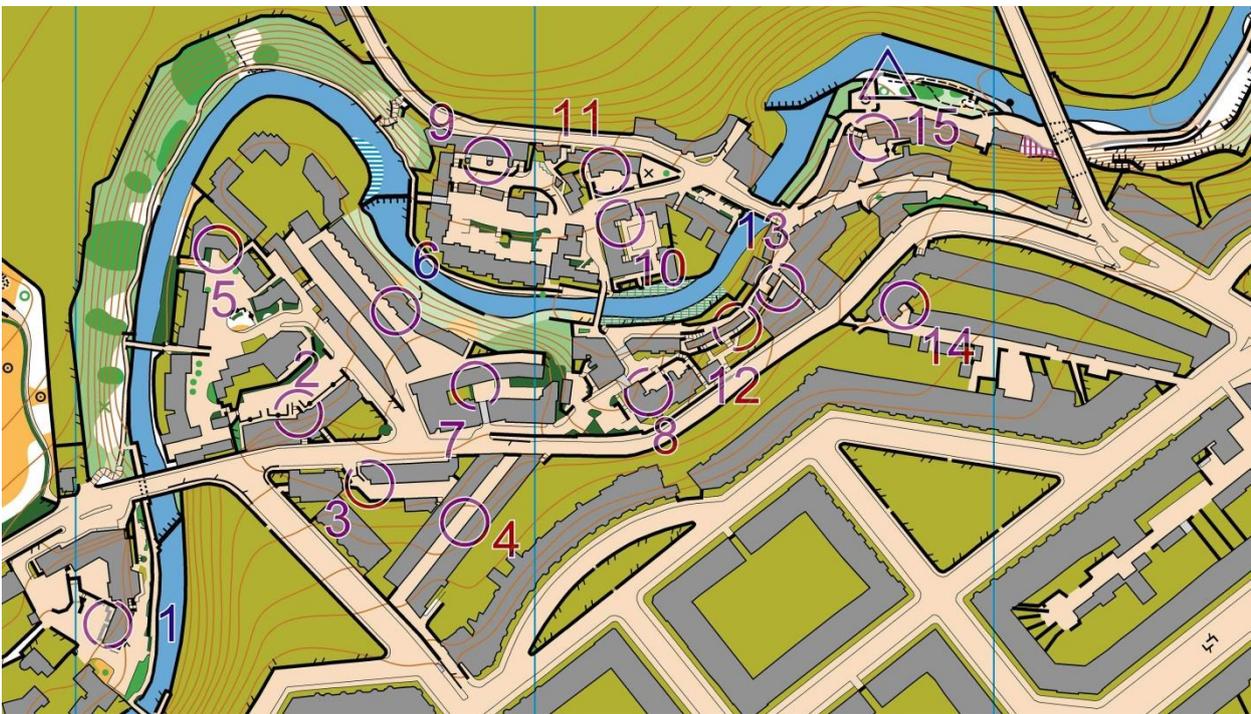
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Santa's Route Choice puzzle

A festive O puzzle by Judy Bell ESOC

Santa's reindeer are feeling very tired - all the short journeys from house to house in the city are tiring them out. Santa has decided to let them have a rest in a small patch of woodland beside the river (marked as Start) and he is going to set off on foot to deliver parcels at the 15 locations shown, before returning for the reindeer and the sleigh.

What route should he take to deliver parcels to each of the 15 locations to minimise the distance he needs to walk? He can visit the locations in any order and he doesn't care about the climb, but he does want to take the shortest possible route. (Being a law-abiding person, he will obey all uncrossable boundaries and private areas)



If the reindeer had been able to fly the sleigh directly to the 15 locations would they have delivered the parcels in the same order to minimise their distance travelled?

Let us know your answers on our Facebook page

<https://www.facebook.com/scottish.orienteering>

and we will share the best next time!

Upcoming events: major events calendar

Owing to fast-moving changes due to COVID-19 we can only show event status at time of print:

January - April 2021

We're keeping an open mind about events going into 2021 so we are not listing in this issue:
instead you can confirm dates and locations on:
BOF Events page, SOA Events page, or club events page(s)

<https://www.scottish-orienteering.org/soa/category/fixtures-events>
<https://www.britishorienteering.org.uk/event>

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Club • Area • Website	Club • Area • Website
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AUOC - Aberdeen University OC • Aberdeen • https://www.facebook.com/aberdeenorienteeing/	INVOC - Inverness OC • Inverness & Highlands • http://www.invoc.org.uk/
AYROC - Ayr OC • Ayrshire • https://www.ayroc.co.uk/	KFO - Kingdom of Fife Orienteers • Fife • http://www.kfo.org.uk/
BASOC - Badenoch & Strathspey OC • Speyside extending to Fort William • https://www.basoc.org.uk/	MAROC - Mar OC • Aberdeenshire • https://www.marocscotland.org.uk/
CLYDE - Clydeside Orienteers • Glasgow, Renfrewshire & Dunbartonshire • http://www.clydesideorienteers.org.uk/home/	MA - Masterplan Adventure http://www.masterplanadventure.uk/
ECKO - Loch Eck Orienteers • Argyll • http://www.ecko.org.uk/	MOR - Moravian Orienteers • Moray, Nairn & Banffshire • http://www.moravianorienteeing.org/
ELO - East Lothian Orienteers • Edinburgh & the Lothians • http://www.elo.org.uk/	RR - Roxburgh Reivers • Scottish Borders • http://roxburghreivers.org.uk/
ESOC - Edinburgh Southern OC • Edinburgh & the Lothians • https://www.esoc.org.uk/	SOLWAY - Solway Orienteers • Dumfries & Galloway • http://www.solwayorienteers.co.uk/index.htm
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FVO - Forth Valley Orienteers • Stirling & surrounding areas • https://fvo.org.uk/	SUOC - Stirling University OC • Stirling University • https://www.facebook.com/StirUniOrienteeing/
GUOC - Glasgow University OC • https://www.facebook.com/groups/GUOC.Orienteeing	TAY - Tayside Orienteers • Dundee, Perthshire & Angus • https://www.taysideorienteers.org.uk/
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