

**GRAMPIAN  
ORIENTEERS**

# TELEGRAMP

Mar  
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For more photos of Night O and curling follow the "Photos" link from our website frontpage



# Chairman's Chat

for

## CHAIRMAN'S CHAT – MARCH 2011

Hi All, and a special welcome to new members; I hope you'll find, as well as being devoted to a fantastic sport, we're a relaxed and inclusive club and our aim really is all about enjoyment whether it comes from being the best, beating your nearest rival or just getting out into terrain and taxing your brain with a map in your hand.

Just watched BBC2's Adventure Show where there was a piece about British Orienteering's bid to host a World Championships in Scotland in 2015. On the programme we were up against a seriously mad 24 hour mountain bike race, someone running a marathon every day from John O'Groats to Morocco and a man winter walking in a gale force winds near Ben Nevis – makes Orienteering suddenly seem rational and accessible!

We're just heading into a jam-packed spring of events and suddenly there's loads going on – hooray! As well as competitive races, our coaching team are gearing up for many more sessions for Beginners and Improvers following on from the great success at Dunnottar Woods in January; after the look of shell-shock left the eyes of Ali and Kate they did a great job of enthusing and educating way more juniors than we expected – a great problem to have!

Behind the scenes there's some pretty exciting things brewing too. SportScotland have approached Scottish Orienteering with a view to supporting the employment of a full-time Development Officer for the Grampian Region including Maroc and Moravian. It's early days but we could have someone dedicated to improving our sport in the northeast in many ways for a period of three years. Hopefully much more to come on this and I may have to send around a 'members@' email if things move as quickly as we hope to keep you all updated.

Serendipitously, (quick reach for the dictionary!) Gramp committee members recently met with our Maroc oppos to talk about how we could work together to build on and entrench the success in recent years of both clubs in increasing interest and membership. I know we stand to gain from this, if only to learn about how to so successfully develop schools and junior orienteering. Looking from (not so) afar, it seems to me that one of the great successes of Denise and her colleagues has been to engage the parents of enthusiastic kids right at the beginning and get them to feel part of the fun too, whether that's by orienteering themselves or just being around at events to help in many small ways.

And that brings me back to the start, we'd love to get new members to be part of running the club as well as running in the forest; don't worry – that doesn't mean doing loads, just a little but it's a great way to get to know more orienteers and be part of a club of like-minded people. Oh dear, sounds a bit like I'm proselytising now (and just after you'd put the dictionary down); I'd better have a lie down now...

Pete

## CLUB CONTACTS

\* = committee member

Chairman	Pete Lawrence*	chairman@ grampoc.com
Secretary	Ian Hamilton *	secretary@ grampoc.com
Treasurer	Kevin Reynard*	treasurer@ grampoc.com
Mapping	Tim Griffin	mapping@ grampoc.com
Emit kit & club archive	Rob Hickling	historian@ grampoc.com

Fixtures fixtures@ grampoc.com  
 Anne Hickling\* (Fixtures Coordinator and Officials)  
 Allan Rae (Fixtures Permissions)  
 Adrian Will\* (Fixtures Registration BOF)

Membership	Jayne McGregor*	membership@ grampoc.com
Newsletter	Rachel Scott	newsletter@ grampoc.com
Website	Rachel Scott	webmaster@ grampoc.com
Coaching	Ali Robertson*	
Child Protection	Sean O'Sullivan*	
Publicity	Gary Morrison*	
Social	Helen Anderson	

And don't forget the members@ grampoc.com email address if you want to share something with the rest of us but try to restrict it to event/club related stuff from now on please. Any other oddballs, like the Streetview O, just email a link to me and I'll add it to the QI bit bottom right of the frontpage of the GRAMP website. Ta. Rachel

Deadline for articles, photos and news for next TG is **30<sup>th</sup> April** please.  
 Emails to newsletter@ grampoc.com or post to 40 Ann St, Stonehaven, AB39 2DB

If you'd prefer to receive Telegramp in .pdf format rather than by post tell me (same contacts as above) and I'll add you to the list.

The advantages of .pdf are full colour version, you get it a few days earlier and you'll be helping the planet and club funds by saving on paper and postage.  
 The disadvantages? You can't read it in the bath while having a long, hot post-O soak!

### activitymix 2011

We've set up some training sessions purely for Mixers on March 26<sup>th</sup> at Tyrebagger and April 9<sup>th</sup> at Scolty and then the activitymix orienteering event itself on Saturday 30<sup>th</sup> April at Bennachie.

Your help at these events would be most appreciated even if it's just marshalling people.  
 Anne 01224 323855

## MEMBERSHIP NEWS

Firstly, a very warm welcome to new members.....

Lynn, Jonathan, Daniel & Laura Smith  
Koen, Fiona, Saskia, Sophia & Stefan Rots  
Jose & Sabrina Castro  
Alasdair, Morven & Kirsty Farquharson (joining Laura, nee Frisch)  
Toby Miller  
Sisila Pathirana  
Paul, Rhianna & Rowan Farquhar

*In fact we've had so many new members over the last few months that Jayne (our Membership Sec) has put together the following notes to try and flag up/explain a few things. If you want to know more about these or anything else then email her ([membership@grampoc.com](mailto:membership@grampoc.com)) or collar any of us old hands at an event. Ed.*

### More Membership Benefits

You get lots of benefits with BOF membership and quite a few of the outdoor/running shops in Aberdeen will give you discount on goods on production of your British Orienteering membership card, e.g. Cotswold Camping in Union Square give 15% off non-sale items and the Running Shop at Holburn Junction give 10% off (I think). Just ask at the till.

### Pre-entry events

For all level A and B events (and some level C events – see page 9 for an explanation of the levels) there is the option to pre-enter to guarantee a map on chosen course. Often there'll be staggered closing dates too so that the sooner you enter the cheaper it is. Although postal entries are possible, it's so much easier to do it all online and you'll find a link either from the BOF Fixtures page or the relevant club's website to the online Entries system being used, usually Fabian4 or Oentries.

Both sites work in roughly the same way:

1. Use your British Orienteering membership number to locate your (family) details (these can be saved for future reference)
2. Choose the course required for each member (courses available will be in the details for the event)
3. Choose from a range of start times e.g. Early, Middle, Late and parents can opt for split starts, i.e. one early, one late
4. Opt whether to hire an e-card (for events using EMIT, hire is usually free, for events using SI, hire is usually 50p per person)
5. Pay online and don't forget there is discount for BOF members so make sure you select the correct fee

Once entries have closed, re-visit the organising club's website or Fabian4 or Oentries to check which start time(s) you've been allocated and the final details

(travel arrangements, parking, course lengths etc). You'll often receive an email prompting you to do this anyway.

### Upcoming Level A & B events (in Scotland)

#### Scottish Orienteering League (B)

[www.scottish-orienteeing.org/soa/page/scottish-o-league-2011](http://www.scottish-orienteeing.org/soa/page/scottish-o-league-2011) – in a nutshell, 7 chances to enjoy top quality Scottish areas and your best 4 scores count towards the SOL points system.

- 1 - INT, Dalrulzion - March 6th
- 2 - FVO, Polmaise & Sauchie - April 3rd
- 3 - INVOC, Dallaschyle - May 8th
- 4 - MOR, Culbin - June 12th plus urban race on Sat 11th at Lossiemouth
- 5 - MAR, Cambus O May - September 11th
- 6 - GRAMP, Glen Dye - September 25th attendance is compulsory – only joking! ;-)
- 7 - ESOC, Barry Buddon - October 23rd

Enter the course that relates to your age class to be competitive in the SOL or just do what takes your fancy:

Course Number	Colour	Classes
1	Black	M21L
2	Brown	M18L, M20L, M35L, M40L
3	Short Brown	W21L, M21S, M45L, M50L
4	Blue	M16, W18, W20, W35L, W40L, M55L, M60L, M35S, M40S
5	Short Blue	W45L, W50L, W21S, M65L, M45S, M50S
6	Green	W16, W55L, W60L, W35S, W40S, M70L, M60S, M55S
7	Short Green	W65, W70, W75, W80, W45S, W50S, W55S, W60S, M75, M80, M65S, M70S
8	Light Green	W14, M14
9	Orange	W12, M12
10	Yellow	W10, M10
11	White	

#### Scottish Championships (A) 28th/29th May 2011

[www.scottish-orienteeing.org/championships/scottish-championships-2011](http://www.scottish-orienteeing.org/championships/scottish-championships-2011)

Individual - Saturday at Auchingarrich, next to the Wildlife Centre south of Comrie, Perthshire. Enter either Short or Long for your age class.

Relays - Sunday at Drummond Estate, just south of Crieff

Entry to the relays is free to club members and there are classes for Seniors & Juniors, just let Team Captain, Evgueni Chepelin ([chepelin@talk21.com](mailto:chepelin@talk21.com)), know that you'd like a run and provide the following details (he will organise the teams):

- a) Usual colour course
- b) Age class
- c) Whether uber-competitive or just out to have fun.

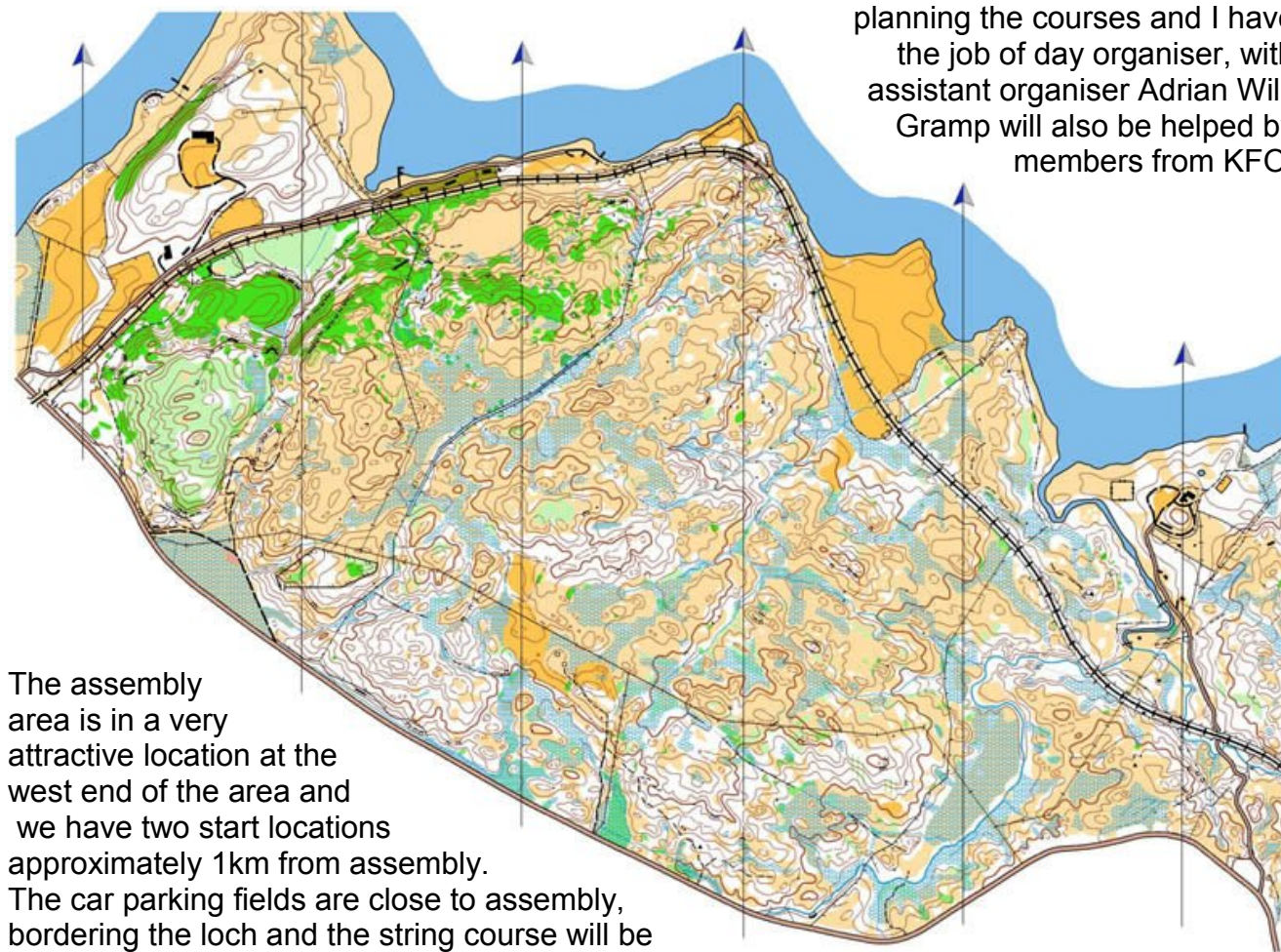


## Scottish 6 Days (B) 31st July to 6th August

The Scottish 6 Days is based around Oban on the west coast and as usual promises to be a great week of orienteering. This year should be even better owing to the proximity of the areas.

The Gramp Day is Monday 1st August at Ardnaskie on the south shores of Loch Etive. This is an area of mature oak and younger birch thickets scattered across a cattle-grazed marshy hillside, with few man-made features. Intricate contour detail combines with fast runnable terrain under the oak canopy and slow, tussocky marsh and bog myrtle in open areas.

Ian Searle and Ewen Rennie are planning the courses and I have the job of day organiser, with assistant organiser Adrian Will. Gramp will also be helped by members from KFO.



The assembly area is in a very attractive location at the west end of the area and we have two start locations approximately 1km from assembly. The car parking fields are close to assembly, bordering the loch and the string course will be close by, hopefully making logistics reasonably straightforward.

The central organising committee have responsibility for certain functions, leaving Gramp and KFO to look after specific areas. Our role is to provide manpower for these areas. This is currently estimated as needing about 70-80 people, so we will be expecting everyone who is coming to help as well as having a run on the day of course.

I have asked a number of people to help as team leaders:

Starts: Doug Guy and Nick Hale  
Assembly coordination: Pete Lawrence

String/off string: Jayne MacGregor  
Car parking: John Emeleus (KFO)

As well as helping during the event, we have to set up the event area the day before (Sunday 31st July) and take down immediately after the event. This is mainly the assembly area, starts and string. Sunday's event is about 10 miles west at Dunollie & Ganavan, north of Oban, so Gramp members will be in a reasonably early start block on Sunday to enable them to finish early and get to Ardnaskie to set up. Again we will be looking for everyone to help, which should make it a shorter task.

What do you need to do just now? Well the most important thing is to enter the event. Online entries are at: <http://www.scottish6days.com/2011/entries/>

Richard Oxlade

PS If you're new to orienteering and haven't yet heard of the 6 Days, it's a huge event held every other year in different parts of Scotland. Ideal for an orienteering holiday and thousands of folk come up from England or abroad to join us "locals" enjoying good orienteering plus a bit of a party atmosphere in the assembly area with traders and food stalls and a running commentary to boost the competitive atmosphere. Highly recommended; enter now even if it's just for a long weekend on the 31<sup>st</sup> and 1<sup>st</sup> so you can help on our day.

PPS Jayne's theme for the String course is Beatrix Potter's "Mr McGregor's Garden" and to enhance the area and the children's enjoyment we want to provide some themed set dressing. So if anyone has and is willing to lend, or knows where we can source the following please let Jayne know.



- Toys (stuffed, plastic or squeaky) such as rabbits, hedgehogs, highland cows, pigs, squirrels, cats, ducks, frogs, foxes etc
- Kid friendly gardening equipment ie plastic tools, small plant pots, windmills etc
- Imitation vegetables
- Beatrix Potter merchandise
- Small pop-up shelters
- Anything else you think might be suitable

Any items lent, will be looked after and returned after the event.



## What does TD3 mean?

Here's a quick summary to try and answer a couple of FAQs about the kind of jargon you'll see in event details like "Level D event, Long course TD4, Short course TD2".

Technical Difficulty or TD	Criteria	Courses (at a typical Sunday event for example)
1	Route all along tracks and paths No route choice Controls at every decision point (junction) and plenty of 'em at regular intervals. So, for example, you may get one on a track bend where there's no decision to be made but it gives Juniors a clue that they're still on the right track.	White
2	Route all along obvious line features such as tracks, paths, fences, walls, streams, large ditches and very distinct vegetation boundaries No route choice and no more than two decision points per leg without controls Controls either on line features or <u>very</u> close by	Yellow
3	Starting to mix it up a bit now with some controls on point features (e.g. boulders) but with an obvious attack point from a nearby line feature and a good catching feature behind, e.g. a track/wall/stream so you don't go too far beyond if you get it wrong. Simple route choices, e.g. cutting the corner between two tracks Relatively frequent controls on short courses, less so on longer ones	Orange Long Orange
4	Controls can be on any kind of feature in any kind of terrain (but generally Planners will avoid anything too grotty as they don't like being moaned at by elderly but vociferous ladies who tend to do Light Green courses!) Significant route choices but no really complex contour interpretation required as yet Catching features still required to stop you overshooting by miles	Light Green
5	No holds barred! Controls on hardest features to find, "particularly those demanding careful map-reading to locate" (i.e. deep inside complex contour detail or complete lack of it!) with catching features some way off, if there at all, so if you get it wrong it costs a lot of time.	Green (+ Short Green) Blue (+ Short Blue) Brown (+ Short Brown) Black

The whole point of the TD grading is to ensure consistency of standards at any event. This means that competitors on the Yellow course at a Jon Duncan Junior Deeside Cup event will know exactly what to expect and it will be fair to compare their performance on the Yellow at Tyrebagger with the Yellow at Bogendriep.

And in case you're wondering why course lengths differ quite widely from event to event, BOF has guidelines for all course lengths based on a ratio of the longest TD5 course at various types of event, e.g. Long Distance/Sprint/Urban, but the local terrain, the amount of climb and how to make best use of the area to give you maximum challenge and enjoyment is also taken into account by the Planner when deciding the course lengths.

This is vastly oversimplifying the black art of course lengths as this is supposed to be a summary, but if you decide to try your hand at planning (and you should as it helps sharpen your O mind no end) your club mentor will point you towards the relevant BOF guidelines (under Events/Rules on their website) and talk you through it all in relation to the area you're planning on.

### **And what about "Level C"?**

Again this is a quick summary from the competitors' point of view, trying to relate the Event Levels to typical GRAMP/SOA events. There are behind the scenes implications for event designation, registration, appointment of suitable officials etc etc etc all detailed in the BOF 'Overview of Event Structure' Guidelines (under Events/Rules on the BOF website) if you need to find out more.

#### **Level A**

- ◆ The real biggies like Scottish Championships and other national (often multi-day) events with a full range of courses usually done by age class. Hundreds of competitors and you'll probably have to travel hundreds of miles to attend (just don't think about the carbon footprint).
- ◆ Top quality areas, maps and competition and electronic punching.
- ◆ Pre-entry. Entry On Day (EOD) for non-competitive runners. Typical Senior entry fee ~£13+ per day.
- ◆ Regular results updates throughout the day on paper and online. Results preferably to be published on BOF website too within a week and count towards National Ranking Points for BOF members.
- ◆ Facilities including traders, toilets, manned start/finish with start boxes etc, assembly arena with oodles of atmosphere, PA systems, cheerleaders, you name it!

#### **Level B**

- ◆ Regional not-quite-so-biggies like the Scottish Orienteering League events with a comprehensive range of colour coded courses. 350+ competitors (in Scotland)
- ◆ Still top quality areas, maps and competition and electronic punching.
- ◆ Pre-entry. Limited EOD may be available. EOD for non-competitive runners. Typical Senior entry fee ~£10.
- ◆ Regular results updates throughout the day on paper and increasingly online. Results preferably to be published on BOF website too within a week and count towards National Ranking Points for BOF members.
- ◆ Facilities including traders, toilets, assembly arena with atmosphere (albeit often a bit of a soggy one in Scotland)

**Level C**

- ◆ Smaller scale events such as our GRAMP Sunday events with 7 or 8 colour coded courses. 120+ competitors is a good turnout locally.
- ◆ Still provides opportunity for runners to compete against their local peers in good areas with good maps but folk won't be travelling too far to attend. Electronic punching.
- ◆ Usually EOD for all although some clubs are trialling full blown pre-entry or email pre-entry now. Typical Senior entry fee ~£5.
- ◆ Regular results updates throughout the day on paper and online by day after the event but usually something up by that evening anyway. Results preferably to be published on BOF website too within a week and count towards National Ranking Points for BOF members.
- ◆ Facilities are supposed to include toilets (but "Sainsbury's at Bridge of Dee" may have to suffice due to economics) and there's an increasing, and excellent, trend to get local fundraising folk to provide coffee and cake.

**Level D**

- ◆ Really parochial stuff like Summer Series, DNC, Summer Sprint O with one or two courses usually designated as Long and Short or Yellowy/Orange. Generally less than 100 competitors although some of the Summer Series events get swamped particularly in activitymix years.
- ◆ Depending on the planner /organiser /area things can get a bit rosey here like maps with no legend, not daring to put out EMIT kit and the odd misplaced control but we do try to avoid this as much as possible. Just get out there and enjoy!
- ◆ EOD for all. Typical entry fee a few pounds.
- ◆ May have to wait a day or two for results to be published online.
- ◆ BYO facilities!

**STORY COMPETITION**

This is a picture of an old car which frequently stars as a control on longer courses at Loch Vaa, deep in BASOC territory. Intrigued by it for several years now, I tried to find out a bit more about it by emailing the editor of the Boat of Garten newsletter, BOG Standard (brilliant!), to ask them to put out a plea for information in their next issue.



The first response said he'd no idea how it got there but identified it as an "Opel Olympia, probably late 30s, and a German model, since it has left hand drive." The second reply said that she'd tried looking on the internet many years ago and that it was a "WW2 German SS Officer's car, can't remember the name of the guy."

Hilary Quick had another theory that it probably belonged to a local resident famed for keeping a yard full of old cars, but I'm afraid that's nowhere near as exciting or romantic as the idea of defecting Nazis roaming around Speyside.

So, let your imaginations run riot everyone and send me your stories, or even just the bare bones of an idea for one, to [newsletter@grampoc.com](mailto:newsletter@grampoc.com) and I'll put them in the next issue and maybe even give out some lavish Tunnock's Teacakes. May the best dreamer win!





## DEESIDE NIGHT CUP 2010/11

It started with deep snow and treacherous driving conditions as if there was a time warp that took us straight from Crathes last February to Balnagowan in November for the first event of this series. It ended on a balmy, springlike evening at Scolty on Feb 23<sup>rd</sup> where the final battle was fought to finish the courses in time to get to the Derbar Curry House for prize-giving and food.

### *Deeside Mini Cup*

1st Junior, 1st Woman & 1st Overall: Rhona McMillan (MAROC) WOW!

2nd: Sam Gomersall (GRAMP)

3rd: Steve Spencer (MAROC)

4th Overall and 2nd Woman: Lesley Gomersall (GRAMP)

Jack was also doing really well leading the field until Prelims got in the way after New Year. Unlike Marnoch on the LAMM, you can't really take your revision with you in the dark. Bad luck, Jack!

### *Deeside Night Cup*

1st Overall & 1st Junior: Finlay Langan (MAROC)

2nd Overall: Jon Musgrave (MAROC)

3rd Overall: Dan Gooch (MAROC)

4th Overall: Roger Coombs

5th equal: Doug Guy (GRAMP)

5th equal and 1st Woman: Sarah Dunn (MAROC)

There was a goodly sprinkling of GRAMPs further down the field including some of our relative newcomers like Iain Barraclough and John Lang, but Giedrius Vidzikauskas did best coming 16th overall with only 5 counting events so looking very good for next season providing we can sort out regular transport for him (and maybe some other students by then?)

All juniors at the curry got Easter eggs (a bit early but...)

All organisers got mini chocolate eggs (bribery never goes too far wrong!)

Most events attended - an 8 way tie, Andy Tivendale won the lucky draw.

Best planned course was won (by a margin of 1 vote) by Drew Tivendale for Coull.

Raemoir Trophy for toughest course was won by John Mason for Shooting Greens - the thigh deep snow tipped the balance!

As Doug Guy is now heavily involved with the Junior training etc, he will be handing on the DNC baton to Richard Oxlade next November.

That's the facts and figures out of the way – now for something completely different to try and give you a feel of the atmosphere of this competition, all lifted (c/w spelling mistakes) from the DNC Blog or overheard at various events:

### Dedication...

*All planners (some at very short notice) as even with no snow it's no picnic. Thanks guys!*  
Well, what a start to the DNC. Great courses run in moon-lit, deep snow. Everything that the night-O series should be (except the blocked roads.) Thanks Andy for persevering and keeping the event on. Dan G on Balnagowan.

*Thanks Dave for what must have been a monumental effort getting the controls out. RC on Raemoir*

how about a parallel competition running throughout the series - the person who made the most heroic journey to make an event. turning back will only merit a mention in dispatches you have to make it all the way. i think eddie must be the current leader after last weeks effort. (Balnagowan )HEADLAMP

### Determination...

*(snow en route to Balnagowan) left westhill at 5-30pm and joined a queue of traffic doing 10mph - the roads were terrible - heard on the radio about the accident at raemoir so headed to echt. very heavy snow as i climbed upto learney so took the back road to torphins which was pretty hairy just missed being hit by a car in torphins. took the link road to kinker which was just passable nearly got taken out by another car at the junction with the A93 before kinker. kinker to aboyne was ok given what the rest of the journey was like. arrived at the event back of 7-00pm....very relieved to make it. but it was worth every white knuckle ride minute DG*

What an epic. John is tough to hang number 10 - I'd have cut it from the course and modified the maps. Didn't dare think about anything but struggling on through the snow or else panic would have set in. JM Shooting Greens

*a frustrating night.... 12 was especially frustrating as i was standing at the boulder but I didnt see the marker so went for an extensive wander of the very rocky slope only to return 10 mins later to the same boulder.....aaaaagghhhhhh! DG Sluie*

### Delectation...

*running through a snowy forest at night is pretty hard to top DG Balnagowan*

The course was brilliant and the conditions a joy EH Balnagowan

*Download in the bar - now that sounds civilised ;-} ANON Raemoir*

Full marks for the registration and down load location, its great to buy a beer and chips within 3m of download! thanks to Dave and the Raemoir House Hotel for a very stimulating evening! ANON Raemoir

*Saw loads of deer, really beautiful and atmospheric JMason Shooting Greens*

Going up to control 10 felt like entering santa's grotto at times. All great fun.. ANON Shooting Greens

*I must admit I thoroughly enjoyed it, lost my headtorch a few times and spent most of the evening face down in a drift, and that's without the aid of alcohol. GM Shooting Greens*



What a pleasant change to the last couple of weeks - no nasty deep white stuff and just lots of contours to scare! Great course from Gary ANON Forvie

*What a snatch Forvie was before the snow came back. Brilliant evening to be out. Great technical stuff. DK Forvie*

Chris, thanks for a cracking course. Really tough but still fair. Terrain was great and weather perfect, spikes might have saved me doing Bambi on Ice though! AR Bogendriep

*Thanks for planning such a good technical course Chris - challenging all the way round RO Bogendriep*

Great weather, great forest and great courses - thanks Dan JMusgrave Birsemore

*Running through terrain like that at night is such a fantastic feeling. EH Birsemore*

Loved it. I liked the running in the pack bit. Added to the pressure and led to mistakes. Think I managed to get away from the pack I was in only to blow it as usual by somehow missing 15. Great course, great conditions, my favourite DNC so far. Drew T Birsemore

*Thanks for that Sam, real fun romp around a variety of terrains.... I was careless at 5, then rushed 6 and took it for granted it would be easy, well done for catching us out! ANON*

Tyrebagger

Thanks for a great night. Despite it being my worst run ever I had a great time! HR

Tyrebagger

*It was lovely out on the open hill with all those geese honking. GJ Tyrebagger*

totally awesome.....it doesnt get any better than this. muchos grassyarse HEADLAMP Coull



### **Distraction...**

*If you see lots of moving reflections in the forest, that will be a flock of sheep which seem to prefer the woods to the fields. AT*

Realized I'd left my compass in the car after faffing around at number 1 so then just had a run round the forest. Must try that again. ANON

*Matchplay scoring suggestion DEFECTOR*

Being asked if I fancied "a night out" by Evgueni as he stomped past me halfway up a steep heathery slope at Tyrebagger – he meant did I want tickets for the Banchory School Family Fun Fundraiser the following week. RS

*There will be some "decoy" controls. This will be fairly located in accordance with IOF rules but, if you see a control glinting in approximately the right direction don't assume it's the one you are looking for. IH Perwinnes Moss*

### **Detraction...**

*after over 2 hours of traffic queues (from Bridge of Don to Midmar) and un-nerving experiences (snow en route to Balnagowan) IH*

It took us 2 hours from Aberdeen to the raemoir road (before the crathes turn off) and then log jam. The roads were icy and a few cars in odd places. So we never made it. Turned around and drove back to town and went for a night run in the snow at Hazlehead. GOMS Balnagowan

*I'd lost the will to live after swimming through 4ft of snow in the open on the way to 3, and was a bit freaked after getting my foot stuck in holes a couple of times. SD Shooting Greens*

I think it would be nice if next DNC dune area could be printed with a white background. EH Forvie



*What about the controls that were in the wrong place - 10, 12 and 13. Not happy about being dq'd as I had a cracking run. SD Forvie (NEED FOR CONTROLLERS FOR NOVICE PLANNERS)*

I lost not only my silva baseplate compass but also the map after falling into and being submerged in a water filled ditch. My headtorch didn't much like the submersion, so it proved to be an interesting finish to the course minus map and torch. GU at Forvie

*Evie's club headtorch failed again (a new 4-cell Silva battery died after 30 minutes, so it might be the charger?) JMason Bogendriep*

the fight around 4 certainly wasn't [good], not least because of the rather shocked local caught in the headlights and the crawling over empty beer and wine bottles. All part of the fun of the DNC I guess. RC Perwinnes Moss

*The only slight spoiling factor for me was that for the first time ever in the DNC I was running in a pack for much of the time - being alone would have been even better. EH Birsemore*

I had big problems with no.3 as the cane and reflector was virtually horizontal. If the control gets knocked over please could folk remember to replace in the vertical as they leave it, especially at night as this is needed for some of us less accurate people! - thanks CL Birsemore

*wish I'd tried opening the gate rather than running up and down the fence like a trapped deer.:-) RC Hazlehead*

### **Defies description...**

Rumours are circulating that someone borrowed my tardis for the Sluie event... not a local person either, but from somewhere further up north according to the ship's computer... so after starting out and getting lost in the woods, our enterprising time traveller was rumoured to have travelled back in time by resetting the clock on his brikke, then setting out again from the start in a better direction.

Some of this ancient lithium brikke technology does amuse me, nowadays the EMITs are powered by unobtanium, but they still crap-out when it gets below -270C, a bit like the DNC temperatures at present (the daleks still insist on using SI, they are as stubborn as ever, but be polite - they have been known to exterminate other competitors if asked for directions)

Regards to all, Jon Pertwee

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### **Scottish Night O Champs 2011** 1<sup>st</sup> M16 Sasha Chepelin and 2<sup>nd</sup> M50 Dad.

Congratulations guys and well done for flying the GRAMP flag down in Edinburgh back in Feb. The date and venue were announced quite late on for various reasons which may explain the lack of GRAMPs attending or maybe it's just that the DNC is sooooo good and on the doorstep that we're just spoilt for choice? Ed.

Taken from the BOF fixtures calendar and local clubs' websites as of 28th Feb. Bear in mind that things may change by the time the events happen so don't take this list as gospel truth and check on the relevant club's website (or ask a fellow Gramp to do so if you don't have access.) EOD = Entry on the Day

## MARCH

### 13th Sun GRAMP Scolty GR NO 688 948

(JD)<sup>2</sup>C and GRAMP CHAMPS EVENT

colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00

Planner: Pete Lawrence Organiser: Ali Robertson 01569 760469

### 20th Sun INVOC Battan, Kiltarlity GR NH 530 390

EOD colour coded. No more details at time of publication – check [www.invoc.org.uk](http://www.invoc.org.uk)

### 26th Sat MOR Saturday League Aberlour NJ 265 430

Parking: Tearooms at Alice Littler Park Reg: from 10.15. Starts: 10.30 to 11.15

Long course is a mix of urban and woodland at TD3/4. Plenty of route choice and some interesting sections. Short course 2 KM approx at TD 2 standard. Dogs on leads. EOD.

Phillippa Weir - 01340 8160631 [www.moravianorienteering.org](http://www.moravianorienteering.org)

*Pssst! Don't know what TD means? See page 9.*

### 27th Sun MAROC Redburn, Nr Logie Coldstone GR NJ 432 022

(JD)<sup>2</sup>C and GRAMP CHAMPS EVENT

8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00

[www.marocscotland.org.uk](http://www.marocscotland.org.uk) for more details

## APRIL

### 2nd Sat MOR Saturday League Lossiemouth NJ 230 700

Parking: Sunbank Park Reg: from 10.15. Starts: 10.30 to 11.15 EOD

Long course TD3-4 ~4 Km. Short Course TD 2 ~2 Km

George Paterson - 01343 811271 [www.moravianorienteering.org](http://www.moravianorienteering.org)

### 17th Sun GRAMP Bennachie GR NJ 698 216

(JD)<sup>2</sup>C and GRAMP CHAMPS EVENT

8 colour coded courses, EOD, reg: 10:30 – 12:30, starts 11:00 – 13:00

Planner: Duncan Grassie Organiser: Helen Anderson 01467 620750

**GRAMP COACHING 19th/20th and 26th/27th** See next page

## MAY

### 1st Sun MAROC Bellwood, Aboyne GR NO 538 987

No further details at time of publication - [www.marocscotland.org.uk](http://www.marocscotland.org.uk)

**GRAMP COACHING 3rd/4th and 10th/11th** See next page

**6th Fri DEESIDE SUMMER SPRINT O SERIES starts** See next page

**GRAMP COACHING SESSIONS APRIL/MAY**

6.30 – 8pm and timings are flexible as we'll start groups off as and when they arrive, but please arrive by 7pm otherwise you'll run out of time/daylight!

activitymix will be sharing the April sessions so make sure you make lots of positive noises about what a fantastic sport orienteering is and hopefully they'll join up in droves.

**APRIL**

19 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginners</b>	Foss & Erik 01261 821220
20 Wed	Tyrebagger NJ 847 110	Coaching - <b>Improvers</b>	Anne Hickling 01224 323855
26 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginners</b>	Foss & Erik
27 Wed	Scolty NO 688 948	Coaching - <b>Improvers</b>	Ali and Kate 01569 760469

**MAY**

03 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginnners</b>	Foss & Erik
04 Wed	Balmedie NJ 976 182	Coaching - <b>Improvers</b>	Anne Hickling
10 Tues	Kirkhill NJ 853 117	Coaching - <b>Beginners</b>	Foss & Erik
11 Wed	Crathes NO 735 968	Coaching - <b>Improvers</b>	Ali and Kate

**DEESIDE SUMMER SPRINT O SERIES MAY/JUNE**

MAROC and GRAMP are joining forces again, this time to put on this summer's Deeside Sprint-O Series. The series will commence on Friday 6th May and the single course event format will cater for all Orienteers of TD3 standard and above.

Expected winning times for the evening races will be in the order of 15-20 minutes.

Provisional dates and locations are as follows:

**MAY**

6 Fri	Bogendriep	MAROC
13 Fri	Dunnottar	GRAMP
20 Fri	Glen O'Dee	MAROC

Details to follow on the websites and via eGRAMP but get your offers in to plan one of these asap please.

**JUN**

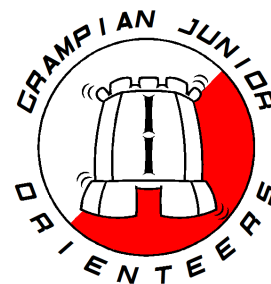
3 Fri	Tollo Hill	GRAMP
10 Fri	Bellwood	MAROC
17 Fri	Newmilhill	GRAMP

Even if you can't run very fast still come and give it a go as it's a different style of orienteering where the controls come thick and fast and it's just as much about keeping the mental concentration going as keeping the legs and lungs going.



**GRAMP JUNIOR NEWS issue 13****Badgemia**

Well done to Maya Reynard and Lachlan and Struan Kirk. Maya got her SOA participation badge for completing 25 courses and Lachlan and Struan got their badges for completing 10 courses.

**ScotJos duty for Sasha, Jack, Calum and Katrina in 2011**

Well done guys! We'll be watching you over the year with fingers crossed you have a great season and lots of great results.

**Sasha is the 2011 Scottish Night O M16 Champ** Well done Sasha!

**2011 Jon Duncan Junior Deeside Cup events coming up:**

Mar 13th	Scolty	Apr 17th	Bennachie
Mar 27th	Redburn	Jun 5th	Balmedie

There are 10 events over the year and your best 5 scores count towards your total. Slightly different rules this year as you can enter whatever course suits your ability - you're all getting far too good these days and we don't want you getting bored.

Take a look at the (JD)<sup>2</sup>C information on the website to see how the points are calculated if you want to practise your maths. (Nope? Thought not!)

Basically the highest placed Junior on each course wins maximum points – so you may not win the course outright but if you're the first Junior on that course you get 200 for White, through to 800 for Brown.

If you're not the highest placed Junior then you still get points and these depend on your time relative to the highest placed Junior's time. So for example, if they take 30 minutes and you take 31 minutes on the Orange course then you still get  $30/31 \times 400 = 387$  points. YIPPEE!

If you're being shadowed then your points are halved to make it fair to the others, so it's well worth practising lots and getting good enough to go out on your own as soon as you can.

Also on the website are the (JD)<sup>2</sup>C points following Bogendriep so take a look and find out how you're doing against your MAROC rivals and then make it your goal to beat them at Scolty.

**New Junior contact email**

We've set up a new distribution list email address so that Kate and the team can keep in touch with you all and pass on info about training and other events. She's already contacted most of you to see that it's OK to put your (or rather your parents') email on the list, but if you haven't been contacted and want to make sure you're included then let her or Doug know.

Doug    [deejgee@btinternet.com](mailto:deejgee@btinternet.com)    Kate    [kepenny@gmail.com](mailto:kepenny@gmail.com)



## Junior Training @ Dunnottar Woods

WOW!!!! What a great turn out for the 2nd Grampian Junior Training event at Dunottar. I don't think any of the coaches involved were anticipating the wonderful support we got. When I arrived at the car park, I was convinced I was turning up at a full orienteering event and not just a training event. Despite the chilly weather all juniors were soon warmed up with a 30 minute group fun exercise before heading out into the forest on a variety of standard colour coded courses lead by the intrepid GRAMP Junior coaching team and well supported by keen parents. An hour later everyone was back at the assembly with a new set of orienteering skills ready to use at the next orienteering event.

It was a wonderful sight seeing 35 happy kids of all ages gathered for a dedicated junior training event. I think we already have the next group of Gramp stars in the making - from small beginnings great things happen. That day felt like the small beginning of a wonderful future for GRAMP juniors. I cannot wait for the next junior training event and to see our juniors carry the skills they are learning into the John Duncan Junior Deeside cup (JD)<sup>2</sup>C series of events. I think MAROC are not going to have things all their own way in 2011.

A huge thanks to Ali and Kate Robertson for hosting the training and also a huge thanks for all the parents who made the commitment in bringing their kids along - I hope you agree with me it was a good choice and also hugely rewarding.

Next dedicated Gramp Junior training event is on Sunday MARCH 20th at FOGGIETON put it in your diary NOW and keep a watch on the web for details and info relating to junior orienteering coaching and competing - the training events have been built around the event calendar (but where it's possible there will be a training event every month).

Doug



C'mon Dad!  
Keep up!



A group of children and an adult are gathered in a forest, looking at a map or document. The children are wearing red and black jackets, and the adult is wearing a blue and white striped beanie and a red jacket. They are standing on a dirt path with trees in the background. The text "Bit more slow and serious now – discussing symbols on the Dunnottar map" is overlaid at the bottom of the image.

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