

**GRAMPIAN
ORIENTEERS**

TELEGRAM

Nov
Dec
2011
Issue 176



Autumn Urban
Sprints Winner,
Jack Gomersall,
in full flight at
Aberdeen Uni

Deeside Night Cup 2011/12

Starts: 6-7pm Except the Dunnottar training which will be 6.30pm

Courses close: usually 7.30 -8pm

Seniors £4, Juniors/Students £2.50

Two courses: Long ~5km and Short ~3km, both TD5

	Date	Area	GRAMP/ MAROC
Training	9 th Nov 2011	Dunnottar Woods NO 863843	G Rachel Scott
Training	16 th Nov	Hazelhead NJ 892055	G Richard Oxlade
Training	16 th Nov	Dess NJ 571 003	M Jon Musgrave
1	23 rd Nov	Birsemore NO 528975 Parking at track end, start at the Guard.	M Drew Tivendale
2	30 th Nov	Foggieton NJ882032 Primary school car park	G Calum McLeod
3	7 th Dec	Glen Davan NJ 443014 Parking on verge	M Peter Craig
4	14 th Dec	Balmedie NJ976182 Parking at visitors centre	G Ian Searle
5	4 th Jan 2012	Sluie NO 606987 Parking at Tillydrine Farm (road access from NO605991)	M Frances Wright
6	11 th Jan	Tyrebagger NJ847110 Parking opposite FCS Xmas Tree car park	G Gomersalls
7	18 th Jan	Ballogie NO 584972 Parking at lay-bys and on verge	M Andrew McMurtrie
8	25 th Jan	Raemoir NO 694995 Parking at Raemoir Hotel	G Sasha Chepelin
9	1 st Feb	Shooting Green NO 623960 Parking on track in forest (road access from NO622954)	M ??
10	8 th Feb	Forvie NK 033289 Parking at visitors centre	G Ian Hamilton
11	15 th Feb	Cambus NO 405981	M ??
12	22 nd Feb	Scolty NO688948	G David Kirk

Keep an eye on the website for any last minute changes to venues/parking etc.

TRAINING: lowkey, no timing, just a chance to learn/practise bearings and other night tactics
FROM 23rd NOV ONWARDS: Timed courses, both TD5 Green Standard so if you can't yet do a Green alone you'll need to ask an experienced night O official to shadow you.

TORCH HIRE: £2 per night, 2 torches available, contact Sam G/Iain M/Richard O.

DNC GRAMP COORDINATOR: Richard Oxlade richard.oxlade@btinternet.com.

Chairman's Chat

CHAIRMAN'S CHAT – NOVEMBER 2011

Hi everyone,

Late autumn seems to have developed into a bit of a fallow period for orienteering for Gramp. This year the Wednesday evening events were extended into October through the inaugural Urban Sprint Series, which attracted a reasonable level of entries. I'm told both the 'Urban' and 'Sprint' words in the title still seem to put some people off and whilst this format isn't for all (it's not great for young juniors or those whose legs don't appreciate too much tarmac, I'll admit) I'd like to try to dispel the myths that it's just plodding around boring streets and only for fleet-footed whippets.

By choosing areas with complex road/path networks and emphasising route choice and rapid decision making, I think this format can be a rewarding challenge for just about everybody. The idea is to reward speed of thought rather than speed of feet. Anyway, we intend to run this series again next year and hopefully we get a few more people along.

Despite this extension, we tend to have few weekend events in the run up to Christmas and I'd like to know whether you think this is right or not? The wider Scottish O Calendar is quite busy in September and October, so fitting in weekend events can be quite challenging. Also, when we have put events on in November and December they have seen relatively low attendance.

Once you start looking into scheduling of weekend events, it all gets a bit tricky. In the last few years, Anne Hickling has taken on the under-appreciated task of agreeing a calendar of events with other North Area clubs and SOA whilst trying to satisfy club members' wishes. Once the schedule has been agreed, Anne has then set about getting officials for all our events. But, and here's the rub, Anne has now decided that after many years constant and intensive work on behalf of the club it's time for her to have a bit more time for herself and we need to find someone to take on one or both of these roles.

Somehow I don't expect to get mown down in the rush of applicants but please consider whether you could take on one or other or both of these jobs otherwise we won't have any events come the middle of next year. If you'd like to know a bit more about the role email, phone, collar me or any of the committee members in the run up to the AGM.

Talking of which, please come along to the AGM – we try to make it as much social and as little bureaucracy as possible and always have a prize-giving where the kids especially get recognition and (usually) something edible. The kids also get to miss the AGM bit and have a supervised play in another room, so get the 10th of December in your diary and bring your brain for the no-doubt fiendish games being lined up for you!

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	

Or you can now use the contact forms on the website as well as these email addresses.

Have you spotted the "Follow" button bottom right on the new website where you can sign up to get new posts sent to you by email?

members@ grampoc.com if you want to share something with the rest of us but keep it O related please

Deadline for articles, photos and news for next TG is **31st December** 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 unless you want to risk your iPad ;-)

STRIKE A CHORD?

From an article in The Herald or Guardian about sports fanatics:

"But football is undeniably my escape from myself, and for that reason it's probably healthier for both of us if [my wife] keeps her distance. To have your partner colluding in your madness does tend to normalise and excuse it."

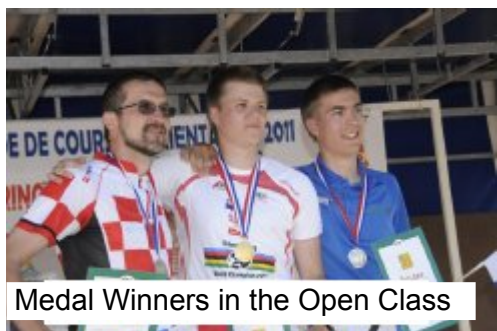
Substitute orienteering for football and it sounds scarily familiar?

At the World Champs (x2) in France

by Anne Hickling 2012 WTOC Co-ordinator

If you agree to organise something, it's always a good idea to find out what will be expected of you! So last month saw me heading for the Savoie region of France to join the British team at this year's World Trail Orienteering Championships (WTOC), held alongside the foot-O world championships and public races for around 4000 competitors. It was a big learning experience for me, as my only previous experience of TrailO was 12 years ago and the sport has come on a long way since then.

The first revelation was that TrailO is not just for people in wheelchairs and former foot orienteers who can no longer manage the physical aspect. There are two classes in TrailO – paralympic



Medal Winners in the Open Class

and open – and in both there are a lot of young people. In many European countries TrailO is seen as excellent training for regular orienteers (as well as mappers, planners and controllers) because of the skills of detailed map interpretation and distance judgement that are demanded. In fact Thierry Gueorgiou, this year's triple gold medal winner in the WOC, was a member of the French TrailO team at the 2008 European Championships and won the gold medal there too.



The second thing I discovered was that TrailO is hard – much harder than I remembered from my previous attempt. Well this was the World Champs!

As a team official I was able to go round the courses after the competitors had finished and I got about half the controls correct. Of the competitors, the top three of the open class had 43 out of 44 controls correct over the two days, with 40 the highest score in the paralympic class. Where more than one competitor has the same score, the time taken at two timed controls is used as a tiebreaker. There is a time limit of 2 hours and most people take most of this time. It is mentally draining and I felt pretty tired on finishing.

You can look at the maps and solutions on the WOC live website:

<http://live.woc2011.fr/index.php?id=wtoc2011-overall-results>.

The solutions sheet shows the positions of all the kites. These are so detailed that I haven't attempted to copy them here.

At each control point, you can see up to 5 control kites from a viewing point marked by a post beside the track. One control circle and the control description are marked on the map and the task is to identify which, if any, of the kites is correctly positioned. The possibility that none of the kites is correct makes it much more difficult. You are allowed to move up and down the track to look at the kites from different angles, but you are not permitted to leave the track.





4th place for the British Team

It was fantastic to see the British team on the podium with 4th place in the team competition. The second day of the TrailO was at the same venue as the Long Final in the WOC, and the medal ceremonies for the two events were held together. It was great for the TrailO winners to have a big crowd for their ceremony, sadly something we won't be able to repeat in Scotland next year as the WTOC is being held separately. (The 2012 WOC hosts Switzerland have said they aren't able to run WTOC as well.)

From the TrailO point of view there are pros and cons to running the two events together. The WTOC benefits from the big event atmosphere of the WOC but at the same time a number of compromises have to be made to fit the two together.

The TrailO team were invited to a tea party by the British WOC squad which we very much appreciated. It was at this that we learnt that the 2015 WOC had been awarded to GBR – very exciting news and a terrific opportunity to promote orienteering in Scotland. The French put on a great festival of orienteering in a beautiful area with fantastic weather. I'm sure Scotland will be able to match that!!

TrailO is a strong training tool and is used in many countries as a coaching exercise for squads, clubs and schools. Come along next year to find out what it involves and to test your skills. There will be TrailO at the JK and one day of the WTOC at Tentsmuir will be open to everyone.

You can read more about it at www.trailo.org.



50 EVENT CHALLENGE

Don't forget SOA's 50 Events Challenge to celebrate its 50th anniversary. Given that GRAMP runs or helps run 4 different Series, at least 4 Level C and the odd SOL each year this is almost achievable with GRAMP events alone!



- Events to be run in Scotland and be recognised registered event e.g. SOL, summer league
- Events valid from 16 April 2011 to 15 April 2012
- Course must be completed – retirees do not count
- Organisers, Planners and Controllers can count honorary events
- Mementoes for all “completers” and special prize draw
- Ratification by Development Officer. Please submit forms to Hilary@scottish-orienteering.org

You can download a form to log your events at www.scottish-orienteering.org/soa/page/50-years-50-events/

(I'm up to 36 events after SOL7. How are you doing? Ed.)

Welcome!!

A very warm welcome to new members:

Cheryl, Gary, Michaela and Finley Collins

Gillian Clunas

And also to Jan Eigil Strandskog's daughter, sorry but he didn't give me her name when using her as an excuse for getting out of control collecting at Crathes. Only joking, Jan, congratulations!!

CORPORATE FUNDING

Those of you who have been admiring the new GRAMP tops will notice that Fugro have very kindly sponsored us this year and this has helped reduce the cost of the shirts to each of us. A number of us have employers who operate various different types of community/ club/ matched funding programmes and the Treasurer would be delighted if you could do a little bit of research at work and make an application to help boost club funds. We have quite an ambitious mapping and development programme and every contribution will help.

For example, at least one well known oil company will give the club a donation based on the number of volunteer hours that the individual provides the club. One of the accounting firms has a similar programme. Kevin will help you complete the form and will in fact be making his own application in the next couple of weeks.

Song for the Oban 6 Days

(adapted by Foss)

Chorus

A rare Bog , a rattlin Bog
A Bog down in the valley-O

And the bog was by the shore
And the woods were in the bog
And the bog was up the hills
And not just in the valley-O

Chorus

A rare Bog, a rattlin Bog
A Bog down in the valley-O

And the Bogs were on the Truck
And the Truck was in the Field
And the field was in a Bog
In the Bog at Shenavallie-O

(If you want to hear the tune just try looking for rare bog rattlin bog on YouTube. Ed.)

FOR SALE

Pair of Walsh PBs, Size 5 1/2



Like comfy carpet slippers with grip
One careful owner (whose feet are slightly larger than she thought)
Used twice (but not at Shenavallie-O)
Actual condition may vary slightly from photo but will pick off excess vegetation

Retail at ~£60 so offers over £30 please
Contact Rachel flump@care4free.net to arrange fitting

GRAMP CHRISTMAS **AGM AND SOCIAL** 7pm - Saturday 10th Dec



Same venue as last year in the Scout Hut on Oakhill Crescent at 7pm prompt (and we may have a running around game beforehand to warm you all up as it takes a while for the heaters to kick in!)

To get there turn off Kings Gate north up Oakhill Road next to the Atholl Hotel, then turn first left on Oakhill Crescent. Keep going past the garages and along the unmade track to park outside the Scout Hut. N.B. The Scout Hut is on a narrow lane, late-comers may need to park on Oakhill Road.

Short AGM followed by Gramp Champs prizegiving, supper and games afterwards. Bring a dish to share for the supper please.

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

Any queries? Contact Ian Hamilton.

BI-O-THLON @ KIRKHILL NORTH - Sunday 11th Dec

Traditionally we have a novelty event on the day following the AGM and this year Dave Kirk is mulling over a fiendish double-hander at Kirkhill involving a mountain bike O course immediately followed by a foot O course so start practising your transition now.

(Just hope this doesn't elicit more emails from other parts of the orientering community who have already instigated such events. Think providing we don't call it a World Championship like last time we'll be OK. Ed.)

More details to follow on the website but there will probably be two different levels for the Bi-O-thon and maybe a couple of foot O only options for those who like to keep their feet on terra firma.

Watch this space.....

(Actually better to watch the website.)

FIXTURES

Taken from the BOF fixtures calendar and local clubs' websites as of 30th October.
Bear in mind that things may change by the time the events happen so don't take this list as gospel truth and check on the relevant club's website (or ask a fellow Gramp to do so if you don't have access.) EOD = Entry on the Day EEE = Early Email Entry

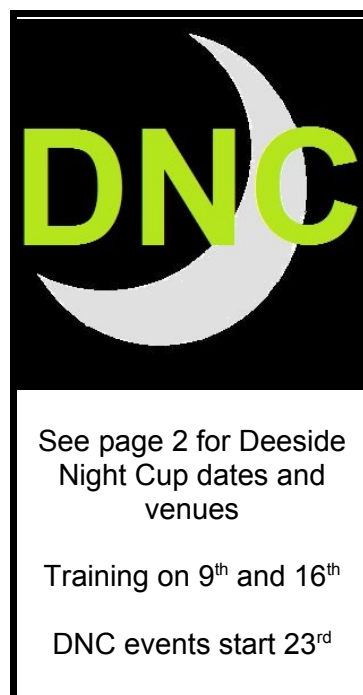
NOV

6th Sun MAROC Inver, nr Ballater
(JD)²C and GRAMP CHAMPS EVENT
White to Black Reg: 10:30 – 12:30
Starts 11:00 – 13:00 EOD or EEE via Maroc website
www.marocscotland.org.uk

12th Sat MOR Buckie (Buckie High School) GR NJ422653
Registration from 1015 to 1115. Starts from 1030 to 1130.
Courses close 1230.
Long Course TD3-4 approx 3.5 Km. Short Course TD2 approx 2 Km. £4/£3 philt99@hotmail.com EOD
moravianorienteering.org

13th Sun GRAMP Raemoir GR NJ687003
(JD)²C and GRAMP CHAMPS EVENT
White to Brown Reg: 10:30 – 12:30
Starts 11:00 – 13:00 EOD or EEE via Gramp website

27th Sun FVO Scottish Score and Inter-Club Championships
Stirling University and Hermitage Woods GR NS804966
70 min and 40 min Score depending on age class plus some colour coded courses too
www.fvo.org.uk



DEC

10th Sat GRAMP AGM and Social - see page 8
11th Sun GRAMP Bi-O-thon at Kirkhill North – se page 8

17th Sat MOR Oakenhead, Lossiemouth GR NJ236703
Registration from 1015 to 1115. Starts from 1030 to 1130. Courses close 1230.
Long 3.5km TD3-4 and Short 2km TD2
£4/£3 moravianorienteering.org jon.hollingdale@virgin.net EOD

26th Mon MAROC Pudding Shaker Haughton & Murray Park, Alford
www.marocscotland.org.uk EOD

JAN

2nd Mon GRAMP Hogmany Hangover Handicap Foggieton
Brought to you this time by Katrina McLeod
Details on the GRAMP website but usually ~11am kickoff with a novelty twist EOD
Bring-a-dish social at the McLeods afterwards. Cheers!!

21st/22nd EUOC Burns Weekend in Edinburgh

SOL 6

Thrice the diligent
Planner hath plan'd

Thrice and once, the
Controller check'd

Organiser cries:-
'tis time! 'tis time!



Round about the brikkes go;
In the poison'd entrails throw.-
Wool of bat, and tongue of dog,
Make them smell like foulest bog!

Fillet of a fenny snake,
In the caldron boil and bake,
Eye of newt, and leaf of tree;
Make the start time 12:03

Scale of dragon; tooth of wolf;
Witches' mummy; maw and gulf
Of the ravin'd salt-sea shark;
Course of Green for man call'd Mark.

With apologies to
Shakespeare, Anne,
Laura and Foss



The keen-eyed orienteer will have noticed some strange circular features on the southern end of the Bennachie map, remains of stone enclosures (I think, Ewen will correct me if not), and everyone will have seen the big OOB shaded area which masks the remains of the 19th Century Bennachie 'Colonists' settlement.



The Bailies of Bennachie have been running a project recently to help people get involved in discovering more about the Bennachie Landscapes and ran a community archaeology weekend back in September to investigate that settlement. Did any GRAMPs go along? Funnily enough, I had just decided to put this little blurb in when – PING! - an email arrived from the Bailies of Bennachie asking to exchange links on our respective websites.

I thought it would be interesting to find out what was unearthed so fired an email back. I received these photos and "thought you might like to see a few bits of what was found at the shovel pitting at the colony houses on Bennachie.

There were many small pieces of pottery, charcoal and metal found but also a couple of pieces of what we think might be a butter churn!!

All pieces found are being studied at the University of Aberdeen Archaeology Dept so we are looking forward to finding out more about them. It would be great if some of your members wanted to get involved."



They have regular working parties at Bennachie for other workscopes too, so if you missed the archaeological weekend but still fancy giving something back to Bennachie then check the Volunteering page on the Bailies website.

<http://www.bailiesofbennachie.co.uk/bennachie-landscapes/>

Forest Challenge!

The orienteering board game for 2-6 players

Available now. Ideal for:

Christmas and birthday presents; club evenings; prizes for winners of club events; teaching youngsters about orienteering and letting them have fun at the same time.

"We had such fun that we immediately had another game . . . We've already got plans to put one of our favourite areas onto the hexagons . . ." "I think it's a brilliant game - the kids love it."

- * The game includes everything you need to "step over the line" – laminated map, kites, punch cards, "Control" cards, "Advantage" cards, instructions, dice, tokens etc;
- * Design a different course each time you play by using the moveable control stickers;
- * The map sections can be fitted together in different combinations for more variety;
- * Choose score or line orienteering;
- * Add even more variety by drawing your favourite terrain on the blank map grids supplied.



You can buy your copy for £7-50 through the post (please add £1-50 for postage, cheques payable to NGOC) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. All profits to the Woodland Trust.

Email legend@ngoc.org.uk for further information.

SUMMER SERIES 2011 ROUNDUP

A big thanks to all our organiser/planners for helping put on another great Summer Series this year – very popular as ever, we attracted 1109 registered entrants. For the statisticians amongst you that's an average of 73.933333 entries per event varying from a disappointing 31 on a horrid, rainy night at Bennachie through to a stonking 106 on a balmy evening at Crathes boosted by being on Maroc's doorstep no doubt.

Although the main aim of the Summer Series is to have a bit of lowkey fun with a wide variety of locations, planning ideas and participants, especially newcomers, there is a competitive element to it all and Sean O'Sullivan did the number crunching again this year to give us final scores:

Short		Medium		Short Tech		Long Tech	
Sam Griffin	346	Keith Yardley	299	Helen Cromie	174	Evgueni Chepelin	389
Maya Reynard	266	Lachlan Kirk	212	Anne Hickling	169	Duncan Grassie	311
Josie Gomersall	263	Abigail Mason	205	David Kirk	138	Mark Stockton	271

Also ever popular were the Attendance Awards of Bronze, Silver and Gold (chocolate) coins co-ordinated and dished out by Anne Hickling at the BBQ at Templars Park! Thanks Sean and Anne for your behind-the-scenes contribution to the series.

AUTUMN URBAN SPRINT SERIES 2011

To keep the Wednesday evening theme going we decided to try an experimental series of five Urban Sprint O events during September and early October. The plan was to market it to non-orienteering runners (like Cosmics and Metro) and the students when they came back.

The publicity didn't quite happen in the end for various reasons but we still managed to attract lots of enthusiastic runners who all thoroughly enjoyed blasting around bits of Aberdeen they never knew existed, getting their heads around the new symbols and rules involved or just simply working which way up to hold the map before haring off in (often) the wrong direction!



Apologies for those caught out by the "funny" map used for Balgownie. Despite warnings about it being an old map scaled up, at least one newcomer to Sprint O, mindful of our campaign to tell people about the ISSOM conventions, went miles out of his way to avoid several thick black lines before realising that they were just the black lines down the side of the roads but scaled up to look like uncrossable walls. Oops! Balgownie is definitely on the list for remapping now you'll be glad to hear and we have plans for more areas too.

On the other hand, we all enjoyed trying out Oleg and Sasha's great new map of Duthie Park and Ferryhill aided by some cunning route choice legs.

Overall Autumn Urban Sprints Winner for 2011 is Jack Gomersall who will receive his lavish prize at the AGM. Well done! He shares his secrets in the Junior section but first here's a different perspective on the art of Urban O.....

Geriatric Mayhem down the Mean Streets

It seemed like a good idea, trying out the Wednesday evening urban series. After all it was advertised as good practice for some fast thinking and fast decision making. Fast running? Probably not.

So, Hazlehead it is and everything going reasonably well once I've got over the scenery arriving at twice the speed of usual due to the scale. Then, just as I'm thinking it's all over; the brutal planner has put in a maze and the green and white lines are just a blur! Arrgh! Win the wooden spoon for the longest time lost in the maze. Pitying tones of small boy "I've just shown you where the control is!" "Yes I know, I know, but I can't find my way out!"

Still that was my first urban O so no worries, onwards and upwards.

Duthie Park. Feel a bit more in control apart from running confidently to number 2 before number 1. However I run into the odd cul-de-sac between buildings because I haven't differentiated between the various thicknesses of black line. Bit more homework on the map reading required because there are quite a few differences from the usual maps.

Still, surely it can only get better.

Balgownie. Yes, definitely getting to grips with this and the thumb compass at the same time just in case it was getting too easy. Luckily, even through the mental fog of trying to run too fast, I recognise that I am about to visit number 3 for the second time rather than number 7. Note to self to get a bit better organised and take control descriptions with me next time so at least I can double check what I'm supposed to be doing!

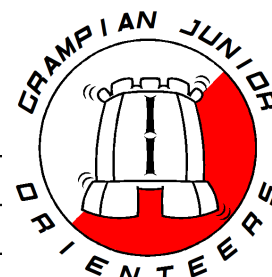
Aberdeen University. Arrive early as have a later engagement and get a very early run. So early in fact that I am the lucky runner who finds that number 9 is trapped behind a locked gate and I verify this by going all the way round to the far side and checking that yes, that gate is locked too!

Otherwise I feel I'm going well but the gods of urban O seem to have something against me.

One last effort at Seaton Park. Hurray! No mishaps, no thunderbolts from the malignant gods, good focus, not enough speed of course but it feels good and there are even formal gardens and the river to admire on the way round.

All in all really good fun. I just wish I could shake off the feeling of being rather silly taking part in what seems to get called a sprint race when I don't move all that quickly. Can I encourage some other more elderly slow coaches to take part next year to get a better spread of participants? Seems a shame to let the youngsters have all the fun. I won't actually be there myself but only because I'll have run away to sea again. Otherwise I would definitely be out there in those parks and not so mean streets.

Foss

GRAMP JUNIOR NEWS issue 17**RESULTS ROUND-UP:** Recent Gramp Junior tops 3's...

EVENT	COURSE	TOP 3?
LC: Corsecarder	Yellow	Ailsa Anderson (2)
LC: Crathes	White Orange	Maya Reynard (3) Naomi Lang (2), Judith Anderson (3)
SOL 5: Cambus O May	Green Blue	Sasha Chepelin (1) Calum McLeod (3)
LC: Anagach	White	Sam Griffin (3)
SOL 6: Glen Dye	Blue	Jack Gomersall (1), Calum McLeod (3)
LC: Quarrelwood	Orange	Keith Yardley (3)
SOL 7: Barry Buddon	Blue	Sasha Chepelin (1), Jack Gomersall (2)
LC: Altarstone	Lime	Sasha Chepelin (1)

JUNIOR INTER AREAS ... Kate and Rob Wilkinson, Naomi Lang, Laura Barraclough and Sasha Chepelin were all picked to run for the North Area Team (GRAMP, MAROC, MOR, BASOC, INVOC) at the Junior Inter-Area Competition down in the borders on 29th/30th October.

North Area Team came 2nd overall after Saturday's Relays and Sunday's Individual results were added into the mix. Well done guys! Sasha also took part in the Tinto Twin Night Event (is there no stopping him?!) and won his class. Congratulations!

JON DUNCAN JUNIOR DEESIDE CUP ... with only 2 more events to go (Inver on 5th November and Raemoir on 13th November), GRAMP juniors are holding off strong competition from the MAROC team. In top 5 positions are: (full standings on the website)

- * M8: Sam Griffin (3), Patrick Lang (4), Mac Guy (5)
- * M10: Daniel Smith (4)
- * M12: Keith Yardley (3), Lachlan Kirk (4)
- * M14: Sasha Chepelin (4)
- * M16: Jack Gomersall (2), Rob Wilkinson (5)
- * W8: Laura Smith (1), Isobel Anderson (2)
- * W10: Ailsa Anderson (1), Josie Gomersall (2)
- * W12: Naomi Lang (3), Laura Barraclough (5),
- * W14: Katie Wilkinson (3), Chloe Reynard (4)

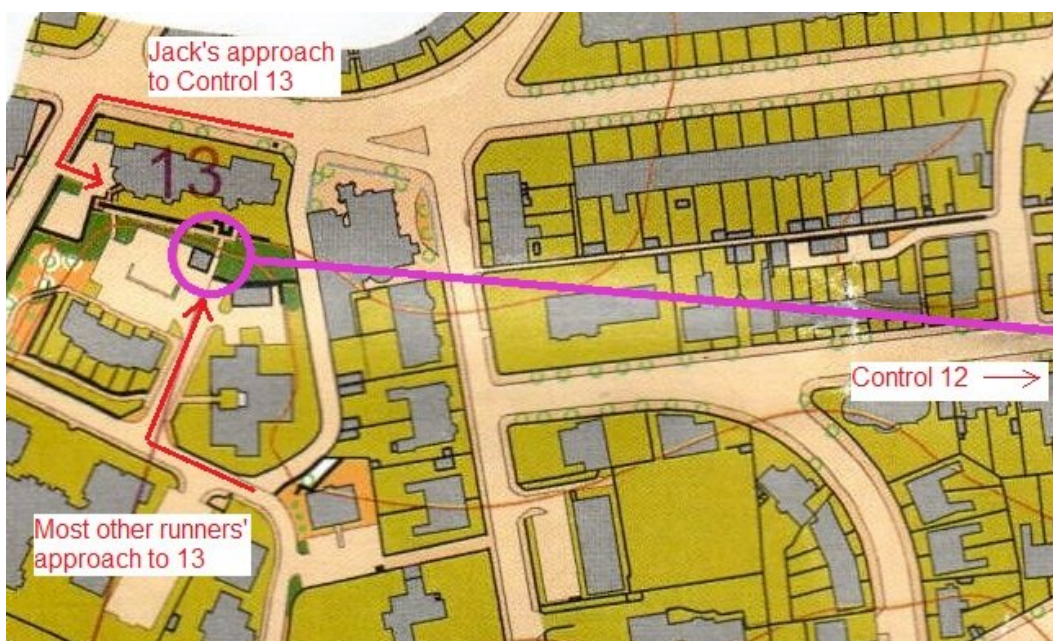
If you won a trophy last year could you make sure you return it to Trevor Ricketts at the registration tent at Raemoir (or arrange for someone else to return it for you) – thanks!!

Sprint O: a reflection on the Autumn Series by Jack

Rachel asked me to share my secrets of sprint O, as I seem to have won the autumn series. First of all I have to say there are no secrets, just the usual factors; run fast, map read quick and make the best route choices. (Don't be fooled by my serious words, sprint O is for everyone, even if you want to walk. My sister Josie was a regular competitor this year).

Here are my top tips...

1. Make quick decisions, plan ahead, look ahead at the control site and see what sides you can come in from then plan your route backwards from that.
2. Plan your route ahead, as you are running on streets and pavements it is possible to look at your map without falling over as occasionally happens when you're in the forest. So while you're running between control sites you can look at your map and decide your route choice for more complex legs. Control flow (deciding which way to go in advance) is also very important in sprint-O so know what direction you are leaving the control, before you arrive so you can punch the control and then set off again without wasting any time. You can then look at the map while you are running to finalize your route.
3. I tend not to rely on my previous experiences of a certain area as I, unlike my parents cannot really remember areas very well; there are also so many new areas such as Ferryhill (excellently mapped by the Chepelins I think). Intuition does sometimes come in handy and I always tend to presume that the planner will have put at least one nasty leg in, in which the shortest most obvious route cannot actually be used, as a feature such as an uncrossable wall or fence will be in the way. This always provides amusement at the end, when discussing route choice.



4. By way of example, on the long leg at Ferryhill 12 - 13, which caused a lot of discussion, the detail was quite small as my mum found out. I presumed that if there was a car park then there would be access to it from the houses just above it and didn't really stop to look at the map. Maybe I got lucky, but intuition seemed to work for me

So serious competitor or not, when an opportunity for sprint O comes up, I recommend everyone tries it, and rely on intuition without trying to read every detail on the map!