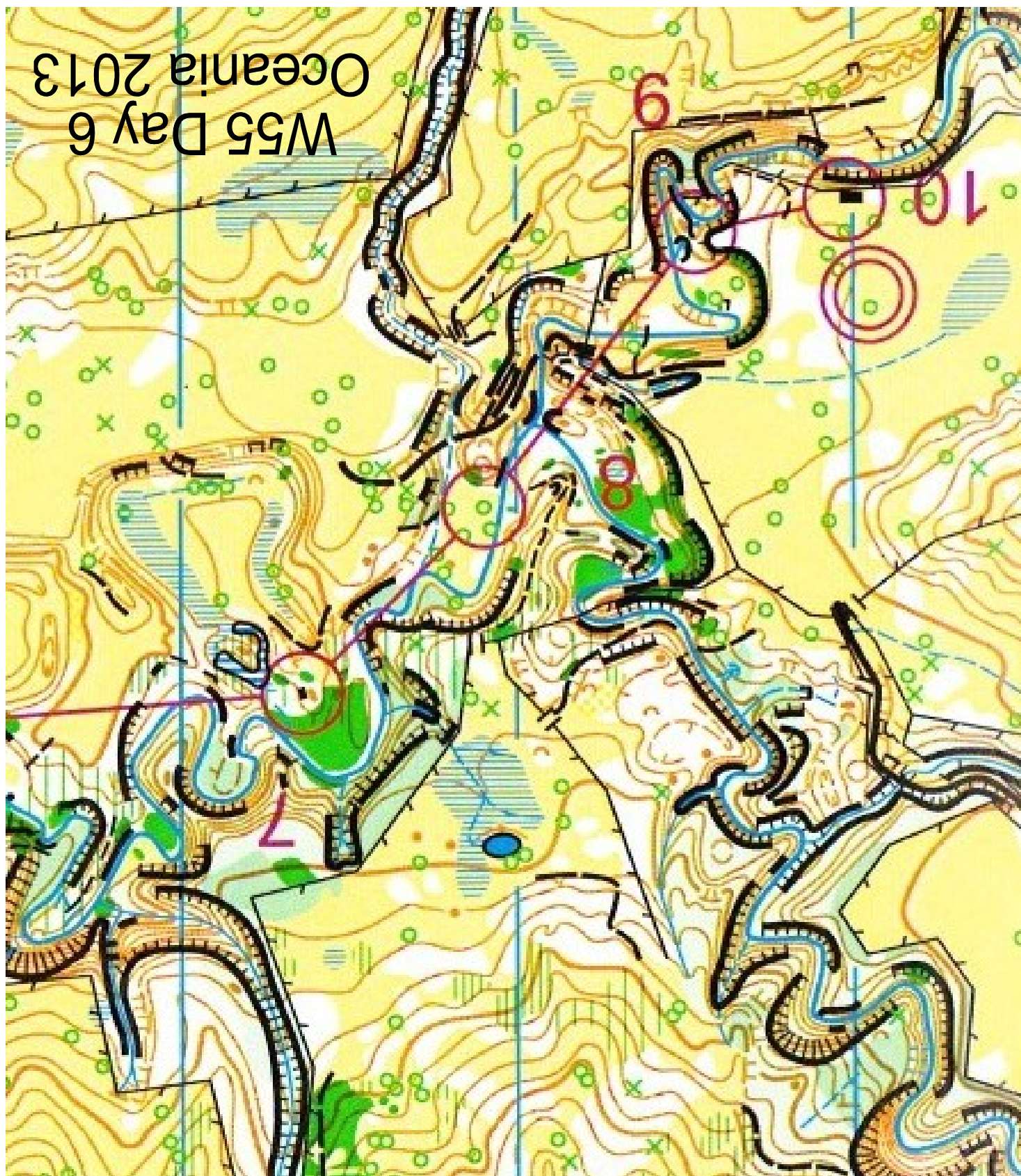


**GRAMPIAN  
ORIENTEERS**

# TELEGRAM

May  
Jun  
2013  
Issue 185



## HOORAY! IT'S SUMMER SERIES TIME AGAIN!

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

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

There are 3 or 4 courses on offer every evening:

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

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

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

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



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

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

To make it even more sociable, we're planning a couple of BBQs and we were going for a drink/supper at the Feughside Inn after Glen Dye but looks like it's closed – any suggestions for an alternative?

**CHAIRMAN'S CHAT - MAY 2013**

As we move into spring/summer, we have a lot going on, with Summer series training before the summer series, the forest sprint series, the 6 Days as well as the usual weekend events.

The street O series was a success, filling the Wednesday evenings between night O and the Forest Sprint. It involved a street course with marked controls (but no controls out) on a 6-7k 'course' from different start points around Aberdeen. We had about 20 takers each week and many were new to orienteering. The course only took a few mins to plan and with no controls out was minimum effort. If you missed one or more and want to have a run, the maps can be downloaded from the website. We will be filling the Autumn Wednesday eve gap between the end of the Urban series and Night O (ie October/Nov) with another Street O series, so we can all keep in training on the darker winter nights.

I know there is lots of work going on just now by club members in preparation for the 6 Days. Although this is not always visible in advance of the actual event, it is much appreciated by all, including me.

In October 2014 (next year) a double weekend event (11/12, 18/19 October) is planned under the banner of 'Race the Castles'. Edinburgh & Stirling make up the first weekend and the second weekend is on Royal Deeside; Maroc are organising a Classic race on Saturday on a new map at Balmoral and Gramp organising an event on Sunday at a location to be confirmed (permission pending). The second weekend incorporates the Senior Home Internationals. <http://www.racethecastles.com/>

On the social side, I look forward to seeing everyone at the Annual dinner in Banchory. We are trying to fix a date for a joint social with Maroc at Knockburn Loch in late June (watch the website for details). At the 6 days we plan a joint social with Maroc on the beach at Roseisle after day 5. We also have BBQs planned after Balmedie (12/6) and Templars Park (28/8) in the summer series.

Let's hope we have a good summer, enjoy the orienteering.

Sam

**SCOTTISH SPRINT CHAMPS 2013 / SOUL 2**

We had two of the UK's top orienteers and JK Elite Sprint Champions come up to our double-header Sprint and Urban event in the shape of Murray Strain and Tessa Hill. Our Open competitors enjoyed the extra challenge and everyone enjoyed watching them present medals afterwards (no-one more so than Sam!)

Tessa: "Thanks for a great event and some really good courses. So rare to get proper sprints nowadays so to get two good ones in a day was brilliant!" (Planner Pete is well chuffed!)

Thanks to all our helpers for working so hard on the day to make it such a success.  
Rachel

# Welcome!!

A very warm welcome to:  
Andrew Thompson

And welcome back to Dennis and Fiona McDonald (and family too of course)

## CLUB CONTACTS

\* = committee member

Chairman	Sam Gomersall*	chairman @grampoc.com
Secretary	Ian Hamilton *	secretary @grampoc.com
Treasurer	Kevin Reynard*	treasurer @grampoc.com
Mapping	Stuart Anderson	mapping @grampoc.com
Emit kit & club archive	Rob Hickling	historian @grampoc.com

Fixtures	fixtures @grampoc.com
Helen Rowlands (Fixtures Coordinator and Officials)	
Adrian Will* (Fixtures Permissions)	
Mark Stockton (Fixtures Registration/Levy returns BOF)	

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



Although it's always good to get snippets and ideas for Telegraph, sometimes it's better to spread the word about things electronically there and then without waiting two months and with the aid of online links.

What sort of things? Not always O related, just oddball things that have caught your eye or imagination and that you think might be of interest to other GRAMPS too.

Both Ewen and Helen R recently sent me things that fell into that category, so I've set up a new post on the website, called QI, where you can leave brief details and links in a comment.

Anyone can comment – you don't have to register but you do have to leave your email address for my internal admin use only (to recognise and block spammers) so get spotting and get commenting. Upcoming non-O events, sponsored walks, funnies, reviews, book recommendations.....

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

## MAY

FRI 2<sup>nd</sup> GRAMP Forest Sprint @ Scolty (Level D) See page 6  
SUN 5<sup>th</sup> MAROC Tilquillie (Level D) – details on [www.marocscotland.org.uk](http://www.marocscotland.org.uk)

WED 8<sup>th</sup> GRAMP Summer Series @ Countesswells (Level D) See page 2  
FRI 10<sup>nd</sup> MAROC Forest Sprint @ Dess (Level D)  
SAT 11<sup>th</sup> MOR Saturday & Schools League @ Quarrelwood (Level D)  
– details on [www.moravianorienteering.org](http://www.moravianorienteering.org)

WED 15<sup>th</sup> GRAMP Summer Series @ Tyrebagger (Level D)  
FRI 17<sup>th</sup> GRAMP Forest Sprint @ Mulloch (Level D)  
SUN 19<sup>th</sup> MOR Sleepieshill, nr Lhanbryde (Level C)

WED 22<sup>nd</sup> GRAMP Summer Series @ Crathes (Level D)  
FRI 24<sup>th</sup> MAROC Forest Sprint @ Potarch (Level D)

WED 29<sup>th</sup> GRAMP Summer Series @ Cheyne Hill (Level D)

## JUN

SAT 1<sup>st</sup> MOR Cooper Park, Elgin Score – details on [www.moravianorienteering.org](http://www.moravianorienteering.org)

SUN 2<sup>nd</sup> MAROC Bogendriep (Level C) – details on [www.marocscotland.org.uk](http://www.marocscotland.org.uk)  
SUN 2<sup>nd</sup> INVOC Dallaschyle (Level C) – details on [www.invoc.org.uk](http://www.invoc.org.uk)

WED 5<sup>th</sup> GRAMP Summer Series @ Foggieton (Level D)  
WED 12<sup>th</sup> GRAMP Summer Series @ Balmedie + BBQ (Level D)  
WED 19<sup>th</sup> GRAMP Summer Series @ Dunnottar (Level D)

SAT 22<sup>nd</sup> MOR Saturday & Schools League @ Venue TBC (Level D)  
– details on [www.moravianorienteering.org](http://www.moravianorienteering.org)

WED 26<sup>th</sup> GRAMP Summer Series @ Kingshill (Level D)  
SUN 30<sup>th</sup> MAROC Corsedarder (Level C) – details on [www.marocscotland.org.uk](http://www.marocscotland.org.uk)

## JULY

WED 3<sup>rd</sup> GRAMP Summer Series @ Hazlehead (Level D)  
WED 10<sup>th</sup> GRAMP Summer Series @ Glen Fye (Level D)  
WED 17<sup>th</sup> GRAMP Summer Series @ Tollo Hill (Level D)  
WED 24<sup>th</sup> GRAMP Summer Series @ Scolty (Level D)

## FOREST SPRINT SERIES

As the evenings stay lighter for longer, the action moves from the streets to the forests as Gramp and Maroc share the honours in putting on a short series of Forest Sprints.

Sprint O is great fun – lots of controls in quick succession in a relatively short distance and fast running alone is no use in this discipline if it's of the headless chicken variety! You really have to look closely at the map, make snap decisions about route choice, execute them quickly and cleanly while all the time trying to read a jiggling map and watch where your feet are going. Give it a go!

**19<sup>th</sup> April:** Dunottar Woods  
**26<sup>th</sup> April:** Shooting Greens  
**3<sup>rd</sup> May:** Scolty  
**10<sup>th</sup> May:** Dess  
**17<sup>th</sup> May:** Mulloch  
**25<sup>th</sup> May:** Potarch

Check [www.grampoc.com](http://www.grampoc.com)  
 for links to maps showing  
 locations of all these events



One course TD3 or Orange standard, about 3km  
 Great for developing Juniors if accompanied by a TD3 standard runner  
 Best 4 scores out of 6 will count towards the FSS league results  
 Registration: 18:00 to 18:50  
 Starts: 18:30 to 19:15  
 Fees: £4 Senior, £2 Junior/Student

### Sneaky practising for the 6 Day?

Our far-eastern outpost reports that Team Gramp (Alison and Eric Lovie) came 6<sup>th</sup> out of 90 in a race round part of Singapore.

Alison says that the measured distance turned out to be 9.1km rather than the advertised 5km and that the only way it could have been shortened to 6.5km would have been by swimming the marina bay!

Where are Gramp's controllers when you need them?

### TICKLISH SUBJECT

It's that time again when the wee blighters like to get their teeth (nippers? fangs?) into the first unsuspecting orienteers who brush through the undergrowth. Check yourself for ticks from now on and if you find one attached then remove it gently by twisting and pulling at the same time. Keep an eye on the bite site and if you develop a bulls eye rash then get it checked out just in case. The chances of developing Lyme disease are slim but not unknown so better safe than sorry.

# Congratulations!!

Congrats to Rob who is now an IOF Advisor and looking forward to spending his retirement travelling the world in his new capacity. Well, a man can dream, can't he?



## Travels in New Zealand with map and compass – Oceania 2013

After visiting New Zealand in 1989 whilst we were living in Australia, we have long wanted to return, and a 7-day orienteering festival in January seemed to provide the ideal opportunity. Our previous visit had been mostly spent in the South Island, in many ways the more spectacular with its mountains and fjords. This year's orienteering was all in the North Island which has many natural attractions of its own, most famously the volcanoes and geysers of the Rotorua area. And also a wide variety of orienteering terrain.

Overall the event was well organised, very friendly and laid-back, which was how we found the country generally. There was a small army of event helpers, all kitted out in t-shirts in a rather attractive soft orange. The only blip was in the calculation of the points scores from each race – it was not until Day 6 that any points were displayed, the delay apparently caused by the late realisation that the method they'd hoped to use couldn't cope with the sprint race which used different age class groups. But this was only a very minor problem.



In total there were about 1000 competitors, including several Scots – Steve Smirthwaite (MOR), Bob Cherry (AYROC) and Keith Dawson (INT), all M55, so making for a bit of friendly rivalry with Rob; Murray Strain (INT) in the World Cup races, Ted and Val Finch (FVO) and our own Duncan Grassie. It was also good to meet up with a few old friends from our time in Australia. We spread the 6-Day flyers around and encouraged everyone to make the trip to Moray 2013.

The festival involved three World Cup events as well as the events for the ordinary mortals. Attending all the events involved a tour of the southern half of the island, as there wasn't a single event centre. The first three races were on the west coast, an area of lovely sandy beaches and forested sand dunes (sound familiar?). The first day in particular reminded me strongly of Lossie, mixing intricate contour areas with some much more vague parts, all in nice runnable forest. There was an unusual feature on the map on this day – small fenced areas which we were told contained cannabis plantations (do not enter!). Day 2 was similar terrain at Osgiliath Wood, which may sound familiar to Lord of the Rings fans (Frodo and Sam pass through it with Gollum at the end of The Two Towers). Fortunately we didn't meet any orcs or other nasties. Day 3 was a middle distance race in open sand dunes, very like Balmedie but with a few areas of thick woodland (and hotter!). With a W55 course of only 1.9k with 12 controls, mistakes on this day were costly.

After these three days the event moved down to Wellington for a sprint race before heading back northeastwards to the town of Masterton in one of the



island's wine growing regions. The long distance Oceania race was held near here at Ngatawhai, a steep and rough forest cut by several deep gorges lined with impenetrable thick stuff and impassable cliffs. Also a 1:15000 map, something I hadn't used for many years. This was a tough day. There were a couple of much needed rest days after this; on one of these Rob attended a course to become a senior event advisor and I went to the seaside! I was happy to be reacquainted with Hokey-Pokey ice cream, a NZ speciality of vanilla ice cream filled with bits of honeycomb toffee – delicious!

The last two days were in the Hawkes Bay area and for these we stayed at Napier. The town was mostly destroyed by an earthquake in the 1920s and rebuilt afterwards in the Art Deco style. It has a long and beautiful beach on the Pacific Ocean and many wineries nearby. It was pretty hot by this stage (up to about 34°C) and the last two orienteering areas were mostly open. Day 6 was heavily cut by creeks surrounded by cliffs and thick forest and scrub (see map snippet on front cover), and my course mostly involved following these creeks with some forays out onto the hillside. On the last day, the World Cup competitors had a prologue race in the morning followed by a chasing start in the afternoon, and to accommodate this the Oceania competitors had mass starts for each class between 12 and 12.30. This was tough going in the midday heat on a very intricately contoured open area, with a strict 'courses close' time to get everyone off the area before the World Cup race. It was fun to watch the World Cup runners afterwards on a course with good spectator opportunities, and to cheer in some good GB performances, especially from Graham Gristwood, making up 12 places in the chasing race to finish 13<sup>th</sup>.

Our own performances were somewhat mixed. Rob had some good runs finishing 5<sup>th</sup> overall (6 out of the 7 races counting). I was pleased to finish in the middle of the pack on most days, but had one or two less successful days! The courses were generally on the short side compared with what we are used to, but made up for this in the physicality of some of the terrain and slow running in the woods.



An innovation at the event was the use of computer screens to display live results. There were radio controls on all the courses and the split times at these controls were included in the results display, meaning that you could keep track of how people were doing during their course.

New Zealand is making the most of its Tolkein connections. All the film sets have been dismantled but some of the landscape is recognisable in the films – driving north from Hawkes Bay was very reminiscent of Hobbiton even if

the doors to the Hobbit houses were missing! We had a few days left at the end of trip and we spent these on the Coromandel Peninsula close to Auckland, doing some walking and touristy things, and learning a bit more about the country's attempts to preserve its unique flora and fauna. Overall it was a brilliant trip, only marred on our way back by a 7 hour delay at Heathrow because of snow – welcome back to winter!

Anne Hickling

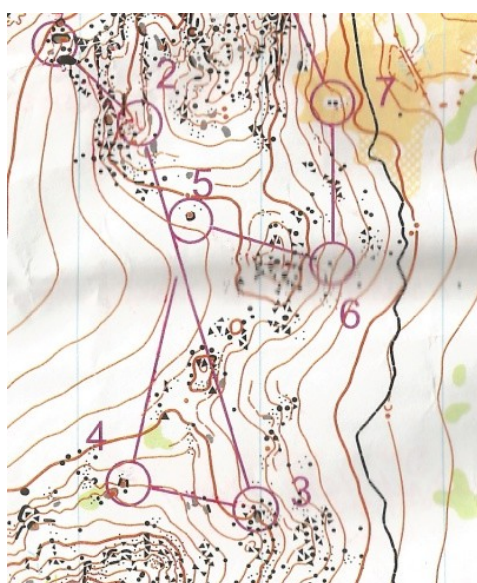
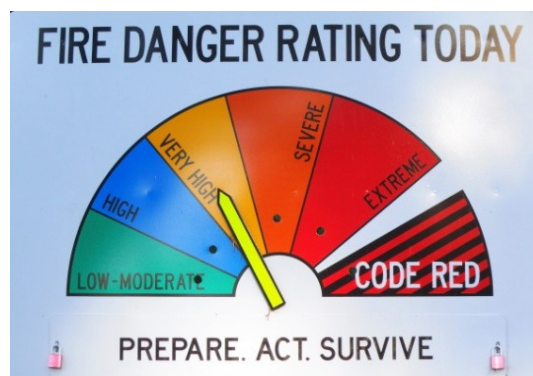


## DownUnderO

Between Christmas and New Year, Foss and Erik took part in the Xmas 5 Day Orienteering festival on the New South Wales/Victoria border.

Day 1 was a very gentle start in an area just outside the small town of Chiltern and run in the evening to allow people to get over their Christmas day hangovers and get to the event. This was not a particularly technical area with a large path network.

The hills on the Day 2 area at Mt Barambogie were covered with a bewildering mass of boulder and rock field detail.



The courses tended to skirt around so that you ducked in and out for your controls. This was just as well because scrambling through tumbles of boulders, you can't help but be aware that these are perfect conditions for snakes. Our runs were as early in the morning as the organisers could manage so that the heat wouldn't be too excessive. It still gets very hot running and we wore hats and carried camel-backs of water. The white areas are Eucalyptus forest and delightful to run through with tinder-dry leaves and bark underfoot.

Day 3 was at a place called Kangaroo Crossing and yes, we spotted several, doing exactly that at high speed; makes a change from deer! Here the vegetation was generally much thicker with young pine growth. This was easier to get through than our equivalent but with rather poor visibility.



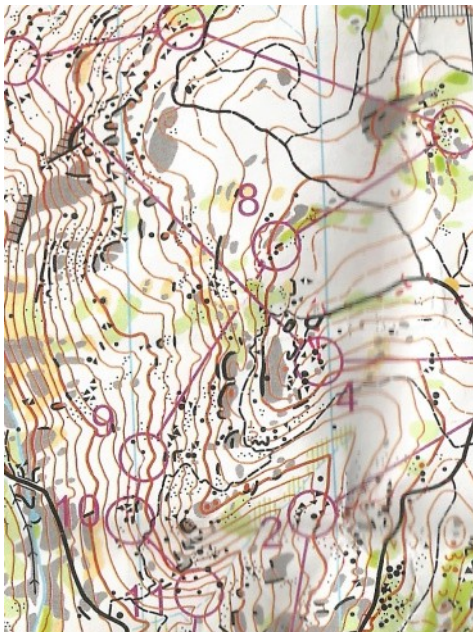
There was an interesting variation of start procedures at this event. The boxes containing the maps were set out in the minus 1 minute box. You can pick up your map but hold it face down until the last beep rather as we do for first leg relays. This certainly saves fumbling for maps while being mown down by keen runners rushing to the more distant map boxes.

Day 4 Rowdy Flats; what a misnomer! I suppose in 1800 or thereby this area would actually have been flat. After being whittled by hundreds of gold prospectors it was anything but. Course lengths were radically reduced because of the





excessive intricacy and climb. A gully, of which there were hundreds, could well mean a serious bit of climbing using hands and knees. The severity was slightly mitigated by a very helpful network of mountain bike trails but winning times suggest that the controller was right to reduce course lengths. Surprised by being 5<sup>th</sup>, hope this stands me in good stead for the 6Day dune areas.



Day 5 Beechworth This was the central town of the event. It is a rather attractive Wild West style place and noted for honey production. The map was partly of the edge of the town and the rest was of a huge ravine above which the town is built. Speaking about controllers, this event had a bit of a glitch when it transpired that the young, fit planner had used the wrong scale when planning the courses and the equally young fit controller hadn't noticed! Also there was a small matter of climb. Stated on the control description as 0, we gave up counting at 300m! As luck would have it this was our latest start of the series and saw us out

struggling at the hottest part of the day. 5<sup>th</sup> again! Maybe the others died of heat stroke and are still out there somewhere. All in all this was a very enjoyable event and a great way of getting back into orienteering after being away for so long.

The most remarkable feature of the whole 5 days was that there was not a wet soggy O shoe in sight.



Foss

Spotted by Carolyn in the P&J.....

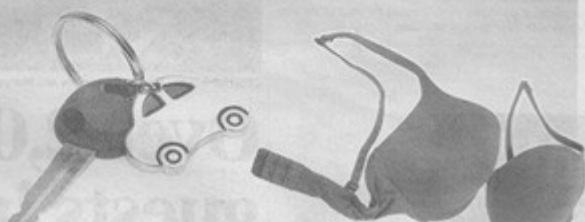
## Warning: Underwear may endanger your life

**Safety: Mountaineers told bras may confuse compass-reading**

Wearing certain types of bras could lead to potentially fatal navigational errors, mountaineers have been warned.

Outdoor enthusiasts risk making mistakes because items they carry - including under-wired bras - can stop compasses from working, Scotland's mountaineering group said yesterday.

The Mountaineering Council of Scotland (MCS) said incidents where com-



Seems underwired bras are amongst the many metal items carried by navigators that may cause their compasses to deviate.

Too much information?

Wait until I tell you that Gareth Yardley had exactly this problem recently!

Spoiler Alert: (magnetic catches on his new gloves)



Carolyn was snapped by Lindsay Crawford (ESOC) during the Sprint at this year's JK. She says she regrets grinning for the camera as she promptly forgot which way north was and exited the control completely the wrong way!



Lesson learned, she kept her cool at the Scottish Sprint Champs and ignored any distractions to win W45.

Woohooo!



**GRAMP JUNIOR NEWS issue 26**

You know all those cakes you've been eating at all the recent GRAMP and MAROC events? Well look what they helped achieve....

Bronze in the Middle Distance Race M1 Class at the World Schools Champs in Portugal. Well done, Sasha!

(But he might not have even been there if you hadn't bought all those cakes to help raise funds!)

He also came 6th in the Long Distance race and teamed up with Jens Van Lommel of Belgium/Flemish team and Xiaojia Ou of China to come 35th out of 148 in the Friendship Relay. I guess a handover is the same whatever language you speak but must have been interesting trying to discuss routes afterwards?

And all this hot on the tail of his JK successes, dominating the M16A class and winning both the sprint and the overall title!

Congrats also to Calum McLeod finishing 10th overall in a well fought battle on the M18 Elite class at the JK and also Jack Gomersall, M18 Scottish Sprint O Champ 2013!



Did you know that on the continent they give flowers or crowns made of flowers to all winners as well as medals?