

CLUBS

There are 19 open orienteering clubs in Scotland, and 3 associated with universities. Most people who orienteer regularly join a club, for the social aspects, to learn from their club-mates, and put something back into the sport by helping at events.

The SOA website has links to all the clubs' sites, or you can phone the National Orienteering Centre (see below) and be put in touch with someone at your local club.

PERMANENT COURSES

Permanent and semi-permanent courses throughout the country offer valuable practice opportunities for everyone. Details are available from your local club and on the National Orienteering Centre pages of the SOA website:

www.scottish-orienteering.org/index/natcen/

national orienteering centre

The National Orienteering Centre is at Glenmore Lodge in the Queen's Forest at the foot of the Cairngorms. Our aim is to provide the very best of orienteering tuition and coaching, maps, prime terrain, top quality back-up, equipment and a helpful and supportive administration. We organise many courses for all standards and at various venues, and offer free-form individual and group training opportunities with our "Regular Orienteering Map Programme".

To find out more about what the National Orienteering Centre can offer, phone:
Hilary Quick on
01479 861374

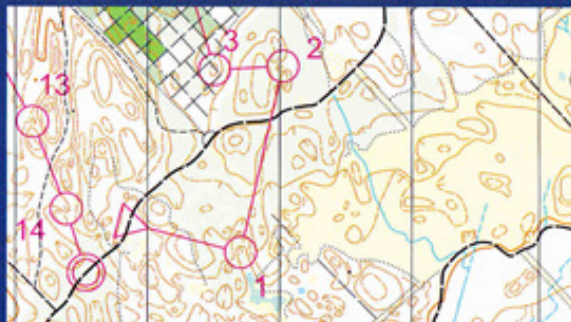
or

e-mail: nationalocentre@scottish-orienteering.org



EVENT INFORMATION

Inside this leaflet is a list of major events in Scotland. Full details of these events – and more – are published in "Score", the SOA's magazine, and on the SOA's website. We strongly recommend that you check details as dates and venues do sometimes have to be changed.



SCOTTISH ORIENTEERING ASSOCIATION

The SOA is the governing body for the sport in Scotland. We have 2 members of staff and a large band of dedicated volunteers who organise, plan, coach, and generally make things happen.

We look forward to meeting you at an event soon!
You'll find the latest news and lots of information on the website.



www.scottish-orienteering.org



YOUR ROUTE TO ADVENTURE



WHAT IS ORIENTEERING?

Orienteering is a sport in which participants use an accurate, detailed map and a compass to find a series of control points. It can be a competitive running sport or a walk in the woods. It's an exciting, challenging activity for all ages.

WHO CAN TAKE PART?

Almost all the events mentioned here are open to anyone, regardless of your age and your standard of orienteering. You don't have to be a member of a club and you can choose a course to match your skills and fitness.

Orienteering is essentially a running sport, offering significant physical challenge as well as exercise for the brain. But if you want to walk round with friends and enjoy the navigational challenge, that's fine.

WHAT EQUIPMENT DO I NEED?

Ideally, you should wear clothing that allows you to move comfortably (full leg cover, not shorts), and trainers with nobbly soles. Bring a compass if you've got one and know roughly how to use it.

You'll get your special map at the event.

Once you get hooked, you'll have plenty of opportunities to buy special shoes, clothes that don't snag on trees, lightweight cagoules etc.!

LOCAL AND REGIONAL EVENTS

Local events are ideal for beginners as well as experienced orienteers seeking a bit of low-key competition. Many clubs put on local events at least once a month, and non-members are most welcome.

Regional (Level 2) events are a bit more competitive, and less frequent. Newcomers may take part, but might prefer to try local events first.

National (Level 1) events are again open to all, but the emphasis is definitely on competition.

Many clubs also organise coaching and training for adults as well as children – check locally.

SOL (SCOTTISH O LEAGUE)

This series comprises 7 events, held across the country throughout the year. Competitors are ranked according to the total of their best 4 results, running against people in the same age group

SCOTTISH CHAMPIONSHIPS

This event exists particularly to find the champions in all the age groups, but it is in fact open to every-one (as indeed almost all events are). As well as the Individual event, there are relays including some with cunning handicaps to give every club a chance.

SIX DAY EVENT

The Scottish Six Day Event has been held every two years since 1976. It's both a competition and a holiday for all the family, with 6 separate orienteering events in excellent terrain, lots of social activities and plenty of time to relax and enjoy the scenery. In 2011 the event will be based in Oban (31 July – 6 August). For more details, follow the link from the SOA website.



MAJOR EVENTS IN SCOTLAND 2010

- 13 Feb Scottish Night Championships, Pitlochry
- 6 March Scottish Sprint Championships, Edinburgh
- 6 March British Night Championships, Pentland Hills
- 28 March SOL1, Trossachs
- 25 April SOL2, Dalbeattie
- 16 May SOL3, Dundee
- 29-30 May Scottish Championships, Kinloch Rannoch
- 4 June Scottish Schools O Festival, *venue TBC*
- 6 June SOL4, Banchory
- 5 Sept SOL5, Aboyne
- 26 Sept SOL6, St. Andrews
- 31 Oct SOL7, Speyside
- 21 Nov Scottish Score Championships, Perthshire

Dates were correct at time of going to press, but you are advised to check nearer the time, by visiting <http://www.scottish-orienteering.org/index/soa/fixtures/>

In September Scotland will also host two prestige international events:

- Park World Tour in Perth
- Junior European Cup in St Andrews and Pitlochry

For details, follow the links from the SOA website.

SCOTTISH SQUADS

The Scottish Junior, Senior and Veterans squads compete internationally and in Home Internationals, and won 2 of the 3 titles in 2008.

Many former members of the Scottish Junior Squad have progressed to the full GB Squad and are winning medals at the highest levels.

Veterans' classes start at age 35, and are often highly competitive.