



## **Orienteering in Moray and beyond**

At all the events below there are courses that are ideal for beginners (unless the details for the individual event say otherwise). Larger events though do tend to be a bit more expensive to enter normally due to increased costs of organising.

### **LEVEL D**

The majority of our local events are what are called Level D. These would include the Saturday series and Schools' League. They are usually aimed at participants in a 'localised' area and are ideal for newcomers. The Saturday series counts for our Moravian Saturday League (seniors and juniors). There may be a full range of courses at Level D events but more often there is a limited number.

### **LEVEL C**

These events e.g. Roseisle last April attract participants from around the local region and occasionally from further afield. They normally have a full range of courses from White (very easy) up to Brown (long and difficult). For an explanation of the colour coding system see further down this article.

### **LEVEL B**

Level B events are high quality competitions e.g. the CompassSport Cup and Scottish O League (SOL). Entries are by age class rather than course difficulty although of course courses for younger competitors get progressively easier the lower the age.

### **LEVEL A**

These are major events such as the British Championships, the JK Festival of Orienteering, Scottish Championships etc. Entries are again by age class.

### **COLOUR CODED SYSTEM**

**White Courses (XS)** are very easy with all controls on paths. They are mainly used by 6-10 year olds and family groups.

**Yellow Courses (XS-S)** use simple linear features like paths, walls and streams. They are mainly used by under 12's and family groups.

**Orange Courses (S-M)** progress to basic use of the compass and route choice. They are ideal for novice adults or experienced youngsters. Long Orange courses are used mainly by novice adults wanting a longer run.

**Light Green Courses (S)** are ideal for improvers as the navigational difficulty begins to increase and uses simple contours and 'point' features.

**Green Courses (S)** are used mostly by experienced under 18's and adults wanting a short but challenging course with a very hard navigational difficulty.

**Blue Courses (M)** are a longer, more physically demanding course in comparison to the green. The distances are more varied between controls and the course attracts experienced orienteers.

**Brown (L) and Black (XL) Courses** are very physically demanding and have a very hard navigational difficulty. They are for experienced orienteers only.

## **OTHER ORIENTEERING**

As you progress as an orienteer you might like to challenge yourself further, and hopefully increase your enjoyment of the sport. There is a wide range of event types and locations available and in most cases these offer courses for the less experienced as well as the seasoned runner. A few options are given below.

**Night Orienteering:** A local series ran over Dec 2015 and Jan 2016 with 2 events put on by each of Moravian, BASOC and INVOC called the Northern Night Cup. There are plans to repeat this next winter. Other clubs also put on night events. There are also bigger events held at night like the Scottish Night Championships and the British Night Championships. The 2017 Scottish Nights' will be on Sat 18<sup>th</sup> Feb in Darnaway.

**Score Orienteering:** Instead of a set course you are given a map with multiple controls, often with different points values. The challenge is to gain as many points as possible within a set time, usually 45 mins or 1 hour. Heavy penalties for finishing late. These events are often used as club events and club championships but there is also an annual inter-club Scottish Score event which this year is being held near Ayr on 26<sup>th</sup> Nov. Moravian are hosting in 2017.

**Scottish Orienteering League (SOL):** This is a series of 7 very high quality events held over a calendar year. Your best 4 scores count towards the league. This year the first event was near Peebles on Sun 6th March and the final event is in Culbin in October. In 2015 Moravian achieved 10 top 3 positions including 3 age class wins.

**Sprint/Urban Orienteering:** Normally held in an urban environment and the navigation complexity is usually less, but the aim is to make quick decisions. Sprint events normally have a winning time in the region of 15 minutes. Urban events are longer (see SOUL below). Moravian are hosting the Scottish Sprint Championships at Lossiemouth on 19<sup>th</sup> February 2017.

**Scottish Orienteering Urban League (SOUL):** This is a series of 9 events all held in urban areas, and again your best 4 scores count towards the league. The first event this year was part of the Edinburgh Burns weekend. In 2015 Moravian achieved 3 top 3 positions including 2 wins. There is also a UK wide urban league.

**Relays:** By definition, these are inter-club competitions (except for our own Moravian fun events like the Christmas relays at Gordonstoun last December). They tend to be part of a multi-day event incorporating other individual orienteering events. Teams normally comprise 3 competitors who run consecutively. The largest is the JK, held every Easter weekend - this year in Yorkshire. There are also

the British Championships but perhaps the most relevant are the Scottish Championships which in 2016 were held at Balmoral in May. Moravian fielded a record 16 teams!

**UK multi-day and Foreign Events:** The majority of orienteers do most of their competing relatively close to home. There are however limitless opportunities to orienteer in every country in Europe and even further afield. In the UK there is the Scottish 6 Day every two years with Croeso (Wales) and Lakes (England) normally alternating in the intervening years. Going abroad, my personal favourite is the French 5 Days in July but the range is vast e.g. midnight sun orienteering in Lapland, urban orienteering in Istanbul's grand bazaar or the biggest of them all the O-Ringen in Sweden with 20,000 competitors!

More details can be found at:

[www.scottish-orienteering.org](http://www.scottish-orienteering.org)

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

[www.worldofo.com](http://www.worldofo.com)

**Junior Development (ScotJOS):** We are lucky in Scotland to have a national squad, currently managed by Elizabeth Furness, a Moravian member, which identifies and selects promising young orienteers and then provides training opportunities and trips.

Doc. Date 27.1.15