

Mar Orienteering Club (Maroc)

We are a friendly bunch of outdoor enthusiasts of all ages, shapes, sizes and experience. Some of us are very competitive and others just love maps and exploring new places on foot.

The club offers a range of different ways of participating in the sport, which means that there really should be something there for everyone! Orienteers can participate as much or as little as they like.



Read on to find out where and when to join in:

Regular Events

- We usually host around 6 “regional” events each year. These offer a full range of courses, colour-coded from white (shortest and easiest) to brown (longest and most technical) and are normally held on Sunday mornings with starts from 11.00 until 12.30. These events are suitable for all ages and experience.
- In addition, we will often host 3-4 very low-key local events which have a limited range of courses. These will often be targeted especially at newcomers and marketed as “Come and Try It” events.
- Our neighbours in Aberdeen, Grampian Orienteers (Grampoc), also plan a regular series of Sunday events, many of which take place in Deeside.
- You can usually turn up on the day and get a run at any event, but we also use an early entry system which will guarantee you a map and help the computing team on the day. Entry is £2.50 or £5.00 for adults on technical courses.

All events use an electronic timing system with an immediate personal timed print-out upon course completion and full results posted on the club website the evening of the event.

Wednesday Events

- In winter the Deeside Night Cup runs every Wed from late October to the end of February. This is full-on orienteering in the dark. Less experienced adults are welcome to come and have a go as long as they can find their way back to the finish by course closing time!
- In spring we host a “Forest sprint” series in conjunction with Grampoc. One course, orange standard, suitable for all juniors and adults who have reached this level.

If you are new to orienteering you will always be given a warm welcome and some help to get you started at any of our events. In addition, there is plenty of information available online. On the Scottish Orienteering Association website www.scottish-orienteering.org, look out for the excellent introductory video presented by Graham Gristwood. The newcomers guide on the British Orienteering website is also very useful: www.britishorienteering.org.uk/newcomers_guide

Club Training

- Full club training sessions for all ages and abilities are normally held on a Sunday morning from 10.30 until 12.00 when there isn't any other local orienteering happening. The sessions are led by qualified orienteering coaches and split up into around 5 groups each with different exercises planned to develop orienteering techniques at the appropriate level. The sessions are advertised on the website / newsletter and you should sign-up a few days ahead so that coaches know who to expect and how many maps to print.

Wednesday Training

- This varies throughout the year, but is mostly targeted at juniors and adults who have reached at least "light green" equivalent standard (with the exception of the forest sprint series)
- In-between times we host Wednesday Technical Training (WeTT) sessions. There are usually no controls put out in the forest for these, but a course will be planned to practice your technique and you can use a GPS watch to evaluate your route afterwards.
- Check the website / newsletter for information about signing up for any of these events or training sessions.

School Clubs

- Club coaches organise blocks of lunchtime or after-school club sessions at several local schools, usually in the spring and autumn.
- A lunchtime club runs at Banchory Academy on a Tuesday lunchtime for S1 and S2. Contact Fran (getliff@f2s.com) for more info.
- A cluster club for P5-7 runs on Thursdays from 5-6pm in Aboyne, meeting at the Community Centre. Contact Sarah (sarah@scottish-orienteering.org) for more info.
- Clubs have also run in the past for Banchory, Mearns and Alford schools.

Permanent Courses

- There are currently 4 permanent courses open in Deeside at Knockburn Loch, Bellwood (Aboyne), Creag Choinnich (Braemar) and Linn of Dee. Each of the courses has several suggested loops of different length and technical difficulty See <http://www.marocscotland.org.uk/permanent-courses> to find out how to download maps.
- The permanent courses at Bellwood and Creag Choinnich have also been equipped with a system for orienteering using your mobile phone. Find out more at <http://mobo.osport.ee/>

Virtual Orienteering with MapRun

- A mobile phone app called MapRun has also been used to set up several "virtual" courses in the Deeside area. Find out more here: <https://www.marocscotland.org.uk/using-the-maprun-app-for-orienteering-training>

Orienteering beyond Deeside

- Many club members also travel to events outwith Deeside. In particular, look out for the Scottish Orienteering League (SOL) series which normally has 7 races through the year. These are held in good challenging areas with plenty of competition.

- Most years Maroc hosts a SOL or National event when orienteers from throughout Scotland and the UK come to compete in our much-admired Deeside forests.
- Every 2 years the Scottish 6-Day festival is held during the first week in August. This is a not-to-be-missed experience for all the family.
- For something different there is also the Scottish Urban Orienteering League.

Junior Competitions

- The Jamie Stevenson Trophy is the premier junior inter-club competition in Scotland and Maroc have now won it for an astonishing 11 years in a row. The competition is usually held in June. It is for all juniors from yellow standard upwards and the club arranges a bus to transport youngsters to the event.
- The Junior Inter-Area Competition (usually in October) is also a fun weekend where Maroc join with other clubs in the north of Scotland to compete against teams from the east and west. It is also suitable for juniors from yellow standard upwards and involves relay and individual events with an over-night stay at a youth hostel

Club Team Events

- Maroc enters teams for the Compass Sport Cup inter-club competition as well as relay teams at all of the major events (Scottish Champs, British Champs, JK festival). Look out for the “calls for interest” if you plan to attend any of these competitions.

Team Kit

Maroc members may purchase team T-shirts and jackets at a subsidised price. For further details contact the membership secretary – contact details below.

Club Management

- The Club is run by a committee that meets approximately 5 times a year plus an AGM and social in November or December.
- Maroc is affiliated to the Scottish Orienteering Association and the British Orienteering Federation and conforms with all Child, Vulnerable Adult and Data Protection policies.
- The Club has achieved the Bronze level of Scottish Orientation Club Accreditation and is working towards Silver level.
- Members of the club plan, organise and run the events and these volunteering opportunities build a strong camaraderie within the club and the sport in general. No experience is needed to help at an event and it is a great way to meet other orienteers.

Membership

- For more information on membership please contact Sue Barrie (Membership Secretary) on membership@marocscotland.org.uk
- To join Maroc please do so through the British Orienteering Federation by following the link on the Maroc website www.marocscotland.org.uk/membership

www.marocscotland.org.uk



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