

Dates for your diaries:

Local activities/ events:

EckO is trialling a new format to provide a monthly structured programme of individual activities, training, coaching and an event using one area. The process will be repeated monthly using a different area. See the website/Facebook for details (www.ecko.org.uk)

October - Ganavan

November - Sutherland's Grove

December - Tralee

Coast and Islands Orienteering Week

Masterplan Adventure invite you to an orienteering adventure along the North West coast of Scotland - Sunday 25th July to Friday 30th July 2021

See website for further details <https://coastandislands.com>

Planning virtual workshops

If you are interested in learning how to plan an orienteering course or develop your planning skills there is a series of online workshops / discussions coming soon – more details are on the [Scottish Orienteering website](#) with a sign up date (via a Google Form) of 30th October.

Even if you already plan events, there are topics which might interest you in your development as a planner. EckO and indeed Scottish Orienteering relies on the skills of the volunteer members to plan the courses we all enjoy participating in. We would welcome more involvement from our members. If you are interested in planning a course more experienced members would be happy to act as mentors.

The Run In Podcast:

"Hello fellow orienteers,

We're writing to let you know that you can now listen to over 30 episodes of our podcast, The Run In. It's made with club orienteers in mind, and gives you a fun and chatty insight into the experiences of orienteers from the UK and beyond.

As a member of the GB team, Will brings his international

experience, and as a journalist and commentator, Katherine gets to the heart of the guest's story.

Recent highlights include:

- Georgia Jones (OROX) on pitching orienteering to newcomers whilst setting up the University of Exeter club
- Young star of international orienteering Simona Aebersold on getting really nervous before major races and how she distracts herself
- Kirstin Maxwell (RR) on trying to train with vitamin deficiencies, and finding new trails in lockdown
- Ben Mitchell (SBOC) tells us why he started mapping, and making maps for the JK 2021

New full-length episodes are released every fortnight, and we have recently added some quick-fire "Sprint" episodes, meaning there's something new to listen to every week.

You can listen on desktop via [Stitcher](#) or on your phone. We're on most of the major podcast apps: Apple Podcasts, Spotify, Podcast Addict etc. Just search "The Run In".

We're also on social media: [Facebook](#), [Twitter](#), and [Instagram](#)

We hope you enjoy listening!

Katherine Bett (SN) and Will Gardner (OD)"