EckO June News

**Future Training and Courses:**

EckO are keen to offer opportunities to either learn how to orienteer or to help develop orienteering knowledge and skills, alongside our regular events. We would also like to provide opportunities to develop areas of interest within orienteering eg coaching or planning. Please register your interest by filling in this form following this [link](https://forms.gle/mowfD7jEH7PRbSfHA)

This will help with the club's future planning of events, coaching and courses. Thank you.

**Coast and Islands**

Chris Smithard from Masterplan Adventured has emailed me with the following information

We still have some space on this year's  [Coast and Islands](http://coastandislands.com/) so we've decided to allow entries to either the Arran or Kintyre sections of the week.

Also the offer still stands if Ecko members want to just enter one/two/three of the Kintyre days. They can use the contact form on the website or email [masterplanadevnture@gmail.com](mailto:masterplanadevnture@gmail.com) to enter.

This is a great offer so if you fancy just having a go on any one of the days please contact Chris and the team asap. Currently four EckO members have entered.

**The Scottish Champs**

The Scottish Championships were held at Glen Dye, south of Banchory at the end of May and...

EckO excelled themselves over the weekend. Iris Macmillan W18E 1st, Susannah Macmillan W50L 2nd and finally Gill Berrow W65 1st. Gill, Iris and Susannah combined to form a team for the relays coming 3rd in 20+ class. Well done to Finlay Cottier M14A 5th, Ruari Cottier M14A 6th and Finlo Cottier M50S 3rd. We may be a small club but we are packing a big punch.

**Creag Mhic**

Does the sun always shine down on Creag Mhic?

Yet another great event and coaching session took place last weekend in the wonderful Creag Mhic. It was great to welcome several visitors from as far away as Solway, Roxburgh Reivers, STAG and from further afield.

The day kicked off with the final controls being placed early in the morning by John and Ross, followed by the arrival of coaches, coachees (19) and helpers. One group headed off to the woodland to practice various skills including fine navigation, pacing and distance estimation. The other group looked carefully at relating the map to the terrain, distance estimation and then enjoyed a star course.

After some refreshments, all headed out into the sunshine to enjoy the great courses that John had carefully planned. I think it's fair to say that the 'Blue' was challenging but John really did manage to get competitors out almost to the Black Lochs!

Congratulations to our winners of the day - Sylva 1st yellow, George 1st Orange, Douglas 1st Light green, Andy 1st Green and Dave 1st Blue.

Many thanks to all the EckO volunteers including John for planning and organising, Alan for entries, SI, download and results, Bill for starting, Ross, John, Dave and Jan for control collecting, Elisabeth and Douglas for assisting the coaches and Ross and Jan for coaching.

**Inspiring Youngsters, achieving the dream - EckO Celebrate Iris’ success**

Three years ago, when asked about her orienteering aspirations Iris said,

“I just want to keep on enjoying orienteering but my aim is to compete at the Junior World Orienteering Championships so I am just going to keep trying and train my hardest.”

Loch Eck Orienteers (EckO) are very proud to announce that young Argyll athlete, Iris Macmillan (W18) has excelled herself and after a fantastic, consistent set of orienteering results this season, she has been selected as part of the Great Britain Junior Orienteering Team.

Iris will go to the **2022 Junior World Orienteering Championships**, which are being held in Aguiar De Beira, Portugal, 9th - 17th July 2022 and the 2022 **European Youth Orienteering Championships**, which are being held in Salgótarján, Hungary, 1st – 4th July, 2022.

As well as these competitions, Iris has also been selected to go on the pre- JWOC 2023 training camp in Romania from the 8th- 14th of August, 2022 in preparation for next year’s JWOC and will afterwards be travelling to Stockholm for the junior inter regional training camp from the 16-28th of August - a busy summer indeed but what a fantastic opportunity.

British Orienteering Performance Director, Bernie Dietzig, said of the selections, *“In order to get themselves in contention for selection, the athletes needed to demonstrate strong resilience and consistency over a number of selection races. Huge congratulations to everyone selected for the championships this summer!"*

Iris has been orienteering with her family for several years as a very young junior attending many of EckO’s local events and was selected for the Scottish Junior Orienteering Squad when she was fourteen. This has really helped with her technical training. Since then, not only has Iris developed as an athlete, she has made many new orienteering friends and had the opportunity to travel and compete extensively within Great Britain and Europe. After the summer, Iris will be able to add Portugal, Hungary, Romania and Sweden to her list.

Iris is looking for sponsorship, as well as undertaking her own fundraising to help cover her costs, so if anyone knows of any sponsorship opportunities and can help Iris please contact EckO at [info@ecko.org.uk](mailto:info@ecko.org.uk)

**Scottish Schools Orienteering Festival**

This festival was held on Wednesday at Scone Palace, Perth and was a fantastic day out. Over 300 pupils from 36 schools took part including four EckO juniors who made the long journey across country.

Congratulations to Eowyn 3rd P5/6 Girls, Indira =10th P5/6 Girls and Sylva 16th P5/6 Girls representing Craignish PS and Owen 12th S1 boys representing Oban High School. Craignish PS came 2nd overall in the P5/6 girls category.

Many thanks to all the organisers, planners, mappers and volunteers who helped to make this a very special day.

**Oban High School Duke of Edinburgh Group**

EckO are facilitating some orienteering training for OHS D of E group next week on Thursday and Friday morning (23rd/24th June) at the Rugby Club in Oban. They will be learning the orienteering basics through a variety of fun games and activities followed by running a course in Glencruitten Woodlands which Ruari Cottier has planned. We are still looking for a few more adult volunteers so if anyone is free and would like to offer a bit of help and support please contact Jan kersel ([jan.kersel@ecko.org.uk](mailto:jan.kersel@ecko.org.uk))