

The Spring Issue

Hmmm, does the title refer to the new baby arrivee of 15th March? It can't be about this Newsletter—it's summer already. Ah. Extreme editorial sluggishness is entirely to blame for this heinously overdue edition. It's not as if I have the excuse of being out running up hills in all of this glorious weather; nope, not with my leg in a plaster cast. I've just been shying away from the horror of trawling through all results and fixtures lists. Which leads to me to beg the (loaded) question: do they really need to be in the Newsletter these days?

In the Brave New World of the Internet™, comprehensive and up-to-the-minute fixture lists are a mere click away, often with direct links to on-line entry systems. Results are usually available for perusal and in-depth statistical review within hours of an event taking place; minutes, if Robin Strain is on the case. What with WinSplits, SplitsBrowser and RouteGadget, the inner geek in all of us can be sated to the point of Creosotic Collapse (wafer thin mint, anyone?)

In a quarterly (ha ha!) newsletter, the fixtures list is essentially just a snapshot of what is now a rapidly changing programme of events. Last-minute changes and additions will always be missed. And, okay, it's a right pain in the posterior to format it all! I'd like to propose retention of the events listing, but that extraneous detail be omitted. Most people will still go the web to get the latest information anyway. What do you think?

As for results, well they're definitely old hat by the time they reach the newsletter. And they're even MORE of a pain to put in. I do like race reports, though—so for this issue I've just made reference to notable performances, rather than churning tables of all of the individual results. Again—I'd appreciate your thoughts.

I know that some other clubs are questioning the need for a newsletter at all. Well, for me, a regular communication to club members is important; vital, even, to maintain club "spirit". Whether that be in the form of a printed quarterly magazine or as a set of web pages, I'm



Peter Andre look out! Rob B poses for the paparazzi after a good run at SOL1

open to that discussion. I'd be happy with a website and e-mail for "rapid" information circulation, and a newsletter full of articles where club members can share their experiences and interests, both in directly and indirectly related topics, in articles of greater depth than the "quick news fix" available on the website.

So—aged revolutionary that I am, I'd like to stimulate a bit of debate about what we actually want from a Newsletter. More articles, less fixtures and results. Of course, you might all think that it's great as it is (ha ha! In my dreams) but it'd be super to hear what you think. At the AGM, perhaps? Yes, you've guessed it, it's all just a giant plug for attendance at the AGM!!! Hope to see you there. Don't forget the custard pies and rotten eggs.

Ed

Inside this issue:

La Santa SPRINTing in the Balearics(?)!

That's the Night-O's done, must be summer already!

Six Days So Far...

Chairman's Chat

Rogues' Gallery

The AGM Cometh

Junior News

Results, Fixtures, Statistics etc.

Strop Press!

- **Ernie arrives**

The club membership was boosted on 15th March when Darina and Chris became proud parents! Project Ernie's official release name is Martin Patrick Cunnane. See page 5 for an exclusive photos (we outbid "Hellø"!)

- **Cover girl!**

Starting her modelling career early, Beth Ambler has put in a starring appearance on the cover of the latest edition of CompassSport. Rumours of Naomi Campbell-esque tantrums during the photo-shoot are entirely unfounded.



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DisINTerested?!

Alas poor Claire and Toni, we knew them well, Paulio... er



Claire Ward and Toni O'Donovan have left INTERlopers for pastures new in 2007. Claire to ESOC (being now a resident of sunny Penicuik) and Toni has decided to sign up for OD, which is somewhat closer to home. So long, ladies! Bet you can't bring yourselves to part with those fabbo INT tops tho'...

Email List

The Club email list is frequently used to circulate event and social information, particularly in the gaps between newsletters. The list is closed and moderated, which means that it gets no spam, and the only emails sent to it are by club members on the list.

Many club members are on the list. If you think you're not, and would like to be, then contact:

Paul.Caban@ed.ac.uk

Juniors wishing to be added to the club email list must provide us with approval of their parent/guardian. This is to comply with our obligations towards Child Protection.

Pre AGM Event	Craigbui (nr Kingussie)
Venue	Lecture Theatre, Glenmore Lodge, Near Aviemore
Date & time	Saturday 12th May at 7pm
Food option	Bar meals available in Glenmore Lodge from 5pm to 8.50pm
Smell free zone	Showers available in Glenmore Lodge from 5pm (please make a donation to Mountain Rescue Team box in the reception)



SOA AGM

Muchas gracias

It's always nice to get a "Thank you"

So Thank YOU to Terry O'Brien and Heather Thomson for their kind words of gratitude after the INT SoSOL at Calderwood. Both are currently recovering from their bramble lacerations at St' John's Hospital. And thanks from me, Graeme, for the comedy 10ft high-speed bumslide I managed on the Brown course!!!



Snap, crackle and... tough luck, pop

Whilst out for a pleasant stroll on the Pentland Hills in February, with 483 others also taking part in the Carnethy 5 hill race, Pat Bartlett tripped over a rabbit dropping and broke his ankle. Ouch. Some people will do anything to get out of running the High Peak Marathon. Get well soon, Pat! Whilst Pat was receiving attention, Scott Fraser was busy storming to 3rd place—the lad can run a bit, eh?



Pay Up!

Or forever hold your peace...

OK you 'orrible lot, as always there are some of you who haven't got around to re-joining the club this year. So—if you don't get your posteriors in gear, this will be your last newsletter. (Hang on, is that meant to be an incentive to PAY?!)



Chairman's Chat

Spring has sprung, and the SoSOL season has turned into the SOL one. Interlopers has had one of each, both with an accompanying CATI, and both deemed to be a great success.

Calder Wood proved a surprise to many. The 'assembly' wasn't auspicious - industrial estates aren't our normal scene. However once under the A71, Calder Wood was "another world", to quote Janet Clark, and Graeme's courses were very well received. The car-parking was easy - tarmac - although of course it wouldn't be an Interløper event without some hitch. In this case, the hitch being the owner of the assembly car-park didn't know we were going to be there: although I had asked for (and received) permission, it hadn't filtered through to him. I made one very apologetic phone call, and followed it up with an even more apologetic letter. The lesson to learn being to do everything in writing well in advance.

Archerfield was also a great success. Ann's courses were challenging enough to lure even the experienced into making mistakes (check RouteGadget linked from the Interlopers web site to see the gory details), Pat proved a much more thorough organiser than me at covering all eventualities, and Richard had been a smooth entries-SI supremo. Of course we did have a hitch when we temporarily lost the orange and red course maps, however, everyone got the run that they wanted, and of course the weather was tremendous, as it had been at Calder Wood, too.

We're also had two CATIs, one on each Saturday the day before Calder Wood and Archerfield.

Colin planned some great looped courses at King's Build-

ings, and Emily masterminded the event at Riccarton. Both attracted around fifty paying competitors, in many cases families going round together, so we've had maybe seventy happy people at each event.

Our next event is another CATI at Colinton Dell at the end of April; this one is under the tender care of Pete and Jen Murphy. Please answer the call to help when it comes.

Further into the future, we'll have next year's SoSOL, most likely at Riccarton. And then next year, we have the individual of the Scottish Champs. somewhere as yet undecided in Tayside at the end of May. And we also have a SOL in mid-October at Inshriach South, ie the intricate bit. The latter two events both have a planned, but all three are looking for an organiser. Could it be you? There'll be the usual appeal in due course, but please contact me if you think that any one of them is an event with your name on it.

Finally, a wee pointer for anyone planning holidays in Norway. There are now two separate direct flights to Norway direct from Edinburgh. Wideroe (part of the SAS group) fly to Bergen three days a week; and FlyNordic fly to Oslo also three days a week.

And finally, finally. Next year's O-Ringen is in Dalarna, home of carved orange wooden horses, and the 'touristy, hilly' part of Sweden. I'm planning to go. If there's sufficient interest, perhaps we could have a club trip: boat to Gothenberg and then drive up, to stay in some sort of hut. Anyone wanting to know more, or express an interest, please drop me an email.

Cheers, Paul

Interlopers AGM

Da-Da-Daaah!!! Roll up, roll up, it's AGM time again, folks—and I know you're all itching to volunteer for the position of Committee Tea Boy/Girl. Not to mention Newsletter Editor.

Wednesday 13th June

6:30pm in the meeting room at the Pleasance Sports Centre

Meal at David Bann's afterwards!

NB: It's in a different meeting room, 48, this year—in the building just next door to the CSE. They're converting the old one into personal trainer rooms. In a Sports Centre! Well, really...

The committee are proposing several amendments to the Constitution—see page 5.

We are the Champions...



James Hartman, clearly having been out all night celebrating, is propped up by his SOL-winning Crumblies



W40L SOL champ Ann's face fell seconds later, upon realising that her trophy only LOOKED like a huge bar of choc

INTerloper triumphs in the 2006 SOL series, mentioned in dispatches in the last edition of this rag, were duly honoured for their exploits in a prize-giving after SOL1 in early March.

The final results of the **2006/7 SoSOL series** are below. Outright victories on Brown, Blue and Orange, and many other sterling performances! Your five best scores count from the 9 events.

White

James Ackand	5 events
Mairi Eades	1 event
Hannah Ledlie	1 event

Yellow

3rd	Logan McIntyre	M10	203 (3)
6th	Max Bloor	M10	140 (1)
24th	Hannah Ledlie	W10	96 (1)

Orange

1st	Max Ledlie	M12	560 (6)
18th	Mark Haley	M12	126 (1)
26th	Susan Twissel	W40	116 (1)
33rd	Donald Angus		107 (1)
48th	Alison Neville	W45	90 (1)
50th	Margaret Kinnear		86 (1)
52nd	Demi Lardner	W12	81 (1)

Light Green

26th	Susan Twissel	W40	180 (2)
36th	Fiona Weir	W35	127 (1)
43rd	Pat Squire	M55	117 (1)
54th	John Barrow	M60	108 (1)
66th	Morag McIntyre	W45	96 (1)
70th	Patricia Alston	W40	87 (1)
70th	Ray Heyworth	M75	87 (1)
77th	Darina Cunnane	W35	78 (1)

Green

3rd	Pat Squire	M55	564 (5)
12th	Ann Haley	W40	489 (4)
14th	Jane Ackland	W40	480 (4)
31st	Steve Ambler	M60	313 (3)
36th	Mary Ross	W21	249 (2)
37th	Keith Dawson	M45	248 (2)
44th	Karen Dobbie	W40	234 (2)
53rd	Fiona Weir	W35	214 (2)
59th	Morag McIntyre	W45	202 (2)
64th	Ronny Lardner	M50	160 (2)
70th	Donald Reay		131 (1)
71st	Pat Bartlett	M40	130 (1)
73rd	Barry Owen	M60	127 (1)
78th	Lorna Eades	W40	124 (1)
104th	Richard Webb	M45	105 (1)
112th	Stephen Haley	M16	103 (1)
148th	Jen Murphy	W21	73 (1)

Blue

1st	Richard Speirs	M45	635 (6)
2nd	Ken Daly	M45	610 (5)

3rd	Heather Hartman	W35	607 (7)
13th	John Mitchell	M45	480 (4)
21st	Barry Owen	M60	450 (4)
46th	Ian McIntyre	M40	284 (3)
50th	Pat Bartlett	M40	263 (2)
46th	Richard Webb	M45	242 (3)
58th	Peter Murphy	M21	234 (2)
61st	Mary Ross	W35	213 (2)
62nd	Jane Ackland	W40	209 (2)
63rd	Colin Inverarity	M50	208 (2)
78th	Rob Bloor	M45	127 (1)
91st	Paul Caban	M40	117 (1)
92nd	Brad Connor	M35	116 (1)
101st	Lorna Eades	W40	112 (1)
103rd	Graeme Ackland	M45	110 (1)
108th	Jamie Thin	M40	108 (1)
132rd	Bill Mason	M44	91 (1)
140th	Steve Ambler	M55	82 (1)

Brown

1st	Ben Hartman	M35	617 (6)
7th	Colin Ledlie	M40	432 (6)
12th	Graeme Ackland	M45	360 (3)
18th	Brad Connor	M35	329 (3)
20th	Graeme Ross	M21	278 (3)
22nd	Dave Godfree	M21	252 (2)
23rd	Murray Strain	M21	250 (2)
32nd	Andy Spenceley	M45	217 (2)
37th	Chris Godfree	M21	211 (2)
75th	Paul Caban	M40	88 (1)
76th	Ian McIntyre	M40	87 (1)
83rd	Donald Reay		74 (1)



Press-ganged at birth!

Congratulations to Darina and Chris for the birth of Martin Patrick Cunnane on March 15th. Eeee ain't he a wee cutie pie!

Come 2020 INTerlopers will be running away with that CompassStrop Trophy prize...



Proposed Constitutional Amendments

The committee are proposing that several small amendments should be made to the club constitution. These will be discussed at the forthcoming AGM. The proposed amendments are:

SECTION 2: "Object" (club objectives)

2.1 - append "and Lothians". (*thus extending the regional ambitions of the club!*)

2.2.1 - delete word "frequent".

2.2.1 - delete "organising orienteering tours" (*as one of the objectives of the club*)

Add a new clause, at the request of the SOA:

"2.2.2 - In particular, the Club endorses and adopts the SOA Child Protection Policy."

SECTION 4: Relating to the Committee

4.3 - delete words "and active orienteers" (*thus removing a restriction on who can stand on the committee*)

4.4 - replace "and at least two of" with "treasurer, and at least one of" (*the current arrangement for approving club cheque expenditures is difficult to follow if the treasurer is remote*)

6.1 - replace "shall meet at least six times per year" with "shall meet at least four times per year" (*E-mail makes regular contact for the committee easier*)

SECTION 8: Relating to club events

8.1 - delete words ", preferably in conjunction with a major Scottish orienteering event, but in any case".

A copy of the club constitution can be obtained from the club secretary as always.



Name that bottom! Who is the Interløper in action at the Scottish Sprints?

SprINTing around Club La Santa

By Lorna Eades



In a bid to rid ourselves of the winter blues (and continuous colds since the Autumn), the Eades and Weir/Owen families teamed up in January up for a winter sun holiday to the sports resort of Club La Santa in Lanzarote. Several other orienteers were also there including some fellow current/ex Interlopers (Janine and Jase Inman, Toni O'Donovan). We didn't escape the rain fully but at least it was warm rain and enough sun was had to turn a slightly less off-white shade!



Fun for all the family! Euan Purves pipping his dad to the finishing post in the 2005 Duathlon

For those of you who have never heard of Club La Santa, it is a sports 'hotel' catering for both serious athletes/keep fit addicts and for those who just want a more active holiday. It is situated on the opposite side of the island from the regular tourist holidaymakers. Facilities include 6 lane 400m track, 8 lane 50 m

outdoor swimming pool (heated to a modest 24°C, Mairi was a slight shade of blue after her swimming lesson!), well equipped gym, tennis, badminton and squash courts, road and mountain bikes, windsurfing and kayaking on an enclosed lagoon. Children are well catered for with a 'playtime creche', pool and beach toys, kiddie bikes ranging from trikes, bikes with stabilisers and bike seats on some of the adult mountain bikes. Lessons in most sports and exercise classes are run by the largely Danish 'Green team'

As all of us had spent the winter hardly managing any exercise, we all had a rough aim to do a running session and a gym/exercise class each day. Colin was usually first up and out for the morning gymnastics and morning run (usually teaming up with Jason Inman and Toni O'Donovan). Next out were the ladies for a run, fitball or pilates class, then finally Barry would head for either a run or the gym. The kiddies meanwhile helped choose breakfast from the bakers then headed for playtime to draw, bake cakes, play games and go on treasure hunts. On the dry afternoons we headed for the sandy beach or the kiddies pool.



Lorna—in training to peak for the La Santa Sprint?

There are also a range of races organised through the week by the green team, including mini-triathlon, 10km track race, aquathlon, duathlon, and half-marathon. This year, having spent a lot of time doing spinning classes recently (less impacting on my back), I thought that I would take on the Duathlon (2.5km run, 15km hilly bike, 2.5 mile run) and all done and dusted before breakfast time!

One dry afternoon Geoffrey Hensman organised a sprint-o race round the resort complete with proper OCAD-map this year. The race attracted an international field with competitors from Scotland, England, Ireland and Denmark. The race was slightly hampered by over efficient cleaning staff (we were using plastic cups) and a few sunbathers were a little disturbed by a stream of runners trying to locate a control at the end of a wall by the pool area.

I think that everyone returned home feeling fitter and inspired to get out training for the coming season.

For all those of you that haven't tried a La Santa break from the gloomy Scottish winter, I can well recommend it. Give it a try. You'll find yourself humming along to the pre-breakfast "limber up" music for months afterwards! And anyone who tells you that they can eat dessert after their Green Team Sandwich™ is talking a load of Balearics.— Ed



More Night-Oing Adventures

By Paul Caban

My weekends have been kind-of busy making sure that orienteering happens, mostly without getting to take part. Instead, I've been getting my O-fix at midweek night-O events, together with a couple of weekend trips further afield.

Despite the fact that Edinburgh does have a night-O series, EUOC's Fight The Night on Thursdays, I've not managed to get to any of these since Christmas: Thursdays seem to be spent getting ready to go away at the weekend. Instead, I've been to four of the five FVO night events, together with one of the Deeside Night League events at Banchory. All the events have been magnificent examples of low-key, but top quality orienteering on small areas that wouldn't readily support a full colour-coded day event.

The first of the FVO events was Polmaise, a steep forest just the M9 from Stirling. Things weren't going well, but neither were they disastrous, until I ran into Ken going in the opposite direction to me along a track, who convinced me that I wasn't going the right way. Bad mistake. I realised before he did, and he did eventually catch me, but we still finished last, and there was only the organiser left in the car park. Oh dear. Laigh Hills came next. This was a mixture of urban and forest. I had a much better run, and only got overtaken by your editor twice; unfortunately for him, I overtook him three times Tee hee. I missed Abbey Craig as I was still in East Anglia. But Touch was there in it's full glory - rough weather, the streams were full, and part of the map was contour-only. I took the short option that night, but even that was over 5km, and I got an hour's worth of entertainment. Finally, Barr Wood, and we had a loop-race, so you couldn't even be sure who to follow in the mass-start.

And in between, I've been to two night events in England. The British Night Champs was close to my Mum's. And even though I knew Sherringham was one of those areas with a surfeit of brambles, it seemed a shame not to compete, although anyone looking at my result might say that I was hardly competitive And finally, there was a night Score event near Hereford the evening after a BOF meeting in Birmingham. Despite not really liking Score events at all, the area was nice (and bramble free) and worth attending just to be asked whether I'd travelled especially

So what do I get out of night orienteering? Apart from perhaps a few more bramble-related injuries than I'd prefer, there's a definite sense of adventure and satisfaction that isn't necessarily there on the easier areas during the day. And I *think* that it's helping my orienteering technique, or perhaps preventing its decay at the quite the same rate that it would otherwise be disappearing. Plus, or course, no-one can see you making mistakes in the dark.

And here's a bit from me—Ed

Actually, that's not quite accurate—people CAN see you making a mistake, they just don't know who you are... well, unless you're swearing like a trooper, like me (ahem).

I've always been a reluctant night orienteer in the past; I'd only make it along to one or two events a year, those typically including either one or both of the Scottish and British

Champs, which are hardly entry-level events. This did nothing to raise my enthusiasm for the sport because whilst the skills involved in night-O are clearly very similar to those required for day-O (daaaay-O... daylight come and me wanna go home...ahem), I find that the greatly reduced visual information puts a lot more pressure on your map reading; any deficiencies that you might have in that area very quickly get thrown into sharp relief. In my case, so sharp that you could easily cut yourself. And, even if I did start to get the hang of



This is what a mass-start night-O event looks like—to the terrified start official, at least...

it, I'd then not be going to night-O again until the following year, by which time I'd have forgotten it all again.

Thanks to the enthusiasm of Martin Dean in FVO (spurred on by the EUOC events) I've finally had the opportunity to get to grips with night-O on a regular basis; having gone to all five, I've actually done more night-O events than day ones this year so far! I could justify shelling out £170 on a quality head torch*, which really does make a world of difference. And I've finally started to enjoy it! Dixie and Jon (Cross) spiced things up with mass starts, loops and "fiddled" maps, all of which added to the challenge and the originality of the experience. It's all too easy to get tired with going to the same old areas year after year; night-O has been a breath of fresh air.

I will offer two caveats! Getting the right gear—as in, a proper head torch—is a steep initial expense, but they SHOULD* last you for years, and you'll never go back to a mini-Petzl again. And the other thing is—it can be pretty cold unless you're moving quickly! We've been dead lucky with the weather this year, but I've started the British Nights in snow before now—make sure to bring along a cag and warm gear.

**Here's a thing—I've got a Silva head torch and it appears to have been manufactured by half-asleep idiots using double-sided sticky-tape and an old Fairy Liquid bottle. Worse, the 4.5Ah battery, supposedly good for 2h30 on half-power and 1h20 on full, lasts for only 65mins on full, which is marginal. Anyone else with a similar dud, or is just my inimitable "Luck of the Irish" (ha)?*



Junior News

By Ann Haley

Junior Training

Remember all juniors of all ages are welcome to these training sessions.

6th January: We held a very successful session using night training around the ground of Mary Erskine School, learning to look ahead and knowing what to look out for.

10th February: Corstorphine Woods

Look out for the emails to tell you where they are being held.

Results

14th January: Lothian Team Schools Gymnastics Competition

Level 1

2nd Buckstone (Matthew Galloway, Christopher Galloway)

Level 2

1st Buckstone (Mark Haley)

3rd Buckstone (Demi Lardner)

19th February: Meadows Cross Country Festival

p7 Boys

1st Christopher Galloway

9th Mark Haley

p7 Girls

1st Demi Lardner

Edinburgh Schools Cross Country

P7 Girls

6th Demi Lardner

P7 Boys

1st Christopher Galloway

22nd Mark Haley

Congratulations to Demi Lardner - her school team won **gold** at a Scottish Schools Gymnastics Display competition.

Junior Aquathlon -Boys aged 9/10

1st Matthew Galloway

5th Samuel Galloway

Rugby News!

We are sorry to hear that Iain Cackette had his ankle broken while playing rugby (25th Feb). He might be out of running action for a while, but my informants tell me that he is taking on the challenge of coping with a plaster on his leg as if it is the latest circus trick!

Several juniors in the club have received a Club File for storing their maps and giving them information on awards available for their achievements in orienteering. If you have not yet received a folder please contact your junior representative, Stephen Haley.

For entrants from Buckstone Primary and Firrhill High School please let Ann Haley know that you would like to run. For other schools, please feel free to contact Ann about entering.



Which one looks the fresher? Young Mr Ledlie looks like he had a good run at the Scottish Sprints!

Junior Dates

Friday 1st June:

Scottish Schools Orienteering Championships.

Carmichael Estate, near Biggar.

For entrants from Buckstone Primary and Firrhill High School please let Ann Haley know that you would like to run. For other schools, please feel free to contact Ann about entering.

Sunday 2nd September: Jamie Stevenson Trophy



Six Days So Far...



This being an 'odd' year, the Six Days is going to be the highlight of Scotland's orienteering calendar.

Interlopers, along with Solway, Ayroc and the bits of Stag that aren't in the equipment team, have been allocated Day 3, Tuesday - Inshriach West, more properly known as Uath Lochan combined with a bit of Inveruglass, near to Kingussie. I've done the noble Chairman thing, and volunteered to be a co-planner with Graham McIntyre; Colin Eades is assistant controller.

The planning got off to a bad start. The maps didn't get to us until August, which was smack in the middle of my busy time at work. I'd intended a visit to Speyside in September, but instead had to attend a funeral up there instead. I *did* get there in October, but then got called back when my dad had his heart attack. The rest of the year then seemed to vanish in helping at our CATIs, being 'entries' for the Scottish Score, and then Dad's funeral followed by a somewhat subdued Christmas. January, and I went to Glenmore Lodge for a CONDES Course, but the weather wasn't good, so I didn't want to stay. Organising the SoSOL at Calder Wood, followed by a visit to my Mum, and it was suddenly February.

By that stage, Graham and I had sorted out start locations and rough course shapes, but there was still a lot of forest unvisited - the Six Days really isn't an event for only armchair planning as 3500 people really wouldn't be impressed. Drastic action was needed. In spite of likely domestic meltdown, I pencilled in three consecutive weekends in Speyside. The first one had fabulous weather, that had me looking longingly at all those hills to (re-)bag. Not to be swayed, though, I taped lots of sites in the areas close to the road (break myself in gently). The next weekend, I did get sidetracked, representing Interlopers at a Moroccan, MAROCCan wedding reception (a long story, and I'm not sure I can ever face cous-cous again), but I still got one good day in. Finally the third weekend had poorer weather, and the, er, slightly more vague parts of the forest. But the result was nearly all the sites that we needed taped.

Graham then took over, whilst I had a weekend in BOFlund for a meeting, and even got to go orienteering for a weekend in the Lake District. Many long evenings slaved over a computer, and a further taping trip by him, and we now have provisional courses

that have been passed to our controllers for their delectation. Meanwhile other, we've been liaising with the equipment team over fence crossings, the organiser (one-time Interløper) Bob Cherry over water stations, start locations and stuff, and the Central Organising Team over everything.

So what happens next? - Well for Graham and me, hopefully the controllers love our courses and don't want any changes. All (all, ha!) we have to do is have a last taping visit or two to definitively fix control numbers, then put out the t-bars and si-units ready for the event. Well, it might not be quite that smooth.

And for everyone else? Well, there's all the on-the-day organising to do with the other clubs, including running the starts, string-course, car-parking and finish. John Barrow has agreed to be the Club-co-ordinator for Bob. Particularly if you've entered, but even if you haven't, expect a "can you help?" call. A quick look at the entry list shows lots of Interlopers entered for the week, and a few more prepared to make the day-trip to help out. And of course it isn't too late to enter, online preferably, with the next price-change closing date is approaching, before the final closing date in the summer. Mind, finding accommodation may be trickier, though with the event-centre in Grantown, maybe accommodation at this end of Speyside may be easier. Or of course there's always camping on the Event Campsite, which is rumoured to be massive.

See you in Speyside.

Paul Caban

The times, they are a-changing...

Spey 2007 will see an all-new format in the M/W21 Elite classes. With every day to count and total time being used to decide the winner the pressure will really be on. But that's not the only change. The last day will not be a chasing start, but a seeded start, with the leader starting last - which should mean that everyone is in the lead when they cross the line, with the lead changing hands all through the day.

The chasing start has not gone entirely. It will be held on Day 4 instead, when the competitors are tighter packed and the competition just heating up.

With middle distance races on Days 2 and 5, and the introduction of a full-length classic race on Day 3, the Elite programme is highly varied and will test the competitors to the maximum. All this should be interesting from a spectator's point of view as well!



Race Reports

SOSOL 4 28 Jan
Calderwood

Mark Haley had an excellent win on the 3.3km Orange Course; **Pat Bartlett** and **Ann Haley** were just pipped to 2nd and 3rd on the Green (41:41 and 41:44 respectively); **Ken** was a strong 4th on the Blue in his first run as an M45; and **Ben** was only beaten by Steve Nicholson on the Brown.

Our very own event to start the year, planner Ackers came up with an excellent set of devious courses that made the most of the dubious delights of a small wood in a reputedly less-than-salubrious area. As luck would have it the local Rottweiler Appreciation Society took the day off from walking their prize hounds, and the only thing to be savaged was my map when I performed a comedy 20-ft bumslide down a muddy slope. These new waterproof maps are all very well, but they do absorb water—and when that water is muddy, the old map can get a bit, er, difficult to read. Yes, I know, a bad workman...

Organiser Paul ensured that the event ran smoothly despite my best efforts to mangle the computer equipment, and the appearance of a rather angry landowner whose office manager had failed to inform of our pre-arrangement to use his car park. Whoops. Paul's diplomacy skills training paid off. We even got some letters of thanks from a couple of the many tired but happy runners. It's always nice to be appreciated!

ESOC Sprint O 3 Feb
Dalmeny Estate

A super tight finish in the Men's Long saw **Ackers** pull up from 6th after the prequel to be just beaten into 2nd (five minutes ahead of me!); **Heather** won Womens' Short with **Jane** in 3rd; and **Lorna** was 4th on Women's Long.

After last year's event at Hopetoun House, ESOC took us to the other side of South Queensferry for their fast-n'-furious two-part sprint event. It certainly had its "interesting" (read: leg-shredding) bits of wood, but it was jolly good fun nonetheless. I had to work my buns off to avoid being lapped by Dixie Dean, but the buns were re-stocked at the EUOC cake stall (yum) before head-

ing off to the beach to do so Orca-spotting. Good to see Chris G back out and about after a long break, too.



The Ed knocking his pan in at the ESOC Sprint O. Note 'Splitter' O-top

SOSOL 5 4 Feb
Arthur's Seat

Max Ledlie was 3rd on Orange; **Fiona** 4th on Light Green; **Donald Reay** 2nd on Green; **Heather** 5th on the Blue; and **Ben, Graeme** and **Andy Spenceley** 2nd, 3rd and 5th on the Himalayan Brown (again won by Steve Nicholson).

Something of an Edinburgh double-whammy weekend; EUOC put on their SOSOL in Holyrood Park the day after the ESOC Sprint. An attempt has been made to re-map the unmappable gorse bushes on the north side of Whinny Hill, but they still confused the be-jeebers out of me. Mind you I was in oxygen debt at the time; I arrived too late to get a blue map and hence had no choice but to run the brown, complete with 550m of climb! By gum, I'm unfit. I performed an exaggerated collapse across the finishing line, but it wasn't entirely play-acting. Oh well, all the heat generated kept me warm on a surprisingly chilly day, and at least it was easier than running the international cross-country race that had been held in the park the day before.

SOSOL 6 11 Feb
Callendar Park

Graeme posted a traditionally INTesque second place on Brown; **Pat Bartlett** (in his last O before breaking his ankle at the Carnethy 5 the following weekend!) and **Richard Spiers** were neck and neck in 2nd and 3rd places on the Blue; **Jane** was a

close 3rd (albeit to M14 Jack Barrett, hee hee), **Max Ledlie** was 2nd in the Orange; and **James Ackland** followed dad's example by placing 2nd on the White.

The joys of being in two clubs—I ended up on the computers twice in a fortnight! Another nice, sunny day and with some fast times. Callendar Park seems to have less hack than it used to, or is just me? Well, it didn't stop me from accidentally missing out a very short leg from 18 to 19, simply by not reading my map. Doofus. I left my brain in the registration tent, still drooling over the yummy soup and cakes being offered by Victoria Longhurst as part of her fund-raising for a trip to Greenland. Swizz. When I was her age the only trips we had at school were as a result of sitting too near to the fresh paint in some of the classrooms (cosmic, man!).

SOSOL 7 25 Feb
Pressmennan & Lothian Edge

James A went one better with 1st place on the White; **Max L** was 3rd on Orange; **Lorna** beat **Jane** into 2nd on the Green, with **Ann** and **Karen Dobbie** (long time, no see!) in 4th and 5th; **Richard Spiers** was 3rd on Blue; and **Dave G, Murray** and **Ben** gave is an INT 1-2-3 on the Brown.

Geez-o, these SoSOLs come thick and fast. Too fast for me—I missed this one. Rumours abound of some "interesting" placement of number 8 on the Brown but I can't comment—although the SplitsBrowser progressograph thingamajig tells a tale!

SOL1 4 Mar
Baluain and Banvie

Mark Haley was 3rd on JM3; **Murray** and **Dave** 2nd and 3rd on M21L; **Ben** beat that Steve Nicholson into 2nd on M35L (go, Ben!); **Colin** was 5th on M40L; **Fiona** 2nd on W35S; **Ann** 2nd on W40L, with **Jane** and **Lorna** 5th and 6th; **James** 4th on White; **Max Bloor** and the young **Lardners** 1st and 2nd on Yellow; **Ronny Lardner** 2nd on Red; and **Graham Haley** and **Claire Lardner** 1st and 2nd on Light Green.

Hmmm, my memories of this area aren't great; last time I rain here (in 2000) I completely knackered my back bouncing around in badly-mapped heather at the top of the map. Oh, well, new year, revised map. Except—that area was STILL really badly mapped. Argh! I was being a bit duff



anyway, but had a complete stinker when I got bamboozled by one spurious control up there. Ian Mac chanced upon it earlier than I, then led us both awry on the next one. Meanwhile Colin sailed through the both of us, from which point he and I had a bit of a tit-for-tat all the way home, and a kept ourselves warm with a good old chin-wag on the long and freezing hobble back to the car park. At least the (exorbitantly priced) tea shop was on-site! After the event SOA pres Ken presented the 2006 SOL prizes to a frozen throng huddling together for warmth.

Cumbrian Short Race 1 10 Mar Stockbird Head & Black Beck

Scott Fraser was 3rd on the Men Open course, first Brit, with Murray in 4th, Kitch and Anthony also made it into the top 10; and Ken had a sterling 4th place in M40+.

Oooh goodie, a weekend in the Lakes. Saturday's short races were laid on by Ken's good mate, Ian Smith (aka Pony Boy), and were fun—fast and furious (well, drop the fast in my case). Lots of detail at blown-up map scale. Two areas were used, with Stockbird Head for the Open courses and the slightly more technical but slower Black Beck used by all other classes. If you were keen and fit you could run both. No, I didn't, before you ask.

National & WR Event 11 Mar Whitbarrow

Heather was 2nd on W35L, and Lorna 2nd on W40L, both by less than a minute; Scott was 3rd on M21L, and Anthony 7th; Ben was less than a minute down, 2nd on M35L to a pot-hunting M40 (bah, humbug!), whilst I was 7th; Colin was 9th on M40L (beating me by a minute on the same course, bah, humbug, again!).

Talk about a wacky-backy map, there was a fiendish amount of rock detail on this limestone escarpment. The open land was fast but had lots of ankle-twisting potential on the limestone pavement (our tent was next to the officials' radio car, and it was like listening to "Police, Action!"), but the wood had even more snap potential, where the limestone was covered in moss and trees! Och, it was good crack (pun intended). Some controversy in the field about the extremely short winning times (50 mins on M21L, 47 on W21L) for a World-Ranking event, but I was too busy

queuing for a Wilf's to pay much attention. The joys of having a mega-late start when you get bussed to and from the event. Seamless on the day, but everyone else has scoffed the choc brownies before you get there. Boo.

SOSOL 8 & Cup Rd. 1 18 Mar Pitmedden Forest

Sterling club performances by Ben, Colin and Chris to get 3rd, 6th and 7th on Brown respectively; Heather and Lorna were 4th and 5th on Blue W (with recent ex-member Claire Ward in a storming 1st place for ESOC); Rob, Richard and Ken scored 4th, 7th and 10th on Blue M; Barry won (huzzah!) Green M, with Pat also scoring in 9th; Max Ledlie was 6th on Orange; Max Bloor won Yellow; and James was 2nd on White.

Fife is clearly a great location for the Scottish round of the CompassSport Cup tie; after last year's IN-Travaganza at Norman's Law, this year's venue was just a few miles down the road. It turned out to be quite similar terrain to Norman's Law, too—fast forest and lots of moorland with gorse bushes. I did my bit for INTERlopers by stuffing up my first three controls (I was running for FVO, you see) before getting on and enjoying my run. Sadly, despite our best efforts—yes, we were actually trying this year! - we were beaten into fifth place by the local giant clubs, namely FVO, ESOC and, er, RR & TAY. No, honest, we did really well on the courses that we competed in (Brown, Blue, Green M and Orange) but scored zippo on Green W, Green Veteran and Light Green. Oh well, the final will be in some bramble-brash grot wood in the Midlands. Next year we'll show 'em. And I'll spike FVO's drinks.

Scottish Sprint Champs 24 Mar Heriot-Watt

The day after my op, so this report is hearsay, conjecture, and blatantly outright fabrication. As in fact will be all the rest of the race reports until I start O'ing again. But, then, I made up all the previous ones anyway. On with the work of

fiction.

What's this about voided legs on the prologue? Ooo those students, moving the controls around for a lark... oh well, whichever one it was should be ashamed of him/herself, and probably got a shock when they woke up next to the flag the next morning. Anyway, there were two Prologue "heats", won by Murray and Muzzer, with Ant, Scott and Ackers also stomping around. That set the start times for the final, which saw Scott pull through to victory ahead of Murray with Anthony 4th and Kitch coming through to 8th. Max L might have come in in last place, but give the lad a few years and he'll be at the other end of the field!



Club training in action at the Heriot-Watt CATI: Paul shows a beginner the ropes. Ahem.

SOL 2 25 Mar Archerfield

Stephen H won JM5S (and how tall is that lad getting?!); Dave, Murray, Ant and Graeme nearly made it a 1-2-3-4 on M21L but James Tullie snuck into 4th and demoted Mr A to 5th; Ben beat Steve Nicholson for the 2nd SOL in a row on M35L; Paul was 7th on M40L and Ian Mac 9th (getting fitter, Ian!); Graham McIntyre was 4th on M45L, Ken 8th; Barry 4th on M60L; Ray 2nd on M75L; Gillian 2nd on W21L ("I'm not training", she says!); Kate K 4th on W21S; Heather and Mary 1st & 2nd on W35L; Jane 7th on W40L; Patricia 6th on W40S; Mo 7th on W45L; nice to see Darina & Martin out on the White; hubby Chris was 6th

(Continued on page 12)



Race reports (ctd)

(Continued from page 11)

on Red, won by **Ronny**; **Clare L** and **John B** were 3rd & 4th on Light Green.

Our SOL, and on a radically changed Archerfield map. Those ratbag developers have gone and converted most of the lovely woodland into more exclusive executive developments for the Edinburgh elite commuters. Is no wood safe? Oh well, we *have* known about it for years. Bet we still have a gazillion copies of that 1977 map, though. Anyway, it was all on the sand dunes as a result, which—together with the thick gorse—no doubt made it fiendishly difficult. Watching people's routes on RouteGadget was great fun for the arm-chair (almost-)amputee. On Brown, Murray's little animated dot flew around the map like a dot demented but Dave's super consistency won through; Ant was also steady & fast whilst if Graeme hadn't fluffed that one control... Who needs Match of the Day? What do you mean that's not on telly anymore?!

SOSOL 9 01 Apr Drumlanrig Woods

Hannah Ledlie was 4th on White; her bro **Max** was also 4th, on Orange; **Pat** was 6th equal on Green; **Ken** and **Barry** were a closely fought 4th & 5th on Blue; and **Murray** & **Ben** had a good battle with 1st and 2nd in Brown.

Interesting to see the "Leading run-in times, up that hill" competition also in the results—and to see that some bloke on Red panned everyone else, 4 seconds ahead of next fastest, Murray and Martin Dean (who's an M50, Murray, c'mon man!). Max Ledlie almost beat his dad—look out, Colin...

JK day 1: Sprint 6 Apr UWE, Bristol

Murray and **Scott** had strong runs, 4th and 6th (4s apart) on MOpen respectively.

What must have been the sunniest JK in years opened with the Sprint race in the grounds of the uni at Bristol. Well, so my better half tells me, I spent the weekend in Shropshire at my mum's, but I got regular reports from the field. The map looked fun and decidedly flat! Noone

nicked the controls this time, but given the rumours I've heard regarding the EMIT system in place, some of the many "mis-punchers" might have wished otherwise.

JK day 2: Individual 7 Apr Speech House West

Good runs for **Murray** (9th), **Dan Marston** (11th), and **Scott** (16th) on M21E; **Ben** was 7th on M35L; **Ackers** was 8th on M45L; **Emily** 4th on W21S; **Heather** 5th on W35L, and **Mary** 9th; **Lorna** won W40L (h'ray!) with **Jane** in 5th.

Apologies if I've missed people—the results are HUGE!

So, where's the Speech House on the map, then? Sounds like you were all running around the Scottish Parliament building—which could do with a few well-placed dobb spike marks—but it just looked like a very hilly forest to me. A lot like the Cannon Chase day at JK 2005. OK, I'm just guessing. I'm sure it was lovely in all that glorious sunshine. Elite courses were short today—M21E was won in 31:45, W21E in 34:43—ready for a mega course the next day. Everyone else just had 2 hard days! Would any one you 35s, 40s, 45s etc. fancy having a crack at the short-then-long format as well?

JK day 3: Individual 8 Apr Speech House West (again)

Murray was Mr. Consistent on M21E with 11th today and 9th overall, but he was beaten by **Scott** who got an impressive 3rd today and 4th overall; **Dan** improved one place to 10th, and young **Mr. Squire** improved to 16th. **Ben's** 4th pulled him up to 5th overall on M35L; **Ackers' 4th** made him 4th overall on M45L; **Emily** hung onto 4th overall on W21S (podium next year!); **Mary** had an excellent 3rd place run today, bringing her to 6th overall on W35L and leapfrogging **Heather**, who was 8th overall; and **Lorna** showed her class with another 1st place on W40L to win both days, with **Jane** also in the top 10 (10th).

What, here again? OK, maybe you ran in different parts of the forest, but I'm surprised that they used the same wood twice. But I suppose that if that wood is actually the Forest of Dean... well, whatever, it sounds like you had fun in the sun. Again. While I was stuck with the oldsters. Arrrgghh.

JK Relays 9 Apr Caerwent Army Camp

Scott ran last leg for the victorious EUOC team on the JK Trophy course, with our boys (**Graeme**, **Colin**, **Kitch** and **Ant**) 15th—but, hey, we wopped FVO and CLYDE, who both got DSQ'd. **Lorna**, **Emily** and **Jane** were 16th in the Women's Trophy, just pipping FVO. Our Men's Short team of **Chris**, **Pat** and **Ken** were 27th.

This looked like the best map of the whole competition—what were those bunkers, tunnels and crawlways all about? And I thought that Greenham Common was cool. These army guys get all the kooky areas! It seemed to be an excellent end to a great JK. Can't wait til next year. When it's at Gatwick Airport. Awwww!!! Oh well, at least the British will be at Culbin.

British Sprint Champs 14 Apr Scarborough

In the four different Men's heats, **Anthony**, **Murray** & **Scott** posted a 2nd and two 3rd places respectively. In the Men's A Final, **Scott** won, with **Murray** 3rd and **Ant** 10th. **Graeme** was 11th in Men's B final, and **Lorna** 13th in Women's B.

A cracking day out on the beach, Gromit, or something like that—and another excellent city map. At least it looked like it when I saw in the pub after the event. One can only hope that everyone had a good dose of fish and chips afterwards.

British Middle Champs 15 Apr Mulgrave Woods

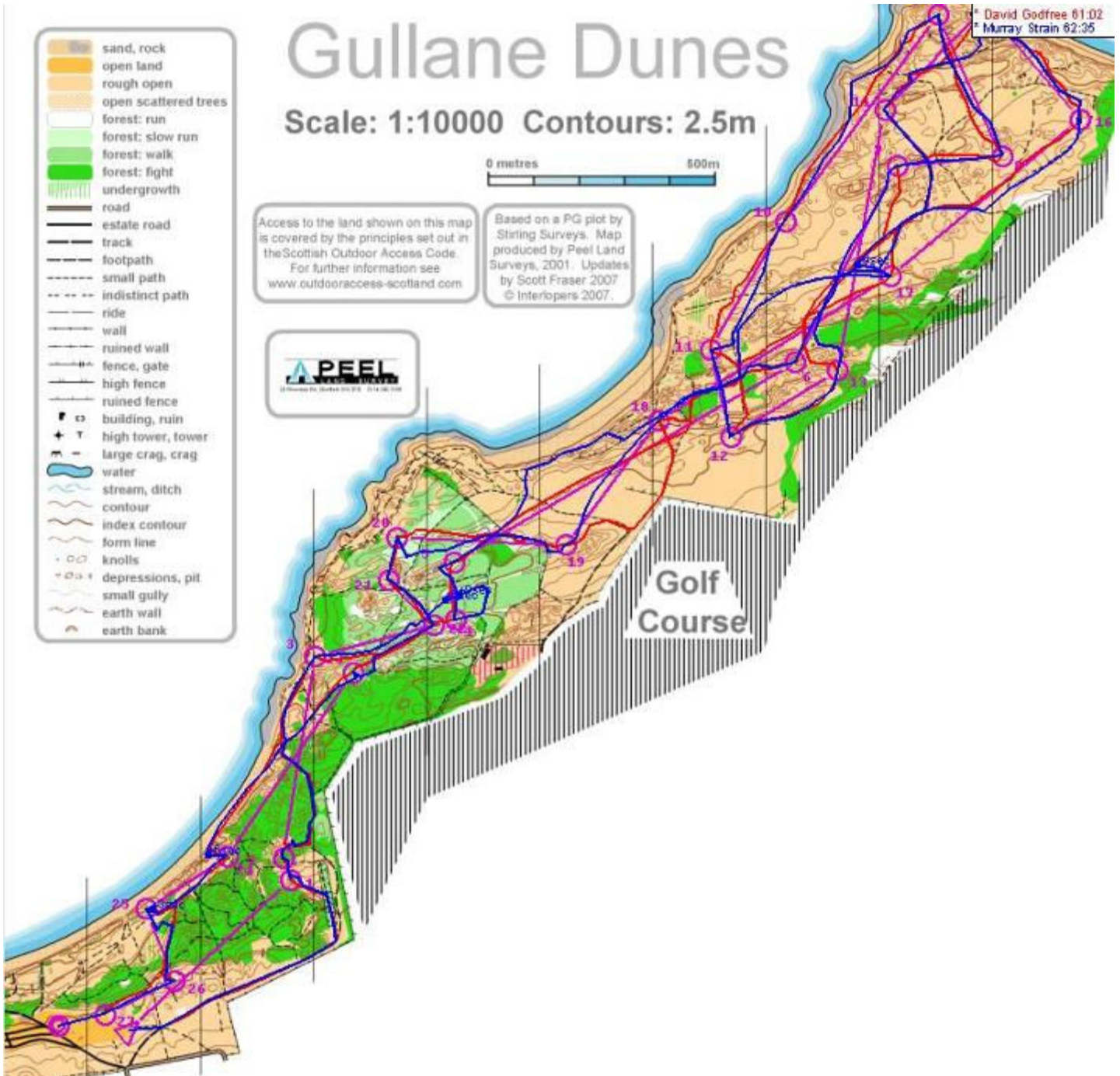
In the Elite races, **Scott** was 3rd on M21E, with **Murray** and **Anthony** also both in the top 10, 7th and 9th respectively. **Lorna** was 17th (first W40) in W21E. In the "public" races (what, were the others held indoors?) **Colin** was 3rd on M35L.

The Sprint and Middle Champs formed the "Seaside Scramble" weekend, which was a great name. When will we host the "Forest Fumble" (steady) and the "Woodland Wobble", I ask? Anyway—I'd have gone if I could have.



Isn't RouteGadget great?

For those of you who have yet to be converted to RouteGadget—here's a little bit of what you can do. Below is the M21L course at SOL2, Archerfield (OK, Gullane), on which both Dave and Murray have marked up their route. It probably won't come out too well in print, but hopefully you'll be able to see enough! It's very interesting to see other people's route choices. And even better when you can animate them, and see the people running "head-to-head"!





Selected Fixtures

April

22nd—TAY Local Event. Mill of Fortune East, Comrie. NN787195. Bill Melville, 01383 738631. adixon@watt64.freeseve.co.uk Fees TBA.

25th—FVO Evening Event. Abbey Craig, Bridge of Allan. NS808958. Neil Kitching, 01786 824595 kitching.family@tesco.net. Starts 5-7pm. £2 adults, £1 children.

26th—TINTO Local Event. Lanark Loch, Lanark. NS900427. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

28th—STAG Local Score Event. Pollok Country Park, Glasgow. NS555621. Org & Entries: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk. CD: 24/04/07. £3/£1.50. Lim EOD + 50p/50p. Chq: STAG. Score format. Starts from 10.30am. E-mail pre-entry appreciated beforehand.

IRISH ORIENTEERING CHAMPIONSHIPS

28th—IOC Classic. Callow Hill, Enniskillen
29th—IOC Middle. Crossmurrin, Enniskillen. Marella Fyffe. 028 8224 1973. marella.fyffe@btconnect.com. Entries: Teresa Finlay, c/o GOEC, 147 Marblearch Road, Enniskillen BT92 1ED. raymondfinlay@btinternet.com. CD 06/04/07. £12/£5 per day. Chq: Fermanagh Orienteers.

28th—INT Local Event. Colinton Dell, Edinburgh. NT215700. Pete Murphy, 0131 5553000 peter.murphy@tiscali.co.uk. Starts 2->3pm from Dovecot Grove.

28th—GRAMP Local Event. Crathes Castle, Banchory. NO735968. Anne Hickling, 01224 323855 hickling4@aol.com

29th—INVOC District Event. Drumashie, Inverness. NH608329. Keith Slater, 01667 493594. hope@ecosse.net £6.00/£2.00. EPS-Emit. Dogs on lead in car park only. All Adult runners (BOF members or not) will receive a £2 discount.

29th—ESOC Local Event. Holyrood Park, Edinburgh. NT271737. Janet Clark, 0131 225 7771 janetclr@aol.com Starts 2 - 4 pm. Free. Introductory event provided for Historic Scotland for the SNH Outdoor Access Festival. Two easy courses only. Starting at the Palace car park.

May

1st—TAY Evening Event. Moncreiffe Hill, Perth. NO148204. Liz Fraser, 01738 828219. liz.fraser@strathord.net £4/£2. See website for parking and start information.

2nd—RR Evening Event. Bowmont Forest, Kelso. NT729288. Carol Boyd, 01434 250422 Starts from 17.00 to 18.30pm, Yellow—Light Green. £2/£1. Park at sawmill, off B6401 to B6352 minor road: NT 729288.

2nd—FVO Local Event. Plean Country Park, Plean. NS827868. Neil Kitching, 01786 824595 kitching.family@tesco.net. Starts 5-7pm. £2/£1.

3rd—TINTO Evening Event. Fir Park, Carnwath. NT021466. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

BRITISH ORIENTEERING CHAMPIONSHIPS & UK Cup

5th—BOC Individual & UK Cup. Pwll Du, Blaenafon. SO230103. Org: Paul Chamberlain, chamberlain.brynhfyryd@nasuwt.net, 01824 790671.

6th—BOC Relay Champs & UK Relay League. Pwll Du. Org: John Richards, 01432 761 906. john.richards1@tiscali.co.uk. Entries: Judith Powell, 22 The Willows, Raglan, Usk NP15 2HB. 01291 690702. j-powell@dial.pipex.com. Chq BOC2007. EPS-SI. No dogs. Online entries via website www.woa.org.uk.

5th—ELO Local Event. Vogrie, Gorebridge. NT374631. Trina Rogerson, 01368 864922/

6th—MAROC District Event. Sluie Woods, Kincardine O'Neil. C4Alastair Marshall, 01330 811101. alastair_marshall@yahoo.co.uk £6/£2.50. EPS-Emit.

8th—TAY Evening Event. Black Spout Wood, Pitlochry. NN951575. Angela Dixon, 01383 738631. adixon@watt64.freeseve.co.uk £4/£1. Starts 17.30-19.00. Courses. White/yellow, Green short, Green.

9th—FVO Evening Event. Barr Wood, Stirling. NS796865. Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5-7pm. £2/£1.

10th—TINTO Evening Event. Stone Hill, Lanark. NS893375. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

12th—BASOC District Event. Craighui, Kincaig. NH809038. Bill McCarthy, 01540 661371. basoc.membership@virgin.net £7/£2. £2 less for senior BOF members. EPS-Emit. Dogs in car park only. Starts 1330 - 1530 hrs.

13th—GRAMP Regional Event & SOL 3. Glen Truim, Newtonmore. NN675929. Sam Gomersall, 01224 314002. gomersalls@tinyworld.co.uk £11/£4. EPS-Emit. String course. Dogs on lead in parking field. Online entries preferred (including for colour coded) at www.oentries.com. www.grampoc.com

16th—ESOC Evening Event. Hillend, Edinburgh. NT247669. Janet Clark, 0131 225 7771 janetclr@aol.com Start times 6 - 7.30pm £2/£1 Upper ski slope car park.

16th—RR Evening Event. Gala Hill, Galashiels. NT492357. Judy & Alan McNeilly, 01578 730 209 Starts 5-6:30pm, Yellow—Light Green courses. £2/£1. Signed from entrance to Gala Academy, Elm Row, Galashiels, NT 492357.

16th—FVO Evening Event. Bantaskine, Falkirk. NS871789. Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5-7pm. £2/£1.

17th—TINTO Local Event. Quothquan Law, Biggar. NS983382. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

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(Continued from page 14)

19th—STAG Local Score Event. Garscube Estate & Dawsholm Park, Glasgow. NS554702. Organiser: Terry O'Brien, contact details as before. CD: 15/05/07. £3/£1.50. Lim EOD + 50p. Chq: STAG. Score format. Starts from 10.30am. E-mail pre-entry appreciated beforehand. www.stag-orienteeing.co.uk

19th—TAY Open Day Event. Kinnoull Hill, Perth. NO145236. Angela Dixon, 01383 738631. adixon@watt64.freeseve.co.uk TBA/Senior. See website for courses. www.taysideorienteeers.org.uk/

19th—GRAMP Local Event. Scolty, Banchory. NO688948. Anne Hickling, 01224 323855 hickling4@aol.com

20th—NW LOC NATIONAL EVENT. Caw Fell, Broughton in Furness. SD230945. Graham Walkden, 015395 32793. Entries: Marion Inchmore, Newlands, Storth Road, Storth, Milnthorpe, Cumbria LA7 7HS. marioninchmore@aol.com. CD: 21/04/07. £11/£4.50. Chq: Lakeland OC. EPS-SI. Parking £1.

20th—TAY Local Event. Newtyle Hill, Dunkeld. NO055411. Angela Dixon, 01383 738631. adixon@watt64.freeseve.co.uk £4/£1. White/yellow, Green, Blue. Start 11-12.30.

20th—MAROC Local Event. Dalliefour, Ballater. NO356957. Alastair Marshall, 01330 811101 alastair_marshall@yahoo.co.uk

23rd—FVO Evening Event. Minewoods, Bridge of Allan. NS789980. Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5-7pm. £2/£1.

24th—TINTO Local Event. Shaw Hill, Biggar. NT026338. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

27th—INVOC/MOR Regional Event & SOL 4. Rogie, Contin. NH443592. Org: Keith Slater, 01667 493594. slater-cairds@dsl.pipex.com Entries: J&J Laird, 35 Ross Avenue Inverness IV3 5QJ, 01463 233225. Jacquieandjamres@fastmail.co.uk CD: unknown. Fees TBA. EOD. Chq: INVOC. EPS-Emit. White-Lgreen. Dogs on lead in car park. Online entries via website. www.invoc.org.uk

30th—RR Evening Event. Eildon Hills, Newtown St Boswells (by Melrose). NT572326. John Tullie, 01450 850217 Starts 5-6:30pm, Yellow—Light Green. £2/£1. Signed from Eildon Village on old Newtown to Melrose Road.

30th—FVO Evening Event. Laigh Hills, Dunblane. NN781014. Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5-7pm. £2/£1.

31st—TINTO Evening Event. Carmichael, Biggar. NS948379. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

June

1st—TINTO Scottish Schools' Orienteering Festival. Carmichael Estate, Biggar. Org: Blair Young, 01555 661955. blair.young@talk21.com Entries: Lorna Young, 7 St Ninians, Lanark, ML11 7HX, 01555 661955. leyoung@talk21.com CD: 21/05/07. Junior £2.00. EOD + £2.00. Chq: SSOA. EPS-SI. No dogs. Limited entry. Special Entry form available to download

from. www.scottish-orienteeing.org

3rd—MAROC District Event. Bogendreip, Strachan, Banchory. NO686917. Alastair Marshall, 01330 811101. alastair_marshall@yahoo.co.uk £6/£2.50. EPS-Emit.

3rd—ESOC Pentland Hills Long-O. Castlelaw, nr Edinburgh. NT230637. Enquiries: Ronald Nolan, 0131 453 1497. ron-nolan@hulley.co.uk Fees TBA. Parking TBA. No dogs. 10, 15 or 20km courses, competitors must be over 18 on 01/03/07. Also a course for walkers. Details at www.esoc.org in due course.

6th—FVO Evening Event. Polmaise, Cambusbarron, by Stirling. NS775923. Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5-7pm. £2/£1.

10th—GRAMP District Event. Glen Dye, Banchory. NO662911. Oonagh Grassie, 01224 744393. donald.grassie@grampoc.com £6/£2.50. EPS-Emit.

13th—FVO Evening Event. Gartmorn, Alloa. NS911940. Neil Kitching, 01786 824595 kitching.family@tesco.net. Starts 5-7pm. £2/£1.

NATIONAL EVENT & SCOTTISH CHAMPIONSHIPS

16th - NATIONAL EVENT & Scottish Championships, Individual. Loch Doon, Dalmellington. NS477027.

17th - Scottish Relay Championships & UK Relay League. Loch Doon, Dalmellington. NS477027. Org: Dougie Condy, 01292 318190. dougiecondy@aol.com Entries: Pat Flanagan, 47 Arrol Drive, Ayr, KA7 4AL, 01292 267063. pfayr@tiscali.co.uk CD: 02/06/07. Fees £12/£4, £2.00 less for senior BOF members. Chq: West Area Orienteering. String course. Lim CC courses - Wh-LG, + Red. EPS-SI. Parking £1. Dogs in Car Park only. Relay entry information, form & fee details available from www.ayroc.co.uk

24th—MAROC Local Event. Glen O Dee, Banchory. NO684964. Alastair Marshall, 01330 811101 alastair_marshall@yahoo.co.uk

26th—TAY Evening Event. Crombie Country Park, Dundee. NO528402. Chris Reid, 01382 641110. chris@cg Reid.freeseve.co.uk £4/£1. Starts 5:30-7pm. 3 Courses: White/yellow, Green short, Green.

27th—ESOC Evening Event. Lauriston Castle, Edinburgh. NT203758. Janet Clark, 0131 225 7771 janetclr@aol.com Starts 6-7.30pm. £2/£1. Entrance on Cramond Road South.

Jun 29th-Jul 1st—WOC Selection Races.

29th - WOC Selection Race - Sprint Distance & UK Cup. TBA, North of Scotland.

30th - WOC Selection Race - Classic Distance & UK Cup. Creag Leach, Inverness. NH604411.

1st - WOC Selection Race - Middle Distance & UK Cup. Carse, Inverness. NH795562. Organiser: Lorna Eades, 01875 835338. lorna.eades@ed.ac.uk. Entries: Jon Cross, 1 Moray Place, Gar-gunnock, Stirling, FK8 3BT, 01786 860301. jon.cross@tinyworld.co.uk CD: unknown. EPS-SI.



M35something

Alas, the compass is getting dusty, the control card holder mouldy, the waistline is making a bid for freedom and I can't even scrawl graffiti on the plastercast 'cause it's made out of glass fibre. Denied! And I was all set to become the next Banksy, or to colour in my cast to look like it's one of those new-fangled long O socks cum gaiters. Oh well, I'm getting into armchair orienteering at the mo. Rumour has it that people who know what they're doing in orienteering often peruse their old maps of an area at great length when they've next got a competition in that area, and I'm such a saddo that I've filed them all—so, hey, I may come back better than ever. After all, if I walk around accurately I'll almost certainly be faster than my usual headless chicken performances, sprinting off the map at every opportunity. (That technique could well work at the up-coming Six Days, though; all the maps around Grantown join up, so potentially you could finish all three days in one extremely long and wayward outing. Anyone up for a challenge?)

My geekish map filing may well be a thing of the past, thanks to the new waterproof, unbagged maps. They're definitely an improvement in terms of weight, are better for the environment and are a lot easier for the event organiser (no bagging), but every single one I've used has finished up almost unreadable—both because they've turned a dirty brown colour, having absorbed muddy water, and because a fair bit of the ink has rubbed off. Maybe I'm just a bit heavy on the maps. Still—think I'll be buying up a job lot of map bags!

Any of you lot planning on doing any mountain marathons this year? LAMM planner and ex-Interloper Angela Mudge develops an evil grin every time I try to trick her into telling me where the area is. If anyone IS doing the LAMM—or any of the other long-O type events—it'd make great reading for the next newsletter, hint hint. And I know lots of you go out running sans compass—be it hill running, road running or pasting yourselves around the Meadows once or twice a week. Way back when I were in't toon, it used to be Meadows on Tuesday, circuits on Wednesday, and first the Meggetlands runs then latterly Dave's Dastardly Hill-Reps sessions on Thursday. What's the score these days? Go on, I need some inspiration to get my bottom in gear and start pounding the track once I get out of this encumbrance and stop stumping around like Frankenstein's monster. I'll still have the flat head and the neck bolt, mind.

COMPASS POINT



For all your
Walking
Mountaineering
Camping
Climbing
Orienteering
and Fell Running needs

10 Market Square, Lytham, Lancashire
Telephone: (01253) 795597
Email Rick@compasspoint.demon.co.uk
or from Darina at most Scottish events



Run and Become Become and Run

56 Dalry Road, Edinburgh EH11 2BA
Telephone: 0131 313 5300
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