



152 The Interløper July 2010



Editor's Introduction

Ann Haley

Hello from your new Newsletter Editor!

Thanks are due to all the committee members from last year. As well as thanking Lorna Eades for the great social events and Emily Seaman for the newsletter (and especially for the template), I would like to thank those people who have put in hours of effort behind the scenes to organise, plan and control events over the past year. Also we mustn't forget those who put time into mapping projects, running around ensuring we all have the equipment we need and generally keeping the club on track. There are also several members who have controlled events for other clubs and contribute to the running and development of elite squads.

I hope that those of you who are orienteering over the summer have enjoyable holidays and run well. I will be seeking articles from you!

Thank you to the contributors and photographers for this edition.

Ann Haley



Chairman's Chat

Ken Daly

The Interlopers AGM was held a couple of weeks ago (17/06/10) and was followed by a very sociable meal. I was particularly pleased by the good turnout of members who clearly have a passion for the club and its activities. I truly believe that the more you put in to a club the more pleasure you get out of it, so please get involved especially if you are a relatively new member.

In my Chairman's report I briefly explained that our Constitution states that we should encourage participation, organise events, hold socials, recruit, abide by the SOA Child Protection Policy and run the club efficiently (not exhaustive). I then read out a list of new members, performance successes, events held, socials, etc, and it was clear to see that Interlopers are doing well. Perhaps the longest list was the superb junior results over the year. Their achievements are a reflection of their potential and the excellent junior training sessions and hard work of the many helpers involved. Well done all.

At the AGM, Emily Seaman and Lorna Eades stood down after many years of

providing us with newsletters and social events, respectively. They looked after us well and will be sorely missed. However, Tricia Alston and Ann Haley agreed to fill these posts and will require your help as the year progresses. I welcome them to the Committee and ask that you volunteer to host socials, training weekends, write articles, report results, etc. And with Ann taking on the newsletter, we require more help with the junior training as a result. As I said earlier, "the more you put in".

I also reported that the club had been busy hosting many events and would continue to be busy in this way for approximately another 14 months. I added that it was my intention to try to reduce our annual commitments and concentrate our efforts closer to home thereafter. However, the transition will not be immediate and in the meantime we require volunteers for the following roles. Please contact me if you can help and thereby secure the best role for yourself.

- 12 September 2010** – Devilla Forest – JHI & SoSOL (roles filled).
- 19 December 2010** – Dechmont Law – Club Champs (planner / organiser required).
- 02 January 2011** – Loch Vaa – Festive O event (help would be appreciated).
- 06 March 2011** – Dalrulzion – SOL (planner, organiser, string & entries vols required).
- 29 May 2011** – Perthshire – Scottish Relays (planner, organiser & controller required).
- May-July 2011** – Evening street O series (planners, organisers & controllers required).
- 04 August 2011** – Day 4 of Scottish 6-Day (2 planners, organiser & string vols required).
- 2011** – Come & Try It events (planners & organisers required).
- 2011/2012** – SoSOL (planner, organiser, controller & string vols required).

Although we will be busy hosting events during 2010 and 2011 there is plenty of running to look forward to, beginning with the Wednesday street O series, Thursday club terrain training runs, Purple Thistle, the second half of the SOL and much more.

Ken



Club Committee 2010/2011

Honorary President Chairman Secretary Treasurer Social Secretary Newsletter Editor Club Captain Junior Member(s)	Carol McNeill Ken Daly John Barrow Pat Bartlett Tricia Alston Ann Haley Anthony Squire Mark Haley / Chris Galloway Rachel Kirkland Colin Eades
Ordinary Members	



Photo by Ken Daly

Tricia Alston, our new Social Secretary



New Members 2010/2011

Welcome to:

Sheila Sutherland W45
Connor Winterburn M12
Matthew Winterburn M10



Scottish Sprint Championships March 6th 2010 *Ann Haley*

What a great success! I think Ken was trying to ease me gently into organising when he asked if I would take this on. With both Graeme Ackland (planner) and I based on the site, this wasn't going to be too onerous. The format of the weekend – to run three events: Scottish Sprints, British Nights and a South of Scotland colour coded league event on the Gullane Dunes certainly attracted a large number of entries and from both local and distant clubs.

I couldn't have asked for more indoor facilities: toilets, showers, food and lots of helpers. With a road race going on at the same time there was a real buzz of activity. I must thank Robin Strain who ensured that all our SI queries were answered, and set up instantaneous display of results, and also Sainsburys Superstore – Cameron Toll who supplied the prizes.

The courses proved to be sufficiently challenging, and I hope everyone had a

great day. Of course there is always one spanner in the works somewhere. For me this was discovering on the Thursday before the race that the groundsmen had forgotten about it (and were clearly unaware of the several hundred attending the road race) and had ordered in a set of road sweepers to clean up the campus. Fortunately my reminder and subsequent chat resulted in them deciding that this was not such a good idea. Three weeks later the roads in King's Building were dug up for resurfacing and this continues to this day!



Photo by Stephen Haley

James Ackland at the Sprint Champs



British Night Championships *Paul Caban*

Andy Warhol is famously quoted as saying: "everyone will be famous for fifteen minutes". Thanks to the BBC's coverage of the British Night Champs earlier this year, I've got at least fourteen and three quarter minutes of my allotted quota left to achieve. And even that was based on two separate appearances.

I'll get my excuses in early for the first one. After the Sprint-O at KB, I'd entertained random parts of TAY who had acted the

dutiful guest, and brought cakes which I'd made good work on. I'd also failed to watch the time, which is why twenty minutes before my start time, I was just leaving home, although at least dressed for the run. Quite astonishingly, I made my start, with precisely two seconds to spare. As I'd missed all the start-line info, it was unsurprising, but unfortunate, that the microphone caught me asking Les Dagleish where the start (kite) was. The BBC duly turned this into a "some people can't even find the start" schtick. Ho hum.

Things got worse before they got better. And then worse again. Chocolate cake was still digesting for at least the first thirty minutes, and much of that was spent flogging uphill, suspiciously more slowly than my run to the start had been. I then made a hash of a control at the far end, although that didn't seem to be just me: there was much milling around by many people too far up a hillside. And then the long, route-choice leg which I got right, and at the same time realised that I'd had my torch on high-power the whole time. Uh oh.

Back on low-power, I naturally failed to find clearing-in-the-grot #1, and then headed towards clearing-in-the-grot #2 just as the beam started fading. Praise be to the Gods of Silva, I got that one spot on, and then dropped down the slope to the open fields - and easy terrain - at the bottom. Halfway over the fence, someone with a bright light asked me how my run had been. I was just about to say something suitably obscene when it struck me that the guy had a camera. The notion of "be positive" popped into my brain, and the first thing I could think of was Donald Petrie's mantra of "Best sport in the world" closely followed by "Everyone should try it". Five seconds at the most. And all whilst balance on the top of a strand of barbed-wire: I won't give up the day job. The torch then failed completely and I got very random. I was last finisher on my course.

I was away at the JK when the programme was broadcast, and I hadn't even given it any thought until the next week when two people at work said "was that you on the telly?" and more reassuringly "you were good" (they hadn't noticed the first clip). The BBC iPlayer still had the thing available (it's gone now; sorry). They'd treated our sport seriously, and there were lots of well-kent faces to see. These included Oleg and Murray, the latter having his reputation completely destroyed by his Mum. Also spotted were Colin and Lorna, at what looked like SEDS training, trying - and failing - to act naturally in front of the camera.

If anyone does have a recording (I nearly said "video" there - kids: ask your parents), I'd love to have a copy. Please do let me know.

Paul

(Ed: I gather that a copy has just been sourced: a 756.6MB mp4 file if anyone else is interested.)



Haley's Hints

.....on how to do well at an event
Ann Haley

(Title plagiarised from that well known book by Graham Haley)

1. Choose to orienteer at night – this eliminates most of your competitors as they aren't quite mad enough to take up this version of the sport!
2. Cover the area in snow – not only does this make the area incredibly slippery but it means that your opposition cannot run flat out!
3. Choose an area only 2 miles from home.

Oh and

4. Tire out as many of your opposition as possible by organising a sprint event earlier in the day.

Well, what a weekend: 3 events for some, 4 for those who also ran the KB 5 mile road race. The British Nights had a great assembly area in a gym with showers available. For those of us who went through a mud bath close to the start of the night event, we needed the showers! The snow ensured that the steep hillside at Bonaly was incredibly slippery and I found myself clinging onto the grass that managed to poke through the snow, just to stop myself sliding down the hill. There were some interesting route choices across the hillsides. The courses eventually brought us beneath the bypass and back into the barracks. I came across the television cameraman in the underpass, but unlike Paul, I cannot make any claim to fame (probably due the funny face I pulled in trying to work out what the bright lights were coming towards me. For some reason my arms ached after this event (!), and I can only surmise that this was because I had spent my whole run with my arms out trying to keep my balance in the slippery conditions.

...and finally, those with any energy left had a superb day to run on the dunes at Gullane. All the events were successful, but I was exhausted.



Official News
Club Committee

Volunteers to help at the South of Scotland League event on September 12th 2010 should contact the organiser, Graham McIntyre.

Please respond to the Ken's request for organisers and planners at the events listed in the Chairman's Chat which include volunteering to be a planner or organiser at the Dalrulzion SOL on 12/09/10, the Perthshire Scottish Relays on 29/05/10, or day 4 of the Scottish 6-Day on 04/08/10. Volunteer now to get the best jobs and avoid the press gang.



Photo by Ken Daly

Jonny Gallier
(Interløpers Club Champion 2009).
Jonny will not be available to host the club championships 19/12/10, so a volunteer is required. The intended venue is Dechmont Law. Please volunteer to Ken Daly.



Elite news
Extracted from Murray Strain's web articles

There have been some fantastic performances from the elite crew recently.

These have resulted in Oleg Chepelin, Scott Fraser and Matt Speake being members of the **BOF World Class Start Squad**.

Alan Cherry is a member of the **BOF World Class talent Squad**. Alan has since been selected as the reserve runner for the **Junior World Orienteering Championships**

After the selection races at Touch and the Trossachs, the JK and British Middle and Sprint Championships a number of Interlopers are celebrating selection for a variety of British teams this summer.

After impressive wins in the Scottish races Scott Fraser competed in Bulgaria at the end of May in the European Championships. Murray Strain was part of a development group picked to take part in the Nordic O Tour – a set of World Cup races traversing Scandinavia in June. Scott Fraser and Oleg Chepalin will be part of the team for August's World University Champs, to be held in Borlange, Sweden.

Scott Fraser, Murray Strain and Matt Speake have all been picked to run for Britain in this year's World Orienteering Championships following selection races in the West of Scotland. Scott comfortably won the Sprint selection race around Erskine and continued his good form to win the Middle distance race at Ardnaskie. He was selected to run the Sprint and Long distance races in Trondheim in August. Murray Strain will make his World Orienteering Championships debuts this summer after continuing his consistent sprint race form at the selection race. The competitors gave the selectors a tough challenge when three of them tied for third place. In the end, Murray was rewarded with a chance to sprint off against the world's best around the centre of Trondheim.

Matt Speake was selected to run the Middle Distance race.

The World Championships will take place in Trondheim, Norway from 8-15th August.



Junior News

Ann Haley

Chris & Matthew Galloway were selected for the **Scottish Junior O Squad** at the start of 2010. A huge congratulations to them!

Scottish Schools

Many Interlopers were involved in preparing children for the Scottish Schools orienteering festival that was held on a spectacular day at Palacerigg Country Park.

There seemed to be lots of mini training sessions taking place in Buckstone, Braidburn, Bonaly, Blackford, Dalkeith Country Park and Vogrie. The effort paid off and the Interløper tent became home to 13 young newcomers from Heriot (coached by Lorna Eades), 9 from Heriots (Jane Carcas and Jane Ackland), Watsons, Boroughmuir and Buckstone pupils (Lucy and Robin Galloway, and Sheila Sutherland) and Firrhill (Ann Haley, Anne Geddes and Paul Cackette). OK, we spilled out a bit....There were many successes:

Boys 5/6	Anthony Addison 2, Freddie Carcas 3, James Ackland 7
Girls 5/6	Lucy Hart 8, Kirsty Sutherland 10, Mairi Eades 20
Boys 7	Sam Galloway 1, Connor Winterburn 8
Girls 7	Hanna Addison 3, Jo Stapleton 4
S1 Boys	Matt Galloway 1, Alex Carcas 2, Mark Bartos 18
S1 Girls	Fiona Sutherland 7
S2 Boys	Michael Addison 2
S3 Boys	Chris Galloway 1, Mark Haley 3, Euan Geddes 7
S3 Girls	Lyndsey Cackette 5

...with several Interloper members being involved in successful teams:

p5/6 Girls	4 Heriot
	6 Buckstone
P7 Boys	1 Buckstone
P7 Girls	2 Buckstone
S1 Boys	1 Boroughmuir
	3 George Heriots
S1 girls	3 Boroughmuir
S3 boys	1 Firrhill
S3 girls	1 Firrhill

This competition was also important for any children who would like to compete in the World School Orienteering Championships that will take place in Italy in 2011. Unfortunately the competition will be in the middle of examinations, so a decision has been made to take a team of younger children only (those born in 1996/7). Any children of this age who took part in the Scottish Schools and would like a chance to run in Italy will need to attend the selection race that will take place at Faskally, Pitlochry on October 2nd 2010 (see Fixtures list at the end of the newsletter).

Inter-area

Six Interlopers: Chris, Matthew and Samuel Galloway, Mark Haley, Michael Addison and James Ackland headed north with other children from the East of Scotland to compete in the inter-area competition (thanks to Jane and Graeme Ackland for driving the minibus). There was a relay on the Saturday after which the teams headed for the youth hostel in Aberdeen. The individual on the Sunday was combined with the Scotland Orienteering League. The children ran well but were sadly beaten by those from the North area.

Jamie Stevenson Trophy

Eleven juniors traveled to Deuchny, Perth to take part in this junior competition. Our best 6 results would count to give us an overall club position. Thanks to all the Mums and

Dads for all the support. The children were competing on yellow, orange, light green and green courses, and we could have up to 3 counters in any one class (eg orange boys), and 4 counters on any course (eg green).

MAROC were the overall winners with 6 of their runners gaining 1st places, giving them the maximum of 600 points. It was so close between the other clubs that 2nd and 3rd places were not announced at the prize giving. In fact, even the next day, there were discussions going on, and we have to thank Sally Lindsay (ESOC) for determining that although Interlopers and ESOC had the same number of points (571), in fact it was Interlopers who were finally announced in **3rd place** ahead of ESOC. This was due to the rule, that where clubs are equal you count your 7th runner, our 7th runner being in 9th position, and their 7th runner not counting as it made 5 counters on the green course, and they then had to move to their 8th runner who was much further down the results.

Congratulations to our junior team on their fantastic 3rd place.



Photo by Graham Haley

Alex Carcas coming 5th on Orange

Some of our star runners were:

Kirsty Sutherland	3 rd Yellow
Alex Carcas	5 th Orange
Matthew Galloway	5 th Light Green
Cameron Winterburn	7 th Orange
Chris Galloway	7 th Green
Connor Winterburn	8 th Yellow
(fantastic performance for newcomer Conner – well done).	
James Ackland	9 th Orange



Photo by Ann Haley

Kirsty Sutherland receiving her prize for 3rd place on Yellow.



Events Round Up

Here are some of the clubs recent successes:

Scottish Sprint Championships

2nd M16-50 Murray Strain
1st M10-14 Matthew Galloway
3rd M10-14 Michael Addison

British Nights

3rd M16 Chris Galloway
3rd M20L Stephen Haley
3rd M21 Murray Strain
2nd M35 Graeme Ackland
2nd M50S Keith Dawson
1st W45 Ann Haley
3rd W45 Jane Ackland

World Ranking Event, Trossachs

1st Scott Fraser

JK

1st M21 Matt Speake
1st W120+ relay team: Jane Ackland, Mary Ross & Lorna Eades

British Championships

3rd M21 Murray Strain
4th M21 Anthony Squire
2nd W35 Heather Hartman
3rd W40 Lorna Eades

British Middle Distance

1st M21 Scott Fraser
2nd M21 Matt Speake
2nd W40 Lorna Eades
3rd M45 Graeme Ackland

Scottish Championships

1st places for Jegor Kostylev, Matthew Galloway, Mark Haley, Alistair Hindle, Mary Ross

2nd places for Alex Carcas, Colin Ledlie, Lorna Eades, Ann Haley, Max Bloor, Oleg Chepelin, Max Carcas, Keith Dawson, Rachel Kirkland and Heather Hartman

Scottish Relays

Men's Open: 2nd Anthony Squire, Jegor Kostyle and Murray Strain

Women's Open: 3rd Lorna Eades, Mary Ross and Heather Hartman

M/W48-: 1st Matthew Galloway, Mark Haley, Chris Galloway

Handicap 6+: 3rd Jonny Gallier, Robin Galloway and Graham McIntyre



Photo by Ann Haley

Chris Galloway, Mark Haley (our junior reps) and Matthew Galloway beat the JK champions to win the M/W48- relay class.

Edinburgh Marathon

Congratulations to Ben, Karen and past member Scott Balfour for such brilliant times in the Edinburgh marathon which was run on an incredibly hot day (have I missed anyone?). Scott declared at the start that he was aiming for 2:59.59, and he wasn't far off it! Ben ran really well but at 22 miles, it looked like the last 4 were going to take their toll.

Scott Balfour	3:01.59	1 st M60
Ben Hartman	3:05.35	
Karen Dobbie	3:32.55	just outside the top 10 women for her age group.



Photo by Ken Daly

Ben Hartman, pictured, made the qualifying time for his age group for selection to the London marathon.



Street 'O' Series
Coordinator: Murray Strain

Fortnightly low key midweek Urban Orienteering races in the Edinburgh area.

- 21/7 The Steils
- 4/8 Liberton
- 18/8 South Gyle ****NEW AREA****

All races: starts 6-7pm. Entry £3/£1 sen/jun.

Prizes for the series & spot prizes & for anyone who completes every race. Best 4 races contribute to overall score.

Please read our [safety policy](#).

Contact series coordinator Murray Strain for more information (0759 050 8662).



Photo by Ken Daly

Murray Strain, the Street 'O' coordinator in action.



Club Training

Coordinator: Ken Daly

Club runs are most Thursdays at various locations starting at 6.30pm.

See the website for more details and routes:

<http://www.interlopers.org.uk>

Date	Venue & Parking	OS Grid Ref
08/07/10	Corstorphine & Ravelstone: From Cairnmuir Road car park	NT205736
15/07/10	Hillend, Swanston & Allermuir: From Hillend Bottom car park beside the Steading PH	NT249669
22/07/10	Braids & Mortonhall: From the High point of Braid Road	NT245694
29/07/10	Bonaly, Harbour, Capelaw & Allermuir: From Bonaly Country Park car park	NT211676
05/08/10	Easter Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate	NT236707
12/08/10	Holyrood & Duddingston: From Holyrood House car park	NT270738
19/08/10	Bonaly & Kinleith: From Bonaly Country Park car park	NT211676
26/08/10	Holyrood Outer & Inner loops: From Holyrood House car park	NT270738
02/09/10	Harlaw & Bavelaw: From Harlaw Farm public car park	NT181654
09/09/10	Colinton Dell & Union Canal: From Craiglockhart Drive South (W end)	NT221702
16/09/10	Castelaw & Bells Hill: From Castelaw Ranges car park	NT230637
23/09/10	Holyrood & Duddingston: From Holyrood House car park	NT270738
30/09/10	Hillend, Swanston & Allermuir: From Hillend Bottom car park beside the Steading PH	NT249669

07/10/10	Blackford & Braids: From Blackford Observatory car park	NT258705
14/10/10	Bonaly, Harbour, Capelaw & Allermuir: From Bonaly Country Park car park	NT211676
21/10/10	Corstorphine & Ravelstone: From Cairnmuir Road car park	NT205736
28/10/10	Harlaw & Bavelaw: From Harlaw Farm public car park	NT181654



‘O’ Courses
Ken Daly / Hilary Quick

The club needs more members to get qualified as Coaches and is prepared to subsidise members who want to attend SOA training courses, whether for Planning or Controlling, for CONDES, or for any other suitable course. If you are interested, please contact our Chairman Ken Daly (kennethdaly@dsl.pipex.com) to discuss.

National Orienteering Centre Courses
Mid-year Schedule -

Coaching Awards

UKCC Level 1: Tuition and assessment are covered in the 3 days of the Level 1 course. Courses are normally held at Glenmore Lodge, but can also be run elsewhere.

11-13 August *
17-19 August
25-27 August (Strathblane)
5-7 November
7-9 January 2011 (Edinburgh)
12-14 March 2011

UKCC Level 2: 3-day course is followed by home tasks, logged experience and observed session to complete the qualification.

4-5 & 11 December
17-18 & 24 September 2011

Teaching Orienteering Part 1: The perfect course for teachers, youth leaders and others wanting to introduce youngsters to orienteering. Often run locally to demand.

8 Aug *
18 Sep
15 Apr 2011
29 Oct 2011

Teaching Orienteering Part 2: Fun techniques for teaching more advanced skills and to older children.

19 Sep
30 Oct 2011

Personal Performance
Adult Beginners Coaching

9 August 2010 *
18 July 2011 *

Adult Improvers Coaching

31 July - 1 August
10 August *
2-3 October
22-23 January 2011
9-10 April 2011

Courses marked * can be combined for a week of "Introduction to Orienteering and how to coach it"

Courses for Officials
Grade 3 Controllers' course

Date to be confirmed in November 2010 - venue probably Deeside.

Grade 2 Controllers' course

19 March 2011

Planners' course

Please get in touch if you'd like this course to be run

Condes Workshop

Please get in touch if you'd like this course to be run

OCAD

Course to be run in Dumfries & Galloway. Contact National Centre for details.

Details are correct as at 02/07/10 please phone 01479 861374 or check website for latest version

Full course schedule: <http://www.scottish-orienteering.org/index/natcen/page/national-centre-course-schedule/>



Fixtures

For up to date event information and further details please visit www.britishorienteering.org.uk.

July

10th	SOA KFO Local	CATI Blairadam Forest , Blairadam Forest Kelty , NT116950 Organiser: Ian Doig Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.kfo.org.uk
21st	SOA INT Local	INT Urban-O 4 , The Steils Edinburgh , NT239719 Organiser: Murray Strain Entry On Day: Senior £5.00, Junior £1.00, Student £1.00. , Punch Type: SI, Start Times: 18:00 - 19:00 www.interlopers.org.uk/
24th	SOA ESOC Local	ESOC Local Events in Edinburgh and the Lothians , Blackford Hill Edinburgh Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,

August

4th	SOA INT	INT Urban-O 5 , Liberton Edinburgh , NT275695
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	Local	Organiser: Murray Strain Entry On Day: Senior £5.00, Junior £1.00, Student £1.00. , Punch Type: SI, Start Times: 18:00 - 19:00 www.interlopers.org.uk/
14th-15th	SOA TNS Local	14th Purple Thistle 2010 , Balmacara Kyle of Lochalsh , NG803282 Organiser: Andrew Brown Online entry through www.oentries.com/multi/events/7-purple-thistle-2010-balmacara/details No Entry On Day. Entries Close: 02/08/2010. Senior £6.00, Junior £3.00, Student £3.00 , Punch Type: SI, Start Times: 10:30 – 13:30 (punching start) www.purple-thistle.co.uk
	SOA	15th Purple Thistle 2010 , Balmacara Kyle of Lochalsh , NG803282 Organiser: Andrew Brown Online entry through www.oentries.com/multi/events/7-purple-thistle-2010-balmacara/details No Entry On Day. Entries Close: 02/08/2010. Senior £6.00, Junior £3.00, Student £3.00 , Punch Type: SI, Start Times: Day 2 Starts: 10:00 – 12:30 (punching start) www.purple-thistle.co.uk
18th	SOA INT Local	INT Urban-O 6 , South Gyle Edinburgh Organiser: Murray Strain Entry On Day: Senior £5.00, Junior £1.00, Student £1.00. , Punch Type: SI, Start Times: 18:00 - 19:00 www.interlopers.org.uk/
29th	SOA ESOC Local	ESOC Ultrasprint , Holyrood Park Edinburgh , NT271737 Organiser: Rachel Fawthrop Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.esoc.org.uk
September		
4th	SOA GRAM P Local	Scottish 11-Person Relay , Crathes Banchory , NO735968 Organiser: Richard Oxlade, richard.oxlade@btinternet.com , 01224 640729 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.grampoc.com
5th	SOA MARO C Regional	MAROC Regional Event & Scottish O League 5 , Birsemore Aboyne Organiser: Sarah Dunn, s.dunn@macaulay.ac.uk Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. www.marocscotland.org.uk

10th-12th	SOA Regional	Park World Tour Weekend 10th Sprint Qualification , Scone Palace Perth , NO115265 Organiser: Scott Fraser, Scott.Fraser@scottish-orienteering.org Online entry through www.fabian4.co.uk/default.aspx?EventID=308 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org/pwt2010/
	SOA	11th Sprint Final , Perth City Centre Perth , NO115235 Organiser: Scott Fraser, Scott.Fraser@scottish-orienteering.org Online entry through www.fabian4.co.uk/default.aspx?EventID=308 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org/pwt2010/
	SOA INT	12th Open Classic incorporating SoSOL 1 & the Scottish CompassSport Cup Heat , Devilla Kincardine on Forth , NS960885 Organiser: Graham McIntyre Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org/
11th-12th	SOA Regional	Junior Home International Weekend (Closed Event) 11th Relays , Kinnoull Perth , NO145237 Organiser: Maureen Brown Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org/
	SOA INT	12th Individual , Devilla Kincardine on Forth , NS960885 Organiser: Graham McIntyre Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.interlopers.org.uk
24th	SOA Regional	Junior European Cup Sprint Event , St Andrews St Andrews , NO507165 Organiser: Jason Inman Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org/
25th	SOA ESOC Local	St Andrews Street Race , St Andrews St Andrews , NO506163 Organiser: Janet Clark Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.esoc.org.uk
25th	SOA	Junior European Cup Relays , Faskally Pitlochry , NN920595

	Regional	Organiser: Jason Inman Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org
26th	SOA ESOC Regional	ESOC Regional Event & Scottish O League 6 , Tentsmuir North St Andrews , NO473277 Organiser: Ewart Scott, ewartscott@supanet.com Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, No dogs allowed. esoc.org.uk/?page=home
26th	SOA ESOC Regional	Junior European Cup - Individual , Tentsmuir North St Andrews Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, esoc.org.uk/?page=home
October		
2nd	SOA STAG Local	SSOA WSOC Selection Races For 2011 , Faskally Pitlochry , NN920595 Organiser: Lorna Young, leyoung@talk21.com Postal Entry: Terry O'Brien, 257 Warriston St Carntyne, Glasgow, G33 2LF, 0141 7708671, terry@tobrien1.wanadoo.co.uk . Cheques payable to Terry O'Brien No Entry On Day. Entries Close: 20/09/2010. Senior £0.00, Junior £3.00, Student £TBC , Punch Type: SI, Start Times: TBC www.stag-orienteering.co.uk
16th	SOA ESOC Local	ESOC Local Events in Edinburgh and the Lothians , East Craiglockhart Hill Edinburgh Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
30th-31st	SOA TINTO Regional	Tinto Twin Weekend 30th Night Event , Inshriach Speyside , NH856038 Organiser: Marcella McLennan Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.tintoorienters.org/
	SOA	31st Scottish O League 7 , Somewhere Speyside , NH856038 Organiser: Marcella McLennan Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.tintoorienters.org/



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