



## 153 The Interløper October 2010



### Editor's Introduction

*Ann Haley*

I would just like to say massive thank you to all contributors. The 'gentle persuasion' to get articles seems to have paid off, at least for this edition! Good luck to all those who are going to run at Burbage for the Compass Sport Trophy.  
See you at the Halloween Party!  
Ann Haley



### Chairman's Chat

*Ken Daly*

I hope you are proud to be a member of Interlopers? I hope you are active as a competitor, helper and socially? I certainly want your answers to be "yes" on all counts. I would therefore like you to reflect on what you want, what you do and what you think the club should concentrate its efforts on in future. Please then email me with

suggestions of how we might improve. I want the club to focus and deliver appropriately and need your help to achieve it.

Speaking of competing and helping, I would like to say a big thank you to everyone who contributed to our Devilla Forest event on 12 September 2010. The combination of Junior Home International, Compass Sport Cup/Trophy and South of Scotland Orienteering League made the planning, organising and helping more complex than normal. The resultant challenges included diverse class to course combinations for the different competitions, start lists with appropriate separation of competitors from the same club or nation, two assembly areas and a map update that ran to the wire. Despite the complexities Barry Owen planned excellent courses, Graham McIntyre had the day well organised and the rest of you worked tirelessly to deliver an excellent day for the competitors. Thank you!

In addition to hosting the Devilla event, Interlopers also performed well in the forest. Worthy of specific mention is Chris Galloway, whose performance on the men's blue course was exceptional. Chris had a very early start, but still managed to finish second, a mere 25 seconds behind former world champion Jorgan Mortensson. Well done Chris!



Photo by K Daly

A well earned rest.

As a club, we qualified for the Compass Sport Trophy final (hurray!) which will be held at Burbage Moor, near Sheffield on 17 October 2010. Hopefully we will have a full team for the final.

I would also like to thank Murray Strain and the many planners, organisers and hosts of our Street O Series 2010. The series attracted approximately 45 competitors per event and everyone appeared to enjoy themselves. The overall victor was Ray Ward (from the dark side).

Our forthcoming commitments are as follows. Please help when, where and how ever you can.

- 29 October 2010 – Halloween Party (to be confirmed).
- December 2010 – Christmas Party (to be confirmed).
- 19 December 2010 – Dechmont & Deans – East Area & Interloper Championships.
- 02 January 2011 – Loch Vaa – local event.
- 06 March 2011 – Dalrulzion – SOL.
- 29 May 2011 – Perthshire – Scottish Relays.
- May-July 2011 – Evening street O series.
- 04 August 2011 – Scottish 6-Day day 4.
- 2011 – Come & Try It events.
- 2011/2012 – SoSOL.

Interlopers have also been very active and successful on the International front. Scott Fraser, Murray Strain and Matt Speake competed in the World Championships. Scott was 6<sup>th</sup> in the classic distance race and 4<sup>th</sup> in the relay. Murray was 18<sup>th</sup> in the sprint distance final. At the World University Championships Oleg Chepelin and Scott Fraser again ran well, with Scott taking the silver medal in the sprint race. All brilliant results – well done!

Most of us will not reach the dizzy heights of International championships, but we can thoroughly enjoy domestic competition and club membership. Please therefore

remember to let me know what you think Interlopers should deliver in future.

Enjoy the autumn season.

Ken Daly.



**2009/10 SoSOL 6**  
**Calder Wood**  
May 9<sup>th</sup> 2010  
*John Barrow*

At this distant point in time, it's a bit hard to remember much about Calder Wood in May. Suffice to say that the well-oiled Interlopers machine swung into action once again, and the event itself proceeded largely without any hitch. Well, having said that, with 50 minutes to go before the first start, someone asked where the Clear and Check SI units were - "I thought you had them" - "Oh s\*\*\*\*". There followed a high-speed car chase back to Buckstone, and the units were safely delivered to the Start with minutes to spare. Comments on Robin's courses were very favourable from several of the 150 or so competitors. I'd like to thank Ken in particular for making several trips to the area to secure the parking, which turned out to be more than satisfactory, and for his many other contributions to the success of the event. Also thanks to everyone who came to help - we ended up with just enough to keep the machine running (particularly the SI system, to which Sheila Strain contributed a huge effort), and to allow everyone to get a run. I'm sure Robin would also like to join me in thanking Crawford Lindsay for keeping us all "under Control."



**BOF Strength and  
Conditioning DVD**  
*Pat Squire*

BOF have recently produced and distributed to all clubs a DVD and booklet concerning Strength and Conditioning for orienteering. (The club copy resides with John Barrow when I eventually get round to returning it).

The commentary makes it clear that the material is not specific to orienteering, indeed it is not even specific to running. Rather the exercises and drills that are presented would form a basis for general conditioning for many sports. They are shown being performed indoors but could just as easily be undertaken outside (weather permitting). The equipment requirements are minimal apart, obviously, from the medicine ball section and so I guess the aim is primarily to provide the basis for a club indoor training session.

The DVD is divided into 4 sections: speed and coordination drills; circuit exercises; core stability exercises and medicine ball exercises. The sections / exercises are introduced by the narrator and then demonstrated by the 2 'models', one male, one female.

The exercises certainly do "what they say on the tin" as they comprise a range of fairly traditional material related to each the sections.

Essentially this DVD provides content for fitness sessions. What it doesn't provide is information on dosage i.e. how many times to repeat any exercise, at what speed and with what recovery. Nor is there any detail on how to design or put a session together or how to progress fitness training over a period of time. Whilst the exercises

themselves are perfectly satisfactory I would suspect that repetition of this material over time could become somewhat boring. You would need to find other sources to provide solutions to that issue.



## **SCOTJOS Tour of Sweden**

July 2010

*Matthew (and Chris) Galloway*

In the summer Chris and I went to Sweden on a tour with the Scotland junior squad. We did one week of training then competed in the O-ringen for the second week. The first week was really hot and we stayed in the clubhouse of the Swedish club called Sodertalje. All the places we visited were really technical and it soon became evident that the Swedish maps are somewhat different from those in Scotland. The boulders consisted of massive house like structures and made the boulders in Scotland look pathetic. We did training in both the morning and the afternoon focusing each on a different orienteering technique, preparing us for the following week. However, it was not all hardcore training and we did some fun things like a peg relay, sardines and a three-armed relay.

The following week was the O-ringen which is the biggest orienteering competition in the world. This year it was based in Orebro (check your atlas). The sheer size of the event was unbelievable with about 10 people starting every minute. The first day didn't go well for either of us with me making a personal best error of 31.16 on one control which not even Chris could beat! However our dignity was not completely lost with Chris recording the fastest run-in for his course which involved coming over a bridge. Fortunately we both

managed to have some good results. I was 10<sup>th</sup> and 22<sup>nd</sup> and Chris was 16<sup>th</sup> and 24<sup>th</sup> so considering there were two hundred plus people on the courses they aren't too shabby. Also, overall Chris was, after the third day sitting at 21<sup>st</sup> position. However, two awful runs later ensured that he finished 40<sup>th</sup>.

On the last day there was a chasing start. It was disastrous for both of us apart from triumphs in the run-in with Chris coming joined 2<sup>nd</sup> and me coming 1<sup>st</sup>. Overall it was an amazing experience in which we both improved massively navigation wise and look forward to the next tour in two years time.

Matthew Galloway



## **The JHIs (Junior Home Internationals)**

*Chris Galloway*

This year the JHIs were hosted by Scotland in Stirling with strong teams travelling from each of the competing nations. Our weekend started with a train journey up to Stirling where we met up with the rest of the team. This was followed by a team talk at which Maureen outlined her expectations for the weekend and then an early night. Early the next morning we were awoken and went to breakfast which consisted of cereal and toast. We were then driven to Kinnoul Hill which was the destination for the relays (which were held the day before the individuals this year to accommodate the Park World Tour). The relays went reasonably well for Scotland with one of the boys' teams winning (Sasha, Jamie Stevenson and myself) and the girls' team coming second (Rona L, Briony and Kirsten). England filled the rest of the



podium resulting in them taking a 4 point lead into the individual day.

The evening's entertainment was a ceilidh which was great fun for everyone despite the distinct lack of quality dancing. The next day was at Devilla for the individual day and despite trailing there was definitely optimism in the Scottish camp. Personally I had a relatively good run for me, only making about 4 minutes of mistakes. When I finished I was left with a short nervous wait for Aidan Smith to come in who had started four minutes after me and I was surprised to find that I'd beaten him, winning my course. Matthew's run was marred with one big mistake (10 minuter) that cost him a podium position. Scotland finished with 6 top 3s. However this was not enough to stop England winning the overall trophy by a margin of about 16 points. Overall a very enjoyable experience not just orienteering wise, but socially and I look forward to hopefully getting selected for next year's competition.

By Chris Galloway

Note: The weekend after the JHIs, Chris was off to Dublin and the Wicklow Mountains for the Junior British and Irish Hill Running Internationals - got selected as a young U16 boy. His team got silver (4, 5th, Chris 7th) and overall Scotland won. Chris spent the week between the 2 JHIs at Benmore with his school (ill with a sore throat) so everyone was very pleased he even made it to Dublin!

Fantastic performances Chris. Well done!



## Excursion to Norway

July 2010

*Paul Caban*

I'd first been to the NordVestGaloppen in 2000; the year I'd first orienteered abroad, in Voss, Norway, with Ben and Heather Hartman. I'd only run at the last three days (out of five), but it had been great orienteering, and a great holiday. When I found out this year's NVG was at Stryn, the same part of the country, I entered (M40, because M45 seemed short .....), and even booked my flights five months in advance. Those of you who know me well, will know how unusually pre-prepared I'd been.

Ken quickly signed up, and Hilary came on board about a month later. Two months later, Ken's brother Bob also entered, having first checked "that it wouldn't mess any of the other plans up". Hmmm. Three weeks to go. Better get a hire-car and sort out some accommodation then .....



Interloper Team on Molden, Norway

Still, the internet make life easy, the event has student halls available, I knew a handy 'hytterie' for the first and last nights, and by dint of taking out a third mortgage (the second for the accommodation) the hire car was soon booked. There was a slight

trauma when I realised I'd booked two singles and a double for the first night. A quick confab. with Hilary, where we rapidly concluded all options were too scary to contemplate, meant that I'd better pack a therm-a-rest and sleeping-bag. Even so, along with a job-lot of dried vegetarian food (this is Norway), I still had the lightest bag of the four of us.

Saturday afternoon at the Airport, and our direct flight to Bergen was going to be three hours late. After ensuring that the car-hire would still wait for us, we settle down to EDI's dubious charms. Much to the surprise of others in the Terminal, this included the first "Air-O" Champs, complete with mini-kites made out duty-free notices. I believe Hilary won and Ken came second, although I would claim that as they drew the map and put out the controls, they were probably both embargoed.

Suburban Bergen in the dark was quite quiet. The Hytterie, with an 11:00pm check in deadline was even more deathly. Fortunately, I'd had the foresight to put "we might be late" on the pre-paid reservation, so someone was still around even though we were fifteen minutes overtime. Naturally even the night patrol spoke perfect English.

Sunday we drove the four hours to Stryn. Norway on Sunday is pretty quiet too. I'd planned our route there to include the world's longest road tunnel (25km), a sixteenth century wooden church, and Norway's most kitsch tourist attraction, the Flåmsbana Rack Railway. Lærdal Tunnelen was a bizarre mixture of dull and surreal (illuminated caverns every 6km that you could get out and walk around in; it was very noisy, and I did my best to wreck the car by forgetting to put the handbrake on); the Stavkirke was understated and peaceful; the Railway was far too touristy, and far far too expensive to travel on, but its museum was free and interesting.

A further short drive and a ferry later, we got to Stryn, phoned up my contact and got taken to the accommodation. We then discovered that "bring linen" actually meant "bring all bedding". Ah. I felt endlessly responsible, but everyone else was very nice in pointing out that I had explicitly asked the question and still been given the wrong answer. On the plus side, the place was very warm – warmer than Edinburgh when we'd left – and we didn't really need duvets (although a pillow would have been good).



Photo by Ken Daly

Monday we went walking up the local Munro-equivalent. It was a great walk; Bob and Ken chased butterflies; Hilary had a little doze; I tried to get us lost (I blame the map). Tuesday we went training. The drive-in was a 2000' climb up a gravelled, hair-pin road. We prayed we wouldn't meet any traffic. The map was awesome, with a lot of contours. Afterwards, we went to the Boat Museum and another Stavkirke. Wednesday was the first day of competition, but this is civilised Norway, where the starts are in the evening, so we bagged another Munro in the morning, all swirling mist and steep drops down to the fjord.

The assembly area that evening was quite the most scenic I'd ever been to: an alpine-type field, only with views of the fjord in two directions. The nearby col was also the only flat land around, and hence had the local airport on it. Sitting in assembly and looking down on a plane landing was pretty

strange. The map, having a perfectly mapped airport in the middle was pretty strange too. This being Norway, they don't spread start times out: everyone on the class started at one-minute intervals. On all four days, it meant that Ken, Bob and I started within ten minutes of each other. Hilary on a different class was usually an hour earlier or later.

From the start, to number one was a nasty contour leg. I was a bit tentative, and Ken caught the three minutes on me at the control. Sadly it wasn't our one .... We both headed off 180° apart, and both reached the correct control together, from opposite directions (and yes, we had both done it deliberately). One to two was even harder – an up and over, then diagonal downhill to oblivion – type control through light green forest. Five minutes later the three of us were all there, running up and down the same stream trying to work out why the control wasn't there. Damn. Quite unexpectedly, I worked it out first and headed off. Tee hee. The course had a cross-over, and I saw Ken at least four controls behind me at one point. Tee hee again. Even when Bob caught me ten minutes later, that was fine. I was a little rubbish towards the end, but Ken didn't catch me, and three minutes after the finish, I was off for a celebratory waffle with raspberry jam and cream. Bob had won, of course, and Ken hadn't really recovered from his ten minute error (and then trying too hard to catch up me and time). Hilary, meanwhile, had had a perfectly good run, despite claiming not to be fit, or even running.

It didn't last. Thursday was easier navigation, but much rougher running, with far more contours, and one particularly brutal ESOC-like leg where they run you up 150m of climb and then bring you straight down again. I'll never complain about Bonaly again. (OK, I probably will, but not quite as



Photo by Ken Daly

Paul enjoys the air at the NW Galoppen

vociferously, at least not the first time). Ken laps this stuff up (well, maybe not the hills, but definitely the rough stuff), and cuffed me by a good ten minutes. Again Bob won, with Ken second. I blame the cream. Again Hilary had a relatively good run.

Afterwards, we went to the Cherry's cottage for a barbeque/lentil risotto. Bob and Jane, once of this parish, were there with their two youngest, while Alan (who is a Club member) was off on the summer tour of Sweden. And Finland. And a couple of other countries too. Students, pah. Jealous? – you bet. Bob Cherry was having a good time on M50; Jane had slightly regretted entering what amounted to a Long Orange. Catherine and Joe were both doing well, with Joe particularly in the top three (which equals prizes) and in contention to win overall. We ate until dark, drank tea and coffee (the drink/drive laws don't mess), failed to spot their local otter, put the Scottish orienteering world to rights, found out all about Oban 2011. What more could an evening need.

(Part Two next time).



## World Championships Results

### World Championship results:

**Men's Sprint Final** 18<sup>th</sup> Murray Strain

**Men's Long Final:** 6<sup>th</sup> Scott Fraser

**Men's Middle Final:** 36<sup>th</sup> Matthew Speake

### Men's Relay

4<sup>th</sup> Great Britain (Graham Gristwood, Jon Duncan, Scott Fraser)

Fantastic performances by our elite men!



## World Championships Report *Murray Strain*

Sometimes it's good to just take each race as it comes, judging each on its own merits and not worry about the big picture. There will be good ones and bad ones but you'll forget about the bad ones and enjoy the good ones. That's pretty much how I approached my sports (o, xc, road & hill running) for a few years after graduating. That's fine for a while, but I've come to realise it can be even more fun to have one goal, one project, one target: one chance to get it right!

This year that project was the Sprint Distance at the World Championships in Trondheim. It started 25 months earlier, when I visited Trondheim on holiday and realised that running a city centre championship sprint race in a city with

possibly the highest population density of orienteers would be a fantastic experience. The project came to a conclusion at 15:08 on the 8th of August, when I was standing at the top of a start ramp in the middle of the main square in Trondheim, trying to block out the crowds, commentary, TV cameras and big screens and focus on the challenges that were coming in the next 16 minutes - 16 minutes during which I would have to make decisions which could define my year, and where one lapse in concentration could "waste" months of preparation.

Actually I was quite relaxed. My main worry coming into the race had been the qualification round earlier in the day, rather than the final. While the final was all urban and parkland, the map of the qualification area was mostly forest and the course had the potential to be "proper" Norwegian orienteering. That's fine, but it wouldn't play to my strengths - the flat speed which has been finely honed on the meadows for the last 10 years! If I could get through the qualification I knew I could give it my best shot in the final and be happy with whatever result I came away with - I just wanted that chance to shine. As it turned out though the qualification was much more "parky" than expected, with only a few legs in the forest and even they had options to escape to a road and then dive back in. So I qualified reasonably comfortably: 5th in my heat (15 go through), 40s behind Muller of Switzerland and 1 minute ahead of the 15th guy. The other Brits did well to qualify 6/6 with the highlight being Scott in 2nd place in his heat.

Beep beep BEEP and through the start gate, grab the map and I'm off. 20m to the start kite to sort out the first route - three alleyways to choose from! Left looks good, past the last couple of controls, lets go. I'll admit I might have started a bit fast - adrenaline is a crazy thing - and I was in 2nd place at the first control. From there it



was across the river and a couple of route choice legs up the hill to the fortress. There was a TV control in the fortress and afterward people commented on how slowly it looked like we were going there - if you'd just run up that hill you would know why! I was in such a state of oxygen debt that I made a couple of wobbles here, I almost ran into an OOB area and then on exiting the fortress I made a 90° error. In my defense, on the leg out of the fortress we had to make six 90° left hand turns and I just lost count! Fortunately these mistakes cost me less than 10s each, but little wobbles like that really add up in elite sprint racing. From there it was a fast downhill through the park around the fortress and then more route choices through the town back to the finish. There were a couple more wobbles, missed shortcuts but still nothing major. Crossing back over the river it was clear it was easy to the finish so I could really turn the speed on and "leave it all on the course".



Photo by Robin Strain

Murray in action!

I crossed the line in 8th place. A quick bit of mental arithmetic (once I got my breath back!) told me that meant the worst I could finish was 23rd which was satisfying. In the end it was 18th, 5 seconds behind top Brit GG, 16 seconds away from the top 10 and 44 from gold - in sprint racing the margins are frustratingly tight. While I probably couldn't have challenged for the win this

year (or even the podium, as 7th place was only 7s behind!) it was clear that there are areas I can improve on in the future. Within minutes of crossing the line I was already setting my goals for next year!

Unfortunately for Scott, he lived up to his old Interlopers nickname of "Muppet Fraser" by running right past a control while on his way to a top 10 result. He got over it quickly though by taking 6th place in the Long distance a few days later (GBRs best ever male long distance result) and then anchoring the relay team to 4th, just 10m behind the bronze medal. Watching those races unfold was probably the (non-racing) highlight of the week for me, it was seriously nail-biting stuff and incredibly inspirational. Replacing Jon Duncan, who ran his last WOC this year, in the relay team is now on my "to do" list!

All in all it was a very satisfying conclusion to a two year long project. I had one chance and I achieved my goal - a clean fast run. I learnt a lot and I'm looking forward to building on that in the French Alps at WOC2011.



## Nothern Lights weekend

5/6<sup>th</sup> September 2010

*Jane Ackland*

On the first weekend of September, a small band of Interlopers headed up to Deeside for the 11-person relay at Crathes on Saturday afternoon and the SOL on Birsemore on Sunday. The camping option was a dream; not a raindrop in sight, and on a scale of nought to Kyle of Lochalsh, barely a midge either.

On the journey up, I reminded James of the Crathes map; really complex off the start,

but not so bad once you had got used to the style of mapping. Judging by the first few splits, I think he listened to me, but I didn't. It's a fun venue, what with the teashop, gardens, playground and castle, and, on this occasion, a rather bemused wedding party wondering why their chosen venue was overrun with sweaty runners.

Our 11 person team did fantastically in coming third, despite entering in the true spirit of the relay by including juniors (OK so they were Galloways!)

In the event details, Birsemore looked like being a complete faff, involving a minibus trip from Aboyne to the assembly, and a 2.5km walk to the start. Graeme had muttered darkly about steep rocky slopes, using expletives like 'Trossachs' in his description, and then took the trouble to get himself invited to speak in Korea for the weekend. Undeterred, James and I entered, and were lulled into a false sense of security by excellent MAROC organisation, and an easy start to the courses. Then came the rocky slope, about which I have nothing positive to say.

For more cheery reports of the area (though they won't have seen as much of that slope as I did) the results would suggest you should speak to Oleg Chepalin, Alan Cherry, Rob Lee, Ben and Heather Hartman and Matthew and Chris Galloway. It's good to see the juniors doing well, with Pippa Carcas and Fiona Eades hurtling round the white course, Mairi Eades on the yellow and some fierce competition between Alex Carcas, James Ackland, Freddie Carcas and Samuel Galloway on the orange.

All in all, a great tea shop and camping weekend.

Jane Ackland



## Events Round Up

### *Park World Tour*

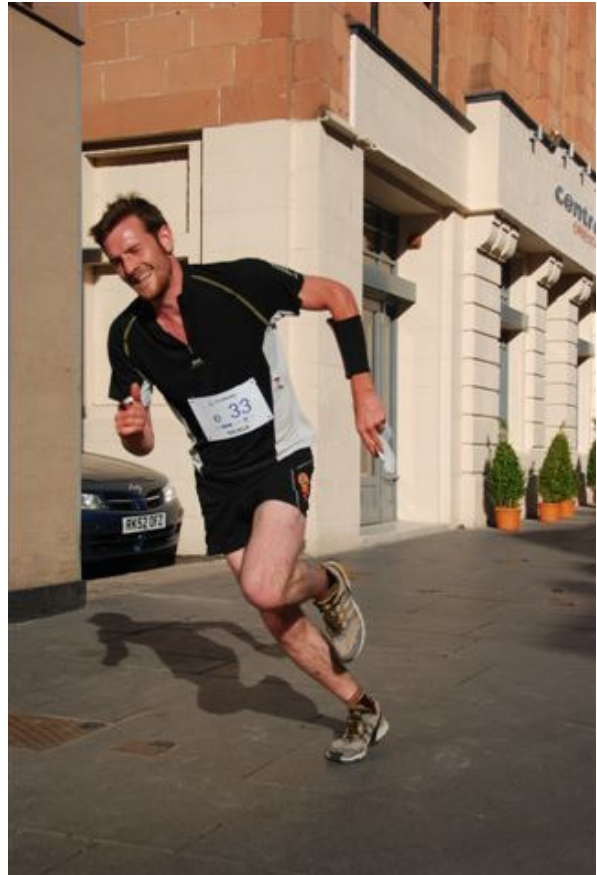


Photo by Ken Daly

Jonny Gallier at Perth Park World Tour

Elite race:                   5<sup>th</sup> Murray Strain

Open race  
Men:                           12<sup>th</sup> Jonny Gallier  
                                  67<sup>th</sup> Matthew Galloway  
                                  80<sup>th</sup> Pat Squire  
                                  84<sup>th</sup> Richard webb  
                                  86<sup>th</sup> James Ackland

Women:                      5<sup>th</sup> Mary Ross



**ESOA Junior Orienteering  
Coaching/Training  
Programme 2010/11**  
*ESOA*

Dates are more or less fixed as the following, but some venues have still to be confirmed.

- |               |   |
|---------------|---|
| 6th November  | Execution of basic techniques                                       |
| 11th December | Night Orienteering (likely to be Mary Erskine School)               |
| 8/9th January | Indoor : games, strength/conditioning, Currie Community High School |
| 5th February  | Sprint Orienteering King's Buildings                                |
| 5th March     | Race preparation  |
| 30th April    | Relays Yellowcraigs   |



**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>

The Interlopers training programme is being updated to facilitate and support the Edinburgh University Fight with the Night series (FWTN). The respective sessions will alternate from week to week (more details on the relative web sites). I hope you make good use of these opportunities to train through the winter.



**'O' Courses**  
*ESOA or National Centre Courses*

The club is prepared to subsidise members who want to attend SOA training courses. If you are interested, please contact Ken Daly ([kennethdaly@dsl.pipex.com](mailto:kennethdaly@dsl.pipex.com)) to discuss.

27<sup>th</sup> November 2010

First Aid Course in Edinburgh for orienteers.

The East of Scotland Orienteering Association (ESOA) is organising a First Aid Course in or near Edinburgh, specifically intended for Level 1 or 2 Coaches. This would be an ideal opportunity for members, who have coaching qualifications but whose First Aid certificates have lapsed, to become "legal". The cost per person will be between £32 - 55 per head, depending on numbers attending. However, these fees will be subsidised by the Club to the level of 100%, subject to affordability. We encourage applicants to go on to train as Coaches, or to renew their existing Coaching certificates, and trust that they will use their qualification(s) to put something back in to the Club's activities, e.g. at CATIs, coaching and training sessions. If you are interested in attending this Course, please let John Barrow ([jbw@roe.ac.uk](mailto:jbw@roe.ac.uk)) know as soon as possible.

**National Orienteering Centre Courses**

**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.

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.

15 Apr 2011  
29 Oct 2011

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

30 Oct 2011

**Personal Performance  
Adult Beginners Coaching**

18 July 2011

**Adult Improvers Coaching**

22-23 January 2011  
9-10 April 2011

**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.

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](http://www.britishorienteering.org.uk). This list includes all fixtures registered by

(30/09/2010)

**2010**

### October

- |               |                          |  |
|---------------|--------------------------|--|
| 9th           | SOA<br>RR<br>Local       | <b>RR Autumn Series</b> , Gala Hill Galashiels , NT491350<br>Organiser: Judy McNeilly, 01578 730 209 Entry On Day: Senior £3.00, Junior £1.00, Student £TBC. , Punch Type: None, Start Times: 11.00am till 12.00 noon <a href="http://roxburghreivers.org.uk">roxburghreivers.org.uk</a>   |
| 9th           | SOA<br>TAY<br>Local      | <b>TAY Hermitage permanent marker event</b> , The Hermitage, Craigvinean forest. Dunkeld , NO012422<br>Organiser: Bill Melville, <a href="mailto:billmelville@ogoroad.com">billmelville@ogoroad.com</a> , 01350 727048 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, Start Times: 1.30-3. <a href="http://taysideorienteers.org.uk">taysideorienteers.org.uk</a>   |
| 9th           | SOA<br>TAY<br>Local      | <b>Dunkeld mini come and try it urban o</b> , Stanley Hill Park Dunkeld Dunkeld , NO024427 Organiser: Bill Melville, <a href="mailto:billmelville@ogoroad.com">billmelville@ogoroad.com</a> , 01350 727048 Entry On Day: Senior £0.00, Junior £0.00, Student £0.00. , Punch Type: None, Start Times: Maps free from Tayside Orienteers stall at Wild Gathering event Stanley Hill Park 10-3 <a href="http://taysideorienteers.org.uk">taysideorienteers.org.uk</a> |
| 16th          | SOA<br>ESOC<br>Local     | <b>ESOC Local Events in Edinburgh and the Lothians</b> , East Craiglockhart Hill Edinburgh<br>Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,  |
| 30th-<br>31st | SOA<br>TINTO<br>Regional | <b>Tinto Twin Weekend 30th Night Event</b> , Inshriach Speyside , NH856038 Organiser: Marcella McLennan Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, <a href="http://www.tintoorienteers.org/">www.tintoorienteers.org/</a>   |
|               | SOA                      | <b>31st Scottish O League 7</b> , Inshriach Speyside , NH856038 Organiser:   |



Marcella McLennan Entry On Day:  
Senior £TBC, Junior £TBC, Student  
£TBC. , Punch Type: None,  
www.tintoorienteers.org/

janetclr@aol.com, 0131 225 7771  
Online entry through  
www.esoc.org.uk Entry On Day:  
Senior £14.00, Junior £6.00, Student  
£6.00. , Punch Type: None,  
esoc.org.uk/?page=home

### November

- 4th SOA **EUOC FwtN 3** , TBC Edinburgh  
EUOC Entry On Day: Senior £TBC, Junior  
Local £TBC, Student £TBC. , Punch Type:  
None, www.euoclegends.co.uk
- 6th SOA **RR Autumn Series** , Bowmont Forest  
RR Kelso , NT736286  
Local Organiser: Robert Cranston,  
r.a.cranston@btinternet.com Entry  
On Day: Senior £3.00, Junior £1.00,  
Student £TBC. , Punch Type: None,  
Start Times: 11.00am till 12.00 noon  
roxburghreivers.org.uk
- 13th SOA **ESOC Local Events in Edinburgh**  
ESOC **and the Lothians** , Davidson's Mains  
Local Park Edinburgh Entry On Day: Senior  
£TBC, Junior £TBC, Student £TBC. ,  
Punch Type: None,
- 13th- SOA **13th Grampian Mountain Challenge**  
14th GRAM , Inver Braemar , NO232937  
P Organiser: Sean O'Sullivan,  
Local sean.sosullivan@gmail.com, 01224  
823711 Online entry through  
oentries.com No Entry On Day.  
Entries Close: 01/11/2010. Senior  
£45.00, Junior £45.00, Student  
£45.00 , Punch Type: None,  
gmc.grampoc.com
- SOA **14th Grampian Mountain Challenge**  
, Inver Braemar , NO232937  
Organiser: Sean O'Sullivan,  
sean.sosullivan@gmail.com, 01224  
823711 Online entry through  
oentries.com Entry On Day: Senior  
£TBC, Junior £TBC, Student £TBC. ,  
Punch Type: None,  
gmc.grampoc.com
- 18th SOA **EUOC FwtN 4** , TBC Edinburgh  
EUOC Entry On Day: Senior £TBC, Junior  
Local £TBC, Student £TBC. , Punch Type:  
None, www.euoclegends.co.uk
- 20th SOA **CATI Calais Muir Wood** , Calais Muir  
KFO Wood & Duloch Park Dunfermline ,  
Local NT129867  
Organiser: Ian Doig Entry On Day:  
Senior £TBC, Junior £TBC, Student  
£TBC. , Punch Type: None, Start  
Times: 11:00 to 12:30  
homepages.tesco.net/~D.Ellison/inde  
x.html
- 21st SOA **Scottish Score Championships** ,  
ESOC Penicuik Estate... Penicuik ,  
Local NT224599 Organiser: Janet Clark,

### December

- 2nd SOA **EUOC FwtN 5** , TBC Edinburgh  
EUOC Entry On Day: Senior £TBC, Junior  
Local £TBC, Student £TBC. , Punch Type:  
None, www.euoclegends.co.uk
- 4th SOA **RR Autumn Series** , Tweedbank  
RR Galashiels , NT518346  
Local Organiser: Robin Sloan, 0189 682  
2548 Entry On Day: Senior £3.00,  
Junior £1.00, Student £TBC. , Punch  
Type: None, Start Times: 11.00am  
till 12.00 noon roxburghreivers.org.uk
- 5th SOA **STAG's 12th Glasgow Parks**  
STAG **Championships - 3 Parks In 1 Day** ,  
Local TBC Glasgow , NS630659  
Organiser: Jackie Riley,  
jri@gcal.ac.uk Online entry through  
www.oentries.com/ Entry On Day:  
Senior £TBC, Junior £TBC, Student  
£TBC. , Punch Type: SI, Start  
Times: 10am ; 12 noon & 2pmish.  
www.stag-orienteering.co.uk
- 12th SOA **Tay Christmas Event Lendrick Muir**  
TAY , Lendrick Muir Outdoor Centre. One  
Local of the CompassSport99 Kinross  
Entry On Day: Senior £TBC, Junior  
£TBC, Student £TBC. , Punch Type:  
None,
- 19th SOA **INT ESOA Championships** , Deans  
INT & Dechmont Law Livingston ,  
Local NT032693  
Organiser: John Barrow Entry On  
Day: Senior £TBC, Junior £TBC,  
Student £TBC. , Punch Type: SI,  
www.interlopers.org.uk/

### January 2011

- 2nd SOA **INT Festive Fun O** , Loch Vaa Boat  
INT of Garten , NH937189  
Local Organiser: Kenneth Daly Entry On  
Day: Senior £TBC, Junior £TBC,  
Student £TBC. , Punch Type: EMIT,  
Dogs allowed. Start Times: 11:00-  
12:00 www.interlopers.org.uk/



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