



## 154 The Interløper January 2011

### Interlopers Spring Training Weekend 18-20th March 2011

Accommodation is exclusive use of the Edinburgh University Outdoor Centre, Woodlands, Kingussie (29 beds, circa £14/£8 per adult/junior per night, preference may be given to those booking 2 nights).

Accommodation will be available from 1700 hours Friday 18 March 2011.  
Depart accommodation 1200 Sunday 20 March 2011.

Various orienteering training will be available all weekend, from Friday pm until Sunday pm.  
This is also a good base to pursue alternative outdoor activities like walking, MTB, skiing, etc.

The usual plan is to have a communal meal on Saturday evening.  
Bring your own food for other meals (big, well equipped kitchen available).

There may be a small charge for communal meal food and maps.  
(Communal meal and training activity coordinators sought – please contact Ken Daly or Patricia Alston)

Further details will be posted on the website shortly



Interlopers Halloween Party!



## **Editor's Introduction**

*Ann Haley*

What a fantastic Halloween Party! There was a spiders web for youngsters (or even adults), a mini course round the play park for young monsters, and then there was the slime green course for anyone else. This proved to be challenging – particularly trying to get your head round finding three controls in the same circle, and realising the importance of the descriptions and the third dimension. All went very well until we created a major security alert. I am not sure if it was just being caught on their security cameras or if it was the monster factor, but there definitely seemed to be a bit of panic in the air. Fortunately this didn't last long...and controls were collected without any problem.

It was a shame that we had to postpone the Dechmont event, but that white stuff just kept falling. Thanks to Graeme for a quick shift of venue for the club championships and congratulations to Rob Bloor for winning. Thanks also to Rob and Patricia for holding the Christmas party and to Cameron Winterburn('s Mum) for those fantastic cakes.

Ann Haley



## **Chairman's Chat**

*Ken Daly*

In the last newsletter I asked what you thought Interlopers should deliver in future. I received no responses, which I interpret as confirmation of a content membership.

However, this time I do require responses, because I desperately require volunteers for our forthcoming events (for 19 February and 29 May in particular). The events and requirements are as follows:

19 February 2011 – Mortonhall – CATI.  
= Possible requirement for help.

19 February 2011 – Braids Hills – Scottish Night Champs.

= Controller and lots of helpers required.

06 March 2011 – Dalrulzion – SOL.

= Robin G, Pat S and Douglas Murray have volunteered.

18-20 March 2011 – Speyside – Interlopers training weekend.

= Catering coordinator and training planner / organiser.

02 April 2011 – Craigmillar – CATI.

= Possible requirement for help.

29 May 2011 – Perthshire – Scottish Relays.

= Planner, organiser and controller required (I have 1 volunteer but hope to use him on another event).

May-July 2011 – Evening street O series.

= Coordinator, 6 host / helpers and 6 planners.

04 August 2011 – Scottish 6-Day day 4.

= Paul C, Graham Mc, Colin E and Ken D have volunteered, but everyone will have to help.

2011/2012 – SoSOL.

December 2011 – Club champs.

Easter 2012 – Livingston – JK Sprint

= Planner and organiser required.

We also want to host our recently postponed Loch Vaa and Dechmont events and throughout 2011 we hope to organise several social events. All these events require organisers so please volunteer.

I acknowledge that this is a heavy burden for the club, but it is not all of our own making and I forewarned you in previous newsletters. I can add that the club committee has ambitions to reduce our SOA and BOF commitments and concentrate more of our efforts closer to home. However, we do need to get through this crazy period first. So please volunteer.

Looking forward, I would like the club to try for this years CompassSport Trophy. That means you should keep the dates free and turn out in force for the knockout round (still to be set) and the final (if we qualify).

Finally, I would like to congratulate Scott Fraser, Murray Strain and Matt Speake for their excellent performances in China and the Interloper juniors that recently achieved selection to the World Schools, Scottish Squads, etc. Well done everyone!

And now I really have run out of time – sorry!

Ken Daly.



**Membership**  
*John Barrow*

All BOF National and Local members should have received their renewal forms some time last Autumn. If you intend to renew and haven't yet done so, you should attend to this pretty promptly.

Please don't return the forms to me: send them, with the appropriate fee payable to "BOF", directly to the BOF Office in Matlock.

Club-only members should send their Club subscriptions to me (payable to "Interlopers O.C."). The correct fees are shown on the Membership Form on the Club website (but there is no need to fill out the form again).

Despite dire warnings, I'm quite often still chasing subscriptions well into the Spring each year. However, there does come a point at which we have to decide that people aren't going to renew, and so reluctantly we have to remove them from the membership and newsletter lists. If you don't want this to happen to you, please act accordingly!



**News**

Emily Seamen and Chris Shaw

Fraser Shaw was born on Nov 28th 2010 weighing in at 7lb 4 oz. Hopefully he'll be off doing a string course soon enough!

Emily and Chris





## Jukola 2010 - Finland

June 2010

*Rob Bloor*

### Jukola 2010 - a personal view

(This year billed as being the hardest- by Finnish standards!)

Sitting here in the middle of winter, it's hard to believe that there was a summer, with the Jukola a dim memory.

The Jukola is something all orienteers aspire to experience before their knees, ankles or eyesight give in. The biggest relay in the world of orienteering with giant TV screens and the whole thing broadcast live on Finnish TV. It has been in existence since 1949 and as a 7 man relay since 1978. It has grown over the years with teams not just from O clubs but also companies, scouts and families getting together. This gives it a real carnival atmosphere with the elite rubbing shoulders with mere mortals. There is also the Venula Relay during the day with 700 women's teams.

My only previous experience of Finland was the Sunnto Games back in 198?, 2 races I have managed to erase from my memory for not achieving a great deal.

So having got in the over-the-hill Skotlanti 50 team, paid my air fare, I thought I had better do some training. This consisted of a 2 hour run in the snow with Graham McIntyre (another member of the Skotlanti team), lots of cycling, the Trossachs SOL (it's nearly like Finland, but easier!) and even one session of fine orienteering training on Gullane Dunes.

It was a bit like going on a British team tour but without the Team Managers, and as usual all our flights were delayed (we didn't

travel together for security reasons!). I spent a pleasant evening in Frankfurt watching the Football World Cup, eventually putting my head on a pillow just as the sun was coming up.

A lot of reminiscing ensued on how good we all used to be over a morning of coffees and even a short run for some. Sightseeing in Helsinki followed.

Off to the training area with our new O tops looking like the before bit of a Persil advert. For me it was very exciting to get back into some Scandinavian terrain and do some real orienteering. After a quick lunch we headed down the motorway to attend the World Cup Short Race. We were all entered on the Public Race beforehand. The terrain was not very difficult, but this did not stop us making lots of mistakes due to running too fast for our navigation.



Afterwards we watched the World Cup Race, with the now usual large TV screen, GPS tracking, coffee and cakes to pass the time as the elite showed us how it is done.

More football world cup in the evening...

Race Day – Drink more coffee and porridge, pack up and move to the race site. We had hired a circular Finnish army tent which we shared with a much better Scottish men's team. Now the boring bit, as you wait for it

to get dark, plan when you should eat, sleep and get up. It started raining so all you could do was snooze, once you had exhausted the O gear supermarkets.

Suddenly its race time, 11pm its dark and Martin Dean our first leg runner is getting very nervous as he prepares – spare light, compass and food. We all go out to send off the first leg runners with a helicopter overhead, rousing music and gun to set off the 1500 runners. They disappear into the woods, with the best back in 80mins. We are a bit further down.

Back to bed and wait, try and get some sleep, which is difficult with the added distraction that you can follow your team's progress on a mobile phone, so you know exactly when to get ready for your run.

Finally at 4am, I am ready for the off with contact lenses in, my new magnifying glass, even a head torch (soon to be discarded). Get to the change over area and do some warming up of sorts, wait. It's all a bit disconcerting as the leaders are a leg ahead of us. So on the TV screens you can see your course and which routes the leaders have taken, not that it helps....



Steve Barratt suddenly appears down the run in and I hand over my torch and top, he gives me a map! Off through the mud to the first control. Well we crossed 2 forest roads on the entire course with no paths, just lots

and lots of elephant tracks just need to make sure you follow the right one!

After a number of blunders on the 1<sup>st</sup>, 2<sup>nd</sup> and 8<sup>th</sup> controls, I finally remembered how to navigate, keep to the ridges, use your compass and keep going. Suddenly I was at the finish with only the famous bridge to go over. It's constructed for every Jukola, but it goes over nothing, it's just so the spectators can see the runners come in. I hand over to Graham McIntyre, having passed 85 teams somewhere in the woods. My O top now resembled the second half of the Persil advert.

Our team carried on, we all had tales of battles with the Finnish night. At least these were in private, unlike the leaders with GPS trackers, their every mistake is shown in great detail on the finish area TV screens.

So after a hearty breakfast of more coffee, runny porridge and cinnamon buns, we watched the leaders effortlessly come in. They are handed the Jukola message which they have to read out. The winners being Norwegian (Halden SK) did not speak too good Finnish. Not sure what it meant, but it sounded good!

For the record we finished 408<sup>th</sup> out of 1556 teams, the Scottish Men's Team finished 44<sup>th</sup>. Would I do it again, of course, just need to do more training both physically and navigation!

Here are a few links to the Jukola on Youtube:

Start:

<http://www.youtube.com/watch?v=iNaXqX5vet0>

Even the best make mistakes! :

<http://www.youtube.com/watch?v=uyoxHnD6LmI>

<http://www.youtube.com/watch?v=zhFLXyZHjw8>



## Excursion to Norway

July 2010 part 2  
*Paul Caban*

Paul, Hilary, Ken & Bob do Norway, Part 2

Friday was the rest day. Hilary went for a relaxing boat trip – we were all surprised she'd coped with the three of us for that long – while we went for a drive to visit the Glaciology Museum, and indeed an obligingly low-altitude glacier snout in the next valley over. Disaster appeared in the shape of a "Bom" sign just a couple of miles from our destination; Bom - meaning road toll. None of this namby-pamby one pound to cross the Forth Road Bridge stuff: this was £18 pounds. Each way. Ouch. Still there was nowhere else to go, and the Museum was especially fine, with real science (although no mention of my, ahem, world-shattering publication history) as well as good hands-on exhibits. There was also a Hay-on-Wye style second-hand book village close by.



Saturday was the third competition day, and at a different venue from the first two. The walk to the start was thirty minutes, all uphill. The only line feature was the track, and sporadically we came across competitors looking completely lost. This wasn't a good sign. For those who expect

ruthless Scandinavian efficiency at their holiday event, there then followed a heartening interlude. I was first off of the three of us, and in the "minus two" box when there was a commotion on the start line. There were no maps left, and around twenty of us still to start on the course. Hasty phone calls, translated on into German and English revealed that they'd all been left at the Event Centre, and would take an hour to arrive. A few people opted to run a different course, but most of us just huddled in bin liners (fortunately it wasn't too cold).

One hour later, as promised, the maps arrived. I tried to run uphill from the start, at least until I was out of sight of everyone else, and then carefully picked off features to my first control, which, naturally, was precisely nowhere in sight, despite my forlorn searching round the back of the boulder. Damn. After a minute or so of sulking, I got my act together, and also noticed Ken trying to sneak away unseen, which confirmed that I was indeed too low. After the bad start, and indeed much to my surprise, I had a really good run. I caught a couple of people up, didn't follow them when they ran off the map, and even later on caught Ken, who had had a couple of wobbles late on. Bob had again had a good run; Hilary had found the start really difficult too, and not being as used to being completely lost as me, had taken much longer to relocate. The fit Norwegian M17 (and in their Ski-O squad) staying in our flat, who'd taken around thirty minutes less than us on the previous two days had also had a hard time: he'd enjoyed the running so much he'd overshot one leg by a couple of kilometres, and relocated off the finish. We still only just beat him, though.

That evening, we had the butter incident. Earlier that day in the supermarket, we'd cashed in a couple of years worth of pension and brought a small pat of butter to go on our toast. It was the most unlikely

looking packet, but it was in the dairy section. Hilary went first and declared it foul. Ken and Bob agreed. I was determined to eat some, and smile at the same time; however foul really didn't do it justice. I have never, ever, eaten anything so revolting. Despite the cost, it went straight into the bin. We determined later it was actually yeast.

The last day, on the same map as the day before, was middle distance. We'd sort of worked out what the course would be like: some short uphill legs, a long diagonal downhill, and then some more uphill to the finish. I took the long leg a little too tentatively, and lost a lot of time. Then near the end, I took a bad route choice through boulders, and kind of lost the will to run. Ken beat me by quite a lot.

Overall, Bob was around halfway down the field, then Ken, and then me, with Bob being the first of the three of us each day, and Ken beating me on all except day one. More positively, both Ken and I had beaten one "Scand" each day, and I'd also not come last on the course overall. Success.

We stayed the extra night, and had a slow drive back, including a two hour walk for the three of us, while Hilary drove the car on ahead. Nearer to Bergen, the Satnav, which up to then had been resolutely silent, suddenly announce "Road Closed Ahead". I was driving, and particularly as we were in the middle of another long-ish tunnel, simply assumed the thing had malfunctioned. One minute later, we reached the end of a slow moving queue of traffic, and also realised that *nothing* was coming the other way. We dawdled slowly forward, out of the tunnel, to join a stationary queue outside "Stop" signs at the next one. About ten minutes later the signs let us go on, past a car that had inexplicably made a ninety degree turn mid-tunnel. I'm not about to buy a SatNav, but I'm certainly impressed that the thing could be updated so quickly: judging by the

queue, the accident had happened less than fifteen minutes before.

I think we all judged the holiday a success, despite the, er, shortcomings with the accommodation. The orienteering was excellent, although running up a class was perhaps ambitious. Next year, the event is in the far North of Norway, about an hour or two south from Tromso. The map looks amazing, but I'm guessing that there won't be much accommodation except camping. That will need some thought. The other standby, the O-Ringen, is three hours north of Stockholm, based on the same airfield event centre that Ken and I went to four years ago. The orienteering is excellent – I can show people the maps – but I'm likely to want to go somewhere different. O-Ringen 2012 is down on the coast near Gothenburg, which makes it much more accessible, and will also give non-O holiday options. Everyone should go once, and it's already pencilled in to my plans.



## **TINTO Twin - Inshriach**

30<sup>th</sup>/31<sup>st</sup> October 2010

***Rachel Kirkland***

With the final SOL of the series being held at the Tinto Twin event I suddenly found myself looking at the night event details and wondering if I should enter this as well. That should've been enough to put me off but for some strange reason I quite like running in the dark and before I knew it I'd entered both events!!

Soon realising my head torch wasn't going to be good enough I emailed the club to seek advice. Suggestions followed of some good torches to buy but the one that caught my attention the most was "don't go into Inshriach with a tiny wee petzl" – oh boy, I was in trouble! Fortunately Ann came to the

rescue and lent me her torch and thank you Graeme for that sound advice; I don't think I would've enjoyed it as much as I did if I'd been out there with my petzl.

As this was my first competitive night event, I needed to get as much info as possible to help give me the best chance of getting round the course. For those who don't know me I like to follow paths and on this occasion was advised this was a good option. Having been on a couple of coaching weekends I am trying to loose this habit and use direct routes more but as you'll see this doesn't always work for me. So with this and other advice I headed into the night...

For route choice I did stick to paths deciding there was less chance of getting lost this way and used path junctions to keep me on track (excuse the pun). I know this may have increased my time but I really didn't fancy getting lost. I tried to follow the obvious features but there were a few controls where I did take the direct route and found myself disorientated. There was one control where a number of people were also 'temporarily misplaced' so I felt much better knowing I wasn't the only one! I think I got lucky with a few of the controls or maybe my walking boots slowed me down enough to give me time to concentrate – having gone over on my ankle the week before I was just pleased to be out at all. Seeing other peoples head torches at controls are a bit of a give away too so I confess that this was also a helping factor. So before long I was picking off controls and heading for the finish.

Fantastic - I was chuffed to bits with my time and more so that I'd actually completed the course. As people started coming in I soon realised that others had been less fortunate...Paul battery running out halfway through so abandoning, Hilary and her failing head torch collection (with one torch running out even before the first control and

the rest following in quick succession) but she did still manage to complete the course.

So after a welcome cup of soup, it was off to the pub for dinner followed quickly by sleep in anticipation of the SOL event back at Inshriach the next day.

I guess being back in the daylight helped my confidence. I even visited the infamous control I took ages to find the night before, this time approaching from a completely different direction and finding it no problem. A visit to the 'checker board' that some had visited the night before also went smoothly having been warned of its confusing nature. So, another good event and I even managed a decent time (for me).

Anyway, with plenty of room for improvement I'd better get out there and practise!



## Junior News

October 2010

Matthew Galloway and Matthew Murray from Boroughmuir High School (and Interlopers) have been selected to run in the World Schools Orienteering Champs in Italy in May 2011.





The boys have been busy fundraising to contribute to the £550 they both need to participate. Many cakes have already been sold and consumed to this end, and they look forward to expanding folk's waist-lines at events to come!

(Unfortunately the competition clashed with Standard grades for the older age group, preventing Scotland from sending a full team.)

Also, Chris and Matthew Galloway have both been reselected for Scotjos and a number of junior Interlopers have been invited to the first squad weekend in February: James Ackland, Samuel Galloway, Alex Carcas.

Well done to everyone.



## **Veteran Home Nations International**

October 2010  
*Ann Haley*

The Veteran Home Nations International was held on the Gower Peninsula on the weekend of 1<sup>st</sup> to 3<sup>rd</sup> October. Yes, you have guessed it – this was that very wet weekend when the Ryder Cup was held nearby.

For some reason, selection for this seemed to be late this year, and subsequently various members of the team selected were unable to travel. Interlopers involved were Ben Hartmen and Mary Ross with Rob Lee and I being called up as reserves. In the end there was a large contingent from the Edinburgh area, with 10 of us flying to Cardiff and hiring two cars. It poured on the Friday of our arrival, but Saturday proved to be fine with a fantastic view across the sand

dune area from a view point just above our accommodation.

In this competition everyone counts in the individual, so despite Sheila Strain's cold (ELO) she started (and finished with good points). Our positions were:

Ben 1<sup>st</sup> M40  
Rob 5<sup>th</sup> (M45, running as M40)  
Mary 4<sup>th</sup> W35  
Ann 2<sup>nd</sup> W45

The relay area was fast and complex. It had poured all night and apparently we were lucky to get to the event before the roads were closed. There were some good performances but we just couldn't match the rivals and Scotland came 2<sup>nd</sup> overall.

It was when we attempted to leave the area that we discovered the extent of the floods. It was so deep on the minor roads that cars were cutting out. One Edinburgh vehicle had a bit of clearance, but it was touch and go for the car I was in. In the end we braved it....in the middle of the road, and just kept going. It was deep and long, but Hazel kept her cool and we were through. The fun didn't end there.....delays at the bag scanner – no it wasn't Sheila's bag containing an SI unit, the conveyer belt had broken. Then Mary had the wrong size of little poly bag at the airport for her few toiletries, and then they didn't like her hand bag either. There was lots of bag juggling at our gate before we were finally allowed through... and headed for home.



## **Cross Country**

January 2011

Murray Strain (Hunters Bog Trotters and Interlopers) ran for the East District in the BUPA Great Edinburgh and Scottish

Athletics Inter-District Cross Country race  
on Saturday 08 January 2011.

5th March  
30th April



The 8 kilometre men's course attracted 59 international runners including eventual winner Mo Farah (25:11). Murray had an excellent run to finish 33rd in 28:07 and even managed a sprint finish to pip his two closest rivals. The race was covered live on TV by the BBC and with snow on the ground, made superb viewing.



## Edinburgh Mapping Project

*Graeme Ackland*

Making proper orienteering maps is a difficult skill best left to the experts. But making sprint-standard street maps is much simpler if you have a decent basemap. So I propose we set out a project to map everything we can, and maintain them as up to date as possible. To do this, Toni, Jegor and I are setting up an Edinburgh OCAD filesharing project on google documents.

At the moment there is Edinburgh, St.Georges School, Craigmillar, Liberton, King's Buildings, Holyrood, Meadows, Oxfangs, Colinton, Burdiehouse Burn, Harrison Park and Bo'ness. Once the Dechmont event is done, I'll add that. Anywhere else, like around your house, just ask... Some of the maps need some surveying.



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

**ESOA**

Training in Currie High School was great fun with lots of games, fitness training and orienteering exercises.

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

5th February

If you want to join in the mapmaking project you'll need a googlemail account, then I can give you access to the OCAD files.

What use is an OCAD file?

OCAD is an easy-to-use if rather expensive commercial software, and doesn't give club licences. However, if you want a play, you can get three different free versions from [www.ocad.com](http://www.ocad.com).

OCAD6 is a very old version which is now free: its perfectly suitable for making little maps.

OCAD10demo is also free: you can open and play with the various map functions, but you can't save anything or use the course setting functions.

OCAD10Trial is a free evaluation version with a 21-day license. It does almost

everything you might want, except saving files in a format readable by the older versions.

The club also has a license for CONDES, which we always use for course setting. This is free (you need to get the licence code from Paul to install it). CONDES can open, but not edit, any OCAD map.

What to do.

Most of the "mapping" so far is just colouring in the basemap. You can improve things by checking out whether the vegetation is correct (bushes/grass/trees), adding in the odd tree or bush, or marking the fences as crossable or uncrossable. If you'd like to try to make a map of the area around where you live, we can set you up with a base map and you can have a go. If you only want to annotate the map by hand, then send the corrections to me and I'll update the online versions.

What else to do.

Using CONDES and the fileshared maps you can very quickly set up a training course, play orienteering for children, or a demo of what orienteering is for friends and neighbours.



## 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 integrated with the Edinburgh University Orienteering Club (EUOC) Fight with the Night series (FWTN). The respective sessions alternate from week to week

Date	Venue & Parking	OS Grid Ref
13/01/11	<b>Colinton Dell:</b> From Craiglockhart Drive South (W end)	NT221702
20/01/00	<b>East Craiglockhart, Union Canal &amp; Colinton Dell:</b> From Craighouse main gate	NT236707
27/01/11	<b>Holyrood &amp; Craigmillar:</b> From Holyrood House car park	NT270738
03/02/11	<b>EUOC FWTN at Corstorphine</b>	
10/02/11	<b>Hillend, Swanston &amp; Allermuir:</b> From Hillend Bottom car park beside the Steading PH	NT249669
17/02/11	<b>EUOC FWTN at Mary Erskine</b>	
24/02/11	<b>Castlelaw &amp; Harbour Hill:</b> From Castelaw Ranges car park	NT230637
03/03/11	<b>EUOC FWTN at Riccarton - TBC</b>	
10/03/11	<b>Bonaly, Harbour &amp; Capelaw:</b> From Bonaly Country Park car park	NT211676
17/03/11	<b>EUOC FWTN at Blackford</b>	
24/03/11	<b>Corstorphine &amp; Ravelston:</b> From Cairnmuir Road car park	NT205736
31/03/11	<b>Harlaw &amp; Bavelaw:</b> From Harlaw Farm public car park	NT181654
07/04/11	<b>Blackford &amp; Braids:</b> From Blackford Observatory car park	NT258705
14/04/11	<b>Bonaly &amp; Kineith:</b> From Bonaly Country Park car park	NT211676
21/04/11	<b>Holyrood Outer &amp; Inner loops:</b> From Holyrood House car park	NT270738
28/04/11	<b>Hillend, Swanston &amp; Allermuir:</b> From Hillend Bottom car park beside the Steading PH	NT249669
05/05/11	<b>Braids &amp; Mortonhall:</b> From N side of high point of Braid Road	NT244694



## Competition Preview

*Anthony Squire*

2011 will be a full calendar for orienteers with multiple annual series for individuals and clubs. This is your handy guide to the major events in the coming year:

### UK Cup

The longstanding annual series for M/W elites has swollen this year to 15 events and stretch from February to a Final in October. The best 8 results from the first 14 events then get added to your result in the final to produce the overall positions. The intention of lengthening the series and adding the final is to ensure that it can't be won from people just doing a couple of the early season weekends and instead need consistent performance through the year. A number of Interloper's UK-based elites will be looking to have a strong domestic season and could feature highly. The individuals who could 'miss out' are the Scandinavian based elites who are unlikely to come back to the UK for enough weekends to gain the full complement of scores.

### UK Masters Cup

2011 will be the trial year for a new competition series for masters (M/W35+). There are 19 events designated throughout the year which will allocate scores in the normal five-year age groups (60, 55, 51, etc.) The best 8 scores will come together to give you your overall score for the year. A number of Interlopers could do well. However, to pick up enough scores is likely to require extensive UK travel!

### Future Champions Cup

The future champions cup is for the M/W18s and M/W20s. The cup is based around a series of qualifier events around the country (best 6 scores from 11 races); the best 15 qualifiers per age group can qualify for the final. Like the UK Cup, this has lengthened to run from March to October and whereas in previous years it feels like it has been overshadowed by the JWOC/JEC Selection races, the longer series and October final will give it the opportunity to be a significant prize in its own right.

### UK Relay League

This brings together the four major relays in the UK (British, JK, Scottish & Harvester) and has added in a UK Relay League Final in October. Points are allocated based on positions in Men's and Women's Open. Although we're currently short on Women elite runners, the men's team(s) always fair well and will be looking to increase on their third place of 2010. At each relay our M/W120+ and Juniors should also be pushing for titles and podiums.

### Compass Sport Trophy

The big one, the event that brings the whole club together and allows everyone to score on their courses. After our great result in the 2010 final, there is a real opportunity for us to win overall. The Scottish qualifier is currently awaiting scheduling, but the date of the final is fixed already and in the same part of the country as last year. Therefore I ask you all to keep the weekend 16/17<sup>th</sup> October available – I think it's probably the first weekend of the Scottish October half term. If the same team as 2010 can be supplemented by our light green teenagers (M/W18-) then we should be able to increase our score to the level that FVO have obtained in the last couple of years.

Date	Event	Location	UK Cup	UK Masters Cup	Future Champions Cup	UK Relay League	Compass Sport Trophy
22-Jan	Edinburgh City Race	Edinburgh		X			
05-Feb	British Night Champs	Bentley Woods, Tamworth	X	X			
tbc	SOA Compass Sport Trophy Qualifier	tbc					X
20-Feb	Midland Champs	Sheringham, Norfolk		X			
26-Feb	Twin Peak, Middle Distance	Bleathwaite, Lake District		X			
06-Mar	Welsh Championships	Gower, Swansea		X			
12-Mar	JOK Chasing Sprint	Oxfordshire	X		X		
13-Mar	Southern Champs	Henley	X	X	X		
26-Mar	NATO Sprint	Leazes Park, Northumberland			X		
27-Mar	Northern Champs	Ray Demesne, Northumberland		X	X		
09-Apr	British Sprint Championships	Brighton, Sussex	X	X			
10-Apr	British Middle Championships	Crawley, Sussex	X	X	X		
22-Apr	JK Sprint, Belfast	Belfast, N Ireland	X	X	X		
23-Apr	JK Individual Days 2 & 3						
24-Apr		County Down, N Ireland	X	X	X		
25-Apr	JK Relays	County Down, N Ireland				X	
14-May	British Long Championships, Wharnccliffe	Wharnccliffe, Sheffield	X	X	X		
15-May	British relays	Tankersley, Sheffield				X	
21-May	Bigland Middle distance/WOC2011 Selection Race (Middle)	Bigland, Lake District		X			
22-May	WOC2011 Selection Race (Long)	Holme Fell, Lake District	X				
29-May	Scottish Championships	Auchengarrich, Comrie		X			
30-May	Scottish Relays	Twenty Shilling Wood, Comrie				X	
16-Jul	Harvester Relays	Ecclesall Woods, Sheffield				X	
31-Jul	1 day of Scottish 6 Days	Oban		X			
01-Aug	2 day of Scottish 6 Days	Oban	X		X		
02-Aug	3 day of Scottish 6 Days	Oban	X		X		
05-Aug	5 day of Scottish 6 Days	Oban		X			
10-Sep	City of London Urban Race	London	X	X			
17-Sep	Caddihoe Chase			X			
18-Sep		Devon					
09-Oct	UK & FCC Cup Final, Pickering	Pickering, Yorkshire	X		X		
10-Oct	UKRL Final, Pickering	Pickering, Yorkshire				X	
16-Oct	Compass Sport Trophy Final	Chesterfield, nr Sheffield					X
22-Oct	Cambridge City Race	Cambridge		X			



## 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.

12-14 March 2011

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

Contact Hilary Quick if interested:  
[hilary@scottish-orienteering.org](mailto:hilary@scottish-orienteering.org)

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 (12/01/2011)

2011

### January

15th	SOA ESOC Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Mary Erskine School & Ravelston Woods Edinburgh , NT221739 Organiser: Janet Clark, <a href="mailto:janetclr@aol.com">janetclr@aol.com</a> , 0131 225 7771 Entry On Day: Senior £0.00, Junior £0.00, Student £0.00, Punch Type: SI, Dogs: Dogs on leads in car park only. No dogs in the school grounds or out on the courses. Start Times: 14.00 - 15.00 <a href="http://esoc.org.uk/?page=home">esoc.org.uk/?page=home</a>
22nd-	SOA	<b>EUOC Burns Weekend 22nd</b>

23rd	EUOC Level B	<b>EUOC Burns Weekend - Urban Race</b> , TBC Edinburgh, NT259739 Organiser: Alasdair McLeod Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, orienteering.eusu.ed.ac.uk/events/bigweekend
	SOA	<b>23rd EUOC Burns Weekend - SoSOL, incorporating ESOA Champs. 2010</b> , Holyrood Park Edinburgh , NT275729 Organiser: Alasdair McLeod Online entry through oentries.com/event/details/172-edinburgh-city-race Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, orienteering.eusu.ed.ac.uk/events/bigweekend
30th	SOA ESOC Level C	<b>ESOC Sprint-O</b> , Corstorphine Hill and Lauriston Castle Edinburgh , NT202739 Organiser: Janet Clark, janetclr@aol.com, 0131 225 7771 Entry On Day: Senior £9.00, Junior £3.50, Student £3.50. , Punch Type: SI, No dogs allowed. Start Times: Prologue: between 10.30 - 11.30 Entries: To Simon Firth by Sunday 23th January e-mail: entries@esoc.org.uk (NB This is the only e-mail address which can receive entries) Tel: 0131 553 1253 State: Name, Age Class, Course, BOF Number, SI Number (or need to hire). Limited EOD if maps available. Pay on the day. No-shows will still be charged, as maps will have been ordered for everyone that enters. esoc.org.uk/?page=home
<b>February</b>		
3rd	SOA EUOC Level D	<b>EUOC FwtN 5</b> , Corstorphine Edinburgh , NT203747 Organiser: Alice Leake Entry On Day: Senior £1.00, Junior £1.00, Student £1.00. Punch Type: None, orienteering.eusu.ed.ac.uk/events/fwtn
6th	SOA Level B	<b>Scottish Compass Sport Cup 1st Round (date placeholder)</b> , TBC TBC Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None,
12th	SOA ESOC	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Hopetoun

	Level D	House South Queensferry , NT088790 Organiser: Kirsteen Kershaw, 0131 667 4670 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, esoc.org.uk/?page=home
19th	SOA INT Level D	<b>Interlopers CATI 1</b> , Mortonhall Estate Edinburgh , NT262684 Organiser: John Barrow Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.interlopers.org.uk/
19th	SOA INT Level C	<b>INT Scottish Night Championships</b> , Braids Hills Edinburgh Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.interlopers.org.uk/
20th	SOA RR Level C	<b>RR South Scotland O league</b> , Lanton Woods Jedburgh Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, roxburghreivers.org.uk
27th	SOA ELO Level C	<b>ELO SoSOL</b> , John Muir Country Park Dunbar Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.elo.org.uk
<b>March</b>		
5th	SOA TAY Level C	<b>TAY Scottish Sprint Championships</b> , City environs Perth Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, taysideorienteers.org.uk
6th	SOA INT Level B	<b>INT Scottish O League 1</b> , Dalrulzion Blairgowrie Organiser: Pat Squire Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.interlopers.org.uk/
12th	SOA ESOC Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Dalmeny Estate South Queensferry , NT167779 Organiser: Chris Huthwaite, huthwaite.chris@gmail.com Entry On Day: Senior £0.00, Junior £0.00, Student £0.00. , Punch Type: SI, Dogs: Dogs on lead in car park only Start Times: 14.00 - 15.00 esoc.org.uk/?page=home
19th-20th	SOA EUOC	<b>EUOC BUCS Championships 19th Individual Championships</b> ,

	Level C	Edinburgh Edinburgh , NT275729 Organiser: Simon Gardner Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, orienteering.eusu.ed.ac.uk/
	SOA	<b>20th Relay Championships</b> , Edinburgh Edinburgh , NT477832 Organiser: Simon Gardner Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, orienteering.eusu.ed.ac.uk/
<b>April</b>		
2nd	SOA INT Level D	<b>Interlopers CATI 2</b> , Craigmillar Country Park Edinburgh , NT280710 Organiser: John Barrow Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.interlopers.org.uk/
3rd	SOA FVO Level C	<b>FVO Scottish O League 2</b> , Somewhere ..... Stirling Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.fvo.org.uk
10th	SOA ESOC Level C	<b>ESOC SoSOL</b> , Cademuir Peebles , NT251383 Organiser: Janet Clark, janetclr@aol.com, 0131 225 7771 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, esoc.org.uk/?page=home
<b>May</b>		
8th	SOA INVOC Level B	<b>INVOC Scottish O League 3</b> , Dallaschyle Inverness , NH838484 Organiser: Joyce Brunton Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: EMIT, www.invoc.org.uk
28th	SOA ESOC Level A	<b>Scottish Individual Championships</b> , Auchengarrich Comrie , NN795197 Organiser: Ian Doig Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, esoc.org.uk/?page=home
29th	SOA INT Level C	<b>Scottish Relay Championships</b> , Twenty Shilling Wood Comrie Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.interlopers.org.uk/

<b>June</b>		
3rd	SOA TAY Level D	<b>SSOA Festival 2011</b> , Scone Palace Perth , NO115266 Organiser: David Prentice 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 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org
11th-12th	SOA MOR Level B	<b>Moray Mix Weekend 11th Day 1 - Lossiemouth Urban Race</b> , Lossiemouth (new map) Lossiemouth Organiser: Rupert Hornby, roo.hornby@btinternet.com, 01343 810533 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: EMIT, Start Times: TBD www.moravianorienteering.org
	SOA	<b>12th Day 2 - Scottish O League 4 - Culbin Forest</b> , Culbin Forest Moray , NH997614 Organiser: Kim Eden, kv281@btinternet.com, 01807 590716 Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: EMIT, Start Times: TBD www.moravianorienteering.org
19th	SOA Level C	<b>Jamie Stevenson Trophy</b> , Somewhere ..... Perth Organiser: Maureen Brown Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: None, www.scottish-orienteering.org/
<b>July</b>		
31st-6th	SOA Level B	<b>Scottish 6 Days 31st Scottish 6 Days - 2011 - Day 1</b> , Dunollie & Ganavan Oban , NM865325 Organiser: Louise Longhurst Entry On Day: Senior £TBC, Junior £TBC, Student £TBC. , Punch Type: SI, Dogs: Only in car park and assembly, on lead at all times www.scottish6days.com/2011/



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