

The Interloper



No. 157
October 2011

Interlopers Halloween Party
Friday 28th October 2011
6.30pm onwards

Directions: 12 Dryden Place, Eh9 1RP
Grid Ref: 268 723
Courses: Junior & Older Tricky
Games: Ghoulish fun for all.....
Refreshments: Soup and Bread provided. Bring a Savoury or Sweet....
Cost: £2.00 Adult/ £1.00 Child Witches & Wizards
Warning: Take part in this event at your own risk.....
Remember a head torch!

Editor's Introduction *Ann Haley*

With new O tops, members of Interlopers have been very visible in the forest and the photographer at the Scottish 6 days event, Oban 2011, thought so too!

Events are such a good way to make friends and meet other people. This was particularly apparent with people meeting others from the club during the 6 - day

event when we would all meet in the vicinity of the club tent.

This edition contains several articles from various summer activities. Thank you to all contributors and to Tricia Alston for the new template. I hope you enjoy it.

Good luck to all those who are competing for us in the CompassSport Trophy on 16th October.

Ann Haley

Chairman's Chat

Ken Daly

What a great summer! I thoroughly enjoyed getting out and about walking, biking, taking photos and soaking up the rays. But best of all was the orienteering! It doesn't get much better than Culbin for SOL 4, a Slovenian 5-Day, the Scottish 6-Day and a run of events at Cambus O'May, Anagach, Glen Dye and Birsemore. It was fantastic! If you missed out, I recommend you get out and enjoy the winter season.

Forthcoming events include Barry Buddon SOL 7, Alterstone Tinto Twin, Dechmont & Deans INT & ESOA Champs, and the Stirling Scottish Score Champs. There are plenty of smaller events too and the now infamous Interlopers Halloween party, Christmas party and regular Thursday training runs (see the club web site for details of all these activities).

I would like to return to the Scottish 6-day and say a very big thank you to all the Interlopers who helped host day 4 at Torinturk, especially those in lead roles (Paul Caban, Graham McIntyre and Colin Eades). I would also like to say a big thank you to all those who planned and organised our street O series. Both events / series were great fun and very successful. Thank you all!

The club has also been successful in team competitions, with Interlopers leading the Scottish 8 Person Relay until the final leg (oops!) and a strong team about to head to Sheffield to try and win the Compass Sport Trophy.

Not to be outdone, numerous Interlopers have achieved individual success in international as well as domestic competitions. Perhaps the most notable have been Murray Strain and Scott Fraser

at the World Orienteering Champs, Alan Cherry at Junior WOC, Chris Galloway at the European Youth Champs and Anthony Squire in the elite class at the Scottish 6-day. Well done! And apologies to those I have missed.

I would now like to ask a big favour, namely please keep the following dates free to help at our Dechmont & Deans event on Sunday 6th November 2011 and the JK Sprint on Friday 6th April 2012. Both events are in the Livingston area, so not far to travel, but with some urban terrain involved, we will require plenty of helpers. Please volunteer.

Ken Daly.



Ken Daly, Day 1, Oban 2011 Photo by Ann Haley

Bob Graham Round

History

http://en.wikipedia.org/wiki/Bob_Graham_Round

The **Bob Graham Round** is a circuit of 42 fells in the English Lake District, including the 3,000-foot (910m) peaks of Skiddaw, Helvellyn, Scafell and Scafell Pike. The

round is named after Bob Graham, who in 1932 set the record for the number of Lakeland fells traversed in 24 hours.

Any contender who traverses the fells of Bob Graham's round within 24 hours is eligible for membership of the Bob Graham Club. Despite Graham's understatement that the round is achievable by anyone of "average" fitness, it is considered by many as one of the most demanding tests of endurance for an amateur athlete or mountaineer.

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Bob Graham Round
June 2011
Graeme Ackland

Saturday 25 June

Time: 23:51:16 72 miles (19:53mins/mi)

Weather: Truly disgusting

Support: Fabulous

Failing to get around to doing a BGR has always niggled, but as time went on I realised that work and home commitments meant I'd never get the specific training and recceing done. But how hard could it be? Even at 48 surely general fitness would suffice? But to be sure, I needed to assemble the best support team in the world. And so I did. Step forward Kate Kitchen, Jane and James Ackland on support at Honister and Dunmail, JonX a central contact from home. Mike McIver and Jamie Baron on legs 1 & 3. The incomparable Andy Kitchin (Kitch) on leg 2-3, Dave Goddfree (Godders) in the mist on 2, Murray Strain racing ahead, finding peaks and leading us in at night, with Julian Hall in the support role. Colin Eades and hen-weekending Pippa Archer finishing the tour starting at stupid o'clock.

The free weekend date was June 25th. There was no alternative - even as the

weather forecast started to involve the word "torrential". At 9 am it was slinging it down in Keswick, so a short delay and soon after 9:30 off I went anticlockwise with Mike and Jamie on a 23 hour schedule.

The first leg is long and easy, five miles of road and a climb to Robinson. Over aware of the danger of starting too fast, we reached Robinson 12 mins down. Inauspicious. We picked up the pace, and stole the minutes back from the rest stop at Honister. Switching support to Kitch, Godders and Kate, the rain started in earnest: zero visibility, cold, driving rain. Kitch led the way, unerringly through rocks with water cascading down. Particular magic on Steeple where, ignoring the descending path, we slipped round a bad step on the ridge and the top appeared in Harry-Potter like style. Despite the conditions, Kitch kept up the pace and I was beginning to struggle with both warmth and speed. An error in the mist off Yewbarrow cost a rocky km or so, but again the deficit in Wasdale was absorbed in the break. Mike and Jamie rejoined us.

A nice climb to Scafell, then supposedly round by Foxes Tarn. Again Kitch in control found the climber's path, with the tarn presumably somewhere down in the cauldron of mist below. On Scafell Pike we finally saw other people: mountain rescuers and rescuees. On Broad Crag: "excuse me, is this Scafell Pike?" Oh dear. Given the visibility, it is possible that the other hills were awash with people as well as rain. But it's not likely.

On through the rain, more time lost in the mist on Bowfell and Rossett Pike, but avoiding such is almost impossible: the astonishing accuracy of Kitch's navigation and pushing the pace keeping us on track. Then, as the leg end approached, we saw Calf Crag and Steel Fell, the first hills I'd seen all day. Again, some time had been lost, but recouped at the changeover.

Night fell, Kitch and Godders stepped out, Murray and Julian stepped up, with SGB helping to Fairfield. Still pushing hard in the wet, misty night we cracked the three climbs; at which point my quads collapsed on me. Forced to walk on the Helvellyn ridge, despite a gentle schedule, we began to haemorrhage time, and another mist-inspired error walk-descending to Threlkeld brought us 25mins down. We shaved 2 mins off the stop, but it was now looking iffy. Back into the mist, for another rain-soaked rock climb on Blencathra. Pushing hard now, but the slippery rock scrambling seemed to have set us back another 14 mins. In fact, the time had gone earlier, our Threlkeld stop being a km before the schedule's.

Then, the miracle; a combination of ibuprofen and no-stress on the climb took some of the pain from the quads. Colin and Pippa found some great lines and we gained 2 mins. Again to Skiddaw, a grassy climb and 4 mins came back. The quads had gone again, but I was still shuffling forward on the near-flat. The issue became how big the loss on walking the descent would be. Answer: 20 mins, just enough to make it to the Moot Hall with 9 mins to spare. And in time for Pippa to scuttle back to her hen weekend B&B in time for breakfast.

Sunday night. I can barely stand, but I'm so happy. 42 peaks in 24 hours, I even saw two of them! One fewer thing to do in life.

Sunday 26 June

Note on mental toughness, giving up and the thought of better things to come.

Having been constrained to this weekend, it was pretty disconcerting to watch the weather forecast. I considered giving up many times - early in the week the forecast was so bad I should have binned it, but it

improved slowly and the uncertainty meant I stuck at it. Driving to Keswick in lashing rain Jane was encouraging me to jack, but at that stage the forecast was to clear later. People were waiting, so it seemed rude not to start. By Honister I was moving well, and had some hope the bad front had already come through.

By Kirkfell it all seemed impossible. While there was no reason to slow down I figured we'd stop at Wasdale and Dave's car would bring us all back. An 8 hour run would be twice the longest I'd done this year: worth the trip down and I'd be in shape to do something the next day

Down in Wasdale it was less epic than on the tops. Nobody mentioned jacking, and a kind of default continue happened.

On Rossett Pike Andy announced we were half way round. Unwelcome news, I was quite tired, cold and wet. Dropping out at Dunmail would give everyone a good night's sleep. But with only 10 hours gone surely it would be possible.

More positively I was thinking we'd make up time overnight, the schedule allowed for slowing at night in the dark. So I sat at Dunmail for a long time, contemplating quitting. I think Jane asked the question, but the weather had cleared up a bit now. Onwards.

Three climbs went well, and fresh pacers had a cheery attitude. At last I felt I'd cracked it. But then the quads went and everything was painful - tired I could fight, this meant I could do nothing but walk. The expected time gain as the weather improved slightly went into reverse. Suddenly the question flipped from "can I do it" to "Can I do it in 24".

I think Julian and Murray thought I was finished by Threlkeld. I was confident that I could finish the round walking, but was it

worth it? I convinced myself that a 25 hour round in these conditions would give me enough personal satisfaction to not be a fail. Colin and Pippa struck the cheery jokey note which didn't quite work. I was now getting time-obsessed, and as we climbed strongly up Blencathra feeling positive again. But the top refused to come, and the 14 minute loss was a hammer blow - how could it be? I didn't realise my stupidity, not checking where the scheduled and actual changeovers were. Of course, had I known how far down I really was at Threlkeld, I may never have left!

I got it into my head we needed to hit the schedule for the last three legs, which made me quite stressed. I knew descending Skiddaw would be grim. I couldn't figure why Colin and Pippa seemed so unbothered about time - they seemed to think I'd be quick once we hit the path/road. I needed numbers and got jokes. Eventually Colin revealed his plan was to descend Carlside. Toys out the pram: no no no! But we were going well, good lines to hit the schedule at Great Calva, poor line coming off, but moving well. Only on Skiddaw did it finally penetrate my skull that the decent was scheduled for an hour, not 75mins, and my leeway was a plausible 25 mins.

Everyone confident descending Skiddaw, but I'm still having Ramsay flashbacks of the confident-seeming Carnethy guys who really had no idea. Colin and Pippa I trust, but this time I won't be able to run any 4min/kms if we've miscalculated. Do I need to push on now and risk the quads really going AWOL, or do I have time? Pippa and Colin say I have enough time: and they're right.

Many, many times I thought of calling it off. Negative feedback would have killed it. But at every low point or decision point for me, the support team gave a positive

appearance, despite their private thoughts. That made all the difference.



Junior World Championships

Poland
2nd – 9th July 2011

The Junior World Championships were held in Wejherowo, Northern Poland.

Interloper's Alan Cherry ran in the Sprint, the long distance and the middle distance finals. This was Alan's first junior world championships with his best individual performance being in the long distance race which was held in runnable beach forest. In the relay Alan ran 1st leg and appeared back only 28 seconds down on the leaders, with the team eventually finishing 2 minutes off a podium place.



Scottish 6 Day Round Up

Ann Haley

An event of this size (3,000 competitors) takes a huge amount of volunteer time, effort and good will. Interlopers played a key role in running Day 4 and we are all so appreciative of our key volunteers: Colin Eades, Day 4 Organiser, Paul Caban and Graham McIntyre, Day 4 planners and Ken Daly, one of the Day 4 controllers.

Every day brings its own challenges. For Day 4 it was the lack of a bridge until a few weeks beforehand and the bridge took shape. We also lost the use of a huge piece of land in the middle of the map giving rise to extra mapping being required and re-planning of most of the courses at a very late stage. Day 4 was the day it

rained, and in anticipation extra marquees were erected; the final one proving the most challenging. On the day, it all seemed to run smoothly.



Photo by "Chris Spencer, Activ North"

Colin Eades, Day 2. Organiser of Day 4.

There were some fantastic results throughout the week...but this wasn't all about orienteering..... On the first evening I had the delight of cycling to the neighbouring cottage (fellow Interlopers Tricky, Alison, John and Rachel) on the Carcas' tandem!



Early starts on Day 1 allowed the Kilchrenan contingent to discover Dunstaffnage castle.

You can tell the orienteers are in town when the local supermarket runs out of bananas, every second person is an

orienteer, and the discussions in the aisles regard the 'control they missed'.

By Day 3 the spectating was extremely exhausting!



Jennie and Rory Squire

photo by Ann Haley

The ceilidh was great fun too. Having left the ceilidh 30 mins after the younger members of my household I was somewhat surprised to see them sitting in the driveway when I arrived back (as they couldn't find their key)! That didn't help their early start on the rest day for their 25 mile cycle.

Finally, day 6....



Anthony Squire 4th M21E

photo by Ann Haley

What a fantastic performance all week!

Interlopers take over

Day 1 was a lovely day and many of us started our courses on the beach. Ken Daly had a reasonable run, but had managed to land badly during a wild leap during his course. There were no particular signs of a problem until much later in the day when dramatic swelling of the knee resulting in excruciating pain and Ken ended up in Oban Hospital.

Meanwhile, Paul Caban and Tim Brand had been enjoying a curry, when Tim started to feel unwell. Food poisoning was initially suspected, but Paul had eaten the rest of the curry...and showed no signs of any problem. It was into the next night when Tim realized that all was not well and he took himself to Oban Hospital to find himself in the same ward as Ken, having not seen each other for many years. Tim was diagnosed with appendicitis, which was quickly addressed.

Tim's last instructions to Paul Caban on leaving the house had been 'walk the dog'. Paul duly performed this task....but hadn't appreciated the need for a lead. 50 minutes of chasing the dog later....he finally caught it...and on hearing the story, I am afraid we all laughed!

Fortunately the Interloper takeover of Oban Hospital was brief and, amazingly, Tim and Lucy still managed to host the club BBQ on Day 5. So the takeover moved to a garden in Benderloch. The BBQ was extremely well attended with over 50 members of the club present. A huge thanks to Tim and Lucy for hosting this.

Junior 5-a-side football tournament at the Scottish 6 Days Friday 5th August *Samuel Galloway*



Photo by L or R Galloway

First the team of Samuel Galloway, Matthew Galloway, Alex Carcas, Joseph Bartlett, Daniel Stansfield and Max Bloor (Matty G Squadron) played Team Ecko and beat them comfortably 8-2. Then the team of Freddie Carcas, Canice Murray, James Ackland, Ethan Hall, Ben Squire and Thomas Edmonson (Team Jane Carcas) played and also won their first match. Things were looking good until the Swedish team won their first game as well. Next Matty G Squadron played the Swedes and it was a close game but Matty G Squadron were victorious with Samuel scoring a brilliant top corner goal. Team

Jane Carcas stepped up to play Ecko. It was a thriller and it went down to the final few minutes but then out of nowhere Ecko scored a goal to make it 4-3.

Next was the Final. Ecko had a good start by scoring an early goal. Matty G Squadron then had a few chances, narrowly missing. The second half started and almost straight away Samuel gets clean through and scored an equalizer and the crowd started cheering. Then in the dying moments of the game Samuel scores from a brilliant pass from Daniel Stansfield. **TEAM MATTY G SQUADRON WON 2-1** and to celebrate we bought £5 of sweets. Thank you very much to everyone who played (especially the smallest - Ben Squire).

Samuel Galloway

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**Oban 2011
I'm back...and not
disappointed!**
Rachel Kirkland

Well, it's two years on and we've just completed another Scottish 6-days. After the buzz I got last time I wasn't going to miss this one so signed up as soon as I could.

Since the last 6-day, I've immersed myself in the 3 S's - SoSOL's, SOL's and Street-O's, along with our Thursday night club training and a couple of very good training weekends up at the National Centre. But with calf and ankle problems earlier this year I thought I'd be lucky to make it at all. So with a bit of physio and going on a serious diet I started to get my fitness back on track - and it was certainly worth it.

Oban was a great area to visit with lots to see and do, great weather most of the time and the usual fantastic atmosphere you get

at orienteering events. I really enjoyed the different types of terrain and although my runs were mixed I enjoyed them all. Now all I need to do is work on those small, sometimes bigger errors, but that's part of the fun.



Photo by "Chris Spencer, Activ North"

Day 1 Rachel Kirkland

Memories are a great thing too and seeing everyone in their new O-tops was fantastic but one thing that still makes me laugh is when I remember seeing a tent walk down the hill at the end of day 3 – sorry, you had to be there to believe it!

So, what next? Moray 2013 definitely but there's plenty going on before then... where's my diary? Some might say I'm getting obsessed but what's wrong with that when you're really enjoying yourself!

See you out and about.

Rachel ☺



Photo by "Chris Spencer, Activ North"

Day 6 Jane Ackland



Photo by "Chris Spencer, Activ North"

Day 6 A gaggle of Interlopers

and now for the newsletter
pièce de résistance....



Carry on Camping

Barry Owen

I've always thought of Interlopers as being rough, tough, outdoorsy types; going out in all weathers, hardened veterans of many a LAMM and KIMM, embracing the Spartan lifestyle. Imagine my surprise upon pitching up at the 6-day campsite to find that we were the only camping Interlopers...

Upon quizzing the usual suspects, it became obvious that the recession had given them a wide berth. Some had foregone the delights of the campsite for townhouses in Taynuilt, others lounging in luxury caravans in Connel and yet more bedded down in Benderloch B & Bs. Even the club's keenest camper had blagged a bed with Tim and Lucy.

A bit of a pity, as the event campsite offered lush grass and ground that was largely smooth, well drained and took a peg easily and firmly. My mind went back ten years to the Lochaber High School sports field when large areas of the 'camp site' were more suited to the growing of rice than the pitching of tents.

Sadly, it was camp anywhere rather than designated plots. Don't get me wrong, I'm not a fan of serried ranks of inch-perfect canvas, but a bit of space between tents seems desirable on several counts. (The system can have its drawbacks, though; my allotted spot at Highland 99 wasn't great. Usually part of a football pitch, the centre of plot X6 normally sported a goal post. As a gesture to my comfort this had been removed and a wooden block driven into the resulting hole. Unfortunately, this job was incomplete and allowed the top

inch of the block to dig into my back whichever way I turned.)

Arriving relatively early and armed with the campsite manager's suggestions that, a) we should keep a 6m gap between tents and, b) that we camp in one area then put our car in another, we found a good spot – not too close to the arriving (we thought) portaloos or the yooof camp – and settled in. Returning from a spot of light shopping in Benderloch, it was apparent that the site was steadily filling up. However, other people's concept of 6m was somewhat different from our own and the immediate vicinity of our tent now would have made Soweto look roomy. Upon parking the car it seemed that some, rather than be separated from them, preferred to camp in the car park – so as to be able to reach out of their tents and stroke their metal steeds. Looking over the sea of tents (no two the same; whatever happened to the Vango Force 10?) it seemed that the portaloos had stopped and that there were now fully three units in place. Initially, this paucity formed the basis of good natured, if slightly nervy, banter in the resulting queue; quickly replaced by the view that the 6-day company had cut one corner too many. Perhaps the uncertainty of when (or indeed, if) one might see the interior of a toilet affected the spatial awareness of some, once they were finally inside. Whatever the cause, by day two, the seat and floor of at least one of our precious allocation was liberally daubed with inaccurate bodily functions (both 1 and 2) – how do these people find the centre of a control circle? By day three we had six portaloos and a calmer approach to waste disposal returned.

A common argument against camping is the level of noise. Despite the heartfelt comments on the 6-day website, we didn't hear much noise from the youth camp – until recently this has usually been in the form of car-sized ghetto blasters, but

nowadays everyone seems to wander about in their own iPod world – but they may have been drowned out by the group of lecturers camped next door to us, complaining bitterly about their holiday allocation. Still, at the appointed hour of 11pm a sort of quiet descended, distantly punctuated by gas emissions of an intensity that suggested a determined diet of lager and baked beans. After that, the only sound was the occasional bleating of sheep - which mysteriously stopped after the club barbeque - in the next field.

The children, of course, saw few of the problems and immediately made new friends and played new games. One of these (Swedish apparently) involved the children standing in a circle throwing long hardwood cylinders at another, king-shaped, piece of wood in the centre – my fears of wholesale injury went unrealised.

So, camping was a good choice: relatively cheap, happy children and surprisingly few midges...



Barry Owen, Day 1

Photo by Ann Haley



DEANS AND DECHMONT LAW INTERLØPERS CHRISTMAS RECANTER

Including the ESOA Championships

Full range of courses: Urban and Woodland Terrain

From the team that brought you Park World Tour!

Planned by the Scottish elite Champion.75% New area! New map!

£7 Adult; £3 Juniors; Starts 11:00 to 12:30; Enter on the day from 10:30

Courses: technically hard Urban + park Brown, Blue, Green

Park only: short green (4k), light green (3.5k), orange (2.5k), yellow (1.5k).

Planner : Oleg Chepelin, Organiser : Graeme Ackland Controller : Paul Caban

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

**November 6th 2011
Deans Community High School,
Eastwood Park, Livingston NT0326922**

Extra value: make a day of it...

Swimming Pool and Café at assembly

All welcome!



World Championships

France
10-20th August 2011

Once again Interlopers were part of the team representing Great Britain in the World Championships that were held in France.

Both Scott Fraser and Murray Strain made it into the Sprint team. In the qualifying race Scott finished 4th and Murray 5th, so both were through to the final comfortably. Unfortunately there was controversy over some runners entering out of bounds or crossing a wall. Scott was at some stage disqualified but was later reinstated, but only an hour before the final started. Great Britain fielded a strong team with Scott in 9th position and Murray taking 12th.



Loch Ness Marathon

2nd October 2011
Graham McIntryre

It's several years and two knee ops since I last ran a marathon. Looking for a challenge this year, along with the chance to recognise the work we have witnessed at Lothian Autistic Society, I decided it was time to try again.

After blethering with a number of people I set about entering the Loch Ness Marathon, with the Great North Run as a warm up.

In preparation there were several longer runs, up to 21 miles round Musselburgh, Portobello Prom, Holyrood, the Meadows and to Meggetland on the Canal. This was followed by running just under 90 minutes in the GNR, a special experience in itself.

I travelled up to Inverness with an old work colleague and stayed with her auntie, who turned out to be a local celebrity having competed in all previous Loch Ness Marathons and numerous other events (17 Highland Crosses!)

The weather forecast was good for the event, BBC says white cloud, call it Scotch mist perhaps, it was drizzle with the cloud base not much above Loch Ness. There wasn't any wind and the temperature was great for running – pretty good conditions.

I lined up just behind the fast guys and headed off. I ran well for the first 4 miles, gently down-hill and going at a good pace. I was well warned of the hills, the profile shows a few larger climbs. However the course is punctuated by many sharp undulations from 4 miles, breaking up any rhythm. After 6 miles the small down hills were taking their toll and cramp seemed about to set in. I adopted a rather more cautious and steady approach to this section.

After 10 miles the course descends to the side of Loch Ness, and the next 8 miles are a pleasant run through woodland along the loch side. It was an atmospheric day with glimpses of Urquhart Castle and the Loch disappearing into the mists. You have to enjoy this as there are a couple of long drag hills between 18 and 22 miles.

The last four miles are running back into Inverness, flat and should be faster. Not my experience, as I was hanging on – but only just.

The finish itself is special, along the side of the River Ness, ending in Bught Park. By this time the sun was breaking through, and the day turned warm.

I got back safely in just under 3 hours 20 minutes, pleased with the time as it felt like a battle of survival for much of the run.

Many thanks for the encouragement and support offered by so many Interlopers, it all helps to have a cause when you are grinding out the miles.



Graham McIntyre

For any budding road runners in the club I would highly recommend both the Great North Run and Loch Ness Marathon. GNR is a brilliant experience, with an uplifting community spirit. Loch Ness Marathon is probably a tough one, but is well organised and marked out by its spectacular location.

Junior News

Scottish Schools Sprint Championships and British Schools Championships
19/20th November 2011. Information about these events can be found at:
<http://www.ssoa.org.uk/>

Junior Training has started for the autumn with the first training session being held in Corstorphine Woods, where some juniors took advantage of the Open Doors day and made it to the top of the Corstorphine Tower. Look out for emails about the next session.

Congratulations to Chris and Matthew Galloway who have been selected to run for Scotland in the Junior Home Nations International.

Come and Try It - Cammo

26th November 2011

Cammo Estate, Edinburgh, [NT175745](http://www.google.com/maps/place/Cammo+Estate,+Edinburgh,+Scotland)
Organiser: Paul Caban. Helpers required!

Several short courses on offer or have a pleasant stroll around the estate.

We plan to launch the incentive scheme where juniors can obtain badges for completing 5 or 10 events (with or without help) by issuing Interlopers Record Cards.

Club Training

Coordinator: Ken Daly

Club runs are now every second Thursday at various locations starting at 6.30pm. Remember your head torch, and let someone else know you are intending to go.

See the website for more details and routes: <http://www.interlopers.org.uk>

These training sessions alternate with the Fight with the Night Orienteering series put

on by EUOC. Further information on the night series can be found at:
<http://orienteing.eusu.ed.ac.uk/events/fwtN>

SOA News

National Orienteering Centre Courses:

- Adult improvers' weekend 3-4 March 2012
- Grade B Controllers' course 10 March 2012
- UKCC Level 1 Coach course 23-25 March 2012

Complete schedule:

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

Coach Update Days

Coaches are reminded of the Update Day: 22nd October in Banchory.

Details and booking form are at

<http://www.scottish-orienteing.org/natcen/page/coach-update-days/>

New Interlopers O Tops

Still available on a first come basis
 (Adults £30 and juniors £20 – contact Pat Bartlett)

- 1x Female large long sleeved
- 1x Female large short sleeved
- 1x Female small short sleeved
- 1x Male XXL long sleeved
- 1x Male large long sleeved
- 1x Male small short sleeved
- 1x Junior 140 long sleeved

Fixtures

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

October 2011

13th	EUOC SOA Level D	EUOC FwtN #2 , TBC, Edinburgh, NT254706 Organiser: Alasdair McLeod orienteing.eusu.ed.ac.uk/events/fwtN
23rd	ESOC SOA Level B	ESOC Scottish O League 7 , Barry Buddon, Carnoustie, NO497321 Organiser: Clive Masson , dcmasson@tiscali.co.uk esoc.org.uk/?page=home
27th	EUOC SOA Level D	EUOC FwtN #3 , TBC, Edinburgh www.euoclegends.co.uk
29th	TINTO SOA Level C	Tinto Twin Weekend Night Event , Altarstone, Broughton, NT154366 Entry times: 17.30- 18.30. No dogs allowed. Organiser: Dick Carmichael , chiefcarm@aol.com www.tintoorientees.org/
29th	TINTO SOA Level D	Scottish Junior Inter-Area Relays , Shawhill Wood, Coulter, BIGGAR No dogs allowed. Organiser: Blair Young www.tintoorientees.org/
30th	TINTO SOA Level C	Tinto Twin Weekend Day Event , Altarstone, Broughton, NT154366 Entry times: 10.00-12.00. No dogs allowed. Organiser: Trish Carmichael , trish@carmichael.co.uk www.tintoorientees.org/



November

6th	INT SOA Level C	INT ESOA Championships , Dechmont / Deans, Livingston, NT 032693 Entry times: Starts 11:00 to 12:30. Organiser: Graeme Ackland www.interlopers.org.uk
12th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Figgate Park, Edinburgh, NT299735 Organiser: Janet Clark , janetclr@aol.com , 0131 225 7771 esoc.org.uk/?page=home
19th	TINTO SOA Level D	British Schools Orienteering Championships Training Event , Lanark Racecourse and Moor Country Park, Lanark
19th	TINTO SOA Level D	Scottish Schools' Sprint Championships , Lanark Racecourse and Moor Country Park, Lanark Entry times: Pre=entry only. Dogs allowed. Organiser: Lorna Young www.ssoa.org.uk/
20th	TINTO SOA Level B	British Schools Orienteering Championships , TBC, Scotland No dogs allowed. www.tintoorienteers.org/
26th	INT SOA Level D	Local Events in Edinburgh and the Lothians , Cammo Estate, Edinburgh, NT175745 Organiser: Paul Caban www.interlopers.org.uk/

27th	FVO SOA Level C	Scottish Score and Inter- Club Championships , Stirling University & Hermitage Woods, Stirling, NS804966 Dogs: Please keep in car- park. Organiser: Rupert Parkinson www.fvo.org.uk/events
27th	FVO SOA Level D	FVO Colour Coded , Stirling University, Colour Coded, NS 804 966 Dogs: In car-park on lead. Organiser: Rupert Parkinson www.fvo.org.uk/events

January 2012

21st	EUOC SOA Level C	EUOC Burns Weekend , TBC, Edinburgh, NT259739 Organiser: Hollie Orr orienteering.eusu.ed.ac.uk/ev ents/bigweekend
22nd	EUOC SOA Level C	EUOC Burns Weekend , TBC, Edinburgh, NT275729 Organiser: Hollie Orr orienteering.eusu.ed.ac.uk/ev ents/bigweekend

February

19th	STAG SOA Level B	Scottish CompassSport Cup & Trophy Heat , TBC, Pitlochry, NN920595 Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.u k www.stag-orienteering.co.uk
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Compass Point Sponsorship



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