

The Interloper



No. 158

January 2012

www.interlopers.org.uk

Our new website will go live on Friday 27th January 2012



Feel free to make any comments or suggestions to the club committee. We would love to have lots of photos in our new gallery, including any of social events. Our secretary, John Barrow, is putting together a history of the club, so please let him have any information or club photos from the past.

Interlopers New Year and New Website Launch Party

Come along on **Sunday 29th January 2012** for a bit of orienteering and gathering to celebrate the New Year and launch of Interlopers new Website!

We have the use of a large warm indoor room at the new

Inch Park Community Sports Club

(Grid Ref 274707& website: ipcsc.sharepoint.com) from

2-6pm

where we can bring food. The bar will be open for hot and cold drinks.

So **Interlopers** can gather, celebrate and make future plans.....

Hope to see you there- All the best Tricia



Some of the Interloper's Team at the CompassSport Trophy Final, Longshaw, Derbyshire. (Photo: G Haley)

Editor's Introduction

Ann Haley

Happy New Year!

Hopefully you will have set yourself some new targets for this year.

Junior training is a good place to start, and perhaps the local South of Scotland league events will give you an early aim. Fixtures are listed at the back but any updates to local fixtures including information on any local Come and Try It events can be found on the East of Scotland Orienteering Association page:

<http://www.rstrain.ndtilda.co.uk/ESOA.htm>

We have an excellent variety of articles in this newsletter. Thank you to all contributors.

Ann Haley

Chairman's Chat

Jan 2012

Ken Daly

Happy New Year! I hope you all enjoyed the festive break. I believe Rob Bloor and Matt Galloway took the last word literally, so I hope they both make a full and speedy recovery.

The New Year provides us all with an opportunity to renew focus on what we want to achieve in life. If you want to improve your health & fitness, manage your weight, socialise, or make new friends, then orienteering is a great way to succeed. You can also focus on more specific objectives like championship races, a league, or squad selection. Whatever your goal, I would like to encourage you to get active as an orienteer

and volunteer. "You only get out of a club, what you put in".

Last year Interlopers tried to win the Compass Sport Trophy (the British orienteering small club competition) and very nearly succeeded. This year we want to go one better and the final will be closer to home. The knockout round will be at Faskally (Pitlochry) on 19 February 2012 and the final at Teviothead (Borders) on 30 September 2012. Please keep these dates free and turn out for the club.

Last year also brought plenty of success for individual Interlopers, most of it reported in previous newsletters, but at the end of the year the Scottish Orienteering League (SOL) came to a conclusion. Congratulations to our SOL Champions, Jegor Kostylev, Max Carcas, Rob Lee, Mary Ross, Heather Hartman, Fiona Weir and Ann Haley. The Scottish Score Championships was also decided at the end of 2011, with Freddie Carcas, Ann Haley and Oleg Chepelin victorious. And Jegor won the club Championships. Well done everyone!

If you hadn't already noticed the Interlopers Christmas party had to be postponed, due to problems finding a venue, but we have re-scheduled for late January.

Finally, I would like to make you aware of some of the clubs commitments in 2012 and ask for your help. The club will be the lead organising club for the JK Sprint Championships in Livingston (6 April 2012). We will also be holding a series of Edinburgh street events in the summer evenings, some local introductory events, a South of Scotland Orienteering League race close to Edinburgh and a Scottish Orienteering Urban League race plus supporting race the same weekend. Although the club has met its commitment to host more of our events closer to home, we need you to share the work load.

Please volunteer. There are plenty of stalwarts ready and able to mentor you, so please contact John Barrow or myself to discuss how you can help. Thank you.

Ken Daly (Chairman)



Welcome to Peter Gardner; a new Senior British Orienteering National member.

Membership Renewals for 2012

All British Orienteering 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. You can of course renew by setting up a Direct Debit mandate or you can renew on-line. More details are on the British Orienteering website, at <http://www.britishorienteering.org.uk/page/joining>. For renewal, log in using your membership number and then surname as your password.

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 re-send a completed form).

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!

John Barrow



South of Scotland League Top Interloper results for 2011

White	Pippa Carcas	4 events
	Fiona Eades	4 events
	Joseph Bartlett	3 events
	Mairi Eades	3 events
Orange	Freddie Carcas	1 st
Lime	Max Ledlie	2 nd
Green	Ann Haley	1 st
	Rachel Kirkland	4 th woman
	Jane Carcas	5 th woman
Blue	Chris Galloway	1 st
	Max Carcas	3 rd
	Lorna Eades	1 st woman
	Barry Owen	6 th =
Brown	Robin Galloway	1 st
	Jegor Kostylev	4 th



Butterdean Woods

15 October 2011
Rachel Godfree W3

A short report on Rachel's first orienteering event (written with a little help but in her own words):



Yesterday I went orienteering. It was fun. I went beeping. The path was bumpy. I went with Mummy. Emma was asleep. We walked on a road. We went in a wood.

Rachel Godfree
W3



Emma and Rachel Godfree

Photo G Godfree



Geneva O

Helen Murray

I moved to Geneva in March, but I'm a bit of an occasional orienteer at the best of times so the fact that I didn't get round to going to an event until August wasn't too surprising. Perhaps more surprising and probably rather reckless was my choice of first event – the O Festival alongside World Orienteering Championships based at Annecy. I'd had warnings of how hard it was from Scott Fraser, who'd come to stay with me en route to a WOC training camp in July. Arriving on Thursday night to stay with SYO (South Yorkshire, INT where were you??) I started to regret my total lack of preparation. Even Bill Edwards was making 20 min mistakes – what hope did I have? I set myself the target of an hour for my two modest 3km courses. The first day was a disaster, but on the second I was more cautious – rewarded by finishing in less than an hour and in the top third in my age class.

The next challenge was to find an orienteering club. The Swiss are pretty good at O, yes? Always in the mix at World Champs etc. But no obvious Geneva-based club. The one I found, CERN, had a website stuck in about 2008 and no working links. There are plenty of clubs in the German part of Switzerland but in Suisse Romande they are practically non-existent. So perhaps I needed to go across the border to France?

Eventually I managed to find out about an event in early October on the Jura at St Cergue, and went along. Unfortunately it was pouring rain and at 1500m it was pretty cold too. Home to my first bath of the year!

Today however was a success – a sunny autumn day after the haar had lifted (OK

they don't call it haar over here but that's what it was). A woodland on the side of Geneva's mountain, the Saleve, and afterwards I met the founding member of CERN OC, Lennart Jirdan, a Norwegian who is also a cross country skier. It seems CERN OC turn into a XC ski club when the snow arrives which made me very happy indeed! Now some preparation for the World Masters Ski O – that would be a good idea...

Helen Murray



Venice Street Race

12/13th November 2011

Pat Squire

"Attenzioine," "Scusi," "Perdono," – my 3 most frequently used words as I barged my way through crowds, crossed another canal and climbed up and over a multitude of bridges en route to the controls in the Venice Street Race.

I had read good reports of the 2010 event and had thoroughly enjoyed the London race in October. So the opportunity to spend a long weekend in Venice, one of the places on my "must visit" list, and combine this with a couple of street events was too good to miss.

Jennie and I flew out from East Midlands airport having previously visited Anthony and family in Nottingham. The flight schedule allowed for a day either side of the weekend races for the tourist and sightseeing stuff.

On Saturday we set off by water bus and foot to the east of St Mark's Square to find the Event Centre in a large Sports Centre building. Registration, collection of race packs including numbers and payment of

entry fees (only 5 euros for Saturday and 10 for Sunday) went remarkably smoothly considering the number of competitors and my extremely limited Italian.

The fly in the ointment was me confusing start times for real time rather than “time after base” time. Consequently I turned up at the Start far too early! Instead of a 1.30pm start as I had planned, it was an hour and a half later at 3pm!!! Time for another museum visit or two.

After a further dose of culture it was back to the Start for 3pm. Four minute call up. Usual clear and check. Pick up control descriptions but no blank maps to view. Ten seconds count down, pick up the map and off. Quick location of the start on the map and relate the wide avenue heading north east to the first control. Count off the side alleyways and down the required one. A left, a right and there’s the control as expected. A big confidence boost.

That’s more or less the story of the next 16 controls. Keep close contact with map, count of the small side streets and check the exact detail into the flag.

As the event had been described as a Park Race I was expecting to be in much of the park and gardens that border the quayside to the east of the Start area. But that was not to be. Of the 17 controls only 3 were in ornamental gardens, the rest were amongst the dense network of streets / alleyways and buildings. This part of Venice has its fair share of canals and bridges but appears not to be as concentrated as the main centre where the Sunday event will take place.

At the end I found all controls in the designated locations – no real errors, a couple of hesitations and lots of satisfaction. Oh for some faster legs!

The main event next day again started close to the event centre but used the main parts of Venice to the west – tourists and all!

The Start was located in a small square just off the main quayside. It would be interesting to know what the local churchgoers thought as they emerged at the end of Mass to see the area crowded with brightly coloured orienteers speaking various languages!

Again, a very efficient set up with the participants being marshalled smoothly through the various zones up to the start line.



Pat Squire

Photo by Jennie Squire

As expected the map was more complex than yesterday with greater route choice through the maze of small (and large) streets and passages. An interesting feature of the map was the marking in brown of those streets comprising the main tourist areas – a useful feature in determining optimal route choice. Short and congested versus longer but fewer people. With only 3 possible crossings of the Grand Canal there were limited options and when it came to crossing the Rialto Bridge there was no choice. It was head down and charge, shouting apologies and warnings all the way.

The lesson from yesterday (and previous events, notably London) is to keep constant map contact. In this complex and busy city with few definitive features, re-location was going to cost an awful lot of time.

Eventually the final control in the detailed zone was reached and then it was out on to the promenade for a final long run in the November sunshine to the last control and the Finish. Tired legs, but an enormous sense of achievement, satisfaction and enjoyment.

The combination of tourism and Street O proved irresistible so hopefully I'll be back again in 2012.

Now does anyone know if there are street races in Prague, Vienna, Rome, Florence.....?

Pat



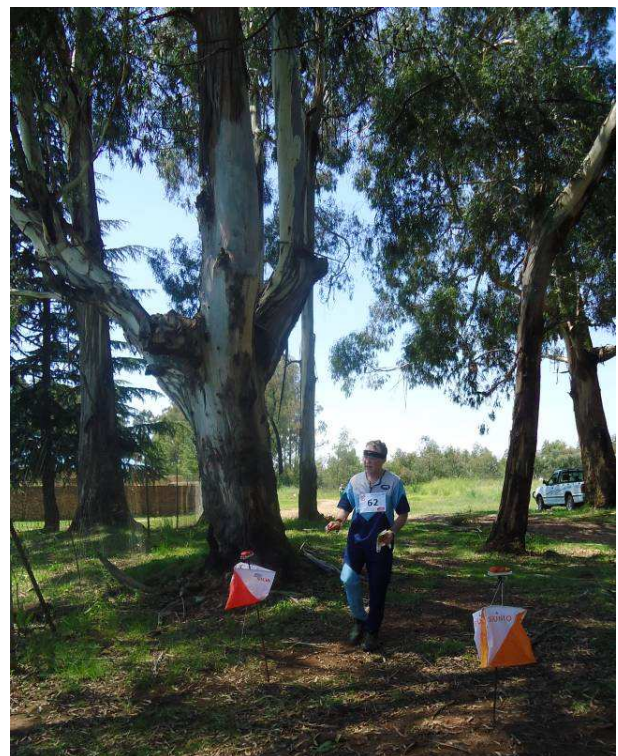
The Big Five O

Keith Dawson (Male Five O)

No not that oft dreaded watershed in one's life, which hopefully means you still retain a reasonable modicum of fitness and health, whilst retaining more wealth, less responsibility and more time! No the Big Five O I am referring to is the first five day event held in South Africa, only just into 2012. The name also alludes to the Big Five African safari animals to be seen in the area if you are fortunate. The event was held on the High Veldt 2hrs east of Johannesburg near the world famous Kruger National Park - if you search "Battle at Kruger" on YouTube you will see what I mean! As the winds and rain howled around Peebles over Christmas I took a sudden rush of blood to the head and

contacted the very helpful organisers for a very late entry to the South African summer sun!

After a kind loan of the Haleys "Southern Compass" (no blackmail at all in the writing of this article you understand!) I headed off to Johannesburg with the Smirthwaite family and Hector Haines. The event included both Sprint and Classic distance World Ranking Events (WRE) in the five days so valuable early season points were up for grabs (for Hector anyway!). The excellent Virgin Atlantic Service did not let us down in any respect and we arrived refreshed in body and spirit whilst New Year's Eve was celebrated in style directly over the equator - so Two Years in Two Hemispheres in Two minutes! Not a bad start to the New Year!



Keith Dawson

The format was two middle distance races, followed by two Classic distances with a final Sprint day, with best four races to count on a points system behind each days class winner - similar to our own Six Day.

Our first two days were spent on safari in Kruger, where on the first day we were lucky enough to spot all Big Five of Lion, Rhinoceros, Elephant, Water Buffalo and the elusive Leopard, as well as around twenty other species of safari animals and countless birds. We felt buoyed at the success of our first Five "O" of the week and I can thoroughly recommend a visit there if you ever get the chance. Despite getting rather too close to a testy White rhinoceros at one point we headed for Belfast for the first days race.

Now the High Veldt is not called that by accident and the first three days races took place at around 6000ft or one and a half Ben Nevis's if you prefer that unit of measurement! Being just over 30°C it was critical to take on plenty of water and use sunscreen, although the bugs were less problematic than expected due to the altitude. Like Scotland, seed potatoes are grown on the High Veldt for this very reason!

The first day was a very fast, high visibility pine forest with sweeping vague, thankfully fairly gentle slopes with a number of areas of boulder strewn rock ridges to test the fine navigation. The open areas were slow with summer growth and this provided minor route choice problems. Despite the altitude, times were fast and even I achieved nine minute k's! We learnt quickly that the kites were placed low, so careful use of the descriptions was critical! Excellent planning made great use of a relatively small area, with plenty of changes of direction and a good variety in leg length. This was coupled with fine navigation after fast hard running sections through open forest and zero path/track running!-so a great start to the week!

For later starters a very severe atypical thunder/hailstorm provided additional climatic excitement and Jon Musgrave made his race rather more difficult by

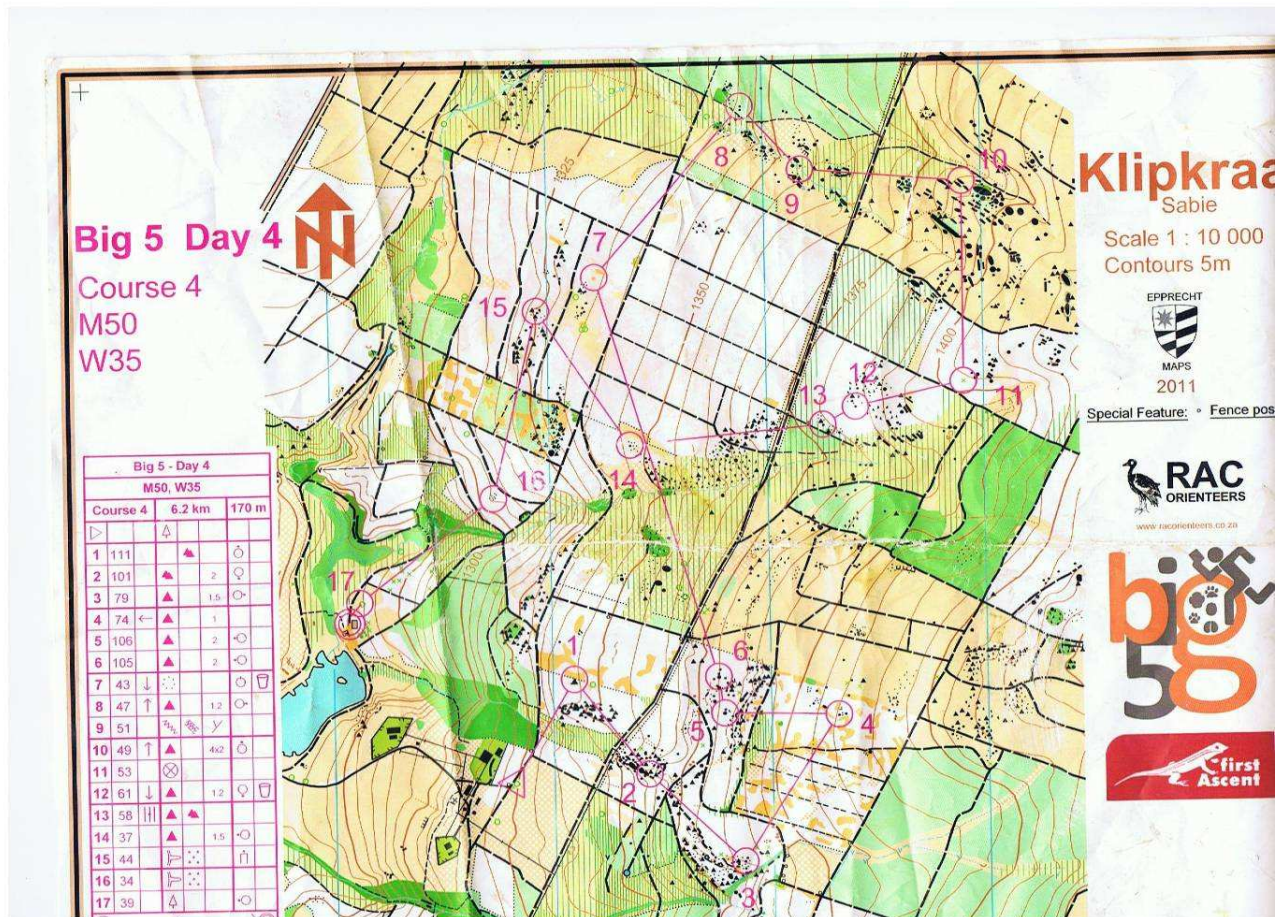
allowing the hail to wash off all the yellow ink from his map! He very "kindly but firmly" advised the organiser on the correct combination of ink and parchment to use in future! Thankfully this was an isolated incident, and merely served to reinforce the thoughts of those who have known Big Jon for over thirty years that he is as gentle with his map as he is with the terrain!

So far so good! Day Two dawned bright and fresh with a mixture of fast urban and forest O in the gridiron town of Doolstrom and surrounding Eucalyptus groves and scrub with a unique start/finish in a small shopping centre! Again times were fast, but with more route choice and despite the heat low 5min/km were typical amongst the Elite men. This despite the difficulty of tricky point controls in the low visibility eucalyptus on the last third of the course. Day Three was back to Belfast to use a similar forest to the first day for the first WRE. This was an excellent day with Elite men offered 15k of challenges on slightly steeper terrain with a greater level of rocky ridge detail than the previous nearby day one forest. Route choice was again minor and direct hard running on the needle or rough bearing was the best technique, with again zero dead running on line features. Hector did well coming in third closely behind two World Champs gold medalists and gained valuable ranking points. Jon also did well after learning the penalties of map abuse!

Day Four was probably the most testing day both physically and technically, despite a drop in altitude to only 4500ft near the town of Sabie! Klipkraal was on a steeper slope with a path network and within the blocks were very complex rocky ridges, and areas of 2-3m high boulders and crags. All this amidst a mix of pine, open and eucalyptus forest of varying runability and visibility. As throughout the week the courses were well planned, with a mix of faster track running broken by immersion in

very detailed areas, where anything but the best quality fine orienteering led to lost time. Hector split the two Scandic golds here. Sadly a course overprint error on the M50/W35 course led to this day being voided for some, a sad blemish on an otherwise spotless organisation. Perhaps a better solution is to end the race at the

previous control and thus allow some form of result to stand in a multi day? Neither solution is ideal, but it could then still be dropped as the non-counter by those who wished?



Reproduced with permission

Day Five was a complete contrast in terrain and length, with a WRE Sprint event in the Nelspruit Botanical Gardens. Men's Elite was 2.6k with 27 controls! Set in stunning tropical rain forest with a steep slope down to waterfall and hippo infested Crocodile river. With a complex network of paths, lawns and vegetation out of bounds areas, minor route choice abounded, with an elevated rainforest boardwalk as one route

option coupled with numerous spectator vantages!

A fabulous end to a fabulous week of quality orienteering in the "winter" sun, with friendly efficient organisation and good maps, excellent forests and first class planning. In over thirty five years of orienteering I can honestly say there are few multi days I've enjoyed as much or have offered such quality and variety of "O"

coupled with such world renowned wildlife and landscape. This was further spiced by a good helping of Scottish success with Jon and Hector coming third overall, Sarah Dunn a creditable 5th "running up" in Elite and Ewan Musgrave winning M12! The plans are to hold a second Big Five O in 2014 at the same time and region. I, for one, intend to be there, although I will be halfway to my Big Six O by then!

More info can be found at www.smbo.org.uk or on facebook, search for mountain bike orienteering.

Please can you share this with your friends, family and lycra minded cyclists!

Andy

Andrew McLennan
Scottish Mountain Bike Score Events
Mobile: 07977 500536
E-Mail: andrew@smbo.org.uk
Twitter: @trailquest



Mountain Bike 'O'

2012

Scottish Mountain Bike Orienteering (SMBO) is now in its third year and we regularly get over 50 people of all ages, abilities and sizes competing in each event. A mountain bike isn't mandatory, just a sense of fun! These are fun off-road navigation 3 or 4 hour events that are planned and organised by local bikers to showcase their area and allow the competitor to explore new routes.

Prices start from around £15 for solos and around £25 for teams. Families can enter for only £15!!

Events planned in 2012:

12-Feb - Selkirk Bike Orienteering - For the Lycra clad road cyclists!
18-Mar - Pentlands
15-Apr - Glentress
06-May - Achray Forest and Callander
10-Jun - West Scotland - (TBC)
01-Jul - Yarrow Valley
05-Aug - Newcastleton (TBC)
02-Sep - Wark Forest (TBC)
07-Oct - Ae Forest



New Beginnings, New Age Class, New Club

Anthony Squire

As you may have heard the Squire (jr) family have escaped Essex and moved up to Nottingham. A move driven by our desire to avoid the busy South East, run away from the London commute and move nearer Vicky's family. I also noted it was nearer the Peak District and Lakes - although haven't taken full advantage of that yet. With the move to Nottingham came the serious decision of whether to continue with Interlopers as our primary club. In Essex it never made sense to switch, but when the 2012 BOF renewal arrived, it seemed the right time to switch to what should be our club/region for the "foreseeable" future. This meant the painful change from INT and SOA as my club/region to NOC/EMOA, 34 years of membership changed in a mouse click (I renewed on-line).

Since I'm getting old (M35 this year too), my memory isn't what it used to be, however as I looked back over my time with Interlopers, it triggered various 'reminiscences' of my time with you:

O tops - One of my first 'club' O memories was being presented my original Interlopers top by Charlie Walton (now INVOC) on behalf of the club. Not sure what I'd done to 'earn' it! This was soon covered with my M10/M11/M13 Gold and Championship badges (oh, those were the days of odd year age classes). I think the next incarnation was the Swedish kit designed and sourced by the 'Riemersmas'. I remember this being a fancy new material, somewhat more advanced and tougher than the Ultrasport O kit and am glad that I still see this about - fairly 'indestructible' I guess, although I think mine got grown-out-of some time in my late teens. There was then the 'Team Compassport' kit and most recently the 'Trimtex' top. These are still in my drawer and in good shape, so may well continue to make appearances in the years to come. Ben & Charlotte have got a Trimtex top each that has 'definitely' got a few more years use out of - they only got them for last Christmas!

Relays - I think my first relay was the JK in 87(?) - Barns Cliff(?), where I was put in some kind of short open team (presume there weren't any other kids teams), so was sent out on last leg of a TD4/5 course as an M10. I remember Dad giving me a watch and being told to retire if I was out for an hour. I think I surprised everyone (myself included) when I got round fairly cleanly in around 40minutes and for a long time it was my best run on my hardest course! My first experience of relay 'pressure' was in one of these M11 - run round the field type relay courses - where I was in a non-comp INT/ESOC team, but managed to be in the lead on last leg at the second last control. I then blew it by running to the wrong last control and got overtaken (ironically) by the NOC team. I think my debut in the Men's Open was running second leg after Kitch. This was the year he made the point of being last out the assembly field, but was then leading by

the radio control (I was really nervous by now!). Thankfully by the time handover came he'd dropped a few places, so I wasn't the hare at the front to be chased down. After the pre-race nerves I don't recall anything of the actual race! Recent memories of relays are dominated by the events we've won - the Harvester at Longshaw, British Relays in Culbin and this year's JK in Northern Ireland. I think this year's JK Relays will long be my memory of a perfect relay where Oleg, Murray & myself led from the first control to the last, as well as being INT's first JK victory.



Anthony Squire

Photo Ken Daly

Compass Sport Cup - I've always enjoyed the opportunity for a bit of inter-club competition and still remember when we won it down in Brown Clee, Ludlow - which must be a good few years ago now. We've come so close the last few years in wrestling the crown from FVO. I think it's a great competition that puts all the ages/categories in equal importance to chase the points across all the classes. This probably leads me on to...

Club Captain - I figured this was probably the one role I could do in the club without having to actually be in Edinburgh. I always had a bit of a love/hate relationship with this; the hassle of hanging around

assembly fields on the individual days to see who was still available/having to withdraw, re-jigging teams at various times - occasionally during the relay itself, my inability to arrive anywhere on time - leading to being 'just-in-time' with people's numbers and worst-of-all being the debt collector and chasing the money afterwards. However this was all quickly forgotten and eclipsed by the pride I'd feel when our team's were victorious - obviously our senior women have won a lot of titles recently, but the junior men winning at the Scottish was particularly satisfying. Being able to 'select' teams and leg orders, allowed me to give people various opportunities throughout the years - either to get the most competitive team or just to achieve the run they were hoping for. On top of everything though, it was the thanks that people passed on to me also meant I would readily agree to 'do it another year'!

There are many other memories of individual and relay races, helping at events (especially 6-days), club socials, the one committee meeting I went to in all my years as Club Captain, etc. but I fear that I'm now rambling like an old timer in the pub. As for my age, moving from M21 to M35, and trying to continue to pretend to be an 'Elite' that will have to wait for another article. Yep, it's not a complete goodbye as we'll still be local members of INT, we'll still see you at the same events (JK, British, Scottish) as I have done for the past 10yrs, I'll just be wearing a different top. However you can be assured that wherever I am, I'll always be an interloper.



Senior Home Nations International

Congratulations to the Scottish team who won the Senior Home Nations International that was held on Merthyr Common, Wales. Lorna Eades was the Scottish Team Manager. Alan Cherry made a huge contribution to the success of the team by winning M20 and being a member of the winning men's relay team.



British Schools Championships

20th November 2011

Ann Haley

Ten Interloper juniors, and many other school friends, took part in this fantastic competition in Beecraigs Country Park. Like most championships, this competition moves around the country so will only take place in Scotland every 12 years.

This year 650 children took part from all over the country including some who had travelled from as far as Torquay. There are many photos of the event available on the website (www.bsoa.org) with Cameron Winterburn and Lyndsay Cackette being stars by being some of the first starters.

Interlopers performed incredibly well with podium places for:

Year 7 girls	Kirsty Sutherland	3 rd
Year 10 boys	Matthew Galloway	1 st
Year 12 boys	Chris Galloway	1 st
Year 12 girls team:	Lyndsay Cackette	
as part of the Firrhill Team		2 nd

Elite News

Squad Selections

Congratulations to the following for their selections:

Elite Performance Squad

Scott Fraser
Murray Strain

Elite Development Squad

Alan Cherry

Scottish Junior Squad

Chris Galloway (M18) and
Matthew Galloway (M16)

who continue to be part of the Squad. We would also like to say a huge congratulations to

Samuel Galloway (M14) and
Alex Carcas (M14)

for also being selected for the squad. This is a massive achievement – keep up all the training!



Alex Carcas (right) in a bit of brotherly love with younger brother, Freddie (left), after earning 100 points in his class at the CompassSport Trophy final
Photo Ken Daly

Junior Training

East of Scotland Junior Training continues.

Dates for 2012 are:

4th February Urban Sprint training (in preparation for the Scottish Sprint Champs on 3rd March, St Andrews)

10th March Race preparation
21st April Contours & Orienteering in variety of terrain

12th May Relay training followed by picnic/BBQ

These sessions are coordinated by Ian Pyrah (esoc.iarp@gmail.com)

Incentive Schemes

Juniors can obtain badges for completing 5 or 10 events (with or without help).

Interlopers Record Cards are now available – please let me know if you need one (ann.haley@ed.ac.uk)



Badges are also available for completing 25, 50 and 100 events.

Don't forget that you can obtain colour coded badges as described in your junior folders.



Jukola

16/17th June 2012

Paul Caban

The Jukola is the world's largest overnight relay and was, I imagine, the model for the Harvester. It has both day and night legs, being held in Finland every June around midsummer. It attracts both the top internationals, as well as more modestly performing teams. There's also a daytime, women-only event. Some of Scotland's elite usually go, and last year a crack team of M50s, including our own Graham McIntyre and (pre-cracked!) Rob Bloor also took part finishing somewhere mid-field, I believe.

This year's Jukola is about as accessible as it gets. It's being held on the outskirts of Helsinki, not far around their ring-road from the Airport, and there are direct flights from Edinburgh (although admittedly the times, unfortunately, aren't the greatest).

By dint of our other summer plans, Chairman Ken and I are planning to attend. If it comes to it, we'd try and join a scratch team, but it would be a (modern?) first if we could put an INT team together.

The Jukola website has more details of this year's event, as well as past ones.

Drop me an email if you're interested:
Paul.Caban@ed.ac.uk

<http://www1.jukola.com/2012/en/>

The week after the Jukola is a six-event "multiday" event based on Talinn in Estonia. This combines well with the Jukola, as Talinn is a short-ish and frequent ferry-ride from Helsinki.

There are only preliminary details available so far, but the plans are for two sprint races, two middle-distance and two classic distant races. The final event looks to be a

bit of a "control pick": The longest course has one hundred controls in 14km. The midweek events are (mostly?) evening ones, which should allow some day-time sightseeing. There will be transport arranged by the organisers.

Ken and I are *definitely* intending to go. The event website gives more details.

<http://sk100.ee/2012/oweeek/Tallinn%200-Week%20bulletin1%20eng.pdf>



Fixtures News

Paul Caban

This year's SOL programme is now almost finalised, with the seven events allocated and dates fixed, although not all venues have been finalised. As ever, the series will be the best four scores to count.

The winter's SoSOL series has now also started, with the first event on Arthur's Seat hosted by EUOC (22nd Jan 2012), and the last by ESOC at Hopetoun House. In between, we visit the Eildon Hills, Tentsmuir, and an "away-day" to Clyde Muirshiel Park over in the west. There are two more events being proposed, including one hosted by Interløpers, but aren't yet finalised. The series will (almost certainly) be the best three scores to count.

The new kid on the block is the SOUL series: the Scottish Orienteering Urban League. This also starts in Edinburgh, as EUOC's "Big Weekend" Saturday race in Edinburgh (21st January), and should have seven events throughout the year and throughout Scotland.

More details linked from the SOA website.

<http://www.scottish-orienteeing.org/>

There are lots of big events with upcoming first closing dates which mostly seem to fall around the end of January: entry fees go up after this date, and in the case of the British Champs in the Lake District by a startling amount. Anyone planning on going to a big event – British Champs, JK, Croeso: Welsh SixDays – should check the relevant event website.

Advance warning that the CompassSport Cup Final is in Scotland this year. The Scottish Heat is at Faskally, near Pitlochry, on February 19th, and the final will be held south of Hawick (John Tullie's farm) on September 30th. Please pencil the dates into your calendar.



Club Training

Coordinator: Ken Daly

Club runs on Thursdays continue 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://orienteering.eusu.ed.ac.uk/events/fwtn>



SOA News

National Orienteering Centre Courses:



Course bookings now open for:

- Adult improvers' weekend 3-4 March 2012
- Grade B Controllers' course 10 March 2012

- UKCC Level 1 Coach course 23-25 March 2012 – BOOK NOW
- Teaching Orienteering part 1 14 April 2012
- Teaching Orienteering part 1 28 April 2012 – Invergarry
- UKCC Level 2 Coach course 28-29 April and 12 May (note date change)

Venue is Glenmore Lodge unless stated otherwise. Complete course schedule:

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

New Interlopers O Tops

New style super trendy O tops are available at price £20 for juniors and £30 for seniors in the following sizes:

- Female L long sleeve
- Female L short
- Female S short
- Male XXL long
- Male L long
- Male S short
- Junior 140 long

There are also old style tops available in the following sizes, at the bargain price of £15 for adults (£10 juniors):

- Large (short sleeve)
- Medium (short sleeve)
- Medium (long sleeve)

Pat Bartlett



Fixtures

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

2012		
January		
21st	EUOC SOA Level C	EUOC Burns Weekend - Urban Race incorporating SOUL 1 , TBC, Edinburgh, NT259739 Organiser: Hollie Orr orienteering.eusu.ed.ac.uk/events/bigweekend
22nd	EUOC SOA Level C	EUOC Burns Weekend incorporating SoSOL 1 , TBC, Edinburgh, NT275729 Organiser: Hollie Orr orienteering.eusu.ed.ac.uk/events/bigweekend
28th	CLYDE SOA Level D	Clyde Barshaw Park Event , Barshaw Park, Paisley, NS501641 Entry times: 11:00 - 13:00. Dogs: Dogs on Leads in park. Organiser: Andy Paterson , andypat33@hotmail.com , 01505 610916 www.clydesideorienteers.org.uk/home/events/
29th	TAY SOA Level D	Tay local event Muirward Wood , Perth www.taysideorienteers.org.uk
February		
2nd	EUOC SOA Level D	EUOC FwtN #6 , TBC, Edinburgh www.euoclegends.co.uk

5th	ESOC SOA Level D	ESOC Sprint-O , Blackford Hill/East Craiglockhart Hill, Edinburgh Organiser: Anne Stevenson , 0131 332 3045 esoc.org.uk/?page=home
11th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Colinton Dell, Edinburgh Entry times: 14.00 - 15.00. Organiser: Janet Clark , janetclr@aol.com , 0131 225 7771
12th	CLYDE SOA Level C	Clyde SOSOL 2 , Clyde Muirshiel Country Park, Lochwinnoch, NS319628 Dogs: On a lead in the car park. Organiser: Rachel Wilson , info@clydesideorienteers.org.uk , 0141 942 9907 www.clydesideorienteers.org.uk/home/events/
16th	EUOC SOA Level D	EUOC FwtN #7 , TBC, Edinburgh www.euoclegends.co.uk
19th	STAG SOA Level B	Scottish CompassSport Cup & Trophy Heat , Faskally, Pitlochry, NN920595 Entry times: 10.30am - 12.30pm. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk www.stag-orienteering.co.uk
25th	GRAMP SOA Level C	GRAMP Scottish Night Championships , Glen Dye, Banchory, NO659905 Entry times: Starts 18:15 to 19:30. Organiser: Sam Gomersall , gomersalls@googlemail.com , 01224 314002 www.grampoc.com

March		
1st	EUOC SOA Level D	EUOC FwtN #8 , TBC, Edinburgh www.euoclegends.co.uk
3rd	ESOC SOA Level C	St. Andrews Weekend - Scottish Sprint Champs , Strathtyrum Estate, St Andrews, NO510165 Organiser: Margaret Dalgleish dalgleish.margaret@gmail.co m esoc.org.uk/?page=home
4th	ESOC SOA Level C	St. Andrews Weekend - Urban Race incorporating SOUL 2 , Centre, St Andrews, NO510165 Organiser: Margaret Dalgleish dalgleish.margaret@gmail.co m esoc.org.uk/?page=home
11th	RR SOA Level C	RR SoSOL 3 , Eildon Hills, Melrose, NT548323 No dogs allowed. Organiser: John Tullie , john@bowanhill.demon.co.uk roxburghreivers.org.uk
15th	EUOC SOA Level D	EUOC FwtN #9 , TBC, Edinburgh www.euoclegends.co.uk
17th	CLYDE SOA Level D	Clyde Middle Distance Event - Collie Nathais , Collie Nathais, Oban, NM984322 No dogs allowed. Organiser: Andy Paterson , andypat33@hotmail.com , 01505 610916 www.clydesideorienteurs.org.u k/home/events/

18th	ECKO SOA Level B	EckO Scottish O League 1 , Torinturk west, Oban, NM908288 No dogs allowed. Organiser: Lucy Shearer , lucy.shearer@virgin.net www.ecko.org.uk/events/detail s/ecko-sol-torinturk-west
22nd	EUOC SOA Level D	EUOC FwtN #10 , TBC, Edinburgh www.euoclegends.co.uk
24th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Mary Eskine School and Ravelston Woods, Edinburgh, NT221739 Organiser: Janet Clark , janetclr@aol.com
25th	TAY SOA Level D	Tay local event Glenalmond School , Perth www.taysideorienteurs.org.uk
April		
6th	SOA Level A	JK Weekend – Day 1 – Sprint , Livingston Centre, Livingston, NT048667 No dogs allowed. Organiser: Kenneth Daly , colin.matheson@scottish- orienteing.org www.scottish- orienteing.org/jk2012/
7th	SOA Level A	JK Weekend – Day 2 , Dunalastair, Tummel Bridge, NN712594 No dogs allowed. Organiser: David Nicol , colin.matheson@scottish- orienteing.org www.scottish- orienteing.org/jk2012/

8 th	SOA Level A	JK Weekend – Day 3 , Craig a'Barns, Dunkeld, NO021433 No dogs allowed. Organiser: David Kershaw , colin.matheson@scottish-orienteeing.org www.scottish-orienteeing.org/jk2012/
9 th	SOA Level A	JK Weekend - Day 4 - Relays , Newtyle Hill, Dunkeld, NO065412 No dogs allowed. Organiser: Angela Dixon , colin.matheson@scottish-orienteeing.org www.scottish-orienteeing.org/jk2012/
15 th	SOLW AY SOA Level B	SOLWAY Scottish O League 2 , tbc, Dumfries www.solwayorienteers.co.uk
21 st	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Castlelaw, Edinburgh Organiser: Janet Clark , janetclr@aol.com
22 nd	TAY SOA Level D	Tay local event Pitmeddan , Abernethy www.taysideorienteers.org.uk
28 th	ELO SOA Level D	Local Events in Edinburgh and the Lothians , Vogrie Country Park, Gorebridge www.elo.org.uk
May		
13 th	INVOC SOA Level C	INVOC Scottish O League 3 , Battan, Inverness www.invoc.org.uk
27 th	ESOC SOA Level D	ESOC Long-O , North Pentland Hills, Edinburgh

June		
2 nd	MAROC SOA Level A	Scottish Championships - Individual , Glen Feardar, Braemar, NO214938 Organiser: Alastair Marshall www.scottish-orienteeing.org/soc2012
3 rd	MAROC SOA Level B	Scottish Championships - Relay , Creag Choinnich, Braemar, NO155913 www.scottish-orienteeing.org/soc2012
4 th	MARO C SOA Level C	Scottish Champs Extended Weekend - Sprint Race incorporating SOUL 3 , Banchory, Banchory Organiser: Craig Chapman www.scottish-orienteeing.org/soc2012
5 th	MARO C SOA Level C	Scottish Champs Extended Weekend - Middle-Distance Race , Inchmarnoch, Aboyne, NO415972 Organiser: Drew Tivendale www.scottish-orienteeing.org/soc2012
10 th	KFO SOA Level C	KFO SoSOL 4 , Tentsmuir, St Andrews Organiser: John Emeleus , events@kfo.org.uk , 01592-561291 www.kfo.org.uk
17 th	SOA Level C	Jamie Stevenson Trophy , somewhere, Central Scotland
24 th	ESOC SOA Level C	ESOC SoSOL 5 , Hopetoun House, South Queensferry, NT090790
September		
9 th	GRAMP SOA Level B	GRAMP Scottish O League 4 , Forvie, Newburgh, NK034289

23rd	STAG SOA Level B	STAG's 30th Anniverary Event, Scottish O League 5 & incorporating SHI Individual , Errochty, Blair Atholl, NN764633 Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.u k www.stag-orienteing.co.uk
30th	RR SOA Level A	CompassSport Cup Final , Teviothead, Scottish Borders No dogs allowed. roxburghreivers.org.uk
October		
20th	FVO SOA Level C	FVO Urban Race incorporating Nopesport Urban League and SOUL 6 , Dunblane www.fvo.org.uk

21st	FVO SOA Level C	FVO Scottish O League 6 , Stirling www.fvo.org.uk
27th	TINTO SOA Level C	Tinto Twin - Night Event , Somewhere, Lanarkshire Organiser: Marcella McLennan www.tintoorienteers.org/
28th	TINTO SOA Level C	Tinto Twin - Day Event , incorporating Scottish O League 7 , Somewhere, Lanarkshire Organiser: Marcella McLennan www.tintoorienteers.org/

Compass Point Sponsorship



Compass Point event shop, Denmark JWOC 2010

www.compasspoint-online.co.uk

Compass Point has offered a 10% discount for Interlopers when they shop at Compass Point.

The discount does not apply to goods already discounted under a promotional deal, special offer, sale, etc. You must ask for the discount or use the comments box on-line.

(Some items are low margin and Compass Point can't offer any further discount.)



Run and Become Become and Run

56 Dalry Road, Edinburgh EH11 2BA
Telephone: 0131 313 5300
Fax: 0131 337 3133

Run and Become offer a 10% discount to all club members.
The shop will be moving shortly to Queensferry Street.

Interløpers New Year and New Website Launch Party

Sunday 29th January 2012

Inch Park Community Sports Club

2-6 pm