

The Interloper

www.interlopers.org.uk

No. 162

February 2013

Interlopers Scottish Orienteering League (SOL) 1 Sunday 3rd March Gullane

**Organiser: Pat Squire
Planner: Colin Eades**

Editor's Introduction

Ann Haley

Despite the cold I know there has been lots of training going on over the winter months. It is possible to keep track of the elite activities by following SEDS2015 on twitter. We have escaped most of the snow this year, although a rather localised batch did seem to dump itself on Fairmilehead on Sunday causing absolute chaos for those of us trying to get to the South of Scotland League event at Drumpellier Country Park. I shed my rather large load of snow at the bottom of a particular driveway in Cammo to the astonishment of neighbours!

Thanks again to all contributors. I look forward to seeing you enjoying Colin Eades' courses at Gullane on Sunday.
Ann

Chairman's Chat

February 2013

Ken Daly

Happy New Year! The 2013 orienteering season is well underway and Interlopers have been out enjoying fast racing at the Edinburgh urban, Holyrood sprint and Riccarton sprint events. Congratulations to Murray Strain, Alex Carcas, Matt Galloway, Jane Ackland, Sam Galloway and Mary Ross, who were all victorious.

I would also like to congratulate James Ackland on his selection for the World Schools Championships; Freddie Carcas for selection in to the Scottish Junior Squad to join existing member Alex Carcas, Samuel, Matthew and Chris Galloway. I'd also like to congratulate Joseph Bartlett on becoming Interlopers Club Champion 2012 (beating his Dad in the process!).

We saw top quality competition at the Scottish Night Championships at Mugdock last weekend and look forward to excellent courses at our very own SOL 1 at Gullane Dunes and SOL 2 in the Trossachs (sounds painful and probably will be!) on outstanding terrain. Please remember to help, as well as run at Gullane on Sunday 03 March 2013.

I also expect I will see some of our keenest members at the JK Trophy in the Chilterns, the Graythwaite Lake District weekend, the British Championships in Southern England and the Scottish Championships at Loch Doon.

Closer to home there are a number of introductory events which will provide a useful opportunity to develop skills and experience (see ESOA web site for more: <http://www.rstrain.ndtilda.co.uk/ESOA.htm>).

Clearly, there are plenty of events to look forward to enjoying.

Although, we love to compete, we must remember that orienteering is a volunteer sport and as a consequence we all need to contribute. Obviously our next event is SOL1 at Gullane and your help would be appreciated, but we have plenty of other events programmed in the calendar, so please contact me to volunteer to plan, organise, control, etc. Please also contact me if you are willing to help, but would like someone to teach and mentor you. This can be arranged.

I find it hard recruiting enough volunteers for our events, but I also have to find volunteers for the committee, other administrative functions, development projects, mapping, etc. Please, don't leave it for someone else, as there are never enough volunteers and as a consequence the stalwarts get overloaded.

As an example, I recently asked around the club for volunteers for web site training, event safety training, first aid training and PVG training. The only people that have volunteered are stalwarts already significantly involved with other orienteering work. Places remain open on most of these courses, so please contact me if you are willing to get involved in any of these areas of work. (The Event Safety training obviously has a purpose, but it was great fun – it was a bit like playing games all evening! Give it a go – you are bound to learn something. Ed)

I would like to welcome the following new members. I hope you enjoy orienteering and socializing with Interlopers: Hector Haines, Paul Richardson, Andrew McHarg, Callum Urquhart, Sebastian Mitchell, Stuart Waitt.



Andrew McHarg at Riccarton Sprint Photo K Daly

Enjoy the spring season.
Ken Daly (Chairman).



I can't find a picture of Ken, so we'll have to have this picture of his shoe, which he tells me doesn't see an awful lot of activity! Ed.



Top M35 poached by rival Club

January 2013

We are saddened to hear that one of Interloper's top M35s, Dave Godfree, has been signed up by rival club FVO. Dave was originally lured to Stirling under the auspices of pensions administration and actuarial exams, but it now appears that this was really just a ruse to sign him up for orienteering as well. FVO must have been severely shaken by INT's performance at last year's Compass Sport Trophy, where their winning margin was whittled down to 9 points.

A spokeswoman for Mr Godfree said: "We will be very sad to leave Interlopers, but the time is right to move on."



Dragon's Back Race

September 2012

Pat Bartlett

In 1992 a 5 day stage hill race was held in Wales starting at Conwy Castle on the north coast and finishing at Carreg Cennen Castle on the southern edge of the Black Mountains in South Wales. The race was an epic, considered by some to be the toughest mountain race ever organised, and was famously won by Helen Diamantides and Martin Stone – one of the few times a woman has won outright a fell race involving men.

More details on the history can be found at <http://www.dragonsbackrace.com/>

The race had not taken place since until.....

In October 2011 I first saw emails circulating – the Dragon's Back Race was to be held again in 2012! 200 miles and 50,000 feet of climb in 5 days over the mountainous spine of Wales.

To take part entrants had to demonstrate mountain and ultra running experience and navigational competence. I decided to try and enter along with Oxford orienteering/hill running friends Nigel Wright and Jo Scott (although it was an individual race we thought it would be more fun to run together). I filled in the entry form with my Bob Graham and mountain marathon experience and sent it off – worryingly it came straight back to say I was in!

Twelve months later I was listening to a Welsh male voice choir at 7am in the morning at historic Conwy Castle ready to start with 80 other runners (a mix of UK hill runners and international ultra runners). The maps were handed out and we were off. The route for each day was a series of control points (often hill tops) with navigation / route choice required between the controls. The first day had a lot of climb (52k distance with 4,500m of climb) and was much tougher than day 1 in 1992 – including controls on top off all 15 of the Welsh 3000 foot peaks – at least it was a route that we knew well. We set off steadily, gradually working our way through the field as the heat increased. By the time we were scrambling up the north ridge of Crib Goch I was fading and we just made it to the top of Snowdon as it got dark, eventually finishing in 14 hours 19 minutes.

The event supplied tents and a constant supply of food/breakfast at the overnight camp – the routine was try to eat, and then go to sleep ready for an early start the next morning.

Day 2 was over the Moelwyns and Rhinogs which are tough and rocky. We were

supposed to start between 6 and 7am, but didn't get up until just before 7 and we were away just before 8am. Day 1 had been tougher than expected with only c50 of the starters finishing, and a winning time of just under 10 hours (Steve Birkinshaw) compared to the advertised 8 hours (one competitor was taken to hospital with dehydration and a couple of others were under the doctor's supervision when we finished – but all OK).



Pat and Nigel Wright

It was raining and cloudy when we set off and the course had been reduced slightly by the organiser to take into account the weather and the tough first day. With the cloud down some navigational competence was needed (or local knowledge) and some people struggled. There was a large route choice in the middle of the day – we went straight saving good time. By the afternoon the weather had improved and we were going well to finish in 12 hours 15 minutes before it got dark. 40 competitors finished the first 2 days.

I was finding it tough to eat much in the evenings and by the time you had eaten there was only, at best, 6 hours to sleep before needing to get up for the next day. Almost all of the runners formed into groups to keep each other going.

Day 3: we were away 7am ish – it was going to be a hot day and a long day (64k

and 3,800m of climb). For most of the people left in the race it was just about finishing the 5 days. We were going well over Cadair Idris but worryingly Plynlimon, our final hill that day, was only just visible on the horizon and it was already hot. By the middle of the day I was struggling big time and a small navigational error in a forest didn't help how I felt.

Each day there was a half way control where you had a re-supply bag. You weren't allowed outside support but you could use any shops you passed. On day 3 we passed through Machynlleth and were able to buy some coke which seemed to help me. I was slow on the second half of the day but kept going and recovered on the climb of Plynlimon. We were able to start the descent before it got dark and made it back in 13 hours 38 minutes. The overnight camp was inside a barn making for a warmer night! Finishers were down to 32 (almost all UK hillrunners).

On Day 4 Jo was not feeling well and was struggling from the start. This was the only day when I was not struggling to keep up with Jo and Nigel. Each control had a time out and we were close to getting timed out before being the last team to reach the midpoint. The second half had a lot of road walking (the organiser had dropped 2 controls) including 12k of road at the end in the dark. Jo recovered in the second half and I slowed. We finished in the final group in 14 hours 2 minutes.

Just one day left! My feet needed patching up before the start with some nasty blisters and I switched from trail shoes to trainers. Day 5 was over the Black Mountains but at c55k was the shortest day. It was hot again with ice creams at the mid point. Once in the Black Mountains Carreg Cennen castle could be seen in the distance – only an injury could stop us finishing now. We kept going well to finish the last day in 11 hours 28 mins.

Overall we had taken 65 hours 43 minutes in 21st place - 20 hours behind Steve Birkinshaw who won with Helene Diamantides top women in 4th place.



Jo, Pat and Nigel

It was a good to receive my Dragon's Back trophy for finishing. It had been a very challenging week and I'd lost a fair bit of weight but we had all finished and completed a grand tour of the Welsh Mountains. The Dragon had been slayed!



A Year on the Streets 2012 Paul Caban

It all came to a head at Hogmanay at the end of 2011. Hilary and I had gone out for a late afternoon run as soon as I'd arrived in Speyside, making the most of the daylight. We started up the track through the forest behind her house, and as the path steepened, Hilary ran away from me: nothing I could do about it. I knew then that things needed to change, and that the New Year was as good a time as any. Three runs per week, on average, seemed a plausible resolution to set: Club Training on Thursday evening, a run/competition during the weekend, and one other run,

most likely during the week, but possibly a double-header at the weekend if there was a competition both days.

During the week up with Hilary, it was easy to keep to a routine, and with the first two weeks back at home going to plan, if I could hardly sense myself getting any fitter, I at least didn't think I was getting any more unfit. The first event of the year, the Edinburgh Big Weekend, was coming up, and it seemed like a good idea to make plans and set targets. Of course there'd be the JK, the British in the Lake District, the Scottish Champs weekend, and Croeso, but having never really done too much Urban orienteering, the Nopesport League looked to be an interesting diversion, with a good excuse to visit some interesting places in England, and maybe get a spot of hill-bagging in.

The Big Weekend race went well-ish, although truth be told, a certain amount of local knowledge probably helped. But it hadn't been the complete disaster I'd experienced when it was based around Holyrood/Abbeyhill, and I still only had twelve training runs in my legs for the whole of the previous twelve months, with most of them in the three weeks up to the event. Next came St. Andrews. I'd got another six weeks of training in by then, was definitely feeling better for it: I wasn't having to keep stopping to recover on anything steeper than moderate inclines. St. Andrews went very well. Apart from a very novice error with my control description reading, which took me purposefully to the wrong side of a fence junction. Ho hum.

Later that month, I was in Malvern, combining a little orienteering with visits to the major South Wales castles, some small hills, and a BOF meeting in Birmingham. Saturday seemed to be the first day of spring, and much warmer than Edinburgh had been the day before. Harlequins had

made a big effort to advertise the event in the local papers, and with the event combined with the Midland Champs, there was a buzz about the place that day. The event also had excellent planning. That's not so say that Edinburgh or St. Andrews had poor planning – far from it – but the Malvern event had some tremendous 'long' legs, requiring crossing a railway line at one of a number of underpasses, all with lots of diagonal against-the-road-grid navigation. There was also a good amount of intricate navigation too, which went well, but the hill climbs were still tiring me, and putting me into enough oxygen debt that I was making mistakes and not seeing the good routes. The Midland Champs the next day was a bit of a 'bramble-fest', but by far the highlight was finding myself parked next to Liz, who I'd known at University back in the day before either of us probably even knew what orienteering was.



Paul Caban at a Lake District Event

Photo by K Daly

The fourth and final Nope' event of the spring was at Kendal, combined with the British Champs weekend. I was a bit tired: I'd had a (for me) cracking run at the Relays the day before (the look of surprise on Colin's face as I came up the run-in to handover much earlier than he was anticipating said it all), plus a reasonable run at the individual on the Saturday. But Kendal again went well, with the now obligatory one big mistake, this time getting

stuck in a dead-end in Waitrose's carpark. Sigh.

In fact the "one big mistake" was becoming a feature: in Helsby I ended up on top of a bridge, rather than underneath; at York University for the British Sprint Champs, (lots of great historic castles in Yorkshire) I tried to pretend that control thirteen followed control eleven in the prologue, and then got completely bamboozled by the mapping of a spiral stairway in the final. Deep sighs, indeed. And at the JK, I naturally fell into Graeme's cunning trap, but then so did virtually everyone else, so that wasn't quite so punishing. It was only at the Scottish Champs weekend sprint at Banchory that I didn't make one big howler, however instead there were lots of small mistakes, so it hardly counted as a "clean" run.

Five months in, I'd kept up the training regime of three runs per week, plus I still had a few outings in hand, just in case illness or apathy struck. Plus by dint of perseverance - being the only person to have been to all the events so far - and a *lot* of time on the M74 and M6 - come the summer break I was leading the Mens' Vet. Class in both the Nope League and the NorthWest of England UrbanLeague, and was in the top three of the Scottish (SOUL) League too.

That things were good naturally didn't last..... For a start, there'd been lots of Nope events in the south of England, which even I couldn't justify travelling for, although I'll admit I did at least investigate whether it was possible to travel from Helsinki to Edinburgh via Canterbury in one day (it wasn't). Then I tried and failed to get to Cockermouth, as the rain was so horrendous it'd taken me over half-an-hour to get as far as Carlisle. Croeso, the Welsh multi-day, was a tremendous week's orienteering, but I came back from Aberystwyth with a desperately itchy skin

rash all over my back, courtesy of an allergic reaction to tablets I was taking for a toenail infection. That was past its worse by the time of the next SOUL event at Strathaven, but I finished that one – just! – with bloodied and stiffened knees, after an Ackland-esque impact with some very solid rocks. What can I say, except that I just didn't see them as they were underwater and running *along* the river was by far the best route choice for that leg.

I'd already entered Lincoln, the next Nope event, and more importantly booked the train tickets, so I was definitely going to travel. I probably shouldn't have run, but I reasoned that it was only the act of standing up that hurt rather than the actual running, so as long as I didn't fall over then it should be OK, or at least not make my knees any worse. I was warned that the Bishop's Palace was always the tricky part of any Lincoln event. No kidding: trying to read the micro-detail of what was and wasn't a doorway whilst inside an unlit cellar isn't top of my previously acquired O-skills. But at least my English Heritage card let me back in for free to watch some people make even more of a mess than I had. It was also at Lincoln that I realised that Ian Maxell from Roxburgh Reivers seemed to be doing a lot of travelling too. The end of September and Urban races were about to come thick and fast.

Carlisle, pre CompassSport Cup Final, was more of a runners' course, so I didn't do especially well (but *much* better than on the moorland the next day). And though I was still top of the NW Urban League, it looked like Ian might overtake me at the last event. Livingston, closely followed by Dunblane finished off the SOUL series. Ken's Livi planning was tricky and required concentration; the Dunblane was good orienteering too, but also by far the longest of any Urban event I'd done all year (planners Hazel and Martin Dean: nuf

said!). Good consistent runs both of them, but good enough to give me only fourth overall.

Then the trips to England really started. A long weekend in Yorkshire took in multiple castles and abbeys, a few hills, the YHOA Sprint Champs and a Nope Urban event at Yeadon, just outside Leeds. And an unwelcome car/post interface situation. The Yeadon event was another one right up there with best. I made my obligatory one mistake quite early on. After that I got into a race with the bloke two minutes behind me. We rarely made the same route choices, especially on the longer legs, but we kept re-joining near the circles, and certainly pushed each other when we were running together.

A week later was England again, only this time I'd decided to stay for the week rather than put even more mileage onto the car. First up was the final NWOA event in Chorley, and then on to the Midland Night Champs in Leicestershire. In the 'box' at Chorley, and Ian Maxwell was there watching. Curses. The entry list was quite small, so I knew I'd have to win or come second, and hope Ian had a nightmare. I decided to 'go for it', but went out too fast and faded. And although I did the complex stuff very cleanly, there was too much fast running that Ian took time out of me. So second overall. Pah. On down to Leicestershire. I knew things weren't going to go well when the OS map I was following took me into a Morrison's Supermarket Car Park that definitely shouldn't be there, followed by a set of bypasses that shouldn't have been there either. It set the tone for the orienteering. There was lots of compass bearing from dodgy attack points ("prominent tree" in the middle of a large forest; middle mapped thicket out of a gazzillion unmapped ones). There were lots of brambles too. And then finally my torch ran out, and I discovered

I'd lost the spare. I wasn't last, astonishingly.

It was almost a relief to get back to tarmac the following weekend, even if it was the eastern outskirts of Birmingham. This was another cracking Harlequins event, Sixties housing with multiple alleyways and traps, quite like Livingston but with more detail. It was probably the second best of the Nope events, after their Malvern one. In the car park afterwards, Liz Godfree said she'd been seeing me a lot "down here" recently. And then one-time EUOC member Anne Straube actually asked me if I'd "emigrated". I looked at the distance from Edinburgh to Sheffield for the last Nope event, and decided enough was enough: I'd settle for fifth.

So. Lots of English towns that I didn't know well duly visited and ran around; the chance to visit castles, abbeys etc etc as "added value" after the orienteering; a couple of extra visits to my Brother; much improved fitness; vastly improved Urban orienteering savvy-ness; plus a much more intimate knowledge of the motorways of northern England.



Paul Caban at Riccarton

Photo by K Daly

Would I do it again? – Well, I'd like to say "no", but I *have* just booked a week's holiday in Cornwall in April, which is really handy for the first of the South-East (SEOUL) urban series (although quite how St Ives counts as south-east England is

beyond me). And it looks like that work's trip to Cambridge will *somehow* be the day before the Hampstead – St. Albans double-header. That only leaves four more trips south. We'll see.

EUOC Big Weekend!

January 2013

Alex Carcas

First race of 2013... First race as a M16... Best chance of ever beating the top year 16's...

... But what they don't know is that the area for the urban sprint is next door to my school! I may have had a... Slight ... Advantage. When I arrived at Bristo square (where the start was) the bar had been set by Daniel's impressive time of 9.08, closely followed by Matthew with a time of 9.09.

The start of race was probably more of a cross country event than a orienteering course to be fair, especially for me as the start loops in and out of where I eat lunch and walk to school every day. In other words; I had no excuse to muck up! Towards the end of the course it started to get more technical, I can be almost certain I lost time over Matthew and Daniel there!

The next day was the prologue and the chasing start. Hmm, Holyrood Park? Ahh yes... I run around there every Saturday with my school! Although, on the side of the hill we were running on, I had hardly been there at all apart from the last EUOC weekend. I started off with far too much speed (surprise, surprise) but luckily the first few controls were pretty simple. From no. 4 onwards it all went downhill (literally). I missed the next control by just missing it and ending at the bottom of a small hill and in a marsh. Nailed the next one, but the

one after... I may have been drawn, slightly... A lot... by A few 'pro' looking M21's. To cut a long story short, I ended up 2/300m from where I was meant to be and took a while trying to re-locate. From there on I went pretty well, but I was tired by then and let's just say that there weren't any speed records broken (*cough* my sister almost beat me on the run in... And she is 9 *cough*). After downloading I was very surprised to find myself in 2nd! I had imagined it would be far worse. Although Tam was very, very close behind.

The Chasing start was good fun, Matthew started a minute and a half ahead, and it was mine and Tam's job to "hunt him down". We got closer and closer... We kept on seeing him exit the controls just ahead of us... Then there he was! 250m ahead! I sped up in a vain attempt to catch him... Ended up making a few mistakes and him getting further away. But just as I was about to give up, I saw him ahead running towards me?!?! He had made the

mistake of not looking at his control description and running to the wrong side of the uncrossable wall! (I was just about to make the same mistake, so thanks!) Two controls to go and the race was back on! We both slipped on a slope around to the next control, him first making me think I had him and then me, putting me firmly back in my place. He got to the run in control just before me, punched and then it was my turn. Upon leaving the control he had about 2m on me for the 35m run in. And just as I thought things were going to get interesting I slipped! Straight over and into the wet mud. :((I'll have you next time...) (how many times have you heard that from me!)

I really enjoyed the weekend. It was great fun and a good race to start 2013!

Alex Carcas

SOL1 Gullane

As club members are probably already aware we are organising SOL1 at Gullane Bents, East Lothian on Sunday March 3rd.

This is the usual appeal for help for such events. I am looking for help specifically with Registration; Download; Starts and the String course. Additionally we always require folks to assist with erecting / dismantling tents, putting out notices and marking routes to / from Start and Finish (only a short distance at this event). I would expect that anyone will be able to run if you wish.

Starts are from 10.30 so I need a good supply of assistance from about 9.30am onwards.

Please contact me at patsquire@yahoo.co.uk (or on 0131 445 4830) to let me know what task you would like to do if you have a preference. Thanks in anticipation.

Pat Squire (Organiser)



Pat Squire, Our SOL 1 organiser.
Photo K Daly



Interlopers Terrain Training & Post Run Socials

Start 18:30 prompt at designated meeting point The training programme has been created to encourage people to get out and train. However, the routes are merely suggestions and everyone is free to choose to run the suggested routes or their own routes, but do either as individuals responsible for their own actions. The club can not warrant the suitability of the venues or suggested routes and take no responsibility for anyone that chooses to train from the suggested venues or along the suggested routes. Anyone that participates in any way does so at their own risk and are responsible for their own safety. No permissions have been arranged.

Date	Training run	Grid ref	Bite / drink
Pub social after first run of each month (circa 20:00 hours)			
28/02/2013	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	
07/03/2013	FWTN - Bonaly		Spylaw Tavern
14/03/2013	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	
21/03/2013	FWTN - Riccarton		
28/03/2013	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
04/04/2013	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	Tusitala
11/04/2013	Holyrood & Craigmillar: From Holyrood House car park -11	NT270738	
18/04/2013	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
25/04/2013	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	
02/05/2013	Blackford & Braids: From Blackford Observatory car park -1	NT258705	Morning Glory
09/05/2013	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	
16/05/2013	Holyrood & Duddingston: From Holyrood House car park -12	NT270738	
23/05/2013	Castlelaw & Harbour Hill: From Castlelaw Ranges car park -5	NT230637	
30/05/2013	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
06/06/2013	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	Spylaw Tavern
13/06.2013	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
20/06/2013	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
27/06/2013	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
04/07/2013	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	The Steading

Clyde/STAG Weekend

23rd/24th February 2013

Ann Haley

The weekend started with a Sprint Event around Milngavie. It was sunny but 'fresh'. I opted to be the photographer popping up at 3 points around the course. Rachel

Kirkland ran well coming 12th, with Scott Fraser showing us all how it was done!

We retired to the comfort of one of three cafes at the Mugdock Country Park, the venue for the Scottish Night Championships, venturing only as far as the end of the garden centre walled garden. The lake was frozen and piles of snow in the car park clearly had no intention of thawing in these temperatures.

We had the inevitable debate on what to wear for the imminent challenge.

The light dimmed and we entered the courtyard. The start was through a stone archway. Paul Caban and Rachel jostled on the start line for the best spot to get GPS tracking! They were off, and I was soon after. Rachel and I were on the same course and we met twice, as headless chickens, trying to make sense of paths or rather the assault course to find no.1. Neither of us had found it at the time! She repeated the process later in the grounds of a castle and I had a similar experience trying to find a way through rhododendron bushes!. Paul's light failed and he ended up tagging onto Ken Daly. It was a challenge, but one that Heather Hartman excelled at, bringing home the Scottish Night Championship W40 trophy.

Sunday brought snow for those of us in Fairmilehead. After a delay on the bypass, Rachel, Dad (Ray Heyworth) and I headed to Drumpellier County Park, along with many other Interlopers. It was a wonderful control picking exercise and just what was needed after many muddy and frustrating autumn events. It was genuinely good fun. Thanks to Clyde and STAG for a great (and tiring) weekend.



Junior Training

Jane Ackland

This is a reminder that the next Junior Training is on Saturday 8th March. More details have been sent out by email. Remember to request your badges when you have reached your next target.

Child Protection

Barry Owen

Child Protection, PVG

In response to recent changes in the way disclosures are dealt with, the SOA has altered its approach to Child Protection matters. Child Protection is now part of the Protection of Vulnerable Groups (PVG) scheme, which covers vulnerable adults as well as children.

Most club members will not be routinely impacted by PVG matters but if you are an adult 'working' (eg. supervising, coaching, driving a mini-bus of juniors to an event) with children or a vulnerable adult group, you will need to have a disclosure under the *new* scheme. If you already have a *new* disclosure (through your work or other interests) you still need to fill in a form - a different one!

Hilary Quick (SOA Child Protection Officer) has recently posted details of the new scheme on the SOA website (<http://www.scottish-orienteing.org/>). ***All club members have responsibilities and should read this.***

At present the role of Club Child Protection Officer is migrating from Ann Haley to me. If you have any questions about the PVG scheme or need a form, please contact me Barry Owen

Tel: 01506 848824(H),
07707 993010(M)

Email: barry.owen@sky.com

Order an O Top now!



Max Carcas

Photo by K Daly

Interlopers are about to order more of our fabulous new design O tops (see tops being wonderfully modelled by Max Carcas and Mary Ross!)

The price will be circa £35 each (hopefully a small discount for juniors)

They are supplied by Trimtex and called "Interlopers - speed Izr - Normal Fit - O tops"

The tops are available as long or short sleeved; in sizes 130, 140, 150 and XS to XXXL, plus female cut XS to XXL.

Please note that the tops are a very small / tight cut, so it would be wise to try a friend's top first.

To order a top, please email Ken Daly at chairman@interlopers.org.uk and specify name, sex, size and long or short sleeves.

Please submit your order to Ken within a week of publication of the newsletter.

You are encouraged to order this time around as it could be a few years until the next order and this bargain price may not be available next time around



Mary Ross

Photo by K Daly

Scottish X-Country Championships

Ken Daly

Just back from Falkirk where I saw Messrs Carcas, Eades, Caban & Ackland puffing round the Scottish x country. (I was only watching needless to say). Murray Strain managed 5th and was puffing a lot less!



Requests from the Committee

The club committee is looking for volunteers to:

- coordinate the Street O Series in the summer
- organise or plan for each Street O
- send in suggestions for events that might constitute a weekend of activities (October time)
- sign up for the Event Safety Workshop
- organise or plan an event at Craigmillar in April/May
- offer to be the Organiser or Coordinator for the Scottish Championships in May 2014 (Clunie, Pitlochry)
- Run CATIS, possibly incorporating a maze
- volunteer to host or suggest social activities.

Please contact Ken Daly for any of the above! (chairman@interlopers.org.uk)



SOA News

National Orienteering Centre Courses:

Complete course schedule:

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

Feel free to contact Hilary Quick for any information on courses (hilary@scottish-orienteering.org).

TEACHING ORIENTEERING courses

Teaching Orienteering Part 1

Individual course fee for 2012: £75

18 & 27 March - Clydemuir Primary School, Clydebank

22 March - Camstradden Primary School, Glasgow

Spring 2013 - Linlithgow

Spring 2013 - East Lothian

Summer 2013 - Dunfermline, Fife

Young Leader Award

Please contact us if you'd like this course to be run.

TRAINING FOR COACHES

UKCC Level 1 Coach

Course fee £375; funding available for eligible candidates. Please read the information on the booking process.

Please also read the [Level 1 Information Pack](#) specifically for courses running in Scotland.

Wednesday - Friday 10-12 July

UKCC Level 2 Coach

Course fee £420 Funding is available for some candidates.

Please read the [Level 2 Information Pack](#) supplied by British Orienteering. Please note this is a 3 day course and candidates must attend all 3 days of the same course. Post-course work is then completed before final assessment, which must be within 2 years.

Saturday - Sunday 13-14 April and 11 May

This course is full but please contact Hilary if interested.

SOA Coach Activity Days 2013 - "Coaching Together"

Saturday 2 November (provisional date) - probably Deeside

These Activity Days are open to all orienteering coaches (SOA members)

TECHNIQUE & PERSONAL PERFORMANCE

Adult Beginners/improvers' weekends

Whatever your standard, we guarantee you'll learn a lot on one of our coaching weekends. Come for one day or both; fee £30 per person per day, £5 discount for members of SOA clubs. Maximum 6 people to 1 coach.

6-7 April

18-19 May

24-25 August

COURSES FOR OFFICIALS

Event Safety Workshops

April - Edinburgh (or thereabouts) - to be confirmed. Ideal for 6-Day day organisers. Please get in touch if you're interested.

Grade C Controllers' course

The next offering will be during the [O Activity Weekend](#) planned for 27-29 September 2013.

Grade B Controllers' course

26 October, probably Solway country –

Planners' course, Condes, SI and OCAD Workshops

These are often run locally; please phone to discuss your requirements. They will feature at the [O Activity Weekend](#) planned for 27-29 September 2013.

SI course will be run near Edinburgh in Spring - date currently under discussion. Please get in touch if you'd like to attend this, and your preferences will influence date choice.

Fixtures 2013

www.britishorienteering.org.uk

March		
	KFO	KFO Local event Beveridge Park, Kirkcaldy , Beveridge Park, Kirkcaldy Organiser: Ian Doig www.kfo.org.uk
2nd	SOA	
	Level D	
	ELO	ESOA Local Events in Edinburgh and the Lothians , Lochend Wood, Dunbar, NT675783 Entry times: 14.00 - 15.00. Dogs allowed. Organiser: Trina Rogerson , 01368 864922
2nd	SOA	
	Level D	
	INT	INT CompassPoint Scottish O League 1 , Gullane Dunes, Gullane, East Lothian, NT476831 Entry times: 11:00 - 13:00. No dogs allowed. Organiser: Pat Squire www.interlopers.org.uk
3rd	SOA	
	Level B	
	ESOC	ESOA Local Events in Edinburgh and the Lothians , Corstorphine Hill, Edinburgh, NT202747 Entry times: 14:00 - 15:00. Dogs allowed. Organiser: Janet Clark www.esoc.org.uk/home/event-details/corstorphine-hill-local-event2
9th	SOA	
	Level D	
16th	FVO	Middle Distance Race (UKOL3) , Tulliallan, Alloa, NS931884 fvo.org.uk/events/2013/mar/16/tulliallan/
	SOA	
	Level B	
17th	FVO	FVO CompassPoint Scottish O League 2 (UKOL4) , Trossachs, Stirling , NN507064 fvo.org.uk/events/2013/mar/17/trossachs/
	SOA	
	Level B	
April		
20th	ESOC	ESOA Local Events in Edinburgh and the Lothians , Mary Eskine School and Ravelston Woods, Edinburgh, NT221739 Entry times: 14.00 - 15.00. No dogs allowed. www.esoc.org.uk/home/event-details/mary-er
	SOA	
	Level D	

		ESOC/STAG CompassPoint Scottish O League 3 , Clunie, Pitlochry Organiser: Mary Williams www.esoc.org.uk/home/event-details/sol-3-clunie
28th	ESOC SOA Level B	

May

	TAY	
12th	SOA Level B	TAY CompassPoint Scottish O League 4 , Tayside somewhere
	KFO	KFO Local event Pittencrieff Park, Dunfermline , Pittencrieff Park, Dunfermline, Dunfermline, NT088872
18th	SOA Level D	Entry times: 11:00 - 12:30. Dogs: must be kept on lead. Organiser: Ian Doig , ian.doig@btinternet.com , 01383 412273 www.kfo.org.uk
25th	AYROC SOA Level A	Scottish Championships - Individual , Loch Doon, Dalmellington No dogs allowed. Organiser: Stewart Durham , stewartdurham@uwclub.net
26th	SOLWAY SOA Level C	Scottish Championships - Relays , Maxwelton Estate, Thornhill, Dumfries Organiser: Ian Turner , ianturner@msn.com , 01848 330814

June

1st	CLYDE SOA Level C	Clyde Urban Event - Incorporating SOUL3 , Erskine
2nd	ESOC SOA Level D	ESOC Long-O , South Pentland Hills, Penicuik, NT202602 Entry times: 10:30 - 12:00. Organiser: Fiona Findlay www.esoc.org.uk/home/event-details/esoc-long-o-pentland-hills
9th	TAY SOA Level B	TAY CompassPoint Scottish O League 4 (alternative date) , Tayside somewhere
15th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Bonaly, Edinburgh, NT212676 Entry times: 14.00 - 15.00. Dogs: Dogs on leads; no dogs on the courses. www.esoc.org.uk/home/event-details/bonaly-park-local-event
16th	SOA	Jamie Stevenson Trophy , Perth

	Level C	
23rd	KFO SOA Level C	KFO SoSOL 6 , Tentsmuir, Leuchars

July

13th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Blackford Hill, Edinburgh, NT258706 Entry times: 14.00 - 15.00. Dogs: No dogs on the courses.. www.esoc.org.uk/home/event-details/blackford-hill-local-event2
28th	SOA Level B	Scottish 6 Days - Moray2013 Day1 (Incorporating UKOL14) , Lossie, Moray Coast, NJ254670 www.scottish6days.com/2013
29th	SOA Level B	Scottish 6 Days - Moray2013 Day2 , Carse of Ardersier, Moray Coast, NH804558 Organiser: Robin Galloway www.scottish6days.com/2013
30th	SOA Level B	Scottish 6 Days - Moray2013 Day3 (Incorporating UKOL15) , Culbin, Moray Coast, NH969586 www.scottish6days.com/2013
31st	SOA Level C	Scottish 6 Days - Moray2013 Sprint Race (Incorporating EuroMeeting Sprint Distance) , Lossiemouth, Lossiemouth, NJ228699 www.scottish6days.com/2013
31st	SOA Level D	Scottish 6 Days - Moray2013 Trail-O , Culbin, Forres, NH983593 www.scottish6days.com/2013

August

1st	SOA Level B	Scottish 6 Days - Moray2013 Day4 (Incorporating EuroMeeting Middle Distance - A World Ranking Event) , Loch of Boath, Moray Coast, NH892456 www.scottish6days.com/2013
2nd	SOA Level B	Scottish 6 Days - Moray2013 Day5 , Roseisle, Moray Coast, NJ077625 www.scottish6days.com/2013
3rd	SOA Level B	Scottish 6 Days - Moray2013 Day6 (Incorporating EuroMeeting Long Distance) , Coulmony and Belivat, Moray Coast, NH965473 www.scottish6days.com/2013

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 offer a 10% discount to all club members.
20 Queensferry Street, Edinburgh, EH2 4QW

