

The Interloper

www.interlopers.org.uk

No. 167
June 2014

**A clean sweep for Interlopers' Elite Men in the JK, Scottish and British Relays
(Hector Haines, Murray Strain, Alex Carcas, Oleg Chepelin)**



**Hector Haines, Murray Strain and Alex Carcas (M16) coming in victorious at the British Champs Relays
Cragg Estate and Chesterhope Common, Northumberland, 1 June 2014** Photo Rob Lines



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. Please refer to the website for 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)			
12/06/2014	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
19/06/2014	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
26/06/2014	INT AGM		The Steading
03/07/2014	Castlelaw & Harbour Hill: From Castelaw Ranges car park -5	NT230637	
10/07/2014	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
17/07/2014	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	
24/07/2014	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
31/07/2014	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	
07/08/2014	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	Morning Glory
14/08/2014	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
21/08/2014	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	
28/08/2014	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	
04/09/2014	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	Pub TBC

Editor's Introduction

Mary Ross

Welcome to the June issue of *The Interloper*. I love the cover photo! An impressive performance from our Elite men (especially Alex Carcas as he's still only an M16) and I think a great inspiration to the younger members in the club.

There's a good range of articles in this issue from Hector's Turkish World Cup Races to the Scottish Schools Orienteering Festival. Thank you once again to all contributors.

I hope you all have a great Summer and enjoy any orienteering holidays/training camps you might be going on. Please always keep your club newsletter in mind and send in tales of your adventures!

Mary



Chairman's Chat

June 2014

Ken Daly

This will be my last Chairman's Chat (stop cheering). I think I have been in post for six years (the memory is going) and I have already announced that I will stand down at the AGM on 26 June 2014. Despite my best efforts I have not found a successor and therefore wish to make **a final plea for someone to volunteer to be Chairman**. Please consider this request carefully and let me know if you have any questions, wish to discuss, or wish to volunteer (please!).

Interlopers is a great club, with lovely people and lots of interesting opportunities. To a large extent you set your own objectives and reap the satisfaction of taking projects from "cradle to grave". Let me give you a flavour of what it can involve. In recent times I have planned, organised and coordinated events (big and small), I introduced the INTrepid weekend, constructed a development project with West Lothian Council, undertook a little bit of mapping, promoted volunteer skills courses, introduced the new O-tops, managed the Thursday training, contributed to the newsletter, chaired the meetings, helped set the direction of the club and more. It is very interesting and rewarding and I have thoroughly enjoyed my tenure.

It is a great honour to be the Interlopers Chairman and I recommend it to you. I suspect a lot of you may feel apprehensive, but don't be. The club has lots of experienced people that will keep you right and to a large degree right is what you want it to be. I am also willing to stay involved (as support, not Chairman) if requested.

There are also lots of experienced people willing to volunteer if you wish to adopt a recruitment and delegation approach.

When I volunteered to be the Interlopers Chairman I had lots of great ideas for the club and still do (well I think they are great ideas), so if the new Chairman wants me to deliver some of the ideas that have been on the back burner I will.

Do you have some good ideas? Do you know how to recruit elite women? If so, volunteer and make a difference. I am confident you will succeed and enjoy it.

Before I move on (meant in both senses of the phrase) I would like to say a very big thank you to everyone that helped me undertake the role of Chairman over the last 6 years, especially the past and present committee members, the other club officials and Paul Caban for being a valuable sounding board. Thank you!

Now I would also like to say a very big thank you to everyone that helped at the Scottish Individual Championships held at Dalnamein on 24 May 2014. I believe the day was a great success and showed Interlopers in a good light (even if we were helped by other ESOA clubs). Thank you!

Our next commitments are as follows:

- 10/10/14 – Edinburgh Race the Castles warm-up event (Friday evening)
- 02/11/14 – Venue TBC SoSOL & possibly the INT Champs
- 08/03/15 – Drummond Hill SOL
- ??/05/15 – Dechmont Law Scottish Schools Champs TBC

Please volunteer for the lead roles at the SoSOL, SOL and Schools Champs (contact Ken Daly).

I have also been asked by LOC if we can help run the lower start at Day 4 (Blisco

Pike) of the Lakes 5 Day on Thursday 7 August 2014. The lower start is for the oldest and youngest competitors courses and is located near Blea Tarn, en-route to the main start, so perfectly convenient. Bearing in mind the huge help LOC have been to INT at the last few Scottish 6 Day events I think we should do all we can to return the favour. I therefore ask that as many of you enter as possible and that you let me know ASAP if you can help.

On a more controversial note, I was approached (some time ago) with the question "do INT want to merge with ESOC"? This was discussed at the last INT Committee meeting where we decided to approach our membership, initially by holding a discussion at the end of the INT AGM. The aim will be to identify as many of the issues, pros and cons, level of interest, etc., as possible, but not debate or vote on the matter. That might follow another day, should the feedback so dictate. I therefore encourage you to make a few concise contributions in person or by email to me in advance (bullet points please).

Finally, I would like to congratulate the Interlopers Men Open Relay team on their JK Relay Championships victory. This is the blue ribbon event of British orienteering and was our fourth victory, which equals the record. Fantastic! Well done Murray, Oleg and Hector (and the members from previous years).

Our Men Open Relay team also won the British Relays Championships, with Alex Carcas instead of Oleg. On the previous weekend Hector also won the infamous Jura fell race in a record time. Last but not least, our editor Mary Ross also became British Champion. Well done Mary!

Ken (Chairman)



Annual General Meeting and Special Discussion

**6.45 pm Thursday 26 June
The Steading, Hillend**

Interloper AGM number 39 will be held at 6:45pm on Thursday 26 June at The Steading, Hillend. All welcome.

At the AGM there will also be a special discussion to collate views and issues about continuing as Interlopers or merging with ESOC. Please contribute your views at the AGM or via a brief email to the Chairman or Secretary (bullet points preferred).

There will be a meal after the meeting, at approx. 8pm. Can you please let Max Carcas know if you wish to eat, as it will help the venue to have an idea of numbers. He's contactable at max@carcas.co.uk or 0131 446 0780.



Volunteers please!

- A planner, controller and organiser are needed for our **SOL** on Drummond Hill on **8 March 2015**. If you might be able to fill one of these roles please let Ken or John know as soon as possible.



Turkish World Cup Races 2014

February 2014
Hector Haines

At the end of February, I travelled to the first round of the World Cups (Middle distance Qualification and Final) with Rachel Smirthwaite (a holiday for her...). A luxurious flight out of Edinburgh on Turkish Airlines got me to Istanbul, then an internal flight to Antalya got us close to the event centre, Kemer.

Travel went without a hitch, and we landed in Antalya on time, but it had been a long days travelling (it was about 11pm). I grabbed my bag, a distinctive Noname holdall, and we headed off to catch the bus to the hotel, for a quick night's sleep before collecting our car and heading off training.

On the way to the bus I noticed that my bag had been a bit abused since I left it in Edinburgh – cursing the baggage handlers, I then noticed a couple of cable ties attached to a handle. Why would they want to attach cable ties to my bag? I also noticed that there was an orienteering tours rep stood outside. “Must be meeting the other orienteers off the flight”, I thought. Regardless, we rushed onto the bus and subsequently checked into our room. “Shall we clean our teeth?” I asked rhetorically. “Yes, the wash bag was in your hold luggage – remember?” was the reply. I opened the bag. A big, grey and rather brutish looking foam roller stared back at me. I swore loudly.

Getting the bag back to its owner wasn't too bad. We quickly found out who the owner was (Tero Fohr, Finland) and I realised that they would have been with the tour guide I saw earlier. Fortunately I had some contact details for them as I had

wanted to know what training they were putting on in the week before the WC. So we rang them and explained the situation. As it turned out they happened to just be driving immediately outside our hotel, on their way to their accommodation, so they quickly swung by and picked up the bag.

This left us with no bag, and no option but to return to the airport and collect it. After a brief argument with the lost baggage attendant (“What do you mean, you have given the wrong bag that you picked up away?”), I had my bag. Not my finest moment. “It better get better from here on...”, I said.

Fortunately it did. The training areas were amazing, many of them containing ancient ruins from nearly 2500 years ago (see photo). This part of Turkey's coastline, deemed the ‘Turkish Riviera’, is popular with tourists and has a number of amazing antique cities. In fact, the Final area was in and around the remains of one of these cities, Phaselis.



Hector appreciating the ancient ruins

The accommodation was excellent too. The event centre was based at one of the (many) hotels in Kemer, and the majority of the national teams were staying there (at a special rate). It had indoor and outdoor pools, a spa, etc., etc. Rooms were comfy and spacious. And there was all you could eat buffets. However, with so much good (and interesting) food, this turned out to be a bit dangerous. I really had to use my mental strength to resist the urge not to eat too much. When it came to dessert however, Rachel couldn't (see photo).



Rachel's irresistible dessert

The races themselves were fast and furious. Disappointingly, I missed out on qualifying for the final (top 30), as I finished 36th. No real excuse for this, should have raced it harder. Race tactics were mis-strategised based on the training maps and the previous day's spectator race that I ran (more technically tricky).

Nevertheless, I tried to keep my confidence high and got into the mindset of trying to perform the best I could in the Final. There were still points up for grabs in the B Final, as the top 40 finishers at a World Cup get World Cup points.

The final race was much better – I got my strategy correct and I went out hard but kept it clean. I finished 5th, and even though I was only racing the B Final, I was really happy with my pace. I tried to imagine what could have been if I had run in the A Final.

So it ended up being a bit of a mixed week in terms of performance. Overall, a feeling of dissatisfaction, although it is still the best result I have ever got in a World Cup (1 place better, previously 36th!). I also got a couple of good World Ranking scores, due to depth of the competition. Nevertheless, it was a great learning experience and, at the time of writing I am just about to head off to the next World Cups in Spain and then straight onto the European Champs in Portugal. Hopefully by the time you read this then I will have got closer to achieving my potential – perhaps even exceeding expectations... that's the plan anyway.

All in all though it was a great week. Hot weather, great terrain, good racing, stunning scenery. If ever anyone gets the opportunity to go – I would recommend it highly. There won't be another major international competition there for a while, but they do organise the annual Antalya O-days, which is excellent.



Organising a Come-and-Try-It Event
Craigmillar Park 29 March 2014
Mary Ross

When Ken asked me if I could organise a CATI event at Craigmillar Park I have to admit my heart sank a little, but then I got a grip of myself and knew I had to say yes as it is only fair I give back a little to the sport which I enjoy so much.

I was very lucky to have Jane Ackland ably planning the courses and John Barrow even set me on my way with the initial application to the council for permission to use the area. My main concern when organising is just that I'm going to miss something REALLY important. However, all seemed to be going ok, with Ken giving me useful support and feedback with the risk assessment, and permission was received and necessary admin completed.

Then, Jane let me know that she'd come across motorbikers in the woods on one of her visits and the council phoned just a couple of days before the event to warn me that diggers would be on-site on the day, quite possibly working on one of the main paths through the area. Motorbikes and diggers mixed with lots of small children running about the woods didn't sound great. And were the courses going to be messed up by the work? Suddenly, it seemed a bit stressful!

However, on the day there was no sign of either of these activities; phew! A very reliable and competent band of Interlopers turned up to help on the day making my job pretty easy, and a good crowd of newcomers and experienced orienteers came to enjoy the event. The sun even shone a little.



Ken cheerily helping to advise newcomers
Photo Mary Ross

So overall, the experience of organising a CATI was fairly straightforward and not too onerous, and in fact it was a pleasure to see many people having fun orienteering. I do feel a bit out of my depth with the si side of things, such that I didn't even feel I could *try* to download the results off the unit (especially as my resident IT support man was away). Hence the typed up results; give me a piece of paper and pen any day... (why am I Newsletter Editor?)



JK 2014 – 1st to Last!

April 2014
Rachel Kirkland

No one can deny the feeling of excitement when they hear their name announced as the new leader of their class. Well this was me back at the JK sprint race at Swansea University, the only question was how long would it last. Well, as expected it wasn't too long before my time was beaten and not by much I hasten to add. So after an early start I was expecting to move down the table and with plenty of runners still to come, how far was the next question!

Two of my local home rivals, Heather Hartman and Heather Thomson were both due out right at the end and from past races have generally got the better of me so could this be the one where I beat them or would I plummet further down the results table. So the wait was on...sitting in the spectator area basking in some very warm and sunny weather... tick, tock, tick, tock...we knew they were off but who would come back first and would we be able to work out their times?

Heather H was spotted heading for the penultimate control...so had she over taken Heather T or had she started first, we couldn't remember. Nothing was

announced over the tannoy so we had no idea of her time. Then Heather T came into the finish but not with her usual strong run in. So now we really didn't know who had finished where and if I had been pushed out of the top three. So off to the live results room (for a long wait as those that were there will know) and finally W40 appeared on the screen...Heather H had had a good run and had gone into 1st place, closely followed in 2nd place was a French woman and in 3rd place less than a minute behind Heather was me. Heather T hadn't had a very good run at all and had lost a lot of time on her first control so I kept my podium place. I couldn't believe it and I didn't even think I'd had a particularly good run. I guess I made the right decisions and committed to my route choice and just kept going knowing that it was a short race.

Anyway, you'll be wondering where the 'last' comes in. Well, after such a good run on the Friday, hope of a repeat performance on Saturday and Sunday's races were pretty unlikely especially having been into the training area earlier that week. I have never seen so many and such big pits and depressions in such a tussocky area - well suited and enjoyed by many I'm sure but not me and so to the bottom of the table I went. Last on Saturday and second last on Sunday - ah well, at least I enjoyed the areas and completed my courses.

And don't forget I did come 3rd in the Sprint race.

I will end this with a final well done to Heather Hartman for her 1st place in the W40 Sprint and also her subsequent 1st place on the W40L course.

See you next year in the Lake District 3rd-6th April 2015.



JK Sprint - Rachel Kirkland 3rd, Heather Hartman 1st
Photo Mark Wood



British Orienteering Championships

Individual - Thrunton Woods & Callaly
Relays - Cragg Estate & Chesterhope Common
31 May-1 June 2014

A lovely weekend in warm and sunny Northumberland was enjoyed by a good number of Interlopers. Here are the top results and some photos.

Individual – top 10 Interlopers

W10A 9th Fiona Eades

W40L 2nd Mary Ross (beaten by 23 s but the winner turned out to be from New Zealand!)

4th Heather Hartman

W45L 4th Lorna Eades

W45S 2nd Jane Carcas

W50L 8th Jane Ackland

M12B 1st Matthew Ross

M16A 4th Samuel Galloway

7th Alex Carcas

M21E 3rd Hector Haines

5th Murray Strain

M50L 3rd Rob Lee

10th Graeme Ackland



W40 British Champion

Photo Ken Daly

Relays – Interloper teams in the top 3

Men's Premier 1st Alex Carcas, Hector Haines, Murray Strain

M50 3rd Paul Caban, Graeme Ackland, Rob Lee



Men's Premier team – 1st

Photo Rob Lines



M50 team – 3rd place

Photo Crawford Lindsay



Scottish Schools Orienteering Festival

6 June 2014

Jane Carcas

The Scottish School Orienteering Festival took place at Drumpellier Park and was organised by Blair and Lorna Young, planned by Terry O'Brien and ably assisted by the computing skills of Sheila, Robin and Kirsten Strain and, as ever, there were many other helpers on the day (and a controller whose name I, unfortunately, didn't catch!). It was also fantastic to have Tess there giving out the trophies. The organisation was excellent and I think the success of the day is summed up in the comments below from some of the children who took part:

Quotes from the P5 and P6 girls:

"It was a brilliant experience for a first time and I look forward to next year." Heather
"Fun but could do better, definitely doing it on my own next year!" Cara

"It was an amazing day and I want to go next year but running P5/6 this time on my own." Fiona

"I had a great time trying out orienteering and I will definitely be doing it (*Scottish*

schools) when I am more experienced next year." Eve

"It was a lovely day. This year our team came 2nd but next year I hope the team comes first." Pippa

"It was great fun and I would definitely do it next year and maybe try to get a better place." Mia

Quotes from S4/S5 doing the competition for the first time.

"We were nervous heading down with a forecast of heavy rain. But a rare Scottish heat wave meant the shade of the forest was a luxury. Thoroughly enjoyable, despite difficulty finding some controls. We came away victorious in the team event*." Pat and Ali

And from Samuel and Mairi:

"Nice well-planned event. Sunny weather. Thanks for the loan of the sunglasses, Finlay!"

"Great day, just a bit annoyed about the numbering of the controls, very confusing"

And Lorna:

"My Heriot kids had great fun, even the boys who were last on P7 weren't disheartened."

There were some great results for Interlopers:

Pippa Carcas 1st P6 girls

Fiona Eades 4th P7 girls (I know she is not in P7, but she was running with an older girl in a pair!)

Mairi Eades 3rd in S2

James Ackland 2nd and Freddie Carcas 4th in S3

Samuel Galloway 1st in S4

Alex Carcas 1st in S5



Tessa Hill presented the prizes Photo Galloway

And in the team trophies:

Firrhill S5/S6 Girls came 1st *

GHS came 2nd in P6 girls, 1st in S3 boys and 1st in S5/S6 boys*

Nether Currie came 3rd in P5/6 boys, 5th in P5/P6 girls.

(*they were the only team!)

The inscription on the senior boys' trophy records that the first senior schools orienteering championship event took place at Loch Achray Forest on the 28th March 1964 and was won by Dollar Academy. That makes the event this year particularly significant as it is the 50th anniversary.

We also read on the trophy that it was presented by L.E. Liddell who was president of the Scottish Orienteering Association at the time. On a personal note this makes it special for us that Alex's team won as Alex's grandfather, Gerry Barrell, worked with Laurie (Liddell) in the PE Dept at Edinburgh university and it was Laurie who introduced our family to orienteering in 1968.



Alex and his team receiving their trophy
Photo Max Carcas



Freddie and James chilling with their team mates
Photo Max Carcas

We were wondering if anyone else remembers Laurie and also is this the oldest orienteering trophy in Scotland? And Britain?



York City Race

26 May 2014

Pat Squire

For me the month of May started and ended with 3-day mini O breaks. At the

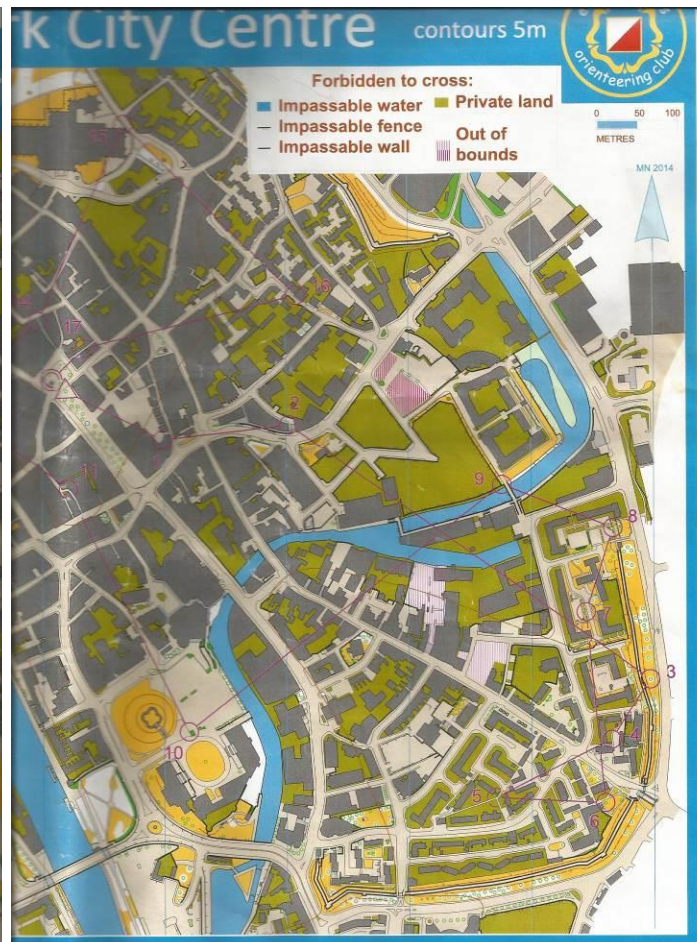
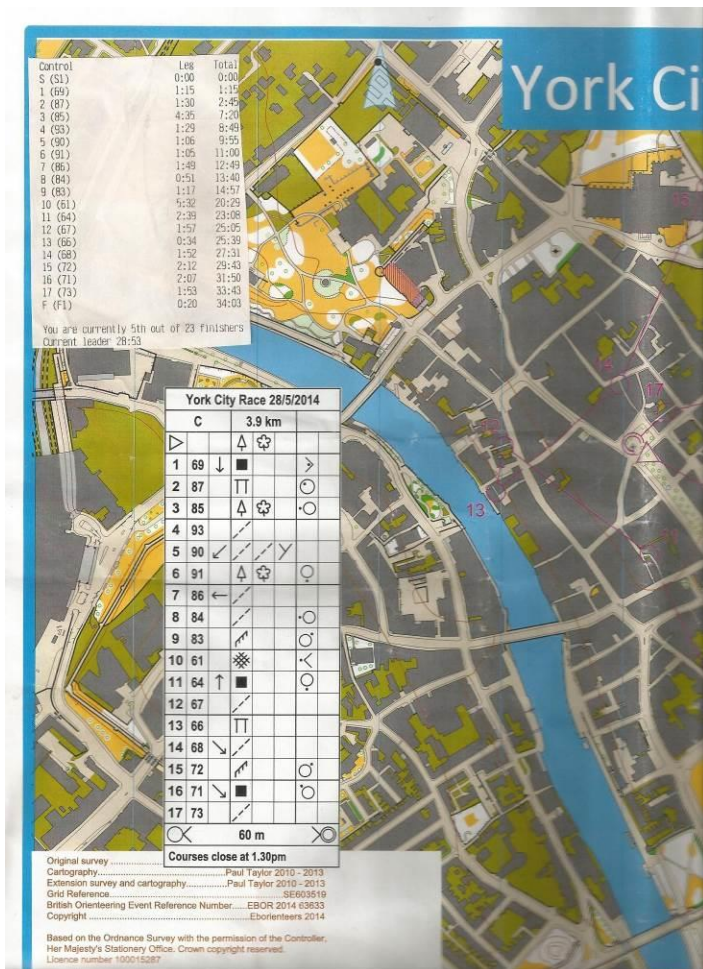
beginning of the month it was down to the South Lakes for 2 forest runs and an Urban event in Kendal. At the end of the month it was the Scottish Individual, Relays and then a train trip down to York for the City race on the Bank Holiday Monday.

Anyone who knows anything about York will be aware of the famous “Snickleways”. These are the small alleyways which communicate between the streets and roads in the town centre. They are rather similar to the “closes” of Edinburgh and have the potential to make a good challenge to navigation.

I was not disappointed. The race started in a small square in the centre of the City and with it being a sunny Bank Holiday there was a goodly number of tourists wandering around to add to the challenges.

Punching start. Pick up map. Locate start triangle (on bench just across from the start line) and check first control – along tree lined avenue, first left and then diagonally across an open square to the opposite corner. First problem. On arriving in the square it turned out to be full of market stalls so no clear view to the far corner. Head in the general direction in and out of the stall and the shoppers. One final turn and there is the control. Reassured that it was where I had hoped (expected) it to be! The route to the next control took me a short way through the Shambles (medieval butchery district) although I didn’t realise it at the time. A misread of the control location saw me taking a slightly longer route than needed to number 2. By now the course was outside the historic parts of York but we were soon reminded of history when the route to 3 was alongside a section of the city wall.

Numbers 4 to 8 took us on loops through a modern housing development before a longish leg with some route choice emerged from 9 to 10. At this point we



were back into the tourist heart of the city near to Clifford's Tower and the Castle Museum. The route to 11 was through the crowds waiting to enter the Jorvik centre and then along one of the main pedestrianised shopping streets to 12 and 13. The next control was at the end of one of the narrowest snickleways in the whole city, or so it seemed when I encountered a family with a buggy.

Emerging from the narrow alleys the route to the next site was around the Minster with the control on a gateway at the rear of the Chapter House. Need to keep in close contact with the map to no 16 as it would be easy to miss the correct turning / alleyway. Similarly there was a maze of different streets, squares and alleys to tempt you off line as the route to 17 and the Finish progressed.

I finished well satisfied. The weather had been fine throughout and it had proved to be the expected navigational challenge. What a grand way to see a major city!

Next stop? Manchester and the Twin Peaks event in June!

SOA News

Courses etc. – bookings now open for:

- UKCC Level 1 coach course, 9-11 July – Glenmore Lodge or possibly in autumn
- Teaching Orienteering Part 1, 14 August – Wishaw
- Teaching Orienteering Part 1, 11 October – Glenmore Lodge
- Teaching Orienteering Part 2, 12 October – Glenmore Lodge

- UKCC Level 1 coach course, 14-15 March 2015*
- UKCC Level 2 coach course, 16-17 May, 13 June 2015
- UKCC Level 1 coach course, 20-21 June 2015*
- UKCC Level 1 coach course, 31 October – 1 November 2015*

More dates are in the complete course schedule: <http://www.scottish-orienteering.org/course-schedule>
Please pass Teaching Orienteering dates to your schools contacts or get them to ask about availability and pricing for local courses.

Class of 2015 – Coaching Foundation course

Throughout 2015 we will be offering the one-day Coaching Foundation course at locations throughout Scotland. This is free of charge to SOA members aged 17+; participants must be competent at TD4. More information and proposed dates are at:

<http://www.scottish-orienteering.org/soa/page/coaching-foundation-course> If you'd like one to be run near you, please get in touch. Attendees will be eligible to attend the 2-day UKCC L1 courses marked * above.

SOA Club Development Conference

We had a lively day at Fordell Firs on 17th May; a summary of discussion at the conference is at <http://www.scottish-orienteering.org/soa/page/soa-club-development-conference-2014>
Additions to the '10 characteristics of a good O club' are invited!

Discussions at the conference revealed patchy awareness of training for course planners and other officials. We can deliver various courses locally or centrally, or provide the materials for your experts to deliver – please phone to discuss your requirements.

Member benefits

Remember that you can get a free Tiso Outdoor Experience card on production of your BOF membership card. Details and other member benefits are at <http://www.scottishorienteering.org/soa/membership>

Condes support

Condes version 9 is now available and formal support for version 8 has been withdrawn. However, the User Guide for version 8 is still available at <http://www.scottishorienteering.org/natcen/page/condes-for-course-planning>

Work is in hand to update the guide for version 9.


Fixtures 2014
www.britishorienteering.org.uk

June 2014		
18th	FVO SOA Level D	FVO WEE Beecraigs , Beecraigs, Linlithgow, NS998741 Entry times: 17:30 - 19:00. fvo.org.uk/events/wednesday-evenings/2014/
21st	MOR SOA Level C	The Moray Mix Weekend Day 1 - incorporating bto SOUL5 , Dufftown, Dufftown Entry times: TBD. Dogs: TBD. Organiser: Oonagh Grassie www.moravianorienteering.org/events/
22nd	MOR SOA Level B	The Moray Mix Weekend Day 2 - CompassPoint Scottish O League 4 , Lossie Forest, Lossiemouth, NJ263679 Organiser: Rupert Hornby www.moravianorienteering.org/events/

28th	ELO SOA Level D	ESOA Local Events in Edinburgh and the Lothians , John Muir Country Park, Dunbar, NT650785 Dogs: Under control at all times. www.elo.org.uk
29th	ESOC SOA Level C	ESOC Urban Race - incorporating bto SOUL6 , St Andrews, St Andrews, NO502168 Entry times: 11:00 - 13:00. Organiser: Margaret Dalglish www.esoc.org.uk/events/st-andrews-urban-race-jun-29-2014
July 2014		
13th	TAY SOA Level D	TAY Long O , The Ochils, Perth Organiser: David Prentice www.taysideorienteers.org.uk
19th	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.. Organiser: Janet Clark www.esoc.org.uk/events/blackford-hill-jul-19-2014
August 2014		
3rd	NWOA Level B	Lakes 5 Days Day 1 (UKOL) , Swindale, Shap Organiser: John Roelich , dereka57@gmail.com , 015395 31167 www.lakes5.org.uk/
4th	NWOA Level B	Lakes 5 Days Day 2 (UKOL) , Simpson Ground, Newby Bridge Organiser: Robert Holder , dereka57@gmail.com , 015395 31167 www.lakes5.org.uk/

5th	NWOA Level B	Lakes 5 Days Day 3 , Grizedale NW, Hawkshead Organiser: Jean Payne , dereka57@gmail.com , 015395 31167 www.lakes5.org.uk/
7th	NWOA Level B	Lakes 5 Days Day 4 , Pike O'Blisco and Blea Tarn, Ambleside Organiser: Mike Atherton , dereka57@gmail.com , 015395 31167 www.lakes5.org.uk/
8th	NWOA Level B	Lakes 5 Days Day 5 , Hampsfell and Eggerslack Woods, Grange over Sands Organiser: Paul Wilmore , dereka57@gmail.com , 015395 31167 www.lakes5.org.uk/
10th	ESOC SOA Level D	ESOC Ultrasprint , Lauriston Castle, Edinburgh, NT203758 Entry times: Registration for EOD: 13:00 - 14:15. Starts: 13:30 - 14:30. No dogs allowed. Organiser: Tyler Morrison www.esoc.org.uk/events/esoc-ultrasprint-aug-10-2014
23rd	BASOC SOA Level C	PurpleThistle - Day 1 , Abriachan, Inverness Organiser: Jessica Tullie www.scottish-orienteering.org/seds/purple-thistle-2014
24th	BASOC SOA Level C	PurpleThistle - Day 2 , Inverness area Organiser: Jessica Tullie
30th	GRAMP SOA Level C	GRAMP Urban Race - incorporating bto SOUL7 , Aberdeen

30th	ECKO SOA Level B	JHI Weekend , Oban Area, Oban
31st	ECKO SOA Level B	JHI Weekend , Oban Area, Oban
September 2014		
13th	NGOC SWOA Level B	Caddihoe Chase, SW Championships, VHI Individual , Mallards Pike, Cinderford Organiser: Pat MacLeod , pat_macleod@btinternet.com , 0159 452 8128 www.ngocweb.com/caddihoe/
14th	NGOC SWOA Level B	Caddihoe Chase, SW Championships, VHI Relays , Mallards Pike, Cinderford Organiser: Pat MacLeod , pat_macleod@btinternet.com , 0159 452 8128 www.ngocweb.com/caddihoe
13th	AYROC SOA Level C	Scottish Inter-Club Team Relay , Central Scotland
14th	ESOC SOA Level B	ESOC CompassPoint Scottish O League 5 , Craig a' Barns, Dunkeld, NO021433 No dogs allowed. www.esoc.org.uk/events/craig-a-barns-sep-14-2014
20th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Figgate Park, Edinburgh, NT299736 Entry times: 14:00 - 15:00. Dogs: Figgate Park is a popular dog-walking area so dogs are allowed.. www.esoc.org.uk/events/figgate-park-sep-20-2014

21st	TAY SOA Level C	TAY SoSOL 1- Loch Ordie , Loch Ordie, Dunkeld www.taysideorienteers.co.uk
21st	SLOW SEOA Level B	London City Race , C ity of London, London Organiser: Vince Roper , vince@jvp.uk.com , 020 87351800
27th	BASOC SOA Level C	BASOC WOLF Urban Sprint Race - incorporating bto SOUL8 , Kingussie, Kingussie, NH755005
28th	BASOC SOA Level B	BASOC WOLF CompassPoint Scottish O League 6 , Alvie, Kingussie, NH837075 Organiser: Hilary Quick
October 2014		
11th	SOA Level B	Race the Castles - Edinburgh Street Race (UKOL) , Edinburgh City Centre, Edinburgh www.racethecastles.com
12th	SOA Level B	Race the Castles - Stirling Street Race (UKOL) , Stirling City Centre, Stirling www.racethecastles.com
18th	MAROC SOA Level B	Race the Castles including the SHI and the CompassPoint Scottish O League 7 , Balmoral, Deeside
19th	GRAMP SOA Level B	Race the Castles including the SHI Relays , Forvie, Aberdeen

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