

# The Interloper



No. 171  
June 2015

**The Interloper Men's Elite Team win the JK title again!**



**Alex Carcas, Murray Strain, Hector Haines**

**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
<b>Pub social after first run of each month (circa 20:00 hours)</b>			
02/07/2015	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	Pub TBC
09/07/2015	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
16/07/2015	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	
23/07/2015	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
30/07/2015	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	Pub TBC
13/08/2015	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	

## Wednesday Summer Series

Now the evenings are lightening up - every Wednesday is an Orienteering Wednesday. Starts typically 6:30-7:00 but check the exact schedule nearer the time. These events are low-key urban or parkland based, technically suitable for novices. There is normally a small charge to cover map printing, payable on the evening. There are a couple of previously-unused areas coming toward the end of the series.

Date	Wednesday event
01/07/2015	INT Carcas's - Pleasance?
08/07/2015	ESOC training (Long & Short, timed Start/Finish, orange tape for controls)
15/07/2015	INT Pat Squire - Oxfangs
22/07/2015	ESOC training (Long & Short, timed Start/Finish, orange tape for controls)
29/07/2015	INT Colin Ledlie - Fountainbridge and the Exchange
12/08/2015	INT Acklands - KB or Liberton
19/08/2015	ESOC training (Long & Short, timed Start/Finish, orange tape for controls)
26/08/2015	INT Eades - Gracemount?
02/09/2015	ESOC Baberton
09/09/2015	INT Paul Caban - George Square and the Meadows

## Editor's Introduction

*Mary Ross*

Welcome to the June issue of *The Interloper*. Summer has been a little disappointing on the weather front so far but there's been some fantastic orienteering, JK, British, Scottish, SOLs, and much more to come before the summer is out. (Heatwave on its way apparently...)

Big thanks to the main contributors this time around: Pat Squire, Alex Carcas, James Ackland, Jane Ackland and Paul Caban. I'm sure you will enjoy reading their tales of racing success, foreign travel and marathon pain.

After the AGM last week, we have some very good news in that we now have a Chairman! Max Carcas has nobly stepped forward and I'm sure you all join me in saying thank you to Max. Look out for words from Max in the next issue of *The Interloper!* The rest of the committee remains unchanged other than Jane Carcas is now officially our Social Secretary – we're looking forward to lots of parties Jane!

The very best of luck to our Interloper runners who have made the GB team, Scott Fraser and Murray Strain, and Alison Campbell (Team USA), in the World Orienteering Championships this summer. We'll all be cheering you on!

*Mary*



## Future Club Events

*Pat Squire*  
Events Coordinator

Since the last newsletter we have put on the following events:

26<sup>th</sup> April SOSOL Tulliallan

This was planned by Jane and James Ackland, controlled by Graeme and organised by Colin Inverarity.

9<sup>th</sup> / 16<sup>th</sup> May Saturday CATI's Livingston  
Coordinated by Ken as part of a development project with West Lothian Council, these events "opened" / "inaugurated" / "christened" two new park areas in the centre of the town.

5<sup>th</sup> June Scottish Schools O Festival,  
Dechmont

Masterminded by Ken and Max and planned by Paul it appears that well over 250 pupils took part from schools all over Scotland.

In addition we will be hosting 6 street events as part of this year's Summer series on Wednesday evenings.

Our next major commitment will be at the Six Days in August. Details are somewhat sparse at the moment but I trust that all club members attending this event will be prepared to lend a hand, as required on Day 4.

We may be offering some Saturday events during the Autumn and are proposing to run another INTrepid weekend in April (9<sup>th</sup> / 10<sup>th</sup>). This will be a 2 day offering with an urban event (part of the SOUL series for 2016) in Livingston on the Saturday and a SOL, probably at Culteuchar on the Sunday. As ever, lead officials will need to be identified shortly and helpers on the various days will be required.



## Rome

1-3 May 2015

*Pat Squire*

“... and the winner of the M65 class is .....  
Patrick Squire of Interlopers orienteering  
club from Great Britain”

Words that have never before been spoken. For the first time in my life I had to climb onto a podium. Thankfully it wasn't too high and there was a helping hand from the Organiser. However, to put matters into perspective, there were only 13 in the M65 field and the person who won both days 2 and 3 ran a different course, whether accidentally or deliberately, on day 1! This was the culmination of the 3 days of urban orienteering that was Rome 2015. The event was described by the Organisers as ‘.. a 3-day orienteering meeting in which the final results are calculated as the sum of the times of 3 races.’

Day 1 was a street race right in the heart of Rome's tourist area which added another dimension to route choice and fine navigation. Places such as the Piazza Navonna were thronged with visitors which made negotiation across the broad square very tricky. In hindsight a longer but less crowded route may have been quicker. Add to this the narrow lanes and alleyways sometimes only wide enough for 2 people and you can easily imagine the challenges that this form of urban orienteering provides.

By contrast the main challenge on Day 2 at Villa Ada (a large park to the North east of the City) was, at least for the first few controls, large areas of very dark green. We were warned by the arena announcer before starting that in Rome 'dark green means dark green' and this was no understatement. I treated it almost as a

street race with the network of earthen tracks being the streets and the impenetrable vegetation being the buildings. Although I did not realise it at the time, having lost some time finding the first 2 controls, I think this is when I gained some time over others as they must have made an even bigger 'hash' of things. Once clear of the dark green it was a fairly straightforward park-type format with some degree of route choice (thankfully paying off) but mostly direct running being the order of the day.

An early start for day 3 necessitated a taxi ride from the hotel to the event. Being around 8.30am on a Sunday morning it was nice to see some of the sites of Rome being relatively quiet and without the usual throng of people and vehicles. Villa Pamphij was the final venue. Situated across the Tiber to the West of the main centre, the Villa Doria Pamphili is a 17th-century villa with what is today the largest landscaped public park in Rome. It is clearly a popular area as there were many other folks engaging in active recreation as well as the orienteers. Formally a private estate there is still a grand mansion with very formal gardens at the heart of the park and extensive surrounding parkland with a large lake centrally located. The area is not especially technical (although as ever I still managed to make a couple of errors) but I found it quite tiring on the legs – possibly a legacy of the two previous days' efforts as much as the nature of the area's terrain.


Cumulative results for the first 2 days had been published before starting so I was aware that at that point I was leading but I thought I had lost too much time on the course to maintain the position. Although I was quite far down the field, my cumulative time was still sufficient to put me on the podium to bring back a small trophy. I guess I'm now duty bound to return in 2017 to experience more of the Eternal City. I don't think I shall need much persuading!

# ROMA CENTRO

SC. 1:5000 EQ. 9,5 M

## ROMA

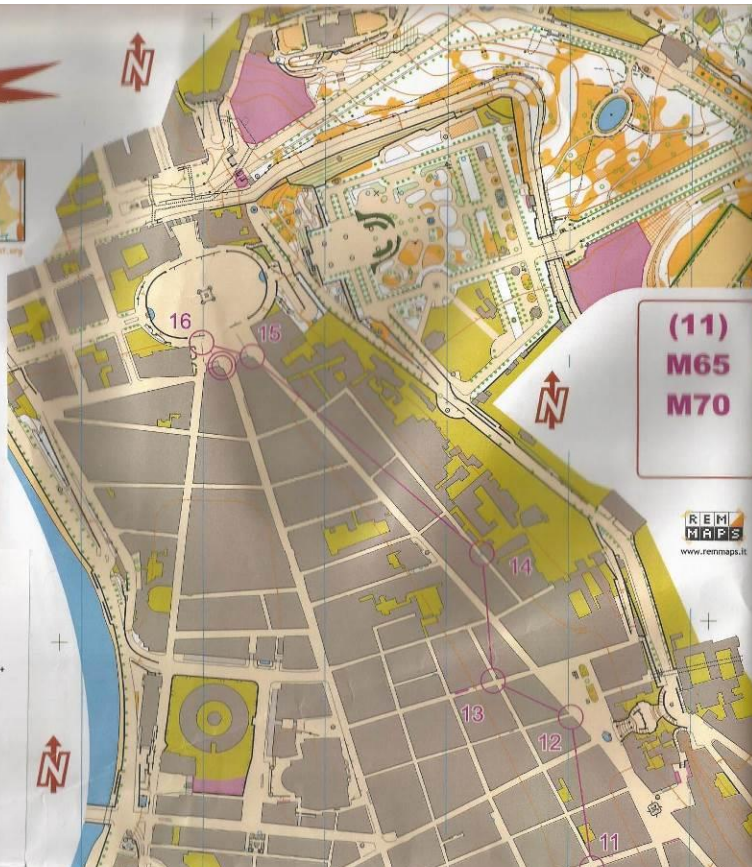
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**FISO**  
Federazione Italiana  
Sport Orientamento

**FISO Lazio**

Con il patrocinio del Municipio Roma I



ROME2015 - day1	
M65, M70	
(11)	3,5 km 5 m
1	35
2	64
3	38
4	74
5	90
6	83
7	31
8	82
9	49
10	50
11	91

15	59
16	100
40 m	

**SPLIT TIMES**  
ROME2015 - day 1 - Centro  
Date: 01 maggio 2015

Chip: 2036791 140 Squire Patrick  
Class: M 65+

**INTERLOPERS OC**

Start	Finish	Time
00:17:00	00:46:08	00:29:08

Point	Sec	Progressive
01 (35)	02:54	00:02:54
02 (64)	02:34	00:05:28
03 (38)	01:43	00:07:11
04 (74)	01:47	00:08:58
05 (90)	05:24	00:14:22
06 (83)	01:08	00:15:30
07 (31)	01:34	00:17:04
08 (82)	01:52	00:18:56
09 (49)	01:07	00:20:03
10 (50)	00:13	00:20:16
11 (91)	01:46	00:22:04
12 (92)	01:36	00:23:40
13 (77)	00:52	00:24:32

12	92
13	77
14	78


13 (77)	00:52	00:24:32
14 (78)	01:27	00:25:59
15 (59)	02:35	00:28:34
16 (100)	00:23	00:28:57
	00:11	00:29:08

Situation OK - You are on results! (1/1)

Stampa: 01/05/2015 15:53:34  
Orboc SI-Card 2.3.3 © 2007-2015 Bostek  
<http://www.bostek.it>

### ROME2015.05.01

Esatto da:



Rilievo e Disegno:  
REM MAPS - Remo Madella  
Realizzazione: Febbraio 2010  
Aggiornamento Villa Borghese: Dic. 2011  
Copyright © 2010-2015 A.S.D. Orsa Maggiore

IF SPORT-IDENT FAILS.

R	R	R
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# World Schools Orienteering Championship (version 1)

April 2015  
*Alex Carcas*

The week in Turkey for the world schools orienteering championships was amazing and one we certainly won't forget!

The Interloper crew, consisting of Alex and Freddie Carcas, James Ackland and Mairi Eades, flew out to Turkey in late April. Alex, Freddie and James were running in the school team completion whilst Mairi was in the select team.

We left Glasgow in the freezing cold, landing and going straight out into the sweltering heat of the Antalya spring and a quick dip in the accommodation pool!

Upon arriving at the hotel we decided to go for a run to explore our surrounding area... however after being chased and scared by what seemed like a huge dog every 100m, then having a blacked out – drug dealer style – 4x4 vehicle follow us for a few hundred metres we decided maybe we should ask the hotel staff where the best runs are before venturing out next time.

When practicing on the model area we realised just how hot running in Turkey could be – after a couple of hundred metres it was tops off and hit the Med to cool off!

Freddie, Mairi and James didn't do as well as they had hoped for on the first day but Alex managed to have a pretty good run, finishing second place, with only a huge Finnish athlete beating his time.

On the second day Mairi achieved 28<sup>th</sup> place in the W2 select category and ran really well through the seriously tough Turkish terrain! Alex finished 21<sup>st</sup> and James was 54<sup>st</sup>. Freddie unfortunately managed to miss-punch and still doesn't quite know where he really went! The terrain was incredibly tough with vague, steep hills littered with boulders. You'd get close to the control and then suddenly lose all confidence in where you were, shoot off and check just about every boulder in the area before finally finding the right one.



Mairi training hard in Turkey

Then we had the friendship relay. This was really good as we got to know people from other nations. I was paired with a Belgium girl and one from Latvia and Freddie was paired with another Latvian girl and a Turkish boy. We then had to try to communicate through broken English, to decide on the best routes around the score style event. The score course had a mass start and the three runners in each team had to meet up at three common controls. This was great fun, though there was one problem... 700 people (including the coaches) started together, all aiming for one of about three controls! When the start gun went it was an absolute nightmare trying to fight past all the angry Swedes, Finns, Spanish, French, Turkish and a

whole load of other athletes from other nations to try to reach number 1. Alex got to it first (possibly this included a little cross-country style elbowing) - on the other hand James had the rather cunning idea of skipping out that one, waiting for the fight to finish while punching some other controls and then returning to get it later! This time for the results it was Alex's turn to miss-punch, luckily as it was the friendship event nobody seemed to mind too much.

Over the course of the World Schools we met a lot of new people from all over the world (including competitors from Israel and New Zealand) and experienced a taste of their diverse cultures throughout the week. The culture including sharing different types of food – we had shortbread, haggis and irn bru on offer – followed by all the different nations entertaining each other with their national dances. The Scottish athletes also got quite a lot of attention in our 'funny long skirt things' (as one of the Turkish hotel workers remarked!).



James Ackland, Alex and Freddie Carcas in their 'funny skirts'

It was a really good experience and the orienteering was very different from that in Scotland and between the competitions we even managed to fit in some revision!



## World Schools Orienteering Championship (version 2)

April 2015

*James Ackland*

As the year's worst weather hit Turkey, a 32 strong team of juniors travelled across Europe and enjoyed a break from the Scottish cold and rain. Perhaps chilly by Turkish standards, the sudden heat outside the plane still caught me by surprise. The hours' drive from Antalya airport gave us our first glimpses of Turkey; at least for those of us who managed to keep our eyes open.

The World Schools competition likes to pick nice accommodation, and they hardly disappointed this time. The hotel in Tekirova was well equipped with swimming pools, sports pitches and a spa. We acclimatised ourselves with some days well spent off school sunning ourselves by the pool with complimentary drinks in the name of school sports, but were finally obliged to do some actual running.

The long distance area was an extremely runnable forest with large slopes and a surprisingly complex path network. Needless to say this perfectly suited Alex who earned himself a silver medal and the right to say that he came second in the World Orienteering Champs (sort of). Back in Edinburgh, this has earned Alex the school prize for best sporting achievement! All the rugby and hockey players have a little soul-searching to do: perhaps the

greatest success of all. Other notable Scottish results were Grace Molloy (FVO, 1<sup>st</sup>) and Eilidh Campbell (MAROC, 3<sup>rd</sup>).

Going into the Middle Distance, spirits were high with many teams challenging the podium over the rest day. However a less than spectacular performance from the all-Interlopers M1 School team left us considerably behind our competition.

The rest of Scotland managed the slow rocky terrain rather better, with Grace repeating her win and Eilidh getting the second fastest time. The MAROC junior dominance showed its (ugly) face in Europe too with a 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> from Jake Chapman, John Getliff and Joe Wright respectively. Two more podium runs came from Eilidh Shearer (ECKO, 5<sup>th</sup>) and Jura McMillan (ECKO, 6<sup>th</sup>).

No personal success in the form of podium places, but the experience itself was far better than any medal. If any young Interlopers have their eyes set on an International appearance I can't recommend World Schools highly enough. I hope in 2 years' time there will be another report in this newsletter about the next competition (to be held in Italy).



## **London Marathon**

26 April 2015

**Paul Caban**

One of my two "life's regretted missed opportunities" was never to have run a marathon. I'd trained seriously back in the early nineties, but kept getting injured, so eventually I just wrote it off as a bad idea. But late last year, when I realised I was as fit as I had been for a long, long time, I started thinking about it again. London

seemed the obvious choice: everyone I spoke to – in a casual, non-committal sort of way - who had ever done it, told me that the atmosphere was fantastic. Plus I had an entry if I wanted one: all Athletics Clubs get entries, and no-one else in my Club wanted one. Oh, and I have cousins living in Greenwich.

Early in November, once the Plantar Fasciitis was clearly going away, I completed the on-line entry form, gave my credit-card details, and back came the email confirmation. I was 'in'. All I had to do was keep fit and healthy....

I'd decided I wouldn't tell many people, principally because with my history of injuries, I figured it was only fifty-fifty on making the start. I'd been doing James' Tuesday evening intervals sessions, so it seemed a smart move to tell him. He was full of helpful suggestions. Then at my birthday party, I quietly told Karen too, as I knew she'd run at London last year. She promptly suggested I join the City of Edinburgh Sunday morning long run. That turned out to be a fantastic thing to have done. Thanks, Karen.

I took it easy over Christmas, but the first Sunday in January at 9:00 am, found me loitering at Craiglockhart Tennis Centre car park, looking at all the really fit people in sensible – i.e. wind- and water-proof – clothing, and thinking, this might be hard .... The shortest run that people were doing was only 12 miles. Only! Most people were doing 16. But Karen assured me I'd be fine, put me with a couple of fit looking blokes, and told me I'd enjoy it. And she was right. Having spent most of the year running on my own, it was great to do a good-paced session with others, many of whom were also aiming for London.

January and February settled into a rhythm. Tuesday evening intervals;



Wednesday evening laps of the Meadows (dull, but there are good enough street-lights that I wouldn't need a torch); Interløpers Training or FWTN on Thursday, lengthened by running out to it; cross-country on Saturday; long run on Sunday. By mid-February I was up to around sixty miles per week, and the longest run was 18 miles. Oh, and Ann and Graham had guessed: they'd recognised the signs from Ann's training for the Edinburgh Marathon last year.


Then disaster struck, at the National Cross-Country Champs. Calendar Park was a quagmire: ankle-deep mud, made it feel like the Somme. I had a great run, but the next day I was tight in the back of my right leg, which I put down to having to lift my feet up to make progress. Over the next couple of days it got worse. I took a week off, and it improved a little, but I could only run every other day. FASIC, the University's Sports Injuries people gave me lots of good stretches – which certainly helped – and also took my orthotics in for a little adjustment. That turned out to be the key: once the orthotics came back, the tightness went away very quickly. By then, I'd had three weeks with only half training, but I also knew I had enough mileage in my legs that I should be OK to get round.

April was really hard, not for the training, but for what I wasn't doing. I didn't go to the JK, as I needed to get the last, long 22 mile run in, before the taper started. And I didn't go to the British, as that was the weekend before London. By then, I was down to 15 miles that week, and just wanting it to be over.

Sunday in London was very cold, but dry: ideal marathon weather in fact, although the waiting around at the start was no fun – I kept thinking of baby penguins in the Antarctic all huddling to keep warm. Eventually we were off. And it was absolutely amazing. There really is a

fantastic atmosphere, and so much goodwill. I'd decided I was going to target three hours. That was a little ambitious – the top end of what was achievable if it all went well – but, hey, I was only going to do this once. And so for the first twenty miles everything was perfect, and to plan. But then things started to go wrong. Badly. And very quickly.

I'd felt my legs starting to weaken, so I took on a couple of the event 'gels', i.e. not the ones I was used to. Within a mile, my stomach was gurgling, and just after 23 miles, back they came .... I actually felt a little better after that .... until both legs cramped up somewhere near 25 miles, caused – I'm guessing – by being more than a tad dehydrated by then. I had to stop and stretch for a good three or four minutes, and then take it very carefully all the way to the finish, which really couldn't come soon enough. I crossed the line in 3:21. It's fair to say I was a little disappointed, but – once I'd stopped shivering (and been sick, again) – I came to realise it was still a pretty good time. Plus it gives me something to aim for next time.



**Scottish Schools  
Orienteering Festival**  
5 June 2015  
*Jane Ackland*

The Scottish schools event is one of the highlights of June, usually occupying the first Friday and giving kids a much anticipated day off from school...which they would have got anyway (at most Edinburgh schools), it being the preferred date for sports day. A conflict for some, an obvious easy decision for others.

It is, of course, a compulsory event to attend in even numbered years if you are planning an attempt at selection for the World Schools competition. This, in turn, by all accounts is a must-have. Judging by the transformed (motivated) returnee to the Ackland household at least, attending the World Schools in Turkey was time (even revision time), fund raising and money (thank you Interlopers) really well spent. Back to the Scottish Schools event this year; there was the promise of unrivalled organization (thank you Ken) and well considered perfectly planned courses courtesy of Paul, and an easily reached venue in Livingston, and the cheery face of Blair Young, clearly recovered from his hard-working trip as organizer of the Scottish team in Turkey.

We Interloper parents prepared our George Heriot School (GHS) team with one training session for the younger kids on Blackford Hill and the Hermitage, just four days before the event. (I'm sure Lorna had the Heriot kids better prepared!) We were ably assisted by our offspring, who then went on to put their own age groups through their paces on Haggis Knowe the next day.



George Heriot School Team Photo: J. Ackland

Jane C masterminded the organization of our massive school team of 26 (P7 girls, S1 girls, S3, S4 and S5/6 boys); an impressive feat given that she was needed

elsewhere, and the threatened rail strikes messed with the plan (reinstated at the last minute) to allow the older kids to go green and use public transport.

Paul's courses were extremely well received, and it was fantastic seeing all the cheery faces at the end of the day, already planning for next year. There was glory for the Carcas contingent, with Pippa, Freddie and Alex all winning their respective courses. There were podium positions too for James and Mairi, and team trophies in excess heading towards the GHS trophy cabinet.

Many thanks to Interlopers for hosting this event, and to our school team and a great group of helping parents for making it such a good day out.



**Jamie Stevenson Trophy**  
14 June 2015  
*Mary Ross*

The Jamie Stevenson Trophy (an annual inter-club competition for Junior orienteers in Scotland) took place at Kinnoull Hill, Perth, on Sunday 14<sup>th</sup> June. Interlopers was well represented with a team of 15 athletes.

The day started chilly but by the time the runners were back and the BBQ was going we were basking in lovely sunshine.

A parade of the teams was followed by a warm-up session to some cheesy orienteering songs.

The woods proved pretty challenging with a maze of confusing paths but all the juniors



Interloper team (l-r): Pippa Carcas, Katie Johnson, Joseph Bartlett, Kirsty Owen, Fiona Eades and Nellie, Mairi Eades, Thomas Ross, Sam Galloway, Leah Bartlett, Thomas, Sam Bartlett, Anthon Longmore, Matthew Ross (James Ackland and Freddie Carcas not in photo) Photo: M. Ross

completed their courses, with top scorers being Fiona Eades, Pippa Carcas, Thomas Ross, Sam Galloway, Katie Johnson and Leah Bartlett.

The Interloper team ended up in a credible 5<sup>th</sup> position (out of 12 clubs in total) with Maroc just taking the winning spot ahead of Ecko and FVO.



A rather disorganised Interloper team leading the parade! Photo: M. Ross



Thomas, Joseph, Sam and Matthew toasting marshmallows Photo: M. Ross

Leah says, 'The juniors had great fun toasting marshmallows at the Jamie Stevenson! The perfect marshmallow was hard to achieve but many juniors managed in the end. Though many cocktail sticks were burnt on the barbecue and many marshmallows were dropped in the ashes it was still great fun.'



Fiona, 2nd girl on the Yellow course Photo M. Ross

## Child Protection/PVG

**Barry Owen**

Club Child Protection Officer

In a recent email from Hilary Quick (SOA Development Officer), she informs me that the SOA board have now removed the necessity for PVG Scheme members to “renew” their membership on a periodic basis. However, this does mean that scheme members have to keep the PVG Scheme apprised of any changes in their circumstances, as outlined in the following from Hilary’s email:

*“PVG Scheme members must remember to inform Disclosure Scotland when they move house. Also, when they change club, they must apply for a Scheme Update before they undertake regulated work with their new club. We also recommend that they should advise Disclosure Scotland that they are no longer working for their old club (otherwise personal information could be sent to that old club’s CPO). So if a new coach appears in your club, you MUST ensure that they apply for a Scheme Update.*

### **Who needs PVG membership?**

*Some people are still uncertain as to whether they need to join the PVG Scheme. Two factors seem to cause particular confusion, so it’s worth stating these clearly:*

- *anyone who regularly coaches juniors is doing “regulated work” and must be a PVG Scheme member through the club (this should be clear from their role description)*
- *it is not enough to be a PVG Scheme member through another organisation – the link with the club needs to be established by applying for a Scheme Record Update through the club (via SOA)”*

So, it would appear that this means less input from PVG Scheme members, as long as they are not flitting from club to club or moving house every year!

New members of Interlopers who wish to undertake “regulated work” (coaching etc.) should contact me for the necessary paperwork.

## Junior News

**Jane Ackland**

Juniors – Dates for your diaries  
5-6 Sept, 18 Oct

Don’t forget the Compass Sport Trophy Final in the Lake District (**Helsington Barrow**, nr Kendal) on **18<sup>th</sup> October**, so plan your half term holidays with care.

Please mark **5-6<sup>th</sup> September** on your calendars for the **Junior Inter-areas weekend**, this time based at **Lagganlia**. Perfect for any junior happy to spend a night away and who can do a yellow course (in the relay) on their own. As East are the organisers this time, I will be hunting for parents (and other saintly types) from all the East clubs who would

like to help out. The unfilled posts are: relay planner, relay organiser, relay control collectors, shopper/caterer for approx. 100 breakfasts and pack lunches (dinner is provided), games master for Sat evening, crowd-controllers. If you see your name written all over one of those jobs, please let me know!

If you haven't been receiving junior details from me (e.g. the details of the ESOA junior training), please get in touch so that I can update the junior group email list.



## SOA News

### **Courses etc. – bookings now open for:**

- Coaching Foundation course, 12 September, Glasgow
- Coaching Foundation course, 19 September, Inverness
- UKCC Level 1 coach course, 31 October – 1 November \*
- UKCC Level 3 coach course, 7-8 November 2015 – COURSE FULL

All dates are in the complete course schedule:

<http://www.scottish-orienteering.org/course-schedule>, including several dates for Teaching Orienteering courses – please make your schools contacts aware of the information at [www.scottish-orienteering.org/teaching](http://www.scottish-orienteering.org/teaching) UKCC Level 1 courses marked with \* are the two-day versions which require you to attend the Coaching Foundation course first.

The **Coaching Foundation** course gives experienced orienteers the skills and tools to coach beginners and returners of any age. It would also make a useful

update or refresher for anyone whose coaching might be a bit rusty or who just wants the opportunity to exchange ideas. These courses are part of the planned offerings to help you make the most of the growth in interest that should result from WOC 2015.

Remember we also offer workshops for both **Planners** and **Organisers** – these can be delivered by one of your members if you wish (using materials that we can supply), or we can arrange to wheel in an experienced tutor for you.

**OCAD** and **Condes** courses can also be arranged. Controllers' courses are also offered at approximately yearly intervals. For all of these, please get in touch if you'd like one to be run.

### **Funding opportunities through SOA**

Development funds are available for club projects – next deadline 1<sup>st</sup> October. For details and form see <http://www.scottish-orienteering.org/soa/page/soa-club-development-fund>

6 Day Mapping Fund – see

<http://www.scottish-orienteering.org/soa/page/scottish-6-days-mapping-fund>

### **Marsmilk play fund**

49 cash awards over a five month period to sports individuals, projects and clubs.

Every week, two deserving applicants will be selected to receive a donation of £300. There will also be a monthly £1,000 award, where the public can vote for their favourite sports entry.

[www.marsmilk.com](http://www.marsmilk.com)

### **Mountain Weather**

Members are invited to comment on proposals relating to the Mountain Weather Information Service – use the following link to comment before the end of June:

[www.surveymonkey.com/s/WeatherOrienteering](http://www.surveymonkey.com/s/WeatherOrienteering)

# Fixtures 2015

www.britishorienteering.org.uk

July 2015		
18th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Blackford Hill, Edinburgh, <a href="#">NT258706</a> Entry times: 14:00 - 15:00. Dogs: No dogs on the courses..
August 2015		
1st	SOA Internati onal	<b>World Orienteering Championships 1-7 Aug/World Cup Rd 3</b> , Scotland
2nd	SOA Level B	<b>Scottish 6 Days - Day1</b> , Keppernach, Inverness <a href="#">www.scottish-orienteering.org</a>
3rd	SOA Level B	<b>Scottish 6 Days - Day2 (UKOL)</b> , Glen Strathfarrar, Inverness <a href="#">www.scottish-orienteering.org</a>
5th	SOA Level B	<b>Scottish 6 Days - Day3 (UKOL)</b> , Darnaway, Inverness <a href="#">www.scottish-orienteering.org</a>
6th	SOA Level B	<b>Scottish 6 Days - Day4</b> , Darnaway, Inverness <a href="#">www.scottish-orienteering.org</a>
7th	SOA Level B	<b>Scottish 6 Days - Day5</b> , Glen Affric, Inverness <a href="#">www.scottish-orienteering.org</a>
8th	SOA Level B	<b>Scottish 6 Days - Day6</b> , Glen Affric, Inverness <a href="#">www.scottish-orienteering.org</a>
30th	STAG SOA Level C	<b>17th Glasgow Parks Championships - Race 1</b> , Top Secret, Glasgow Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="#">www.stag-orienteering.co.uk</a>
30th	STAG SOA Level C	<b>17th Glasgow Parks Championships - Race 2</b> , Top Secret, Glasgow

		Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="#">www.stag-orienteering.co.uk</a>
30th	STAG SOA Level C	<b>17th Glasgow Parks Championships - Race 3</b> , Top Secret, Glasgow Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="#">www.stag-orienteering.co.uk</a>
September 2015		
5th	BASOC SOA Level C	<b>Highland WOLF Middle Distance</b> , Anagach and Heathfield, Grantown-on-Spey, <a href="#">NJ038283</a> Organiser: Chris Godlington <a href="#">www.basoc.org.uk/home/highland-wolf-2015</a>
5th	BASOC SOA Level C	<b>Highland WOLF Urban Sprint, SOUL 6</b> , Grantown-on-Spey, Grantown-on-Spey Entry times: Afternoon. <a href="#">www.basoc.org.uk/home/highland-wolf-2015</a>
6th	BASOC SOA Level B	<b>Highland WOLF CompassPoint Scottish O League 7</b> , Loch Vaa North, Boat of Garten, <a href="#">NH924191</a> Entry times: Registration 10-12. No dogs allowed. Organiser: Marion MacCormick <a href="#">www.basoc.org.uk/highland-wolf-2015</a>
12th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Lauriston Castle, Edinburgh, <a href="#">NT203758</a> Entry times: 13:30 - 15:00. No dogs allowed. <a href="#">www.esoc.org.uk/events/lauriston-castle-sep-12-2015</a>
19th	AIRE YHOA Level A	<b>Dales Weekend Day1/Northern Championships(UKOL)/Senior Home Internationals Individual</b> , Monk's Road (Malham Tarn to Arncliffe),

		Settle, <a href="#">SD893672</a> Dogs: No dogs please. This is sheep country. Organiser: Chris Burden
20th	ESOC SOA Level D	<b>ESOC Ultrasprint</b> , Figgate Park, Edinburgh, <a href="#">NT299736</a> Entry times: Registration for EOD: 13:00 - 14:15. Starts: 13:30 - 14:30. Dogs: Figgate Park is a popular dog-walking area so dogs are allowed.. <a href="#">www.esoc.org.uk</a>
27th	RR SOA Level C	<b>SOUL 7 (Scottish Urban League)</b> , Jedburgh
<b>October 2015</b>		
10th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Holyrood Park, Edinburgh, <a href="#">NT281731</a> Entry times: 13:30 - 15:00. Dogs allowed. <a href="#">www.esoc.org.uk/events/holyrood-park-oct-10-2015</a>
11th	ESOC SOA Level C	<b>ESOC - SoSOL incorporating ESOA Championships</b> , Hopetoun House, Edinburgh
18th	SROC NWOA Level A	<b>Compass Sport Cup Final</b> , Helsington Barrows, Kendal Organiser: Richard Towler
24th	TINTO SOA Level D	<b>28th Tinto Twin - Day 1</b> , Lanark

25th	TINTO SOA Level C	<b>28th Tinto Twin - Day 2</b> , Lanark
31st	STAG SOA Level C	<b>STAG Weekend Race 1 of 3 - SOUL 8 Sprint</b> , Cumbernauld, Cumbernauld Dogs: On leads at all times.. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="#">www.stag-orienteeing.co.uk</a>
31st	STAG SOA Level C	<b>STAG Weekend Race 2 of 3 - Middle Distance</b> , Cumbernauld , Cumbernauld Dogs: On leads at all times.. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="#">www.stag-orienteeing.co.uk</a>
<b>November 2015</b>		
1st	STAG SOA Level C	<b>STAG Weekend Race 3 of 3 - SOUL 9</b> , Cumbernauld, Cumbernauld Entry times: 10.30 - 12 Noon. Dogs: On leads at all times.. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="#">www.stag-orienteeing.co.uk</a>

## Compass Point Sponsorship



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