

The Interloper



No. 172
September 2015

Interloper Murray Strain and Harlequin Tessa Hill tie the knot



Photo G. Haley



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)			
01/10/2015	FWTN		
08/10/2015	Craigmillar & Jack Kane: From Glenallan Dr (mid to NE end) -14	NT279707	
15/10/2015	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	
22/10/2015	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
29/10/2015	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
05/11/2015	Blackford & Braids: From Blackford Observatory car park -1	NT258705	Braidburn Inn
12/11/2015	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	
19/11/2015	Holyrood & Craigmillar: From Holyrood House car park -11	NT270738	
26/11/2015	Castlelaw & Harbour Hill: From Castelaw Ranges car park -5	NT230637	
03/12/2015	Boghall, Allermuir & Castlelaw: From Boghall Farm public car park -16	NT245652	Flotterstone Inn
10/12/2015	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
17/12/2015	Holyrood & Duddingston: From Holyrood House car park -12	NT270738	Soup at Kens

Editor's Introduction

Mary Ross

Welcome to the September issue of *The Interloper*. Apologies for the delay in the production of this issue, a combination of articles rather slowly trickling in and me sunning myself at the Porto City Race. I might even tell you more in the next newsletter, but I had a lovely time exploring a very old and beautiful Portuguese city, enjoying cheap

coffee and 'green' wine, and managing to come home with a lot of Port courtesy of generous prizes!

I hope you'll enjoy reading this issue. Someone suggested to me recently that perhaps not that many of you read this newsletter. I was shocked. She swore that she did. Anyway, if that's you, why don't you give it a go and get past my dull Intro?! There's Max's first ever Chairman's Chat, news, event updates, tales from Slovenia and London and more...

Mary



New Chairman's Chat

September 2015

Max Carcas

Well, this is my first chat as Chairman of Interlopers! After seeing off my rivals at the AGM I was pleased to be elected although it was a close run thing with Jane C as I'd almost volunteered her...

Well, what an action packed time we've had over the summer. The big event was of course the Scottish Six Days and the World Orienteering Championships which could only happen through a tremendous effort from volunteers including many Interlopers. In particular I'd like to mention Graeme Ackland who planned the WOC middle event in Darnaway – despite fighting off interventions from 'armchair planners in Norway'; Lorna Eades who commentated and co-ordinated everything to do with TV (did you see the BBC's Adventure Show on the 27th September? You can still catch it on iplayer), Colin Eades who was Controller for the WOC Long at Glen Affric as well as 'doing' the Six Days, Graham McIntyre who was Technical Director on the WOC Organising Committee and Ann Haley who was data manager on the WOC volunteer team, not forgetting everyone who helped in some way with the Six Days, starts and control hanging etc.

Then of course we had great results from Interlopers at the WOC: Hector Haines – 10th in the middle and 17th in the long, beating fellow Brit Graham Gristwood by just 17 seconds, Scott Fraser and Murray Strain – 13th and 18th respectively in the Sprint Final in Forres. Of course all this happening whilst the Six Days were on as well.

Then we had the summer 'Sprintelope' series of low-key urban events which were great fun and made use of the Interlopers SI kit (officially on loan from BOF) - thanks to everyone who planned those.

Ken Daly has also been very busy and has created three permanent orienteering courses in Livingston – Eliburn, Almond Park and Dechmont Law with the support of West Lothian Council. I think there's no shortage of maps so if you know of anyone or a school who wants to give this a try then go for it!

In terms of forthcoming events we'll have the Halloween Vampire O coming up (in some shape or form to be decided). Also coming up even sooner is the CompassSport cup and then we need to plan and organise a SOL for April next year. Volunteers required!

So what would I like to see happen as Chairman? I'd like to increase our membership, particularly to target families with younger children and build on relationships with schools that we already have. Orienteering is now in the S1 curriculum apparently. I'd also like to add some new maps to our cache. We are looking at extending the Gullane map with the Scottish champs in 2017 in mind and are looking at other areas. If anyone knows of a secret unmapped area close to Edinburgh with fantastic features do let me know!!

I think that's all for now. Happy hunting out there!

Max

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Reminder: Compass Sport Trophy, 18th October, Helsington Barrows, nr Kendal

The **Finals** of the CompassSport Cup & Trophy competitions are being organised by SROC and will take place at **Helsington Barrow, near Kendal in the Lake District, on Sunday 18 October.**

It would be great if we could send as strong a team as possible to the final as I would expect us to be in contention to win the Trophy competition. Note that it is very helpful to have in each class not just those runners who are expected to provide the scores which count towards the team score but also one or more additional runners. As well as acting as backup in case of an injury, missed control, or mispunch these runners can potentially reduce the points scored by runners from other clubs.

Make sure you are part of the team for 2015, and maybe we can come home with the Trophy!



Club Training

Paul Caban

Interløpers holds 'terrain training' every Thursday evening, unless there's an event on. We have around 15 different routes, stretching from Red Moss and Harlaw round on the Balerno side of the Pentlands, to Castlelaw on the east side, as well as routes within the city, including the Braids, Blackford Hill, Holyrood Park, Craigmillar Castle, Corstorphine Hill.... The schedule is on the Club web site, although has yet to have Fight-With-The-Night included, so is subject to change.

We typically run for around an hour, covering around eight to nine km. There's a 'hard core' of Ann & Graham, Rob, Max, Rachel, Ken and myself, together with other semi-regulars, including Pat, Chris, Colin When numbers are good, we might split into fast and slow groups, but otherwise, we're sociable, and wait to regroup every kilometre or so. Last week was going to be the last of the year that we could manage without a torch at the end; and in a month's time, it'll be dark for the whole run, so a torch will be necessary. I don't think we've missed a week yet, but check with one of the regulars if you're worried about being, er, lonely.

See you out there.



Events Update

Pat Squire

Events Coordinator

Previously

Summer series

As many will already be aware, having taken part in one or more of the events, we were heavily involved in this Summer's Street series with 7 of the events having been planned / organised by Club members. Thanks are due to Robin G., Max C., Pat S., Colin L., Ackland family, Eades family and Paul C. for their various contributions and to Graeme A. for coordinating the whole series. We would anticipate being similarly involved next time so if anyone has any comments regarding the events and suggestions for change / improvement please let either myself or Graeme know.

2015 Six Days

Our formal Club commitment to this year's Six Days was to run the Blue / Green starts on day 4. This was accomplished with the aid of more than 30 club members plus

help from various family members, friends and a group of competitors from New Zealand. The assistance of everyone is gratefully acknowledged.

Various other Club members were heavily involved in other aspects of the Six Days and / or WOC.

For the future **Saturday series**

We are proposing to offer two Saturday series events this Autumn, subject to the necessary permissions being obtained. The first will be on 7th November at Blackford Hill and Family Carcas will be running this one.

The second will be at Corstorphine Hill on either 5th or 12th December and we are needing folks to plan and organise this. As I have mentioned previously these low-key events are ideal ways for those of you with limited experience of officiating to gain some practice and to put into practice what you have learnt on a course.

For both these events it will be very helpful if there are a number of club members around to give advice and assistance to newcomers and less experienced participants for whom these events are intended.

SOSOL

We are wanting to offer an event in this series. If it can be scheduled in November of this year it will probably be based at Riccarton but if we need to go into 2016 then Calder Wood is a likely location. A planner and organiser as well as on-the-day helpers are required.

INTrepid weekend

We are going to be offering another double header weekend on 9th / 10th April with an urban event on the Saturday in Livingston and a SOL on Sunday. Culteucher (off the

M90 just south of Perth) is the most likely venue for this event.

Offers for Planner and Organiser are now being sought.

2017 Six Days

As you will be aware from previous Newsletters we are the lead Club together with MAROC for the next 6 Days. This means that we should jointly be forming the Central Organising Team. A number of posts have already been filled but several still remain so if you would consider taking on some central role, especially now that this year's 6 Days and WOC are behind us, please do let me know.



Award of Interlopers' 'Gullane Rock'

18 June 2015

John Barrow

As I understand it, my nominee was introduced to the Club by Carol McNeill way back in the early 80s, while he was working at Dunfermline College of P.E. at Cramond, which in 1987 merged with Moray House. This all happened while I was away in Australia, so the details are a bit hazy. Suffice to say that, on my return in 1985, there he was, already a stalwart of the Club.

Since then, his name has popped up time and again in matters concerning the running of the Club. He has planned LOLs (later SoSOLs), and has organised many events, including SOLs at Gullane and Dalrulzion, the Scottish Score at Pitmedden, and countless CATIs.

He served on the ESOA and Club Committees for several years. In 2003, he took on the taxing role of Day Coordinator for Moray 2003. (I have a photo

somewhere showing him taking matters into his own hands on top of a skip in the campsite car park.)



Photo J. Barrow

After a break to sort out a troublesome hip, he has returned to the fray. You will have read of his exploits in the Newsletter, and elsewhere, taking part in Urban events in exotic places such as Venice and Rome.

A particularly important role came his way last year, when he volunteered to take on the position of Events Coordinator, a vital role that takes a great load off the Club Chairman. Again you will have seen his numerous e-mails, cajoling you all to take on organising or planning forthcoming events. He'll be at it again at this year's 6-Days, where he will be acting as Club Liaison for Day 4 at Darnaway.

So it is my privilege to award the Gullane Rock this year to Pat Squire.

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London City Race ('have Oyster card will travel')

11-13 September 2015

Pat Squire

Held on 11th, 12th and 13th September this year's London City Race was extended to 3 events with the addition of an evening

urban sprint in the area of Imperial College and the Albert Hall in Kensington.

The preliminary information suggested that head torches might be useful as an aid to map reading but that there should be enough street lighting for navigation. What was not mentioned was the fact that from the Start in a well-lit area, courses plunged us into a small dark area of park that was tricky even with a head torch. Similarly the Finish and final 3 or 4 controls were also located in a dark tree-lined square. Add to this a three-dimensional landscape within Imperial College itself and several narrow passageways that were easy to miss and you can appreciate that the weekend got off to a challenging but very satisfying start.

The main London City Race (apparently the 8th in the series and part of this year's European City Tour) was based in the Wapping area just to the east of the Tower of London and St Katherine's Docks both of which were included on the map albeit being out of bounds. The area itself was a combination of modern housing estates, small parks, historic docks and wharves, shopping and commercial zones and busy main roads with few crossing points.

Directly from the Start most courses entered a tricky area of parkland and housing estate for the first few controls. The presence of many impassable walls meant that planning appropriate routes from one control to another became an immediate challenge. Thereafter my course at least took me on legs that offered a number of choices but generally not of an overly complex nature. The route back to the finish area was crossed by main roads with a couple of underpasses being marked as the only crossing points. With only one of these being on a line that I needed to take, there was no choice and the long leg from 9 to 10 became a bit of a slog. However the final few legs provided quite a challenge for tiring legs and

befuddled brain cells. Under these circumstances rehydration in an old riverside hostelry was more than justified and a very pleasant time was spent sitting out in sunshine watching the activity on the river highway.

Sunday's event was an ultra sprint located in Waterlow Park in Highgate, North London. The format this time was of 3 'prologue' courses which were taken in random order throughout a 2 hour time slot. The map was highly detailed (1:1250) with virtually every individual tree shown. There was a high density of controls often with 2 controls either side of the same tree and NO control descriptions! If you made an error 30 s was added to your time as a penalty. Each stage of the prologue involved up to 30 controls in a leg of around 1k in length. In addition to controls in the parkland a maze had been constructed in the middle of a largish open area and this was visited once or twice on each leg. To say that it was fast and furious is a considerable understatement.

Once all 3 legs were completed total times (included penalties) were determined. The fastest 4 in each class raced off head to head over the Final butterfly style course, again with 30 controls or so and a slightly longer distance. After all the class leaders had set off the rest of the 'punters' ran the same routes starting 4 persons at a time every 15 s. 'Confusing chaos' is a fair way to describe the way I felt about it with controls and runners everywhere!

Great fun and an excellent way to end what had been for me, at least, a most enjoyable and challenging couple of days. The ability to see some of the final laps of the Tour of Britain cycle race in the centre of the capital before catching the train home was an added bonus.



OO Cup, Lokve, Slovenia

25-29 July 2015

Rachel Kirkland

Rachel travelled to Slovenia with Mark and Kerry Wood and some other ESOCy people... Sally and Crawford Lindsay.

"It seems that whenever OOCup is organized in Lokve area, it's labelled as the most challenging ever by many of participants (remember 2011? :). We have stopped counting people telling "that was the most difficult orienteering race of my life, physically and technically ...". Indeed, the terrain is very demanding and you must be very tired now. But you DID IT and you'll have something to talk about to your grandchildren :)" – taken from the OO Cup website.

Well we know nothing of 2011 so you'll need to ask Ken about that one but looking at his maps I was a little bit scared!

This was our second foreign orienteering holiday after having tackled the heights of the Swiss-O-Week in Zermatt last year. Lokve, this years event centre, is a small village in the Karst region of Eastern Slovenia. Travel was relatively easy with numerous route choices but we chose to fly from Edinburgh to Ljubljana via Stansted. Arriving to 35 degrees of heat was somewhat of a shock to the system but after collecting our hire car and finding the air con we made our way out of the airport without too much trouble...remembering to drive on the correct side of the road while working out how to drive an automatic left-hand drive car. A bit like patting your head and rubbing your stomach at the same time!!

Ljubljana airport is about a 2 hr drive from Lokve so we headed off around the

motorway, me driving and Mark navigating (well you all know how rubbish my navigating is). So after about an hour Mark decided we should take a more direct route and avoid going through Nova Gorica so we came off the motorway and headed to Lokve from a south easterly direction. The last thing Ken had said before we left was to stay on the main roads as some of the back roads turn into dirt tracks and can sometimes just end! Twenty minutes later the road turned into a single track dirt road...had we missed a sign...was Mark's navigating as bad as mine after all? No, this was the actual road and yes the lack of signs was a little disconcerting, even with Ken's warning but we finally...after about an hour and 10 km of very single track dirt road, one other car and a few mountain bikers, arrived in Lokve...a little bit dustier than when we'd started!

So to the orienteering...the terrain was almost completely covered in trees with very few open areas and was very steep and rocky in places with large amounts of crags, boulders and sinkholes. I somehow missed the big abysses that we were warned about which is just as well because the sinkholes I did go in were pretty big! I'm not sure health & safety regulations have made it to Slovenian orienteering yet as some of the control sites were pretty extreme too!

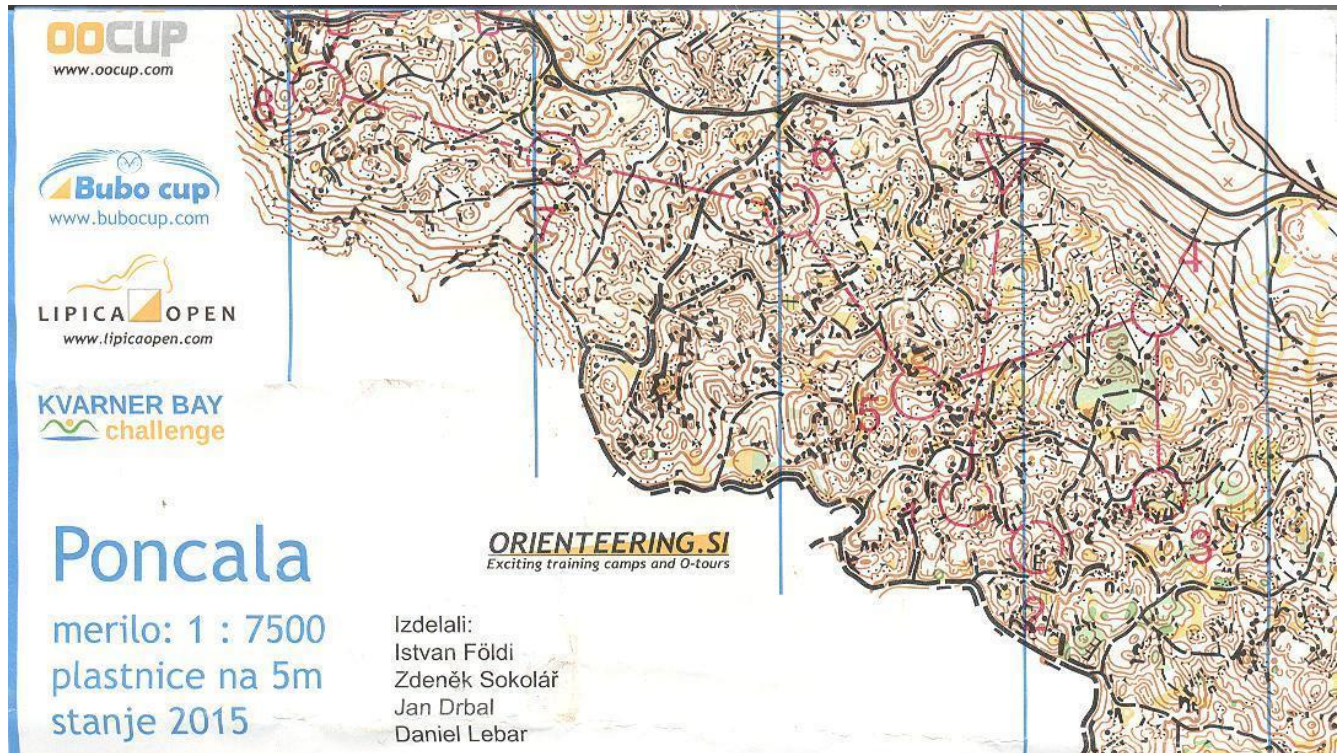
We attended the training day event which proved very useful and gave us an insight into how technical the areas were going to be. It also showed us that some of the paths could be quite indistinct but once you adjusted to this it became much easier. I think this was by far the hottest day or maybe it was just that we were not accustomed to this sort of heat.

The great thing about this OOCup was that the finishes were all within walking distance of the event centre and the starts were all

either a short walk or bus ride away so no long drives or traffic queues.

Day 1 arrived, was that thunder we could hear in the background? It was getting pretty grey and cloudy. Well, everyone else was heading off to the starts so we joined them on the short walk to the north of the village. So I made it to about control 3 before it went pitch black in the forest and the heavens opened. Not entirely into the map at this stage and actually struggling to see it in the dark (why did I not take my head torch with me?) I opted for the longer path route choice to control 4. Surprisingly this actually turned out to be a pretty good choice and faired well against my peers. As we had an early start this day we decided to visit Tolmin Gorge in the afternoon which was a short drive away and just inside Triglav National park. Again heading off on a track dirt road before finally joining a single track tarmac road where I only had to reverse twice to let vehicles through – fun! The gorge was pretty impressive but while we were there the thunder started rumbling again, so a hasty retreat was made. Despite this it was well worth a visit. That night we experienced the most spectacular electrical storm I'd ever seen and it put the power out in the whole village. I'm glad we weren't camping!

Day 2 start – the power now back on - was a short bus ride away and again the terrain was very technical with lots of rock features so making a distinction between path and crag was quite tricky. I started off well and was in touch with the map however a cave at control 6 eluded me for some time (a 25 min leg) before I finally found it (see extract below leg 5-6). After that things picked up again and despite this error I was not too disappointed with my time. This was probably the most technical day of them all for me.



Day 3 start was again a short bus ride away, this time with a return trip too unless you wanted to warm down with a walk back to the event centre. A shorter course today with less rock so much more runnable. I even managed to help a lost orienteer (a certain ESOC member who is often seen with a camera in his hand)! A trip to the local town of Nova Gorica for ice creams was today's treat...did I forget to say we had pancakes at the gorge?

Day 4, the shortest day of them all, was in a similar area to the training day so I wasn't looking forward to this. Despite being another very technical area it turned out better than expected and I ran ok. The rest of the day was spent exploring the village including the local church whose bell rang at 9.05pm every day for some reason we never worked out, the ski slope and the mast at the top of the hill above the day 1 start which had amazing views all around the surrounding valleys...trees as far as the eyes could see.

Day 5, billed as being a mix of days 1-4, wasn't completed by us. Kerry hadn't been well the day before so ended up at the hospital with an overnight stay which was a whole new experience and not one to be repeated we hope. On looking at the days results and hearing from those that did compete, this was by far the hardest day with some quite long course times. Maybe it was just as well we missed this one!

After finally getting Kerry released from hospital we just had time for the drive back to the airport and our flights home, only to be delayed in London. We finally made it up to Edinburgh only to have the head patting, stomach rubbing problem...now how do I start my car again?!

So in conclusion, I can definitely agree that OOCup 2015 was a very technical and challenging event which I absolutely loved and despite being very tired at the end we still made it to the Scottish 6-days.



The Harvester

27-28 June 2015

Paul Caban

I haven't been to The Harvester, the British overnight relay normally held in June, for a good few years now. And I wouldn't have gone this year either, but for the fact I was down that way – the Wiltshire-Dorset border, for a week's holiday. Once I'd realised that I was going to be there, I mailed the Organiser, offering myself up as a 'spare' runner for an incomplete team. As it happened, a few other people had done likewise, and I found myself as part of a Wim 'ad-hoc' team. And by dint of saying 'I'd do anything', guess who ended up with the long, middle-of-the-night leg?

I did the tourist thing on the way down, and called in to Stonehenge. In the car park was HH member, one time UoE geologist and Sheffield flat-mate of Andy Kitchin, Kev Fielding with two of his sons. We chatted a bit, and agreed to meet up later. After some food, it was on to Assembly, which turned out to be an absolutely perfect flat field surrounded by trees on all sides. As the organiser noted, there was absolutely no-one who could be disturbed even if we did plan a riotous party.

I met up with my team-mates: a very mixed bunch including Jonny Crickmore's 'only occasionally orienteering' brother on the glory (long day) leg, a Cambridge Uni. speed-merchant on an orange-standard leg (no, me neither), and Charlotte, a nice W60 lady from Sarum on the first leg. The rest of the evening was spent meeting old friends, including the various people I'd met on my Urban forays, and FVO people – most of whom I recognised – and who were attempting to win both the men's and women's races, again.

Eventually it was midnight, and the first legs started. As I was running leg 2, and it wasn't worth going to bed before my run, I milled around to see the first people head off. Then I figured I'd have just under an hour to get ready before the leaders came in, and maybe another half-hour before I went out. I got the first bit right, at least. The leaders came in, and the hand-over comments were always the same: lots of brambles and stick to the paths for as long as possible. Half-an-hour later there were just two of us: Sarah-Jane Barribal, and me. And then it was just me for another 30 mins, during which the several leg three runners, and the leading leg four runners were going out. It was getting pretty lonely (and cold) in the pen, and people were just starting to get worried about Charlotte, when she appeared, profuse of apologies, and off I went.

OK, it wasn't the best forest in the world – Brambly Thicket, South-Central, as Gillian Godfree would certainly have called it – but I've certainly run in worse places: Fallen Timber Meadows in Canada springs to mind (and stays there, festering like toothache on a Friday evening [I'd DNFed way before the meadows, having seen far too much fallen timber ...]) or, indeed, Simpson Ground. Sure, there were brambles in places, but they were well-mapped, and reasonably easily avoided. And the planning was very good, so that even though path runs were good options, there were enough twists and turns to keep me on my toes. And others too, because although I didn't know it, I'd almost caught up someone else on my leg, who'd had a bit of trouble. Plus there was some mis-punching going on, e.g. the FVO girl's team.

After handing-over, I went to bed for a few hours, before getting up again for a day event on the same area. J. Crickmore had been pretty speedy, and had we not been non-comp, then we wouldn't have been

last. FVO men didn't mispunch, and had narrow victory over long-time leaders DRONGO. And our own Jegor Kostylev was also there, as part of a three-man Oxford Uni Team, running the seven legs between them.

All in all, a very pleasant and well organised event, with the planning as good as it could possibly be. And whilst I wouldn't have travelled just for the sake of it, well worth the little extra effort.



Leah Bartlett can be spotted in the background just setting off on her Relay leg Photo J. Bell



Junior Inter-Area Competition

5-6 September 2015
Mary Ross

The Junior Inter-Areas competition took place on 5-6th September on Speyside, alongside, and kindly supported by, the BASOC Highland Wolf weekend. Juniors from clubs in North, West and East Scotland competed in a relay event at Free Church Wood, Grantown on Saturday, and after a night together (with the midges) at Lagganlia, based their individual competition at SOL 7 at Loch Vaa.

North were once again victorious overall, winning both the relay and individual days, with West hot on their heels. And yes that left East coming, er, third.

Many thanks to Jane Ackland for organising pretty much all of the weekend. All the Juniors seemed to have a great time, which is what it is all about (never mind the winning).



Fiona Eades flying into the finish Photo J. Bell



(Some of) the East team proudly showing off their Wooden Spoon and sharing round the sweets Photo Judith Bell



Pentlands 'Score'

12 September 2015

Paul Caban

Earlier this month saw the first ever Interløpers – Harlequins jointly organised event, i.e. the marriage of Murray Strain and Tessa Hill. There was no designated event car park, and so people appeared from all directions. Murray's Granny – 80-something, going on 18 – had a lift in a Landrover, although his Aunt Elspeth and guide-dog made it under their own steam. Tess looked stunning, in a fabulous cream wedding dress; Murray wore a kilt. The congregation, including the great and good of British Orienteering, SEDs, Interløpers, AROS and HBT, opted for a random combination of orienteering and running kit in Club colours and smart suit and tie. All with thermals underneath, I suspect. Walshes and Inov8s were de-rigueur footwear. There was no organ, but there was a bag-piper. And we had a rousing few verses of the Proclaimers' 'Let's Get Married'. I think Robin Galloway finished first

All in all, a perfectly conventional unconventional wedding. Best wishes, now and in the future, to the happy couple.



Photo Hector Haines



The cake

Photo Hector Haines



Junior News

Jane Ackland

Look out for Junior Training starting up again in October – dates coming soon.

Don't forget the Compass Sport Trophy Final in the Lake District (**Helsington Barrow**, nr Kendal) on **18th October**, so hopefully you have planned your half term holidays with care.

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:

- Teaching Orienteering part 1, 12 November, Borders
- Teaching Orienteering part 1, 13 November, Fife
- Teaching Orienteering part 1, 16 November, Aberdeenshire
- Teaching Orienteering part 1, 19 November, Perth
- Coaching Foundation course, 13 February 2016, venue to be decided
- UKCC L1 coaches' course, 12-13 March*
- UKCC L2 coaches' course, 19-20 March & 16 April, Glasgow-ish places going fast
- Coaching Foundation course, 2 April, venue to be decided

All dates are in the complete course schedule:

<http://www.scottish-orienteering.org/course-schedule>, including several dates for Teaching Orienteering courses for 2016 – please make your schools contacts aware of the information at 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. Some candidates might also be eligible to go straight to UKCC Level 2 after completing the Coaching Foundation course.

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

Other courses likely in or around Perth: OCAD for club members – September or October

Course Planning and Condes - (2 separate evenings) probably late September. For all of these, please get in touch if you'd like to attend. There might be a charge for the OCAD course.

Posters

SOA now has two A3 promotional posters for clubs to use, primarily intended for advertising in Community Sports Hubs but can be used more widely.

These have been made for us by Tiso, free of charge.

Roger Scrutton is currently distributing them to clubs that have already requested them, but any club is welcome to ask for some.

Please contact Roger in the first instance to see the posters: president@scottish-orienteering.org.

Social media training from Scottish Sports Association

SSA offer a course on Social Media for Absolute Beginners : <http://thessa.us3.list-manage.com/track/click?u=305d6ff773edb66e144ed761d&id=e06e7bc82b&e=e84787e2a3>

Funding opportunities through SOA

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

Funds for mapping projects are still available though a deadline has just passed...

Fixtures 2015/2016

www.britishorienteering.org.uk

October 2015		
3rd	TAY SOA Level D	Blackspout Wood Pitlochry , Blackspout Wood, Pitlochry, Pitlochry, NN951575 Entry times: 1-2pm. Organiser: Melanie Nicoll , mel@cavecrag.com , 01350 727695 www.taysideorienteers.org.uk
4th	FVO SOA Level D	FVO CAT Event - Barr Wood , Barr Wood, Stirling, NS795865 Organiser: Jen Leonard www.fvo.org/events
10th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Holyrood Park, Edinburgh, NT281731 Entry times: 13:30 - 15:00. Dogs allowed. www.esoc.org.uk/events/holyrood-park-oct-10-2015
11th	ESOC SOA Level C	ESOC - SoSOL 1 incorporating ESOA Championships , Hopetoun House, Edinburgh, NT090789 Entry times: 11.00 - 13.00. Dogs: Dogs under close control at all times and no dogs to be taken on the courses. . www.esoc.org.uk/events/hopetoun-house-sosol-and-esoa-championships-oct-11-2015
17th	RR SOA Level D	RR Local Event 1 , Selkirk Hill, Selkirk, NT477286 Entry times: 1.00 - 2.00pm. Dogs: Dogs allowed under close control. Organiser: Lindsey Knox roxburghreivers.org.uk/

18th	SROC NWOA Level A	Compass Sport Cup Final , Helsington Barrows, Kendal, SD502915 Organiser: Richard Towler
24th	TINTO SOA Level C	28th Tinto Twin - Day 1 , Fir Park, Newbigging, Carnwath, NT 021466, Lanark, NT0248 Entry times: Night from 1900 hours, day from 1100 to 1230 hours. Dogs: No dogs on courses, but dogs may be walked in the wood, as it is used by locals for this purpose.. Organiser: Marcella McLennan , marcella47@btinternet.com
24th	KFO SOA Level D	KFO Try Orienteering Beveridge Park , Beveridge Park, Kirkcaldy, NT273908 Entry times: 11:00 - 12:30.
25th	TINTO SOA Level C	28th Tinto Twin - Day 2 , Fir Park, Newbigging, Carnwath, NT021466, Lanark, NT0248 Entry times: 1100 - 1230 hours. Dogs: No dogs on courses, but dogs may be walked in the wood, which is used for this purpose by locals.. Organiser: Marcella McLennan , marcella47@btinternet.com
31st	STAG SOA Level C	STAG Weekend Race 1 of 3 - Bto SOUL 8 Sprint , Cumbernauld, Cumbernauld Dogs: On leads at all times.. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk www.stag-orienteeing.co.uk
31st	STAG SOA Level C	STAG Weekend Race 2 of 3 - Middle Distance , Cumbernauld , Cumbernauld Dogs: On leads at all times.. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk www.stag-orienteeing.co.uk
November 2015		

1st	STAG SOA Level C	STAG Weekend Race 3 of 3 - Bto SOUL 9 Urban , Cumbernauld, Cumbernauld Entry times: 10.30 - 12 Noon. Dogs: On leads at all times.. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk www.stag-orienteing.co.uk
8th	ELO SOA Level C	SoSOL , Lothian Edge, Dunbar, NT654722
14th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Royal High School and Davidson's Mains Park, Edinburgh, NT203753 Entry times: 13:30 - 15:00. Dogs: Davidsons Mains Park is a popular dog-walking area so dogs are allowed.. www.esoc.org.uk/events/royal-high-school-and-davidsons-mains-park-nov-14-2015
21st	FVO SOA Level D	FVO CAT Event - Polmaise & FVO Club Championships , Polmaise, Stirling, NS772923 Organiser: Rupert Parkinson www.fvo.org/events
22nd	KFO SOA Level C	2015 Scottish Score Championships incorporating Scottish Inter Club Championships , Pitmedden Forest, Scotland
December 2015		
5th	RR SOA Level D	RR Local Event 3 , Traquair House, Innerleithen, NT326351 Entry times: 1.00 - 2.00pm. Dogs: Dogs allowed under close control. Organiser: Faisal Khursheed roxburghreivers.org.uk/
6th	TAY SOA Level D	TAY Christmas Score , Glenalmond School, Perth www.taysideorienteers.org.uk
January 2016		

23rd	EUOC SOA Level C	EUOC Burns Weekend , Edinburgh orienteing.eusu.ed.ac.uk/events/bigweekend
24th	EUOC SOA Level C	EUOC Burns Weekend , Edinburgh orienteing.eusu.ed.ac.uk/events/bigweekend
February 2016		
27th	LEI EMOA Level A	British Night Championships (UKOL) , Cademan & Thringstone Woods, Loughborough Dogs: On Lead . Organiser: Chris Phillips , onecp47@gmail.com , 0116 255 0330
28th	NOC EMOA Level A	Midlands Championships (UKOL) , Sherwood Forest, East Midlands Organiser: Julie Webster
March 2016		
25th	YHOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL) , Leeds University, Leeds, SE291353 Organiser: Neil Harvatt www.thejk.org.uk
26th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 1 (UKOL) , Wass Forest, Thirsk, SE561806 Organiser: Mike Ridealgh www.thejk.org.uk
27th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 2 (UKOL) , Kilnsey, Skipton, SD976674 Organiser: David Shelley www.thejk.org.uk
28th	YHOA Level A	Jan Kjellstrom Orienteering Festival Relays , Storthes Hall, Huddersfield, SE186116 Organiser: Amanda Crawshaw www.thejk.org.uk

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