

The Interloper



No. 163
May 2013

Scottish Champions



Photo K Daly

Pippa Carcas W10A Champion
Heather Hartman W40L Champion
Jane Carcas W45S Champion
Ben Hartman M40L 2nd
Fiona Eades W10B 3rd



Photo K Daly

Junior Events (see note later in the newsletter)
Jamie Stevenson Trophy (responses required by 30th May!)
Scottish Schools Orienteering Festival (closing date 28th May)
Junior Inter area weekend away

Interlopers AGM

1830hrs The Steading Hillend

*Let John Barrow know if you would like to come/stay for the meal:
info@interlopers.org.uk*



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)			
30/05/2013	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
06/06/2013	Bonaly & Kingleith: From Bonaly Country Park car park -3	NT211676	Spylaw Tavern
13/06/2013	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
20/06/2013	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
27/06/2013	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
04/07/2013	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	The Steading

Editor's Introduction

Ann Haley

I would dearly like to hand over the editing of the newsletter to another person and I am keen for volunteers to come my way!

Thanks to all contributors over the last three years.

In this edition, our juniors have excelled in performance and with writing. We have reports from Matthew and Samuel Galloway and James Ackland. Well done!

Meanwhile, we would love to enter a few more juniors into the Jamie Stevenson Trophy event, so please do respond to Jane Ackland. The Scottish Schools festival is always great fun, and the inter area is a good excuse for a weekend away!

Ann



Chairman's Chat

May 2013

Ken Daly

I would like to start by saying a very big thank you to Ann for producing the club newsletters over the last 3 years. Unfortunately Ann is standing down at the forthcoming AGM and we urgently require a volunteer to replace her. Please contact me if you can do the job.

I always look forward to receiving that special email and reading about people's adventures. The newsletter always contains information I did not know, despite being club chairman. It also provides me with new ideas and inspiration. I hope you enjoy it as much as me.

I also know that the newsletter requires proactive effort from the editor to suggest, encourage and remind people to write articles. So its success has been the result of plenty of effort from Ann, so thank you Ann!

The club also has a super newish web site (thanks Graham!), but it requires everyone to contribute news, event reports, promotions, etc. Every little bit helps, so please do write the occasional article, especially if you were one of few Interlopers at an event or you were present when something interesting happened. You should send web articles to any Committee member and ask them to upload it. As I have said before, you only

get out of the club / sport what you put in, so don't always leave it for someone else.

Talking of news, Interlopers had plenty of success during the spring. Scott, Murray, Tessa, Oleg, Alan, Hector and Chris were all selected for BOF squads. Murray tops the BOF Rankings list, closely followed by Hector in 4th position. We have 8 Interlopers in the top 100, which means we are punching well above our weight.

At the JK Festival Murray and Tessa won the 21 elite classes. Our M21 team of Alan, Oleg and Murray and Intermediate men team of Alex, Sam and Matt were also victorious.

Other notable results came from Hector 2nd, Graeme A 3rd, Lorna 4th, Freddie 5th and Pippa 5th. In the sprint event Murray, Tessa, Chris and Matt were 1st, 1st, 2nd and 3rd respectively.

At the British Championships there was further success with Murray and Tessa victorious again and our Women 40 team of Lorna, Jane and Heather also first. Our juniors also excelled with Alex 2nd, Chris 3rd, Freddie 4th, Mairi 4th, Pippa 5th and the M14 team of James, Calum and Freddie 3rd.

Well done everyone!

Back in March we held a very successful SOL at Gullane Dunes – thank you to everyone involved. Looking forward, we have the urban mid week evening series underway and the Scottish 6-Day (day 2) to organise. We also plan to host 3 local CATI events in the autumn, an INTrepid weekend in Livingston in spring 2014 and are the lead club for the Scottish Champs 2014 in Tayside. If you have not already done so, please let me know if you can take on a lead role at any of these events (I have plenty of vacancies and don't want to do them all myself).

Finally, please come along to the Interlopers AGM and meal (optional), which will be held at The Steading, Hillend commencing 1830 hours on Thursday 20 June 2013.

Ken Daly (Chairman).



JK Report

1st April 2013

Matthew Galloway

JK Intermediate Trophy Winners



Matthew, Samuel, Alex

Photo Galloway

I waited for Sam to come in after Alex had run a stormer on first leg and set Sam in 3rd position. I stretched a bit, slid my finger under the tape holding the map closed, and stared up at that last control. After an anxious wait, Samuel appeared, punched the last control and sprinted down the long straight to the handover pen. He was the first home! We tagged, and I set off on my last leg. It was ours to lose and I was dying so I took it really slowly. I kept

looking behind, expecting to see my opposition but Sam and Alex had got me too big a lead. I cruised in heroically, receiving the praise which shouldn't really have been mine.....but I milked it!!!! (For autograph requests visit my website at www.matthewgallowayJKHero.com)

Matthew Galloway



Scottish Sprint Championships

6th April 2013

GRAMP organised the Scottish Sprint Championships with lots of fast and furious racing around Seaton Park and Hillhead Halls of Residence, Aberdeen, followed by a second race around the mixture of modern University buildings and alleyways of King's Campus in one of the oldest parts of Aberdeen.

Interlopers had a few medal winners:

M14	3 rd	James Ackland
M16	2 nd	Alex Carcas
M21	1 st	Murray Strain
W45	1 st	Rachael Kirkland



Rachael

Photo P Caban



World Schools Orienteering Championships

Portugal, April 2013

Samuel Galloway

The big day arrived, James and I drove to the airport... raining ...classic Scottish weather. We gathered at reception, said our goodbyes and set off. As we rose above the clouds, in our plane we were blinded by a dazzling sun. "Why is it always so bright above the clouds?" asked Tom (a fellow Scottish competitor). "Well Tom I think it's because there are no clouds blocking the Sun?!" Callum H and I shout! So I sat there surrounded by my friends having banter, life was looking pretty good. After the 3 hour flight journey we arrived in Faro and I immediately felt myself burning, but after slapping on some sun cream I was ready to go. After 40 mins on the bus we arrived at the 'big hotel' as we called it, it's real name was the Yellow Monte Gordo Beach Hotel. First we waited for ages for some passes then we headed up to our rooms. My room was top notch consisting of Ross Mcmurtrie, Tom Lines, Rowan White and Ewan MacMillan. It was very nice especially at meal times apart from the queues. We went to the beach and for the first time tried body surfing in my not very swim shorts (oops).

The next day was the training day which consisted of two areas, one of which was a similar to the middle distance event, and the other similar to the long. After running about for an hour in each area we headed back to the hotel. There we all chatted mostly about each other. My group consisted of Ross, Abi Mason, Tom, Emma Wilson, Ewan and Callum H. That night was the Opening ceremony. We got to march through a town to the stadium which was fun. The ceremony was good in some places, but with a few too many speeches.



Opening Ceremony

Photo J Riley

Next day we woke up early for the middle distance race. I was in the fifth block so I got to start last out of the select Scottish team. I had an ok run. The terrain was runnable apart from the control sites which all seemed to be head height bushes and I messed up the second last control which cost me a top ten finish but I was really pleased to finish 12th. The rest of that day included ice cream, shopping, body surfing and then some more ice cream. As expected we were all shattered and slept well that night. The next day was the culture day (yay!) and we got to visit a castle. In the evening each country set up a stand with food and drink from their own country for other competitors to try. There were also demonstrations from each country. We did Scottish country dancing in our kilts. This is also where people swapped badges. I managed to get some exotic badges including a Chinese one. We all got a good night's sleep as it was the long course tomorrow.

On the day of the long, Ross and I got to sleep in as we were later starts. The long was horrible, just ask anyone who competed. The training area made it seem nice but it was all gorse up to my eyes and poor visibility made the course really hard. I was just pleased to finish in the end. I ended up placing 26th which was not that bad. The next day was the friendship

relay. I was teamed up with a France Belgium girl named Helena and a boy from Israel called Ron. I was the team captain so I had to organise everything for my team. At the end everyone swapped tops, this was a great chance to get some foreign O-tops. Unfortunately I failed to get any. After we were home we went to the beach, Tom Lines, Ross (partly) and I built an army of sand turtles and that rounded off a great week. That night there was a closing ceremony which started late and was in a big hall with lots of people. We were so tired we napped on the floor.



Samuel

Photo J Riley

The next day we travelled home from the sunshine to the surprisingly sunny Scotland. That was my great experience of the World Orienteering Schools Championships. It was really fun. I enjoyed meeting people from other countries and racing with them in the friendship relay.

By Samuel Galloway

Mm...Who lost a bet?

SOL 3, 28th April 2013

This is what happens if you challenge a member of ESOC and lose: the forfeit was to wear an ESOC top at an event of their choosing. This is Rachel at SOL 3, where

she claims it certainly didn't do her any good!



Rachel Kirkland

Photo M Wood (ESOC)

British Championships

4th May 2013

Jane Ackland

It felt like home-from-home drawing into the car parking field at Winterfold for the long distance champs. Emerging from the vast majority of (hire) cars around us were Scottish migrants, swelling the numbers of an otherwise rather small event.

It was actually quite remarkable that the Scots had made it at all. Most of us had populated the late (in every sense of the word) Easyjet flights, which trundled into Gatwick just before they might have turned into pumpkins. The lone Hertz rental shark, eyeing the lengthening queue of orienteers arriving as the witching hour approached would no doubt have gone for the pumpkin option had it existed. He had, he confided to us (near the front of the queue) only 2 cars left "I can do you a quadruple upgrade to a BMW, madam!". In my naivety, I assumed that a pre-booked, prepaid car was more than virtual.

Surrey in May is spectacularly beautiful, and I for one thought the orienteering was fun. It was very runnable, with long route choice legs, and findable flags at the end.

There were medals for many of the usual suspects; Murray (and Tess), Alex, Chris, Heather and Lorna, and near misses for Freddie, Mairi, Pippa, Graeme and me. As at the JK, it was good to see our shiny O-tops on third generation Interlopers (Amblers and Squires).

A trip to the sunny south is of course incomplete without sampling a country pub. Those of us who gathered at the one in Chilworth were able to offload the kids and teens to an all-night bouncy castle while the adventurous indulged in a bite of crocodile, and the less adventurous planned a raid on next year's Jukola/Venla. Anyone fancy it?



British Relay Championships

5th May 2013
James Ackland

I was going to write about the World Schools Orienteering Championships in Portugal, which Interlopers kindly helped me to attend. Samuel, as usual, beat me to it! So instead I will write about the BOC relays from a junior point of view, especially since our M14 team members were part of the Heriots school team's attempt at World School qualification (which we lost by seconds to Oban High).

This year's BOC relays were, as usual, a fairly successful day for Interlopers. On the podium we had:



The INT W40 team

Photo: Ackland

- W40 team of *Lorna, Heather and Jane A.* in first.



The INT M14 team

Photo: Ackland

- M14 team of *James, Calum U.* (at his first ever British Champs) and *Freddie* in third.

Congratulations also go to the mini relay team of *Pippa, Fiona and Mairi* who came 5th overall and were the first all-girls team. High hopes for a medal position at future relays! This achievement was

even more impressive given that a third of the mini-relay mispunched.

The Men's premier team provided lots of amusement for the crowd. As Oleg led the 2nd leg up the run-in, the commentator relished in letting him know that his run was in vain, as poor Alan (on first leg) had fallen for the same trap as the mini relay runners.

The maze also proved popular with Interlopers, some of whom (Alex) became quickly addicted.

-James Ackland



British Spring Champs

Paul Caban

This April was quite busy, with lots of big races around the UK. I spurned the JK – that was going to be a weekend-too-far, plus I had to work on Easter Monday – but, I still put in trips to Aberdeen (for the Scottish Sprint Champs), Cornwall (for the Southern Champs), Loughborough/Derbyshire (British Sprint/Middle Champs), plus a work-related trip to London, which just happened to tie-in with a couple of big urban races. All of these events looked good on paper – as indeed they did all turn out to be – but in trying to act my age, I decided to try and peak (!) for just one event: the British Sprints.

I'd stayed in Cornwall after Penhale for the whole week preceding Loughborough. The week's holiday with my brother was all about castles and historic sites, but that gave me lots of time for beach and cliff-

path runs. The self-catering also gave me lots of opportunities, apparently almost certainly unnecessary, for excessive carbo-loading. So, it was in particularly good form, and well-fed cheer, that I got back to my brother's house in Leicestershire on Friday, ready to race the next day.

The start lists and final information hadn't been published when I'd left Edinburgh. All I knew was that as has become commonplace, the event format was Heat and Final. I discovered, then, there were three parallel heats, with the top six from each qualifying for the "A" Final, the next twelve for the "B", and the remainder for the "C". After last year, where I was first non-qualifier for the "A" Final (first loser, as someone so sensitively told me), I was hoping for better. I was certainly fitter than I had been at York, and plus I was seeded this year: in sixth place. I thought I ought to investigate who I was running against: the usual, the SYO people, Kev from geology days, the well-kent names from southern England. But uh-oh. What's Bill Edwards doing in my Heat? And un-seeded too. Surely he should still be in New Zealand, floating dangerously there and not back here? I guess I'm going to have to run above form in the qualifier. But that's OK: I'd had a fabulous run at the Final of the Scottish Sprints, coming in a few seconds ahead of Jon Cross who had won overall. Shame I'd been so mince at the Heat there. Ho hum. Still, that did mean that I could do it if I concentrated.

Saturday morning on the Campus at Loughborough University, was truly the first day of summer. No Club tent, but it was completely unnecessary as assorted Interlopers, ESOCians, ELOers, and people from the rest of Scotland too, all established ScotCamp in the middle of the astonishingly hot assembly area and promptly started to dehydrate. Everything was good and compact. The finish was up the slope from Assembly, and each start

was no more than five minutes slow walk away. As the campus is a fair size, LEI had produced two completely non-overlapping areas, so no knowledge about the Final to be gained from the Heat.

Picking up my Heat map, I could see that the orienteering was reasonably simple; certainly none of the detailed and complicated arrangement of buildings that Graeme found for us at our JK Sprint last year in Livingston. But there were still errors to be made, as I was rubbish to the first control – couldn't find the start on the map – and also when I nearly fell into a 'trap' on the long-ish leg, which I noticed mid-execution, and lost (only!) around fifteen seconds.. In truth, I wasn't orienteering especially badly, but not especially well either. I think "scrappy" would be the best description of it. No other bad mistakes, but certainly not much "control flow" either. And a couple of times I didn't look closely enough at the description, and found myself on the wrong side of a wall. Those were only five second errors, but they all added up. Still, I raced hard right to the finish, and felt OK, but I knew it would be close.

Download showed that I was second on the course (I guessed behind Bill, which proved to be correct), which meant that to qualify for the "A" Final, I'd need to beat one of the seeds starting after me. There then ensued a long wait until Robin managed to connect through to LEI's live results, and told me that I was indeed sixth. By two seconds, which I subsequently learned that I'd made up on the last control and the run-in to the finish. Those Meadows intervals weren't all in vain

Qualifying for the "A" Final, and being the slowest of the qualifiers, meant two things. First of all I'd left it too late to be able to eat lunch before the next run; and also that I would be going out first on my Class. In fact, apart from the Elite courses which

would have finished by the time I started, I'd be going out first of everyone, and would have the 'forest' to myself. I did have time to remake a new target – not to finish last – and also to give myself a good talking to about starting well.



Paul Caban, British Sprint Champs

Photo by C Lindsay

Up to the Final start. The start boxes were very empty, and there were lots of people looking at me to see where I was going. The terrain this time did look like it was going to be more complicated: halls of residence, rather than academic buildings, and I'd done OK with that at Livingston. From the blank map in the start box, I knew exactly where the start kite was. More importantly, I knew exactly where it would be when I turned over the map. On the long beep turn over the map see the line to number one round the corner of the building in front of me and then all was very quiet. The map was complicated: lots of similar looking

buildings ranged across sloping grass, and diagonal legs up/down. One or two 'traps', but I spotted those. Flowing well, but the hills were hard – too hard - and I wonder whether I've started too quickly. One slight wobble when the control was behind a wall, again, and one moment almost out-of-touch with the map on a relatively long diagonal leg. But it was all good, and particularly on the run-in, I gave it everything. Not much I could have improved on, apart from running faster. I'm pleased.

Download showed I finished first out of one. That wasn't a surprise: I was pretty sure that none of the people immediately behind me would have made up a minute. Fifteen or so minutes later, I knew I hadn't come in the top three – not that I ever expected to – but still had no idea of my placing. And anyway, there were racers to spectate, and food to eat: much more important. Then a sudden mob at the results area hinted that final results were up. I let the queue dissipate a little and then wandered over. Following precedent, I started at the bottom of M45, and worked my way up. And up. Somewhat disbelievably, I find myself in ninth position. And yes, the time does match the one on my splits. OK, for many people, this sort of position might be nothing to write home (or to a newsletter) about, but I was – and remain – completely chuffed.



Junior Events

Responses required!

Jane Ackland

Attention all juniors - by which I mean M/W 20's and below.

A last minute reminder about 2 events coming up. Please contact me by phone or email to let me know if you would like to

come to either or both.

The **Jamie Stevenson Trophy** is on **Sunday 16th June** at Muirward Wood, near Scone. This event, only for juniors (though grown-ups can usually get to run afterwards), is celebrating its 10th anniversary this year. It would be great to have a large swarm of you; we need boys **and girls** to help us get a good score, and there are Yellow, Orange, Light Green and Green courses, depending on your age and experience. I need to send an entry list next week, so please contact me immediately! The club pays the entry fee, so this is a freebie, and if you BYO meat, there's usually a barbie after. **Surely that tempts you!**

Another reminder about the **Junior Inter-area weekend** on **5/6th October**. If you haven't been before, talk to someone who has. It's a great chance to meet the rest of Scotland's juniors in a contest between North, East and West. Suitable for anyone happy to run yellow on their own. The relay on Sat 5th is at Crathes Castle, and the individual is SOL-6 at Finzean. Overnight, everyone will stay at Aberdeen YH...as long as you let me know soon, so we can reserve rooms there.

Jane Ackland 0131 6677718

Scottish School Orienteering Festival Hopetoun House *Friday 7th June*

This is a great event for juniors. Entries have to be made via schools. More information and entry forms can be found on the Scottish Schools Orienteering Association website:
<http://www.ssoa.org.uk/>
Closing date: 28th May 2013



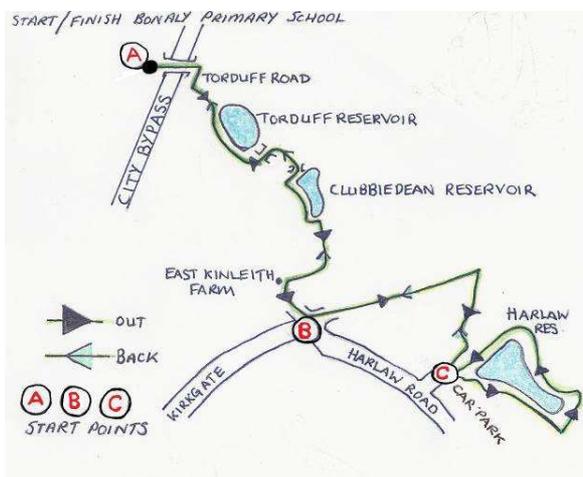
Bonaly Fun Run

Friday 10th May

Ann Haley

I know that lots of you regularly do long training runs. However some of us like to set ourselves little targets. One of mine this year was to complete the Bonaly fun run for Comic relief.

The event was open to anyone over 16. The starting point was Bonaly Primary School and the route weaved its way up past the Torduff and Clubbiudean reservoirs, up Curriehill and over to Harlaw Reservoir. After running round the reservoir, you head back to the school. The route was 10.6 miles but it was possible to do 4.3, 6.6, 8.2 miles depending on your starting point, or a 5.2 mile walk.



The event is very small scale (60 people) and you could choose to take part at 9am or, as I preferred, 6pm. We were piped off at the start and as soon as you appeared at the end, you were piped into the finish. Water was available on route, and I had a chaperone (Graham) on his mountain bike supplying me with jelly babies en route! The whole event was particularly good humoured. A couple of us introduced

ourselves as we went up the first hill, and we all supported each other whichever way or distance we were running, and the walkers all cheered as we went past. Despite the hailstorm that caught us on the most exposed bit of the run, it was a really good event. At the finish we had water and cake thrust at us...I have to say, I liked that bit!

Look out for this one next year. I think they would like a few more participants!

Scottish 6 Day News

Paul Caban

Just back from Assistant Controller duties for our SixDay area, Carse.

I visited nearly all of the control sites – a somewhere unfortunate interface with the Military in one depression caused a tactical retreat – and I can report that the forest is in absolutely fabulous condition. No brashing, no bracken worth mentioning, and the heather isn't even slightly (wo)man-eating. Alex and Callum's courses look really good. Everyone's in for a treat. Be there, or be somewhere else.

Swedish O Ringen

Paul Caban

Next year, the ORingen is in southern Sweden, closer to Copenhagen, and its choice of flights from Edinburgh, than Stockholm. I'm intending to go, and I'm sure I'll be able to talk Ken into joining another of madcap holidays adventures If anyone else is interested – it would be great to have a proper Club Trip – drop me an email some time.



Requests from the Committee

The club committee is still looking for volunteers to:

- offer to be the Organiser or Coordinator for the Scottish Championships in May 2014 (Clunie, Pitlochry)
- Run CATIS, possibly incorporating a maze
- volunteer to host or suggest social activities.

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

British Orienteering News

World Orienteering Championships
Scotland hosts the 2015 World Orienteering Championships and Interlopers are very grateful to the club members who have committed themselves to taking on key roles for this event.

British Orienteering is determined both to deliver an outstanding Championships and to capitalize on this opportunity to raise the profile of the sport nationwide, building a legacy for years to come.

To ensure that the strategic leadership of British Orienteering is equipped with the skills and knowledge to meet these challenges, they are seeking to appoint two exceptional candidates to the Board of British Orienteering as non-executive Independent Directors. This is a fantastic opportunity to help shape the strategy for the development of orienteering in the UK at a key time in the history of the sport, engaging with commercial partners,

funding bodies, a committed volunteer workforce and the grassroots membership.

For further information and an application pack, please contact Laura Martin at LMartin@britishorienteering.org.uk. All applications must be received by 5pm on Wednesday 26 June 2013.

Feedback on major events in 2013
British Orienteering wishes to seek the views of participants about their experience of taking part in its major events. We therefore invite you to take part in these surveys about some of the major events that have been staged in 2013.

Link found on <http://www.britishorienteering.org.uk/page/home> ...as a news item dated 21/5/13

By participating in this survey you will provide British Orienteering with valuable feedback on its major events, which in turn will inform the provision of similar events in future years. These surveys will be available until the 30th June 2013.



SOA News

National Orienteering Centre Courses:

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

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

TRAINING FOR COACHES

UKCC Level 1 Coach

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

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

Wednesday - Friday 10-12 July

SOA Coach Activity Days 2013 - "Coaching Together"

Saturday 2 November (provisional date) - probably Deeside

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

TECHNIQUE & PERSONAL PERFORMANCE

Adult Beginners/improvers' weekends

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

24-25 August

COURSES FOR OFFICIALS

Event Safety Workshops

Please get in touch if you're interested.

Grade C Controllers' course

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

Grade B Controllers' course

26 October, probably Solway country –

Planners' course, Condes, SI and OCAD Workshops

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

Fixtures 2013

www.britishorienteering.org.uk

June	
	KFO Try Orienteering Pittencrieff Park, Dunfermline, Pittencrieff Park, Dunfermline, Dunfermline, NT088872
1st	KFO SOA Level D Entry times: 11:00 - 12:30. Dogs: must be kept on lead. Organiser: Ian Doig , ian.doig@btinternet.com , 01383 412273 www.kfo.org.uk
5th	INT SOA Level D INT Urban O 2, Liberton, Edinburgh
7th	TINT O SOA Level D Scottish Schools' Orienteering Festival, Hopetoun House, South Queensferry Entry times: 10.00 - 12.30. No dogs allowed. Organiser: Blair Young , blair.young@talk21.com , 01899 222050 Ex PE www.ssoa.org.uk/
9th	TAY SOA Level B TAY CompassPoint Scottish O League 4, Auchingarrich, Comrie, NN780195 Organiser: David Prentice , dave_prentice@btinternet.com , 01738 583345
15th	ESOC SOA Level D ESOA Local Events in Edinburgh and the Lothians, Bonaly, Edinburgh, NT212676 Entry times: 14.00 - 15.00. Dogs: Dogs on leads; no dogs on the courses. Organiser: Janet Clark www.esoc.org.uk/events/bonaly-park-jun-15-2013

16th	SOA Level C	Jamie Stevenson Trophy, Perth
19th	INT SOA Level D	INT Urban O 3, Colinton Dell, Edinburgh
22nd	ELO SOA Level D	ESOA Local Events in Edinburgh and the Lothians, Yellowcraig, North Berwick Dogs: Dogs allowed under control.. www.elo.org.uk
23rd	KFO SOA Level C	KFO SoSOL 6, Tentsmuir, Leuchars
July		
3rd	INT SOA Level D	INT Urban O 4, Old Town, Edinburgh
13th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians, Blackford Hill, Edinburgh, NT258706 Entry times: 14.00 - 15.00. Dogs: No dogs on the courses.. Organiser: Janet Clark www.esoc.org.uk/events/blackfor d-hill-jul-13-2013
21st	ESOC SOA Level D	ESOC Long-O (NEW DATE TBC), South Pentland Hills, Penicuik, NT202602 Entry times: 10:30 - 12:00. Organiser: Fiona Findlay www.esoc.org.uk/events/long-o- pentland-hills-jul-21-2013
28th	SOA Level B	Scottish 6 Days - Moray2013 Day 1 (Incorporating UKOL14), Lossie, Moray Coast, NJ254670 www.scottish6days.com/2013

29th	SOA Level B	Scottish 6 Days - Moray2013 Day 2, Carse of Ardersier, Moray Coast, NH804558 Organiser: Robin Galloway www.scottish6days.com/2013
30th	SOA Level B	Scottish 6 Days - Moray2013 Day 3 (Incorporating UKOL15), Culbin, Moray Coast, NH969586 www.scottish6days.com/2013
31st	SOA Level C	Scottish 6 Days - Moray2013 Sprint Race (Incorporating EuroMeeting Sprint Distance), Lossiemouth, Lossiemouth, NJ228699 www.scottish6days.com/2013
31st	SOA Level D	Scottish 6 Days - Moray2013 Trail-O, Culbin, Forres, NH983593 www.scottish6days.com/2013
August		
1st	SOA Level B	Scottish 6 Days - Moray2013 Day 4 (Incorporating EuroMeeting Middle Distance - A World Ranking Event), Loch of Boath, Moray Coast, NH892456 www.scottish6days.com/2013
2nd	SOA Level B	Scottish 6 Days - Moray2013 Day 5, Roseisle, Moray Coast, NJ077625 www.scottish6days.com/2013
3rd	SOA Level B	Scottish 6 Days - Moray2013 Day 6 (Incorporating EuroMeeting Long Distance), Coulmony and Belivat, Moray Coast, NH965473 www.scottish6days.com/2013
17th	INT SOA Level D	INT CATI 1, Howden, Livingston

	INT	INT CATI 2 , Braidburn, Edinburgh
31st	SOA	
	Level D	
September		
	KFO	KFO Try Orienteering Beveridge Park , Beveridge Park, Kirkcaldy
7th	SOA	
	Level D	
	ESOC	ESOA Local Events in Edinburgh and the Lothians , Edinburgh
14th	SOA	
	Level D	
		Entry times: 14:00 - 15:00. www.esoc.org.uk
	ECKO	EckO CompassPoint Scottish O League 5 , Ardchattan, Oban, NM960352
15th	SOA	
	Level B	
		No dogs allowed. Organiser: Ross Lilley , ross.lilley@lineone.net www.ecko.org.uk
	INT	INT CATI 3 , Livingston
21st	SOA	
	Level D	
		ESOC Ultrasprint , Hopetoun, South Queensferry, NT090790
	ESOC	
22nd	SOA	
	Level D	Entry times: Registration for EOD: 13:00 - 14:15. Starts: 13:30 - 14:30. Dogs: On leads in the car park only.. www.esoc.org.uk/events/ultrasprint-hopetoun-house-sep-22-2013
October		
	MAROC	MAROC Urban Event - Incorporating SOUL5 , Banchory
5th	SOA	
	Level C	

	MAROC	MAROC CompassPoint Scottish O League 6 , Deeside
6th	SOA	
	Level B	
	ESOC	ESOA Local Events in Edinburgh and the Lothians , Edinburgh
12th	SOA	
	Level D	
		Entry times: 14:00 - 15:00. www.esoc.org.uk
	BASOC	BASOC Highland WOLF - Loch Vaa , Loch Vaa, Boat of Garten
19th	SOA	
	Level C	
		Organiser: Hilary Scott www.basoc.org.uk
	BASOC	BASOC Highland WOLF Sprint/urban , Granttown on Spey
19th	SOA	
	Level C	
		www.basoc.org.uk
	BASOC	BASOC Highland WOLF CompassPoint Scottish O League 7 , Speyside
20th	SOA	
	Level B	
		Organiser: Lynne Walker
	TINTO	Tinto Twin - Night , Lanarkshire
26th	SOA	
	Level C	
	TINTO	Tinto Twin - Day - Incorporating SOUL6 , Lanarkshire
27th	SOA	
	Level C	

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