

The Interloper



No. 166
March 2014

Can INT men win the JK Trophy Relay for the 3rd time in a row?



Scott Fraser, Oleg Chepelin and Murray Strain victorious in the JK Trophy 2012
Photo Ken Daly



Interlopers Terrain Training & Post-Run Socials

Start 18:30 prompt at designated meeting point. The training programme has been created to encourage people to get out and train. 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)			
20/03/2014	Holyrood FWTN	NT205736	
27/03/2014	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	
03/04/2014	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	Morning Glory
10/04/2014	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
17/04/2014	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
24/04/2014	Castlelaw & Harbour Hill: From Castlelaw Ranges car park -5	NT230637	
01/05/2014	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	PH
08/05/2014	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	
15/05/2014	Holyrood & Duddingston: From Holyrood House car park -12	NT270738	
22/05/2014	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
29/05/2014	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	
05/06/2014	Holyrood & Craigmillar: From Holyrood House car park -11	NT270738	

Editor's Introduction

Mary Ross

Welcome to the March issue of *The Interloper*, a slightly slimmer issue than the last two. If you value your club having a newsletter, do please remember to keep writing. Many thanks to all those who have contributed.

I have done very little orienteering since the 6-Days, and what I have done has been mostly urban, but I did go to the first SOL of the year at Devilla last weekend.

Feeling rather out of practice, I decided to enter the short course for me, Green, which I thoroughly enjoyed and it has reminded me how much I enjoy traditional terrain orienteering. So now with a spring in my step, I have optimistically entered the Long course at the British Champs (end of May in Northumberland) so have 2 months to get myself from Green to Blue!

My children, however, have yet to be persuaded that orienteering is the sport for them. They like running but the map reading bit gets in the way apparently. I have been reflecting on why this is and what we can do about it. The two older boys took part in a junior fun hill race in

February which they both loved. I can only think this is because the whole day feels like a celebration, everyone's a winner just for getting round, and the large box of Heroes they both came home with. So is the answer as simple as just saying 'Well done!' to Juniors more often because they are brilliant just for being there rather than being at home playing computer games, and chocolate at all events.

My youngest son, Ben (5 yrs), made a lovely comment as I went round the White course with him and Thomas. As we turned off the main track and onto a little path winding through the trees he exclaimed with delight 'Oh, I love running through the woods!' and set off at speed. I certainly understand his pleasure, as I'm sure all of you do too.

Enjoy the Spring and the wealth of events it has to offer.

Mary



Chairman's Chat

March 2014

Ken Daly

This will be my most rushed Chairman's Chat ever (I've got to catch a train in c.10 minutes and have no idea what I want or need to say).

I will start with the thing we enjoy - orienteering. I hope everyone enjoyed the Edinburgh University Big Weekend, the Scottish Night & Sprint Championships weekend and most importantly the INTrepid weekend. The feedback I received was very good, so thank you all for taking on the lead roles and jobs on the day. Well done!

I would also like to thank the Interlopers that have (Kinneil) or will be (Craigmillar) hosting or helping at smaller local events. Thank you!

Our next big commitment is the Scottish Individual Championships, which has been moved to Dalnamein (near Blair Atholl). It will be held on Saturday 24th May so please keep the date free to help (everyone should also get a run).

Now for the really good news! At least it's good news for me! After 5 years as Chairman (might have been longer and certainly feels like it's been longer) I will be standing down as Chairman at the AGM in May/June 2014. You have been warned - please network with each other to find a suitable new Chair person. On that bomb shell, I really do need to go for my train...

Ken (Chairman)



New Interloper member

A warm welcome to Alasdair Fennell, M16, who has recently joined the club.



Volunteers please!

- Jane Ackland (planner) and Mary Ross (organiser) are putting on a **CATI on Saturday 29th March** at Craigmillar Castle Woods 2-3 pm (registration at Bridgend Farm on A7 just beyond Cameron Toll). Please come along to help (and run); if possible let Mary know if you're able to help.

- Graeme Ackland is asking for a planner and organiser to put on an **urban warm-up event on Friday 10th October 2014** as part of the Race the Castles weekend in Edinburgh. Please contact him for further details.
- Also, a planner and organiser will be needed in due course for our **SOL** on Drummond Hill in **March 2015** so start thinking about whether this could be the job for you.



Roxburgh Reivers Micro O

Selkirk Hill
1 March 2014
Pat Squire

I like unorthodox orienteering events, so a trip to Selkirk for Roxburgh Reivers' Micro O Event seemed well worth the effort. I was not disappointed.

The event was held on a small but very detailed area just on the outskirts of the town. Folk seemed to think it had previously been a mining area so the ground was well pitted and pock marked. Add some healthy gorse and heather which covered much of the ground detail and the stage was set for some serious navigational challenges.

The format was 3 short (c. 1.4 k) courses with 12-14 controls. The courses could be taken in any order with as long a break between courses as was felt necessary. To make matters even more interesting there were no control codes on the description sheet. With many of the control sites placed close together, acute map reading and location was essential if you didn't want to accumulate a host of penalty points.

Oh! Did I also mention that the map had been blown up to 1:2500 scale so distance judgement was subject to a steep learning curve?

On the first course this led to frequent overshoots and consequent backtracking. Even when I was sure I was in the right place, finding the control in the deep heather sometimes proved tricky as the kites were generally low down in the feature (deliberately so I imagine). And then at times there were two controls close by so which was which? (Remember there were no control codes on the maps.)

For the 2nd and 3rd courses, life was a little easier, especially as some of the sites were common to more than one course. Nevertheless there was still plenty of opportunity for error and I maintained a level of consistency with 2 mistakes per outing.

All in all a very enjoyable run out and a salutary lesson in fine orienteering technique ... or lack of!



South of England Urban Orienteering League 2013

Paul Caban

2012 was the 'urban year' with lots of travelling to northern England, so 2013's O targets were supposed to be a little closer to home. Somehow, it just didn't work out that way Instead, my aim for the year was to complete the South of England Urban League. Why? Well, I guess just like Everest, because it was there.

It all started by accident. The first event in the League was St. Ives in Cornwall, and I'd already got a week's holiday with my brother booked before the League was

announced. And the next two were a double-header weekend at Hampstead and St. Albans. Well, I had to go to London for work at some point in April, so it might as well combine with some O, mightn't it? The fourth event was Dorking, the day after the British Champs Weekend. I wouldn't have travelled especially for it, but as I was going to be there, it seemed churlish not to stay.

Events five and six in June was when it all started to get serious. These were successive weekends, in Dorset: Poole and Poundbury (Dorchester) respectively. A week's holiday beckoned, which turned out to coincide with the glorious weather (down there). Poole was great: I won that one, which was a complete novelty for me, as I'd had a decade of alternating between poor runs and dreadful ones. Maybe the new training regime was working after all. Poundbury, aka Prince Charles's model village, was also great, and would have been even better if I hadn't blundered near the end and allowed Ben to beat me by less than a minute. Sigh.

Events seven and eight in July were also on consecutive weekends. Another week's camping in the south of England beckoned. Finding the event was the hardest part of the day by a long shot. Navigating around a rapidly expanding New Town using a 15-year-old OS map was not clever, and not smart. After an hour's driving around in the sun, I was pretty dehydrated, and ran terribly. It's my standard joke when describing the League, that I visited lots of nice places. And Swindon. In fact, this is a completely unfair cheap shot, as once I'd actually found the place, it was very pleasant: the railway museum is really good. Central Woking on the other hand, is not a place on the tourist trail, and for good reason. Whereas calling in to Hull on the drive home for another event – who hasn't had a weekend in Surrey and Yorkshire? – again proved I'd always

misjudged the place: lots of naval-themed architecture, reminiscent of Hanseatic cities around the Baltic.

Real orienteering at the Six Days intervened for a while, and then it was back to the travels. Event nine was in Oxfordshire, on a Bank Holiday (not Scotland) Monday. Sadly, I couldn't take the day off work, and complained bitterly to the scheduler who admitted that it wasn't a clash that he would have predicted. I couldn't go to event ten in Guildford either, as it was the same weekend as the fabulously unmissable SOA Volunteers' Weekend at Glenmore Lodge. Event eleven was in the centre of Bristol, and another break with my long-suffering brother loomed. Urban orienteering is rarely bad, but neither is it usually exceptional. Bristol was the exception: very, very good indeed. Thinking about it, it's not entirely obvious why this should be the case; certainly it's not something that's predictable in advance. Bristol just had "it" (whatever "it" is): good planning, little traffic, and a combination of all sorts of (urban) terrain, including some very, very fiddly bits.

I knew things were getting serious when I started working out how I could combine the Tinto Twin with event twelve. In Cambridge. With some ingenuity – and no little expense – it proved to be possible. First run at Cambridge – which conveniently meant that I avoided the chaos of the bomb-scare: and no, it wasn't me – run to the station, run from King's Cross to Euston, pick up the car conveniently stashed at Oxenholme, drive up to Lanark in time for the last start of the evening. And yes, I had a pitiful night run, but that won't be a surprise to anyone, and wasn't to me.

The end was in sight. Event thirteen was Salisbury, part of the November Classic. I did that by plane, as did Max and Pippa.

This was another really good race, almost as good as Bristol, but I lost out on the top spot due to a 1.2km leg which crashed straight through the crowded city centre. Good for visibility of our sport: not so good for running. It was also easily the longest urban event I've ever done: my Garmin recorded a running distance of just over 11km.

Event fourteen, the final one of the league, was the City of Brighton Race, just before Christmas. I already knew that I'd finish league runner-up, but the concept – mass-start night urban (!) – was too appealing to ignore. After another hand-luggage-only journey with Easyjet, I startled the Gatwick Travelodge people by arriving on foot through the shrubbery using a headtorch. They confirmed they didn't get a lot of that. After a day taking in the sights of Brighton – the Pavilion very impressive; the nudist beach very empty – it got dark (and cold) so I went and lurked in the school hall being used for race assembly. It was all quite festive, and after a year of it, I'd got to know a lot of people.

The race itself was another cracker, and certainly one to do if you happen to find yourself down there at the right time. It's carefully timed – between the Christmas shoppers going home and the drunks coming out – and is getting to be a bit of a tourist spectacle in its own right. Despite having a mass start, it wasn't nearly as dangerous as an equivalent in, say, Edinburgh might have been. There's relatively little traffic in the city-centre, and anyway, the bulk of the real head-to-head racing was in "The Laines" a (mostly) pedestrian area.

The race itself used butterfly loops on all courses, and the Vet Men had two lots, so four potential variations. I was in pretty good form at the end of last year – not a phrase that I would have uttered very often in the past – and thought I'd at least a good

chance of a second win. A quick check of the start list suggested Kenny Leitch, a local ex-pat would be the man to beat. He must have had similar thoughts. Wandering around assembly looking at people's names – we all wore numbers with our names on – there was an amusing moment where we each spotted the other's name, and then looked up at each other at the same time (we chatted about this afterwards). In true Interløper fashion, I finished second on the night, with Kenny winning as predicted (it's not for no reason that he was on the Scottish VHI team). But it was quite close – around 20 seconds, most of which I lost on the first leg trying to orientate the map and work out where I was – and on one in-and-out leg in the middle where we passed each other, he has the good grace to admit he was a little worried.



Paul Caban receiving his silver medal for the South of England Urban League

So in summary, what do I have to show for the year? - Much better acquaintance with the south of England, and indeed the M6; lots of good racing; visits to all sorts of National Trust and English Heritage sites; and one very small runner's up medal. Here's to next season.



Club Training Weekend

December 2013

Pat Barlett

A gaggle of approximately 25 Interlopers gathered at Woodlands in Kingussie for a pre-Xmas training weekend on the 8 and 9 December. There was plenty of snow in the car park when we arrived on the Friday evening which provided entertainment whilst Max attempted to find a way in to the house (the caretakeress was eventually located!).

There was a split on the Saturday. The keenies went to Perth for cross country whilst the rest of us went to Inshriach for a line training event – which included both chessboard forest and contours. It was a great exercise but at the end we all had cold feet and retreated back to base at Woodlands. The kids continued with skeleton toboggan training in the local park (without the toboggan!).

Saturday night there was a scrumptious meal organised by Mo followed by map talk, chat and Johnny English on the telly.

Sunday - we returned to a more tricky part of Inshriach for Light Green, Orange and Longer training – great contour reading and simplification practice. The keenies also had the chance to catch up on Saturday's exercise.

There was just time for warming up at the boat house café over a late lunch before

heading to Uath Lochans nearby for the weekend finale. Some of us (led by me) found finding the car park challenging enough!

At Uath Lochans we had a mass start long and short course race. It was a race against the dark! Most were winners but Su and Joseph had to do some night O without head torches. I went out looking and took even longer to get back (despite having a torch!)

A great weekend of training! Many thanks to Graham Mc for organising/planning all training and Max for promoting the event.

Next year we might try for a warmer weekend!



Club Champs 2013

North Pentlands
10 November 2013

Pat Bartlett

The Interlopers club champs for 2013 were held at the Sosol on 10 November 2013 at the ESOC event at the North Pentlands. It was a fine event which tested hill climbing skills on the longer courses.

Prizes for the champs were presented at the new year social with junior prizes (chocolates! Well done Pat. *Ed.*) to the fastest interlopers on each course who were:

White. Matthew Ross
Yellow. Leah Bartlett
Orange. Logan McIntyre

The overall club champ was determined by Ken's cunning handicaps. Congratulations to Robin Galloway who was the only runner to go faster than their minutes per k

handicap in clocking 56.44 for the 6.9k brown course. A stunning victory!



R. Galloway, Club Champion Photo K. Daly

The top 5 were as follows:

5th Pat Bartlett. 9.4 mins per k versus 8.5 handicap

4th. Ken Daly. 9.9 mins per k versus 9.0 handicap

3rd. Peter Gardner. 9.7 mins per k versus 9.0 handicap

2nd. Max Carcas. 9.2 mins per k versus 8.5 handicap

1st. Robin. 8.2 mins per k versus 8.5 handicap

Orienteering Junior Training

Leah Bartlett

Orienteering Junior Training is a great way to get better at orienteering. You split into your course groups and do fun activities and courses, and at the end take part in a relay. There are courses for children at white - beginners, yellow - getting better, orange - improver and light green – master. These courses are the stages of orienteering.

We practice things like setting the map, using a compass, taking bearings and many other important orienteering skills.

We go to many beautiful venues including Craiglockhart Hill, Yellowcraig and Castlelaw, and many, many more. Venues include beaches, hills and parks.

They have great, experienced coaches who are patient and try to help every individual to improve and move to a higher course.

Any juniors out there come and join us to have a great time!

PVG Corner

*Barry Owen
CCPO*

The Criminal Records Bureau Scotland (CRBS) has had a name change, to Volunteer Scotland Disclosure Services (presumably VSDS!).

There has also been a change in what information I am allowed to share with SOA about club members who have obtained a disclosure for 'Regulated Work'. Previously, I wasn't able to share any information with Hilary. In future, I will be able to share (with Hilary) some information about club members in the PVG scheme. More on this to follow as Hilary sends it to me.

Club members should be aware that if they are involved in any Regulated Work (www.scottish-orienteering.org/soa/page/child-protection-and-the-pvg-scheme) they must be a PVG scheme member. Some of this work is obvious such as coaching juniors; some less obvious e.g. driving a minibus hired by the club to transport juniors. If you need to join the scheme I have the necessary forms.

Scottish Orienteering League 2013

Congratulations to the following Interloper certificate winners:

Pippa Carcas	W10	3 rd
Fiona Eades	W10B	1 st
Kirsty Owen	W10B	3 rd
Mairi Eades	W12	7 th
James Hartman	M10B	2 nd
Sam Bartlett	M10B	3 rd
Joseph Bartlett	M12	16 th
Logan McIntyre	M12	20 th
Freddie Carcas	M14	3 rd
James Ackland	M14	6 th
Calum Urquhart	M14	13 th
Callum McIntyre	M14	19 th
Matthew Galloway	M16	6 th
Samuel Galloway	M16	7 th
Alex Carcas	M16	8 th
Christopher Galloway	M18	1 st
Heather Hartman	W21L	3 rd
Mary Ross	W40L	3 rd
Jane Ackland	W45L	1 st
Ann Haley	W45L	2 nd
Hector Haines	M21L	1 st
Oleg Chepelin	M21L	2 nd
Robin Galloway	M40L	3 rd
Ian McIntyre	M50S	2 nd

SOA News

Courses etc. – bookings now open for:

- Grade C Controllers' course, 3 May, Banchory
- Teaching Orienteering – part 1, 6 May - Wishaw
- Teaching Orienteering – part 1, 22 May - Lesmahagow

- UKCC Level 2 coach course, 10-11 May plus 14 June – Glenmore Lodge
- UKCC Level 1 coach course, 9-11 July – Glenmore Lodge

More dates for next year are now in the complete course schedule:

<http://www.scottish-orienteering.org/course-schedule>

PreO at the SOL events

Where it is possible, there will be PreO controls en route to the Start at the 2014 SOL events, starting at Devilla Forest on 16th March. PreO controls are to all intents and purposes TrailO controls, giving you the opportunity to warm up your brain as well as your body before you run.

Usually there will be four or five controls, with a number of kites a short distance into the terrain from the path at each control.

The challenge is to identify which kite (if any) is on the correct feature as indicated by the map and control description at that control, but you must remain on the path to view the kites and make your decision.

You can enter by collecting a map in the car park at Anne Hickling's or Roger Scrutton's car, and it's free. Correct answers and some notes on each control site will be on the web after each event.

Fixtures 2014

www.britishorienteering.org.uk

March 2014

22nd	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Mary Erskine School and Ravelston Woods, Edinburgh, NT221739 Entry times: 14:00 - 15:00. Dogs: Dogs allowed on leads in the car park only. Not to be
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		taken into the school grounds at all. . Organiser: Janet Clark www.esoc.org.uk/events/mary-erskine-school-and-ravelston-woods-mar-22-2014
23rd	FVO SOA Level D	FVO CAT (Come and Train) Event 5 - Beecraigs , Beecraigs, Linlithgow, NS998741 fvo.org.uk/events/
29th	INT SOA Level D	INT Local Event 5 , Craigmillar Castle Park, Edinburgh, NT280710 Dogs allowed. Organiser: Mary Ross
April 2014		
5th	ELO SOA Level D	ESOA Local Events in Edinburgh and the Lothians , North Berwick Lodge Grounds, North Berwick, NT555852 Entry times: 2pm tp 3pm. Dogs: Dogs under control. Organiser: Sheila Strain www.elo.org.uk
6th	STAG SOA Level B	STAG & ScotJOS CompassPoint Scottish O League 2 , Faskally Woods, Pitlochry, NN942580 Entry times: 10.30am - 12.30pm. No dogs allowed. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk www.stag-orienteeing.co.uk
12th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Castlelaw, Penicuik, NT230637 Entry times: 14:00 - 15:00. Dogs allowed. Organiser: Margaret Dalgleish www.esoc.org.uk/events/castlelaw-apr-12-2014
18th	SBOC WOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL) , Swansea University & Singleton Park, Swansea

		Entry times: 12.00 - 16.00pm. Dogs: Dogs are allowed in assembly on a lead. They are not allowed in the buildings.. Organiser: Niall Reynolds www.thejk.org.uk
19th	SWOC WOA Level A	Jan Kjellstrom Orienteering Festival (UKOL) , Merthyr Common, Ebbw Vale, SO118132 Entry times: 10.00 - 2.00pm. Organiser: Nigel Ferrand www.thejk.org.uk
20th	WOA Level A	Jan Kjellstrom Orienteering Festival (UKOL) , Llangyndydr, Ebbw Vale Entry times: 10.00 - 2.00pm. Organiser: Chris Phillips , anne@themays.org.uk www.thejk.org.uk
21st	WOA Level A	Jan Kjellstrom Orienteering Festival Relays , Pwll Du, Blaenavon Entry times: 10.00 - 11.00pm. No dogs allowed. Organiser: Dave Urch www.thejk.org.uk
26th	ELO SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Vogrie Country Park, Gorebridge, NT377632 www.elo.org.uk/
27th	CLYDE SOA Level B	CLYDE CompassPoint Scottish O League 3 , Dunrod Hill, Greenock, NS246721 Dogs: On leads in the car park and on roads. There is likely to be sheep with lambs on the area.. Organiser: Kate Thomas , info@clydesideorienteers.org.uk www.clydesideorienteers.org.uk
May 2014		

4th	SROC NWOA Level A	Northern Championships (UKOL) , Gummer's How & Blakeholme, Newby Bridge, SD390884 Organiser: Tony Marlow , antonymarlow@gmail.com www.sroc.org/menu2/2014/May/130211.htm
11th	STAG SOA Level C	STAG - Pre-Commonwealth Games Urban Event - incorporating bto SOUL4 and NUL4 , Glasgow City Centre, Glasgow, NS5865 Entry times: 10.30am-12 Noon. No dogs allowed. Organiser: Terry O'Brien www.stag-orienteering.co.uk
14th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Hillend, Edinburgh, NT243667 Entry times: 18:00 - 19:00. Dogs: Hillend is a popular area for dog-walkers, so dogs are allowed.. Organiser: Janet Clark www.esoc.org.uk/events/hillend-park-may-14-2014
18th	TAY SOA Level C	TAY SoSOL7 - Culteucher & Dron , Culteucher & Dron, Perth, NO079160 www.taysideorienteers.org.uk
24th	INT SOA Level A	Scottish Championships - Individual (UKOL) , Dalnamein, Pitlochry
25th	ESOC SOA Level C	Scottish Championships - Relays , Newtyle Hill, Pitlochry Organiser: Angela Dixon
31st	NEOA Level A	British Long Championships (UKOL) , Thrunton and Callaly, Newcastle Organiser: Boris Spence www.boc2014.org.uk/
June 2014		

1st	NEOA Level A	British Relay Championships , Cragg Estate and Chesterhope Common, Newcastle Organiser: Paul Taylor www.boc2014.org.uk/
6th	STAG SOA Level D	STAG - Scottish Schools' Festival 2014 , Drumpellier Country Park, Coatbridge, NS708658 Entry times: 10.30am - 12.30pm. No dogs allowed. Organiser: Terry O'Brien
14th	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: Judith Bell www.esoc.org.uk/events/bonaly-park-jun-14-2014
15th	SOA Level C	Jamie Stevenson Trophy , Central Scotland Organiser: Maureen Brown
21st	MOR SOA Level C	The Moray Mix Weekend Day 1 - incorporating bto SOUL5 , Dufftown, Dufftown Entry times: TBD. Dogs: TBD. Organiser: Oonagh Grassie www.moravianorienteering.org/events/
22nd	MOR SOA Level B	The Moray Mix Weekend Day 2 - CompassPoint Scottish O League 4 , Lossie Forest, Lossiemouth Organiser: Rupert Hornby www.moravianorienteering.org/events/
29th	ESOC SOA Level C	ESOC Urban Race - incorporating bto SOUL6 , St Andrews Organiser: Margaret Dalgleish www.esoc.org.uk/events/st-andrews-urban-race-jun-29-2014

Compass Point Sponsorship



Compass Point event shop, Denmark JWOC 2010

www.compasspoint-online.co.uk

Compass Point has offered a 10% discount for Interlopers when they shop at Compass Point. The discount does not apply to goods already discounted under a promotional deal, special offer, sale, etc. You must ask for the discount or use the comments box on-line. (Some items are low margin and Compass Point can't offer any further discount.)



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

