

# The Interloper

[www.interlopers.org.uk](http://www.interlopers.org.uk)

 **No. 169**   
December 2014

**Graham Haley bagged his final Munro this year**



**Corrie Lagan panorama**

**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
<b>Pub social after first run of each month (circa 20:00 hours)</b>			
11/12/2014	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
18/12/2014	Holyrood Outer & Inner loops: From Holyrood House public car park - 13	NT270738	Ken's for bread & soup
08/01/2015	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
15/01/2015	Castlelaw & Harbour Hill: From Castlelaw Ranges car park -5	NT230637	Pub TBC
22/01/2015	FWTN		
29/01/2015	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	
05/02/2015	FWTN - Craigmillar		
12/02/2015	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	Pub TBC
19/02/2015	FWTN - Buckstone		
26/02/2015	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	
05/03/2015	FWTN - Riccarton		
12/03/2015	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	Pub TBC
19/03/2015	FWTN - Bonaly		

### Editor's Introduction

*Mary Ross*

**W**elcome to the December of *The Interloper*. Thank you so much to all those who have contributed. Without your articles there would be no newsletter.

There's lots of good stuff from Graham Haley's stunning photos of Munros (if they don't encourage you to get out into the hills then I don't know what will) to Pat Squire's phenomenally active September!

On a personal note, the Ross family had a very enjoyable and successful time at the ELO SoSOL at Saltoun Wood last Sunday with Thomas (9) completing his first White course on his own and Ben (6) 'doing the map reading himself', with me trailing behind trying to keep up. Thomas said

afterwards, 'He enjoyed going on his own more than being shadowed as he just felt free' and Ben said 'He can't wait to go orienteering again when he can do another White course'. I thought Thomas's comment was lovely; I'm not sure I quite shared his sense of joyous freedom as I fought my way through brambles and waded through cold rivers but there we go, there has to be one family member who was less happy!

I wish you all a very Merry Christmas and lots of great orienteering in 2015. Hopefully see you all at the Christmas party.

Mary



## New Interloper members

The club extends a warm welcome to three new members, all in one family: Mum Trish Johnson, and daughters Emma and Katie.



## Interlopers' Joint Christmas and Birthday party

**Fairmilehead Church Hall  
(almost definitely)**

**Sunday 21st December  
4.30-8 pm**

The Club Christmas party coincides with Paul Caban's half century anniversary and he's promised to bring a cake and everything! The venue will be confirmed if a caretaker can be found, but it is at the junction of Comiston Road and Frogston Road, right at the crossroads.

The only restriction Paul has been given by the Hall is a 'no strong alcohol' rule: beer and wine is OK, but no spirits. Sorry.

Paul is planning on some sort of birthday run earlier in the afternoon, on the Pentlands if the weather is OK, or on the Braids otherwise. More details by email soon. He hopes to see you all there.

Let Max Carcas ([max@carcas.co.uk](mailto:max@carcas.co.uk)) know if you:

1. Can't wait and can definitely come
2. Definitely can't come
3. Might come but don't know for sure yet in true Interloper fashion



## Rabbit in the Headlights

*James Jarvis*

Orienteering is a bit of a dark art. I am not an orienteer, which makes me an Interloper?

Frequently when disorienting I become lost. However, being mis-attributed to ESOC in some result recently represented a whole new level of 'lost'.

So a dark art. What does that mean? Well, just when you think you have a handrail on the terms such as re-entrant and parallel error something else comes along to throw you. Take FWTN. Bring a head torch it says. Which I did. Had a light rating of at

least one baptismal candle. Would have made any Godparent proud. Should be fine I thought.

So there I was scrabbling out of a bunker that wasn't there when all of a sudden I saw the light! What a light! It was blinding. I raised my hands thinking it was one of those police helicopter beams with a marksman keen to get a hole in one! Fairly stealthy police chopper this one, very quiet?

The next I know I am being cordially spoken to by Rachel - a fellow Interloper it turns out - and not being perforated by a trigger happy marksman. Rachel's head torch, should it point upwards and catch a passing pipistrelle, would alert Gotham's finest.

More importantly the eighty billion candle beam now caught the reflective piece of leftover plumbing that represented the control, causing it to gently smoulder. Ever the adept orienteer, she directed the photon beam elsewhere to avoid an inferno.

Rachel was ever so gracious about the fact she was now providing a ridiculous lighthouse-like beacon that coincided with where I was heading. And I am left with the etiquette of what do I do? That light keeps moving to where my compass is pointing. "Don't go towards the light" was a phrase coming to mind, but the light kept going to where I wanted to be.

But here is the thing. Despite many years rubbing shoulders with O-types my blood is still A+ which means athletics plus. The plus means cross country and occasional hill race. Orienteering is not in my blood - yet. And sprint finishes are. So the unfortunate Rachel was treated to the kind of finish reserved for Messrs Caban or Ackland on a Saturday morning Parkrun. Of course, Rachel had already caught up 5

minutes on me so the 5 seconds I clawed back were all in vain!

At the finish it was very cordial and gracious. Rachel, ever so polite apologised for catching me in the first place, as if by only giving me 5 minutes start was somehow reproachable behaviour.

And that is something else I struggle with about orienteering. Everybody is soooooo.... nice! It is going to take a while to adjust... and get a second candle for that head torch.



## The Munros and their Wildlife

~1987-2014  
Graham Haley



Graham on top of Blaven

Photo Haley

I can't actually remember when I did my first Munro, other than knowing it was before we were married (1988). Ann and I had a trip around the Highlands (a long way from Cambridge at the time) and I remember doing the Five Sisters of Kintail and Ruadh-stac Mor on Beinn Eighe. It might have been Beinn Alligin (with my brother, Gary), or perhaps Cairn Gorm while there on a University ski trip.

We moved to Edinburgh in 1993 and it then became a lot easier. When Stephen was very young, I carried him up Ben Hope and Ben Vorlich (Loch Earn), something I'd struggle to do now! I picked off a lot of the eastern Munros when Ann was orienteering, most notable was the complete plane wreck on top of Carn an t-Sagairt Mor. A good few others were climbed during family holidays (Liathach, Sgurr nan Gilleann ... etc). I remember spotting ring ouzels on the Aonach Eagach ridge and also on Beinn Eunaich, but haven't seen them since.

In September 2000, my work took part in a Guinness Book of Records attempt for the most hills climbed simultaneously, where we had to be on a particular summit at midday. We did the two Munros on Buachaille Etive Mor. And yes we got the record!

I only really started counting in 2003. I did Mullach Clach a' Bhlaigh and Sgor Gaoith with Hilary Quick while staying at Woodlands, and later that year did all the central Cairngorms in one trip while Ann and the boys were at the 6 day (Lossie). The Falls of Avon and Corrour bothies were my home away from home.

The next few years saw a steady 15 per year. Loads of mountain hares on Ben Chonzie (2004). The boys made it up An Caisteal (2004) and a very boggy Ben More on Mull (2006). Spotted a male hen harrier coming off Carn Liath (2006). Allan

McLeod joined me on Ben Wyvis (2007), his first Munro. My worst yearly total was 6, including a wet Beinn a Chaorainn and Beinn Teallach with Paul Caban (2008).

In 2009 things picked up again. All those beginning with F (on 21st Feb), the western Mamores and those around Bridge of Orchy. While doing the Black Mount, I almost stood on a red deer calf before it ran off to its mother. Later that day I followed a cuckoo a long way down the West Highland Way.

A family trip to Skye in 2010 saw Stephen and I do the southern Cuillins. I took the whole family up and over the Inaccessible Pinnacle, where Stephen had a bit of an abseiling incident. Ann went down to his rescue, while Mark and I waited on the top. 2010 was the first of many trips to Cluanie, with its 20-odd Munros all in the one valley.

Ann, Mark and I had a holiday cottage in Ullapool in early 2011, and while Mark played golf(!), I did Beinn Dearg, the western Fannaichs and Ben More Assynt and Conival. The Etive peaks were finished after a speeding ticket going through Lochearnhead. :-)

Going in to 2012 I had just over 100 to go. I finished the Mamores and did the remote Carn an Fhidhleir and An Sgarsoch from Linn of Dee (one of my favourite places). Marsela McLeod joined Ann and I to finish the Fannaichs. My final trip of the year involved getting the train in to Corrour station, staying at Loch Ossian Youth Hostel and doing the 5 Munros between there and Fersit, getting the train back from Tulloch. Certainly a different and romantic way to do some hills.

2013 started with the whole family doing Gleouraich and Spidean Mialach by Loch Quoich in glorious sunshine, as well as Maol Chean-dearg in Strath Carron. A similar trip north with Ann saw us doing the

7 Munros of the South Cluanie Ridge on another very hot day. After Gairich we saw a pine martin by Loch Garry, and after Beinn Sgritheall we spotted a sea eagle by the Glenelg ferry. Marsela joined us again for the Strathfarrar Munros on a windy day, and my last trip of the year was to Culra bothy to do the Ben Alder six. I don't quite know why I finished so early (July) - I guess 28 Munros was a pretty good yearly total!

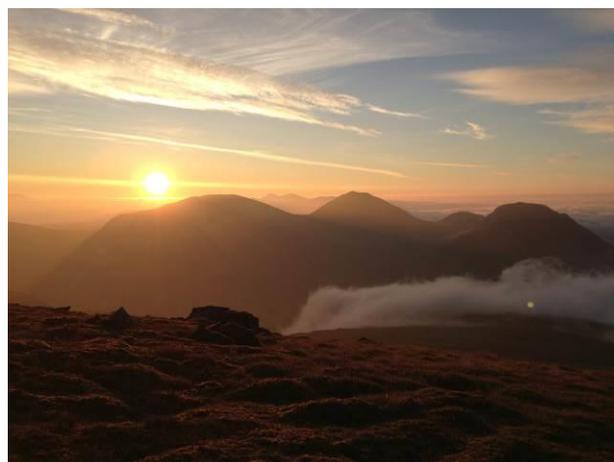
So this brings me to 2014. I had always wanted to finish the Munros before I was 50 (in January 2015), but with 47 to go it was going to be a stretch, especially when viral meningitis put me in hospital for 6 days in March!! Looking back at my many trips, the year has been a blur, but with some really spectacular hills. Almost all were climbed in excellent weather too. :-)



Ben Nevis

Photo G Haley

Gulvain was the first, followed by the spectacular Sgurr na Ciche (that Loch Arkaig road is a real roller coaster). A complete Loch Mullardoch round with a very cold high camp saw me complete Glen Affric too, surely one of Scotland's prettiest valleys? Brocken spectres on Carn Eige, a golden eagle in Knoydart, ptarmigan chicks and a merlin on Bla Bheinn, spectacular cloud inversion on a round of Corrie Lagan, the Grey Corries, the Aonachs and Ben Nevis via the Carn Mor Dearg arete, Lurg Mhor to Maoile Lunndaich with a high overnight camp, Slioch with its goats, and finally Fisherfield with an overnight camp on the summit of A'Mhaighdean and the best sunrise ever!



Fisherfield sunrise

Photo G Haley

And then it rained for 40 days and 40 nights. My last 3 were all near Ullapool, a long way to go if the weather wasn't settled. I was beginning to think there was no chance before the end of the year. But then the weather gods smiled on me, with three days of sunshine forecast for the west coast. Ann and I drove north on Monday 17th November, stayed at Marsela's and we did Seana Bhragh from Oykel Bridge (by bike) on the Tuesday. It had to be an early start as we only had 8 hours of daylight, but the weather was good, and we saw more Brocken spectres on the summit.

Finally on the Wednesday, we drove to Dundonnell in the dark, and started walking at 8:30am. Apart from a tiny bit of cloud sitting on the tops (that cleared), it was a beautiful sunny day. An Teallach, with its 2 Munros, is a mountain I have read about for years. I have viewed it from all the surrounding hills, looked at the pictures and I knew exactly what to expect. After an easy walk up, it didn't disappoint at all. :-)

It would have been nice to have arranged more of a summit party, but due to my incredibly bad planning, the dubious weather and leaving such a remote hill until last, it just turned out to be too difficult. But I did get to share my moment of glory with Ann (of course). Plus the 'entire' British

Army on training!!

So what next? It will be nice to do hills and routes that I fancy doing, rather than being driven by a list. So I am really thankful there aren't any other lists of hills to be done!

Oh, hang on ...

▣ ▣ ▣ ▣ ▣

## Squire's September Sojourns

September 2014  
*Pat Squire*

September had promised to be an extravaganza of orienteering, especially of the urban kind, with double if not triple events on every weekend through the month.

However, leg three of the first event, the prologue of the British Sprint Championships at Keele University, scuppered the plans somewhat. After clean runs to the first 2 controls I began to feel a tightness in the right upper thigh and by control number 4 it was full scale seizure. So it was then a matter of hobbling around the rest of the course with no possibility of making the 'A' final. Two hours or so later, after ice packs and heavy strapping, I did manage to get round the B course so at least there were completed runs at the event.

The next day was the Middle distance champs near Rugeley and with the help of heavy strapping and a longish warm up in getting to the start I again was able to complete the course without too many navigational errors.

Weekend number two was to have been the 8-person relay and a SOL at Craig a Barns but I decided not to risk anything and to allow recovery to take full effect as I had

no desire to compromise the weekends ahead.

A week of more or less complete rest followed by some easy jogging, stretching and strapping meant that I was able to make the trip down to London and complete the Guildford City race on the Saturday followed by the City of London event on the Sunday. Guildford will be remembered for its hills and some complex (to me at least) ornamental gardens, whilst the Barbican is 3D orienteering at its best (or worst depending on how you look at it). I have to say that having been in the area 2 years ago did help me to solve some of the challenges that the planners had devised. The following weekend was time to venture further afield. Thus I was on the 8.30am train out of Waverley heading to London for a Eurostar train to Paris and THREE separate events.

First off, in warm sunshine and after a morning's sightseeing along the Seine, was an urban race through a University/Science Park to the west of Paris. It started off in parkland and then hit the concrete with a mixture of straightforward and more complex legs. Most enjoyable! Back to the hotel for shower, change and food before setting off to the east of the city. Thank goodness for a 3-day metro pass and the very fast and efficient Metro/RER system. The signage to the event – a sports park in a well-populated area - was not the best but I found it in good time. This event was to take the form of a mass start one-person relay at night starting at midnight!

I really didn't know how this was to work so I just lined up with everyone else on the running track which was the Assembly area and followed the train out into the park not knowing where I was going or what to expect. All soon became clear as after 600m or so the maps were on washing lines with our numbers on them. That's how the relay part works! Essentially there

were 2 'legs' i.e. maps in the same area with the change over point being a control in the long jump pit back at the athletics stadium from which we had departed. It was all very surreal running at that time of night/morning, with a headtorch and with many other runners going in every sort of direction. Nevertheless it proved a very enjoyable experience made even better by the fact that I was able to finish in time to head back to the tram stop to find that they were still running (1.30am!).

Next day was back towards the east of Paris in an area of modern urban development known as 'La Defence'. Although one event it was in 2 parts with different but overlapping maps. We initially did a 19 control 3.1km course. At this finish maps were taken and we were allocated minute start times in order of finishing the first race. Thus there was a 20 min or so wait at the second call-up area before heading off again for a further 26 controls in 3.3 km. Very tiring, very challenging in another 3D area that really had me totally confused but great fun and an extraordinary weekend.

Porto beckoned the next weekend (OK so by now we are into October but I hope you follow the general theme) with another three runs in store. A night street race in the historic Old Town (with loads of climb) with one control INSIDE the main railway station, a Score event (restricted to 1000 points max – very strange) in a flattish park to the west next to the ocean and then another street event on the Sunday (even more climb) provided another interesting diet to savour and with warm/hot weather throughout this period it was a great way to have another holiday.

The final sojourn was close to home. A hop on a bus to Festival Square for the Friday evening event of the Race the Castles first weekend with a similar bus ride on Saturday to Princes Street gardens. The

Friday event took me to places I didn't know existed and trying to fathom out the routes around the areas on either side of the Western Approach Road proved too much for me with total confusion at one point! Sunday was a bit more straightforward at the Stirling street race but there was still a host of challenges to meet – both physical and navigational. So 6 weekends, 14 separate runs, approx. 45 km of orienteering with around 600m of climb and lots of great experiences and memories. Quite a month (and a half)!



## The Veteran Home International

13-14 September 2014

*Ann Haley*

As in 2013, the Veteran Home International once again clashed with a Scottish Orienteering League (SOL) event, but this year it also clashed with the Junior Inter Area competition to which many people had committed to provide assistance. This left the Scottish Team looking a bit thin, particularly in the younger female age groups, W35 and W40. A message had gone out asking if anyone would like to run up an age group, but as a W50 I wasn't in the running. However, as time went on the two spaces remained vacant. As every individual team member counts and competes in the relay any missing people seriously affect the potential team score. On the Monday before the event I suddenly received a phone call asking if I was available. As the W40 position had just been taken, I would be competing as a W35! Wow, I hadn't been one of those for some time! (I told Graham he had finally got a younger model...but he was too busy bagging some far off Munros!) The course was clearly going to be longer than I normally run, but given that I had been

putting in some miles this year (having completed a marathon in May) I decided that the distance would be manageable.

The team made their way to the Forest of Dean by various means, meeting in our accommodation above a pub. Saturday arrived with the offer of a huge breakfast...if that was your pre-run diet! The venue for the Individual race, Mallards Pike, was not far away and was held in conjunction with day 1 of the Caddihoe Chase. It was dry, but very brambly and several of us struggled to identify the 'platforms' but we had a complete team and some excellent results. Individual winners included Martin Dean, Jenny Peel, Rob Hickling and Hazel Dean. After a quick lunch several of us went for a walk around Symonds Yat, a village, by the River Wye, and Symonds Yat Rock overlooking a spectacular gorge through which the river winds. This was followed by a meal for all members of the Home Nations Teams, served by members of the local junior squad who did a fantastic job! It was all good fun!

The relay took place on the Sunday morning with a lovely arena giving everyone excellent views of the run-in. I ran on the short course, but was frustrated by silly errors. There was a great team atmosphere, and the early finishers of the Caddihoe Chase (a handicap race based on the previous days run), who tended to be the M/W 10s and 12s got rapturous applause as they finished. The weekend was a great success and enjoyable experience. Despite Scotland winning one of the relay classes, we were unfortunately beaten into second place.

Next year the Veteran Home International will take place in Wales on the 3rd and 4th October, but will not clash with a SOL!



## Paul's 50th year

2014

*Paul Caban*

After twenty-odd years of orienteering – almost exclusively to an unexceptional standard – turning into an M50 this year, prodded me into deciding to do something unusual. I set myself some performance targets. OK: I may not be anywhere near the Strain-Haines standard, but I have been running - although admittedly not always orienteering - pretty well, and I also have the advantage of being just about the youngest in the age category. So I sat down with the fixture list, and decided that the open, runnable British Relays in Northumberland in the late spring, and the British Sprint Champs at Keele University in September were going to be the two events I'd aim to do my best in.

I spent the first three months of the year building up mileage and fitness. I started with a cunning plan to run five times a week, averaging around 50km a week. That included James's intervals session on a Tuesday evening with the University Hares and Hounds, Club Training on Thursday, and one long run, usually at the weekend. I also took to running to and from work one day a week. Running in the cold and dark of an evening took a little getting used to for the first week or so, but pretty soon I was into a routine. I also spent a week in Lanzarote; the warmth was great, and it was easy to bump up the distance. By the end of April, I was well past 1000km for the year so far.

Now I hadn't intended to do much Urban orienteering this year. I'd gone to Ely, which was one of the first 'Nope' events, but that was principally to visit my Godmother, who was in hospital. The next of the English Nope events was at Kendal, as part of the Northern Champs weekend.

That changed everything. Completely unexpectedly, I had a very, very good run, beating most of the usual urban suspects, including Martin Ward, who had had pretty much a stranglehold on the Nope League since its inception. I sat down with the fixture list again, and decided that I could do it without compromises. I now had a third target for the year.

With spring came more daylight, and it was easy to increase the training a little and incorporate two long runs per week. Some judicious holiday plans, and some painful day trips (Newark, Harrogate) meant that by the summer, I'd got a good lead in the Urban League. And despite being out forever at Callaly the day before, Rob, Graeme and I had claimed a bronze medal at the British Relays. Target number one: tick. The summer saw me go to Sweden for the O-Ringen, and carried on with the training. By then I was averaging 70km per week for the year, and feeling great with it: when I wasn't running, I was eating, and not putting on any weight. What's not to like.

The crash, when it came, was one I hadn't foreseen. I'd had a history of knee problems – cured by not training for a decade – and also pneumonic tendencies, but this was new and unexpected. I'd spent the week in Dorset, in between my last two counting urban races: Didcot and Bath. The weather wasn't great, so I'd go for a long run each morning. A couple of days in, my left foot was a little painful underneath. I assumed I'd stood on something, and tried to run through it. The next day was the same, as was the day after. And I'd noticed that it was hurting more when I *wasn't* running, than when I was. Damn. And this all happening ten days before the British Sprints. Double damn. No training for a week, and let's see how it goes.

Anyway I had to go to Keele: I'd left the car in the Midlands the weekend before, as I'd already spent far too many hours on the M6. After a week off, the foot felt OKish; I could certainly run through the pain for 15 minutes twice. And the Sprints were great: I easily made the 'A' Final, and then finish in the top ten, as I'd been aiming for. Target number two achieved. Plus by then, I was almost certain to win the Nope League too: Martin would need to come no worse than first and second in the two Race the Castle urban events.



Paul in Nope prizegiving Photo Caban

The rest of the year has been an anti-climax. My physio diagnosed Plantar Fasciitis, something I'd already guessed. There's no cure as such: it often goes away as mysteriously as it arrives. However, I have new orthotics, and I've since discovered one pair of shoes that definitely make the foot worse. I also succumbed to Freshers' Flu (students, pah), which I tried to race (the Castles)

through, with predictable results of a month of chesty unpleasantness, although target number three was under my belt too. Still, it has been easily my best racing year ever: I have a British Champs medal, a nicely engraved brick, and at least a little respect from some of my age group in sprint/urban races.

And next year? Well, I have some ideas, but I'm keeping those to myself for the moment. But one thing I can say – and yes I know I said this *last* year too - is that it won't involve lots of travelling to England for urban racing. Definitely not.



## SoSOL Certificate Winners 2013/14

Congratulations to the following Interlopers who won certificates in this year's SoSOL league

Leah Bartlett	1 <sup>st</sup>	Yellow
Fiona Eades	3 <sup>rd</sup>	Yellow
Pippa Carcas	4 <sup>th</sup>	Orange
Ann Haley	1 <sup>st</sup> Woman	Green
Samuel Galloway	1 <sup>st</sup>	Blue
Paul Caban	3 <sup>rd</sup> Senior Man	Blue
Graham McIntyre	4 <sup>th</sup> Senior Man	Blue
Pat Bartlett	5 <sup>th</sup> Senior Man	Blue
Ken Daly	6 <sup>th</sup> Senior Man	Blue
Rachel Kirkland	4 <sup>th</sup> Sen. Woman	Blue
Jane Ackland	5 <sup>th</sup> Sen. Woman	Blue
Robin Galloway	5 <sup>th</sup>	Brown



## Future Events Update

**Pat Squire**  
Event Coordinator

Because of problems with access, next year's SOL (8th March) will have to be

moved from Drummond Hill to Gullane. Max Carcas has offered to plan, with Robin Galloway as Organiser. As a consequence it is planned to change the venue for our 2016 SOL from Gullane to Culteucher, Glenearn & Berryknowe in North Fife.

Tulliallan is still on course to be the venue for our 2015 SOSOL on 26th April. Lead officials are still required.

Between these two dates we are hoping to put on 2 or 3 Saturday events as part of the ESOA series. Paul Caban will be coordinating these and all offers of help will be appreciated. These 'low key' events are ideal ways to learn and experience some of the basics of organising and planning so if anyone would like to undertake either of these roles please let myself or Paul know.

Looking further ahead we will be hosting the Schools Orienteering Festival in early June, probably at Dechmont Law. The event will be on a Friday but if anyone is likely to be free on that day offers of help will be gratefully received.

We are planning to revive the Summer Urban series for next year with evening events and local areas being the basis of the series. A Coordinator for the series is required together with offers to host events. Please start thinking now!

As a club, we will be assisting with Day 4 at next year's Highland 2015 Six Days. Details will be forthcoming as the date approaches and tasks will need to be allocated to most of the club members who attend this event.

There will be no INTrepid weekend in 2015 but thoughts are beginning to materialise for a combination of an urban event linked to our SOL in April of that year.

*Paul Caban adds:*

Interlopers is good at many things, but, sadly, attracting new members is not one of them. I can think of two ways of making a difference, so, I've made an early new year's resolution. I'm going to kick-start our Local Events programme, and I'm going to write content for our web site, so that it looks a little more dynamic than it has done of late.

For the local events, I have a working plan of using Mortonhall, Colinton Dell, and Craigmillar Castle during February, March and April; i.e. before the undergrowth gets through. I'm intending to do the planning/organising myself, but will inevitably be asking for people to help on the day.

Meanwhile, on our web site, I'm going to try to write a short report of each event I attend. But I won't be at everything, so it would be good if other people could do the same, and forward to me for publishing.



## SOA News

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

- Bah-humbug coaching, 23-26 December, Speyside – training controls out 13 Dec.
- Coaching Foundation course, 7 March 2015, Inverness or Nairn
- Coaching Foundation course, 13 March, Glenmore Lodge
- Grade B Controllers' course, 21 March, most likely Aberdeenshire
- UKCC Level 1 coach course, 14-15 March \*
- Coaching Foundation course, 28 March, Kinnoull Hill
- Coaching Foundation course, 11 April, Aberdeenshire

- Coaching Foundation course, 18 April, Dalbeattie
- Coaching Foundation course, 25 April, Edinburgh
- UKCC Level 2 coach course, 16-17 May, 13 June
- Coaching Foundation course, 30 May, Glasgow
- UKCC Level 1 coach course, 6-7 June \*
- Coaching Foundation course, 19 September 2015, Inverness
- UKCC Level 1 coach course, 31 October – 1 November 2015\*
- UKCC Level 3 coach course, 7-8 November 2015

All dates are in the complete course schedule: <http://www.scottish-orienteering.org/course-schedule>  
Please ask your schools contacts to e-mail Hilary for availability and pricing for local courses.

UKCC Level 1 courses marked with \* are the two-day versions which require you to attend the Coaching Foundation course first.

The **Coaching Foundation** course gives experienced orienteers the skills and tools to coach beginners and returners of any age. It would also make a useful update or refresher for anyone whose coaching might be a bit rusty. 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.

### **A9 Dualling**

Plans are progressing for the dualling of the A9 from Perth to Inverness, with completion due by 2025. It is likely the new road will be on a 200 yard corridor centred on the current route and there is scope at this stage to influence details of the new route including alignment as well as rest areas and laybys. Engineering and environmental constraints have an influence, as does landscaping and the

views of the many stakeholders involved. The SOA has been invited onto the Walking Group Consultation, and the Professional Officer attended the initial meeting led by TransportScotland and consultants Jacobs. Details of the project can be accessed at <http://www.transportscotland.gov.uk/project/a9-dualling-perth-inverness> We have been invited to submit further details of any areas of orienteering interest (existing or potential) including area outlines, parking and access points. Details need to be submitted by the end of January 2015, and clubs and individuals are invited to submit comments/maps to [colin.matheson@scottish-orienteering.org](mailto:colin.matheson@scottish-orienteering.org) for inclusion in a report. Comments can be wide ranging e.g. the A9 will facilitate access to multi-day events; we have concerns on environmental impacts; loss of amenity and access to Dalnamein etc.

And finally: SOA thanks clubs and their volunteers for all the hard work they have put into providing events and activities for the orienteering community this year.

  
**Fixtures 2014/15**  
[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

January 2015		
4th	STAG SOA Level D	<b>STAG Score 1</b> , Pollok Country Park, Glasgow, <a href="#">NS555621</a> Organiser: Terry O'Brien , <a href="mailto:terry@tobrien1.wanadoo.co.uk">terry@tobrien1.wanadoo.co.uk</a> <a href="http://www.stag-orienteering.co.uk">www.stag-orienteering.co.uk</a>
7th	FVO SOA Level D	<b>FVO Night #5 - Stirling University</b> , Stirling University, Stirling, <a href="#">NS804966</a> Entry times: 11.00 to 12.30. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>

8th	ESOC SOA Level D	<b>ESOC Night Event</b> , Corstorphine Hill, Edinburgh, <a href="#">NT204740</a> No dogs allowed. Organiser: Crawford Lindsay <a href="http://www.esoc.org.uk">www.esoc.org.uk</a>
11th	STAG SOA Level D	<b>STAG Score 2</b> , Cathkin Braes Country Park, Glasgow, <a href="#">NS603583</a> Organiser: Terry O'Brien <a href="http://www.stag-orienteering.co.uk">www.stag-orienteering.co.uk</a>
17th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Cammo Estate, Edinburgh, <a href="#">NT177748</a> Entry times: 14:00 - 15:00. Dogs allowed. <a href="http://www.esoc.org.uk/events/cammo-estate-jan-17-2015">www.esoc.org.uk/events/cammo-estate-jan-17-2015</a>
17th	RR SOA Level D	<b>RR Winter Series 1</b> , Selkirk Hill, Selkirk, <a href="#">NT477286</a> Entry times: 12.00. Organiser: Lindsey Knox <a href="http://roxburghreivers.org.uk/?ai1ec_event=winter-series-1-and-rr-agm&amp;instance_id=136">roxburghreivers.org.uk/?ai1ec_event=winter-series-1-and-rr-agm&amp;instance_id=136</a>
18th	STAG SOA Level D	<b>STAG Score 3</b> , Strathclyde Country Park, Motherwell <a href="http://www.stag-orienteering.co.uk">www.stag-orienteering.co.uk</a>
22nd	EUOC SOA Level D	<b>FWTN #5</b> , TBC, Edinburgh Entry times: 19:00 - 19:45. <a href="http://orienteering.eusu.ed.ac.uk/events/fwtm">orienteering.eusu.ed.ac.uk/events/fwtm</a>
28th	FVO SOA Level D	<b>FVO Night #6 - Stirling South East</b> , Stirling South East, Stirling, <a href="#">NS810910</a> Entry times: 11.00 to 12.30. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>
31st	ESOC SOA Level C	<b>ESOC 50th Anniversary Weekend - Sprint-O incorporating bto SOUL 1</b> , Riccarton Campus, Edinburgh, <a href="#">NT178694</a> Entry times: TBC. No dogs allowed.

		Organiser: Fiona Findlay <a href="http://www.esoc.org.uk/events/esoc-sprint-o-incorporating-bto-soul-1-jan-31-2015">www.esoc.org.uk/events/esoc-sprint-o-incorporating-bto-soul-1-jan-31-2015</a>
<b>February 2015</b>		
1st	ESOC SOA Level C	<b>ESOC 50th Anniversary Weekend - SoSOL 6</b> , Dalkeith Park, Dalkeith, <a href="http://NT334676">NT334676</a> Entry times: 10.30 - 12.30. Organiser: Tyler Morrison <a href="http://www.esoc.org.uk/events/dalkeith-country-park-feb-1-2015">www.esoc.org.uk/events/dalkeith-country-park-feb-1-2015</a>
4th	FVO SOA Level D	<b>FVO Night #7 - Polmaise Wood</b> , Polmaise, Stirling, <a href="http://NS772923">NS772923</a> Entry times: 11.00 to 12.30. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>
5th	EUOC SOA Level D	<b>FWTN #6</b> , TBC, Edinburgh Entry times: 19:00 - 19:45. <a href="http://orienteering.eusu.ed.ac.uk/events/fwtn">orienteering.eusu.ed.ac.uk/events/fwtn</a>
14th	CLYDE SOA Level C	<b>CLYDE Scottish Sprint Championships</b> , Erskine, Erskine No dogs allowed. Organiser: Alex Kemp <a href="http://www.clydesideorienteers.org.uk/home/events/scottish-sprint-champs-14th-feb-2015/">www.clydesideorienteers.org.uk/home/events/scottish-sprint-champs-14th-feb-2015/</a>
14th	STAG SOA Level C	<b>STAG Scottish Night Championships</b> , Drumpellier Country Park, Coatbridge, <a href="http://NS717655">NS717655</a> Entry times: TBC. No dogs allowed. <a href="http://www.stag-orienteering.co.uk">www.stag-orienteering.co.uk</a>
15th	STAG SOA Level D	<b>STAG Score 4</b> , Drumpellier Country Park, Coatbridge, <a href="http://NS704664">NS704664</a> Entry times: From 11am > 11.45am. No dogs allowed. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="http://www.stag-orienteering.co.uk">www.stag-orienteering.co.uk</a>

19th	EUOC SOA Level D	<b>FWTN #7</b> , TBC, Edinburgh Entry times: 19:00 - 19:45. <a href="http://orienteering.eusu.ed.ac.uk/events/fwtn">orienteering.eusu.ed.ac.uk/events/fwtn</a>
21st	RR SOA Level D	<b>RR Winter Series 2</b> , Bowhill Estate, Selkirk, <a href="http://NT432280">NT432280</a> Entry times: 12.00. Organiser: Robert Cranston <a href="http://21/02/2015@1:00pm">21/02/2015 @ 1:00 pm</a> "1:00 pm" Where: Bowhill Estate, Selkirk Contact: Rob Cranston 01450 372095 Email
28th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Edinburgh Entry times: 14:00 - 15:00.
28th	AIRE YHOA Level A	<b>British Night Championships (UKOL)</b> , Middleton Park, Leeds, <a href="http://SE301299">SE301299</a> No dogs allowed. Organiser: Heather Phipps , h.j.sears@leeds.ac.uk , 0113 2167143
<b>March 2015</b>		
4th	FVO SOA Level D	<b>FVO Night #9 - Touch</b> , Touch, Stirling, <a href="http://NS746916">NS746916</a> Entry times: 11.00 to 12.30. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>
5th	EUOC SOA Level D	<b>FWTN #8</b> , TBC, Edinburgh Entry times: 19:00 - 19:45. <a href="http://orienteering.eusu.ed.ac.uk/events/fwtn">orienteering.eusu.ed.ac.uk/events/fwtn</a>
8th	INT SOA Level B	<b>INT CompassPoint Scottish O League 1</b> , Drummond Hill, perhaps, Aberfeldy
15th	MAROC SOA Level B	<b>CompassSport Cup Heat</b> , Balnagowan, Scotland Organiser: Terry O'Brien
18th	FVO SOA Level D	<b>FVO Night #10 - South Achray</b> , South Achray, Aberfoyle, <a href="http://NS519014">NS519014</a> Entry times: 11.00 to 12.30. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>

19th	EUOC SOA Level D	<b>FWTN #9</b> , TBC, Edinburgh Entry times: 19:00 - 19:45. <a href="http://orienteering.eusu.ed.ac.uk/events/fwtn">orienteering.eusu.ed.ac.uk/events/fwtn</a>
22nd	STAG SOA Level B	<b>STAG &amp; ESOC CompassPoint Scottish O League 2</b> , Bonskeid Estate, Pitlochry, <a href="#">NN</a>
26th	EUOC SOA Level D	<b>FWTN #10</b> , TBC, Edinburgh Entry times: 19:00 - 19:45. <a href="http://orienteering.eusu.ed.ac.uk/events/fwtn">orienteering.eusu.ed.ac.uk/events/fwtn</a>
28th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Corstorphine Hill, Edinburgh, <a href="#">NT204740</a> Entry times: 14:00 - 15:00. Dogs allowed. <a href="http://www.esoc.org.uk/events/corstorphine-hill-local-event-mar-28-2015">www.esoc.org.uk/events/corstorphine-hill-local-event-mar-28-2015</a>
<b>April 2015</b>		
3rd	NWOA Level A	<b>JK Weekend Sprint (UKOL)</b> , Lancaster University, Lancaster Organiser: Tony Marlow
4th	NWOA Level A	<b>JK Weekend Individual 1 (UKOL)</b> , Ulpha Park & Barrow Fell, Ulverston Organiser: Gill Browne
5th	NWOA Level A	<b>JK Weekend Individual 2 (UKOL)</b> , Bigland, Ulverston Organiser: Richard Tiley
6th	NWOA Level A	<b>JK Weekend Relays</b> , Graythwaite, Windermere Organiser: Stephen Fellbaum
12th	SOLWAY SOA Level B	<b>SOLWAY CompassPoint Scottish O League 3</b> , Mark Hill, Dalbeattie, <a href="#">NX845549</a> Organiser: Dave McQuillen , dnjmcq@tiscali.co.uk

18th	BOK SWOA Level A	<b>British Long Distance Orienteering Championships (UKOL)</b> , New Beechenhurst, Forest of Dean, <a href="#">SO620121</a> Dogs allowed. Organiser: Katy Dyer , 01179 684173
19th	BOK SWOA Level A	<b>British Relay Orienteering Championships</b> , Cannop Ponds, Forest of Dean, <a href="#">SO620121</a> Dogs allowed. Organiser: Howard Thomas , 01666 510655
26th	INT SOA Level C	<b>SoSOL</b> , TBC, Edinburgh <a href="http://www.interlopers.org.uk">www.interlopers.org.uk</a>
<b>May 2015</b>		
3rd	GRAMP SOA Level B	<b>GRAMP CompassPoint Scottish O League 4</b> , Aberdeen
9th	BAOC SCOA Level A	<b>British Sprint Championships (UKOL)</b> , Aldershot Barracks, Aldershot Organiser: Allan Farrington
10th	TVOC SCOA Level A	<b>British Middle Championships (UKOL)</b> , Naphill and Park Wood, High Wycombe Organiser: Neville Baker , neville.baker@chem.ox.ac.uk
23rd	ECKO SOA Level A	<b>Scottish Championships Individual</b> , Oban Area, Dalmally Organiser: Terry O'Brien
24th	ECKO SOA Level C	<b>Scottish Championships Relays</b> , Oban

## Compass Point Sponsorship



Compass Point event shop, Denmark JWOC 2010

[www.compasspoint-online.co.uk](http://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

