

The Interloper

www.interlopers.org.uk

No. 161

November 2012

ELO SoSOL
Incorporating the Interlopers Club Championships
Sunday 25th November
Binning Wood (Near Dunbar)

Followed by the Interlopers (early) Christmas Party!

Club Champs Prize Giving and Christmas social -
Sunday 25th Nov

Time: 3pm til 5pm (ish)

Place: Inch Park Community Sports Club, 225 Gilmerton Road, Edinburgh, EH16 5UF
(not Inch Park Community Centre but very close by)

Please could people bring contributions of party food and games
Please let Jane or Max Carcas know your party game (max@carcas.co.uk)



We look forward to seeing as many of you there as possible.



Editor's Introduction

This newsletter was almost entirely a handful of photos until a few days ago, when some articles finally appeared. Thank you once again to those who have contributed, and apologies for the twisted arms!

Ann Haley



Chairman's Chat

July 2012

Ken Daly

As 2012 draws to a close, Interlopers can look back with pride. In addition to numerous individual and relay successes the club has just won the Men's UK Relay League and finished second in the Compass Sport Trophy.

Earlier in the year Oleg Chepelin, Murray Strain, Alan Cherry and Scot Fraser won the JK, British and Scottish relays, but the UK Relay League Final carried more weight, so overall victory was far from certain. However, Rob Lee dusted off the cobwebs, carbo-loaded and headed to Tockholes in Lancashire, with Murray and Oleg, for the final. After a mid-race wobble (intended to tease FVO, LOC, SYO and others) Interlopers finished fourth in a close race and thereby secured overall victory. Hurray!

A few weeks earlier the club turned out on mass for the Compass Sport Trophy final at Teviothead in the Borders. Despite heavy rain and strong winds, every Interloper ran superbly (and I mean everyone). Although our points tally exceeded last year's result, we were again pipped to the post by a mere 9 points (1265 -v-1256). Well done everyone!

In addition to our orienteering success, Interlopers are also a very sociable club and the autumn season saw us hold a post Compass Sport Trophy party chez Eades and a Halloween run and party at the Meadows and chez Carcas. On behalf of the club, thank you to all the organisers and hosts!

Next on the agenda are the club championships and Christmas party on Sunday 25 November 2012. The championships will be held in conjunction with the South of Scotland Orienteering League event (SoSOL) at Binning Wood. All you have to do is turn up and run your usual SoSOL colour coded course. The winner will be announced at the party, which will be held at Inch Community Centre immediately after the orienteering. Please bring a food contribution and a game, but let Max or Jane Carcas know in advance.

The club also hosted a 'big' weekend of orienteering on 6 & 7 October 2012. The first event was in Livingston as part of the Scottish Orienteering Urban League (SOUL) and the second event was at Calder Wood as part of the SoSOL. Despite a number of teasing problems, which we will learn from, the events were a success. Thank you to everyone who helped!

Next is our Gullane Scottish Orienteering League (SOL) event on 03 March 2013 and day 2 of the Scottish 6-Day at Carse on 29 July 2013. We will also host some CATI's and other development work with schools and local groups.

This leads me on to my final piece of good news. The club recently decided to pursue a development project and submitted a bid for BOF grant aid. In brief, this "Streets and Schools Project" aims to create an on-line map repository, improve access to mapped terrain, undertake development work and improve the quality of the orienteering experience. I can now announce that the

bid was a success, with BOF awarding us an indefinite loan of an SI training kit.

Don't forget..if you want to plan a novel event, we now have 50 'pins' for creating a maze.

Happy Christmas!

Ken Daly (Chairman).



Finland and Estonia

June 2012 – Part II

Paul Caban

This is part II of Ken's and my summer 'O' holiday. Part I was the Jukola relay on the north-east edge of the Helsinki metropolitan area, and the article saw us onto the ferry from Finland over to Estonia.

This larger half of the holiday was going to be lower key orienteering, and also much more "holiday". For a start, of the six events – Monday to Saturday inclusive – the weekday ones were all taking place in the evening, and relatively close Tallinn, Estonia's capital, which was acting as the notional event centre. This would allow lots of touristy-stuff during the day. Leaving aside the last day – of which more later – the events were: a long sprint; a middle; a World Ranking Event urban sprint; a classic distance; and a middle distance WRE event. There was also an event bus to each event, meaning we didn't need to worry about sorting out a hire-car, which Ken was quite pleased about. As the course distances looked on the short side, I'd entered the two of us onto M40. Ken was much less pleased about this

Our hotel was around fifteen minutes' walk from the ferry terminal where our brick-like and massive hydrofoil ferry docked. Ian and Kirstin Maxwell from Roxburgh Reivers were staying there too, plus it had the vitally important feature of an all-you-can-eat buffet breakfast It

was part of a worldwide chain, and proved to be perfectly comfortable and quiet, but quite clearly had its origins in East European concrete-chic. After the previous nights' efforts, Ken and I were both a tad weary, so arranged to meet Ian and Kirstin the next day at Breakfast.

It should surprise no-one that I was awake way earlier than Ken the next morning, so I decided to head down to make a start on reducing Tallinn's carbohydrate mountain. I'd steered myself for the fact that there'd be no Rice Krispies, but was happily working my way through a third helping of fried potatoes and scrambled-egg when Ken and the Maxwells appeared. After chatting about Jukola, and arranging when'n'where to meet later, we headed off for a hard day's sightseeing.

Five o'clock saw us waiting at the bus-stop for the Event Bus where our travelmates for the week looked to be a job lot of Brit. Students, including Interløpers' own Alan Cherry, plus a rather quiet elderly Russian (I think) lady who spoke no English, and had a rather unfortunate dislike to anti-mosquito sprays. A little surprisingly, the EUOC 'Jukola' contingent, again including Peter, weren't on the bus. We found out later that they were instead playing the game of "How many people can you get into a hire car?"

A little about Tallinn rush-hour traffic: it was grim, and not helped by the fact that the city inner-ring road was a mass of traffic-lights that weren't sequenced well enough to let traffic really move. Apart from the usual rule of trams-have-priority, it seemed to be a free-for-all (boy was I pleased we weren't driving). Fortunately our bus was one of the yellow American-type School buses. Not especially comfortable, but with sufficient resemblance to a tank that anyone with any sanity gave it precedence. It also helped that our bus driver took no prisoners either – we'd already had to stop him leaving ahead of the pre-

arranged departure time, and hence leaving half the passengers behind.

The first day's orienteering was at the Botanic Gardens. The running was pretty easy apart from a small section that was in an adjacent naturally wooded area with a boardwalk running through it, together with some suspiciously square contours, as well as an unexpectedly non-zero number of contour ends In fact the contours were legitimately regular – I think the diggings were some sort of old military-type excavations – but there the map still gave the impression of being a bit of a cut'n'shunt job of two separate mapping styles rammed together. Saying that, the running and planning was perfectly fine, and as we both expected for such a fast area, I beat Ken fairly comfortably, although we were both in turn beaten by the bus driver.

I'll come back to some of our tourist activities, and carry on describing the week's orienteering. The next day was the first of the middle-distance days, although a better description would have been 'long' middle. We were on an area of mostly mature pine forest out near the Baltic coast, and the running was a combination of large-form sand-dunes, together with some almost northern Scottish landforms: forested hills, but mostly without brashings or brambles, but with an area of thickets and marshes near the start. Ken beat me at this: I'd wasted a lot of time in the early grot, including having three attacks at having to find the first control. One all.

I was really up for the urban sprint around Tallinn Old Town. For a start, I'm as fit as I have been in many years, plus I've been doing quite a lot of urban and/or sprint events this year, and been putting together a fair set of results. So everything was going very well. And then the orienteering started ... The start was in the battlements of the city's walls. It was a little confusing, or at least that's my excuse, with the start kite hidden round a right-angle corner from the start boxes,

sol made a "180" out of the start, which although it only took me around a minute to sort out still meant I was solidly last on the first split. I did the next couple of legs solidly enough, and then there was a long leg. This involved a climb up steps and through one of two gateways, before a wee bit of navigating in the medieval streets of the Old Town itself. I changed my plan halfway through executing the leg, which was no problem. What was catastrophically disastrous, though, was navigating as if I'd gone through the southerly gate when in fact I'd (knowingly) used the northerly one. The coarse urban navigation – left, straight-on, right etc – suddenly blew-up badly when I came to a very large drop where no drop should have been. I was so absolutely confused enough that all I could do was retreat to a known mapped and visible feature (the tallest city Cathedral) and relocate. The rest of the race went fine, but five minutes lost on what should have been a fifteen minute course was not good. Not good indeed. To no great surprise, Ken won this day, and I learned a lesson of not being over-excited.

Day four was somewhere akin to Anagach: glacial landforms and marshes, all with open pine forest. The running was again fabulous, and the best lines were always along the eskers/ridges. Ken made one blunder, and I just beat him making us level on two-all for the week. The day was also our first introduction to the rural Estonian mosquito. Day five was also in a glaciated area, with much more very fine detail including some very deep depressions, but also much more undergrowth. The combination of undergrowth and detail, which required complete contact with the map, meant that I took most of the event very, very conservatively. I was thus very surprised indeed to have beaten Ken. Admittedly by less than a minute, but they all count.

Back to tourist matters for the moment. Tallinn was a very fine city to be on

holiday in. We spent our half-days having a ball, with highlights including: the 'Seaplane Harbour' (no seaplanes, but a very fine selection of maritime exhibits); the Soviet-era prison (left to decay when it closed; sobering); various museums and historic buildings; the City Zoo (where the highlight was watching two workmen inside the Great Grey Owl enclosure – the owls really didn't want the workmen in there, and took up attack stations in the four corners of the cage, whilst one of the two workman provided very nervous defence armed only with a long-handled broom ...). For anyone so minded, Tallinn would make a great place for a mini-break. There are direct flights from Edinburgh, this year at least.

Back at the orienteering, the last day's event was at the same place as the previous one. This was being billed as the highlight of week, and was certainly the most unusual: a "slightly longer than normal" distance course, but with 100 controls for the M21s (only [!] 75 for us on M40): a control every ~300m, and effectively a giant control-picking exercise. Oh, and there was the added 'fun' of a contour-only section in the middle. Now I'd already realised this might not all go well, having taken almost an hour for 3.5km the previous day. We were also under some time pressure to get back to a ferry. I'd thus arranged to have a very early start. We'd also woken to heavy rain, and had been warned that there might be even more mosquitos.

The next morning found me at the start, trying to come up with a strategy for using the three different SI cards on my right hand. Peter was there too, and we were all walking around trying - and failing - to avoid being bitten too badly by the mosquito cloud that had appeared for an unexpected feast. Peter was also making distinctly uncharitably fraternal comments, having discovered his brother had in fact entered him for the 100 control 14km course having promised not to. I was actually pleased to get moving, and soon got into a rhythm. Unfortunately

that rhythm appeared to be to lose concentration and make a five minute error every seven controls or so. Ho hum. About forty controls (one hundred minutes in) Ken caught me (he'd started thirty minutes behind me). I made an effort to get away again, and did improve a little, and equally he promptly started to fall to pieces too. He caught me up again about fifteen controls later, and we both got to the contour-only section together.

In fact, it wasn't true contour only, as the map also had the marshes mapped too. In fact, this wasn't as much benefit as it might seem, as pretty much anything that wasn't a ridge was a marsh. What would have been of benefit, though, would have been to have the brambly-areas mapped. Trying to keep a compass bearing in the grot was completely impossible, and Ken, with his greater experience of grot (he actually *likes* Simpson Ground) soon got away from me, whilst I tried to maintain a slow walk. One particular leg where I'd had to navigate along a set of depressions, each of which was full of scratchiness, still haunts ... Still, everything comes to an end, and it was with almost relief that I could go back to the last few controls with a normal map, even if normal did have an unfortunate amount of green screen.

Four controls to go, and I'd made yet another small miss, resulting in minutes of relocation again, I was *very* surprised to see Ken again. He made a comment about map problems, and went off. I carried on relocating, and bumped into him again. We then proceed to have a slightly surreal conversation. Ken: why are you here? – it's back that way. Paul: why are you here then? – you've just made a huge '180'! In fact, Ken's map had completely dissolved for this part, and we made a rational decision to use, er, combined tactics for a couple of controls to ensure being able to actually finish. I still took well over three hours.

We were both well beaten by the bus driver.

As a summary, the week was great overall, and I'm certainly pleased to have taken part, although the 100 Control day perhaps needed a better choice of area to be the sort of fair competition that's going to attract repeat attendance. Certainly a novel concept. The organising team was incredibly friendly and helpful, and the scheduling of the orienteering in the evening left lots of time available for sightseeing and other stuff in what's a very interesting and affordable city. I'd certainly go again, but not straight away: there are lots of other new places to visit first.

Postscript. Our lift back to Tallinn was, er, inventive with speed limit observation, and we were the last people onto the ferry back to Helsinki. The flight back to Edinburgh the next morning was early, and I'd already come up with a cunning plan involving the 'Fife' airport bus that could get us within hitching distance of the Hopetoun House SoSOL. The first car that came past us was Ann Haley; she was very surprised. The running seemed trivial after the day before.

enjoyed the run. I was frustrated by a mid-run error, but thoroughly enjoyed the orienteering through the numerous nobbles of the open land at Teviothead. The river rose, making the underpass a paddle. Eventually as we all waited for the prize giving, the sun came out.

Our team score was a superb: 1256, some 38 points higher than we managed last year. Unfortunately, it wasn't quite the result we had wanted; we again ended up in second place behind Forth Valley Orienteers, who have now won the Trophy competition six times in a row. Thanks to Rob Lee for coordinating our entry.

Club	Points
FVO	1265
INT	1256
EPOC	1165
CLYDE	1160
SARUM	1141
PFO	1030
WREKIN	1023
CHIG	1009
SMOC	860
GO	837
TAY	785

Individual class winners were:
 Light Green Alex Carcas
 Green Matthew Galloway
 Brown Murray Strain



CompassSport Trophy
 30th September 2012
 Teviothead
Ann Haley

On Sunday a total of 34 Interlopers ran in the CompassSport Trophy Final at Teviothead near Hawick against ten other small clubs from England and Scotland. Interlopers turned out on mass for this occasion – a real team spirit, but the weather was against us. Thrashing rain and wind provided a challenge when it came to erect the tent in the finish field. I had to question if it would still be there when I had finished my run. I hid in the car for as long as I dared and then took the route to the start using the underpass by the river under the road. Actually, I

Tinto Twin

27-28 October 2012

Ann Haley



Rachel winning the Tinto Twin
Lindsay

Photo by C

The weekend the clocks change in the autumn means two things: is it the Original Mountain Marathon time of year and it will be the Tinto Twin event comprising a night event followed by a day event.

Night events present a different challenge. I am always that little bit more nervous of going out and not being as confident of where I am putting my feet. It is so easy to make an error and errors are much harder to recover from; relocation takes that bit longer (and the words 'headless chicken' do come to mind). Night events can be a real test of navigational ability. Accurate compass work and attack points become important.

So this year was the 25th anniversary of the Tinto Twin event and it was aptly held at the Carmichael Estate. The area is a mixture of arable fields, sheep fields and blocks of woodland. Dick Carmichael described it as a bit tame during the day, but it provides a good area for night orienteering (and for schools events).

This year I encountered willow plantations for the first time. To me these were fields of 'sticks', which were 4 or 5 feet above

my head, grown in neat tight rows which were runnable in one direction. That was fine if it was the direction that you wanted to go in (!) and you could make reasonable progress by sticking your hands out in front and flicking the sticks out of the way like a slalom skier would. Due to the rainy conditions we have had, these willow plantations looked like they were planted in water. I slogged through them, sometimes aware of another light in a parallel row. It was a good event, despite a costly error missing a control by metres and doing another loop to find it. Coming across sheep in the dark is always interesting with hundreds of eyes looking at you...but these sheep weren't happy having their evening disturbed – they were noisy and stamping their feet.

We were all rewarded for our efforts with the most amazing and generous buffet and rather large TINTO celebratory cake. However, as time moved on, Rachel and I made our escape, heading home to prepare for the next day's event.

SOL6, the day event, was held at Dreva and Muckle Muir with mixed terrain and weather conditions (more about this below). I was really warm running through the initial piece of woodland and made the decision to strip off a layer of clothing as I ran past the car park before heading out onto the open moor. On finishing, I returned to the car, in the middle of a giant puddle, waiting for my rivals to finish. Jane Ackland duly finished and we compared our split times – this time we managed a first – exactly the same time for our 5.4 km course!



Ann winning the Tinto Twin
Lindsay

Photo by C



The Importance of Registering Events

Pat Bartlett

At the last committee meeting I was asked to remind you of the importance of registering 'activities' organised on behalf of Interløpers. Below is my understanding from the BOF website!

What is an activity?

Activities are defined as training sessions or coaching sessions that are not competition, do not have competitive results published and are not run on courses that adhere to Event Guidelines. By comparison Events are run in accordance with specific guidelines and/or produce a set of competitive results. Activities may include coaching sessions, fitness training, learning map skills or any other activity that a club may put on as part of its weekly club night or Saturday morning activity.

Examples of Interlopers activities are Thursday night runs or non-competitive events organised in conjunction with social events.

Why register?

Activities must be registered to be covered by British Orienteering Public Liability Insurance.

The organiser needs to be a BOF member but does not need any other qualification.

Is it hard to register an activity?

No, just let John Barrow know (or Paul Caban) – a series of events can be registered at the same time.

What about activities for schools?

If an activity is organised on behalf of an external organisation, a school or local authority, and will be using their insurance cover then the activity does not need to be registered with British Orienteering. If you are the "coach" it is advisable to check their insurance in writing.

What about socials?

Socials don't need to be registered as activities but are covered by public liability insurance.

Need more details?

See BOF website -

[http://www.britishorienteering.org.uk/files/user_guide_pdfs/What%20activities%20should%20be%20registered\(1\).pdf](http://www.britishorienteering.org.uk/files/user_guide_pdfs/What%20activities%20should%20be%20registered(1).pdf)



Halloween Party

Friday 2nd November 2012

Thank you to the Carcas family for putting on a Score event around the meadows and hosting the social event afterwards.

Spooks gallery:



Alex and Rachel

Photo by ? Lucy?



The witches!

Photo by ? Lucy?



Pippa, Sam and Leah

Photo by R Kirkland



Max, Ken, Chris and Robin!

Photo by R Kirkland



Sorry Lucy, I think Samuel won this one!

Photo by R Kirkland



Junior Inter-Area Competition

27-28 October 2012
Jane Ackland

Well done to the Interløper juniors who took part in the Inter-area competition over the weekend of 27-28 October. They joined forces with juniors from RR, TAY and ESOC to form the East team for this event, which comprises a relay on Saturday, a night away, mixing with their rivals from West and North, and an Individual event the next day.

Saturday's relay event brought some fine courses, cold dry sunshine, dogs and the local youth to Craigmillar Castle. Unperturbed, Matt and James contributed to the winning East boys team, and Mairi to the girls team, who came third. There were also fine performances from Samuel, Joseph, Calum U and Pippa (and from Chris, Alex and Freddie at the clashing cross country relays!).

Sunday's individual event was held at the Tinto Twin's Day event. Mud sloshed around on the ground (and inside the minibuses and people's cars), rain intermittently chucked itself out of the sky, and finding some of the control sites took luck as well as skill and cunning.

Nevertheless, the best orienteers get it right, with Chris owning the Brown course and Alex the Light Green, Matt 4th on blue and Samuel 3rd on LG. Freddie, Stuart and Calum on LG, Mairi and Joseph on Orange and Pippa on Y all provided very helpful scores for East.

East's numbers were down this year, so we hadn't much chance of winning, but from a quick glance at Sunday's White (James H, Sam and Leah) results, there's definitely potential for the future. From what I can gather, there was a fair bit of fun and sleep deprivation going on at the overnight venue (Broomlee Centre, West

Linton). This is an event not to be missed, so keep the (as yet undisclosed) date in your diaries for next year!



Junior Training

Jane Ackland

A reminder that the next Junior Training is Night-O at Mary Erskine's/ Ravelston on Saturday 24th November. As it's night-O, the start time is later than usual, which should allow time to go to the Livingston XC beforehand. You'll need a torch; look out for more details by email.



Child Protection

Barry Owen

In response to recent changes in the way disclosures are dealt with, the SOA has altered its approach to Child Protection matters. Child Protection is now part of the Protection of Vulnerable Groups (PVG) scheme, which covers vulnerable adults as well as children.

Most club members will not be routinely impacted by PVG matters but if you are an adult 'working' (eg. supervising, coaching, driving a mini-bus of juniors to an event) with children or a vulnerable adult group, you will need to have a disclosure under the *new* scheme.

Hilary Quick (SOA Child Protection Officer) has recently posted details of the new scheme on the SOA website (<http://www.scottish-orienteering.org/>). **All club members have responsibilities and should read this.**

At present the role of Club Child Protection Officer is migrating from Ann Haley to me. If you have any questions about the PVG scheme or need a form,

please contact me. I can't promise to know all the answers, but I know a woman who does!

I hope to be posting more information on the club website soon.

Barry Owen
Tel: 01506 848824(H), 07707 993010(M)
Email: barry.owen@sky.com



World Schools selection race November 3rd 2012

Congratulations to Samuel Galloway and James Ackland who were selected to represent Scotland in the World Schools Orienteering Championships that will be held in Portugal next April.



M14 Samuel

Photo by A Haley

East of Scotland Orienteering Championships November 4th 2012 *Ann Haley*

The East of Scotland Orienteering Championships were held in conjunction with the South of Scotland League event at Dalguise, Dunkeld. It was a lovely day, the autumn colours in Perthshire were spectacular...shame I didn't get on so well with all the slippery logs! Interlopers had lots of ESOA Winners.

Congratulations to:

M14 Samuel Galloway
M21 Jegor Kostylev
M35 Robin Galloway
W35 Lorna Eades
W40 Rachel Kirkland
W45 Jane Ackland



M21 Jegor

Photo by A Haley



M35! Robin

Photo by A Haley



Jane, Rachel, Lorna and Mairi

Photo by A Haley

that exceeds their recent form by the highest margin.

This will be done using a table of expected minutes per kilometre for each club member, based on recent results. Although the system is far from perfect it should give everyone a reasonable chance of victory. It also means you can choose which course you want to run, which in turn allows you to run your normal SoSOL course and accumulate points in the South of Scotland Orienteering League.

The club champion will be calculated from the club members competing on the lime/ light green, green, blue and brown courses. The winner will receive the prestigious trophy and the privilege of organising the championships the following year.

The fastest junior members on white, yellow and orange will receive junior awards.

The trophy and junior awards will be presented at the Christmas party, which will be held at Inch Community Centre, immediately after the orienteering (1500 - 1700 hours). Please see the advert on the front cover: bring contributions of food and games (please let Max and Jane Carcas know what you are bringing). It should be a great day.

The Community Centre can be found at 225 Gilmerton Road, Edinburgh, EH16 5UF.



**Interløpers
Club Championships**
November 25th 2012
Binning Wood

The Interlopers Club Championships 2012 will be held in conjunction with the ELO Binning Wood SoSOL event on Sunday 25 November 2012. All you need to do is enter the SoSOL course you want to run and have a good run.

The club champion will be determined using a handicap system based on minutes per kilometre to find the person



SOA News

National Orienteering Centre Courses:

The SOA website has information on courses which are available:

- Teaching Orienteering Part 1 and Part 2
- Training to become coaches
- Techniques and personal Performance (for beginners and improvers)
- Course for Event Officials

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

Complete course schedule:

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

TEACHING ORIENTEERING courses

Teaching Orienteering Part 1

10 & 17 January - Inverurie
29 Jan & 5 Feb - Aboyne
13 February - Ballachulish
18 & 25 March - Peterhead
Spring 2013 - Linlithgow
Spring 2013 - East Lothian

Teaching Orienteering Part 2

16 May – Moray

Young Leader Award

Please contact us if you'd like this course to be run.

TRAINING FOR COACHES

UKCC Level 1 Coach

Friday - Sunday 11-13 February,
Dumfries – one place left
Friday - Sunday 8-10 March – cancelled
Wednesday - Friday 10-12 July

UKCC Level 2 Coach

Please note this is a 3 day course and candidates must attend all 3 days of the same course. Post-course work is then completed before final assessment, which must be within 2 years.

Saturday - Sunday 13-14 April and 11 May

SOA Coach Activity Days 2013 - "Coaching Together"

Saturday 23 February - west/central venue to be confirmed

Coach Educator/Tutor updates

Saturday 16 February 2013 - Kinnoull Hill - update/CPD session for all Scottish tutors of UKCC and TO courses.

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. We can also arrange complete packages to include accommodation - please phone to discuss your requirements.
6-7 April and 18-19 May 2013

COURSES FOR OFFICIALS

Planners' course, Condes Workshops and OCAD Workshops

These are often run locally; please phone to discuss your requirements.



Scottish Score Championships 18th November 2012

Hot off the press: Logan McIntyre won M12 at the Scottish Score Championships at Drumlanrig, Dumfries. Well done!

Fixtures

For up to date event information and further details
please visit www.britishorienteering.org.uk.

2012

November

22 nd	EUO C SOA Level D	FWTN #5 - Buckstone , Buckstone, Edinburgh, NT249689 Entry times: 19:00-19:30. orienteering.eusu.ed.ac.uk/events/fwtn
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25 th	ELO SOA Level C	ELO SoSOL4 , Binning Wood, East Linton, NT593801 Entry times: 10:30 to 12:30. Dogs: Dogs under control, please. Organiser: Sheila Strain www.elo.org.uk
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December

9 th	TAY SOA Level D	Tay Christmas Score Event Pitmeddan , Abernethy www.taysideorienteers.org.uk
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2013

January

19 th	ESO C SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Cammo Estate, Edinburgh, NT177748 Entry times: 14:00 - 15:00. Dogs allowed. www.esoc.org.uk
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26 th	EUO C SOA Level B	EUOC Burns Weekend , TBC, Edinburgh Organiser: John Paul O'Reilly orienteering.eusu.ed.ac.uk/events/bigweekend
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27 th	EUO C SOA Level B	EUOC Burns Weekend , TBC, Edinburgh Organiser: John Paul O'Reilly
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February

2 nd	KFO SOA Level D	KFO Local event Beveridge Park, Kirkcaldy , Beveridge Park, Kirkcaldy Organiser: Ian Doig www.kfo.org.uk
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3 rd	ESOC SOA Level D	ESOC Sprint-O , Riccarton Campus, Edinburgh, NT178694 Entry times: 10:00-11:00. No dogs allowed. Organiser: Ronald Nolan www.esoc.org.uk
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16 th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Dalmeny Estate, South Queensferry, NT167779 Entry times: 14:00 - 15:00. Dogs: Dogs on lead in car park only. www.esoc.org.uk
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17 th	SOA Level B	Compass Sport Cup Round 1 , tbc, Scotland
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23 rd	SOA Level C	Scottish Night Championships , West Area
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March

3 rd	INT SOA Level B	INT Scottish O League 1 , Gullane Dunes, Gullane, East Lothian Entry times: 11:00 - 13:00. No dogs allowed. www.interlopers.org.uk
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9 th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Corstorphine Hill, Edinburgh, NT202747 Entry times: 14:00 - 15:00. Dogs allowed. www.esoc.org.uk
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16 th	FVO SOA Level B	Middle Distance Race (UKOL3) , Rannoch, Pitlochry www.fvo.org.uk
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17th	FVO SOA Level B	FVO Scottish O League 2 (UKOL4) , Rannoch, Pitlochry www.fvo.org.uk
April		
14th	ESOC SOA Level B	ESOC Scottish O League 3 , Clunie, Pitlochry www.esoc.org.uk
20th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Edinburgh Entry times: 14.00 - 15.00. www.esoc.org.uk
28th	TAY SOA Level B	TAY Scottish O League 3 , Tayside somewhere
May		
15th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Edinburgh Entry times: 14.00 - 15.00. www.esoc.org.uk
25th	AYROC SOA Level A	Scottish Championships - Individual , Loch Doon, Dalmelington No dogs allowed. Organiser: Stewart Durham , stewartdurham@uwclub.net
26th	SOLWAY SOA Level B	Scottish Championships - Relays , tbc, SW Scotland
June		
2nd	ESOC SOA Level D	ESOC Long-O , Edinburgh Entry times: 10:30 - 12:00. www.esoc.org.uk
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. www.esoc.org.uk
16th	SOA Level C	Jamie Stevenson Trophy , Perth

July		
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.. www.esoc.org.uk
28th	SOA Level B	Scottish 6 Days - 2013 (UKOL14) , Lossie, Moray Coast
29th	SOA Level B	Scottish 6 Days - 2013 , TBC, Moray Coast
30th	SOA Level B	Scottish 6 Days - 2013 (UKOL15) , Culbin, Moray Coast
31st	SOA Level C	Scottish 6 Days - 2013 - Sprint Race , TBC, Lossiemouth
August		
1st	6-Days SOA Level B	Scottish 6 Days - 2013 , TBC, Moray Coast
2nd	6-Days SOA Level B	Scottish 6 Days - 2013 , TBC, Moray Coast
3rd	6-Days SOA Level B	Scottish 6 Days - 2013 , TBC, Moray Coast

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