

# The Interloper



**No. 158**  
April 2012

**Interlopers present the**  
**South of Scotland Orienteering League (SoSOL)**  
**Colour Coded Event**

**Sunday 29<sup>th</sup> April 2012**

**Riccarton – Heriot Watt University Campus**

Revised map. April 2012

The terrain is a mix of university campus and woodland/parkland.  
Post code: EH14 4AS. Grid reference NT 178694

Courses: White, Yellow, Orange, Light Green, Green, Blue, Brown + String.  
White and Yellow courses are suitable for beginners.

Registration 10.30 to 12.30

Start times 11.00 to 13.00 Punching starts

Organiser Pat Bartlett: [pat.bartlett@blueyonder.co.uk](mailto:pat.bartlett@blueyonder.co.uk)

Planner Rob Bloor

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

Entry on the day: Juniors £3, Students £3, Seniors £8

## Editor's Introduction

The Easter weekend is always dominated by the Jan Kjellström Trophy. This year the competition was held in Scotland and Interlopers had a big part to play in the Sprint competition. On the results front, there were a few successes at the Sprint,

some amazing results in the Elite mens's and M35 courses on days 2 and 3, but it was the relays where the club really excelled. Congratulations to our prize winners and well done to all who rose to the challenge of some tough courses.

Ann Haley

## Interlopers BBQ



Interlopers are having a Summertime BBQ at Vogrie Country Park, just to the south of Edinburgh on

**Saturday 9th June 2012 from 4-8pm.**

We have booked BBQ area 1 (Grid ref approx. 378 634) which has a shelter if it rains - but of course it won't!

Bring your own food and drink, and we shall supply the charcoal!

Please put the date in your diary now as we are hoping to arrange something for the afternoon there too.....

Look forward to seeing you! 



### Chairman's Chat

Jan 2012  
*Ken Daly*

The big news is that Interlopers won the JK Men Open Relay Championships 2012. The team of Murray Strain, Oleg Chepelin and Scott Fraser dominated from start to finish, against an impressive field from Britain and abroad. This is the blue ribbon event in British orienteering and our victory was the first time the trophy had been retained for many years (obviously we won last year).



Scott Fraser, Oleg Chepelin and Murray Strain

Photo Ken Daly

Not to be outdone, the Interlopers Men 120+ team of Alan Cherry, Graeme Ackland and Rob Lee also won in convincing style.



Alan Cherry, Graeme Ackland and Rob Lee  
Photo Ken Daly

Our other relays successes came from the Women 120+ team, where Heather Hartman, Jane Ackland and Lorna Eades came second and the Men 48- team of Alex Carcas, Sam Galloway and Matt Galloway who came third.



Lorna Eades, Jane Ackland and Heather Hartman.  
Photo Ken Daly

In the JK Individual races we had more success. In the sprint races Murray Strain won Men 21 Elite by one second from Scott Fraser. Chris Galloway was third in Men 18 Elite. In the combined individual events Scott turned the tables to win Men 21 Elite, Dave Godfree won Men 35 and Heather Hartman won Women 40 Short.

Earlier in the season Alex Carcas, Murray Strain, Graeme Ackland and Mary Ross all became Scottish Sprint Champions at St. Andrews and at Faskally, Interlopers finished a close second in the Compass

Sport Trophy (the British orienteering small club competition) to qualify for the final at Teviothead (in the Borders) on 30 September 2012. Please keep this date free, so you can run for the club. The more competitors we have the better, either to score points or to reduce the points of runners from other clubs.

Well done everyone!

Returning to the JK for a moment, I would like to say a very big thank you to everyone who helped at the sprint event in Livingston. Interlopers were the lead club and the commitment was massive, but despite considerable challenges we delivered a great day out for 2,000 competitors. Thank you!

Looking to the future, Interlopers will be hosting a SoSOL race at Riccarton on 29 April 2012 (please turn up to run and help). If you want to relax for a moment we will be having a BBQ at Vogrie on 09 June 2012. The end of May / beginning of June should also be the start of our annual Wednesday evening street series watch this space). Further ahead, we hope to hold an urban race and another SoSOL over the weekend of 06-07 October 2012, hopefully in Livingston.

Also coming up are the British and Scottish Championships at the beginning of May and June respectively. Hopefully we will have more success to report.

In my previous Chairman's Chat I wished Rob Bloor and Matt Galloway speedy recoveries from broken bones. No sooner are they out and about, when Jane Carcas suffers a similar injury. Get well soon Jane!

I cannot end this article without mentioning John Barrow. John was a founder member of Interlopers, a past JK Mens Open Relay Champion and has been our club secretary for innumerable years. The news is that

John recently retired from paid work. I therefore want to take this opportunity to wish John a long and happy retirement, from everyone in Interlopers. Thankfully, he does not get to leave the Committee that easily.

Ken Daly (Chairman)



## Scottish sprint Championships

St Andrews  
Saturday 3<sup>rd</sup> March 2012

The Scottish Sprint Championships were held in St Andrews. The competition consisted of two races: a qualifying heat (a set number qualified from each heat) and then a final. Interlopers had some great results:

M14	1 <sup>st</sup>	Alex Carcas
	2 <sup>nd</sup>	Samuel Galloway
M21	1 <sup>st</sup>	Murray Strain
M35	2 <sup>nd</sup>	Graeme Ross
M50	1 <sup>st</sup>	Graeme Ackland
W40	1 <sup>st</sup>	Mary Ross



## MOC Sprint Camp / Championships

*Murray Strain*

A dedicated sprint orienteering training camp, with world class training partners and training planned and led by former World Champion and Mr Orienteering (Finland) Janne Salmi? Exploring notoriously tricky Crazy Medieval Italian Towns (CMITs)? Followed by the Mediterranean Orienteering Champs, a three day event in Rome? Oh go on then.

What's that, it clashes with BEOC Sprint & Middle. That's a shame – have fun in Yorkshire!

So it was that Tessa and I joined 70 other sprint racing aficionados for the MOC sprint camp 2012 in the Gargano National Park on Italy's Adriatic coast. Amongst the group were current Sprint World Champion Daniel Hubmann (SUI), former champions Mattias Muller (also SUI) and Emil Wingstedt (SWE – now Norwegian sprint coach) and knock-out sprint World Cup winner Jerker Lysell (SWE). Add in a good chunk of the Swiss team (like the bobsleighters in Cool Runnings, they're quite good at sprinting) and the newly formed Norwegian Sprint Squad plus some Swedish and Finnish Club runners and you have the makings of a seriously talented bunch!

After our first navigational blunder on leaving the airport (not all roads lead to Rome, apparently) we arrived late on Sunday evening having missed the "warm-up" course in our local CMIT. Exercise #1 involved a lot of crawling under spiky buckthorn by the beach – not exactly what we signed up for – so it was a great relief to visit a CMIT that afternoon for a course to identify your strengths and weaknesses. This was planned as three loops, each with some downhill orienteering through the town then a long hill rep back to the start. SI punching (standard for every training exercise through the week) allowed you to analyse where you were losing time compared with the leaders. Unsurprisingly in my case I was as fast as anyone on the hill rep but losing significant time faffing around in the narrow alleyways and stairwells.

Other exercises in other CMITs focussed on starting a course and on running a controlled qualification course. I'd like to say that my orienteering improved but by the "tour champs" on the afternoon of day 3

I was still found wanting – 2:30 down on Herr Hubmann (I'm blaming that on the rabid dogs I had to dodge on a route choice leg). Even when I went and re-ran the course afterwards I was still 1:30 down – and I made mistakes the second time too!

It did start to click in the final exercise, a pairs relay back in the first CMIT we visited which meant I left for Rome feeling a bit more confident. I also filmed a bit of the action from this course – see [youtube.com/murraystraining](http://youtube.com/murraystraining) to see what we were contending with!

On arrival in Rome we found that a certain Scott Fraser had flown in from snowy Sweden to join us. The races here consisted of two long sprints (4.8km/20 min winning time) and one middle distance (8km/32 mins) but all around fairly simple parks – something of a relief after the intricacies of the CMITs. It really was flat-out sprinting all the way, and the margins were tight. Jerker Lysell was clearly the man in form, winning each day by ~30s. Scott was a solid 2<sup>nd</sup> and after I was 5<sup>th</sup> each day I unsurprisingly found myself in 5<sup>th</sup> overall too! On the girls side the Swiss were leading the way but there was a good British fight between Tessa and Sarah Rollins for 3<sup>rd</sup> which I'm pleased to say Tessa won (along with 200€ prize money!).

It was a shame to miss the chance to defend my British Sprints title but this was a very valuable training camp and competition. The training highlighted weaknesses in my technique that I can now focus on improving while the competitions gave me great experience of competing against the best in the world and confirmation that winter training has put me in a good position to be “in the mix” this summer.

Murray Strain



## Coille Nathais The Boy and the Tree – a modern fable

17<sup>th</sup> March 2012

**Robin Galloway**

When we were gathered back in the car after the middle distance race at Coille Nathais a couple of weeks ago, Matthew recounted the following tale of woe...

He was 'staggering' around the blue course, through the forrested and 'hilly' swamp that is Collais Nathais, 'feeling' tired and frustrated. The last of a bad head-cold, and a 'sharp stitch in his side' were not improving his mood. Charging through a patch of trees, he was suddenly 'jabbed' in the ribs by a branch. 'Aahh!' ..he recoiled, bent double, clutching his chest in pain. The red mist descended. He had had enough. 'Right. That Is It!' he muttered angrily to himself, '....Enough is Enough!!' he was fed up staggering through endless bog...and this tree..... this tree which had the temerity to assault him without warning, was the last straw. It needed to be taught some respect...shown the error of its ways.....and Matthew was just the boy to do it. Yes, an example would be made, a damn good thrashing administered.

Glancing about him, he quickly spotted a thin stick lying on the ground. '...the very thing' he thought to himself. He grasped it, wielding it like a small rapier, and immediately set about the poor tree. Raising his stick he brought it down sharply on the offending branch that seconds ago had indiscriminately stabbed him. It connected well..the branch flexing back with a satisfying creak. Unfortunately, the branch was having none of it. Having slowly arced backward, it then flicked forward! A look of horror appeared on our

hero's face as the branch stuck him squarely in the stomach. Winded, and emitting a loud groan, he fell to the ground. He lay there, stunned for a moment, then slowly hauled himself to his feet. Admitting defeat he reluctantly plodded on through the bogs and eventually back to the car. It took a while for us to persuade him that going back with a chainsaw would not be a good idea.

As well as being a metaphor for man's relationship with nature, it is also worth noting that, even when things are tough, best not react too thoughtlessly to misfortune. Counting to 10 is not a bad policy.

My 'take-away' from his experience was that in the event of any accidental contact with the boy, a fast tactical withdrawal (i.e. leg it) is probably the best option.....

Robin

## JK Special!



### JK Day 1 String Course

April 4<sup>th</sup> 2012  
**Steven McHarg**

On the first day of the **Jan Kjellström Orienteering Festival** just over 100 children (and a few adults) completed the 'Mario and Sonic' themed string course, with participants coming from as far away as Sweden. Even the very youngest were not put-off by the difficult weather conditions. We were also delighted to welcome two M20 elite runners from Ireland who, despite warning, were not deterred by the technical difficulty of the course. Fortunately they did get round safely. However the most impressive running of the day came from Interloper's James Hartman (6), who ran the course a

total of 11 times and covered approximately 7.5km of string. That's a lot of string James!

A special thanks to all those who helped make it possible on the day.

Steven McHarg

## JK Trail O

April 6<sup>th</sup> 2012  
**Paul Caban**

This year's JK incorporated Trail-O on two of its days. I'd never tried Trail-O before, and as Sunday's event was being billed as within walking distance of the Craig a'Barns car park, it seemed churlish not to give it a go. Rachel was also keen, and like me had an early start, so at around 1:30, we headed downhill into Dunkeld village centre looking for Trail-O signs, which proved easy enough to find.

We registered and – declaring ourselves to be first-timers – got a bit of an explanation of what it was about. We were given a map, control description and punch card. In essence, at each control, there would be up to five flags, and we competitors would be required to decide which one precisely represented the location of the circle on the map, with the added confusion that “none of them”, the zero (“Z”) option was also always a possibility. None of these controls would be timed; competitors were not permitted to leave the path and venture into the terrain. Also each control site had a “viewing point” from which the order of the controls was defined left to right, with “A” being to the left. Finally, a compass shouldn't really be necessary, but was permitted to be used anyway. Simple.

First up would be the two “Timed Controls” using a separate map fragment. There

would be a time penalty for getting either of these wrong, and the time would be used as a discriminant between those who otherwise had the same score. Also the Z option would not apply. Simple enough again, until the orienteering started ...

By way of equality, the timed controls were taken sitting down. Two people were standing between me and the controls, whilst these rules were explained to me. Then as the map was handed to me, the two shielders moved away and the clock started. Suddenly it all got difficult. Very, very difficult. In front of me were five flags, all about twenty metres away, placed on a short-cropped grass containing a few very mature trees. The map was 1:4000 (I think) and each individual tree was mapped. Easy enough to work out which tree the control circle on the map was close too; much harder to work out which of two controls was the correct one. My thumb-compass (doh!) didn't help, as I couldn't take an accurate bearing. After ten seconds of indecision – I almost certainly had the classic animal-in-the-car-headlight stare, I chose one of them. The same location was then used for a second timed control. This one I remember as being harder: further away, and with more trees to count and choose from. More blind panic and indecision. I again got it down to one of two, and eventually chose.

I walked off to the main start, and left Rachel to the hot seat. She was much quicker than I was. The results later showed that I got the first one right, but the second wrong, and this was in fact one of the kites I'd discounted. Rachel too only got one out of two correct; the second but not the first.

The first control set were very close to the path and viewing point; maybe no more than three metres. There was a set of four fenced in trees, each around two metres apart. The control description was

something like "NE between fences middle", and the circle on the map was between two of the fenced trees. Again it was quite easy to preclude some of the controls, but two of the controls in the terrain were only a metre apart, and it was very hard to decide which of the two was at the precise centre of the circle. Walking along the path helped the decision, as it was possible to get on a sighting line between two known features. The second control close by was a similar arrangement, but a little further away, and harder to use the sighting line trick.

Walking to the third control, Rachel and I had a quick discussion about what we'd done (and why), and agreed we were both finding this harder than we'd expected. After that, we did the rest of the controls together but separately. By this I mean, we both make our choices independently, and then once punched, would discuss why we'd chosen what we'd chosen. This was constructive for both of us.

A couple of controls later came our first A or Z control: ie there was only one kite, so the choice was effectively, is it where the map says or not. This was quite hard, as it was around fifteen metres up a re-entrant, with no possibility of sighting from another angle. Then came another different challenge, as at the foot of a crag right next to the path were two kites, one metre apart. This time, though, it was not permitted to go past the viewing point, some ten metres before the flags before making the choice. This was hard: even when I had chosen and then walked past the flags, I still couldn't decide which of the two was correct.

Further down the course came the first long distance control: the kite was around two hundred metres away. It was also the first time I got really confused. The control description was (in words) "north wall east-end west-end between north". Most of this

made sense: there was a set of walls, parallel, up a hill forming terraces, the top one was broken, and the control was circled on the gap. I really had absolutely no idea what the “north” in the last column of the control description was meant to mean, though.

A later control also highlighted another difference between foot- and trail-O. The circle on the map nicely fitted just within the boundaries of a clearing, and touching a man-made feature on its northern boundary. The control description was “vegetation-boundary man-made-feature between north-west”. Besides the unexpected direction in the last column, it also appeared that the features on the control description didn’t have to really be in the circle. This was highlighted two from the end, when the description was simply “re-entrant”. This was true to a point: the flags were in a wide, shallow re-entrant, but with the scale of the map, there was no contour line in the circle on the map.

We finished, and we’d taken an hour. It was fun, and I’d do it again, even though I hadn’t felt so O-inadequate since the time very early on when I’d run at least a kilometre off the Bonaly map looking for a small clump of trees, rather than a small clearing in a the woods .....It would be useful, though, to know more of the differences between the two codes, and particularly the control descriptions questions.

The results showed that I’d just beaten Rachel, but some of the controls had had to be voided as the kites got moved. Some of these were hard ones, so who knows what our respective scores might have been otherwise.

Trail-O doesn’t happen too often in the UK, but the World Trail-O Champs, together with ‘public’ races, comes to Scotland in early June: Wednesday 6<sup>th</sup> to Saturday 9<sup>th</sup>,

the first day in a Dundee park, and the other three in Tentsmuir. The organisers are looking for manpower, and unless something unexpected happens, I’ll be aiming to go along and help on the Friday. Let me know if you’d like to share transport.

Paul Caban



**JK Relay Day**  
9<sup>th</sup> April 2012  
**Samuel Galloway**



Matthew Galloway, Alex Carcas, Samuel Galloway  
Photo by Ken Daly

Interlopers boys had a great relay in the JK 48-. We were not expected to do well as we were a young team and we knew that

there were better teams. Alex set off first and had a great run coming back third closely behind two of the strongest teams. Then I set off. I was pleased with my run and came back fourth. I handed over to Matthew who set off on the last leg closely behind the leaders.

I watched as the leaders from Ulverston came in and the team from Yorkshire and then Matthew came into view just behind Matt Elkington whose team we were also competing against. It looked like we were going to be beaten but then at the very last moment Matthew ran passed Matt and we finished third. Then we checked the results and we had already beaten Matt's team because one of their team members mis-punched.

We all really enjoyed it and were very pleased to get our bronze medals.

Samuel Galloway

More info can be found at [www.smbo.org.uk](http://www.smbo.org.uk) or on facebook, search for mountain bike orienteering.

Andrew McLennan  
Scottish Mountain Bike Score Events  
Mobile: 07977 500536  
E-Mail: [andrew@smbo.org.uk](mailto:andrew@smbo.org.uk)  
Twitter: @trailquest



## Elite News

Congratulations to Chris Galloway M18 for being selected to run for Great Britain in the European Youth Championships that will be held in Bugeat, France from the 27<sup>th</sup> June to the 1<sup>st</sup> July. This is a huge achievement. Well done!

## Mountain Bike 'O'

2012

Alpine Bikes and High 5 are continuing to support Mountain Bike O this year with money off vouchers, gels and lots and lots of prizes! We also have some new sponsors including Cairngorm Brewery and VP Publishing so look out for beers and books as prizes!

### CALENDAR

- Achray & Callendar - 5th May
- Yarrow Valley - 10th June
- Leadhills (West Coast) - 1st July
- Newcastleton - 5th August
- Wark Forest - 2nd September
- Ae Forest - 7th October

Hope to see you at the next event!  
Yours aye, Andy

## Junior Training and Coaching

*Ann Haley*

The Scottish Orienteering Association is presenting a series of Regional Coaching Activity Days to discuss various aspects of coaching. The last one was held in conjunction with the junior training and Come and Try It event that was held at Castlelaw on Saturday 21<sup>st</sup> April. The next Activity days are planned for:

19<sup>th</sup> May Stirling Uni or Dunblane  
(closing date is 1<sup>st</sup>May)

7<sup>th</sup> July

15<sup>th</sup> September

29<sup>th</sup> September Edinburgh/West Lothian

East of Scotland Junior Training continues.  
The next session will be held on **Saturday**

**12th May (Relay training).** We are very grateful to Ian Pyrah who coordinates these sessions ([esoc.ianp@gmail.com](mailto:esoc.ianp@gmail.com)). Juniors who attend training sessions are now being issued with 'Star' Award schemes which outline various techniques which should be mastered at the white, yellow, orange or light green levels. These will enable juniors to keep track of their progress, and may be very useful for adults too!

**Incentive Schemes**

Juniors should remember to claim badges for completing 5 or 10 events (with or without help). If you haven't already got a record card, please pick one up at a Come and Try It or at the SoSOL on Sunday 29<sup>th</sup> April.



Badges are also available for completing 25, 50 and 100 events.

Don't forget that you can also obtain colour coded badges as described in your junior folders.

- 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-orienteing.org](mailto:hilary@scottish-orienteing.org))

Complete course schedule:

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

**Fixtures**

For up to date event information and further details please visit [www.britishorienteing.org.uk](http://www.britishorienteing.org.uk).

2012		
<b>April</b>		
28 <sup>t</sup> h	ELO SOA Level D	<b>Local Events in Edinburgh and the Lothians</b> , Vogrie Country Park, Gorebridge <a href="http://www.elo.org.uk">www.elo.org.uk</a>
29 <sup>t</sup> h	INT SOA Level C	<b>INT SoSOL 5</b> , Riccarton Campus, Edinburgh, <a href="http://NT178694">NT178694</a> Entry times: 11:00 - 13:00. No dogs allowed. Organiser: Patrick Bartlett <a href="http://www.interlopers.org.uk">www.interlopers.org.uk</a>
<b>May</b>		
16 <sup>t</sup> h	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Hillend, Edinburgh, <a href="http://NT243667">NT243667</a> Entry times: 18.00 - 19.00. Dogs: Hillend is a popular area for dog-walkers, so dogs are allowed. . Organiser: Janet Clark , <a href="mailto:janetclr@aol.com">janetclr@aol.com</a>
27 <sup>t</sup> h	ESOC SOA Level D	<b>ESOC Long-O</b> , North Pentland Hills, Edinburgh
30 <sup>t</sup>	INT	<b>INT Urban-O 1</b> , Edinburgh

**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

h	SOA Level D	Entry times: 18:00 - 19:30.
<b>June</b>		
2nd	MAROC SOA Level A	<b>Scottish Championships - Individual</b> , Glen Feardar, Braemar, <a href="#">NO214938</a> Organiser: Alastair Marshall , alastair.marshall.maroc@gmail.com <a href="http://www.scottish-orienteering.org/soc2012">www.scottish-orienteering.org/soc2012</a>
3rd	MAROC SOA Level B	<b>Scottish Championships - Relay</b> , Creag Choinnich, Braemar, <a href="#">NO155913</a> Organiser: Pete Lawrence <a href="http://www.scottish-orienteering.org/soc2012">www.scottish-orienteering.org/soc2012</a>
4th	MAROC SOA Level C	<b>Scottish Champs Extended Weekend - Sprint Race incorporating SOUL 3</b> , Banchory, Banchory Organiser: Craig Chapman <a href="http://www.scottish-orienteering.org/soc2012">www.scottish-orienteering.org/soc2012</a>
5th	MAROC SOA Level C	<b>Scottish Champs Extended Weekend - Middle-Distance Race</b> , Inchmarnoch, Aboyne, <a href="#">NO415972</a> Organiser: Drew Tivendale <a href="http://www.scottish-orienteering.org/soc2012">www.scottish-orienteering.org/soc2012</a>
6th	STAG SOA Level D	<b>Scottish Schools' Orienteering Festival</b> , Lanark Racecourse, Lanark Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk
6th	SOA Internatio nal	<b>World Trail O Championships 2012</b> , Tentsmuir Forest, Fife
7th	SOA Internatio nal	<b>World Trail O Championships 2012</b> , Tentsmuir Forest, Fife
8th	SOA	<b>World Trail O</b>

	Internatio nal	<b>Championships 2012</b> , Tentsmuir Forest, Fife
9th	SOA Internatio nal	<b>World Trail O Championships 2012</b> , Tentsmuir Forest, Fife
10th	KFO SOA Level C	<b>KFO SoSOL 6</b> , Tentsmuir, St Andrews Organiser: John Emeleus , events@kfo.org.uk , 01592-561291 <a href="http://www.kfo.org.uk">www.kfo.org.uk</a>
13th	INT SOA Level D	<b>INT Urban-O 2</b> , Edinburgh Entry times: 18:00 - 19:30.
17th	SOA Level C	<b>Jamie Stevenson Trophy</b> , Kinnoul Hill, Perth Organiser: Crawford Lindsay , crawford.lindsay@hotmail.co.uk
24th	ESOC SOA Level C	<b>ESOC SoSOL 7</b> , Hopetoun House, South Queensferry, <a href="#">NT090790</a>
27th	INT SOA Level D	<b>INT Urban-O 3</b> , Edinburgh Entry times: 18:00 - 19:30.
<b>July</b>		
11th	INT SOA Level D	<b>INT Urban-O 4</b> , Edinburgh Entry times: 18:00 - 19:30.
<b>August</b>		
18th	AROS SOA Level D	<b>Purple Thistle 2012 - Day 1</b> , Arisaig, Arisaig, <a href="#">NM662878</a> Entry times: 12:00-15:00. Organiser: Andrew Brown , brooner@purple-thistle.co.uk <a href="http://www.purple-thistle.co.uk">www.purple-thistle.co.uk</a>
19th	AROS SOA Level D	<b>Purple Thistle 2012 - Day 2</b> , Arisaig, Arisaig, <a href="#">NM662878</a> Entry times: 10:30-12:30. Organiser: Andrew Brown , brooner@purple-thistle.co.uk <a href="http://www.purple-thistle.co.uk">www.purple-thistle.co.uk</a>

<b>September</b>		
2nd	ESOC SOA Level D	<b>ESOC Ultrasprint</b> , Bush Estate?, Penicuik
16th	ESOC SOA Level C	<b>ESOC SoSOL 1</b> , West Lomond Hill, Falkland
22nd	SOA Level B	<b>SHI Relays</b> , Somewhere , Perthshire
23rd	STAG SOA Level B	<b>STAG's 30th Anniverary Event, Scottish O League 5 &amp; incorporating SHI Individual</b> , Errochty, Blair Atholl, <a href="http://NN764633">NN764633</a> Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk <a href="http://www.stag-orienteing.co.uk">www.stag-orienteing.co.uk</a>
30th	RR SOA Level A	<b>CompassSport Cup Final</b> , Teviothead, Scottish Borders No dogs allowed. <a href="http://roxburghreivers.org.uk">roxburghreivers.org.uk</a>
<b>October</b>		
6th	INT SOA Level C	<b>INT Urban Race incorporating SOUL 5</b> , Livingston Organiser: Kenneth Daly <a href="http://www.interlopers.org.uk">www.interlopers.org.uk</a>
7th	INT SOA	<b>INT SoSOL 2</b> , Calder Wood, Midcalder, Livingston,

	Level C	<a href="http://NT067656">NT067656</a> Organiser: John Barrow <a href="http://www.interlopers.org.uk">www.interlopers.org.uk</a>
20th	FVO SOA Level C	<b>FVO Urban Race - Dunblane - incorporating Nopesport Urban League and SOUL 6</b> , Dunblane <a href="http://www.fvo.org.uk">www.fvo.org.uk</a>
21st	FVO SOA Level C	<b>FVO Scottish O League 6 - North Third</b> , Stirling <a href="http://www.fvo.org.uk">www.fvo.org.uk</a>
27th	TINTO SOA Level C	<b>Tinto Twin - Night Event</b> , Somewhere ....., Lanarkshire Organiser: Marcella McLennan <a href="http://www.tintoorienters.org/">www.tintoorienters.org/</a>
28th	TINTO SOA Level C	<b>Tinto Twin - Day Event, incorporating Scottish O League 7</b> , Somewhere ....., Lanarkshire Organiser: Marcella McLennan <a href="http://www.tintoorienters.org/">www.tintoorienters.org/</a>

## Compass Point Sponsorship



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