

INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER No. 134

April 2005

134

Spring Issue

Ray Heyworth

Committee stuff

Claire's map

Results

Fixtures

Answers

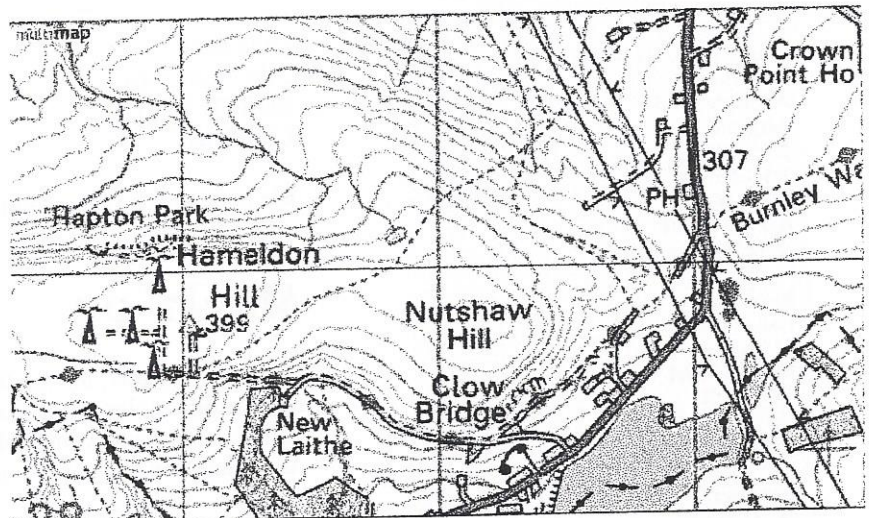
Burnley here we come...or perhaps not...maybe...no...yes!!!

It was all very confusing for a while, but now we know – we're in the final! But it was close. There was a good turn out across most of the courses and despite being thin on the ground in the junior sections – with the notable exception of Stephen and Mark – and W50+ we amassed enough points to come third, behind FVO and ESOC. In a normal year, when only two clubs qualify from the Scottish round, we wouldn't have made it, but because of FVO's success in the final last year they got an automatic place and –bingo!– we're going to Clowbridge.

The Compass Sport Cup/Trophy seems to polarise our club members more than most other orienteering issues. Some are in the, "Why bother? If we qualify for the final we'll have to drive for hours to run in some bramble covered hell-hole in Shropshire!" camp. While most of the rest think that, "It's an opportunity for average club members to feel that they are contributing to the club in the competitive arena alongside the stars of M/W21".

Here and now I have to confess I'm in the latter category (those of you who study results in some detail will now be muttering, "He might

be keen on the idea but he doesn't score any points!" – more of this later...). Apart from the odd relay run orienteering is a remarkably individual affair. Even compared with other competitive running sports such as fell running or track athletics we're pretty isolated. We go on the long beep, run into the woods and re-emerge at – or after – the finish. So, the occasional opportunity to feel part of the club should be grasped enthusiastically.



And my excuse for not scoring points? That most embarrassing of errors – not punching at the map exchange – plonker! I'll try to do better next time.

So, let's grit our teeth and travel to darkest Burnley and do a club thing. But I'll quite understand if you're wishing some non-trivial injury on your newsletter editor...

Committee 2004-05

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Welcome!!

A big Interlopers' welcome to:

Jonathan Joshua Ambler born 15 Feb
and weighing in at 8lb 2oz

Congratulations to Rachel and Graeme.
And as if a new arrival wasn't enough of
an upheaval, the family Ambler is
moving up to Newcastle where Graeme
will be 'doing' Graduate Studies in
Medicine.

Yet more new members on our
unbeatable "join now, pay later"
scheme:

Nicholas Beckett
3F2, 121 Bruntsfield Place,
EDINBURGH
EH10 4EQ

Kirsty Maguire
21 Lady Menzies Place,
EDINBURGH
EH7 5BE

Jensen Family
Rona, Søren, Kirstin? & Karl
49 Oatlands Park
LINLITHGOW
EH49 4AS

Lena Kask
242/1 Canongate
EDINBURGH
EH8 8AB

We hope to see you at future events.

Movin' on

Danielle Winslow, having found life
completely intolerable in Dave &
Gillian's old flat, has moved to
Australia! She can now be contacted at:

PO Box 187
KINGSTON
Tasmania, 7051
AUSTRALIA

Richard Webb has moved 'up the hill'
to:

4F2 Bruntsfield Terrace
EDINBURGH
EH10 4EX

Rewired

Several new email addresses:

The BOF e-mail account with CIX will
no longer be maintained from 1 January
2005. All e-mail should be addressed to
<user>@britishorienteering.org.uk - (all
mails to <user>@bof.cix.co.uk will no
be collected.

Clare Lardner
clarity-scotland@blueyonder.co.uk

Ledlie Family
cherryledlie@blueyonder.co.uk

Emily Seaman
E.J.Seaman@sms.ed.ac.uk

Corrections

Andy & Kate Kitchin's phone number
has been wrong on the club list for a
while. It should be: 0131 447 5198



Email List

The Club email list is frequently used to
circulate event and social information,
particularly in the gaps between
newsletters. The list is closed and
moderated, which means that it gets no
spam, and the only emails sent to it are
by Club members on the list.

Many Club members are on the list. If
you think you're not, and would
like to be, then contact:

Paul.Caban@ed.ac.uk

who will add your email address into the
list.



Letters, emails etc.

From Ray Hayworth

Dear John,

To my utmost surprise, at the Club Championships at Kinneil, on Sunday I was presented with the new Interlopers Trophy for M70 ESOA Champion.

Fortunately Brenda, who has supported me all these years, and Ann, who was responsible, with Carol, for introducing me to Interlopers and this wonderful way of life, were both present.

Many years ago I was responsible for organising the provision of some prestigious trophies for ESOA. My experience has been to grow with the sport and I look forward to much more competition.

Thank you, Interlopers.

Yours sincerely

Ray

(Ray shares more of his memories and hopes elsewhere in this newsletter.)



From Hilary Quick

Hello John

The latest INT newsletter reminds me that you want money from me, and backs that up with claims that the club is running (hah!) at a deficit, so I'll dig deep in my piggy-bank and send you a dirty fiver or failing that a rather thin cheque to cover my much valued club-only membership of what can only be described as the most er... um... oooh ... interesting O club in the whole wide world.

And to Barry I say well done old thing keep the paper version it's easier to read on the loo. Oh, and are there any prizes for the quizzzzes? I'd like to claim them all. No, I haven't got all the answers, I just want to claim the prizes.

Festive greetings to all.

Hilary Quick



From Gillian Godfree (Chairman)

Hello

In our usual pre-AGM fix, there are 3 positions up for grabs on next year's committee.

Chairman

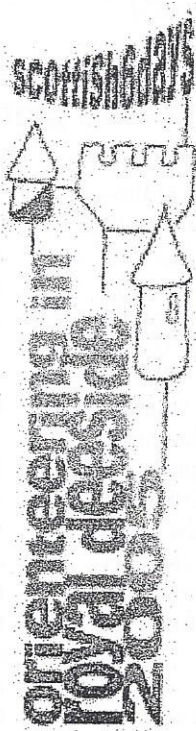
Social Secretary

Junior Representative

Of course, if anyone would like to stand for election to one of the other posts, that would be fine - these are Secretary, Treasurer, Newsletter Editor, Club Captain, and Ordinary member - although the current people are happy to continue. It's been a while since we had a vote at the AGM!

Please volunteer now!

Gillian



Outward Bound

Dear Barry

I am writing to ask for your help with placing an article in your newsletter or website. I work for The Outward Bound Trust, which has shaped the lives of thousands of people.

We have created a Roll of Honour for people who completed courses and been a part of Outward Bound* since 1941. So far this project has been very successful, but with your help we can each out to more ex-participants and staff members who have experienced an Outward Bound* course. Attached to this document is a small announcement. If you could find room for it in your next newsletter I would be very grateful.

If you wish to find out more about the Roll of Honour, then visit our website at

www.outwardbound-uk.org

Yours sincerely

Caroline Briggs

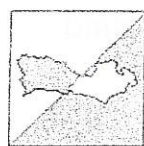


The Outward Bound Trust is looking for you. Did you do an Outward Bound* Course? We are creating a Roll of Honour of all people who have been part of Outward Bound* since October 1941. Roll of Honour members receive a newsletter and invitations to open days.

If you would like to be included and to receive more information please send or e-mail your name, address, tel. no. to:

Caroline Briggs, The Outward Bound Trust,
Hackthorpe Hall, Hackthorpe, Penrith,
Cumbria CA10 2HX
e-mail: carolinebriggs@outwardbound-uk.org

Claire's UK Cup winning run



the
map
works

www.mapworks.co.uk

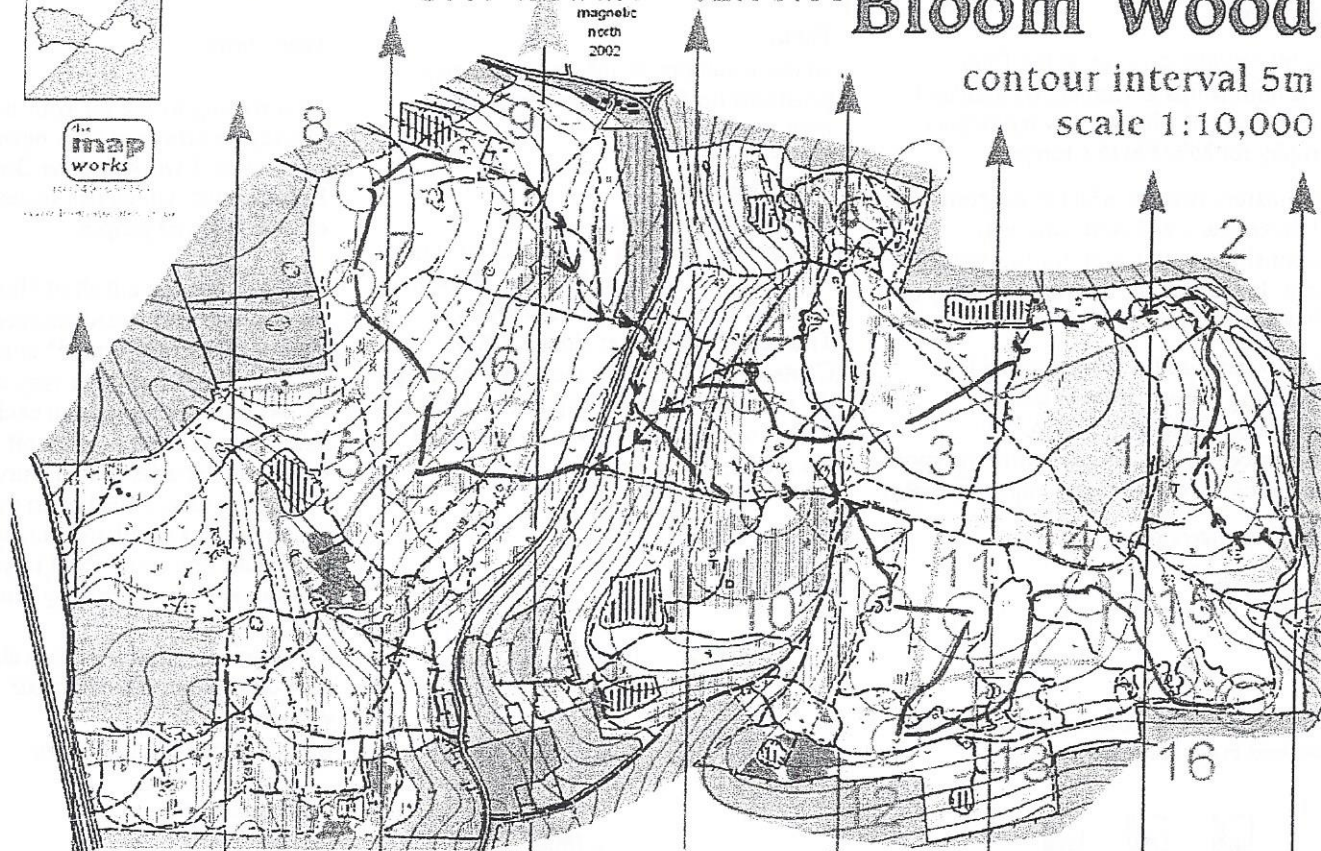
BERKSHIRE ORIENTEERS UKC Middle - 12.03.05

magnetic
north
2002

Bloom Wood

contour interval 5m


scale 1:10,000



UK Cups 1&2 and FCC weekend 12 – 13 March

The weekend after the first SOL at the Trossachs brought little respite for UK Cup and FCC hopefuls. Legs were a bit stale, but still attached, so I set off down to Berkshire for the first UK Cup weekend of the year. The UK Cup is a grand prix of events in March – May, geared to encourage the elite to gather at certain races, raising the level competition. The FCC is a similar competition for juniors. The races, a middle (30 -35 min winning time) on Saturday and a long (65 min winning time) on Sunday were held on JK 2003 areas – my favourite type of orienteering. Fast, rolling southern forests provided ideal race practice for the World Cups to be held in Guildford in early May. Calendar ineptitude however ensured the races clashed with a training camp for the World Champs later on this year in Japan. Five of Britain's best women would be missing, but I didn't let this dampen my enthusiasm for what was certain to be a great weekend of racing.

Ray and I had early starts on the Saturday, due to a mix up with the start list. The start list did not have the traditional 'elites off last' start block, and the forest did look a bit brambly, but I am not so much of a stuck up prima donna that I would kick up a stink. Each nation takes its fair share of the early start block in internationals, and I'd had early starts in the World Cups in last year. The elites need to be able to cope

with a brambly first start as much as anybody else. I went out hard from the start, and hit the first control well. The second took us into a much nicer section of white forest, and this threw me slightly, and I had to slow down my running to keep up with the navigation. The third control took us into a  section, and I ran along a path for a while, looking at the runability of the forest, before deciding to cut the corner. In the end, I took a bearing to the control, and spiked it perfectly, giving me the fastest leg by a good margin. After wobbling the next few controls, I settled down into the rest of the course which was a bit of a control pick. Some of the controls (number 8 especially) were disappointingly 'bingo' – finding a depression in a group of rhododendron bushes was 50% navigation 50% luck. The second half of the course took us through some really runnable forest, and I was enjoying sprinting through the deciduous woodland so much that I made a few more wobbles near the end of the course. Despite the wobbles, I was mightily relieved to win the race by 8 secs over Swedish international Emma Dahlstedt. Toni showed good early season form coming 6th. Ray, hoping for a clean run, got around fairly hesitantly making no large mistakes, to finish 31st ahead of Anthony (35th) and Graeme, who forgot to go to one of the controls, and was therefore unsurprisingly disqualified.

The second day brought a format that I'd never competed in before. Hambledon woods, the venue for the mass start race provides undulating and fast terrain. The race was a mass start format with 'butterflies' (a small gaffled part of the course, with two or more loops. Half of the field visits one loop first, the other half of the field visits a second loop first, then they each run the other loop, returning to a central point before continuing with the course). Butterflies have been used effectively to split up groups of runners, usually in conjunction with a start interval however. As the planner later admitted, a mass start on a course with too few butterflies, on an area with high visibility and little route choice is not feasible. He had planned for a course with start intervals, but had been told by the elite competitions steering group (the committee in charge of UK Cups) that they wanted a mass start race.

The terrain was such that the faster runners of the pack were not split. It was infuriatingly tricky to break away, as any wobbles or hesitation and the runner would be consumed by the pack again - runners 1 minute ahead could still be seen. To lose the following pack you would have to be *navigating* a lot faster than they were capable of *running*. There was only one butterfly on the whole race, and each loop was only about 800m long. Of the 8 or so people in the leading pack, only one girl had a different butterfly gaffle to the others. The crucial difference between the use of butterfly gaffling and a traditional relay gaffling system is that with a relay gaffle, the runner does not know where the gaffles lie. Using butterflies, the runner knows precisely which parts of the course they need to be prepared to navigate on, and which sections they can merely follow the runner ahead. After the exceedingly tedious 60 minute cross country race that ensued, in which the examples of blatant following were too numerous to mention, I ended up 4th and Toni 10th. Graeme and Ray both thoroughly enjoyed the format, Ray overtaking Graeme on the run in to take 10th, ahead of Graeme's 11th. Anthony finished in 36th.

For me the poor standard of race on Sunday marred the whole weekend. It was a shame, because the planner from TVOC had conceded that the area was not suitable for the UK Cup format he had been asked to plan for, but reluctantly planned the style of course requested anyway. Would I run such a race again in the future? Not without making sure I was fit enough to navigate away from *any* other competitors, because running a mass start on a course with only minor gaffling is not my definition of orienteering...



Christmas quiz answers...

OK! So some of these answers stretch the imagination a bit but I was struggling! So much so, in fact, that Murray

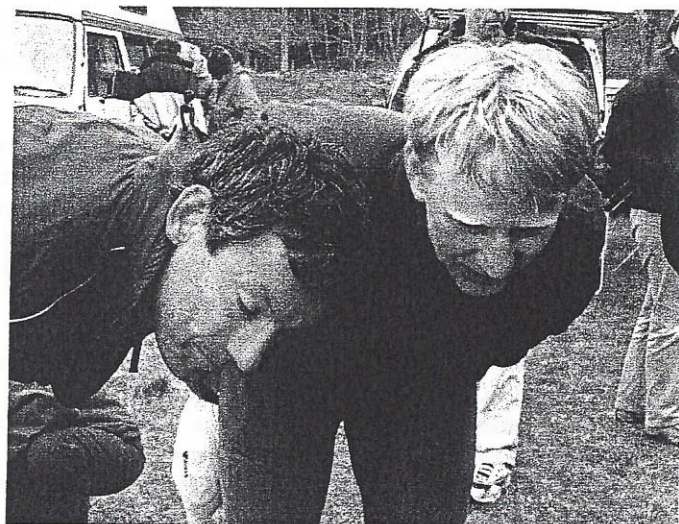
STRAIN was the answer to two clues!! So good they named him twice...

CONWAY
DAWSON
DIBLEY (sorry!- Ed)
DOBBIE
GALLOWAY
GODFREE
HALEY
INVERARITY
JACKSON (There was one on the membership list I used!)
LEE
LENTON
STRAIN
MURRAY
OWEN
ACKLAND
CARCAS
RIEMERSMA
STRAIN (again!)
QUICK
SQUIRE

The complicated one about the clearing will receive a detailed analysis from Prof. Ackland in the next issue...

The word not in the wordsearch was SPUR.

The maze was lifted without permission from the newsletter of the New England Orienteering Club – many thanks!



Two anxious dads check out the White course results...

My life with Interlopers - Ray Heyworth

(I thought that it would be a good idea to have the occasional profile of club members and Ray as our most senior competitor was an obvious choice to begin with. I imagined me interviewing prospective profilees; probing with insightful questions. However, Ray outflanked me and produced his own piece which is much better!! - Ed)

Did I ever tell you about the time I ran to the Taj Mahal?

Well, I have to put total responsibility onto Carol (McNeill). You see Carol was a lecturer at Dunfermline College of Physical Education, based in Cramond.

Now the College with its pool, dance studio etc. has disappeared, for housing and recreation. Roman remains of roads and gate, which were found to be still on site, have simply been recorded.

Carol recruited pupils from Davidson's Mains Primary School to be used by her teacher trainees in orienteering, and our daughter, Ann (Haley) was one of the lucky ones. Father was soon enrolled to help with transport.

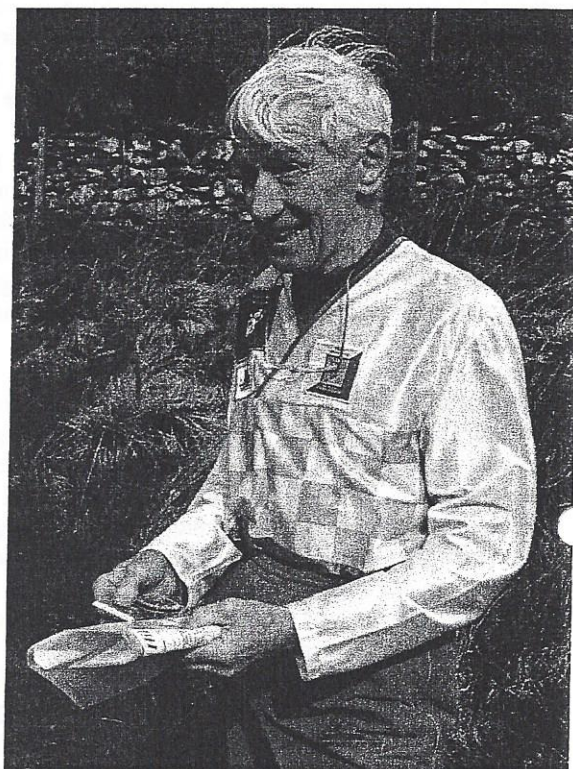
Map reading was a particular interest in wartime army cadet days (Dronfield, Derbyshire). Running had been my choice of sport in University (Liverpool).

My records start in 1976, when I ran Wayfarers at Castlecary, but managed to fall, in my wellies, on the way to Registration. In 1977 we travelled to Scottish Championships in Culbin, Northern Championships in Kershope and even British Championships on Cannock Chase.

We were very quickly introduced to Interlopers. Now here is a dreadful confession - John (Barrow) invited me to be nominated as Chairman, at a time before I knew the members or the sport. I have never served on Interlopers committee. SOA Membership Secretary was time-consuming, but satisfying. I once represented SOA on BOF Executive, when the decision was made to introduce the use of computers!

In the early days there were two factors which helped to make the sport attractive to children. One was the fact that we always received results, for progress and record. This was in contrast to competitive ski-ing which was an alternative at the time. The other was age classification, which identified rivals and gave manageable targets for young and old.

There were two important and attractive principles of Orienteering. One was the requirement that control of the sport remained with active participants. The other was that there should be no personal financial inducements to win. These keep Orienteering as a sport, not a business, and as a clean sport, which maintains fairness in competition. May this continue.



Ray reflecting on his run at Newtyle Hill

It is, of course, the volunteering effort in mapping, in training organising, planning and controlling events, which support our sport. It generates the camaraderie and social life of our clubs and ultimately brings success to champions and teams. The phenomenon of the Scottish Six-Days reflects intense voluntary commitment together with expert professionalism.

My first experience was helping at the Highland '77 Finish at Alvie, following the World Championships. Yvette (Baker) won the World Short Championship at Cawdor on Interlopers day at Highland '99. Lochaber 2001 was spectacular. There was training with Carol, based on Kingussie. Our return by train was delayed by snow blocking Drumochter Pass. I have always had a special regard for Anagach with its distinctive vegetation.

One great attraction has been the ability to reach places you would never have imagined. These can be remote parts of local parks or visits to the great variety of Scottish landscapes and seascapes, forests, lochs and dunes. Further afield there have been competitions in the different terrains of Epping Forest, the Lakes, Wales (Croeso 88, Pembrey VHI 90) and the O-Ringen (84). O-Ringen is an experience in organisation, even if elephants distract from the quality. We had a Guinness Book of Records longest picnic table; and a wedding couple flew away by hot air balloon.

I once ran at Meadowbank. Well, it was the transplant games. A race was offered to supporting staff. Unfortunately a sprint was decreed and I finished well down the small field.

My best result was 4th in the British Championships at Wharncliffe (M55, 1984). At least it was in the city of my birth, Sheffield. At the Simonside British last year it was a great achievement just to finish in the atrocious conditions. We needed a tractor to pull us out of the car park.

A worse weather disaster was NN Bewick Moor South (7/3/99). So much water was streaming down the approach hill track that I felt it prudent not to start!

My saddest Interlopers moment was when we lost Hilary (Smith). Hilary was a great inspiration - her teams never seemed to fail to take the women's relay trophies.

For the CompassSport Trophy (1996) Interlopers beat CLARO on Gowbarrow Fell; ERYRI and SOS in the Final at Brown Clee.

My favourite course and terrain was at Interlopers Uath Lochan North on a very windy day (28/3/99). The best Finish was dropping through Trossachs terrain down to 'Sir Walter Scott' on Loch Katrine (with piper) at a hot and sunny FVO SOL (07/04/02).

For five years now my training has included weekly aerobics. The secret here is the convenience, the regularity and the immunity from weather. It reaches parts you never knew you had!

Last year I drew the attention of Historic Scotland to cup marks on a split rock on Elibank Craig. They decided they were probably natural, but recorded the commemorative seat close by!

So what is the attraction now? I am still competitive. I enjoy the challenge - every time. It is still a family occasion; and I am keen to see the results.

Oh, the Taj! Well, we were on holiday in 1987, and happened to be staying at Clarks Shiraz hotel in Agra, with plumed doormen and waiters. I set out on an early morning run to the Taj, complete with vultures hovering above the roads. A friendly police officer, also running, guided me to the walls of Taj Mahal.

So, if Carol hadn't enrolled Ann, life would have been different, but it could not have been better.

AGM

6.30pm on 16 June

at

46 Pleasance

Don't miss the cut and thrust of the club's most exciting event. Lay aside any doubts about holding high office. Get along there! Latecomers may be obliged to watch proceedings on large screens to be erected on the Meadows...

Committee (and other) stuff

January's committee meeting saw me wandering aimlessly about Dalry trying to remember Darina's directions to their flat. Eventually my memory gave up and despite a double dose of Ginkyo Biloba refused to offer me any route choice. I'm not keen on mobile 'phones but I confess mine was handy as Darina 'talked me in'.

My plea for a switch away from paper and towards electrons is still falling on stoney ground. Donald Petrie has joined the ranks of screen watchers but Hilary Quick seems to need a paper copy to read in the toilet. I fear the worst...

It was agreed that the club would continue the 'free membership for an introductory period' scheme.

I knew that my rather colourful grasp of German would get me into trouble one day. My mild teasing of Hilary in the last issue brought forth a tirade, the printable bits of which are reproduced below:

"On another matter, I must take issue with you for referring to me as "Übersturmbahnführer". This really is most insulting and I have taken deep offence. Your complete ruination of the German language by omitting 2 umlauts is understandable if you claim inability to reproduce them on your computer, but the official you describe is male, as anyone who knows ANYTHING about German can easily tell. I am the Übersturmbahnführerin. Note the ending. Ask Oberstbahnhofsmeisterin Godfree, she's a linguist, she knows about these things."

That's me told then!!


A big 'thank you' to those people who have sent me writings, maps, abuse etc. It is all gratefully received. One or two potential contributors have complained that they need to know when they have to have their masterpieces to me by. A good point. In future I'll set a copy date. So for the next issue shall we say, er, lots of contributions to me (in any electronic or printed form, within reason) by **24 June**.

Stop Press!!

Congratulations to Claire Ward and Dan Marston who have been selected as members of the team to represent Great Britain at the forthcoming World cup races in the south of England.

Fixtures

 **Saturday 16th April**
ESOC Local event
Bonaly
NT 212675
 Entry: Adults £2, Juniors £1
 Starts: 2-3pm
 Information from:
 Janet Clark (0131 225 7771)
 janetclr@aol.com

 **Sunday 8th May**
(INT) Limited colour coded
Kinneil, Bo'ness
NT 983804
 W, Y, O, G, Bl
 Entry: £tba
 Information from:
 Ben Hartman (0131 447 9121)

 **Wednesday 11th May**
ESOC Local event
Hillend (upper car park)
NT 247669
 Entry: Adults £2, Juniors £1
 Starts: 6-7.30pm
 Information from:
 Janet Clark (0131 225 7771)
 janetclr@aol.com

 **Wednesday 18th May**
INT Local event
Colinton Dell
NT 215700
 Entry: £tba
 Starts: 6-7pm (Dovecot Grove)
 Information from:
 Paul Caban (0131 445 3098)
 Paul.Caban@ed.ac.uk


 **Saturday 28th May**
National Event & Scottish
Individual Championships
Tentsmuir, Leuchars
NO 471235
 Entries:
 Robert Findlay
 58 Nether Currie Crescent
 EDINBURGH
 EH14 5JG
 Fees: £tba
 EPS-SI

Information from:
 Roger Scrutton (0131 667 7718)


Sunday 29th May
SOA Relay Championships
Tentsmuir, Leuchars
NO 471235
 Entries:
 Robert Findlay
 58 Nether Currie Crescent
 EDINBURGH
 EH14 5JG
 Fees: £6 seniors
 EPS-SI


Information from:
 Roger Scrutton (0131 667 7718)

 **Saturday 4th June**
ESOC Local event
Cammo, Edinburgh
NT 212675
 Entry: Adults £2, Juniors £1
 Starts: 2-3pm
 Information from:
 Janet Clark (0131 225 7771)
 janetclr@aol.com

 **Sunday 12th June**
(GRAMP) SOL 3
Achlean, Kingussie
NN 842997
 Entries:
 Jayne MacGregor
 135 Desswood Place
 ABERDEEN
 AB15 4DP
 Fees: £9/£4.50 CD: 25/05/05
 EPS-Emit
 Information from:
 Donald Grassie (01224 638906)

 **Saturday 18th June**
INT Local event
Colinton Dell
NT 215700
 Entry: £tba
 Starts: 2-3pm (Dovecot Grove)
 Information from:
 Paul Caban (0131 445 3098)
 Paul.Caban@ed.ac.uk

 **Wednesday 22nd June**
ESOC Local event
Glentress (outside The Hub)
NT 286402
 Entry: Adults £2, Juniors £1
 Starts: 6-7.30pm
 Information from:
 Janet Clark (0131 225 7771)
 janetclr@aol.com

 **July 31st – August 6th**
Scottish 6-Days



Street-O 2005

Interlopers innovative street-o series will take place on the evenings of 1, 15, 29 June from the homes of the Godfrees, Squires and Galloways respectively. Starts 1830-1915. Cost £1. Bargain!



Dave's alternative fixtures list

A selection of other events and alternative running delights for the next few months:

- 23 Apr - Local Event. Binning Wood, Dunbar
- 1 May - WORLD CUP 2005 & ASSOCIATED EVENTS. Hills, Heathlands & Parks, Surrey, Hants & London.
- 21 May - Local Event. Saltoun and Humble
- 21/22 May - Twin Peak Weekend, Regional Events. Macclesfield Forest, Macclesfield
- 25 Jun - Local Event & BBQ. Hedderwick Hill, Dunbar

Results

(Sadly, no reports on recent fixtures were received. I managed to miss a couple – being dragged off to Canada by friends to ski in the Rockies during the warmest, wettest January on record! So you'll have to put up with my impressions. – Ed)



SOSOL 8 30 January Holyrood

White 1.6km 40m
8th James Ackland M5 26.19

Yellow 2.1km 85m
7th Max Ledlie M10 32.51
9th Hannah & Cherry Ledlie 37.14

Orange 2.5km 130m
10th Mark Haley M10 36.10

Lt Green 3.2km 115m
7th Sue Twissell W35 49.12
14th Stephen Haley M14 64.35
18th Ray Heyworth M75 90.00

Green 4.6km 255m
1st Ben Hartman M35 36.35
3rd Heather Hartman W35 47.59
18th Richard Webb M40 62.23
28th Morag McIntyre W 72.03
33rd Lucy Breakwell W21 75.03

Blue 5.9km 340m
1st Graeme Ackland M40 49.55
3rd Ken Daly M40 56.02
6th Pat Bartlett M35 59.31
22nd Bill Mason M55 70.48
37th Steve Ambler M55 71.55
48th Paul Miller M21 113.57
48th Graeme Ross + 1 M21 119.14

Brown 8.4km 515m
1st Dave Godfree M21 69.35
6th Gillian Godfree W21 77.12

SOSOL 9 6 February Mugdock

White 1.5km 30m
7th James Ackland M6 17.09
8th= Catriona Gray W10 17.53
8th= Sarah Myerscough W 17.53
10th Isobel Gray W6 17.54
11th Joanne Myerscough W10 17.58

Yellow 2.1km 35m
4th Max Ledlie M10 20.18

10th Hannah Ledlie W6 28.07

Lt Green 3.4km 90m
10th Colin Ledlie M35 35.58

Green 4.5km 110m
8th Heather Hartman W35 35.56
17th Karen Dobbie W35 42.53
25th Fiona Weir W35 48.14

Blue 6.1km 230m
1st Claire Ward W21 45.05
5th Ben Hartman M21 49.32
6th Ken Daly M40 49.45
24th Barry Owen M55 62.59
26th Bill Mason M55 63.24

Brown 8.5km 290m
1st Dave Godfree M21 52.50
2nd Graeme Ackland M40 53.52
6th Gillian Godfree W21 60.49
13th Paul Caban M40 76.29

Mugdock suffers from a bit of an identity crisis; some of my work colleagues from the west referring to the park as 'Dogmuck'! A little unfair. A nice day (at least when I ran!) and an interesting course, even including the lung-busting uphill leg, left me with a very favourable impression. Other INTs obviously found it to their liking too, with Dave and Claire taking the top spots on the long courses.



CompassSport Cup 27 February Faskally

Brown 7km 300m
1st Dave Godfree M21 47.58
6th Ben Hartman M35 55.36
7th Chris Godfree M21 57.44
9th David Eades M35 60.02
12th Ray Ward M21 65.17
17th Paul Caban M40 80.58

Blue Women (!) 5.1km 225m
1st Gillian Godfree W21 41.41
6th Ann Haley W40 58.04
19th Darina Cunnane W35 80.26
23rd Patricia Alston W40 93.25

Blue Men (!) 5.8km 255m
1st Scott Fraser M20 41.50
6th Rob Bloor M45 52.53
33rd Steve Ambler M55 89.24
Barry Owen M55 mp

Green Women 3.7km 160m
8th Morag McIntyre W45 55.51

Green Vets 3.6km 155m
4th Ray Heyworth M75 62.26

Orange 3.1km 80m
8th Stephen Haley M14 40.30

White 1.6km 25m
2nd Mark Haley M10 19.34

I was greeted at the finish by one of the INT faithful (renowned for travelling the length and breadth of Britain to seek out controls), mightily relieved that we had only come third! But wait a moment. As reported on the cover, these results just scraped us into the final. A good effort from Mark who refused to be fazed by the wrong control descriptions and came in 2nd anyway!



SOL 1 Trossachs

6 March

| | | |
|------------------|---------------------|--------|
| JM1 | 1km 25m | |
| 3 rd | Mark Haley | 13.48 |
| JM2 | 1.7km 105m | |
| 9 th | Stephen Haley | 34.41 |
| M21L | 8km 740m | |
| 2 nd | Dave Godfree | 88.02 |
| 10 th | Gillian Godfree (!) | 104.36 |
| M21S | 5.3km 440m | |
| 11 th | Graeme Ross | 172.22 |
| M35L | 6.7km 600m | |
| 4 th | Ben Hartman | 86.26 |
| 5 th | David Eades | 86.34 |
| 7 th | Pat Bartlett | 101.51 |
| M40L | 6.7km 600m | |
| 7 th | Ken Daly | 114.28 |
| M55L | 4.5km 440m | |
| 6 th | Barry Owen | 85.08 |
| W21L | 5.3km 440m | |
| 1 st | Claire Ward | 62.00 |
| W21S | 3.4km 275m | |
| 4 th | Mary Ross | 79.08 |
| W35S | 3.4km 275m | |
| 1 st | Lorna Eades | 61.53 |
| 2 nd | Heather Hartman | 70.53 |
| W40L | 4.5km 440m | |
| 3 rd | Ann Haley | 86.21 |
| W45S | 2.5km 160m | |
| 3 rd | Morag McIntyre | 89.43 |

The Trossach – love it or hate it?! I don't know of another area which brings out such a wide variety of opinion. Physical and technical; it's got the lot. Some won't go anywhere near it, others see it as 'proper' orienteering terrain. For me, if I have a good run it's enormously satisfying whereas a poor one can reduce me to despair. Can't wait for the next time, though...

Another win for Claire. And Lorna too, the 'battle' of the new-mum/mum-to-be with Heather warming up nicely.

SOSOL 10 – 20 March Eildon Hills

| | | |
|------------------|------------------------|------------|
| White | 1.9km 45m | |
| 1 st | Tina Lardner | W12 24.52 |
| 2 nd | Demi Lardner | W9 25.00 |
| 5 th | Team McIntyre | 58.55 |
| Yellow | 2.1km 50m | |
| 1 st | Max Ledlie | M12 22.52 |
| 7 th | Hannah & Cherry Ledlie | 28.41 |
| 11 th | Alex & Freddie Carcas | 48.07 |
| Orange | 3km 90m | |
| 3 rd | Clare Lardner | W45 33.51 |
| Lt Green | 4km 160m | |
| 8 th | Ray Heyworth | M75 60.25 |
| Green | 4.4km 165m | |
| 6 th | Heather Hartman | W35 49.00 |
| 10 th | Karen Dobbie | W35 54.05 |
| 11 th | Morag McIntyre | W45 54.34 |
| 13 th | Lena Kask | W21 54.57 |
| 15 th | Ronny Lardner | M45 56.52 |
| 18 th | Mary Ross | W21 61.43 |
| Blue | 5.8km 255m | |
| 2 nd | Ray Ward | M21 45.46 |
| 3 rd | Clare Ward | W21 47.32 |
| 9 th | Ken Daly | M40 57.30 |
| 22 nd | Bill Mason | M55 76.37 |
| Brown | 7.8km 295m | |
| 1 st | Murray Strain | M21 51.29 |
| 2 nd | Dave Godfree | M21 52.47 |
| 4 th | Graeme Ackland | M40 64.37 |
| 5 th | Ben Hartman | M35 64.54 |
| 13 th | Graeme Ross | M21 80.21 |
| 14 th | Paul Caban | M40 82.10 |
| 15 th | Colin Ledlie | M35 98.20 |
| 16 th | Max Carcas | M35 113.11 |

JK 26/27/28 March Individual Brown Clee Hill & Cannock Chase

| | | |
|------------------|-----------------|--------------|
| M20E | | |
| 1 st | Scott Fraser | 62.40 5.6m/k |
| M21E | | |
| 4 th | Dan Marston | 80.26 5.3m/k |
| 18 th | Dave Godfree | 90.28 |
| 19 th | Murray Strain | 91.05 |
| 35 th | Chris Godfree | 99.43 |
| 42 nd | Graeme Ackland | 105.10 |
| 47 th | Anthony Squire | 108.17 |
| M21S | | |
| 6 th | Ray Ward | |
| 31 st | Graeme Ross | |
| M35L | | |
| 9 th | Ben Hartman | |
| 13 th | David Eades | |
| 35 th | Brad Connor | |
| M40L | | |
| 6 th | Rob Lee | |
| 46 th | Ken Daly | |
| 52 nd | Ian McIntyre | |
| 60 th | Paul Caban | |
| W21E | | |
| 5 th | Claire Ward | |
| W21S | | |
| 10 th | Emily Seaman | |
| 13 th | Mary Ross | |
| 29 th | Kate Kitchin | |
| W35S | | |
| 1 st | Heather Hartman | |
| 2 nd | Lorna Eades | |
| W40L | | |
| 46 th | Jane McIntyre | |

Heather comes out on top this time with an INT 1&2 on W35S. Scott creamed M20E on both individual days. (5.6min/km? I can't run round the Meadows at that pace!) The course was voided on one day because of a control being mis-sited by 20m. One or two grumbles in the club tent about the accuracy of the overprinting on some maps...

AGM

6.30pm on 16 June

at

46 Pleasance

Don't miss the cut and thrust of the club's most exciting event. Lay aside any doubts about holding high office. Get along there! Latecomers may be obliged to watch proceedings on large screens to be erected on the Meadows...

Relays

Hopwas

JK Trophy
5th INT1
13th INT2

Women's Short
20th INT3

Men's Short
34th INT4



SOL 2 10 April

Newtyle Hill

| | | |
|------------------|------------------|--------|
| M21S | 7km 315m | |
| 3 rd | Graeme Ross | 73.02 |
| M21L | 8km 740m | |
| 2 nd | Graeme Ackland | 72.47 |
| 4 th | Rob Lee | 79.42 |
| 7 th | Chris Godfree | 86.14 |
| M35L | 8.3km 390m | |
| 1 st | Ben Hartman | 70.03 |
| 3 rd | Brad Connor | 82.30 |
| 4 th | Pat Bartlett | 83.25 |
| M40L | 8.3km 390m | |
| 10 th | Ken Daly | 99.30 |
| 11 th | Paul Caban | 101.05 |
| M45S | 3.7km 195m | |
| 3 rd | Graham MacIntyre | 36.42 |
| M45L | 7km 315m | |
| 6 th | Rob Bloor | 59.17 |
| M55S | 3.7km 195m | |
| 4 th | Pat Squire | 52.27 |
| M55L | 5.8km 270m | |
| 4 th | Barry Owen | 64.42 |
| 7 th | Bill Mason | 69.40 |
| M75L | 3.3km 165m | |
| 2 nd | Ray Heyworth | 67.42 |
| W21S | 3.7km 195m | |
| 2 nd | Lena Kask | 42.45 |
| 4 th | Mary Ross | 50.40 |
| W35S | 3.7km 195m | |
| 1 st | Heather Hartman | 47.16 |
| 3 rd | Fiona Weir | 64.15 |

W35L 5.8km 270m
7th Darina Cunnane 83.00

W40S 3.3km 165m
7th Patricia Alston 59.05

W45L 3.7km 195m
8th Morag McIntyre 54.51

White 1.2km 40m
1st Max Bloor 24.29
6th James Ackland 32.05

Yellow 1.9km 50m
1st Logan & Callum MacIntyre 67.53

Orange 2.7km 110m
8th Team Lardner 85.35

Lt Green 3.5km 150m
5th Ronny Lardner 56.37
14th Sue Twissel 78.40

A lot of the big guns were performing 'down south' this weekend so a chance for others to post good results. The big guns who did run at Newtyle Hill performed predictably well with a Hartman husband and wife double (2½?) victory. At the junior end, good wins for Max Bloor and Team MacIntyre.

Well done to ESOC and TAY for using this 'new' area. It had some really interesting contour and rock detail, some of which was indicated on the map!



SoSoL Series

No outright winners, but honourable 2nd places to Graeme Ackland on Brown and Max Ledlie on White. The Ledlies have really thrown themselves at orienteering (Hannah and Cherrie were 4th on Yellow) and Max has improved steadily through the series. Well done!!

Carnethy

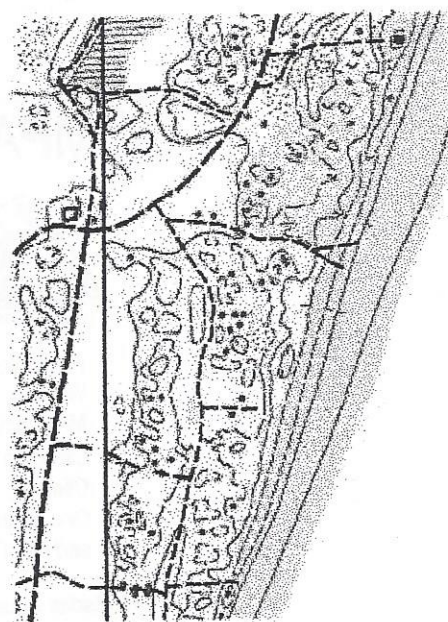
A special mention to for Murray Strain who, aside from his orienteering efforts, won the Carnethy 5 in February. With admirable modesty, when asked how his run went, Murray said, "I was running down the last hill and found myself in front!"



28/29 May 2005

Scottish Championships Individual & Relays

Tentsmuir, Leuchars



Caban's Corner (two orienteering tales)

(1) I spurned the Club event in Speyside at New Year, and instead went with Hilary to the Gramp event at Kirkhill South. As always this is a slightly off-beat form of orienteering, and this year was another Vortex Score event. The format is deceptively simple. The first control is worth ten points, and each successive control is worth ten points more than the previous one, but only if the time for the leg is less than the one before. Time penalties are punitive.

Well, this may sound easy, but is remarkably difficult to effect. Hilary blew her chances straight off by not having a watch. Oops blundered on my first control, which un-nerved me, and convinced me that I wouldn't get to the remotest controls. The result was that I found myself standing next to a control for two or three minutes before punching; otherwise, I wouldn't have allowed myself enough time to get to the following kite. Quite what the locals got out of a Sunday stroll made of it.... I'd sprint past someone, get to a control, have the "I've got to wait here for 3 minutes 20 seconds" conversation with someone, whilst dog-walk-family came past, then I'd sprint off again. Controls seemed to have conspiratorial groups all looking at splits watches.

In the end I came second, my best result for ages, though I suspect most people weren't trying to win - pah!, at least that's what Hilary said, though I wasn't sure ...

(2) This year is "England" year. Besides BOF meetings, the JK and the British, I've also been doing events round parental hospital visits in East Anglia, one of which was notable for having "pingo" controls, which makes a nice change from bingo one. Easily the most entertaining event, though, was the British Night Champs. at Watergrove near Rochdale, scene of one of our glorious "seconds" at the Harvester a few years back. The event was based in the sailing and surf-boarding club-house, with the area curving round and above the lake. Brad being down in Manchester for the last six months, was an easy target for accommodation, and couldn't think of any reason not to compete, though from memory his attempts at trying to find thicket-in-grot might have been a worthwhile one. However, as he's also a sucker for madcap Marilyn-bagging exploits (if you don't know, don't ask), 16:30 on a darkening Saturday evening in February saw us sitting in the Brad-mobile watching the start of a blizzard float by...

It was certainly cold, and thoughts of Dunrood Hill and the Bewick Moor drown-a-thon went through my mind as I wondered where the nearest A&E would be. However, sensibly dressed in a thermal, and O-top, a thin fleece and a cag., it was almost pleasant walking to the start, and I was certainly better off than many when the starts were delayed due to belightment. Using the tried-and-tested approach of taking the safe route choice at all times, the 90 minutes plus were really quite fun, and certainly gave me a better result than usual (only 20 minutes behind the winner). Steve Wilson said it was quite lonely on the wrong bit of hillside for a while, and John Emeleus managed to snatch defeat from the jaws of victory on one of the downhill-to-oblivion legs.

The progress-o-graphs were certainly amusing: I was reasonably steady whereas one or two notable names, eg Mark Seddon, seemed to have been doing lots of fast running in random directions. Brad was just a wee bit behind me, but pretty happy with his run too. No second places for Team Interlopers this time (first place was never in the frame), but trotting round a lovely open, runnable hillside, looking at all the other headlights dotted about the moor was certainly one of the best orienteering experiences I've had for a while.

Paul

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