

INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER No. 138

June 2006

138

More INT success at JK and Scottish Champs

Those not wise/inspired/fortunate enough to go to the 3 Jour du Sud Ouest over the Easter weekend and went to the JK instead were able to hail several winners and a couple of 'curses'.



Despite the demands of parenthood and the juggling necessary to combine this with decent runs, Heather and Ben managed a notable Hartman double first in 35S while Jane Ackland won

40S. In addition there were solid second places for Emily Seaman (W21S) and Scott Fraser who confirmed his current good form in a very competitive M20E field.

The recent Scottish Championships on Deeside saw yet more success, continuing the run of great results in the big British competitions.



The individual day in Glen Dye provided some tremendous orienteering with plenty of intricate contour work for everybody. The final few controls through the many depressions being particularly taxing for my oxygen starved brain, at

least!

All this endeavour resulted in the club having three Scottish champions: Lorna Eades (W35L) and another family double of Ann Haley

(W40L) and Stephen Haley (M16B). And John Barrow saw off all-comers on the Orange course! These, plus three second places and five thirds, are an indication of the club's strength in depth and a good effort by all concerned.



Ann signs an autograph for one of her many fans

Summer Issue

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Welcome back!

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Wired

Will Mair <willmair@hotmail.com>



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

Juniors wishing to be added to the club email list must provide us with approval of their parent/guardian. This is to comply with our obligations towards Child Protection.

Interlopers Orienteering Club Annual General Meeting

Thursday 8 June 2006

at 18:30 for 18:45

in the Meeting Room
of

The Centre for Sport and Exercise
46 Pleasance
EDINBURGH

JK 2006

by Heather Hartman

Our first big event as a family (aka long days and split starts...the beginning of a long round...). We survived unscathed and came home victorious in 35S (a little surprising given the niggly injuries and lack of training - I think I doubled the number of runs I completed in 2006!)

Day 1 - Ilkley

James moaned most of the day, so thank goodness for priority parking close to assembly (an official even checked that we had a baby in the back!). Ilkley Moor was a small area for a JK but with some interesting rock detail and plenty of potential for head cratching.

Day 2 - Keldy

Spring at last. The route to assembly was one of the most challenging parts of the day. "A rough track downhill for 300m" as per the programme turned out to be a non-existent trail through some brashed forest and not at all suitable for prams. Thankfully, lots of fellow competitors gave a helping hand to lift James over fallen trees etc. Once on the forest road with 2km still to go just to reach assembly the pram moved at cruising speed and I got a great warm up before my start. A sauntering bunch of Edinburgh Uni orienteers muttered something along the lines of "use of a pram as a weapon" as we cut our way through the crowd.

Once at assembly there was a big marquee with a great area for kids (James was a different baby today), so today I was reasonably relaxed when I reached the start. Keldy was a good contrast to Ilkley - mixed forest and control picking courses. It suited both of us and we had good runs.

Most Interlopers were out running when I found the club tent but it was obviously proving to be a useful pram shelter with a line of sleeping babies oblivious to the climax of the elite race or the hot competition on M80 - the top two sprinting (*sic*) for the line.

Not the most family friendly event - areas far apart, long walks to assembly, long walks to the start and 3 hour split starts with no flexibility.

How one's perspective changes having kids - but we'll still go because we're hooked!



Street-O series

Like last year, Interlopers will be holding a short Street-O series. There will be three events, on Wednesdays, starting this week, and at fortnightly intervals. Start times are from 6:30 - 7:15. Again, like last year, there will be one course, which will have a cut-off, shorter alternative. Entry £1.00 including pre-marked map; there will be squash available afterwards.

June 7th - Braidburn and Comiston - From Pat Squire's garage, Swan Spring Avenue - organiser/planner: Paul Caban

June 21st - The Grange and Astlie Ainslie - From The Pyrah's car-port, Oswald Court - organiser/planner: Graeme Ackland & Paul Caban

July 5th - Buckstone - From Paul Caban's garden, Buckstone Road - organiser: Paul Caban (you see a pattern here)

If you definitely intend to come, please mail Paul.Caban@ed.ac.uk to ensure there will be a map for you.

And now the small print ...

CAVEAT - These events occur on typical Edinburgh residential streets, as well as paths, parks and woodlands. There will be traffic, which can't always be expected to obey the speed limits. The events are NOT suitable for children (or adults) who are not 'road-trained' - if you think that includes you, then please come along and watch, but consider whether you really want to take part. For the more competitively minded, please remember that the events are meant to be 'fun' - please don't expose yourself to danger by taking risks crossing roads. In particular, these events are not really suitable for mass-starts of head-to-head racing, and this sort of competition is not encouraged.



Not the JK

"Are you going to the JK?"

"Where is it?"

"Ilkley Moor" (*Mmm...we've got friends in Otley*)

"I suppose so – are you going?"

"No. We're going to a 3 day event in Southwest France. (*Mmm...tricky choice: battling with the Yorkshire Moors in April or lightly tripping through forested sand dunes with spring sunshine on your back, west of Bordeaux*) You should come with us."

"I'll think about it"

(I've never had anything approaching a good run at the JK. My first acquaintance was in Wales when it took me forever to find the first control on Day 1 and I languished in the bottom half of the field. Day 2 was cancelled because of snow...

Expeditions to the deep south have resulted in unmemorable runs including one where I had completely failed to spot from the event details that there was a bus journey plus the long walk to the start. I started that one with 30 'bonus' minutes.

Pushing cars out of thick mud near Dunkeld.)

"OK, I'll come"

Colin's persuasive manner left me with little choice and, with shameful speed, I dismissed one of Britain's premier events and started to make plans for sun, sand, red wine and soft cheese...

Surprisingly, when I mentioned it to Fiona, she intimated that I might like to take her and the children along as well and make a bit of a holiday out of it. So with a bit of research on the Web and a colleague with a French bank account, we acquired flights at a reasonable cost, a hire car, a couple of log cabins and hassle-free entries. A look at the start list on the event website revealed that quite a few other Brits had decided that they too preferred Aquitaine to Ilkley.

Arriving a couple of days before the event we had chance to sample the Atlantic coast with its wonderful beaches and constant waves before getting down to the serious business of getting hold of a map of the local permanent course for a bit of familiarisation. Colin, Lorna and family arrived late that night and Friday was spent mostly bucket & spading (on an inland, freshwater beach this time) while the adults crept off to registration and more time in the woods.

I mustn't labour the point, so suffice it to say that the terrain was largely ideal. Runnable, interesting, good visibility, few water features, no brambles/brashings/nettles/stickybobs – very reminiscent of Saltoun & Humbie, in fact!



Day 1 dawned sunny if a little breezy. We established the children in the Eades' splendid mini-tent and either went to the start or walked the 30 metres, or so, to view the spectator control. The mistakes I make in the forest away from public gaze are nothing when compared to the backside I can make of a spectator control. However this one seemed quite friendly without the usual barracking by 'friends' of hapless, oxygen-starved individuals trying to find a hastily constructed 'hide'(sic). Even my own approach and departure must have looked reasonably controlled. As time went by it became more and more likely that the split starts we had negotiated wouldn't be split enough. This meant putting the children into the (excellent) creche. The babies immediately took to their French carers and Mairi was quickly drawing, painting and chatting with other children. Kirsty was a bit more circumspect and was glad to see Fiona.

And our runs? I suffered from a dip in concentration towards the end, which resulted in a small and a medium 'wobble'. I was reasonably happy until Lorna and I realised that we were running the same course and that she had beaten me by 6 minutes. Not even the wobbles could account for 6 minutes – could she be better than me? – how does that work?! Fiona had had a steady run and won her class while Colin and I grubbed about the middle of our fields. We did get a T-shirt at the end though!

I decided to take solace in some post-run cuisine and set off to find Wilf's French outlet. Imagine my dismay, as a long standing veggie, to discover a barbeque roasting all manner of unfortunate animal life and offering little else. My spirits did lift a little, however, on the discovery of the drinks tent: Coke (the drink, that is) 1.50 Euros, glass of red wine 0.50 Euros!! Only in France.



Day 2 was quite close by, so a leisurely start seemed a good idea and when Colin appeared at our door with pastries from the local boulangerie, it became even better.

A steady run today. Fairly intricate contour detail requiring good map contact for a fast performance but with the occasional track or ride to relocate on if you did 'lose the plot'. One poor control, thrashing around looking for a vegetation edge, and only 2 minutes behind Lorna. Fiona only second but hanging on to her overall lead in 35S. Then it was off for more paddling and marvelling at Colin's Carlbros sandcastle building skills.

Day 3 – The Chasing start. I'm usually in the mass of lesser mortals who get to start way after the 'Gods' and come in sometime after the prize giving. Not this time. We all made the chasing start and with a piece of inspired forethought the organisers set the pond life off *before* the athletes so that they could finish and watch us demonstrating how it should be done.

We inserted the children into the creche and Kirsty's doubts were soon dispelled by two cakes. Fiona (and the leaders from the other classes) dashed off up the hill and into an area of holiday chalets. (Today's event had a slightly urban-O feel about it.)



Lorna, too, was near the top of her field and started soon after, giving Colin and me determined that the day would see us move up the field.

The map revealed more of a runner's course (not that I'm a runner but the terrain did allow me to look at the map whilst on the move without immediately tripping over something) with some route choice thrown in, and, with about the same odds that would allow a monkey with a typewriter plus enough time and paper eventually to knock out the complete works of Shakespeare, I had a near clean run. Controls appeared in front of me and the ones I didn't spike (!) exactly had someone dressed in a dayglo orange jump-suit just leaving them. Not even the planner's decision to have us stumbling across 100 metres of soft sand to the finish, in front of a coffee and wine swilling Easter Monday crowd on the beach front of Maubuisson, could prevent me from claiming second place. More importantly, I'd squeezed in quicker than Lorna today (she had some excuse about not feeling well after throwing up all night as a result of an ill-advised quail burger from the afore mentioned barbeque) – yes!

When the sand had settled Fiona had won again and was well ahead of the rest in 35S and Lorna was second overall in 35L. So later in the afternoon Colin and I looked enviously on as our wives received silverware in front of a large and enthusiastic audience.

The Eades family returned to Scotland the next day while we hired bikes (the area is well set up for biking with dedicated cycleways and lots of bike hire) and explored the local area.

All in all, a very enjoyable holiday with good orienteering in excellent terrain and plenty to keep children entertained. I'm sure the JK was good too!

In 2007 the French 5-Day (9-14 July) will be held in the same region. The area obviously has the potential to be hot in summer and consequently (I'm reliably informed), starts are blocked to ensure everyone gets their fair share of early (cool) and late (warmer!) outings. So if you're looking for a pleasant warm up for the 6-Day with a beach holiday as well, this might be for you.



New BOF Logo!



Chairman's Chat

- Events - Interlopers is scheduled to host both a SoSOL and a SOL next spring. The intention would be to use Calder Wood (Livingston) for the SoSOL - we have a brand new and unused map - and Archerfield for the SOL - we haven't used it for a while. Each of these events will only happen if two people step forward to offer to plan and organise. More importantly, these medium-profile local events are a chance for all the beginners who come along to our CATIs, to see that there is more to orienteering than running round some of Edinburgh's pleasant parklands. There are people in the Club who will offer to mentor and give advice, particularly for novice planners. Anyone interested - even remotely - please contact me by email at Paul.Caban@ed.ac.uk
- More Events - Next year is also a Six-Day year. We have been allocated Day 3 at Inshriach West (Inveruglas & Uath Lochan). Graham McIntyre put his head above the parapet (again!) and offered to be one planner. There is also a second, un-named - and indeed un-enthusiastic but vaguely willing - person willing to plan, but should you desire to plan in the forest of your dreams for Scotland's biggest event, then day 3 of Spey 2007 has your name on it. If you contact me, I can pass your name on.
- Child Protection - Following changes in the 'child protection' law, the SOA Executive has recently issued modified guidance to all Scottish clubs concerning coaching/training of juniors, and in particular junior-only

sessions. The information is detailed, and will take more than a little reading, however, the basic premise is that anyone participating in junior coaching should have obtained the relevant 'Disclosure'. This is imperative for anyone going into Schools (or other youth organisations). Disclosures can be obtained, I believe, at no cost to individuals, and are organised through the National Centre. Anyone who believes that they should follow the disclosure process, please contact either Paul.Caban@ed.ac.uk or Club Secretary J.Barrow@roe.ac.uk and we will point you in the right direction.

- Training Courses - The SOA Executive has recently had some funding available to support "development". Some clubs have been successful in obtaining money to host training courses for would-be planners and organisers (see point 1), and also would-be controllers (grade 3). Anyone interested in any of these courses, please mail either John or myself; we will collate notes of interest, perhaps also in co-operation with some of the smaller, local, non-ESOCian clubs. Why go on a course? - well, besides the obvious of being able to take a lead in Club events, having an understanding of planning/controlling can only help actual real out-there-in-the-forest orienteering: if you can work out what any particular leg on a course is trying to do, then that's half the battle.....

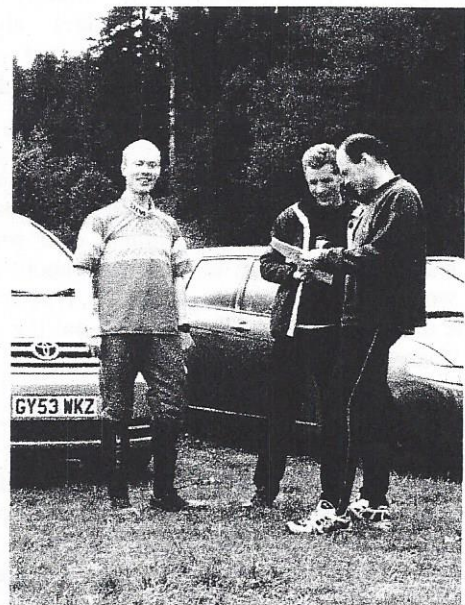
Club top in swap shock!

Due to a change in personal circumstances, over the past few months Brad Connor has travelled to all corners of Britain and seen more events than most. Yet it was closer to home at the recent Scottish Championships that he was involved in a bizarre top swap.

Reliable sources reported that Brad (clad in Interloper colours) was seen entering an area of Glen Dye dark green at approximately the same time as a well known W21 from a nearby club. Apparently there was then a good deal of "thrashing about" noises which observers took to be the frantic search for a control...

...after some considerable time Brad re-emerged and, to the astonishment of several onlookers, appeared to be sporting a slightly dishevelled (and slightly too small) FVO top (pictured right)!!

Brad is acquiring property in FVO country and there have been persistent rumours of a potential defection in recent weeks. Just what is going on..?



FVO grandees quiz a smiling Brad about the top

Fixtures

June

4th ESOC Long-O
Pentland Hills Regional Park, Edinburgh
Organiser: Margaret Dalgleish, 01968 675737.
Margaret@dalgleishfamily.net
Entries: Ron Nolan, 17 Viewfield Road, Juniper Green,
Edinburgh, EH14 5BE, 0131 453 1497.
ron.nolan@hulley.co.uk
CD: *unknown*. Fees TBA. Chq: ESOC. No dogs.

10th RR Harvester Trophy Relays
Teviothead, Hawick. NT404053
Organiser: Robin Sloan, 0189 682 2548.
ROBIN_SLOAN@ROSEISLE.DEMON.CO.UK
Entries: Lindsey Knox, Riversdale, Slitrig Crescent, Hawick,
Roxburghshire, TD9 OEN, 01450 377383.
lknox46426@aol.com
CD: 26/05/06. Class A (7 laps) £70, Class B (5 laps) £50,
junior teams on B, £25. No EOD
Chq: Roxburgh Reivers. EPS-SI
Club Secretaries please download entry form from RR website
or contact organiser. Parking and camping also suitable for
Scottish League race on Sunday 11th June. Harvester will start
before midnight in daylight, League Race start times from
11.00am. Dogs in car park and camping fields only on leads.
Parking £1.00. www.roxburghreivers.org.uk/

11th RR Regional Event & SOL 5
Teviothead, Hawick. NT404053
Organiser: Robin Sloan, 0189 682 2548.
ROBIN_SLOAN@ROSEISLE.DEMON.CO.UK
Entries: Lindsey Knox, Riversdale, Slitrig Crescent, Hawick,
Roxburghshire, TD9 OEN, 01450 377383.
lknox46426@aol.com
CD: 26/05/06. £8.50/£3.50. Lim EOD +£1.00/£1.00
Chq: Roxburgh Reivers. EPS-SI
Parking and camping same as for Harvester Relays. Harvester
will start in daylight to allow later leg runners more time
before League race. Please specify E/M/L start time when
entering. Dogs on leads in car park and camping fields only.
Parking £1.00. www.roxburghreivers.org.uk/

28th ESOC Local Event
Glentress, Peebles. NT284397
Janet Clark, 0131 225 7771 janetclr@aol.com
Start times 6 - 7.30pm £2/£1, Meet outside The Hub.

July

2nd TAY Ochils Long O.
TBA Glen Devon, nr Dollar.
David Sloan, 01383738631.
adixon@watt64.freeserve.co.uk £4.00/£2.00. Start 10.30-12.
2 courses one short(5k approx) one longer (10-20k).
Competitors may need to provide their own 1 in 25,000 map
of the area. See website for more details (entry fees will be
less if no map provided). www.taysideorienteurs.org.uk/

5th INT Local Street Event.
Buckstone Estate, Edinburgh. NT249689.
Paul Caban, 0131 445 3098 Paul.Caban@ed.ac.uk
Street-O Starts 18:30-19:15 from Buckstone Road
Entry £1.00.

22nd ESOC Local Event. Lauriston Castle, Edinburgh.
NT203758.
Janet Clark, 0131 225 7771 janetclr@aol.com
Start times 2 - 3pm £2/£1
Entrance via Crammond Road South. Dogs in car park only:
strictly not allowed in the Castle grounds.

August

12th ESOC Local Event. Blackford Hill, Edinburgh.
NT258706
Janet Clark, 0131 225 7771 janetclr@aol.com

20th ESOC The ESOC "Score". Riccarton Campus,
Edinburgh. NT180695.
Fiona Findlay, 0131 538 2597. fionafindlay49@hotmail.com
£5.00/£3.00. EPS-SI. First-class NEW AREA.
www.esoc.org.uk

23rd FVO Local Event. Callendar Park, Falkirk.
NS897795
Neil Kitching, 01786 824595
Starts 5 to 7pm. £2 adults, £1 children.

26th-27th Purple Thistle Weekend
26th - Day 1 District Event. Glen Affric, Cannich. NH299276.
Andrew Brown, 0131 466 4378. brooner@purple-thistle.co.uk
Fees TBA. EPS-Emit. www.purple-thistle.co.uk/
27th - Day 2 District Event. Glen Affric, Cannich. NH299276.
Andrew Brown, 0131 466 4378. brooner@purple-thistle.co.uk
Fees TBA. EPS-Emit. www.purple-thistle.co.uk/

30th FVO Local Event. Muiravonside, Linlithgow.
NS964756
Neil Kitching, 01786 824595
Starts 5 to 7pm. £2 adults, £1 children

Results

JK 15-17 April Yorkshire

Individual Day 1 - Ilkley

M20E 5.5km 160m		
2 nd Scott Fraser	35.59	
M21E 5.5km 160m		
7 th David Brickhill-Jones	34.12	
16 th Andy Kitchin	36.28	
25 th Anthony Squire	38.18	
49 th Graeme Ackland	44.37	
M21L 10.9km 375m		
27 th William Mair	98.32	
M21S 7.4km 200m		
24 th Graeme Ross	67.33	
M35L 9.8km 320m		
22 nd Pat Bartlett	87.37	
26 th Brad Connor	89.01	
M35S 6.4km 190m		
2 nd Ben Hartman	53.28	
M40L 9.0km 325m		
42 nd Ken Daly	84.43	
58 th Paul Caban	95.15	
M45L 8.3km 205m		
19 th Rob Bloor	65.03	
W21S 5.1km 145m		
1 st Emily Seaman	51.55	
10 th Mary Ross	60.34	
33 rd Kate Kitchin	76.18	
W35S 4.4km 105m		
1 st Heather Hartman	44.54	
W40S 4.4km 105m		
1 st Jane Ackland	46.06	
21 st Patricia Alston	79.34	

Orange 2.8km 70m		
32 nd Vicky Squire	90.09	

Individual Day 2 - Keldy

M20E 10.7km 310m		
2 nd Scott Fraser	70.11	
M21E 14.5km 375m		
13 th Anthony Squire	101.36	
15 th Andy Kitchin	102.49	
44 th Graeme Ackland	135.46	
M21L 11.0km 310m		
24 th William Mair	106.29	
M21S 7.6km 195m		
24 th Graeme Ross	82.25	
M35L 9.8km 320m		
22 nd Brad Connor	93.45	
25 th Pat Bartlett	97.14	
M35S 6.6km 140m		
3 rd Ben Hartman	53.27	
M40L 9.0km 325m		
44 th Paul Caban	100.35	

53 rd Ken Daly	105.15	
M45L 8.4km 220m		
25 th Rob Bloor	73.52	

W21S 4.9km 180m		
2 nd Emily Seaman	45.57	
11 th Mary Ross	51.50	
38 th Kate Kitchin	71.52	
W35S 4.2km 175m		
1 st Heather Hartman	41.57	
W40S 4.2km 175m		
1 st Jane Ackland	51.03	
20 th Patricia Alston	83.40	

Individual - Overall

M20E		
2 nd Scott Fraser		
M21E		
13 th Andy Kitchin		
14 th Anthony Squire		
44 th Graeme Ackland		
M21L		
23 rd William Mair		
M21S		
20 th Graeme Ross		
M35L		
20 th Brad Connor		
22 nd Pat Bartlett		
M35S		
1 st Ben Hartman		
M40L		
43 rd Ken Daly		
50 th Paul Caban		
M45L		
20 th Rob Bloor		

W21S		
2 nd Emily Seaman		
10 th Mary Ross		
32 nd Kate Kitchin		
W35S		
1 st Heather Hartman		
W40S		
1 st Jane Ackland		
18 th Patricia Alston		

Relays

Men's Short		
32 nd INT 3		
Women's Short		
8 th INT 5		

SOL 4 Creag Mhic Chailein

7 May

JM3 2.4km 85m		
3 rd Mark Haley*	35.57	
JM5S 4.7km 150m		
2 nd Stephen Haley	67.52	
M21L 12.2km 535m		
2 nd Dave Godfree	87.53	
15 th Will Mair	129.38	
M35L 10.5km 420m		
1 st Ben Hartman	84.17	
7 th Brad Connor	99.09	
8 th David Eades	105.07	
M40L 10.5km 420m		
3 rd Rob Lee	83.00	
11 th Paul Caban	119.22	
13 th Ken Daly	120.28	
M45S 5.3 km 230m		
2 nd Graham McIntyre	46.14	
M45L 8.5km 375m		
7 th Rob Bloor	70.56	
27 th Richard Webb	116.50	
W21S 5.3km 230m		
2 nd Kate Kitchin	71.46	
W35L 6.7km 340m		
1 st Heather Hartman	64.16	
2 nd Lorna Eades	68.19	
W40L 6.7km 340m		
1 st Ann Haley	65.36	
W40S 4.7km 150m		
1 st Jane Ackland	49.36	
7 th Patricia Alston	107.26	
W45L 5.3km 230m		
7 th Morag McIntyre	82.21	
White 1.4km 40m		
2 nd James Ackland	22.40	

As a result of a lack of numeracy on the part of the SOA Fixtures Secretary, SOL4 preceded SOL3 this year, with both vaguely on the West Coast, a middle-distance race the day before the first SOL, and even some club village-hall space organised, too, plus a chance to visit Tim (once of this parish) and Lucy's new house (Tim's was a little hydrologically disconnected).

A good chance for a week's holiday on Mull I thought; it'll probably rain, I thought too. But no. The day of the middle distance, and it was glorious. Lots of people - FVO were heard to wonder who'd conned them into doing this; the SOA Fixtures Secretary kept very quiet - interesting courses, where route choice was everything and lots of climbs, a very happy controller (Ackers), and Ken beat me by one second. Pah. Not long after the

last starters, and to no great surprise, the rain came. I decamped to a quick spot of bagging, and then to Lucy's for tea. Come 11:00 pm, I was still there, as was Family Ackland, and the village hall was looking less likely, and certainly less comfy than Lucy's sofa. Next morning, I made my excuses to the indoor-camping throng – whilst demanding money at the same time – and headed off to Craig Mhic. But uh-oh: one of those car parks – shades of Simonside – where the first in probably gets stuck in the gloom until August. And it was still raining. Followed the tapes to the start (not the remote finish unlike some SOA Competitions Convenors :-)) and stood feeling apprehensive – this could be long and hard. And hard it was, at least for a while, until I stopped heading off on a '180' from the start kite and started thinking properly. And then, it was delightful, which made the long all the better. Closest to Scandinavia that I can think of in Scotland. I just beat my two hour estimate, plus solidly beat Ken. I then also completely beat my legs into submission by volunteering for two-hours of control collection. I did take the precaution of moving the car before everyone who might help push had left. A tired bunny eventually got back to Tim'n'Lucy's, some comfort Rice Krispies, and then lots of spinach lasagne. I was nearly too tired enough to notice that the forecast for the week was excellent. And indeed it was. Some of best May hillwalking weather I'd had for many years, including one completely haze-free day, where the view included: Arran, Ben Lomond, Ben Lui, Glencoe, Ben Nevis, Knoydart, Rhum, Skye, Harris, South Uist and Barra. Lots of bagging: all my remaining Mull Grahams; and lots of other Marilyns (if you don't know, don't ask) including the long jog to Gometra, an island off Ulva, off Mull.
 by Paul Caban

SOL 3 14 May

Dunrod Hill		
JM3	2.9km 90m	
4 th	Max Ledlie	60.05
JM5S 3.6km 95m		
1 st	Stephen Haley	37.14
M35L 8.4km 250m		
1 st	Ben Hartman	52.13
4 th	David Eades	55.50

M40S 8km 125m		
1 st	Graeme Ackland	41.03
M40L 8.4km 250m		
5 th	Ken Daly	67.02
6 th	Paul Caban	68.09
8 th	Colin Ledlie	77.00
M45S 4.7km 165m		
2 nd	Graham McIntyre	38.32
M45L 7.5km 230m		
14 th	Richard Webb	81.45
JW1 1.3km 10m		
2 nd	Hannah Ledlie	19.59
W35L 6km 125m		
1 st	Lorna Eades	45.07
2 nd	Heather Hartman	50.03
W40L 6km 125m		
2 nd	Ann Haley	50.28
W40S 3.6km 95m		
2 nd	Jane Ackland	35.21
W45L 4.7km 165m		
4 th	Morag McIntyre	56.37
White 1.3km 10m		
3 rd	James Ackland	17.59
9 th	Logan McIntyre	32.32

SOL3 was only ever going to be an anti-climax though, as the scene of my infamous attempt at reaching the equivalent of absolute-zero in human temperature terms (and also one of those rare occasions where you can be cuddled back to equanimity by a large proportion of the female membership of the Club without appreciating it), any sort of run that finished without the required attendance of the Red Cross was always going to be a success. The courses were pleasant, without being too challenging. The splits game showed Ken and I were seconds apart all the way round, until the final long decent where he had gravity to thank for a thirty-second winning margin over me. I still claim the aggregate victory over the three events. And the journey home wasn't punctuated by lots of sudden lay-by stops?!
 by Paul Caban

Scottish Championships 27/28 May Deeside

Individual – Glen Dye		
M12A	3km 110m	
9 th	Mark Haley	38.12
M16B 4.5km 165m		
1st	Stephen Haley	72.40
M21E 13.1km 400m		
7 th	Dave Godfree	90.36

Orange		
1 st	John Barrow	45.17
Relays - Bogendreip		
Men's Open		
7 th	INT 1	
Women's Open		
8 th	INT 5	
Relay 3		
5 th	INT 4	
7 th	INT 3	
11 th	INT 5	
Relay 4		
9 th	INT 6	
Relay 5		
12 th	INT 7	
12 th	Andy Kitchin	96.40
21 st	Graeme Ackland	113.24
M21L 11.5km 380m		
3 rd	William Mair	108.22
M21S 8.5km 260m		
3 rd	Iain Wilson	78.26
7 th	Tim Barrow	120.01
M35L 9.8km 320m		
3 rd	Ben Hartman	80.21
9 th	Brad Connor	98.56
M40L 9.8km 320m		
2 nd	Rob Lee	77.26
13 th	Ken Daly	103.20
18 th	Paul Caban	114.35
M45L 8.5km 260m		
27 th	Donald Reay	110.28
M45S 5.4km 170m		
3 rd	Graham McIntyre	51.15
10 th	Keith Dawson	81.46
M55L 6.9km 240m		
13 th	Barry Owen	79.38
27 th	Bill Mason	96.08
W21E 9.1km 250m		
15 th	Lena Kask	96.51
W21L 8.5km 260m		
5 th	Emily Seaman	107.06
W21S 5.4km 170m		
3 rd	Kate Kitchin	69.13
5 th	Mary Ross	79.30
W35L 6.9km 240m		
1 st	Lorna Eades	64.29
2 nd	Heather Hartman	71.23
W35S 4.9km 145m		
2 nd	Fiona Weir	71.07
W40L 6.9km 240m		
1 st	Ann Haley	76.39
6 th	Jane Ackland	95.28
W45L 5.4km 170m		
8 th	Morag McIntyre	82.13

Junior News

by Ann Haley

News of junior Interlopers enjoying sporting (if not exclusively orienteering!) success. Congratulations to:

- Samuel & Matthew Galloway for winning their respective classes in the Aquathon (swim & run) held at Dalkeith High School on 20 March.
- Christopher Galloway (2nd), Mark Haley (22nd) and Demi Lardner (8th) for their fantastic performances in the Scottish Schools Cross Country Championships at Kirkcaldy in March. This was a brilliantly well organised event with 1600 (!) children part in different races.



- Christopher & Matthew Galloway for gaining bronze medals (level 1) in the Lothian Schools gymnastics team competition. Demi Lardner gained a gold in the team (level 1) competition and Mark Haley also took gold in the team (level 2) competition. Demi and Mark then qualified for the Scottish Schools competition, in Perth, where Mark's team won the gold medal (level 2).
- Finally on the international front, Mark was selected to represent Scotland in Newcastle, which he thoroughly enjoyed.

Remember to keep 3 September free for the Jamie Stevenson Trophy.

Next Junior training will be at John Muir Country Park on June 24 1-3pm + BBQ!

Scottish Schools Championships

2 June **Score**

Boys P5/6 2km 25m

2 nd	Mark Haley	14.56
5 th	Matthew Galloway	18.56
18 th	Christopher Galloway	27.46

These boys from Buckstone Primary School formed a team that came 2nd. Well done! For Matthew and Christopher this was a fantastic performance, as it was their first proper event.

Boys S3 3.1km 35m

3 rd	Iain Cackette	30.47
4 th	Stephen Haley	32.28
6 th	Shaun Rogerson	36.55
7 th	Stuart Watson	38.53

Close competition amongst the boys here! They retained their position as first team, but were disappointed that there was no trophy for them to take back to school to demonstrate their success! Great fun was had by all, especially going around the maze, where we almost lost Stephen! The younger boys enjoyed raiding the central fountain for pennies!

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