

Club goes from strength to strength but newsletter falls to pieces

*"Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines the round the thatch-eves run"*
John Keats

In a blatant attempt to draw your attention away from the fact that this has become the autumn edition of the club newsletter rather than the September issue (whilst simultaneously bolstering my literary credentials), your new newsletter editor would like to welcome you the delights of the bounteous autumnal blooming of the domestic orienteering season. Well, it's better than the traditional Scots autumnal greeting of "Aye, the nichts are fair drawin' in!".

I hope that you've all enjoyed your forays to foreign forests over the summer. Inside you'll find a report from our foreign correspondent, who was flying the green and yellow flag in Norway and Sweden, along any other rumours of INT presence that I've been able to drag out of the gutter press.

Club teams have been in action at the Harvester and the 11-person relay, with no podium successes to report but plenty of good personal performances. The juniors have been very active too—running rings around we oldsters as always!

There's plenty to look forward to in the run up to Christmas. We may be denied the honour of attending the



Interlopers fly the flag at the Harvester (midges not shown)

Compass-Strop Cup Final in England-land, but the SOSOL series is kicking off; the SOL series is drawing to an exciting finale; there's a double-header on the Pentlands very soon; for those of who have 3 zillion watt headlamps (or eat a lot of carrots), there's the Scottish Night Champs and the Tinto Twin; and of course there's the best event of the year to look forward to—the Club Champs, in an area I haven't been to for ages, Vogrie. Appetites suitably whetted? Read on, Macduff!

Ed

Inside this issue:

Paul & Ken "do"
Scandinavia

Midge-madness at
the Harvester

Junior Jollities

Chairman's Chat

Results and
Fixtures

Holy moly! We have
a social sec.

The Hills are Alive

Strop Press!

- **Competition for a new newsletter name!**
Come up with a suitably witty wordplay on INT and you will win, well, nothing, really, but I'll be grateful
- **Be a volunteer** and get your name in the Roll of Honour™! Make mine a cheese & pickle, please.
- **Literally Stop the Press** (and save the planet) by opting to receive your newsletter electronically. It's a doddle if you've got broadband and the pics will be in colour!



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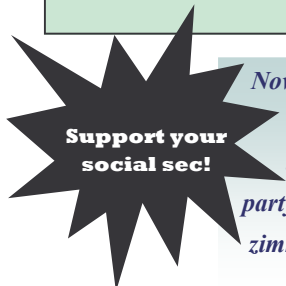
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New members, old members, new e-mail addresses...

Absolutely none to report at all this month! Clearly you've all been too busy orienteering to muck about with your e-mail accounts or recruit new members. Either that or you're not telling us.



Now that we've got one again, let's show Emily that we know how to party.. Dust down those zimmer frames!

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.

Hallowe'en Party

Ghoulish Goings-On!



Friday October 27th, 6:30 - 9pm

The Ledlie Residence, 3 Chalmers Crescent, (which is between Grange Road and Argyle Place in Marchmont).

Please bring some food and drink! Fancy dress optional (but recommended!) (many thanks to the Ledlies in advance)



Roll of Honour

The following model citizens have all recently stepped up to the post and offered their organisational and planning services to the club. A big thank you to all—without volunteers to take on these jobs, we'd have no sport to speak of. Thank you!

Event	Honoured Volunteer
Archerfield	Pat Squire and Ann Haley
Calder Wood	Paul Caban and Graeme Ackland
Cammo	Stephen Haley supported by Paul Caban
Mortonhall	Donald Reay supported by Lorna Eades
King's Buildings	Colin Ledlie supported by Ken Daly
Riccarton	Emily Seaman
Colinton Dell	Pete and Jen Murphy
Club Champs!	Colin Inverarity
Six Days	Graham McIntyre, Paul Caban and (probably) Colin Eades

One party state

It is customary in the Autumn issue of this hallowed publication to offer profligate and heartfelt thanks to the previous year's committee. Given that, however, it's the same motley crue as last year (with one notable arrival, welcome Emily, and the irreplaceable departure of Sir Barry of Owen), we can save our fulsome praises until next year! Will Caban outlast Blair? Is Blair in fact resigning next year to take on the INT presidency? Or does Brown want that job too? Only time will tell...

In lieu of thanks the editor will be happy to accept donations on the behalf of the committee. Cheques payable to Vicky Wines, please.

Found!

After the ELO BBQ at John Muir Park in June—one yellow plastic beaker. Found where several INTERlopers were seen to be sitting (and no doubt left unwashed, tsk tsk). Claim it from Sheila Strain on s.strain@ndirect.co.uk.



Chairman's Chat

With the winter approaching, and the clocks going back, the Night O season is approaching. For people who have never tried orienteering in the dark, Night O can be really good fun, although not perhaps at Hillend in a lashing gale. As your frame of reference is entirely contained within the area lit by a torch, it really does encourage good technique, and most especially absolute contact with the map. Certainly the slow and steady will always win over the fast and furious. In more technical terrain, a good head-torch makes a big difference, however, in easier areas, and more basic torch with a halogen bulb will probably be OK.

As well as the two "standard" fixtures on the Night O calendar - the Tinto Twin and the Scottish Night Champs - there is also the "Fight The Night" series and the Pentlands Double Header. "Fight The Night" is co-ordinated by Duncan Coombs of EUOC, based on the series that Gramp/Maroc have held for many years. Last year, there were a set of events in and around Edinburgh on a Wednesday or Thursday evening. All very informal, but great technique training. And some of the more urban areas provide a great introduction for the novice, or even for juniors (either with some experience or accompanied). The Pentlands spectacular is an ESOC/Army production. There's an open day event and night event, plus another closed night event that members of local clubs are invited too. The format of at least one of the events is a relay. I'm happy

to try and co-ordinate teams for people who want to run.

The Tinto Twin in the first Saturday night in November. It's always a friendly event, with hot soup normally available for finishers. This year's event is somewhere down near where the A70 meets the M74. The Scottish Night Champs is the weekend before, tied with SOL7 in Deeside.

My last experience of a Night event in Deeside was at the (legendary, man-eating) Cambus O'May. I suspect that this will be all good character building stuff too, though Maroc are normally very good at making sure that there are suitable courses for beginners too.



Modern head-torches are great for confusing landing aircraft

Itching to charge up your head torch? Try this!

Thursday 12th October

"Come and run the courses for the Infantry Night Champs"

Registration open from 1830. Starts from 1900.

Registration at the Pavilion at the back entrance to Dreghorn Barracks.

OS Sheet 66, GR 231 681. It will be signed from the Dreghorn Link to the by-pass. Proceed as for the usual parking place for events on the North Pentland Hills at Dreghorn, but before reaching this, turn right, up under the by-pass, to the back entrance to the barracks. Parking is up this road, and the Pavilion is nearby.

2 courses: A: 5.4km/ 195 climb and B: 3.6km / 105m climb. Courses close at 2100.

EMIT scoring, A4 maps, overprinted and bagged while stocks last then master maps

Control descriptions on maps and loose at registration

Must have torches, whistle and appropriate clothing for night event. Runners at own risk etc

£2.50 per runner, £1.50 with own EMIT.

This event is not generally open to the public, but the Army have invited members of ESOC, Interlopers and EUOC who fancy a spot of extra night orienteering, to come along and join in.

Followed very shortly by the

The Pentland Double-Header weekend

Saturday 14th—the Night Harris Relay; and

Sunday 15th—a colour coded event, including a Black course (which could also be night orienteering if you stay out long enough!).

Details on the Fixtures page!

Paul and Ken thrash all comers at the ORingen

By Paul Caban



Greeting at the Pearly Gates

After some agonising, much internet-based planning, this year's summer O holiday for Ken and me was to the ORingen and the NordVestGaloppen, with a few days walking holiday in between. The Swiss O week had been very tempting, but the thought of my likely complete inability to be able to move, let alone run, at 10000' feet altitude tipped the balance, as did the newly established direct flights from Edinburgh to Bergen and Stockholm.

The ORingen was based at Mohed, about two hours north of Stockholm. A train from Arlanda airport, and then connecting bus would get us to it. As all five events were billed as being within walking distance of the event campsite, there didn't seem any point in having a car. In fact, walking distance might have better been described as cycling distance, but that was still OK, and we could have hired bikes if we'd really wanted too. The first thing we noticed when we found our camping pitch was that we were in "ScotCamp", with added Irish people. Robin and Sheila Strain from ELO, the Gramp Gomersalls, Mary & Frances Williams from ESOC, and an Irish grouping including our very own Toni O'Donovan were all near neighbours. The next thing we noticed was that Robin and Sheila's tent was looking a tad, er, melted. They said that Murray had been arsoning around. Or at least I think that's what they said ...

Team Ireland said that the training area was enlightening. If a boulder was mapped, then it was big, large boulders were enormous, and rocky ground really meant it. We were too tired to think about that, so after we too made an attempt at setting fire to the tinder-dry heathland, we turned in for the night, hoping it might get dark some time before winter.

Working on usual camping hours - ie get up when it's daylight - I had plenty of time to mosey round the next

morning. The Event Centre, campsite and assembly was clearly something else. An old disused airfield had been converted to hold maybe 1500 pitches for tents and caravans. The finish for three of the days was within staggering distance of our tent, as was the enormous cycle-park. It turned out later that a whole village had been built for the event centre - food tents, disco, supermarket, social area, bars ... Very impressive, though I guessed they only had to do it once for the entire week.

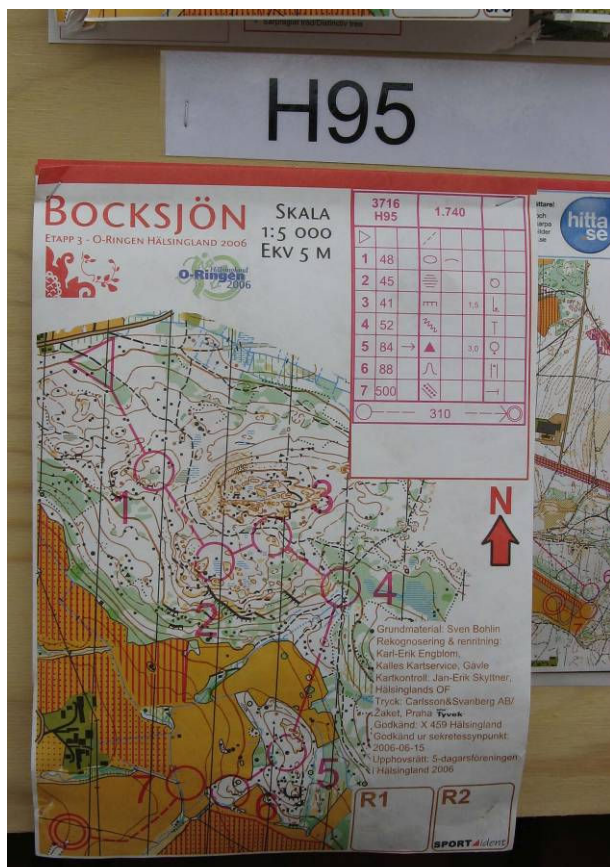
The day was roasting. It was a long walk to the start, and not particularly inspiring - very green forest with lots of low birch scrub, and even the start was more of the same. I watched Ken start, then tried to keep cool until my call-up. The map showed that after a grim



Ken showing that punching really is an art form. Neo-classical? Punk? Or rock n'roll?

run-out from the start kite (fortunately the elephant tracks helped), the forest was mostly runnable to various degrees. The map also showed a serious amount of rock details, quite a lot of fiddly contours, and one or two really scary legs. Keeping absolute contact with the map was the order of the day: this was no place to go on a rough bearing and hope, as relocating was going to be a nightmare. The first couple of controls I took exceptionally slowly, and they were OK. It was reassuring to know the maps were spot on. The third leg was a little unnerving when I came across a large round building. There were lots of people standing there looking puzzled. It took me more than a few moments to realise that what I'd thought was a massive boulder was in fact a building, and that I was spot on line. (Claire Ward nee Williams visiting her mum and sister later mentioned that she'd been fooled by this in a Photo-O competition). The middle of the course had the really scary stuff. A couple of controls in seriously rocky terrain; relocation was never going to happen here. Maybe I was lucky, but I like to think I got them both spot on through my own

"The next thing we noticed was that Robin and Sheila's tent was looking a tad, er, melted."



Paul 's age class selection was blatant pot-hunting

limited talents. After that, the course got easier, and the last few controls were through exceptionally flat and fast open pinewood (think Carse or the north of Loch Vaa). It was all relative, but I felt I'd been really flying towards the end.

Ken was there at the finish. Reasonable run notwithstanding, I'd expected he'd cuffed me, like he normally does in the really technical and bouldery stuff, though maybe I'd have made some time up near the end when it got faster. But no, he'd had a complete nightmare, and wasted around ten minutes in the middle of the course. Naturally, I'd made time near the end, but he'd also made a much better route choice than me in the middle where there was a river to cross. Indisputably, though, I'd beaten him by nearly ten minutes, which I suspect was a surprise to both of us.

The walk to Day Two took us over the main road on one of the ORingen-special bridges. I was out before Ken this time. The map was more of the same: a run-out through the green, and easy second control, then - uh-oh - a 1km across more bouldery hillside looking for, er, a boulder. More sticking like glue to the map and lots of praying that it was hidden behind the boulder I hoped it was. Yes; result. (Toni had it spot on afterwards, when she said that she'd run into the same boulder thinking "if it isn't here, then I'm stuffed"). Again, it got easier - but not easy. Again, the last few controls were fast, assuming that you can actually do "fast". Ken didn't appear quickly enough, so I knew I'd

beaten him again. But then after I'd watch him finish, he was holding his splits asking what "Ej Godj" meant, and wondering why he didn't have a time at no.13. Ah. Oops. And all five days counted too.

Three more days, all with similar sorts of terrain, and getting easier at the end. Ken beat me on day four, I won the other four, including one day when the splits showed he was ahead all the way until the run-in. Tee hee. I actually made the chasing-start on the last day, the first time out of three ORingens. (this isn't as impressive as it sounds - you only had to be within two hours of the course leader ...). I only got truly lost once. Fortunately I was so far off that the control I stumbled over was in fact my no. 2. A few metres either way, and I would have been toast for a very long time indeed. Other Scots were having similar inconsistent days. Sheila threw in a 25 minute error on day one, but then pulled out fairly good performances (ie finishing less that double the time of the course winner each day). Robin had one or two complete nightmares too. Murray - helping with ScotJos - beat the World Champion one day, though this was Simone Luder on the Vasalopets (long-orange) course. Ray Ward also had good runs on this course, and was in contention to win right up until the end. Toni was reasonably happy with her runs, apart from day 1. Scott had injuries (I think) so didn't complete all five days. Tobias was taking things easy, prior to competing for Sweden at the World Champs.

The ORingen is really good. Certainly, everyone should go at least once, for the experience of participating in something that certainly *isn't* a minority sport: even the guard on the train from the Airport knew all about it. Next year is in middle-Sweden, and again we're promised everything within walking distance. As next year is also a Six Day year, I'm thinking more about 2008, where the ORingen will be based in Dalarna, notable for orange wooden horses, lots of tourist accommodation (it's their hilly area), activities for the non-orienteer and a great tradition of orienteering going back many years. Anyone interested, get back to me next summer once the Six Days is over.



SI's latest dibber design is a bit of brikke

INTERloper celebrities talk to the press



Ann still signing auto-graphs for her many fans

Ken and Anne were interviewed, amongst others, at the Blackford Hill CATI on 13/8. The article (alongside one about Jamie Stevenson) can be found at: <http://edinburghnews.scotsman.com/sport.cfm?id=1219072006> and <http://edinburghnews.scotsman.com/sport.cfm?id=1218682006> for Jamie's bit.

The following is reprinted from the Evening News of Saturday 19th August

The Lothian hills are alive with a challenge that really is for all ages

NÁDIA MORAIS

FOR more than 40 years, a group of intrepid explorers from primary school age to pensioners have been taking to the open hills around Edinburgh of a weekend.

Their task? To navigate their way from one assigned point and to return to that point via a number of stations. But this is no normal treasure hunt - this is orienteering.

Put simply, the challenge is to be able to read a map with sufficient competence to be able to find your way from start to finish of the course, stamping a "control card" at each post to prove you completed the route properly. To some, it is a career, but to others it is just a recreational sport and a way of keeping fit, socialising and enjoying nature.

Ken Daly is in his third year as President of the Scottish Orienteering Association and was in attendance at the Edinburgh Southern Orienteering Club (ESOC) event at Blackford Hill last weekend.

"I'm here to take part," said Ken. "It's a good opportunity to train and enjoy the countryside. The team in Edinburgh is quite active. The club here, Edinburgh Southern, does a lot for novices and beginners and family orienteering. It's very much an all-inclusive sport."

Ken believes more people in the keep-fit crazy Capital should turn to orienteering rather than choosing to pound the streets in an attempt to fight the calories, irrespective of their age.

"It really is an all-round sport, very enjoyable. You could go and try running on the road, but it's not so good for your joints or your body and it's not so enjoyable fighting traffic at junctions. In orienteering you're running around forest, woodland, moorland - on all terrain. It's softer on your joints, and the sport caters for everyone from five years old to about 90. I went over on my holidays to an event in Sweden, and they ran a class for 90-year-olds!"

Ann Haley, 42, from Edinburgh, has been a keen orienteerer for 30 years, and is a member of the Interlopers club. She overcomes the obstacle of combining her hobby with her home-life simply by bringing her children along to events, making it something of a family affair.

"I've been doing it since I was 12," says Ann. "It is my main sport, but it's a family sport - there are three generations of my family still orienteering, from my father who is in his 70s to my youngest son - they all orienteer!"

"Put simply, the challenge is to be able to read a map with sufficient competence to be able to find your way from start to finish of the course".

So that's where I've been going wrong! Ed



The SOA Pres adamantly refutes receiving any perks when accused by reporters from The Snu



Ron Nolan is captain of ESOC, but these days he loves to pass on his skills to Edinburgh youngsters who show an interest in the sport. "As part of the club, we do regular coaching," he says. "From beginners to Scotland squad members, we can send them on training sessions. We just teach them the basics; at that age it's great, because they pick it up really quickly."

But apart from a jaunt around various Edinburgh landscapes every weekend, what can orienteering offer to youngster, or indeed people of any age?

"Independence," says Ron. "They have to go out there by themselves, to go into a forest along with a map, and have the confidence to make a decision to go in the right direction."

Katy Lessells, a member of the club, sees orienteering events as very flexible - visitors don't have to be experienced, they can run or simply walk and they can even do it in groups if they prefer. "That's the beauty of it," she explains. "It caters for everyone and you can choose what way you practise it."

Meanwhile, earlier this summer, Janet Clark, President of ESOC, won a Edinburgh City Council award for "Local Service to Sport" in recognition of her work during the past 18 years, supporting and promoting the sport of orienteering in and around Edinburgh.

Janet very recently celebrated the ascent of her 600th Marilyn—she's a real dynamo! Can we tempt her away from that lesser club to join INTerlopers? After all, we can offer her the honour of a clubmate even dafter than her—Dr C has over 1000 Marilyns to his name, not to mention 6000 Munros, 456.7 Donalds, 2398756 Thingummabobs and roughly 500 pairs of O shoes. Ed

Clearly the event was without any "Great ESOC Controls of Our Time" to add spice to the proceedings. Bring 'em back, I say—anyone spotted any recently? Ed

[Definitely Not] Lost In Translation

Some of you will know a certain young Swede by the name of Tobias Noborn. Recently he has been orienteering rather well and has been featured in the press in his native Sweden after the Swedish world champs qualification race. Our friendly visiting Swedish academic, Lena Kask, has kindly translated for us.

Tobias, who ran the WC in 2001, showed that he wanted another WC-chance by winning by 4 seconds over last year's WC 4th (David Andersson) and 18 seconds before Martin Johansson.

In the men's race there were 4 runners within 28 seconds, with Tobias Noborn as the winner, followed by Andersson, Martin Johansson and Johan Modig.

"I've had a different strategy this year", says Tobias Noborn. "I was sick and injured several times this winter and have therefore been forced to change things. I've got fit by competing and over the last weeks have felt really good." And now WC? "I'll be there if I'm needed", says Noborn, and passes on the question to Swedish coach Goran Andersson. "I got several good answers today", says Andersson diplomatically. "I'm glad that Tobias did so well".

Shortly thereafter a second article appeared:

The coaches have selected the team for the WC in Denmark. Notable is that Tobias Noborn, hardly a WC runner before the weekends tests, ran himself into the team with one first and one second place at the tests. Tobias Noborn selected for the long distance, which takes place on the 2nd of August.

In the race itself, Tobias finished in 24th place, 9:11 down on Jani Lakanen, in a time of 1:54:12. Brits Jamie Stevenson and Jon Duncan were 14th and 17th respectively, posting times of 1:50:30 and 1:51:38. Well done, all!



Tobias Noborn standing still - a rare occurrence!

Junior News

By Ann Haley

Jamie Stevenson Trophy

This is an event especially designed for juniors. Clubs enter teams where the best 6 runners count. Interlopers team consisted of Stephen Haley, Iain Cackette, Shaun Rogerson, Christopher Galloway, Mark Haley and Matthew Galloway. They all put up spectacular performances.

The orange and light green courses proved a challenge to many of the competitors. Christopher Galloway must be congratulated on his outstanding performance on the Yellow boys course, racing home to win by over 3 minutes.

Our own in house sprint finish competition (last control to the finish) was looking close with Matthew and Mark on 30 secs and Christopher on 28, but it was Iain who stormed in with an amazing 23 second finish!

Results online at: http://www.rstrain.ndtilda.co.uk/results_06/jst_06/



The next generation of Interlopers! Soon we oldsters can retire and pass on the baton to these rising stars. Any time now...

MAROC	FVO	RR	GRAMP	ESOC	CLYDE	INVOC	ELO	BASOC	INT	TAY	AYROC
592	592	588	584	574	563	552	548	542	471	435	285

Individual performances:

Yellow boys

1	Christopher Galloway	M12	10:27
8	Matthew Galloway	M10	15:46

Orange boys

1	Sasha Chepelin (GRAMP)	M16	23:22
8	Mark Haley	M12	33:07
14	Iain Cackette	M16	53:27
	Shaun Rogerson	M16	mp

Light green boys

1	Jack Barrett (FVO)	M14	28:02
8	Stephen Haley	M16	48:35

Green senior

1	Donald Petrie (CLYDE)	M45	29:01
5	Ken Daly	M40	33:49

Eh? What's this, is Ken trying to regain his youth? Ed



Junior Inter-regional Trophy

This is due to take place on the weekend of 4/5th November. Any juniors aged 10 and over who are interested in running for the South East of Scotland should let Ann Haley know.



The Harvester

Given that I've been around for longer than Dame Edna Everedge has been in drag, it may come as some surprise to most of you that I have never had the pleasure of taking part in a Harvester. It's the *night* thing and the *tent* thing. Regarding the former, I can barely orienteer my way out of paper bag during the day, never mind in the dark, and there's also something about the screams of ankle-twisting pain echoing across dark moorland that puts me off. As for tents, well, a sparrow landing in a tree 20m away from the tent wakes me up, so the prospect of a night in a camping field full of sweaty orienteers with twisted ankles falling over tents on their way back from their runs at 3am didn't exactly float my boat.

This year, however, the combined delights of a sprint race on the Saturday afternoon preceding the Harvester and a SOL on the same new area as the Harvester on the Sunday were particularly tempting. Not that I had a choice, of course, as my better half was incredulous that I had never attended a Harvester and brooked no demur. I was going or else.

Things got off to a great start: The Sprint Race was cracking fun. I even managed to keep young Mr Ackland at bay for all the running bits, although he'd beaten me by decades in the forestry bit of, course. Still, I'm used to that. So after a jolly picnic in the scorching sun, off we went to the Tullie's farm for The Harvester. Everything was well set up, with a great big parking area and a very pleasant camping ground. The starts were only 10mins walk away, and the assembly was fantastically wired up with a special tent that would show waiting runners when their running team members punched at the control half-way through their course, and then when they punched the penultimate control, enabling near-leisurely warning of their pending arrival for handover. Gosh, this sport has come a long way, I thought. After watching the starts off we trundled to our bed. Little did we know the horror that awaited.

I daresay that the vast number of you

have met the highland midge. My own first naïve encounter with them was back in 1990. I had scoffed at the stories. Surely exaggeration at its wildest. Camping after dusk in Glenfinnan in late May—idyllic conditions. Aha. The physical scars have long since healed, but the mental ones will stay with me for life. Now, time was when these pugilistic pygmies of the insect world were happy to stick to the west coast of Scotland and dine on the large number of tourists from exotic places who came to visit them. In the post 9/11 (11/9!!! Philistine!) world, however, tourism has suffered and the poor wee midgies have been forced to get in their wee midgie MPVs and spread as far as the east coast and central belt. But surely not as far as the borders. No, nae chance.

It was a very calm night.

I was woken (ha! As if I'd slept a wink) at 12 when Beccy decided to get up to find why she hadn't been woken up by her team's returning runner. She returned some 20 minutes later, muttering something about her team having had to retire due to Hazel (Dean) performing a high-speed attempt at self-amputation in the dark, and having subsequently been carted off to hospital. Hm. Oh, and, the midgies were bad. Midgies? Here? Surely not. Zzzzz.

Shortly thereafter, young Mr Squire gave the tent a rustle and said that Rob was off, and I had about a half an hour or so. Ah well, I wasn't asleep anyway. Must be lovely out there. Zzzziip. Arrrrggghhh!!!! Where's my skin gone? Where is the sky—all I can see is midge?! Aieeee!!! Sprint for the safety of the assembly area, shoelaces untied. I can shelter in the pre-run tent and watch the screens. Oh, hang on a mo. It's not a tent. It's merely a giant piece of food-packaging for the midgies. Nooooo!

You know the way that when you go out for a run in the teeming rain, but after five minutes you're so wet that it really doesn't matter and, actually, it becomes quite good fun? Well, strangely, after five minutes of being eaten alive by midgies, it doesn't become fun. Or after ten. Or after forty. Rob, have you actually been eaten alive out there and all that is left is an empty INT O suit, a head torch (oh, and lots of chest hair)? I'm running up and

down and waving my arms so much that I'm going to be too knackered to run! Oh, thank the lord, here he comes. And he's caught up Marcus in FVO—result! Fastest sprint start ever. To catch up Jon Cross, because he's taken my map instead of his—clearly the midgies are affecting his brain too. Charge off into the gloom, all worries about falling in mineshafts forgotten. Actually—there are no midgies if I keep moving...right, absolutely can't make any mistakes and end up standing around like dinner on a plate!

I had the fortune of running in the night-to-dusk leg, which meant that it got gradually brighter and brighter as I ran. And it was GREAT! It really was a lovely experience. Not too many mistakes (for me) either—I pulled out a lead over Jon X and sent Dave off with a few minutes grace before Nick Bar-rable. A quick change (the midgies are abating, they must actually be full), and then I wandered about the assembly field and watched the torches and runners come in, and others go off, then the first teams finishing. I had a good chat with Rob, whom I haven't had a natter to for ages, and we survey the strange scenes in the brightening day. What a totally bonkers but wonderful event. Midgies? What midgies? No, these 70+ spots must be measles. You don't get midgies down here. Roll on next year. In Glenfinnan.

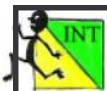
Thanks to the Tullies for such a tremendously organised event!

For those of you venturing off into the Highlands next summer, here's a website that you might find useful:

www.midgeforecast.co.uk

I have no idea how accurate it is—it may be just like the weather forecast (put up the "showers" symbol and you'll be right 80% of the time in Scotland!) - but, hey, it's worth a laugh. Better than a scream...





Fixtures

October

7th RR Local Event. Gala Hill, Galashiels. [NT492357](#). Judy & Alan McNeilly, 01578 730 209 Starts 10.30-12.00. Yellow, Long Yellow and Orange. £2/£1. Signed from entrance to Gala Academy, Elm Row, Galashiels.

8th BASOC District Event. Docharn, Aviemore. [NH923192](#). Norma Atherton, 01540 661069. norma@atherton.go-plus.net. £4.50/£2.00. Emit. Dogs on lead in car park only. www.basoc.org.uk

14th-15th Pentland Double Header Weekend.
14th - Team Night Harris Relay, Dreghorn. [NT231681](#). Janet Clark, 0131 225 7771. janetclr@aol.com CD: 01/10/06. £4/£4 (£3 if using own Emit e-card). Limited EOD. Chq: ESOC. EPS-Emit. Starts 18.45-19.15. www.esoc.org.uk
15th - District (Colour-Coded) Day Event, same place! £5/£2.50 (inc Emit hire). White - Black. Pre-entry by Monday 9th for an overprinted & bagged map, otherwise EOD and Master Maps.

14th INT Local Event. Cammo, Edinburgh. [NT177749](#). Paul Caban, 0131 445 3098. Paul.Caban@ed.ac.uk Starts - 2:00->3:00.

22nd RR District Event & East of Scotland Championships. Bowhill and Fauldshope, Selkirk. [NT432281](#). Ian Maxwell, 01835 863268. Ian.C.Maxwell@btinternet.com £6/£3. String course. Parking £1. No dogs. EOD, but email entry details in advance if possible to: Lindsey Knox: LKnox46426@aol.com.

22nd GRAMP District Event & incorporating Long-O. Glen Dye & Bogendreip, Banchory. [NO662911](#). Paul Duley, 01467 643569. duley.hunt1@virgin.net £4.00/£2.50. EPS-Emit. www.grampoc.com

28th MAROC Night Regional Event & Scottish Night Championships. Ballogie, Kincardine O'Neil. [NO607973](#). Jonquil Nicholl, Wester Davoch, Tarland, Aboyne, Aberdeenshire, AB34 4US, 013398 81507. jonquil.nicholl@tiscali.co.uk CD: 16/10/06. £6/£3. Lim EOD +£1/50p. Chq: MAROC. EPS-Emit. No dogs. Online entries at www.oentries.com. www.marocscotland.org.uk

28th STAG Local SMILE 2 Event. Drumpellier Country Park, Coatbridge. [NS704664](#). Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk CD: 24/10/06. £3/£1.50. Lim EOD + 50p. Chq: STAG. Wh-Ye-Or + Tartan. Starts from 10.30am. www.stag-orienteering.co.uk

29th MAROC Regional Event & SOL 7. Cambus O'May, Ballater. [NO405982](#). Hilary Quick, 19 Maitland Walk, Inverurie, Aberdeenshire, AB51 4ZY, 01467 629022. hilary@scottish-orienteering.org CD: 16/10/06. £8.50/£3.50. Lim EOD +£1/50p. Chq: MAROC. EPS-Emit. www.marocscotland.org.uk

November

4th-5th Tinto Twin Regional Event

4th - Tinto Twin Night Event. Stone Hill, Lanark. [NS893375](#).

5th - Tinto Twin Regional Event. Fir Park, Carnwath. [NT021466](#). Lorna Young, 7 St Ninians, Lanark, ML11 7HX, 01555 661955. leyoung@talk21.com CD: 23/10/06. Day 1 - £7/£3.50, Day 2 - £8/£4. Lim EOD. Chq: Tinto Orienteering Club. No dogs. String course - day.

4th RR Local Event. Selkirk Hill, Selkirk. [NT475286](#). Lindsey Knox, 01450 377383 Starts 10.30am -12 noon, Yellow, Long Yellow and Orange courses. £2/£1 Park at Argus Centre, off A7.

12th TAY SoSOL. Dalguise - Craig Vinean, Dunkeld. [NN990478](#). David Frame, 01738 710614. davieframe@yahoo.com £5/£2.

18th ESOC Local Event. Craigmillar Castle, Edinburgh. [NT281708](#). Janet Clark, 0131 22 7771 janetclr@aol.com Starts 2-3pm £2/£1 Park on Old Dalkeith Road (A7).

19th STAG SoSOL. Dalnamein, Calvine. [NN755696](#). Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5/£2. EPS-SI. String course. Venue adjacent to the A9: special travel directions MUST be adhered to by competitors for everyone's safety. www.stag-orienteering.co.uk

(Continued on page 12)



Wednesday & Saturday Local Series 2006

Adults: £2.00 Juniors: £1.00

Sats: 2 - 3pm

Weds: 6 - 7.30 (Sprints mass start at 7)

Bring your friends and try something new!

An up-to-date list of these events is available on the ESOA website

2007					
Sat	17 Feb	Davidsons Mains Park	East Barnton Ave NT203 753	ESOC	
Sat	13 Jan	Hopetoun House	South Queensferry NT 091 788	ESOC	
2006					
Sat	2 Dec	East Craiglockart Hill	Craighouse Road NT 236 708	ESOC	
Sat	25 Nov	Mortonhall	Edinburgh NT 266 681	INT	
Sat	18 Nov	Craigmlar Castle	Old Dalkeith Road NT 281 7081	ESOC	park on road
Sat	4 Nov	Selkirk Hall	Selkirk NT 457 286	RR	
Sat	28 Oct	Newhailes	Musselburgh NT 325 724	ELO	
Sat	14 Oct	Cammo	Cammo Road Entrance NT 177 749	INT	
Sat	7 Oct	Gala Hill	Galashiels NT 492 357	RR	

SoSOLs 2006/7

SoSOL1	October 1 st	Dalkeith Park	Dalkeith	ESOC
SoSOL2	November 12 th	Dalguise & Creag Vinean	Pitlochry	TAY
SoSOL3	November 19 th	Dalnamein	Blair Atholl	STAG
SoSOL4	January 28 th	Calder Wood	Livingston	INT
SoSOL5	February 11 th	<i>Calendar Park?</i>	Falkirk	FVO
SoSOL6	February 25 th			ELO
SoSOL7	March 11 th	<i>Bar Hill?</i>	Kilsyth	CLYDE
SoSOL8	April 1 st	<i>Drumlanrig?</i>	Thornhill	SOLWAY
ESOA Champs	October 22 nd	Bowhill & Fauldshope	Selkirk	RR

ESOA Champs does not count towards SoSOL points.

EUOC, KFO and CUNOC are yet to declare.

Events in *italics* not fully registered, and subject to change in location.



Fixtures

(Continued from page 10)

25th STAG Local SMILE 3 Event. Glasgow Green & Flesher's Haugh, Glasgow. [NS600643](#). Terry O'Brien, 257 Warriston St, Carntyne, Glasgow, G33 2LF. Terry@tobrien1.wanadoo.co.uk CD: 21/11/06. £3/£1.50. Lim EOD + 50p. Chq: STAG. Starts from 10.30am. www.stag-orienteing.co.uk

25th INT Local Event. Mortonhall, Edinburgh. [NT266681](#). Paul Caban, 0131 445 3098 Paul.Caban@ed.ac.uk Starts - 2->3pm; Entrance from Frogston Road.

26th LINOC Scottish Score & Inter-Club Champs. Beecraigs, Linlithgow. [NT001741](#). Entries: Paul Caban, 50 Buckstone Road, Edinburgh, EH10 6UE. Paul.Caban@ed.ac.uk CD: 13/11/06. £7/£3.50. Lim EOD + £1/50p. Chq: Interlopers. EPS-SI. Dogs in Country Park only.

December

2nd ESOC Local Event. East Craiglockhart Hill, Edinburgh. [NT236708](#). Janet Clark, 0131 22 7771 janetclr@aol.com Starts 2-3pm £2/£1 Parking at Napier University on Craighouse Road.

3rd STAG 8th Glasgow Parks Championships - 3 Parks in 1 Day!. Glasgow Parks, Glasgow. C5Organiser: Terry O'Brien, 0141 7708671. Terry O'Brien, 257 Warriston Street, Carntyne, Glasgow, G33 2LF, 0141-770-8671. Terry@tobrien1.wanadoo.co.uk CD: 28/11/06. £7/£3.50, All Social Entries £3.50. No EOD. Chq: STAG. EPS-SI. Start 10am in first park. www.stag-orienteing.co.uk

9th NATCEN SOA Coach Education Day. Stirling University and Dumyat, Stirling. Ross McLennan, 01555 664165 rossmclennan@hotmail.com

10th TAY Christmas Score Event. King's Seat, Dunkeld House, Dunkeld. [NO019426](#). David Sloan, 01383738631. adixon@watt64.freeserve.co.uk £4/£2. Mass Start 11am. www.taysideorienteers.org.uk/

(Selected) Results

The Harvester Teviothead

10/11 June

Relay A—59.2km, 2215m, 135 controls, 7 laps. Phew!

1st SYO Stingers 388:35
6th INT 1 432:34
13 teams ran, 1 retired

Individual leg runners:

1 Ben Hartman (1-4) 36:49
2 Graeme Ackland (2-5) 74:08
3 Colin Eades (4-4) 55:34
4 Anthony Squire (3-5) 58:28
5 Rob Lee (4-6) 78:06
6 Brad Connor (7-5) 50:45
7 Dave Godfree (3-6) 78:42

where the (x-y) after the name means x: individual position on that leg, and y: team position after that leg.

See my report/rant on page 9—the real winners of this otherwise excellent event were the midgies!

In the A relay, SYO were the runaway winners on the night, with a clean sweep of solid runs. EUOC finished 2nd some 27

minutes down, but the real starts of the night have to be CLYDE, who edged an excellent 3rd place in 424:44, winning the Sutton Trophy to boot, as the first team not in the top 3 in the previous 5 years. Donald looked like he was savouring his glory run-in—although he later said that he was just slow because he was utterly knackered!

He managed to hold off a charging Nick Barrable of FVO, who hammered the last leg to bring his team up from 6th to 4th. We INTERlopers were all pretty happy with our runs, and no-one needed hospitalization afterwards, unlike the FVO ladies team—poor Hazel. I was chuffed to actually gain a place on my leg, but probably only by confusing the FVO leg 6 runner whom I overtook by constantly turning on and off my headlamp, trying to get some depth perception.

Relay B—31.6km, 1215m, 78c, 5 laps.

1st CLOK Ladies 260:12
2nd UDOC 266:57
13th INT 2 320:42

39 teams ran, 3 declared n/c, 3 dsq and 3 retired.

Individual leg runners:

1 Pete Murphy (4-19) 43:47
2 Ken Daly (7-8) 64:55
3 Jen Murphy (25-13) 64:28
4 Paul Caban (11-13) 77:13
5 Donald Watson (10-13) 70:19

Paul reported that everyone on the B relay team had enjoyed themselves and been happy with their runs. Good to see Pete and Jen enjoying themselves on their first foray at the event, and Donald coming all the way up from doon sooth!

The split times make some fascinating reading, as some of the legs had both night and day runners—for example on my leg, the five fastest times were all run as leg 1, in the daylight, but only only other night-runner beat me (by 2 minutes). The WinSplit potential could keep a statistical geek happy for weeks!



SOL5 11 June
Teviothead

JM3	2.3km, 140, 10c, 4 ran	
2nd	Mark Haley	22:44
JM5S	4.5km, 125m, 13c, 2 ran	
2nd	Stephen Haley	54:34
M21L	11.9km, 440m, 22c, 12 ran	
	Pete Murphy	mp
	Anthony Squire	mp
M35L	9.7km, 385m, 17c, 8 ran	
1st	Ben Hartman	1:02:09
2nd	David Eades	1:07:16
M40L	9.7km, 385m, 17c, 14 ran	
2nd	Graeme Ackland	1:04:25
11th	Paul Caban	1:26:41
12th	Ken Daly	1:27:24
M45S	5.8km, 205m, 13c, 7 ran	
1st	Graham McIntyre	45:32
2nd	Donald Watson	55:15
M50L	8.6km, 325m, 17c, 11 ran	
11th	Colin Inverarity	1:57:18
M75L	3.7km, 95m, 10c, 4 ran	
3rd	Ray Heyworth	56:05
W21S	5.6km, 205m, 13c, 2 ran	
2nd	Jen Murphy	1:18:03
W35L	6.9km, 240m, 14c, 4 ran	
1st	Lorna Eades	51:55
2nd	Heather Hartman	1:01:37
W40L	6.9km, 240m, 14c, 9 ran	
1st	Ann Haley	54:04
3rd	Jane Ackland	54:35
W45L	5.8km, 205m, 13c, 9 ran	
8th	Morag McIntyre	1:14:21
White	1.7km, 65m, 9c, 9 ran	
3rd	James Ackland	22:53
9th	Logan McIntyre	41:12
Green	4.5km, 125m, 13c, 3 ran	
1st	Graham Haley	40:35

Sadly my dodgy Achilles tendon had suffered during the Harvester and left me limping around the campsite, so I had to spurn my pre-entered run on what was a gloriously sunny day and juts go straight to the tea shop. By all accounts the area was enjoyable if somewhat easier and a lot faster by daylight. Mr Hartman made a clean sweep on both his courses for the weekend, and Paul and Ken must be getting worried that Graeme might continue actually running his age class. Wins for Ben, Graham McIntyre, Lorna, Ann and Graham—well done, everyone!

11-person Relay 9 Sept
Achlean

Overall winners: EUOC Legends
Visitors trophy: ShUOC (The F-R Fan Club)
Handicap trophy: FVO Flyers

1	EUOC Legends	01:57
2	FVO Flyers	02:00
3	Clyde Destroyers	02:13
4	ShUOC F-R Fan club	02:23
5	GRAMP Carolyn's Team	02:34
6	INT 4-4-2	02:40
12	INT 4-4-3	03:05

I was sorry to miss this; we were off walking the GR20 in Corsica. By all accounts it was a most enjoyable event, albeit with a slight disappointment for Clyde who were awarded the Handicap trophy in error at first. On the day the results printer packed in and the processing of the handicap rules got a bit wayward, but these things happen. Quite an achievement for a small club like ECKO to put on such a complex event! Post-event discussions on the way in which the handicap is calculated still rage (our teams were 13th and 15th respectively in the handicap ratings).

SOL6 10 Sept
Loch Vaa

JM3	3.2km, 9c, 10 ran	
5th	Iain Cackette	41:54
7th	Stuart Watson	45:32
JM5S	3.9km, 11c, 2 ran	
1st	Stephen Haley	1:05:44
M21S	7.2km, 22c, 7 ran	
5th	Graeme Ross	1:39:20
M21L	9.6km, 25c, 29 ran	
6th	Dave Godfree	1:02:03
7th	Graeme Ackland	1:02:46
14th	Rob Lee	1:11:45
M35L	8.9km, 24c, 11 ran	
1st	Ben Hartman	1:06:39
dsq	David Eades	1:13:21
M40L	8.9km, 24c, 17 ran	
4th	Ken Daly	1:25:56
13th	Paul Caban	1:44:12
M45L	7.2km, 22c, 28 ran	
10th	Rob Bloor	1:01:28
25th	Richard Webb	1:35:42
28th	Donald Reay	1:49:23
M55L	5.7km, 15c, 21 ran	
dsq	Barry Owen	1:20:11
W21S	4.9km, 13c, 6 ran	
2nd	Mary Ross	1:00:17
3rd	Emily Seaman	1:01:34

W21L	7.2km, 22c, 17 ran	
7th	Lorna Eades	1:01:21
10th	Lena Kask	1:14:06
W35S	3.9km, 11c, 4 ran	
1st	Fiona Weir	54:49
W35L	5.7km, 15c, 6 ran	
1st	Heather Hartman	58:26
W40S	3.9km, 11c, 11 ran	
8th	Patricia Alston	1:33:38
W40L	5.7km, 15c, 13 ran	
1st	Ann Haley	1:04:19
3rd	Jane Ackland	1:08:57
White	1.4km, 7c, 12 ran	
7th	Max Bloor	19:15
Orange	3.2km, 9c, 12 ran	
1st	Graham Haley	28:36
3rd	Helen Murray	30:00

Another one I missed, and Loch Vaa's always good (and difficult!) No problems for Stephen, Ben, Fiona, Heather, Ann and Graham, though. Paul and Ken breathe a sigh of relief that Graeme stops acting his age.

SoSOL 1 1 Oct
Dalkeith Park

White	1.7km, 11c, 15 ran	
4th	James Ackland	18:53
Yellow	2.7km, 10c, 15 ran	
8th	Hannah Ledlie	42:07
12th	Logan McIntyre	57:42
Orange	3.1km, 10c, 11 ran	
4th	Max Ledlie	37:37
Lt Gr	3.8km, 11c, 23 ran	
10th	John Barrow	44:28
13th	Morag McIntyre	50:07
14th	Sue Twissell	50:28
16th	Ray Heyworth	53:58
Green	4.7km, 17c, 33 ran	
4th	Mary Ross	44:59
7th	Ann Haley	46:01
Blue	6.6km, 17c, 41 ran	
4th	Heather Hartman	51:14
6th	John Mitchell	53:22
15th	Jane Ackland	57:22
18th	Jamie Thin	58:07
22nd	Colin Inverarity	1:00:01
32nd	Steve Ambler	1:10:10
Brown	8.4km, 26c, 21 ran	
14th	Colin Ledlie	1:14:34
17th	Graeme Ross	1:24:57
	Pat Bartlett	mp

M35something*

Wobble boards. Once upon a time I thought these were for making jelly. Now I know that, after many months of no training due to injury, wobble is what happens to my tum when I stand on one. Advancing decrepitude finds me with a house full of large blue gym balls for core muscle strengthening, therabands for stretching some leg muscle located between my Netherlands and Myanmar, and ankle and knee supports that make me look like a pint-sized cut-price Robocop. It was never this complicated when I was M21something. What really galls, however, is that there is currently no medical aid for poor navigation. Why has no-one yet invented the compass truss, the control capacitor or the spike-it suppository? Well, probably someone HAS invented the latter, but you can't buy it from CompassPoint. Apparently there is some drastic treatment for navigational numptiness, called technique training or somesuch. Once I have the op and get off the crutches I'd be up for a weekend of it with the odd liquid refreshment break thrown in, of course—we used to do that sort of thing before I got us banned from the hostel in Grantown. Just before it burnt down, or something (wasn't me, guv). Anyway, is that the sort of thing you think we should be doing with club funds? What do you want from a club? Orienteering training, subsidised transport to events, regular running evenings, or free Tesco vouchers? The committee is open to all legal suggestions. Send to Paul's Suggestion Box at INT HQ.

I'd offer my own services at planning a training event but the last time I got the chance to plan an event, at the recent FVO (boo hiss) evening event at Callendar Park, I got sacked because all my controls got nicked. I was shocked. I'd always thought that The Callendar Park was a posh pub.

In closing, a word of praise and thanks to the outgoing newsletter ed, whose shoes I am not fit to fill (the ankle support's too bulky), Sir Barry of Owen, TBE. The committee are desperate for his return, to replace the licentiously libellous rantings of the present incumbent, but The Boss (as we know him) is content to rest on his laurels (I'd have thought Hardys were more comfortable) and live off the earnings of his many spin-off TV and radio series. Good on you, Bazza—and thanks for all the fish.

Ed-less Chicken

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