

A Very Welly Christmas

*"Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.*

*My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.*

*He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.*

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep."*

Robert Frost

Clearly the term "global warming" hadn't been on everyone's lips when Frost penned this ditty 70 or 80 years ago. There's nary a whiff of the white stuff visible on Stuc a'Chroin from my upstairs window in the wilds of Dunblane—heck, with the amount of rain we've had recently, the mountain has probably dissolved. There's serious risk that Ken's famous New Year Score event in Inshriach South *won't* be under six feet of snow... hmm, maybe Silva will start selling O-Wellies soon.

On the positive side, the fact that we do most of our orienteering in the forest will give us some shelter from the tornados!

Despite the dreadful weather, it seems to have been a busy and successful time for INT orienteers over the last couple of months. The Scottish team that was victorious at the SHIs was a showcase for Interloper talent. Mr & Mrs H took a clean sweep of the 35L class in the SOL series, with Graham Mac and Ann H also seizing the laurels in their respective classes. We had 15 folks turn out at the Scottish Score Champs in Linlithgow and were only just pipped to third place by GRAMP (behind uber-clubs ESOC and FVO). Look inside for Captain Squire's summary of the



But what should orienteers do?

year's highs, lows and probably some middles too.

Also inside, Il Presidente, Dr C., reports on the thriving night-O series, whilst Ken's article on his Norway O-holiday helps us remember what it's like to run when that yellow thing is warm and high in the sky. There are plenty of foreign O-holidays to look forward to in 2007; I've had a stab at listing some. Bordeaux, the Mediterranean and the Scottish 6-day, anyone? Oh, and I've even whittered on about some of my favourite events of the year—the "odd" ones, i.e. charging around Oxford on a busy Saturday lunchtime, and playing join the park-dots in Glasgow. Fabbo, although the staff of the Kelvingrove Museum weren't over-chuffed with metal studs scraping across their marble floors.

Whatever you've been up to in 2006, I wish everyone a very merry end to the year and a happy and successful New Year!

Ed

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Results, Fixtures, Statistics etc.

Strop Press!

- **Newsletter name**

Step onto the podium, Donald Watson esq., your "imprINT" suggestion was the worthy winner of the competition. Thanks for all the other entries, though—some of them even made ME blush!

- **Another Captain-let**

On Nov. 19th young Mr. Squire's better half, Vicky, gave birth to our newest club member: Charlotte. Congrats!



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INTerloper moves...

Captain Squire new address is on the left, and only one e-mail move to report; the Galloways are now at :

lucy.robinalgalloway@blueyonder.co.uk



Online entries for the Six Days are now open! See the Chairman's Chat for the web address.

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.

Xmas Party

With Secret Santa

(although how a big bloke in a red suit can be secret escapes me)

Friday December 15th, 6:30 - 9pm

The Bloor Residence, 9 Blacket Place (near the Commonwealth pool). Bring some festive food, Christmas cheer, and a wrapped pressie worth about £1 or so for the SS.



Graeme's Brownian Motions

Spotted in New Scientist, 25/11/06:

'Not everyone agrees that early farmers so closely matched the hunter-gatherers, however. "For hunter-gatherers it is not difficult to up sticks and move," says Graeme Ackland, a physicist at the University of Edinburgh, UK, who has been modelling the advance of farming populations. Ackland thinks it is unlikely these communities moved in the same way. His simulations used Brownian motion driven by population pressure to model how early agricultural peoples moved across Europe, and found they advanced at around 1 kilometre per year.'

Graeme's Brownian Simulations are open for public viewing at selected forests in Scotland most Sundays—Ed (sorry, Graeme!!)

CONDES Course

the SOA has organised a CONDES Tutorial and Workshop at Glenmore Lodge on the 20th January 2007. It is suitable for people whose current knowledge is 'nil to reasonable'.

If you are interested in attending please contact Stewart at the National Orienteering Centre, nationalocentre@scottish-orienteeing.org

Is it a bird? Is it a... well, actually it IS a bird

A very rare breed indeed, the female Lesser-Spotted Godfree (Lat.: Gillianus FastRunneris), until recently thought extinct, has recently been glimpsed at an orienteeing event. This bird being shy, retiring (and immensely swift), the sighting was only fleeting, but the simultaneous presence of a Daveus Hairius and Rufus Woofius lends credence to the report. We hope for regular appearances in the future!



Chairman's Chat

It's been a busy autumn, with lots to report.

The Club has hosted two CATIs, at Cammo and at Mortonhall, the latter also being used for ESOA Junior Squad training. Both seemed to go well and were well received by the >40 paying customers, which taking into account family groups probably had sixty or so people participating. Thanks to everyone who came along to help, and particularly to Stephen and Donald for planning, the rest of the Haley/Heyworth family for mentoring, putting out controls, and procuring the Cammo Visitor Centre, and, er, me for organising.

Coming up next we have the Club Champs. at Vogrie Country Park (Gorebridge way) on December 17th, where Colin Inverarity unleashes his planning talents on an unsuspecting Interlopers public. The event is open to Club members and invited guests, i.e. it won't be advertised in any public fixture listing. After that, for the more well travelled, Ken Daly is hosting his traditional New Year Score event in Speyside, this time on the delights of Inshriach South on Hogmanay.

Nearer to home in the New Year we have two double-header weekends.

January 27/28th we have a CATI at King's Buildings and our SoSOL at Calder Wood (Livingston). Then March 24/25th a CATI at Riccarton Campus (Heriot-Watt) and our SOL at Archerfield (Gullane). All the major officials are in place for the events, though the traditional call for help will go out in due course for each weekend. Though a specific plea now: would anyone like to volunteer to be in charge of the String Course at Calder Wood? We have an area of ground identified, and a schematic map will be provided.

The task suits someone/family with a slight artistic tendency to create some controls, together with a tolerance of small children Offers to me, please.

Finally, a reminder that entries for next year's Six Days have opened, and the first closing date, for cheapest entry fees, is the end of January.

Lots of information at <http://www.scottish6days.com/2007/2007index.htm>

The INTERlopers Club Champs™

An Inverarity Production—Sunday December 17th

The Club Championships will be held on Sunday 17th December at Vogrie Country Park, near Gorebridge in Midlothian (NT375631).

[http://www.streetmap.co.uk/newmap.srf?x=338061&y=663583&z=3&sv=Vogrie&st=3&tl=Vogrie+Country+Park,+Midlothian+\[Place+of+Interest\]&searchp=newsearch.srf&mapp=newmap.srf](http://www.streetmap.co.uk/newmap.srf?x=338061&y=663583&z=3&sv=Vogrie&st=3&tl=Vogrie+Country+Park,+Midlothian+[Place+of+Interest]&searchp=newsearch.srf&mapp=newmap.srf)

The park is a former country estate, mainly composed of deciduous woodland with some open parkland and landscaped areas with a fairly extensive path network. The area is bisected by the steep gorge of the Vogrie Burn flowing eastwards to the Tyne Water. Be warned - the rhododendrons are rather fierce along its banks and leaf fall has made many slopes and paths in the park a bit tricky underfoot. It is a nice area to run around in though as the woodland is fairly open but still sheltered.

When you arrive you have to take the second on the left (the first is the way out) to enter the car park. Stop at the machine on the right hand side which says stop here or you'll have an embarrassing and awkward reverse back to get a token to open the barrier which allows you into the parking area.

Although that is the main parking area be aware that cars continue further up the road to the golf course and it can be quite busy. Families with interlopers may want to take care and ensure that they are supervised.

Course wise there will probably be a whitish/yellowish thing, a greenish thing and a vaguely bluish thing. With me in charge the planning might not be up to the usual high Interlopers standard but if anyone is remotely interested and the lure of Christmas shopping is not too strong could you please let me know if you are planning to take part so I can make sure there are enough maps for everybody.

The map is in a state of revision but a serviceable version should be available on the day.

Paul and Ken thrash 30kg of macaroni at NordVestGaloppen

By Ken Daly

Following our splendid week orienteering at O-Ringen (see the last issue of INT) and a smooth transition from Sweden to Loen, near Stryn in Norway; Paul and I awoke to glorious sunshine and 1848 metres of ascent up Skala (the highest mountain in Norway adjacent to the sea (fiord)).

By noon we were catching the rays and eating our sarnies on the summit and looking down on 360' of spectacular views. To the west we could see the Nordfjord snaking its way back out to the Atlantic. On the north we were looking over spectacular cliffs. And to the east and south we were looking over the enormous Jostedalbreen, Norway's largest Glacier.

After approximately an hour of camera clicking we decided to descend. By the time we reached the campsite I realised how much the O-Ringen had taken out of me and wondered why people wasted money on alcohol when they could develop wobbly legs for free.

Day 2 also dawned bright and sunny, but my legs had not recovered. Frustratingly, Paul declared that he felt fine and was raring to go. I began to worry that I would once



Paul disproves that old wife's tale that mud is good for promoting hair growth

again be an also ran. My worries were compounded when, later that day, we attended the training event and Paul found the running faster and navigation easier than me. I comforted myself with the knowledge that I had enjoyed myself immensely and could not imagine many places could match this as a desirable place to be out running. And there was more to come, for this was part of a vast hillside that was all mapped for orienteering and included the venues for races 1 and 2. The venues for races 3 and 4

would later prove to be equally attractive.

The orienteering terrain was a combination of forest and the edge of semi open fell. The former was peppered with small open marshes and the latter was dotted with patches of juniper. And it all offered fast running (unless your name is Ken), technical navigation and wonderful views. It was ideal! It was fun!

The format of the NordVestGaloppen was also very accommodating with races 1 and 2 falling on the Wednesday and Thursday evenings, which allowed the local orienteers to attend work and Team INT the opportunity to tour around the region. Friday was a welcome rest day. Races 3 and 4 were on the Saturday and Sunday and followed the more conventional format of running in the morning and chilling

out in the afternoon.

Our site-seeing between events was as enjoyable as the orienteering and normally involved a short walk. We visited two glacier tongues, the National Park Museum, waterfalls, quaint villages and a lighthouse. We embarked on relaxing cruises on the local lake and the more distant Sunnlyvsfjorden. There was one worrying moment when Paul went for a swim in the sea, but luckily I was wearing my sunglasses.

The region of Stryn is a well known ski area and thankfully the landscape around the lift stations is still very attractive and virtually free from the erosion synonymous with Alpine resorts. The town of Stryn itself was fairly modern, perhaps partially purpose built for the skiers, but still very pleasant. However, the neighbouring villages were extremely attractive with old stone houses, timber barns, kirks and farms scattered between flower meadows and all wedged between the mountains and the fjords. Paul and I stayed on a quiet campsite just behind the village of Loen. The setting was perfect, with stunning views up the valley to the mountains and glacier.



The author before the ravages of time and macaroni. Awww isn't he cute?

In the summer the region again thrived off tourism with half of Denmark caravanning in the region and half of America visiting on cruise liners. The glacier was one of the big attractions and on one occasion a \$\$\$ Yank asked me if I came from the Celestial Star? I thought about responding "No, I'm from planet Zog!".....

So how did we do in the orienteering? Well, we met a fellow Brit, Martin Skinner. He was fast, but not always in the same direction as Paul and I.

On day 1 Paul defeated me by 6 seconds (it must have tracked up!) and Martin was a further 2 minutes behind. On day 2 Paul and I reversed positions and Martin went AWOL. On day 3 the order was Martin, Ken and Paul. But the format was best 3 from 4 to count so it was still far too close to call.

The final day arrived and the three of us chatted nervously at the pre-start area. I already had three similar results, so I decided to go for it, to try to counter any stunningly good runs Paul or Martin might pull out of the bag as they hunted me down. And then I was off.

My fast start resulted in a 30 second miss at No1, then a minute

"There was one worrying moment when Paul went for a swim in the sea, but luckily I was wearing my sunglasses."



lost at No 2 and a further 2 minutes lost at No 4. Oh eck! I remembered that Paul was starting 8 minutes behind me. Even worse, there was a short loop mid way around the course which, considering my early time losses, would probably provide Paul with a glimpse of me and a resultant incentive to push on (after the race Paul confirmed that he had seen me). I soon made another couple of 2 minute errors - the pressure was getting to me! Double eck! I told myself there were only a few controls to go, but my speed stayed constant, perhaps because I knew they were uphill and my legs were once again feeling wobbly. Onwards, upwards and a desperate stagger across the line. Phew!

My 8 minute wait at the finish felt like an hour. Eventually I saw Paul running across the marsh on a bearing to the penultimate control. I took a quick look at my watch and sighed with relief. When the results came out, I was 13th and Paul 15th and we both triumphed over Martin. We were happy.

I now look back and fondly recall the top quality orienteering, stunning scenery, enjoyable sightseeing, excellent relaxation and sun that shone almost all the time.

The orienteering highlight was probably the control on the outside of a timber cludge and the best orienteering tactic must have been the listeria lollipop I bought Paul on the rest day.

And I haven't even mentioned the single track road tunnels, the ski jumps, the two famous landslides that destroyed two villages, Donald McCarthy missing the bus to one of the events, or the infamous macaroni.

There's a new masterchef in the SEDS Kitchin

No, it's no a 'bun in the oven' jest, before you take me to task, Kate!

As most of you will know, young Mr. Kitchin recently took over the reigns of the SEDS Head Coach role from Jason Inman, and one of his first tasks (other than proving he can put his feet where his mouth is (er) by having storming runs at the SHIs) was to give a presentation at the SOA Coach Education Day in Stirling on the 9th of December. Andy's bit was on specific skills training for Sprint O events; a summary of what he said, along with a presentation by Murray Strain that Andy used during his talk, are available to download and read from the SOA website. Also there you'll find an entertaining summary of Night-O in Scotland, delivered by Dick Carmichael.

Andy has also been active on the Nopesport site (he's their 'in-house coach' - do you have houses in a virtual world?), kicking off a series of articles that should ultimately provide a guide to a full cycle of training. It's entitled "Intro & Planning" and is a comprehensive document—recommended reading for those of us needing inspiration to get out and brave the wild and woolly weather in order to improve!



Hallowe'en Party Report

By Colin Ledlie

A great crowd of around 25 interlopers turned up for the Halloween party at the Ledlie home. Hannah and Max dressed up for the occasion and formed a scary welcome party in the front garden! I suspect a few potential party goers may have run in the opposite direction at the sight of them! All the children who turned up looked fantastic, or in some cases hideous, in their varied costumes. They all seemed to enjoy the treasure hunt in the garden and the dooking for apples also proved popular. The grown-ups meanwhile seemed to have a great time enjoying the good food and drink and chat.

Many thanks to the Ledlies for hosting! Hope the redecoration bill wasn't too hefty—Ed

That Was The Year That Was

The Club Captain's Round-Up for the year!

Compass Sport Cup—26 Feb '06 (Norman's Law)

Fearful that Interlopers might 'accidentally' qualify for the final and have to travel down to Newbury (a long way down south), we cunningly volunteered to host the event (since no one else wanted to!) and also allowed people to run their preferred course, rather than being 'forced' to run their qualifying course.

ESOC, FVO & TAY failed to realise the tactics we had employed and ended up qualifying. FVO came second in the final, narrowly losing out to SARUM, thus being pipped at the post for a third successive victory. (ESOC didn't send a team and TAY had a minimal presence).

1. ESOC 1248
2. FVO 1235
3. TAY 1169
4. KFO 977
5. INT 814

For those that did run their correct course there were some good individual results, showing that if we put our minds to it we could have a strong team in most of the courses.

Orange

- 2 Mark Haley
- 6 Max Ledlie

Green Vets

- 4 Ray Heyworth

Blue Men

- 3 Robert Bloor
- 9 Colin I
- 24 Ronny Lardner

Blue Women

- 3 Ann Haley
- 14 Patricia Alston



2007 W35K SOL Champion Heather H - see page 8

Brown

- 6 Colin Eades

2007 - The heats are to be held on or around 18th March, I'm not sure of a confirmed date/location for the Scottish heat. Probably more important is, "How far away is the final and can we be bothered travelling to it?". Well unfortunately the answer isn't clear cut, the final is on 14th October in Mansfield, nr Nottingham. So it is quite far away (4hrs 49 minutes according to the AA website), but not impossible if enough people want to give it a go. Answers on a postcard please.

British Relays—2 April '06 (Midhust)

The British Relays were on a new area on a cold and frosty morning. Due to some car parking difficulties and very long walk to the assembly area the starts were repeatedly delayed. However once the action got going the new shorter relays were welcomed by those tired legs from the day before. There didn't seem to be an increase in head-to-head racing or any sprint finishes, but the

relays were over quickly! When the dust had settled the Norwegian-based Interlopers had come close to winning the Men's Premier, with Jon Duncan proving to just having the edge on Scott. However the stars of the day were the 'Oldies' team of Ackland, Lee & Kitchin who comfortably won their M40 class.

Relay E: M40

- 1 98:35 INT Oldies
32:17 (2)34:53 (1)31:25 (1)
(Graeme Ackland, Robert Lee, Andrew Kitchin)

Relay A: Men's Premier

- 1 95:34 WAROC Warrior Best Men
33:51 (4) 32:09 (1) 29:34 (1)
- 2 96:40 INT 3 (Norway Branch)
33:43 (2) 32:44 (2) 30:13 (2)
(David Brickhill-Jones, Daniel Marston, Scott Fraser)
- 22 133:08 INT 4
35:49 (10) 47:29 (19) 49:50 (22)
(Anthony Squire, Brad Connor, Colin Eades)

Relay B: Women's Premier

- 1 106:49 CLOK Ladies
37:10 (2) 35:18 (1) 34:21 (1)
- 6 124:54 INT 1
37:10 (3) 49:23 (7) 38:21 (6)
(Toni O'Donovan, Emily Seaman, Claire Ward)

Relay C: Men's Short

- 1 76:57 TVOC Class
23:20 (1) 23:20 (1) 30:17 (1)
- dnf INT 2
52:43 (48) 44:31 (45)
(Pat Squire, Lorna Eades,)

2007 - The British Relays are again quite far south, held on 6th May on Pwll Du, in South Wales. It looks like a good technical open area and should be an excellent relay, so combined with the individual event the day before should be a good weekend.

JK Relays - 17 April '06 (Bramham Park, Yorkshire)

The JK Relays were held in a small piece of woodland in part of the Bramham House estate, that was fairly flat and fast.

The men's team took a tactical gamble with the first two legs with me running first leg and then handing over to Scott to run the shorter second leg. The thinking was that Scott would make up more time in 25 minutes than I could lose in 35 minutes. This all went to plan (although my 2 minute mistake gave Scott more of a challenge than planned) and Andy Kitchin came back with Oli Johnson, sending David BJ off hot on Matt Crane's heels. However when BJ did not appear at the spectator control with neither Matt nor Murray Strain (who was running last leg for EUOC), there was clearly something wrong. This was confirmed when the St John's ambulance trundled into the forest and brought BJ out with a very purple ankle. A subsequent scan showed that there was severe ligament damage which meant that BJ had to pull out of the European Championships team and had had minimal preparation for the World Championships in August.



On the other courses the Men's Short team all seemed to have fun and some good runs from Emily, Mary and Jane gave them a top 10 in the Women's Short. Unfortunately Brad had a brain storm on the 120+ course and miss punched (that's why we made him newsletter editor - be warned check your codes!). To prove that bad things happen in threes, the tent also got badly damaged by the gusty winds at the end of the day!

Relay A: JK Trophy

1 122:09 SHUOC Kinder High
33:06 (2) 30:22 (4) 26:13 (1) 32:28 (1)
dnf 90:20 INT 1
35:04 (9) 25:27 (1) 29:49 (2)
(Anthony Squire, Scott Fraser, Andy Kitchin, BJ)

Relay C: Men's Short

1 72:32 BAOC 2
25:08 (6) 22:10 (2) 25:14 (1)
32 97:26 INT 3
27:34 (17) 33:35 (34) 36:17 (32)
(William Mair, Pat Squire, Graeme Ross)

Relay D: Women's Short

1 66:15 SARUM Footballers Wives
24:39 (12) 17:56 (1) 23:40 (1)
8 74:08 INT 5
24:45 (14) 22:13 (8) 27:10 (8)
(Emily Seaman, Mary Ross, Jane Ackland)

Relay E: Men Total Age 120+

1 89:43 BOK1
34:26 (5) 25:55 (2) 29:22 (1)
dsq 107:41 INT 2
43:03 ---- 28:23 Dsq 36:15 ----
(Kenneth Daly, Brad Connor, Graeme Ackland)

2007 - The JK Relays are being held on a new area near Chepstow (Forest of Dean) on Monday 9th April (Easter Monday). According to the event website "This area is a disused military munitions dump, primarily open rough pasture and grassland, with many buildings, roads and earthbanks. The relay will be fast and furious with good opportunities for spectator interest." As ever the JK will be one of the premier orienteering events in the UK and well worth the travel.

Scottish Relays - 28th May '06 (Bogendriep, Royal Deeside)

A bit nearer to home (for most of you) was the Scottish Relays. Unfortunately due to a knee injury I was unable to run at this and from what I saw of the maps this was probably the best relay of the year. The forests of Deeside are always a pleasure to run in (bracken permitting) and the mixture of clear forest and technical contours made this a good day out. Due to the complexities of the handicap system and myriad of handicap classes I always find it tricky to know which teams to enter and who to pick to run in each team. I'm sure it's probably possible for me to tactically put a winning team together, but I usually just aim to give everyone a run they'd like to do and hope it all fits together. Since I wasn't there I don't have the 'story of the race' but Emily had a good final leg to take the honours for INT 4 in the Handicap 6 points, Gordon Riemersma made a cameo appearance

(briefly in the country for a wedding) and Brad further ensured that he will remain newsletter editor for a good few years.

Men's Open

1 EUOC The Legends 2 team 1:56:22
7 INT 1 team 2:16:52
(Andy Kitchin, Gordon Riemersma, Rob Lee)
dsq INT 2 team 2:39:03
(Iain Wilson, Brad Connor, Will Mair)

Handicap 6 points

1 RR Yin team 1:47:45
5 INT 4 team 2:11:07
(Greame Ackland, Ken Daly, Emily Seaman)
7 INT 3 team 2:13:51
(Ben Hartman, Lena Kask, Heaher Hartman)
11 INT 5 team 2:41:41
(Graham Ross, Paul Caban, Mary Ross)

Handicap 9 points

1 AIRE Shirts team 1:45:11
9 INT 6 team 2:28:29
(Lorna Eades, Barry Owen, Fiona Weir)

Handicap 12 points

1 CLOKing On team 1:44:34
12 INT 7 team 2:28:13
(Graham MacIntyre, Mo MacIntyre, Jane Ackland)

2007 - The Scottish Champs are moving from their traditional end of May weekend, they are on 16th-17th June in 2007 to be held at Loch Doon, which is in SW Scotland. There is always a good turn out for this weekend and hopefully I'll get my head around the handicap system this year (and hopefully I won't be injured)!

Harvester - 10/11th June '06 (Tullies Farm, Border)

This year's Harvester will always be memorable to me for the moment I was standing in the handover tent squinting at a computer screen waiting for it to tell me that Colin had punched the last control whilst midgies devoured my every piece of exposed skin (and all those bits I thought I'd covered up). However apart from the midgies this was a good event and the farmland surprisingly tricky at night. The SOL the next day gave opportunity to check out the mistakes in the daylight. Congratulations to both Pete & Jen Murphy on their first Harvester (hopefully it was good practice for the Jukola) and continuing the theme of returning Interlopers, hello to Donald Watson, over from Canada and 'popped' up from London for the weekend. The most pleasing aspect of the event was being able to field both a complete A & B Interlopers team, an excellent turn out!

Relay A

1 388:35 SYO Stingers
35:25(3), 64:23(3), 55:56(2), 51:45(1), 60:35(1),
39:33(1), 80:58(1)
6 432:34 INT 1
36:49(4), 74:08(5), 55:34(4), 58:28(5), 78:08 (6),
50:45(5), 78:42 (6)
(Hartman, Ackland, Eades, Squire, Lee, Connor,
Godfree)

**Relay B**

1	260:12	CLOK Ladies 36:26(2), 57:49(2), 44:59(2), 62:34(1), 58:24 (1)
13	320:42	INT 2 43:47(19), 64:55(8), 64:28(13), 77:13(13), 70:19(13) (Peter Murphy, Daly, Jen Murphy, Caban, Watson)

2007 - The hosting of the 2007 Harvester is currently a bit uncertain - it is pencilled in for the 3rd June with possibly Walton Chasers hosting in the West Midlands area. However nothing has yet been confirmed.

11 Person Relay - Achlean, 9th September

This year's 11 person relay was held in conjunction with a SOL at Loch Vaa, this combination of events and the booking of Woodlands for club accomodation ensured another good turn out. After previous years of struggling to fill one team, it was excellent for me to be able to enter two full teams. I decided to try and split the teams fairly evenly and match people to the course they'd like to do, rather than putting the top 11 people in one team. It's never fun for someone in the first team to run 'below their ability' doing the Orange and vice versa for someone in the second team. Having said that Colin Eades did set the fastest time on the Orange course! Not being there I don't know any specifics of how things went, but most people appeared to have had good runs (not sure what happened to Stephen Haley's splits?). Hopefully the contours warmed you up for Loch Vaa the day after.

1	EUOC Legends	01:57
6	INT 4-4-2	02:40
12	INT 4-3-3	03:05

2007 - At the time of writing I can't find any details of the 2007 11 person relay, but presumably will be around the September/October time.

How to get involved

So if you are interested in running in any of the 2007 relays then please let me know (Vickyandant@aol.com). I tend to send an email around the Interlopers distribution list and cross check entries on the event website (when they pre-post), however please don't assume that there will be a place for you if you haven't told me. The club subsidise relay runs by around 50%, so each relay tends to only cost 5gbp/person and the Compass Sport Cup is free! Finally, the thing I most need help with is choosing some decent relay team names, I'm not very creative as you may have noticed from the INT 1, 2, 3, etc.! Any ideas for (preferably witty) team names please drop me a line.

See you in the forests in 2007!

Anthony Squire

SHI winners—didINT we do well?

INTERlopers played a key part in Scotland's excellent third victory in a row at the Senior Home Internationals near Sheffield on the 2nd and 3rd of December.

The Relay event on Saturday was held on Loxley Common, a varied area combining areas of intricate detail with vaguer heathland. Planner Dave Peel had some fun, giving runners of the longer first and last legs a loop which started and finished at a common control, but which had to be run in opposite directions. Murray Strain (INT) finished first on leg 1, handing a 1-minute lead to Duncan Coombs. James Tullie (SCO 2) and Andrew Llewellyn (ENG 1) followed. Meanwhile Claire Ward and Jo Stevenson had worked together for the first two Scotland teams, and came in an astonishing 6 minutes ahead of the next runners.

Graham Gristwood eventually just pipped last SCO 1 runner Oleg Chepelin to claim first place, but Andy Kitchin (INT) brought SCO 2 home in third place. The Irish overtook the ENG 2 runner to claim fourth place, thus handing the men's relay win to Scotland.

In the Womens race, Claire's teammates Hollie Orr and Mhairi Mackenzie kept ahead and came home in first place. ENG 1 came home second but it quickly emerged that Pippa Whitehouse had mispunched, meaning that Sarah Dunn anchored the Scottish team to second place and securing Scotland's win of the women's relay event as well.

The Individual event on Sunday was also won by Scotland, and saw great performances from the INT runners. Claire had a storming

run to win W21E, with the first four positions all going to Scottish runners. Toni also had a good run, coming home in 11th place, with Lorna in 24th.

In M21E Andy showed his class with an excellent third place, just a couple of minutes down on first place, with Murray and Dave G only 50 seconds apart in 8th and 9th places respectively. Ackers came home in 30th.

Hartman Clean Sweep in the SOLs

Closer to home, Ben and Heather have managed another family double will of the SOL series, with Ben just pipping his good lady in the points total by gaining a maximum 4000pts (against 3901). Notable achievements also from:

Mark Haley (5th in JM3)
 Stephen Haley (1st in JM5S)
 Dave G (6th in M21L, but with only 3 races)
 Colin (4th in M35L)
 Ken (4th in M40L)
 Graham Mac (1st in M45S—maximum points)
 Hannah Ledlie (3rd in JW1)
 Mary Ross (2nd in W21S)
 Fiona (5= in W35S)
 Ann (1st in W40L—maximum points)
 Morag (4th in W45L)

Well done, all!



Reports from the Dark Side

By Paul Caban

In the dark, no-one hears you scream when you've made a particularly dreadful navigational blunder at night-O, that is. Even better of course, no-one can see you do it (and if anyone does investigate closely, I'd recommend shining your head-torch straight into their eyes to evade detection). Some might argue that with all the night-O practice, my technique should be sharpened up to finely-honed perfection. Sadly, it's not that easy, though it did start with easily my best performance all year ...

Pentlands Weekend

There were two night-O events in this ESOC/BAOC four event weekend back in October. The individual was a good warm up for the main event of the Harris Relay. Most noticeable at the individual was a) many army orienteers are very fast, b) many army orienteers really are navigationally challenged, c) many army orienteers are very good at bouncing when they fall over. All of this meant that on a technically easy but gratuitously hilly course, I finished much nearer the top of the field than the tail, and that Dave Godfree had a very easy victory. Also, whilst wife and dog were off collecting more mountains, he could be persuaded into taking part in the Harris Relay, and would I like to find a third for the team.

The rules were the trickiest thing in this. In fact we started without understanding them fully, and we might have been even slightly quicker had we done so. Essentially, the event was a sort of Team Score event: there was a core of controls that everyone in the team had to visit, and for the rest of the controls, at least one of the team had to visit. Quite a neat way of being able to make a team up of people with different fitnesses and abilities.

Along the way, we collected Stephen Haley to make up the team of three. We'd already decided on tactics: Dave got sent up the hill; Stephen did the core and one or two others; I mopped up most controls not up the hill.

And at the pseudo mass-start it worked a treat. Whereas the army teams with military efficiency stopped to come up with a cunning plan, we all just ran off. Wibble, as some might say. Half-way round, I met Stephen again who was going well (better than me, in fact) so I off-loaded a couple of my controls on to him. Then as I ran to the finish, he was already there, and confirmed that he'd been to all he should. And six-seconds later Dave appeared like an express train, and we were first complete team back. We waited a wee while for second, but it was cold so we headed off. Later, looking at the results, we'd made the correct decision not to wait. Second and third were two different EUOC teams, each featuring a Scottish international, and all comprising three seasoned orienteers, who we'd beaten by over thirty minutes, in what was for us a forty minute race. Nopesport was very quiet on the matter. Tee Hee indeed.

Scottish Night Champs, Ballogie

Hmmmm. This was a lot harder. Real forest, with real control placements - OK the Pentlands was reasonable easy. The first couple of controls was hard work in the tussocks, but then we got sent up onto the hill which was much more intricate. Lots of scope for BIG mistakes, as Les Dalglish of ESOC discovered, though all

credit to him for finishing long after my perseverance would have vanished. Speaking to Ken afterwards, he'd fallen and broken his compass even before reaching the start triangle. I'd had a slow but solid 'run' (walk) and thought I had a chance of beating him. No chance - by didn't of walking solidly in the right direction (and lots of careful reading of the terrain) he'd still beaten me by a minute. Pah.

Tinto Twin Night Event, Stonehill

Ken wasn't there, but Heather H. took the opportunity of Ben doing a spot of baby-sitting (in exchange for his VHI weekend away) and a lift to the event. I didn't expect too much from the area, and it dutifully didn't deliver. One 100m stretch of crawling through the (very) green on a compass bearing still surfaces from my subconscious at times of weakness.

And the run-in was truly foul. Unfortunately - and as much as a like night-O - it's right up there with Fauldhouse in the "areas never to visit again" stakes. The soup afterwards was great, though.

Fight-The-Night 2, Bonaly

I'd missed FTN1 as I hadn't realised it was on, and me the Fixture Secretary too. FTN2 was on a cold, clear night at Bonaly, the scene of my first real orienteer disaster (ask Karen Dobbie if you're interested; I'm still too ashamed by my naivety to tell anyone else). Lots of gratuitous climbing again, and we certainly couldn't accuse the planner of not using all the area, and it gave me a good seventy minute run-out (and I was nowhere near last). Good stuff though, and a fair few other Interlopers spotted too, including RichardW, Kitch. and Claire.

Fight-The-Night 3, Dechmont Law

Boy it was windy. All the well-loved control sites from my SoSOL were used, and some of them are even in the right place ... Oleg's course included a 'micro-O' section: a map extract with all the veg. boundaries and paths removed. A definite advantage to knowing where the map has 'issues', and also knowing when to avoid running due west straight into the wind. Another seventy minute run, but this was on the longer course, and there is a shorter (but no easier) course available.

Fight-The-Night continues in the new year. Events are fortnightly once they restart, and venues will include Hillend, King's Buildings and Corstorphine Hill. See www.euoclegends.co.uk for details.

Meanwhile, the British Night Champs. in February, is in East Anglia this year, in one of their more hilly bramble patches aka Sheringham. I'm still thinking about it, but maybe even my night-O dedication isn't that great.



Junior News

By Ann Haley

Scottish Junior Inter-Area Orienteering Champs 2006

This consisted of a relay in Penicuik, and individual competition at the Tinto day event at Firpark, with any members of the teams who wished staying overnight in the Youth Hostel in Edinburgh. (Some juniors also took part in the Tinto night event.) Thanks must go to Kirsteen Kershaw of ESOC for organising this weekend of activities.

Thank you also to all the juniors who took part in this weekend. It is hoped that you all enjoyed yourselves and were not too tired on Monday morning.

Although we did not win the trophy I think that you are all to be congratulated on coming so close to being the winning area (124 points to the West, 123 to the East!). There were a lot of very good results from East area runners both in the relays and the individual. Unfortunately we were unable to keep up our lead from the relay day and lost out to the West after the Individual day.

Keep up the good work and maybe we can come away victorious next year!

Relay results are listed below. Individual results are listed on the TINTO Twin website: <http://www.members.aol.com/tintooc/twin2.html>

Try the route gadget - we have had great fun!

RELAY RESULTS

(each team did a yellow, orange and light green course)

Boys

Team	Leg 1	Leg 2	Leg 3	Points
1. 112 W	22.38 LG	38.33 O	61.14 Y	24
2. 102 E	22.19 O	39.26 Y	64.47 LG	20
3. 123 N	23.08 LG	49.41 O	65.23 Y	16
4. 101 E	22.45 LG	49.06 O	65.26 Y	12
5. 122 N	22.04 O	49.12 Y	78.04 LG	8
6. 121 N	31.01 Y	64.06 LG	85.23 O	
7. 104 E	48.25 LG	68.25 Y	91.04 O	
8. 103 E	31.21 Y	63.57 LG	91.25 O	
9. 111 W	22.23 O	61.46 Y	93.35 LG	4
10. 203 E	49.22 LG	74.33 Y	104.16 O	
11. 105 E	31.32 Y	60.47 O	104.42 LG	

Girls

Team	Leg 1	Leg 2	Leg 3
1. 202 E	25.56 O	55.34 LG	75.41 Y 24
2. 212 W	25.38 Y	49.49 O	80.12 LG 20
3. 201 E	25.13 Y	49.46 O	81.30 LG 16
4. 211 W	29.07 LG	59.39 Y	92.16 O 12
5. 213 W	26.13 O	58.02 LG	92.19 Y
6. 221 N	24.33 Y	49.46 O	108.36 LG 8

Ad Hoc

1. 301 E	29.44 Y	56.39 Y	91.49 Y
2. 304 N	46.03 Y	74.57 Y	110.38 Y

Course Results

Yellow Course (23 ran)

1. 123 N	Finlay Langan	15.42
4. 104 E	Shaun Rogerson (INT)	20.00
17. 103 E	Max Ledlie (INT)	31.21

Orange Course (17 ran)

1. 112 W	Jamie Stevenson	15.55
6. 104 E	Iain Cackette (INT)	22.39
14. 103 E	Mark Haley (INT)	27.28
17. 203 E	Stuart Watson (INT)	32.42

Light Green - Boys (11 ran)

1. 112 W	Alan Cherry	22.38
10. 104 E	Stephen Haley (INT)	48.25

Points after Relay Event

East	72
West	60
North	36

Junior Training Events

6th January 2007—Mary Erskine, Edinburgh

OOOOHHHH It gets dark early at this time of year. What a perfect time to sharpen the skills. If you can orienteer in the dark you can orienteer anywhere. Training will run from 5pm to 7pm. Bring a torch (hand or head), and a drink. Please make sure you dress for the conditions. It is January, and it may be wet and it will be cold.

If you wish to come along to either of these training sessions please let Ron Nolan know by e-mailing him at ron.nolan@hulley.co.uk so that maps can be prepared.

Also don't forget the regular Come and Try it events!



Oxford City Race

I hadn't previously had the delight of visiting the cherished cloisters of Oxford, so when this opportunity arose to actually orienteer around the twisty little streets and through the arcanelly designed colleges, it seemed churlish to resist Beccy's desire to visit her old haunts. There was also the amusing proposition of a black-tie dinner with her fellow JOKers in the evening which, given that I am a mere numpty from Stirling Uni, promised to be entertaining.

An early start from Telford (the site of some serious carbo-loading efforts at my parents' house over the previous two days) saw us swanning into our digs—a prestigious don's college rooms in Trinity College, no less—at about 11am, plenty of time for our starts. After a quick change into running kit (what *does* one wear to go charging around the streets of Oxford on a Saturday afternoon in November, my dear?) we tottled up to the playing fields where the start was located. It was busy—300ish runners ran in total, but it was quite a cool day to be hanging around for long. Graeme and Jane turned up a little after us, having spent the previous evening with Jane's parents near London. Graeme was holding his bottom, which I postulated at first might be some Don-bonding thing, but soon transpired to be an injury for which Jane claimed no responsibility (a shamefully missed opportunity for scandal).



Graeme with his 'race face' on, just after having fallen on his bum on the slippery cobbles—video currently showing on YouTube

At the start line the official accosted us with such a list of rules, regulations, and legislation that I feared we might need to stay in the box for over the allotted minute, but he just about finished without going blue in the face and we were off. As soon as I saw the map I could see the reason for the copious instructions: large areas of the college's quadrangles were out of bounds, several having withdrawn permission at a reasonably late hour. It was clear that whilst the straight line distance of our course was a mere 6.5km, even the shortest practical route would be significantly longer; the optimum route was later calculated to be about 9.5km!

The map was absolutely brilliant, and very different from anything I'd run on before—fantastically intricate, trying to represent a three-dimensional array of buildings and street levels, which left me scratching my head even more than normal. Con-



Graeme his post-race face on. Clearly the coffee in the Oxford Student Canteen isn't as good as it used to be.

stant concentration, rapid map-reading and good control flow were all essential. Which is why I was so rubbish, of course. Post-race discussions revealed that those who had spent four or more years living on or around the streets didn't feel to have had any advantage—controls were coming up so quickly that there was no time to match the map with known haunts. Complete bunk, I say; clearly I was at a HUGE disadvantage!

Several people were wandering around taking photos and, indeed, videos of the surreal sight of orienteers dashing up alleyways, across quads and through the bemused throngs of well-dressed Saturday morning shoppers. Graeme did his best to do a star turn for the camera, but sadly slipped in the process of making the aforementioned turn and landed indecorously on his already pained posterior. He was certainly hobbling a bit in the tea shop afterwards, but managed to not waddle in his penguin suit later that evening.

This was an absolutely cracking event—a real stroke of genius followed up by some tireless pursuit of permissions from all the colleges, and faultless organization on the day. It was unusual (unique, in my experience), challenging, and quite ludicrous when weaving along the pavements with shoppers scattering for cover. It's not often we have an audience to orienteer in front of, and by gum did it make you run hard. Here's hoping OUOC make it a regular fixture!

Ed

Tick. Tock. Lime Disease. Eeek!

There's been some interesting postings recently on NopeSport and the SOA website about ticks. Some of it makes frightening reading—particularly when I realise that I should have demanded an *immediate* course of antibiotics when I got the tell-tale circular mark a couple of years ago, rather than wait through four tests and then just get penicillin. Well worth a read—there are some straightforward measures that we can easily take to prevent a citric demise.



Fixtures

January

1st INVOC Festive Frolic. Carse of Ardersier, Nairn. NH792564. Ken Davidson, 01463 239511. £3.50/£1.50. Dogs on leads in car park. www.invoc.org.uk

2nd SOLWAY Local Knoll Bagging Event. Mabie Forest East, Dumfries. NX950710. Derek Kennedy, 01387 270930. Derek@marchfieldplace.wanadoo.co.uk Fees TBA. 11:00 Mass Start. www.thai.od.dsl.pipex.com/

2nd GRAMP Hogmanay Hangover Handicap. Kirkhill South, Aberdeen. NJ849110. Gordon Hendry, 01224 310608. £2.00/£1.00. EPS-Emit. Starts 11-11:30 am. www.grampoc.com

7th STAG Winter Score 1. Pollok Country Park, Glasgow. NS555621. Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5.00/£2.50. 11am Mass Start - pre-marked maps - email pre-entries appreciated. www.stag-orienteeing.co.uk

13th ESOC Local Event. Hopetoun House, South Queensferry. NT090789. Janet Clark, 0131 225 7771 janetclr@aol.com Start Times 2 - 3pm £2/£1.

21st STAG Winter Score 2. Drumpelzier Country Park, Coatbridge, NS704664, Coatbridge. NS704664. Terry O'Brien, contact and race details as above.

21st GRAMP Local Score Event. Countesswells, Aberdeen. NJ870044. Jayne MacGregor, 01224 638906. secretary@grampoc.com £2.00/£1.00. EPS-Emit. Score & Yellow. Starts 11-12:30. www.grampoc.com

21st GRAMP Local Deeside Night League Event. Glen Dye, Banchory. NO650892. Jon Reeve, 01467 634953 reevej@bp.com

27th INT Local Event. King's Buildings, Edinburgh. NT266706. Colin Ledlie, 0131 667 4813 Starts - 2:00->3:00; entry by Gate 2 .

28th INT District Event & SoSOL. Calder Wood, Livingston. NT071660. Paul Caban, 0131 445 3098. Paul.Caban@ed.ac.uk

February

3rd ESOC Sprint-O. Dalmeny Estate, South Queensferry. NT154776. Andrew Dalgleish, Flat 3F3, 80 Slateford Road, Edinburgh, EH11 1QU. dalgleish@gmail.com CD: 27/01/07. £7.00/£3.00 +SI hire 50p. Lim EOD +£1.00/50p. Chq: ESOC. EPS-SI. CC course - Yellow only: £3.00. Parking £1.00. Dogs on leads in car park only. Two separate races with chasing start for second. Long or Short courses. Email entry preferred. www.esoc.org.uk

4th EUOC District Event & SoSOL. Arthurs Seat, Edinburgh. NT270737. Ross Sanderson, 0131 4772168. captain@euoclegends.co.uk £5.00/£2.00. EPS-SI. String course. www.euoclegends.co.uk

11th FVO District Event & SoSOL. TBA, Falkirk. Gary Longhurst, 01786 823295. glonghurst@aol.com Full registration pending.

17th ESOC Local Event. Davidson's Mains Park, Edinburgh. NT203753. Janet Clark, 0131 22 7771 janetclr@aol.com Start times 2-3pm £2/£1 Parking in East Barnton Avenue.

18th STAG Winter Score 3 - Boulder Bonanza. Allean Forest, Pitlochry. NN858599. Terry O'Brien, race and contact details as above.

24th STAG Local SMILE 4 Event. Tollcross Park, Glasgow. NS635638. Terry O'Brien, contact details as above. CD: 20/02/07. £3.00/£1.50. Lim EOD + 50p/50p. Chq: STAG. Wh-Ye-Or + Tartan. Saturday Morning Introductory Local Event. Starts from 10.30am. Training for Adults. Email pre-entry by 20/2/07.

25th District Event & SoSOL. Pressmennan & Lothian Edge, Stenton. NT655723. Trina Rogerson, 01368 864922. Fees TBA. EPS-SI. String course. Starts 10.30-12.30.

March

3rd NATCEN SOA Personal Performance Day. TBC, Scotland. Ross McLennan, 01555 664165 rossmclennan@hotmail.com

4th ESOC Regional Event & SOL 1, FCC & Junior Selection Race. Baluain & Banvie Woods, Blair Atholl. NN827660. Crawford Lindsay, 8 Stanhope Place, Edinburgh, EH12 5HH, 0131 337 2198. craw-



(Continued from page 12)

ford.lindsay@hotmail.co.uk CD: 19/02/07. £11.00/£4.00, £2.00 less for senior BOF members. Lim EOD +£1.00/50p. Chq: ESOC. EPS-SI. String course. Dogs in car park on leads.

10th ESOC Local Event. Ravelston Woods & Mary Erskine School, Edinburgh. NT221740. Janet Clark, 0131 225 7771 janetclr@aol.com Start Times 2 - 3pm £2/£1 Car park in Craigleith Rise.

11th CLYDE District Event & SoSOL. East Dumbar-tonshire. Katherine Kirk. Fees TBA. Full registration pending.

24th TNS Scottish Sprint Championships. Heriot Watt University, Riccarton, Edinburgh. NT178702. Stewart Caithness. wattok@nopesport.com. Full registration pending.

25th INT Regional Event & SOL2. Archerfield, Gullane. NT476832 Richard Webb, 6 Hawthornbank Crescent, Cockenzie, East Lothian, EH32 0HZ. entries@sub3000.plus.com CD: 11/03/07. £10.00/£3.50 less £2.00 discount for BOF senior members. Lim EOD +£1.00/50p. Chq: Interlopers. EPS-SI. CC courses - White-L.Green, String course. Dogs allowed only in dunes near carpark. www.interlopers.org.uk

25th INT Local Event. Riccarton Campus, Edinburgh. NT180695. Emily Seaman, 0131 2282584 emilyseaman2003@yahoo.co.uk Starts - 2:00->3:00.

Other key events

Check the BOF website for more details—
www.britishorienteering.org.uk

Feb 10th British Night Champs, Sherringham (East Midlands), followed by a Regional Event near Stafford in the West Midlands on the 11th.

Feb 24th JOK Chasing Sprint, South East, followed by a National Event nr Dorking on the 25th.

Mar 11th National Event and UK Cup, Whitbarrow Scar, Kendal, Lakes—postponed from 2006.

Mar 18th Looks like the CompassSport Cup 1st round weekend, but no details as yet.

April 6-9 JK, Forest of Dean.

April 14-15 British Sprint Champs, Scarborough, and British Elite Middle Distance, Whitby.

May 5-6 British Champs, South Wales

May 13th SOL3, Newtonmore

June 16-17 Scottish Champs & National Event, Loch Doon Dalmellington

Aug 5-11 Spey 2007—Scottish 6 Days!

Foreign forays for 2007!

If Ken and Paul's articles on their Scandinavian sojourns have tickled your fancy or if you just can't get enough of O, why not try an orienteering holiday this year? There are lots of interesting events in nice places to choose from. Here's just a selection of the ones catching my own eye:

February—the Portugal 'O' Meet. You can get lucky and have great weather on this one—but not always! In the mountains this year rather than by the sea.

8-18 March—Mediterranean Open Champs, Italy. A multi-part event comprising 3 days MOC Champs on the first weekend, then 5 days MOC Camp (training), and the Med Grand Prix sprint race on the second Saturday. By all accounts it's a pretty "Italian style" relaxed affair; the event centre is 800m from the beach!

9-14 July—French 5 days, in Bordeaux, which rings all the right bells if you're a lover of the grape juice like me. Not far away from the area I went to in 2002 (or 3?), which had absolutely lovely forests to run in. Sadly at the same time as the World Master Orienteering Champs, which are being held in Finland this year.

18-26 August—the World Orienteering Champs, in the Ukraine—if you fancy watching the best in the world!



(Selected) Results

Apologies that this isn't an exhaustive list of race reports and results this month—basically, formatting results completely does my head in. And I'm already a fortnight late with this issue. Sorry! I shall try harder next issue to compile results as the races happen—Ed

Scottish Night Champs 28 Oct Ballogie

M21L	7.7km, 9 ran	
4th	Dave Godfree	1:04:02
M21S	4.7km, 2 ran	
1st	Ray Ward	49:48
M40L	5.5km, 8 ran	
3rd	Ken Daly	1:21:08
4th	Paul Caban	1:22:38
W21L	4.7km, 11 ran	
3rd	Claire Ward	49:15
W35L	4.7km, 2 ran	
1st	Heather Hartman	1:08:39

Always a connoisseur's event this, the traditionally smaller field was further compacted by punters like me being wimps when it was raining. Given the somewhat challenging nature of the terrain I was probably sensible to stay in the pub, but those who did take part enjoyed the event, despite many a report of incredible navigation error. Ken just pipped Paul, and Claire's victory over hubby Ray was even tighter, no doubt setting up grudge matches for the SOL on the following day. Speaking of which...

SOL7 29 Oct Cambus o'May

M21L	8.2km, 14 ran	
3rd	Dave Godfree	1:05:15
M21S	5.6km, 8 ran	
2nd	Ray Ward	1:09:23
M35L	7km, 10 ran	
2nd	Ben Hartman	1:03:15
M35S	4.6km, 2 ran	
dnf	Brad Connor	51:39
M40L	7km, 12 ran	
2nd	Ken Daly	1:11:27
8th	Paul Caban	1:32:59
M45L	5.6km, 15 ran	
13th	Richard Webb	1:27:38
M45S	3.9km, 4 ran	
1st	Graham MacIntyre	45:58
W21L	5.6km, 11 ran	

1st	Claire Ward	56:28
W35L	4.6km, 3 ran	
1st	Heather Hartman	47:56
W45L	3.9km, 4 ran	
3rd	Morag McIntyre	1:23:37

Hmmm, given that I had a dicky ankle and this was my first orienteering event after knackered it, I really should have paid attention to Paul's article in the last newsletter when he described it as "legendarily man-eating". Thus it proved. By gum it was rough in there. Tentatively entering the M35S course I, of course, actually charged off like a raging bull and very quickly found myself in a sea of boulder-fields, in whose cracks could have been hidden whole armies of broken-ankled orienteers. I retired. Well, I didn't know where I was anyway. It didn't seem to bother the robot-ankle girl Mr Godfree, although he did creak a bit more than usual whilst running as a result of his exoskeletal enhancements. Ken clearly slipped lead weights in Paul's O shoes, streaking away after their close-run times of the night before, whilst Claire must have flown over the rocks, leaving hubby Ray in her wake. Sorry, Ray, you lost that bet—you're doing the washing up for a month!

SOSOL 2 12 Nov Dalguise and Sophia Wood

White	1.6 km, 35 m, 9 C, (9 ran)	
1	James Ackland	23:03
Light Green	3.4 km, 125 m, 12 C (19)	
1	Evie Aitken (TAY)	51:38
3	Pat Squire	72:09
-	Susan Twissell	DNF
Green	4.3 km, 165 m, 12 C (50 ran)	
1	Evgueni Chepelin	52:41
2	Mary Ross	57:50
4	David Sloan	62:47
5	Keith Dawson	63:47
12	Jane Ackland	70:31
Blue	6.5 km, 285 m, 20 C (39 ran)	
1	Robin Orr	75:35
2	Richard Speirs	88:13
3	Patrick Bartlett	91:23
5	John Mitchell	97:36
7	Heather Hartman	100:22
10	Brad Connor	101:46
31	Richard Webb	140:53

-	Colin Inverarity	DNF
Brown	7.7 km, 330 m, 24 C (19 ran)	
1	Fraser Purves (FVO)	95:00
-	Graeme Ross	DNF

Straight off the back of Cambus o'May, there was no respite for the sore of ankle—this area was as tough as old boots. Look at those winning times on the Blue and the Brown! I was running down anyway, due to said dodgy ankle, but genuinely thought I'd had an appalling run when I looked at the clock. Then I looked at the results—blimey! There were some loooong times posted. Still, it was nice to go to a 'new' area... next time I'll take metal shin pads, though.

SOSOL 3 19 Nov Dalnamein

Green	4.6 km, 115 m, 15 C, (21 ran)	
1	Jonathan Armstrong (IND)	42:40
3	Keith Dawson	50:52
Blue	6.6 km, 155 m, 18 C (22 ran)	
1	Heather Hartman	1:02:03
2	Kenneth Daly	1:04:29
15	Richard Webb	1:25:12
Brown	8.4 km, 190 m, 22 C (22 ran)	
1	David Godfree	52:08
6	Ben Hartman	1:02:26
17	Paul Caban	1:26:02

Race report from Dave:
I got a bit of a shock when I walked out the front door and saw snow on the Pentlands. As I drove up the A9 there were a number of cars heading south plastered in snow, and I had forgotten my warm socks. Dalnamein is beside the A9, which also happened to be the snow line, with an inch or so of snow covering the area. Large parts of the area were mapped as seasonal marsh and on the way to number one it soon became apparent that it was ice cold water season in the marshes. Thankfully the brown course was on the short side and it was quite warm once you got running. With some technical moorland and runnable forest it is a good little area and well worth the drive from Edinburgh.

Scottish Score & Inter-Club



Champs 26 Nov

Inter-club results (Large Clubs)

1	ESOC(18 runners)	10079
2	FVO (18 runners)	9907
3	GRAMP (12 runners)	5770
4	INT (15 runners)	5600
5	CLYDE (15 runners)	5450
6	INVOC (7 runners)	3495

Score Champs scores (ahem)

Course 1

1	Oleg Chepelin(M20)	1:06:08	478
3	Graeme Ackland (M21)	1:10:47	392
5	Ben Hartman (M35)	1:10:18	377
8	Brad Connor (M35)	1:00:11	328

Course 2

1	Dave Robertson (M40)	0:51:22	376
12	Paul Caban (M40)	0:49:18	240
25	Colin Ledlie (M40)	0:44:57	200
35	Ken Daly (M40)	1:05:30	175
44	Ronny Lardner (M50)	0:51:20	156
56	Darina Cunnane (W35)	0:34:21	130
59	Pat Squire (M55)	0:55:59	130
68	Ann Haley (W40)	0:50:35	104
70	Jane Ackland (W40)	0:54:47	97
81	Steve Ambler (M55)	1:04:19	56
89	Clare Lardner (W45)	1:03:18	-13

Course 3

1	Abi Longhurst (W14)	0:37:30	300
11	Max Ledlie (M12)	0:34:52	120

Course 4

1	Thomas Wilson CLYDE	0:18:00
9	Hannah Ledlie	0:34:22

Well this was a jolly giggle and a welcome return from LINOC. I thought that Beecraigs made an excellent venue for the Score Champs, although some of those who went to the south side of the map (I know that area of old and stuck to the north!) weren't quite so convinced. The map was extended to the north, and going in there was well worth it—lots of points :-).

There was some slightly unfortunate controversy caused by the need to restrict road crossings for the two 'satellite' areas (Cockleroy hill and the extension); you had to punch at the same control on the way in and out or you lost the points for that section. That was fine, but on the day the information wasn't passed on to all of the competitors, which meant that several runners DID lose large chunks of their

points, and were understandably displeased. It's a shame, but I thought it was a grand event on a nice day (for once) and there were lots of prizes to cheer about at the end!

Glasgow Park Champs 3rd Dec

1	Bruce Duncan	00:49:17
		00:13:44, 00:11:43, 00:23:50
5	Brad Connor	01:00:43
		00:17:45, 00:14:15, 00:28:43
8	Colin Ledlie	01:13:42
		00:20:42, 00:16:25, 00:36:35

A very small club turnout on an admittedly foul day for a fabulously fun event. I hadn't been before, so the concept of orienteering in three different parks, only discovering the location of the next park after completing the current one, was entirely new to me. It worked tremendously well, thanks to the tirelessly cheerful efforts of Terry and Jackie, and we only really got wet in the final park.

It was fast and furious orienteering rather than overtly technical, which is probably why I enjoyed it so much, but it did test my glottal stop control flow. The curators of the Kelvingrove Museum (site of the second park) were also a bit nonplussed to see muddy scruffballs in metal-studded shoes scratching up their lovely marble floors, but we made up for it by boosting the tea shop income admirably. A thoroughly recommended bit of pre-Christmas fun. Give it a go next year!



Wherever is Mr Eades in these results? Last time he disappeared was due to an ill-advised attempt to paraglide off a hill during the KIMM. Here is the last known sighting of him, being escorted away from the tea shop after a particularly bad reaction to a baked bean and brussel sprout toastie. Rumour has it that he has been posted to the wilds of Dublin, building bridges over the River Whiffy as penance for his crimes. Come back soon, Colin, all is forgiven!



M35something

Now as many of you will know, I have an alter-ego. Witty, debonair and sartorially impeccable as I am in the orienteering world, during the week I live a sub-existence as a Director of Computer Geekiness. In this sad life I have been known to indulge in the odd spot of entertainment—in the form of computer games and not in surfing dodgy sites, I hasten to add. These games can be fun but aren't often very realistic, unless your day job actually DOES involve blowing chunks out of mutant alien infestations of Planet Zwagspiel. Thus it was that I was tickled to discover the existence of a game that simulates one of my real-life interests, i.e. orienteering—"Catching Features". As your roving reporter it was my sworn duty to download the game and submit a review for these hallowed pages.

First impressions weren't great—the choice of orienteer characters that you can choose from comprise an emaciated girl with no nose, a troglodytic knuckle-scraper or a skinny, grinning buffoon. Hmm, well... not skinny, but the lattermost is closest, methinks. No INT club strip to choose from—what?! Oh well... I guess that there still some people dressing in the dark ages out there. Well, into the game proper. Hmm pretty good, actually. The rendering of the terrain is OK, and you can run into trees & bushes and even swim through the lakes; the map can be rotated and manipulated just like the real thing; and you can actually run at a rate that isn't physically possible if you're a has-been or never-was like me. Great! Let's flex my geek gamer muscles and get on with whipping the opposition. OK—follow that reentrant, through the marsh, over that saddle, contour around the hill... hmmm, where's the control. Should be in a pit. No pit. Hmm. Run up the hill, relocate. Nope, still not there. Oh hell, I'm just as lost in this as I am in the real thing—I'm stuffed. Arrggh!!!!

After some (OK, lots) of further testing I think it's GREAT. The game is fun, tests real skills like map memory, pacing, use of compass—and I haven't even explored the on-line competition side of things, where you can compete against other people running a course posted on the web. Apparently Thierry Giorgiou (sp?) is a great fan, and he's one of the best technical orienteers around so maybe something will rub off (a computer virus?). You can turn OCAD files into game maps, plot courses, and then run them. Sadly it's not faultless—I processed the Callendar Park map and produced a desert with trees masquerading as inch-high shrubs that still made you fall over when you hit them—not good. It worked next time I tried it, though. The game does need a reasonably powerful PC graphics card but most recent ones will work fine. For US\$30 it's cracking entertainment—and almost classes at technique training—for when the winter floods are lapping at your door. Eeeee ain't technology grand?

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