



## 148>>> The Interløper Summer 2009

### Editor's Intro

Hello from your Newsletter editor and welcome to Summer!

The last newsletter went out in March and since then some of the major events of the year have taken place, the British, JK and Scottish Champs to name a few. There are reports and photos from the JK and Scottish Champs (hot of the press!) within this edition.

With summer fast approaching (there was a glimpse at the Scottish Champs last weekend!) there are plenty of events to look forward to. The Scottish 6 Day takes place at the start of August and there's an introduction to the event and venue from Paul within this newsletter. Many people will also be travelling further afield to events on the continent or perhaps further afield – good luck to all Interlopers wherever you're running!

Close to home the INT Summer Street-O series is starting up with details inside and also on the website – come along and enjoy these informal sociable events whatever your standard.

As always, a plea from me; Please if you've been somewhere interesting orienteering, have enjoyed a particular forest or have some news to share then send me your articles and photos – you don't need to wait for my plea!

A big thank you to all contributors to this newsletter, especially Ken, Paul and Ann who produce great articles time and time again.

See you at the Scottish 6 Days!

Emily





## CHAIRMAN'S CHAT

The last 3 months lived up to expectations with lots of good orienteering and plenty of Interloper success. At the JK International Orienteering Festival Dave Godfree, Mary Ross and the W45 relay team of Helen Murray, Jane Ackland and Lorna Eades were all victorious. Stephen Haley collected a British Orienteering Young Volunteer Award. Scott Fraser won the British Sprint and Middle Distance Championships. Alan Cherry won the under 19 Scottish Hill Running Championships. And at the end of the South of Scotland Orienteering League Logan McIntyre, Ben Hartman and Graham McIntyre were course champions. Plenty of other Interlopers made it to the podium and top ten at these and other events. Well done everyone!

The next big events are the Scottish Championships on 23&24 May 2009 (*news from this inside – Ed*) and the Scottish 6-Day Festival from 02 – 08 August 2009. These promise to be top quality competitions, so I recommend you submit an entry if you have not already done so.

Closer to home we have a series of 6 street orienteering events, being held every Thursday evening from 28 May 2009 to 09 July 2009, except for the AGM date of 18 June 2009. The street orienteering events provide a great opportunity to sharpen your speed and mind before the Scottish

6-Day. They are also an opportunity to introduce people to our sport. If you know any road runners, joggers, or other sporty people please bring them along. The details are on our website.

We already have volunteers for all of the street events and most of the Scottish 6-Day roles, but a day coordinator and string organiser are required for our 6-Day commitment. Interlopers are also committed to hosting the Scottish Score Championships on 22 November 2009, the Scottish Sprint Championships on 06 March 2010, a SOSoL in 2010 and a SOL in March 2011. There are also plenty of socials that require organisers. And we are about to embark on a mapping programme. I therefore require volunteers and would be grateful if you could contact me to offer assistance.

I have already mentioned that the club AGM will be held on the evening of Thursday 18 June 2009. Please come along and support the club. And then come along to the club meal out afterwards.

Ken Daly.





## NEWS IN BRIEF

### Scott Fraser wins British Elite Titles

Congratulations to Scott Fraser. Not only did he win the British Elite Sprint Distance title at Nottingham University on Saturday 9th May for the 3rd time but he went on to win the British Elite Middle Distance Champs the next day! Well done Scott.

### INT's Alan Cherry storms to Victory in Scottish Hill Running Champs

Congratulations to Interloper Alan Cherry who won the Scottish U19 Hill Running Championship at Ben Lomond on Saturday 9<sup>th</sup> May.



## EVENTS ROUND-UP

**JK**  
*Editor (with some text from Anthony Squire)*

The JK 2009 took place over the Easter weekend (10<sup>th</sup>-13<sup>th</sup> April) in the Northumbrian Hills. Unlike last year's JK which was shrouded in snow, this year's weather couldn't have been better with brilliant

sunshine on all of the competition days.

Day 1, Good Friday, saw the Sprint race take place in the heart of Newcastle with the fast paced courses requiring quick thinking – especially decisions on how to cross the city centre motorways.

The individual days were at Kyloe Woods on the Saturday and Detchant on the Sunday.

Detchant offered an interesting mix of woods, moorland and rock features. Can you tell which Interlopers this is punching 'middle boulder'?!



*Photo Courtesy of Digisport*

*INT Club Captain Anthony Squire on the run in at Kylloe (Day 2)*



There was further success in the individual competitions with 2 individual JK champions, 2 further medalists, 2 top Elite results and a large number of other top 10 results:

**M35L 1st Dave Godfree**  
**W35S 1st Mary Ross**  
**M16B 3rd Donald McIntyre**  
**M50S 3rd Keith Dawson**  
M18E 4th Alan Cherry  
W21S 4th Emily Seaman  
W21V 4th Jennifer Murphy  
M21E 5th Daniel Marston  
M35L 5th Graeme Ackland  
M80 5th Ray Heyworth  
M60S 6th Pat Squire  
M10 7th James Ackland  
M18S 8th Stephen Haley  
M35S 8th Graeme Ross  
M40L 10th Ben Hartman  
W40L 10th Ann Haley

The Relays took place on Easter Monday and offered some highlights for Interlopers with INT's W120+ team of Helen Murray, Jane Ackland & Lorna Eades securing pole position and becoming JK Champions!

A strong debut from Helen on first leg put the team in contention whilst Jane & Lorna turned on the style with the fastest splits on both their legs to give them a comfortable (few seconds!) victory.

There were also 3 other top 10 results from INT:

**JK Trophy team** - 9th (Graeme Ackland/Jonny Gallier/Alan Cherry/Anthony Squire)

**Men's Short** - 8th (Stewart Caithness/Ken Daly/Colin Eades),

**Mini Relay** - 9th (Jamie Fawthrop[from ESOC]/James Ackland/Angus McIntyre)

Plus a 13th place for the **Mixed Adhoc** team of Jen Murphy/Pete Murphy/Kate Kitchin.

I should highlight that James and Angus had the 2nd & 3rd fastest splits on their legs too.

Well done to all Interlopers who took part, especially to Dave and Mary for their 1<sup>st</sup> place positions!

*Ben and Pat pose post-run at Kylloe Woods*



## Scottish Champs

The Scottish Champs took place over the weekend of May 23<sup>rd</sup>/24<sup>th</sup> nr. Kinguisse.

Many Interlopers made the trip up North.

The individual day took place on Balavil and Dunachtonmore. Thankfully, the weather held and provided ideal orienteering conditions. The area was an enjoyable mixture of moorland and runnable woodland.

INT got some impressive results, especially from the juniors who showed the adults how it's done with James Ackland 1<sup>st</sup> on M10A, Mark Haley 3<sup>rd</sup> on M14A and Matthew Galloway taking top position on the Orange – well done!

Other impressive performances came from ex-Interloper Tobias Noborn and Interlopers Murray Strain (1<sup>st</sup> and 4th on M21E respectively).

Lorna Eades came 3<sup>rd</sup> on W40L, Jane Ackland was 2<sup>nd</sup> on W45L and Fiona Weir was 1<sup>st</sup> on W35S.

*Paul Caban attempts to camouflage in with the club tent – we can see you!*



*INT's Pat Squires races up the finish run-in on the Individual Day whilst in the background INT's Chris Shaw approaches the last control.*



*Rob Lee punches the finish control whilst stopping to pose for his fans*



*And now relax – you've finished!*



The relays at Strathmashie brought more success for Interlopers with the Men's Open team of Graham Ackland, Anthony Squire and Murray Strain taking 2<sup>nd</sup> place in a sprint finish between 2<sup>nd</sup> and 3<sup>rd</sup>.

In the Handicap 9 class, the dream team of Colin Eades, Ken Daly, Lorna Eades took 3<sup>rd</sup> place with 3<sup>rd</sup> place also going to the Handicap 15 team of Helen Murray, Barry Owen, Ann Haley.

*Colin Eades – only the best can orienteer with their eyes shut!*



Full results are available at:

<http://www.scottish-orienteering.org/index/championships/index/Scottish-Championships-2009>

**Craigmillar Castle Come and Try It**  
*Paul Caban*

INT's Come and Try It (CATI) event at Craigmillar Castle took place on Saturday 18<sup>th</sup> April.

We had around seventy competitive units, which taking into account pairs

and families running together, comes out at somewhere around one 100 people present. As the afternoon was perfectly sunny, and as all controls were still in place at the end of the event, I think that equates to one hundred happy runners.

As some people may be aware, the Club is establishing a Permanent Orienteering Course at Craigmillar Castle, and the "yellow" course used the posts of the suggested 'easy' POC course, only in reverse. The "orange" and "green" were a mixture of POC controls and mini-kites.

From amongst Interlopers, we had a good turn-out of the Buckstone and Boroughmuir juniors, even taking account that some were in Spain running for Scotland at the World Schools event. Martin Cunnane walked round his first ever (2.1km) course with only navigational help from Mum, Darina.

Amongst the senior contingent, at the finish, Pete Murphy with four-legged friend was heard to mutter (pant) "how can Dave Godfree make running with a dog look so effortless?". And notably, Colin Inverarity was making his comeback after a two year absence, and quite speedily according to the results.

Of course I didn't do everything on my own. Thanks go particularly to John&Jo Barrow and Janet Clark (ESOC) for manning registration, Richard&Frances Webb for sorting out the start whilst I tried desperately to get all the controls out, and Lucy Galloway for explaining stuff to newcomers.



## UPCOMING EVENTS

**Scottish 6 Days 2009**

*Paul Caban*

This year is an odd year, so that means that the Scottish Six Days is happening this August. After recent visits to the Moray Coast in 2003, Deeside in 2005 and Speyside in 2007, 2009 takes us to Perthshire.

Old hands will know exactly what the week is about: those newer to the sport - or never having been to a Six Day, well ..... let's just say it's your chance to discover that our sport isn't quite such a minority interest as you might imagine. Typically, there'll be around 3000 people pre-entered and competing each day, and with string course, entry-on-the-day, random hangers-on, that's an awful lot of orienteers ...

The Event Centre this year is at Perth Racecourse, and there'll be the best part of 1000 tents at the event campsite there too. The six days are Sunday-Monday-Tuesday and then Thursday-Friday-Saturday, starting on August 2nd. There's a whole range of terrain, from the sand-dunes of the rarely-used military area of Barry Buddon, to the highlands of Tullochroisk by Loch Rannoch, to the forests at Kinnoul Hill, right on the outskirts of Perth.

Of course, none of this happens without us orienteers. The way it works is that a couple of clubs take

on the co-ordinating role, making the whole week happen, and then pairs or threesomes of Club are in charge of each individual day. This year, Interlopers is the lead Club for Day 6, a Saturday, and the area we have is Loch Ordie, close by Ballinluig on the A9 between Dulkeld and Pitlochry. The area is entirely open moorland, with lots of intricate contour detail. Planners Colin and Graham have been working hard during the winter on getting a great set of courses established. I've had the much easier job of assistant controller: easier because Graham and Colin have done this before, and know exactly what's needed.

For anyone still swithering about where to take a holiday this summer, I'd strongly endorse a week's orienteering in Perthshire. Much of it is close enough for a set of day trips, although the real Six Day experience comes from being away for a week's holiday too. The Interlopers Club Tent (green and yellow) will be in attendance each day, as will the Club banner, so we'll all be (relatively) easily found. There will be O traders, including Club sponsors CompassPoint, and O food available too, the famous Wilf's amongst them: it's easy to make a day of it.

Day 6 will be a little different. As Interlopers will be running a start or two, as well as the string course, the Club tent will likely be there instead. And of course there'll be a few bits and pieces to sort out the night before as well.

Don't want to enter all the days?

Maybe not even thought about entering any of the days? Please do consider coming along to help at least on the Saturday. Pitlochry isn't that far away, and three thousand competitors is a lot of people going through the starts. And it certainly isn't too late to enter. More information at

[www.scottish6days.com/2009/](http://www.scottish6days.com/2009/)

Still unsure or want some advice? - just ask one of the Club's 'regulars'. See you all in Perthshire.

Paul



## CLUB TRAINING

### Club Runs

Club runs are most Thursdays at various locations starting at 6.30pm.

See the website for more details:

<http://www.gmci.demon.co.uk/Interlopers/training.htm>



## 'O' COURSES COMING UP

The club needs more members to get qualified as Coaches and is prepared to subsidise members who want to attend SOA training courses, whether for Planning or Controlling, for CONDES, or for any other suitable course. If you are interested, please contact our Chairman Ken Daly ([kennethdaly@dsl.pipex.com](mailto:kennethdaly@dsl.pipex.com)) to discuss.

### Courses:

- OCAD for ordinary club orienteers 26-27 September at Glenmore Lodge.
- Improvers' Coaching weekend 12-13 September around Speyside
- UKCC Level 1 Coach course 7-9 November at Glenmore Lodge. Course fees being paid by SOA (Scottish residents only)

Full course schedule:

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



# INT Street-O Series Kicks off!

The club have organised a series of 6 street orienteering events, the first being Thursday 28 May 2009. Starts between 1800 – 1900 hours once the planner has the units out.

We are using street O standard maps and SI punching, to enhance the quality.

Further information and location maps are available at the following link  
<http://adalgleish.net/urbano/>

The information is also on the Interlopers website  
<http://www.gmci.demon.co.uk/Interlopers/index.htm>

These street events are an ideal way to introduce new people, especially road runners, to orienteering, so I hope you can make use of the opportunity.

One long course (circa 30 mins) with cut off for short course.  
 Starts between 1800 & 1900 hours.  
 Mostly SI timing (bring your own SI dibber if you have one).  
 Cost circa £2 per run (TBC).  
 Email to reserve a map if address provided.  
 Prizes for best 4 from 6.

DATE	VENUE	REGISTRATION	OS GRID REF	ORGANISER	EMAIL
28 May	Liberton	Double Hedges Road (S end)	NT 273703	Ken Daly	<a href="mailto:kennethdaly@dsl.pipex.com">kennethdaly@dsl.pipex.com</a>
4 June	Old Town	3 Chalmers Crescent, EH9 1TW	NT 257722	Colin Ledlie	<a href="mailto:colinledlie@blueyonder.co.uk">colinledlie@blueyonder.co.uk</a>
11 June	Buckstone	50 Buckstone Road, EH10 6UE	NT 248689	Paul Caban	<a href="mailto:Paul.Caban@ed.ac.uk">Paul.Caban@ed.ac.uk</a>
25 June	Swanston	104 Tryst Park, EH10 7HE	NT 239680	Dave Godfree	
2 July	Comiston	26 Swan Spring Avenue, EH10 6NJ	NT 241692	Stephen Haley	<a href="mailto:shaley91@googlemail.com">shaley91@googlemail.com</a>
9 July	Tranent	39 Bankpark Grove, EH33 1AU	NT 400733	Murray Strain	<a href="mailto:rocky@nopessport.com">rocky@nopessport.com</a>



## JUNIOR NEWS

### World School Orienteering Champs

*Christopher Galloway and Mark Haley report from their trip where they were part of the Scottish team*

*Alcalá de Henares, Madrid*



### Tuesday 14<sup>th</sup> April

We met the Scottish team at Edinburgh airport (18 runners and 4 coaches in total) to travel to Madrid. We arrived at 11.30pm, but had to wait for ages to get the bus to where we were staying, so it was gone midnight before we settled.

### Wednesday 15<sup>th</sup> April

After breakfast we got the coach to go to the model event (training). At the training we did a couple of exercises and groups of controls. The rain started, got heavier and turned to hail. The area was very hilly and underfoot it was clay. Conditions became particularly slippery and our shoes were heavy

with clay. The rain stopped when we returned to our accommodation and we had the whole afternoon playing football with the New Zealand and Spanish teams. Later, we paraded down a long street in our team kit (kilts) and then had the Opening Ceremony in the Alcalá de Henares town square next to the old university. Twenty countries were taking part with around 480 competitors. Then we went back and had tea.

### Thursday 16<sup>th</sup> April

After breakfast we went straight to the long distance event (4.5km for us). We both had quite good runs apart from a couple of mistakes. Again, it was extremely hilly with lots of steep sided valleys. One of the girls from Banchory Academy won the H2 Girls School race. Later we went into town and got a tour of the old university and the area around where the opening ceremony had taken place. The town had many storks nesting on the rooftops. After tea we had a game of football on the Astroturf just outside our room.

### Friday 17<sup>th</sup> April

Today was the rest day so we had a longer lie than usual. After breakfast we were taken around the centre of Madrid and got a tour of the Real Madrid stadium. It was brilliant. After walking round Madrid we went to a shopping mall for a while. When we got back to where we were staying we had another game of football before tea.

### Saturday 18<sup>th</sup> April

Today was the day of the middle distance race (2.9km). Everyone was up for it. When we got there everyone got ready. Chris had a good run and Mark would have too if he hadn't picked up the wrong descriptions. There was a lot of swapping of badges going on between teams. Later, that day it was the cultural evening. Each country put on a performance and each act was very good. However, the favourite was the New Zealand team with the Haka.

### **Sunday 19<sup>th</sup> April**

This was the day of the Friendship Relay event where teams of three from different countries had to go to 33 controls between them, meeting up at certain points on the way round. The day started with everyone trying to find their teammates for the race. We had to decide who was going to which controls. We finished the event by running across a weir, and then joining hands for the final run-in. It was a lot of fun and everyone enjoyed it. After the run everyone was swapping clothes and badges.

### **Monday 20<sup>th</sup> April**

We said goodbye to other teams and returned to Edinburgh.

We would very much like to thank Interlopers, the East of Scotland Orienteering Association, all those who bought cakes from our stalls and the Edinburgh Council's Sports Award for assisting with the cost of the trip. It was thoroughly enjoyable. We met lots of people and gained lots of orienteering experience.



*Ann Haley adds:* The boys have been really inspired by this event, to the extent that Chris is planning to give up football at club and SE Scotland squad level at the end of this season. This is to enable him to get to as many orienteering events as possible, in the hope of being selected for other events or getting into the Junior Squad. Both boys are desperate to get to the next World Schools event in Italy in 2 years time.

### **PGL Young Volunteer Award**

As reported in March's newsletter, Stephen Haley won the PGL Young Volunteer Award. He received his award at the BOF AGM in April. Well done again Stephen.



## **Junior Competitions Coming Up!**

*Ann Haley*

### **Scottish Schools Competition - Friday 5th June**

This is great fun, and suitable for all school children from p4/5 upwards. It is designed for maximum success. Let me know if you need an entry form for this. I will coordinate those from Firrhill. Lucy Galloway will coordinate those from Buckstone.

### **Scottish Junior Inter-area Championship - 6/7 June**

This is a great junior weekend. Any junior who can do yellow courses can take part. Juniors can do one of the days or both, and can choose to stay with the others or not. Relay event on the Saturday somewhere in the Edinburgh area. Accommodation at Melrose Youth Hostel.

Individual event at Teviothead (near Hawick) in conjunction with the Scottish O League 3.

### **Jamie Stevenson Trophy 21st June – Pitmedden Forest, nr Perth**

This provides an inter-club competition for Scottish junior orienteers, and is normally followed by a BBQ. -The competition is open to juniors (M/W20 and under) who are Local or National BOF members.

Courses used are Yellow, Orange, Light Green and Green. Men and women are scored separately on all

4 courses, giving 8 classes in total. The 6 best scores from across all 8 classes are added to produce the total points, with a maximum of 4 counters on any one course (Yellow, Orange, Light Green, or Green), and a maximum of 3 counters in any one class (e.g. Yellow boys, Orange girls).

Could anyone who would like to run in this please give me their Name, SI card no (if they have one), Year of birth and Colour of course they would like to run.

Entries to Ann Haley by 8th June please.





Interlopers AGM and Club Meal

## **New Venue's**

Thursday 18th June 2009



18:30 AGM The Curle Room, KB House, Kings Buildings EH9 3JJ

20:30 Tusitala Restaurant 47 Buckstone Terrace, Edinburgh EH10 6QJ

<http://www.tusitala.co.uk/>

The Tusitala caters for a variety of different food types that should cater for everyone's tastes (see web site for menu's). They also have a good children's menu and a few 'seniors options'. Depending on numbers we may have one of their private rooms rather than being in the main restaurant.

Please could you let Lorna know by 30 May if you are interested in the club meal and also an indication of numbers for the AGM would be useful as we need to order Tea and Coffee with the room booking.



Interlopers Social

Sunday 7th June 2009

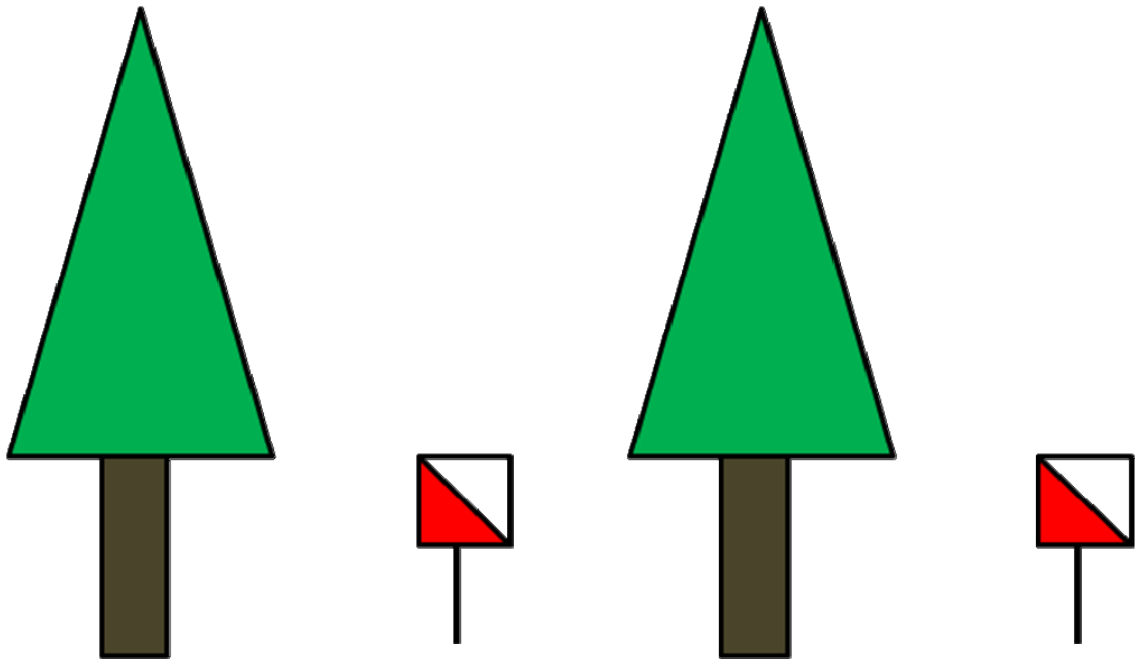
**BBQ chez Eades after the Teviothead SOL 3**

**BYO bits for the Barbie and we will provide some salads and accompaniments. House should be big enough if the event of bad weather: we can always grill it on the Rayburn instead of the Barbie!**

**1 Nettingflat Farm Cottages  
Heriot EH38 5YF**

**You can pre- arrange to drop off any food to go in the fridge/freezer on the way down to the SOL**

UNTIL NEXT  
TIME HAVE  
FUN IN THE  
FOREST!!





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