



149>>> The Interløper Autumn 2009

Editor's Intro

Hello from your Newsletter editor and welcome to the start of the new 'O' season!

The last newsletter went out in May and since then summer has been and gone with many holiday 'O' events having taken place.

I have been overwhelmed with the volume of articles for this newsletter (the most I've ever had the pleasure of editing!) so a big thank you to all who have supplied me with something – perhaps the summer sun has brought out the inner-writer in everyone.

I've had a number of articles from first time contributors so thank you for getting involved in bringing all the club news to the masses!

Due to the sheer volume of articles I haven't had time to reply to everyone with thanks but all your efforts are very much appreciated by your editor and also I'm sure the rest of the club – please keep the articles coming.

Inside we've coverage of naturally the Scottish 6 day which took place in Tayside at the start of August and

was a big success. We've got an article on the Bob Graham Round, the Pentland Long O and a wealth of junior news and much more – so I'll stop writing my intro and let you delve in and find out what all the other Interlopers have been up to this summer.

See you in the forest soon!

Emily





CHAIRMAN'S CHAT

Ken Daly

Interlopers have been very busy since the last newsletter and I would like to share the news with you.

At the AGM Stephen Haley stepped down, to head off to University and his brother Mark volunteered to be our new junior representative. Rachel Kirkland was also elected to the committee. I welcome them both and thank Stephen for his excellent contribution.

Stephen is not the only Interloper heading off to further education. I would also like to thank and congratulate Iain Cackette, Stewart Watson, Shaun Rogerson and Alan Cherry. I think Alan got the short straw because he heads to Oxford, where he will have to run relays with Ed Nicolas (only joking!). Well done one and all.

Our juniors also performed well in the Jamie Stephenson Trophy where they finished 6th out of all of the clubs in Scotland. Not to be out done, I believe Scott Fraser posted his best ever result in the World Orienteering Championships, 18th in the sprint. And our veterans, Andy Kitchen and Pat Bartlett both completed the

Bob Graham round. For those that don't know, the Bob Graham round is a gruelling 24 hour challenge across 42 Lake District tops. Most people manage with little time to spare (or fail), but Andy posted a phenomenal sub 20 hour time in scorching heat. Well done all.

Our street orienteering series also reached its conclusion with Jonny Gallier victorious on the long course, Ann Haley fastest woman on the long and Rachel Kirkland winning the short course. The prizes were Interlopers t-shirts. The 6 races were a great success and our thanks go to all of the organisers and helpers, plus Andrew Dalgleish of ESOC who ran the web site and result service for these events.

Interlopers were also out in force for the Scottish 6 Day Event. We posted a number of excellent results, including the following medal winning performances:

M12B 1st Sam Galloway.
M18L 2nd Alan Cherry.
W21V 2nd Jennifer Murphy.
W35S 1st Heather Hartman.
M35L 2nd Dave Godfree.
W40L 3rd Lorna Eades.
M45S 1st Graeme Ackland.
W65L 1st Carol McNeill.

However, the 6 Day Event requires a massive volunteer effort by all Scottish clubs. In this respect, Interlopers were the lead club for day 6, Loch Ordie. I know

everyone put in a huge effort and the result was a fantastic day, with lots of positive feedback. I would therefore like to thank everyone for helping, especially Colin Eades (Planner), Graham McIntyre (Planner), Paul Caban (Assistant Controller) and for day 1 Graeme Ackland (Controller) and of course Scott Fraser as Professional Officer for the event. Well done and thank you all!

Looking to the future, Interlopers will be hosting the Scottish Score Championships at Pitmedden on 22 November 2009. The main officials have been appointed, but we will require plenty of help on the day so please keep this date free and come along to help and run.

We will also be hosting the Scottish Sprint Championships in Edinburgh on 06 March 2010, so again I would ask that you keep this date free and offer to help. It shouldn't be a difficult decision as the weekend will also include the British Night Championships on the Pentlands and a SOSOL at Gullane (hosted by ESOC and ELO respectively).

Interlopers also have plans to host plenty of other events including a number of CATI's, SOSOL's and a SOL.

But Interlopers are more than a running club we also have a good time socially. On the horizon are the

Halloween, Christmas and Burns parties. If you can host one of these events it would be much appreciated and great fun. Please contact Lorna Eades.

Finally I would like to ask three other favours.

1. Please help the club by running for us at the 11 Person Relay at Faskally on 19 September 2009 (entries need to be with Anthony Squire ASAP).
2. Please consider coming to the club training runs, every Thursday at 1830 hours (details on the web).
3. Please let us know your views on the possible new club 0 tops and whether you would be likely to purchase any (the options thus far will either be in this newsletter or circulated by email in the near future).

Hopefully I will see you in a sun lit forest somewhere soon.

Ken



NEWS IN BRIEF

Club Captain Extends his Brood

Congratulations to club captain Anthony Squire and his wife Vicky on the latest edition to their family.

Rory Graham Squire born on Thursday 27th August, weighing 9lbs 2oz.

Anthony says that Ben & Charlotte are very excited and already looking after their little brother. Vicky & Anthony are now worried that they're outnumbered!



EVENTS ROUND-UP

Scottish 6 Day My First Multi-Day Event *Rachel Kirkland*

WOW, what an introduction!

I'd only ever entered colour coded SOSOL's before but this year I decided to do something different for my summer holiday, well actually the leaflet came through the door before Christmas and I pondered for quite a while before taking the plunge and completing my entry. What had I done...and what next?

Ok, so options to consider - 1) sit on my backside (some would say nothing unusual in that!), 2) do some training in preparation, how on earth was I going to cope with 6 days of orienteering.

So leading up to August I continued with my usual cycle and walking activities but started running as well. I also entered the SOL events which compared with the local SOSOL events were big in themselves, although nothing compared to the extent and size of a major orienteering competition as I was soon to find out.

All too soon August arrived. Had I done enough? Probably not but we'd soon find out.

I won't bore you with all the details of each day but day one wasn't my best

and my navigation was terrible, So five more days to get this sorted and by the end of the week I was just getting into the swing of it - navigation still pretty bad but I can work on this!. Day two proved to be my best result 9th and the remainder were just out of the top 10 for my category.

Fortunately day three was the planned rest day and my body was certainly thankful for this – I'm not sure gardening counts as a rest but I needed something to take my mind off the orienteering as for some strange reason I was actually missing it and couldn't wait to get back. So, more great days in some fantastic terrain followed and the body seemed to be holding out so when day 6 arrived it was good that I could put something back into the event. I got an early run. I even got my name mentioned over the loud speaker as I ran into the finish dripping mud having just fallen into the ditch just before the last control! Quick change and back up to the start to help out. Some would say I talk a lot but this felt like I was on a sponsored event, calling names to the start every minute for about 2 hours and boy were there some difficult names to pronounce!

Day 6 Red and Blue Start (photo courtesy of Steve Terry)



So what next? Oban 2011 definitely, but lots of training and competition in between – I think I'll buy a new compass too as how else can I explain all my navigational mistakes! Anyway, I'm sure I could add lots more but for those that were there I'm sure you'll agree what a great week it was.

Scottish 6 Day
Paul Caban's 6 Day Diary
Paul Caban

As some people will know, it hasn't been the easiest of years, and if I'm honest, I wasn't particularly looking forward to this year's Six Days. Certainly, I didn't have the highest expectations, as at least some parts of Perthshire and me haven't always got along with each other. Plus, I wasn't very fit, having done precisely zero exercise in the last two months. However, as I was Assistant Controller for Day Six, with all that entails, I was always going to have to be around for the week. And, I was hoping that the week's holiday would do me some good.

Day 0

Realised I still had the Club Tent and banner, together with some controls and stuff that Planners Colin & Graham were going to need to put out today. Off-loaded (sorry) onto Mo (the first split-start family I could contact), and the controls onto Rob, who was spending the day helping put out controls.

Day 1

A day trip, and with a very late start, I didn't have to get up too early. Snuck in to the parking field at around 12:30, and then went to find Team Interlopers. Banner very visible, although most people weren't there, away to their starts. Mooched around for a bit, and made a pre-emptive attack on a post-race Wilf's chocolate brownie (you can never have too many), then realised I was going to be late to the start if I didn't get a move on ... The walk to the start wasn't encouraging, but my course was tremendous – rather surprisingly, my favourite of the week – and even if I wasn't especially speedy, it was still also my best run of the week too. Abandoned a post-run bag of the summit (my course didn't go close enough), and went home feeling tired but happy.

Day 2

Another late-ish start. The car park worried my car's brakes a little, but boy were the views good. Saw a few more people at the tent, but again most people were away. Very impressive vertical start: should be some photos of this appearing in CompassSport. The course was fun, but as ever on Kinnoul, I got confused with the paths, and also lazy with my bearings. Doh. Back to Chez Haley, as Stephen had divorced Ann and the tent for a night of dubious pleasures in the Youth Camp

After attempting to poison Ann with death-by-garlic, spent a couple of hours looking over the Day Six maps.

The INT flag flying at the 6 day (photo courtesy of Steve Terry)



Day 3

A ghastly early start, so I gave Fiona a lift while Barry and the kids had a lie-in (or not). Last year when we were at Tullochroisk I'd organised, so this was all going to be new. After struggling with Donald to put the tent up in the rain, headed off. The early forest parts of the course were tremendously well planned – all diagonal downhills, and getting pulled off-bearing (again!). At the road crossing, Dave from ESOC caught me, made a few comments about my lack of pace, then promptly ran uphill off the map. Tee Hee. After that, I got a little tired, and eventually got stuck at an uncrossable stream, and finished with a time just in three figures. Oops.

The afternoon's entertainment was checking half the controls at Loch Ordie. The rain had stopped, but there was still a lot of mist swirling. Very primordial, and it might make things tricky on Saturday. Dinner at the event centre (good food, but not cheap), followed by a meeting with the assistant organiser, and then more map checking. Pretty tired

Rest Day

“Not much rest” would be a better description. A return to visit Dalrulzion for a quick visit to Hill of Persie, its summit, naturally meeting Janet Clark (ESOC) at the top. Then on to Loch Ordie to check the rest of the controls, or at least the ones that weren't in fields containing very energetic cows. Note to self: check that the cows will be moved. Back too late for the Sprint Race, so content myself with a visit to the ELO Club Barbeque instead.

Day 4

Decide to blag a lift to Tentsmuir instead of driving. Reminds me of trips past in the BC days (before car) such as hitching to Dunalastair. Get picked up at event by Gareth and Jan B-J. No trouble at all in navigating to the event, nor getting a good parking place. Naturally I fester too much and have to jog to the start, again. Tentsmuir an absolute revelation, though it's a shame that felling has started. Quite a good run by my standards, although I was already falling to pieces when Ken came past me, and duly blew the second last control big-time. My lift home stopped in Tesco's on the Dundee waterfront, where every second shopper seemed to be an orienteer.

Day 5

Graham was away walking, so I gave Ann a lift to Barry Buddon. I'd actually won the last event there (Club Champs in 1999). I'd tried to claim that I still owned the place, but

the MOD weren't having any of it. On the way home, a mobile phone started ringing in the car. Those who know me won't be surprised to know I naturally blamed Ann who denied it vigorously. Rather implausibly, it turned out it was mine, only it had never actually rung before (!) so I had no idea what it sounded like ... By the time I worked out how to call someone back, the battery had run out. New Technology baffles After a quick haircut, off to Loch Ordie to do bits and pieces. Ken and Pat turned up to mark the route to the start. Four hours later it'd got dark, and they'd lost the way back. Meanwhile Colin was still building a stile at midnight ...

Day 6

Up early. Watched it all happen. Left late. All seemed to go well. It was fun.

Got home at around 10:00, looking forward to a shower, some Rice Krispies and bed, not necessarily in that order. House keys are safely in my trousers' zip pocket, just a shame that the trousers are no longer in the car. Get the spare keys Only they're at Ann & Graham's who are still in Perth. Driving back isn't an option: besides the fact I'm just too tired, I've no petrol left, and I've a suspicious feeling that the credit card is still in Perthshire too. Too late to disturb Dave & Gillian. Instead, lights on at the Ackland household, they're happy to give me a bed, and they're just about to eat tea too.

Ten days later

My trousers, containing valuables were nestling serenely in Event Lost Property. Moira was heading south for work and we had a Brief Encounter at Waverley. Eat your heart out Trevor Griffiths.

Scottish 6 Day Thank you
Passed on by Paul Caban

Dear all,

Having not attended the 6 day this year it is hard for me to compare how we performed organisationally with the other days. But what I can say is that the equipment team, the traders coordinator, the overall event coordinator and many of the competitors praised day 6 very highly!

Thanks to all of you for being team leaders and for working so efficiently with your team that my day as an organiser was relatively stressless.

Please pass on my thanks to all involved and Ken please thank LOC for the invaluable

contribution they made to the success of the event.

Hope to see you all on the 20th September for another lovely day!

Best wishes

Jackie :)

Dr. Jackie Riley
Senior Lecturer
School of Engineering and Computing
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Jukola
Graeme Ackland and Anthony Squire

Graham gives us the low-down on the Jukola relays competition - Ed

Jukola is the London marathon of orienteering. A handful of teams locked in ferocious world-class competition, and tens of thousands of other runners of all shapes and sizes. Everyone is in the same race, most facing an individual challenge a little beyond their normal and a team challenge of their own defining. And all involved in an all-night party of pre-race and post-race activity.

This was my fifth visit, the "long day" leg twenty-one years after I first ran 18km of "long-night" with Petzl. A team rapidly put together

on the orienteering chat website "nopesport". Our team challenge was to avoid the mass start, which went off two hours after the winners finished. After a disastrous 30mins mess up on the changeover this was always a tall order, and we missed it by just 5 mins. So off I went with almost thousand others.

The orienteering is a curious mix of navigation and following. Tracks develop which are the fastest way through the woods, and its seldom a good plan to follow a different route. Even for those without the mass start, there are always people around, but the mass start pack was another thing altogether. By halfway (8km) the line had gradually thinned out so there wasn't a continual stream of people. Most of the controls are common, so most of the time the stream was going the right way. But you never know when a split will come, so you have to stay in touch with the map. By the second half the field had thinned out a bit, and I was able to hop from one group to another with a bit of navigating alone, and with 2km to go I was at the head of a group thinking about the race to the finish. The pace hotted up significantly and four of us got to the final control together. So I unleashed the famous Graeme Ackland sprint finish, and they buggered off ahead of me. At least from the mass start the finish position doesn't apply to the team.

As usual, the team had fairly clean runs. The top 30 or so teams have superstars, who run it on their own, but for the rest, it's just a

unique great experience. When you look afterwards at the map, you can convince yourself that you're an orienteering superstar to have run hard in technical Scandinavian terrain with few errors.

Our club captain Anthony adds...

What I will say is that next year's Jukola (19th/20th June 2010) is not too far north of Helsinki airport and will be the most convenient location for travellers to get to in a long time.

As you've heard from Graeme it's a unique experience which all orienteer's should experience at least once (and preferably multiple times). I will be hoping to attend with the SEDS team (who will be aiming to better the best ever result for an all British team), but I am willing to arrange Interlopers team(s) in the Jukola and/or Venla (all female four person relay during the day). We should be able to match people to appropriate legs, so hopefully it will appeal to all the TD5+ orienteers in the club.

I'll send some emails around the club mailing list later in the year to gauge interest, but in the mean time you can whet your appetite at: www.jukola2010.net/

Anthony's team of fashion models wear the latest Jukola trends...

"Our dad went to Jukola and all we got were these lousy t-shirts!"



**The Long and the Short of it
Pentland Long O
Andreas Wilhelm**

Almost 2 years, 13 CATI's and 5 SoSOL's later, I must confess that I am hooked on this sport. Maybe addicted even. This is one of those things where you sit at home and think "Why didn't I come across this years ago?"

But one thing slightly disturbs me still. These events aren't particularly long, in terms of distance. In terms of time, they can be quite long, depending on your ability to, erm, navigate. I am known to have spent

90 minutes for a 3 mile run (and I still remember that hedgehog overtaking me at control 7). 90 minutes of running looks good on my running log, but 3 miles is a bit meagre for a mileage junkie like me.

So I came across the Pentland Hills Long-O, held at Patieshill Farm on the 31st May 2009. On offer were 10K, 15K and 20K. Much better!

However, having done the maths and spoken to a good friend who knows a lot more about this sport than me, I came to the conclusion that 20K of Orienteering might well take me 24 hours to complete. Especially considering that I am useless on hills. Realistically though I thought that the middle distance event would take me something like 4 hours.

Another problem was that I have no access to a car and public transport is a little bit patchy on a Sunday morning. But hardy as I am, I decided to cycle the 12 miles to Carlops.

When I woke up on Sunday morning I wasn't quite sure what was more difficult: Cycling 12 miles twice or Orienteering.

I arrived at the farm after a gentle and very enjoyable bike ride along the A702, dripping with sweat and slightly exhausted, but in good spirits and certainly ready for battle. I registered, paid my money and noticed that the sun was shining obnoxiously brightly while I walked to the start. It's a bad sign for runners when you see somebody wearing a

broolly although it doesn't rain, and when somebody lashes on so much sun lotion that they look like they came straight from the cave. At least I had a bottle of water with me.

Then my time came to start and my dibber made a few beeping sounds. I ran up a short incline into woods and came to a halt when I had to climb over a fallen tree. I ran for a lengthy 20 metres. I walked uphill along the Fairliehope Burn with the sun burning into my skin towards control 1 at the foot of Wether Law, climbing some 600 feet in 1 mile. Surprisingly, I located the control fairly easily, using my, erm, navigational abilities. With renewed hope and vigour I started to jog for a while, going round Wether Law towards the stone wall. The heather was knee high and it didn't take long for me to stop running and to start walking again. This was very exhausting for me, dragging my legs over the heather and the uneven ground. I was crying out for a path to run on but couldn't see one.

After some more uphill and some downhill (not forgetting trying to get my legs over that stone wall; I really should do some yoga) I reached Control 2, hidden inside a ruin. My stop watch read 60 minutes for 2 controls. Control 3 was a mile to the east and was found only after some navigational exercises because I didn't know what the control description meant. This took me another 30 minutes of walking and by this time my legs were very tired and my neck felt like toast. I stopped sweating and my water bottle was almost empty.

Control 4 looked like it was a simple run (read walk) over Cock Rig and then down to a T-Wood. This was maybe my gravest navigational error because I could have just run along the path going round Cock Rig. But I didn't and after reaching C4 I was so exhausted that I decided to abandon this adventure.

It took me another 60 minutes of walking to get to the finish, with my feet aching and my legs quite wobbly. In hindsight, and especially considering the very warm conditions, it was the right decision to abandon.

It turned out that I got some heavy sunburn on my arms and my neck. I guess the fact that some of Scotland's finest hillrunners took some 3 hours for the long route (20K), is proof that Long-O is quite tough. My estimate is that out of the 3 hours it took me to get from start to finish, I ran only 5 minutes. The rest was walking. That tells as much about my ability to run on this type of terrain as it does for the difficult and hilly route.

As I am writing this, with gritted teeth (and burnt skin peeling off my arm), I am counting the days until the next Pentland Hills Long-O in 2010. I will be back !



And now for something a bit different...

The Bob Graham Round *Pat Bartlett*

The Bob Graham Round is a traditional round of 42 Lakeland summits – to be completed within 24 hours starting and finishing at the Moot Hall in Keswick. The round is approximately 72 miles with 17,000 feet of climb, and can be either clockwise or anti-clockwise.

In June 2003 I attempted the Bob Graham Round anticlockwise and got pretty close. I was on schedule at Dunmail but faded badly over the Helvellyn ridge and gave up after 22 hours and 40.5 peaks half way up Great Calva – I could have finished but 24 hours was not looking possible (and I had just thrown up most of the food I'd eaten in the last few hours!).

Six years later I was back for another attempt! With my ankle fully healed after a break in 2007 and at the age of 42 (the same age as Bob – hence the 42 peaks) I was (like most who don't succeed) keen to try again. This time I'd do some things differently:

1. Go clockwise rather than anti-clockwise. This would enable

easier support on the last 3 hours.

2. Set off much faster. The 2003 schedule I followed with Nigel Wright was too tough on the final sections. This time my schedule was tough for the first 9 hours and then got progressively easier. Schedule for 23.45 but I hope to beat it.
3. No faffing at the road crossings. In 2003 I was a total of nearly 15 minutes over schedule at the first 3 road crossings this time I'd be focussed on getting away ahead of schedule. Hopefully I'd manage to get some food to stay down me a well!

1am and I'm ready to start – supported by Jo Scott and Daniel Black. I'd managed to get maybe an hour or so of sleep before starting – not much, but enough to make a difference. Some photos at the Moot Hall, the support team cheer and I'm off. After all the planning and training (including 8 days of over 8 hours running - 7 of the 8 on the BGR route) it's good to get started. Conditions are good although there's plenty of low cloud.

I'm going well up Skiddaw and Great Calva, and I'm already 6 minutes ahead of schedule at Great Calva. With my big headlight and lots of downhill in my legs I'm quick coming down off Great Calva towards the river. Daniel falls behind on the descent – quick discussion with Jo – I'm keen to press on rather than wait. At the river I keep going whilst Jo drops back to Daniel to get some of

my kit – then has to work very hard to catch up with me, I'm climbing well as we head towards Mungrisdale Common and feeling great. We head into the mist on Mungrisdale Common. Jo mentions he doesn't have a compass – Daniel had the compass (who is now heading to Threlkeld around Blencathra), but I'm not worried – we both know the route well. Onto the flat section and we try to hold a straight line – after an age we hit a boulder, I think it's the summit of the common. We push on trying to hold a steady line but after a few minutes we start descending. Jo thinks we've gone wrong. We stop and think what to do, and make a decision to go back to the boulder. This time we try a different route out – pretty much the opposite direction. After a few minutes we start to go down again – not feeling good and I'm starting to panic. We turn round and go back – we find the boulder for the third time! We try a similar direction to the first attempt – it seems to be uphill and I'm feeling more confident. Suddenly the mist clears for a few seconds – long enough (despite the dark) to see we're going the right way. I'm relieved but worried about the lost time. It's still a long climb and by the time we reach the summit I've lost 24 minutes to schedule on the leg. Jo reassures me – plenty of time no need to panic, and I set off fast down Halls Fell Ridge – taking 5 minutes off the schedule to Threlkeld. Heather Walton has tea and new shoes waiting.

Quick rest and I'm off again with Ben Stansfield, Dave Nield and Philip Morant and Wellington the dog – I'm

10 minutes behind the schedule and mentally still struggling. We take 6 minutes back on Clough Head and I start to settle down – Ben and Dave chat, Phil provides entertainment trying to keep Wellington under control as we pass sheep. The Helvelyn Ridge passes quickly. Ben is confident navigating in the mist and by Dunmail I'm back on schedule but feeling tired. There's a lot of support at the road crossing – Pete Huzan and Heather are well organised and I manage some more food. Su and the kids cheer me off – I'm feeling quite tired as I set off again with Jo and Nigel Wright. We set off well and the mist clears. I'm a bit ahead of schedule until Rosset Pike when I'm 3 minutes behind – not sure why and I'm a bit worried going up Bowfell. We see a BGR runner ahead and reel them in – caught them an hour and that feels good – I'm making time all the way to Scafell Pike. Off Scafell Pike and we start to climb Lord's Rake – Jo suggests the West Wall Traverse which saves a few more minutes and then going well down to Wasdale. I arrive at Wasdale 22 minutes ahead of schedule and feeling much better.

Leah and Maya Wright put on a show. Joseph and Sam chat and cheer. Pete and Heather get some food down me – I take a 16 minute break – keen to eat as much as possible – but still ahead of the scheduled 20 minutes break. Jon Cross, Ben and Kate Hampshire set off with me up Yewbarrow. Jon sets a steady pace and Ben finds the ideal route. I'm feeling slow but still hit schedule and only 1 minute behind on Red Pike – I'm feeling

confident and going well. It starts to rain hard coming off Pillar but only lasts for 20 minutes – half way up Kirkfell and its stopped raining – I'm strong up Gable gaining time. I'm struggling to eat – the support team keep giving me food which I half finish at best. Ben offers nuts – I take one but can't manage any more! (Much amusement – my support team are carrying lots of quarter / half eaten bars by now!) On Green Gable Mike Garvin is waiting – I keep going well to Honister.

By Honister I'm 35 minutes ahead of schedule – I just need to keep going. Su and the kids are at Honister and give me another cheer. Ten minutes rest and a bit of food and I'm away with Jon, Jo and Mike supporting. No problems and we're soon on Robinson and putting headlights on. I take it easy off Robinson – only an accident can stop me now. John Emeleus is at the farm with my trainers and I'm soon on the road with Jon, Mike and Pete. I'm slow on the road and it takes an age to reach Portinscale when I speed up. Su is waiting just over the bridge and we run in to the Moot Hall. 23 hours, 20 minutes and 52 seconds and I've done it. It feels great!

Thanks to my support team – Su, Joseph, Leah, Sam, Pete, Heather, Jo, Daniel, Dave, Ben, Philip, Jon, Marie-Clare, Nigel, Kate, Jeneba, Maya, Yolanda, Mike, John and Hilary – I couldn't have done it without you!

Who's next?



JUNIOR NEWS

A Busy Weekend for the Juniors

Ann Haley

Many of the juniors have been taking part in junior training throughout the year with the East of Scotland training sessions that take place locally. (I would like to send a quick thanks to all the coaches and helpers involved.) Throughout May, Lucy and Robin Galloway also put on additional training sessions based at the Buckstone Park. Come June, we were about to discover if all this training was to pay off.

The weekend of the 5/6/7th June was to be very busy, but the weather forecast was not good. Several hundred children travelled to Beecraigs Country Park to take part in the Scottish Schools Orienteering Festival on Friday 5th June. Members of Interlopers formed a good portion of the team of 21 from Buckstone Primary, 8 of the 11 representing Firrhill High, as well as George Watsons College and Boroughmuir. The day started off rather damp but by the time the first starter (Mark Haley!) approached the start line, the sun was beginning to shine. With lots of support from parents, and special helpers to assist the children just before they started, all the competitors gradually set off into the forest. It wasn't long before some returned, and the excitement of having good runs was clear to see. There was plenty of cheering at

the finish, and lots of consulting the results board. As the day went on there was both jubilation and disappointment as more children finished. Eventually, the prizes were awarded with the spectators sitting on a grassy bank bathed in sunshine.

Iain Cackette receives his prize at the Scottish School Champs



Huge congratulations should be given to the following teams:

P5/6 Boys	Buckstone	1 st
P5/6 Girls	Buckstone	4 th
P7 Boys	Buckstone	1 st
P7 Girls	Buckstone	1 st
S2 Boys	Firrhill	1 st
S2 Girls	Firrhill	2 nd
S5/6 Boys	Firrhill	1 st

and the following individual performances:

P5/6 Boys	Connor Winterburn	(almost an Interloper!)
		4 th
	Samual Galloway	8 th
	Anthony Addison	18 th

P5/6 Girls	Kirsty Sutherland	7 th
	Hannah Addison	14 th

P7 Boys	Matthew Galloway	2 nd
	Mark Bartos	10 th

P7 Girls	Fiona Sutherland	11 th
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S1 Boys	Michael Addison	1 st
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S2 Boys	Christopher Galloway	1 st
	Mark Haley	2 nd
	Euan Geddes	8 th
	Cameron Winterburn	11 th

S2 Girls	Lynsey Cackette	7 th
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S5/6 Boys	Iain Cackette	1 st
	Stephen Haley	2 nd
	Shaun Rogerson	6 th
	Stuart Watson	7 th

Scottish Schools Team Photo



The rest of the weekend was the Junior inter-area competition, a competition between the three areas of Scotland: the South East, the West and the North area. Juniors from all over Scotland descended on Vogrie Country Park on Saturday 6th June for the relay event. This is rather a nice event where members of different clubs join together to make teams for their area. For Kirsty Sutherland and Euan Geddes, this was their first relay event. The teams assembled, each competitor having a coloured numbered bib.

Each team had competitors who ran a yellow, orange and light green course. The top South East boys' teams came 3rd and 4th, and the girls' team came 2nd and 6th. Notable individual performances came from Matthew Galloway (1st yellow) and Christopher Galloway (1st orange).

As if two days of competition were not enough, there was still the individual part of the inter-area competition to take place in conjunction with the Scottish Orienteering League event near Hawick on Sunday 7th June.

To enable the children to get to this final event, several minibuses took them from the relay to Melrose Youth Hostel for the night. They then turned up bright and early for a final day of competition on fast open soft grassy (hilly) fields, with intricate contours and wonderful views.

Fiona Sutherland at the inter-area relays



Our top performers for the inter area competition were on yellow where James Ackland came 5th and on light green where Mark Haley came 3rd.

All the children performed really well all weekend and all deserve congratulations. I think they were probably all exhausted after all of that. The inter-area was unfortunately dominated by the North area, but great fun was had by all.

Euan Geddes competes at the inter-area relays



Jamie Stevenson Trophy
Jane Ackland

Hannah and Michael Addison, Thomas Bartos, Cameron Winterburn, Samuel, Matthew and Chris Galloway, James Ackland and the birthday boy, Iain Cackette formed the group of Interloper juniors parading with the banner at the Jamie Stevenson trophy on 20th

June. Clearly, the contents of Inverness' primary schools had been tipped into buses and subjected to several hours of tuition in pro-INVOC war-cries, because we did feel a bit out-numbered and out-shouted! MAROC and FVO had employed similar tactics.

The forest (Pitmeddon) sparkled in the sunshine, and the map shimmered with challenging courses. The top three slots were taken by the big clubs, but our team did fantastically, finishing in 6th position with ESOC a fraction ahead, and Clyde just behind. James and Chris came away with Buffs for 3rd places, and the whole team was impressive, particularly given that orienteering is pretty new to some of them.

The scoring system adds the scores of the top 6 counters per club, with no more than 2 per course. Competitors score 101 points minus their position on their course. So...next year we need busloads of juniors (including girls please) to look out for junior training sessions, and to learn some cheesy songs, and the trophy could be ours!

Jamie Stevenson Trophy Team



Junior Coaching Dates for your Diary

Junior Training: schedule of dates.

Any changes, as well as times will be circulated at a later date and put on the website.

3rd October – Cammo

7th November - Hopetoun House

12th December - Mary Erskine - Night Orienteering

9th January - Currie Community High School - Indoor Event

6th February - Heriot Watt - Indoor/outdoor event

13th March – Yellowcraigs

17th April - Kings Buildings - Sprint training

15th May - Vogrie - Relay training and BBQ



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) to discuss.

Courses:

- 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 (while funds last and Scottish residents only)

Please book by form or e-mail to Hilary.

Full course schedule:

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



INT FIXTURES COMING UP

Paul Caban tell us what is coming up...

Sat 12th September - CATI, Braidburn Park

Great place for kids and beginners.

Course up to orange, plus something for the more experienced (maybe a loop race or something – haven't decided yet). One or two helpers always welcome.

Sat 21st November - CATI, Mortonhall

Another great place for kids, and interesting enough for a light-ish green-ish course, too. Interesting trees in the arboretum, and a cafe at the garden centre is always popular too.

Sun 22nd November - Scottish Score Champs, Pitmedden, Fife

Planned by Keith Dawson, and organised by Pat Squire. We don't often put on a Score event, so this will make a nice change

Sunday 13th December - INT Club Champs, Craigmillar Castle CP

An Ackland spectacular, so expect good courses, and perhaps interesting quiz questions or

something equally off-beat. For those who have never run there, Craigmillar is a fabulous area. And the Adventure Playground is top-notch.



INTERNATIONAL FASHION PAGE

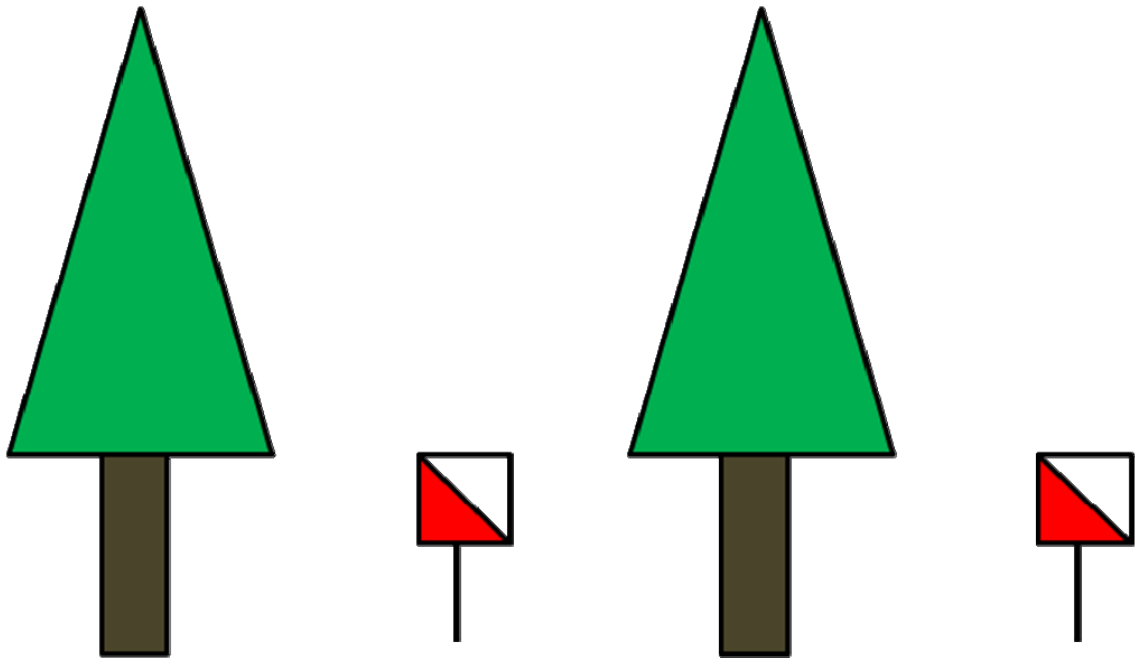
Are you fashionable in the forest?

*Do you look good on the run in?
Are you still wearing nylon?*

*Coming soon brand new Interlopers - Trimtex tops!
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