

# The Interloper



**No. 160**  
August 2012



Photo by Ken Daly

One of our up and coming stars, Pippa, receiving her prize for winning W10B at the Scottish Championships.

**Compass Sport Trophy Final**  
**Sunday 30<sup>th</sup> September**  
**Teviothead (Nr Hawick)**

**The club needs runners of ALL age groups. Please let Rob Lee know of your availability to run (rob.lee@ed.ac.uk).**



## Editor's Introduction

With the British Long Distance Championships, the Scottish Championships and then the World Championships it has been an interesting few months. Now with many people having taken advantage of various summer events, I would like to thank those who have put pen to paper to let us hear about them. Particular thanks to Alex Carcas (M14) who has produced two articles for us.

Ann Haley



## Chairman's Chat

July 2012  
*Ken Daly*

The Olympics have arrived, but no tickets, which could be a blessing when you consider the cost of travel, accommodation and tickets. I would have preferred to see a proportion of the tickets sold via all volunteer sports clubs, in recognition that local clubs are the base of the structure of sport and the athletes that progress to superstar status. However, I know that some of you managed to secure tickets and sincerely hope you enjoyed such a memorable occasion. At this point I would like to acknowledge previous Olympians: current club member Martin Hyman (10,000m in Rome, 1960) and past family member Kirsty Balfour (200m breaststroke and 4x100m medley relay team in Athens 2004 Olympic, 100m and 200m breaststroke in Beijing 2008).

One unfortunate parallel is the commercialisation of the Olympics and sport generally. We see it in mountain marathons, adventure racing and other sports. For orienteering it can be higher

charges for facilities and increased entry fees as a result. We can't control the capitalism as a whole, but I believe we can help to keep orienteering affordable if we continue as a volunteer sport. This means we all need to pull together and volunteer more, otherwise we will suffer "professional creep" and lose control. Has BOF gone too far down the professional route? How many orienteering decisions are now being made by BOF employees and Sports Council administrators?

I am not saying that professionalism is all bad, but I do believe we want to stay in control of our own sport and I believe that means staying a volunteer sport. And that means we all have to volunteer.

So what has your club committee been up to? Well the AGM was held last month, followed by a very enjoyable meal. In my chairman's report I highlighted 3 important observations.

**Team spirit and participation.** We have always had good team spirit and participation, but it has been increasingly evident over the last year or two. A good example was the Oban 6-Day where our juniors and adults were full of enthusiasm for the O and post O activities. I think it helps to get as many people as possible involved in the club activities, be it as event volunteers, committee member, relay runners, training or socialising. I also think it helps to make good use of the sail banner, club tent, new tops, newsletter and web site. I therefore ask that regular orienteers continue to do their best to include others and that we all get more proactive as contributors and managers of club matters. Remember "you get out what you put in" and "people want to join a fun and active club."

**Relay success.** Our men's open team retained the JK trophy and went on to win

the big 3 (JK, British and Scottish in 2012). Very few clubs have retained the JK trophy so this was a fabulous achievement. Our juniors, women 40+ and men 40+ teams also brought success in the big relays. Although not a relay, the club was second in the Compass Sport Trophy (the British small clubs knock out) last October and again in the heat this spring. Next we want the CST victory (Teviothead 30 September 2012) and a women open team.

**Programming of Interloper events.** We partly achieved our aim to host events closer to home, but we have hosted too few events this year. Furthermore, we have tended to be late arranging permissions, appointing lead volunteers and promoting the events. We are still in that predicament for our next few events and must improve. I therefore propose that the committee considers appointing an events coordinator to help programme, recruit for and drive our events forward. This will also relieve the chairman of some of the work load. Currently I require volunteers for the Livingston SOUL (06/10/12), Calder Wood SoSOL (07/10/12), Normans Law SOL (03/03/13), 6-Day-2? organiser (29/07/13), some CATI's and more. Please volunteer."

I also thanked Patricia Alston, who stood down from the post of Social Secretary. Over the last couple of years Patricia has made an excellent contribution not only organising socials, but bringing fresh ideas for the club web site, training and a new image for our stationary. Thank you Patricia! Max you have a hard act to follow!

Finally, I would like to mention John (Carlsberg) Barrow (possibly the finest and longest serving secretary in the world). John was a founder member of Interlopers and has made a massive contribution to the club over that time. In recognition of his contribution I ended the AGM by

presenting him with a new trophy "the Interlopers Rock". Thank you John!

In future years John will present the trophy at the AGM, to the person he believes has made the greatest contribution to the club over that year or a longer period. What more incentive do you need to volunteer more?

Ken Daly (Chairman)



## British Championships

5/6<sup>th</sup> May 2012

**Alex Carcas**



M14 team 1<sup>st</sup> Freddie, Alex and James

(Photo by Jane Ackland)

The British Orienteering Championships 2012 was held in the Lake District and had around 1,700 runners representing clubs all over Britain, and everybody's enjoyment of the festival was definitely helped by the warm and sunny weather, which managed to hold off the rain until after the relays!

The Scotjos training weekend from two weeks before really helped me get used to the bare and rocky terrain in the Lake District, so proved a very useful lead up to the British! After a scary car journey from Edinburgh (over the famous Hard-Knott pass) we eventually arrived just before midnight... after passing the hostel several times when our tom-tom failed to specify where on the road it was. Somehow my Mum managed to arrange a youth hostel right next to the event to stay in, just six weeks before. It was a short 10 minute cycle away!

At the start of the courses the terrain was very quick and good for running, but very hilly at times. It was also very open but with a lot of inconveniently placed rocks. Towards the end of the courses the terrain was dramatically changed to slow running and dense trees with many close controls tripping up several orienteers who had the misfortune to mis-punch. I found the final part of the course the hardest as all of a sudden I was thrown into a hard-to-run and technical area. After charging around the open landscape it took me far too long to slow down and 'acclimatise' to the different terrain. The bit of my run that went the worst is the fact that my Dad is still beating my on the run in! How does he do it...?

Everyone in Interlopers who entered ran well and here are a few of our stars from the first day!

|      |                 |  |
|------|-----------------|--|
| M21E | 2 <sup>nd</sup> | Murray Strain                          |
| M50L | 3 <sup>rd</sup> | Rob Lee                                |
| M14A | 2 <sup>nd</sup> | Alex Carcas                            |
| W10B | 1 <sup>st</sup> | Pippa Carcas                           |
| W12B | 2 <sup>nd</sup> | Mairi Eades                            |
| W40L | 3 <sup>rd</sup> | Heather Hartman                        |
| W45L | 3 <sup>rd</sup> | Lorna Eades                            |
| W65L | 1 <sup>st</sup> | Carol McNeill (our Honorary President) |



Pippa with her prize buff having won W10B.  
(Photo by Jane Ackland)

For day two, the relays, Interlopers had many strong teams entering with high hopes. Our top placed teams were:  
Men's Premier 1<sup>st</sup> Alan Cherry / Oleg Chepelin / Murray Strain  
W40 2<sup>nd</sup> Lorna Eades / Jane Ackland / Heather Hartman  
M14 1<sup>st</sup> Freddie Carcas / James Ackland / Alex Carcas

Like the day before, the terrain was quick and rocky, typical for the Lake District, luckily not quite as hilly as before but equally good weather. I enjoyed both days and from what I heard I'm not alone with that view.

I was partnered with two amazing runners, my brother Freddie and James. They did so well on their legs that our team was ahead by thirty seconds before I had even started my final leg. Unfortunately I didn't know this... somehow I thought we were behind by quite a bit to another team! That team turned out to be in a completely different race!

Alex Carcas

# Scottish Championships

Braemar

Jubilee weekend, June 2012

The sun finally came out and the campsite venue of the Braemar Highland Games venue proved to be superb.

## Results

|      |                 |                  |
|------|-----------------|------------------|
| M14  | 1 <sup>st</sup> | Alex Carcas      |
|      | 2 <sup>nd</sup> | Freddie Carcas   |
| M16  | 1 <sup>st</sup> | Matthew Galloway |
| M18E | 2 <sup>nd</sup> | Chris Galloway   |
| M18S | 1 <sup>st</sup> | Max Ledlie       |
| M21E | 1 <sup>st</sup> | Scott Fraser     |
| M21S | 3 <sup>rd</sup> | Steven McHarg    |
| M35S | 3 <sup>rd</sup> | Graeme Ross      |
| M40L | 1 <sup>st</sup> | Ben Hartman      |
| M50L | 2 <sup>nd</sup> | Graeme Ackland   |
| M50S | 2 <sup>nd</sup> | Keith Dawson     |
| W10B | 1 <sup>st</sup> | Pippa Carcas     |
| W40L | 2 <sup>nd</sup> | Heather Hartman  |
| W40S | 3 <sup>rd</sup> | Fiona Weir       |



Ben Hartman M40 1<sup>st</sup> (right, with Patrick Walder)

Photo by Ken Daly



Graeme Ackland M50, top 'Scot'.

Photo by Ken Daly

Photos of the club's successful weekend:



Alex and Freddie M14 1<sup>st</sup> and 2<sup>nd</sup>

Photo by Ken Daly



Matthew Galloway M16 1<sup>st</sup>

Photo by Ken Daly



Our Men's Open Relay team winners: Alan Cherry, Murray Strain and Oleg Chepelin. Photo by Ken Daly



M14 winning team Photo by Ken Daly



Mairi at the Scottish Relays Photo by G Haley

## Scottish Schools Championships

Lanark Race Course  
June 2012

Having had some superb days for this event in previous years, this was the year that it rained....and then it rained some more. The children set off in a drizzle, were soaked on the way round and looked particularly disheveled by the time they finished. Of course, with typical Scottish weather, if you hang on for long enough, the sun comes out, and so it did for the prize giving!

### Individual Results:

|          |                 |                  |
|----------|-----------------|------------------|
| P7 Girls | 2 <sup>nd</sup> | Mairi Eades      |
| S1 Boys  | 1 <sup>st</sup> | Freddie Carcas   |
| S2 Boys  | 3 <sup>rd</sup> | Samuel Galloway  |
| S3 Boys  | 1 <sup>st</sup> | Matthew Galloway |
| S3 Girls | 1 <sup>st</sup> | Fiona Sutherland |



Fiona, 1<sup>st</sup> S3 Girls Photo by S Sutherland

### Team Results:

|            |                 |                |
|------------|-----------------|----------------|
| S1 Boys    | 1 <sup>st</sup> | George Heriots |
| S1 Girls   | 3 <sup>rd</sup> | Boroughmuir    |
| S3 Boys    | 2 <sup>nd</sup> | George Heriots |
| S3 Girls   | 1 <sup>st</sup> | Boroughmuir    |
| S5/6 Boys  | 1 <sup>st</sup> | Firrhill       |
| S5/6 Girls | 3 <sup>rd</sup> | Firrhill       |



## Veteran Home Nations International - Ireland

16/17<sup>th</sup> 2012

*Jane Ackland*



The S1 Girls Boroughmuir team Photo by S Sutherland

The weekend of 15<sup>th</sup> – 17<sup>th</sup> July saw major Interloper activity, what with Interlopinis too numerous to name at the Jamie Stevenson trophy and some of us crumblier folks swanning off to Tollymore, Northern Ireland for the VHI's. Interlopers I think contributed the greatest percentage of the team, with Ben and Heather ( supported by James and Matthew and Steven McH), Lorna, Graeme and me all on the same flight as our baggage out of Glasgow. The accommodation at Newcastle YMCA was sparkly and recommendable; their breakfasts and packed lunches somewhat less so, with a menu dominated by colours rather than flavours: bread-white, jam-red, sandwich content-pink.



Firrhill S5 Boys team Photo by A Haley

When asked if I would be a reserve W45, I signed on the dotted line, remembering the sun, sea and sand and very fine orienteering at JK 2011. It transpired that Hazel Dean was unavailable, and so I got to play. She must have had prior warning of the 40 minute walk to the start in driving rain and the vertical and copiously bouldered slopes, all blurring indistinguishably on the map as well as on the ground under the relentless pounding of more rain. I would have had a perfect run - if it wasn't for the aforementioned problemettes, which had me pondering about whether or not I'd be better off in my water-unproof rather than concentrating on finding flags. Thankfully, most of the rest of the Scottish team had more competent runs than me, and we kept our traditional position of second (to England).

Our Irish hosts had put on a fine barbecue in the evening, and the next day's relay

race (at the JK camp ground) was a much more positive experience, with a map uncluttered by too much in the way of brown lines or black dots. The reasonable amongst us retired happily to Newcastle's impressive tea shop, whilst Graeme, who can't have been trying all weekend, nipped up 2789 ft of Slieve Donard. Many brownie points go to Colin, who manfully agreed to stay in Edinburgh and keep James, Mairi and Fiona entertained.



## Finland and Estonia

June 2012  
*Paul Caban*

For this year's summer O holiday, Ken and I went to Finland and Estonia. Estonia, a new country for us, was having its inaugural multiday O festival. Our aim in Finland was to take part in the Jukola, the O world's largest mass-participation - and overnight - relay, which was being held this year on the outskirts of Greater Helsinki. After it became clear that we couldn't form an Interlopers team, and having been offered runs in Toni's Finnish Club team, we eventually joined Peter Gardner in an EUOC/INT team organised by his brother Simon.

First up there was the accommodation and travel to organise. Those who know me well are used to me not booking stuff even slightly in advance. I've got lots of new people at work, who were becoming increasingly horrified that nothing much appeared to be happening, so they were impressed when I announce with three weeks to go that I'd booked flights and one night's accommodation. They were less impressed when I further explained that the flights took us to a different country from where we were staying for the bulk of the holiday, and that the hotel was for the last

night .... But in true "it'll be fine" fashion, it proved to be just that.

There's a direct flight from Edinburgh to Helsinki this year which is good, although less helpfully, it arrived at around 02:30. On the plus side, it allowed a full day at work, and as the last flight out of Edinburgh, no queue at security. That was certainly the case when Ken appeared just before check-in closed, and well after all the airport restaurants had also closed. One hungry flight later, it was already daylight in Helsinki, and marvelling at the linguistic capabilities of a taxi-driver whose own language appeared to use only the letters n, k, a and u, we went straight to our beds.

Friday was a hard day's sight-seeing, mainly on Suomolinnen, an island fortress in Helsinki harbour, and pleasingly involving multiple modes of public transport, before Ken's traditional and partly successful attempt to poison me with a dodgy evening meal resulted in an early night. Saturday morning, we decided to do breakfast, which I knew would be an all-you-can-eat buffet. I started early (natch), when it was reasonably peaceful and refined. Then at about forty-five minutes before closing, The Orienteers appeared .... and all forms of carbohydrate started to disappear at an alarming rate (even by my standards); more civilised tourists left us to it. After more sightseeing (and different modes of transport), we arrived at the event just after the women's relay, the Venla, had started. EUOC had what we reckoned would be a pretty competitive team in this too, so dumping our stuff in the EUOC tent area - in one of five campsites - we headed up to the main arena area to watch.

Before I attempt to describe the scene, a few facts and figures .... There were to be around 1600 seven-man teams in the Jukola, and around 1200 four-women



teams in the Venla. 16000 people is smaller than the O-Ringen, but crucially with a mass-start relay, the start/finish/run-out/change-over etc need to be both massive and well organised. There was of course all the usual high-tech gadgetry – big screens, live commentary, TV cameras (recording in total 880 minutes worth, which was distilled down to a two-hour web-cast) – traders'n'kitchens at a scale that Rick and Wilfs could only dream about, bridges, army tents, and thousands of people watching.



The first thing we wanted to watch was the change-over process. Unlike UK relays, where an outgoing competitor already has their sealed map, it works differently here. The incoming runner punches the finish control, then carries on running to “map issue” – a set of labelled and numbered poles with the maps attached to them – takes the team’s next map (on pain of disqualification otherwise if they mess up) – and then hands it to the outgoing runner. There’s no “pen” as such: the outgoing runner can’t go back to the public side, but can run out into the forest if they wanted. There were also computers linked to the various radio-controls, which meant that runners could have a good idea of when to expect their handover. All very slick. Very slick indeed.

After watching the EUOC women, and an FVO-masquerading-as-JOK team, we ate,

and then started to get ready. First legs were off at 23:00, and as Ken was running leg 2, a 12.6km leg, starting at around 00:30, he wasn’t going to sleep first. I had a more manageable leg 6: 10.6km, due to start with comforting amounts of daylight at 08:00 or so if things went well, or in the definitely not “mini” mass-start at 09:00 with a few hundred others if they didn’t. I was intending to sleep first, but only after I’d watched the first leg runners start.

Now, despite coming late to the sport, I’ve been to a fair few foreign O events. It’s no exaggeration to say that the start of the Jukola is the single most impressive O spectacle I have ever seen, or, I suspect, will ever see. It’s dark; there are 1600 runners with head-torches on, lined up in rows of twenty; and then a hooter must have gone because everyone starts sprinting, wave after wave of them.

To no great surprise Andrew was invisible, and once the back-marker – an M60ish in yellow lycra, who got a big cheer – had gone, I headed back to try and get some sleep in the cheap tent that Toni had procured for the occasion.

Andrew had an excellent run, handing over to Ken, who was out for around two-and-a-half hours, but that was still a fair run too. Ken handed over to Simon, who also had an excellent run, and brought us up around five-hundred places. Then it was on to Jo, who was a little tired after her Venla run (!), but reported she’d been steady when she came and woke me up. Peter will admit he’s been fitter, but I saw his run-in at the Scottish Relays, and once up to speed, he looked pretty fast to me. It also helps that he’s got good orienteering genes, and goes in the right direction. So it was a good bit ahead of schedule that I had my map and started on the >1km run to the start triangle.

I hadn't said much, but after my best season for ages, and being fitter than I had been for many years, I'd done something bad to my left (and better) knee the week before we left: there was pain on the outside of it with anything faster than a walk, and an ominous clicking noise going upstairs or uphill. This wasn't good. I quite deliberately took the run-out carefully, but it still started hurting almost immediately. Thankfully, once I hit terrain, navigational necessity – ie I got confused going to number 1 like almost everyone – meant I had to start walking. And then I started really, really concentrating, so kind-of had to ignore the pain. The map was fabulous: those with Scandinavian experience will say "of course", and for the first hour things went well. It was roughly then that I realised that the knee had stopped hurting, which worried me momentarily until the next crisis. Sadly my orienteering didn't stay the course too. There was one long leg that I must have chosen a poor route for, as I saw no-one for the bulk of it (and dropped around fifty places). I also made a parallel error at the end, and everything fitted right up until I sulked for a few seconds while standing at a crag thinking "I want it to be here". I also started to get tired, so made a bit of mess of a couple of very short easy legs. Just after coming back over the road (shut for the night), I heard the mass-start go out. In there would be Jack, who hadn't orienteered for very long, and never in Scandinavia, but who was the only person up for a 14.5km leg, was either going to have a stormer or struggle.

I was getting scrappy and tired, but the last few legs were relatively easy. Over the bridge, I even tried to race someone down the run in (think of two drunks rather than elite athletes), and then there was the finish. Download proved I hadn't messed up in any way, and the cheering throng (thank-you, Simon) said I'd done very well. OK, maybe he was being a little kind, but I

was feeling pretty pleased with myself. Back at Toni's tents, we ate some of his Club's food – OK, lots of it – and then decamped in what had suddenly become a downpour. Toni offered to take us to the ferry terminal for the Tallinn Ferry, which we gratefully accepted, and after no little vehicular ski-ing around a Simonside-like carpark, he delivered us with just enough time to purchase our ferry tickets for the lunchtime boat, and more sport which I'll save for the next newsletter.

Musing about it afterwards, I still can't think of any more impressive O event or spectacle I've ever been too. The logistics of having so many people all competing at the same time is stunningly scary, but it all worked magnificently and smoothly. We weren't the most competitive of teams – I've no idea when I last ran for more than 10km, and I suspect that it's even longer since Ken ran more than 12km, and especially at night - but thanks to having two top-class runners on the first and third legs, we did perfectly respectively. I guess that's the most important point: good people on at least some of the night legs will put a team of subsequent "slow but steady" runners into a fair position. It's certainly something I'd encourage everyone to try.

Jack did indeed have a stormer. We finished in around 630th position, which I for one am still ecstatic about. The expected detonation of the knee afterwards never materialised ever, although it still clicks disconcertingly every so often. The TV coverage has been distilled down to a mere two hours, which is available at online at

<http://arenan.yle.fi/tv/1588695>

The first few minutes show the start, and there's also a nice bit at around 64 minutes where the tracking shows one of the top Norwegians goes walkabout, knocking his team – who won last year – completely out of contention.

Thanks to Simon for putting it together for us, and Ken, as ever, for going along with my madcap plans.



## Interlopers AGM Report

28 June 2012

*Ken Daly*

### Summary of the Chairman's Report

The Interlopers AGM, marks the end of another successful year for the club. Instead of listing all of our achievements, the chairman emphasised three important observations (which he has summarised in his Chairman's Chat).

- (1) Team spirit and participation
- (2) Relay success.
- (3) Programming of Interloper events.

### New Members

Welcome to Peter Gardner, Steven & Andrew McHarg, Tim & Heather Kieniewicz, Calum Urquhart, and the Navarro family (Tenesa, Albert, Pau, Pere and Alba).

### Sponsorship

Compass Point continues to sponsor Interlopers and offer discount to club members. Please support Rick and Angela by purchasing your O kit from Compass Point.

### Club Livery

The new club logo / stationery are now available for use and the web site has been revamped.

### New Post Holders

|                    |               |
|--------------------|---------------|
| Honorary President | Carol McNeill |
| Chairman           | Ken Daly      |
| Secretary          | John Barrow   |
| Treasurer          | Pat Bartlett  |
| Social Secretary   | Max Carcas    |
| Newsletter Editor  | Ann Haley     |

Club Captain

Rob Lee

Junior Rep.

Chris Galloway

Committee Members:

Rachel Kirkland

Colin Eades (maps)

Equipment

Paul Caban

Web site

Graham McIntyre

**Standing Down:** Patricia Alston. Thank you for all the good work.

### Summary

Interlopers has had an incredible year with successes in many of the large championship events including the JK, British and Scottish in both relay and individual events. Members have been selected for World Schools, World Orienteering Championships and Euro Youth Championships.

We are improving our SI expertise, hosting junior training, supporting schools / groups and plan to put together a development project and grant aid bid to include the acquisition of SI training kit and further development of our SI expertise, thereby helping us deliver higher quality and better experiences for all.



## The Interlopers Rock

**Aka the John Barrow Trophy**

In 2012 Interlopers reached its 35<sup>th</sup> anniversary and the club committee decided to use the opportunity to show the club's appreciation to John Barrow for his years of excellent service.

John was a founder member of Interlopers and held various committee positions over the years, including the post of secretary for as long as most of us remember (still in post). John has also been planner, organiser and controller of various events

and the club representative on the East of Scotland Orienteering Association.



Ken Daly presenting 'The Interlopers Rock' to John Barrow.

Photo by Max Carcas

The original plan was to make a trophy with material from the first area Interlopers ever mapped and use a rock from that venue to symbolise reliability. Hence the name "The Interlopers Rock".

Despite numerous conversations with long serving and past members, identification of the first map could not be verified (not without asking John). The first alternative was to collect the materials from one of our oldest and most beautiful venues, Calder Wood, but a suitable rock could not be found. At this stage a framed map or photograph was becoming a distinct possibility.

The next option was to collect the materials from another beautiful Interlopers venue, Gullane, but this also proved to be a challenge. On a beautiful sunny day Ken Daly and Rob Lee set out across the dunes for a training run and search for a rock. The problem was that Rob was suffering from a severe hang over and the best rock found was a weighty beast found at the far end of the run. The run turned into a small epic and we ended up driving round closer to collect the rock.

A further visit was made to Gullane to find an appropriate piece of drift wood and the trophy lovingly constructed in the weeks that followed.

At the 36<sup>th</sup> Interlopers AGM (35<sup>th</sup> anniversary) the trophy was presented to John as the inaugural and most important recipient, along with a request that he chooses future recipients and makes the awards to them at the AGM's. The trophy is to be awarded annually in recognition of a person's service to Interlopers.

John was also presented with a couple of small mementos, namely a "Sir John Barrow" key ring and "Sir John Barrow" Kendal mint cake. The story of Sir John Barrow is a fascinating read ("Barrow's Boys"), but likely to be eclipsed by John Barrow's "History of Interlopers" (coming soon).



**World Master's  
Orienteering  
Championship 2012**  
30<sup>th</sup> June – 7<sup>th</sup> July 2012  
*Pat Squire*

2 A's, 2 B's and a C.

No not this year's Higher results but the Finals contested by INT members (full and club) at the recent World Master Orienteering Championships (WMOC). The event was based in Bad Harzburg which is on the northern edge of the Harz mountains, a national park in Germany. The event was spread over a week from 30<sup>th</sup> June until 7<sup>th</sup> July.

There were sprint and long races with one qualifier for the Sprint and two for the long. In addition there were model events for both distances. Keith Dawson, Anthony

and myself took part with Keith just doing the long events later in the week.

After a late arrival on the Friday evening there was just time for a meal before turning in. Next day was hot and sunny. A short drive took us to the Event Centre where Registration was very smooth and efficient. There was time to catch up with other Brits before heading off to the nearby model Sprint event around a small park and streets outside the main competition area in Bad Harzburg.

On Sunday the Sprint Qualifiers were held in the host town with some controls visible from our hotel balcony. My Start was located in a pedestrian subway under the towns by pass which was certainly a novel and somewhat disconcerting and disorientating experience. I finished 28<sup>th</sup> in my heat after an appalling start and so just scraped into the M65B final. Anthony won his heat in his first ever run at M35 and so qualified for the A final.

The Finals, next day, were held in the streets of Goslar, a medieval town about 10km away, with the Finish and Assembly area being located in the grounds of the 11<sup>th</sup> century Imperial Palace which apparently was the Summer residence of Holy Roman Emperors. Determined to put the mistakes of yesterday behind me I had a storming run and managed to finish in equal 8<sup>th</sup> place. Anthony finished in 7<sup>th</sup> place (2nd Brit) just 33 sec. off a medal position.

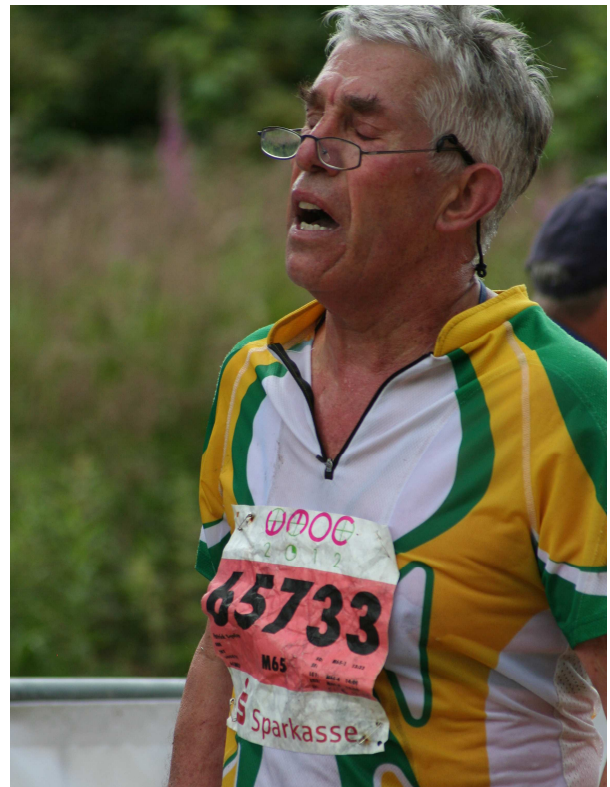
The long model event on Monday was remarkable for the presence at the top of the hill of several rock pillars 20 to 30m in height. Controls had been positioned at the bases thankfully!

The first long qualifier was held on a rocky plateau to the SE of Bad Harzburg [Drei Annen Hohne]. The organisers had arranged for competitors to travel to

Assembly by means of the historic Harz narrow gauge steam railway somewhat akin to this year's British Champs in the Lakes.

The terrain for the second qualifier at Clausthal Zellerfeld was little flatter so courses were longer and with less climb. There was also a lower density of rock formations so runnability was generally much better. The main downside was the long 'dead' run along the dam of a reservoir into the final control.

After the two qualifying runs Anthony was in the M35A final, Keith made M50B and I was in M65C.



Pat Squire

Photo by A Squire

The Finals on Saturday were based in woodlands close to a large quarry area. The description in the Programme said that “.. the terrain consists of a relatively flat mountain ridge.” I'm glad the 'relatively' was included as the area was still very undulating with a mixture of open forest

and dense rocky areas set in a series of valleys. All courses climbed at the end to reach their final few controls and the long (or so it seemed to me) run in to the Finish. I was happy with my run confining mistakes to the usual couple of medium 'blips' and a series of minor ones. Being of a generous disposition I allowed another fifty folks to get round ahead of me!

Keith described his run as 'perfect'. "... only 2nd ever perfect run and not even 15s errors and ran strongly and still only 32nd but beat Steve Kimberley!"

Anthony finished 6<sup>th</sup> (again 2<sup>nd</sup> Brit) but felt he could have gained a podium place but for a couple of poor controls.

The event ended on the Saturday evening with the prize giving and closing ceremony followed by live band concert with music of a suitable vintage and a superb fireworks display.

At the end of the Championships competitors from the UK took home 6 gold medals (including 2 from Claire Ward of ESOC) and 5 silvers putting GBR in 3<sup>rd</sup> position in the medal table behind Sweden and Finland.

I loved the Norwegian training put on for us, just right to get us used to the terrain but not too much to tire us out for the competition. The accommodation was great, despite its size, and was perfectly placed next to the beach and football pitches and sleeping on beds for the two weeks helped everyone's mood. My highlight wasn't the beds or the football pitches, it was the enormous size of the ice creams (despite their price...) and I enjoyed swimming in the Norwegian lakes as they were a lot warmer than Scotland.

The SorlandsGaloppen was really enjoyable as it was the first time most of us had had a chance to race against some of the top orienteers in Norway. It was a really well planned event and I loved the area it was based in! The competition included a spint race followed by middle and long distance days. The last day had a chasing start which was very exciting. One of the best things about the event was wearing a GPS tracker on the sprint day and being able to see exactly where I ran...it was also very exciting watching other people racing on the big screen but not so good when you saw your friend lose the lead on their course.

The training and training games such as the clock relay was really well planned and have helped me to improve my navigational skills and my use of contours while map reading. I especially enjoyed the peg relay because the mass start was crazy with nobody really knowing where they should be going. (Although I wasn't very popular with my partner when I put a control about 100m south of where it should have been!) Playing orienteering 'sardines' was also brilliant as it took everyone ages to find Calum as we had passed him right at the start and completely missed him! The tour champs was a good way to end the holiday/training as we were putting everything we had

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## **ScotJos Tour to Norway**

July 2012  
**Alex Carcas**

Chris, Matthew, Samuel and Alex were very lucky to be able to go to Norway with Scotjos (the Scottish Junior Squad) for 2 weeks this summer. They flew from Aberdeen to Stavanger and then drove for 4 hours to Kristiansand which lies at the very southern tip of Norway and took part in a 4 day competition called the SorlandsGaloppen. Here are a few of Alex's thoughts about the trip:

learnt together and racing against our friends in a very competitive but friendly atmosphere.

Finally I would really like to thank Bill Stevenson and Maureen Brown for organising the trip and the other coaches for all their help.



## Report from our Olympian

*Martin Hyman*

I started running at primary school in about 1941, when I was a refugee from the Channel Islands. I was very frail but determined to run. So I kept retaking my cub scout athlete badge after each failure, till I became too old for the cubs.

At secondary school no team game would have me, so I just ran. Likewise at a small provincial university, but the cross-country club only had the bare 8 for a team. They welcomed me and were kind to me. I improved steadily. Unfortunately when I applied to do a post graduate teacher training course at Loughborough, they turned me down. "Because you will never make an athlete." But they were wrong, because after less than 20 years of steady progress I broke the British 6 mile record with 27.54 and later ran 28.36 for 10k.

I was 4<sup>th</sup> in two Commonwealth and one European Games. I was only 8<sup>th</sup> in the Olympics in 1960 but was made Team Captain next year. I was not selected for the next Olympics, because although I was third fastest in the world that year, I was also chairman of the IAC (athletes' trade union that fought the authorities). I was third in the World Cross-Country and won the Sao Paulo San Silvestre race.

About this time John Disley introduced orienteering to the South of England. He

put on monthly events, using photocopies of doctored OS maps. Because I love scenic off-road running and map reading, I persuaded members of my highly talented running club to form the Occasional Orienteers. We competed on Sundays and also organised events alternately with John Disley. I introduced orienteering to the first two schools where I taught and a number of the youngsters reached international standard. The "Combined Harvesters" club was formed from their joint alumni. The Harvester Trophy arose from this.

I was also founder, secretary, treasurer and organiser of the British Orienteering Squad. I was chief coach as well, till the members sussed that I was pretty clueless. We were a democratic self-help group, raising and allocating our own funds and determining our own training and competition programme. However after about 25 years, massive lottery funding became available to BOF for the Squad and we amateurs were fired. Professionals were hired to tell Squad Members what to do.

When I came to Scotland in 1979 three members of the Squad – Carol McNeill, Andy Curtis and Graham McIntyre - lived in Edinburgh. I had been trying for years, with very limited success, to persuade members of the importance of interval training. Anyway, one autumn I drove the three to our annual planning meeting in Lilleshall. By sheer chance all the celebrity guest speakers – athletes and coaches, lectured about the importance of interval training. On the way home there was muttering in the back of the car and a voice said "OK, we give in. What do we have to do?" I replied "Say where and when & I'll be there." More muttering "Meadows at 7.55 on Tuesday." So it has been every week for more than thirty years.



While doing my own little bit of research into Martin's successes, I came across this interesting snippet that I have decided to share with you....(Ed)

## Southampton University

### Man-powered flight 1961

- Graduates from the University's Department of Aeronautics were the chief contenders in a competition organised by the Royal Aeronautical Society, to construct a man-powered aircraft.
- The aircraft they developed had an 80-foot wingspan and was 25 feet long. It was to be pedalled by Olympic runner Martin Hyman, who was insured for £40,000!



## World Orienteering Championships

July 2012  
Switzerland

Scott Fraser and Murray Strain were selected to represent Great Britain in the World Orienteering Championships.

Both Scott and Murray took part in the Sprint race. We already knew from Murray's previous report that the competition would be tough...and so it proved to be on the day. Scott finished 4<sup>th</sup>, only 12 seconds out of the medals. Murray (11<sup>th</sup>) commented that the course was really tricky and that he knew that his poor routes at the start cost him.

Scott Fraser 20<sup>th</sup> Long Distance

Scott was hoping for a better result. He found he was "*struggling physically*" and was "*not sure if it was because of the heat.*"

Scott managed to recover from the long distance event in time for the relay. As expected, the opposition was tough but Scott managed to pull the team up from 21<sup>st</sup> to 16<sup>th</sup> place.

More details on the event along with photos can be seen at:  
<http://www.britishorienteering.org.uk/>



## Junior Training and Coaching

Junior coaching will resume in the autumn. Look out for email updates and information on the website.

Junior coaching is available to all ages and abilities. We prefer that younger children are accompanied.

### Incentive Schemes

Juniors can claim badges for completing 5 or 10 events (with or without help). If you haven't already got a record card, please pick one up at a Come and Try It Event.



## SOA News

### National Orienteering Centre Courses:

The SOA website has information on courses which are available:

- Teaching Orienteering Part 1 and Part 2
- Training to become coaches
- Techniques and personal Performance (for beginners and improvers)
- Course for Event Officials



Feel free to contact Hilary Quick for any information on courses ([hilary@scottish-orienteering.org](mailto:hilary@scottish-orienteering.org))

**Courses. – bookings are now open for:**

- OCAD for club orienteers interested in basic mapping and updates – 3 November – book by e-mail to Hilary (places limited to those with best justification)
- UKCC L1 8-10 March 2013
- UKCC L1 10-12 July 2013
- UKCC L2 13-14 April 2013 plus follow-on weekend day within 4 weeks

Venue is Glenmore Lodge unless stated otherwise. Complete course schedule:

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

**Coach Activity Days – last two!**

Two Coach Activity Days remain in the schedule for this year:

15<sup>th</sup> Sept in Dumfries or Ayrshire,  
29<sup>th</sup> Sept around Edinburgh/West Lothian.  
These events are getting rave reviews but we have something different planned for next year, so don't miss out. Anyone with an interest in coaching orienteering is welcome. Booking form and details are at

<http://www.scottish-orienteering.org/natcen/page/coach-activity-days>

**SOA EGM**

There will be an Extraordinary General Meeting to approve changes to membership structure and fees on 23<sup>rd</sup> September at a location near SOL 5.

**WOC 2015 Development – open meeting – reminder**

An open meeting will be held at King's Buildings, Edinburgh University, on the afternoon of Saturday 1<sup>st</sup> September, to discuss development and legacy around WOC2015.

**50 Years – 50 Events**

Commemorative mugs will be distributed in September to the people who completed the 50 events within the SOA's 50<sup>th</sup> year. The prize draw for free entry to Moray 2013 was won by Robin Strain of ELO.

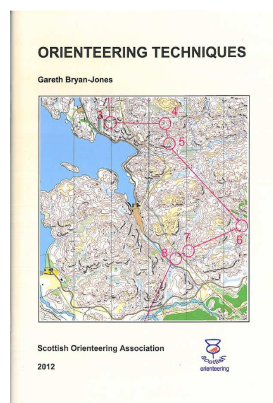
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**Publications**

There two publications that may be of interest:



**“Crowood Sports Guides – Orienteering”** by Carol McNeill covers basic skills, advanced techniques, practical information on training and up to date input from Graham Gristwood and Pippa Archer.

Over 200 maps & photographs in full colour  
ISBN 978 – 1 – 84797 – 206 – 4  
£9.99 from Crowood Press via their website, Harvey's and 'O' shops



**"Orienteering Techniques"** by Gareth Bryan-Jones  
This A5 booklet, a bargain at £5 to Scottish club members, has recently been updated for SOA by Gareth and reprinted with full colour maps.

It is probably the best techniques booklet available for both juniors and seniors who have mastered the basics and are keen to improve their orienteering techniques. The updates are not extensive, so if you have the 2006 edition it is probably not a worthwhile investment, but if you don't

have a copy, this booklet is a "must" and could deliver significant improvements for you. Here are endorsements from well-known Edinburgh orienteers:

"For those who have experience under their belt it gives a useful reminder of some of the things you need to be doing/thinking about during a race, while the later sections would be useful for anyone who has not had any formal coaching and is looking for ways to improve their technique." Lorna Eades (INT).

"An excellent book and worth space on any orienteer's bookshelf - but don't leave it on the bookshelf, keep it handy and refer to it often." Ian Pyrah (ESOC).

The booklet is available from Roger Scrutton (ESOC), contactable at [roger.scrutton@ed.ac.uk](mailto:roger.scrutton@ed.ac.uk) or at events.



## Fixtures

For up to date event information and further details please visit [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk).

| 2012      |                           |  |
|-----------|---------------------------|--|
| August    |                           |  |
| 18th      | AROS<br>SOA<br>Level<br>D | <b>Purple Thistle 2012 - Day 1</b> ,<br>Arisaig, Arisaig, <a href="http://www.purple-thistle.co.uk">NM662878</a><br>Entry times: 12:00-15:00.<br>Organiser: Andrew Brown ,<br><a href="mailto:brooner@purple-thistle.co.uk">brooner@purple-thistle.co.uk</a><br><a href="http://www.purple-thistle.co.uk">www.purple-thistle.co.uk</a> |
| 19th      | AROS<br>SOA<br>Level<br>D | <b>Purple Thistle 2012 - Day 2</b> ,<br>Arisaig, Arisaig, <a href="http://www.purple-thistle.co.uk">NM662878</a><br>Entry times: 10:30-12:30.<br>Organiser: Andrew Brown ,<br><a href="mailto:brooner@purple-thistle.co.uk">brooner@purple-thistle.co.uk</a><br><a href="http://www.purple-thistle.co.uk">www.purple-thistle.co.uk</a> |
| September |                           |  |

|      |                           |  |   |
|------|---------------------------|--|---|
| 2nd  | ESOC<br>SOA<br>Level<br>D | <b>ESOC Ultrasprint</b> , Bush Estate,<br>Penicuik, <a href="http://www.esoc.org.uk">NT245635</a><br>Dogs: Dogs are allowed on the<br>Bush Estate, which is popular<br>with dog walkers, but no dogs to<br>be taken on the courses. .<br>Organiser: Janet Clark ,<br><a href="mailto:janetclr@aol.com">janetclr@aol.com</a> , 0131 225<br>7771<br><a href="http://www.esoc.org.uk/home/event-&lt;br/&gt;details/esoc-ultrasprint-bush-&lt;br/&gt;estate">www.esoc.org.uk/home/event-<br/>details/esoc-ultrasprint-bush-<br/>estate</a> |   |
|      | 3rd                       | KFO<br>SOA<br>Level<br>D   | <b>KFO Local event Pittencrieff<br/>Park</b> , Dunfermline  |
|      | 8th                       | ESOC<br>SOA<br>Level<br>D  | <b>ESOA Local Events in<br/>Edinburgh and the Lothians</b> ,<br>Figgate Park, Edinburgh,<br><a href="http://www.esoc.org.uk">NT299736</a><br>Entry times: 14.00 -15.00. Dogs:<br>Figgate Park is a popular dog-<br>walking area so dogs are<br>allowed. .<br><a href="http://www.esoc.org.uk/home/event-&lt;br/&gt;details/figgate-park-local-event">www.esoc.org.uk/home/event-<br/>details/figgate-park-local-event</a> |
| 16th | ESOC<br>SOA<br>Level<br>C | <b>ESOC SoSOL 1</b> , West Lomond<br>Hill, Falkland<br>Organiser: Anne Stevenson<br><a href="http://www.esoc.org.uk/home/event-&lt;br/&gt;details/esoc-sosol1-west-&lt;br/&gt;lomond-hill">www.esoc.org.uk/home/event-<br/>details/esoc-sosol1-west-<br/>lomond-hill</a>   |   |
| 23rd | STAG<br>SOA<br>Level<br>B | <b>STAG's 30th Anniverary<br/>Event, Scottish O League 5 &amp;<br/>incorporating SHI Individual</b> ,<br>Errochty, Blair Atholl, <a href="http://www.stag-orienteering.co.uk">NN764633</a><br>Organiser: Terry O'Brien ,<br><a href="mailto:terry@tobrien1.wanadoo.co.uk">terry@tobrien1.wanadoo.co.uk</a><br><a href="http://www.stag-orienteering.co.uk">www.stag-orienteering.co.uk</a>   |   |

|                |         |  |
|----------------|---------|--|
|                |         | <b>CompassSport Cup Final</b> ,<br>Teviothead, Scottish Borders,<br><a href="#">NT405050</a>                         |
|                | RR      |  |
| 30th           | SOA     | No dogs allowed.   |
|                | Level A | Organiser: John Tullie ,<br>john@bowanhill.demon.co.uk<br><a href="#">www.roxburghreivers.org.uk/</a>                |
| <b>October</b> |         |  |
|                | INT     | <b>INT Urban Race incorporating SOUL 5</b> , Livingston  |
| 6th            | SOA     |  |
|                | Level C | Organiser: Kenneth Daly<br><a href="#">www.interlopers.org.uk</a>  |
|                | INT     | <b>INT SoSOL 2</b> , Calder Wood,<br>Midcalder, Livingston,<br><a href="#">NT067656</a>                              |
| 7th            | SOA     |  |
|                | Level C | Organiser: John Barrow<br><a href="#">www.interlopers.org.uk</a>   |
|                | KFO     | <b>KFO Local Event Craigtoun Park</b> , Craigtoun Park, St<br>Andrews, <a href="#">NO482143</a>                      |
| 13th           | SOA     |  |
|                | Level D | Organiser: Ian Doig  |
|                |         | <b>ESOA Local Events in Edinburgh and the Lothians</b> ,<br>Lauriston Castle, Edinburgh,<br><a href="#">NT203758</a> |
|                | ESOC    | Entry times: 14.00 -15.00. No<br>dogs allowed.   |
| 13th           | SOA     | Organiser: Janet Clark ,<br>janetclr@aol.com , 0131 225<br>7771  |
|                | Level D | <a href="#">www.esoc.org.uk/home/event-<br/>details/lauriston-castle-local-<br/>event</a>                            |
|                | FVO     | <b>FVO Urban Race - Dunblane -<br/>incorporating Nopesport<br/>Urban League and SOUL 6</b> ,<br>Dunblane             |
| 20th           | SOA     |  |
|                | Level C | <a href="#">www.fvo.org.uk</a>   |
|                | CLYDE   | <b>CLYDE Scottish O League 6</b> ,<br>Doune Hill and Fairy Knowe,<br>Aberfoyle                                       |
| 21st           | SOA     |  |
|                | Level C | <a href="#">www.clydesideorienteers.org.uk</a>   |

|                 |            |  |
|-----------------|------------|--|
|                 |            | <a href="#">/home/</a>   |
|                 | TINTO      | <b>Tinto Twin - Night Event</b> ,<br>Somewhere ....., Lanarkshire  |
| 27th            | SOA        | Organiser: Marcella McLennan   |
|                 | Level C    | <a href="#">www.tintoorienteers.org/</a>   |
|                 | TINTO      | <b>Tinto Twin - Day Event,<br/>incorporating Scottish O<br/>League 7</b> , Somewhere .....,<br>Lanarkshire                   |
| 28th            | SOA        | Organiser: Marcella McLennan   |
|                 | Level C    | <a href="#">www.tintoorienteers.org/</a>   |
| <b>November</b> |            |  |
|                 | TAY        | <b>TAY ESOA Championships</b> ,<br>Perth   |
| 4th             | SOA        |  |
|                 | Level C    |  |
|                 | KFO        | <b>KFO Local Event Dunnikier<br/>Park</b> , Kirkcaldy  |
| 10th            | SOA        |  |
|                 | Level D    |  |
|                 |            | <b>ESOA Local Events in<br/>Edinburgh and the Lothians</b> ,<br>Davidsons Mains Park,<br>Edinburgh, <a href="#">NT203753</a> |
|                 |            | Entry times: 14.00 -15.00.<br>Dogs: Davidsons Mains Park is<br>a popular dog-walking area so<br>dogs are allowed. .          |
| 17th            | ESOC       | Organiser: Janet Clark ,<br>janetclr@aol.com , 0131 225<br>7771  |
|                 | SOA        | <a href="#">www.esoc.org.uk/home/event-<br/>details/davidsons-mains-park-<br/>local-event</a>                                |
|                 | Level D    |  |
|                 | SOLWA<br>Y | <b>SOLWAY Scottish Score<br/>Championships</b> , Thornhill   |
| 18th            | SOA        |  |
|                 | Level C    |  |

## Compass Point Sponsorship



Compass Point event shop, Denmark JWOC 2010

[www.compasspoint-online.co.uk](http://www.compasspoint-online.co.uk)

Compass Point has offered a 10% discount for Interlopers when they shop at Compass Point. The discount does not apply to goods already discounted under a promotional deal, special offer, sale, etc. You must ask for the discount or use the comments box on-line.  
(Some items are low margin and Compass Point can't offer any further discount.)



Run and Become offer a 10% discount to all club members.  
20 Queensferry Street, Edinburgh, EH2 4QW

