

The Interloper

www.interlopers.org.uk

No. 164

September 2013

**Interloper success with two in the top ten at the
World Orienteering Championships 2013, Vuokatti, Finland**

Scott Fraser takes Silver and Murray Strain 9th in the Sprint Race



Interlopers Hector Haines (back row, third from left), Scott (front) and Murray (back row, third from right) as part of GB team at WOC 2013

Photo D. Rollins



Interlopers Terrain Training & Post-Run Socials

Start 18:30 prompt at designated meeting point. The training programme has been created to encourage people to get out and train. Please refer to the website for suggested routes. Anyone that participates in any way does so at their own risk and are responsible for their own safety. No permissions have been arranged.

Date	Training run	Grid ref	Bite / drink
Pub social after first run of each month (circa 20:00 hours)			
05/09/2013	Holyrood & Duddingston: From Holyrood House car park -12	NT270738	Worlds End
12/09/2013	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	Spylaw Tavern
19/09/2013	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
26/09/2013	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
03/10/2013	Castlelaw & Harbour Hill: From Castelaw Ranges car park -5	NT230637	The Steading
13/10/2013	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	
17/10/2013	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	
24/10/2013	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
31/10/2013	Castlelaw & Harbour Hill: From Castelaw Ranges car park -5	NT230637	
07/11/2013	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	Park Bar 101b Colinton Rd

Editor's Introduction

Mary Ross

I hope you enjoy reading this issue, my first as Editor of *The Interloper*. I now fully appreciate just how much work Ann has put into the newsletter over the last 3 years, so would like to add my thanks to Ann for doing such an excellent job and hope I can do it at least half as well as she did.

I do hope I've remembered to include all the bits and pieces everyone has sent me. I'll have to develop a more organised

method of working for the next issue! There should be lots to interest you, from Murray Strain's World Sprint Race, to Heather Hartman and Steven McHarg's epic Quadrathlon, to Thomas Ross's White course experience; thank you to all contributors. Do keep them coming for future newsletters.

I haven't aimed to change the format; any changes that have happened are purely by mistake and will be a result of my ineptitude with IT; a fair amount of cursing has gone on (my thanks to Graeme for his help when it got really bad) but I'm trying to see it as a worthwhile learning curve.

Mary



Chairman's Chat

August 2013

Ken Daly

I hope you all enjoyed the Scottish 6-Day Orienteering Event as much as me. I love running through beautiful forests and they really were beautiful. I was particularly taken by the birch woods of Coulmony and the pine needle forest floor of Roseisle. They were extra special and delightful to run through.

What was your favourite day or aspect of the week? Why not write an article for the next newsletter? As I have said before, the newsletter and web site do not write themselves. They require news and articles from you, so please make the effort (once a year would be fine).

As always, the 6-Day also included top quality planning and thorough organisation, which always help promote the event and deliver a good time for all. This year the event attracted about 3,700 competitors per day and they all appeared to have and leave with happy smiley faces (and tired legs).

Our contribution was day 2, at Carse of Ardersier. I thought our day was one of the best, but I am bias. However, there have been lots of emails expressing gratitude for all 6 days, so it must have been good. But it only happens because you all volunteer, so I would like to say a big thank you to everyone that helped deliver our day.

I would also like to single out Robin Galloway, who volunteered to be our day organiser. He put in a huge amount of time and effort over approximately 18 months and the result was top notch. Well done and thank you Robin!

Our next big events will be our INTrepid weekend in Livingston, provisionally 8 & 9 March 2014 and the Scottish Individual Championships at Linn of Tummel on 24 May 2014. Please keep these dates free so you can help and run.

I will soon be seeking volunteers for these big events and our smaller local events (probably 8 over the next 12 months). If you are willing to plan or organise one of these big events please let me know, otherwise please accept a role for one of the smaller local events so that the stalwarts can concentrate on the bigger events and not be overburdened. All too often they are left to do everything, which is not acceptable.

We also have a number of socials coming up, subject to finding suitable dates, venues and volunteers, so watch out for some or all of the following: the club training weekend, club championships, Halloween party and Christmas party. Please also volunteer to help.

If you were at the 6-Day you will know that we also had a fantastic club BBQ, courtesy of the Carcas family and other Interlopers. Thank you to all involved.

Whilst most Interlopers were enjoying the Scottish 6-Day Event, Scott Fraser and Murray Strain (both Interlopers) were representing Great Britain in the World Orienteering Championships (WOC) in Finland and then the World Games in Columbia. Both achieved top ten finishes in these events, which is brilliant. However, Scott went one better by taking the silver medal in the WOC sprint event. Well done to them and all the other Interlopers that ran in international competitions this summer.

Finally, I would like to welcome Mary Ross as our new editor. I hope you will support her, by providing news and articles.



World Orienteering Championships

8th July 2013

Murray's Sprint Race

Last year, Murray Strain was 11th in the Sprint Race at the World Orienteering Championships (WOC), 1.1 seconds away from a top 10 result. He came back this year determined to improve on this position. This is what he says.

'WOC 2013 Sprint result: 9th. Job done.

How did that happen then? You might argue that not much changed. If I'd been 1.9 seconds slower – one hesitation to check a route, or one missed micro route choice – I'd have been in the same frustrating 11th place, asking the same questions as last year.



Murray Strain, WOC 2013

Photo AttackPoint

But those 1.9 seconds feel more significant than that. They feel that way because they were the result of me executing a season-long plan to improve on last year's result. In March I sat down with a few people I value the opinions of to plan out my training up to WOC. My conclusions from these conversations were that while yes, I

can get faster, there are probably bigger gains to be made from improvements in sprint technique. It would take a huge effort to improve my 14:36 5km pb by 30 seconds or so, but I can easily see where that time could be saved in cutting out small mistakes. The problem I've had in the past is that I've put a lot of focus on demanding physical training which means that when I turn up for technique training I'm unable to run at race pace. Then when I turn up to WOC with nicely tapered fresh legs I'm running faster than I'm used to and technically it all gets a little scrappy. So for the 14 weeks from the JK to WOC I slashed my mileage and prioritised sprint technique. Rather than getting faster I just looked to preserve the speed I had. Morning runs dropped from 15km+ to 5km. The only long runs I did were classic races. I ran a sprint course at least once a week and almost always felt fresh for it. It didn't always feel like the right thing to do, particularly in the last few weeks before WOC when I started to doubt my shape but on the day it turned out right. An improved position compared with last year, much closer to the winner than previously and in the second half of the course I was running as fast as anyone – so the speed was still there!

He told *The Interloper* 'It was great to be part of one of the British teams most successful days and despite only being 2nd best male Brit, Interløper and Caledonian Place resident I was really happy with my 9th place.'



Junior World Orienteering Championships

July 2013

Chris Galloway

This summer I was selected for the Junior World Orienteering Championships (JWOC) held in Hradec Kravole, Czech

Republic. Having had a poor winter due to illness and injury, I was relieved just to be selected and was very much going for experience rather than to get really good results. My journey began at 4 o'clock on a Friday morning getting a taxi to Edinburgh airport to catch a flight to Manchester. After a 3-hour wait in Manchester, I was joined by the rest of the team and we flew to Prague. Finally, after 9 hours of travelling, we arrived at the accommodation which was the event centre of JWOC, Hotel Cernigov. Most of the other nations were also staying here so there was a great atmosphere about the place, especially during meals which offered the chance to suss out the competition.

The next day we went to the middle and long model areas for a bit of a run around to get used to the terrain, style of the maps etc. After that we went back and chilled in the hotel, doing a bit of map geeking and watching the Tour de France. The next day was the day before the long race so we spent the day in the hotel taking it easy, keeping hydrated and getting mentally prepared before getting an early night.

There was a very early start the next day as I was in the early start block for the long. After a quick breakfast, I got on one of the JWOC buses to quarantine. Every athlete is required to be in quarantine a couple of hours before their start. Here there was a big tent to chill in and also a warm-up map to wander round. The long terrain was a really nice forest, with big undulating hills so the result was determined by route choice. I had a reasonable run, making some pretty stupid mistakes to finish 77th out of 170. Some of the other GB guys had great runs, especially Peter Bray who finished in 17th. We went back to the hotel for an ice bath and a huge meal to replenish the fuel reserves. After a quick map-geeking sesh, we went to bed, all exhausted.

On the Tuesday was the middle qualification, which was on a very rocky slope so was incredibly technical. I had an awful run, getting lost on numerous occasions to miss out on qualifying for the A final by miles. During my run I aggravated the tendons in my knee so I decided not to run in the middle final, instead cheering on the fellow Brits. Thursday was a rest day so we went to check out the sprint and relay model areas. The afternoon was spent watching movies and checking out maps in preparation for the next two races.



Chris at JWOC

Photo Petr Hap

The next day was the sprint, which I was really looking forward to. It was a mix of parkland and some urban as well. I started off incredibly fast and was in the top 15 after the first 8 controls. The next part of the course was in the urban up to the spectator control which I messed up by going to the women's spectator control by mistake. After spectator I was struggling physically, but managed to hold it together

up to the second last control which I completely messed up, dropping to the wrong side of a wall. I was in about 25th position before this, but dropped 45 seconds to finish in 55th, so a bit disappointing. Jonathon Crickmore had a great run to finish in 7th position, the best position for GB of the week.

The final event of JWOC is the relay. I was in the second team for GB, on the second leg. Aidan Smith had a good run on the first leg to come in 16th position. I set off fast and caught up with the French and Finnish runners and we ran in a pack, constantly gaining positions. I came through spectator in the 5,6,7,8 pack, but immediately after had a different gaffe to the other runners and made an enormous mistake losing 2 mins. Eventually I came in 12th, still ahead of the first team. Adam Potter lost some places to eventually finish in 16th, so not a bad performance considering that team has two more opportunities to do better. That night was the Banquet which was great fun socialising with the other nations (some had a better time than others). I had to get a bus at three the next morning with the French to fly to San Francisco so had to tone down the partying.

Overall it was a great experience and it has really motivated me to train hard for next year.



The Artemis Great Kindrochit Quadrathlon

13 July 2013

Heather Hartman and Steven McHarg

One of the toughest one day challenges in the UK, The Artemis Great Kindrochit Quadrathlon is an exhilarating test of stamina, strength and fitness through one

of the most spectacular areas of the Scottish Highlands.

The course:

- Swim – 1.35k (0.8 miles) to North side of Loch Tay
- Run/Walk – seven Munros encompassing the Lawers and Ptarmigan Ridges to Morenish (approx 24k or 15 miles)
- Kayak – 11k (7 miles) back to Ardtalnaig
- Cycle – around Loch Tay 54k (34 miles)
- Slice a melon - in two with a sword to stop the clock

Here's an excerpt from **Steven's 'Report of the Big Day'** on their blog at www.brainsandbananas.co.uk

'Swim Stage

We heard the first mass start of swimmers go off at 6am, counted down by the event director with a loudspeaker. By that point I was starting to feel extremely nervous. At the start of the year I could barely swim a length in a 25 metre pool, and here I was a mere hour away from swimming across Loch Tay with only three hours of sleep and as many Weetabix in me. Heather was probably a little more nervous than she seemed (almost certainly putting a calm face on for my benefit). It's worth remembering that she hadn't done any competitive open-water swimming prior to the weekend either.

At 6:30am we were called to the main tent for a warm-up. It was like a call to arms with the theme track from Last of the Mohicans playing during the exercises. By the end I was still very nervous, but at least adrenaline was pumping to the max too. Apparently I was pacing up and down like a 'caged animal' ready to kill. And then, led by a piper, we walked along to Macisaac Beach for the start of the swim. I felt like I was walking the green mile.

When I got into the water it was surprisingly warm (cold, but not *that* cold) and the sun had just poked its face over the top of the mountains on the south side of the loch. It was the first time that morning I actually started to relax a little. Before long we were off swimming across the loch to some incredibly small (distant) white thing on the opposite coast; a thing that actually turned out to be a pretty big tent. This served as a reminder not to begin too quickly or else, as Yoda might say, 'drown you will'. At the start it wasn't very pleasant because there were many other swimmers in close proximity, but I soon got rid of them! Rather, they soon got rid of me. About 10 minutes in I looked up and realised I was pretty far back from the main body of swimmers. I expected that though, and checked my watch a couple of times under the water to see how I was going – slowly but getting there.

Mainly the swim was very pleasant and I was relaxed and far inside my ability. I did lose my wetsuit socks in the water about halfway across, but that sped me up really since I hadn't put them on properly and they were full of water. I simply didn't think about the fact that looking down I could not see a pool floor two metres away; but rather many more metres of deep blackness. That said, I felt very safe with a convoy of kayaks close-by watching our every stroke, supported by engine boats floating a little beyond with trained divers on board.

Every so often I would look up to see how I was doing. Unfortunately, without my contact lenses in, the other side didn't appear to be getting any closer. I knew it must have been though, so I just got my head down and back to work. The first time I realised that it was getting closer was when I could make people out on the beach; probably a hundred or so all cheering us on. This made me swim harder, and soon I was passing a large orange buoy signalling the last twenty

metres. I hadn't aimed at all for the buoy, and didn't even see it until I was upon it (thinking someone has a very big head!). At that point I knew I had done it though, and moments later I was running up the shore with the distinctive shape of Mheall Greigh awaiting on the horizon.

Mountain Stage

Our mountain stage began with a pretty fast transition. Heather had finished the swim about ten minutes ahead of me and was ready to rock. It worked out pretty well because Heather takes a bit longer to get ready than I do (ankle taping is quite a process). It also meant she could stuff my wetsuit and other gear into the transition bag so I could concentrate on getting ready too. I'm not sure how long it took us to start moving on, but probably about five minutes and certainly inside ten. You would consider this to be rather good had you seen our previous attempts at taking off a wet wetsuit!

With the swim behind us we could now focus on our strongest event; the one where most of our training was focussed. Before long we were passing people – lots of people. We knew this meant we were going well, and when we got to the top of Mheall Greigh in about 80 minutes (from when we left transition) we began to realise how well; the fastest split out of all the mixed pairs. Over the first summit we paused very briefly to get some food out our rucksacks and then ran and ate simultaneously across the ridge to Mheall Garbh. We knocked the peaks down like dominoes as we made excellent progress, cutting around the side of a queue going up An Stuc's dangerous rocky section. My legs started to hurt (in an injury sort of a way rather than through hard work) during the descent off Meall Corranaich. The signs were there that muscles were getting tired, and with the full scale Meall Nan Tarmachan coming into view my pain did

not ease. But we had to focus on the moment – a steep descent off the last part of Munro 6 down to the reservoir checkpoint. The dangers of going over an ankle (or something worse) were quite high at that point

We had a powerful run into the reservoir checkpoint (photo left) where we were greeted by Andrew with a camera, but no bananas! We forgive him for omitting this minor detail since he took some great photos. We stopped briefly at the checkpoint tent for some reinforcements – more water, bananas, oranges, and an energy drink for me. Then we were off again for the last beastly climb up Munro 7.

Meall Nan Tarmachan, after six prior mountains, doesn't ever seem to feel any easier. It's steep and pretty unrelenting for already extremely tired legs. We chose a pretty aggressive route which helped with our split time and we continued to pass people, including the fastest 7am start mixed pair.

It took nearly an hour to get to the top, and then – as if to add salt to our wounds – the size of Loch Tay became particularly salient, reminding us that we still had to kayak up much of it and cycle around all of it. Not, of course, before running to it from our present position at over 1000 metres (3000 feet) above sea level, and at a distance of approximately 5 kilometres. We ran a super time down to the Ben Lawers visitor car park and then continued on down to the loch. At points there was a lovely breeze which helped mitigate the searing sun beating down on us. It would be an understatement to say that I was looking forward to sitting down in a kayak for a while.'

And here's an extract from **Heather's 'Quad Musings'**, also to be found in full on their blog.

'The Kayak



Heather and Steven

Photo Andrew McHarg

I enjoyed the kayak stage a lot. The sun was shining, the wind was blowing in the right direction and we were at last sat down! We kayak well together, keeping a good rhythm and also having a reasonable technique but with the opportunity to chat or to spur each other on to catch the kayak in front! We maintained our position in the kayak phase – overtaking two but also being overtaken by two male pairs in the final stretch. Bikini Beach was a welcome sight indeed and the cocktail was the fruitiest and most delicious liquid ever [even without the alcohol]! The stop was brief and then we were heading across the loch to the kayak finish. This section was tough as we were kayaking across the waves but the finish line was getting ever closer! The reception on landing was uplifting in more than one sense! We both needed 'uplifting' out of the kayak – our legs were very stiff, Steven's much worse than mine. We hobbled to our bikes and had a leisurely transition given Steven's immobility and then we were off out of the field on the last stage!

The Bike

The circuit of Loch Tay is 54k. In training it had taken us between 2.5-3hrs. I was hoping that we would be closer to 2.5hrs and be close to my personal target of

completing the quad in 11hrs but Steven's legs were to have none of that and we were much closer to 3hrs by the end and a total time of 11hrs and 34mins.



Steven and Heather

Photo Bill Kerr

It's fair to say that Steven started ok on the toughest section of the ride to Killin but on the steady climb out of Killin it became clear that Steven had finally 'hit the wall'. Lots of teams were now catching us up, overtaking and quickly disappearing. I really felt for him as he seemed to be in pain all over but wasn't sure how to best encourage him to keep going. I knew that he would make it, but wasn't sure that he believed that at times! My competitiveness appeared to have got the better of me and we had several words including a daft conversation about whether the road was going uphill or downhill! Eventually I settled in behind Steven and we rolled on towards Kenmore. An official on the turn off along the South Loch Tay was encouraging with the comment that it was 'only 7 miles to go'. I was up for the last push but I don't think this was music to Steven's ears. I said 'we're nearly there' too many times for Steven to believe me but by the time we reached Bracken Lodges where Mum and Bryan were staying we were! At least then, Steven was able to believe my Mum. From

there you could almost free wheel in to the finish and then we were limping in to the finish and slaying the watermelon with a mighty fine claymore. The Quad was complete!

Steven and Heather would like to thank all those who supported them, especially Andrew McHarg and Ben Hartman who were instrumental in making it all possible. They'd also like to thank all those who donated - we've now raised over £1700. If anybody would like to contribute to this then it's not too late! Visit our blog page - brainsandbananas.co.uk and follow the link on the right which says 'Click here to sponsor us'.



A few memories of Moray 2013

28 July-3 August 2013

Thomas Ross, aged 7, writes

'At the Scottish 6-days, 3rd of August, I did the White course; my very first time in a big event. I enjoyed the run-in. Apart from getting the map the wrong way up I could have done it by myself. The donuts were delicious!'



Interloper girls looking fabulous at the Scottish 6-Days

Photo ActivNorth



Eldest Ross boy finishing his first ever White course on his own, Day 5, Roseisle Photo M. Ross



Youngest Ross boy enjoying the string course, Day 5, Roseisle Photo M. Ross

UKCC1 Training

Jane Ackland

Just when family Ackland were putting the finishing touches to (dis)organising their summer holiday in France, I received an email from Interloper alumnus Hilary Quick. She was recruiting for her next UKCC1 training camp in mid-July. No sooner had I shown a flicker of interest accompanied by regrets that the dates didn't quite fit than Hilary had the dates rejigged and me on her list as a signed and sealed attendee. The efficiency with which she organised me was startling, and the only task left for me was to sort funding and to alter our holiday dates by a day or two.

Amazingly, our holiday in France (Vendee) was totally brilliant - amazing because it involved cycling and swimming, and not one orienteering map passed our line of vision (unless you count the Harvester on the way down). Thus I was more than ready, and indeed experiencing withdrawal symptoms by the time I unpacked my O-shoes and compass at Glenmore Lodge.

I won't divulge all the secrets of Hilary's camp, except to say that it was fantastic fun, very inspiring and totally exhausting, and that I would wholeheartedly recommend it if you want to teach (or learn) orienteering. I was with four others from fairly different orienteering backgrounds, and part of the fun was getting to know them through various slightly scary role-play sessions, an almost obligatory hill run, and of course, over large plates of Glenmore Lodge fare. The sun was outshining itself, and the lochs were just begging to be swum in. I returned tanned, certified, sleep deprived (probably less so than Hilary; boy does she work hard) and very eager to put my training methods, which are surprisingly generic,

into action. The medical student in my clinic the following Monday probably didn't know what had hit him!



The Interloper Rock

June 2013

This new trophy was first presented at the 2012 AGM to John Barrow, in recognition of his ultra-long service to the Club as Secretary. In subsequent years, the intention would be that John would present the trophy to the person he believed had made a significant contribution to the Club, either over several years, or perhaps in the year just past.



John presenting Ann with The Rock Photo Carcas

At the 2013 AGM in June, John presented the Interløper Rock to Ann Haley. To paraphrase John's 'citation':

"For many years, Ann has been in the forefront of Club activities. After joining the Club as a Junior in late 1976, she planned her first event, a SoSOL, at Selmuir in 1981, and more recently a SOL at Gullane in 2007. She has also organised many local events, as well as larger events like the SOA Sprints at King's Buildings and SOA Night Championships at the Braids.

She has made a significant contribution to Junior coaching, both within the Club and more widely as part of the team that runs regular coaching sessions at the ESOA level. She served as Junior Rep. on the Club Committee in her younger days, and for the past three years has again served, this time as Newsletter Editor. Her efforts in that post will prove a hard act to follow."

Ann was clearly surprised (see photo! Ed.) at being nominated for the award, knowing and appreciating the contributions that others also make to the running of the Club.



Interlopers AGM Chairman's Report Summary Version

20th June 2013

Ken Daly

Last year I emphasised 3 important observations about the club.

- (1) **I praised the club for its excellent team spirit.** I believe this is essential for club success, as it promotes participation, enjoyment, success and growth. I therefore ask you all to keep up the good team spirit and try to get other people involved as much as possible. Remember "you get out what you put in" and "people want to join a fun and active club".
- (2) **I praised the club for its relay success.** In 2012 our men open team won the UK Relay League and went on to retain the JK trophy in

2013. Our juniors and women 40+ teams also brought success in the big relays.

- (3) **However, I raised concern over the clubs event programming and volunteer support.** This is still a major concern.

The problem is cyclical in that a lack of volunteers for lead roles at events leaves a few stalwarts overloaded and the programming, lead in time and quality of our events suffer. Our reputation also suffers and this undermines all of our other efforts.

Over the last few years the committee has, in response to member requests, concentrated our events closer to home. We have also provided courses to train volunteers and Graeme Ackland has provided more local maps. What we now require is everyone to volunteer to plan, organise, control or coordinate an event next year and every year.

I also set a few specific targets for 2012-2013:

(1) To recruit an events coordinator to help programme, recruit for and drive our events forward: I would be grateful if one of you could volunteer for this role.

(2) To create a Development Project, bid for grant aid / an SI training kit, develop our SI expertise and thereby help us deliver higher quality events and better experiences for all. This has been achieved and the work continues.

(3) Extend the Normans Law and Calder Wood maps and map more of Livingston. This has been achieved, except for the Normans Law extension which has been postponed.

Volunteers – Thank you to everyone that volunteered for administration roles and lead roles at events (the comprehensive list of volunteers has been removed, but the titles are still listed as an indication of what the club achieved).

Administration (15+ roles).

Events Hosted (9 events hosted. Also regular junior training sessions).

3rd Party Roles (for BOF, SOA, ESOA, selection races, squads, EUOC Big Weekend, Scottish Schools, MTBO, etc).

Schools Work (5+ schools supported).

Socials (4 social functions).

Sponsorship

Thank you to Compass Point who continue to sponsor Interlopers. They offer discount to members and recently helped secure a very competitive price for the second order of the new O tops. Please support Rick and Angela by purchasing your O kit from Compass Point. The second order of the new O tops has been made and subsequently arrived.

New Members

Welcome to Hector Haines, Sebastian Mitchell, Paul Richardson, Stuart Waitt, Andrew McHarg, Callum Urquhart & Anthon Longmore.

Congratulations

Congratulations to Oleg Chepelin and partner on the arrival of their first child.

Success

BOF Squads & International selections (Scott Fraser, Murray Strain, Hector Haines, Oleg Chepelin, Alan Cherry and Chris Galloway).

BOF Rankings (1st Murray Strain & 4th Hector Haines).

Scottish Squads (Chris, Matt & Sam Galloway, plus Alex & Freddie Carcas).

JK & British Champs (Murray Strain).

Scottish Champs (Pippa & Jane Carcas, Heather Hartman & Rachel Kirkland).

SOL Series (Chris Galloway, Ben Hartman & Jane Ackland).

World Schools selection (James Ackland & Sam Galloway).

INT Champion (Joseph Bartlett).

Finally, thank you to Ann Haley who is standing down from the role of Newsletter Editor. Thank you Ann for all the hard work and enjoyable journals.

Thank you and well done everyone. Please continue the good work next year.

Ken Daly - Interlopers Chairman

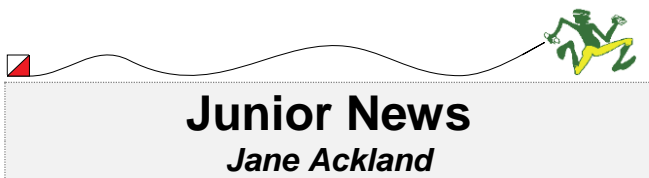
from the West were distinctly underdressed and coated in suntan cream, whereas we knew to bring our winter woolies! Interlopers were prominent in this event, where they carried the enormous Swedish horse (S2 team trophy) and monstrous antlers (S3 team trophy) to the unsuspecting George Heriot's trophy cabinet. Well done to James, Freddie, Stuart, Calum and Seb in S2, and to Alex, Anthon, Liam and an ESOCian (Angus) in S4. There were individual prizes for Pippa 2nd in P5/6 girls, Mairi 2nd in S1 girls, James and Freddie 2nd and 3rd in S2 boys, Samuel 1st in S3 boys and Alex 3rd in S4 boys, and Chris 1st in S6 boys. Matthew (S3), Joseph (P7) and Leah (P5/6) also did well.

Remember that 2015 will be the next World schools event (in Turkey), so you need to ensure you have team entries at next year's schools event (in order to go to the qualifying competition), and that you give your teachers (and parents) no reason to deny you the opportunity to attend.

Interloper grown-ups need a bit of a cheer for ensuring that school teams are up and running in Nether Currie PS, St Peter's PS, Heriot PS, Boroughmuir, Firrhill, George Heriot's, and for getting the ball rolling at Sciennes PS and Galashiels HS.

Jamie Stevenson Trophy

A brave tribe of Interlopers headed to this event in a hayfield just outside Scone. Pitching camp in the long grass was the first challenge, and reaching the start on time was the next. The courses were quite tricky, especially for early starters, and for those Interlopers keen to explore the quality of the map at its perimeter. We had some worried moments! FVO had done an exceptional job of making this 10th year event memorable, with prizes for visiting the tents of the enemy (other teams), fastest run-ins, spot prizes as well as prizes for more conventional reasons. We



The summer has been a frenetic one for Interloper juniors, such that it's hard to keep track of everyone's successes.

Scottish School Orienteering Festival, Hopetoun House, June 2013

Set in beautiful grounds overlooking the Forth, this day promised sunshine and endless opportunity for football and picnics.....were it not for the haar. Teams

finished 7th (out of 11) which was helped enormously by the girls (Pippa, Fiona and Mairi), the other counters being Calum, James and Matthew. The so-called non-counters (Samuel, Alex, Anthon, Logan, Joseph and Kirsty) all played a vital role in demoting the positions of other teams, so well done all!

Next up.....

Peter Palmer Relays, Lake District, 7-8th September

This will be an Interlopers first - we have never entered this 6-7 person night-day relay before, as it has never been as handy as the Lake District. Thanks to those of you who have signed up. Our girls are under-age, but the team should be up for winning the slate promised by the organiser for the best non-comp team

Junior Inter-area weekend, Deeside, 5-6th October

Again thanks to everyone who has signed up. East have a small but beautiful team, dominated by Interlopers, but with ELO, ESOC and RR members too. We're aiming for a top three position.

Junior training on Saturdays starts up soon. Yet to be confirmed, but I think the first date is 21st September.

Good luck to Interloper juniors heading to uni – Chris to Edinburgh and Mark to Dundee, and to those running in Scottish teams at the Junior Inter-regionals and the JHIs.






**SoSOL 2012/2013
Interloper Certificate
Winners**

Congratulations to the following Interlopers for their successes in the South of Scotland Orienteering League (SoSOL)

White	Leah Bartlett	Completed 4 events
	Sam Bartlett	Completed 4 events
	James Hartman	Completed 3 events
Orange	Joseph Bartlett	2nd Junior Man
	Mairi Eades	3rd Junior Woman
Lime	Samuel Galloway	1st
	Freddie Carcas	2nd
	James Ackland	3rd
Green	Ann Haley	1st
Blue	Pat Bartlett	1st
	Ken Daly	2nd
	Rachel Kirkland	1st Woman
Brown	Steven McHarg	2nd
	Robin Galloway	3rd

Certificates may be downloaded by visiting the website:

http://www.rstrain.ndtilda.co.uk/results_13/sosol/

and clicking on the name. (You may have trouble if you use Google Chrome to do this – I just got a blank page. However, Robin Strain says that it works OK with Internet Explorer.)

Pat's clearout

Interloper O Tops

Pat Squire has 2 small O tops (130 cm size) which were bought for his grandchildren and now they have changed club!

The tops have seen very little use and are virtually new.

If they are of interest to anyone please get in touch with Pat (patsquire@yahoo.co.uk) and a price can be negotiated.

Orienteering training books

During a recent loft sort out Pat came across the following orienteering books:

'Teaching Orienteering' by Carol McNeil, Jean Ramsden & Tom Renfrew (1987)
'Orienteering Teaching and Coaching' by Gareth Bryan-Jones, Carol McNeill, Geoff Peck & Tony Thornley (1982)
'Orienteering Skills and Strategies' by Ron Lowry & Ken Sidney (1985)
'Orienteering Training & Performance' by Ron Lowry & Ken Sidney (1987)

Although they are pretty ancient they do contain some useful ideas and training exercises, particularly for juniors.

If all or some are of any interest, you are welcome to them. (They will otherwise go to a charity shop.)

British Orienteering News

Volunteer Needs Work Group final report

In early 2013, the Board setup the Volunteer Needs Work Group to look at the attitude and motivations of volunteers in orienteering.

The aim of the 'task and finish group' was to assess the needs of volunteers and to review how British Orienteering could best provide support to clubs, associations and individual volunteers.

The Board were concerned about the burden placed upon volunteers and the perceived increase in requirements for those giving up their time to help stage activities, events and hold roles on club and association committees. Long-term concerns, centred on the perceived lack of volunteers to actually fill roles and a perceived lack of succession planning done by clubs and associations.

The causes for this concern came from the personal experiences and anecdotes of directors, from feedback received from several Club and Association conferences and feedback from those volunteers staging, in particular, major events.

The Volunteer Needs Work Group had a face to face meeting in January 2013 to enable members of the group to meet and agree the way forward. The group decided to focus on three key areas:

- Clubs and volunteering (by using an online club survey and follow up telephone interviews)
- Volunteers, needs and motivations (by using an online members survey)

- Young volunteers (by using an online young person's survey)

Many thanks to all those people who completed the online surveys. The response rate was very good and the raw data provided very interesting reading and analysis. The analysis was completed and, using this information, the final work group report was put together. The report was presented to the Board at the meeting on Saturday 22nd June and set out a number of recommendations.

The report, including the recommendations, is 5 pages long, with a number of appendices outlining the analysis and the overall results. The report makes for really interesting reading and we hope will be relevant to most orienteers. We hope as many people as possible will have a read of the report (on BOF website under News) and feedback any comments or questions to info@britishorienteering.org.uk.

The recommendations are currently being translated into an action plan ready for implementation.



SOA News

National Orienteering Centre Courses

Bookings now open for:

- Activity Weekend for Volunteers – 27-29 September (see below)

- Grade B Controllers' course 26 October – Dalbeattie
Venue is Glenmore Lodge unless stated otherwise.

Dates for next year are now in the complete course schedule:

<http://www.scottish-orienteering.org/course-schedule>

Activity Weekend for Volunteers – 27-29 September

The final timetable is now on the website at <http://www.scottish-orienteering.org/natcen/page/soa-activity-weekend-2013> and final preparations are in hand. At the time of writing we have no residential places left, and just 2 non-resident places available. Please e-mail Hilary if you want to attend and haven't yet booked.

Discount at Tiso

On production of your BOF membership card or a copy of the letter reproduced below, Interloper club members can now get a 10% discount in all Tiso stores.

*'Starting immediately, all club members of the Interlopers Orienteering Club will be entitled to receive a **FREE** Tiso Outdoor Experience card. The Card offers a **10% discount** on all products including sale lines and promotions. The card will also work in Blues the Ski Shop and all Alpine Bikes* branches.*

To sign up for the free card, club members should bring proof of club membership into their local Tiso store and speak to a member of our team. If you don't issue membership cards then a copy of this letter will work just fine.

And that's not all.....It is active immediately, as you sign up you can shop with 10% unlimited discount across all Tiso departments.

Kind regards,

Lisa Farquhar

Deputy Manager

Tiso, Rose Street, Edinburgh

**5% off the purchase of new bikes at
Alpine Bikes'*

Matched Giving

Matched Giving is when an employer (normally a private company) matches the amount of fundraising, or rewards volunteer time, an employee contributes to a worthy cause (normally a charity, educational establishment or not-for-profit organisation). The fundraising or volunteer time of the employee is matched by the company in cash up to a pre-determined level determined by the rules of their scheme.

Now that SOA is a charity and confirmed by HMRC as exempt from corporation tax, we are in a position to make use of this scheme to raise money for SOA, which would then be returned to Interlopers for club development purposes. The way the scheme operates in detail varies from company to company. The example we are already engaged with is the BP scheme. In this case, an employee of BP who gives volunteer time to an SOA event in any capacity can register this with BP which will, on satisfactory submission of a claim, donate a sum of money to SOA in respect of the volunteer time expended.

It tends to be large companies that operate a scheme. A list of companies that have such a scheme (although it is not

exhaustive) can be found on the club website, or you might like to ask your employer if they have a scheme and how it operates. You would normally be expected to register the SOA as a charity with the donor company and comply with their rules regarding claim submissions. The SOA Treasurer (treasurer@scottish-orienteing.org) would be happy to furnish you with any registration details that you might need to register the SOA with your employer. We very much hope that if you find you are in a position to make use of this scheme you do so, and use it for the benefit of your club.



Date for your diary Club Champs

Interloper Club Champs to be held at ESOC's SoSOL, North Pentlands, 10 November 2013.

Watch out for details of a possible post-event social gathering.

Fixtures 2013

www.britishorienteering.org.uk

September		
7th	KFO SOA Level D	KFO Try Orienteering Beveridge Park , Beveridge Park, Kirkcaldy
8th	STAG SOA Level D	STAG Autumn Score - 4th of 4. , Cumbernauld Park & Kildrum Estate, Cumbernauld Organiser: Terry O'Brien www.stag-orienteing.co.uk

8th	TAY SOA Level D	TAY Local Event - Hill of Alyth (New map) , Hill of Alyth, Alyth, NO232508 Entry times: 1000 - 1200. No dogs allowed. Organiser: David Prentice , dave_prentice@btinternet.com www.taysideorienteers.org.uk
14th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Lauriston Castle, Edinburgh, NT203758 Entry times: 14:00 - 15:00. No dogs allowed. Organiser: Janet Clark www.esoc.org.uk/events/lauriston-castle-sep-14-2013
14th	ECKO SOA Level C	11-Person Relay , Dunollie and Ganavan, Oban, 186190732700 Organiser: Jessica Tullie www.scottish-orienteering.org/seds
15th	ECKO SOA Level B	EckO CompassPoint Scottish O League 5 , Ardchattan, Oban, NM960352 No dogs allowed. Organiser: Ross Lilley , ross.lilley@lineone.net www.ecko.org.uk
22nd	ESOC SOA Level D	ESOC Ultrasprint , Hopetoun, South Queensferry, NT090790 Entry times: Registration for EOD: 13:00 - 14:15. Starts: 13:30 - 14:30. Dogs: On leads in the car park only.. Organiser: Martin Caldwell www.esoc.org.uk/events/ultrasprint-hopetoun-house-sep-22-2013
28th	RR SOA Level D	RR Local Event 1 , Gala Hill, Galashiels, NT489356 Entry times: 1 - 2pm. Organiser: John Tullie www.roxburghreivers.org.uk/

29th	FVO SOA Level D	FVO CAT (Come and Train) Event 1 - Plean , Plean Country Park, Larbet, ns827868 fvo.org.uk/events/
October		
5th	MAROC SOA Level C	MAROC Urban Event - Incorporating SOUL5 , Banchory, Banchory
6th	MAROC SOA Level B	MAROC CompassPoint Scottish O League 6 incorporating the Northern Lights competition , Wood of Easter Clune, Banchory, 361662790963 Entry times: 10:30-12:30. Dogs: On a lead in assembly only. Organiser: Paul McMillan , mcmillan_p_trl@hotmail.com , 01330 825325
12th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Holyrood Park, Edinburgh, NT281731 Entry times: 14:00 - 15:00. Dogs allowed. www.esoc.org.uk/events/holyrood-park-oct-12-2013
13th	TAY SOA Level D	TAY Local Event - Deuchny & Murrayshall , Deuchny Woods & Murrayshall, Perth, NO144236 Dogs: On a lead only as sheep present in the event area. Organiser: James Martin www.taysideorienteers.org.uk
13th	FVO SOA Level D	FVO CAT (Come and Train) Event 2 - Hermitage , Hermitage, Stirling, NS897795 fvo.org.uk/events/
19th	BASOC SOA Level C	BASOC Highland WOLF - Loch Vaa , Loch Vaa, Boat of Garten Organiser: Hilary Scott

		www.basoc.org.uk/home/high-and-wolf-2013
19th	BASOC SOA Level C	BASOC Highland WOLF Sprint/urban , Grantown on Spey, Grantown on Spey www.basoc.org.uk/home/high-and-wolf-2013
20th	BASOC SOA Level B	BASOC Highland WOLF CompassPoint Scottish O League 7 , Inshriach, Kingussie Organiser: Lynne Walker www.basoc.org.uk/home/high-and-wolf-2013
25th	KFO SOA Level D	KFO West Fife Schools Festival , Pittencrieff Park, Dunfermline, NT087872 Organiser: Ian Doig , ian.doig@btinternet.com www.kfo.org.uk/
26th	TINTO SOA Level C	Tinto Twin - Night , Lanarkshire
27th	TINTO SOA Level C	Tinto Twin - Day - Incorporating SOUL6 , Lanarkshire
27th	GRAMP SOA Level C	Tyrebagger , Tyrebagger, Aberdeen, NJ848110 Dogs allowed. grampoc.org
November		
2nd	RR SOA Level D	RR Local Event 2 , Gordon Community Wood, Gordon, NT660440 Entry times: 1 - 2pm. Organiser: Paul McGreal www.roxburghreivers.org.uk/
3rd	TAY SOA Level C	TAY Scottish Score Championships , Balkello, Dundee, NO365384 Organiser: Angela Dixon , adixon@watt64.freeseve.co.u

		k www.taysideorienteurs.org.uk
9th	ESOC SOA Level C	ESOC Edinburgh Weekend - Urban Race incorporating SOUL 7 , Edinburgh, Edinburgh Organiser: Judith Bell www.esoc.org.uk/events/edinburgh-weekend-urban-race-nov-9-2013
10th	ESOC SOA Level C	ESOC Edinburgh Weekend - SoSOL 1 , North Pentland Hills, Edinburgh, NT227680 Entry times: 10.30 - 12.30. Dogs: In car park on leads. No dogs on the courses. Organiser: Janet Clark www.esoc.org.uk/events/edinburgh-weekend-cross-country-event-nov-10-2013
17th	ELO SOA Level C	East of Scotland Championships , Duns(tbc), tbc
23rd	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Royal High School and Davidson's Mains Park, Edinburgh, NT203753 Entry times: 14:00 - 15:00. Dogs: Davidsons Mains Park is a popular dog-walking area so dogs are allowed.. Organiser: Janet Clark www.esoc.org.uk/events/davidsons-mains-park-nov-23-2013

Compass Point Sponsorship



Compass Point event shop, Denmark JWOC 2010

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

