



The Interloper

www.interlopers.org.uk

 **No. 165** 
December 2013

**Colin Eades taking part in the Braid Hills Cross Country Race in Edinburgh on
16 November 2013**





Colin Eades (the one in the middle)

Photo Graham Haley



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)			
05/12/2013	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	Tusitala
12/12/2013	Castlelaw & Harbour Hill: From Castelow Ranges car park -5	NT230637	
19/12/2013	Holyrood & Duddingston: From Holyrood House car park -12	NT270738	
26/12/2013	Holiday		
02/01/2014	Holiday		
09/01/2014	Holyrood & Craigmillar: From Holyrood House car park -11	NT270738	Hemma Bar
16/01/2014	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
23/01/2014	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
24/01/2014	KB FWTN		
06/02/2014	Bonaly FWTN		
13/02/2014	Castlelaw & Harbour Hill: From Castelow Ranges car park -5	NT230637	The Steading
20/02/2014	Braids FWTN		
27/02/2014	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	
06/03/2014	Riccarton FWTN		



Editor's Introduction

Mary Ross

Welcome to the December issue of *The Interloper*, with a subtle festive flavour. With a last-minute flurry of articles arriving in my inbox, it's pretty full of interesting reads, from Pat Squire's travels to London and Rome, top tips for success from Hector

Haines and Ken Daly, and lots of Interloper winners caught on camera. I hope you enjoy it.

Look out for details of the next Interlopers social too.

Best wishes for a fun Christmas and New Year, and lots of great orienteering in 2014!

Mary



Chairman's Chat

December 2013

Ken Daly

I wish all of you a Happy Christmas and enjoyable New Year!

Our 2013 season ended well with Interlopers winning the 8-Person Relay, several members becoming East Area Champions and others victorious in the SOL and SOUL (leagues). Well done everyone!

We also enjoyed lots of fun social activities including the recent Training Weekend, Halloween Party and Club Championships (the winner will be announced in the New Year).

The 2014 season already looks just as good, with the Edinburgh University Big Weekend (25 & 26 January), the Scottish Night & Sprint Championships (15 February) and our very own INTrepid Weekend (8 & 9 March). All three weekends incorporate SOUL and/or SoSOL (league) races, so the level of competition and enjoyment should be enhanced. They will provide an excellent early start to the season, so I recommend you reserve these dates in your diary and get training.

There will also be a number of local events including Interloper events at Kinneil (22 February) and Craigmillar (29 March). The local events are a great opportunity to introduce family / friends and help your children develop (coach, shadow, etc). Please make good use of these Saturday events.

Later in the year, Interlopers will be the lead club for the Scottish Individual Championships at Linn of Tummel (24

May) and may be hosting a warm up event for the Round the Castles weekend (10 October). Please keep these dates free and offer to help as well as run.

We have also made progress on the development project with West Lothian Council and have been asked to help them host a West Lothian Schools event (Tuesday 13 or Friday 16 May). If you think you can help on one of these week days please let me know, so I can gauge the level of help we can offer and in due course revert back to you for a decision.

I have already asked you to use the local events to introduce family and friends, but the underlying message is more serious than you may realise. The Interloper membership has been falling in recent years and our traditional recruitment ground of university graduates are now more likely to join the 'dark side' or a little known club in Stirling. We really do need to reverse this trend and I need everyone to help.

If you look at the web sites for the other two clubs you will notice that they host a lot of local events and have very active web sites. I am struggling to find enough volunteers for a diminished number of Interloper events and virtually no one is contributing news or articles for our web site. These two things need to change.

I appreciate that a lot of our members have young families and that is the overriding priority commitment, but if at all possible please consider taking on a volunteer role that suits you (even a small regular role will help). If it helps you consider this request, please discuss the possible options with me, on a without prejudice basis.

If you need to be home based, it could be event entries, marketing or another administrative function. If you like getting out in the terrain, it could be coaching /

mentoring, planning or controlling. If you are not so confident about your navigation or fitness, it could be organising events or socials. If you are an IT guru, it could be event entries, web site contributions, etc. Everyone is capable of something and I suspect a lot of us could make time available if we reviewed and changed our routines, so please give this request full consideration over the Christmas period and volunteer (hopefully) in the New Year.

If we continue as we are, leaving a few stalwarts to do too much, the club (and my sanity) will continue to suffer and the membership level become more critical.

Let's make Interlopers more active and more attractive!

Ken Daly (Chairman)



New Interloper members

A warm welcome to the Jarvis family, who have recently joined Interlopers: James (M40) and wife Sinead, kids Tom (M16), Niamh (W14), Joe (M12) and Mairi (W10).



BOF and INT renewals

John Barrow

You should all have received your membership renewal reminder from BOF. It's very simple to renew online - just follow the renewal instructions. If you intend to remain a member of Interlopers, please renew promptly - I usually find I'm chasing stragglers well into March or April each year, and by that time the renewal instructions may have become mislaid or lost, so it's more hassle.

Club-only members should send their renewal instructions directly to me, with a

cheque payable to 'Interlopers O.C.'. (Fees are £5 for Seniors, £1 for Juniors.) There's no need to complete a membership form again although, if there are changes, please keep me up to date.



Interlopers New Year Social

The Inch Community Sports Club

12 January 2014 4-7 pm

Come and celebrate the New Year, bring a dish and perhaps a few games or a fun activity to be enjoyed by all.

As we all know, tension is rising and anticipation building as people eagerly await the announcement of the new Interloper club champion. Try as we might, our chairman is remaining tight lipped and won't reveal the identity until the trophy is presented at the New Year's social!



Last year's champ, Joseph Bartlett



London Ultra Sprint and 6th City Race

21-22 September 2013

Pat Squire

105 controls; 4.5km; a total of 32 minutes of running.

This was the raw data for me which summarised a fast and furious Saturday afternoon in September. The event was the 2nd London Ultra Sprint which was held this year in Victoria Park near Bethnal Green in conjunction with the 6th London City Race the next day.

The format consisted of 3 preliminary courses of c. 1 km followed by a slightly longer Final. The initial courses had to be completed, in any order, within a 2-hour time period. Cumulative times (including a 30-s penalty for each mispunch) were determined and the fastest 4 in each class raced head to head on butterfly gaffled courses for the first series of the Finals. Thereafter the rest of us raced around the courses but setting off in random groups.

With virtually every tree in the park mapped (scale of 1:1250), careful control selection was essential. At times, there two, different, controls on opposite sides of the same tree! Attempting this at speed (a relative term in my case) made the task even more of a challenge.

The next day was a conventional street race based in the Isle of Dogs. Conventional except that the Start & Finish were c. 3km apart and the journey to the Start was made by Docklands Light Railway (DLR). For those who are not familiar with this area suffice it to say that there are large areas of open water (previously commercial docks) with only a few crossing places. Navigation for the

early (northern most) part of the courses therefore consisted of finding the best routes from one crossing point to the next and then on to the control. The last 8 controls (on my course) didn't involve any water crossing, although a mud beach besides the Thames featured on one leg. We were channelled through modern housing and apartment blocks using a combination of alleyways, pathways and roads. Many of the controls were shown on the map as being adjacent to solid black 'uncrossable' lines so careful checking of the map and control descriptions was necessary to avoid long frustrating detours. The Finish was outside a school/sports centre which served as the Event Centre and provided excellent facilities for registration/ changing / baggage store and traders.

The weekend was further enhanced by it being London's equivalent to 'Doors Open' so we were able to visit a number of historic sites especially in the Greenwich area.



Rome Orienteering Meeting

1-3 November 2013

Pat Squire

The flights are booked; hotel reservation made; online entry sent off and acknowledged. Just need to pack the bags and all will be ready. But no, what's this? An e-mail from the Italian organisers saying that all overseas participants need to have proof of registration with their National Federation together with a medical certificate saying that they are fit to participate in a competitive sporting event. How bureaucratic can you be? Apparently

it's something to do with Italian Health & Safety Regulations.

The former documentation didn't prove difficult as a pro forma had been provided for our ever helpful Club Chairman, Ken, to sign but an initial enquiry to my GP practice revealed that they couldn't provide the medical certificate (even for a fee) but suggested a couple of other, private, providers who might be able to. Yes, they could, but for a fee on the wrong side of £100! (Mind you the Nopesport discussion forum was beginning to mention exercise stress tests and the like for a cost of £300 and more!!) After a bit of head scratching, I wondered about FASIC, the Sports Medicine Centre at CSE, the University's gym where I am a member. Relief! They can do it and the cost would be less than half that of the other places.

So armed with the necessary documentation I turn up at Registration on day 1 of Rome 2013, a 3-day City-based Festival which, if my understanding is correct, has been put on as Venice is embargoed for the 2014 World Champs.

Day 1 was at Villa Borghese a large ornamental park just north of the City centre (walked up the Spanish Steps to get there). Starts were organised on a mass basis by order of class with the youngest and oldest going off first. Starts were at 10-min intervals and after going through the call-up zone you had to find your specific map laid out in the Start area. When the hooter sounded over 100 people (or so it seemed) all headed off for what seemed like a common first control. The route went straight through a kids play area so I guess there were some anxious children and parents as we charged

ROME2013 - day 1

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50 m

VILLA BORGHESE

SC. 1:5000 EQ. 2,5 M

ROMA

ROME
CON IL PATROCINIO DI:
REGIONE LAZIO

ROME2013 - day 1
1st november 2013
Course Planner: Manuela Manganelli

FISO
Federazione Italiana Sport Orientamento

FISO Lazio

REM MAPS
www.remmaps.it

Strumenti da:
FISO
C-S
0710
16832916
Cristoforo: Claudio Bertini

Rilievo e Disegno:
REM MAPS - Remo Madella
Realizzazione: Febbraio 2010
Aggiornamento: Settembre 2013
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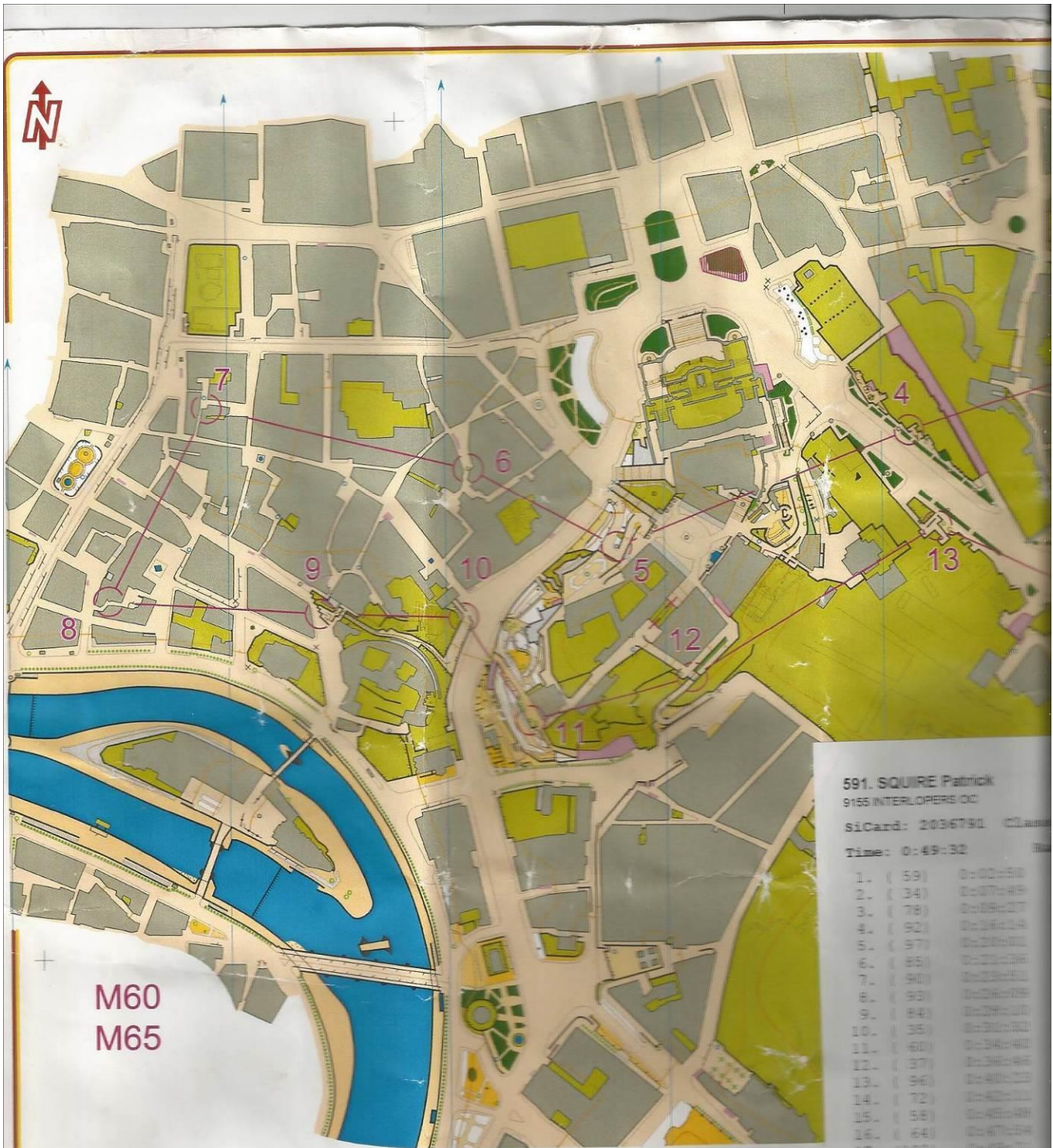
www.ccorient.org

through. A process that was to be repeated 10 or so times over the next 90 minutes. The courses consisted of multiple butterfly gaffles (we had 3) with constant return to the one central control. The area was fairly flat and not particularly technical so it was all about running and thinking speed – attributes which lasted for about 80% of the course in my case. We were advised to wear headtorches as the starts commenced around dusk but I didn't need to use mine – it was still quite light even at the end. Later runners were starting in the dark so it was quite a sight to see the mass starts of the latter classes.

Day 2 was in Villa Ada, another park area to the northeast of the centre and within walking distance of the hotel where we were staying. This was more conventional in format with starts on an individual basis at 2-min intervals and the area was more challenging with green predominating the map. After a couple of early 'wobbles' I was going OK when my SI unit failed to register at a control. 'Faulty box' I thought and punched the map instead. When this occurred at the next control AND someone else 'dibbed' OK I realised it must be my SI dibber. I then recounted the start and remembered I had only punched one unit which I took to be a 'clear but on second thoughts perhaps it was a 'check' although it did flash as if everything was OK. Too late to worry now so just carry on as best I can and use a manual punch at each control. OK until the last 2 controls which did not have punches! Ah well I still enjoyed the run tremendously. So even though I have no time recorded and the results show many missing punches it was a very enjoyable event with the added bonus of being held in warm (hot even) sunshine. Rome in November!

We had been promised that the highlight of the weekend was to be the Sunday (day 3) with the opportunity to run in the historic Centre of Rome. It was an early start to avoid the biggest number of tourists that would be present later in the day. The Assembly and Finish were directly opposite the Colosseum with the Start in a small park 500 m or so away. Again we were blessed with warm sunshine which gave a Spring air to the whole weekend. The efforts of the 2 previous days had obviously taken their toll (that's my excuse) as I did not feel at all sprightly as I set off for the first 3 (uphill controls). I was able to settle into a (slow) rhythm after a while. Control 4 brought us back into the Forum area and the tourists, even at just after 9 in the morning! Number 5 was over the other side of the Capitoline Hill but I didn't see the flatter option until after the event. So it was a slog up the steps but the views did actually make that worthwhile. A loop of 5 controls took us around the alleyways and piazzas to the west (just north of the Tiber) before coming back to the Capitoline Hill. This time there was no route choice so it was another slog back over the hill taking in the historical sights en route of course. The final flourish was a circuit around the outside of the Colosseum before heading uphill to the Finish and recovery! Tourist O was over. The early start did mean having plenty of time to further enjoy the sites of Rome but I was very glad of the Hop On Hop Off bus service as I don't think my legs were ready for too much walking just yet.

All in all a wonderful weekend, which enabled lots of sightseeing to be undertaken alongside 3 terrific orienteering events.



M60
M65

591. SQUIRE Patrick
9155 INTERLOPERS OC
SiCard: 2036791 Class
Time: 0:49:32

1.	(59)	0:02:50
2.	(34)	0:07:49
3.	(78)	0:09:27
4.	(92)	0:16:14
5.	(97)	0:20:02
6.	(85)	0:21:26
7.	(90)	0:23:02
8.	(93)	0:26:09
9.	(84)	0:29:00
10.	(35)	0:30:00
11.	(60)	0:34:40
12.	(37)	0:36:46
13.	(96)	0:40:23
14.	(72)	0:42:01
15.	(58)	0:45:46
16.	(64)	0:47:04
17.	(100)	0:49:21
Fr.		0:49:32

by wellham...

CON IL PATROCINIO DI:



REGIONE
LAZIO

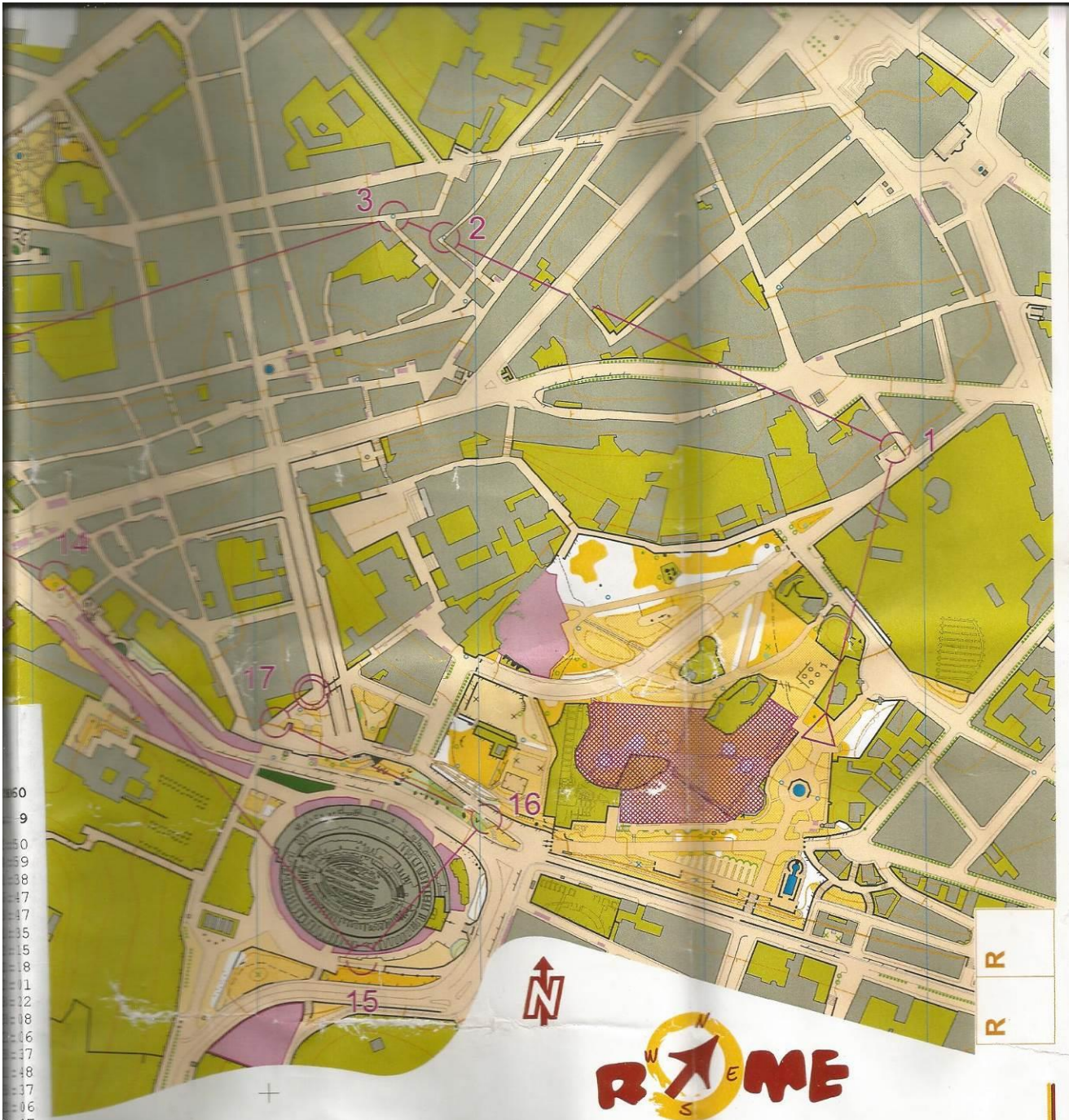
ROME2013 - day 3

3rd november 2013

COLOS

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Rilievo e disegno: Emiliano Corona
www.emilianocorona.it
Base cartografica: Eugenio Corazza
Realizzazione: Ottobre 2011
Copyright © 2013 by C.C.R.





Tinto Twin

26-27 October 2013

Rachel Kirkland

The Tinto Twin has started to become an event I really look forward to, I guess the challenge of a night/day event is just something a bit different and more so this year as it took on a slightly different format to the norm. This year there was the usual night event in woodland/parkland but this time the day event was an urban race and formed part of the Scottish Orienteering Urban League (SOUL) (another series I love but that's another story).

This year's event was held at Lanark Racecourse and Country Park, a mix of woodland, intricate path network and the open land of the main racecourse area. As usual, after an ok start my headless chicken impression kicked in and it took me 10 minutes to find control 3 (bramble bashing would be another description)! Off I went again feeling a bit disheartened and then Ann passed me!! Not to despair (much), I carried on and for the rest of the race seemed to never quite catch her until I suddenly found myself ahead of her again having no idea where she'd been. That was short lived as she got past me again and managed to stay ahead for the rest of the race.

Our evening ended with the usual social gathering with everyone enjoying hot soup and discussing their route choices. Then a drive home, sort kit, get sleep and it was off again back to Lanark, this time the Heritage village at New Lanark.

So Sunday's challenge for me was a) complete the course, without mispunching and b) get a decent result to help my SOUL standings. To qualify for the Tinto Twin trophy you have to compete in both day

and night events, so as long as I completed I had a good chance of winning. Ok, I confess I was the only one in W40 that was competing in both but as they say; you have to be in it to win it!

Well, the best laid plans...what did I say, a) complete the course...on my way to control 4 out of 21, I tripped over a piece of wire that I hadn't seen and fell badly on my knee, hand and shoulder. I'm sure the adrenaline must have been on overdrive as I picked myself up and carried on, dibbed at the control then thought I'd better see what damage I'd done. Well, I'm not very good with blood so I shoved my tissue up my trouser leg to protect my knee and decided that if I could still walk (yes), jog (yes) and run (maybe a bit) I'd carry on! So after another painful 17 controls I limped into the finish. Despite feeling quite sorry for myself I did enjoy the course. Thanks should go to the First Aid team who patched me up as I couldn't have done it myself.

And, yes I did win the W40 Trophy!



Rachel Kirkland

Photo C. Lindsay

Congratulations to the following Interloper champions:

M14 James Ackland

M16 Alex Carcas

W40 Rachel Kirkland

W45 Ann Haley



Alex Carcas

Photo Crawford Lindsay

weather was fabulous, and what's not to like about a swift-ish 8km with a couple of thousand feet of ascentAfter a shower, and a turn on registration, I got my room. A single-occupancy 'twin' in one of the newly refurbished wings was tremendous. Sadly the sessions started before I got a chance for a doze

For the Friday evening session, I opted for "Beginners SI" led by Robin Strain. In truth, I thought I knew the basics anyway, but as I wanted to do the "Advanced SI" session the next day, I thought a refresh might be in order. As it happened, there was stuff I didn't know, mostly how to set everything up in the first place. Hopefully I'll still be able to remember the next time we have an event.

Saturday morning, I made a serious mistake. After the pre-breakfast run (no, that wasn't the mistake), the buffet breakfast seemed so tempting, that I went around twice. (and no, not just Rice Krispies). There followed the second SI session, including mid-morning cakes, then an early lunch, then an afternoon session on "publicity" that I helped facilitate, again including afternoon cakes, and finally an early dinner. I was scheduled for the Night Score-O event in the evening, but thought a little post-prandial nap might be in order.

Two hours later, I woke to realise I had fifteen minutes to make the last start, which was at least no further than the end of the corridor. I didn't have time to put on the 'tracking' waistcoat – perhaps a lucky break – and with Colin's warning of "don't go uphill" it was out into the dark. I didn't think I was running well, but there were no big mistakes. Random people came and went, and time-keeping disaster was avoided when I finished with two seconds under the hour. It turned out I'd almost certainly won, and by a large margin, but most people were more interested to watch usually reliable Clyde's Kenny Milton's



SOA Activity Weekend

September 2013

Paul Caban

The inaugural SOA Activity Weekend took place at the end of September. All Clubs had a number of places reserved – Family Eades and myself were the Interlopers attendees – and after that, places were open to the great, good and enthusiastic. Masterminded by Hilary Quick, of this parish, sponsorship had been obtained, from the Scottish Sports Council, so there was no cost to attend beyond transport costs. The weekend was billed as a combination of personal development and orienteering development. Colin and Lorna were juggling child-care duties, but even so, we didn't overlap on any sessions.

The weekend started for me with a lunchtime run up Meall a' Buachaille, and surprisingly eight of us pitched. The

tracking log, which mostly consisted of him running off the map, milling around, bemusedly wondering why he couldn't find the five-contour hill that should have been there, before giving up and running back to the finish. Sorry Kenny: it could have happened to any of us, but it was funny.

After another pre-breakfast run, I paced myself sensibly at breakfast on Sunday, despite having no session to go to. But all thoughts of a rest disappeared as I volunteered to collect some controls in, and put some more out for the afternoon. I also spent an hour having a go at the Trail-O course that had been laid on. The after a small lunch, it was into the gym for a "Strength and Conditioning" session. This was very interesting and thought provoking (and tiring): lots of ideas to put into practice, not all needing to happen in a gym.

In summary, the weekend was tremendous fun, a mixture of well-kent faces and some new ones. It also made a nice change from running around some random piece of sub-urban England. That we got to stay at Glenmore Lodge, for no cost, was a bonus, but I suspect most people there would happily have paid something the next time. And hopefully there will be a next time, although that's dependent on funding: the full, commercial cost otherwise would be pretty expensive. And assuming that there is a next time, I would strongly encourage others to take part. Although if no-one else does want to go, I'll happily go again.

Thanks to Hilary for masterminding the weekend, and to all the others who organised and/or led activities to share their knowledge and experience.



Preparation and Persistence Pay

Hector Haines



Hector Haines

Photo World of O

This year was my third world Championships, and arguably my best performances so far. I put much of my successes down to Preparation and Persistence.

Firstly, preparation. At the start of this year I was the best prepared for the WOC terrain that I had ever been. I'd been visiting the terrains for the last 3 years, and had probably racked up a fair amount of terrain hours and controls within this time. This gave me great confidence but also understanding. I knew what the mapping style was like, I knew what the course setters liked – the planning philosophy. I knew that, when looking at a map from that part of Finland, I would be able to create a pretty good visualisation of what the terrain

actually looks like. You might think that these things are all fairly inconsequential, and they are when you are just trying to compete in your local SOL, but at the World Champs preparation pays. An old headmaster of mine used to have a saying; “Failing to prepare, is preparing to fail”. It’s one of the abiding lessons that I learnt at school. Back to the World Champs, and you can clearly see my point by comparing various athlete performances and what they had to say about their run. One athlete who was very disappointed remarked “I made a massive mistake because I didn’t realise the vegetation would be mapped quite like that!” Clearly, they hadn’t prepared well enough.

But preparation isn’t everything. Proper preparation allows you to potentially achieve everything you are capable of, but it is not the only variable. Often a developing athlete will have one race after another that doesn’t quite go right – for whatever reason, and they are left feeling dejected and confused. This is where persistency comes in. There is no doubt that there are ups and downs to anyone’s athletic career - but it is how you deal with these, and ultimately put them behind you. You need to be able to try hard again – without being inhibited by history. That is when breakthroughs happen, in every aspect of life. Persistency pays.

In general, it is persistency that has got me to where I am. In the last three years I have had to deal with numerous disappointing performances, but persistency (and clever analysis...but that’s another story) has paid off. Sometimes you have to stick to your guns for things to work out. Being good at anything takes time and practice, but being an expert takes a very long time. There are no real shortcuts, but if you can think about a problem you have, and identify what is going wrong correctly – then that’s half the battle won.

A personal example I like to think about is how, when I was young, and before I even started orienteering, I didn’t have that much natural running ability (at least I didn’t perceive it at that time). I would be mid-pack in most cross-country races or athletic meets. There were far more kids with better running talent than me back then. But over the years, with dedicated training – and persistency, I have been able to move forward. I can now say that my persistency has paid off.

A large part of my training is now related to preparation and persistence. I believe these can be the decisive factors when all is said and done. I won’t give up until I’ve achieved what I believe to be my potential, and I’m going to take every opportunity to make sure that I can prepare for that moment as best as possible. Watch this space...



Hector pushing hard

Photo World of O

Top Tips

Ken Daly

1. Results come from training, not extra effort during the race, so set long term objectives and gradually build up your training. You require fitness and technique, not dreams and bravado.

2. You can only lose time and certainly not make it up after a mistake, so focus on a clean run at your race pace. If you try to go faster you will go into oxygen debt and make costly mistakes.
3. You can only control your own run, so completely ignore rivals and concentrate 100% on yourself. If you see a rival and rise to the challenge, you will reduce the level of concentration on your own run, put your run at risk and probably lose time.
4. If you find the course mentally or physically tough and make mistakes or tire, remember that your rivals will also find it tough and make their own mistakes, so you should persevere and prevail. Don't be broken.
5. Develop a pre-race routine (research, kit bag, sleep, diet, getting changed, warm up, time to go to the start, etc) that you are comfortable with, as that will remove stress and surprises and help you concentrate on your run.
6. Always have a plan; a route and attack point. Also watch out for vague areas on the map e.g. indistinct vegetation, areas with few features, negative features, etc.
7. Always stay in touch with the map and know where you are all of the time. If you lose touch, slow down and work it out. Read the map and compass twice as much as you think necessary (almost constantly). It's the only way to stay in touch and avoid mistakes.
8. Always know the code and description of the control you are approaching and try to visualise what the ground will look like. This will save time in the circle and help you maintain the flow.
9. Always know how you will leave the next control and repeatedly use the compass to ensure you do leave in the correct direction. Do not rush out on the biggest trod, as it might head the wrong direction, to a different control, on a different course.
10. Set yourself a cascade of targets, so you always have a reason and incentive to press on, especially after making an error e.g. to win, top 10, 900 league points, top half.



Junior News

British Schools Orienteering Championships

Shipley Park, Derbyshire
17 November 2013

Freddie Carcas

I was originally not going to be able to compete but at the last minute I managed to get a lift with the team from Charleston Academy (Inverness). The area where I was running was very fast and more of a cross-country race. I didn't make any mistakes on my run, but I was running slowly because I had a stitch and was expecting to finish 3rd. I finished, and to my surprise I won by 8 seconds. Thank you to Mr Mallinson (PE teacher) for sending off my last minute entry and the Whites for letting me come with their team!

Scottish Junior Inter Area

Deeside
5-6 October 2013

Pippa Carcas

As I arrived at Dreghorn I got my things from inside my car and put them in the mini bus and got a seat next to Mairi, and Fiona was in the seat next to us. When we arrived at Scolty we got our bibs and e-mits ready, got changed into competition clothes and stood at the start line ready for our start. It was a fairly hot day so no one was wearing thermals. I was excited and a bit nervous but because it was a relay I was able to cheer my team mates on. I got into the box ready and waited for my 1st runner to come back from their run. When my runner came up the line all of East were cheering. As she touched my hand I ran off into the woods making a few minor mistakes and finishing tired out. Little did I remember at the time, that I still had to run an urban event later on that day! That night as I got into bed I was relieved it was comfy and fell fast asleep till the morning. I kept my clothes at the end of my bed, because I usually wake up early. As we got onto the mini bus again, to go to the individual event, I sat next to Rachel (from ESOC), we were both excited. I ran the race finishing tired but I still had enough energy to run the string course with Mairi!

And here's Max Carcas enjoying some post-run sustenance in Banchory!



Photo Ken Daly

Scottish Orienteering Urban League 2013

The best 4 out of 7 races count for the final score. The races were: Edinburgh 26 Jan, Aberdeen 6 April, Erskine 1 June, Tweedbank 1 Sept, Banchory 5 October, Lanark 27 Oct and Edinburgh South 9 Nov.

Congratulations to the following Interlopers for their successes in the Scottish Orienteering Urban League 2103.

<i>Young Junior Women 12-</i>		
3rd	Pippa Carcas	W10
<i>Junior Men 16-</i>		
1st	Alex Carcas	M16
2nd	James Ackland	M14
3rd	Freddie Carcas	M14
<i>Veteran Women 40+</i>		
1st	Jane Ackland	W45
2nd	Mary Ross	W40
3rd	Rachel Kirkland	W40
<i>Veteran Men 40+</i>		
2nd	Ben Hartman	M40
3rd	Paul Caban	M45



James Ackland 2nd JM

Photo C. Lindsay



Jane Ackland WV 1st

Photo C. Lindsay



Paul Caban MV 3rd

Photo C. Lindsay

SOA News

Courses etc. - Bookings now open for:

- Adults' coaching: 8 December, also 21-24 December (come for 1 day or many!)
- Teaching Orienteering – part 1, 1 February, Thurso
- Teaching Orienteering – part 1, 7 February, Glasgow/Dumbarton
- Teaching Orienteering – part 1, 8 March, Ardgour, near Fort William
- UKCC Level 1 coach course, 22-23 March – Glenmore Lodge (restricted eligibility *)
- Teaching Orienteering – part 1, 6 May - Lesmahagow
- UKCC Level 2 coach course, 10-11 May plus 14 June – Glenmore Lodge
- UKCC Level 1 coach course, 9-11 July – Glenmore Lodge

More dates for next year are now in the complete course schedule:

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

* The March UKCC L1 course is the 2-day version designed to follow the Coaching Foundation course which was held at the end of September.

SOA Development Conference 2014

The 2014 SOA Development Conference will take place on Saturday 17th May, at Fordell Firs Scout Centre near Dunfermline. Initially, 2 places per club will be allocated and club secretaries are asked simply to confirm by e-mail to Hilary Quick that they will take those places.

JK entry fee increase in January

The JK is a huge weekend of orienteering that takes place every Easter; next year it's

in South Wales, 18-21 April. Entry fees are at the cheapest rate until 5th January, so save money by entering now. Details at <http://www.thejk.org.uk/jk2014/>

Scottish Elite Development Squad

Congratulations to all those who have been selected and have accepted their place in the Scottish Elite Development Squad (SEDS) for 2013/14. The purpose of the squad is for all the elite athletes living in Scotland to be able to meet regularly for quality training in a range of terrain. The squad also prepares athletes for the Senior Home Internationals (SHI), which we were proud to win in 2013 and look forward to fielding a strong team in the SHIs on our own terrain in 2014 (part of the Race The Castles week). The team is selected for this during the summer.

We are very grateful to Scottish Orienteering for their continued support of the squad and all those individuals who help us out on weekends, help our fundraising efforts and support us as individual athletes.

The following Interlopers have been selected for the Men's Squad.

Men

Oleg Chepelin INT
 Alan Cherry INT
 Scott Fraser INT
 Chris Galloway INT
 Hector Haines INT
 Jegor Kostylev INT
 Murray Strain INT


Looking for Christmas gift ideas?

For the fourth and final year North Gloucestershire Orienteering Club (NGOC) are selling their 'Forest Challenge' board

game, and for this Christmas only, an 'Urban-O' game, including photo-O, maze-O and string-O.

Details can be found at <http://www.ngoc.org.uk/games/>

All profits go to the Woodland Trust.


Fixtures 2013/2014
www.britishorienteering.org.uk

December 2013		
7th	RR SOA Level D	RR Local Event 3 & Xmas Social , Coldstream www.roxburghreivers.org.uk/
8th	TAY SOA Level D	TAY Christmas Score Event - Kings Seat & Dunkeld House , Kings Seat, Dunkeld, NO010426 Entry times: Mass starts 1040 - short, and 10.45 long. Dogs: On a lead in the hotel grounds. Organiser: Moira Laws , moira.laws@hotmail.co.uk www.taysideorienteers.org.uk
11th	FVO SOA Level D	FVO Night Series Event 4 Mine Woods , Mine Woods, Bridge of Allan, NS790980 Organiser: Graham Gristwood , Grahamgristwood@gmail.com fvo.org.uk/events
12th	ESOC SOA Level D	ESOC Night Event , Corstorphine Hill, Edinburgh, NT204740 No dogs allowed. Organiser: Crawford Lindsay www.esoc.org.uk
28th	ELO SOA Level D	Festive Frolic , tbc

January 2014		
2nd	SOLWAY SOA Level D	Solway Orienteers - Mabie Knoll Bagging , Mabie Forest, Dumfries, NX950710 Entry times: 10:30 for mass start at 11:00. Dogs: Under control, in car park / assembly area. Organiser: Simon Mortlock , islesteps@yahoo.co.uk , 01387 257898
5th	STAG SOA Level D	STAG Winter Score - 1st of 3. , Pollok Country Park, Glasgow Organiser: Terry O'Brien
8th	FVO SOA Level D	FVO Night Series Event 5 Bridge of Allan , Bridge of Allan, NS797971 Organiser: Martin Dean fvo.org.uk/events
9th	ESOC SOA Level D	ESOC Night Event , Mary Eskine School and Ravelston Woods, Edinburgh, NT221739 No dogs allowed. Organiser: Crawford Lindsay www.esoc.org.uk
11th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Cammo Estate, Edinburgh, NT177748 Entry times: 14:00 - 15:00. Dogs allowed. www.esoc.org.uk/events/cammo-jan-11-2014
12th	STAG SOA Level C	STAG SoSOL 3 , Greenhead Moss, Wishaw, NS803546 Entry times: 11am > 12.30pm. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk
19th	STAG SOA Level D	STAG Winter Score 2nd of 3. , Dalzell Country Park, Motherwell, NS755555 Entry times: 11am > 12 Noon. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk
19th	TAY SOA Level D	TAY Local Urban Event - Perth College , Perth College, Perth www.taysideorienteers.org.uk
22nd	FVO SOA Level D	FVO Night Series Event 6 Polmaise Woods , Polmaise Wood, Stirling, NS772923 Organiser: Tessa Hill fvo.org.uk/events
24th	EUOC SOA Level D	FWTN #6 - King's Buildings , Edinburgh
25th	EUOC SOA Level C	EUOC Burns Weekend - City Race - incorporating bto SOUL1 , Edinburgh Organiser: Sarah Tullie , euocbigweekend@gmail.com orienteeing.eusu.ed.ac.uk/events/bigweekend
26th	EUOC SOA Level C	EUOC Burns Weekend - SoSOL 4 , Edinburgh Organiser: Sarah Tullie , euocbigweekend@gmail.com orienteeing.eusu.ed.ac.uk/events/bigweekend
February 2014		
1st	KFO SOA Level D	KFO Try Orienteering Pittencrieff Prk , Pittencrieff Park, Dunfermline www.kfo.org.uk
2nd	FVO SOA Level D	FVO CAT (Come and Train) Event 4 - Callendar Park , Callendar Park, Falkirk, NS897795 fvo.org.uk/events/
5th	FVO SOA Level D	FVO Night Series Event 7 Hermitage Woods , Hermitage Woods, Stirling, NS809968 Organiser: Will Hensman fvo.org.uk/events
6th	EUOC SOA Level D	FWTN #7 - Bonaly , Edinburgh

9th	ESOC SOA Level C	ESOC Sprint-O , South Queensferry Entry times: 10:00-11:00. Organiser: Bill Stevenson www.esoc.org.uk
15th	TAY SOA Level C	TAY Scottish Night Champs , Kinnoull Hill, Perth Organiser: Davie Frame
15th	TAY SOA Level C	TAY Scottish Sprint Champs , Perth area, Perth Dogs allowed. Organiser: Davie Frame www.taysideorienteers.org.uk
16th	FVO SOA Level C	FVO CompassSport Cup Heat and SoSOL5 , South Achray Forest, Aberfoyle, NN525005
19th	FVO SOA Level D	FVO Night Series Event 8 Sauchie Craggs , Sauchie Craggs, Stirling, NS771907 Organiser: Trevor Hoey fvo.org.uk/events
20th	EUOC SOA Level D	FWTN #8 - Braid Hills , Edinburgh
22nd	INT SOA Level D	INT Local Event 4 , Kinneil Wood, Bo'ness, NS984805
23rd	STAG SOA Level D	STAG Winter Score 3rd of 3. , Palacerigg Country Park, Cumbernauld, NS787733 Organiser: Terry O'Brien www.stag-orienteeing.co.uk
March 2014		
8th	INT SOA Level C	INTrepid Weekend - Urban O - incorporating bto SOUL2 , Howden, Livingston
9th	INT SOA Level C	INTrepid Weekend - SoSOL7 , Dechmont/Deans, Livingston, NT032693 Organiser: David Eades

16th	KFO SOA Level B	KFO CompassPoint Scottish O League 1 , Devilla Forest, Kincardine on Forth Organiser: Ian Doig , ian.doig@btinternet.com
April 2014		
6th	STAG SOA Level B	STAG & SCOTJOS CompassPoint Scottish O League 2 , Dalnamein, Blair Atholl, NN755697 Entry times: 10.30am - 12.30pm. No dogs allowed. Organiser: Terry O'Brien , terry@tobrien1.wanadoo.co.uk
27th	CLYDE SOA Level B	CLYDE CompassPoint Scottish O League 3 , Dunrod Hill, Greenock, NS246721 Dogs: On leads in the car park and on roads. There is likely to be sheep with lambs on the area.. Organiser: Kate Thomas www.clydesideorienteers.org.uk
June 2014		
22nd	MOR SOA Level B	The Moray Mix Weekend Day 2 - CompassPoint Scottish O League 4 , Lossie Forest, Lossiemouth Organiser: Rupert Hornby www.moravianorienteering.org/events/

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

