

# The Interloper



**No. 168**  
September 2014

**Ken Daly retired from his post as Chairman at the AGM in June**



**John Barrow presenting Ken Daly with The Gullane Rock**

**Photo Mary Ross**



## 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
<b>Pub social after first run of each month (circa 20:00 hours)</b>			
02/10/2014	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	Pub TBC
09/10/2014	Rest for Race the Castles		
16/10/2014	Holyrood & Duddingston: From Holyrood House car park -12	NT270738	
23/10/2014	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	
30/10/2014	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
06/11/2014	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	Spylaw Tavern
13/11/2014	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	
20/11/2014	Castlelaw & Harbour Hill: From Castlelaw Ranges car park -5	NT230637	
27/11/2014	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	
04/12/2014	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	Pub TBC
11/12/2014	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
18/12/2014	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	Kens

### Summer Sprint Practice

Let the organiser know by the day before if you wish to run so they know how many maps are needed

Race 7	Wednesday 1 <sup>st</sup> October 7pm	Pathhead (chez Chepelin)
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## Editor's Introduction

*Mary Ross*

**W**elcome to the September issue (just) of *The Interloper*. First of all, I would like to add my thanks to Ken Daly for his long reign as Chairman and I'm sure all club members join me in this. He has put in a huge amount of effort

and it is much appreciated – thank you! We currently have no Chair at the helm so I guess we all need to give some serious thought as to whether we could take on this role.

I should apologise for the slight lateness of this issue (I expect you've all been eagerly waiting for it), however the benefit to you readers is that you've got quite a few more

articles that arrived well after my deadline but I've been able to include – hurray!

There are some exciting adventures to entertain and inspire you. I for one am sold on Paul's O-Ringen suggestion for 2 years time...

Enjoy your *Interloper!*

Mary



## Chairman's Chat

September 2014  
???

Ah, no Chairman....

Here's what Ken said at the AGM in June:

'The normal convention at an AGM is to promote the clubs success over the past year and minimise the negatives. I am not a conformist, so I might throw in a few controversial observations (home truths), for everyone to debate and reflect upon. If we hide from reality we will not improve and progress as we should. I mean well and do not intend to offend anyone, so please forgive me if any of my comments lack tact or accuracy.

This is also my final report after 6 years as Chairman, so I will also reflect back over all of those years, but not in detail. However, let me begin with 2013-2014.

### Membership

We started the year with approximately 80 adult and 40 junior members. That included 10 members living in other countries. The membership has fallen slightly over the year. However, in 2008-2009 we had approximately 100 adult and 55 junior members, so the trend really is a decline and a serious one at that.

### Events

We hosted 7 events (lead volunteers in brackets) 2 of which were for the SOA. I cancelled 3 CATI events and the summer evening urban series of 5 events due to a lack of volunteers, but reinstated 2 of the CATI's later in the year.

- Old Town summer evening urban event (Ken)
- Carse of Ardesier Scottish 6-Day-4 (Robin, Paul, Ken & 2 from BASOC)
- Kinneil CATI (Barry & Ken)
- INTrepid Howden Sprint (Steven, Heather & Ken)
- INTrepid Dechmont SoSOL (Ann, Colin, Ken & Lindsey (RR))
- Craigmillar CATI (Mary, Jane & Paul)
- Dalnamein Scottish Champs (Ken, Janice (ESOC) & Terry (STAG))

However, Interlopers also made significant contributions to events hosted by other clubs and organizations including the Tinto Twin, EUOC Big Weekend and Scottish Schools Championships. Our members are also taking the lead on a number of World Championship Roles (various people).

Interlopers also hosted a number of schools and cub-scout events. I believe they included Nether Currie, Herriot PS, Heriots and St Peters. We also led the way on the ESOA Junior training programme and team management for competitions (Jane Ackland, Pat Bartlett and others).

The club also organized a number of excellent social events including the AGM meal, 6-Day BBQ (no we did not eat for 6 days), Halloween party, training weekend / banquet, Club championship / Christmas party (Carcas, Ackland, Eades, McIntyre, Bartlett / Twissell and other families).

### Administration volunteers

Chairman (Ken Daly)

Treasurer (Pat Bartlett)

Secretary (John Barrow)  
Newsletter (Mary Ross)  
Web Site (Graham McIntyre)  
Junior Member (void)  
Social Secretary (Max Carcas)  
Club Captain (Rob Lee)  
SI Manager (Rachel Kirkland)  
Maps Manager (Colin Eades)  
Mapping (Graeme Ackland)  
ESOA Rep. (John Barrow)  
Child Protection (Barry Owen)  
Equipment (Paul Caban)  
Training (Ken Daly)

### **Sponsorship**

Thank you to Compass Point who continue to sponsor Interlopers. They offer discount to our members, so please support Rick and Angela by purchasing your O kit from Compass Point.

### **Event success**

Scott Fraser, Murray Strain and Hector Haines (all Interlopers) represented Great Britain at the World Orienteering Championships (WOC) in Finland. Scott and Murray went on to compete in 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. Chris and Matt Galloway were also selected for BOF Squads.

The Interlopers Men's Open Relay team recorded a record equalling fourth JK Relay victory and went on to win the British and Scottish Relay Championship.

Hector won the men's 21 elite class at the JK and came third at the British Championships. Mary Ross also became British Champion.

Interlopers also won the 8-Person Relay and several members became SOA, ESOA, SOL and SOUL Champions. The Interlopers Champion is Robin Galloway.

### **Projects**

A development project has been agreed with West Lothian Council and a grant aid bid submitted for funds for mapping, permanent courses, teacher training, etc.

The INTrepid weekend has been introduced with this in mind, as well as our commitment to host more local events and the need to help generate the income required to run the club. The previous 2 years / events in Livingston were fun and successful. We have an excellent opportunity in Livingston and West Lothian, so please continue the good work / events in the years to come.

### **6-Year Reflection**

When I was elected I said:

- "The promotion of our elite status is one of my aims and should also help us to market the club, inspire our juniors and provide a unique opportunity for everyone to learn from the best". [The men have been a fabulous success, but we still need to recruit elite women].
- "Another target is to co-ordinate with neighbouring clubs to develop a full season of local events that supports recruitment, the development pathway and retention of our new members. To support this I want to develop focussed marketing and therefore require a volunteer". [We do not host enough local events and although we have new templates we need to do more proactive and targeted marketing].
- "Another of my aims is to introduce regular training sessions. It's good for you, so I hope you will make the effort to join in." [The regular Thursday training runs and autumn training weekend are popular].

In subsequent years:

- “I praised the club for its excellent team spirit and explained why I think it is essential for club success (it promotes participation, enjoyment, success and growth)”. [Team spirit is high. The new club O tops, ESOA junior training, relay successes and excellent socials all help].
- “I praised the club for its relay successes”. [We now have a record equalling 4 men open JK relay victories, as well as other successes].
- “However, I raised concern over the clubs event programming and lack of lead volunteers, which I think are our Achilles heals. The problem is cyclical in that a lack of volunteers for lead roles 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, organize, control or coordinate an event (large or small) every year. We also require an events coordinator to help programme, recruit for and drive our events forward, but not inherit the event roles themselves”. [This person would free up the Chairperson to lead the club and not get bogged down or burnt out. It should also make it easier to recruit a Chairperson in future].

I believe the key problems are the decline in membership and lack of regular local Interloper events, which also means lack of volunteers and confirms the need for a proactive events coordinator. I have experience of new orienteers attending Interloper CATIs and asking how they join ESOC (not realizing Interlopers exists).

Perhaps we need to do less for SOA and other bodies?

Perhaps we need to make it compulsory to take a lead role every year?

I also think our club web site needs to be much more attractive and active. Graham built it and trained people to populate it, so please start populating it on a daily basis. If I was moving up to the Edinburgh area, as I did 22 years ago, the first thing I would check is the web site for activity etc., and I am confident that on current evidence I would not join Interlopers. Get yourselves together and sort it!

Our next event commitments are as follows (only the first 4 of approximately 34 lead roles have been filled (the 6-Day event roles have not been included in my assessment). Any volunteers?

- 02/11/14 – Venue TBC SoSOL & possibly the INT Champs
- 08/03/15 – Drummond Hill SOL
- ??/05/15 – Dechmont Law Scottish Schools Champs TBC
- CATIs x5
- Summer series x5
- Scottish 6-Day 2015
- Scottish 6-Day 2017 Central Organisers with MAROC

Despite my observations and pleas for more volunteering, I know most people do already volunteer a lot and most also have other commitments like young families. I therefore want to say a very big thank you for what you have done. Well done!

Please continue the good work next year and hopefully a little bit extra each. More importantly it would be good to see some less involved people volunteer – we can train and mentor you – so why not?’

*Ken (Chairman 2008-2014)*



## **The Rock**

26 June 2014

***John Barrow***

The Gullane Rock was presented by John Barrow at the AGM in June to Ken Daly. Here are John’s words:

‘I understand from Ann that she has really enjoyed having the Gullane Rock over the past year, proudly displaying it on her mantelpiece. I only hope that this year’s recipient will treat it with such reverence.

My nominee for 2014 has been heavily involved in Scottish Orienteering for many years. He has served on both the ESOA and SOA Committees, the latter as President over a period of three years. Since 2008, he has been Chairman of the Interlopers Committee, having said that initially he intended to serve for at most three years. Like all such posts, once in harness it’s very hard to relinquish a position (whether from a sense of duty or simply because of unwillingness of others to take on the job). However, this year, he has finally decided that enough is enough.

Ken (for it is he!) has taken on the job of our Chairman with great enthusiasm and dedication. Finding it difficult to recruit other volunteers, usually for event planning or organising, he has often stepped into the breach himself. For several years, he coordinated our Spring Series of Street-O events. More recent examples have been the overseeing of this year’s most

successful INTrepid Weekend, and as Day Organizer for the SOA Individual Championships at Dalnamein. He has also devoted a lot of effort into developing links with West Lothian Council.

In his role of chairing our Committee Meetings, Ken has overseen them with great humour and patience, despite the usual tendency of others to drift off the subject. As Secretary, I have found his leadership very helpful, in particular his diligence in checking the draft Minutes with care to make sure I haven’t missed anything.

So it is my great pleasure to award the Gullane Rock this year to Ken Daly.’



## **Club Event Coordinator**

***Pat Squire***

If you were at the AGM (or have subsequently read the Minutes) you will be aware that there was discussion regarding the creation of a role for the Club of an Event Coordinator.

Essentially this person would recruit organizers and planners for the events that we will be putting on as a club and provide help and support for folks with limited experience so that we might develop a ‘pool’ of personnel for future events. In this way there is a general aim of increasing the number of events that we, as a club, put on to the benefit of individual participants and orienteering in general.

I have offered to take on this position so I will start with a gentle, general request for anyone with an interest in acting as an Organizer or Planner for any of our future events (see list below) to get in touch.

If you would like to cut your teeth on a low key event that can easily be arranged. Similarly if you are unsure as to what is involved in being an event official and would like to find out more (without any obligation) please do get in touch.

Current events in the Interloper 2015 schedule are:

**8<sup>th</sup> March SOL at Drummond Hill (Organizer and Planner required)**

**15<sup>th</sup> May Scottish Schools Championships possibly at Dechmont Law (Organizer and Planner required)**

**Highland 2015 Day 4 Day Organizer required**

Remember that events are the lifeblood of the sport. Without events there would be no orienteering. Please do give consideration to offering to undertake one of these tasks.

Finally if anyone has any thoughts regarding the type of events or formats that we might organize in the future please do let me know ([patsquire@yahoo.co.uk](mailto:patsquire@yahoo.co.uk))



Photo K. Daly

Please volunteer for one of these roles (contact the Club Secretary or Ken Daly).

Why 'Dull & Boring'? Look at the map! Need more enticement? Look at the photos!



Photo K. Daly



## **INT 'Dull & Boring' orienteering weekend**

Drummond Hill  
Sunday 8 March 2015

Interlopers will be hosting a SOL at Drummond Hill on Sunday 8 March 2015 and **require a planner, organizer and controller to help make the event a success.** A reconnaissance trip has confirmed that the venue is stunning and map good enough to use, although a professional update will be commissioned.



## **The Ackland BC Adventure – worth the jetlag**

Summer 2014  
**Graeme and Jane Ackland**

Graeme and Jane both submitted accounts of their Canadian holiday this summer for the newsletter! I've put them both in so your challenge as a reader is to spot any differences in their reports. At least they both said they had an amazing time!

## Graeme's version:

As a family, we've always enjoyed orienteering and vacationing in North America. So when we saw the Canadian Orienteering Championships (COC) was in Whistler, it quickly shot to number one holiday choice. We didn't really know what to expect, but then, it was in Whistler - what could possibly go wrong? After the training day, there was a definite feeling of nervousness. Lost Lake was rough and the map hard to understand - the other Scots, lads on M20, came back from Nester's Hill (the other training map) and just said "don't bother".



Graeme running the COC long distance on Blackcomb Mountain

Photo: Whistler Tourism/Mike Crane

So with some trepidation we rode the classic Yellow School Bus up to a constrained little assembly at One Duck Lake, and it was fabulous, rather like Finland and nicely mapped with just the right amount of detail. Graeme enjoyed his moment of glory leading M21E (all 9 seconds of it before Mike Waddington arrived) and the elderly professors led the world ranking in Jurassic fashion until the proper orienteers started to come in. James, on M16, kept calm through the early tricky controls, and was a bit surprised at how easy it got later. In the UK M16 is planned "as hard as you can make it" - though our areas are seldom this technical.

We all love sprints, and Jane had her chance to shine with a big victory on W45 in Whistler. We hadn't visited the main village before the race, and racing it "cold" it took us a while to get the hang of the oddly shaped junctions and the street vs shop "levels". It was great to race with visibility to the public on a tremendous sprint area, which James described as the best he'd ever run on.

None of us cope well with really rough stuff, so when they advertised very short courses we knew it would be trouble. Jane and James were a little disappointed with the ski slope orienteering, whereas Graeme got the full nine yards (or 9 km) and just broke 20min/kms and the cut-off time. This was a unique and epic experience that you cannot get in Europe - alone for hours, in a huge primeval forest.

The relay was a fun way to wind up the COC events, but we couldn't resist getting up early the next day to rerun each others sprint courses, and collect our woulda coulda shouldas.



James, Jane and Graeme Ackland won the 6-8 point category at the COC relay at Lost Lake in Whistler

Photo Ackland

Four very different races, but the great thing for us is the way the organizers seemed to understand that, although, yes, it is a major orienteering meet we're really all here to have fun. Which indeed we did.



So we brought our hard-earned experience of Canadian orienteering to Kamloops where ... it was of no use whatsoever! The sprint, starting with a 10 contour climb through terrain in 30 degree heat, was as far removed from UK sprints as one could imagine. It took us several controls to get a technique sorted out, but once we did it was a blast! James won, and brimming with confidence and enthusiasm decided to run the World Ranking Course in Savona. Despite being in a desert, the middle terrain turned out to be quite similar to Scotland and we all coped well. The long, on the same map, was a total contrast, much rougher, vaguer and harder. Jane's run of victories came to a grinding halt with a 57 minute leg (oops) and Graeme collected his 5th second-placed M45 finish (what a loser). We're still not sure whether to be pleased or disappointed not to have seen the bears or snakes.

Overall, one of our best holidays ever. Next year we'll be back among 5000 people at the Scottish 6-day and WOC. It will be a totally different experience with forests full of people and tracks, but it's all orienteering - which is what makes ours such a wonderful sport.'

### **Jane's version:**

Perusing the summer holiday O section in CompassSport late last year, we toyed with the ski resort options of the Swiss O week or Canada. We haven't yet had an orienteering holiday across the pond that hasn't been fantastic, so Whistler certainly got my vote. I love the great American outdoors...proper camping, exciting wildlife, and even though orienteering is far from a mainstream sport in the US and Canada, their devotees put on spectacularly high quality events.

We dithered for ages; the dates clashed with a camp that James was angling for,

the flight prices, carbon footprint and travel times were exorbitant, and family Ackland all had niggling injuries....but we took a very worthwhile plunge.

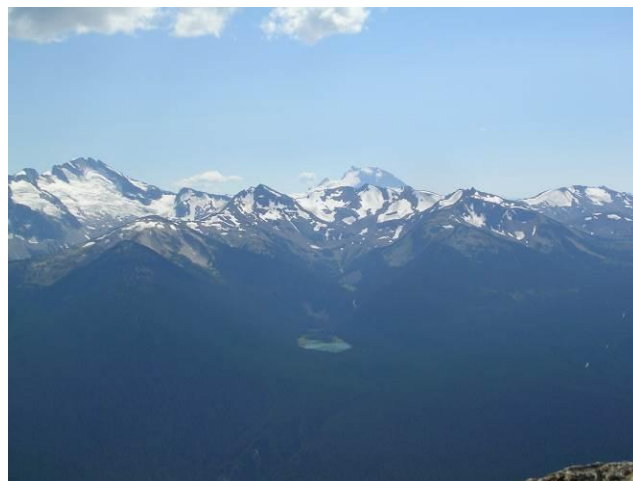


Photo Ackland

There were two events on consecutive weekends, the Canadian Orienteering Champs based at Whistler, and the West Canadian champs, based about 4 hours further east at Savona, in the middle of nowhere, unless you count the nearby metropolis/ railway junction of Kamloops. We were getting 7 serious races in a fortnight, 3 of which, if you mind about such things, were world ranking. That left us with short blocks of unstructured holiday which were not hard to fill.

Players of Catching Features may have thought that the digital bears are a bit fanciful. Not so. We encountered our first (a cuddly, well fed youth) just outside Registration. The threat of hungrier adult bears on our courses certainly added an extra dimension, and though other competitors did see them, we Acklands clearly crash around too noisily.

After one practice session, we plunged jet-laggedly (well that's my excuse!) into a very technical middle distance race on a beautiful contour and rocky area called One Duck Lake. No lake or duck to be had,

but it was great. James came away with his first of many prizes, but I won't disclose quite how long it took me to get round a 1.5km course! Next was a sprint around the Olympic village, which was very well-planned; lots of covered alleyways, multi-layered stuff and prizes to be had. The long race started at the top of a chairlift, and I certainly came unstuck on the first leg of my course which instantly descended about 20 contour lines on a wiggly and very vertical mountain bike track. I was so preoccupied with trying to comprehend how any biker could stay alive on that sort of gradient that I paid no attention to where my nebulous little boulder might be. [Lorna, some top tips on how to work out how far you've descended (wrt orienteering, not morally) would be a very helpful girls' session]. Those of us Acklands who acted our age still did well enough to add to our collection of wooden drinks mats.

We used our all-day passes to meander around the alpine vistas, and sample Whistler's lift system, including the airy cable car that links the two main ski mountains. From on high, we could watch the keener orienteers flounder around a boulder field. They were taking part in the Fundraiser (guess how long you're going to take on the course, take your watch off, and the winner is the person who best predicts their time).

The final event was a handicap relay on Lost Lake, which allowed us to compete as a family. James, running first leg, had a good go at keeping up with the top runners, including the overall winning team of lads from Scotland. The poor planners had to divert the courses and reprint all the maps to avoid some inconsiderate migrating toads who weren't availing themselves of a carefully constructed culvert.

Whistler proved a superb holiday venue. Our hotel room had its own little kitchen and laundry room, so there was none of

that festering half-washed kit draped around the shower problem, and the mountain lakes and hotel pool meant the shower barely got a look in anyway. When I tired of self-catering we could explore the eating out options of the Olympic village, and we had a great time playing around on mountain bikes on the many cross-country ski tracks, and a day of canoeing.

Having had our hotel phase, it was time to move on to the great outdoors bit, but our collective minor injuries meant that none of us were inclined to do that long walk in to a dreamy isolated wild campsite thing that we've enjoyed on previous holidays. So we headed for Whistler's highly recommended campground, and arrived at our site...underneath a crackling powerline, dulcet tones of highway traffic in the middle distance and mosquitoes at closer range, a bear patrolling the washrooms, and temperatures of around 37 degrees C. Within minutes of the tent going up, G and J were sporting matching grimaces of misery, and we barely survived one night before rebooking a motel. Hey ho.

We moved on to Kamloops through spectacular scenery, saying goodbye to the amazing snow topped coastal mountains with their glaciers and lovely lakes, and heading into massive dry canyons. It was hard to imagine that any good orienteering was to be had in the heat and dry, but sure enough, they had dragged us that far for a good reason.

There was a super little sprint race in Kamloops mountain bike park - steeply contoured valley systems with plenty of confusing tracks, and nice short grass underfoot.

The middle distance and classic races were up in the hills in woodland, where, just in case we were now feeling nonchalant about bears, we were assured there would be another highlight –

rattlesnakes. We took a trip to Kamloops wildlife park to check out what to avoid on the herpetology front, which was probably a mistake. Not really a way to calm the nerves. Goaded by his dad, James decided to run M21E in the middle distance race, so he can now crow about his clutch of world ranking points, obtained despite his detours around the rattlesnakes. I had that annoying scenario of having the most perfect faultless (by my standards) middle distance race one day, then, on essentially the same map, binning 57 minutes at a control in the long race a day later. Orienteering never gets boring.

For our final few days we set about exploring a tiny chunk of Vancouver Island, with its European style capital (Victoria) and unspoilt Pacific coastline.

I take my baseball cap off to the Canadian orienteers, who have amongst their small numbers some amazing mappers planners, organizers and, absolutely not to be omitted...caterers. The free watermelon, blueberries, muffins, bagels and drink at the finish line makes for very contented interactive runners.

▣ ▣ ▣ ▣ ▣

**Swedish O-Ringen**  
19-25 July 2014  
*Paul Caban*

I turn fifty this year. As the O-Ringen was born the same year as I was, that seemed a good enough reason to spend a week orienteering in Sweden. Ken, as always, was up for it, so I set about making some arrangements; ie entering on the closing date, booking flights to Copenhagen, and checking that trains would get us somewhere vaguely near to Kristianstad. We'd worry about getting from there to O-Ringen Town later. Somewhere along the line, we decided we'd be camping – no other realistic option really, unless we hired

a car too – and a little after that, we paired up with Crawford and Sally Lindsay, who were combing Sweden with Slovenia (!) in a big Tour.

Now Ken has many talents, one of which is a propensity for being ill. He'd been ill a fortnight before we were due to travel, but figuring that was that out of his system, we packed our one checked-in "camping" bag with tents, sleeping bags and paraphernalia. Then four days we were due to fly out, he declared himself ill again. Daily updates weren't looking good, and the night before we were flying, he declared himself "Unwell", and wouldn't be going. I spent the Thursday evening after Club Training, repacking, and booking some one-person accommodation for the two nights in Copenhagen at the end of the holiday.

Friday morning I had a phone call. Ken was coming after all: he wasn't 100% (which was actually code for wasn't even 90% which is 'normal service' ...) and would be walking the first couple of days. This was good news: holidays are always more fun with others, and I'd also have more chance of beating him overall (I may be pretty fit at the moment, but that would likely mean I could make some serious long-distance errors). I set about un-repacking, and headed for the airport, where Ken was positively punctual in being only forty minutes late.

Jon Hollingdale from Moravian was at the airport too, as well as a good number of FVO people. Jon was going to be camping, and had investigated transfers. I meanwhile, had arranged that Sally and Crawford would pick us up at Kristianstad Station. This worked out perfectly – the train was an hour late, but they would have been too - although was a bit of a squeeze. They'd already found the camping pitch, which was "miles from absolutely anywhere" – i.e. a fifteen minute walk to

the Event Centre (which seemed good to me - and even better, they'd got my box of Rice Krispies. All was well with the world. Saturday morning dawned very early, and very sunny. We'd already agreed that we'd do some of the training options, and generally see a little of countryside. There were five different training maps, including the (military) area around the campsite. We were heading for two of the areas around thirty miles away, which were close to the first two days competition, and also had a swimming lake very close by. (not for me, it goes without saying, but Sally is very keen on swimming). Training turned out to be a good idea. Lots of compass'n'pacing practice (thanks, Lorna), and also the chance to discover, in advance, that some of the controls could be very tucked-in. Uh oh.

The first two days went fairly well for both of us. The terrain wasn't too unfamiliar (a little Scottish-y, plus the training had helped). Ken was walking, and was pretty clean; I was running fast-ish, and fairly well, making only one proper (>4 minute) mistake on each, including day one, control one. Sigh. We met up with few other people, including Rob's dad, plus we got to hear Alex being interviewed for Radio ORingen. There were cloudless blue skies, and roasting temperatures, and the showers were fantastic. Day three was a middle-distance race, on sand-dunes. Now I'm normally quite good at that, but I could make absolutely nothing of the map at all. To no great surprise, I missed number one, badly, and number two, even more badly, but there was one other massive mistake too, resulting in around fifteen minutes of lost time in total. Even when I was hitting the controls - serious amounts of compass, pacing and concentration - they were mostly not quite how I was expecting them. All in all, not my finest hour, and to no surprise I was soundly beaten by Ken, although he'd also made at least one big mistake too.

Wednesday was the rest day, and as it was hot and sunny by 6am, I went for a long run around the campsite first thing. There was very little moving at that time, and some signs of serious partying having happened during the evening and night. Camp Norway, in particular, with a mountain of debris looked like they'd had a really good night, and suddenly camping on the edge of everything seemed like a lucky break. Our neighbours, a Russian coach party, were as quiet as we were. Ken and I spent the day doing tourist stuff: the Environmental Centre, Cathedral, Railway Museum, plus a walking tour of the City architecture. Oh, and an extended visit to the Ice-Cream Parlour ....

Thursday was our day with the earliest start, and was also the most distant area; we had to be up at 6am, and on the bus before 7am. The up side was that we could walk down to the nearby town of Solvesborg for more tourism (and ice-cream). The day's terrain was billed as being very different: lots of bare rock and crags and stuff. I should have taken the warning more seriously. My plan for number one was "head into the terrain and punch the control, which was a small crag above a small marsh", which of course is absolutely no plan at all. There was rock everywhere - which meant it was impossible to run in a straight line - most of it unmapped, and 'marshiness' everywhere too. After five minutes of ineffectiveness, I bailed out to the nearest track and started again (and even then I almost missed the control, as it was tucked right in). Chatting with Alex afterwards, he'd done exactly the same thing. I concentrated much more for the next few, but even that didn't always help. The last of the really technical controls could be described as 'small crag amongst many, many more'. My Garmin track shows I was in the circle, several times, but even then it took three attempts before I found the thing. Grrr. No surprise

that Ken, who was jogging by now, beat me convincingly.

Day five, and after two wins each, all to play for: two wins each between us, but I was a good bit ahead on time. Another coastal area, but this time sandy forest, rather than detailed sand dunes. It promised to be runnable, which was always going to play towards my strengths rather than Kens'. It was also even hotter than the previous few days, which may sound delightful now in the depths of a Scottish autumn, but was just plain hard work keeping hydrated. Having messed up the first control three days out of four, and knowing Ken was only a few minutes behind me in the chasing start, I worked very hard on the first few controls, figuring if I didn't make mistakes, I should put time between us quite quickly. In fact, to the complete opposite of day three, I could relate to the map perfectly, and everything just worked. I had easily my best run of the week, with no mistakes other than a few 'dithers'. I also got to see Thierry Georgiou run past me, who looked like he was hardly trying (maybe he wasn't: he only [only!] came third that day, having won the previous three days convincingly, and was already destined to win the week overall). (And in a serious bout of starstruck-ness, Crawford later got his autograph, but that's another story)

Overall, a great week, not least because I beat Ken by two falls to his three submissions, although Jon beat us both very convincingly. No rain (envious yet, all you people who went to Switzerland?), no midges, only a few mosquitos. The events were all organised stupendously efficiently. For those who have never been to the O-Ringen, everyone should at least once. (Rob's dad went this year for the first time as an M75.) Everything that might be needed is organised, particularly if you're happy to camp. Next year it's reasonably near Gothenburg, and a fortnight before

the Six Days. The year after, it's up in the mountains, where everything is billed as within walking distance, and there's enough (ski) accommodation so that no-one need camp at all. If anyone is interested in going for the first time, I'm always happy to chat about experiences.



## **World Orienteering Championships 2014**

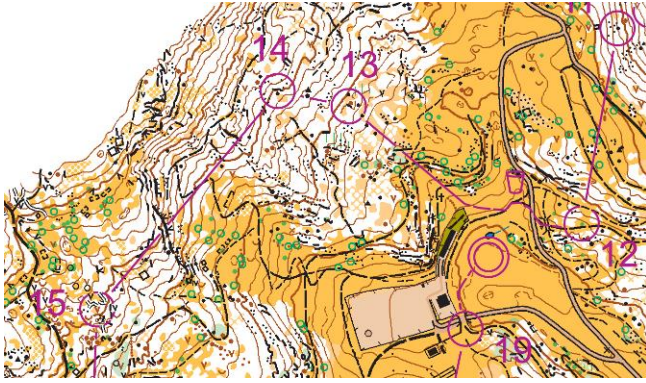
July 2014

*Hector Haines*

This year's World Championships were held in the Trentino Region of Italy, and I was selected to run the Middle Distance Race. The Middle, due to the change of programme in the WOC week, is now a Final race only – no qualifiers. It took place the day before the relay, at the end of the week.

This year, as usual, I was very well prepared going into the championships. I had done all my prep, been out to the terrain a year in advance, trained myself into the physical shape of my life...It was all going to plan. However, my past results in major internationals hadn't really reflected my potential – at least not in my opinion. This was my biggest obstacle this year - how to put my daemons to bed. Especially those from the European Championships earlier this year.

To this end I had decided to bite the bullet. I needed external help. I had made it quite far off a self-coached style of training, but something that I had always neglected was the mental aspect to performance. So I sought out the help of Neal Anderson, a performance psychologist that had helped the British Squad in recent months. With

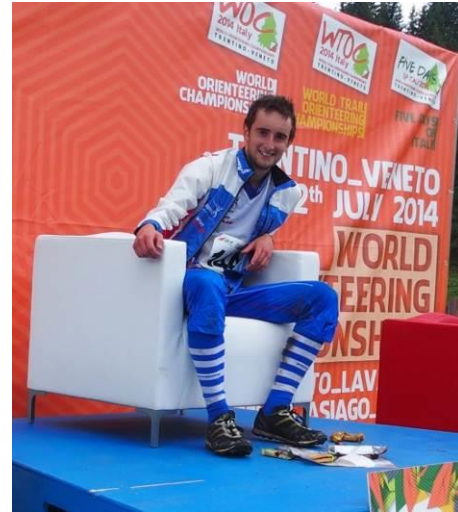


him I built myself back up after the Europeans, and made big strides in the process. I came 11<sup>th</sup> in the World Cup Long Race in Norway, 3mins off the lead, and knew I was on track to get a really good result at WOC. I just needed to do it.

Mentally, Physically, Technically. In the run up to WOC I had proven to myself to be in the form of my life. For WOC itself, I didn't get everything right – it wasn't a perfect run by any means. I was scrappy, made lots of little mistakes, got distracted, and also started to feel quite tired and lethargic towards the end. However, I did respond emotionally well to the little misses, I stayed calm and I kept pushing, kept fighting, kept believing.

In the end, I think I just coped better than others. Sure, I lost time – so did pretty much everyone else. I kept my time losses to a minimum and was in a good place mentally and physically (even if I didn't feel it) to benefit. I finished 12<sup>th</sup> overall, after what felt like an age on the "Current Leaders" podium.

The thing that has been most satisfying from the Championships was not the result, and not the performance (of which I am actually quite critical still), it was the confirmation to myself that I am moving in the right direction. I have taken a big step forward this year and have broken through number of barriers. I have proven to myself that all my hard work and effort over the



years is paying off – I have discovered how to unlock my potential. I am now truly excited for the coming years – especially 2015. I now realise that my dreams can come true. I have exited the scrappy climb through the forested foothills and am now running up the ridge headed for the top of the mountain!



## Pat's Summer Jaunts

June/July 2014

*Pat Squire*

With little happening in Scotland over the summer I decided to seek my orienteering "fix" by travelling South courtesy of the rail network and my railcard.

First off was MDOC's "Twin Peaks" weekend on 14<sup>th</sup> / 15<sup>th</sup> June. This was a 2-day urban event with a sprint on the Saturday and a street race on the Sunday. (Never did workout where either of the twin peaks were!)

The Saturday event was held to the south of Manchester and was based at the Fallowfield campus of Manchester Met University. It consisted of a qualifier race held across the road from the campus in Platt's Fields and then the final around the campus itself. Platt's Field is a public park,

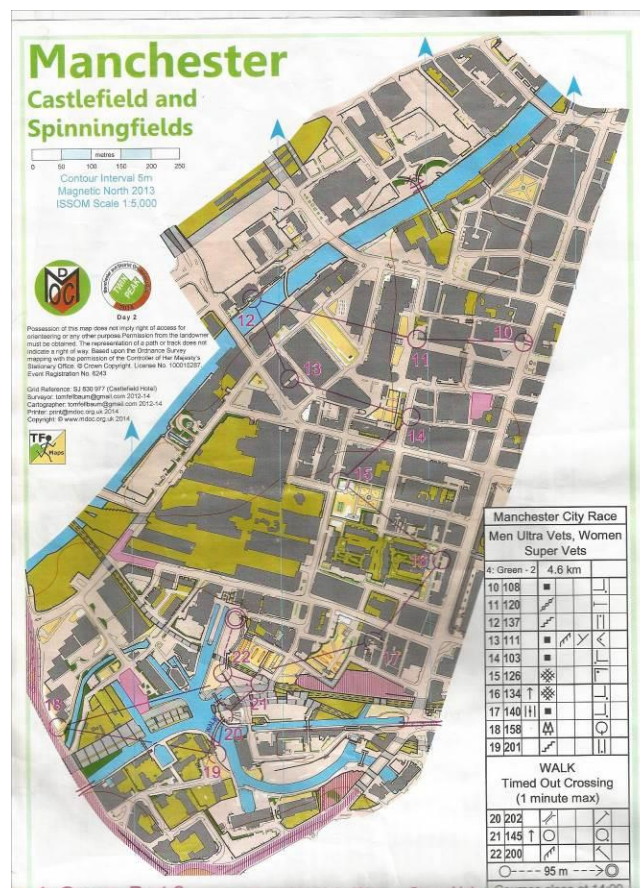
with an ornamental lake, tennis courts and play areas. My course had 16 controls in a 1.9km course so legs were short and fast. Errors of only a few seconds seriously affected your overall time and hence your starting position for the final (chasing start for the top 5 in each class). Although the park was fairly straightforward the constant change of direction and multiple control sites, many of which were very similar, meant you had to stay alert and try to plan ahead to ensure reaching the correct control.

The campus area for the final was quite compact but housed many separate buildings so there was a lot of route choice. Multiple loops with constant changes of direction allowed a lot to be squeezed into the small space.

Sunday's event was more centrally located with the Start and Finish being located in the Castlefield basin area of the Manchester canal system. The foyer of an adjacent hotel together with a couple of rooms for Registration / Download and baggage storage served as the event centre, as well as providing welcome shelter when the rains came down a couple of times.

This was a regular distance street event (4.7k with 22 controls in my case). My first 5 controls were located close to canals so finding suitable routes across bridges was critical. Thereafter we were in the built-up area close to the City centre with main roads to cross, alleyways to investigate and people to avoid. We returned back to the canal area for the last part of the course which included a timed-out bridge crossing (1 minute) where no running was allowed. (I presume the vibrations could have done something nasty to the suspended structure).

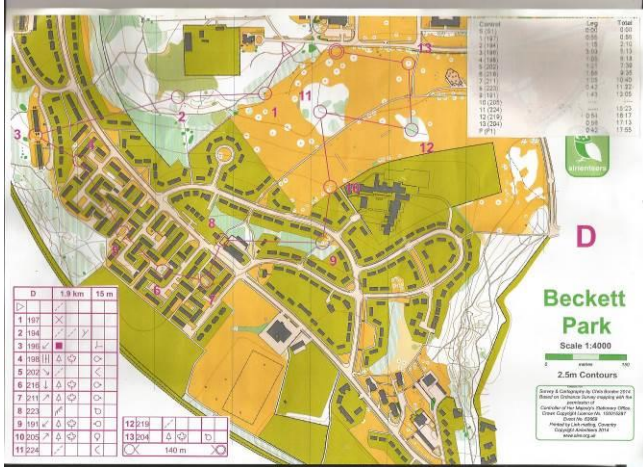
All in all a very worthwhile trip enhanced by a visit to the Museum of Science and Industry located close by.



Four weeks later it was time to visit Leeds for a similarly formatted weekend – sprint with qualifier and final on the Saturday and street race on the Sunday.

The sprint was again centred on a University Campus – Leeds Met's Beckett Park site. The qualifier started in woodland / parkland adjacent to the campus and then into surrounding housing estates before returning to the parkland for the last 4 controls except that I only visited 3 of them! Clearly the transition from urban to park is something my little brain can't cope with as I completely missed the first control back in the park almost adjacent to the passageway that led from the houses. This cognitive malfunction was to occur again in the final when we were taken from the built-up environment into a patch of

woodland on the far side of the campus. Found the first one OK but did a bit of a meander to locate the second. Once back on to reassuring concrete I was fine and finished the rest all right.




On Sunday 6<sup>th</sup> of July the Tour de France had swept through the town of Otley. There had been large crowds, TV cameras and lots of decorations and bunting. The following Sunday the Otley street orienteering race took place and only the decorations and bunting were still present. Quelle suprise!

The Event Centre was a local school which was also the Finish so there was a bit of shuttling back and forth from the bus station where I arrived, to the school for registration, change and dump bags and then back down to the town centre where the start was located. The initial part of my 4.6km course zig-zagged across the town centre crossing the square at least 4 times with various visits to controls near and far. The last part took us back across the only bridge over the River Wharfe and into an area of ornamental gardens before a steep climb into the school grounds to finish with 5 controls around the school building and playing fields.

Several times throughout the course I had spotted or been passed by an express train in the form of a certain Mr Paul Caban so it

was good to catch up with him briefly at the finish before making our various ways back to Edinburgh.

  
**Junior Inter-Areas 2014**  
 13-14 September 2014  
*Jane Ackland*

Thank goodness for the Edinburgh September bank holiday and a chance to recover from a sleep depriving exhausting weekend - and I didn't even run at Craig a Barns!

Saturday saw some exciting relays in outrageous (for September) sunshine. Selecting teams is a remarkably tricky job, and I spent many hours scouring results from various events, and then remaining completely unable to compare form in flat racing (Scottish schools) with hillier stuff (Jamie Stevenson) with everything else. Thank you to everyone for being very good-natured about the courses you ran. Our teams ran well, particularly the winners Freddie, Patrick and Alex, and crucially nobody in East mispunched! East was in the rare position of lying second overnight, with just a teensy gap in the score and, ahem, all to play for the next day. If you haven't already watched the boys' team photofinish on Youtube, you should! Alex chases down West's Daniel Stansfield very satisfyingly.

Usually, the evening entertainment at the inter-areas takes the form of a quiz and other mildly cerebral team games. However, with the amazing weather, this was largely abandoned in favour of outdoor activities in a nearby park, and of course the kids continued to party and chat into the wee small hours, until we adults found the master key for the hostel rooms. Amazing that they could stomach Craig A Barns at all the next day.



So, Craig A Barns. In the Ackland list of areas to be avoided, it rates a very creditable second place (first being the Trossachs). I am well impressed with all the East team's efforts and courage in the face of adversity, and completely astonished by those of you who had good results. Our top scorers were:

Fiona 2nd yellow girl  
Kirsty 4th yellow girl  
Matthew 4th yellow boy  
Rachel 3rd (but 2nd W12) orange girl  
Marc 6th boy on LG  
Laura Nichol 5th on green  
Samuel 5th on blue  
Jack 5th on brown  
Pippa, Yousuf, Mairi and Alex were also important point scorers.



The Junior East team

Photo Judith Bell

Of course, the prize giving was a bit inevitable. There was a box of Celebrations for the winning North team (averaging about half a Celebration each) and a box to share between West (2nd, and in fact winners of the Craig A Barns day) and East. By my rough calculations, that would mean East and West kids probably got a handful of chocolates each! That makes us the winners, surely.

Hope to see lots of juniors next year, when the Inter-areas will be organised by East - yes...us. I'll be looking for lots of parent volunteers! The areas will be lovely

(Speyside) as will the overnight venue (Lagganlia) as will the associated events organised by BASOC (Highland Wolf weekend). Put 3rd October in your calendars.

## SOA News

### Courses etc. – bookings now open for:

- Teaching Orienteering Part 1, 11 October – Glenmore Lodge
- Teaching Orienteering Part 2, 12 October – Glenmore Lodge
- UKCC Level 1 coach course, 14-15 March 2015\*
- UKCC Level 2 coach course, 16-17 May, 13 June 2015
- UKCC Level 1 coach course, 20-21 June 2015\*
- UKCC Level 1 coach course, 31 October – 1 November 2015\*
- UKCC Level 3 coach course, 7-8 November 2015

More dates are in the complete course schedule: <http://www.scottish-orienteering.org/courseschedule>  
Please ask your schools contacts to ask about availability and pricing for local courses.

### Class of 2015 – Coaching Foundation course

Dates and venues (some provisional) have now been added to the list of one-day Coaching Foundation courses to be held during 2015. Thanks to generous funding from **sportscotland**, this will be free of charge to SOA members. Attendees will be eligible to attend the 2-day UKCC L1 courses marked \* above.

### SOA Development Fund

Applications for the next round of SOA Development Funding must be received by 1<sup>st</sup> October. See <http://www.scottish-orienteering.org/soa/page/soa-club->

[development-fund](#) for links to form and guidance. Recent projects that have been awarded funds include revamping of club website, purchase of SI and other kit, establishing local partnerships and producing promotional material.

### WOC2015 volunteers posters

Posters advertising WOC volunteer opportunities can be downloaded from: [www.woc2015.org/info/media](http://www.woc2015.org/info/media) or for printed versions please contact Linda Cairns: [linda.cairns@woc2015.org](mailto:linda.cairns@woc2015.org) Please download, print and use liberally!

  
**Fixtures 2014/15**  
[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

October 2014		
4th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Holyrood Park, Edinburgh, <a href="#">NT281731</a> Entry times: 14:00 - 15:00. Dogs allowed. <a href="http://www.esoc.org.uk/events/holyrood-park-oct-4-2014">www.esoc.org.uk/events/holyrood-park-oct-4-2014</a>
4th	FVO SOA Level D	<b>FVO Come and Train #2 - Bantaskine</b> , Bantaskine Country Park, Falkirk, <a href="#">NS871789</a> Entry times: 11.00 to 12.30. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>
5th	KFO SOA Level C	<b>KFO South of Scotland Orienteering League</b> , Tentsmuir North, Tayport, <a href="#">NO472268</a> Entry times: 1100-1300. Dogs: Dogs on lead - still to be confirmed. Organiser: John Emeleus <a href="http://www.kfo.org.uk">www.kfo.org.uk</a>

10th	SOA Level D	<b>Race The Castles - Evening sprint warm-up</b> , City Centre, Edinburgh <a href="http://www.racethecastles.com">www.racethecastles.com</a>
11th	SOA Level B	<b>Race the Castles - Edinburgh Street Race (UKOL)</b> , Edinburgh City Centre, Edinburgh <a href="http://www.racethecastles.com">www.racethecastles.com</a>
12th	SOA Level B	<b>Race the Castles - Stirling Street Race (UKOL)</b> , Stirling City Centre, Stirling <a href="http://www.racethecastles.com">www.racethecastles.com</a>
18th	MAROC SOA Level B	<b>Race the Castles including the SHI and the CompassPoint Scottish O League 7</b> , Balmoral, Deeside
19th	GRAMP SOA Level B	<b>Race the Castles including the SHI Relays</b> , Forvie, Aberdeen
25th	TINTO SOA Level C	<b>Tinto Twin - Night</b> , Carmichael Estate, Biggar, Lanarkshire Entry times: Starts from 6.30 pm. No dogs allowed. Organiser: Marcella McLennan
26th	TINTO SOA Level C	<b>Tinto Twin - Day</b> , Happendon Wood, Douglas, Lanarkshire Entry times: starts from 10.30 am. Organiser: Marcella McLennan
November 2014		
1st	FVO SOA Level D	<b>FVO Come and Train #3 - Calandar Park</b> , Calandar Park, Falkirk, <a href="#">NS897795</a> Entry times: 14.00 to 15.30. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>
8th	GUOC SOA Level D	<b>Glasgow University Sprint - Inc. Scottish Student Relay Champs</b> , Glasgow University - Gilmorehill Campus, Glasgow Organiser: Simon Gardner

9th	CLYDE SOA Level D	<b>Clyde SoSOL Croy Hill</b> , Croy Hill, Cumbernauld Organiser: Alastair Dunlop <a href="http://www.clydesideorienteers.org.uk">www.clydesideorienteers.org.uk</a>
16th	BASOC SOA Level C	<b>BASOC Scottish Score Championships</b> , Achlean, Kingussie, <a href="http://NN842995">NN842995</a> Dogs: Only in car park. Organiser: Marion MacCormick
22nd	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Royal High School and Davidson's Mains Park, Edinburgh, <a href="http://NT203753">NT203753</a> Entry times: 14:00 - 15:00. Dogs: Davidsons Mains Park is a popular dog-walking area so dogs are allowed.. <a href="http://www.esoc.org.uk/events/royal-high-school-and-davidsons-mains-park-nov-22-2014">www.esoc.org.uk/events/royal-high-school-and-davidsons-mains-park-nov-22-2014</a>
22nd	FVO SOA Level D	<b>FVO Come and Train #4 &amp; Club Championships - Beecraigs</b> , Beecraigs, Linlithgow, <a href="http://NS998741">NS998741</a> Entry times: 10.30 to 12.00. <a href="http://fvo.org.uk/events">fvo.org.uk/events</a>
23rd	RR SOA Level C	<b>East of Scotland Orienteering Championships</b> , The Hirsell, Kelso <a href="http://roxburghreivers.org.uk/">roxburghreivers.org.uk/</a>
30th	ELO SOA Level D	<b>SoSOL</b> , Saltoun Forest, Pencaitland <a href="http://www.elo.org.uk">www.elo.org.uk</a>
<b>December 2014</b>		
7th	STAG SOA Level D	<b>STAG's 16th Glasgow Parks Championships</b> , Top Secret, Glasgow Entry times: 10am - 12 Noon & 2pm.. No dogs allowed. Organiser: Terry O'Brien <a href="http://www.stag-orienteeing.co.uk">www.stag-orienteeing.co.uk</a>

14th	TAY SOA Level D	<b>TAY Christmas Score</b> , TBC, Dundee
<b>January 2015</b>		
4th	STAG SOA Level D	<b>STAG Winter Score 1</b> , Pollok Country Park, Glasgow, <a href="http://NS555621">NS555621</a> Organiser: Terry O'Brien , <a href="mailto:terry@tobrien1.wanadoo.co.uk">terry@tobrien1.wanadoo.co.uk</a> <a href="http://www.stag-orienteeing.co.uk">www.stag-orienteeing.co.uk</a>
17th	ESOC SOA Level D	<b>ESOA Local Events in Edinburgh and the Lothians</b> , Edinburgh Entry times: 14:00 - 15:00.
18th	STAG SOA Level D	<b>STAG Winter Score 2</b> , Strathclyde Country Park, Motherwell <a href="http://www.stag-orienteeing.co.uk">www.stag-orienteeing.co.uk</a>
31st	ESOC SOA Level C	<b>ESOC 50th Anniversary Weekend - Sprint-O</b> , Edinburgh Entry times: 10:00-11:00. <a href="http://www.esoc.org.uk">www.esoc.org.uk</a>
<b>February 2015</b>		
1st	ESOC SOA Level C	<b>ESOC 50th Anniversary Weekend - SoSOL</b> , Edinburgh Entry times: 10.30 - 12.30. <a href="http://www.esoc.org.uk">www.esoc.org.uk</a>
15th	STAG SOA Level D	<b>STAG Winter Score 3</b> , Cathkin Braes Country Park, Glasgow Organiser: Terry O'Brien , <a href="mailto:terry@tobrien1.wanadoo.co.uk">terry@tobrien1.wanadoo.co.uk</a> <a href="http://www.stag-orienteeing.co.uk">www.stag-orienteeing.co.uk</a>
21st	EUOC SOA Level C	<b>BUCS - Individual</b> , locality, Edinburgh <a href="http://www.euoclegends.co.uk">www.euoclegends.co.uk</a>
22nd	EUOC SOA Level C	<b>BUCS - Relay</b> , locality, Edinburgh <a href="http://www.euoclegends.co.uk">www.euoclegends.co.uk</a>

## Compass Point Sponsorship



Compass Point event shop, Denmark JWOC 2010

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

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