



The Interloper

www.interlopers.org.uk

 **No. 173** 
December 2015

Pentland Skyline Race





Graham Haley running on Drove Road

Photo Ann 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)			
10/12/2015	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
17/12/2015	Holyrood & Duddingston: From Holyrood House car park -12	NT270738	Soup at Ken's
24/12/2015	Christmas Break 		
31/12/2015	New Year Break 		
07/01/2016	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	Tusitala
14/01/2016	Corstorphine & Ravelston: From Cairnmuir Road car park -7	NT205736	
21/01/2016	Craigmillar & Jack Kane: From Glenallan Dr (mid to NE end) -14	NT279707	
28/01/2016	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
04/02/2016	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	Spylaw Tavern
11/02/2016	Castlelaw & Harbour Hill: From Castelaw Ranges car park -5	NT230637	
18/02/2016	Harlaw, Bells Hill, Logan & big Dam: From Harlaw Farm public car park -17	NT240673	
25/02/2016	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	
03/03/2016	Swanston & Bonaly: From Swanston car park -15	NT240673	Swanston Golf Club

Editor's Introduction

Mary Ross

Welcome to the December issue of *The Interloper*. Read on to find out who the new Club Champion for 2015 is and how the club got on in the CompassSport Trophy.

Many thanks to Jane Carcas for recommending two excellent articles, which means we have a substantial and diverse newsletter; the articles are from Tam Wilson (ScotJOS) and Tim Morgan (EUOC) and will be of particular interest to squad members and aspiring juniors.

There's also, as promised, some words from me about my recent trip to Porto, together with Pat Squire's tales of racing in

Barcelona (two fans of the combination of exploring a European city with some street orienteering). Graham Haley writes about his epic Pentland Skyline race.

Watch out for some important dates: our club New Year party, upcoming Interloper events and of course as we look to the New Year it's time to start planning some of the big events. I'm personally looking forward to the JK already as it takes me back to my home ground of Yorkshire.

I wish you all a very happy festive season and some good winter orienteering (the Score at Pitmedden was my first icy orienteering of this winter and it was beautiful, even if my toes did take a while to warm up).

Mary



Chairman's Chat

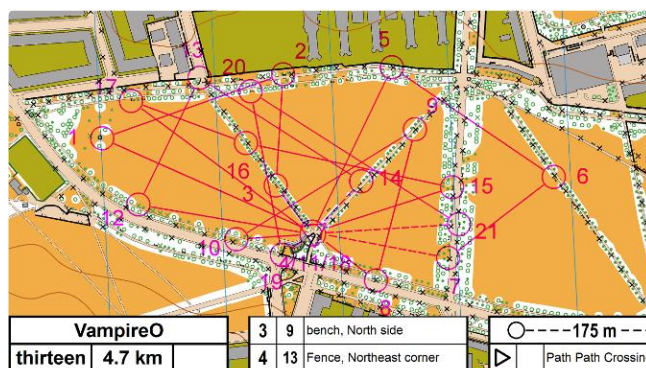
December 2015

Max Carcas

It was great to see many of you at the Vampire O and Halloween party. If I say so myself, and I will, I was quite pleased with the format of the Vampire O – I had 12 courses but just 19 controls in quite a compact area at the western end of the Meadows. This meant that people were always passing each other and whoever was the Vampire had rich pickings! As such it didn't take long for those that got vamped to vamp someone else. It also had the advantage that I could start everyone off at the same time. For those of you that are interested - I gave each competitor 3 maps, each with 2 different loops that returned to the same spot and each with three controls per loop. However each of the 12 courses started in a different direction – six of these were mirror images of the other six. So in the

end everyone ran the same course, they just started at different points!

A full picture of one of the courses is shown below (for some reason this is course thirteen...). Rather than get this confusing jumble this is why each runner got three maps to split the course up for legibility.



This would be quite a good format for schools as you can keep an eye on children due to the compact nature of the area. Stephen Haley has since used these for compass work with the Cubs – hope it went well!

I'd also like to say a big thank you to everyone that helped at the Blackford Hill local event. The weather wasn't great but everyone that came seemed to enjoy the slippery slope-elope and as a 'minimal' event it seemed to work quite well with just the SI download and printer - at least until later at home when I managed to reset the unit and delete the results... To be fair I was fiddling about with it on purpose (changing station function – that's just the kind of geek I am) and fortunately – or so I thought - I had made a backup of the results. Unfortunately the version of SI download I had couldn't read it (a Sportident software problem since resolved in the latest version...) so I had to spend a wee while doing some Excel trickery to get the results out.

The Scottish Uni sprint relay champs at Heriot Watt was also great fun (how many mis-punches EUOC?) and it was great we could support this and help make it happen.

Don't forget: Colin Ledlie's event this Saturday at the recently remapped Mortonhall, Christmas party on 3rd Jan (after Christmas...) and please... a volunteer needed to plan a SoSOL next year!

Have a great Christmas and Hogmanay if I don't see you before!

Max



Interlopers New Year Social and Club Prize Giving

**Sunday 3rd January 2016
2 pm onwards**

Orienteering activity in the vicinity of 5 **Strathearn Rd** from **2-3 pm** followed by tea, cakes and party games (and prize giving)....

All welcome! Please come and join in the fun.



Events Update

Pat Squire
Events Coordinator

Since the last Newsletter two events have been held.

On 7th November the Carcas family organised and planned a Saturday series event at Blackford Hill. Just over 40 people braved the elements on a pretty terrible day and appreciated the efforts that had been made to provide challenging courses. Thanks to all Club members who also turned up on the day to help and assist.

The Scottish Universities relay championships were hosted this year by Heriot Watt orienteering club on 15th November with the assistance of ourselves. It was decided to offer "open" course for non-student participants so as well as the 13 University teams taking part there were 14 other teams from various clubs running in the range of classes being offered. Helen Bridle (ESOC) who works at Riccarton, was the Planner with Alison Cambell (HWUOC & INT) as Organiser. The Controller was Paul Caban. By all accounts it was a successful day / format – perhaps something that we might consider offering as a Club on a regular basis?

For the future we have another Saturday series event on **5th December**. This one will be planned / organised by Colin Ledlie at **Mortonhall**.

In **2016** the **INTrepid weekend** returns in April with an urban event (part of the SOUL series) in **Livingston** on **9th April** and a SOL at **Culteuchar** on **10th April**. Graeme A is planning the urban with Paul C and Robin G jointly organising both events. A planner is needed for the Sunday event so now is your opportunity to make history and put yourself forward before I approach you directly!

We are planning to offer a **SOSOL** on **15th May 2016**, probably at **Calder Wood**. We are still needing an Organiser and a Planner so if either of these roles has your name on it please make contact very soon.



Club Championships 2015

22 November 2015

Rob Lee

This is based on the performances by Interlopers on the 40 minute and 60 minute score courses at the Scottish Score Championships held at Pitmedden Forest on Sunday, 22 November.

The points scored by each competitor, after the deduction of any penalty points for being over the time, were then adjusted based on their age class. The top three positions are as follows (all 3 running the 60-min course):

	Name	Time	Points scored	Penalty points	Final points	Adjusted points
1	Freddie Carcas M16	01:04:28	290	45	245	633
2	Mary Ross W40	01:03:30	230	35	195	632
3	Max Carcas M45	01:03:17	270	33	237	612

Note that the adjusted points are based on the same age class handicaps as employed by the Scottish Inter Club Championships. Thanks are due to Robin Strain for the calculation of these.

So after an incredibly close contest the Club Champion for 2015 is Freddie Carcas.



Club Champion 2015: Freddie Carcas

Photo: F. Carcas



CompassSport Trophy 2015

18 October 2015

Rob Lee

Interlopers had not entered this competition for small clubs since a series of second places behind Forth Valley Orienteers in 2010, 2011 and 2012. Having won the Trophy competition every year since 2007 they decided to move up and compete in the Cup competition for large clubs, so perhaps 2015 could be our year.

We successfully qualified for this year's Trophy Final by finishing in second place at the Scottish Qualifying Round back in March, not far behind MAROC who were the organising club. So in the middle of October some 27 Interlopers made their way to Helsington Barrows, near Kendal, to take on another 10 small clubs from Scotland and England.

On a fine but chilly day there were excellent wins for Murray Strain and James Ackland, second places for Oleg Chepelin and Pippa Carcas, third places for Samuel Galloway and Rob Lee, and other fine efforts including Joseph Bartlett competing with a plaster cast on his broken arm.

As the day progressed it became clear that it was very much between ourselves and South Ribble Orienteering Club. With all of our and their runners in, it looked promising as we held a one point lead over them. Unfortunately very late on a runner from Clydeside Orienteers came in with a time just 31 seconds quicker than Graeme Ackland's. This resulted in us and SROC finishing level on 1239 points from thirteen counting scores, while East Pennine Orienteering Club were close behind with 1229 points. In the event of a tie the tiebreak takes each club's fourteenth

counting score and so SROC claimed the narrowest of wins on home terrain.



Rob Lee, Max Carcas and Graeme Ackland receiving our prize from Nick Barrable of CompassSport (2nd from left) Photo A. Campbell

CompassSport Trophy 2016

The Scottish Qualifying Round is being held at Dumyat, near Stirling, on Sunday 13 March 2016.

The Final is being held at Tankersley, between Sheffield and Barnsley, on Sunday 16 October 2016.

After coming so close to victory this year the proposal is we try to go one better in 2016. Please put these dates in your diaries.



Pentland Skyline

11 October 2015

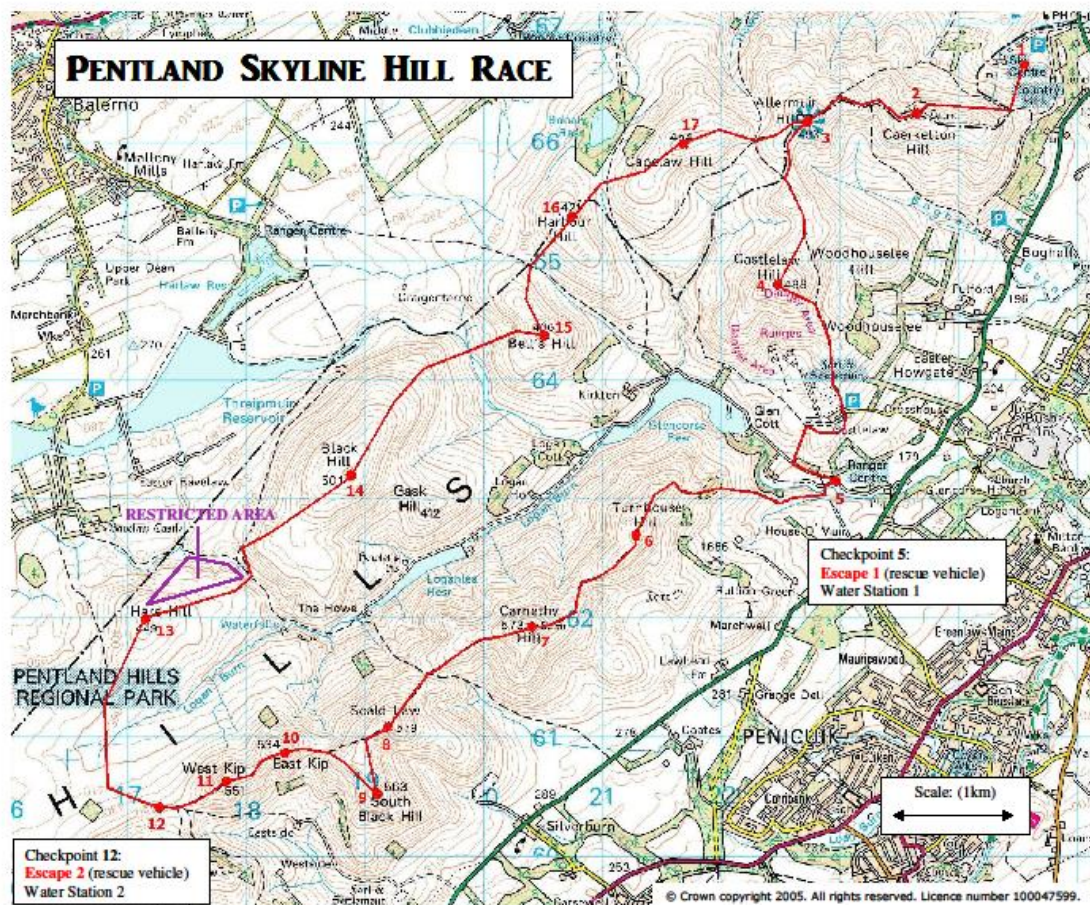
Graham Haley

Living in Fairmilehead for over 20 years, you can't help but notice the Pentlands Hills. They are always there, always attracting you to get out of the city to enjoy the open spaces.

Before I caught the Strava bug (2011), my running can only be described as "occasional". I couldn't understand why people would run in the hills as it always seemed like hard work. It is I guess! But a few years ago I started doing more and more in the Pentlands. Once you build up a bit of fitness, the ups come easier and it wasn't long before I was at least able to tackle the steeper climbs (Allermuir, Turnhouse, Carnethy, Scald Law ... etc). Now I run with one main purpose in mind ... to be fit enough to run in hills like the Pentlands. You simply can't beat them!

I have been aware of the Pentland Skyline race for a long time, more so in recent years as Stewart Whitley moved in a few doors away. Then of course it was featured on the Adventure Show last year.

I have done the route many times now, but only in sections. Despite it "only" being 27km, the almost 1600m of ascent makes it roughly equivalent to a road marathon (using Naismith's rule). Was I fit enough to complete it? Only one way to find out ...




skyline@carnethy.com

Retired runners must report to the finish and return wristband

Race Control:
07788 876547
(Emergency only)

Checkpoints

1. Start
2. Caerketton Hill
3. Allermuir Hill
4. Castlelaw Hill
5. Flotterstone
6. Turnhouse
7. Carnethy Hill
8. Scald Law
9. South Black Hill
10. East Kip
11. West Kip
12. Drove Road
13. Hare Hill
14. Black Hill
15. Bell's Hill
16. Harbour Hill
17. Capelaw Hill
3. Allermuir Hill
2. Caerketton Hill
1. Finish

Recce

I first did it back in May. Ann dropped me off at Hillend, drove round to Threipmuir and ran up to the Drove Road and West Kip with water. I got off to a steady start, but after Turnhouse the ups were taking their toll and I was getting a bit of cramp in my calves. I unexpectedly bumped into a work colleague from Fife on top of Scald Law, so stopped for a brief chat, then made it to West Kip and the Drove Road in just over 2 hours.

Ann ran with me over Hare Hill and down into Green Cleugh, then headed back to the car.

The return over Black Hill, Bells, Harbour, Capelaw, Allermuir and Caerketton wasn't as bad I was expecting, although I was reduced to walking up the steeper bits. I made it back to the start/finish in 4:02:10 elapsed, with 3:54:38 moving time - result!

Race Day

As October 11th approached, I still hadn't decided whether to enter. I guess I wanted to check the weather forecast before committing. I eventually decided to go for it and paid the £7 fee, expecting to get good value for money! This year was a very big field, probably because of The Adventure Show (there were 265 finishers, not counting the people who dropped out).



Start of Pentland Skyline Race

Photo A. Haley

I was nervous at the start, but I'd done it before, and I knew these hills like the back of my hand. It was just a long run after all. What could possibly go wrong? After the spot kit checks, we were off!

The first 800m was a bit stop/start as the narrow path between the gorse caused bottlenecks and traffic jams. Once through the gate though we could move a bit more freely, up into the mist on top of Caerketton. This was to continue over Allermuir, but by the time I was going up Castlelaw the sun was shining through! This allowed me a brief glance back. Where was everyone? Surely I can't be that far down the field already?

I made it down to the water stop near Flotterstone in 50:32, where I had a brief stop to take on liquid. Then it was the biggest climb of the day, up almost 300m to the top of Turnhouse. Carnethy and Scald Law passed as painlessly as expected(!), then a quick detour over South Black Hill, over East Kip and on to West Kip, the half way point by distance (13.5km). After that it is a quick dash down to the Drove Road and more water. This is an escape point, and if you are not there in 2:15, you might be asked to retire. Thankfully I was 12 minutes ahead of that milestone! Phew!!



Graham on the Drove Road

Photo A. Haley

Ann was supporting on the Drove Road, but I only slowed down briefly before continuing on to Hare Hill. The normal route down is a runnable boggy track, but the new route (clearly marked with flags) was far rougher to get through. It brings you to an incredibly steep slide down the bracken into Green Cleugh, quite soul destroying knowing you have to re-ascend everything you drop! Up the diagonal path, then on to the long but relatively easy ascent of Black Hill. I always enjoy the descent off Black Hill, a long peaty 4x4 track with excellent views. I should have kept to it all the way down, but was drawn off on a shortcut that was hard going. A minor mistake, but I had plenty company.

The next ascent is only 140m, but it seems to go on forever, especially at this stage in the race. Very steep and grassy, I was glad when I saw the angle ease a bit. Back to running and I was soon on top of Bells Hill, one of my favourite viewpoints in the Pentlands. You can see almost the entire Skyline route from here (all except Hare Hill). The rest of the route was very familiar to me, and I felt I was definitely on home turf. I was even starting to pick people off now! Harbour, Capelaw then Allermuir again. A quick check of my watch and I had 18 minutes to go to break 4 hours, with the finish 2.5km away on the other side of Caerketton. As I went over the last top I knew I had a good chance. I pushed on, down to the ski slope, along to the gate then quickly down to the finish line.

My official time was 3:59:09, finishing 198th out of 265. I was a mere 93 minutes behind Murray (who won). Still I reckon that is only 5 minutes per year. ;-)

Will I be back again next year? Very probably, as long as the weather is looking good!

Some Stats (courtesy of Strava)

Distance - 27km (16.78mi)
Elapsed time - 3:58:54 (don't know where the 15 seconds went)
Pace - 8:50/km
Elevation - 1567m (5092ft)
Calories - 3317
Moving time - 3:54:12, very similar to May

Recce -
<https://www.strava.com/activities/314740688>
Race -
<https://www.strava.com/activities/410901694>

My hill top splits ...

Caerketton 16:34
Allermuir 26:01
Castlelaw 37:14
Turnhouse 1:13:48
Carnethy 1:27:30
Scald Law 1:41:58
South Black Hill 1:46:39
East Kip 1:55:16
West Kip 2:00:25
Drove Road 2:03:00 <- cut off @ 2:15
Hare Hill 2:18:45
Black Hill 2:44:51
Bells Hill 3:08:06
Harbour Hill 3:17:42
Capelaw 3:29:44
Allermuir 3:41:11
Caerketton 3:51:11
Finish 3:59:09



A Sotonian in Edinburgh

Tim Morgan

(This article first appeared in SOCK, Southampton Orienteering Club's newsletter and Tim has kindly allowed us to reproduce it here. *Ed.*)

For most Sixth Formers deciding which universities to go to is a lengthy procedure

which involves prospectuses, the internet and open days. I would expand on the factors that may sway why an ordinary teenager chooses a certain university but I don't know what they are. That's because for an orienteer it can be a quick and easy decision. There are two options: Oxbridge or Shedinburgh. For many of us this is then swiftly narrowed down to deciding whether you want to be a professional orienteer in Sheffield or Edinburgh. Of course you can apply to both of them, which I did, but you can't actually go to both of them. I'm studying Geology (and Physical Geography); Sheffield don't offer geology so it wasn't difficult to decide which university to put as first choice, and so, on the 12th of September I moved to Edinburgh.

And just to give some evidence of this trend, out of the nine guys in my year in the GB Talent Squad eight of us are in Edinburgh and the other lone wolf is at Sheffield. In fact over a third of the squad are 'studying' in Edinburgh which is remarkable given that another third aren't old enough to go to university yet (and most of them will be coming to Edinburgh).

The training environment up here is second to none, and Sheffield has similar. In fact you can draw parallels with one of the most successful orienteering nations at the moment, Denmark. The Danish Orienteering Federation make sure that all of the athletes on their performance programme live in the same city. That way they can train together, develop a strong team spirit, and challenge each other to improve. Our setup here in Edinburgh is very similar, except we aren't forced to be here. It is as professional as orienteering gets.

I've been in Edinburgh for three weeks now and in that time I haven't done a single training session on my own (I've trained pretty much every day). Edinburgh

University Orienteering Club have organised sessions six days a week, planned either by our professional Performance Coach, Mark Nixon (our very own Ronald Koeman), or by the club coach. This semester the training is shaping up to be as follows, but there is variability:

Monday – Recovery run and gym.

Tuesday – Hilly run or intervals.

Wednesday – Long run.

Thursday – Orienteering and gym.

Friday – Rest.

Sat/Sun – Training weekend away, run in the Pentlands or something else.

But any club can organise training; that's not hard. However the University of Edinburgh is a Centre of Excellence for orienteering. Its budget is around £75,000, considerably more than the budget for the Great Britain Talent Squad. Many of us are on the Winning Students programme that provides around £50,000 in total. The University contributes around £20,000. That is some generous funding there! It goes towards coaching, physio, S&C and training camps. On the performance programme we have access to a professional orienteering coach, dedicated S&C sessions, weekly seminars on various topics, funding for GBR representation and can request academic dispensation for clashes.

All of this whilst living in an awesome city! You could be running around the Castle one day, Arthur's Seat the next, the Meadows another day; the list goes on! One of the main differences between the Scottish capital and the South is the hills. I have done more ascent in three weeks here than I would in three months at home;

that is not an exaggeration. I'm hoping this is going to make the bump on the Southampton parkrun non-existent.

Training amongst your friends, and competitors, is extremely motivating. We're all pushing each other to get fitter, stronger and faster. At the track at Southampton I would quite often imagine a competitor up ahead for motivation; in Edinburgh this is the reality (and the gap is less than I imagined). Likewise, I have just returned from a pretty brutal gym session; it's easier to keep the weight above your head when you can see your competitors doing the same.

In short, Edinburgh is in the Premier League of the orienteering world, and we're even more successful than the great Saints FC (that hurt me to write!).



2015: The Year of the ScotJOS

Tam Wilson

As I'm sure just about the entire orienteering world knows by now, Maureen and Bill are stepping down as heads of the Scottish Junior Squad at the end of the year, so it fell to the squad to provide a suitable leaving present. After already a cascade of gifts at the 6 Days prize giving, a good present would be hard to find, but the Junior Home Internationals (JHIs) and Junior Inter-Regional Championships (JIRCs) presented a unique opportunity. Whereas vouchers and wine will come and go, the glory from a victory over the English is a gift that one can treasure for a lifetime, and winning would be the only suitable send off.

It was with these thoughts in our heads that the Scottish JIRCs team set off one Friday

in late September and travelled the long distance down to the Midlands, where the competition was being held this year, with only a brief stopover in the Ironbridge Youth Hostel. The individual was on the Saturday, held on Brereton Spurs (site of the British Middle Champs in 2014), and our ridiculously early start that morning allowed us to get there at least three quarters of an hour before any other team. This however proved to be all part of Maureen's master plan as there was entertainment provided by the army at the event in the form of a climbing wall. This allowed for some pretty competitive racing up and down, which was strictly for team building purposes only.

All too soon it was race 'o'clock and after the compulsory Scotland face painting, the team sprang into action like a poorly oiled machine. The weather was good and area was fast, although there was a lot of bracken and brambles in places; but this obviously suited our team as it quickly became clear that Scotland had smashed it with at least one Scot on every podium; namely Alastair "Chapstick" Chapman 3rd on M14, Jake Chapman 1st on M16, Tom Lines 3rd on M16, Sasha Chepelin 1st on M18, Lizzie Stansfield 1st on W14, Eilidh Campbell 2nd on W14, Grace Molloy 1st on W16 and Jenny Rickets 3rd on W18. The team was in high team spirits, with not even the prospect of sleeping on a cold, hard gym floor able to bring them down. We were sitting on an impressive 265 points, with our nearest 'rivals' being the North West squad on 211, a whole 54 points behind.

Our humble abode for the weekend was at the Weston Road Academy in Stafford, and after a lovely communal shower, it was time for the compulsory game of football of England versus everyone else. All I can say is that unfortunately our mad orienteering skills don't transfer well onto the pitch. Dinner was catered by O Nosh,

and was both plentiful and highly tasty, before the main entertainment for the evening: the Pool A match of the Rugby World Cup of England vs Wales, being shown on a projector in the main hall. This was highly entertaining with English athletes and coaches alike groaning and crying out as the Welsh boys in red gave them a good beating. Feeling satisfied with a productive day of winning, the team headed to bed shortly after and everyone went straight to sleep, with absolutely no talking first or messing about at all. At 6:30 the next morning, alarms went off and the whole team leapt into action and immediately got ready. The relays were on Oldacre Valley, another fast area that was mainly open, although again with a few tough going sections. The mist was still low as the 16s set off, with Sasha blaring The Proclaimers in a last attempt to stir their patriotic spirit. The girls relay was a close fought affair with the W16s all coming in in the top 8. This was followed by good runs from the W14s improving on this, allowing the last leg runners (three of which were W16s running up) to cruise in for 1st, 4th, 5th and 6th places.

However, it was the boys relay that proved to be the crown jewel in an already jewel-filled crown. The M16s all put in top notch performances and all four returned in the top five. At this point the real race was on; not for relay 1st and 2nd, but for the fabled 1,2,3,4 finish - the ultimate relay dream. The M14s kept the dream alive by sending out Sasha and Dan Stansfield with a large lead. The 3rd and 4th teams, anchored by Andrew Barr and myself - Tam "Orienteering God" Wilson - respectively went out in 5th and 6th, but gap was still catchable. The last leg was an orienteering race at its finest. Sasha and Dan went round together having a nice chat and easily returned in 1st and 2nd, meaning the JIRCs was returning to Scotland; all that was left was to race for pride. Andrew quickly dropped me after a couple of

incredibly stupid mistakes, almost causing me to drop into 7th, but after passing Dan and Sasha on a bit where the course looped round, I was re-motivated and ready to go. I powered round and caught 4th and 5th just as we went through the spectator control, but a stupid mistake in the last loop put me and three good English teams right together with 3 controls to go. Very careful and very fast orienteering gave me an advantage of a second or two at the last control with 200m of run-in to go. It had all come down to this. Never before have I run so fast on an orienteering course. The crowd was deafening but you couldn't hear anything that was being said. However, just like in some sort of film, just as I was about to give in I'm sure I could hear Dan's voice over the noise shouting "He's going to get caught". "Hell, no" I thought, and pushed on for the glory of the Scottish domination. I did it, just, and Scotland had completely wiped the floor in the boy's relays. In fact Scotland had completely wiped the floor in general. We finished on 554 points, almost 100 ahead of 2nd, the biggest ever score and biggest ever winning margin. If the two non-counting Scottish runners/relay teams from each class were their own team, they would have been the 2nd top region, and if there had been 4 counters per region, Scotland would have still won against all the other regions combined. Another successful weekend in the bag. However, all of this was only the warm-up act for what is the main course of the ScotJOS calendar; the Junior Home Internationals. Being held in Northern Ireland this year, with both days on Magilligan Dunes, they proved to be even more of a trek away than the JIRCs, involving a ferry and pretty much a whole day of travel on the Friday.

Accommodation was in the army camp right in the middle of the map and was pretty superior for orienteering accommodation. After getting there, with

definitely no driving issues involving a level crossing, we went over overwhelm at the quiet local fish and chips shop with 2 minibuses of hungry athletes. We decided an early night was in order but after finally getting the M14s to calm down, the Welsh down the corridor began to get rowdy, but a few stern words for Captain Sasha sent them running.

The next morning we awoke to horizontal rain, and although this did die off a bit by the first start, it was still pretty nasty weather all day. The area was a classic sand dune area with a lot of spikey bushes and spikey grass, meaning legs of steel were needed to quickly pass through the terrain. Luckily ScotJOS are a hardened group of youngsters and as a team we got a lot of good performances in, putting us on 71 points, only 8 behind England. Podium places came from Ali Chapman 3rd on M14, Jake Chapman 1st on M16, Sasha Chepelin 1st on M18, Daniel Stansfield 3rd on M18, Lizzie Stansfield 1st on W14, Grace Molloy 2nd on W16 and Emma Wilson 3rd on W16.

After lunch and a quick shower back at the army camp, it was straight out to do a bit of tourism. First stop was the world famous Giant's Causeway which everyone seemed pretty impressed by. Even the M18s had fun despite standing too close to the edge and getting soaked by a huge wave. Twice. The next stop was the Carrick-a-rede rope bridge - a particularly impressive rope bridge out to a small, rocky island. However, just as we got to the crossing, we had to shelter as a strong wind and load of rain hit and we had to wait for that to pass before crossing over as the bridge was too dangerous. In doing so we did see some dolphins and a pretty good rainbow, so it was a pretty enjoyable trip.

After dinner back at the accommodation, was the prize giving (where a particular highlight of mine was seeing the English

coaches have to tell their team to make some noise and sound excited when there was an English runner on the podium - not an issue for the Scottish team) followed by the compulsory JHI ceilidh, and some entertainment laid on by the army in the form of shooting thing.

What followed was a fun few hours of pretty much running the ceilidh, as the women running it seemed to only know about two Irish dances; so we took it upon ourselves to educate the masses. This culminated in a huge Strip the Willow where I think even much of the English begrudgingly had fun. Interspersed in this was a go with a BB gun on a shooting range and a team laser shooting game that involved hitting as many squirrels as possible. Scarily, this revealed that the Scottish W14s are a very good shot.

Then next morning was, as usual, another early start. A motivational speech from Sasha and myself set out clearly what had to be done to retain the title, and how very achievable it was if everybody did their part. The relays began in the usual style with all the W16 stampeding out the field, with the M16s going a few minutes later, followed by a long period of waiting nervously, hoping the first body to appear on the hills at the end of the run-in was in blue.

It was. A stormer from Grace Molloy meant she returned with a lead of over a minute. Then came the pack with the Scots in 3rd, 7th and 8th. The W14s went out and did the job of any good 2nd leg - keep in the running and don't miss punch - so after 2 legs the standings were: Scotland, England, Scotland, England. Very much all to play for with just one leg to go. Jenny Rickets was out on the leading team, with the English only around 50 seconds behind. It was a close race and valiant effort by the English team, yet ultimately they couldn't cope under the pressure and

cracked, leaving Jenny with all the glory and a gold medal in the bank. Claire Stansfield, running up as a W18 came in shortly after, securing the bronze after beating off many older runners. All that remained was for the boy's teams to at least draw on points for Scotland to take home the title.

Coming off the back of such a monumental JIRCs win was difficult, but the M16 lads clearly know no fear and returned in this order: Scotland, Scotland, gap, England, big gap, Scotland, England, Scotland, gap, England, England. The other M18s and I would like to take credit for the relay results, but to be honest, all the hard work was done by the first two legs and we ended up just doing a victory lap. The first two Scottish teams came back with a massive lead of over 4 minutes to the next English team. This allowed Sasha and Dan to once again go round together, chatting about control codes, racing and just life in general, meaning that even with Dan pretty much walking near the end after getting an inch long thorn in his shin, the 1st and 2nd places were in the bag. Scotland had retained the JHIs. As put by one of the English coaches "Last year England lost the JHIs, this year Scotland won it".

It's worth noting that the 3rd and 4th teams to go out on last leg were also Scotland teams, allowing Andrew and me to run round together, taking it fast but avoiding mistakes. We did get caught near the end by English team 1, but a sneaky route to the penultimate control allowed me to cruise in for the 3rd, with Andrew coming in in 5th. Or so I thought, except my 2nd leg runner can't check a three digit number against another three digit number and tell if they're the same, so I was disqualified and cruelly robbed of my bronze.

However the pain was fleeting, as Scotland had won the JHIs for only the 3rd time ever, and the first time off Scottish soil, which

definitely made the long trip home pass much faster. As a last year M18, there could not be a better way to finish my ScotJOS career, nor could we have done more for the leaving of our coaches. The might of the Scottish team in both competitions is pretty astounding, and on behalf of all the leaving 18s, I'd really like to thank the whole squad for their efforts and Maureen and Bill for everything they've done over the years for the squad.

Expertly written by Tam "Sprint King" Wilson

(Interlopers' own James Ackland was running in the JIRCs and Freddie Carcas in the JHIs. *Ed.*)



Porto City Race

25-27 September 2015

Mary Ross

Three years ago my sister Ruth (CLARO), her son Sam and I enjoyed a November weekend in Venice taking part in the City Race. So earlier this year we decided it would be fun to do a similar trip again and had a look at the City Race Tour locations and dates. Finding only one date that suited us both, Porto it was and it sounded promising, offering the possibility of some late summer sunshine, an old and beautiful city centre, an urban night event, park sprint race and the main city race.

We stayed in a great little apartment (booked through airbnb, which from this, my first, experience I would highly recommend) with the best view in town. Wine and coffee were pretty cheap so we were happy! We grew quite fond of Portuguese green wine (young wine,

sometimes with a slight fizz, low-ish in alcohol content; perfect for a sunny afternoon).



Enjoying the view from our small balcony

Photo Ruth Ker

I hadn't initially entered the Night Event on the Friday evening but after speaking to Pat Squire (Interlopers' European City Race expert who helpfully leant me his Porto orienteering maps and gave me a few top tips on the city) who convinced me that it wouldn't really be that dark (it was by the way!) and if I was going all that way I might as well! So I did.

So Friday evening we headed to Foz Velha, an old Fort to the West of the city on the Atlantic Coast. By the evening a sea mist had rolled in keeping the temperatures quite cool and giving a slightly eerie feel to the area. I felt a bit nervous prior to this race just not knowing what to expect and wondering if I could do Portuguese style street racing. Anyway, after waiting at a somewhat disorganised start, I was finally off. Headed off feeling slightly disoriented as I hadn't actually clocked where the start triangle was, so was relieved when I found I had turned up the correct side street. I made no big mistakes, just one or two minor hesitations and I felt I was running pretty smoothly. The dark cobbled streets and narrow steep alleyways prevented any idea of sprinting too fast. I was pretty freaked by the local dogs who provided a cacophony of barking and the amount of traffic on my course. It seems no street is too narrow or steep for a Portuguese car! There was a sneaky last control right inside the Fort which I had helpfully sussed out



the route into by studying Pat's map beforehand.

Results went up online later that evening, and it turned out I had won my class; a successful start to the weekend.

Saturday we headed off to a small park in the north east of the city for the Sprint event, Parque de S. Roque, using the trains to successfully travel there and meeting other Brits on the way. My course was only 1.9 km so it was fast and furious. It wasn't that interesting though I made 2 errors, one time trying to reach the control from above and I needed to be below (confusing map detail though accurate and one moment of disorientation just caused by short distance and large map scale). I didn't enjoy the race that much as I felt pretty knackered as I was trying to go fast

(which I don't really do!), however I came back in 12:20mins and yes won again (you'll be getting the picture now that it wasn't a very competitive field I was up against!).

So we waited in the sunshine for prize giving, which took quite a while to get ready and it became increasingly apparent that the prizes were generous as more and more goodies were produced. So I returned to our apartment weighed down with 2 large bags each one containing a bottle of Tawny Port, very large soap, tin of fish, biscuits and olive paste.

The City Race was towards the west of the city, starting in a park called Pasteleira (we were disappointed not to run on the city centre map really, though grateful for the relative lack of climb; we still enjoyed

exploring the centre with the O map in our hand). It was not thrilling street orienteering, including an annoying dog leg twice to get round an area of out of bounds between two parts of the map, but the sun shone gloriously and the camaraderie amongst the British competitors was good. I made one small poor route choice going round a fiddly route which could have been avoided. I was glad the course distance was pretty short for an urban. And yes another win (Ruth second this time) and yes more Port etc etc.



City Race Prizegiving: Women and Men Veterans
Photo S. Kirk

It was a squeeze to get 4 bottles in my suitcase (Ruth only had hand luggage) coming in only a fraction under my weight allowance. Lucky we had drunk half of one of the bottles of Port!



Barcelona City Race

31 October-1 November 2015

Pat Squire

The Barcelona City Race was the fifth venue in this year's City Race Tour, the others being Antwerp, London (see report in previous Newsletter), Porto (see Mary's report), Krakow and Seville. The weekend itself consisted of races on the Saturday and the Sunday.

Saturday's event was in 2 parts; two separate elements with the times of these sections added together to give an overall course time.

The Event Centre was located besides a running track close to the sea front. From there we had to make our way 1.4k to the Parc del Forum for an urban event in an area of modern development. Apparently the 'park' was built for the 2004 Universal Forum of Cultures. It isn't a park or green space in the strictest sense of the word, but a large area which brings together a series of spaces and amenities which host a wide range of events. Seemingly it is one of the largest open 'squares' in the world 2nd only to Tiananmen Square in China.

Being very open it didn't present huge navigational challenges as it was possible to take straight line routes on many legs. The one piece of 3 dimensional terrain proved tricky for me (as ever) but for some reason the leg was subsequently voided for all courses.

Once we had punched the last control we had to make our way (untimed and not time restricted) back to a green park area (Parc del Poble Nou) which was adjacent to the Event Centre. There were strict warnings not to download as then all the data for the first part would be lost!



For this 2nd part we were started in a conventional manner in the order in which we arrived at the start. Having picked up the map we punched what was marked and described as control number 1 and were then told that the Start Triangle was 90m along the pavement. To me it was not clear if this was part of the course so I ambled along to the next marker expecting there to be another official who would give me the proper "go" and re-start the timing. Alas there was no such person or SI box just a kite! All a bit confusing – at least for my tired little brain!

The rest of the (shortish) course was fairly orthodox but quite tricky. A small area of parkland with a lot of paths, vegetation and man made features. A few twists and turns in the course planning ensured that you

had to keep your wits about you as steadily fatigued.

The finish was on the running track and in order to bring us back into the stadium we had to have at least one leg along the beach. Not difficult navigation but quite a slog if you chose to run directly across the soft sand. I noticed that there was a bit of a board walk along the sea wall so that helped somewhat. However having started across this area I realised that the beach was in fact a nudist beach! My map had more than its usual degree of attention at this point. What was also a revelation was that junior courses were routed this way as well as the seniors! Surely something that would have BOF holding their arms up in horror!

Sunday's race was a classic city centre event located amongst the Gothic Quarter of Barcelona, one of the oldest parts of the town and also one most frequented by tourists – shades of previous events in Rome and Venice! It was a hot and sunny day (as previously) - very welcome conditions having come from a cold and dreich Edinburgh a few days previously. The Assembly, Finish and spectator control were located in a small park with the Start a short distance away. The course was mostly through small alleyways and squares with only one main road crossing (The Rambla). Being a Sunday there was not too much traffic around of the vehicular type. It was mostly pedestrians / visitors who created the biggest hazards. Navigation though some of the small open areas was further complicated by the presence of open air markets (not marked on the map) and the attendant visitors. There were many route choice options on most legs so quick assessment of the various possibilities was required. This together with careful maintenance of map contact ensured that errors were minimal and so a very satisfying, albeit tiring, run was the outcome.



Interlopers Halloween Vampire-O and Social

30 October 2015
Jane Ackland

There is something about Hallowe'en that brings out the Dickensian bad guy in me. I was wandering round Tesco with a family member when I remembered, unhappily, that Halloween would soon be upon us,

and we ought to have something on offer should any unwary Trick or Treaters head our way. "These'll do" said the family member "Fun-size Mars bars. What could possibly be 'fun' about a Mars bar that size?" Anyway, we got to find out, as all the Trick or Treaters in our street were, in fact, wary, and we were left with the miserable morselettes for ourselves.

There is a more positive side to Halloween in the form of the Interlopers festivities. We started with a vicious vampire-O in the Meadows. In true Interlopers style, we congregated at 6.45for7pm(ish), decked out in our scariest lycra and head torches, to find controls on three circuits round the Meadows. Despite the excellent and up to date map, finding the Ghost controls, which are nasty two-dimensional characters, proved quite challenging in the dark, not least because successive years of Edinburgh Festivals mean that the ghosts aren't the only bits of paper flapping around on the lampposts. There was a twist to the race that ensured misery for those of us lumbering slowly enough to be knifed by the vampire (Paul Caban obviously) who was lying in wait with his plastic orange Halloween cutlery, and Max had devised some complex calculations to ensure that Freddie didn't win. The star runner was Sam Bartlett, with, hot on his heels, our brand new Interloper member, Angus Ivory.

We retired to Strathearn Rd, arachnidly bedecked for the occasion, for fine food and chatter, and a chance to get to know Angus and family, who seem to have plenty of things in common with Interlopers past and present. Small world!

Many thanks to the Carcas family for hosting a lovely party.



South of Scotland Orienteering League 2014/15

Congratulation to all the following Interloper certificate winners.

White

Completed three events: Ben Ross
Thomas Ross
Thomas Owen

Yellow

2nd Sam Bartlett (M10)
4th Kirsty Owen (W12)

Orange

2nd Pippa Carcas (W12)
3rd Leah Bartlett (W12)
2nd Junior Man Matthew Ross (M12)

Light Green

1st Woman Su Twissell (W45)
2nd Junior Man Joseph Bartlett (M14)

Green

1st Woman Ann Haley (W50)

Blue

1st Junior Freddie Carcas (M16)
3rd Senior Man Ken Daly (M50)

Brown

2nd Robin Galloway (M45)
4th Max Carcas (M45)
1st Junior Matthew Galloway
(M18)



East of Scotland Championships

Hopetoun House
11 October 2015

Congratulations to these Interloper certificate winners!

M10	1 st	Thomas Ross
W12	1 st	Leah Bartlett
W12	2 nd	Kirsty Owen
M14	1 st	Joseph Bartlett
M16	1 st	James Ackland
M40	2 nd	Graeme Ross
W40	1 st	Mary Ross
M45	3 rd	Patrick Bartlett
W45	3 rd	Fiona Weir
M50	1 st	Paul Caban
M50	2 nd	Graeme Ackland
W50	2 nd	Jane Ackland



Leah, Joseph, Mary and Thomas (and James Ackland represented by his trophy!)

Photo G. Ross



SOA News

Courses etc. – bookings now open for:

- Coaching Foundation course, 13 February 2016, venue to be decided
- Teaching Orienteering Part 1, 10 February, Fife AND North Lanarkshire (2 courses!)
- Teaching Orienteering Part 1, 16 February, Hazlehead Academy, Aberdeen
- Teaching Orienteering Part 1, 17 February, Glasgow
- Teaching Orienteering Part 1, 18 February, East Ayrshire
- Teaching Orienteering Part 1, 11 March, Galashiels AND Ardgour (2 courses)
- UKCC L1 coaches' course, 12-13 March*
- UKCC L2 coaches' course, 19-20 March & 16 April, Clydemuirshiel WAITING LIST
- Coaching Foundation course, 2 April, venue to be decided

All dates are in the complete course schedule:

<http://www.scottish-orienteering.org/course-schedule>, including several dates for Teaching Orienteering courses for 2016 – please make your schools contacts aware of the information at www.scottish-orienteering.org/teaching

UKCC Level 1 courses marked with * are the two-day versions which require you to attend the Coaching Foundation course first. Some candidates might also be eligible to go straight to UKCC Level 2 after completing the Coaching Foundation course.

The **Coaching Foundation** course gives experienced orienteers the skills and tools to coach beginners and returners of any age. It would also make a useful update or refresher for anyone whose coaching might be a bit rusty or who just wants the opportunity to exchange ideas.

These courses are part of the planned offerings to help you make the most of the growth in interest that should result from WOC 2015.

Forestry Commission permissioning for events

For 2015-2016 there will be no changes to the Master Agreement & Permissions Procedure we have with the Forestry Commission and no changes to the associated charges.

Festive coaching and training opportunities

Controls will be out in 2 or 3 Speyside areas from mid-December until mid-January, with coaching notes and suggestions for meaningful training activities. PDFs will be available to download, or you'll be able to get maps printed on waterproof paper at a modest cost.

Fixtures 2015/2016

www.britishorienteering.org.uk

December 2015		
5th	INT SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Mortonhall, Edinburgh, NT262684 Organiser: Colin Ledlie
6th	TAY SOA Level D	TAY Christmas Score , Glenalmond School, Perth, NN977287 Entry times: reg on day from 9.45. No dogs allowed. Organiser: Angela Dixon , adixon@watt64.freemove.co.uk , 01383 738631 www.taysideorienteers.org.uk
28th	ELO SOA Level D	Festive Frolic , John Muir Country Park, Dunbar, NT649785 Organiser: Sheila Strain www.elo.org.uk
January 2016		
3rd	STAG SOA Level D	STAG Score 1 , Pollok Country Park, Glasgow, NS555621 Entry times: 11am - 11.45am. Dogs: On leads at all times. Organiser: Terry O'Brien www.stag-orienteeing.co.uk
10th	STAG SOA Level D	STAG Score 2 , Drumpellier Country Park, Coatbridge Entry times: 11am - 11.45am. Dogs: On leads at all times. Organiser: Terry O'Brien www.stag-orienteeing.co.uk
16th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Cammo Estate, Edinburgh, NT177748 Entry times: 13:30 - 15:00. Dogs allowed. Organiser: Janet Clark www.esoc.org.uk/events/cam

		mo-estate-jan-16-2016
17th	STAG SOA Level D	STAG Score 3 , Cumbernauld Park, Crow & Dunns Wood, Cumbernauld Entry times: 11am - 11.45am.. Dogs: On leads at all times.. Organiser: Terry O'Brien
22nd	EUOC SOA Level D	FwtN #6 , King's Buildings, Edinburgh Entry times: 19:00 - 19:45.
23rd	EUOC SOA Level C	EUOC Burns Weekend - SOUL & UK Urban League , The Meadows, Edinburgh Organiser: Charlotte Watson https://www.facebook.com/euocbigweekend?ref=hl
24th	EUOC SOA Level C	EUOC Burns Weekend & SoSOL 2 , Arthurs Seat and Holyrood Park, Edinburgh Organiser: Charlotte Watson https://www.facebook.com/euocbigweekend?ref=hl
30th	ELO SOA Level D	ELO Local Events in Edinburgh and the Lothians , Lochend Wood, Dunbar
31st	STAG SOA Level D	STAG Score 4 , Faskally Woods, Pitlochry, NN9259 www.stag-orienteeing.co.uk
February 2016		
4th	EUOC SOA Level D	FwtN #7 , Edinburgh Entry times: 19:00 - 19:45.
6th	ESOC SOA Level C	Scottish Night Championships , North Pentland Hills, Edinburgh, NT212676 Dogs: Dogs on leads; no dogs on the courses.. Organiser: Margaret Dalglish www.esoc.org.uk/events/scottish-night-championships-north-pentland-hills-feb-6-2016
7th	ESOC SOA Level C	ESOC Sprint-O incorporating SOUL 2 & Scottish Sprint Championships , South

		Queensferry, Edinburgh Organiser: Anne Stevenson www.esoc.org.uk/events/esoc-sprint-o-scottish-sprint-championships-feb-7-2016k
13th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Corstorphine Hill, Edinburgh, NT204740 Entry times: 13:30 - 15:00. Dogs allowed. www.esoc.org.uk/events/corstorphine-hill-feb-13-2016
14th	CLYDE SOA Level D	Paisley urban race including SOUL league , Paisley town centre, Paisley www.clydesideorienteers.org.uk
18th	EUOC SOA Level D	FwtN #8 , Edinburgh Entry times: 19:00 - 19:45.
21st	FVO SOA Level D	FVO CAT Event - Callendar Park , Callendar Park, Falkirk, NS897795 Organiser: Jen Leonard www.fvo.org/events
27th	LEI EMOA Level A	British Night Championships (UKOL) , Cademan & Thringstone Woods, Loughborough Dogs: On Lead . Organiser: Chris Phillips , onecp47@gmail.com , 0116 255 0330
28th	NOC EMOA Level A	Midlands Championships (UKOL) , Sherwood Forest, East Midlands Organiser: Julie Webster
28th	ELO SOA Level C	SoSOL3 , Lothian Edge, Dunbar, NT654722 www.elo.org.uk
March 2016		
3rd	EUOC SOA Level D	FwtN #9 , Edinburgh Entry times: 19:00 - 19:45.
6th	RR	Scottish Orienteering

	SOA Level B	League 1 , Elibank, Peebles, NT390370 Organiser: Lindsey Knox roxburghrovers.org.uk/
13th	FVO SOA Level B	CompassSport Cup Heat , Dumyat, Stirling, NS804966 Organiser: Roger Goddard www.FVO.org/events
17th	EUOC SOA Level D	FwtN #10 , Edinburgh Entry times: 19:00 - 19:45.
19th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Mary Erskine School and Ravelston Woods, Edinburgh, NT221739 Entry times: 13:30 - 15:00. Dogs: Dogs allowed on leads in the car park only. Not to be taken into the school grounds at all.. www.esoc.org.uk/events/mary-erskine-school-and-ravelston-woods-mar-19-2016
25th	YHOA Level A	Jan Kjellstrom Orienteering Festival - Sprint (UKOL) , Leeds University, Leeds, SE291353 Organiser: Neil Harvatt www.thejk.org.uk
26th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 1 (UKOL) , Wass Forest, Thirsk, SE561806 Organiser: Mike Ridealgh www.thejk.org.uk
27th	YHOA Level A	Jan Kjellstrom Orienteering Festival Individual 2 (UKOL) , Kilnsey, Skipton, SD976674 Organiser: David Shelley www.thejk.org.uk
28th	YHOA Level A	Jan Kjellstrom Orienteering Festival Relays , Storthes Hall, Huddersfield, SE186116 Organiser: Amanda Crawshaw www.thejk.org.uk

April 2016		
17th	CLOK NEOA Level A	Northern Champs (UKOL) , Mulgrave Woods, Whitby Organiser: Paul Thornton , paulthornton59@gmail.com , 01287 635829
30th	WMOA Level A	British Long Distance Orienteering Championships (UKOL) , Brown Clee Hill, Bridgnorth Organiser: Lester Evans
May 2016		
1st	WMOA Level A	British Relay Championships , Brown Clee Hill, Bridgnorth Organiser: Philip Kirk
21st	MAROC	Scottish Championships

	SOA Level A	Individual (UKOL) , Balmoral, Braemar Organiser: Terry O'Brien
June 2016		
11th	SEOA Level A	British Sprint Championships (UKOL) , Olympic Park, London Organiser: Ray Curtis
12th	SEOA Level A	British Middle Championships (UKOL) , Leith Hill, Dorking Organiser: Andrew Evans

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.
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