

144: The Interløper Summer 2008

Editor's Intro

I was about to start by writing, as I have in past newsletters with 'as Interlopers still have no newsletter editor on the committee', however at the club AGM I said I was happy to take on the Newsletter on a more permanent basis. So, hello from your new Newsletter editor!

In taking on the role of Newsletter editor I have stepped down from my role as Social Secretary. Lorna is stepping into the social role and I wish her the best of luck!

We're moving into the summer and the 'O' season is slowing down for those who haven't decided to go abroad for an O-holiday or take part in one of our home-grown multiday events.

It's been a successful Spring season though for Interlopers with fantastic results for both individuals and teams at the JK, British and Scottish Champs. The very successful British up north at Culbin with fantastic weather made up for the snow and hail at the JK!

For those going abroad – enjoy the orienteering in the sun and the foreign 'O' experience.

As always I offer a big thanks to all those who have provided an article for this newsletter. Due to heavy

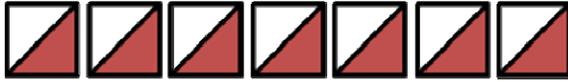
work (and life) commitments over the past few months, this newsletter is rather later than I had originally planned. For this reason it is covering quite a large period of time and is hence a bit of a bumper addition, if only to get in all the great photos I've managed to amass!

Until next time – Happy Orienteering.

Emily

Your Editor competing in the British Relays.





CHAIRMAN'S CHAT

Hello everyone. The main news this month comes from the Interlopers AGM where Paul Caban and Ben Hartman stepped down to take well earned rests. Dave Godfree, as web and mapping managers, also stepped down. Thank you guys for all the years of hard work donated on our behalf.

Pat Bartlett, Colin Eades, Lorna Eades and I volunteered to join Emily Seaman, Anthony Squire, Stephen Haley and John Barrow as the new Interlopers Committee. We also have a number of non-elected post holders including Paul Caban as Equipment Officer, Ann Haley as Junior Manager and Graham McIntyre developing our new web site. When I asked Graham, I had my fingers crossed and when he said yes, I was delighted because I know he will bring a valuable elite perspective, to compliment our existing family focus.

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. 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. If you think you can help

in any way, please contact me. 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 details will be announced on our web site soon.

Finally, please note that we are hosting a SOL at Inshriach Forest, Glen Feshie on 12 October 2008. BASOC are providing a middle distance race the day before, so it should be a top quality orienteering weekend. Please keep this date available to help and run. Thanks.

Ken Daly.

ALL CHANGE, ALL CHANGE!!

Those present at the INT AGM on June 12th will know that we now have a new INT committee.

Paul has stepped down as club chairman after a number of years. Paul has worked tirelessly in his role as chairman as well as being chief organiser or planner at nearly every major INT event and has certainly lead from the front and by example.

Many thanks to Paul for all his hard work. Although he's stepping down from the committee, I'm sure he'll still be heavily involved with INT activities.

Ken takes over as INT chairman and brings with him wealth of experience in chairmanship after his stint as chairman of the SOA. One of Ken's first initiatives is to overhaul the INT

website and get it looking snazzy and inviting again. A Big welcome to Ken and all his ideas!

John continues on as INT secretary whilst Ben Hartman steps down as club treasurer and hands over to Pat Bartlett – welcome Pat and many thanks to Ben for all his hard work over the past few years.

We also welcome Colin and Lorna Eades to the committee. Lorna as social secretary and Colin as an 'ordinary' member (*although I'm sure he's far from ordinary! – Ed*).

As mentioned in my Editors bit, I am now a more permanent Newsletter editor.

Anthony continues on as Club Captain and we thank him for his endless organisation from afar!

Stephen also remains as Junior representative after some stiff competition from his younger brother Mark! Next year Mark!

Thank you to Paul Caban

At the INT AGM, on behalf of Interlopers, Ken thanked Paul for his many years of excellent service. He explained that, in addition to being a strong chairman, Paul encouraged new volunteers, contributed volumes to the club newsletter, stored the club equipment, co-planned our day at the Spey 6-day event, was one of the key INT contributors at the British Champs, organiser for the Scottish Champs, organiser for Dalkeith C4, organiser for Calder Wood C4, organiser / planner of numerous

CATI's and much more. As if that was not enough, Paul is the Scottish Fixtures Secretary, ESOA Fixtures Representative, helped at the World Schools Championships and assisted other clubs especially Tinto with their events.

Ken added that he had only tried to recall the last two years and knew Paul had contributed far more than mentioned. Paul's contribution was second to none and continues.



NEWS IN BRIEF

Scott Fraser Joins SOA

Scott Fraser has joined the SOA as a Professional Officer.

Scott, a member of Interlopers and the British Squad, has competed both nationally and internationally at major events including 5 World Championships.

With a Sports Science degree and coaching experience from his Junior Development roles he will have a wealth of experience to draw on for his new role.

Well done Scott!

The Street 'O' Summer Series

Back by popular demand, the INT summer street O will be now be taking place this autumn (*eh? I guess it'll be the Autumn Street O*

then – Ed!) in a neighbourhood near you!

In previous years the events have been on Wednesday's and attracted a good turn out with short and long courses to test all abilities.

Will Mair has taken on the prestigious role of Street-O coordinator so if you could lend him your garage and/or planning skills then let him know!

New Interloper Interview

Stewart Caithness, who has been living in Edinburgh for a number of years, joined Interlopers in May. I managed to catch up with him at the British Champs to get the low-down on one of our newest members.

So Stewart, how did you get into O?

Through the infamous Northern Irish Finlay Family who set up my local club back home, Fermanagh Orienteers.

How long have you been orienteering?

I used to run round with a friend when I was much younger but never did any of the navigating, just ran. Then in 1994, I ran around a yellow course myself and was beaten by 9secs and that was it, I'd been sucked in! Been doing it off and on ever since.

Why have you joined Interlopers?

I've 'defected' from Clyde to Interlopers as they are my local

club so thought I'd get involved in the local scene.

Remind me - what was your role up at Glenmore??

I used to be the Assistant Professional Officer for SOA where I looked after the National Centre at Glenmore Lodge as well as various administration roles within the association.

Anything else you think the readers might find interesting!

I'm part of nopesport which bring orienteering many offerings such as nopesport.com, Nopesport Urban League & The Purple Thistle. I work for Run4It, Scotland's largest independent specialist running retailer, as their Events Manager.

Cheers Stewart and welcome to the club!

Iain Wilson

Iain Wilson, a past active member of Interlopers, was tragically killed in a road accident on 29 April 2008.

Although less active with Interlopers in recent years, many Interlopers knew him well from his more active orienteering days a few years ago.

Interlopers made a donation to SUSTRANS, a sustainable transport charity, in his memory. He will be sadly missed and are thoughts are with Iain's family and friends at this difficult time.



EVENTS ROUND-UP

World School Orienteering Championships

Ann Haley

Congratulation to Iain Cackette, Stephen Haley, Shaun Rogerson and Stuart Watson for being selected to run for Scotland in the World Schools Orienteering Championships that were based in Edinburgh from the 21st – 26th April 2008. Twelve Scottish Schools were represented in this competition which had 485 competitors from 22 different countries.

After a practice event at Beecraigs, Linlithgow, all participants took part in an opening ceremony in the Scottish Parliament. Iain and Stephen were among the flag bearers for the International School Sport Federation.

The 'classic' event took place in Devilla, Kincardine. It was long and tough technically and underfoot, with wet conditions hindering progress and resulting in a massive range of times, with some being over 3 hours. All of the members of the Firrhill team did well to complete their 6.3km course. Somehow the competitors found plenty of energy for the disco in the evening. Thursday was the day of a cultural tour, and this was followed on Friday by a 'middle distance' race at Barr Wood, Stirling. This was a pleasant area with many

features which aided navigation. Times were fast, and all 4 boys improved their positions. The results were dominated by the Swedes and the Latvians but Scotland did manage to gain a silver medal in the 1993/4 boys category represented by Aboyne Academy. The prize giving was followed by a cultural evening where all countries put on a short presentation and then displayed products from their country. Not surprisingly the Scottish stall had lots of shortbread, caramel wafers, tablet and irn bru on offer!

The final race was a friendship team event in Holyrood Park. Teams of three were made up of competitors from different countries. Each team had to visit a set of points in any order, plus 3 control points which had to be visited by the whole team at the same time, so encouraging collaboration between team members. This event had a mass start by the Palace, which made spectacular viewing with all the runners in their country colours going off in numerous directions all over the park. The World Schools website states "Last month, the same venue was used for the World Cross-country Championships but today, orienteering's kids showed what cross-country running really means." This event was a fantastic success.

The Scottish Parliament was the venue for the final prize giving and closing ceremony. All competitors then enjoyed a ceilidh at Meadowbank where the band was from Biggar High School.

This whole event proved to be a fantastic opportunity to experience International competition and comradeship. All the children enjoyed the experience and the Firrhill boys are grateful to the Edinburgh Education Endowment Fund for providing the fees for the event.

The Firrhill Team show off their kit.



**Scottish Schools Orienteering
Festival
Friday 5th June Drumpellier Park,
Coatbridge
Ann Haley**

There was a bit of a build up to this event, with recruitment of team members and training sessions in Buckstone taking place. On the day, the sun shone and the Interlopers turned out in force

Fiona and Kirsty (only p4) Sutherland flew around the p5/6 girls course in 10 and 11 minutes respectively. Matthew and Samuel Galloway matched this by coming 1st and 4th with times of 7 and 9 minutes. With a speed of less than 5 mins per km, Matthew's time

was particularly impressive. With a friend they took home the team prize for Buckstone. One of the Buckstone beginners won the p7 boys race and the p7 team took third position.

In the secondary races, it was Interlopers who dominated the S1 boys race with Mark Haley (Firrhill) coming 1st followed by Christopher Galloway (Boroughmuir) coming 2nd. The Firrhill team of Mark Haley, Cameron Winterburn and Euan Geddes, plus 2 more friends, brought home the S1 boys team trophy. One of the Firrhill girls took third place in the S1 race and the girls team put in an outstanding performance to come 2nd.

Congratulations must also go to Stephen Haley for coming 3rd in the S5/6 race and to the S5 Firrhill team of Iain Cackette, Stephen Haley, Shaun Rogerson and Stuart Watson who won the Scottish Schools Orienteering Championships for the 4th consecutive year.

**The new permanent course at
Braidburn Valley Park –
inaugural event on 11 June 2008
Jane Ackland**

James' schoolmate Rory has a very dynamic mum, Karen Young; the chairlady of Friends of Braidburn Valley Park. About three years ago, in a rash spare moment when she wasn't working or ferrying offspring around, she responded to a request

from South Morningside Primary School. They use the Park for their cross-country runs, and thought some control posts might liven things up a bit. Sourcing posts, plaques, engravers, orange and white paint, and someone to plant the posts, and someone (Graeme) to update the map wasn't as easy as you might think, as evidenced by the 3 year time scale, but finally everything's up and running.

Needless to say we opted for the most unbelievably torrential evening of rain to cut the ribbon and declare the course officially open. Graeme had drawn up two courses, using half the controls each so that people could run a 2 x 1.6 km relay...or just find as many posts as the rain and their disintegrating maps permitted.

A big thank you to those soggy members of Interlopers who came to help run the event, explain how to orienteer, and swell the numbers of runners. I suppose I should single out Paul for particular attention. You'd think he'd jump at the opportunity to organise an event in the rain on his doorstep with only 24 hours to go before relinquishing his despotic presidency of our club, but he merely came to help, from start to dripping finish, in his suit and tie.

**Scottish Sprint Championships
(Stirling Old Town)
10th May 2008
*Ken Daly***

The map, course and atmosphere for the Scottish Sprint Championships were fantastic. Everyone shared the same 3 km course with 23 controls,

which weaved its way through the old town, castle and church grounds, to make the race as challenging as any terrain orienteering.

Route choice and micro navigation were the keys to success. The spectator friendly finish and commentary provided great excitement as the close fought races unfolded.

The eventual winners were Ross McLennan and Douglas Tullie, equal in the mens open and Beccy Carlyle in the womens open. Everyone appeared to enjoy the occasion, although a wedding couple may not be too pleased when they notice a few sweaty runners in the background of their photos.

Interlopers performed well:

Men's Open

- 3. Murray Strain
- 5. Markus Koenig
- 12. Ross Sanderson

M40+

- 10. David Eades
- 14. Rob Lee
- 18. Paul Caban
- 23. Ken Daly
- 32. Colin Ledlie

W40+

- 2. Lorna Eades

Interloper Murray Strain and ex-Interloper Janine Inman collect their prizes at the Scottish Sprint Champs.



**JK
21st-24th April 2008**

I'm sure those that attended the JK this year would agree that it was good winter training!

We were fooled into thinking it might be a nice weekend of weather after the sprint race on the first day which passed by in windy but mostly dry conditions.

The Sprint race is always good fun and a real challenge of speed and concentration. The University of Surrey in Guildford was the setting and provided exciting and tricky terrain with a range of teaching buildings and student accommodation making for a

technically challenging area – I found myself on the wrong side of a wall or building a few times!

Notable results from the Sprit were:

M10 James Ackland 2nd
M21E Scott Fraser 2nd
W40 Jane Ackland 3rd

And so, then the real weather showed its face. I had one of the first starts on the Saturday – the first day of the individual. We arrived in a hail storm and left in a hail storm! It did clear up during my run however. But, this was not a day for standing about and later on when I went back to cheer friends into the finish it started to properly snow – ah, English weather at its best! Leith Hill is a good area with lots of contour and path detail with extensive rhododendrons to fox even the best of navigators. I did not, as I have in the past, get into a fight with any!

Pat Squire doesn't let the weather bother him on JK Day 1.



The second day at Ashdown Forest provided similar weather. We were lucky to have late starts however and although we arrived at the assembly area in snow, we didn't actually have to run in it as most had disappeared

by 1pm. The terrain was nice and runnable and the uphill finish sorted the men from the boys - my split for the run-in was less than impressive!

Top 5 INT positions overall were:

M35L Ben Hartman 5th
M45L Graeme Ackland 5th
W21S Emily Seaman 3rd
W35L Heather Hartman 1st

But, the best weather was saved for last. Standing on arrival in the relay day carpark, I could see the tents in assembly. After changing back up at the car after my run I looked back to see just snow flurries – assembly had disappeared. This was the first time I had worn gloves to orienteer in this year! Well done to all who braved the weather, especially the Senior Men 120+ INT team who came 4th.

The JK relays car-park – British weather at its best!



**BRITISH CHAMPS
Culbin
19th/20th April**

In comparison to the JK, the British at Culbin provided some of the best weather I've orienteered in this year – who says Scotland doesn't get good weather!

The gorgeous forested sand dunes offered fast but technical navigation.

Many Interlopers made the journey up to the Moray coast to both help and compete with the most noticeable top 5 interlopers results being:

M10B James Ackland 1st
M21E Scott Fraser 3rd
W21S Emily Seaman 2nd
W35L Heather Hartman 1st
W40L Lorna Eades 1st

Well done Heather on taking 1st place at both the JK and British!

The relay day was another great day and provided some of the year's best relay results for Interlopers climaxing with a sprint finish from Murray Strain to bring the INT Men's Open team (Anthony Squire, Daniel Marston, Murray Strain) home in 1st place!

Congratulations also to the W40 team (Jane Ackland, Ann Haley, Lorna Eades) who came back 2nd.

Fiona Weir brings the INT Women's Short Relay team home.



Murray Strain sprints home to clinch 1st place at the British Relays



The INT banner stands loud and proud at the British



Barry Weir hands over to a tree at the British Relays!



**Scottish Champs
Tullochroisk
24th/25th May**

The Scottish Champs was yet another beautiful day – maybe a little too hot for some due to the physically demanding nature of Tullochroisk.

The Scottish Individual day car-park basks in the sun!



Many Interlopers went up to run on the flanks of Schiehallion with top 5 results from:

M18L Alan Cherry 2nd
M18S Stephen Haley 1st
M21E Murray Strain 1st
M21S Ross Sanderson 3rd
M35L Ben Hartman 1st
W35S Fiona Weir 1st
W40L Lorna Eades 1st
W40L Jane Ackland 2nd
Lt. Green Graham Haley 1st

Ann Haley runs in to finish on the individual.



Chris Shaw waves to his fans as he finishes M21S



Stephen Haley warms up before the race



INT also produced some good relay results on the Sunday.

The Men's Open team came home 4th with the Handicap -9 team coming back 4th also! Well done to all.



'O' COURSES COMING UP

- Intro/Improvers' Weekend 2-3 August – course for adults to be held on Deeside
- Introduction to Orienteering 16-17 August – course for

adults to be held at Glenmore Lodge

- Improvers' Weekend 23-24 August – course for adults to be held at Glenmore Lodge
- Grade 3 Controllers' course 30 August – probably Inverness*
- Condes Workshop 4 October – Edinburgh**
- OCAD 2-day course 29-30 November – Edinburgh

Except for the courses asterisked, please use the form on NatCen website to book your place on these courses:

<http://www.scottish-orienteering.org/documents/natcen/natcen-booking-form.doc>

*For the Controllers' course, please book through Marjory Craig (tel. 01339 881334 or e-mail marjory.craig@dsl.pipex.com)

**For the Condes Workshop, please contact ESOC to book your place: B.Bate@napier.ac.uk



GUEST COLUMN

Know Your Club Champion

I caught up with BEN HARTMAN recently to find out the secrets behind his biggest achievement to

date - it's about time we got to know about the INT club champion and the hard work that went into making it all possible.

So Ben, how did you get into Orienteering?

My cross country teacher had been to JK84 in Wales and started taking a group of runners to local schools league events. A natural extension to XC training, but also a perfect excuse to miss Chapel on a Sunday.

Why do you carry on?

Maps, running and beautiful countryside – the perfect ingredients for a sport.

The challenge is intense – for your perfect run you have to run really fast and make no mistakes, constantly sifting all the information around you and making split-second decisions – terrain or track, over or round, speed up, slow down, rough or fine navigation, stick with or ignore other runners ...

Every race is different and after nearly 25 years I've plenty of room for improvement.

What is your favourite area and why?

Any good technical challenge that is not too physical. In recent years areas like Rogie, Cambus, Culbin, Achlean and Deishar fit the bill perfectly.

Abroad, the birch woods in the north of Norway are particularly enjoyable as are the endless runnable forests

in Australia with nothing but rocks and contours. And the sand dune forests in Portugal are a fantastic antidote to a wet and windy Scottish winter. (One of the clubs north of Lisbon, COC, puts on regular winter training camps, which made for a perfect family holiday this March.)

Apart from getting INT club champion this year (and apparently in 2004 AND 2001!), what are your greatest achievements in O?

Scottish team for last 5 years (Seniors 2003, Vets 2004)

With Interlopers, Compass Sport Cup champions 1996 and Scottish Relay Champions 1993

In terms of planning, BEOC middle 2000 at Loch Vaa, Day 5 at Arisaig (what a stunningly beautiful area!) for Lochaber 01.

In Cross Country, I used to be able to run fairly quickly, a highlight being helping Livingston (aka Interlopers AC) win the East District XC Champs at a very muddy Alloa in 1994.

What was your worst 'O' mistake?

On my first trip to Norway in 1988 I remember taking 45 minutes to find the control from an attack point on the edge of the circle.

At an early JK at Barns Cliff in Yorkshire I took over 2½ hours for the 7k M17 course (won by Jason Inman in about an hour I think).

I topped this at a particularly tough Scottish Champs at Dunalastair in

1995 where the M21E course took me over 2¾ hours. Hang on hasn't half the Dunalastair map been rebranded as Tullochroisk – venue of this year's Scottish Champs.

More recent mistakes are generally much smaller, but I tend not to run hard enough when I do know where I am and not to slow down enough when I don't.

Orienteering – better in the UK or abroad?

The best areas in Scotland or the Lakes are just about as good as it gets and the Scottish 6 Day is as good a multi-day as I've been to. But orienteering abroad presents the challenge of different and unfamiliar types of area and the opportunity to meet fellow orienteers from around the world.

SI or EMIT?

After the British at Culbin, don't ask!

Thanks Ben!

Our club champion competes in Portugal – I'm not lost, I'm just navigationally challenged!

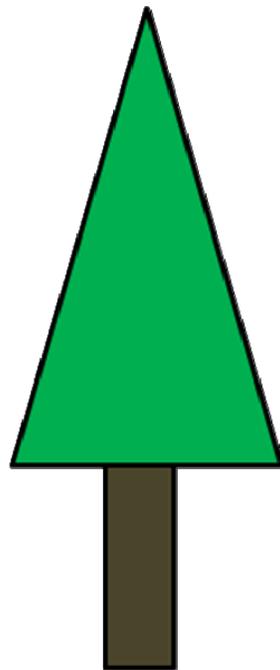
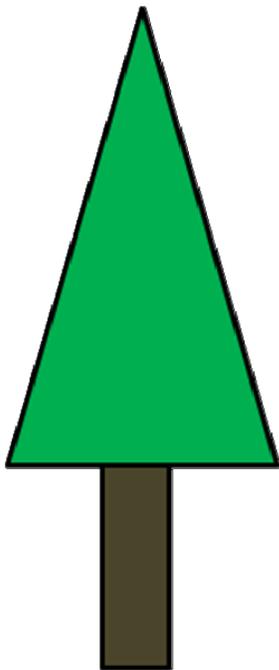


INT BABY NEWS

Congratulations to Dave and Gillian Godfree on the birth of their daughter Rachel on 2nd April.

Congratulations to Mary and Graeme Ross after their 3rd child, Ben, was born on July 1st.

UNTIL NEXT
TIME HAVE
FUN IN THE
FOREST!!





New ARN MTBO Rotating Map Holder £33 + p&p
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56 Dalry Road, Edinburgh EH11 2BA
Telephone: 0131 313 5300
Fax: 0131 337 3133