



150>>> The Interløper Winter 2009

Editor's Intro

Hello from your Newsletter Editor.

The last newsletter went out in July and since then the 2009/10 'O' Season has begun with plenty of events to get your hand back in after the summer (if you weren't away at one of the many holiday events!).

Inside this issue we've reports on recent events; the Tinto Twin and the Veteran Home Internationals to name a few.

Our club captain Anthony talks us through what is coming up in 2010. whilst club chairman Ken discusses our social responsibilities as orienteer's in the countryside.

As always a big thankyou to all those who have contributed to this issue. The next issue will be in March – get your articles in any time before then.

See you in the forest soon!

Emily



CHAIRMAN'S CHAT

Ken Daly

In the November edition of Score Donald Grassie explained how he and Mike Atherton concluded that he could only write the SOA President's Piece when inspired. I know exactly what they mean. During my seven and a half years writing the SOA News Brief, President's Piece and Interlopers Chairman's Chat (not all at the same time) I have often sat at the computer writing rubbish until something vaguely interesting hits me. Let's hope for a flash of inspiration this time.

I would like to start with a warm welcome to our new members and some not so new members. They are:

Anthony, Hannah and Michael Addison (M10, W12, M14)
Emma Anderson (W10)
Jonny Gallier (M21)
Alistair Hindle (M35)
Canice Murray (M10)
Matt Speake (M21)

This welcome is something I have been meaning to do on a regular basis, but always forgot to ask John to confirm the names until it was too late. I therefore apologise to those that joined some months ago and to anyone I have missed.

I encourage you all, new and established members, to introduce yourselves to each other at events and as a result help us to extend the clubs hand of friendship. Interlopers have a great depth of experience, from family orienteering to elite performance, junior development to squad management, course planning to organising, controlling, mapping, etc. I firmly believe that we have a lot to offer and by mixing and talking we all learn more quickly and hopefully enjoy the sport even more. I hope to meet you all soon.

Although Interlopers is one of the largest clubs in Scotland and has some of the most experienced people, I am keen to increase our membership. I think this is a key to our future. It should make our events more competitive and enjoyable and over time, help us spread the volunteer workload and make our activities more successful and sustainable. With this in mind I am slowly but surely developing a Business Plan, marketing structure, training regime and more. Unfortunately, this all takes time and effort, which would be better shared out, so if anyone would like to volunteer to help please let me know.

Another key element of why we exist is our events. I am writing this article a couple of days before the Scottish

Score Championships, which I am pleased to say is shaping up nicely. It has been a long and difficult road, but made easier by the efforts of Keith Dawson, Pat Squire, Martin Quirke (ESOC) and others. Thank you chaps.

However, there is no rest for the wicked. On 13 December 2009 we host a local event, incorporating the Club Championships, at Craigmillar. On 02 January 2010 we host a holiday event at Loch Vaa, Speyside. On 06 March 2010 we host the Scottish Sprint Championships at Kings Buildings, Edinburgh. We have volunteers for most of the lead roles for these events, but further in to 2010 we have more events in the pipeline that still require volunteers. The events are a Sosol at Calder Wood (09 May 2010), a Street Orienteering Series (6 races between May and July), the Junior Home Internationals followed by a SoSOL at Devilla (12 September 2010) and a SOL in 2011. There are also a number of Come & Try It events, junior training days, weekends away, the club training runs, social activities, etc. I would therefore appreciate any offers to take on any lead role for one of the events i.e. planner, organiser, string, entries, etc.

Not mentioned above is our intention to enter teams for the Jukola and Venla relays, 18-20 June 2010. These famous relays are held annually in Finland and regarded by many as an essential once in a lifetime experience that every competent orienteer should endure. Anthony Squire has offered to

organise our teams, but requires notes of interest. If you are interested please speak to Anthony or myself for more details.

I am not convinced that I was inspired tonight, but I do hope you enjoy this newsletter and the orienteering over the winter. Happy Christmas!

Ken



NEWS IN BRIEF

Junior Success

Chris Galloway represented Scotland in the Boys Under 14 age group on

Sunday 4th October in the British Hill Running Junior Home Countries International at Sedbergh, Cumbria, and finished 2nd. Well done Chris!

SoSOL 2008/9 Winners

Well done to the following INT members who have succeeded in the 2008/09 South Of Scotland Orienteering League (SoSOL) series events:

Logan McIntyre	M10	White	
James Ackland	M10	Yellow	2nd
Hannah Ledlie	W12	Yellow	4th
Alex Carcas	M10	Yellow	6th
Freddie Carcas	M10	Yellow	8th
Cherry Ledlie	W40	Yellow	9th
Rachel Kirkland	W35	Lt. Grn	2 nd (S)
Ann Haley	W45	Green	1 st (F)
Jane Ackland	W45	Green	2 nd (F)
Morag McIntyre	W50	Green	4 th (F)
Pat Squire	M60	Green	5 th (M)
Graham McIntyre	M50	Blue	1st
Ken Daly	M45	Blue	2nd
Richard Speirs	M45	Blue	3rd
Colin Ledlie	M40	Blue	6th
John Mitchell	M45	Blue	6th
Ben Hartman	M40	Brown	1st
Graeme Ackland	M45	Brown	6 th



EVENTS ROUND-UP

TINTO TWIN
31st Oct/1st Nov
Ann Haley

The TINTO Twin event is always a challenge with a combination of a night event followed by a normal day event. This year both events were held at Beecraigs Country Park, Linlithgow. The night event was

amazingly well attended. It was pleasantly warm with a full moon.

On setting off I immediately decided I had made a poor route choice. Between 1 and 2 I managed to run into a twig, and despite momentary hesitation to check I could still see, my competitive nature kicked in and I set off again (only to have to relocate on a nearby control). My route to no. 3 didn't prove much better with me finding myself in the middle of an enormous bramble patch. By no. 4 I resembled a headless chicken running up and down a road trying to decide exactly where I was. Then, finally, I got my head back into gear and went round the rest just fine (with a few more fights with brambles) only being distracted by the tawny owl calls at the far end of the wood. As always the soup on offer afterwards went down a treat.

Sunday was a different story. There were floods on the motorway and the rain just did not stop. The poor start officials were particularly bedraggled. The orange course proved a challenge for James, and Jane justifiably got side-tracked. All the courses had an interesting set of tightly packed controls in a new section of the map followed by longer legs leading back to the finish. It was so wet that the download tent had a moat (which someone suggested they could put in a claim for cleaning) and the juniors had a cake stand in a pond. Credit to TINTO and helpers for making the event happen. Many took up the offer to go to Barry's and Fiona's home afterwards for hot soup and

copious cups of tea, oh and chocolate!

Barrwood
Sunday 8th November
Ann Haley

It was pleasant day - a tight fit in the car park. With the area being fairly small the courses were suitably short. Stephen had rejoined the Haley family...and so the family challenge was on, on the green course. Mark made an early error which allowed Ann to pass him. Ann then struggled to find a way down a crag but managed to keep ahead despite a parallel error late on in the course. Stephen also made a minor error at No.2 but it was his misinterpretation going to 3 that cost him the most time. Graham spent most of his run bumping into Janet Clark (ESOC) but wondered where she had gone near the end (we are not quite sure of the answer but the splits tell us it cost her 24 minutes).

Discussion of routes continued at the car with both Clare Lardner and Ray Heyworth making costly error on light green. Everyone agreed that Barr Wood was an interesting area, despite it being pretty waterlogged with the streams being somewhat deeper than expected. Run of the day must, however, go to Christopher Galloway (M14) who came second on blue.

Veteran Home Internationals
Ben Hartman

The Veteran Home Internationals took place in Derbyshire on 14/15 November, with Interlopers

represented by Lorna Eades (W35), and Graeme Ackland and Ben Hartman (M40). The relays were held on Saturday on a corner of Longshaw Estate, the venue of an Interlopers Harvester win in 2003.

The area used was mainly open woodland with some complex mine workings and a changeover on exposed moorland. Thankfully the forecast wind and rain held off for all but the later runners. The relays are for teams of 4 with a long, a medium and 2 short legs. Teams must include two men and two women and a mixture of younger and older runners. Having turned 40 I was selected for one of Scotland's stronger teams and we all felt if we ran well we should have a chance of winning. I was running first on the long leg ... or so I thought until I checked the control descriptions on the way to no. 2 and saw I had been given a short leg. What should I do? After a brief hesitation I decided the only thing I could do was to carry on and hope that the rest of the team would sort themselves.

Unsurprisingly when I finished my supposedly long leg in 18 minutes my leg two runner wasn't ready and we lost a minute at the changeover. After that everyone ran well and we finished sixth of the 24 teams. Later we were pushed up into fifth because of the time we had lost at the first changeover. But in truth we had been robbed of our chance of winning and Scotland had lost the opportunity to win the relays overall.

Lorna and Graeme both ran well, Lorna recording the fifth fastest time

on Short and Graeme the third fastest time on Medium.

The Individual race was held the next day on Eyam Moor and Bretton Clough, one half vague heathery moorland with a lot of point features and the other a multitude of parallel ridges on the side of a steep valley.

I had a late start of all the VHI competitors and as my start time approached I felt I had as good a chance of winning M40 as anyone.

The first half of the course was on the moor and helped by a couple of controls that I spiked more by luck than good navigation I finished this section without major time loss and still in touch. Moving on to the more detailed valley I increased my pace, boosted by catching regular sight of a number of my competitors.

Coming into the finish I knew I had had my best run of the year and after a short wait it was confirmed that I'd done enough to win. Lorna also won after recovering from an early mistake and Graeme, now running with a heavy cold, managed fifth.

Overall, with every runner to count, Scotland didn't have the strength in depth to retain the VHI trophy as injury and illness wreaked havoc with the team both in the run up to the weekend and over the weekend itself. Roll on next year in Wales.

Braidburn CATI
Paul Caban

For those who were there, results for our recent CATI at Braidburn Valley

Park on Saturday are now on our web site, www.interlopers.org.uk

As planner/organiser I think the day was an overwhelming success. The fabulous sunny weather certainly helped, and all I could see were smiling happy faces. Certainly, this was the largest Interlopers CATI I've seen in recent years, with 83 paying entries, totalling around 130 competitors.

Organised chaos sums up both registration and start. Treasurer will be distressed to discover that we even have levy to pay; personally I'm quite proud.

Of the four courses, yellow and orange were most popular. The white course was deliberately very short, and targeted for either wee tots going round with parents, or junior orienteer's wanting a challenge in a safe environment. It was won in 5:30.

Braidburn Park is ideal for adventurous beginners and the yellow and orange each had over thirty entries, certainly more than I expected, resulting in some of the Interlopers Faithful drawing up maps desperately (sorry). The long course wasn't the most technical, and certainly suited runners wanting a 6K (!) burn-up rather than those hoping for Lossie South.

There'll be CATIs in the spring, with both Colinton Dell and Blackford Hill being possibilities, as indeed could borrowing an area from ESOC. If anyone is interested in being in

charge of either of these, please let me know.



And now for something a bit different...

Edinburgh Urbathon
Pat Squire

"Is this really such a good idea?"

"There don't appear to be too many people around me who would remember attending the Festival of Britain in person".

Just some of the thoughts that ran through my head whilst waiting for the start of Edinburgh's first Urbathon in Holyrood Park on a dry, cloudy day in late October.

It was advertised as the First but actually there were two on the same day in the City. The other one being based upon the Royal Mile and surrounding streets. This one, organised as a fund raising event by the Chest Heart and Stroke Association was entirely within Holyrood Park.

So what is an 'Urbathon'?

Think of a 10K run with 'obstacles /challenges' every km or so and you have the general idea.

It was too late to change my mind so when our group got the green light it

was time to start running – well jogging in my case.

We were set off in groups of 15 at minute intervals for safety reasons and to avoid too much queuing at the obstacles.

The first challenge was the straw bale wall about 250m into the course. Not being confident at my ability to hurdle it in one (or even several) leaps I just threw myself onto the straw platform, scrambled over the top and dismounted the other side.

“Gosh that jiggled the innards a little, hope there are not too many of that ilk.”

By this time my strategy of starting slow and using the first Km as a ‘warm up’ saw me 20m or so behind the rest of the group – well they were 40 years younger on average so I reckoned.

Next up were the stone terraces outside the Parliament building. I thought I was doing OK until a marshall addressed me deferentially as “Sir”.

I thought “ Do I really look that old ?”

The 1km mark came up soon after as we started along the path leading to Hunters Bog. By now I was beginning to get into my stride, or others were already getting exhausted, because I started to catch a few people. Even had enough breath to have a brief chat with one couple.

Next up was the ‘Boot Camp’ where a couple of squaddies in camouflage kit cordially requested that we undertake 10 press ups and 10 star jumps. I have to say that thanks to my gym preparation this didn’t prove too demanding.

From here it was uphill to the saddle at The Hawse but the legs managed to keep at least some semblance of running.

Over the saddle and on to the Queens Drive roadway – onwards and upwards to Dunsapie Loch and a downhill section.

On the way the minor (!) obstructions of the tyre step – stepping in and out of a series of tyres laid across the road for 10m or so – and then the Bouncy Castle style obstacle course complete with foam bath at the end – not sure if the somersault into the foam pit was such a good idea as the flashing lights and disorientation took a while to clear.

At this station it was necessary to queue for a while as only two people could go over the obstacle at a time, and a gap had to be left between pairs of participants. The rest was welcome, although pleasingly, not entirely necessary.

On the flat part now and going quite well. Certainly feeling better than I did 2 weeks ago on ‘only’ a 5K road run over this same road section.

At Dunsapie there was a drinks station but a full bottle of water was not really required at this stage so there was an awful lot of wastage.

Downhill section – what’s coming up next? Soon to find out. It was the Log Hurdle – three lines of logs of increasing height. Now my days of Colin Jackson impersonation are long gone so a cautious approach was adopted of stepping over each line in turn.

Back into stride continuing downhill and even passing some folks. Is that really the 4k and 5 k marks being passed?

At the bottom of the hill (by St Margaret’s Loch, if you are still able to follow the route) looks like 2 cars have collided. Oh no it’s the next obstacle – two vehicles bonnet to bonnet. A rear end slide across the car means I clear that one with no mishap and head on past the Start area to complete one circuit.

Begin the think ahead – big mistake! On the way out from the Parliament section I recall seeing some of the earlier (and faster) runners heading from the opposite direction towards the Radical Road.

They couldn’t be that cruel? Oh yes they can! Nothing for it but to follow the stream of those in front and head upwards. Try not to look ahead, concentrate on moving one leg and then the other, no need to walk just yet. Eventually get to the top but the legs are dead so the downhill bit is not much easier. A little better when on the grass and there is the next obstacle 40m ahead. Two parallel tubular barriers – over one, under the other. Once again caution is the by word, so no dramatics just a gentle

climb over and crawl under. Leave this obstacle heading downhill on a grassy section – legs feel quite reasonable, but only for a hundred meters or so until I realise just how far there is to go to the Finish.

Two more obstacles and about 800m. Can the legs keep going?

A long look at challenge number 9 from 200m out. Again the army theme is present. This time it’s a scramble net. Down on the ground and crawl on all fours for 20m or so. At least the legs should get a bit of a rest. Now the hardest bit of the whole course.

I can see the finish 500m or so away but before then it’s the straw bale wall again and by now I am well and truly fatigued.

On the basis that each step forward is another one closer I somehow manage to maintain some forward momentum albeit at low positive velocity (guess who used to teach biomechanics!)

Back to the straw wall. Technique? Launch and hope is the only one I have. Reach the top and for one crazy moment the thought of a somersault dismount passes through the brain cell. Fortunately I am still sufficiently compos mentus to dismiss that as a seriously stupid notion. Forty years ago, maybe,.. but now it would be a guaranteed injury case.

Last bit of effort is uphill to the Finish. Funny didn’t notice that at the beginning.

Over the line collect a medal and bottle of water and decide that a closer examination of the grass is called for.

Its over!

Why did I do it?

To raise money for the Chest Heart and Stroke Association of course.

Many thanks to those who have already supported the cause but of course there can never be enough so further donations are still most welcome.

A visit to www.justgiving.co.uk would be very much appreciated.

**Economic Prosperity or
Misplaced Development
Orienteering
Responsibilities?**

Ken Daly

In recent years the media has been full of articles about controversial major developments in the countryside. Unfortunately the Scottish Government and its Local Planning Authority Committees appear, in most cases, to support major economic developments at any cost. I would qualify that Local Planning Departments only provide advice on planning applications and the actual decisions are taken by a Committee of Local Councilors (we elect them). Major developments can be supported if the location is right i.e. located where the adverse impacts can be minimised and an optimum balance of material

considerations can be achieved. Regrettably, the Scottish Government and Local Planning Authority Committees appear to support major development proposals for the political points, voter support and relatively short term economic gain. Sometimes they appear to do this with an appalling disregard for National and long term local interest, especially Environmental Legislation, Planning Policy and the advice of subject matter experts. In short, I believe they prostitute themselves (their honour and elected position). This article has been written to highlight a few of the recent areas of concern to orienteering and hopefully set your mind thinking "what can I do".

One recent major development proposal is the super resort at Dall Estate, Rannoch, Perthshire. This proposal could cause significant damage to an internationally important nature site, Scottish Natural Heritage (SNH) has warned. From an orienteering perspective, it is adjacent and potentially overlapping the Rannoch Forest, as used for a previous Scottish 6-Day and JK. It is currently being prepared for use for the Scottish Championships 2010.

In its response to Perth and Kinross Council, SNH says the development would have a negative impact on Scotland's ancient Caledonian pine woodlands and will significantly detract from the quality and character of the nationally important landscape of Loch Rannoch.

The proposed development includes

a luxury hotel with health spa, clinic, leisure and retail facilities, two 18-hole golf courses, a clubhouse, over 100 houses, staff accommodation, and a restaurant within Loch Rannoch.

It would be very close to a number of special areas of nature conservation, including the fourth largest Caledonian pine wood in Scotland, the Black Wood of Rannoch. In Europe, this type of forest occurs only in Scotland and only on an estimated 12,000 to 16,000 hectares.

At over 1100 hectares in size, the Black Wood of Rannoch is recognised as one of the top wildlife sites in Europe. The proposal to convert 382 hectares of pine forest which border the Black Wood of Rannoch to create two golf courses is likely to affect the long-term vitality of the forest as whole, as well as the animals and plants it supports.

The long glen, with the distant backdrop of mountains in the Glen Coe and Rannoch Moor areas together with Loch Rannoch and the pine forests, all combine to make this a spectacular Scottish landscape - so special that it is designated as a National Scenic Area.

SNH is of the view that the proposal – including converting 382 hectares of existing pine forest and replacing it with golf courses, constructing a large restaurant within the loch, and building loch-side houses – will significantly detract from the quality and character of the landscape of Loch Rannoch.

The organisation says that the scale, site and design of the proposal are inappropriate in this sensitive location.

Denise Reed, SNH area manager, said:

“The design and scale of this development would be out of place in its surroundings and could have far-reaching and harmful impacts on a part of Scotland renowned for its iconic and dramatic scenery. Ancient Caledonian pine woods are only present in Scotland, and it is crucial for SNH and others to ensure their long-term future. We are very concerned that this proposal could compromise this protected and unique area”.

Potential impacts for orienteering include the loss of terrain and risk of cost prohibitive charges for parking.

The other major development in the media recently is “Trumpton”, the development of the Menie estate, near Aberdeen. This proposal is also a major housing, golf and hotel development. The development area will include Balmedie dunes, a Country Park and one of the best orienteering areas in Scotland. Part of the area is a shifting sand dune system, a unique and valuable National asset protected by SSSI status. It appears ironic that these dunes extend approximately 16 kilometers, but with existing golf courses on its northern and southern sections, this latest (golf) development, on the designated and public access section, will sterilize the last significant sized portion of

the dunes, from public and orienteering use. It is also ironic that had the development shifted 200 metres in land on to the fields (and perhaps imported sand) it could have been mutually compatible to all groups and objectives.

A similar fate fell on Acherfield. It was one of very few good sized orienteering areas in the east central belt. A few years ago, the main Archerfield forest was developed for golf courses, housing, etc. Interlopers were left with the use of the dunes (circa 50% of the old map), namely Gullane. However there is another proposal being made to develop part of Gullane dunes for another golf course. You could call it stealth development or piecemeal annihilation of wild land.

Another case was the development of an additional golf course at the southern end of Loch Vaa, plus the expansion of the aggregates quarry across the railway at Granish. And I believe the northern end of this area was under threat for a massive housing expansion at Boat of Garten, but I have heard nothing for a few years, so it may have been dropped or rejected.

On a much smaller scale, but of local interest to Interlopers, was the development of a junior golf course in the fields immediately south of Blackford and the Hermitage in Edinburgh. I thought an expansion of the woodland would have been much more beneficial to the community.

I would also suggest that orienteering areas are under

pressure from more moderate sized housing development proposals. Although this may sound normal, from my reading, it is or will be made worse by the proposed Scottish Planning Policy, which looks to protect agricultural land, which only leaves "wild land" for development in the countryside. One stage of this consultation has recently concluded, but the door may still be open if anyone wants to check and champion the cause (see the Scottish Government / Planning web site).

Perhaps we should press the SOA and BOF to create a post to champion for protection of orienteering areas and "wild land" generally. It would require someone to monitor, submit representations, seek stakeholder support, perhaps generate petitions, etc, on matters that affect orienteering areas and "wild land" generally. Typically that means monitoring the Scottish Government and Local Planning Authorities proposals for new legislation or policy and their reviews of policy and Local Development Plans (see the paragraph above for an example). We should at least try to generate support to influence the Scottish Government to amend policy so that it offers more protection in Planning Policy for "wild land", especially dunes and native woodland.

I believe the post holder could also try to influence the Forestry Commission and Mountain Biking (MTB) Community to consult with us when they are considering development of MTB courses. The

Gorsteian area of Strathmashie, the Hermitage at Dunkeld, Glentress, Achray, Pitmedden and no doubt many other orienteering areas have been severely compromised for orienteering, by the MTB tracks that have been developed in them. In principal I support MTB, but I also feel that through effective consultation most of these MTB routes could have been located at one or other end of the forests and thereby been much more compatible with orienteering. It would be good to get a grip on this before further MTB development take place.

Another area would be consultation with the Coal Board, Quarry Companies, the Forestry Commission and the Local Councils on land reinstatement. They often reinstate land as sailing and fishing lochs, or parkland, but the parkland lacks the variation in relief, features, etc, that would make it attractive for orienteering, as well as other sports and wildlife. Interlopers had started mapping one of these old mining areas, near Shotts, but it was so featureless and leveled out and so distant from our home base that we decided to offer it to STAG, on the basis that they have a good track record for securing the necessary Council cooperation and grant aid to cut, scrape and construct the necessary features and fund the mapping.

My final comment on this is that all of the good work the SOA and BOF do to structure orienteering is pointless if we run out of good orienteering areas. I therefore believe these 2 topics should be SOA and BOF

priorities. However, we also have to do our bit as individuals and clubs. What can we do? The answer is plenty, if we want to.

Think about it.



JUNIOR NEWS

Junior Coaching Dates for your Diary

Two junior training sessions have taken place recently: Cammo and Corstorphine Hill. Both were great fun with lots of juniors from all the local clubs taking part. The next session is scheduled for Sunday 13th December at Mary Erskine School.

Training is free and children of all standards are welcome. (We encourage parents to accompany very young children.) Keep an eye out for the reminder emails, asking you to let us know you are coming so that we can prepare training maps in advance. Any help to put out or collect controls is always appreciated.

Junior Training Calendar

13th December - Mary Erskine - Night Orienteering 5pm-7pm

9th January - Currie Community High School - Indoor Event 1pm-3pm

6th February - Heriot Watt -
Indoor/outdoor event 1pm-3pm

13th March – Yellowcraigs 1pm-3pm

17th April - Kings Buildings - Sprint
training 1pm-3pm

15th May - Vogrie - Relay training
and BBQ 1pm-3pm

*Fiona Eades punches at the SOL at
Forvie*



CLUB TRAINING

Club Runs

Club runs are most Thursdays at
various locations starting at 6.30pm.

See the website for more details:

<http://www.gmci.demon.co.uk/Interlopers/training.htm>



CLUB CAPTAIN UPDATE

Anthony Squire

2010 Relay Preview

The November nights are dark, cold and wet, the last few weeks and days of 2009 will soon have passed and so it is natural for orienteers' thoughts to turn to the next O season and what delights there are to look forward to. Therefore I will whet your appetite with the club relays/events for 2010 so you can add them to your diaries and targets for the year.

Compass Sport Cup (Scottish round) - Sunday 7th February

First up in the year is a SoSOL and offers a return to Kinnoul Hill (one of this year's Six Day areas) for the Scottish round of the Compass Sport cup (or Trophy for us as a small club - less than 100 members). As you probably know this is the inter-club championships which involves all age and course ranges with the best 13 individual results counting towards the clubs overall score. There is some strong local competition from FVO who have won the whole competition in something like three of the past four years; however a strong turn out from everyone across the club means we should run them close and book our place in the final.

JK Relays - Monday 5th April

This is being held on Branton Burrows, a large and complex area of sand dune terrain in North Devon.

This will be the same area and assembly field as the previous individual day, so it will not be entirely unfamiliar terrain. However the pressure of relay racing will mean a clear head will be required to avoid costly mistakes in the complex contours - I still have flash backs to my poor relay races in Penhale Sands! There will be strong competition within the club to secure a place in the Men's Open team as they attempt to make history by becoming the first men's team to win the JK for Interlopers, whilst on the women's side we'll be looking to retain our W120+ title that Helen, Jane and Lorna won last year.

Devon is a significant distance from Edinburgh but there are airports in Bristol or Exeter and a fairly good train network too.

More info: <http://www.jk2010.co.uk>

British Relays - Sunday 2nd May

Abraham's Valley & Wolseley Park in Cannock Chase will be the venue for this year's British champs and will use the same car park and assembly area as the previous day's individual event. This is a familiar area for those who have orienteered at the major events in Cannock before, most significantly being one of the JK days in recent years (sorry, I lose track of exactly which one). For those who don't have a copy in their map file there is an old map on Walton Chasers website: <http://www.walton-chasers.co.uk/results/2006/Wolesley/badge/maps/course1.jpg.html>

This is classic Chase terrain with woodland and moorland cut by deep

valleys with smaller valleys feeding into them. Whilst this doesn't give a lot of fine orienteering challenge, there is the need to make good route choices and then maintain concentration to avoid parallel errors. This will also be a physical test in the high speed terrain and sharp hills.

Our world class elites are likely to be absent due to the clash with the Tio Mila and the need to honour their Scandinavian club commitments, however it will be a good opportunity for the UK class elites to prove themselves in the first team and fight for medals. There will also be strong Men's and Women's 40 teams out to take the relay crown from SYO.

Harvester - Saturday/Sunday 8th/9th May

Coming a week after the British Relays is the Harvester. This is being held at Eridge Park near Tunbridge Wells. This is the same area that was used for the JK Relays in 2008 (when it snowed!) - routegadget here:

<http://www.jk.routegadget.co.uk/cgi-bin/reitti.cgi?act=map&id=15&kieli=>

The format is based on the great Scandinavian club relays of an overnight relay competition with on-site camping. There are two classes; a seven-person Open relay and a five-person Women or Handicap relay. It is also one of the UK Relay League competitions and a good opportunity for the club to pick up some points. I appreciate that this is a long way from Edinburgh (especially the week after the British), however London Gatwick is pretty close and Stansted not too far

away. There is also a warm up event on the Saturday to attract people.

Scottish Relays - Sunday 30th May

Our home relay championships is being held in Rannoch Forest and will offer a classic Scottish orienteering experience with the individual event in the same area the day before. There will be the usual wide range of courses for the whole club to run in. The handicap system always makes this the most complex event for me as club captain to work out teams and runners, but we usually end up with everyone getting the run they want as well as a number of the teams coming near the top of their handicap category. This will also be the final race of the UK Relay League.

Jukola/Venla - 19th/20th June

As described in the previous newsletter this is one of the classic Scandinavian relays. This year is being held close to Helsinki so should be a good opportunity for the club to send teams. The Venla kicks off the action on the Saturday afternoon with a four-lap women's relay and then the Jukola starts at 11pm for seven legs of relay action through the night. The northern latitude and proximity to the summer solstice means that it's a short night (there are only two legs of proper darkness), which is just as well as the unrelenting technical difficulty will be punishing enough. The special thing about the Jukola and Venla is the buzz that comes from the hundreds and thousands of teams all running at once with wide range in

speeds and experience from the world's elite to Finnish work colleagues who do it for the challenge. The infrastructure that is created for the event is also incredible with hot showers, sauna, food places, bars and supermarkets all appearing in the middle of the forest for the weekend.

Accommodation is in Finnish army tents within the arena, the tents being large enough to house the whole team.

More info on the event website at: <http://www.jukola2010.net/sivut/pages/en/home.php?lang=EN>

Jamie Stevenson Trophy - 20th June

This is the inter-club event for juniors and has been going from strength to strength. There is a strong focus on the social side as well as the orienteering with a pre-event procession and post event prize giving. There are no details yet as to where this will be held.

11-person Relay - 4th September

This is due to be hosted by GRAMP somewhere near Aberdeen with a SOL the day after. After our moral victory this year (we were the first placed team to actually have juniors on the Orange course!) this should be another good opportunity for the whole club to come together in a friendly event. As the title suggests there are 11 people per team (last year we entered two) with people running Orange, Lt. Green & Green.

Compass Sport Cup Final - 17th October

If/when we qualify for the final it is being hosted by SYO on Burbage Moor in the Peak District.

<http://www.scottish-orienteering.org/index/natcen/page/national-centre-course-schedule/>



'O' COURSES COMING UP

The club needs more members to get qualified as Coaches and is prepared to subsidise members who want to attend SOA training courses, whether for Planning or Controlling, for CONDES, or for any other suitable course. If you are interested, please contact our Chairman Ken Daly (kennethdaly@dsl.pipex.com) to discuss.

Courses:

- Adult improvers' weekend 9-10 January
- UKCC Level 1 Coach course 29-31 January
- Teaching Orienteering Part 1 20 February
- UKCC Level 2 Coach course 8-10 May

Full course schedule:

2010 Membership

John Barrow

All BOF National and Local members should have received their renewal notices for 2010, some time ago. If you intend to renew, you should do so soon.

Please don't return the forms to me; send them, with the fee: Payable to "BOF", direct to BOF Office in Matlock.

Club-only members should send me their Club subscriptions directly, Payable to "Interlopers O.C.". The correct fees are shown on the Membership form, available on our website at www.interlopers.org.uk.

It would be nice to think that most people will renew promptly. However, in the past, I've had to chase up some people well into the Spring, so please help to make my life a little easier this year!

****New map, much extended area****



Craigmillar Castle

Sunday 13th December 2009

<http://www.interlopers.org.uk/>

Venue: Craigmillar Castle, off Old Dalkeith Road Edinburgh.

Assembly: Bridge End Farm, on the A7, about 500m east of Cameron Toll Shopping Centre NT277710. Dogs allowed, no toilets.

Parking. Parking in the farm is very limited, there is on-street parking in the Inch estate, on the SW side of the A7, and at Cameron Toll shopping centre. Please do not park on the A7, in the Castle carpark or the road to the “Community Recycling Centre”.

Terrain: Craigmillar provides a unique combination of parkland, intricate contour detail and complex urban terrain. An unspeakable nettlesfest in the summer, the winter reveals it in all its glory.

Starts: 11-12a.m. SportIdent

Courses: Blue, Green (Non-urban) Light Green (Mainly Urban) Yellow (Park only)

Planner & Organiser: Graeme Ackland

Map: 1:7500 ISSOM and ISOM, by Scott Fraser and Graeme Ackland

Controller: Paul Caban



Club Champs
Graham Ackland

This year's club champs are at the Craigmillar Castle event on Sunday December 13th.

INT mapped Craigmillar ten years ago, back when I was Chairman. I can remember when it was all just fields, landfill, barbed wire and burnt out cars. Nowadays we use it every year for summer events, when it's all nettles. So I hope you're all looking forward to the event next month.

If you like urban racing, there's a "light green" option on an all-new area. The Craigmillar estate has recently undergone extensive renovation and upgrading, a phrase which here means they blew it up and built some new bijou kennel-style accommodation. Another section, the Thistle Foundation is a former village for disabled servicemen. Here's what edinburgharchitecture.co.uk has to say.

"Walk into the grounds of the Thistle Foundation and you are suddenly transported from the depths of Craigmillar into a peaceful village. You will be surprised at the tranquil nature of the area, the trees growing in amongst the buildings and the change in the pace of time."

Your perceptions are completely dashed, as the institution you

were expecting does not materialise.

The foundation is built around Robyn Chapel an exceptional building built between 1949 & 1952. Sir Francis Tudsbury commissioned the building as a memorial to his son (Robyn) who was killed in the Second World War. Inside the building is just breathtaking: If you want to find peace in a building I would recommend you visit on Doors Open Day when it will be open to the public.

The Thistle Foundation itself was built following the Second World War as a garden village for disabled service men and their families with the buildings and their layout being designed to cater for wheelchair access. Stuart Matthew won the commission to design the estate following an open competition and the skill in the design is shown in the creation of an area with a real village ambience enhanced by the stepped nature of the site.

Well, you probably won't have been there, and it has suffered some renovation of late, but it is something of a novelty.

Then, the ghost town of Greendykes. I can remember when it was all just houses. Now it's abandoned, waiting for the dynamite to come. This may be your only chance to run here (or not if they blow it up in the next month. There's more. The wise men of the International

Orienteering Federation have invented middle distance racing, which means lots of controls, terrain and map reading, and not so much running. The green course is in this style.

For the interlopinis, there's also a yellow course, and a new adventure playground in the park.

And for the standard can't-make-your mind interloper, the whole shebang blue course offers a chance to sample both middle and urban in the ultimate footwear challenge.

As for the all important club championship itself, a cunning interlopers-themed scheme is in hand to determine a worthy winner. Full details might spoil the fun; suffice it to say that whichever course you run, you're in with a chance.

****!!STOP PRESS
STOP PRESS!!****



This just in at the last minute.....

How Time Changes Things
Ken Daly

Last week I was handed a folder of archive material to check for interest to Interlopers. It contained the 1987 Scottish Score Championship results.

I have just returned from this year's event (November 22nd), hosted by Interlopers and noticed a few points of interest.

It was raining then and it was raining today. In fact the Country suffered serious flooding and property damage on both occasions.

In 1987 Ken Daly won M21 (modest plug!) and today was today.

Gail Balfour, running W10, was also victorious.

Chris Godfree and Anthony Squire were 2nd and 3rd on M10.

Dave Godfree and Gordon Riemersma were 4th and 5th on M13.

Ray Heyworth and Gordon Shiach were 8th and 9th on M45.

Iain McIntyre won Blue, ahead of Yvette Hague (wow!).

Today's organiser, Pat Squire was 2nd on M35.

Other Interlopers included the Sinclair and Riemersma families.

Finally, there was an apology for the moving control "Black Cow 2m".

The top Interloper performances this year are mentioned in a report on our web site.



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