

The Interloper



No. 174
June 2016

Victorious Interlopers at the Scottish Relays, 22 May 2016



2nd Ken Daly, Rob Lee, Colin Eades, 3rd Max Carcas, Lorna Eades, Pat Bartlett

Photo L. Bartlett



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)			
16/06/2016	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
23/06/2016	Swanston & Dreghorn: From Swanston car park -15	NT180701	
30/06/2016	Craigmillar & Jack Kane: From Glenallan Dr (mid to NE end) -14	NT279707	
07/07/2016	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	Riccarton Arms
14/07/2016	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	
21/07/2016	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	
28/07/2016	Castlelaw & Harbour Hill: From Castelow Ranges car park -5	NT230637	
04/08/2016	Swanston & Dreghorn: From Swanston car park -15	NT180701	Swanston Golf Club
11/08/2016	Harlaw, Bells Hill, Logan & big Dam: From Harlaw Farm public car park -17	NT240673	
18/08/2016	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
25/08/2016	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	
01/09/2016	Woodhall Rd, Torphin, Kinleith, Moidart, Rosebank, Duncans Belt, Lymphoy, River, Woodhall.Mains: From Woodhall Rd under the Bypass -18	NT204685	Spylaw Tavern

Editor's Introduction

Mary Ross

Welcome to the June issue of *The Interloper*. I like the front cover photo of six well-known Interlopers squeezing onto their podiums.

We all know how pleased Max is with his 3rd place! Imagine how much better they would have looked if they had been wearing club jackets? Hopefully, coming soon...

Apologies again for the lack of a March issue, but we have finally ended up with a pretty substantial June issue. I'm delighted

to have received an article from the Ivory family about their orienteering experiences so far, being one of Interlopers' newest and most enthusiastic recruits. Also, there's an interesting reflection from Max on his planning of courses at Culteuchar, Rachel's brave Carnethy 5 Run in the most extreme weather conditions, and Paul's report on orienteering down under, amongst others.

The future of the newsletter was discussed at the recent AGM with a decision that we hope to add brief event reports onto the website in a timely fashion to make it more interesting and lively. However, that there is still a place for the quarterly newsletter, containing more diverse and reflective articles and opinions. Rob even tells me he uses the fixtures list (once he's printed it out) so now it all seems worthwhile! However, this does depend on you all being prepared to contribute articles from time to time so please bear this in mind.

I hope you all have great summers, with no doubt a good portion of you including some orienteering in your plans, quite possibly abroad. Don't forget to write up about it afterwards for the September issue!

Mary

that has competed, organised, planned and helped in all the events and activities that have taken place over the year and in particular the recent SOL at Culteuchar and the SoSOL at Calder Woods.

I recently had the opportunity to join a couple of training sessions with Halden Skiklubb in Norway using the excuse of visiting my son Alex who as many of you will know has managed to wrangle a gap year there and who needed chaperoning to train in Poland (it's a long story...). Despite being called a ski club they are really first and foremost an orienteering club and one of the best there is with many international orienteers coming there to train, staying in the 'Halden House' in the town. I believe this is actually *owned* by the orienteering club which sounds like a fabulous idea (Note to self: must remember to check the Interlopers bank account and see what's possible...).

Just after landing in Norway I went straight to one of Halden's training sessions courtesy of the Bjørlo family who are hosting Alex. The weather was gorgeous and I must say I looked with envy at the huge amount of fantastic orienteering woods surrounding their club hut. Actually I also looked with envy at their club hut, or perhaps more accurately their club *huts and saunas*.

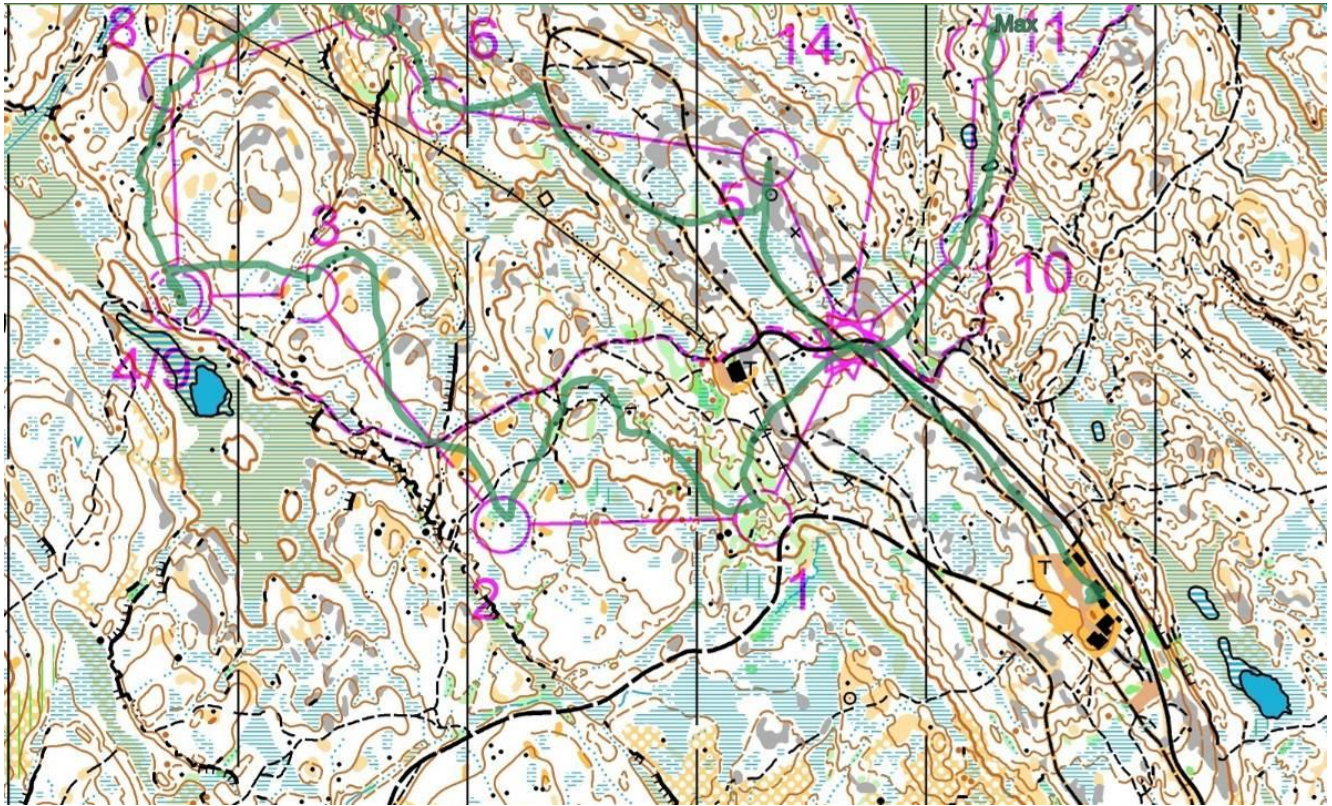


Chairman's Chat

June 2016
Max Carcas

Well doesn't time fly! It's now been a year since I fought off the intense competition to become Chairman of Interlopers. Thank you to the club committee and everyone

But of course before that I went training in the terrain. Everyone is given a GPS tracker that transmits in real time to the Loggator.com website. Slightly daunting knowing that the club coach can see what



you're doing on her phone (and in fact ditto for anyone else who can visit the website and see how well (or rather how badly) you are doing). However it really is a fantastic training aid by being so immediate. Since it was a training session, dibbers weren't needed and controls were just hung pieces of white tape but of course the tracker shows whether you visited the right tape!

The main challenge was trying to figure out what size a crag needed to be to be on the map since there was a lot of rock around. It turns out they need to be pretty massive (none of your Scottish here's 45cm of vertical rock, let's call this a crag) and this caught me out on one control where I wandered about aimlessly (sadly just off the picture above.... Ahem...).

Then after the training run it was into the naked sauna and to be introduced to other Norwegian orienteers which was fun. The second training session was with Alex who took me to the Tusenmeterskogen. This is quite a tricky area with many paths, mapped at 1:2000 with 1m contours! As

you might expect it was very easy to run too far but was great fun.

The third training session (after our Top Gear like visit to Poland – another story) was with the stars on a middle distance course. This went much better as I'd got a better handle on the terrain and importantly had remembered to **USE MY COMPASS!** Fortunately I was started first, some time in advance of the others and decided to run the women's course in the hope that they wouldn't be waiting on me. Fortunately it worked perfectly and I managed to get a tow running the last few controls with some pretty speedy orienteers, even beating Alex on this bit (Ha!). This time the post run social was a swim in the fjord. A dip in the Forth just doesn't seem quite the same but perhaps we should try it...

By the way I should mention for anyone who isn't aware - every week Interlopers have a training run on a Thursday organised by Ken. Details are on the website (and p.2) and all speeds can usually be catered for. Unlike the Halden training this is just a social run but it's good

to stretch the legs and have a natter – do come along if you fancy it!

Max



least as far as I could tell helping and participating).

Sunday's event was a SOL at Culteucher, ably planned by Max with again Paul and Robin sorting out all the logistical type stuff. As those of you who were there know the highlight of Max's course was the uphill run from the last control to the Finish made even more interesting by a liberal spreading of railway type ballast rocks. A variety of choice comments were heard by anyone who waited in the finish rea for just a few minutes.

On **15th May** the INT roadshow moved on to **Calder Wood** for a SOSOL event. Fiona Weir did a fine job of organising people, equipment, toilets and even the weather. Whilst Ken Daly provided courses that I suspect challenged most participants and perhaps surprised a few folks, given that the area is not renowned for its technical intricacies.

Coming up later this year will be a series of **Summer street events** to be held in and around Edinburgh on Wednesday evenings. Graeme Ackland is coordinating the series in conjunction with ELO and ESOC. The INT contributions so far are:

1. Wed 1st June INT Edinburgh Pollock Halls with James Jarvis
2. Wed 15th June INT Gracemount
3. Wed 6th July INT Edinburgh Swan Spring with Pat Squire
4. Wed 20th July INT Colin Ledlie Edinburgh Fountainbridge
5. Wed 27th July INT Caspian Richards Edinburgh Regent Road
6. Wed 24th August INT Steve Ambler The Steils



Events Update

Pat Squire
Events Coordinator

Since the last Newsletter there have been five events organised by the Club which many of you will have been involved in either as officials , helpers or participants.

On **5th December 2015**, Colin Ledlie planned and organised an event using the revised **Mortonhall** map. Despite very bad weather 42 folks entered course on the day.

Paul Caban similarly planned and organised at **Craigmillar** on **Feb 6th** this year. Sixty five participants took part in this event.

The **INTrepid weekend** started with a SOUL urban event in Livingston on Saturday 9th April. Graeme Ackland produced some challenging courses in and around the streets, houses and washing lines of the Deans area of Livingston. Paul Caban and Robin Galloway's organising ensured that everything ran smoothly (at

There are still some vacant slots which could incorporate other offerings so if you feel you would like to host / plan an event please contact Graeme or myself .


Details are yet to be finalised but it is hoped that we will be able to put on at least a couple of Saturday Series events (CATIs to those of us of a certain generation) in late Summer / Autumn, probably using some of the maps and permanent courses produced in conjunction with West Lothian Council.

For **2017** we already have commitments to the Scottish Championship Relays in May, the Six Days in August and a SOL, likely to be in October. As ever, appeals for officials and helpers will be made via future Newsletters and direct e-mails.

Event Safety Workshop

The situation regarding these workshops has been firmed up recently by BOF in that as from 1st January 2017 it will effectively be compulsory (for insurance purposes) that ALL event officials have attended the workshop. (It appears to be a requirement for **all** activities covered by the BOF insurance).

Whilst a number of Club members have already met this requirement there are quite a few existing organisers , planners and controllers who have yet to attend and, hopefully there will be new officials for the events in months and years to come who will need to attend. Consequently I will be aiming to have workshops available in the Edinburgh area so that Club members can attend and fulfil this requirement. Watch this space!!



A Stupidly Difficult WOC Quiz

Courtesy of Graeme Ackland

Just the six questions and for extra credit, which is the odd one out?

Who is the current women's World Champion at short distance?

Which member of the House of Lords was at WOC?

In which Glen did the Long Distance race finish?

Who sponsored the first control at WOC?

In which Scottish region were most of the races?

How long after his start did Thierry Georgiou finish in the long?

Check your answers on page 19.



O-orientation: the O-nly Way is Up!

May 2016

Katherine, William, Angus (M12) and David (M10) Ivory

This club is just one challenge after another: developing some degree of running and navigating skills had been expected, but the need to sharpen pencils for a literary contribution was out of the blue! However, the Editor asked so nicely that we agreed to give it a go; thanks for 'bearing' with us...

No doubt to the amusement of the Membership secretary, it's taken fully six months and four separate stamps for the whole family to finally get signed up. Our 11-year-old decided to join back in

October, and there has been a slow trickle of Ivory application forms since then. Hill walking and generally mucking about outdoors have long been on the agenda but nothing particularly skilled or speedy. Then one autumn Saturday, there wasn't time for more of a walk than Arthur's Seat – where we happened upon an ESOC event, which Angus entered. From there, things just got more and more enticing, with the Spooky-O running-around in the dark on the Meadows followed by a party, then the New Year Astley Ainslie treasure hunt, followed by another party. What's not to like, especially if you're a kid – and so clearly David (9) needed to investigate. Excellent Junior training sessions proved another lure, then the competitive element started to get traction, with the wonderful excuse to go on the internet to look at vital O-stats and the thrills of RouteGadget!

From a parental perspective, at first it seemed like a bewildering jumble of acronyms, so Katherine spent a good few months puzzling over what on earth Club emails might be referring to. Then it turned out that puzzles are indeed part of the Interloper way of things with the Ackland JK Quiz providing yet another challenge (or should that be challenge). At first, orienteering events seemed like a good thing just for the chance for Katherine to go for a nice quiet walk in the woods by herself. Only latterly has she realised that by going a bit faster on courses, there would also be the chance for a nice quiet cup of tea afterwards before the kids get back too – hence on with the trainers for her. They say that if you can't beat 'em, join 'em, so William finally gave in too this spring, and went out to buy a pair of running shoes for the first time ever. Having survived a hilly, hail-y debut run at Castlelaw, he is now busy trying to get them less embarrassingly new-looking.

The highlight so far has been going along to the Scottish Champs at Balmoral,

entered on the basis that having never been near anything even vaguely Champs-related in our collective lives, it'd be an experience. And indeed it was, particularly given the beautiful surroundings and sunshine. Once signed up, we thought we'd better justify the entry fee and not embarrass the Club too much - so during the journey there, mugged up a bit on map symbols and control descriptions to have some chance of knowing our ditches from our dykes. Given limited ability to run uphill for long, this was worth doing to save some energy by avoiding the worst type of getting lost. It'll be a while before parent Ivories contemplate entering anything but colour courses, but the boys are throwing themselves into it and keen as mustard to do more. It did seem rather amusing though that the prizes included sweets with a hazard warning about adverse effects on children's activity and concentration, given the centrality of both of those to orienteering!



The Ivory Family enjoying Balmoral Photo Ivories

Actually, the real highlight has probably been the way that joining Interlopers has got us all out and about in new ways. The

children have relished the chance to go off exploring totally by themselves. Previously we might have been a bit more cautious still; absolutely fine now if they go off into an unknown area with an unknown route for an unknown amount of time! For the parents, it has been a real nudge to get fitter and pay much more attention to map detail and what is on the ground; orienteering certainly hones one's observational skills. ('Mummy, was that a vegetation boundary we just passed?') We'd had no idea previously what a complex and technical sport it is. In addition, having now dabbled a tiny bit in setting up a mini course at school one morning, we rather admire those who put the effort into planning and organising all the events too; no mean feat.

We've found Interlopers a fantastically friendly and welcoming club, with a wealth of expertise and experience that has been willingly shared with us numpty novices which we've all appreciated; thanks and hope to see you at some more events!



Scottish Championships

21-22 May 2016

Interlopers hit the podium at the Scottish Relays / Champs.

Interløper Juniors stormed round Balmoral at the Scottish Relays Champs. On the 36-class Thomas Ross, Fiona Eades and Sam Bartlett all had good runs to finish in 2nd place. Well done Thomas, Fiona and Sam.



Sam, Fiona and Thomas, 3rd place, 36- class

Photo L. Bartlett

There was a tense finish on the 44- class with Mairi Eades putting in a fast sprint to hold on to equal 3rd, level on time to the second! This followed on from super runs from Pippa Carcas and Matthew Ross. Great work Pippa, Matthew and Mairi.



Pippa sprinting in on the first leg 44-

Photo M. Ross



Some notes on planning SOL2 at Culteuchar

10 April 2016

Max Carcas



Matthew, Mairi and Pippa, 44- class

Photo L. Bartlett

Not to be outdone, Interløpers 'Veterans' had two handicap teams on the podium, with 2nd place for Colin, Ken and Rob and 3rd place for Pat, Lorna and Max. They were rewarded with local cheese!

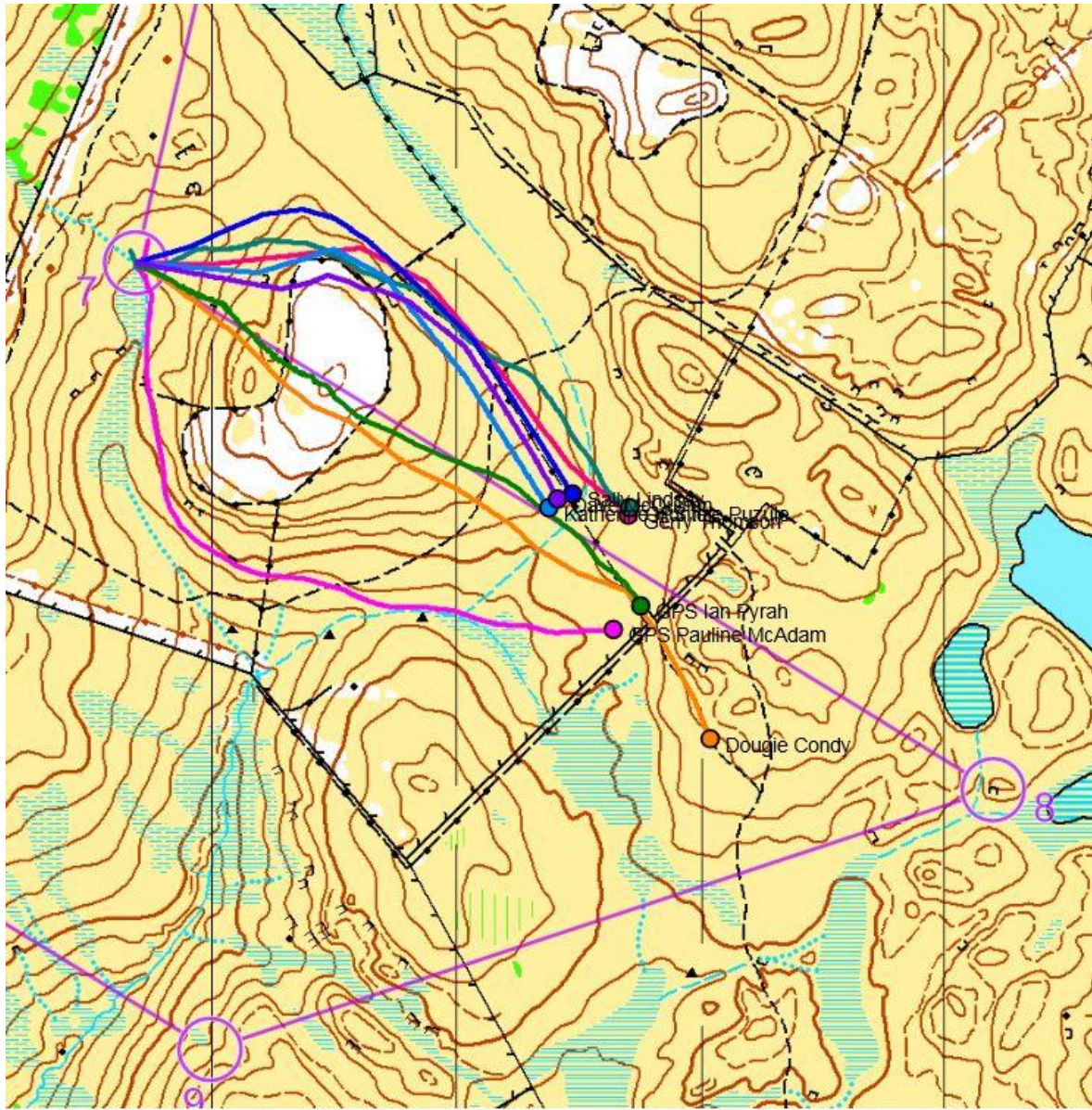
The day before, the Scottish Champs were held on the same challenging Balmoral area, on the lawns of the Queen's residence! There were wins for Thomas Ross on M12B, Logan McIntyre on M16B and Fiona Weir on W45S, and second places for David Ivory on M10A, Ben Ross on M10B, Mary Ross on W40L and Graham McIntyre on M55S. Well done all!

I really enjoyed planning SOL2 at Culteuchar - always nice to have an excuse to roam the hills (and bogs)! As you may know a major concern I had was where the parking was going to be... as of a couple of weeks before the JK we still hadn't nailed this due to concerns about lambing, shortage of grass and the fields being wet... and of course this affects where the courses start and finish and pretty much everything!

Fortunately after a bit of tense negotiation with Robin, Alastair Lessells and myself, Daren Wallwark, one of the main landowners, offered us the use of the hard standing surrounding his family home which worked perfectly and meant I didn't need to re-plan. In areas like this often the white and yellow courses can be the trickiest to plan – once you've done those and sorted out the car parking and start and finish then everything else should be a doddle... actually then the Orange is a challenge and so are the various shades of Green, particularly keeping the climb low. Oh yes and then getting the distance and climb for the blue, brown and black right. Oh and then there's all those short courses as well. I mean seriously, do we *really* need quite so many different courses?!

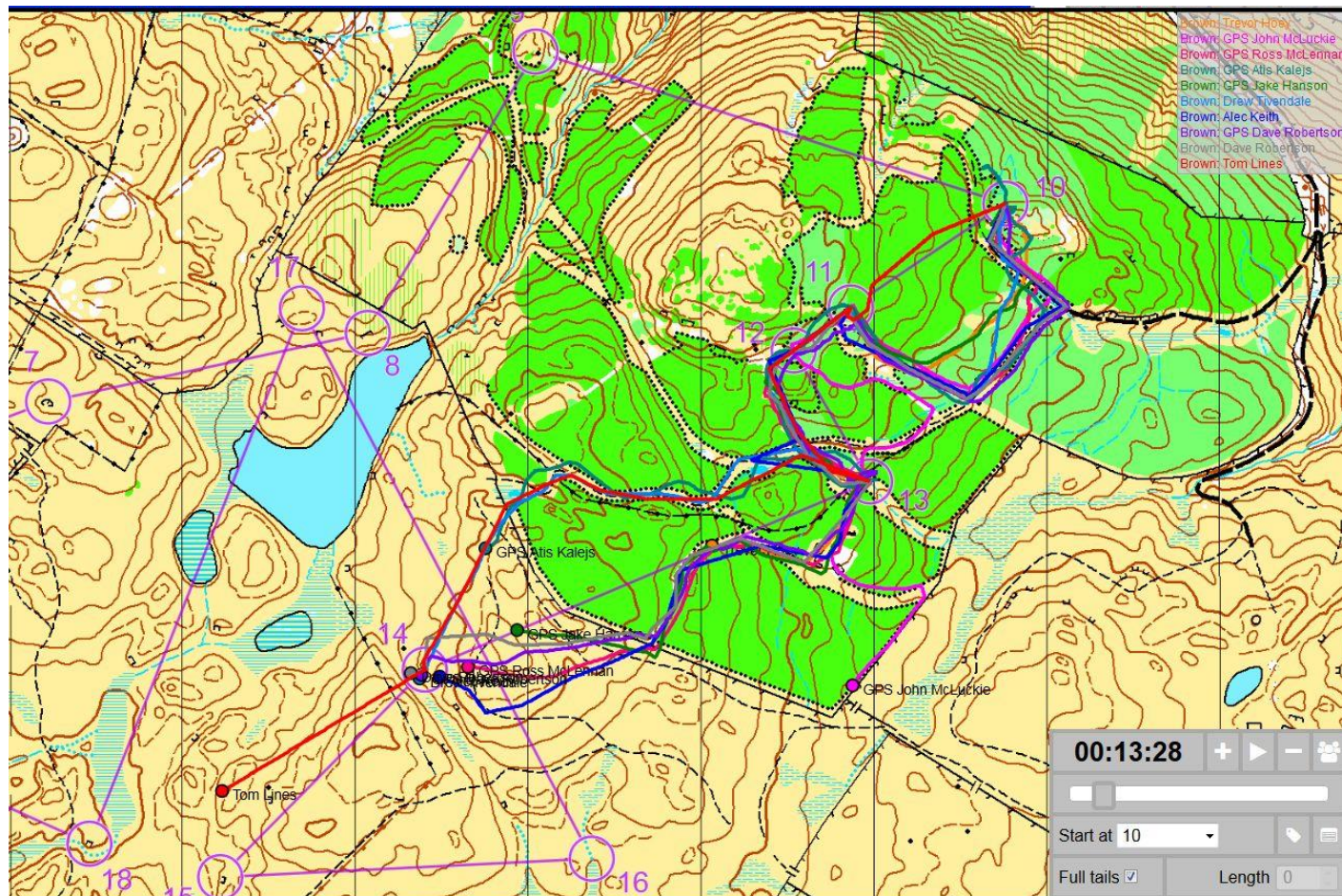
In an area like this it is difficult to plan TD5 controls as there are so many catching features. However what was interesting was the variety of routes that people took - which is what I intended... (heh heh heh, he cackles).

Other interesting route choices:

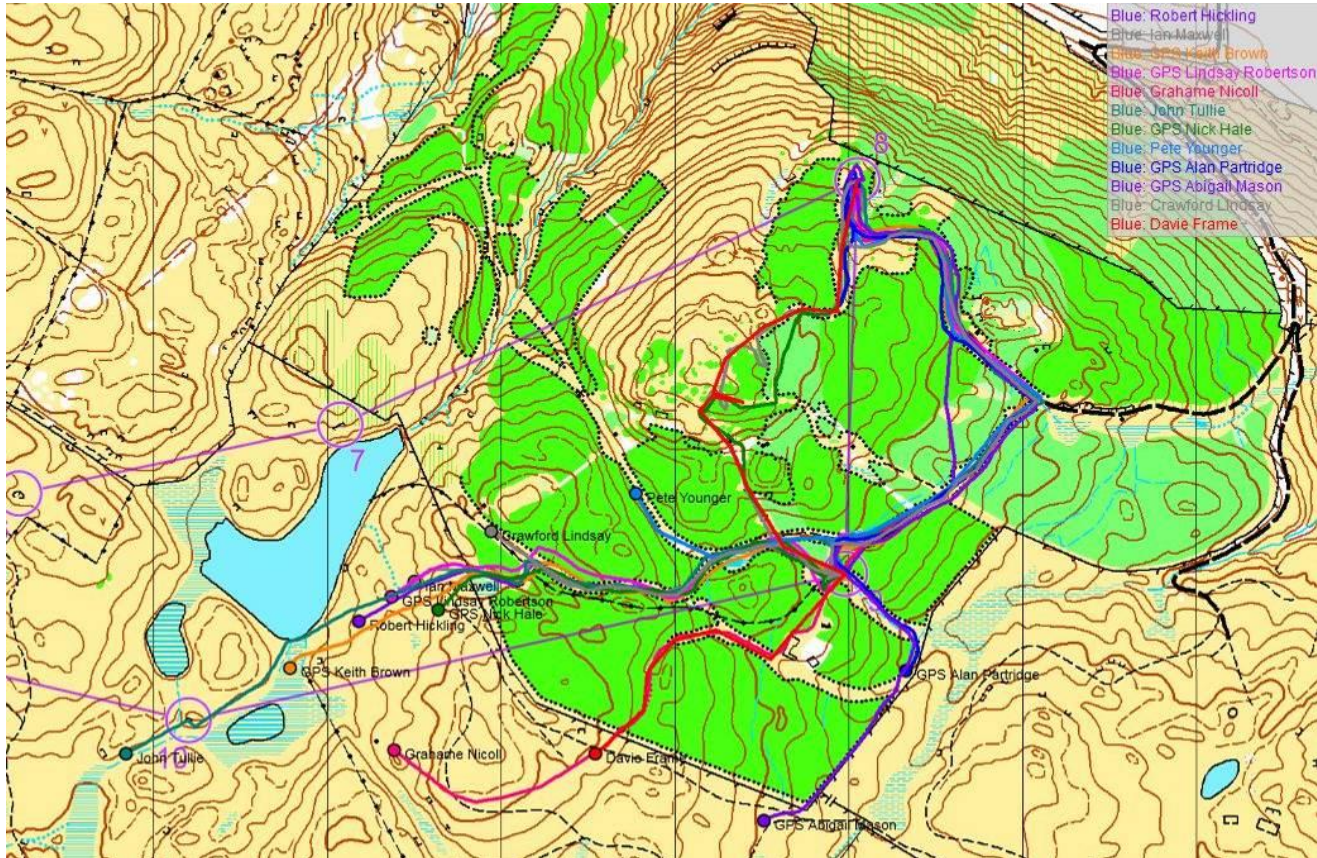


Green 7 – 8 – looks like 'up and over' was fastest?

Then there's brown from 10 to 14 with Tom Lines bravely going straight through the green...



and a similar mixture of route choices from 8 to 10 on the blue. The 'easy' tracks through the green meant it was easy to switch off and go wrong... as some did...:



I spent a lot of time trying to make sure that the white, yellow and orange courses didn't get stuck on trying to cross barbed wire fences and repaired/rebuilt three stiles to make sure this was the case. Unfortunately I had a complete mental block when it came to the light green course which a few people had trouble with due to the number of the fence crossings and lack of crossing points. With the benefit of hindsight I should have mentioned this in the final details! (I don't believe this is in the official planning guidelines for Light Green courses but perhaps it should be....)

Apart from this everyone seemed to enjoy the courses, it's always nice to get positive feedback! Also many thanks to Alastair Lessells from ESOC for being a great and understanding controller, particularly when we had to re-plan the Green courses due to the unexpected arrival of a new fence with a couple of weeks to go!

Aside from the planning, the organisation of the parking was a masterpiece – thanks to everyone that helped in various guises on the day.



Australia

December 2015

Paul Caban

Due to a massive annual leave glut, I spent exactly a month this winter in Australia. Most of that was 'normal' holiday with my non-orienteing brother, but as I did all the planning and booking, somehow a few days O was scheduled in, and come the end of November Chris, me and Lorna's southern-hemisphere thumb-compass were on our way to somewhere warm and dry.

The main event was to be the 'Xmas Five Days', held around New England in northern New South Wales. But I also snuck out for a warm-up evening Score event in Suburban Sydney, the day before Christmas Eve. The interweb-thingy is wonderful – what did we do before it was invented? – and finding Registration was even easier once I realised I only had to follow the man on the bus-seat in front of me who had a map from a previous event. Now Ken had tried hard to scare me with stories of venomous spiders and snakes. This was all in vain: what really scared me were things that would actually eat me, piece by piece. But as some WOC Aussies assured me that they had no marshes in mid-summer, and I'm also a fully paid-up member of Interløpers Team Driftwood, with no intention of going into water above knee deep, crocodile and shark seemed an unlikely threat. So spotting the only control visible from the start was on a jetty where the shark-netting came in was a tad unnerving. Leave that one to last.

The event was fun, although not massively challenging: mostly streets, with the odd green pocket, plus a lot of contours. The

nature of the area meant there was one obvious route, which could be taken in either direction, and with cut-offs depending on pace. I'd made a plan to go for the lot, which lasted until the first terrain control: serious amounts of ground cover slowed the pace right down. Still it was all going well until I got completely lost in some badly mapped buildings. Apparently it was a lot easier if you'd been there before. There was also one massive difference when compared to our local events: a completely unexpected large turn-out of MW21 running types, which is something we don't seem to be able to attract, not in Edinburgh at least. Chatting with the organisers later, this is normal for midweek street/park races, but very few go to bush events, or at least not a second time.

Two days after a self-catered Christmas Dinner – warning: brussel sprouts are ruinously expensive in Sydney – we flew north to Armidale in a small plane that had the wrong number of propellers (i.e. some). The format for the week was to be a university campus sprint prologue, followed by four shortened classic races, with the best four overall to count. The sprint was an evening race; the other four early morning races, with first starts at 8:00 am to avoid the heat. Even though we were at ~1000m altitude, temperatures were into the low thirties during the middle of the day. Early starts also give time for some serious sightseeing. Now I'm normally quite good at sprints, but not this time. I was incredibly random, and particularly struggled to work out which fences were crossable, and which weren't. The problem was all me; certainly, the map was very, very good, and easy to read once I'd stopped running. I blame north being in the wrong direction.

Day Two was at Blue Hole, named after a big waterfall just off the map. In the start lane, the legend was instructive. There

were four sizes of boulders mapped: medium, large, huge and enormous. By comparison, the sorts of things we map wouldn't even be considered pebbles with aspirations The area was lightning fast. Open forest, with absolutely no undergrowth, and no small rocks underfoot either, apart from house-sized ones with controls on. I had a good, almost clean run, finishing second on the course, having had first start, and was back to the motel by 9:30.

Day three at Oakview was very different, with the map showing lots of green, and lots of scattered rock. The first control was a cracker: on a bearing diagonally uphill, through undergrowth, looking for a rocky clearing just off the side of a wide low-visibility spur. It was only around 300m, but there were people tossing in twenty minute errors. I took it very slowly, and hit the control dead on. Result. I was very, very chuffed, which lasted until during the next leg when I realised that not only was I lost, but also I couldn't make anything fit. Ah. Eventually, things did improve, particularly once I got back onto the map ...oops.....but it was inevitably game-over in trying to win overall.

Day four was my last: fireworks over Sydney Harbour were too tempting to stay another day. Kooringle was more runnable than Oakview, with patches of avoidable rubble, small green pockets, and the odd unmapped kangaroo. I had my usual run, i.e. one big mistake – a 'bingo' control in thick green, that many struggled on, but overall the week had gone well, and was very enjoyable: certainly worth the small effort to get to the events. For anyone who might find themselves heading to Australia, packing a pair of fell shoes should be considered essential.



Paul in Australia

Photo Chris Caban



Carnethy 5

13 February 2016

Rachel Kirkland

Though not strictly an orienteering article I thought you might like to hear about my first (maybe only) attempt at the Carnethy 5 Hill Race. For those that don't know, it's a 6 mile hill race with 2500 feet total climb over 5 summits in the Pentland Hills. Entry is by ballot so we entered and waited to see if we'd got an entry. A week later an email arrived inviting me to complete my entry, Marks didn't! Ok, so the weather hadn't been too bad, no snow or ice and the hills were looking good so I finalised my entry and paid up.

My training over the winter so far had been quite good and had even managed a PB at the Holyrood 5km Great Winter run earlier in January so I just needed to keep this going and try and get in a hill or two before the race. I'm not sure that Beecraigs, Cockleroy Hill counts but it was the best I could do. I also managed a very windy ascent of Scald law the week before but

having to cling to the trig point at the top I decided to make a hasty retreat to the car. So, other than that and the Scottish Sprint Champs in South Queensferry where I became the W45 Champion, I was all set to go.

Friday came and went, a relaxing day with glorious weather, forecast for the Sunday looking good too but Saturday's forecast was looking interesting to say the least – and as it turned out temperatures freezing, snow on the hills and blizzards.

Mark dropped me at the school in Penicuik so he could then head off to meet me up on the hill later to take photos. I met up with some other familiar faces, Mary & Graeme Ross, Pat Bartlett, Kirsten and Sheila Strain, all who gave me plenty of encouragement and said I'd enjoy it...I wasn't convinced.

We finally headed for the buses that were transferring us into the unknown blizzards and gloom and were dropped at the side of the road for a wet and snowy walk across the field to the start area. I should add that the snow hadn't stopped and the hills were under some seriously low cloud.



Off they go!

Photo Mary Ross

Donned with multiple layers of clothing to keep warm, it was finally time to remove some of them ready to race though I didn't remove quite as much as some runners

who were still insistent on going out in shorts! With frozen feet and cold hands we were finally underway, the mad dash across a sodden field to squeeze through a small gate before the real climb started. I've never seen such a sight, a snake of people climbing up to what was Scald law just disappeared into the clouds – I'm sure the top was up there somewhere, I just had to get there. So after what appeared an age, I finally made it to my first summit and what a relief that was, gasping for breath with tight calves, the down couldn't come soon enough. So with visibility still non-existent I followed those in front and headed for the next hill South Black Hill. Had there not been a marshal there I think we'd have missed it but we were thankfully steered around the back of the pile of stones and on towards East & West Kips. So, another steep ascent following a train of people heading up the hill into the gloom but despite the weather there was something exhilarating about this, what an achievement this would be if I could just finish.

After completing the Kips we pretty much threw ourselves over the edge where there had obviously been lots of bum sliding as the ground was pretty slippery. I didn't test this method until the next step descent above The Howe and was caught on camera by Mark!





Rachel bum sliding

Photos M. Wood

So, with just Carnethy itself still to go, I really wasn't looking forward to the slog up it, but I'd got this far and it wasn't going to beat me now. This must've been the most painful ascent I've ever done, it just went on forever and I thought my legs and lungs were going to give up on me. Finally after another undistinguishable top we were marshalled onto the final descent and run into the finish.

The relief at finishing was amazing and I even managed to overtake a couple of people on the run in. However, there was no time to relax and reminisce yet as the weather was still awful and we just wanted to get back to the school, our dry clothes and some hot food.

I would also like to mention Matthew & Thomas Ross and Sam Bartlett who also braved the weather and completed the Junior race. Well done boys!



A few hardy Juniors lining up at the Start



Sam pushing for the finish line

Photos M. Ross

I'm really pleased that I took part and didn't bail before the start. It was tough but at the same time brilliant though I'm still not sure if I'll go back for a 2nd attempt, but never say never!



A Fresh Look at Navigation

James Jarvis

There is the old joke about the tourist in Ireland asking a local how to get to Dublin being told "Well, you don't want to start from here!". It feels the same with this article. Where does it begin? Where is it going and when will it end!

Over the weekend I was teaching navigation to Duke of Edinburgh Award Silver participants near Peebles. The students get the concept of the map and the idea that the compass points north. What they struggle with is the concept of bearings. And bearings, field-to-map and map-to-field were on the list I was being asked to teach.

It was fortunate that in the post the day before was my copy of The Professional Mountaineer and in it an excellent article by Nigel Williams, Head of Training at

Glenmore Lodge. In it he was lamenting how many navigation courses were still rooted in 1930s military methodology and how they could benefit from the teaching approaches used in orienteering. (Nigel is a Level 3 Orienteering Coach.)

The article gave me the confidence to approach the teaching with a methodology more akin to that used for orienteering combined with an emphasis on the use of the contours. Rather than using the traditional OS 1:25k, the leader for each leg was given a special 1:10k map in which the contours were emphasised and the forestry was much less pronounced. The leg leader was taken aside and given a re-entrant to find which on the 25k maps the others had would be very subtle. The others would have to follow on their 1:25k scale. In addition they were all asked to keep their compass on the map and the map oriented at all times. Keeping the map oriented requires constant attention. This increased their map contact and resulted in reduction in the classic DoE navigation fail of needing to paw over the map for an age to relocate. For orienteers this all seems obvious but DoE participants seem to be taught to have the map resting Telly-Tubby like on their belly.

After the group had learnt to map read using contours and navigate successfully, the focus changed to bearings. It became obvious as they were quizzed on whether the bearing to a mast on a neighbouring hill changes as we travelled along a ridge. Most of them thought the bearing would remain constant even if we were not walking towards or away from the mast. So we tested their theory and like good scientists disproved it!

Bearings are difficult conceptually and more so in the field if one has to move the dial on the base plate and remember whether to “put red Fred should be in the shed” or “set base plate arrow points to

map north”. No wonder Nigel’s article says 30% of all Mountain Rescue call outs have navigation as the possible root cause. It seems non-orienteers over complicate navigation.

On the second day the group had to walk out from the bothy to Peebles over a route they had never done before. Remote monitoring them, I selected a short cut route through a forest break to intercept them, then headed towards the way I thought they would be coming from. No sign. I had seen them enter the forest. Surely they had not changed their minds and come out again? After chatting with the leader of the following group we concluded they must have been too fast for me and were up ahead. Some panic running onwards resulted in a big sigh of relief at finding them on track and ahead of schedule. But at least they had navigated perfectly!

About The Duke of Edinburgh Award Scheme

‘The DofE is the world’s leading youth achievement award, giving millions of 14 to 24-year-olds the opportunity to be the very best they can be.’ Volunteers are required to hold professional accreditation (Lowland Leader through to Summer Mountain Leader) for supervising expeditions.



Picture of Fingland Bothy NT192461



Junior News

June 2016
Jane Ackland

Congratulations to Interlopers Pippa Carcas W14, James Ackland, Alex Carcas, Freddie Carcas and Samuel Galloway M18 who have all been selected for the **Scottish Junior Squad** this year.

Sun 19th June Jamie Stevenson Trophy, Balkello, nr Dundee.
This is the inter-club competition for juniors.

29- 30th October Junior Inter-Areas weekend, including relay on Saturday and individual as part of SOL-7 on Sunday, both at Culbin. Accommodation will be at Inverness Youth Hostel.

Any queries, email janehailey@doctors.org.uk or better still, check out the Scottish orienteering (SOA) and the Scottish Schools Orienteering Association (SSOA) websites.



Quiz Answers

1. Maja Alm
2. Lord Moray
3. Glen Affric
4. Nairns Oatcakes
5. Highland
6. 99.46

Extra credit: 4 is the only one for which the given answer is correct.

REAL ANSWERS.

That would be telling!

Fixtures 2016

www.britishorienteering.org.uk

June 2016		
15th	FVO SOA Level D	FVO WEE Beecraigs , Linlithgow Organiser: Louise Longhurst , secretary@fvo.org.uk fvo.org.uk/events/
18th	ESOC SOA Level D	ESOA Local Events in Edinburgh and the Lothians , Bonaly, Edinburgh, NT212676 Entry times: 13:30 - 15:00. Dogs: Dogs are allowed, but should be kept under close control at all times.. Organiser: Janet Clark www.esoc.org.uk/events/bonaly-jun-18-2016
19th	MOR SOA Level C	Jamie Stevenson Trophy 2016 , Balkello, Dundee, NO365383 Organiser: Elizabeth Furness
22nd	ELO SOA Level D	SprintELOpe , Lewisvale Park, Musselburgh, NT346722 www.elo.org.uk
25th	ELO SOA Level D	ELO Local Events in Edinburgh and the Lothians , John Muir Country Park, Dunbar, NT651787 www.elo.org.uk/
25th	GRAMP SOA Level C	SOUL 5 Aberdeen Westhill , Westhill, Westhill, NJ828064 Entry times: 12pm-2pm. No dogs allowed. Organiser: Adrian Will grampoc.com
26th	MAROC SOA Level C	Glen Fearder , Braemar Organiser: Frances Getliff
July 2016		
6th	INT	SprINTelope 2 , Swan Spring,

	SOA Level D	Edinburgh, NT240692 Organiser: Pat Squire
16th	FVO SOA Level C	Sprint Scotland 1 , Hallglen, Grangemouth Entry times: 10.30 - 11.30. Dogs allowed. Organiser: Fanni Gyurko
16th	FVO SOA Level C	Sprint Scotland 2 , Grangemouth, Grangemouth Entry times: 11.30 > 13.00. Dogs allowed. Organiser: Fanni Gyurko www.sprintscotland.co.uk/
20th	INT SOA Level D	SprINTelope 3 , Fountainbridge, Edinburgh, NT247733 Organiser: Colin Ledlie
23rd	ESOC SOA Level D	ESOC Local Events in Edinburgh and the Lothians , Blackford Hill, Edinburgh, NT258706 Entry times: 13:00 - 15:00. Dogs: Dogs are allowed, but should be kept under close control at all times.. Organiser: Janet Clark www.esoc.org.uk/events/blackford-hill-and-the-hermitage-jul-23-2016
27th	INT SOA Level D	SprINTelope 4 , Regent Road, Edinburgh, NT262740 Organiser: Caspian Richards
30th	INT SOA Level D	Purple Thistle Day 1 , Balmacara, Kyle of Lochalsh Organiser: Tessa Strain
31st	INT SOA Level D	Purple Thistle Day 2 , Balmacara, Kyle of Lochalsh Organiser: Tessa Strain
August 2016		
11th	STAG SOA Level D	STAG's Pure Dead Brilliant Series No.1 , Acre & Summerston Estates, Glasgow www.stag-orienteering.co.uk
18th	STAG SOA	STAG's Pure Dead Brilliant Series No.2 , Greenhead

	Level D	Moss, Wishaw, Wishaw, NS803546 www.stag-orienteering.co.uk
21st	AYROC SOA Level C	SOSOL Muirkirk , Muirkirk
24th	INT SOA Level D	SprINTelope 5 , The Steils, Edinburgh, NT237699 Organiser: Steve Ambler
25th	STAG SOA Level D	STAG's Pure Dead Brilliant Series No.3 , Strathclyde Country Park, Motherwell, NS721584 www.stag-orienteering.co.uk
27th	ELO SOA Level D	ELO Local Events in Edinburgh and the Lothians , Saltoun Forest, Pencaitland, NT464667 www.elo.org.uk/
28th	TINTO SOA Level D	2017 World Schools' Select Selection Races , Pitlochry Organiser: Lorna Young
September 2016		
1st	STAG SOA Level D	STAG's Pure Dead Brilliant Series No.4 , Cambusnethan & Carbarns Wood, Wishaw, NS787537 www.stag-orienteering.co.uk
4th	ESOC SOA Level D	ESOC Ultrasprint , Figgate Park, Edinburgh, NT299736 Entry times: Registration for

		EOD: 13:00 - 14:15. Starts: 13:30 - 14:30. Dogs: On leads at all times, and no dogs on the courses. . www.esoc.org.uk/events/esoc- ultrasprint-figgate-park- edinburgh-sep-4-2016
8th	STAG SOA Level D	STAG's Pure Dead Brilliant Series No.5 , Dalzell Country Park, Motherwell, NS755554 www.stag-orienteering.co.uk
10th	BASOC SOA Level C	WOLF - Glen Gynack, Middle Distance , Glen Gynack, Kingussie No dogs allowed. Organiser: Jo Cumming www.basoc.org.uk/events/wolf- glen-gynack-middle-distance- 10-sep-2016
10th	BASOC SOA Level C	WOLF - Kingussie, Sprint, SOUL 8 , Kingussie, Kingussie Dogs allowed. Organiser: Gavin Miles www.basoc.org.uk/events/wolf- kingussie-sprint-soul-8-10- sep-2016
11th	BASOC SOA Level B	WOLF - Uath Lochans, SOL5 , Uath Lochans, Kingussie Organiser: Hilary Quick www.basoc.org.uk/highland- wolf-2016

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.)



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