

# The Interloper

[www.interlopers.org.uk](http://www.interlopers.org.uk)

No. 175

September 2016

## The Bloors orienteered in Switzerland



Day 2 Finish overlooking the lake below St Moritz

Photo Bloor



## Interlopers Terrain Training & Post-Run Socials

Start 18:30 prompt at designated meeting point. The training programme has been created to encourage people to get out and train. Please refer to the website for suggested routes. Anyone that participates in any way does so at their own risk and are responsible for their own safety. No permissions have been arranged.

Date	Training run	Grid ref	Bite / drink
<b>Pub social after first run of each month (circa 20:00 hours)</b>			
22/09/2016	Boghall, Allermuir & Castlelaw: From Boghall Farm public car park -16	NT245652	
29/09/2019	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
06/10/2016	Bonaly & Kinleith: From Bonaly Country Park car park -3	NT211676	The Hunters Tryst
13/10/2016	Holyrood & Craigmillar: From Holyrood House car park -11	NT270738	
20/10/2016	Riccarton, Baberton & canal. From NW of Riccarton Park & Ride -19	NT179701	
27/10/2016	East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8	NT236707	
03/11/2016	Castlelaw & Harbour Hill: From Castelaw Ranges car park -5	NT230637	The Steadings
10/11/2016	Braids & Mortonhall: From N side of high point of Braid Road -4	NT244694	
17/11/2016	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	
24/11/2016	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
01/12/2016	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	Tusitala
08/12/2016	Colinton Dell: From Craiglockhart Drive South (mid to W end) -6	NT221702	
15/12/2016	Craigmillar & Jack Kane: From Glenallan Dr (mid to NE end) -14	NT279707	



## Editor's Introduction

*Mary Ross*

**W**elcome to the September issue of *The Interloper*. Wow! I have never had such a rapid and great response to my call for material as for this issue, so sit back and enjoy reading about what your club mates have been up to and what we have to look forward to in the coming weeks. Isn't orienteering a fantastic sport that it provides the perfect reason to travel to so many different parts of the world?

After a quiet summer orienteering-wise in the Ross family it was good to get back into the swing at the Highland Wolf (though it was apparent we are all a bit rusty!) and enjoy a social club get-together at Woodlands in Kingussie; thanks to Ann for organising that one and Jane C. for a truly delicious group meal.

Lots of events coming up so hope to see most of you very soon.

*Mary*



## Chairman's Chat

September 2016

*Max Carcas*

Hi! The Compass Sport Cup is coming up soon – this could be our chance to win so if you haven't yet let Rob know if you can go then please do so! Everyone running in their allocated age category can help, even

if you're not a counter. And if you don't feel confident running in your allocated age category but can bring someone who can then that's great too! You might have noticed some email correspondence about SROC and cheese as well but it wasn't very mature and was from ages ago....

Aside from this I hope you all had a grate summer! (ok that's really enough cheese puns). We had our first experience of the famous O-Ringen in Sälen, a ski resort in Sweden with more than 20,000 Scandwegians participating. I must say we really enjoyed it. Organising an event on this scale is quite some feat although in some ways it is possibly easier than smaller events because the scale means you can only do things in a certain way. Things I particularly enjoyed were:

- The naked hot showers. Nothing like the fresh air and the feel of sunlight on your skin as you wash using eco-friendly washing products with 200 other men (ok possibly too much detail...).
- The opaque screens they put around the shower compound fence for modesty, separating men and women. Somewhat defeated by these being built at the bottom of a hill so you could see straight in as you walked down...
- The buses. Straight from the accommodation to the event with no hassle waiting. Except when I missed the last bus back home and then had to hitch hike...
- The accommodation – lots of it (because it was a ski resort) and very nice and spacious too. And cheap (even better!)
- The toilets. Masses of them and no waiting!

- The finishing lanes – very cool to have your own sponsored lane to sprint in on.
- Taking a chair lift to get to the start on day four, how cool is that? (very...)
- The open fire in the mountain restaurant I could warm up in before my start having got completely frozen swinging about on a chair lift in freezing rain....
- The start. Very slick with a kind of table/hut construction meaning helpers didn't have to get a sore back pulling a map out each time.
- Map check. Done before the start since the map box had the course on a corner of the map you could see before you took your map.
- My new compass I bought on day five which actually pointed North. Unlike the compass I had for the first four days which didn't...
- Being able to blame my performance in the first four days on my compass, unlike my run on day five (with my new compass that pointed North) where I took a record hour to get to control number one.... (hey it was a *very* long leg ok?)

I do recommend it if you get the chance and haven't yet tried it. But even better possibly is the Scottish Six Days in Deeside 2017 - which I'm doing the marketing for as part of our Club contribution. After all it's got one more day, none of this namby pamby five day stuff! As Donald Trump would say "It's gonna be great!". Maybe I shouldn't use that one in the marketing materials though....

Right enough from me. The next social event on the calendar is the Interlopers Spooky Halloween ghostly morbid Vampire-O on the 31st October at a

location soon to be revealed and after party chez Carcas, 5 Strathearn Road. Put it in your diary now and hope to see you there, all welcome!

*Max*







## Events Update

**Pat Squire**  
Events Coordinator

Since the last newsletter we have been heavily involved in the Summer Urban series of events. This has been coordinated by Graeme Ackland and comprised events put on by ourselves, Roxburgh Reivers, ELO and ESOC; 17 events in total since April.

Individual contributions from club members have been made by Graeme, myself, James Jarvis, the Eades family, Paul Caban, Steve Ambler, Colin Ledlie, Caspian Richards and Scott Fraser.

For the first time the results of the series (nominally titled 'Sprintelope') were combined thanks to the kind efforts of Robin Strain (ELO) on the basis of 100 points for the winner on each course (Long

and Short), 99 to the 2nd and so on. With double points on the last event and the best 5 scores of the series counting the podium places were as follows:

#### LONG

- 1 Andrew Lindsay ESOC
- 2 Graeme Ackland INT
- 3 Jonathan Ellis ESOC
- 4 Claire Ward ESOC
- 5 Colin Eades
- 6 Rona Lindsay

#### SHORT

- 1 Jane Ackland INT
- 2 Ann Haley INT
- 3 Rachel Kirkland INT
- 4 Janet Clark ESOC
- 5 Catherine MacColl ESOC
- 6 Alex Stuart ESOC

Full results from all events can be found on the Club website.

Looking ahead we currently only have 2 events scheduled for 2017, the Scottish Relays on Sunday 21st May and a SOL, probably at Drummond Hill on 29th October. Graeme has already circulated an e-mail requesting volunteers for the lead positions at the relays and a similar request will be made in due course with regards to the SOL.

Although a final schedule is yet to be put in place it is hoped that 2017 will see at least a continuation of the Sprintelope series plus a number of Saturday Series events including some on the newly created maps in the Livingston area.

#### **CATI Braidburn Valley Park**

**Helpers required** for newly registered Interlopers CATI and please help by advertising at any Scout/Brownie groups

etc that you might be involved with, basic details below, further details to follow once I have decided on where to put registration/starts etc (but probably towards Comiston Springs Avenue as parking better than at Greenbank end).

#### **Saturday 8<sup>th</sup> October 2016**

Autumn Local Event 1  
Braidburn Valley Park  
NT242694

Course starts available between 13:00-14:00, Courses close 15:30

Courses: White, Yellow, Orange  
Ideal for beginners, start and finish will have a good view over a large area of the park.

For the more experienced there will be a few skills exercises available e.g. compass and distance estimation.

Organiser and Planner: Lorna Eades



## **Equipment News**

*Paul Caban*

After around £3000 worth of consideration, Interlopers has purchased a further thirty (red) SI units. The funding is two thirds our own money, and one third from an SOA Development Fund bid, the latter put together by Chairman Pat Bartlett.

With these thirty units, together with the training-pack that we have from BOF, we will be able to run small events without the requirement to borrow from the SOA stock that Robin Strain holds.

As each unit costs around £100, event planners - particularly in Urban areas, or other places where equipment loss is a distinct possibility - should be gripping



units securely to street furniture etc.

In other news, the two Club tents are currently having a bit of love'n'attention. The older of the pair was missing four guying points, and is being professionally revitalised in Musselburgh. The newer tent was missing one guying point, and is being looked after by Jane Ackland, and will be making its reappearance at the CompassSport Cup Final next month.



## Club Training

Club training continues every Thursday evening, although we'll likely defer to Fight-With-The-Night once that restarts. We meet at 6:30, at one of a selection of locations; see p.2 or the Training link from [www.interlopers.org.uk](http://www.interlopers.org.uk). Pace is steady: the faster people will either run extra loops, or periodically stop and wait. Now that the nights have drawn in, you'll need a head-torch and suitable weatherproof running gear. With a hardcore of five or so people, it's rare that no-one runs, but if it's liable to be your first (or first for a long) time training, then get in contact with a Haley, Daly or Caban earlier in the week.



## Sprintelope

Summer 2016

**Graeme Ackland**

*Interlopers HQ  
February 2016*

*Graeme,*

*How would you feel about coordinating another series of evening O events this Summer? We have a Committee meeting in a couple of weeks time and I would like to report that we have this matter in hand. Don't make us send the boys round.*

*M*

Just the 17 events to sort out. One event every Wednesday evening, through the summer. How hard could it be?

As an inveterate, indefatigable and unapologetic supporter of Urban Orienteering, I was delighted to coordinate Sprintelope (SPrints by RR, INT, ELO, plus ESOC). RR and ELO already had summer series planned, which got us off to a great start ("You'll help us make the map? – Right?"). Soon volunteers flooded in to host, and the series of events was soon set: starting in towns like Tranent, Jed, Hawick, Melrose, North Berwick, Haddington and Musselburgh, with the later parts of the series came back to Edinburgh.

SPRINTELOPE, as nobody knew before reading this, stands for Superbly Presented Races In the Nicest Terrain of Edinburgh and Lothians: Orienteering Practically Everywhere. An ultra low-maintenance series of events using electronic timing, touch-free honesty punching and tape as controls in any scrap

of urban terrain we could get our hands on. By the end of the series over 200 people had taken part, and at the series finale at the Steils Andrew Lindsay (ESOC) took the crown as Sprinteloper of the year. Robin Strain did the results which are still online at [www.rstrain.ndtilda.co.uk/results\\_16/sprintelope/](http://www.rstrain.ndtilda.co.uk/results_16/sprintelope/)

Many thanks to the organisers, too many to mention, no doubt it will happen again and it's not too soon to offer to host. So Please Remember It Next Time: Easy Life Organisation, and Planning Events – SPRINTELOPE!

And next summer, bring yourself, tell your friends, Summer's Premier Running IN The Evenings: Leisure Orienteering Pleases Everyone – SPRINTELOPE!



## Jukola

18-19 June 2016

*Paul Caban*

Along with Sweden's Tio Mila, Jukola in Finland is the other of the 'great' relay events. And like Tio Mila, as well as a race that the world's elite take very, very seriously, it also attracts orienteers – and indeed non-orienteers – of all fitnesses and abilities: it's very much Finland's "London Marathon", except this one starts at 11pm.

Although many of us had competed at Jukola before, either for 'make-up' teams or Scandinavian clubs, we weren't aware that Interløpers had ever entered a team for Jukola in our own name. Despite mutterings of enthusiasm all through the winter, it looked like 2016 wasn't going to

be the year, too. And then one afternoon in May, an email from Chairman Max popped into my Inbox: "Anyone fancy Jukola next month? – The closing date is today. And Clyde have already entered". I said "yes" but that I really didn't want to have a night run, having not used my head-torch in orienteering anger this winter (I'd spurned the FTWN series in exchange for Marathon mileage, which Graham H had nobly accompanied me on), and asked for the 'Urban' leg. No problem, said Max; there's a 16km day leg instead of breakfast that has your name on it. Time to restart the post-London training then....

And so with flights, hotels and cars booked, six immaculately organised Interløpers met up in a very nice hotel on the outskirts of Helsinki, in the middle of four days of continual rain. (We were meeting our seventh team member, Ewan, an interloper from Maroc, at the event.) All set, except one of us hadn't packed a sleeping bag or mat, having kind-of misunderstood the concept of camping, and one of our cars was booked for the wrong weekend. (Transport difficulties were contagious: two Clyde members drove to each other's houses for the airport pick-up.) Still, all of this was recoverable from, and on the three hour drive east to near Lappeenranta, close to the Russian border, it even stopped raining, at least for a little while.

On arrival, the first task was to watch some of Venla, the women-only daytime relay. We got there with time to see Scotland's very own Hollie Orr finish as part of the winning team, only the second Brit alongside Yvette Hague (now Baker) to do that. And after some of the serious stuff – eating, buying cheap Inov-8 shoes (yes Rob, more!) further eating, and then back to hiding from the now torrential rain in Traders' marquees – it was back to our

Finnish Army tent to try and get some sleep.

Fitful dozing followed, broken by period drips of condensation, though at least our tent didn't try and collapse like Clyde's. Sporadic news came from the front every hour or so. Freddie had had a great run on first leg. And despite inevitably dropping places, Max had had a pretty good run too, although he had to go onto reserve torch-power. Ewan was next and had an absolute stonker, making up loads of places. All that Deeside Night Cup practice breeds them hard in Aberdeenshire. And each cautioned that the first 1km was horrible, and relocating at the end of it was hard. James and Graeme came next, and each also improved our position by around one hundred places. And by the time Colin went out, I'd given up all pretence of rest and (especially) dryness, and started to get ready.

Now in order to have some hope of finishing the same day, Jukola has a cut-off time, beyond which people start in the euphemistically named 'mini mass start'. Colin's aim was to get me out ahead of that, so I'd then get towed round. Sadly, it wasn't quite to be, so I joined the approximately one thousand(!) others in sprinting off through the sort of rough, flat and boggy unpleasant grot that I hadn't experienced since Fallen Timber Meadows in Canada (where I DNFed long before finding any meadows). Fair to say I didn't enjoy the run out. And then naturally I missed, twice, at the first control, which at least gave me a trail of bodies to overtake. My next mistake came at the sixth control. There were around ten of us, and I knew it felt wrong, but I wasn't brave enough to have the courage of my convictions. Naturally, we all got to a control where five punched, and the other five of us swore –

interestingly all in English – and then headed off to the correct control. Damn. So I gave myself a talking to, and got down to the serious business of orienteering as well as running quickly. That worked: I made only one more mistake, and that in an area of vague contours and low visibility. Eventually, the finish quagmire approached, and once I'd downloaded – phew: no mis-punch - the Team finished just outside the top 500, and well ahead of Clyde. We were pleased.

There only remained to pack and get out of the parking field. That was easier said than done: axle deep sludge and a slope up to the road meant *everyone* would need help from a tractor (at one stage, even one of the tractors needed a tow). Most of us had a night booked at an Airport hotel, but Graeme and James were flying back that afternoon. So while we waited, they went off to hitch, and fortunately got a lift with a not-so-distant relative of Mika Häkkinen.

Next year Jukola is even further north and east, but in 2018, it's based in Lahti, about an hour from Helsinki and easily accessible by public transport. And rumour has it, 2020 is seriously far north in Lapland, which should mean that there won't be much darkness to worry about. Look out for those emails. You know you want to.





## European Youth Orienteering Champs

1-3 July 2016  
*Alex Carcas*

EYOC in Poland was a really important learning curve for me. Being my third time competing at this championships, this year I was really targeting some top results.

Unfortunately things started to go wrong for me in the build up to the races when I damaged my foot on a rock competing near Oslo. This made standing on top of the podium look more and more like a distant fantasy. I travelled out to Helzus (the model training map) knowing that my training had been just over 45 minutes running in the final 3 and a half week build up. Maybe not ideal. That said, the EYOC long wasn't about physical shape - much more the technical shape of each athlete. I think this benefited those coming from continental Europe as they have had a lot more experience in this style of terrain, letting them perform very well, with the more traditional orienteering nations seeming to struggle, not able to adapt their techniques as well to this area.

The relay map was less technical but a lot more physical - more the typical Polish terrain I'd been expecting to compete on. In the scorching 35°C plus heat meant it was a real mental battle to get around and finish the course. The whole team had acceptable but not brilliant runs which went on to give us a reasonable overall position but once again, it was far from where we'd hoped to end up.



Fighting to the finish on relay feeling very drained  
Photo Orienteering LT

Then came the sprints - one of GB's stronger disciplines. We really enjoyed this as we all managed to transform many hours of preparation into good performances. We achieved 6 top 20s out of a team of 11 athletes! And not just that but two podium positions!! Very well performed and an amazing last day to transform this EYOC in Poland to what I believe to be one of the most successful performances for GB in recent history.



The team on the sprint area Photo Pippa Dakin



Warming up for the relay Photo Paul Murgatroid



## The Bloors trip to the Swiss O Week 2016

16-23 July 2016

*Rob Bloor*

After a 10hr drive from Provence via Italy, we arrived in the beautiful Engadin Valley at an altitude of 1750m. The event was centred on St Moritz. The weather was hot.

All the days were served by the special SOW bus transport, which we used on the 1st day but showed signs of strain for the rest of the week, most un-Swiss! So we decided to cycle to the remaining races as they were all reasonably close to St Moritz.

Day 1: This was fast with a few long road running sections but with a great finish arena. Max and me had blisters by the end of day 1; not a good sign.



Day 2: A short distance event very close to St Moritz meant we all cycled or walked to the event. Interesting terrain but rough under foot, another great finish overlooking the lake below St Moritz. Beautiful to look at but a bit chilly to swim in for too long.





Day 3: We caught the Mountain train up the Bernina Pass with our bikes, with a convenient station next to the event. This was high alpine terrain (2100m altitude) with lots of boulders and rocky ground making navigation and running difficult, catching most people out at some point. Up to the top of the Bernina pass for us on our bikes before 20km of freewheeling back to St Moritz. A wonderful day to get close to glaciers, alpine flowers and cows with bells.

Rest Day Some went for a swim in the local lakes, while others bagged a few alpine passes on their bike.



Day 4: A change in the weather to more typical mountain weather. The race was on a steepish hillside with more areas of moss covered boulder fields with vague contour details. The sun coming out on the way back made for a pleasant cycle home. D50 event focussed on Lowe terrain of large boulders camouflaged by bilberry bushes resulting in lots of people/ legs getting stuck in holes. Passed the Brownlee brothers preparing for the Olympic Triathlon on our cycle home (they were running!)

Day 5: The cable car day! The cable car to take us from the valley floor to the event centre, with the finish a further 30mins up the hill. The race was in high alpine terrain at 2600m. All open terrain with a few nasty boulder fields to traverse. On getting back to download we were told that the race was



Day 3

to be cancelled due to an impending thunderstorm, which duly arrived. The cable car could not run so after a long wait all competitors walked back down the hill, so with the cycle home this made for a long day!



Day 6: The final day, was more typical Swiss terrain with a few route choice legs and steep descents. We all had a good runs on the last day, maybe we were getting the hang of Swiss alpine terrain. Treated ourselves to a piece of Swiss cake.



All in all a great week, with the added bonus of some altitude training, now only 3 years before the next SOW 2019 in Gstaad, better start saving now!

Results can be found here:

<http://www.swiss-o-week.ch/live/startseite.php?style=desktop>

Here's the aftermovie:

<https://www.youtube.com/watch?v=IB0EVqvADBU&feature=youtu.be>



## Summer Orienteering in Canada – the Acklands bear West once again

23 July – 1 August 2016

*The Acklands*

The orienteering holiday options this year seemed to narrow themselves down very conveniently to Canada or O-ringen. Canada it was. Last time we went, there were rattlesnakes and black bears, so this time round, Alberta's promise of black bears and grizzlies would be a breeze. Cuddly things win easily over reptiles.

No sooner had we booked flights and signed up for the orienteering than the bears started multiplying in their hundreds and thousands and migrating to the very forests earmarked for orienteering. A risk assessment estimated that unarmed adult orienteers would be a bear's claw from death without pepper spray, while junior orienteers (including 17 year olds) were bearproof, and indeed would constitute a major headache for the risk assessor if equipped with the spray, which is deemed to be an offensive weapon.

So we duly ordered two sets of bear spray for three of us, explained to James how to employ the billy-goat gruff defence in an ursine context, and perused the guidebooks on Alberta's Icefields Parkway. The orienteering was clustered into two weekend events, the West Canadian champs in William Schwitzer Provincial Park, just out the top end of the Parkway,

and the Canadian Champs near Canmore, just out the bottom end.

As usual, the events were pretty small, with around 10 people in each class, but the maps and planning were excellent. The Provincial Park was a morrainey area, with lots of very big holes to navigate around. A bit like a profound version of Speyside, with the visibility switched off. We were glad to survive the middle and long distance races, which had been accurately planned to time, despite very short advertised distances. The Brits did well, with placings for at least some of us (Coons, Acklands, Petries, Purkisses and Finches) every day. The Petries must surely be commended for their success in the face of adversity, encumbered as they were by concentration-sapping magnetic bearbells from Walmart. Ask Donald.

For the next five days, we pottered down the Icefields Parkway, saturating ourselves in a geography field trip of glaciers and glaciated terrain, and notching up a couple of bear-sightings. A trip out to Golden provided us with swimming, some kayaking and mountain biking, and some less touristy bits of the Rockies.

Race day approached: "bear threat level 12, phenomenal", and the Park officials at Canmore decided to close the long distance orienteering area. Seemingly completely unruffled, the event organisers replanned, in 3 days, an entire set of long courses on the middle distance area, and remapped and planned a sprint event and a sprint relay down the road in Calgary Uni. The middle and long areas certainly had their quota of bears, such that one of the early morning start officials had an interesting encounter with a mother and her cubs. There were no casualties aside from the toll on my concentration in the 49<sup>th</sup> minute of searching for a control in a

control-free, but possibly not bear-free, patch of silent forest. All the races were superb, and had me wondering why we sweat for two years to get courses perfect for the (albeit much larger) 6 Days.

Back at the Canmore orienteering venue, where they did let us go mountainbiking, a berry-laden on-trail deposit suggested that we had been misinformed about the lavatorial habits of the bear.



## Antwerp City Races

25-26 June 2016

*Pat Squire*

This year the Euro City Race Tour (an annual series of Urban events in various cities around Europe) started a little earlier than usual with the first city being Antwerp in June.

With no direct flights from Edinburgh to Antwerp the route choices started even before seeing a map. I chose the "fly to Schiphol airport and take the train to Antwerp" option which was uneventful on the way out apart from some rowdy festival goers causing consternation amongst the cabin crew prior to landing.

The train journey through Holland and Belgium was interesting passing through places such as Leiden, The Hague, Rotterdam and Delft. On arrival in Antwerp I realised that the platform was somewhat underground. Nothing unusual there but then it transpired that it was the lowest of 3 levels of train tracks and platforms. Amazing engineering!

The format of events at this venue was for two shorter races on the Saturday



afternoon with the longer City race on the Sunday morning. There was therefore some time before the first race to become acquainted with whatever tourist attractions / sights Antwerp had to offer. In this respect the City doesn't score highly in my opinion. There is some interesting decoration on some of the buildings in a pedestrianised area around the city centre and a grand square fronting the large and impressive town hall and the cathedral was well worth a visit. But that appeared to be more or less the sum total. If there are a lot of tourists I suspect they come for events and festivals rather than sightseeing.

The area for the Saturday courses was a suburban residential area with quite a lot of parkland just across the river Scheldt to the south of the centre. The event centre consisted of what seemed like a very small community centre or sports club which soon became very crowded once the heavens decided to open and the rain teemed down. Fortunately it stopped fairly soon and the outside area dried quickly. Course 1 took us from close to a yacht marina beside the river through mostly park land and back through some modern housing. Not overly tricky but as ever attention to the map and maintaining contact was important if large errors were to be avoided.

After a prolonged break for recovery and refuelling it was time for the second course – just as the rains decided to make another appearance! This time we were taken around a complex of widely spaced buildings with lots of grassy areas and vegetation in between to finish again with a few legs through the housing estates. With plenty of controls on view and various buildings with multiple corners to catch you out it was once again a matter of staying in touch with the map and trying to read

routes as far as possible on the move. For both events the maps were clear and accurate so any mistakes were entirely of my own making.

The Sunday event wasn't really a City Centre race as it was situated a 20 min bus ride away from the main station. Finish and Assembly were located alongside docks which appeared to be used nowadays for leisure rather than commercial purposes. The competition area (for my course at least) was largely through open modern housing set once again adjacent to park / play areas. Route choice was generally limited to "left or right around this building" but there were a couple of controls where the route around the uncrossable barriers entailed quite a bit of head scratching and visualisation to work out what was actually going on. As for the control that required climbing 20 or so steps to the top of a playground feature and back down again ...!

I was lucky that the rains kept off almost until I was on the run in from the last control but others were less fortunate and had to do their courses in a real cloudburst which provided an extra hazard on the already slippery surface of the old cobbles around the dockside.

I wasn't due to catch my train until mid afternoon so there was an opportunity to visit a nearby interesting museum set in a modern building amongst some of the relics of Antwerp's maritime past. A walk through a vibrant street market took me back to the train station in good time for the journey back to Schiphol and then the fun started! Firstly the flight departure time was set back a couple of hours, then four and then finally cancelled. I was able to book a flight the next morning but only to Liverpool with the onward journey to Edinburgh being

completed by train arriving almost 24 hours later than scheduled. Such are the perils of Euro City tour orienteering events!



## Score Course completed in slightly under 18 years

*Caspian Richards*

This summer saw me finally complete Scotland's most notorious Score course, the Munro Round, consisting of all mountain summits above 3,000 feet in altitude, coming in with a time of just a few months shy of 18 years. It all began with a punching start at the foot of Lochnagar – for back in those days orienteering controls used punches, made of patterns of rusty nails, far less hygienic than the contactless electronic systems familiar to the generation taking up the sport today.

Those almost 18 years have borne witness to many other changes, including two controls being removed from the course, leaving only 282 to visit. This was the result of subsidence, with two summits (Beinn a' Chlaidheimh and Sgùrr nan Ceannaichean) slipping below the threshold of 3,000 feet – no doubt a disorientating experience if you were on them at the time. Standardisation has also come with the introduction of the metric system, making the defining height of a Munro now a uniform 914.4 metres, rather than dependent on the size of one's feet.

Since my proud achievement I have been inundated with all manner of queries, ranging from 'Why?' and 'What on earth

possessed you?' to 'What do you want to do when you grow up?'. I have therefore put together the following FAQ featuring those I have been asked most often.

*Q: I'm not familiar with this format of orienteering event. What are the advantages and drawbacks compared to a Local event?*

A: One significant advantage is that no-one ever gathers the controls in, so you can really get your money's worth out of this event. Some people even do further Munro rounds on the same entry fee – the record is 11 rounds – though the less miserly opt to compete instead in the other available categories of Corbetts, Grahams and Donalds. As for drawbacks, it is worth being aware that there is no string course available, and also that those with a poor head for heights may have to be carried on some sections of the course.

*Q: I have a short attention span, so 18 years seems a bit much to be out on a course. Can you just tell me which control has the best view, and I'll head straight for that one?*

A: An alternative option that may suit those with a short attention span is to go round the course more quickly. The fastest continuous round, using a bike and kayak to travel between the different sets of hills, was completed in 39 days, 9hrs and 6mins – a record that surely looks ripe for the taking. But if even that seems too long, then the best view is indisputably from the top of the Inaccessible Pinnacle on Skye – just don't look down.

*Q: Are bonus points available?*

A: As yet there is no officially recognised bonus points system, though in my view the format of the event could be enhanced by awarding additional points for spotting e.g. a dotterel, cloudberry, or the Big

Grey Man of Ben Macdui. The choice of control points also feels perhaps a little too predictable, being in every case a cairn or Trig point, whereas moving some to alternative features such as re-entrants, pits and form lines would introduce greater variety and increase the navigational challenge, particularly in white-out conditions.

*Q: Can I catch Pokémon while bagging Munros?*

A: I've never seen one, though that doesn't mean they're not up there. Allegedly they have indeed been found in the Cairngorms, though the Mountaineering Council of Scotland's Safety Adviser has warned those playing Pokémon Go in the hills that "from a mountain safety perspective there are clearly a few issues here":

<http://www.bbc.co.uk/news/uk-scotland-highlands-islands-36843838>

*Q: What were the highs? What were the lows?*

A: You know, there have been so many – it's been a crazy roller-coaster ride. Reaching the top of a tricky scramble can be quite a high; realising you've then got to downclimb it on the way back can be a bit of a downer, particularly if that's when the rain comes on. But the moment I completed the round sums it up as well as any: having saved for the very end a big day combining four of the highest ten Munros, I made it in glorious conditions over Aonach Beag and Aonach Mor, along an elegant but little-frequented connecting ridge to the top of Carn Mor Dearg, then along the celebrated CMD Arête, leading to a final slog up a huge boulder field to finish on the summit of Ben Nevis. My first sight of the summit plateau of the UK's highest mountain quite took my breath away – stretched out as far as the eye could see was a seething mass of humanity, with

flags, mascots, and charity sponsorship T-shirts, all wafting gaily in the summer breeze. Naturally assuming that news of my achievement had got round and that the phone cameras were all out for me, I struck what I thought was a pose befitting the occasion, leaning my elbow on the summit trig point in a conquering sort of manner, while gazing far out to sea as if searching for the new challenge that would be truly worthy of me. Scarcely had I got my balance when I was elbowed unceremoniously out of the way by teenagers in flip-flops, who to this day I uncharitably suspect may have found a secret way up some massive tourist path or other, rather than braving the CMD Arête. Oh well, I thought – I'll just have to see if I have better luck when I get to the end of the Corbetts.



## **My First Year in the O-Zone**

*Angus Ivory*

I've been orienteering for nearly a year now, and have taken part in 20 events. I thought it might be interesting to share my experiences as a new junior Interloper. I started last October, at a Halloween Night-O on the Meadows and soon after I got my family to join Interlopers, the best club in Scotland! I've learnt how to use the map and compass, and have progressed from Yellow to Orange. It is really good fun, and I have competed at many events, including Calder Wood and Balmoral.



One of my favourite events was the Scottish Schools at Dalkeith Country Park on the 3rd of June. We managed to persuade our school to take us (around twenty – lots of P5s, my friend Tomas and I, and some seniors), so it was great fun. For my year group, P7, the race was a yellow course. I came in 4<sup>th</sup> place, only 19 seconds behind 1<sup>st</sup>. Some of the seniors – including Pippa, James and Freddie - ended up bringing back a few of the trophies the school had returned in the morning!

And orienteering didn't stop there. My family carried on orienteering throughout the summer holidays too. This included some of the evening Sprintelopes, with my Dad and I running together. They were very different (slightly easier I'd say) to the forest courses that I was used to and I enjoyed the element of quick-thinking that you need to do well. It was easy to get the wrong turn-off or block of houses though! Near the end of the holidays, we went up to Boat of Garten for a week with some friends. We joined in a training session

near Pitlochry with some other Interlopers. (Pippa and Mairi were there for some practice before an event to try and get to the World Schools Orienteering Championships.) We were doing pacing and bearing exercises but it was difficult to find the controls, for bracken was **everywhere!** It was also very midgy and I was bitten by several ticks.

My Dad found some maps for where we were staying so we ended up hunting for loo roll at Loch Vaa trying to complete a green course! (My dad put out some markers for training.) We also went along to a BASOC evening event at Craigellachie near Aviemore, set up as training by Jess Tullie, a member of the GB team for the World Champs. My dad and I tried a green course, but only got to the 4<sup>th</sup> control. We didn't go on **any** paths at all, and we had to wade through bracken as tall as me. We weren't helped by the fact that we were exhausted by the time we got to the start, as it was most of the way up the hill! Very few people did the whole course, and most people were still out at the time the organisers had asked for everyone to return. It was good to try something really challenging.

Orienteering has been great fun and I have improved a lot over the year. My aim for this year is now to move up to Light Green by doing well in local events in Orange. I am really looking forward to junior coaching starting again and hopefully representing Interlopers in the Junior Inter-Areas relay event at Culbin in October.





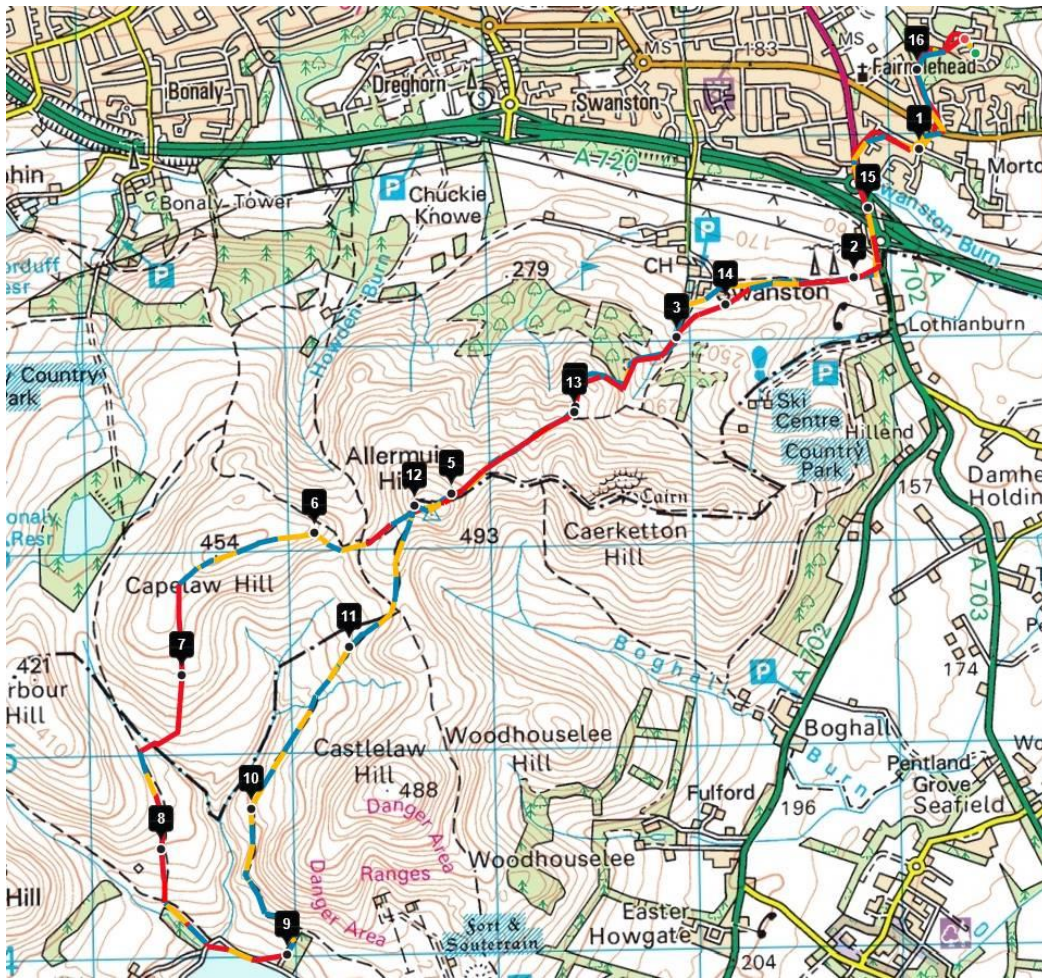
# Fav O Run

*Robin Galloway*

Last Sunday, when heading off on the long training run I do sometimes when not orienteering, I thought I would take a camera with me and capture some shots as I went around. I share them with you here! If nothing else, it is a good excuse the share some scenic panoramas.

So, from our house in Fairmilehead, the route winds its way through wood and estate to the Edinburgh by-pass. I then run up past the old Lothianburn golf course, skirting Swanston village and begin the long and steep ascent to the top of Allermuir. Quite a calf-burner! I normally get to the top at just over 30 mins from the house. Pause to admire the view and tie my shoe-lace.

The overall route is captured below, and I suspect the area will be familiar to most.







View North from Allermuir



Top of Capelaw looking West



As I wondered, I came upon a host of golden ..cows!



View to Glencorse

The run downhill from Allermuir takes me to the wall in the saddle between Allermuir and Capelaw where I hop over the style (scene of a Strain wedding a while back), a short climb and then go along Capelaw's broad back – a bit of a trudge this bit as the legs are normally feeling pretty 'lactic' after all the climbing. Thereafter the marshy track snakes left and winds its way down to Glencorse Reservoir (50 mins-ish).

A shimmy along the left of Glencorse reservoir along the single track road for about 100m, then sharp left and another climb up a lovely stand of pine trees. This joins to a track that winds, and ascends back around the west side of Castlelaw.



Downhill all the way from here...

Yet more climb takes me over the landrover track and then the final 'sting in the tail' back to the top of Allermuir, this time from the west. Then the long descent back past Swanston and home. It takes just over 90 min in all, a tough but very rewarding training run. Highly recommended. We feel pretty lucky to have this run on our door step. All welcome to come and try it on a Sunday off orienteering!

Why don't you take your camera on your fav O run next time and tell us about it?



## Junior News

September 2016

*Jane Ackland*

Interloper Juniors seem to be going from strength to strength.

The Scottish Schools event at Dalkeith Park on 3rd June saw podium positions for Fiona (P7), Pippa (S1) Mairi (S4), Freddie (S5) and James(S5) a near miss for Angus (P7) and impressively high rankings for Sam B, David I and Scott D in a massive class of 95 P5/6s.

Competing at Dalkeith was a prerequisite for the entering the World Schools trials on 28th August. Many congratulations to Mairi and Pippa (and Pippa's school team) for surviving, by all accounts, lethal green courses at Faskally and being selected for the senior girls and junior girls teams respectively. They have earned a trip to Sicily in April 2017.

The Jamie Stevenson saw Interlopers gain a brilliant 5th position, with Joseph, Matthew R, Sam B, Kirsty, Fiona and Thomas R being the scoring contributors. In the summer, Pippa, Freddie, Samuel and James headed off to Sweden for 10 days of top quality training and competing with Scotjos.

Many congratulations to Freddie, whose exploits continued with the Welsh Talent camp, at which he was selected for the GB Talent Squad. He completed his summer of camps at the M17's Sweden camp.

### Future Junior Events

The next event on the horizon is the Junior Inter-regional competition on Deeside, (24-25<sup>th</sup> Sept) with James and Freddie attending.

Half term (16<sup>th</sup> October) is the CompassSport Cup Final– juniors are vital to our success in that.

East of Scotland Junior training will, I'm sure, be up and running soon...I'll email when details emerge. Meanwhile, look on ESOC's website – they have a series of Saturday local events 1.30-3pm where you can notch up colour badges

Finally, thank you all for signing up for the Junior Interareas, which are still a while off (29- 30th October). The East team will be dominated by Interlopers, and will, I'm sure retain a podium position.



## Fixtures 2016

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

September 2016		
24th	MAROC SOA Level B	<b>Junior Inter Regional Championships Individual</b> , Cambus O May, Deeside Organiser: Denise Wright
24th	ELO SOA Level D	<b>ELO Local Events in Edinburgh and the Lothians</b> , Binning Wood, East Linton, <a href="http://NT595796">NT595796</a> <a href="http://www.elo.org.uk/">www.elo.org.uk/</a>
25th	GRAMP SOA Level B	<b>Junior Inter Regional Championships Relays</b> , Forvie, Newburgh, <a href="http://NK034289">NK034289</a> Organiser: Adrian Will
25th	TAY SOA Level D	<b>TAY Local event - St Magdalene's Hill, Perth</b> , St Magdalene's Hill, Perth, <a href="http://NO108217">NO108217</a> Entry times: reg 10.30-12.30 starts 11-12.30. Dogs: Preferably on lead and definitely under control please. Organiser: Bill Melville , <a href="mailto:billmelville@ogoroad.com">billmelville@ogoroad.com</a> <a href="http://www.taysideorienteers.org.uk">www.taysideorienteers.org.uk</a>
25th	FVO SOA Level D	<b>Bee Craigs Come-And-Train</b> , Bee Craigs Country Park, Linlithgow <a href="https://fvo.org.uk/">https://fvo.org.uk/</a>
25th	GRAMP SOA Level D	<b>Forvie (post JIRC open event)</b> , Forvie, Newburgh, <a href="http://NK034289">NK034289</a> Entry times: 11am-1pm. No dogs allowed. Organiser: Adrian Will <a href="http://grampoc.com">grampoc.com</a>

30th	SOA Internati onal	<b>Junior European Championships - Sprint,</b> Scotland
<b>October 2016</b>		
1st	SOA Internati onal	<b>Junior European Championships - Relays,</b> Scotland
1st	KFO SOA Level D	<b>Try Orienteering Pittencrieff Park,</b> Pittencrieff Park, Dunfermline, <a href="#">NT085872</a> Entry times: 11:00 - 12:15. Dogs allowed. Organiser: Ian Doig <a href="http://www.kfo.org.uk">www.kfo.org.uk</a>
2nd	CLYDE SOA Level B	<b>Clyde Scottish Orienteering League 6 including JEC Spectator Race 3,</b> Fairy Knowe and Doon Hill, Aberfoyle, <a href="#">NN522008</a> Entry times: JEC: 10:00 till 11:00 SOL: 11:00 till 13:00. Dogs allowed. Organiser: Kate Thomas <a href="http://www.clydesideorienteers.org.uk/home/events/clyde-scottish-orienteering-league-6-including-jec-spectator-race-3-2nd-oct/">www.clydesideorienteers.org.uk/home/events/clyde-scottish-orienteering-league-6-including-jec-spectator-race-3-2nd-oct/</a>
2nd	SOA Internati onal	<b>Junior European Championships - Individual,</b> Scotland
8th	INT SOA Level D	<b>Autumn Local Event 1,</b> Braidburn Valley Park, Edinburgh, <a href="#">NT242694</a> Organiser: Lorna Eades
9th	FVO SOA Level D	<b>Polmaise Come-And-Train,</b> Polmaise, Cambusbarran (Stirling) <a href="https://fvo.org.uk/">https://fvo.org.uk/</a>
15th	ESOC SOA Level D	<b>ESOC Local Events in Edinburgh and the Lothians,</b> Holyrood Park, Edinburgh, <a href="#">NT281731</a> Entry times: 13:30 - 15:00.

		Dogs: Dogs are allowed, but should be kept under close control at all times.. Organiser: Janet Clark <a href="http://www.esoc.org.uk/events/holyrood-park-oct-15-2016">www.esoc.org.uk/events/holyrood-park-oct-15-2016</a>
22nd	RR SOA Level D	<b>RR Local Event 2,</b> Selkirk Hill, Selkirk, <a href="#">NT476286</a> Organiser: Duncan Shiell <a href="http://roxburghrivers.org.uk/?ai1ec_event=autumn-2-selkirk-hill&amp;instance_id=262">roxburghrivers.org.uk/?ai1ec_event=autumn-2-selkirk-hill&amp;instance_id=262</a>
23rd	FVO SOA Level D	<b>Laigh Hills Dunblane Come- And-Train,</b> Dunblane <a href="https://fvo.org.uk/">https://fvo.org.uk/</a>
29th	ELO SOA Level D	<b>ELO Local Events in Edinburgh and the Lothians,</b> Butterdean Wood, Gladsmuir, <a href="#">NT459732</a> <a href="http://www.elo.org.uk/">www.elo.org.uk/</a>
30th	MOR SOA Level B	<b>Scottish Orienteering League 7,</b> Culbin, Forres Organiser: Jane Halliday
<b>November 2016</b>		
5th	ESOC SOA Level D	<b>ESOC Penicuik Weekend - Sprint/Urban Race,</b> Penicuik, Penicuik Organiser: Janet Clark <a href="http://www.esoc.org.uk/events/esoc-penicuik-weekend-urban-sprint-race-nov-5-2016">www.esoc.org.uk/events/esoc-penicuik-weekend-urban-sprint-race-nov-5-2016</a>
6th	ESOC SOA Level C	<b>ESOC Penicuik Weekend - SoSOL 7 incorporating ESOA Championships,</b> Penicuik Estate, Penicuik, <a href="#">NT215595</a> Organiser: Ewart Scott <a href="http://www.esoc.org.uk/events/esoc-penicuik-weekend-penicuik-estate-nov-6-2016">www.esoc.org.uk/events/esoc-penicuik-weekend-penicuik-estate-nov-6-2016</a>
9th	FVO SOA Level D	<b>FVO Night series Kings Park,</b> Kings Park, Stirling, <a href="#">NS790933</a> Entry times: 18:30.

		Organiser: Geoffrey Hensman , geoffrey@hensmanweb.net <a href="http://fvo.org.uk">fvo.org.uk</a>
12th	TINTO SOA Level C	<b>Tinto Twin Night Event</b> , Carmichael Estate, Biggar Entry times: From 1830 hours.
13th	TINTO SOA Level C	<b>Tinto Twin Day Event</b> , Lanark Town Centre, Lanark Organiser: Marcella McLennan
19th	ESOC SOA Level D	<b>ESOC Local Events in Edinburgh and the Lothians</b> , Royal High School and Davidson's Mains Park, Edinburgh, <a href="http://NT203753">NT203753</a> Dogs: Dogs are allowed in Davidsons Mains Park, but should be kept under close control at all times. However, NO DOGS are allowed in the school grounds or in the car park within the grounds. . Organiser: Janet Clark <a href="http://www.esoc.org.uk/events/royal-high-school-and-davidsons-mains-park-nov-19-2016">www.esoc.org.uk/events/royal-high-school-and-davidsons-mains-park-nov-19-2016</a>
19th	FVO SOA Level D	<b>Minewoods Come-And-Train FVO Club Champs</b> , Minewoods, Bridge of Allan <a href="https://fvo.org.uk/">https://fvo.org.uk/</a>
23rd	FVO SOA Level D	<b>FVO Night series Sheriffmuir</b> , Sheriffmuir, Bridge of Allan, <a href="http://NS813980">NS813980</a> Entry times: 18:30. Organiser: Jason Inman , jason.inman@wirepost.co.uk <a href="http://fvo.org.uk">fvo.org.uk</a>
26th	ELO SOA Level D	<b>ELO Local Events in Edinburgh and the Lothians</b> , Pressmennan, Dunbar, <a href="http://NT621725">NT621725</a> <a href="http://www.elo.org.uk/">www.elo.org.uk/</a>
27th	AYROC SOA Level C	<b>Scottish Score Championships</b> , Palacerigg Country Park, Cumbernauld,

		<a href="http://NS787733">NS787733</a> Dogs: Dogs on leads at all times..
<b>December 2016</b>		
4th	STAG SOA Level C	<b>18th Glasgow Parks Championships - Race 1</b> , Glasgow Organiser: Terry O'Brien <a href="http://www.stag-orienteing.co.uk">www.stag-orienteing.co.uk</a>
4th	STAG SOA Level C	<b>18th Glasgow Parks Championships - Race 2</b> , Glasgow Organiser: Terry O'Brien <a href="http://www.stag-orienteing.co.uk">www.stag-orienteing.co.uk</a>
4th	STAG SOA Level C	<b>18th Glasgow Parks Championships - Race 3</b> , Glasgow Organiser: Terry O'Brien <a href="http://www.stag-orienteing.co.uk">www.stag-orienteing.co.uk</a>
7th	FVO SOA Level D	<b>FVO Night series Mine Woods and Bridge of Allan</b> , Mine Woods and Bridge of Allan, Bridge of Allan, <a href="http://NS789980">NS789980</a> Entry times: 18:30. Organiser: Graham Gristwood , grahamgristwood@gmail.com <a href="http://fvo.org.uk">fvo.org.uk</a>
11th	RR SOA Level D	<b>RR Local Event 4</b> , Hawick Golf Course, Hawick, <a href="http://NT495134">NT495134</a> Organiser: Lindsey Knox <a href="http://roxburghreivers.org.uk/?ai1ec_event=autumn-4-hawick&amp;instance_id=265">roxburghreivers.org.uk/?ai1ec_event=autumn-4-hawick&amp;instance_id=265</a>
18th	TAY SOA Level D	<b>TAY Christmas Score</b> , Perthshire TBC, Perth <a href="http://www.taysideorientees.org.uk">www.taysideorientees.org.uk</a>
31st	ELO SOA Level D	<b>Festive Frolic - ELO Local Events in Edinburgh and the Lothians</b> , tbc, East Lothian <a href="http://www.elo.org.uk/">www.elo.org.uk/</a>





## Compass Point Sponsorship



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

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