

# Interlopers Newsletter CLXXXIII

## Editorial

by THE EDITOR

Interlopers has a new committee! Welcome to Chairman Max, treasurer Robin, secretary John, captain Rob... (wait, is there an echo in here?). Anyway, its safe to say that the club remains in safe hands and any attempted coup has been heartily seen off by the incumbents.

At the last committee meeting, we discussed whether the newsletter should continue, given the immediacy of the new-fangled interweb thingy which already replaced the role of Newsletter Delivery Facilitor. Anyway, nobody else was in favour of scrapping it, so here am I again, with another fun-packed edition, featuring Caban the national champion, Lucy the international traveller, McIntyres in the Mountains, six day and Deeside reports, some self-congratulatory Chasing Sprint reportage and some photos stolen from Steve Rush and routegadget.

Further exciting news is that John has obtained a full set of Interlopers Newsletters, some in the original cuneiform tablets. Once the translations are complete, you can look forward to hours of newsletter-related fun, hopefully providing a welcome distraction from, ooh, is that a squirrel?

The nights may be drawing in, but there's plenty to look forward to. Various forthcoming club events include, the big trip South for the CompassSport Cup final on October 20th, the Club Halloween Party scheduled for Saturday 2nd November, and the training weekend led by Lorna in the Lake District (23-24 November). The latter includes expert training from skilled coaches, some of whom are even qualified, and a visit to President Carol's personal cinema (who knew?).



## Highlights from the Committee



Editor goes orienteering



Chairman addresses the club

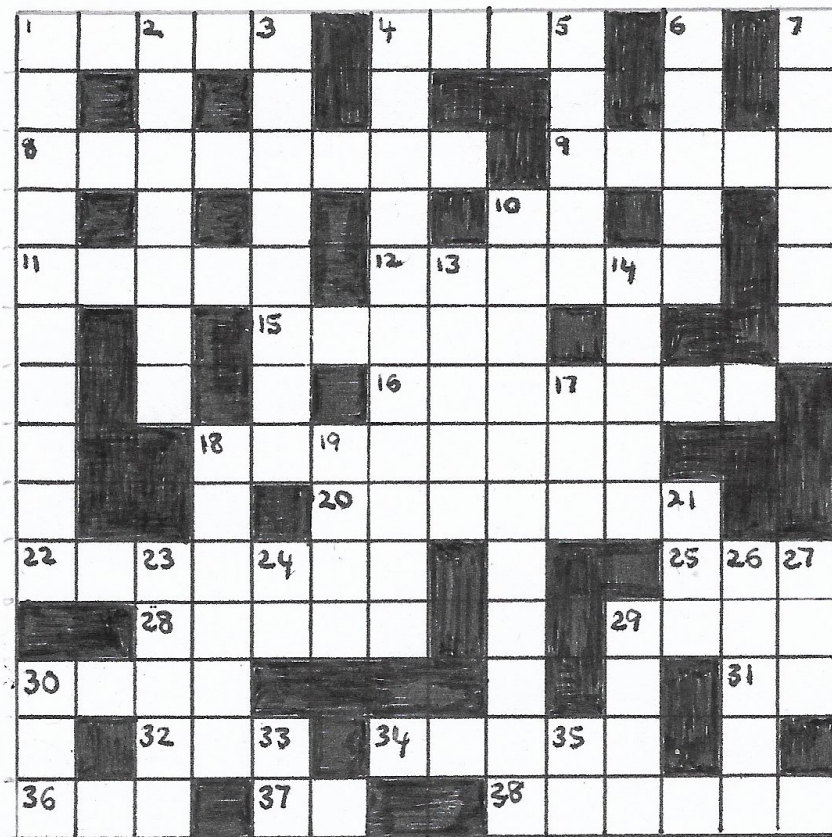


Treasurer's Report

# Crossword

Complete the crossword to spell out the secret message. Then act on it!

by OPTIMIST

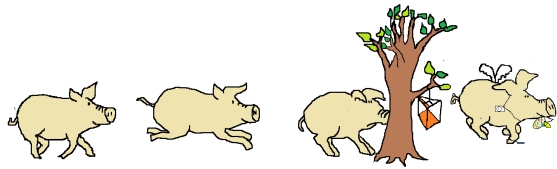


## Across

1. Bury at the end of the season (5)
4. Run as pole falls apart (4)
8. Featureless backstop is contagious (8)
9. Clap as Wensleydale goes right instead of SE (5)
10. Forest suffered axe at beginning and end (2)
11. Oops! North upset, and wooden version comes our way (5)
12. Pay a chicken to be most productive (6)
15. Noise made by teenager run into a sportscar (5)
16. Mad suit transforms empty one in Doha (7)
18. Confused tuna I state is a mile (8)
20. Blokes with bottle deliver (7)
22. Its on at change, clear or check (7)
25. A softly softly programme (3)
28. Idiot finds 100 in sandy hill (5)
29. Last letter mixed-use god (4)
30. God: end of thorn broken off. (4)
31. Home International country in reverse (2)
32. King for brexit ? Not a bit of it!
34. Solitary and confused Interloper without tripe (5)
36. How INT conceals victory? (3)
37. Lewis is initially a noxious gas(2)
38. Astrophysicist holds award (6)

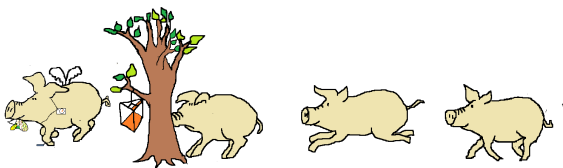
## Down

1. Unhealthy relationship when Su's dancing with EUOC and INT (10)
2. Inky markings at Edinburgh Festival (7)
3. Hairy goon, lost orienteering, displaced from Myanmar (8)
4. Angus joins ELO and INT cooking seafood (11)
5. The best sound of Roman forty (5)
6. Piggy ends like a swamp (5)
7. Quickly complete Wednesday event without running off together (8)
10. Log online @tack. (11)
13. Inside hunt, I'll find it by that time. (5)
14. Sprightly: age about 49 (5)
17. Stop looking back in anger (3)
18. Unrate muddled mother of flora and fauna. (6)
19. The Man.U. team (4)
21. No Scots! (3)
23. Adjust and/or beautify (5)
24. Finds number 31 from wrong direction (2)
26. What's at drink control? (5)
27. Hard pressed Greek character (3)
29. Blazer open, there's nothing hidden (4)
30. A ropey run following another orienteer (3)
33. Ninety is enough for this type of race 2
35. Hesitant queen (2)



## Adventure Sh-O

by CHE CYNPIX



Sow let's get the boaring porcine punnery done then. No scratching around hogging literary attention. Crisply back on track in the trotter reports.

I got approached in February to do two hours of orienteering Live on Friday Night TV, somewhere in the Central belt. It seemed too good an opportunity to turn down, so: agree first, details later.

It soon became clear that no SOA club was willing to take it on at short notice, so it was back to "coalition of the willing". Once Jon Cross signed up I was confident we could deliver. Next issue, find a scenic location. We offered the TV people North Berwick, Linlithgow, or Callendar, they chose Callendar, which FVO were in the process of remapping.

Date. Getting a strong field on Friday was going to be an issue. They wanted July 5th (JWOC & WOC test race clash). We wanted June 21st (SprintScotland) but Dougie Vipond, the presenter, was unavailable, something about a Deacon Blue concert - normally a weak excuse, except that he is the drummer... Eventually we ended up on 28th, clashing with EYOC and with no events on the weekend in Scotland, not ideal, but...

Next, format. There was a push for some "first past the post wins" format and thence "KO sprint". I was super-resistant to KO sprint - all the talk is that its a nightmare to organise, nobody has experience of it and Live on TV was not the place to start. I'm a long time fan of Chasing Sprint and that also solved the helpers problem by bringing JOK onside - once I thought of it, no-brainer.

Two hours was too short to cover prologue and final. Four finals sounded about right, so we pitched to feature the junior races in the hope that, on the last day of term, schoolchildren could come. Thanks to some heroic efforts from Lorna to do the late night drive from Falkirk to Canich, we had a decent number of ScotJoS as well.



A close finish between the INT juniors boys

## Confessions of a Planner

by MAY KING-BACON

Usually, the job of the planner is produce fair, and challenging courses. This event was unusual: the challenge being to produce good TV. Normally at the chasing sprint the Men's open and vets chasing sprints are a big pack race, but the Women's open and junior races are a procession. Fairer competition, but nobody wants to watch a race that's decided offscreen in the prologue. So the script called for a start section with fast running with everyone in sight, then some shenanigans to compact the fields into packs, and a final section just tricky enough to give the better navigator the win. To do this I had a long diagonal downhill to a control in a bushy area where the site wasn't visible until you were there. Then a run-in in view of the spectators to a penultimate control, again tucked on the far side of a bush and sneakily moved between junior and senior races. To the last control there were options to go left, right over or even under a small bridge, over being furthest but the other routes involving climb. They were quite well balanced, but in fact almost everyone went over so having the choice didn't really work.

What is a reasonable gap to produce packs? I suggested 10 sec start interval by position, JonX tweaked it to "maximum 10sec". Whatever, it worked to deliver head to head racing to the end, 3+ athletes on the run in at the same time.

First Final off was the Junior Men. Peter Molloy was the class act in the field, and his 3 minute prologue victory translated to a 10 sec advantage. Gradually Pete pulled away, but going into the forest a small error let Joel Gooch and Sam Griffin back in contention. The three stayed in a pack through the rest of the thick woods, then coming into the open, televised section Peter pulled clear.

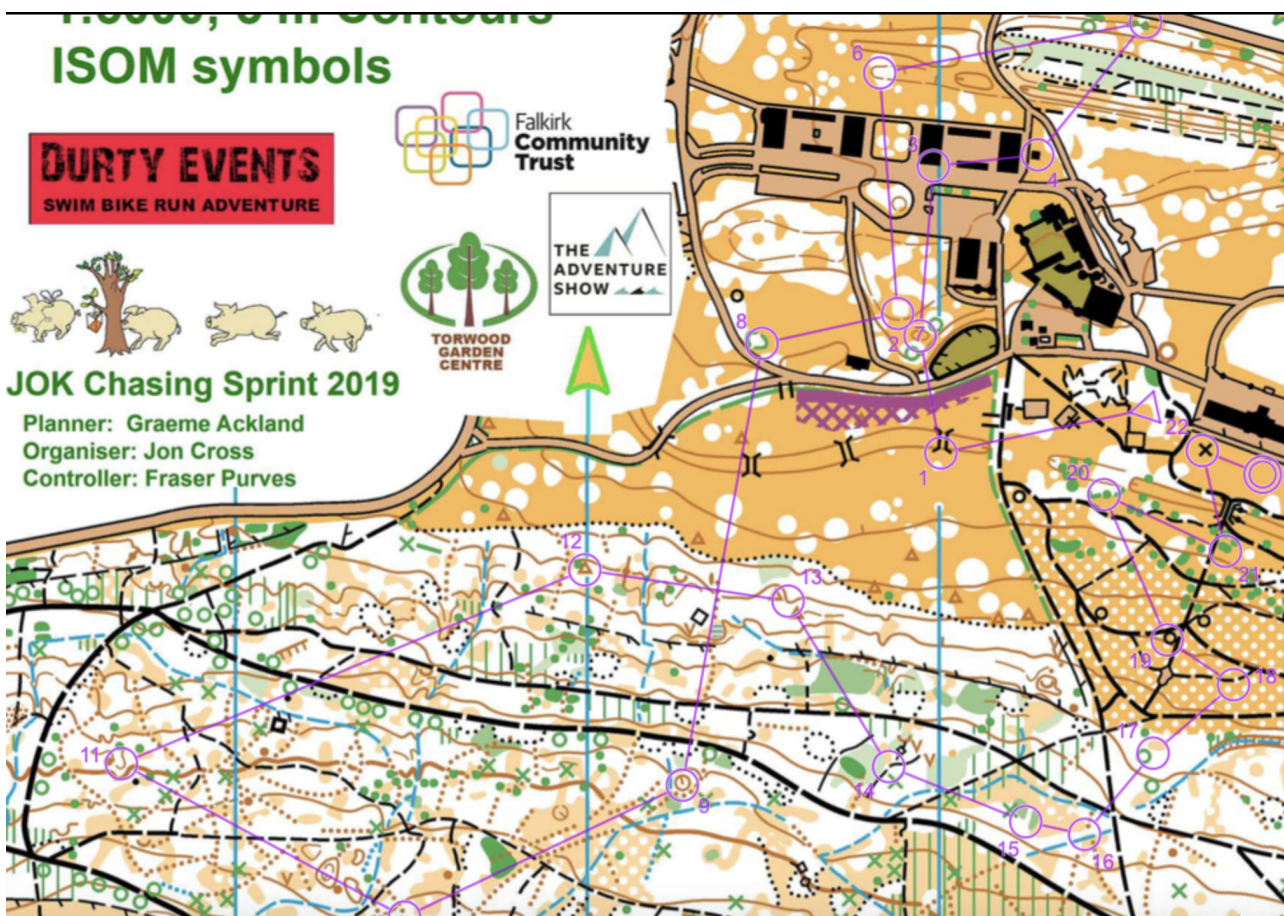
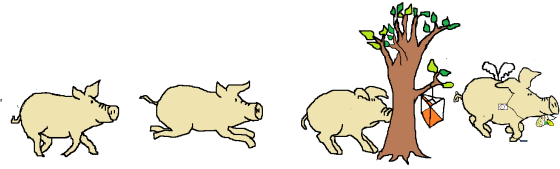
Next up, Junior Women, with prologue winner Caitlin

Irvine (WCOC) chased by Mairi and Pippa, and Maya Hampshire-Wright (NN). A pre-race interview left no chance to warm up, but Mairi closed down on the lead, and soon the three girls were together. The INT girls gradually pulled away, with Pippa leading and Mairi lurking ready to pounce on any mistake. In the final section, Mairi came back level but Pippa held on in a close finish.

Grace Molloy led from the start in the womens, extended her lead until a 30 sec error in the wood brought Helen Bridle and Fay Walsh back in touch. Grace slowly reestablished her lead, then missed at the tricky antepenultimate, just finding it 10 sec before the others arrived. It was enough for the win.

Sure enough the Men's Open prologue had Kris Jones,

Peter Hodgkinson and our own Scott Fraser within a minute, compressed. Kris cruised away from the group through the early sections, but hitting the hill and the forest did the job of bringing the three of them together. Peter led through the last TV control, but a small error at the antepenultimate site let Kris get his nose ahead, and he was not to be denied.



## M45 or something

by COLIN INVERARITY



Tempus fugit they say. That's probably one of the main interests us orienteers have. As well as our fascination with maps we can't seem to do without thinking about time from "how long will it take me to go round my course?", to "which leg did I lose too much time on?" or even "will I make it to the call-up box at the start in time?". Fortunately, these days we have much more sophisticated tools to help us with these matters.

This was brought to mind a while back at one of our local events at Craigmillar Castle. Chatting with Lucy at the start we found out that we both recently had recourse to purchase new watches. What was somewhat galling was that we had to buy new ones because our straps had broken and neither of us could obtain replacements which fitted our watches. A reflection on our disposable society when items become obsolete within a couple of years. Peering back into the crystal ball of time how did we manage all those years ago when technology had still to be invented? First up you needed 3 stamped, self-addressed envelopes which you had to send off to the event organiser at least a fortnight before the date of the event. You only knew of events by reading your club's newsletter or if you were an SOA member through your quarterly issue of SCORE. About a week before the event you would receive one of your envelopes back with the final details of the event. The other envelope would come through your letterbox sometime after the event with the final results. You could of course get a rough idea of how well you performed by timing yourself on your bog-standard Casio watch with stopwatch function. You could also hang around for some considerable time after the event in the pouring rain hoping the organisers would staple your stub up on the 'washing-line' because, yes, these were the days of **Control Cards**.

Remember them? Did you pin them to your midriff or your arm or did you have an allergy to safety pins and hang it from a lanyard around your wrist. Did you have to go through all manner of contortions at the control to fit the pin exactly in the requisite box? Having finished you would hand over your sodden, mud encrusted piece of cardboard mush to a less than impressed finish official. No Tyvek in these days! At our events everyone would try to wangle a job in the Balfourmobile. Parking cars along forest tracks and pushing them out of muddy fields or checking control cards in the relative warmth of a VW caravanette - no choice really, was there? If you were fortunate enough to squeeze in, you then had to scrutinise piles of control cards with a master card checking pin pricks and then pass it on to someone else who would then perform the mentally challenging task of calculating your course time by subtracting the finish time from the start time with only the aid of their own brain. Then some

poor mug would be given the task of going out in the now torrential rain and hope that the club's less than impressive stapler would be up to the task of attaching the stubs to a line which was now contorting in all ways in the wind while some bolshy orienteer from another club would be hanging over your shoulder moaning "Why isn't my result up yet?"

Anyway, back to my watch! I have a TomTom Runner Cardio. None of your overpriced Garmin stuff for me. The display is nice and clear, and it was a lot cheaper. My friend Jim was impressed with it when I went hillwalking with him and then he got one even cheaper from his friend Davie. After doing his PhD research at CERN Davie worked for Ferranti, then Sun Microsystems and now is in charge of developing software for TomTom watches. Jim, of course, got a smarter more up to date model than mine. So, when my watch strap broke, I got in touch with Davie. He said he had a few spare watch straps and sent me a couple. After trying for about ten minutes to force my watch into one I eventually came to the conclusion the watch faces had become bigger. Back on the phone to Davie and ordering a new half-price watch. It did, however, come with a caveat. TomTom are apparently pulling out of the sports watch market and have only committed to supporting the watches for the next three years. A fairly typical scenario for me. Guess who opted for Beta-max when everybody had VHS. These were the big black plastic things you put into a video cassette recorder before downloads and streaming.

I got my watch just before Christmas last year. As fate would have it, I was injured shortly after our Compass Sport Trophy triumph and had been fairly inactive. After making my first tentative steps at recovery I was horrified to find new information displayed on uploading data from my watch to my computer. I know these things are meant to be 'fun', but I was aghast to discover I had a Fitness Age of 73. This was compounded soon afterwards when I did a BBC Check Your Heart Age. Not knowing my blood pressure or cholesterol levels the national averages were substituted with the result that my heart ended up being a year older than I am. On discussing this with the aforementioned Jim, who it must be said has a higher BMI than me, I was informed his watch said he had a Fitness Age of 45. This explained by the fact that his 30-year old son borrowed his watch when he was training for the Edinburgh Marathon.

Fast forward a few months and I've gone through the usual old age cycle of run for a couple of months, pick up an injury, physio for a month, start running again, get another injury. In the course of all this I managed to reach a fitness age of 43 and then drop back to 49 as the next niggle developed. On the road to recovery, things were looking good until a couple of days ago when I went to check my car wasn't in a resident's parking space and trotting across the road, I felt a sharp twinge in my inner thigh. Aaaargghhh - Back to square one!

*Colin Inverarity currently has a Fitness Age of 45.*

## Interview with Pippa

Pippa Carcas has been a busy girl this summer, after winning the Chasing Sprint, she was picked for the Great Britain Mountain Running Team ("Mountain Running" is the fancy name for Hillrunning).

Earlier this year Pippa was also selected for the GB Talent Squad. We tried to catch up with Pippa for an interview, but nobody can do that these days. So here's a reprint from when she was interviewed recently by ESOA on her Squad experience so far..



Pippa heads towards the finish as Mairi races to the last control for an INT 1-2 at the JOK Chasing Sprint.



- What did you have to do to qualify?

In order to qualify for the GB talent camp I went to a series of selection races, around Easter time, all over the country.

- What happens at Talent Squad training camps? (and where do you go for them, how often etc)

We go to talent training weekends about 4 times during the winter season and also a week long camp in the summer at Badaguish (near Aviemore). On the camps we focus primarily on technique training.

- What training session have you most benefited from so far?

My favourite training sessions are using a contours only map. This forces me to simplify the contours to only the big shapes.

- Most fun experience so far? (or quirky / surprising etc etc)

On day 4 of the Badaguish training camp in the summer we used Culbin East (Moray). This was only accessible from a water taxi or a 10km walk

from the car park. We ended up going on the water taxi across from Findhorn which was quite an experience!

- What sort of training do you do in between Squad weekends?

In between squad training I focus on physical training which involves interval training, easy running and hill repetitions.

- Any advice for anyone aspiring to following your footsteps?

My advice for other orienteers is keep on loving the sport and don't beat yourself up if you don't perform as well as you would like.



Pippa bringing home the GB U20 team for fifth place at the European Mountain Running Champs in Zermatt.

# McIntyre's Multiple Mixed Mountain Marathon Moneymaking Mission

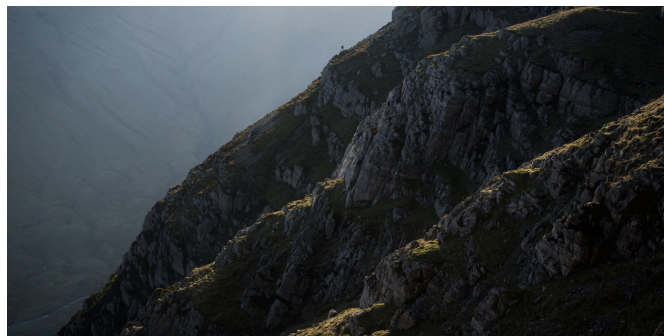
by MRS MO MCINTYRE

If ever Graham had suggested to me that I do a mountain marathon, I would have excused myself on the grounds of not wanting to carry kit around, and the camping/cooking/sleeping aspect in between 2 challenging days in the hills had never appealed.

What made me change my mind? I had been doing a bit more hill running since late 2018, and got myself comparatively fit. Some of the lady runners I had been training with organised a mountain navigation training day in the Pentlands, run by Trail Running Scotland in March this year, with an end goal of entering the inaugural Scottish Mountain Marathon (filling the niche left with the discontinuation of the LAMM) which it later transpired would be in Atterdale Forest in the NW Highlands in June 2019. Graham has done several mountain marathons over the years, and I decided that I would be well advised to pair with him, as I was sure that any successful pairing only needs one excellent navigator, so I suggested we put an entry in.

Our joint training involved a recce of the Pentland Skyline course carrying packs (albeit without tent, stove, sleeping bags), practising taking water and snacks whilst on the move and finding out if we could get along with each other for a whole day in the hills without other company! We decided to enter the short score course for this first attempt, which would involve 5 hours on Day 1 and 4 hours on Day 2 with the tactical aspect of planning which controls to aim for in the time given. One of my main concerns was to rein in Graham's enthusiasm sufficiently that we would not end up losing points gained by taking over the set time on the course (he and Mike Stewart of ESOC have a bit of history on that front).

We travelled to Attadale Gardens on Friday 7th June with another pair from South Edinburgh, who had entered the Female Vets category on the C course. We took our 4 person tent so that we could all pitch camp at the event base and keep our little tents dry and packed ready for Saturday night. There were a few midges around, but not too troublesome, and no rain - all important aspects to starting the weekend on the right foot.



Attadale: How hard could it be?

The organisation by Ourea Events was excellent and having registered on the Friday night, all that remained for us to do on Saturday morning was to punch the start, pick up our 1:30000 waterproof maps and then put our heads together for a few minutes to agree strategy and sketch out a route. (Of course it is only at this point that you find out where the overnight camp will be). We had a bit of string marked into segments that would each show 1km on the map, and had already decided a straight line of 15km would be our max. Graham suggested a conservative route that would pick up some of the higher scoring points, but allow us to add in some extra controls if we found we had time once we knew how progress in the terrain was going. And we were off!

The run out was on a track, and we found ourselves making faster progress through the first 2 or 3 controls than we thought. It was a real lesson for me to be looking at the bigger scale and focussing on large features, making decisions about contouring rather than descending and climbing etc. Although I was not going to question Graham's judgement it was important that I be constantly in touch with the map and be actively orienteering rather than just following him round (for safety reasons as well as any more egocentric reasons). Graham Gristwood had done the planning and so we were assured of quality courses and accurately placed controls. We made a couple of bold decisions to gather extra points along the way, and finished the day with 2m 3s in hand and a total of 260 points. Not a bad start!

The overnight camp was in a bog (veterans of mountain marathons will know that this seems to be a necessary piece of devilry by the planners) beside Bendronaig Lodge. We thought we were being clever by fording a shallow burn and setting up camp with a growing number of others on raised bits of ground on the far side. We arrived in the sunshine, but within minutes of the tent being pitched the rain started. We dived for cover and stayed put for 2 or 3 hours. When we emerged, needing to think about feeding ourselves, the burn was knee deep at lowest, and the portaloos were the other side. Still, the rain had stopped, so we spent a couple of hours chatting to other competitors and 'enjoying' our freeze dried, rehydrated gunk food. Early to bed - nobody actually gets any sleep on those mini mats you get in the back of an OMM backpack do they? Anything to save weight - and reveille was provided by Louis MacMillan (EckO) on the bagpipes, gamely fording the aforementioned burn so that he could make sure we were all up and ready.

Day 2 was again kind weather wise, and the waterproofs stayed in the packs. We picked out an achievable set of controls to gather, with options to pick up extras if ahead of schedule. This time we had to leg it from our last control to the finish and made it just 4mins from the cut off. 220 points in the bag and we were Mixed Senior Vet winners on the Short Score. This earned us a few bottles of 'Dragons Back' beer (same organisers and they clearly had a surfeit), and a good reason to enter the ROC Moun-

tain Marathon in September. Together with the Marmot Dark Mountains event which had taken place in January these 3 made up the 2019 British Mountain Marathon Championship.



The promise of a piping hot breakfast was open to misinterpretation.

No GPS watches or phones were allowed at this event, so we have no record of where we actually went, apart from the red lines we drew on the maps at the end of each day. This rule was not applied at the ROC, as it is now recognised that hill runners and orienteers don't tend to have watches without GPS any more, and phones are our means of taking photos. If you don't use these devices to gain unfair advantage, they are permitted.

Our second mountain marathon together was closer to home: Durisdeer in the Lowther Hills. We were advised not to arrive before 18.00 on the Friday due to the torrential rain. My enthusiasm was further dampened by the fact that our 'base' tent let the water in overnight due to a peg pulling loose and a bag touching the side (I know!)

We were out and running by 9.30 with another pair of excellent full colour waterproof 1:30000 maps from Harvey's, on which all the beautiful contours (lots of them) and details could be easily read. Graham Gristwood was the controller to Gary Tompsett's planning this time, so again we could be confident of some great courses. We were now 'pot hunting' on the short score again. The overnight rain had cleared and the mist lifted off the hills. We were conscious that the terrain here would be heathery with peat hags and the going might be slow. There was an irresistible cluster of controls to the North of the start (and some more further North which we dismissed straight away). We set off through Durisdeer and out, leaving the path as the first uphill, though steep, was grassy and not bad going. Points up here scored 15, 20 or 30 points and we bagged 5 of them in a couple of hours. The boggy, peaty, heathery stuff was more in evidence as the morning wore on, and we made a decision to leave the 6th of our cluster of hills (scoring only 5 points) to head East to a couple of higher scores. The benefit to me of pairing with Graham is that not much time is lost in actually getting to the controls. My time keeping skills were

called upon this time though, and whilst he was still considering whether we could just fit in this one, or that one, I came to the conclusion that if we weren't to be deprived of a large portion of the 205 points we had gathered, we would just need to head for the overnight camp. Given the terrain, the roughness of the path when we reached it, the number of burns we had to ford on the way down it and the distance (approx 6k) from camp when we made this decision we were lucky to be only 2m 26 late and end up with 202 for the day.

The penalty system is 1pt per minute (0-5 mins late); 2pts per minute (5-15 mins late); 5pts per minute (15-30 mins late); 30 mins or over late = all points lost

The overnight camp was in a bog (funnily enough), and water was to be had from the fast flowing burn which we took care to be on the right side of this time. Although there was no rain until the middle of the night, we didn't do much more than eat and settle in. We were camped beside a friend from the ladies running group, and her 14 year old daughter who had been on the Pentlands mountain nav day, and for whom this was also their 2nd event - a real achievement in itself!

Day 2 started as it meant to go on - very wet and the hilltops were not visible until we set off upwards. It then cleared sufficiently that we had no excuse on that front. We needed to plan cautiously as we didn't want to lose points and now we knew the terrain we planned a few of the controls that we had not managed to visit in the South of the area, due to our charge for the finish line the previous day. The planners had cunningly used many of the same controls, but the scores were different - which meant we scored more for visiting them at the beginning of Day 2 than we would have at the end of Day 1 anyway. We planned to revisit our last control from the previous day, then just one more to go and onto the path back to Durisdeer. We had about 30 mins, and I tentatively suggested that if we were to fit in any more, there was a choice of 2 both of which would score 15. It was Graham this time who said no, and he was right as we finished comfortably with 6m 22s to spare (not enough to have reached either of the 'optional' controls).

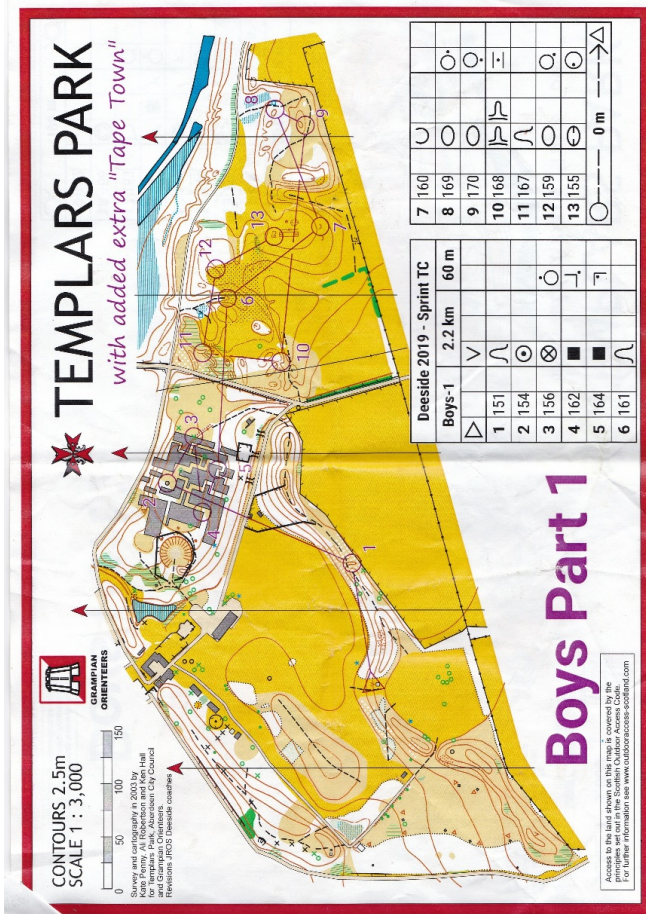
The upshot of all this is that we did win the ROC MM Mixed Senior Vet short score prize (£25.00 off entry to next January's Marmot Dark Mountains event which is to take place in Snowdonia and is run overnight - thanks Ourea!). Graham is now 2019 British MM Senior Vet Short Score Men's Champ. I am ditto Senior Vet Women's Champ, but also 2019 British MM Short Score Women's Champ (minus the age category) as there were no other women in front of me on the short score. Who knew - if you can find a minority sport with lots of categories and you are withstanding the ravages of age sufficiently you can be a British Champ! There is a cunning incentive of the part of the organisers here to move 'up' a course, in that once you have won a prize you cannot 'retain' the accolade the following year. So it's a medium score or a linear course for us next year!



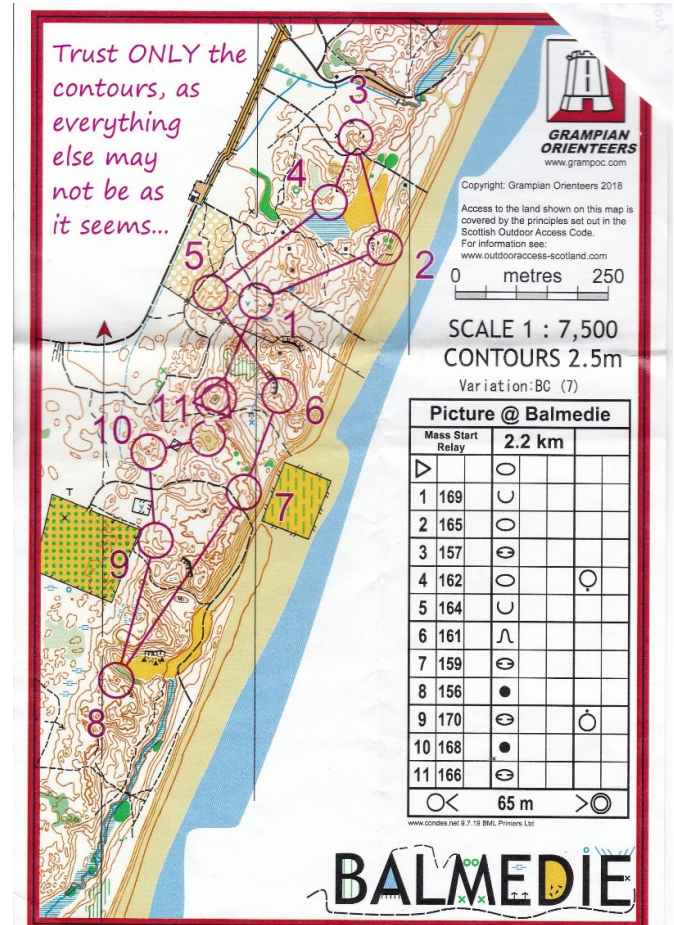
# Deeside Camp 2019

by ANGUS IVORY

It was a sunny Saturday afternoon when we all piled into the minibus at Aberdeen station, filled with excitement and set for a week of orienteering on fabulous Deeside, along with lots of swimming and other excitement. To get to know our accommodation, Templars Park, we had a MicrO course as soon as we arrived. This was on a seriously small-scale map, and to confuse things there were no codes, just cryptic descriptions. (luckily mis-punches were just +30s penalty!)



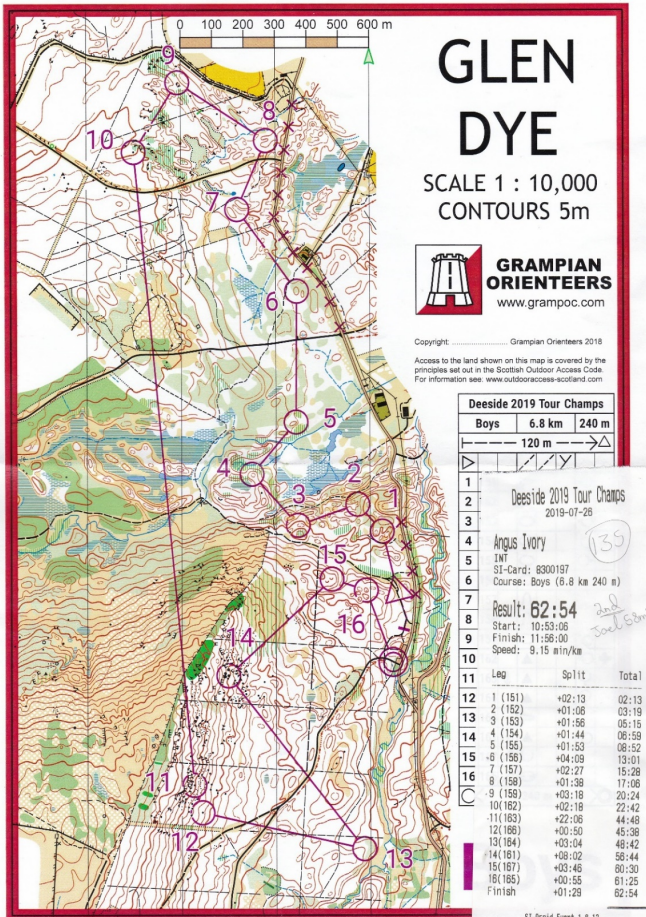
It was up early on Sunday for our first orienteering training, at Scolty, a large lovely wooded hill (which we did have to walk up first...) covered in blaeberrys. This was focusing on 'PLAN' so making sure we planned each leg in advance and carried out our plans well, with a number of exercises around the hill and map memory in the afternoon. We also had our first swim of many in the river Dee. This evening was the Tour Sprint Champs around Templars Park. To make things more interesting the coaches had put out and were patrolling 'Tape Town', a maze of uncrossable tapes next to the road. Fun although very confusing! This was Sunday's yellow jersey race - two yellow vests which the winner of each day's race got to wear for the next race. Very prestigious...



Monday saw us off to Balmedie dunes for 'PICTURE' training - a number of exercises focusing on picturing the control on the way to it, with some contour-only maps too. After lunch we had a mini mass-start relay to practise racing, with only the contours accurate and lots of wrong paths and fences and buildings etc (yes, I did get caught out!). We had planned to have a Dunelympics after, but due to various injuries and sunburns we chose just to jump straight in the sea instead! On Tuesday we had 'DIRECTION' practice in the lovely woods of Glen Dye. This consisted of various bearings exercises and a star relay too (our GPS tracks did kind of resemble stars). Before swimming today we had a very serious blaeberry picking competition in our teams for the crumble that night. There was a measuring jug and points for number of pickers and quality too! Despite it being the middle of Summer, we had Night-O at Crathes Castle that evening. It was deserted by the time we started at 22:30-23:00, and was a good challenge in the dark.

We got a lie in the next day though, and a proper rest day. Unlike the M/W14 camp at Lagganlia (where we had a physical session and a Sprint Final), we had a running drills/S&C (strengthening and conditioning) session, some training plan time and a trip to Stonehaven Lido with ice cream at a gourmet seaside cafe (which is definitely worth a visit!). Thursday: our last day of training. This was a morning at Coull practising 'PURPOSE' -

final bits of training before the race on Friday, like contours or race tactics or planning etc. I attempted the 'Big Steve' loop in the area which didn't go too well, an adventure to say the least. Today's swimming location was near Aboyne, a rather dented bridge from a flood a while back. Very nice although sadly we weren't allowed to jump off it. It was also barbecue afternoon!



Our last day and the Tour Champs: this time in the rocky, steep and technical part of Glen Dye! The race was made up of a middle and a classic - the first 10 controls were middle style, with prizes for the leaders after that, then straight into a great big long leg with the whole course making up the classic race. I managed to come 2nd for the boys in both to Joel Gooch (MAROC). After everyone had finished and had lunch, we headed as fast as we could for the river again, this time with the jumping rock all to ourselves. The afternoon meant cleaning and packing up sadly but was followed by pizza and a party! It was a shame to have to leave on Saturday morning after a week of orienteering and having fun, but we knew we would all see each other again on Sunday at the 6-Days!

## Caban goes to Town

by PAUL CABAN

In 2014 I won the UK Urban League Men's Vet title, wresting away the trophy from South Yorkshire, where it resided since inception, by a combination of opportunism and no little expense in travelling down to England. Having decided to have a year off from marathon training, and having newly moved up an age-class, I decided 2019 would be the year I made an attempt to become the Men's SuperVet champion.



Excitement as Caban spots some tarmac ahead..

My orienteering warm-up didn't go too well. The record shows that at the Moravian Sprint event on January 2nd, Paul Caban mis-punched, with the wrong number one control. Ho hum. Still, I knew I was running fairly well, so all I had to do was keep the basic numeracy together, and all should be fine.

The first in the event wasn't actually in England: the Edinburgh Big Weekend was quite the easiest event travel-wise I'd have to get to all year. I'd no great experience of Dean Village - I'd done an FWTN there once - but local knowledge was likely to count for something. To my surprise, I finished with a big win. Next came Sheffield, which was the same weekend as the final ever Tinto Twin, which I also really wanted to do. After some investigation of railways timetables, I worked out if I left a car in Penrith, had a very early start time, plus then running straight on to Sheffield station, followed by a drive up the M6&M74 would get me to Carmichael Estate for their last start. The Sheffield course was fantastic, and I was having a good run, though in the teaming rain, running in glasses meant I was having to work pretty hard at map-reading. Then four controls from the end, the thought that I'd been trying to suppress - your train leaves in thirty minutes



... - lodged itself catastrophically in the front of my consciousness, and suddenly the control wasn't where it was supposed to be. It took just over a minute to relocate, and that was enough to drop from first to fifth. Blast.



Tricky trouble at the end of Ponderosa, meant Paul let the Editor sneak ahead. The Tinto Twin was fun, though.

After an interlude at the JK, next came Warrington-Birchwood on the way home from Berkshire, which was great, and which I won. After another interlude for the British Sprint Relays, came NOC's mass-start gaffled loop race at Nottingham-Clifton I've mentioned this previously, as being the best race I've been in all year, possibly ever. The terrain was absolutely fantastic, and the planning was superlative (thanks, Anthony). I'd have said all this even if I hadn't won, although I did, beating all four of those who were emerging as the other challengers for the League: John, Roger, Brian and Keith.

I spurned Shrewsbury, but then took in both Coventry (second) and Bristol (third) bookending one of my English 'running' holidays. Coventry in particular was great, and is next year's UK nomination for the Euro City Tour, well worth travelling for. I was still in southern England for both Newcastle and Bo'ness, and after a cheeky post-work mid-week raid on Lancaster University (much to John's astonishment), I finished up the first half of the season with a day-trip-by-train win at the slightly dull Northallerton.

At this stage, I had four wins, a second, a third and a fifth, in the best-of-seven league, and the other six events had each been won by different people. Looking good. Next up was the SixDay Sprint. It's fair to say that my head was completely full of controlling and I wasn't expecting much out of my run, confirmed by making a complete hash out of the long leg. Only it turned out that nearly everyone else messed it up too, and I still finished third-equal. Then came Buckingham and Lincoln, again bookending another running holiday in England. Both were again dull, and there was a downpour of biblical proportions at Lincoln, but I did win both. That meant

that only Roger could catch me, and he would need to win all the remaining races, which he then proceeded to start to do, winning at both Epsom and Thame. Worry, worry, worry.

The overall win, when it came, was effortless. That's because while I was officiating the start at Drummond Hill, Roger wasn't running at Leeds either. So I went to the British Sprints at Loughborough on a real high, and exceeded all my wildest expectations by finishing fifth. I needn't have gone to the City of London Race, except that it's always fun running up and down the wrong stairwells inside The Barbican. So I went, and wasn't disappointed on the 'wrong stairwells' front, being typically anti-climactically awful, as I had been at a Sprint around Middlesex University the day before. Roger, meanwhile, won at Swindon - infamous home of the UK's most confusing roundabout, and birthplace of our own Rob Lee - the next day, to cement a second place overall.

So that leaves only two events, both happening on the same day: Bury St. Edmunds, where I was brought up, and Liverpool, where I spent the next eight University years. A difficult choice, but as I'll be in Yorkshire and Manchester the week before, Liverpool it will be.

Next year I'm planning on going back to the Marathon again. The training is certainly a lot harder, but there's much less travel, and only one race to have to worry about.



## Great ESOC controls of our time



Head to head racing ESOC style.



## Scottish Six Days

This year's six-day was in based in Crieff, with some old favourite areas, some exciting new ones and Interlopers allocated the logistic nightmare that is Culteuchar & Dron. Its perhaps best to draw a veil over the heroic efforts from many club members, but suffice to say various organisational panics remained invisible to competitors.

The next six day, Lochaber 2021, promises to be an epic. Areas are still to be finalised, but possible venues are Arisaig (as organised by INT in 2001); Auchteraw near the shores of Loch Ness; Achnacarry, a WW2 Commando Training ground; Kinlochleven and the rocky moorland around the Nevis Range ski resort.

Your editor was temporarily unavailable this year, but our cub reporter tells it like it was.

## Strathearn 2019

by DAVID IVORY

The 22nd Scottish Six Days was held in Strathearn, with events at Auchingarrich, Edinchip, Dundurn & Cnoc A'Mhadhaidh, Culteuchar & Dron, Craig A Barns, and Grandtully. It went a bit like this:

### Day 1 - Auchingarrich



For me, at least, this was one of the best days. It was forecast to rain (like most of the other days), but the clouds had better things to do and so we had some vaguely nice weather. The courses meandered through some green forest marked with open rides, before running across open moorland (for the longer courses) and then finished with some open woodland and pastures. This was also one of the more technically difficult days, making you fight through green bushes and navigate by bracken patches. However, getting to the arena required a 2.5 km walk - and then you've got to get to the start! (another 1km)

### Day 2 - Edinchip



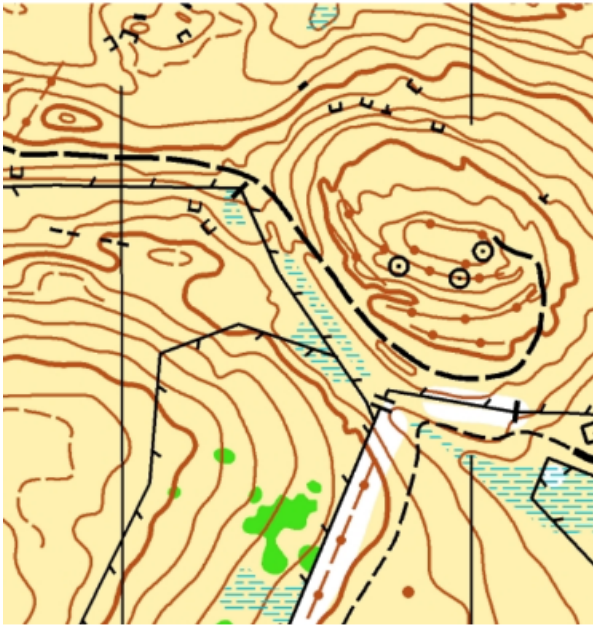
Featuring controversy over a river crossing and a remote finish (2km!), the 2nd days of the 6 days was held in Edinchip, on the banks of Loch Earn. The rain managed to stay away again, so we were able to enjoy the courses, which traversed an open hillside, before negotiating a grassy woodland area and finishing in a muddy field. Near the end of all courses, there was a mandatory river crossing - which didn't quite go to plan. People were spotted crossing the river without using the marked crossing points - but the self-declaration-of-cheating system didn't work. In the end, they had to void all legs that went over the river - causing some irritation as a few people were moved up or down a position as a direct consequence of that. Not to mention the remote finish.

### Day 3 - Dundurn & Cnoc A'Mhadhaidh



Day 3 was definitely my worst day of the week - a middle distance sprint out. The area was located next to St. Fillan's, also on Loch Earn. The courses went through a tough area of fallen trees and intricate contours, with a lot of bracken and marshy wetlands.

## Day 4 - Culteuchar & Dron



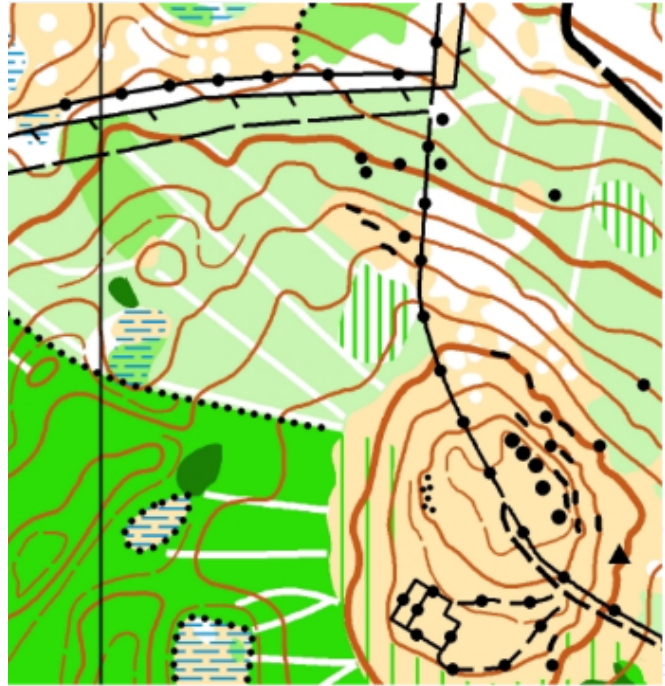
Culteuchar & Dron was a pleasant hillside area with patches of gorse and pastures, finishing with open woodland and the run-in in someone's garden. It was a runner's course, however, but it was still an enjoyable course. The rainy weather held off, which was brilliant given that I was manning the starts for most of the day. It was the first experience I've had of helping at a proper Six Days start, turning the maps over in their trays for the next lot of starters - Each club gets their turn to help on one of the six days - we (Interlopers) were helping along with Clyde and some other small clubs.

## Day 5 - Craig a Barns



Day 5 was a good, technical day, with courses going through some open woodland before coming out into plantation and then bursting out into the open moorland to finish. Along with Dundurn & Cnoc A'Mhadhaidh, Craig a Barns was a world ranking event for the elite classes - I'm sure they had great fun running through the green plantation forest!

## Day 6 - Grandtully



The final day of the 2019 6 days was fine as final days go (we were all so tired!) - a nice downhill run through birch forest, with technical courses and uneven tussocky terrain. The sun was out and overall it was a great end to the Six Days 2019.



See you in Lochaber



# Lucy va en France

by LUCY WARD

This summer Laurence and I went to the French 5 Day. It was 5 days of orienteering in the southern French alps.

We got a train to London St Pancras and got the Eurostar to Paris because that was environmentally friendly. We stayed in a hotel and spent a day exploring Paris. The best bit was going up Eiffel Tower. Then we got on a sleeper to Mont Dauphin where day one of the orienteering was. On the sleeper we had 6 beds in 2nd class. In first class you got four beds. The sleeper was hot!

We got off very early and we found an orienteer with a car who offered to take our big bag up the hill to the assembly area. We walked 2k up the hill to get there. The first day was a sprint race around a fort. There were lots of tunnels and other interesting features. After the event we walked back down the hill (saw some marmots up close!!!) and got the bus up the hill to Vars where day 2 and 3 was. We stayed in an apartment there, and got free tickets to an outdoor swimming pool.



Heading South Wards.

Day 2's orienteering was up a hill, and we got a bus and a chairlift to get to the assembly. It was a hot day and there was a nice lake at the finish but we were not allowed to swim in it as people were fishing :( This was a middle race in forest and open. We went to the swimming pool afterwards which was cooling. The next day was a rest day because of thunderstorms which ruined some people's plans. Day 3 was just by our apartment. We got a bus to the start. It was hot and sunny, and most of the course was in the open. Adult courses had lots of rocks and more forest.



"Walk" to the start

After the event we hitched to the next place - Risoul - with a lovely Belgian lady. The Hammond family took our big bag. We were staying near them, and went to the pool together. The next day was right next to our apartment, as was day 5, and there was a toboggan at the finish that I went on with Rebecca Hammond on the last day. On day 5 we got another chairlift to the start but most adults had to walk!

On the last night we went to the pool and had a lovely dinner with the Hammonds. The day after we went on a steep hill walk with good views, before getting the bus back down to the train station, and went home the same way - without the stop in Paris.

Best thing about the French 5 day - everything was quite close - when you get there.

Worst thing - trying to run in the heat.

Best thing about France - nice food, and swimming pools were refreshing.

Would I recommend - definitely!



Finishing Sprint.

# CompassSport Trophy 2019

by EARWIG O'AGEN

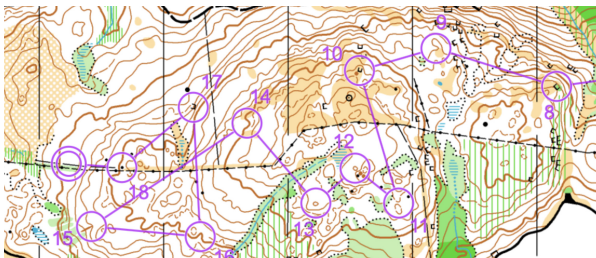
Way back in 2011, for the first time ever, Interlopers won the JK relay. We remained undefeated until 2017, when the race was held in faraway Pippingford Park. In 2016, we won the CompassSport trophy which we held until this year when the final is at faraway Pippingford Park. The final, which will stretch the club resources. But Cap'n Rob Lee has a cunning plan.



Pippingford Park Ponds



## SOL 4



September saw Interlopers projecting our legendary organising power fully halfway across the country to Drummond Hill, our very own "decent area<sup>®</sup>". Robin Galloway pulled the show together, while Scott Fraser was the planner who produced some excellent, challenging courses.

## Nippers' News

Congratulations to a number of East juniors for selections to the Scottish teams for events this autumn: - JIRCs - 28/29 Sept, South Yorks: Mairi Eades W18, Pippa Carcas W16, Thomas Ross M14, with Sam Bartlett then called up as reserve. Well done all for contributing to the Scottish team's overall win, and surviving challenging logistics and weather!

- JHIs - 12/13 October, Northern Ireland: Pippa Carcas W16; Angus Ivory M16; David Ivory M14 (with Sam Bartlett as reserve). Good luck guys;

The Six Days might seem quite a long time ago now, but since this edition of the Newsletter covers it, just to note lots of INT juniors' participation and some podium places.

W10A Lucy Ward 4th

W16A Pippa Carcas 4th (1st Day 2)

M12A: Laurence Ward 3rd (1st Day 4); Ben Ross 10th

M16A Angus Ivory 8th

M16B Matthew Ross 10th

Well done Mairi on 4th W18 at the British Middle Champs at Chinley Churn last month.

Next up is the annual Juniors' Inter-Areas competition, taking place over 9-10 November. Relays will at Scolty, and the Individual competition at Cambus O'May. Various INTs will be competing as part of an East of Scotland team of twenty or so.

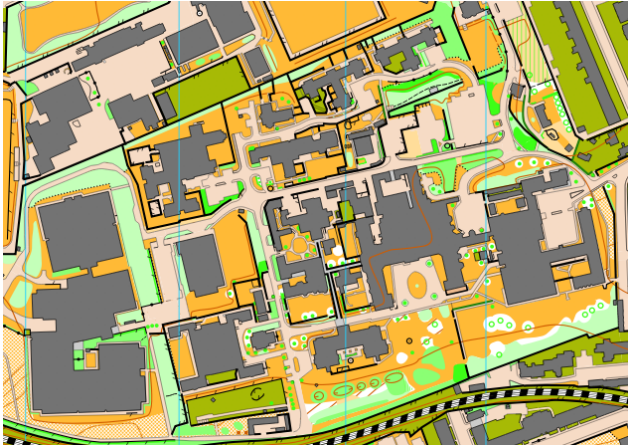
ESOA is organising a Scottish Young Orienteering Leaders course on Sat 4th January, to be followed by an ESOA juniors' social which will double as a chance for older ones to put their new-found skills into action. Hoping plenty of INT juniors will take part!



Nippers of the nineties: where are they now?

# Sprintelope

Our allegedly award-winning 16-event sprintelope series finally came to an end in August.



Morningside

Rachel hosted the sprintelope final this year in Kirkliston, a new area, some great courses, and a successful tryout for a bigger event next year. Further low-key Wednesday night fun was provided by the Ivories, McIntyres, Carcases, Paul Caban and Mairi Eades, plus assorted ESOCians and ELOies. Alas, there was a dearth of Interloper glory in the competition series: Johnny Crickmore (EUOC) won the long and Maya Robertson (ESOC) the short, with Graham McIntyre the highest-placed Interloper in 4th. maybe next year. Full results can be found by hunting Sprintelope on facebook on Munro-leagues. Guttingly, there were no gaps in the programme this year for your editor to fill' just a bit of mapping in Kirkliston, Morningside and Gilmerton.



SprintelopeFinalMeister in action at Nairn.

Sprintelope is in hibernation now, but will return on summer of 2020 Competition for hosting privileges is likely to be fierce again, so if you're hoping to stage a race next year, don't be shy - ask the antelope (or editor).



Kirkliston



Your house here in 2020?



## Reflecting on Interlopers' CATI Series

by KEN DALY

If you did not already know, CATI stands for 'Come and Try It'. Accordingly, the events are aimed at beginners and novices, but we also provide a course for experienced orienteers as that increases the numbers, which rewards the volunteer effort and provides a useful image of the sport for the less experienced participants.

I therefore believe it's important to provide good quality events, as a bad experience would be an own goal. For me, good quality means an accurate map, appropriate courses, plenty of competition and a fun atmosphere. When I plan and or organise an event, I try to update the map, repeatedly review and revise the courses (using site visits to check what works) and prefer plenty of volunteers as that improves the atmosphere and image. However, we can do a lot better on the level of competition by preparing events further in advance and promoting them. The Club Committee are looking for a volunteer to champion the marketing requirements (conventional and IT), so if you are willing to help please get in touch.

In 2019 Interlopers held five CATI's (Craigmillar, Colinton Dell, Dechmont Law, Braidburn Valley Park and Mortonhall), but in previous years we held more. We normally host a CATI on the first Saturday of the month, other than the winter months; with ESOC and ELO hosting on middle and last Saturdays of the month. Both ESOC and ELO have grown their memberships in recent years and their regular CATI's appear to be contributory factors. I would therefore like Interlopers to get back to hosting eight or nine CATI's each year, but we require more lead volunteers. There are plenty of club stalwarts willing to shadow and mentor the less experienced, so please, please can you volunteer to plan or organise an event next year.

Whilst the orienteering experience is important, I believe it's all too easy to forget the priorities, namely safety and the ability to return year after year (good relations). I believe safety always comes first, but too many clubs and volunteers appear to neglect it. It was safety considerations that led me to plan most of the CATI's to avoid any potentially busy roads e.g.: look at my courses from Dechmont Law, Braidburn and Mortonhall. The feedback from these events was very positive, so it is possible to plan good quality, enjoyable courses without taking risks. I therefore encourage everyone to put safety first.

I also planned the courses to avoid sensitive areas like busy public areas, erosion risks, etc, and made the effort to seek permissions and say thank you afterwards. Small gestures go a long way. From my experience, most lead volunteers' fall into one of two categories; minimalists who do just enough or extremists who spend lots of time reviewing and revising the map, courses, organisation, etc. It doesn't matter which category you fall into, as the event will still be fun and if the map is 'tired' the club can commission a map update or appoint an 'extremist' the following year, knowing they are likely to update the map. Over the last few years I have updated Calder Wood, Dechmont Law, Polkemmet, Kinneil, Braidburn and Mortonhall, so these maps should be good for a few years and if you volunteer soon you can secure the best.

There is one other thing I would like to stress, namely that we require people to volunteer well in advance, to produce draft courses and a risk assessment, as they normally have to be submitted with the application for permission and all of that is required before we promote the event. It is therefore important that people volunteer well in advance (perhaps 6-12 months) and get active several months in advance (preferably 4-6 months). Finally, if you want to discuss in confidence, what each role involves, please feel free to chat with me or anyone else that offers to do the same. Let's make 2020 a success!

