

# Interlopers

## **April 2024 Newsletter**

Welcome to the Spring 2024 club newsletter! Another jam-packed one: with the posted-out printed Christmas round-up being a quick whizz through the year just past, it has been quite a long time since the last 'proper' club newsletter (September 2023 – if you missed it, see online, along with many more going back over the decades:

<https://interlopers.org.uk/uploads/newsletters/21-25/NL192-2309.pdf>).

Many thanks to everyone who has sent contributions whether text or photos.

This edition includes...

- Ramblings from the chair (Colin)
- General club stuff – events and competition successes etc
- Hot-off-the-press reporting on JK 2024 by Lorna
- Reviews of our local club events, both Saturdays and Winterlopes (William and Graeme A)
- Reflections from Joe Hudd (EUOC) on his debut planning an INT local event
- International reporting by Pat Bartlett, on the MOM in Spain
- More international reporting on French Riviera sprint training by Mairi Eades
- Classified ads (well, one)



The next newsletter will be at the end of the summer; please do send me material for this over the coming months.

Happy reading and happy orienteering!

Katherine Ivory, Editor.



# RAMBLINGS FROM THE CHAIR

## Colin Eades

The last few months have seen an upturn in the amount of activity related to the forthcoming **WOC 2024**. There are opportunities to help at both the WOC itself and also the public races of WOC tour. As this is in our backyard it would be great to see more Interlopers taking on roles to help make this happen.



\* Lyndsey Knox is the WOC tour coordinator and would love to hear from you, and we can help you get in touch if you can help.\* The Orienteering Edinburgh activities are continuing and building towards WOC with our very own Louise Adams very much to the fore in her SOA Development role.

Now as I have mentioned development role, Interlopers have been making funding applications to assist in taking on our own **Club Development officer** to work around and developing on from the WOC 2024 itself. The initial plan is to try to find a suitable candidate who could work with the club on a number of development ideas, with initial thinking being around the equivalent of one day a week although we are taking advice from other Clubs, SOA and the Orienteering Foundation with regard to the post and work is currently in progress on the details and funding. The post will be paid by a combination of Club funds and grants that we may receive and there is any number of projects we will be keen to explore.

As I type this piece, we have just returned from **JK2024** and may I offer my congratulations specifically to **Luke Fisher** who won the Long Race, and **Peter Hodgkinson** who won the Sprint in M21E. **Lucy Ward** won both the Sprint and Middle at W14A narrowly missing out on the overall. In the relays it was great to have so many teams with the **Men's Open** securing second and third, and **Women's Open** making fourth.

Looking ahead we have a **Sprintelope** series upon us again - please consider offering to help make this happen, and we have a couple of other local events we need to get helpers for. I am sure you have seen the emails, please say if you can help to ensure we can make these events happen.

Please consider what you could do to help with local events and the upcoming WOC and WOC Tour and put your hand up to help when you can. See you in a forest/street/country park or wherever.

Colin Eades



## CLUB STUFF

Welcome to new members, swelling further our ranks of M/W 21s! - **Aoife McCavana, Luke McGillicuddy, Eddie Narbett** and **Lindsay Robertson**.

*Luke McGillicuddy (M21): "My wife's family have always been very involved in orienteering, and I've really enjoyed being inducted in the last few years. Given she's a member of ESOC (Shona McGillicuddy, W21) I thought I'd join Interlopers, so we could have an exciting inter-club rivalry/romance. Outside of orienteering I'm a keen (if slow) runner currently training for an ultra marathon, a climber and a part time doctor in psychiatry."*



And the youngest new Interloper is a new addition to the Strain family, congratulations to Tessa and Murray! "Rowan Robin Strain was born on the 6th January weighing a substantial 5.16kg (11lb 6oz). He has developed into a long and lean pooing machine with a smile that makes our days. He has so far spectated the Big Weekend and a SoSOL, but is aiming to complete a white course when he can stay awake long enough. Thanks to all Interlopers who have passed on various clothes and baby paraphernalia - he reached the 6-9 month clothing size before he was 10 weeks old so it has been very handy to have so much in the cupboard!"

The **Mortonhall local event** in November used novice planner **Joe Hudd's** courses— great that INT-EUOC collaboration is enabling skills development (see Joe's article below). It was a great success with 80 entrants.

The **Junior Inter-Areas weekend** took place in October, with **Claire and Ray Ward** stepping forward as coordinators as it was East's turn to organise this year (but alas, not yet its turn to win...). The individual races took part at the wet-wet-wet Devilla SOL

The **Ward** family were in action again as last-minute on-the-day organisers at the last SOUL of the year on 2 December at Dechmont, Livingston. Another successful event to round off 2023; thanks also to **Pat Bartlett** for planning and Crawford Lindsay (ESOC) controlling).

*[Image - Snowy first thing at the Livingston SOUL. Photo credit: Claire Ward]*



The **Christmas Cup** (<https://christmascup.co.uk/>) provided seasonal fun once more, with Interlopers supporting and competing. **Sasha Chepelin, Luke Fisher** and **James Ackland** were in the top 10 for the long, and on the medium, **Ben Hartman** won 2 and was 2<sup>nd</sup> in the other forest event, with **Lucy Ward** first in the medium sprint. In the short, **Keith Dawson** and **Morag McIntyre** featured in the top ten, and **Laura Kitchin** had 2 top 5 places on orange.



ESOC's **Cammo** event was a good way to start the year with some good results. William Ivory (1st) on map memory, Inis Chepelin (2nd), Michael Doherty (3rd) and Heather Dudley (6th) on orange, Ember Chepelin and Finn (2nd) on white.

Thanks once again to **Jane and Max Carcas** for hosting another nice **Club Burns Night Social**.

Congratulations on William for being awarded the Gullane Rock for the services to the club at the AGM at the end of September.

[Image: William with Club Secretary John Barrow; credit Max Carcas]



## Compass Sport Trophy – 2023 Final and 2024 Heats

Well done to everyone who took part in the Compass Sport Trophy heat at Birnam in February (hosted by FVO) - what a glorious day and fantastic area. Interlopers came first so have booked their place in the final. Sadly we won't have a chance to take our revenge on SBOC as they failed to make it through their heat this year.







Fun in the sun at Birnam, February 2024. Photo credit Jane Carcas







[Below] The Interlopers Team at the November 2023 CST Final - second to Swansea Bay by just 1 infuriating point!





## JK 2024 – Lorna Eades

Nearly forty members of Interlopers made the journey down to this year's JK Easter orienteering festival. This was held in the Midlands with the Sprint at Loughborough University, Day 2&3 on Beaudesert, Cannock Chase and the relay at Stan ton Moor, near Matlock. Weather was a mixed bag throughout the weekend with the best of the days being the Friday Sprint event with a fine sunny spring day (with occasional intense showers).



The Loughborough campus provided some tricky courses for the opening day. Podium performances for the Sprint came from **Lucy Ward** (W12) with an impressive 2 min Gold medal win over the rest of the field, **Laurence Ward** (M18E), bronze, **Peter Hodgkinson** Gold and **Freddie Carcas** Bronze in M21E.

**Day 2 Middle:** 'Well that was muddy' was the theme of the day (and the following day only longer in it). Many a tale of falling headlong or knee deep in wallowing marsh/mud pits. Sadly a couple of misplaced controls rendered the M21 and W21 elite classes void. Top performers on the day were **Innes Chepelin** 11th (M12) **Laurence Ward** 6th (M18E), **Laura Kitchin** 2nd (W12), **Lucy Ward** 1st (W14), **Bethan Kitchin** 13th (W16), **Claire Ward** (W45L) 2nd and **Heather Hartman** (W50L) 8th.

**Day 3 Long:** More of the same mud...only much longer fun out in it. Top individual performances: **Innes Chepelin** 5th (M12) **Laurence Ward** 5th (M18E), **Luke Fisher** (M21E1) 1st, **Freddie Carcas** (M21E1) 10th, **Laura Kitchin** 2nd (W12), **Lucy Ward** 2nd (W14), **Mairi Eades** (W21E) 7th, **Aoife McCavana** (W21E) 14th, **Claire Ward** (W45L) 4th, **Kate Kitchin** (W45S) 5th, **Heather Hartman** (W50L) 6th and **Jane Carcas** (W55S) 3rd.

Overall from Day 2&3 combined: **Innes Chepelin** 10th (M12) **Laurence** 5th (M18E), **Laura Kitchin** Silver (W12), **Lucy Ward** Silver (W14), **Bethan Kitchin** 13th (W 16), **Claire Ward** (W45L) Bronze and **Heather Hartman** (W50L) 5th and **Kate Kitchin** (W45S) 6th. (M/W21E same as Day 3.)





**For the Relay**, a shift northwards to Stanton Moor in the Peak District near Matlock and a change in terrain to rocky tors and a lot less mud. Interlopers fielded three strong teams in the Men's and 2 in the Women's premier class, Women's short, Men's 165+, W48- and mixed ad hoc so a great spread across the age classes. As defending Men's premier champions, stakes were high to make the first team, but could we go for more than one team on the podium?

Men's premier was first off, **Eddie Narbett** returning in 2nd place, **Aidan Smith** in 7th and **Freddie** in 8th. Leg 2 saw positions changing around with **James Ackland** dropping 1 place but sending **Sasha** out in 3rd along with **Peter Hodkinson** after **Luke Fisher** pulled the 2nd team up into 4th to hunt down FVO and EUOC. By the spectator control both had reeled in Euan Tryner from EUOC but Peter Molloy remained tantalising 20-30 seconds ahead. After a very tight final loop all 4 teams finished within 30s with **Interlopers in 2nd and 3rd for the podium**. Our 3rd team of **Aiden, Ben Stevens** and **Colm Moran** finished a respectable 12th.



*[Sacha & Pete – Men's Relays finish - Photo credit – Robert Lines]*

Next up the Women's premier with 2 teams on the start line for the first time in several years which was fab to see. First leg saw **Jura MacMillan** and **Pippa Carcas** return in 7th and 8th respectively. **Aiofe McCavana** and **Roanne Lilley** pulled up places to bring the teams up to 4th and 5 respectively and into contention for a podium should SYO's second team falter. Final leg saw **Mairi Eades** and **Louise Adams** gain on 3rd place but not quite enough to gain a position on the podium, however **finishing 4th and 6th team** respectively and marking a fantastic return to the top end of the Women's premier class.

Our Women's short team of **Claire Ward, Jane Carcas** and **Heather Hartman** finished 7th. Mens 165+ (**Colin Eades, Max Carcas** and **Andy Kitchin**) 18th, Junior Intermediate women-48 (**Bethan Kitchin, Laura Kitchin** and **Lucy Ward**) 7th and our final team running in the mixed adhoc (**Graham McIntyre, Joy Hodkinson** and **Mo McIntyre**) 13th.



*JK 2024 Men's Relays - INT Podium Success. Photo credit: Max Carcas*

*Junior success for Lucy and Laura: Photo credits: Claire Ward*



## **Big Weekend - William Ivory**

In the run-up to WOC 2024 (Edinburgh, July), the Big Weekend races this year were all urban in nature. There was a training camp in the week leading up to the event, with the first events on Friday 26th January (2x2 mixed-sprint relay and Fight With the Night), followed by a Sprint on Saturday and longer Urban course on Sunday.



## **2x2 MSR (Mixed Sprint Relay) - Liberton, Friday**

A new event, aimed at the Elite runners, this took place in Liberton on Friday afternoon. The format was 4 legs, M-W-M-W, around the intricate housing estate layout with plenty of steps, narrow passageways and sharp turns to keep everyone on their toes. Several Interlopers in action:

- 18th: Colm Moran and Aoife McCvana
- 20th: Aidan Smith and Anna Murgatroyd

## **Fight With The Night (FWTN) - The Inch, Friday**

Back to more traditional fare, the FWTN race was based just across the road from the 2x2 MSR at the Inch Community Sports Centre. It was a dry night, not too cold, perfect for running around the twists and turns of the Inch estate. Some good results for the club, and for those on the longer courses, a possible chance to claim they raced against someone famous (well, in Orienteering circles at least).

Junior - 4th: Lucy Ward

Short - 7th: Mary Ross; 8th: Ann Haley; 10th: Tricia Alston

Long - 6th: Laurence Ward

## **Sprint - South Queensferry, Saturday**

This year's Saturday was a sprint rather than long urban, with the elite classes being World Ranking Events (WRE). This involved a lot of extra work for EUOC as it was effectively parallel events, and Fiona Eades and Jim Bailey had their hands full organising it. Many club members helped out, and I had a stint on quarantine, mostly writing signs and taking participants' bags from the quarantine exit along to the finish for collection. Perhaps someone can explain to me why elite orienteers want to warm up in a different pair of shoes to the ones they race in?

Anyway, despite part of South Queensferry being very definitely on a steep slope down to the Forth, the actual courses were almost flat, around the housing estates at the top of the hill. Quite a few artificial barriers added to the challenge of some very good courses. Those in the top half of their course included:

- W16-: 2nd Lucy Ward
- W Elite: 17th Mairi Eades, 31st Anna Murgatroyd
- W40+: 1st Claire Ward, 3rd Mary Ross
- W55+: 5th Ann Haley, 12th Lorna Eades
- M Elite: 23rd Peter Hodkinson, 25th= James Ackland, 30th Colm Moran, 34th Laurence Ward, 39th Aidan Smith
- M40+: 9th William Ivory



## Long Urban - Bughtlin, Sunday

Sunday's race was a long urban at Bughtlin in West Edinburgh, in place of the usual trot around Arthur's Seat (if you missed that, check out the WOC tour warmup race being planned by Max Carcas). Artificial barriers again added to the challenge, as did having the straight line route from 5 to 6 on my course pass through 9, especially when you consider that the map was upside down at this point leading to 9 looking more like 6 than 6 did. Oh, did I mention the profusion of artificial barriers around this point too? All good fun anyway, with some interesting longer route choice decisions as well. Interlopers in the top half of their age classes were:

- WYJ: 1st Laura Kitchin
- WJ: 4th Lucy Ward
- WV: 5th Mary Ross, 12th Heather Hartman
- WSV: 5th Ann Haley, 11th Tricia Alston, 15th Lorna Eades
- MO: 14th Graeme Ackland, 17th Daniel Murphy
- MV: 12th William Ivory
- MSV: 1st Ben Hartman, 9th Robin Galloway



## SoSOLs 2024 – William Ivory

The 2024 SoSOL (South of Scotland Orienteering League) got off to a great start on 10 March in Dalkeith Country Park, with **Interlopers winning 5 out of 8 courses**, and taking the top 2 positions in the 3 longest courses (brown, blue and green). ESOC were hosting the first round, and while it may have been overcast, the rain mostly held off. Courses were fast and furious as the park offers very fast running with very little ascent, and the winner on the brown course must have gone round at a pace of 4 minutes / km or thereabouts! Meanwhile **Inis Chepelin** seems to have been busy having come first on both orange and light green ...



Well done to the following Interlopers who were in the top half of their course:

- Brown: Eddie Narbett (1st), Scott Fraser (2nd), Ben Stevens (4th), Matthew Leitch (9th)
- Blue: Ali Masson (1st), Aidan Smith (2nd), Will Rigg (3rd), Anna Murgatroyd (10th), Roanne Lilley (13th), Max Carcas (19th)
- Green: Ben Ross (1st), Thomas Ross (2nd), Mary Ross (5th), Ann Haley (8th), Rob Bloor (10th)
- Light Green: Inis Chepelin (1st)
- Orange: Inis Chepelin (1st)

- Yellow: Ember Chepelin (2nd), 6th Toni and Jim Fraser

There are **10 events in this year's series**, with the following to look forward to between now and the WOC Tour in July:

- Sunday 24th March: ELO Balgone Estate
- Saturday 6th April: INT Calderwood
- Sunday 19th May: TAY Balkello Hill
- Thursday 11th July: WOC Holyrood Park

The aim of the South of Scotland Orienteering League (SoSOL) is to promote participation in orienteering beyond the local level by providing larger, but still welcoming, events; high-quality courses; good areas; and up-to-date maps. Competitors are invited to run any of the coloured courses and, new for this year, we will be recognising adult pairs who run on the Green courses; adult novices who run on the Orange courses; and improving adults who run on the Light Green courses.

For the league, your best 6 results will count.



## INT Local Events – William Ivory

Our first event of 2024 was at **Craigmillar Castle Park**, a perennial favourite. Plenty of paths for the inexperienced, and enough complexity in the wooded areas to keep more experienced orienteers concentrating! Many thanks to **Robin Galloway** for his excellent courses. Over 80 competitors took part on a cold but mostly dry day. Thanks to all our volunteers - **Max and Jane Carcas** for organising, Robin for planning, and everyone else who helped put out or collect controls, run the start or help at download.



We have plenty more events lined up for the rest of the year. **Our Spring series** continues with three more events:

- **Calderwood** Middle Distance SoSOL, **Saturday 6th April**
- **Polkemmet Country Park** local event, **Saturday 4th May**
- **Kinneil Woods** local event, **Saturday 8th June**

There is also the ever-popular Wednesday evening **Sprintelope** series, running around the streets of Edinburgh, East Lothian and Fife. Interlopers' events in the series are shown below. You can see the full series on the Sprintelope Facebook page ([www.facebook.com/sprintelope](http://www.facebook.com/sprintelope))

- Wednesday 8th May, location TBD
- Wednesday 22nd May, Gracemount
- Wednesday 3rd July, location TBD
- Wednesday 24th July, Pollock and St Leonard's
- Wednesday 31st July, Pathhead (including the famous shrubbery)

Moving into the autumn, the highlight is our hosting of the **Scottish Score Championships at Vogrie Country Park in early November**. Our provisional schedule is as follows:

- Saturday 5th October, **Braidburn Valley** local event
- Saturday 9th November, **Scottish Score Championships, Vogrie Country Park**
- Saturday 7th December, **Colinton Dell** local event

As ever, a **very big thank you to all our volunteer organisers, planners, and helpers**. Without you, none of our events would be possible. Our local events are a vital way to get newcomers into the club and the sport, so everyone's help at these, and larger, events is much appreciated. [And let's not forget the four-legged putter-outer! Photo: Mike Stewart]

Craigmillar, Sat 2  
March 2024  
[Photo credits –  
Katherine Ivory,  
Mo McIntyre,  
Mike Stewart]









## A Local-Event Planning Debut – Joe Hudd (EUOC)

Having done lots of running in south Edinburgh – I assumed I knew the area well. Once I started planning, however, I realised how many sections of Mortonhall I had run through without really thinking about how it could be used for Orienteering.

Once the start and finish locations had been sorted out, I opened the map file in Condes and began experimenting. I had a look at some previous courses on the area for some inspiration. I specifically wanted to make sure that I provided some interesting legs for Orienteers of all abilities and – moreover - to access parts of the areas which were used less frequently.

After receiving some feedback on my first drafts from William, I realised I needed to re-evaluate the kinds of roads which younger juniors were allowed to cross unsupervised. As such, I decided to use a different section of the area in order to make the Yellow and Orange courses interesting without crossing any dangerous roads. I added a butterfly loop to the Light-Green course in an effort to get the most out of the best section of the area.

Once I had created some interesting courses in Condes, I printed off a copy and incorporated them into my longer running route. I was quite happy with the courses but decided that a few things needed to be changed. I edited a few control placements to ensure that flags would be (un)obvious from nearby paths and to make sure that SI boxes could be readily gripped to nearby objects.

Many thanks to William for his helpful support and advice when planning. I hope to use what I have learnt in my future planning endeavours.



Mortonhall start box, October 2023 [photo credit – Katherine Ivory]

# Winterlope 2021-24s ... RIP?

**GRAEME ACKLAND**



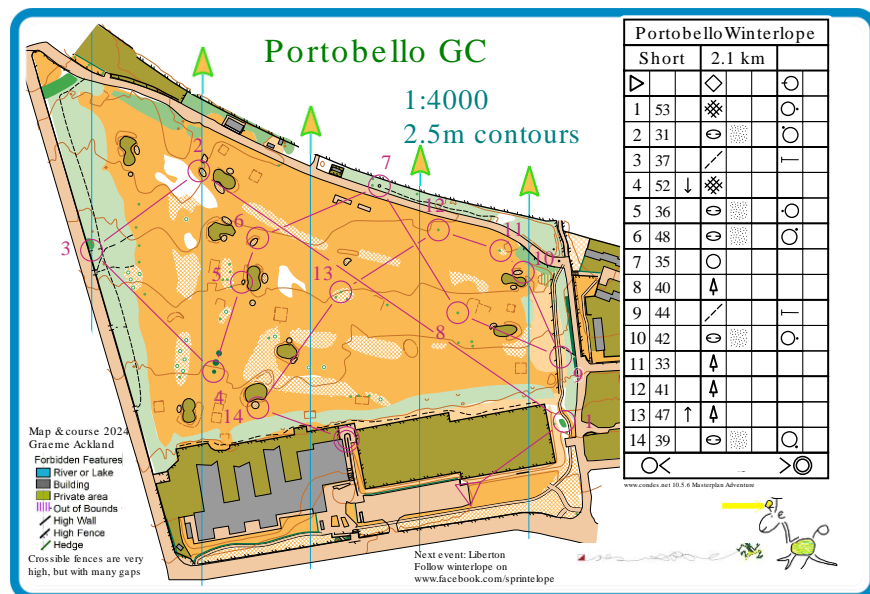
Christmas: Winterlope is off to a good start. Having foraged for a functioning headtorch, rescued his stripey jumper from the moths, installed Maprun 6.5 on his new phone, he is all set to prance: no links will go unvisited. A team of eager planners (**Graeme, Pat, Bex** and the ghost of Graeme past) are recruited. Mapping a new course at Portobello is in train. Everything is ready, until... The committee calleth. A cull of Winterlopes has been approved. Resources are scarce, and Winterlopes are too dear.

In the end it was all sorted out, we had a four race series on Prestonpans, Braids (thank you Bex) Musselburgh and Liberton (thank you Pat). These were combined with EUOC's Fight with the Night and scored up on Ben Browns Munro Leagues. **Ann Haley** won a narrow victory on the short course score of 580 over **Tricia Alston's** 576. ESOC's Terry Johnstone took a convincing win on the long course.

It may be time now to review whether we need to run the Winterlopes every year. As a lockdown activity, they came into their own using Maprun and running alone. Now it's clear that the FWTN format is the more attractive option, but our club doesn't have the volunteers for the events we do do, let alone four more.

We do now have a bank of Maprun courses, which we could simply recycle year on year. The style of orienteering is mainly point and shoot on a bearing, so rerunning the courses doesn't matter so much.

Our latest area. Not the most technical but it is hard enough to stay on a bearing in flat fast terrain at night!





## INT TRAINING – WINTER 2024 PHOTO ALBUM



11 Jan2024: Well done on the muddy side if Black Hill, and remember we'll be sunbathing here again soon! Photo credit: Morag McIntyre



21 March 2024: Nice night, little blowy but nearly light Photo credit: Graham McIntyre

# Maximus Orienteering Meeting 2024

## Pat Bartlett



Myself and Su joined a number of JOK members (ex Oxford University Orienteering Club) for a trip to the MOM in February.

MOM is organised by the Maximus Orienteering Club, who are based in the Avila province in Spain, which is about 2 hours west of Madrid. Similarly to the POM (the Portugal O Meeting), the event is organised in February each year to provide some (relatively!) warm weather orienteering/training.

MOM attracts a large number of elite orienteers – as well as the event there are also a large number of high quality training opportunities – but also has a good field for other classes (e.g. c100 on M55). It is handy from Edinburgh due to the EasyJet direct flights to Madrid!

We flew out on the Thursday staying in a villa in the town of Navalunga. Friday was a tricky training day before a long race on the Saturday, middle distance race on the Sunday, a sprint on the Monday, and a classic distance chasing start (which we weren't able to stay for) on the Tuesday. Weather was great – after having to scrape ice off the car in the morning, sun cream was needed in the assembly areas.

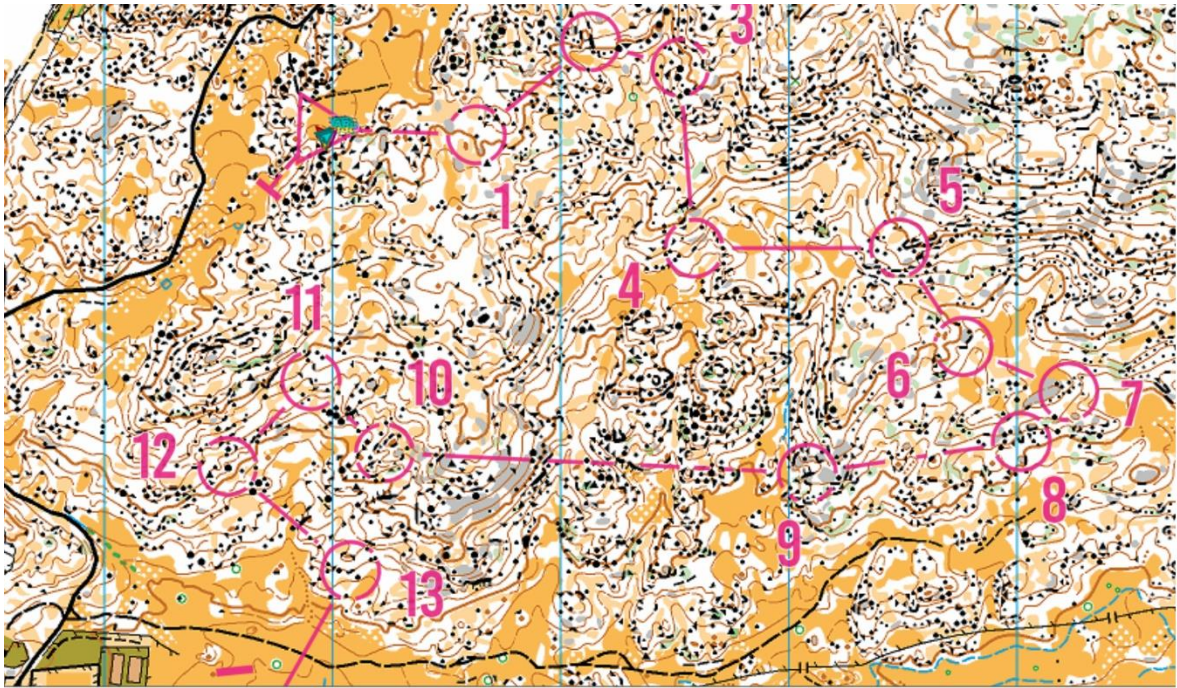


The Saturday long race was a nice white forest – fast going with lots of contour detail, I was happy to manage c9minute k's.

The Sunday middle race was next to the training area, and we knew this was going to be highly technical and physical with a lot of rock detail. This complex rock terrain is characteristic of the area (and also featured in the Tuesday chasing start event). M55 was 3.2k, shown below.

Control 10 was my (and many others) downfall. I was in the vicinity but (I think!) too high and it was very difficult to relocate resulting in a 10 minute error!





[Image: Sunday Middle and Control 10..]

The Monday saw an excellent urban sprint race in the hill down of Navarredondilla. We don't often seem to have sprint races for M55s (i.e. winning time of 12 minutes, M55 was 2.2k), and the area was a highly confusing maze when trying to move quickly. The grey is bare rock (with cliffs) between certain buildings. Very enjoyable.





[Image above: Navarredondilla sprint race]

As well as the O we had time to visit the walled city of Avila on the Saturday, the Spanish palaces at El Escorial on the Tuesday; and take in the relaxed atmosphere of the Spanish countryside. The area is popular as a summer destination for Madrid residents with many holiday homes and large villas (including the stunning villa that we stayed in!).

The Acklands were part of our JOK group, although Jane cycled each day rather than orienteering as she was still recovering from her knee surgery; and Interlopers members Fiona Eades and James Ackland ran elite at the event.



Graeme finishing Day 2 (photo: Steve Wilson). Above: Pat at training day (photo: Jen Leonard)

Sprint control (photo: Su Twissell)





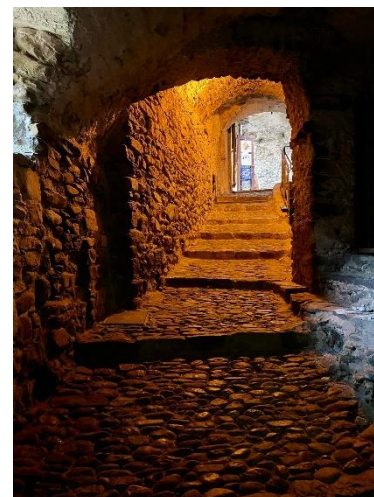
## Riviera Sprint Camp – France/Italy (March 2024)

### Mairi Eades

Four Interlopers recently attended a GB sprint camp along with teams from Finland, Norway and France. The camp was organised by the king himself (Thierry Gueorgiou), so we knew it was gonna be a good trip. We started out in Italy near San Remo and got thrown straight into the deep end. Me and **Pippa** [Carcas] had been lulled into a false sense of security from the BUCS sprint relay the previous day in the flat and blocky Cambridge (shout out to me and Pippa for finishing 1<sup>st</sup> & 2<sup>nd</sup> on the women's first leg, cheers for planning the courses **Murray** and **Tessa** [Strain]). But back to Italy which in the details Thierry claimed these areas would be the hardest orienteering we would experience in our elite careers...

Narrow passages, tunnels, steep hills, stairs, cobbled streets, all very tricky indeed. Some passageways were so long and dark head torches were recommended. By the afternoon the rain had arrived adding to the treacherousness of it all so we tested running a full day sprint with our head torches on (a very strange feeling but what an experience).

The Italian terrains continued to provide tricky terrains but with many awesome views of coasts and mountains. I had to rely on Pippa the photographer and content creator to capture these as my phone decided it would rather go back to Edinburgh than come on holiday 😞 (so kudos to Pippa for all the pics).



We then made our way past Monaco on scenic walks and runs to see the views, then it was onto Nice for yet another very hilly sprint course but again such a novelty with the crazy terrain and this time views of the sea (some had a post run dip). Nice was indeed very nice.

Then came a well-earned rest day where cycling was on the menu. Many deflated and punctured tyres later Pete made it on an 80ish km ride, Pippa on a 60ish km ride and me on a whopping 10km ride.

All rested and ready to go for a full Knock Out sprint day. The qualification race was right by the sea and deemed flat in comparison to the rest of the week. Which meant fast and furious (but you needed to make sure you slowed down after punching the finish otherwise you would receive a dip in the sea). For the KO rounds they managed to find another steep and narrow



street village. I can't speak for how the boys' rounds went but me and Pippa ended up in the same quarter and semi rounds together (the first one Pippa managed to tag on and keep up with the pack which sped off but everyone slowed when we split for the runners choice. In the semis I took on Pippa's tactic of running and keeping up with worked till we realised we were at #3 and we had not been to #2 yet, in the panic I collided and gave a French girl a hug then rebounded off her into Pippa, once the world had stopped spinning I finally headed off to #2, not really sure what happened to Pippa after that.



Saturday offered some forest O for those who wanted both Freddie [Carcas] and Pippa headed to that in hope of spotting some turtles (sadly none found). Pete [Molloy] ventured on another big cycle and I decided I hadn't had enough of hilly sprint areas yet. All back together for the afternoon again and the training provided some chaos, originally planned as loops but now all printed on one map on top of each other (pictured below) then a micro sprint in some lovely gardens.

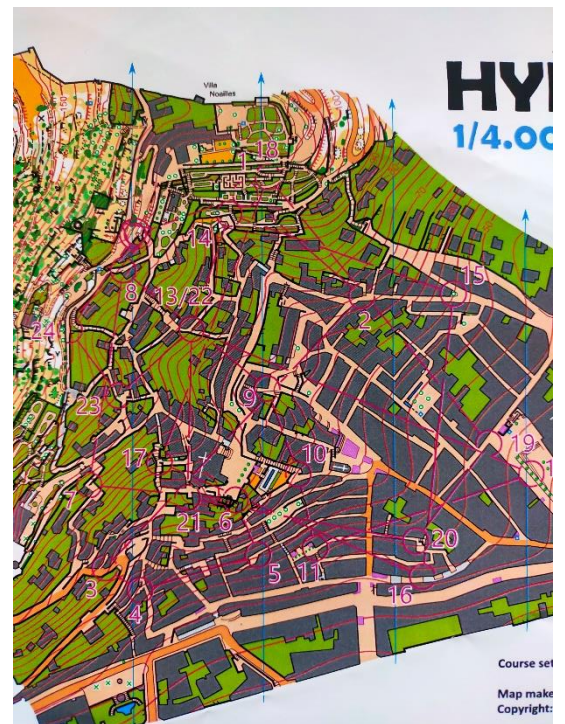


Sadly, it was almost time to return home for some, Pippa departed very early Sunday morning (avoiding all the cleaning duties), Pete and Freddie managed to squeeze in the sprint relay before rushing off to the airport. We had thought it was too good to be true, having a whole sprint camp without any casualties so Pete decided to take one for the team and tumbled on leg 2 of the relay (patched back up and sent out on leg 4). I managed to get one more training on Sunday afternoon amongst some very fancy yachts on the FLAT (finally) seafront of Antibes, which was followed by a very large ice cream.



It was very nice to have such a well organised training camp with incredible terrains and maps (with route choice measurements straight after finishing). But not sure how relevant it was for the upcoming JK sprint (who knows maybe we might need head torches for that).







## CLASSIFIED ADS

A past member of Interlopers, based in Fairmilehead, is offering her size 7 Walsh shoes to any taker. Please contact her on 0790 435 4809.



## Club Committee 2023-24

Chairman – Colin Eades  
Secretary – John Barrow  
Treasurer – Robin Galloway  
Social Secretary – Lorna Eades  
Communications – Katherine Ivory  
Club Captain – Rob Lee  
Junior member – Fiona Eades  
Ordinary member: Mike Stewart  
Events coordinator – William Ivory  
Child Protection Officer – Lucy Galloway (co-opted)  
Equipment officer – Paul Caban (co-opted)  
Webmaster – Graham McIntyre (co-opted)

For full details on club management, training, forthcoming events etc, see [www.interlopers.org.uk](http://www.interlopers.org.uk). Enquiries to [info@interlopers.org.uk](mailto:info@interlopers.org.uk).

