

Interlopers

April 2025

Welcome to the Spring 2025 club newsletter! Many thanks to everyone who has contributed. This jam-packed edition includes a diverse selection of some pieces that you will DEFINITELY want to read, including:

- “Hello MOGAs!” Max’s Ramblings from the Chair [but watch out for any power-grabbing moves to be President] ¹
- Club news round-up and new members
- Our first event of 2025: Craigmillar Castle Park – Katherine Ivory
- CompassSport Trophy Qualifier and National XC Champs - Mairi Eades
- William Ivory’s Alright on the Night(O) write-up
- Roving Reporter Claire Ward’s Competition reports – Fight With The Night; British Middles; Scottish Middles and SOL 1 (Lady Culbin)
- Fenland Fun at the Icenians’ Sprint event - Angus Ivory
- Jane Ackland’s W60-something ramblings [with apologies to EJ Thribb]
- Adventures in Club Development, and What Next? - Katherine Ivory
- Thursday Training and post-run socials - Morag McIntyre
- Robin Galloway’s wizard ² holiday in Oz

The next newsletter will be the end-of-summer club round-up, so please send me material on your exploits to include in that. In the meantime, happy reading and happy orienteering. And of course, MOGA MOGA!

Katherine Ivory
Newsletter Editor



¹ As context for those who either live under a stone, or are reading this from the INT archives sometime in the future, we are living in unsettled Trumpian times...

² No, not literally.

RAMBLINGS FROM THE CHAIR – MAX CARCAS

Hello MOGAs!

Yes the Great Max is back again to **M**ake **O**rienteering **G**reat **A**gain and restore Interlopers to its rightful place in the universe following the end of the Ead-en regime! Some people may think you can only be Chairman twice - but who knows what might happen – you might never need to vote again!

I think Interlopers has been treated very badly by other clubs who have been unfairly taking advantage of us. Those people (bad, bad people) in ESOC have been taking advantage of us by running in all our beautiful areas and not paying us for our maps. So I am going to put on tariffs on anyone wanting to orienteer in any of our areas. First up will be the permanent orienteering courses! 10% of nothing is nothing. I want 100% - or maybe even 1000%!



Forth Valley is also important to Interlopers as they have some great areas (so great) that are important to our sport and are a buffer against MAROC expanding south so I have decided I am going to make them part of Interlopers. I and my beautiful wife may make a surprise visit to the frozen wastes of FVO-land to be welcomed by the adoring hordes of FVO-ers! I'm told they have a lot of valuable crags and knolls there. And what has ELO ever done for us?*

I'm also going to create a cryptocurrency called \$MAX\$ that will give you free orienteering for life**. £100 will buy you one \$MAX\$ coin or £250 will buy you two \$MAX\$ coins, giving twice as much orienteering for life! Please make cheques payable to MMTS*** c/o Strathearn-o-lago. I am also selling car bumper stickers "I took up orienteering before Max became crazy"...

* Quite a lot actually

** Terms and conditions apply. String course only and not more than once a day.

*** More Money Than Sense. No refunds.

More seriously – I hope you all have a great summer of orienteering - perhaps this could be your year of the perfect run! Notwithstanding the above (*who* wrote that?), many thanks to Colin for his previous chairmanship and the huge efforts he and Lorna put into the success that was WOC. Many thanks also to everyone helping in whatever capacity around events, planning, organising etc and especially to Katherine for club development work and keeping us informed with this newsletter, William for weekly updates/ event organisation/ volunteer collaring (huge task!), Robin for keeping the finances straight, Rob for captaining our winning teams, John for keeping our minutes minuted and club organised, Lorna for the kit stuff and keeping us semi-flexible, Mike and Ann for being ordinary (extra-ordinary?), Paul for keeping kit kitted, Graeme for Sprinteloping, Mairi for social socials, Louise for SOA development work, Lucy for PVG-ing and last but by no means least Laurence for still being Junior! Er... and everyone else I've forgotten to mention!

MOGA MOGA!



CLUB ROUND-UP

A big hearty Interloperian Welcome to some recent New Members!

- Ellie Bales (formerly of EUOC, who planned the Big Weekend classic race this year)
- Lovisa Wihlborg W21 (see below)
- Lukas Jamisauskas M21 (see below)
- William Mackaness M60

Lovisa: “My name is Lovisa Wihlborg, and I'm from Sweden originally but have lived in Scotland for more than 10 years - just moving back to Edinburgh this April, from Dundee. I did a lot of orienteering in Sweden as a teen, but then stopped for basically all of my twenties. Now my brother, back home, has inspired me to get back into it, and I've participated in a few events around Scotland this spring which has been great. I didn't know how much I missed it! I work as a Speech Scientist for a company that creates personalised synthetic voices for people with medical conditions affecting their speech, and in my free time I like being outdoors as much as possible. My favourite type of orienteering is "as much forest as possible". I'm very excited to have joined Interlopers and am looking forward to meeting all of you!”

Lukas: “I did orienteering for 10 years, from age of 10 till 20. Then, I had a 10 year break from the sport (the photo is from just before that!). My last orienteering club was EUOC back in 2014 and OK Javonis in Lithuania before that. I got back into it late last year and looking to continue doing that at a not very competitive level, just for my own enjoyment, as a hobby. I have a fair amount of experience in organising events and course planning, incl. National team selection races and national championships in Lithuania (a long time ago though!). I think that my strong side is technical ability. Hence, I prefer forest orienteering to urban and my favourite distance is middle. I also enjoy night orienteering – I did the first leg of Jukola once 😊. Outside orienteering, I'm a structural engineer for work. In my free time, I do a lot of strength training, enjoy travelling and going on hikes.



In other news...

- Congratulations to Tessa Strain on being the new Club Champion for 2025 (determined by run-in times at the Big Weekend) [See below]
- Congratulations to Iain and Zoe Harding, former Interlopers (now INVOC), who had a baby girl named Mairi on 2nd January.
- Interlopers was leading the SICC (Scottish Inter-Club Championships) after the Big Weekend, ahead of FVO (and ESOC), with particular credit going to Mary Ross for a big win on short green. Currently down to third, but with the highest points per run so might catch up again by the end of the season. ! The algorithm has been tweaked slightly since last year so more clubs should have a full set of counting results by the end of the year.
- Thursday runs are now periodically seeing a Social after, with food / drink in a suitable hostelry. Contact Graham Mc / Mo with suggestions, and look out for info on the email list / Whatsapp group
- Thanks to Lorna for running the weekly Zoom S&C sessions this winter. For those who couldn't make them but would like the exercises to do anyway, they are on the club website ([Go Orienteering -> Strength and Conditioning](#))
- Sprintelopes now have their own page on the [ESOA website](#), along with the [Interlopers-specific page](#) for our events. The 2025 season is about to start – and as far as we know, yes it WILL still be known as Sprintelope! [If you've got a suggestion for something that might say on the tin what it does (as it were), please talk to Louise when she's got her SOA hat on. Or even better, if you'd like to help evolve its popular format into something that also helps newcomers get involved, do stick your hand up]

- We now have a brand new set of Permanent Orienteering Courses at Craigmillar Castle Park. Something of a labour of love rather than a quick-and-easy project to replace a few rotten or missing posts, given some insane red tape (Scheduled Ancient Monument consent - not that we were putting markers in the Castle! – though Castle-O WOULD be fun...) All available to download from the club website (Go Orienteering → Permanent Areas). Mostly geared at newcomers / improvers though Light Green also features. For any queries / suggestions on getting good value from them now, speak to Katherine. Many thanks to the City of Edinburgh Council for grant funding, and to Edinburgh & Lothians Greenspace Trust for doing the actual digging, and for offering to host some taster sessions at their Family Festivals this spring year.

New Club Champ: Tessa Strain! - Claire Ward

Cast your mind back to many years ago: Interlopers used to have a Club Champs with a trophy duly awarded. The trophy wasn't for elitist things such as being the best orienteer in the club - don't be daft - but for some other much less elite achievement. This year's was dreamed up by last year's quaich-holder (Laurence Ward). The date was duly set as the Big Weekend urban race, Saturday 25th January, with 30 Interlopers entered. This year's Champs were to be won by the Interloper with the 13th best run in time. The extra quick considered toning down their sprint finish, whilst the club's more 'steady' runners were saving some puff for the very end.

The results are below. With the Ward family diplomatically steering themselves out of the competition, the winner was one of Ben, Heather and Tessa, and the first name out of the hat was Tessa's. Congratulations Tessa, new club champion!

1 - Laurence Ward - 13
 2= Lucy Ward, Michael Stanwix, Thomas Corlett - 14
 5= Murray Strain, Mairi Eades, Max Carcas, Daniel Murphy, Stephen Haley, Lindsay Robertson - 15
 11= Ben Hartman, Heather Dudley, Tessa Strain - 16
 14= Joseph Goodwin, Paul Caban, Morag McIntyre, Michael Doherty - 17
 18= Luke McGillicuddy, William Ivory - 18
 20 Graeme Ackland - 19
 21= Joy Hodgkinson, Claire Ward, Ann Haley - 20
 24 - Tricia Alston - 21
 25 - Mary Ross - 22
 26 - Su Twissell - 25
 27 - Shona McGillicuddy - 38



A Fab First Foray for 2025: Craigmillar Castle Park local event, Sat 1st March - Katherine Ivory

A fantastic start to this year's local events with a fantastic turn-out of over 140 (who knew, publicising events does make a difference!) Club regulars in the area were no doubt attracted by the chance to run on our brand new and top-quality map, ably prepared by Alasdair Pedley. Mike Stewart's comprehensive range of courses really did offer something for everyone, whether complete beginners or very experienced. To attract the widest field possible in terms of TD competitors and age classes, he produced eight courses (up to Blue), using 50 controls (the sharp-eyed will have noticed that the TD5 courses were all simply shortened version loops of the Blue).

We were particularly pleased to welcome a number of families interested in trying orienteering as something new. Craigmillar Castle Park is a very good place to start, not just for the terrain but the great adventure playground for a warm-down! The weather was kind and overall it was a really enjoyable event. ESOA juniors had an extended opportunity to enjoy the area given a pre-event training session put on by Lorna. Many thanks to everyone involved in making it a success: Planner – Mike Stewart; Organiser – Colin Ledlie; Controller – Dave Kershaw; Coordinator, entries and IT - William Ivory; Publicity – Katherine Ivory. On-the-day: Paul Caban, Lorna Eades, Colin Eades, Jane Carcas, Max Carcas, Oleg Chepelin, Ewart Scott, Brian Miller, Victoria van Rintelen, William Ivory, Katherine Ivory.



COMPASS-SPORT TROPY QUALIFIER – KINNOULL HILL - MAIRI EADES

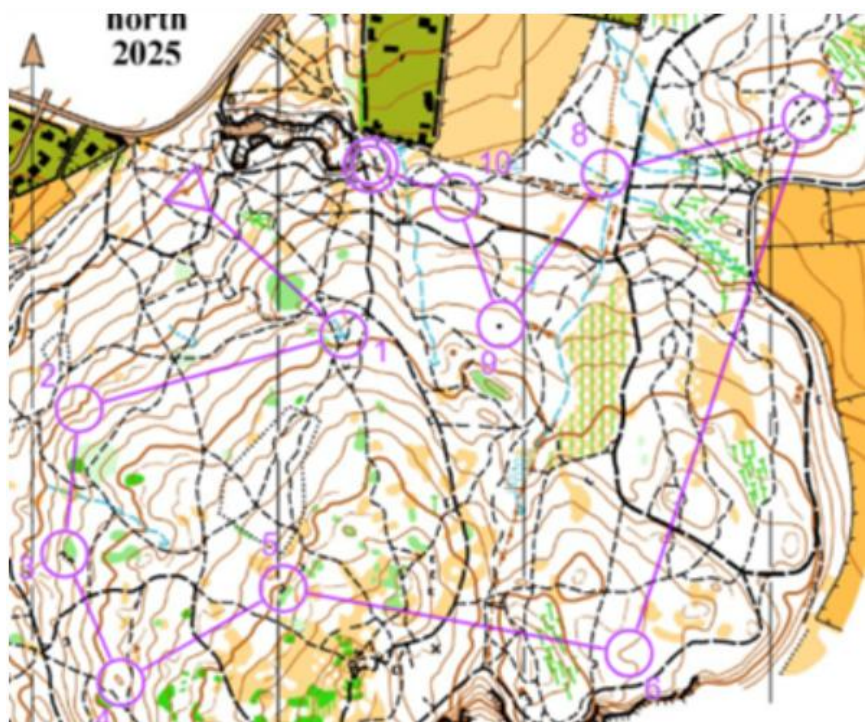
Hurray! Interlopers are on their way to Redcar in September, to see if they can improve on last year's 2nd place ...

This year the qualifiers were at Kinnoull Hill and the yellow weather warning wasn't going to stop us from smashing it. Well done to all who braved the weather, jet lag and tired XC legs. With FVO out the way as they are a rather large club it was time to take on the rest of the Scottish clubs in the Trophy.

Our youngest did us proud on the Orange with Inis securing a fantastic 5th. With tired XC legs Lucy with a solid 4th on the Junior Women, then our junior man Laurence in 2nd. Ann was crowned the short green champion. Club Captain Rob was the swiftest of our INTs on the green course in 4th with Graeme A and Mike securing 10th and 15th, top work. Our green women flew round with Claire topping the podium, Mary 8th and Lorna 10th. The blue men were also jam packed in with Ben H taking the dub, Colin 6th, Pat 11th, Graeme R 16th and a jet lagged Max in 20th. Bex pipping Mairi off the podium by 5 seconds on the blue women with new signing Lindsay Robertson in 10th and Pippa 13th. The short brown saw Murray in silver and William in 14th. Finally, the brown men packed themselves in with James, Oleg, Freddie, Ben S, Doug, Michael and Daniel securing 1st, 2nd, 6th, 7th, 8th, 13th and 19th.

Incredible work from all, we got all the controls, in the right order and picked up the right courses (the same cannot be said for many other cubs). We have secured our place comfortably through to the final (this year not too far away) in Redcar on the 14th of September so get that date in the diary and look out your bucket and spade as we're off to the beach and sand dunes.

Also heading south will be ESOC, Invoc (tied 2nd place), Maroc and Moravian (tied 4th place). The number of Scottish clubs and our performance at last year's final, mean that (as far as we can fathom the rules) five clubs get to go.



INTERLOPERS AT THE NATIONAL CROSS-COUNTRY CHAMPS – MAIRI EADES

It was that time of year again, the pain and suffering from the previous year had been forgotten. Many of the INT Youngsters (plus Ray, Claire and Kate) donned their spikes and other coloured tops to run round the lovely Callander Park. There was a variety of clubs represented including Carnethy, Lasswade AC, HBT and Edinburgh AC. A slightly new course this year to protect the ancient Antonine Wall meant a whole lot more bends and turns (about 27 per lap).

In the U13 girls Laura was comfortably in the top 100 in 97th. In the U15 Girls Lucy took a top 20 position in 19th securing a team silver for Lasswade AC. Next up was Lawrence in the U17 boys with a respectable 27th, then Bethan in the U17 girls with a lovely 37th.

It was then time for the big girls and boys with a 10km (3 big wobble laps). Pippa taking the INT girlies win in 26th with Aoife, Mairi and Kate coming in 95th, 130th and 212nd, Special shout out to Nancy Scott who was 2nd. Edinburgh AC and Carnethy taking team medals. In the men's, Carnethy also took a team medal (with 5/6 counters being orienteers). The results are in: Freddie 13th, Eddie 18th, Sasha 27th, Aidan 57th, Colm 121st, Tom L 129th and Ray 254th.

Apologies for anyone missed but I think it's safe to say everyone ran great and provided some of the best atmosphere and cheering support out there, well done all.



It'll be Alright on the Night – WILLIAM IVORY

Interlopers were in winning action in the Scottish and British Night Championships on successive winter weekends. The first chance to get the headtorches out was for the Scottish Night Championships, hosted by ELO on the Balgone Estate in East Lothian. The area is an intriguing shape, with a section along two lochs, then a set of smaller areas linked by narrow strips heading off to the south. Very little vegetation on the ground meant fast running in many areas, though to the south of the lochs it was rather more craggy and overgrown. ELO put on some excellent courses, and also provided hot chocolate afterwards while the final runners returned and prize-giving could commence.

Well done to the following Interlopers (on top half of their courses) - prizes were awarded in the 2-year age categories for juniors, and the broader open/veteran categories for seniors:

- M18: Laurence Ward (1st)
- W16: Lucy Ward (1st)
- Men's Open: Aidan Smith (1st)
- Women's Open: Louise Adams (2nd), Anna Murgatroyd (3rd)
- Women's Vets: Claire Ward (1st)
- Men's Super Vets: Ben Hartman (4th)
- Women's Super Vets: Ann Haley (4th)



(Interlopers Club members with medals, photos courtesy Louise Adams)

Second chance was at the British Night Championships, hosted by FVO at Touch near Stirling. This area was last used around 10 years ago, and presented a tough challenge on mainly wooded slopes with few paths. Congratulations to the following who were in the top half / on the podium in their age category (not sure if medals were awarded on age categories or broader 'veteran' categories for seniors):

- M18L: Laurence Ward (2nd)
- M21L: Luke Fisher (1st), Aidan Smith (5th), Doug Tullie (8th)
- M40L: Murray Strain (3rd)
- M55L: Andy Kitchin (6th), Ben Hartman (9th)
- W16: Lucy Ward (1st)
- W21S: Lindsay Robertson (3rd)
- W45L: Claire Ward (1st)
- W60L: Ann Haley (4th)



Scottish Middle-Distance Championships and SOL 1 –

Claire Ward

Last weekend saw the start of the Scottish Orienteering League, coupled with the Scottish Middle Championship in the glorious forests of Moray.

Saturday was the Middle distance held at Dallaschyle, famed for being the forest where Yvette Baker won Great Britain its first ever WOC Gold medal in the middle race in 1999. There was sun, there was tea and cakes, there was a big junior football match and there was also some excellent courses in wonderful terrain. Being middle distance few courses got to all of the best parts of the terrain, but everyone found challenging parts of the forest, and worthy winners were found.

Interlopers performing well were winners Inis, Luke, Claire and Andy and bronze medallists Murray, Lucy, Laurence and Fiona.

The SOL on Sunday was also held on world class orienteering terrain, Culbin having hosted the WOC relay in 1976. This forest is one of the finest examples of forested sand dune terrain anywhere in the world, and there weren't many people complaining at the finish. The courses by Jon Hollingdale were excellent, with challenging long legs interspersed with tricky short legs in the intricate contour detail, rewarding fit, strong and accurate navigators.

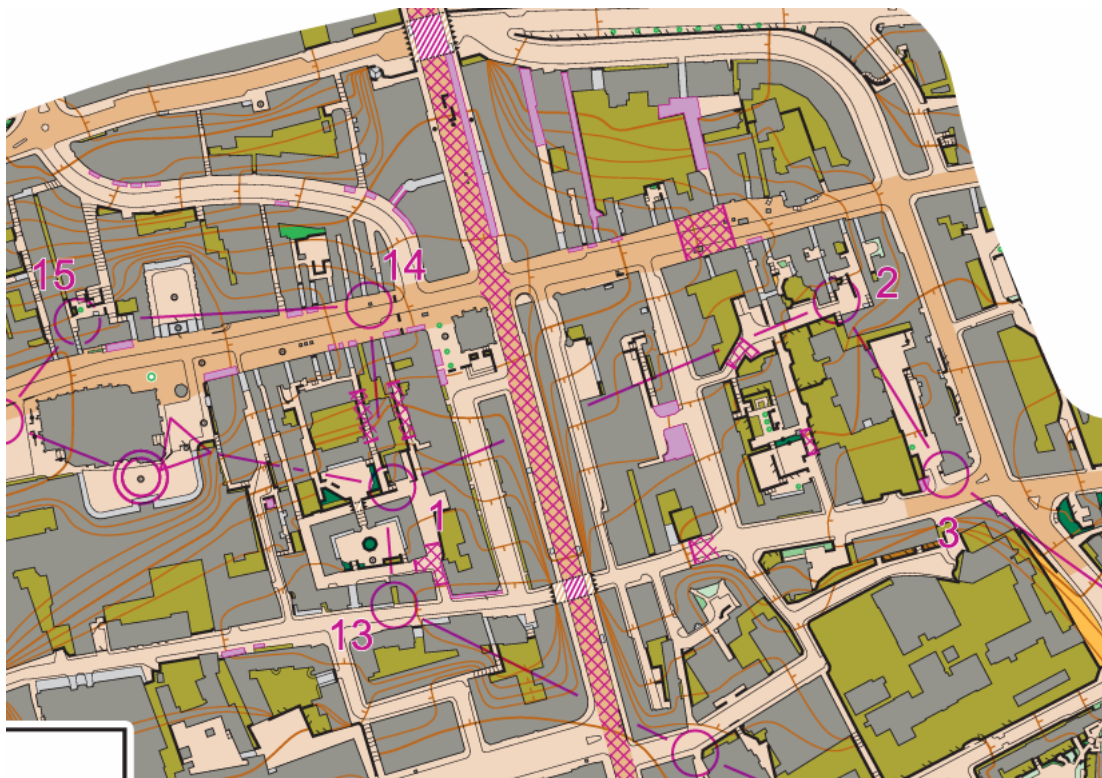
The best runs of the day went to Sasha and Luke, 2nd and 3rd on Black, Laurence 1st on Brown, Laura 1st W14 on a very tricky light green course and Inis claiming his second victory of the weekend with 1st on orange.

Fighting in the Night – CLAIRE WARD

We have had some excellent orienteering races in past weeks, a big technical step up from winter orienteering in the East of Scotland which mainly focuses around park orienteering due to the mixed weather that can be expected. If you are contemplating recent mistakes, wondering how to make the jump back up to the necessary standard to compete at your best in the early season races, then Fight With The Night (FWTN) is the only winter orienteering that matters.

Taking place every other Thursday night in winter, FWTN is a low key orienteering night race league organised by the students with races happening in urban, parkland and woods in Edinburgh. There are novice, long and short courses, all aiming for a winning time of 20-30 minutes with an optional mass start on the long course.

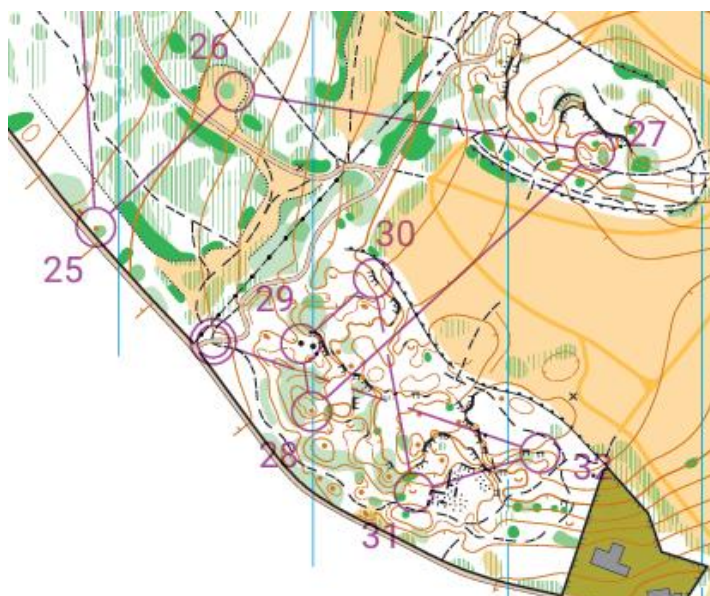
The 2024-25 league is drawing to a close with one race left at the time of writing. There have been some excellent races though. It kicked off in late September with sprinters barrelling through hordes of students and tourists in the Old Town, had some excellent off-road races ploughing through the gorse in Blackford, a vast mass start on Braids and Interlopers new map at Craigmillar Castle. Most of the races have been in urban areas, but the planners made good use of barriers to keep the participants thinking – for example, who can quickly identify the best route 1-2 in the old town below? Later on during this race the long course had a ‘runners choice’ section where competitors had to choose which of three mini-courses within the course to run, which looked fun.



I say 'looked' as I haven't run any of the races this year. Due to road crossings, under 16s need to be shadowed on the urban races and so where Ray or I have been able to attend we have been in shadowing mode. Where we haven't been able to make it along the students have been happy to find someone to shadow. Shadowing Lucy provides quite a decent bit of exercise.

Laurence and Lucy have thoroughly enjoyed the series, with Lucy taking a comprehensive victory on the league's short course, and Laurence mainly forgetting to download every race in the long. Other interlopers who have done enough races to place in the league are Ann, Tricia, Sasha, Aidan, Max, Joseph, Colm and Iain.

So if you are wondering where it all went wrong on Kinnoull Hill (let's face it, who isn't???) and trying to work out how to be better next year, dust off your head torch next winter and go out and have some fun. <https://euoc.co.uk/fwtm/>



Fun in the Fens: the Cambridge Icenian Sprint – Angus Ivory

Typical of student-run events, I turned up for marshalling duties to find something seriously wrong. This particular breakout of surely Oxford-led sabotage took the form of an angry man from the council taking down our car parking signs and telling orienteers, "This event's unauthorised. Therefore, it's cancelled. Go home." Crucially, a man from the Cambridge County Council. Not the Cambridge City Council, to which CUOC had applied for events permissions. Wrong jurisdiction, apparently. Oops. It turned out that the country council needed to independently re-assess the health and safety provisions for the event, or so they thought. And that wouldn't happen until Monday. Sorry mate.

This seemed like a pretty bad start. Luckily, after some smooth talking with a slightly less bureaucratic council worker and a fantastic compromise that involved me standing next to a pond so that juniors wouldn't fall in or get attacked by geese, the morning race was allowed to go ahead. The afternoon race would have to sneak under the radar until approval from the Heavens arrived...



The racing was pretty good from that point.

Trumpington contains an assortment of odd box-houses, round which Olly Tonge (CUOC / BOK) had us navigating for the Part 1 race. I finished in a respectable time, having run the optimum distance, to find that I'd been beaten by almost three minutes. On a sprint. (For those of you who are wondering, I was of course representing Interlopers.) The course was fun, with a fair amount of route choice, and in any case succeeded in its primary goal of seeding runners for the afternoon's chasing start (Part 2).

With not-so-dashing views of Addenbrookes Hospital from the start boxes, you really would have been motivated to pay attention to your map instead. Which was good; controls came thick and fast and there were enough M18s behind ready to overtake that messing up wasn't really a dignified option. Funnily enough, there were also enough peeved locals upending controls or parking cars in front of things that as a helper, my -2-minute read-out of The Notices varied somewhat. After my monumental effort in the morning and since I was yet to play a minor-league volleyball game later that afternoon, I chose to purely marshal for the afternoon and save my energy for shouting "Don't go through hedges, or try to swim" at runners and for the long, arduous, 25-minute cycle across town that I was yet to make. That, for a Cambridge student, is maybe the equivalent of an Interloper cycling from Edinburgh to Glasgow.

The holidays are as busy as term time and I had other places to be on Sunday, but from the Routegadget, Huntingdon looks like a pretty good area. I'm told that Olly Tonge did something clever to ensure that juniors could race while adults could get to the exciting bits, and I have to say that Course 1 looks pretty exciting. Lots of left-or-right decision points, and plenty of Routegadget variation to match. It's a 20-mile cycle out there from Cambridge so I doubt I'll ever make it out there, but you never know.



Random bit of map



British Middle Distance Orienteering Championships weekend – 15-16th March (Crawley) – CLAIRE WARD

Lucy, Laurence and I travelled south for the British Middle Distance Orienteering Championship weekend which incorporated British Orienteering junior selection races. The Scottish participants were almost entirely made up of aspiring juniors and their parents, the terrain not being hugely inspiring and it being a bit early in the year for such distant jaunts.

We were met with a very cold wind in the assembly field at Holmbury and Buchan Country Park on the Saturday the day of the champs, and it quickly became clear than no Scottish club had managed to bring a tent. We had the excitement of watching the early-starting juniors to keep us warm though, with European Youth Orienteering Championships places up for grabs for the M/W16/18s and Junior World Orienteering Championships for M/W18/20. Lucy had a good run in W16, winning by over 2 minutes. Laurence's M18 is more competitive and he came 4th, 7th overall junior. I just about had time to see him finish before setting off to the start myself. The terrain could be separated into two part, an area of heathland interspersed with tracks, and an area of rhododendrons interspersed with marshes and mud. Mmmm.



The biggest issue with the whole event became apparent on the way to number 1. Run through an open bit – check, bearing through white forest – check, cross track into more white forest – whoa! Hit some forest that probably was at one stage white but now was possibly 30% mature rhododendrons, interspersed randomly. I tried to roughly stick to my bearing for the 250m needed to get to the control but it was so incredibly odd to see significant areas of mature greenery that had not been mapped at all. The heathland area was pleasant enough, though I tripped and pulled my hamstring going 3-4, limiting my speed for the rest of the course. Then we got into the rhododendron / marsh section which was interesting navigationally but less fun physically. It was one of those areas where the map gets caked in mud and you have nothing left clean to wipe it on, so you just start guessing where you might be going. I finished 3rd, 6 mins down on Sarah Rollins which is the best I could have hoped for. While I appreciated the volunteers' efforts, the



whole race seemed to have been pulled together at the last minute. For instance there only 8 badly-placed loos, and there was a barbed wire fence just before the last control with no stile or carpet covering the barbed wire to help crossing it. Apparently watching people trying to cross was excellent entertainment for the juniors though!

An early start the next day for a junior sprint selection race in a Crawley suburb. Parents weren't allowed to leave the car park but luckily 2 hours in a cold wind in a car park in Crawley early on a Sunday morning is my idea of a good time. Soon enough the juniors coming in provided some entertainment. Lucy managed to run even better than the day before, finishing first W16 by a minute and 6th junior girl (I heard someone exclaim in sorrow behind me "oh god Lucy Ward has beaten me, I'll never live this down!"). Laurence had a much cleaner run and managed 1st M18, 3rd overall junior despite tweaking his ankle on the course.

And he used this ankle-tweak excuse to avoid running the UKOL long race that we scurried to post-sprint. I put my sore hamstring to similar effect and Laurence and I spent the late morning lounging in the assembly field sunshine, chatting to friends, drinking cups of tea and providing the local junior squad cake stall with a thorough evaluation. Everyone returning declared the area (Worthlodge Forest) 'not as horrid as the map made out' which was a real compliment as the map looked really quite grim. Lucy's legs finally ran out of steam on the way to number 1 of a short blue course, but she hung on to the bitter end, and then we started out on the long journey home.

Only one other Interloper made the journey south, with Ben Stevens finishing 11th at the middle championships and running the Black on the Sunday. Summing up of the weekend was it was 'fine', and you didn't miss much in not going.

Results at [Broadfield Junior sprint selection race for JWOC, EYOC & JEC](#). See also [Worthlodge Forest UKOL](#)



W60 Something ("A short piece of rather random thoughts") – Jane Ackland *[with apologies to EJ Thr-dibb and Tom Lehrer]*

Back in the day when the Interloper newsletter was lovingly scribed on vellum with a quill and ink, enclosed in an envelope with a stamp that you had to lick, and delivered by a trusty postman who hadn't been Horizon'ed, there was a regular go-to column entitled M30 something. Ackland G and his wife would turn to this article in the vain hope that it would poke fun at someone other than themselves. Time for karma.

We've recently returned from POM, this year in the Algarve, where the trees were predictably dripping with oranges and the sky was less predictably dripping with rain. Still of unsound knee, I only managed one day of orienteering, but it was unimaginably lovely to be back in a forest doing what orienteers enjoy most: finding flags.

With Ackland G and his wife now opting for sticks, we had hold luggage to transport these lethal weapons. Which brings me onto rant number one. In the airport luggage hall, I fumbled for a credit card for the newly installed Pay As You Go Trolley Fleet 'to improve the provision for those who need them most' (or some such trite nonsense). Grappling with the trolley release mechanism with both hands, I put down my worldly goods.

*In that moment of truth, I suddenly knew
That someone had stolen my wallet*

(No prizes for guessing Graeme's favourite rhyming couplet in this song.)

I digress. There was nothing wrong with the previously free trolleys, as I pointed out to Edinburgh Airport customer services: if it ain't broke, don't fix it. Which segues nicely to a subject dear to my heart.

Poetry Corner

So is it farewell then, Sprintelope?
Originally crafted as a free midweek,
Barebones orienteering event
And on paper with some felt tip pens.

You were pleased with yourself
Joining forces with other clubs
Appearing on the golf courses in winter
With headtorch, stripey jumper and MapRun
Advertising yourself prancily
At WOC with some help from Sam.

Rumour has it
That Orienteeringedinburgh
Or is it Edinburghorienteering
Is the new Cervid on the block
Except that no amount of felt penmanship
can fashion a deer out of all those letters

EJ Thr-dibb



Adventures in Club Development: a Review of the First Year, and What Next? - Katherine Ivory

Background

Think back to 2024 and the first thing that comes to mind will likely be WOC - a hugely significant event for the orienteering community, culminating in the fantastic races in mid July. 2024 was also a significant year in a more local way for the club, with our first formal foray into club development. The two things were of course connected to a degree, with WOC stimulating thinking at national level around how best to stimulate wider awareness of orienteering and grow participation. Then at club level, a perennial concern is around investing in our strength and capacity-building, on an on-going basis, to ensure that Interlopers is sustainable and thrives into the long-term. This means recognising the vital nature of ensuring a robust pipeline of active members.

With these needs in mind, Interlopers bid for grant funding from the SOA and the Orienteering Foundation in order to dip a toe in the waters of club development, try out some things and see what might be useful to then build on and shape future plans in light of learning. The project was scoped in three phases: in the WOC (Phase 1, June-July), in the aftermath of WOC (phase 2, August-December), and then January-April 2025 (Phase 3) to continue work, consolidate learning to date and plan for a proposed second year of development activity.



lead-up to



What Happened?

The grant funding enabled the club to set up a (very) part-time Club Development Officer role as a freelance contract, and we set out to recruit in the Spring. I should just note that I never actually planned to be our CDO! Advertising around the orienteering community brought forward an excellent candidate - who alas was then snatched away from us by a full-time employment offer, so a Plan B urgently needed to be identified. I'd just finished a contract and was thinking of exploring some new career directions, so given an interest in community engagement and development work, filling the CDO space was a reasonably logical option for a period. I took up the mantle in June, initially to cover the first two phases, then extended to the end of year 1.

The focus of the work was to be around encouraging participation by both younger adults and families, and the outreach activities were geared to reaching groups and individuals in those demographics. Activities included a significant boosting to club publicity efforts, particularly on social media - whilst not forgetting the power of the poster. Indeed, quite a few newcomers at the Braidburn Valley event said they'd come as a result of seeing posters on park gates and local noticeboards.

Alongside more marketing and better publicity, orienteering taster sessions were developed for both specific groups (e.g., Cubs, a youth group and Parkrun taster

sessions at Holyrood and Vogrie) and for community events (e.g., Braidburn Valley Park's Tea in the Park, and Family Festival events at Craigmillar Castle Park). A bag of stakes, mini kites and pin punches proved a very useful tool, with micro-O going down very well with kids at local events.



Permanent Orienteering courses also proved incredibly valuable, to be able to easily offer some basic orienteering experiences, without having to set up kites. I'd spent some time earlier in the year updating the Braidburn Valley Park maps, and the new momentum around Club Development led to a project to reinvigorate the permanent course at Craigmillar Castle Park as something definitely worth investing in, particularly given it is arguably our top local area. Some further grant funding was secured (from the Council) to cover the materials (new wooden posts and markers) and also enable partnership work with Edinburgh & Lothians Greenspace Trust. They undertook the practical installation work on our behalf and are now also supporting community engagement work to get people out enjoying exploring using the new course maps.

What Impact and What Next?

This Year 1 experience has delivered a lot of practical resource development and contacts as foundations for outreach and growth. Arguably it has had some positive impact on orienteering awareness and participation. Development work around better promotion of the club's activities (social media, What's-On listings, placing articles in local magazine etc) seems to be starting to show results in terms of the improved external visibility of our events and wider interest in them. It has been really encouraging to have had good (and better-than-expected) turn-outs for club events held this summer / autumn (Kinneil, Braidburn Valley, Vogrie score, Colinton Dell), with quite a few newcomers as well as existing local club orienteers.

However, it is still very early days in the club development journey, with consolidation and further on-going work needed to build up the foundations for sustainable success. The club now has some of the necessary tools in place to support work but needs to do more, especially on the club website as the 'shop front' for newcomers, and around engaging more club members as volunteers for outreach and support for newcomers.

There would appear to be plenty of potential for growth now, subject to club capacity to support engagement work with new audiences. The project so far has generated plenty of learning and built capability e.g., in terms of club marketing resources that can now be easily adapted for future events. In addition, late winter / spring is a good time of year to start initiatives with typically better weather enticing more people outdoors, and as the events programme gets fully underway. Greater coordination and collaboration with ESOC should definitely feature for Edinburgh out-reach work to promote the sport to newcomers, to make the most of resources and avoid duplication or (unhelpful) perceptions of competition. I very much believe this can be done to benefit orienteering locally, to mutual advantage for both clubs. Watch this space, as we'll be trying out collaborative endeavour at the Oriam Parkrun takeover and taster session planned for mid May.

On a personal level, I've learned a lot from the past ten months of CDO work, and am glad to have the opportunity to really get involved in club development and community engagement work through the CDO role, enabling far more than I would have been able to do as a volunteer. I've made a lot of new contacts, met some great people, and found it very fulfilling seeing quite a lot of newcomers enjoy introductory orienteering experiences.



I've also picked up some useful new skills (Canva being a highlight, applying for Scheduled Ancient Monument consent probably less so!). Core to the role are general skills around project management, stakeholder engagement and networking, marketing and communication. Then of course orienteering-specific skills around planning, Condes, coaching, and Maprun certainly help. Going forward, I'll be continuing various club development projects in a voluntary capacity, particularly to raise awareness of the new Craigmillar Castle Park permanent course, and I'll continue to act as club publicity officer of course too.

What do You Think?

There are loads of things we could now build on to keep up momentum about awareness of and interest in orienteering, I've been pleasantly surprised by how positive conversations have been about orienteering, whether with individuals at taster sessions or partner bodies such as the Community Sports Hub, Active Schools and other local groups. How can we make best use of this latent interest and convert it into practical opportunities to promote the sport?

Obviously, stimulating interest needs to have clear next steps for people to try it out then get involved and progress. Having a dynamic club programme is a key part of this, alongside regular local competitions. There is a balance to achieve between external 'outreach' type work and more internally-focused development, given that the club relies on its volunteer capacity.

What are your thoughts around what our development priorities should be?

A major learning point from the experience so far is that Club Development is very much a team sport. Now would be an excellent time to get involved, and there is a very diverse range of roles on offer! Could YOU offer something here, to support the club and help it thrive? Please get in touch.

In Max's words from the start of this Newsletter, let's Make Orienteering Great Again! A big THANK YOU to those MOGAs who have supported the Interlopers Club Development work over the past year. Colin Eades as previous chair, and an essential ally to getting the club development off the ground. Thanks too to Ann Haley, Max Carcas, William Ivory and Paul Caban for sounding-board sessions. A host of people have been invaluable helpers for taster sessions: William, Paul Caban, Pip Ascough and Chris Dibben for community events; Mairi Eades, Thomas Laraia, Fiona Eades, Lorna Eades, Colin Eades for Parkrun Tasters, as well as others stepping up for the Parkrun volunteer takeovers.



Finally, a very big thank you to our funders without whom this work would not have been able to happen: the Orienteering Foundation, Scottish Orienteering Association, and City of Edinburgh Council.

Club Comms & Social Programme – Your Feedback

Those with long memories will remember that there was a survey earlier this year to gather feedback from club members on how best to develop both the club's social programme this year, and how it communicates with everyone. Here's a round-up of what came out of it.

The Club's Social Programme:

Club Social-Secretary Mairi has been developing thinking on activities for the coming year with some new ideas on the cards as well as old favourites. As this newsletter goes to press, excitement is building for the first club Quiz in a while, at the Old Bell Inn – should be good!



Survey respondents liked our traditional Burns / Halloween / Christmas parties, and post-Thurs-run socials. Informality is good and in line with Interlopers style. Additions of interest included more fun orienteering activities, other activities such as table tennis, and pub meets / post-run food. A club awards night could be worth thinking about but needs scoping out- typical INT informality (not glitzy and expensive) with a focus on fun as well as celebrating members' achievements. Get in touch with Mairi with your thoughts. Talks by members or others could also be good, particularly over the winter. We probably need to *'just try things and see what works'*. In terms of frequency, the consensus was probably monthly (not weekly). Day of the week preferences were spread out of course... but not Sat eve, and not Sat or Sun daytime.

Suggestions included that training activities could take the place of either strength and conditioning on a Wed or the off road run on a Thurs - with a shared meal option once a month following the run/training session. On weekends where there is a local event some training and or social event could follow? People's lives are busy so maybe stick with the club nights we already have and add training/social on. Whole-club inclusion is important of course so the programme needs to ensure that some things are suitable for young families and provide opportunities for them to interact.

Club Communications with Members

INTeresting and emails seemingly do actually get read! – so we'll continue with these (things won't go purely to social media (e.g., a Facebook private group) as obviously not everyone uses this – though it is a good complementary channel for some things). WhatsApp has a useful role and we could develop its use more to share info for those who aren't so good at reading their emails (e.g., to say when new INTerestings are out, reminders for event entry etc – more immediate stuff and email for further ahead / planning). Survey respondents said they look at the club website (maybe mostly for events) but with some asks for more information / news to go on it. The Committee has started discussing a website improvement project – talk to Jane Carcas for more information or if you'd like to contribute. NB For awareness, the latest edition of INTeresting (sent out by email) is also available from the website.

Feedback suggested that for Interlopers, for now at least, social media platforms such as Facebook are best as more of an external comms tool. There is an age aspect to this, with older members more likely to use email and maybe Facebook but not really Instagram. Would anyone like to help develop Instagram for younger orienteers and reaching new audiences??

On Club Newsletters – the majority said they read some or all of it (Thank You!!!!). The vast majority said keep for now in this format – so we will, so long as people keep contributing! We may well not continue printing the Christmas round-up now (people like it but a pdf would be fine). Many thanks to everyone who contributed feedback.



THURS TRAINING - Morag McIntyre

It was suggested at the AGM in 2024 that a monthly dinner after Thursday terrain run training might be a good opportunity to catch up with fellow club members.

As Graham is currently coordinator for the Thursday runs, we jointly took it upon ourselves to facilitate this. Our first meal out was in January, following the shorter run we do from Holyrood Park to Duddingston, and so I booked the Salisbury Arms for 18 or so of us. We adjusted to start/finish of the run to the Holyrood Road park gates to allow parking near the dinner venue. The SA gives discounts and offers on a regular basis, so those on the ball managed to get a good discount on their meal. The food was very good when it arrived, but some of our number were getting a bit hungry by the time everyone had arrived (these dinners are open to all Interlopers, whether running that evening or not), as the waiting staff did not take orders until we were all there. We had one large table in the dining area, which worked well for us and the central 'fire pit' was a welcome feature on a chilly January evening. Much conversation was centred around upcoming antipodean travel plans. These social gatherings also give an opportunity to discuss recent and upcoming 'O' events.

The February outing was planned for Thursday 20th, following a couple of versions of the run from Castlelaw. The Steading was the choice for this one (Flotterstone Inn being closed for refurbishment), but they take last orders at 8pm and hence some of the runners did a shortened version of the route, heading up the track and descending via the muddy valley (leaving out the round Capelaw part of the route). Pre-ordering was welcomed. After a day of fluctuating numbers, in the event, 9 people turned up, and were accommodated and duly fed with their choice of dinner (thanks to Graham's liaising with the venue .. it does help to know in advance!) I missed this one as I was enjoying some cross-country skiing in Venabu, Norway.



Our latest dinner was booked last week at the Riccarton Inn, to follow the Riccarton, Baberton and Canal run. We made the booking for 8.15 since there is no complication of early last orders here. 6 of us ran, and another 4 came and joined us for dinner. What we had not planned for (well I certainly hadn't) was the torrential rain that just got heavier throughout the hour of running. We may just as well have jumped in the canal and would not have been wetter! I had neglected to bring a towel, dry socks or a dry pair of trousers! Fortunately for me, Paul had a spare towel and some old work trousers that were due to go to recycling in his car. So I was dry and dressed when I entered the Inn. Sartorially not my usual coordinated look, but I was extremely grateful! We did have a wade through the car park on the way in and out, but the Inn was snug and warm, the service very efficient and the food excellent pub grub! We will certainly be back.

April will see Interlopers meeting at **The Old Bell Inn on Causewayside for a quiz evening on Friday 4th April** – thanks to Mairi for organising. Also club members will be travelling to the Sheffield area for the JK over the Easter weekend, so it is probable that the **next Thursday dinner will be organised for May – TBC but likely to be Thursday 15th at the Spylaw Tavern after a run from Bonaly over Harbour and Capelaw Hills**. We tend to poll for the venue on the “Int Thurs Runners” WhatsApp group so that regulars can have their say, but would very much like to welcome new regulars to both the Thursday runs and the monthly dinners, so we will continue to add the details of upcoming gatherings via the weekly email that Graham sends out to the whole club.



Allermuir, 2 Jan 2025 (Lorna Eades)



Thurs Training, Colinton Tunnel 30 Jan
(Morag McIntyre)



Thursday 'training' at Club
LaSanta (Feb 2025) – Lorna
Eades

TRAVELS DOWN UNDER – ROBIN GALLOWAY

With Katherine's plea for Newsletter articles echoing in my head – here are some highlights from our recent trip down under.....

Lucy and I spent 3.5 weeks in Australia – the longest holiday we have had in many years! The purpose was to visit and go camping with some old orienteering friends of ours – Ronny and Clare Lardner, and to catch up with other friends and relatives in both Sydney and Perth. Our middle son Matthew joined us for the Eastern Australia part of the trip, flying across from New Zealand where he has been working. Great fun!



Some of you will be familiar with Sydney – it is a great, sprawling city. We stayed initially in Hornsby north of the centre with old university pals. Did some cycling – some good routes and, more importantly, coffee stops – the Australians take their coffee very seriously. Managed a Parkrun, sampled some culture at the Opera House and enjoyed Australia Day – very festive around the harbour area. They even had a race in the harbour with all the public Ferries. Can't see Calmac doing that sort of thing. Sadly O events did not feature in the celebrations

Next came a stay in the Southern Highlands mid-way between Sydney and Perth – all quite Borders- like and a trip to the Blue Mountains – which aren't really blue or mountains by our lofty standards, but more green gorges and escarpments. Quite picturesque all the same. We stayed with Lucy's Aunt who lives in one of the oldest houses in Oz (1826). Interesting trip to Canberra. Created in the 1920's – a campus feel – but not much there other than parliament and civic buildings.

Then to Perth (with Matthew leaving us for Singapore and a tour of Thailand, Vietnam etc). We were impressed with Perth – it is like a big ex-pat community, high standard of living – thanks to mining and farming but miles from anywhere – 2 time zones from Sydney. From Perth we went camping with the Lardners round the SW corner of Oz in their 'Ute' (utility vehicle). Really enjoyable - though always on our guard for things that can kill, maim or just really annoy - funnel-web spiders, snakes, sharks, stinging jellyfish. Even the Kangaroos will punch you given half a chance (unlike friendly Quokkas). We had what felt like some close encounters but remained calm and carried on! Pleasant few days at Lucky Bay campsite – white sands and turquoise seas. Then back to Perth to re-connect with the joy of a flushing toilet and my cousins. Finally – the

long haul home! Australia – vast, dry, bity things, great coffee, marsupials, big vistas ...
what is not to like!?



CLUB INFORMATION - Interlopers Club Committee 2024-25

Chair:	Max Carcas
Secretary:	John Barrow
Treasurer:	Robin Galloway
Social Secretary:	Mairi Eades
Comms Manager:	Katherine Ivory
Club Captain:	Rob Lee
Events Coordinator:	William Ivory
Junior Member:	Laurence Ward
Ordinary Member:	Mike Stewart
Ordinary Member:	Ann Haley
ESOA Rep:	Lorna Eades

Child Protection Officer – Lucy Galloway (co-opted)
Equipment officer – Paul Caban (co-opted)
Webmaster – Graham McIntyre (co-opted)

