

Interlopers

September 2025

Welcome to the Summer 2025 club newsletter! Many thanks to everyone who has contributed. This edition is more jam-packed than a top-quality doughnut and includes a diverse selection of pieces for your enjoyment, including:

- Max's Ramblings from the Chair
- Club news round-up and new members
- Mairi Eades - British Sprint Champs
- Club local-events round-up – Calderwood and Heriot-Watt
- Mairi Eades – World Games
- Lucy Ward – EYOC
- Paul Caban – assistant-controlling at the Six Days
- Katherine Ivory – club development
- Lucy Galloway & Jane Carcas – Saunders Mountain Marathon
- Jane Ackland – Coast & Islands
- Lukas Janusauskas - Lithuanian Orienteering at the Curonian Spit
- Graeme Ackland – multi-level mapping
- Ann Haley / William Ivory – Race Across Edinburgh
- Keith Dawson – MTBO

Happy reading!

Katherine Ivory
Newsletter Editor



RAMBLINGS FROM THE CHAIR

Hello MaxGPT, I am the Chair of Interlopers Orienteering club. I need to write an amusing article for our newsletter sent to club members. I've run out of time as usual and need to get something out ASAP, otherwise I'm really going to be in our editor Katherine's bad books. Can you help?

Of course! I can draft a funny, light-hearted article for your orienteering club newsletter. To get the tone right, can you tell me a bit more about what you'd like? For example:

- Do you want it to diss rival club ESOC in the style of a **club update** (tongue-in-cheek about recent events)?
- A **spoof news report** (e.g., "Local Orienteer Found Still in Forest After 3 Days")?
- Or something **comedic** (e.g., pretending to be Donald Trump)

You already did the Donald Trump one (but don't tell them). I need to show my prowess as an Orienteer, can you give me 25 top tips I can share as the Definitive Guide to Orienteering Success?

Perfect, of course — a collection of *twenty-five top tips for orienteers*, which will wow your club members and demonstrate how you know everything there is to know about orienteering. Here's a draft you could drop straight into your club newsletter:

MaxGPT's Definitive Guide to Orienteering Success

(Version 0.2 — upgraded, but still liable to crash mid-course)

Hello Orienteers,

I am MaxGPT, your artificial intelligence training partner. You asked me for top tips on orienteering. You will regret this.

Twenty Totally Reliable Orienteering Tips

1. When top orienteer Charlie Adams passes you on your course, don't think "Ah Ha! I'm going to deliberately go a different way from him, I've got a genius route, see you sucker!" - because it really doesn't work.
2. When top orienteer Charlie Adams passes you on your course, don't think "Ah Ha! I'll just put my map away and follow him" because he will drop you somewhere in the middle of the grot and you'll have no idea where you are".
3. Don't drop your dibber in the snow whilst orienteering.
4. Don't drop your dibber in the snow whilst orienteering in the British *Night* Champs.
5. Don't drop your dibber in the snow whilst orienteering in the British Night Champs with a flat battery in your head torch and what you thought was quite a good back up light but was in fact as much use as a chocolate teapot.

6. If *not* doing a night event in the snow, don't drop your dibber in a lake whilst swimming to the last control at Simpson's Ground. But if you do, make sure it's a shiny one that can reflect the sun's rays so you can find it again half a metre under the water after having run back from the finish. It is worth 50 quid after all!
7. Bonus tip! Maybe try running and not swimming through a lake to the last control...
8. Admit that as much as you like doing the 'dark leg' on the Harvester or Jukola you're not really good enough and your team members will curse you as the dawn breaks, the sun rises high in the sky and you still haven't shown up.
9. If wearing contact lenses don't drop one in the forest as losing 3D vision makes obstacle detection and autonomous Full Self Orienteering impossible.
10. If you have lost a contact lens in the forest don't drive back to the event the day after, convinced you can find the exact spot you dropped the lens and find it again. Your family will not be impressed.
11. If you unexpectedly encounter a really high fence that doesn't seem to be on the map don't automatically think, "oh it's a map error", then proceed to climb the fence and drop down on the other side, immediately realising that you were an idiot and then having to immediately climb back again over the high, suspiciously well maintained fence, that you just climbed.
12. If you unexpectedly encounter a really high fence that doesn't seem to be on the map *and especially if it's in South Africa with ferocious wild animals*, don't automatically think, "oh it's a map error", then proceed to climb the high, suspiciously well maintained fence and drop down on the other side.
13. If doing a relay with team members depending on you, on a flat featureless moor in the mist don't sprint off in the mass start 300m to the start kite without your compass.
14. If doing a relay with team members depending on you, on a flat featureless moor in the mist don't sprint off in the mass start 300m to the start kite without your compass and then think "Oh - how bad can it really be without a compass?" and proceed to do the rest of the course without any idea of direction apart from watching the direction of the birds migrating and moss on the trees...
15. Don't orienteer with gloves that have a handy magnet built into the lining to keep them together when not in use. (JaneGPT I'm looking at you!)
16. If you finish with an amazing record time in the Scottish championships remember that it might be because you accidentally missed out a third of the controls.
17. Don't try and orienteer in an unfamiliar forest in Poland as training with your son with just a black and white photocopy of a map. Contour, stream, crag or path? Does it matter? (Answer: yes)
18. Don't try and orienteer in an unfamiliar forest in Poland as training with your son with just a black and white photocopy of a map, without permission and then find there are actual hunters there with actual guns shooting...
19. If you get to your first control and it has the wrong code on it, don't think "stupid organisers must have put the wrong code on it". *Do* also try and pick up the right control description sheet at the start.
20. If Chair of an orienteering club don't try and pretend to be Donald Trump. It's not big and it's not clever and could potentially get you disbarred from visiting the good ole US of A and deported to San Salvador for good measure.
21. Finally don't try and come up with 25 top tips for orienteering, A complete fool's errand.

💡 *Reminder from MaxGPT:* Orienteering is 20% running, 30% navigation, and 50% inventing excuses for what just happened out there.

Want me to keep going and do a **“Top 10 excuses for being late back to download”** as the next instalment, so you’ve got a trilogy for your newsletters?

No that’s fine MaxGPT, I haven’t had time to read this but I’ll bung it to Katherine and hope it does the job!

Actually there is one thing, how can I encourage more people to assist with the day to day club stuff to assist in some of the day to day activities of the club like publicity, mapping, newsletters etc??

That’s a very real and common challenge in orienteering (and most volunteer clubs!). You might want to try a humorous advert. Would you like me to draft you a **funny recruitment piece** that you could slip into the next newsletter to nudge people without sounding too formal?

Yes please!

Help Wanted: Apply Within!

The club is currently recruiting for several highly prestigious* (*unpaid) positions. No prior experience needed — just a sense of humour and the ability to find the “on” switch on a computer.

Current Vacancies:

1. Publicity Officer (Chief Hype Merchant)

Duties: Telling the world that running through brambles is glamorous.

Skills: Ability to exaggerate mud depth convincingly.

2. Mapping Assistant (Lord/Lady of Squiggly Lines)

Duties: Drawing mysterious symbols on paper that allegedly represent the real world.

Skills: Willingness to argue passionately about whether something is a “knoll” or just a lump.

3. Newsletter Contributor (Wordsmith Extraordinaire)

Duties: Writing 200 words about how you *nearly* found all the controls.

Skills: Creative excuse-making and liberal use of the phrase “route choice.”

4. General Club Helper (Jack of All Trades, Master of Biscuits)

Duties: Anything from putting up a tent to holding down a map that’s trying to fly away.

Skills: Two hands, preferably attached.

Perks of the Job:

- Unlimited kudos at events.

- Free use of the club's high-tech stationery (pens that sometimes work).
- Guaranteed mentions in the newsletter, possibly with heroic adjectives.
- The warm, fuzzy feeling of knowing you've kept the club running.

💡 **To apply:** Simply whisper “Yes” in the direction of any committee member, or send an email before you change your mind.

[That really was MaxGPT - you heard it here first! Your club needs you! ☺]

CLUB AGM

7PM
THUR 18 SEPT 2025
& MEAL AFTER




JOIN THE NEW CLUB COMMITTEE!

There are several vacancies to fill - either by individuals or as job-shares.

For more details contact: the current role-holder, John (Club Secretary) or anyone on the committee - see club website (under About Us | Committee) for emails.

No experience needed; on-the-job training provided. We meet every few months with tea, biscuits and quite a lot of laughs. It's a great way to get to know people in the club better. It would be great to have some new faces involved!

Chair

- Leadership to club & committee
- Chair meetings
- Steer the strategic direction of club
- Annual report

Comms & Publicity
(Can split roles out)

- Newsletter
- INTEResting
- Website Articles
- Social Media
- Advertising/ flyers / posters/ A boards

Event Coordinator & Deputy

- Oversee planning and delivery of the club event programme
- Coordinate Event Permissions
- Recruit planners & organisers
- Arrange for publishing Entry details and Results

Secretary

- Arrange committee meetings
- Write minutes of meetings
- Main point of contact for club
- Manage email list
- Membership manager

COME ALONG TO THE AGM
(even if you don't want to stand for anything - it's a club social event too! Everyone is very welcome to the meal after (pay for your own))

MORE DETAILS TO FOLLOW BY EMAIL

CLUB NEWS ROUND-UP

Welcome to New Members:

Will Rigg has re-joined (after a gap of a couple of years) and Kieran Marsh joined us in early June from SLOW.

"Hi I'm Kieran, I've been orienteering for about 20 years now, but you'll still find me propping up the table most of the time! I enjoy all orienteering but am better when speed is less important, such as indoors or TrailO. Last year I was selected for the GB TrailO team at the Europeans in Finland which was both very exciting and challenging. (picture from the Model event)."



JK2025

The club had a good turn-out at Easter for this year's JK, hosted by the Yorkshire and Humberside Orienteering Association and centred in the heart of SYO (South Yorkshire Orienteers) territory in Sheffield. The first day was a Sprint around central Sheffield. Good fun dodging the crowds, though apparently only the longest courses got to race in the most intricate part of the map. Selected club results



- M18E: Laurence Ward 3rd
- M50: Ray Ward 2nd
- W16: Lucy Ward 1st
- W21E: Mairi Eades 7th, Aoife McCavana 10th
- W45: Claire Ward 3rd

The Middle Distance was at Tankersley, familiar territory for many, as the scene of a recent CSC Final. No peeking at the maps while waiting for the timed crossings so no need for a tactical breather?

- M12A: Inis Chepelin, 3rd
- M18A: Laurence Ward, 4th
- M60S: Graeme Ackland 5th
- M65S: Graham McIntyre 2nd
- W16A: Lucy Ward 2nd
- W45L: Claire Ward 2nd
- W55L: Lorna Eades 5th

The Long Distance was at Wharnccliffe, spread across the side of a valley, with a seemingly infinite supply of boulders in places, and with moorland above, Wharnccliffe provided a great test for the long race.

- M12A: Inis Chepelin 2nd

- M55L: Andy Kitchin 6th
- M60S: Graeme Ackland 4th
- M65S: Graham McIntyre 5th
- W15A: Laura Kitchin 5th
- W16A: Lucy Ward 2nd
- W21S: Anna Murgatroyd 1st
- W55L: Lorna Eades 5th

Finally, the Relays took place at Middleton Park with some pretty good runs!

- JK Trophy: INT North 4th (Ali Masson, James Ackland, Aidan Smith), INT South 13th (Colm Moran, Ben Stevens, Oleg Chepelin)
- Women's Trophy: INT West 5th (Aoife McCanava, Louise Adams, Mairi Eades)
- Women's Short: INT South West 5th (Lucy Ward, Lorna Eades, Claire Ward)
- Junior Relay: INT + MAROC 3rd (Inis Chepelin, Emily Robertson (MAROC), Laura Kitchin)

Congratulations to those club members stepping onto the podium for overall JK results (top 3 placings only):

- M12A: Inis Chepelin 2nd
- M60S: Graeme Ackland 2nd
- M65S: Graham McIntyre 2nd
- W16A: Lucy Ward 2nd

Scottish Champs 2-4 May 2025

This year's Scottish Champs were held at Barry Buddon near Carnoustie. A large area of sand dunes, it's usually a military firing range, and the access restrictions meant the event was held a few weeks earlier than usual, conflicting with the Irish Championships and other big events. However, there was still a great turnout, and the weather was dry all weekend, albeit rather windy for most of it. Big thanks to Lorna Eades as organiser and Colin Eades as Planner, with Thomas Laraia assisting; plus Paul Caban for controlling the Relays.

Individual Long Distance

- M18E: Laurence Ward 3rd
- M21E: Ben Stevens 6th, Michael Stanwix 12th (1st Native Scot)
- M40L: Murray Strain 1st
- M50L: Ray Ward 4th, William Ivory 8th
- M55L: Andy Kitchin 6th

- M55S: Max Carcas 6th
- M60L: Rob Lee 5th, Graeme Ackland 6th, Paul Caban 10th
- W14A: Laura Kitchin 2nd
- W16A: Lucy Ward 2nd
- W21E: Mairi Eades 2nd, Ellie Bales 3rd
- W55L: Heather Hartman 5th
- W55S: Jane Carcas 5th
- W60L: Ann Haley 4th, Jane Ackland 6th

Relays

- Open: INT N 3rd (Ben Stevens, Oleg Chepelin, Aidan Smith)
- Women's Open: INT S 2nd (Mairi Eades, Lindsay Robertson, Louise Adams)
- 14+ points: INT W 4th (William Ivory, Paul Caban, Graeme Ross)
- 20+ points: INT NE 1st (Heather Hartman, Mary Ross, Andrew Kitchin)

British Champs

The individual Long Distance was a tough day by all accounts on Grizedale, but worthy of a Championship event.

- M12A: Inis Chepelin 2nd
- M21E: Luke Fisher 4th,
- M65S: Graham McIntyre 2nd
- W16A: Lucy Ward 2nd
- W45L: Claire Ward 6th
- W55L: Lorna Eades 3rd

The Relays were held on Bigland this year, a popular area for many.

- Men's Premier: INT N 4th (James Ackland, Aidan Smith, Luke Fisher), INT S 7th (Ali Masson, Colm Moran, Ben Stevens)
- Women's Short: INT SW 2nd (Haether Hartman, Lorna Eades, Claire Ward)
- Mixed Ad Hoc: INT SE 1st (Colin Eades, Laura Kitchin, Andrew Kitchin), INT NW 9th (Colin Blackburn, Chris Dibben, Pip Ascough)

British Sprint Champs

Well done to James Ackland who is the new British Sprint Champion - and to Ellie, James, Thomas and Mairi on winning the Elite British Sprint Relay Championships at the end of August! See Mairi's event report below.

BRITISH SPRINT CHAMPIONSHIPS AND SPRINT RELAYS 2025 - MAIRI EADES

Five Interlopers made the very long journey down south to the last of the British Champs this year. We started off with the mixed sprint relays at RAF Honnington with some pancake flat speedy courses. We had a full INT elite team (Interlopers LEE Team) and Paul joined forces to make team EspRrIntAros. The atmosphere in the arena was exiting, with not many teams entered in the elite category and talk that some teams were non-competitive, and on paper INT had a rather strong team (definitely no biased commentary from the commentator box). Ellie was the first Interloper to head out round the army base with a speedy mass start; however, unfortunately illness struck but Ellie battled through making sure to finish for the team (big kudos for making it round, wishing her a speedy recovery).



Let's just say we were giving ourselves a handicap to make the competition more exiting, and exiting it was. James headed out on a mission almost 5min down, he hunted down many teams bringing us up into the mix. He then passed on to Thomas to do some more hunting and that he did pulling us up into 3rd. But with the team in first non-competitive, could I close the gap of over 2mins to the SN team? I fought hard however just not quite enough as the SN team crossed the line 43 seconds before me.



However ... just as I crossed the line a shocking turn of events happened, SN are disqualified for a miss punch, the British Mixed Sprint Relay Title goes to Interlopers!!!! Well done to the Stag/RR team who unofficially won, and Paul's team who, if we include all the n/c teams, were 7th a solid effort.



The next day could not have been more different to the relay area. There were now hills, strange shaped buildings, staircases galore, multi-level passageways, routes through buildings and much more. The qualifiers were well underway, with Paul posting a solid 9th (with top 21 to qualify). Then the Elites where all Interlopers were spread across different heats so thankfully none of us knocking each other out at this stage. There were super technical courses and many controls. I made sure to allow best seeding position for the final by winning the Women's A quali, and Ellie was comfortably through to the final in the B quali. In the men's B & C qualis, James and Thomas both took silver to book their spots in the A final.

After a long lunch break it was time for the finals and rumours were spreading fast around the arena that the course organisers had been sneaky and opened up lots of buildings to run through. Paul cranked up the gears and didn't let any of this faze him and stormed into a fantastic 5th place in the M60. Then all eyes were on the elites, once again many many tricky controls. Ellie and Thomas equalled Paul with their 5th places and after a tough battle against the WOC 2022 bronze medallist I came away with the silver medal. But the big news is that James Ackland is the new British Sprint Champion!!!! "The fastest sprint orienteer who travelled to Norwich and didn't make the Euros team" [*this weekend saw a clash of events with the European Orienteering Champs also being held; well done to Freddie, Eddie and Aoife who were competing at that.]



INTS IN INTERNATIONAL ACTION

- Quite a few younger INTs were selected for GB squads this summer.
- Congratulations to Luke Fisher and Aoife McCavana who were both selected for WOC2025 – Luke for the GB squad and Aoife for the Irish.
- Well done to Lucy Ward on her performance at EYOC (European Youth Orienteering Championships): 20th in W16 Sprint and 6th in W16 Relay. Read Lucy's report below.
- See below on the World Games and the European Orienteering Champs.

THE WORLD GAMES: CHENGDU 2025 - MAIRI EADES

For those that don't know, The World Games is a large multi sports event like the Olympics but for all the sports that are not at the Olympics. It ended up being a very Edinburgh Young Team that went to the games this year for Team GB, Freddie Carcas and myself from Interlopers and Rachel Brown and Jim Bailey (recent graduates from EUOC, Rachel also ESOC). Rachel and I went out a couple days early to get acclimatised and to see some very cute pandas which was all fine and well until poor Rachel came down with suspected food poisoning 😞 However, it was super fun to explore some "real" China before we headed to the Athletes Village. This was a crazy experience with so many volunteers there to help you, a six-person welcome crew to every meal, mega buffets, lots of cultural experiences like painting and crafts. There were also some fun golf buggy things to transport you around the village because it was often extremely hot to walk around. The opening ceremony was insane, a huge parade of the countries, best fireworks ever and the cauldron lit by people on wakeboards. Loads of dancers and displays; a very memorable evening.



Then finally some rain came but it then made the middle distance model course very slippery and muddy. Then the heat returned the next day for the middle proper. 40 degrees and 80% humidity and very little shade. With many bottles of water poured over us and ice stuffed in all available locations we headed out on the race. The courses were over-planned for the weather and the map looked crazy, a bit like a sprint course running through corn fields and orange groves; only saw one yappy dog. Many did not finish. The finish area was crazy; volunteers everywhere shouting, running, getting wheelchairs, shoving people in ice baths, covering people in wet blankets, it was like nothing I've seen before! I don't remember them taking my ankle timers or GPS units off; I got handed a big bag of ice to hug, and was forced to down water and I was in a far better state than many people. We later found out that two people were hospitalised. But everything was continuing on as normal.

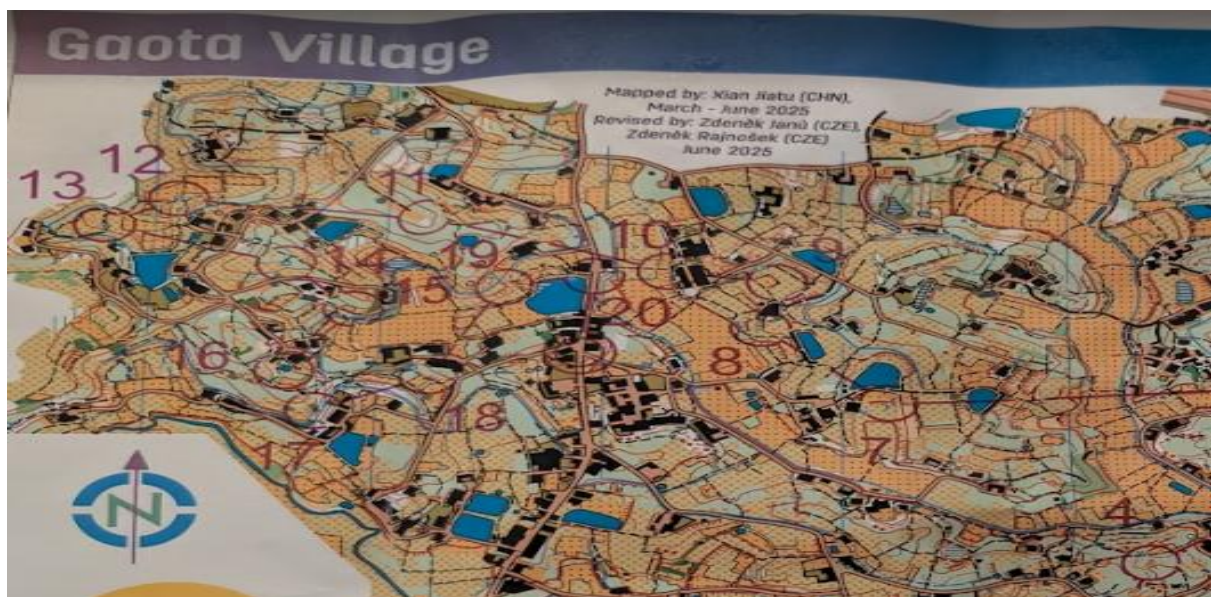


The focus then turned to the sprint, the weather had cooled with some more rain but still felt very hot and humid. The two sprint races were to take place in these very cool and crazy gardens. The sprint was super fun and technical, lots of pockets of tricky gardens connected by winding paths and a couple of bits of multi-level. Then the following day came the sprint relay on a similar area with the same finish, the mass start was crazy fun with all the technical wiggling keeping everyone close together (and some argey bargey), I brought us back sending Jim out in a good position, Freddie pulled us up some places, in the end we finished 10th.



This was such an incredible experience in terms of the World Games aspect: so cool to be at a huge multi-sport competition. The orienteering was unique. The conditions were unforgettable and brutal. Individually, as a team and as a sport we will certainly not forget this event; many memories will be taken from this both good and bad. Unfortunately, the orienteering family did not return in full. Mattia Debertolis (ITA) sadly passed away while we were out there after being taken to hospital following the middle distance. This loss impacted everyone across the orienteering community, our deepest condolences go out to his family and friends, may he rest in peace.





European Orienteering Champs



Eddie Narbett & Freddie Carcas were both in the GB squad for this. On a hot late August evening in Hasselt, Belgium, Eddie Narbett along with team-mates Cecilie Andersen, Ralph Street and Grace Molloy raced hard around the intricate network of streets and alleys. The organisers surprised athletes with a purpose-built pontoon across the docks. GB secured a Sprint Relay podium with a 5th-place finish



[Photo credits British Orienteering]. The day after, the Knock-Out Sprint held in Geel delivered high-paced excitement. Organisers reimagined the town's large car parks, adding networks of artificial barriers to create decisive route choices on the longer legs. GB's top performance came from Freddie Carcas, who qualified through the fastest quarter-final of the day to secure a spot in the semi-finals.



SPRINTELOPES

Interlopers hosted four events in this year's series: many thanks to...

- Graeme Ackland, planner-organiser at the Jack Kane Centre
- Robin Galloway, around the high points of Mortonhall (quite literally - this is the highest inhabited part of Edinburgh), plus William Ivory for running download. Our IT team took the opportunity to try out SI Droid (a lightweight phone-based app for download), and one of our younger members made his volunteering debut.
- Pat Bartlett, planner/organiser for the King's Buildings event, 16 July, plus William Ivory for running download
- Colin Ledlie, planner/organiser for Dalkeith in August (and for amazing chalk marks at the controls featuring control codes!) plus Paul Caban for running download.



This year's season of Sprintelopes concluded at Loanhead in the sweltering Scottish summer heat (yes, you read that right). A big thanks to all the planners and organisers from ELO, KFO, ESOC, AROS and of course Interlopers for putting on an excellent series of events, including at least 2 newly mapped areas.

There was a prizegiving after last night's event - well done to Lucy who won the Short Course league (best 7 results out of 17 possible). Overall INT results:

- Short: Lucy (1st), Tricia Alston (8th), Colin Inverarity (15th)
- Long: William Ivory (6th), Pat Bartlett (10th), Graeme Ackland (11th, a mere 2 points behind Pat), Niall Inverarity (13th), Ann Haley (17th; 3rd female)



SIX DAYS 2025: ROYAL DEESIDE – PAUL CABAN

I Assistant-Controlled this year's 'Interlopers' day at the SixDays. I was the last of the six Officials to be recruited: the Planners were from GRAMP and BASOC (the latter with the local connection of having been a GRAMP member for many years; the Organisers were from BASOC and our very own Colin Eades. The Controller was based in deepest England, so I was expecting to be doing most of the on-site leg-work.

SixDays being what they are, there are always "surprises". Ours being that there was felling taking place, which would continue until early May (and restart in the autumn) with the final map being available towards the end of May. That would be a tight timescale, but achievable. Controller and I visited for a couple of days in May - and stayed in accommodation owned by a lady whose late husband was best-friends with someone from Controller's first club - enabling us to finalise lots of things, including: start locations (we eliminated one); routes to the starts; elite warm-up area; drinks points (roughly); white/yellow courses. All we needed was the final map and some taped sites ...

Controller and I were both away for much of June, but we scheduled another site visit together for early July, when the sites had been taped. All were fine, although there were places where the bracken had flourished - apparently, it'd been a good year for it - and needed some 'gardening'

I'd never intended to compete at any of the other days. Instead, I spent Wednesday and Thursday afternoon checking that controls had been placed correctly, and whether the right units had been put out. I also did various tapings (OOB and some parts of the white course), and finally spent some time explaining to one of the landowners what they would see happening the next day, before a short night of not-much-sleep in my tent at assembly.

I was up early Sunday morning to wake my round of controls, and then had to go out again, when a message came in that another one of the control walkers had a flat-tyre, and might not be there in time. The only other 'issue' was a wasps' nest in the fields on the way to the second-last control, which came to life at around midday, stung a few people, and had to be taped off.

I heard almost exclusively good things about the courses. In broad terms, the longer the course, the more likely it was to meet bracken, although even then, we'd gone to a *lot* of trouble to flatten route into and out of controls for the earliest starters. Certainly the shorter courses which stayed exclusively in the moraine, were very well received. And the bumper crop of blaeberrries was popular too.

The only unpleasantness was reports that one of the early "elite" runners - quotes used deliberately - ran into the finish shouting "It's all horrible". All other evidence suggested that wasn't the case, so I'm guessing that navigational inadequacies needed a cover story Planners were frustrated and annoyed, and reckoned whoever this was has never actually planned or organised anything let alone an event of the scale of the SixDays.



Scottish 6 Days
Orienteering

... welcomes a' bidie tae oor
bonnie wuds a'ower Deeside

Courses Close 4pm

Course

All Controls



Glen Dye



scale 1:15,000 contours 5m

GLEN DYE MOOR



Contributors: Trevor Honey, Paul Caban
Planners: Rob Hicking, Ian Hamilton
Organisers: Colin Eades, Jonette Macleod

Emergency Number:
07794 016966



Deeside Orienteering & Leisure Maps
Glen Dye Moor
Map No. 1001
© 2024



Fit like loons
and quines?

Previous maps by Deeside Orienteering & Leisure Maps
Revised for Royal Deeside 25 by
Deeside Orienteering & Leisure Maps 2024/25
Copyright: Grampian Orienteering Club 2025
Grid reference: NO 350 963
Printed by YourCMAPS, Moray, Scotland
OF Event No: 84584

Access to the land shown on this map is covered by the
provisions set out in the Scottish Outdoor Access Code. For further information see
www.outdooraccess.scotland.com

R1	R2	R3
Reserve Punch boxes if SI unit fails		

Courses Close 4pm

The Middle Distance race on Day 3 at Creag Choinnich was followed by a club picnic at the Braemar playpark with a good turn-out by young and old alike. [Photo credits Katherine Ivory]



Day 3 Arena: another nice sunny day and no need for a club tent at the INT base! Plus Day 5 Finish, Glen Dye [Photo credits: Katherine Ivory]



CLUB EVENTS ROUND-UP

Calderwood SoSOL, 6 April 2025

Last year Storm Kathleen intervened and we cancelled late when forecast wind speeds increased to storm force. How different this year, a dry week leading to a sunny event day meant we got to enjoy Calder Wood at its best. Big thank-yous to the team:

- Organiser - Graham McIntyre
- Planner Louise Adams and controller Neil Conway (FVO) for great courses
- Alasdair Pedley for bringing the map up to date
- Team Interlopers for the great volunteer turn out
- The weather gods, very generous this year

Heriot-Watt / Riccarton Local Event, 7 June 2025

The Heriot-Watt university campus is a great place to orienteer, as demonstrated by the excitement of last summer's World Orienteering Championships mixed sprint relays. Over 120 participants enjoyed Claire Ward's courses round the grounds (exceedingly quiet given the student exodus for the summer), despite the typical-for-June (i.e., wet! and midgy!!) weather. Handy to have two club tents for shelter.

It was great to see some familiar faces from the Parkrun Takeover and Taster session held at Oriam Parkrun a few weeks previous, and hopefully they will have been bitten further by the orienteering bug after enjoying today's courses. It was nice as always to welcome pupils from the ESMS orienteering club, who brought a lot of cakes and other goodies to mark Mrs Molloy's retirement.



Big thank-yous to all the club volunteers who made this event possible: Planner Claire Ward, on-the-day organisers Chris Dibben and Phillippa Ascough, William Ivory for general coordination and entries, plus on-the-day helpers Paul, Rob, Ann, Jane C, Lorna, Lukas, Murray, Tessa, Katherine, and William. Special thanks to Paul and Chris who dealt with very speedily renumbering in SI Timing and on the control units when it was realised that the maps unfortunately had the default CONDES control numbers not the correct ones ... (Photo credits: Pip Ascough, Katherine Ivory, Lukas Janusauskas)



Post-event club advertising in Colinton [photo credit Philippa Ascough]



JUNIORS

Several club juniors were in action representing their schools, at the Scottish Schools Orienteering Festival held in Pittencrieff Park, Dunfermline in early June.

Good results were achieved by all, with Inis second on P7 boys, Laura second on S1 girls, Lucy first on S4 girls, and Ben fourth on S5/6 boys. Laura also led her School to second overall in S1 girls. Meanwhile, Inis's School were clearly inspired by him to come a narrow third overall in P5/6 boys, behind teams both containing more experienced orienteers. Mairi Eades did a great job presenting all the prizes.



EUROPEAN YOUTH ORIENTEERING CHAMPS – LUCY WARD

This year, I was selected to represent Great Britain at the European Youth Orienteering Championships (EYOC) in Brno, Czech Republic. It took place from the 18th to the 20th of July however the British team went out a couple of days early so we could spend time getting used to the terrain and the challenges we would face.

We arrived at the accommodation late on Tuesday night, having taken two flights, endured a long layover, and driven for 2 hours from Prague to Brno. As a result, we only started exploring late Wednesday morning. We got up and went out to a nearby sprint area to see what it would be like. After lunch we headed out to a forest which we thought could be similar to the one we were going to compete in on Friday. We came back and had dinner with lots of other teams staying in our accommodation which allowed us to meet some new people.



On Thursday, we went out to the model events the organisers had put on. In the morning, we headed out to the forest model event, a score map that the same mapper who was mapping the forest event had made so you could check out what his mapping style was like. This was really cool as every team was there and so it really made it feel real. We made friends with some of the other teams and got a game of volleyball going while waiting for team mates to finish. Later on in the afternoon, we headed to the sprint model, which was a course about

yellow standard but allowed us to see how barriers would be marked in the terrain, see what call up would be like, how the finish worked, and what drinks they would serve at the drink stations etc. After this, we headed back to get a good night's sleep before the long distance the next day.

On Friday morning we headed to quarantine after an early breakfast. This was a completely new experience for me, but I had to get comfortable as I had about a 4.5-hour wait before my start. The long distance was on an extremely steep and grotty slope forest, where the challenge was all about making sure you picked the right route. I found it alright and took decent routes, just nothing outstanding, but was rather pleased with coming 44th and 2nd Brit. As soon as I finished, the focus turned to the next day's races and trying to get my body in as best shape as possible. However, the opening ceremony that evening didn't help - a crazy experience, especially the friendship party, which was basically a massive sweaty mosh pit where everyone was dressed up in crazy costumes (the British team went as cowboys and cowgirls). This ended at around 10, leading us to only get back to the accommodation at 10:30 and being sent straight to bed. We had a lazy start to Saturday morning with the races not being until the afternoon, allowing us to relax for a while before heading to the quarantine for the sprint.

The sprint was similar to a UK housing estate; however, it had been planned really well with quite a few barriers to try to trick people. I found it quite easy; however, I really struggled in the heat again and fell into all of the planner tricks, losing a lot of time. I am still really happy with my top 20 as a bottom year, though, which shows I have a lot to prove next year. On Sunday, we had an even earlier start than Friday with the relay. This was in a flat grotty area at the top of the long's area, most of the course was in a low-visibility, very green area trying to find pits. On my first leg I had Ella Baxter, who had a great run, handing over to me in 7th. I had a really bad run, making a lot of 1 or 2-minute mistakes however I still managed to pull us up into 6th. I handed over to Ellie Todhunter, who managed to keep the sixth place. This meant we finished with a podium position, which was very exciting.

On the whole, EYOC was a great experience where I got to meet new people, test my abilities, and have great fun with friends. This was an amazing time, and I can't wait to come back older and stronger and prove what I can do after having a couple of good runs.



CLUB DEVELOPMENT – KATHERINE IVORY

Although no longer in an official Club Development Officer role, I've been keeping outreach work ticking over this year, to promote Interlopers more widely to the Edinburgh community and encourage newcomers to give orienteering a go.

There have been several taster activities this spring/summer, including a stall at the Easter Craigmillar Castle Park Family Festival (organised by Edinburgh & Lothians Greenspace Trust, ELGT). A sunny Saturday afternoon is an ideal time to introduce families to the delights of orienteering, and it was great to spend time with fifty or so children and adults who came up to chat at the Interlopers stall.



As for previous similar events, we put on a micro-orienteering activity with stakes and pin punches, and free maps for courses using some of the permanent markers now installed around the park. Enticed by an opening gambit of “Do you like exploring?”, quite a few families headed off on short easy loops, all returned having enjoyed themselves and some went back out again with a second course map. Parents (and grandparents) commented on the value of a ‘different type of walk’ to get their families out, as well as learning some map skills – with quite a few also saying that they’d never really explored the park on their doorstep properly. Many thanks to William and Paul for helping out.



The end of August saw another taster at the annual Braidburn Valley ‘Tea in the Park’ community event. A big thank-you to Mike, Mary and William who helped at this. The morning sun drew people out, the rain held off until the end, and quite a few people showed some interest in the permanent course and / or coming along to a local event.



We have also had a further Parkrun taster session. In mid-May, during World Orienteering Week, we took orienteering to Oriam Parkrun at the Heriot-Watt University campus at Riccarton. Interlopers and Edinburgh Southern Orienteering Clubs joined forces to do this, with Interlopers putting on a free orienteering taster session for afterwards. Blue skies and lots of INTs out in club tops made for a great atmosphere and plenty of interest.

Colin Eades' introductory course was designed for Parkrunners looking for a fun warm-down activity, as well as anyone else who'd like some map-based adventure.

Not only did everyone make it back from the course without search parties but the general feedback was that participants would make it back for another orienteering event which was great to hear – and we did indeed see a couple signing up for the June local event.



COASTS AND ISLANDS 2025 – JANE ACKLAND

When Graeme first suggested a summer trip to Shetland for C and I's, I was well up for it. Shetland is surely one of those places that should be on any self-respecting bucket list, and late July would be an optimal time to go: long long days of sunshine. Graeme and James could do the orienteering thing and I (having come to terms with a knee that wasn't ever going to allow running) could explore the islands on my bike.

In eager anticipation, we switched on episode one of 'Shetland', and I descended rapidly into despondency and never made it through that first episode. Contrary to my dreamy image, Shetland was clearly a venue for mass murrderers, dead bodies, vicious winds, and high seas, none of which would be visible due to the penetrating dark and damp. The overnight ferry trip was going to be an endurance test of seasickness.

Fast forward to a glorious sunny July evening, and our car, loaded with three bikes, rolled onto the welcoming and calmly organised ferry to Lerwick. What a magical trip! The Tall Ships race had taken over Aberdeen harbour with their completely spectacular boats. The sea was a glassy millpond except when disturbed by dolphins. Every corner on the ferry, we bumped into orienteers we knew, including plenty of Interlopers. The little guys (Bertie and Rowan) joined in the party atmosphere. After a good night's sleep, we joined the throng of orienteers getting off one ferry...and onto the next, which kindly added a second sailing. Word had got round that the Parkrun on neighbouring Bressay was the place to be, and we swelled their usual numbers about sevenfold and made headlines for the local paper.

So began a packed week of cycling, puffin spotting, island hopping, sea swimming, all shoe-horned into the gaps between five exceptionally lovely orienteering races.

We were part of Team Start, which was, in the low stress atmosphere of enabling 275 orienteers on four different courses (Long, Medium, Short and Orange) to rock up and pretty much run when they wanted to, a very satisfying role. The Masterplan Team appears to be a well oiled machine that makes these small high quality events just work. Mairi might have a different view on what happens behind the scenes; presumably long days of control hanging and collecting and arena constructing.

We Acklands sampled the L, M and S courses. The maps, fresh off the cartographers' (Messrs Bagness, Pedley and Hudd) drawing-boards were absolute gems; it is a long time since I have so consistently been able to picture my route and the control site, and been able to run on such bouncy, forgiving terrain. I didn't feel short-changed on Short as the planners gave us our fair share of mixed length legs and interesting controls. The final event, a street race amongst the steep cobbled vennels of Lerwick, was one I judiciously body-swerved, though the map did look temptingly complex.

White on the map denoted more runnable cropped grass than the terrain that these puffins are checking out.

We came full-circle on the last Saturday morning with a repeat trip to the Bressay parkrun, the orienteer numbers overwhelming the ferry once again. My visions of a dreich non-running, non-orienteering holiday were comprehensively but happily wrong. I suspect that we won't be returning to Shetland, partly because I can't believe it could be as perfect another time.





SAUNDERS LAKELAND MOUNTAIN MARATHON, 5-6 JULY 2025 – LUCY GALLOWAY & JANE CARCAS

We had entered many months in advance, thinking it would be a good opportunity to re-use the expensive kit Max and Robin had bought for the OMM. We were quietly confident that we would be considerably fitter by the time of the event and also that the weather would be much better than for the OMM. However, we had failed to factor in that just having an entry did not in itself do anything at all for our fitness levels. About 2 months to go we realised that some actual training might be needed and tried to meet once a week for an early pre-work run (6:30 am on Wednesdays) and with a couple of Saturday mornings thrown in more recently when the panic had begun to set in. Luckily we did a test run with the rucksacks and discovered that Max's OMM one definitely did not suit a more rounded female figure, with the 'clever' spare tent peg features rubbing within minutes of setting out, promptly resulting in more kit being purchased.

The one thing we had not worried about was how we would travel down and where we would sleep for the Friday night before the event, as the plan was to take the Carcas's campervan for relative luxury - this had been a key factor in Lucy agreeing to do the event! Sadly, Max's confidence that he would have identified and fixed a problem with the van all by himself turned out to be misplaced. And putting the van into the garage the day before we needed it turned out to be insufficient time. So our late Plan B was to take the Galloways' people carrier and sleep in that, Plan C of taking a smaller car and spending the Friday night in a tent having been firmly rejected!

So off we went late morning, driving into more and more miserable conditions which, we reassured ourselves, could not possibly last all weekend as all the torrential rain must surely get all used up. How wrong we were. We arrived at the field in absolutely shocking conditions, and even opening the car window for a brief minute to get parking instructions from the poor drowned rat volunteer at the gate resulted in the inside of the car already being very wet. Then we were directed to drive across a raging torrent via a ford, and found ourselves located on the wrong side of a new but ever-widening river which we had to cross/wade through whenever we needed to head back to the toilets/registration/food etc. We weren't especially reassured by the marshals telling us that the field had been risk assessed for flooding. On our first trip back over the river on foot to register, Jane ended up with soaking trainers that were meant to be her non-event "dry" kit and really regretted not having brought wellies (or maybe waders). About 98% of other competitors arrived after us and were directed to park on the dry side, much nearer to the toilets and traders, so we were pretty peeved.

Anyway – the wind and torrential rain continued – and we consoled ourselves that sleeping in the car was a bit better than the poor souls camping that night too (one whose tent ended up blowing off into a barbed wire fence in the morning). We still did a lot of tutting that Max had not fixed the campervan on time (with all of its little "luxuries" like windows that can actually be blacked out). (*Look, it was a hard to trace electrical fault ok?!!- Max, (reviewer)*) Some sleep was somehow had.

We were up early on Saturday – not a day for lying around in a car when there was a soaking wet hillside to be tackled. We collected our enormous maps (50cms by 67cms) – the size of towels rather than maps to be handled in wet and windy conditions. At this point we realised that our anticipated "participation anonymity" didn't have a chance as we met our first INT – Louise with her mum Janet who were doing the score course. Once we had crossed the start line we had to battle the elements to write our controls onto our maps with waterproof pens and using grid references which turned out to be nearly totally beyond Lucy's abilities. Luckily Jane knew what she was doing or we could have been there for hours.

Despite the rain continuing and the cloud being low we tried to keep positive and optimistic that things would pick up. We did find the controls (and it was great to bump into Louise at one point who confidently knew our number 2 was just around the corner) – even if the distances (1:25,000) seemed to take ages. But we got colder and even wetter – and Lucy lost the ability to use her fingers to open her rucksack front strap at one point. After that Lucy's grim determination to get it over and done with resulted in some pretty fluky navigation taking us up a featureless hillside directly to number 4. The paths were streams and the streams were raging torrents and we found any rocky paths to be very slippery (*Note to selves: if, and only if, we ever do something like this again we would ditch the Salomons and maybe try Inov8s with graphene studs*). We were mighty relieved and quite pleased with ourselves to get safely

to the overnight camp and couldn't believe the speed Aidan and Anna were going as they overtook us bouncing down the hill to the finish!

We decided to erect the tent before putting on our drier kit as it was still pouring down, which was the right call. Then we stripped off as discreetly as is possible in a crowded marquee of soaking folk, packed up our most soaking stuff back in our rucksacks and settled down on a bin bag, feeling marginally less wet, to share a can of cider that Jane had been able to pre-order via online entries. There was quite some socialising going on in the marquee with more Interlopers - Leah, Pat, Roanne, Jura and also Carnethy and EUOC friends.

Just then a jobs-worth event official decided that we needed to do a full kit inspection so we had to get everything back out and show her the lot (she grudgingly accepted that our tent was outside in the field). She also commented that some (in our view lucky) folk were sitting on the wooden chairs around the marquee which they really should not have been as you should really only use the things you have carried in yourself. We decided not to seek her views on using the portaloos which we were pretty sure no one else had carried in either. Checking the kit of 2 middle-aged women seemed a bit pointless – we were by far the most likely of everyone there to have each brought every single thing on the kit list – as indeed we had!

After that we decided to go and lie in our sleeping bags in our tent – mid-afternoon – but it was really the best place to be – cosy and lots of nice chat nearby for eavesdropping and general feelings of smugness that we were finally comfy and dry as the rain kept on falling. Jane managed to fire up her stove and speed boil some water for our meals in sachets, followed by a hot chocolate and some tablet. Probably the best bit of the whole weekend!

Day 2 dawned and the rain had lashed down most of the night. So we managed to pack up a soaking tent and the rest and get to the start nearly on time, slightly hampered by the tracker on Lucy's rucksack failing the inspection at the gate and needing to be replaced. We had been able to draw our Day 2 course on in our tent, which was much better than out in the rain, but the waterproof pen was struggling with the volume of water and it was confusing having to draw onto the same map again. But off we went and did okay on Day 2 until a group of us ended up together with too much friendly chat and not enough concentration and all going badly wrong on the way to Control 4, so had a detour and some extra climb to get back to where we should have been. After that we avoided all groups and things went to plan. It even dried up a bit with the odd view to see. After a very long wet slippery rocky path descent and gratuitous run around a very long wall, we made it to the finish.

We only took two photos all weekend – one at the start and one just as we got back to the car, probably demonstrating that most of the event had been undertaken in survival mode!



Would we do it again? Maybe but only if we had much better weather.

We heard later, from someone who knows the organiser, that there was a real debate on Friday evening (when most folk had already arrived) about whether they should just cancel the event. We would probably not have been too disappointed at that stage, with memories of hearing about an earlier OMM (2008) which was abandoned with the newspaper headlines '1000 runners lost in the Lake District'. But this event did proceed, with the Bad-Weather version of all courses for Day 1. A huge thank you to the organisers and helpers who made the event happen, planned good and bad weather courses and were still there at the end.

For anyone interested in doing the event in the future, we have so much respect for all the impressive performances from the Interlopers who smashed the longer courses (and Louise, Score – out for 12 hours no matter how fast you run - really?!). For those a *little* less competitive, we hope we have shown that the event is accessible for anyone. We were really happy to have managed to complete both days in that weather and in a respectable time and glad (well maybe after a couple of days had elapsed) that we just went and did it!

Results for Interlopers:

Kirkfell 41km & 3700m climb

Aidan Smith & Anna Murgatroyd INT 1st overall and first mixed pair

Roanne Lilley INT and Claire Stansfield (FVO) 2nd female pair

Carrock Fell 39km & 2900m climb

Jura MacMillan INT and Paula Hofmann (Carnethy) 4th female pair

Harter Fell 31km & 2550m climb

Leah & Pat Bartlett INT 4th mixed pair

Wansfell 27km and 2200m climb

Jane Carcas & Lucy Galloway INT 8th female pair

Fairfield Score 12 hours – as far and with as much climb as you can manage

Louise INT and Janet Adams (SYO) 7th female pair



ORIENTERING AT THE CURONIAN SPIT, LITHUANIA - LUKAS JANUSAUSKAS

In July, I returned to Lithuania for a family holiday. One of the highlights of the trip was visiting the Curonian Spit, a UNESCO World Heritage Site. This stunning peninsula stretches for nearly a hundred kilometres across two countries—Lithuania and Russia. It is renowned for its unique landscape of vast sand dunes and its cultural importance as a traditional human settlement.

The Curonian Spit is considered one of the most beautiful terrains for orienteering in Lithuania. Over the years, it has hosted several high-profile events, including a stage of the World Orienteering Cup in 1996, the World Masters Orienteering Championships in 2001, and the World Mountain Bike Orienteering Championships in 2008.

Interestingly, Lorna participated in the World Cup stage held there in 1996. From our conversation, she shared fond memories of the area and praised the terrain. Today, the Lithuanian Orienteering Federation has established permanent courses throughout the National Park. I took the opportunity to do some orienteering in this world-class terrain myself. See map extract below (1:10 000; 2.5m contour interval).





REMOTE PLANNING AND MULTI-LEVEL MAPPING - GRAEME ACKLAND

Shortly after WOC, I got a call from someone called Barb asking me if I'd like to visit her place and hang out. I guess this kind of thing happens to you all the time if you mix in the right circles, but it was a novelty for me. Turns out, she wanted me to plan the US championships on an island in Boston Harbour. And any other suggestions for cool events I might have.

Well, I'd been to Boston several times in the past and it always seemed to me to be an ideal spot for an Urban race. It has an old downtown district with an irregular street pattern, lots of historical and tourist attractions and a lovely waterfront. There was a lot of to-ing and fro-ing with dates, and to cut a long story short, the event hasn't happened yet. If you're free on October 11-13, you can fly direct to Boston with JetBlue and enjoy three races, one planned by me over the summer. More of that after it's done. In the meantime, there was a practice race at the end of August for which I wrote a short "explainer" about levels

Multi Level Mapping.

The Boston map has a number of multilevel sites using the 2019 urban mapping standards. The main symbols to look out for are

- "Candy stripe": areas where it is possible to be at an upper or lower level
- "Shark teeth": entry to lower levels
- Underpass or tunnel: the edge of the lower level

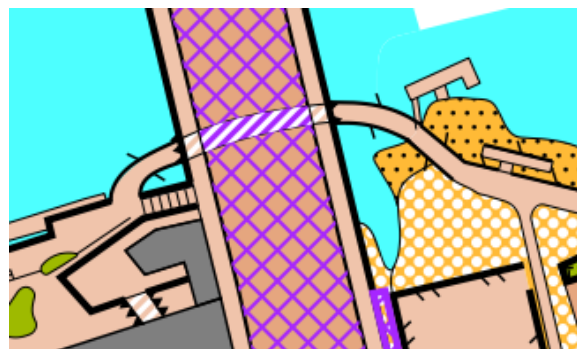
Here are some examples:

Shark teeth. In this area a high level cyclepath runs east-west. You cannot get onto it, or off it, anywhere in the map snippet. You can get under it on the east side where there are "shark teeth", but you can't go underneath on the east side where there is a solid uncrossable wall.

An added complication is that the black circles are pillars holding up an even higher level road (US route 1) and a still-higher level road (I93) these aren't mapped at all for clarity. If you find yourself in the middle of the freeway, something has gone seriously wrong.



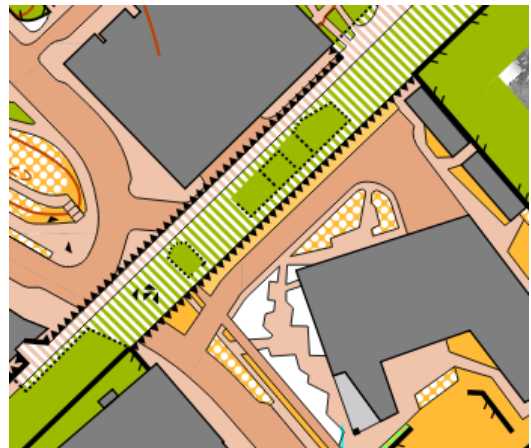
Candy stripes. Here you can get from east to west along a low-level cyclepath. The brown/white candy stripe means that you may be up on the sidewalk, or down of the cyclepath, but you can't get from one to the other. The pink/white means you can physically be down in the cyclepath or up on the road, but the road is out of bounds. The colour always refers to the upper level.



There's also a pedestrian bridge in the SW corner, which you can go over from north to south, or under from west to east. In either case, it's a dead end.

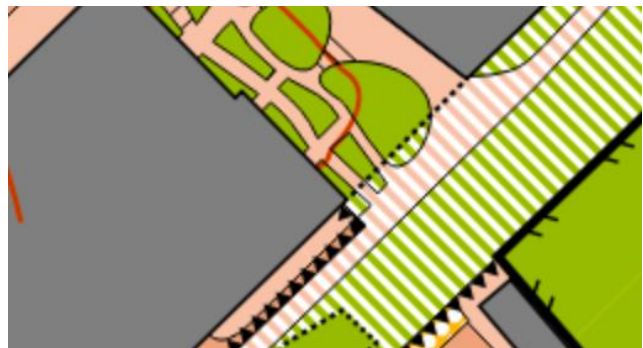
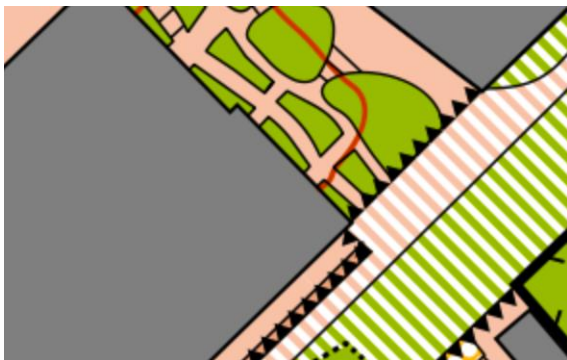
The most complicated bit.

A high level street with a sidewalk only on the NW side crosses a low level street. You can go from SE to NW at the lower level, and SW to NE on the upper level. It is not possible to get from the upper to the lower section anywhere in this snippet. You can go anywhere on the lower level under the candy stripe, including the white/olive stripes - but not into the single colour section. On the upper level the highway is out of bounds (olive green stripe) but the sidewalk is allowed (brown stripe). The sometimes unobtrusive black-dot line shows the limit of where you can go on the lower level. At the top of the map snippet some small paths join the sidewalk. The black dotted line and absence of shark teeth means you cannot access these paths from the lower level.



The contour ends at a spiral staircase inside the building, since you didn't ask.

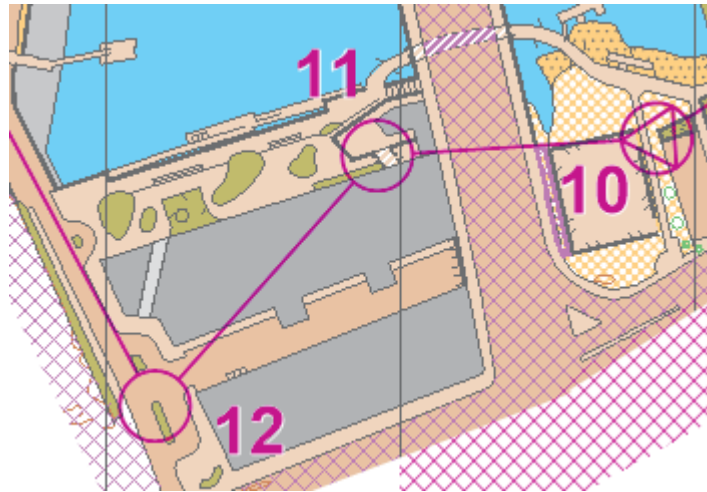
It can be costly to confuse the Shark Teeth and the Tunnel symbol. Suppose you want to get to the garden in the north side of the examples below. In the left example, the shark teeth show you access it from the lower level: below the elevated highway. In the right example, you access it from the upper level: beside the elevated highway. In neither case can you get from upper to lower level. Notice that the olive green area is not mapped when it is at the lower of the two levels.



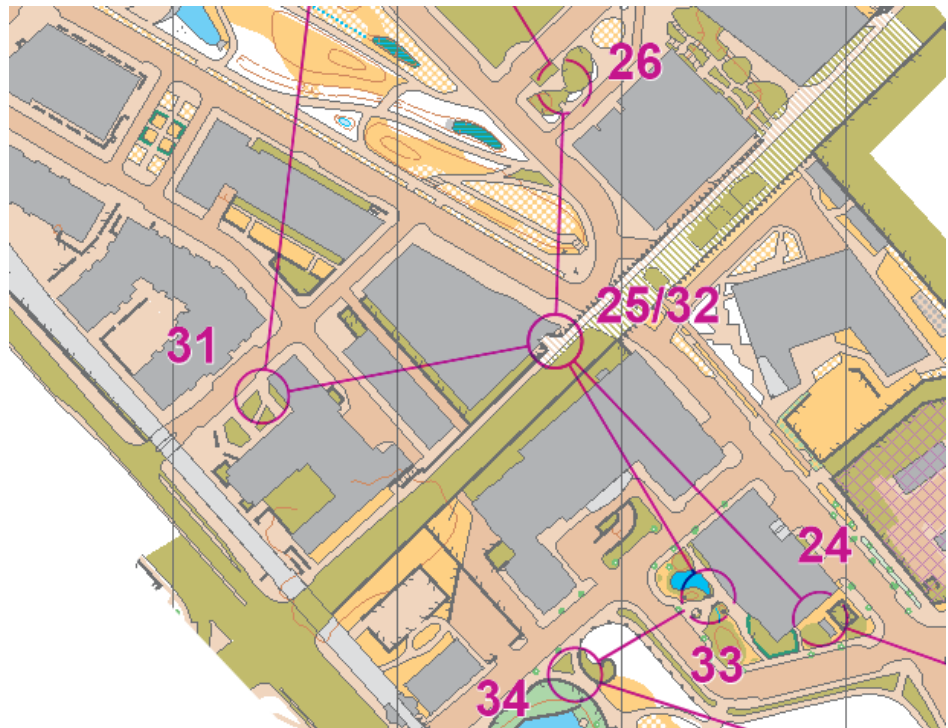
If you have a control in the multilevel area, it is good practice for the control descriptions to use “upper” or “lower” to help out. There is ongoing debate as to whether this multilevel mapping is a necessary evil that planners should ameliorate, or an interesting part of the challenge.

Now the event is done, here's some legs using the levels above.

10	43					
11	65					
12	31					



24	40					
25	61					
26	44					
27	54					
28	72					
29	64					
30	63					
31	57					
32	61					
33	42					
34	50					



RACE ACROSS EDINBURGH - ANN HALEY

ESOC organised a 'take off' of the Race Across the World as part of their 60th anniversary celebrations. This Edinburgh based version allowed teams (pairs or families) to use public transport to get to orienteering courses at six parks across the city. Mobile data on phones was banned, so we were provided with an A-Z of Edinburgh and a bus network map. Five members of Interlopers took up the challenge: Team Interim (William Ivory/Duncan Edmondsdon, ELO), Haley Harriers (Mum and son, Ann and Stephen Haley), the Ker Girls (sisters Mary Ross and Rachel Fawthrop, ESOC) and MESS (Mike Stewart and Ewart Scott, ESOC). We were all classed as 'Local', as opposed to 'Visitors' (lived in Edinburgh for under 3 years) or 'Family' (needed to have a team member under 16). Three of these teams also fell into the Local Veteran class, having a team member over 60.



A mass start score event at Riccarton was great fun and an attempt to separate people, but the outcome was that most of the teams ended up on one bus leaving the campus. As it took time for people to get on, more teams finished and joined the melee on board. It was the busiest double decker I have been on for a long time, with the windows become more steamed up by the minute! As we drove towards the bypass we passed a couple of teams running who received a mighty cheer! Aiming for Hailes Quarry the plan was to get off beyond the Broomhouse Road roundabout, but without knowing the location of the stops we got off one stop early, but committed to trying something different. Using the roundabout underpass to get across Calder Road we found ourselves joining the line of runners coming from the bus!

Subsequent courses were orange standard linear courses, and apart from the obligatory 'in' (start) and 'out' (finish) Si punches, all the controls had single pin punches. Given the bus load of people, this led to some delays at controls! However there was a bit of route choice - round the paths or straight through the long rough grass. We gained a bit of time heading through some green and being so dry, we found ourselves on tracks across the marsh and then straight through the 'pond'!

Then on to Saughton - a run to Calder Road and a bus. Chatting to locals about bus stop venues, we alighted before our bus turned right but involving a slightly longer run to the park. This was a great little venue with lovely gardens to run round.

Next, heading for Princes Street Gardens, we thought we had hit it lucky, being the only team at a bus stop and the bus due. However, it never came...and we were joined by another 10 teams, and knowing that a bus had headed towards Stevenson Road where other teams were waiting. Agh! We lost lots of time. We eventually ran on the the next stop...when, of course, two buses arrived. Although expected to be the hottest day of the year, the haar shrouding the top of the Scott Monument kept the temperatures reasonable. My turn to navigate this time. This course was very short and sweet, but suffered from a couple of doglegs causing a bit of chaos in the cemetery.

With the next venue being The Hermitage, we were quick to head for the 11 bus, opting for the stop on Lothian Road rather than Princes Street. We were cheered by onlookers as we left the park, which we gratefully acknowledged. Straight onto a bus this time! We missed a

short cut to the Hermitage and we were definitely beginning to flag! This was a familiar area, but I struggled with the wee hill near the end.

Onto the bus stop to get to Spylaw...and again there was a mass queue to get on. The start/finish was the (lower) bridge over the Water of Leith. There was a mad dash off the bus, across the traffic lights with various people trying to find the right path down to Spylaw Park. Another couple of doglegs, especially to 1, combining with people still entering the park led to minor mayhem.

Finally, we had to head back to Riccarton. The queue at the bus stop just got bigger and a couple of teams opted for the 18, requiring a change on Calder Road. If our bus had been on time this would have been a close call, but ours was 10 minutes late, so those taking the 18 finished 8 minutes clear. However, our bus was full of participants and, so after 3 hours, it became a 500m sprint finish with teams placed 13 to 28 finishing within 52 seconds..and some Wombles just behind!

The banter on the buses was fabulous. Participants engaged with the public throughout. We snacked and tried to hydrate between our outbursts of activity! Although we used buses between parks, we heard of others who headed for trams and one team took the train from Curriehill to Wester Hailes. The Interim Team had the energy to run back from Spylaw, and one team ran the whole route, approximately 34km, coming in 5th. We ran about 14km during the event. In the end it was two ESOC family teams who won with times of 180.07 and 180.08 (a race from the bus)!



Interloper team results were:

Interim (William and Duncan)	209.13	6th overall, 4th Local team
Haley Harriers (Ann and Stephen)	221.57	24th overall, 9th Local, 2nd Local Vet team
Ker Girls (Mary and Rachel)	266.26	44th overall, 17th Local, 3rd Local Vet team
MESS (Mike and Ewart)	321.34.	67th overall, 28th Local, 8th Local Vet team

Thanks to everyone involved in putting on this fun day out, and the sponsors, Decathlon for providing goody bags!

JOUSTING WITH THE JOLLY JOELS - WILLIAM IVORY

This year saw ESOC's 60th Anniversary, and to celebrate, they ran a special event – Race Across Edinburgh – based on the popular TV series 'Race Across the World'. It took place on Saturday 21st June, with the start and finish advertised as being at the Heriot Watt Riccarton campus. 6 different parks would be visited, with 10 controls at each. There was a score course at Riccarton to start the event, then linear courses



at each of 5 other parks before returning to the finish line at Riccarton. Teams were provided with an Edinburgh A-Z (book not fold-out) and a Lothian Buses network map. Mobile phones were only to be used in aeroplane mode (for taking photos), though you were encouraged to ask others for help.

Taking Interloper behaviour to extremes, I only entered after the closing date, and without actually having a partner to race with. 'INTerim' seemed an appropriate team name. All my 'usual suspects' in Interlopers seemed to be otherwise engaged (though I'm sure Robin wasn't in India just to avoid running with me again after our OMM adventure last year!). A request out to local clubs a fortnight before resulted in my teaming up with Duncan Edmondson of ELO. Having failed to bump into each other to talk tactics at the Tranent Sprintelope, we had a brief Zoom call to discuss team tactics the day before.

The forecast for the day was for the mid-20s, so sunscreen, hat and sunglasses were packed along with water and jelly babies. Fortunately on the day, a good Edinburgh haar had settled in, keeping the temperatures somewhat lower than expected. Having registered, and collected our A-Z and bus map, along with our Decathlon 'goodie bag', we cleared our team dibber, received our sealed map, and gathered with the other teams on The Lawn, waiting for the pre-race briefing. Here we met fellow Interlopers, Ann and Stephen Haley, who had made it off the waiting list only a few days previously.

Once briefed, with a special warning to a certain Mr Clark of ESOC not to post on social media until after the event (the location of the other 5 parks being only discovered as you left the previous one) we were off. The Score course around the campus helped to spread out the teams before they headed to the next park, though there was a fairly obvious split between those choosing to go clockwise and those counter-clockwise! On finishing we received our control card for the next park – Hailes Quarry Park – and had to decide how best to get there. Given its proximity to Calder Road, bussing part of the way was likely to help, though it turned out the bus waiting at the campus bus stop wasn't going for 10 minutes so we headed off to the Park and Ride (P&R), tailing along behind the Jolly Joels (Joel Atkinson and Joel Gormley – EUOC). They sped off ahead, only for us to catch them up at the P&R bus stop where several other teams gathered before the first bus arrived (containing several teams we'd left at the campus bus stop). Next stop ... well, everyone was trying to second guess everyone else, but the Corstorphine Queens (Kirstin Maxwell and Sophie Collins, RR) got off one stop before the rest of us and were seen coming out the far side of the underpass by Sighthill Post Office as we got off the bus.

Arriving at Hailes Quarry Park we got to grips (literally) with the pin punches that were being used (SI dibbers only for park 'in' and 'out'). I think I can see where the awkwardness of the Emit Brikkes comes from now – they are trying to mimic the experience of pin punches. We joined a steady procession of runners looping round the park, before exiting (remembering to punch 'out') and finding out our next destination – Saughton Park. Back to Calder Road and straight on to the 35, along with a bunch of very hot orienteers. Opening the windows didn't seem to help much ... Off we went, only to slow up as roadworks loomed. Duncan and I, along with Ann and Stephen, decided to de-bus given the traffic ... only for the bus to go past with those



onboard waving at us ... as it then stopped at the Chesser Avenue lights to turn right while we carried on straight to reach the bandstand in Saughton Park. As we gathered in our controls here, it was obvious how much bus strategy could make a difference as while we were keeping up with the Joels, we were evidently behind several teams with small children. We departed from the park in a different direction to the Joels – we headed for Dalry Road and straight onto a bus while they (it turned out) got a slower tram. Not that our bus was particularly fast as Team Rusty (Gary Tompsett and Stewart Caithness (STAG) running the whole way!) passed us once if not twice, and we had a frustrating wait at Haymarket before we got off on Shandwick Place and made for West Princes Street Gardens. After mistakenly heading for the Ross Bandstand instead of the fountain, we eventually found the start, albeit we didn't quite get to punching the 'in' until about 10 seconds before the 'out'.

Next stop was the Hermitage (park number 4) so we exited onto Lothian Road, just missing the 36 whose driver had just closed his doors and wasn't keen on re-opening them. No bus tracker here, so we took our chances and ran up to the Usher Hall bus stop where there was a bus tracker, and a single bus stop versus the 2 at the foot of Lothian Road. We were soon on the 16, along with the Jolly Joels and Corstorphine Queens amongst others. Another round of everyone trying to figure out which stop was best while not alerting the other teams followed ... we made our break at South Morningside Primary, cutting across from there to the Hermitage. After steady progress round here, we made (in retrospect) the mistake of heading back to the bus stop we'd got off at. 3 other teams who left the Hermitage within seconds of us headed higher up Comiston Road and just caught the 16 towards park 6 – Spylaw Park in Colinton. 2 other teams left 10 minutes earlier but presumably ran this section, thus moving from 1st/2nd to 4th/5th. It seems those 3 teams then also just caught the 45 from there to the finish, all finishing within a couple of minutes of each other in 1st – 3rd places

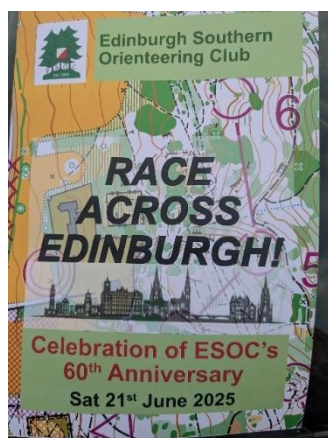
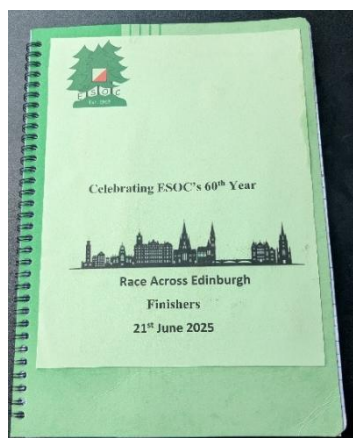
Unaware of this, we chose to run to Spylaw, heading across past Craiglockhart Hill and then round Colinton Road, after a fruitless wait for 5 minutes or so when we reached Colinton Road, hoping for a number 45 to materialise. Coming into Spylaw Park we were surprised to discover we were in 6th place (we'd assumed we were rather lower down given the number of other teams that seemed to be in the mix still at the Hermitage). Half way round at Spylaw, a bus load of other teams arrived, including our perennial companions, the Jolly Joels, who had overtaken us by the end of the park.

It was now a race to the finish ... which was definitely not yet in sight given the large hill in front of us up to Gillespie Crossroads on Lanark Road. Half way up we found the 45 bus stop, but it wasn't due for another 15 minutes. Hurried calculation followed – we had approximately 3-4km to go, so even running slowly, it was probably better running if we had enough energy. We headed on up the hill, following the Jolly Joels, and level pegging with Happy Anniversary. Turning left at the top of the hill, we left Happy Anniversary at the next bus stop and headed over the bypass in the wake of the Joels who soon disappeared off into the side streets to the right. We stuck to plan A, which was to follow Lanark Road a little further then head down on the footpath across the railway, coming out just south of the Heriot Watt entrance roundabout.

We were running out of steam by this point, but could just about see the finish from here, and at least it was downhill. With no teams obviously chasing, and figuring we were still ahead of the bus, we ran (slowly) into the campus and headed back to The Lawn and the very welcome finish line, a mere 34km (10km by bus) since the start, 3 ½ hours earlier. Signing the 'Arrivals' book (in good Race Across the World style) we discovered we were still in 6th place. Turned

out the Jolly Joels' shortcut through the golf course was more of a long cut. Also turned out we were only a few minutes ahead of the bus option as a handful of teams arrived almost together 4 minutes later. The pattern repeated as successive busloads raced (or not) to the finish, with the added interest of route choice left, right or through the middle (well, rightish but cutting the corner) around the main reception building just before the lawn.

Once enough teams had finished there was a prize-giving. We had come 4th in the 'Locals' category, though given we were also beaten by 2 local 'family' teams (parent + teenager), I think we were really more like 6th (our overall place). Congratulations to Haley Harriers (Ann and Stephen Haley) who were 2nd in the Local Veterans category (at least one team member aged 60+), a mere 27 seconds behind FVO Superstars (Rachel Kirkland (ex INT) and Alision Cunningham).



POSITION	TEAM NAME	PARTICIPANT NAME	TIME
1st	And The Bus, less than	Mark & David	1:01.18
2nd	NSEW	William & David	1:02.00
3rd	Ex ESOC kids	Rene & David	1:02.00
4th	Constitution Queens	Sophie & David	1:02.00
5th	Team Rusty	Greg & David	1:02.00
6th	Infirmary	David & David	1:02.00
7th	Mr. & Mrs. David	David & David	1:02.00
8th	Cent. Soc. Ad.	Mark & David	1:02.00
9th	The Redells	David & David	1:02.00
10th	St. Peter's	David & David	1:02.00
11th	The Jolly Joels	David & David	1:02.00

We really enjoyed Race Across Edinburgh. The orienteering might not have been the most challenging, but the new challenge of trying to read a bus map and page-flipping an A-Z to route-plan on the move was good fun. The added angle of when to bus and when to run made for an intriguing puzzle. The winners did bus between all parks (as far as I can tell) but Team Rusty (M55) ran the whole way and were only 25 minutes behind ... with some key buses towards the end only running once every 30 minutes, it could have been much closer. There had obviously been a lot of thought in the planning as all the parks were connected by bus routes making it a very inclusive event.

A very big thank you to ESOC, and especially Helena Nolan and all the volunteers in all the parks, for arranging an excellent event.



MOUNTAIN-BIKE ORIENTEERING: HIGHLAND MTBO WEEKEND – KEITH DAWSON

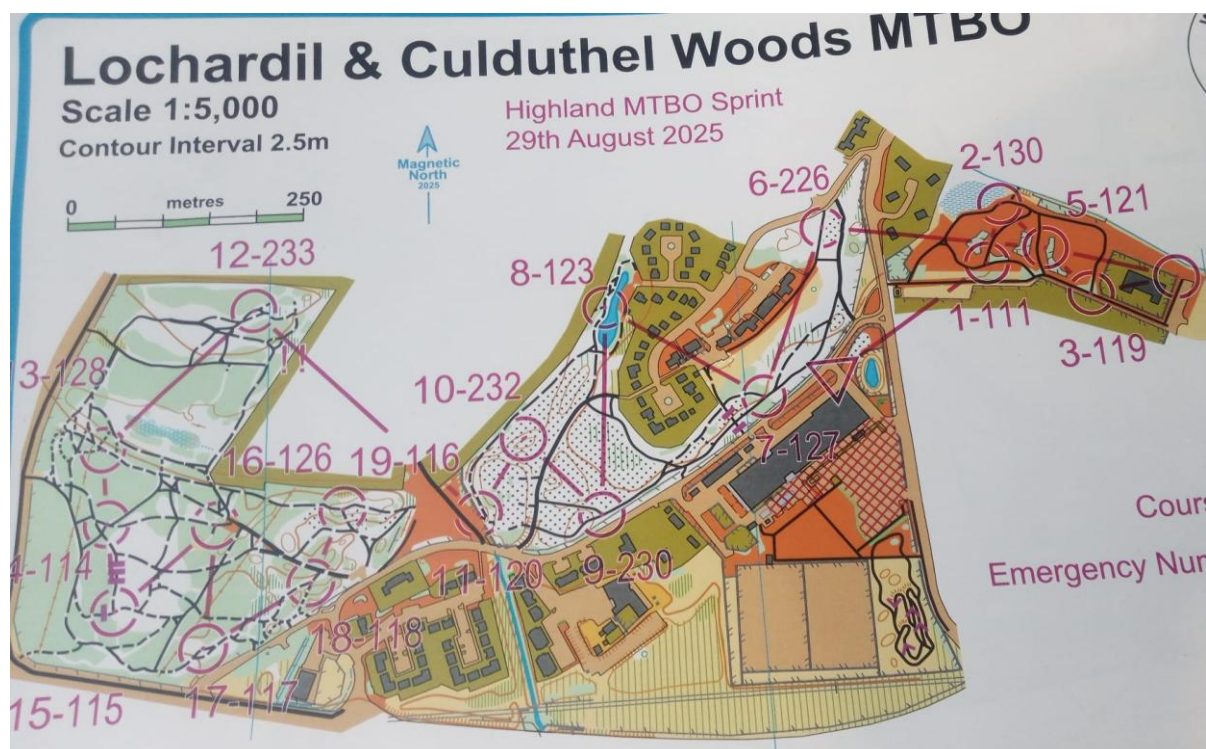
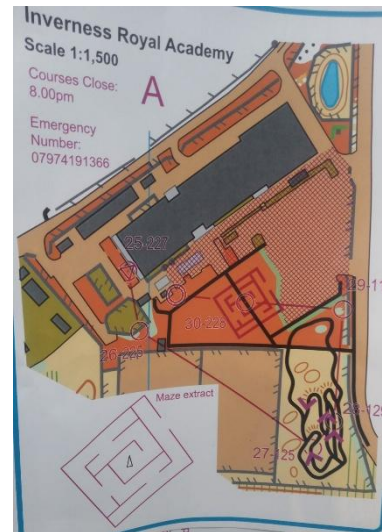
The weekend of August saw the Three Day Highland MTBO Weekend take place as part of the build up to the World Masters MTBO next September in the same locality. The weekend was based on Nairn and was organized by the energetic Steve Smirthwaite of Moravian. Three new MTBO maps and areas demonstrated the first class possibilities for MTBO in Scotland.

Yet again Steve raised the bar with courses worthy of a World Champs. The best weekend of GB MTBO ever imho.

It started with a three map Sprint in the areas around Inverness Royal Academy with five different terrains in 7km won in 25mins and planned by Jane Chisholm of BASOC. From park to complex wood to school grounds to complex uni-directional pump track and finishing with the first ever MTBO maze on a 1:1500 map. Superb!

The second day was the Long race at Culloden and a map flip and scale change here too. A great Long in a new forest with good route choices and a complex ending through porous mini urban estates and complex woodland. With over 70 competitors on three courses and the UK's best Elite and Masters, and even two Finnish Masters World Champs competing, competition was tough with multiple World Champ Killian Lomas winning the A course and Bob Cherry the B, Rhona Laird on the C. Immense fun and lots of smiles in the sun and good Junior performances.

Sunday brought a super fast Middle in the hard packed sand of Carse of Ardesier. Killian Lomas SYO scorched the 20km A in under 3.5 min/km. Bob Cherry AYROC won the B. Hannah Inman won the C. A superb weekend and with a visit to the areas for World Masters26 by the organizing teams and Portuguese Senior Event Advisers a busy and successful weekend. Come and try the sport Two great sports combined 1+1 does equal 3. Details of next year's Masters on mtbo2026.org. Full results on bmbo.org.uk





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)

