

*the usual who's joined, moved, got a new e-mail address and reminder to renew your subscriptions*

## In The Club

Welcome to

Adrian Boswell (M21) He's been a member for a while but it's been such a long time since the last newsletter that he came to Broomhouse but has since moved and is now resident at Flat 4, 9 Elvaston Place, London SW7 5GG

And hello to Chris Smith (M21) who can regularly be found at a Compass Point stall somewhere in the forest or hanging on the arm of club member, Darina Cunnane. Those in the know are already aware of the couple's engagement. Congratulations to you both !

They are now both residing at

54/5 Balbirnie Place, EH12 5JL (0131 346 1030)

## On The Move

Brad has returned and is desperate to take over the reins of the newsletter after his impressive stint at SCORE. He's not being allowed back into Edinburgh though.

Mr. Connor is now at

20 Belsyde Court, Linlithgow Bridge, Linlithgow, West Lothian, EH49 7RL (01506 200856)

Hilary Quick has had enough of Edinburgh (for a while perhaps) and our new SOA Marketing Officer (Part-Time) is residing at Westfield Croft, Aucharnie, Ythanwells, Aberdeenshire, AB54 6HB

There are Gordons on the move.

Riemersma can now be found at

Gruvlyckevegagen 44, 653 43, Karlstad, Sweden

and Ross at

Didzioji 13 D-1, Vilnius, Lithuania

And our other starry eyed couple, Fiona and Barry are now, worryingly for them, close to Brad at

64 High Street, Linlithgow, EH49 7AQ (01506 848824)

The Watson/Burke Combination have forsaken the Prairies for 933 Pratt Avenue, Montreal, Quebec, H2V 2T9, Canada

Richard Dibley is now at

3F1, 39 Jordan Lane, EH10 4QY (0131 446 9446)

I know. I helped him lug my table up 3 flights of stairs !

## Rewired

Richard Dibley

Murray Strain

Claire (Ward) Williams

Fiona Weir and Barry Owen

Darina Cunnane

DIBLR@ENTECUK.CO.UK

rocky@murraystraining.co.uk

Claire.Williams@kpmg.co.

weirowen@blueyonder.co.uk

darina.cunnane@blueyonder.co.uk



### Membership Renewals for 2004

Full members should already have received their BOF membership renewal forms for 2004. Renewals of Associate (SOA) membership should be sent to the Club Secretary, who will forward the information to the SOA Membership Secretary.

The Full (BOF+SOA+Club), Associate (SOA+Club) and Club-only fees for 2004 are:

Category	Full	Associate	Club-Only
Junior (Born 1983 or later)	£7.50	£4.00	£1.00
Senior (Born 1982 or earlier)	£28.00	£13.00	£5.00
Family	£42.50	£20.00	£7.00
Group			£2.00

Note that Juniors aged 19 or 20 are expected to be Individual members. Juniors included in families may be aged up to 18 only. Ages are taken as at 31st December 2004.

If you intend renewing your BOF membership, please send the entire form and subscription direct to BOF. Note that (a) the subscription to **CompassSport** is handled independently of the BOF subscription, and (b) you have an option to receive the Ranking List for an extra fee.

If anyone is changing his/her Club affiliation to Interløpers, please indicate this on your renewal form when you complete it.

Would Associate and Club-Only members please send their subscriptions (payable to INTERLØPERS O.C.) for 2004 to

John Barrow  
3 Charlton Grove  
Roslin  
Midlothian  
EH25 9NY  
jbw@roe.ac.uk

John can also handle conversions from Club-only to either Associate or Full membership. Please phone 0131-440-2136 for answers to any queries.

# 2003 at a glance

*here's a roughly chronological selection of what could have been in the newsletter this year*

In January I caused a minor panic for the organiser of ESOC's ESOL on Corstorphine Hill. When I went to look for my time on the ESOA web page it wasn't there. After an e-mail to her from yours disgruntled I went back to the page to find I had been looking at last year's results when I had been injured. Hee-haw ! Truth be told there didn't seem to be much difference in the times of those competing.

Murray Strain set off a Hill Reps and Sports Ball Saga when he threatened to miss the former because of the latter. It caused a certain G. Ross to get all misty-eyed and reminiscent until John Mitchell reminded him that at the time he would probably have been red-eyed and unable to remember anything immediately afterwards !

We made a mistake by 'beating' FVO in the CompassSport Cup and were then faced with the dilemma of should we bother going to the Final in East Anglia. Despite sterling efforts from Anthony Squire we failed to raise a team sufficiently balanced to compete. Most M/W21's were less than enthralled by the prospect of the terrain or cited event overkill at the time.

The Interlopers baby boomers continued appearing. "Hello everyone ! A baby blanket announcement: Edith Margaret Matthewson was born on 15/4/2003 at 0135. Stats: Female, 8 lbs something, 50-odd centimetres. Labour: Quick! Wheelchair involved...Lesley is fine, though disappointed to miss out on any Easter camping trips. Freda coping admirably, nappies on teddy, breastfeeding dolls etc..." (You can call me) Al.

The boys started to do good. "Well done to Scott Fraser for finishing top M18 (and 6th M20) both days at the Future Champions Cup Final. Continuing the fine new Interlopers tradition of winning rather than coming second !" said Dave Godfree to which Colin Eades countered, "I think we should also be congratulating Murray Strain for winning M20 at the same event, giving his rivals a sound cuffing. Well done to both." The pair of them were rewarded shortly afterwards with JWOC selection.

Next up was the British Championships and congratulations to Kim Buckley, Janine Hensman and Claire Williams on winning the Womens' Open Relay and also to Lorna Eades on becoming W35 British Champion in the Individual.

Next piece of news came from our retailing Irish woman. "Chris and I are just back from a week in sunny Andalucia and we've a little news we'd like to share: Last Wednesday we got engaged at the top of a mountain called Cielo. Wahey !!! There are no immediate plans as to a date or location as yet - but an invite to the engagement party will follow! Cheers," Darina & Chris.

Helen tried her best to widen our cultural experiences by persuading some of us to try Scottish Opera and The Magic Flute.



I'm probably flaunting child protection guidelines printing this photo but the father said it was alright !

The girls, (that's them down below), won the Scottish Relays to make it a double.

On a scorching day I head down to my home town and run around Shaw Hill. The views over towards the Southern Upland Fault are splendid but a ditch end in a rather greenish area forces me to retire. John, Tim and Paul seemed to enjoy it a bit more.

It's good news for dodgy ankles again as Dave gets another box of Leukotape from Finland at a cost of £3.245 per roll - more than last year due to the current strength of the Euro.



**Kim, Claire and Janine after the British Relays**

# interløpers 2003 continued

So who was the idiot who forgot to download at Tullochroisk ? Me ! I realised when I had got home. I had 'enjoyed' my run but found the heathery terrain a mite physically taxing and had barely enough strength left to crawl back to my car never mind the mental torture of actually working out where to download. Put it near the finish next time lads - for my sake !

I skived off the AGM (I was playing football) in the hope that someone might want to take over as newsletter editor. Those who did adjourned for an Indian meal afterwards.

Janine masterminded the production of the new Club T-shirts (Crackerjack !) with a design incorporating elements from Hales and Acklands. It's very bright and a bargain at £8.50, especially for those who still have to pay ! Come on you slackers, Janine paid for these out of her own pocket to speed things up for us !

Thanks to Janine I got a free compost bin from LEEL. Save the Planet ! Every home should have one.

The Six Days came and went but nothing of much interest happened. Maybe there'll be something in about it next issue.

With the start of the academic year again, the masochists resumed Hill Training on Thursdays at the top roundabout in the Park at the foot of the Craggs. Who Dares Wins !

We covered ourselves in glory by coming 2nd (again) in the 11 Person Relay although in the end I believe we were non-competitive thanks to guest runs from M. Mouse and D.Duck. We lost out to a rather dubious EUOC team aided by the defecting Scott Fraser who may have been a mouse or a duck as well !

The inaugural Jamie Stevenson Trophy was held at Kinnoull Hill. Unfortunately most of our interløpinis are just a bit too teeny yet but the Halesy flew the flag for the club nevertheless. This report courtesy of Stephen.

The first Jamie Stevenson competition was great fun for all. We had a mini parade

with all the clubs who had entered. Everybody was dressed in their club colours. Interløpers was represented by Mark and myself. We both had excellent runs. Mark (aged 7) came 4th on his first ever yellow course. I was 6th having made one error on my 3km orange course. When we returned from our runs, with bright red faces, we all had a BBQ. Jamie Stevenson ran the green course and showed us all his gold medal from the World Championship Sprint Race in Switzerland.

Results:

Yellow	2.3km	50m climb	
Mark Haley	4th	15.25 mins	
Orange	3.0km	90m climb	
Stephen Haley	6th	48.26 mins	

Dan Marston becomes a World Championship medallist when he, Jamie Stevenson and Jon Duncan win bronze for Great Britain in the Relays in Switzerland. Dan is also leading Briton in the Men's Classic in 14th place. A tremendous achievement not seen since the glory days of Carol McNeill and Geoff Peck. Congratulations Dan from all your fellow Interløpers !



Photo of Dan and the Women's Relay Team courtesy of **CompassSport** (Britain's National Orienteering Magazine). Have you renewed your subscription ?

More congratulations ! Miss Ward became Mrs Williams. This confused Graham when Claire announced it but a lot of things confuse 'Britain's premier orienteer'.



Claire and Significant Other Half

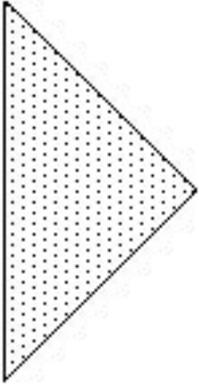
We try to obtain another area to add to our impressive stock by getting Messrs Musgrave and Peel to have a look at Norman's Law near Cupar. Whose map was it ? Do we care ? Can we bags it before Tayside ? Watch this space !

Still a fully paid-up member of Interløpers, courtesy of Rob Lee, Tobias Andersson threatens to challenge the known laws of orienteering by coming first in the Swedish Championships Mens Classic Race no less. Thanks for this information go to our Swedish exile, Riemersma. And who can forget Tobias running along the wrong fence from the Start at Glenearn ? The young boy didn't have a clue what they were ! Just to further dispel the myth of 'Interløpers only come second' he added the Night Championship title later that weekend. Well done, Tobias ! We haven't seen you for a while !

Congratulations also go to several club members who were part of the victorious Scotland team who scored a momentous win over England in the Senior Home Internationals. Mind you with all the Sassenachs flying under a flag of convenience we're probably as authentic as the Irish football team.

Helen valiantly tried to get us anti-social lot to have a Hallowe'en Party but we let her down. She persevered though and hosted a Silly Games Party which seems to have been well enjoyed by all.

Gross Banned From Tinto Twin Shock Horror ! Just the Tinto Twin some said ! For the sake of the Planner of aforementioned event I hope he doesn't send the boys from Lithuania over.



# Events


**Saturday 20th December**  
**Interlopers Christmas Party**  
**1F1 18 Roseneath Terrace**  
 Starts 7.30pm  
 Entry £3 Present and Food/Drink  
 Information from  
 Tim Lenton (0131 228 1901)  
 tlent@ceh.ac.uk


**Sunday 28th December**  
**BASOC Score Event**  
**Revack, Grantown-on-Spey**  
**NJ 033254**  
 Starta 11.00am-12.30pm  
 Information from  
 Mike Atherton (01540 661069)  
 atherton.insh@zetnet.co.uk


**Sunday 28th December**  
**ELO Festive Frolic**  
**Yellowcraigs, Dirleton**  
**NT 515855**  
 Mass Start 11.00am  
 Information from  
 Sheila Strain (01875 611014)  
 s.strain@ndirect.co.uk


**Saturday 3rd January**  
**Interlopers Score Event**  
**Anagach, Grantown-on-Spey**  
**NJ 034278 (Primary School)**  
 Information from  
 Ken Daly (0131 661 4089)  
 kendaly@beeb.net


**Saturday 17th January**  
**Interlopers Club Championships**  
**Dechmont Law, Livingston**  
**NJ 034278**  
 Information from  
 Ken Daly (0131 661 4089)  
 kendaly@beeb.net


**Sunday 18th January**  
**ESOC SprintO**  
**Hopetoun House, S Queensferry**  
**NT 090789**  
 Starts: 10.30am - 11.30am  
 Seniors £6 / Juniors £3  
 Entries and Enquiries to  
 Janice Nisbet (0131 667 8464)  
 10 Mansionhouse Road  
 EH9 1TZ  
 janicefnisbet@blueyonder.co.uk


**Sunday 25th January**  
**SOSOL5 (ELO)**  
**Pressmennan Wood, Dunbar**  
**NT 655723**  
 Starts: 10.30am-12.30pm  
 Entry: Seniors £4 / Juniors £2  
 Information from  
 Trina Rogerson (01368 864922)


**Sunday 1st February**  
**SOSOL6 (EUOC)**  
**Corstorphine Hill, Edinburgh**  
 No information available


**Sunday 8th February**  
**SOSOL7 (RR)**  
**Elibank, Walkerburn**  
**NT 3837**  
 Starts: 10.30am-12.30pm  
 Entry: Seniors £4 / Juniors £2  
 Information from  
 John Tullie (01450 850217)  
 john@bowanhill.demon.co.uk


**Sunday 22nd February**  
**SOSOL8 (CLYDE)**  
**Bar Hill, Twechar**  
 No information available


**Sunday 29th February**  
**SOSOL9 (KFO)**  
**Tentsmuir, Leuchars**  
 No information available


**Sunday 7th March**  
**SOL1 (FVO)**  
**Touch Estate, Stirling**  
**NS 748933**  
 Organiser:  
 Jon Cross (01786 860301)  
 jon.cross@tinyworld.co.uk

more O-events, cross-countries, hill races, road races, closing dates, etc. for your diary courtesy of Mr. D. Godfree and his helpful e-mail reminder at <http://interlopers.mysite.freemove.com/>

20Dec Pitmedden Forest Race  
 01Jan Score Event, Fort George Ranges, Ardersier  
 02Jan Knoll Bagging Competition. Mabie Forest East, Dumfries  
 04Jan Score event, Drumpellier Country Park  
 10Jan East District XC Champs, Callender Park, Falkirk  
 11Jan Score Event, Strathclyde Country Park  
 31-Jan Devil's Burdens Hill Running Relay  
 01Feb National Event, Guildford, including Future Champions Cup  
 01Feb Scottish 4k XC champs, Bellahouston Park  
 07Feb East District XC League, Stirling University  
 15Feb Score event, Faskally, Pitlochry  
 21Feb Scottish XC Champs, Perth  
 28Feb British Night Champs. Derbyshire, including UK Cup  
 29Feb JOK chasing sprint, Nottingham, including UK Cup  
 06Mar Short Race, Cumbernauld Park and Crow and Dunns Wood, Cumbernauld  
 14Mar CompassSport Cup 1st Round Glentress, Peebles No INT entry  
 20-21Mar British Champs & Relays, Rothbury  
 27Mar Short Race, Coille Nathais, Oban  
 28Mar SOL2, Airds Park, Oban, including Future Champions Cup  
 3-4Apr Senior Home International & Elite Test Weekend, Trossachs & Barr Wood including Scotland v Lithuania for Seniors and Vets  
 9-12Apr JK, Graythwaite, Lake District  
 17Apr British Blodslit, Kendal  
 24Apr Short Race, Scone Palace ???

# dnf

as well as standing for did not finish, on this page it means **do not forget !**

- Have you read the SOA 4 Year Plan ? You better have or I'll tell Ken Daly. Come back Stalin - all is forgiven, I say ! Anyway, Gillian came up with the bright idea (she tends to be the only one on the Committee who does) that we as a club would hope to foster a buddy system with students at local universities. At present it would mainly involve Edinburgh but it doesn't exclude students from any others. Examples of how we could help include assisting in their Fresher's Week courses, particularly aiding beginners, giving lifts to events and such like. Another area Gillian thought we could look at is the status of Permanent Courses in our local area and distribution points where maps are available. If you want to offer any help with these I'm sure the Chairperson would be glad to hear from you (0131-667-9747).
- We try to support any Juniors who would benefit from financial assistance but generally we only award one grant per applicant each year. This year though we have decided to make an extra discretionary award to Scott Fraser in light of his outstanding success and progress. Scott is also having to cope with the challenge of his first year at Edinburgh University as well so finance may prove to be a major concern for him. According to Treasurer Hartman, if his predictions of our revenue from the Six Days are correct, we can afford it.
- Our local rivals, ESOC, have been holding a few training sessions with their juniors and have generously extended an invitation to any Interløper juniors to come along to any future sessions they hold. It's pitched mainly at those capable of coping with White/Yellow level courses which probably restricts it a wee bit. If anyone is interested contact Ron Nolan at (0131-453-1497) or e-mail him at ron.nolan@hulley.co.uk
- This time last year I was writing that we were investigating the possibility of getting a domain name for our website. Well we finally have purchased [www.interlopers.org.uk](http://www.interlopers.org.uk) but don't go pointing your browser there yet as we aren't linked up at present. Dave Godfree has usurped Graeme's position as webmeister and you can gain an impression of what our pages will look like by going to <http://interlopers.mysite.freemove.com/>
- The SOA are always on the look out for more trophies. Apparently quite a few winners in the recently held Scottish Score Championships go home without any recognition of their achievement. If you're feeling in a generous mood or if you're in a class of one, why not buy yourself a cup for next year ? Rab Philp of KFO would be glad to hear from you robert@philpr.fsnet.co.uk
- 9 people were at the ESOA AGM which must be close to, if not, a record. Interlopers are now threatening to overturn the established ESOC order by packing out the Committee. Step forward Chairman, John Barrow, Secretary Ken Daly (is there any committee he's not on ?) and Joint Junior Representative, Ann Haley. These obviously are the people to consult if you have a concern or view you want to raise at a regional level.
- As regards ESOA business, apparently they are keen to try and revive the Badge Scheme at SOSOL level and also we as a club have given £50 towards Junior Training.
- At our last committee meeting concern was expressed about how we publicise our sport. After our outstanding achievement in winning two medals at the World Championships in Switzerland this summer a committee member was aghast on contacting BOF to find that they had no photos/posters of our successful competitors to help raise the profile of orienteering with the Great British Public. "And Jamie's not bad looking either !" she was heard to say. But don't tell Dave Godfree.
- Pat Squire is Organiser for our SOL at Mill of Fortune, Comrie on April 25th. I'm sure Pat would appreciate offers of help now before he press-gangs you into a job later. Phone Pat on (0131-445-4830).
- The next committee meeting is at my house, 161 Dalkeith Road (0131 668 2170) on Monday 12th January.

## junior squad training

On the 1-2 March I went as an add on to a Scottish junior training weekend at Devilla and Callendar Park. There were 6 courses for us to do, each aimed at practising a different skill. Through out Saturday afternoon I concentrated on compass bearings and aiming off. We stayed at Stirling youth hostel. It was cool. The following morning, at

Callander Park, we did a fitness test where we ran round a 400m circuit with obstacles as many times as we could in 6 minutes. Then I did an orange course. It was a great weekend and I met lots of people. I would love to do it again. On the 30<sup>th</sup> March some of us met up again to do some training at Kinneil, Bo'ness. This time there were two courses. One in the

open field and one in the forest. We were not allowed to take compass bearings but had to run as direct as possible. We also concentrated on aiming off. Once again, I came home exhausted!

I would like to thank those who helped to run the weekends.  
Stephen Haley

*a small piece Stephen did a while back about his first steps on the road to orienteering fame ?*

## Sunday 14th September SOL5 (MAROC)

### Inver

JM3	Alan Cherry	1st
M21L	Scott Fraser	1st
	Dave Godfree	2nd
	Ben Hartman	3rd
	Murray Strain	5th
	Graeme Ackland	mp
M21S	Richard Dibley	6th
M40L	Rob Bloor	6th
	Ken Daly	10th
M45L	Bob Cherry	7th
M55L	Barry Owen	5th
W21L	Claire Ward	1st
	Gillian Godfree	4th
	Heather Hartman	7th
W35L	Jane Ackland	1st
W40L	Hilary Quick	7th
W40S	Patricia Alston	2nd

### White 1.7km 20m climb

9th James Ackland M? 54.17

I'm slowly building up my mileage but still nowhere near fit enough to contemplate orienteering. Scott was obviously showing off beating the big boys today. Good wins for our CUNOC junior, Alan, and Claire and Jane keep up the reputation of the ladies.

## Sunday 21st September SOSOL1 (ESOC)

### North Pentland Hills

#### White 1.2km 10m climb

10th Freddie Carcas M12 34.56

#### Yellow 2.0km 15m climb

14th Fiona Weir W21 29.28  
16th Alex Carcas M? 36.46  
Mark Haley M7 wrong3

#### Orange 2.5km 20m climb

1st Stephen Haley M12 25.18

#### Light Green 3.0km 120m climb

1st Graham Haley M35 44.47  
5th Ray Heyworth M70 63.19  
12th Jo Kelly W35 81.27

### Green 4.2km 165m climb

1st Ann Haley W35 42.53  
22nd Ronnie Lardner M45 75.08

### Blue 5.5km 240m climb

6th Jane Ackland W35 57.51  
8th Keith Dawson M45 60.16  
13th Barry Owen M55 61.33

### Brown 8.0km 350m climb

2nd Murray Strain M21 60.15  
6th Graeme Ackland M40 68.02  
8th Brad Connor M21 71.32  
15th Paul Caban M40 92.08

Was it raining? It generally is if there's an event on the Pentlands. The Haley, Lardner and Carcas families may have had the luxury of a long lie in this morning with the event being so close at hand. Overall though it seems a fairly low turnout considering it was so near. It's Haley City in the results by the look of things.

## Sunday 28th September SOL6 (FVO)

### Dumyat

JM1	Mark Haley	1st
JM3	Alan Cherry	2nd
M21L	Dave Godfree	3rd
	Ben Hartman	5th
M35L	Colin Eades	7th
M35S	Max Carcas	5th
M40L	Rob Bloor	12th
M45L	Bob Cherry	13th
M45S	Keith Dawson	3rd
M55L	Barry Owen	7th
	Pat Squire	10th
	Steve Ambler	21st
M70L	Ray Heyworth	1st
JW2	Catherine Cherry	9th
W21L	Gillian Godfree	1st
	Anna Edenbrandt	3rd
	Heather Hartman	4th
	Lorna Eades	5th
W21S	Darina Cunnane	2nd
W35L	Ann Haley	2nd
	Karen Dobbie	5th
W40L	Helen Murray	3rd
W40S	Patricia Alston	3rd
	Morag McIntyre	5th
W45L	Hilary Quick	3rd

# results



### White 1.175km 30m climb

9th Alex/Freddie Carcas M? 54.17

### Yellow 1.775km 40m climb

7th Erin and Jo Kelly W? 54.17  
8th Fiona Weir W21

We find winning a bit hard here. Our only victories come from the 3 G's. Grandson, Grandad and Gillian. The women put in some impressive placings and there seems to be stiff competition on W21. Fiona continues running well into her pregnancy.

## Sunday 12th October SOSOL2 (CUNOC) Dean Park, Kilmarnock

### Green 4.1km 140m climb

19th Sarah Dawson W16 68.09

### Blue 6.3km 240m climb

3rd Keith Dawson M45 53.47  
6th Bill Mason M55 75.11

### Brown 6.3km 240m climb

4th Brad Connor M21 55.58

With the expansion of ESOL to SOSOL we get the opportunity to spread our wings and visit more far flung corners of the west of Scotland - Like Kilmarnock! Or we can lie in our beds and have a Sunday off. Brad, you're getting too old for Brown! Maybe you should consider Blue or perhaps breaking Keith's legs!

**Sunday 19th October**  
**SOSOL3 (TO)**  
**Kinnoull Hill, Perth**

**White 1.3km 20m climb**  
 6th Max Bloor M3 18.39

**Yellow 2.1km 55m climb**  
 Mark Haley M7 mp

**Orange 2.9km 120m climb**  
 4th Stephen Haley M12 44.07

**Light Green 3.0km 100m climb**  
 8th Ray Heyworth M70 52.35

**Green 5.0km 200m climb**  
 25th John Barrow M55 70.09  
 27th Morag McIntyre W40 71.44

**Blue 6.9km 250m climb**  
 1st Graham McIntyre M45 56.04  
 2nd Gillian Godfree W21 57.13  
 4th Scott Fraser M18 61.14  
 6th Heather Hartman W21 64.35  
 7th Ken Daly M40 66.02  
 9th Barry Owen M55 67.23  
 10th Bill Mason M55 67.27  
 14th Keith Dawson M45 70.06  
 21st Ann Haley W35 74.07  
 26th Pat Squire M55 79.01  
 36th Colin Inverarity M50 87.13

**Brown 8.4km 270m climb**  
 1st Dave Godfree M21 54.37  
 4th Ben Hartman M21 56.50  
 5th Rob Lee M40 59.00  
 14th Rob Bloor M40 70.16  
 16th John Mitchell M40 89.56

My first run since doing my knee in. Things were going reasonably until No. 7 on the other edge of the fight. My 23 minute leg saw me plummet from 9th to 37th. I was on the verge of giving up but I suppose I should take some comfort from actually completing the course. This was also the East of Scotland Championships so hail to the champions ! Scott (M18), Gillian (W21), Dave (M21), Rob Lee (M40), Graham (M45), Barry (M55) Life in the old dog, yet and Ray (M70). Well done everybody !

**Sunday 2nd November**  
**Tinto Twin Day Badge**  
**Inshriach**

**White 1.1km 25m climb**  
 3rd Max Bloor M3 17.57

**Light Green 2.8km 70m climb**  
 6th Fiona Weir W21 46.21

M21L Ben Hartman 4th  
 Murray Strain 5th  
 Graeme Ackland 6th  
 Colin Eades 8th

M35L Paul Caban 6th  
 M40L Rob Bloor 6th  
 Ken Daly 10th

M45L Graham McIntyre 8th  
 M55L Barry Owen 6th  
 W21L Gillian Godfree 1st

Janine Hensman 2nd  
 Claire Ward 3rd  
 Heather Hartman 5th

W21S Darina Cunnane 5th

W35L Jane Ackland 1st

W40L Hilary Quick 3rd

W40S Morag McIntyre 1st  
 Patricia Alston 5th

Putting the Night Badge with the day results Graham was 5th and Ben 7th on M21L. Ken claimed 2nd place overall on M40L, a mere 2 hours behind the winner. Janine beat Heather for the W21L title and once again Darina won the W21S title. She should keep it in perpetuity by now.

The Scottish Night Championships were held at Balmedie Country Park to the north of Aberdeen on Saturday 8th November. Heather, Ben and Paul were the only ones to brave it. The Hartmans both came in 3rd and Paul 6th on their respective courses.

Despite being familiar with this area I head off at slightly the wrong angle and find Ron Nolan of ESOC catching up with me as I leave the first control. That's a bit discouraging ! We trade places until the 2nd master maps where I gain an advantage. I head up to the northeast corner and find the knoll easily enough but I decide to head along the top of the steep slope and go in to early and end up scrambling and scraping towards the control on my hands and knees. The optimum route was obviously to drop down and have an easier

**Sunday 16th November**  
**SOSOL4 (INT)**  
**Kinneil Wood, Bo'ness**

**White**  
 9th Max Bloor M3 18.37  
 17th Carcas Family ? 36.24

**Yellow**  
 10th Erin Kelly W4 33.23

**Orange**  
 3rd Stephen Haley M12 52.44

**Light Green 3.0km 100m climb**  
 7th Ray Heyworth M70 48.58  
 11th Joanne Kelly W40 63.07

**Green**  
 1st Ben Hartman M21 34.35  
 4th Ann Haley W35 44.46  
 6th Karen Dobbie W35 48.03  
 16th Morag McIntyre W40 57.31  
 25th John Barrow M55 62.59  
 40th Jane Carcas W35 80.37

**Blue**  
 7th Keith Dawson M45 55.40  
 8th Barry Owen M55 57.40  
 9th Heather Hartman W21 57.44  
 16th Richard Dibley M21 62.02  
 17th John Mitchell M40 62.11  
 21st Colin Inverarity M50 64.17  
 26th Helen Murray W40 67.55  
 36th Pat Squire M55 75.20  
 46th Darina and Chris W/M 117.17  
 Smith 21

**Brown**  
 7th Scott Fraser M18 51.48  
 9th Rob Lee M40 52.55  
 13th Colin Eades M35 56.29  
 17th Janine Hensman W21 59.54  
 18th Rob Bloor M40 60.39  
 19th Angela Mudge W21 62.25  
 21st Ian McIntyre M40 69.21

approach from the bottom and actually see the control too. Still, I was better than Kinnoull ! Ben was obviously coming back from injury and not being a wimp. A nice day, well organised by Gillian and a good course courtesy of Claire, plus the added bonus of quite a high turnout of orienteers to swell the club's coffers !



**Moray 2003 Official Clothing**  
**Fantastic Clearance Sale**  
**Everything Must Go !**

**Sweatshirts – originally £13 now only £7**

Sky Blue – Large Logo and Small Logo – Several in all adult sizes  
 Heather Grey and Royal – Small Logo – Few in S and XL only  
 Navy – Small Logo – Few in XL only  
 Heather Grey, Navy and Royal – Large Logo – Few in XL only

**Long Sleeved T-shirts – originally £8.50 now only £6**

White – Small Logo – S, M & L only  
 White – Large Logo – M only

**Adults' Fleece Garments**

**Sleeveless Gilet – originally £15 now only £8**

Red – L & XL only  
 Navy – XL only

**V-neck Pullover – originally £16.50 now only £8**

Red – L & XL only  
 Navy – XL only

(Please Note – All these fleece items are very generously sized !)

**Childrens' Sweatshirts – originally £11 now only £5**

Emerald or Royal – Age 5–6 only

**Mugs** – originally £2.75, now only £1.50 each  
 or just £1 when you buy an item of clothing

If it's not listed, there are none left !

Things are selling fast – phone (01467 629022) or  
 e-mail [hq@hilaryquick.co.uk](mailto:hq@hilaryquick.co.uk) to check availability

**interlopers**  
**committee**  
**2003-2004**

Chairman	Gillian Godfree 2F1 Blackwood Crescent, EH9 1QX 0131-667-9747 <a href="mailto:Gillian@thirtyblackwood.freeserve.co.uk">Gillian@thirtyblackwood.freeserve.co.uk</a>
Secretary	John Barrow 3 Charlton Grove Roslin Midlothian EH25 9NY 0131-440-2136 <a href="mailto:jbw@roe.ac.uk">jbw@roe.ac.uk</a>
Treasurer	Ben Hartman 27/16 Maxwell Street EH10 5HT 0131-447-9121 <a href="mailto:h.b.Hartman@ekno.com">h.b.Hartman@ekno.com</a>
Social Secretary	Helen Murray 16/3 Greenhill Place EH10 4BR 0131-477-9425 <a href="mailto:Helen@murrayhc.fsnet.co.uk">Helen@murrayhc.fsnet.co.uk</a>
Newsletter Editor	Colin Inverarity 161 Dalkeith Road EH16 5BY 0131-668-2170 <a href="mailto:colin.i2@blueyonder.co.uk">colin.i2@blueyonder.co.uk</a>
Club Captain	Anthony Squire 60 Cavendish Way Noak Bridge Basildon Essex SS15 4ET 01268-546589 <a href="mailto:asquire1@ford.com">asquire1@ford.com</a>
Junior Representative	Scott Fraser 47 Darcy Road Mayfield Midlothian EH22 5HO 0131-654-0874 <a href="mailto:scott2k4@hotmail.com">scott2k4@hotmail.com</a>
Other Members	Darina Cunnane 54/5 Balbirnie Place EH12 5JL 0131-346-1030 <a href="mailto:darina.cunnane@blueyonder.co.uk">darina.cunnane@blueyonder.co.uk</a>
	Ken Daly 1F1, 19 Waverley Park EH8 8ER 0131-661-4089 <a href="mailto:kendaly@beeb.net">kendaly@beeb.net</a>

# (delayed)thoughts from the chair

Hi everyone and welcome back after a gorgeous summer. Hot, sunny, dry, and fantastic orienteering. Dave and I even managed a non-orienteering holiday for the first time in several years, although we did spend 3 hours each day running up big mountains in the Alps instead!

First of all, I must say a big thank you to everybody involved in Moray 2003. Whether you only played a small part, or whether you were one of the many Interlopers up-to-the-ears in it, it couldn't have happened without the time, effort and commitment of every single person who helped. The event was a resounding success – fantastic terrain, excellent maps, interesting and challenging courses, and of course, Interloper's famous top-quality organisation.

The SI units worked. The controls were in the right place (and mainly not in thickets). There were results on the boards on time. There was some football going on. None of the car-park fields were quagmires (even though one was ploughed). Neither were the forests. Pat Squire is still married. There were lots and lots (and lots and lots) of prizes. The Newsletter had some suitably cryptic puzzles. The camping-field didn't flood (even with beer). There were no queues for download. There were queues for Wilf's. And most importantly, the ice-cream man turned up.

Obviously, the 6-Day is a joint effort, with every club in Scotland playing their part, and many of the things mentioned above were done by other clubs, but it wouldn't have happened without Interlopers, ELO and KFO. Well done to us !! Please enjoy your well-deserved break...

Right, now on to the next Interloper production. 16<sup>th</sup> November is the date, and you need to be at Kinneil Woods, Bo'ness, for our ESOL event. I'm organising (so volunteer your services now!), Claire Williams is planning, Graeme Ackland is controlling. Dave Godfree is re-mapping the area; he's so enthusiastic that he did 80% of the work and then forced his computer to crash (not even my fault!), losing all of the data, and had to start from scratch again. We're that dedicated. Jane Ackland is doing the String course. What do you want to do? All applications for well-renumerated posts in Registration, Start, Finish, and "Manning controls from local little squirts" should be addressed to me. Re-numeration? – free run afterwards. Remember the Wednesday evening EPO event with the moving controls? Perhaps we should get Riemersma back again to scare them all off. I seem to remember EUOC lending a hand as well. For 8-year-old kids, it must be quite frightening having 15 or so very fit men in garish pyjamas chasing after you. What an image we must project – bringing sport to the community.

Another date for your diaries is 25<sup>th</sup> April 2004, our SOL at Mill of Fortune, near Comrie. We applied for UK Cup status but didn't get it, because "it clashes with Tio-mila, which the Elite Competitions Steering Group have tried to avoid." The good news from that is that despite not being a UK Cup race, it at least shouldn't clash with one! So no excuses from us elite people to skimp out of helping...

Your Committee has a new look to it this year. We say farewell (in a metaphorical sense for me at least) to Dave, who has been on the committee as Mapping Rep since

almost his date of joining the club (gullible young thing!), and he has been Treasurer for the last 2 years. We apparently do have some money left, Ben tells me. Helen Murray has replaced Janine as Social Secretary, thanks to Janine for all her hard work last year. Anthony Squire has taken up the role of Club Captain from deepest Essex. Presumably that means that it's harder to locate him to beat him up if you don't like the team selection! Other than that, it's the same faces as before. We don't often thank people like John Barrow (almost re-christened John Marrow by a minor type-o just then), who has been Secretary (one of the most onerous jobs on the committee), for time-immemorial. Also, Colin Inverarity has been newsletter editor for as long as I can remember. Admittedly that's not as long as some people can remember ;-), but it's still a mighty long time. Many thanks to them, and also Ken, Darina and Scott. If you don't like what's happening in the Club, or you're fed up with us, start planning your coup now. You've got approximately 8 months to the AGM to get organised!

Lastly, the summer saw some top-quality representation of Interlopers on the world stage. Murray and Scott headed off to Estonia for JWOC, and had great fun out there, certainly if the stories of the socials are anything to go by! Best of all, Interlopers won a Bronze medal at the World Championships in Switzerland, in the shape of Dan Marston in the relay! Daniel (who also came 14<sup>th</sup> in the Classic Race), Jon Duncan and Jamie Stevenson put together an amazing race to round off a superb week of British World Class Orienteering. Congratulations to all of them! How long till Interlopers becomes the best club in the world !?!

Gillian Godfree

Club Chairman September 3rd

## Interlopers Christmas Party



<b>Where</b>	<b>Tim's Flat 1F1, 18 Roseneath Terrace 0131-228-1901</b>
<b>When</b>	<b>Saturday 20th December</b>
<b>Time</b>	<b>7.30pm till ?</b>
<b>What</b>	<b>Food, Drink, A Smile, And A Small Present (&lt;£3) for Secret Santa</b>

Check what to bring with Tim so we don't have too many mince pies at [tlent@ceh.ac.uk](mailto:tlent@ceh.ac.uk)

# orienteering with cavemen

*Television seems to be awash these days with computer generated re-enactments of what things were like in prehistoric times so I thought I had better jump on the wagon and give you my contribution to the genre*



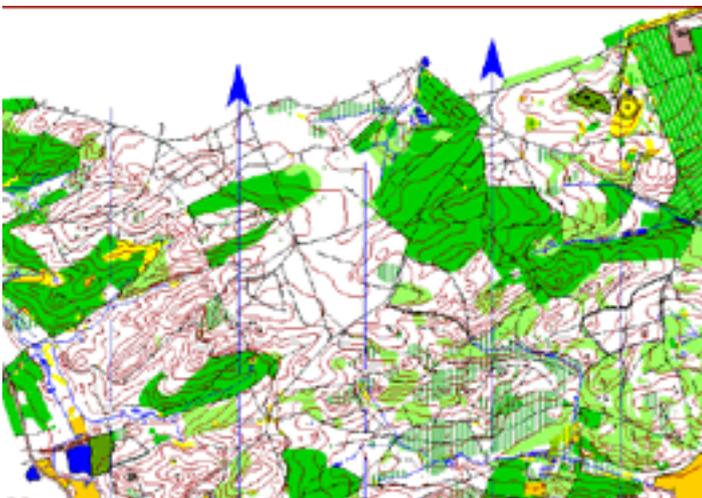
20,000 years ago, (in hushed Attenboroughish tones) something was afoot in the forests to the south east of Penicuik - in fact in Nord-Rhein Westfalen in Germany. A major evolution in the development of mankind was getting under way. The rise of Homo Esocius. He represented a step up from Neanderthal Man in that he appreciated the benefits of a bowl of cereal for breakfast for those engaged in strenuous physical activity. The rise of carb-loading man meant an end forever for the hunter-gatherer unless you count going to Sainsbury's on a Friday night in that category. He was also different in his desire to find the quickest route from the cave to the deer forest and the henge for a bit of mindless sacrifice, lots of singing and dancing and wearing silly things on their head in an often futile attempt to appease the mighty god, Bof, judging by what archaeological evidence about their performance in the 11 Cavepersons' Relay suggests. Primitive daubings on the walls of their dwellings seem to indicate great enjoyment was had from running round thick clumps of woodland. No specialist equipment appears to have been used in this activity - No studded footwear, or lightweight, breathable, glow in the dark, make you run faster, full body cover, protective clothing. Indeed some of the participants merely covered themselves in a bluish pigment called woad. This behaviour can still be seen today in that peculiar grouping in association football called Rangers supporters (aka the Huns or bluenoses).



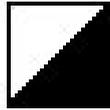
Unfortunately despite the technological breakthroughs which Homo Esocius made, in the end he represented something of a cul-de-sac along the evolutionary highway. He could not develop beyond the mundane, repetitive task of hanging pieces of red and white nylon at the edge of dense clumps of vegetation.

He was superseded by the leaner, more athletic, less troglodytic Homo Acklandius who can be seen in the artist's reconstruction showing what he thinks of thickets. This man was more modern in many ways. Runic inscriptions on cave walls have shown Acklandius to be capable of more abstract thought as this extract illustrates. "In this lecture I will describe how computer simulation, based in quantum mechanics and following a chain of testable approximations, has become a mainstay of materials design. I will illustrate this with examples of proposed structural materials for spaceships and fusion reactors where the design specification is that every atom in the material will be removed from its lattice site about 300 times in the reactor lifetime - how does the material heal itself with near biological precision?" Yet there are still some experts who are of the opinion that these are not authentic and that his speech did not expand much beyond - "Me Graeme, You Jane !"

As we delve back into the past though, we must remember that we do not have a lot of archaeological evidence to confirm these suppositions. Climate has changed repeatedly in the last 10,000 years since the disappearance of the ice. Our landscape has been irrevocably altered. But we can take comfort from the fact that some things never change. Every ESOC course will have a thicket, Gross will annoy someone, we won't win the CompassSport Cup and the editor is crap at orienteering !



# M fortysomething



# 130

So everything's going fine. After months of slaving over a computer most evenings you've got the Six Days Programme away to the Printers, you've put up with the minor errors that are in pieces passed onto you by contributors which you've assumed were correct and haven't proofed. The weather's good, the sun is shining, you're running well, the cottage is booked, you know the Moray area well from your visits, you've ran on most of the day areas before. You're really looking forward to it. You decide to go for a couple of laps round the block, down to Savacentre and back up the main road a couple of times. You feel a wee bit tired but on your first circuit you look at your watch and think that's pretty good, maybe I'm a bit sharper than I thought I was. So you inject a wee bit of pace, not much, as you pass the house - and then your knee goes and you shudder to a halt. It's the week before the event. There's no way you're going to be fit enough to run. Not that the Sports Injury Clinic I use was much help. Two days of no reply on the phone, then sorry we were on holiday and then we can't fit you in until next week. I laid off running for the rest of the week and on the

morning of Day 1 I attempted a jog along the road before heading off to Dallaschyle. I managed about 20 yards. There was no way I was going to be competing. I made a futile attempt to get some physiotherapy in Elgin to speed up my recovery, arranged an appointment, and went along at the allotted time to find a distinctly closed surgery. After about 10 minutes of hanging around I went downstairs and on leaving the building noticed a little typewritten note on the entrance window. "Due to unforeseen circumstances we have had to cancel all appointments this week. We apologise, blah, blah, blah. They don't call me Lucky Colin for nothing. And while I was still entertaining hopes of being able to run at the Six Days, I managed to mislay my event bib, the control details, etc. I had been mailing out complimentary copies of the programme to advertisers and must have stuck a label on my own copy and sent it away to some bemused sponsor. Try explaining that to Enquiries on the Saturday afternoon when you arrive and watch them falling about laughing. I've slowly regained fitness and started 'orienteeing' again in quotation marks. It's the age-old story of running ok but navigating

poorly. The twenty-minute mistakes are back. Maybe with more regular competition I'll improve. Maybe! We're at that time of year when Parents' Evenings, marking prelims, writing report cards, Christmas parties, returning students, writing Christmas cards, representative rugby matches, vainly trying to finish newsletters, falling et al are conspiring to swallow up what free time you have so you don't go out as often. Falling temperatures and worsening weather conspire to weaken your resolve further. When the going gets tough, I snuggle up under the duvet.

Time to round off this meaningful drivel now. Apologies to anybody who got engaged, married, had a love child, moved house or became a world champion during the year and never received any mention in this ridiculous publication. I'll try to make amends and catch up on some stuff in the next issue which should come soon after New Year now I remember what to do. All that's left is for me to wish all club members a Merry Christmas and all the best for 2004 and maybe we'll see each other at the Christmas Party.

Happy

Trails

!

## COMPASS POINT



For all your  
Walking  
Mountaineering  
Camping  
Climbing  
Orienteering  
and Fell Running needs

10 Market Square, Lytham, Lancashire  
Telephone (01253) 795597  
Email [Rick@compasspoint.demon.co.uk](mailto:Rick@compasspoint.demon.co.uk)  
or from Darina at most Scottish events



## Run and Become Become and Run

56 Dalry Road, Edinburgh EH11 2BA  
Telephone: 0131 313 5300  
Fax: 0131 337 3133