

143: The Interløper Winter/Spring 2008

Editor's Intro

As Interløpers still have no newsletter editor on the committee, I have stepped forward again to create this edition of 'The Interloper'.

If anyone fancies having a go at writing the Interloper newsletter in the future, be it just for one edition then let me know!

Many thanks to all those who I have pestered for an article and who have produced the goods!

As the O season kicks back in after Christmas (and after the gluttony of Christmas it's a good job) there's lots of events to look forward to. In particular, this year's British Championships comes to Scotland in April with the individual at Culbin, which many will remember from last year's Scottish 6 Day. It promises on be a great event.

The Scottish Compass Sport Cup Round takes place on March 16th on the North Pentland hills. A very local area for Interløpers so let's hope we get a good turn out and can make the final.

Until next time Happy Orienteering!

Emily



CHAIRMAN'S CORNER

Very little space left for me this time: it's good to see that Emily has been given so many articles for this edition, that I don't have to take the 'gallant space filling' option.

Lots of good stuff coming up in the next wee while.

First of all, we have the Interløpers SoSOL at Dalkieth Park coming up on Sunday March 9th. Please come along and run: Colin Eades has planned some nice courses, and of course, please come along and help. As organiser, I'm happy to receive and offers of help: 0131 445 3098 or Paul.Caban@ed.ac.uk

The JK is down in the deepest South of England in Surrey/Sussex. A few Interløpers are making the trek, and the Club Tent will be having its holidays there too. The British Champs is the next major event. This year it's in Scotland, at Culbin. This is an extension to the bit used at the SixDay, but should again be intricate sand dune terrain. Ian McIntyre is co-ordinating the Club's help: we've been allocated a start to run on Saturday. And of course, the Scottish Champs at the end of May with me organising (again!), also promises to be fabulous, on a newly

extended Tullachoisk, by
KinlochRannoch.

As well as these big events, there continues to be a programme of smaller, Saturday afternoon events throughout the year. These are a shared production between ESOC, ELO and Interløpers. The last INT one was at Mortonhall, put on successfully by the Galloway Family. If anyone would like to put on a Saturday event at Colinton Dell, Riccarton, Craigmillar Castle Hill or Blackford Hill, please let me know. These events are both a great way of encouraging new members, and also for cutting ones teeth on the planning/organising game. Full details of all events on the SOA web site:
www.scottish-orienteering.org

Lastly *the* event of the year, at least for four of our people and their families, will be the World Schools Orienteering Championships. This year, at the end of April, the event is in Scotland. Qualifying as the Senior Boy's School Team is the Firrhill and Interløper quartet of Stephen, Shaun, Iain and Stuart. There's a 'model' event at Beecraigs, Classic and Middle at Devilla and BarrWood, and a very spectator-friendly Relay on Arthur's Seat on Saturday. Please do come along and spectate or support at any of the events. Anyone with a day to spare and willing to help at one of the events would find their time gratefully received by Terry and Blair. More information on the web site linked from the SOA web site.

Little space left for me to remind anyone wishing to go onto the Club email distribution list to contact me. Good Orienteering.

Paul

NEWS IN BRIEF

The Street O Summer Series Returns

Back by popular demand, the INT summer street O will be taking place this summer in a neighbourhood near you!

In previous years the events have been on Wednesday's and attracted a good turn out with short and long courses to test all abilities.

Will Mair has taken on the prestigious role of Street-O coordinator so if you could lend him your garage and/or planning skills then let him know!

Interloper's gains new International Member

Interløpers welcomes a new member from overseas this month. Markus König joins us from Austria and here's some facts about him.

He's 28 years old and from Salzburg in Austria and he's been orienteering since he was 18 years old.

He was in the Austrian junior team when he was 17 years old and has won a Bronze medal at the Austrian O-championships in the relay.

He's also spent two years running and living in Sweden and has had good experiences in big relays such as the TioMila and 7-manna.

Him and his girlfriend are living in Edinburgh and he's decided to live and work here in Scotland to improve his English, meet some new friends, enjoy Edinburgh and Scotland's nature - and of course train and compete in O-competitions in Scotland.

Welcome to the club Markus and we hope to see you at events soon!

Scott Fraser takes on schools role

Our orienteering International Scott Fraser has recently taken on a role to work with local schools on developing their orienteering skills. Maybe we'll soon see another star emerge.

World School Orienteering Championships
Ann Haley

Congratulations to Iain Cackette, Stephen Haley, Shaun Rogerson and Stuart Watson for their selection to run as a Firrhill High School Team for Scotland in the World Schools Orienteering Championships that will be held in April 2008. The championship is a series of events including a model, classic, and middle distance event with a finally a friendly relay event where the teams are all mixed up. As well as school teams, countries are permitted to enter 'select' teams where individuals

compete. This year the championships will be held locally with 124 teams currently entered being accommodated in Edinburgh.

In addition to the competitions, there will be a variety of different activities including a cultural evening.

I am sure we would all like to wish the boys good luck for this event and hope that they enjoy the experience.

Scottish School Orienteering Championships
Ann Haley

This event will take place on Friday 6th June 2008. Could all juniors please make a note of this date.

Emails regarding entry for this event will be sent out nearer the time. This is a great event and is well worth making an effort to attend. Children do not need a school team to enter.

Junior Training coordinator Ann Haley in action



GUEST COLUMN

**Remember to always ask
questions
(Controlling a six day event Part 2)
*Colin Eades***

Can anyone remember where we were.....it appears checking back we now had a team in place and what was left was a description of what happens in the process of getting the event to the day itself.

We had the old Uath Lochan map as our base so in some ways we were better off than days using a completely new area, although this meant we were further down the list in terms of getting our shiny new final version map. The previous events held here gave us an insight into running speed (especially under torrential rain conditions! as some interlopers may remember). However given that we knew running speed it still came as a shock when Graham and Paul started talking 15km for the men's race, had they remembered we still had to get out there to put the controls out over that distance?

I met with Graham and Paul over the months that followed to try to keep an eye on how the courses were evolving and to keep an eye on things. Once we had a map there was the need to review the proof map and supply any map corrections back to the mapper. After visiting the area Graham and Paul collated their comments and as I had nothing to add to them these were sent back to the mapper. The final task for the map involved the map layout. We

had one go at defining the area that the courses were to be in but when the proofs came back the way the map had been shaped left the final few controls off the map which might not be the wisest plan. So we then had to redefine the boundaries including enough forest past these last few controls to allow more comfort. It was at this point that we binned the idea of an A4 size map for the shorter courses as after all the sponsors logos etc there was barely any room for map and it just did not seem like you were being given a proper map!

After both Ted and I had been to the forest at least once and checked the sites that Graham and Paul had taped, we finally managed to organise a meeting between all planners and controllers where we were able to review each control site in turn and set actions of either using it, someone going back out and revisiting it if concerns had been raised, or straight deleting it. After that evening we had a collection of controls and courses we could all just about agree on, barring a few we had to go back and investigate again. We also finalised the control descriptions in this process. We had also been through the courses by this time and so we were finally starting to feel like we had an event sorted. Needless to say a few days later the six days deadline for completing all changes to courses arrived and we were now fixed.

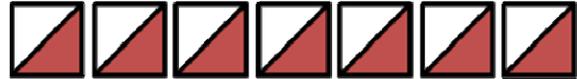
Stirling Surveys did the overprinting and they sent out a proof copy to the planners and the controllers. As I was busy I left my map package until

the following weekend not realising the Stirling Surveys had put Graham's and Paul's maps in there too. A frantic tour round on Saturday morning followed. A couple of courses had things spotted on them and so the process was repeated apart from the 'throwing the map pack to the corner of the room for a week' part. We now had courses set. We needed to confirm the courses were ok to Stirling Surveys prior to their print runs of 4000 maps. After checking round everyone I was able to confirm this to them and we were committed to the event.

The last major task was to get the controls out into the forest and checked. Paul had taped almost the entire forest as he went round planning so even most of the attack points were identified. Again Graham and Paul had to put in a power of work setting each control out and Ted and I tried to get round as many control sites as possible. In the end I visited most but not all sites and we altered very few controls which is a credit to Paul and Graham.

The day of the event arrived and we had the early morning task of waking up the SI units and performing a final check. We then needed to check that the starts were running smoothly and admire the car parking jigsaw skills on display back at assembly. Then a day of walking about the field trying to get a feel to whether they will be forming a lynch mob, or will we "have gotten away with it" as a Scooby Doo villain says.....

(they did indeed 'get away with it'- it was a great success! – Ed)



SOCIAL NEWS

INT Burns Night - Jan 25th
Gillian Godfree

A hardy band of Interløpers braved the winter storms to assemble in Tryst Park to celebrate Burns Night. Lorna regaled us with sections of "To a Haggis" as Gillian disembowelled the steaming beast. After everyone had had their fill of haggis, pretend haggis, neeps and tatties, the most spectacular array of desserts appeared.

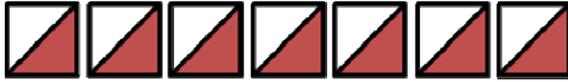
Thank you very much to everyone who had spent ages baking! Fiona had great fun opening and closing the doggy-gate, and a game of Hide and Seek also took place.

"Work-Colin" eventually managed to tear himself away from the joys of bridges, and after tucking into a healthy portion of cold remains, was happily metamorphosed into "weekend-Colin".

As 9:30 struck, it was pumpkin-time for Gillian and bump, who retreated upstairs, leaving the all-night partiers hard at it.

Thanks to everyone who brought food and drink, and also a big thank you to my washer-uppers!

Many thanks for hosting a great Burns Night Party – Ed.



KNOW YOUR CLUB CHAIRMAN

Many of us know our INT chairman Paul Caban as the heart of Interløpers. Not only the Interløpers chairman but also the SOA Fixtures secretary with Paul usually offering to help out with pretty much everything! But do we really know the man behind the face? Here we delve deep into our chairman's mind to uncover some of his lesser known orienteering secrets!

How did you get into Orienteering?

In my upper sixth year at School, the new French teacher tried to start an O club. I liked running and maps, so I went along. The first was at Knettishall Heath in Norfolk, which I remember was a Score event. I don't remember very much about the second, Mildenhall Woods South, apart from that it was within walking distance of the School.

And after a hiatus, my first job in Edinburgh was working for the University at KB. At the time, there was a very strong lunchtime running contingent, including one Graeme Ackland, who took me along to a Wednesday evening event at Blackford Hill. I haven't looked back (or indeed sideways or even at the map)

What is your favourite area and why?

In the UK, I'm pretty fond of both Lossie (aka Lostie) and Loch Vaa. Abroad, would have to be Goliaten, near Drammen in Norway, the first time I ever orienteered abroad.

What would you consider your best result?

There aren't too many of those. Coming second Scot in a weakened M35 at the Scottish Champs in Galloway? If only I hadn't taken in the Marilyn on the way round. Winning the Scotlands galoppen M21L series in 1997.

Apart from those, I think I should maybe mention some of my more satisfying runs, back in the days when I could run.

Beating one-time Interloper Phil Smith (and incidentally Ken) after attacking him half-way round the course at a SG in Glen Dye – we got to a route choice, and I let Phil go first and then went the other way; catching my five-minute person on the chasing start at Goliaten, then both of us eventually picking off the ten-minute man; watching Ben make a mistake at a small event at Tentsmuir and run off in the wrong direction, then managing to stay ahead of him (Heather's face as we crossed after the second master-map when she couldn't work out why she'd seen me before Ben – of course we don't mention the ten minute mistake that had let him catch me up in the first place); beating both John Tullie and Martin Dean at a Tinto Twin night event after I found "clearing in grot" in less than infinite time

What's your best piece of advice for beginners to the sport??

Never be afraid of asking lots of questions and for advice. Everyone is really friendly.

What was your worst 'O' mistake?

Going to the Fauldhouse event. Singular. There's never been a second. Irredeemably horrible.

Simpson Ground (South Lakes) is also on the "never again" list (*that's strange – I know people who consider it their favourite area! – Ed*) Saltoun&Humbie for the moment too (sorry Barry), though this used to be nice, so maybe it will re-grow.

Alternatively, getting very cold at Dunrod Hill wasn't smart, sitting in the hall wrapped in a foil-sheet and having to be warmed by cuddles from various female members of the Club (the journey home from Greenock involving making 'deposits' at the side of the road was no fun for Ben and Heather either, though I thankfully had enough sense to fall asleep before Glasgow).

The Bewick Moor South National Event and Swimathon is also right up there in the "not smart and not clever" category for a non-swimmer too.

What training do you do?

Training? What's training. Back in the old days, I'd be doing at least five miles every lunchtime, Tuesday evening intervals, and the Club

Circuits session too. Plus a two hour run at the weekend if I wasn't away. Now I don't know how I ever had the time, or indeed how my knees stood up to it.

What's the best thing about being Club Chairman?

When people say "yes".

Our sport is a volunteer sport, and it only happens if we make it. Everyone can do something. Busy with kids so planning isn't easy? – lots of letter writing and phone calls to be done.

New to the sport? – anyone can help on a start or at registration. On the down side, after three years, I need a break to do everything else, and anyway the Club probably needs new ideas.

What do you do outside of O?

Besides being SOA Fixtures Secretary, looking after the Club equipment, and co-ordinating all the Club's events? I'm a lost cause in terms of hill bagging. Munros and Corbetts are done; Graham-istadom is nearing. I blame Andy Spenceley. And then of course there's the Marilyn's (if you don't know, don't try and find out: asking Richard Webb will convince you that neither of us retain our sanity). In the past, a reasonable amount of road-running and cross-country. I'm also always up for random campsites. Just ask Fiona

SI or EMIT?

Ambivalent, and as my control-flow is measured in hours elapsed, splits only highlight my many inadequacies.

You're at the Finish - Orange Squash or Bottled Water?

I'm more than likely to forget to drink either, and end up with a splitting headache. I also used to be prone to getting very cold (see above), but Lorna managed to batter the sense of warm clothing into me.

Scottish Night Champs or British Night Champs? (hee hee)

Last year I went to both – I've used this excuse often for my scheduling of the former against the latter. See CompassSport if you're interested. Or random frequently anonymous and all 'theoretical' rants on NopeSport (or alternatively keep a life). This year, I spurned both, instead being down at my Mum's in East Anglia taking in an EAGaloppen at Croxton Heath, which made even Hedderwick Hill seem mountainous.

Who deserves the biggest thank-you?

Lots of people. And I'll almost certainly forget someone important, but not thanking anyone would be worse, so

Ken for always being up for stuff. Hilary, Ben&Heather and Ken for transport in those BC (before car) days. And Ben&Heather for introducing me to Scandinavia.

Colin&Lorna for lots of good advice over fifteen years, good soup, and being great Club people. Graeme for getting me going in the first place and another, with Jane, Club people.

And Janet Clark and Robin&Sheila Strain for unimaginable amounts of enthusiasm, and doing so much for Interløpers.

Thanks Paul for the insight – Ed.



EVENTS ROUND-UP

EUOC City Race
26th January, Edinburgh
Graeme Ackland

Our Summer series Urban orienteering has been around for several years now, but recently the idea of city races has really taken off, with events in York, Oxford, Lincoln and Warwick.

This January saw the inaugural race in Edinburgh, which I was fortunate enough to control with EUOC organising. Winding its way from Dumbiedykes through the old town to George Square and the Royal mile, the course took competitors through many alleys and closes which I never knew existed. Finishing with a surprisingly tricky loop in front of the parliament, our own Murray Strain came out on top, taking just over 36 minutes for the course

In fact, this was the third race though

central Edinburgh, but the accurate Sprint-Standard map of central Edinburgh is a definite improvement on the contour-only version used for the club champs!

If you missed the race, there will be another later in the year, but don't miss the chance for some Urban practice with our very own Interløpers Summer Series.

Controller Graham shows off his punching technique



SoSOL 3
27th January, Arthur's Seat

To say it had been merely 'windy' would be a bit of an understatement on the day of SoSOL 3 on Arthur's Seat/Holyrood Park which incorporated the East of Scotland Orienteering Champs.

Apart from the wind it was a beautiful day and orienteering on Arthurs Seat always presents a great opportunity of enjoying the fantastic views whilst out running.

I did baulk a bit after picking up the control descriptions for the Blue course to see I had 450m climb over

just 6km – we were running right to the top then!

A few controls (especially that crag on the 'face' of Arthurs seat) perhaps required more mountaineering skills than orienteering ones especially with the wind attempting to blow you over continually.

It was a really good turn out and a great event which formed part of the highly successful EUOC 'Big Weekend'.

Congratulations to the following Interløpers who are now East of Scotland Champions:

- W10** Hannah Ledlie
- W21** Megan Mowbray
- W35** Heather Hartman
- W40** Jane Ackland

- M10** James Ackland
- M45** Andy Spenceley

ESOC Sprint Race
3rd Feb, Craighouse Campus

The ESOC sprint O took place in the really pretty grounds of Napier University's Craighouse Campus.

The prologue race was one course run by everyone with competitors starting at one minute and even 30 second intervals it was so popular.

The 3.2km course took you all over the campus both in amongst the campus buildings and in the surrounding woods and open areas.

The map was on the unusual scale of 1:4000 meaning some adjustment

was necessary not to overshoot every time!

The second race was a chasing start with the fastest off first and the 'first past the post' to win. A number of 'gaffles' kept people on their toes with three separate butterfly loops meaning you needed to keep your wits about you.

The winning times were in the min per km range I can only dream about but it was a great morning out with many Interløpers competing.

Congratulations to Ben Hartman for coming out top of the Veteran Men!

Ben sprints in to the last control at the ESOC Sprint.



Emily Seaman 4th

Veteran Men

Ben Hartman 1st
Graeme Ackland 3rd
Donald Reay 6th
Colin Ledlie 8th
Graeme Ross 9th

Yellow

Gillian Godfree 1st
James Ackland 2nd

Graeme Ross wonders where to trip Ben up in the Chasing Start



Scottish Night Champs
23rd February
Ann Haley

Results

Junior Men

Max Ledlie 5th

Senior Men

David Godfree 4th
Ross Sanderson 7th
Chris Shaw 10th

Senior Women

I am always a bit apprehensive about night orienteering. After all, it is going to be dark! I'll have a head torch, but will the battery last long enough? Of course, I will have a back up torch too. As you might have gathered, there is a bit of an atmosphere about these events, and some of us just can't resist the challenge.

To state the obvious, you can't see very far. Relocation takes a lot

longer at night so it is important to keep in contact with the map. You need to use attack points (obvious features, such as path junctions) to pin point your exact position before diving into the forest to find your control.

This year the Scottish Night Champs were held at Kinneil Wood near Bo'ness. The area has a bit of woodland with various pits and many ditches and an open runnable area. The start was floodlit. The generator seemed very noisy in the dark. As you set off you became aware of other lights but you didn't know who they were. The courses were enjoyable with lots of controls (although only ESOC – or possibly controller Ken [Assistant Ed] - would feel the need to tell you that the controls would be placed fairly)! A few errors crept in; slight confusion at the start of an extra loop I had, and the penultimate control threw me (perhaps due to a lapse in concentration). Actually, it was great fun. Stephen and I had good runs and we both went home pleased at completing the challenge.

Results:

M21L **8.3 km**
1 Scott Fraser 49:33

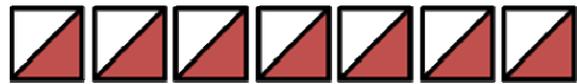
M40L **6.7 km**
3 Colin Eades 1:02:48

M45L **6.7 km**
2 Graeme Ackland 51:10

W40L **5.1 km**
1 Ann Haley 47:11
4 Jane Ackland 1:05:00

M/W Open **4.4 km**
1 Stephen Haley 48:53

M Open **6.7 km**
2 Ian McIntyre 1:05:04



FIXTURES

March

- 2nd** SOLWAY Regional Event and SOL 1, Drumlanrig Woods, Thornhill, Dumfries.
- 9th** INT District Event and SoSOL, Dalkeith Park, Dalkeith.
- 16th** Compass Sport Cup Scottish Round, North Pentland Hills, Edinburgh.
- 21-24th** JK Festival, Crowborough.
21st – Sprint
22nd – Individual Day 1
23rd – Individual Day 2
24th – Relays

April

- 19th-20th** British Orienteering Championships, Forres.



INT QUIZ

Sadly, there is no new baby news to report (but don't fear there should be some for the next Newsletter!) so this issue we have the INT Quiz.

Can you fill in the blanks to name the following areas?

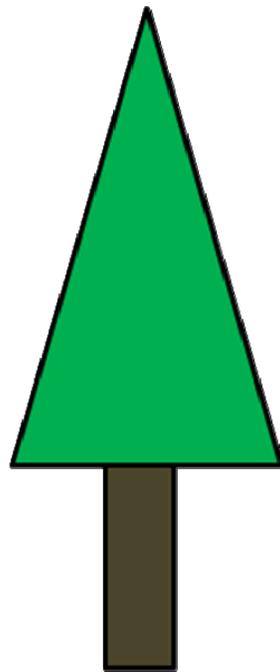
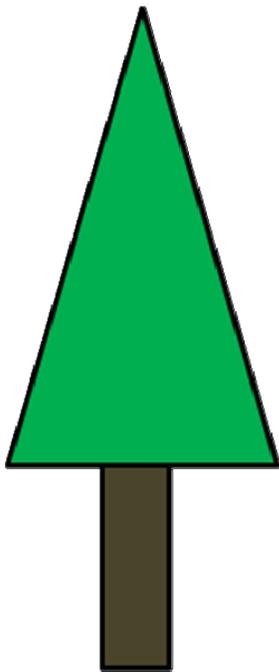
1. CA _ M _ I _
2. _ RT _ _ _ ' _ S _ A _
3. E _ _ OC _ _ Y
4. _ O _ _ IL _
5. _ UL _ A _
6. E _ ST _ R _ _ RA _ _ LO _ _ A _ T
_ IL _
7. _ IN _ E _ L

And a little further afield...

8. LE _ T _ _ _ I _ L
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11. _ AS _ A _ LY
12. _ AN _ O _ K _ C _ AS _ E

Until next time – Emily.

UNTIL NEXT
TIME HAVE
FUN IN THE
FOREST!!





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