

INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER No. 132

September 2004

132

Poisoned chalice?

You know what it's like! Some shady character sidles up furtively towards you and says "would you like to edit the newsletter?"

Sound familiar? It did to me as Gillian did the sidling (if one can 'sidle' on the 'phone?) in the run up to this year's AGM. Admittedly it was a job I secretly fancied; a chance to slag off friends (and complete strangers!) and an opportunity to give full rein to limited writing and desk-top publishing skills. But mostly it was the kudos and respect with which the post of newsletter editor is imbued that was the real 'carrot' (*shurely shome mishtake? – Colin*)...

Having made the decision not to go to the AGM, preferring to watch England's 'progress' at Euro 2004, and hearing on the grapevine that there could be competition for the post, I sat back, quietly confident that I'd done my bit for the club by standing – wrong! I was in. Then I began to think about it and quickly realised that I was in a 'no win' situation. If I'd taken over from some useless dork I would have been in with a chance. But trying to fill the shoes of the man who has produced "the best club newsletter in Scotland" is a bit like replacing Brian Jones with Mick Taylor – cue head shaking – "it won't be the same".

Before talking about changes I must not miss this opportunity to pay tribute to Colin who has done a tremendous job as newsletter editor for the last 53

issues. I imagine that, like me, most club members opened their newsletter with mixed emotions; anticipation of an amusing and informative read alongside the nagging possibility of one's limited talents with map and compass being put under the Inverarity spotlight.

From conversations with Colin I realised that most of every newsletter was his own creation. The title of editor should have read 'author'. His requests for contributions were largely side stepped leaving him to do what he did so well – keep members feeling

that they belonged to a thriving club via an informative and amusing newsletter.

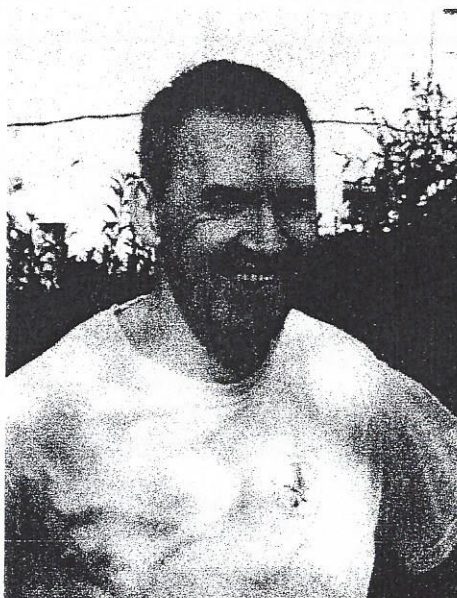
Which brings me seamlessly to you dear readers! I'm vaguely resigned to producing the newsletter from my own slightly senile ramblings but wouldn't it be so much more interesting to hear your views on orienteering, life, etc...? (*Do I hear distant Inverarity chortling? – ed*)

At the most recent committee meeting it was suggested that the content of the newsletter could change, largely as a result of the club website

(<http://interlopers.mysite.wadadoo-members.co.uk>)

providing more immediate news and results. More event reports and in-depth stuff was suggested. As the

more perceptive among you will have spotted the lay-out hasn't changed much – "if it ain't broke..." – but if you have any ideas (or better still, articles!) to improve what goes into your newsletter, don't keep it to yourself, tell me. Come now, don't be shy...



"...free at last, free at last."

A beaming Colin Inverarity

Special 'imitation
is the sincerest
form of flattery'
Issue

Tribute

Committee stuff

Street-O Pix

Results

Juniors

Gnome

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In the drunken haze following Colin's handing over the newsletter editorship, several typos found their way into the address list which appeared in the last newsletter. The list above should be a bit more accurate...

Welcome!!

As mentioned elsewhere, the street 'O' events have not only proved popular with existing orienteers but have attracted several newcomers to the sport. So welcome to:

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8/4 Carrick Knowe Road
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alan.grierson@granadamedia.com

We hope to see you at future events.

Movin' on

Tim Lenton has moved to Norwich – a county so devoid of contours as to be of no interest to even Paul Caban – to continue his modelling career. He can be contacted (in the short term) at:
7 Aylsham Rd, NORWICH, NR3 3EQ
(01603 625308) t.lenton@uea.ac.uk

Dave and Gillian Godfree – see above

Brad Connor to:
121 Kay Brow, Ramsbottom, BURY,
Lancs BL0 9AY

Graeme, Mary and Matthew Ross to:
2 Hatton Place, EDINBURGH, EH9 1UD

(Re)Wired

Pat Bartlett has a new email address:
patrick@bartlett339.freemove.co.uk

Committee (and other) things

I'm sure that most of you have been reluctant to be considered for the committee because of doubts over being able to cope with the attendant excitement? In an attempt to dispel this myth and bring a certain transparency to proceedings, rest assured that your editor is committed to laying bare these dark goings-on and, if necessary, dishing the dirt.

■ In an imaginative move to promote orienteering to a wider audience, former Interløper favourite Hilary Quick tried to set up a stall at the Royal Highland Show. Unfortunately, this proved 'impractical'. Pity really, these countryside alliance types are going to need something to fill their weekends in the near future. Hilary had the consolation of securing second place in 'Best of Breed (female bipeds category)'.

■ Despite having sent him a large bag of grubby fivers, Ben (Hon. Treasurer) reported that subsequently he had not been able to contact the club auditor, Peter Dymoke...

■ Darina (social sec.) confessed that her recent wedding and honeymoon had meant that she was just getting into her stride with matters social. As well as a trip to see Van 'the man' Morrison, there have been Barrow loads of opportunities to see Interløpers 'thesping' locally.

The social event of the year so far has centred around Darina herself. Some of her hen night photos (including a 'meal' of banana and whipped cream) would make a soldier blush, and despite intensive digital manipulation (!) have proved unsuitable for publication in a family newsletter. Contact me if you would like them sent as an email attachment. In an unusual move, Chris, has taken Darina's surname. Interløper men beware! Your surnames are under threat. Barry Weir? I *don't* think so!

■ Having made my way into the centre of town from the sticks, I dutifully turned up at chez Godfree for the last committee meeting only to find that Paul 'two sheds' Caban was 'attending' via a sort of conference call. This took the form of repeated 'phone calls - progress or what? Paul apparently needs his loft space back and is angling for another shed to be erected beside his house to accommodate the orienteering kit. Nods of approval until it was pointed out that the proposed dimensions of this new structure would *just* accommodate a Škoda Fabia...

■ With Moray 2003 fading quickly from the memory several club stalwarts have taken on roles for Royal

Deeside 2005. Graham McIntyre and Rob Bloor are planning Day 1 with Colin and David Eades being Assistant Controllers. Following Ken(neth?) Daly's rise to SOA fame, Graeme Ackland has taken on the job of Competitions convenor. Events, large and small, could not go ahead without stars like these.

■ Due to the local orienteering calendar bulging at the seams between now and Christmas, it was agreed that any more events would have to wait until the spring. So a respite from those guilt feelings when we read those emails from Gillian requesting assistance but - "she'll be back".

We've agreed in principle to put on the Harvester Trophy (day/night relay) in 2005. Blame Graeme Ackland. To be held in May or June possibly at Dogmuck (sorry! *Mugdock*) Country Park. Masses of help will be required. Book that trip to Australia now.

We've also volunteered to put on a SOL in autumn 2006 somewhere Speyside. The club had contemplated trying to acquire Rannoch but after hearing that STAG were also interested and discussing; the time of year - autumn, felling plans, parking difficulties and less amenable new owners of the school it was decided to leave them to it.

■ The re-mapping Drummond Hill (for our SOL in autumn 2005) will take place soon. We are still waiting for Donald Petrie to mug the landowners of Norman's Law prior to mapping and quotes have been obtained for re-mapping Calder Wood. DOLM quoting us happier than Peel.

■ Since I took on the job of editor my high aspirations have already slipped! With time galloping by, I'm typing like a mad thing and resigned to the fact that a newsletter with colour will have to wait. No contributions from anyone, of course. But I knew it would be like this. While appreciating that people have traditionally enjoyed the feel of hard copy, now that the newsletter is available online at the club website, we should be using less paper. Less paper = more forest to run in? Think about it, and if you can read this tripe on a computer screen why not try it and email me (weirowen@blueyonder.co.uk) with the good news?

Gillian (once again) provide the committee with generous quantities of cake, served attractively by Dave. He really is a lucky man and in danger of becoming a lardy bloater if his achilles injury drags on.

Street 'O'



Ben legs it away from the start.

Without doubt, the biggest hit of the summer (ignoring all the international success, of course) has been the Wednesday evening street orienteering events. These have proved popular with both hardened veterans and potential new members alike. And between these two extremes, a sizeable rump of students,

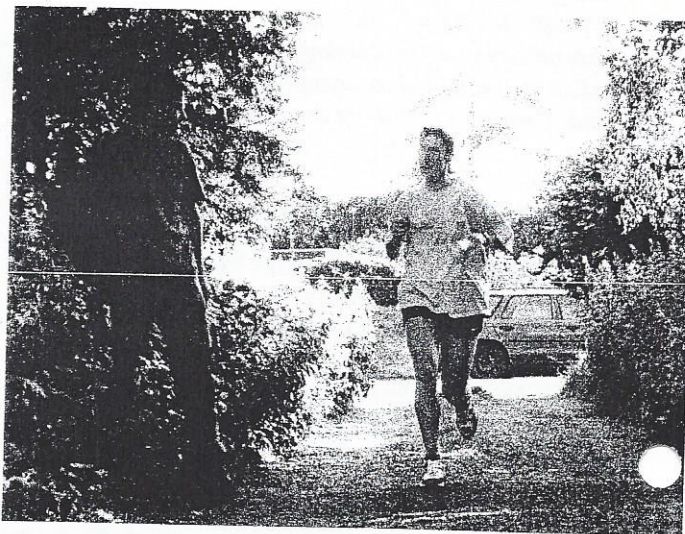
guests from nearby clubs and the usual INT suspects. A big 'well done' is due to Gillian and the planners; Paul, Pat S, Graeme and Pat B/Sue T for spicing up our jaded orienteering palates.

Surprisingly, it hasn't been all stepping in dog poo, being stoned by local urchins and disappearing kites. In reality it has been a chance to experience that Jamie Stevenson feeling, check out property in the more desirable parts of Blackford and impress the locals with one's physique and running prowess (*I'm not really including myself in the latter - Ed.*)

Street 'O' has a lot going for it: less travelling, the planner is on home ground, no need to tape your ankles, few trees to complicate things and, the opportunity to neck generous quantities of Gillian's sandwiches and homemade cake. Far

from attracting abuse and derision, the youth of Buckstone were decidedly inquisitive about the 'way honed' gods and goddesses legging it down their road.

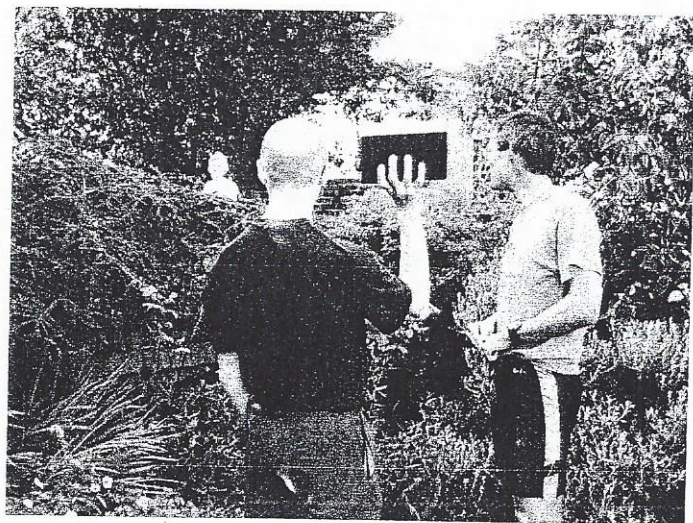
Understandably, some of the finer points of orienteering had passed this new audience by, as, in the gathering gloom, a group of boys gleefully told me that I hadn't got a chance as the rest of the field had gone by an hour



ago. They were right about the first bit!

On a slightly more serious note Street 'O' puts orienteering on where people can see it taking place. Both Graeme and Paul attracted neighbours to their events - a warm welcome to the new faces (see page 2). We hope to see more of you in the future.

Newcomers to orienteering may not be too keen to travel to Anagach to get lost (as good as we know it is!) but they might turn out if it's happening in the next street? There's a potential interest there.



Taking exception to her 'slaphead' jibe, Paul prepared to throw the start clock at Sheila.



Fixtures

Sunday 10th October
SOSOL 2 (CUNOC)
 Loch Doon East, Dalmellington
 NS 477031
 Entry: £4/£2
 EPS-SI, string course
 Dogs on lead in car park only
 Information from:
 Pat Flanagan (01292 267063)

Sunday 17th October
SOSOL 3 & East of Scotland Championships (ELO)
 Gullane Dunes
 NT 479831
 Entry: £4/£2
 EPS-SI (hire 50p), string course
 Dogs on lead in car park only
 Information from:
 Trina Rogerson (01368 864922)

Sunday 24th October
SOSOL 4 (TAY)
 Pitmedden, Abernethy, Perth
 NO 200140
 Entry: tba
 EPS-SI, string course
 Dogs on lead in car park only
 Information from:
 Donald Smith (01764 655842)

Sunday 31st October
Scottish Score Championships (INVOC)
 Drumashie, Dores, Inverness
 NH 608329
 Organiser:
 Ken Davidson (01463 239511)
 Entries:
 Mike Walker (01349 861824)
 Entry: £7/£3.50 (EOD + 50p)
 Cheques to INVOC
 EPS-Emit, string course
 Dogs on lead in car park/assembly only
 CD: 17th October

Sat 6th Nov (Reg night event) &
 Sun 7th Nov (Regional event)
TINTO Twin
 Newcastleton, Dumfries
 NY 503886
 Organiser:
 Marjory Foreman (01555 665346)
 Entries:
 Lorna Young (01555 661955)
 7 St Ninians,
 LANARK, ML11 7HX
 Entry: 6th - £8.50/£4. 7th - £8/£4.
 Lim EOD + £1.00/50p
 Cheques to Tinto Orienteering Club
 EPS-SI, string & Lim CC on 7th
 Dogs on lead in car park only
 CD: 16th October

Sunday 14th November
SOSOL 5 (STAG)
 Allean South, Pitlochry
 NN 864598
 Entry: £4/£2
 EPS-SI, string course
 Information from:
 Terry O'Brien (0141 770 7618)

Sunday 21st November
SOSOL 6 (INT)
 Dechmont Law, Livingston
 NT 032693
 Entry: £4/£2.50
 EPS-SI, string course
 Information from:
 Mary Ross (0131 332 8456)

Sunday 28th November
SOSOL 7 (FVO)
 Birnam, Dunkeld
 Entry: tba
 Information from:
 Hugh Buchanan (01786 473776)

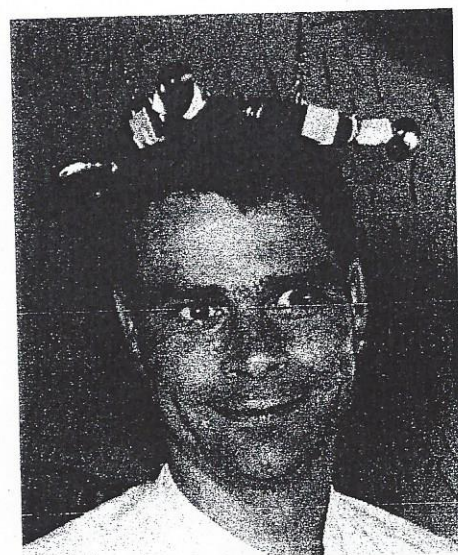
Dave's alternative fixtures list

A selection of smaller events and other running delights for the next few months

02-Oct	Local Event. Lochend Wood, Dunbar
02-Oct	Short race, Haughton & Murray Park, Alford
9-Oct	Manor Water hill race
10-Oct	Pentland Skyline hill race
16-Oct	Local Event. Cammo Estate (Cammo Road), Edinburgh
17-Oct	District Event (Colour coded), Deisher, Carrbridge
30-Oct	Local Event. Newhailes, Musselburgh
6 Nov	INTERLØPERS Local Event, Mortonhall
13-Nov	Local Event. East Craiglockhart Hill
13-Nov	East District XC League, Livingston
20-Nov	Braid Hills XC

...but,

don't do too much or you may end up like this...



Results

Scottish Championships

Sat 29 May

Individual - Errochty

M21E	Al Buckley	5 th
	David Eades	11 th
W21E	Janine Hensman	2 nd
	Heather Hartman	4 th
JM2	Mark Haley	8 th
JM4	Stephen Haley	7 th
M21S	Tim Barrow	10 th
	Graeme Ross	12 th
M35L	Ben Hartman	4 th
M40L	Rob Lee	5 th
	Rob Bloor	9 th
	Kenneth Daly	16 th
	Paul Caban	20 th
M45S	Keith Dawson	3 rd
M55L	Barry Owen	11 th
	Bill Mason	12 th
M75L	Ray Hayworth	5 th
W21S	Mary Ross	2 nd
	Darina Cunnane	6 th
	Fiona Weir	8 th
W35L	Lorna Eades	4 th
W40L	Ann Haley	8 th
W45L	Morag McIntyre	14 th
Lt Grm	John Barrow	6 th

As Colin alluded to in the last newsletter, the Scottish Champs produced steady, if not spectacular, performances. Well done to Janine, Mary and Keith who *did* get onto the podium. Always needing a while to get going, I had a slow and uncertain journey to the first control, but in the way orienteering (and life) can make up for a good cock-up, I spotted 8 on my reasonable route to 3 – yes! And, when the red mist was down towards the end, 10 was clocked on the way to 9...

Scottish Championships

Sun 30 May

Relay – Errochty

Men's Open	Team CP	5 th
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'Lads' 14th

Women's Open	Team CP	3 rd
Short Open	Diddymen	10 th
Ad Hoc	Mixed	5 th

Back to Errochty, albeit to a different bit, for the relays. A second 3rd position for Janine who led off INT Team CP ably supported by Heather and Lorna.

British Elite Orienteering Championships & SOL 5

12 June

Medium – Culbin

M21E	Dave Godfree	5 th
	Andy Kitchin	6 th
	Al Buckley	11 th
	Graeme Ackland	16 th
	Ben Hartman	18 th
	Rob Lee	30 th
	Chris Godfree	34 th
	Anthony Squire	36 th
	David Eades	43 rd
W21E	Claire Ward	5 th
	Gillian Godfree	6 th
	Toni O'Donovan	10 th
	Janine Hensman	13 th
	Lorna Eades	21 st

SOL 5

JM2	Mark Haley	2 nd
JM4	Stephen Haley	7 th
M40L	Paul Caban	6 th
	Rob Bloor	9 th
M55L	Pat Squire	9 th
	Bill Mason	10 th
W21L	Heather Hartman	1 st
W21S	Darina Cunnane	2 nd
W40L	Ann Haley	2 nd
	Jane Ackland	5 th
W40S	Patricia Alston	3 rd
White	Max Bloor	5 th

A raft of top ten finishes with Heather providing our only top spot. Not having noticed that the SOL was on the Saturday, I managed to be working instead of enjoying some of the best terrain in Britain – Duh!

British Elite Orienteering Championships

13 June

Classic – Lossie

M21E	Dave Godfree	4 th
	Al Buckley	6 th
	Graeme Ackland	16 th
	Anthony Squire	20 th
	Chris Godfree	24 th
	David Eades	26 th
	Rob Lee	27 th
W21E	Gillian Godfree	3 rd
	Toni O'Donovan	5 th
	Janine Hensman	10 th

A good showing from the club at BEOC with steady performances (as usual) from Dave and Gillian. How can they eat all that cake and still run so well?

11 - Person Relay

5 September

Bowhill, Selkirk

INT 1	2 nd
INT 2	n/c

The first team were just pipped by FVO but in spite of this setback supplied several runners to make up a second team of the (largely) old and infirm. All enjoyed the challenging terrain, the cruelly positioned spectator controls (one of the CLYDE team miss-punching in full view of their distraught team mates) and the splendid weather. Roxburgh Reivers put on a good show complete with the smell of burning meat wafting over the finish – marvellous!

Special mention must be made of Claire Ward who in addition to her performance for the 'A' team turned out not once but twice for INT Team 'Saga'!!

24th Richard Webb M40 83:02

Brown 9.1km 375m

7th Graeme Ackland M40 66:55
14th Graeme Ross M21 85:50
17th Claire Ward W21 88:47
20th Ian McIntyre M40 97:34

From our own correspondent – The joys of West Lomond Hill; high, open and on this occasion; windy and latterly wet. Onto this stage strode several Interlopers including Barrow and son-of Barrow. John in his quest for a full rainbow of courses, chose red ("long but very easy"), while Tim decided that a brisk Green would be the ideal antidote to a hangover, having been out 'training' till 3am that morning! A formidable performance.

SOL 7 3 October Balmedie

M40L Kenneth Daly 2nd
Paul Caban 6th
Rob Bloor 7th
M55L Barry Owen 2nd

W21S Darina Cunnane 2nd
Fiona Weir 4th
W40S Patricia Alston 4th
W45L Morag McIntyre 4th

White Max Bloor 1st
Orange Chris Smith 1st

Only ten of INT's finest made the journey to the seaside but were rewarded – despite the poor forecast – with unbroken sunshine for their runs. As usual, sand dunes mean longer courses and just as reliably, running across sand and up steep grass covered dunes means a lot of hard work. Everybody seemed to have pretty good runs and a big 'up' to Max and Chris for beating the 'curse'. Paul, of course, had packed the maximum into the weekend; running at Alford on the Saturday as well as getting up a couple of hills and keeping Ken away from serious drink.



Editor's Bit

I had vowed that you would be reading this in September but I've failed. I can only hope that the Christmas special will be in your hands before Easter.

This is the bit that Colin used to put on the back page and offer us amusing insights into his family/personal performance/life or just about anything. Unfortunately, with the last minute arrival of Ann's (very welcome) piece on the junior scene which I had to jam in just above the adverts, I've had to relegate my thoughts to this corner of the results page ("why bother at all?" - I hear you cry).

Ann deserves a special mention as hers was the only offering I received from club members. Several people made well meaning noises but sadly no hard evidence. Paul said he had binned a potential contribution because it was – "not amusing!". Difficult to imagine and given the chuckle factor of what has appeared so far in this issue, an entirely misplaced opinion. I'll take *anything*. If it means cutting and pasting instead of two finger typing, it's fine by me...

Separated at birth...(1)



Colin Inverarity



Graeme's Gnome

Separated at birth...(2)



Colin Eades



David Eades

SOL 6 12 September Inveruglas

JM2 Mark Haley 7th
JM4 Stephen Haley 4th
M21L Ben Hartman 2nd
Claire Ward(!) 5th
M40L Kenneth Daly 7th
Rob Bloor 8th
Paul Caban 12th
M55L Barry Owen 4th

w 21L Gillian Godfree 1st
Janine Hensman 3rd
Heather Hartman 4th
W21S Darina Cunnane 4th
W40L Ann Haley 3rd
Jane Ackland 4th
W40S Patricia Alston 2nd
W45L Morag McIntyre 11th

White Max Bloor 5th

Lots of light green on the map so it was compass and pacing (techniques I always considered needed to be applied rigorously until I was told by a former GB squad member that they should be instinctive!) from the start. Not only light green but physical too with lots of people taking lots of time – almost 3hrs for 5m from a dogged character on my course!

SOSOL 1 – 19 September West Lomond Hill

Red 4.1km 110m
2nd John Barrow M55 44:22

Lt Green 3.7km 155m
6th Mary Ross W21 45:30

Green 4.6km 185m
1st Tim Barrow M21 34:15

Blue 7.2km 230m
7th Kenneth Daly M40 64:54
14th Heather Hartman W21 70:38

Junior Training *(Thanks to Ann Haley for this report)*

Thanks to Ronnie Nolan (ESOC I'm afraid!) Junior Training in the South East Area of Scotland has been revived. They call themselves ESOKids (which to some is Edinburgh Southern Orienteering Kids, but to the rest of us it can be East of Scotland Orienteering Kids)! Since October 2003 there have been regular training sessions for children ranging from beginners up to those who do light green courses. These training sessions have taken place in a variety of areas around the city and have addressed the need to have a good warm up, some kind of technique training and have finished with fun relays. The children have really enjoyed these sessions and they have been well supported by lots of willing helpers.

October 2003	Blackford Hill	Concentrated on compass bearings
January 2004	Dalkeith Park	White standard looked at various features on the map
		Yellow – relocation exercises
		Orange/Light Green – attack points
February	Hopetoun House	
March	Corstorphine	Pacing exercises
		Crag bagging!
April	Bonaly	Introduction to a Score Event
May	Vogrie	Route choices
		Orange - broke the course down into a series of traffic lights

The result of all this training is that some of our younger juniors are doing really well in competitions. 15 of those who train went to represent the South East of Scotland in the Junior Inter-Area competition that was held on the 11/12th September. Most of the children travelled in a minibus up to Anagach near Grantown on Spey where there was a relay event. The South East Area won this, and went forward into the individual competition on the Sunday with a slight lead. The children all stayed overnight in the Aviemore Youth Hostel and then travelled on to Inveruglas the following day. Despite some good performances, the team were beaten by those from the North. A great time was had by all, and there will be lots of training opportunities to improve in the future.

Future Training Sessions:

23 October	Cammo
4 December	Hillend

Scottish Schools' Orienteering Festival

Carmichael Estate, June 4 2004

P5/6 Boys	1 st	Mark Haley (who's only P4!!)	1.6km	11.59
S1 Boys	3 rd	Stephen Haley	3.0km	26.01

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