

Interlopers

April 2022 Newsletter

Welcome to the April 2022 club newsletter! Another jam-packed edition. At the risk of speaking too soon, it feels like a much more normal year for orienteering so far, with events large and small happening once more, hurray! So far we've had the Big Weekend, British Middles and Longs, Sprint Champs and the JK, as well as Winterlopes and Fight With the Night. Read on for coverage, as well as other contributions from club members on diverse subjects - Portuguese adventures, Paul Caban doing the splits, and much more. Then as a reward for getting right to the end, there's even a GECOOT! Many thanks to everyone who's provided material: a self-deprecating bunch indeed with submissions all accompanied by comments along the lines of probably-never's-better-than-late-for-this-piece – far from the truth and you have all done your club good service! There'll be another newsletter at the end of the summer, so please bear that in mind and send me things for it 😊



Happy reading. *Katherine Ivory, editor.*



CLUB STUFF

Big hearty welcomes to: Ben Stevens; Richard Purkis; Duncan Coombs; Rebecca Harding; Scott Fraser (SOA); Doug Tullie (SOA); Stephen Haley (SOA); Oleg Chepelin + Inis and Ember (SOA); Tim Morgan plus the entire Kitchin family (Andy, Kate, Sam, Bethan and Laura) (SOA)! And sadly departures of Iain Embrey to INVOC (okay, relocation) and Rachel Kirkland to FVO (okay, better than heading to join her other half at ESOC!)

Events and Results

- EUOC's Big Weekend 21-23 January: Results can all be found at: http://www.rstrain.ndtilda.co.uk/results_22/euoc_bw/index.html; Routegadget can be found at: <https://www.euoc.routegadget.co.uk/rg2/>. Photos from the Seat race today (taken by Halfdan Holm, EUOC) can be found at: <https://photos.app.goo.gl/WRcCk77Pza9xJ7qz6>

- **Scottish Night Champs** (February) The club has *6* **Scottish Night Champions**. Woo-hoo! Congratulations to Ann Haley, Graeme Ackland, Robin Galloway, William Ivory, Sasha Chepelin and Angus Ivory.
- **CSC Heats** – Interlopers qualified safely as the first club in the trophy competition on a new area at Callander Crags. They will be joined by MAROC, Moravian and INVOC.
- A small contingent of Interlopers went down to the **British Long Championships** ... well done to Laurence Ward (6th, M16A), Alexander Cheppelin (3rd, M21E), Tim Morgan (12th, M21E) and James Ackland (13th, M21E), Colin Eades (9th, M55L), Rob Lee (17th, M60L), Graham McIntyre (24th, M60L), Fiona Eades (6th, W18E), Claire Ward (4th, W45L), Lorna Eades (5th, W55L), Morag McIntyre (9th, W60L),
- In the **British Relay Championships**, congratulations to INT Four (Lorna Eades, Fiona Eades and Claire Ward) who won the Women's short relay, to INT One (James Ackland, Tim Morgan and Alexander Cheppelin), 4th in Men's Premier, and INT Two (Ali Masson, Matthew Leitch and Laurence Ward) who were 8th.
- Sprint Scotland took place in Dundee in March with three races including the Scottish Sprint Championships. Well done to Angus Ivory (M18) and Claire Ward (W45) who are Scottish Sprint Champions! Saturday's racing included knock out sprints and multiple levels of final, so you can see all the details at http://www.rstrain.ndtilda.co.uk/results_22/spr_scot/.
- **Winterlopes and FWTN** are now over for the season. Congratulations in FWTN to Sasha Chepelin (1st, Long league), Pat Bartlett (2nd, Short), Ann Haley (4th, Short), and in Winterlope to Ann Haley (8th, long) and Pat Bartlett (1st, short).
- Look out for follow-up in INTEResting on the [Northern Champs Weekend](#) (Friday 1st – Sunday 3rd April) organised by NATO and NN, and the JK in South Wales over Easter weekend.
- **Scottish Inter-Club Championship**: Interlopers are holding on to third place, though events have been fairly local so we will need to keep up the good work to maintain our place – or better it. FVO and ESOC are ahead of us currently, but as all the qualifying runners make it to the maximum number of counting events it will all get rather closer ... see <https://www.scottish-orienteering.org/news/inter-clubs-continues-to-grow/> for details.

Other things...

- 6 Days (Moray 2023) – we are working with GRAMP on Day 3, and need to provide organiser(s) to complement GRAMP's planners (Zoe and Tim Griffin). Let Colin Eades know if interested
- Many thanks to Zoe and Lorna for running another series of Wednesday evening Zoom Strength & Conditioning sessions this summer – much appreciated and hopefully has done those who participated some good as we move into spring, lighter evenings and more activity!
- And thanks to Lorna for finding a February date in a packed start-to-the-year calendar, for a Training / Social day for Interlopers, with the morning at Vogrie Country Park for some Back to Basics exercises then the afternoon at Roxburgh Reivers Saturday event at Smailhome (New area) followed by a café tea and chat. Great to be able to do such things again after a long gap and definitely looking forward to more.



Club Events Round-up, Autumn-Winter 2021-22 – William Ivory

It really feels like we are getting back to normal with events, albeit maintaining the switch from entry on the day (EOD) to entries in advance. While this requires some more work in advance, it has meant that we know how many maps to print, and removes the work of managing entries on the day. With the latest relaxations from the SOA, we can now move back to having entries on the day, so we will be looking at whether to switch back completely to this model for local events, or perhaps keep a hybrid model. Reintroducing EOD would make it easier to attract new and occasional orienteers again.

The club has run a full programme of events since last autumn:

- Braidburn Valley Park (Saturday 2nd October 2021), planned by Paul Caban and organised by Graham McIntyre. Paul's courses got everyone warmed up in the park by running us up one side, then down and back up the other, then round again before those of us on green reached escape velocity and exited the park for the urban section. Great to see a large group from Erskine Stewart's Melville Schools (ESMS), who returned for several other events.
- Livingston Urban SOUL (Saturday 6th November 2021), planned by Iain Embrey and Zoe Harding and organised by Robin Galloway. A welcome foray into an urban area we hadn't visited in a good few years, with some excellent courses through some complex housing areas.
- Gullane SOL (Sunday February 13th) as part of the Dark 'n' Dunes weekend, planned by Murray and Tessa Strain, organised by Caspian Richards (aided and abetted by Max Carcas) and controlled by Dave Kershaw (ESOC). This was a weekend of two halves, with a clear night for the Scottish Night Champs on Saturday followed by torrential rain all Sunday morning. Massive thanks to all those who volunteered on the day who were out for hours in the cold and wet. [Gullane photo credits: Katherine Ivory]





- Craigmillar Castle Country Park (Saturday 5th March 2022), planned by Colin Ledlie and organised by Graham McIntyre. This was held in conjunction with an ESOA training session organised by Katherine Ivory, and many of the trainees to part in the main event afterwards. [Craigmillar Castle photo credit Katherine Ivory]

- Kinneil Woods (Saturday 9th April 2022), planned by Ken Daly and organised by Paul Caban. This took us back to an area we have not used in quite a few years and Ken's course made full use of the area - not used very often as it's right on the edge of our patch – which is a shame, as there's some fantastic blocks of feature-ful, runnable forest within the area. I'm sure we will be back there soon. [Kinneil House photo credit: Ken Daly]



We have 2 further events before the summer break. Hope to see you there!

- Dechmont Law – **Saturday 7th May**
- Almondell or Almondvale (TBC) – **Saturday 4th Jun**



Winterlopes / Sprintlopes

As well as the events above, Interlopers has also put on five Winterlopes (each running for a week on a self-serve basis, with Maprun for those who wanted to compete in the league) to complement the Fight With the Night (FWTN) series:

- Jan 10-16th - Craigmillar, planned by Alison O'Neil (guest planner from ESOC!)
- Jan 24-30th - Prestonfield, planned by Katherine Ivory
- Feb 7-13th - Little France, planned by Graeme Ackland
- Feb 21-27th - Liberton, planned by Angus Ivory
- Mar 7-13th - Duddingston, planned by Laurence Ward

Sprintlopes are back!

“Possibly the finest Wednesday evening informal orienteering league in the Lothians”

The series will start again at the end of April, once more as actual Wednesday night events— see online for more details (www.interlopers.org.uk or the Facebook page at <https://www.facebook.com/sprintelope/>). Here's the current programme.

07/04/2022 – INT (Graham Ackland, Craigmillar)

04/05/2022 - ELO (Dunbar)

11/05/2022 – INT (Wards, Prestonfield?)

18/05/2022 - ELO (Pathhead)

25/05/2022 - ESOC

01/06/2022 - ELO Musselburgh

08/06/2022 - ESOC

15/06/2022 - ELO Longniddry

22/06/2022 - KFO Dunfermline

29/06/2022 - ESOC

06/07/2022 – INT (Haleys?)

13/07/2022 - ESOC

20/07/2022 – INT (Scott Fraser, Morningside)

27/07/2022 - Coast and Islands Week

03/08/2022 - ESOC

10/08/2022 - Lakes 5 Days Week

17/08/2022 - Spare date



Interlopers Thursday Training

Thursday evening off-road training has continued this winter and many thanks to Graham MacIntyre as supremo. They are an excellent opportunity to catch up and discuss events past or coming up, there are always knowledgeable and enthusiastic people around who enjoy nothing more than talk-O. Above all recommended as good sociable training!

We will be publishing a schedule for autumn into spring shortly and are looking for any new routes to add, probably something starting around Eskbank, any other suggestions?



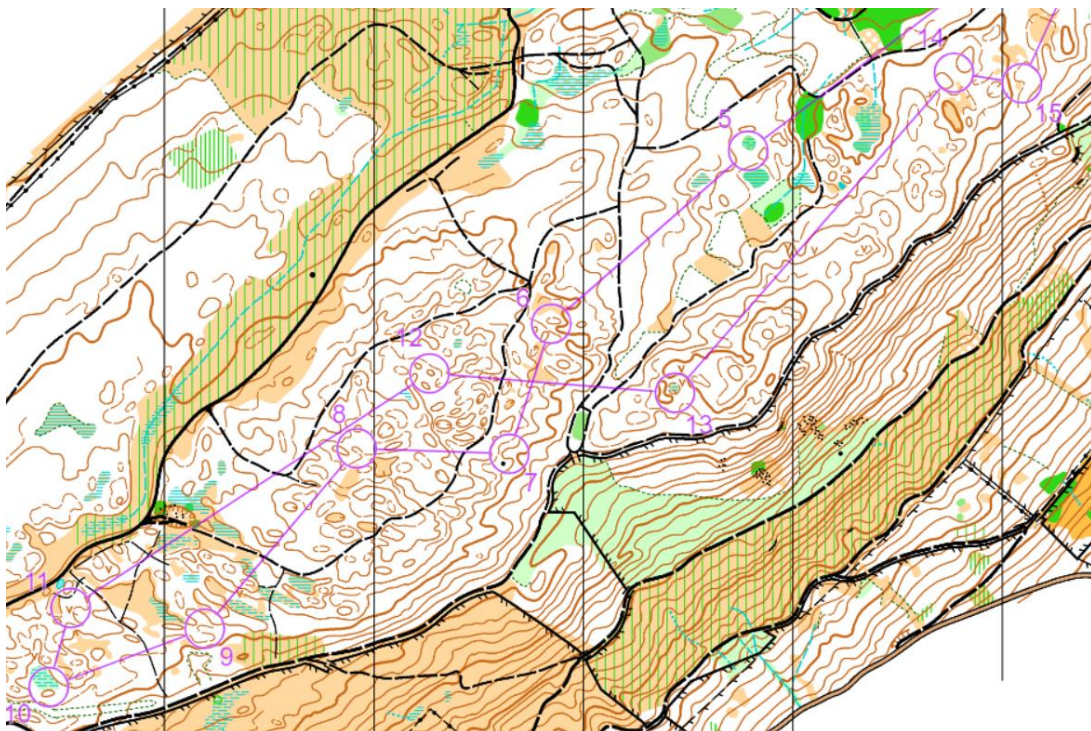
Club Hopping: Tales from INVOC -by Iain Embrey

At the end of November I moved north. It was a land of snow and ice, which juxtaposed romantic beauty with pragmatic inconvenience. Exhausted from an unsustainable set of challenges at work in Musselburgh, I started at Glen Urquhart High School with my sights firmly set on surviving to the Christmas holidays. My idyllic first run to a viewpoint above the school at the end of the previous summer was by now a distant memory.

Within hours of starting work it became apparent that I had fallen on my feet. The school is a dream where lots of learning takes place and (almost) everyone enjoys being there. Of course there's lots to do and a new set of challenges as head of maths & business, but stress levels are now at a fundamentally manageable level. This makes it more possible to enjoy running in the hills and taking part in INVOC events and activities.



INVOC seem to be a pretty active club, with quite a few local events in some lovely pieces of woodland. So far there have been three in adjacent areas with starts <5mins jog from our new house, and the latest event in Creag Leach included the below excerpt. It was super lovely – the white means white!



The local events have included a Northern Night Cup, which is probably not too dissimilar to the fight with the night series, but over a somewhat larger area with INVOC, Moravian, and BASOC the main protagonists. Nevertheless, I made it to a few of the events, including one on Culbin which is always a pleasure. This series seemed pretty well attended with 50+ competitors turning out on a midweek evening, however the local Saturday events have often seen much smaller numbers. W/M21s in particular are not so much scarce as entirely lacking.

On the other hand, INVOC seems to provide an impressive offering for Juniors. There are weekly Wednesday evening 1hr training sessions, which alternate between local woods and being virtual (although these give way to local evening events when they exist). It seems that around 20-25 juniors of all ages regularly attend, even after dark in the winter, with a half dozen or more adults who regularly turn out to coach. The vast bulk of the organisation and planning is led by one generous volunteer, who seems to have generated a remarkable success with this regular offering. Nevertheless, some juniors seem to attend local Saturday events less regularly than they attend training.

The Junior training offering is also supplemented by a mini schools' league in May-June, with several events starting straight after school for juniors, then open to the club et al from 5pm. This seems to be supported and publicised via the active schools coordinator network, who are funded throughout Scotland to undertake this kind of work. It helps that a couple of the local active schools coordinators are also keen INVOC members.

As a relative newcomer I don't know much about the club yet, but like orienteers everywhere they are a lovely, kind, and welcoming group of people. I am always struck by the wonderful community that develops around orienteering, and I hope that this next chapter will bring as much positive friendship and support as my time in interlopers. Thank you for everything, best wishes for the future, and I look forward to seeing you all at an event soon :)



Hello & Paused! – Phil Murray

Hi INT, I'm Phil Murray, relatively new to the club/Scotland, and was a Bristol OK stalwart for many long years. You may have seen my article in the recent Compass Sport about Chronic Fatigue syndrome in endurance sport, so this continues on that theme, as my story didn't end there (sadly), &, as a result, you may not be seeing much of me the early part of this year.

I arrived in the Borders late spring last year & immediately got into action at Craig a Barns where I took silver in the Scottish M55 champs, then Gold in the Mixed Sprint 55+ relays in Lancashire with Jane Ackland & Paul Caban (it's fair to say my performance that day was the weakest of the three!). Training was going very well, and I was also in action at the great little Sprintelopes!

I travelled up to Aberdeen for the SHI weekend /two SOL races, & had strong runs in each (first M55; and that secured me first place in SOL 2021 for M55 😊). Following an age pb at the Great North

Run (my first time!) the following weekend, I travelled to Devon for the British Long Champs, where I took silver in M55 – my lifelong best placing.

Two week later I picked up an “innocuous” stomach bug and immediately felt terrible, & dizzy. I was then horribly unwell for 6 weeks ... but seemed “fine” by December and jogged/walked around Vogrie, on the Green course, at the East Scotland champs. I was fine afterwards.

Sadly on New Years day I decided to start the year in a positive manner and “jogged” the local parkrun. Unable to recover at all, my health deteriorated from there on, all sport was immediately abandoned, and by the end of February I had lost my job, too. This was a terrible blow for me (having been similarly disabled by ME/CFS 1998 – 2001, from which I assumed I had “fully recovered”). (As I write I am still very unwell, and am experiencing postural tachycardia, which means I cannot even go to a supermarket at present).

I am hoping to recover this year (!), but sadly running is probably the very worst thing to do. I love rock climbing & hill walking as well, and these are less cardio-intensive, so should I improve, I will try these first, and baby steps only. I’d like to go to O events ... but it is so difficult not to hare off & damage myself! Maybe go to the start in heavy mountaineering boots not dobs 😊

My family has a strong connection with INT, as my sister, Helen, was a member for many years before defecting to Switzerland in 2011. Rumour has it she may return to Edinburgh one day! As a family, near Southampton, we took up orienteering in the mid 1970s, did our first JK in 1979 (Dartmoor) (our Mum, Pam, won W43 at her first attempt!), and I managed to squeeze into the BOF Junior Squad in 1982, ran for GB (under 20s) once, and was then fully unsuccessful until about M45! (when the slipstream of BOK clubmate & England legend Clive Hallett proved a tempting target). I love running, and I love maps, so orienteering is something I want to continue to do as long as my (rather doubtful) health allows me to. I’m taking it easy at home these days, & watching the post-pandemic O season unfold online. I’m a killer for RouteGadget – upload those routes please! And good to see CSC qualification! I’ll be back when I’m able. See you on the Short Green! - maybe Blue Men - by the CSC final in October.



Nippers’ News – Katherine Ivory

Interlopers hosted the first ESOA juniors' training session of the year on Sat 5 March, on a gloriously sunny Saturday afternoon at Craigmillar Castle Park in Edinburgh. Organised by Katherine, this was aimed at Orange and Light Green juniors from across the six East clubs, and provided a good chance to develop skills in part of the park area before going off to compete in the Interlopers event running that afternoon. We were also joined by a group from the Erskine Stuart's Melville



Schools orienteering club run by Rona Molloy, building on a successful joint training session last the autumn.



The Orange groups warmed up with some compass practice going through wooded areas, before short-loop exercises designed to develop Plan-Picture-Direction thinking to help with tackling more complex legs. After a bit of pacing as warm-up, the Light Green group also worked on compass practice before undertaking some corridor loops and focusing on map contact. There seemed to be enough energy left over for some good performances at the event - a combination of spring and young legs!

Many thanks to the fantastic East club coaches who supported the session - Roger Scrutton (ESOC), David Robertson (ESOC), Ian Doig (KFO), Matthew Clark (KFO) and Katherine Kirk (ESOC).



Photo credits: Katherine Ivory



Holiday-O: Portugal Costa Alentejana O meeting – Jane Ackland

I think I have raved in previous editions about the fantastic season opener that is the Portugal O meet. Occurring in late February, it attracts the childless or empty-nesting Scots, or those who brazenly remove their children for a more productive week of Forest School, alongside orienteers of many other nationalities. The climate is near perfect – cool enough to orienteer without major dehydration, warm enough (just) to brave the sea or your airbnb’s unheated pool, and soon enough after winter for the foliage to be tolerable. The vegetation at its best is in the form of citrus trees dripping with beautiful ripe oranges and lemons.

So...we booked to go to this year’s POM, advertised as being in the Algarve. We bigged it up to recent empty-nesters from JOK (families Stansfield (FVO) and Wilson (CLYDE)), sorted flights to Faro, and just hoped that COVID wouldn’t stop play. Then the organisers of POM got cold feet, more because of access problems than COVID. However COALA, a club based further up the Atlantic coast where feet might be expected to be colder, took on the challenge of selling their replacement event,

with areas that overlapped with those used for POM 2020. We kept the flights, rearranged accommodation and took the precaution of sharing hire cars such that Ackland incompetence didn't lead to any key-loss disasters. We had a complete breeze on the COVID front, the event being in pretty much the first week when a vaccine passport was sufficient. Many other Brits, including our own Keith Dawson, were in attendance.

We decided to enter the same courses as each other, leading to healthy inter-JOK competition. I'm still at a loss after all these years as to quite how blokes can spend so much time on splits games. Meanwhile, having given our course analyses short shrift, we girls had time to compete over some of those dull things: wordle, quordle, lewdle, nerdle, worldle.

The orienteering was a mix of lovely well-mapped and planned street races, and some less inspiring forest races. It's probably fair to say that when the forest races are planned with POM in mind, as they were 2 years ago, a bit more attention is paid to leaving the armchair and checking the vegetation, and appointing a controller. A notable example was the bloke's day 4 course, where there was an interesting resolution to an incorrectly placed flag. Just move it mid-race to the correct re-entrant, and deny that it was ever in the wrong place!

Anyway, we were just so happy to be in the sunshine and orienteering at all, albeit with some clouds of guilt about carbon footprints and flying, enjoying our freedom while awfulness was unfolding in Ukraine, and whether it was unwoke to be posing under a statue of Vasco da Gama. I haven't checked the facts, but, presumably like every other world explorer including us, he must have done something nefarious. But that would be telling.



Doing the Splits – Paul Caban

I'm a fan of looking through WinSplits after a race to see where I might have lost time. I don't learn too much for legs in terrain – I already know I'm not very good – but in urban/sprint races, sometimes in combination with RouteGadget, I've frequently found it insightful. It's not so much

about spotting better routes, although that is occasionally the case. For me, it's more about identifying where time has been lost eg for hesitancy, not always obvious at the time. And just sometimes, something unexpected gets revealed ...

Back in October, I went to the SUFFOC's UKOL urban race in Bury St Edmunds. This wasn't simply point hunting: I had a fortnight's holiday, bookended by the British Champs in Devon and the CompassSport Cup Final near Sheffield, and this was the middle weekend. It was a chance to revisit where I was brought up, see old friends, and see if Bury – where I spent all of my teenage disposable income on 7" vinyl (anyone under 40 will likely need to ask their parents) – had changed much. Plus, I hadn't run there before, as the map's only other use had clashed with the 2019 UKUL final race in Liverpool (where I went to University) which was a much more manageable weekend away.

The race round Bury was fun. The field wasn't strong, and I won comfortably, as I expected I would, having caught my 1 and 2 minute people before control one. The bus station had moved. There were more one-way and pedestrian streets. We got to use the Abbey ruins, which was tricky fun. And there was even a control outside where Andy's Records used to be, meaning I didn't have to go back there afterwards. All good.

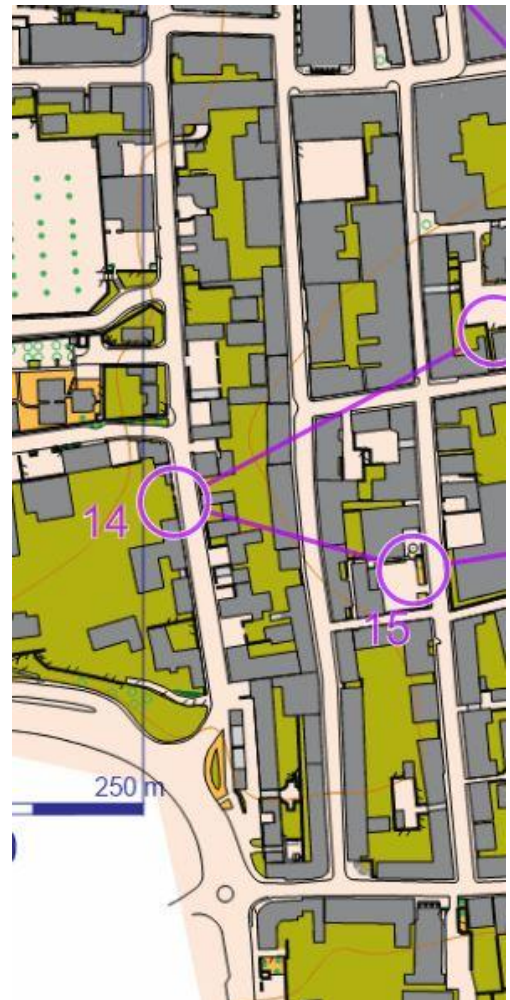
When I got home, I looked at the splits. Most of them I won. A couple of them I was one or two seconds down. In the complex Abbey Gardens, I lost around 20s (it was raining heavily by then, and that's no fun in glasses and wearing racing 'flats'). But then there was leg 14->15 (see image), a two minute leg, where I was second, but apparently 30s down on the fastest split.

As far as I was concerned, I'd chosen the best of the two possible route choices (south, then east, then north), and nailed the control. And the person who beat me was someone who had been resolutely 'mid event' on all his other legs, and not obviously likely to take that much time out of me. Very strange.

Investigating, it turned out that the next course up had the same leg. I have been second on that course too, but this time 45s down. Stranger. More investigation. The two people were from the same Club, which was local-ish, but not the host Club. Both were there at the same sort of time, though not together, and both seemed to have spent around 40s more than would have been expected on the previous leg.

I came to the conclusion that there'd been some sort of SI glitch, and mailed my Planner friend to let her know. Back came her answer. She didn't think there'd been any problem with the electronics. More likely, though we'll never know for sure, was that both might have gone through the popular Black Boy Inn's beer garden.

Oops. The splits don't lie.





A Big Night Out in the Pentlands– Morag MacIntyre

[written back in the autumn and the Christmas letter was of course a bite-sized one]

The company I work for has recently voted to support End Youth Homelessness as our charity of the year, about which I am delighted, with a sleep-out one cold November night. More about the charity here:

<https://www.eyh.org.uk/en/about/>



My original plan had been to book onto Mortonhall campsite and rally some running and orienteering friends to come and join me for a night run around the Braids and maybe a nightcap at the Stable Bar before turning in for the night.

However, various other events and plans meant that I only had a couple of possible buddies for this. Callum said he would like to join me, so I knew I would have some company for the sleep out.

The Sunday before the event, I went for a cycle ride with our 'Social Bikes' group, and having mentioned the sleep out to some people in this group, later sent the link over WhatsApp. The response from one of the members was "Great charity, thx for the link, contribution now made. PS – You're welcome to join <some of us> on a local wild camping trip that night if you like? Campfire, whisky, great views, and best of all lots of top secret men's camping chat .."

So, I decided to call their bluff and join them (along with a couple of other women in the group). I believe wild camping in the Pentland Hills is tolerated but not encouraged by the rangers. We therefore met at an undisclosed location at 9pm, hiked with tents, bags, firewood, whisky and blue cheese (?) to our chosen spot (there was already a fire pit there, so safe for a campfire), and set up camp. The moon and Jupiter were bright in the night sky. We then spent 3 or 4 hours telling stories, sipping whisky, hot chocolate, ginger tea and eating cheese, until the time came to get into the tents and bags. Now it was considered mild for the time of year, but I took no chances and left layers on, including body warmer and woolly hat. I still didn't really sleep until about 4.15 when I put an extra layer over the bag and dozed off for the next 4 hours.



The morning was stunning, with slanting sunlight, blue skies, and ... a platoon of soldiers on exercise! Those of us still there at 9am quickly took down the tents and beat a hasty retreat to a local café for a cooked breakfast. So, hardly a hardship – next time I think I'll have to run a marathon, go skydiving or bog snorkelling to warrant the sponsorship money!

My fundraising consisted of drip feeding the link to various family groups and sporting WhatsApp groups, and work colleagues. I talked to people about the event (both before and after the sleep out). The phenomenal response I got, and the sum raised so far was beyond expectations and thanks entirely to the generosity of my friends, family and colleagues. If you would like to donate, my fundraising page remains open.

<https://www.justgiving.com/fundraising/morags-fundraising-page2021>



Photo credits: Morag MacIntyre



And finally ... Another GECOOT!

Courtesy of Prof Ackland. A slight variation on the theme from the Xmas cup at South Achray.
Navigate to number 10...



Club Committee, as of the AGM on 24 September 2020

Chairman – Colin Eades
Secretary – John Barrow
Treasurer – Robin Galloway
Social Secretary – Lorna Eades
Communications – Katherine Ivory
Club Captain – Rob Lee
Junior member – Fiona Eades
Ordinary member: Ali Masson
Events coordinator – William Ivory
Child Protection Officer – Lucy Galloway (co-opted)
Equipment officer – Paul Caban (co-opted)
Webmaster – Graham McIntyre (co-opted)

For full details on club management, training, forthcoming events etc, see www.interlopers.org.uk. Enquiries to info@interlopers.org.uk.

Newsletter archive (from 1972!) available here - <https://interlopers.org.uk/membership/newsletters>.

