

Interlopers

September 2022

Welcome to the end-of-summer club newsletter! Another jam-packed edition, featuring reporting on club goings-on, particularly given the flurry of competitions that have taken place since the last newsletter. These have included: the British Middles and Longs, Sprint Champs and the JK, the Scottish Champs, Coast & Islands, as well as the Lakes 5 Days – plus of course local events and Sprintelopes. It's been a pretty normal year for once! Read on for coverage, as well as other contributions from club members on diverse subjects and adventures. There's a farewell from long-standing member Pat Squire, an opinion piece from Jane A and tales of intrepidity from Morag. Lorna's article on WOC includes a call for volunteers and sponsors for this major forthcoming event in Edinburgh in 2024– she'd be delighted to speak with you if you can help with this. And there's a reward for getting right to the end!!



As usual, many thanks to everyone who's provided material: you have all done your club good service! This newsletter obviously wouldn't happen without a strong team effort. There'll be another round-up at the end of the year, so please bear that in mind and send me things for it.

Happy reading. *Katherine Ivory, editor.*



Some Ramblings from the Chair – Colin Eades

The summer saw a number of Interlopers in action in both domestic and international competitions. The main events over the summer domestically were the Coasts and Islands where several Interlopers took on the delights of west coast orienteering. From reports the courses were tough and challenging, but that was to be expected. The second domestic event was the Lakes 5 days with a few folk venturing south for this one.

Meanwhile the jetsetters went to Denmark for the World Sprint Orienteering Championships, for spectator races and for Graeme and Lorna “working”, shadowing organisers to learn some

tips for 2 years' time when the World Sprint Orienteering Championships will be gracing the streets of Edinburgh. Others abroad flying the flag were Pippa Carcas at Junior World Orienteering Championships, then Pippa and James Ackland at the World Student Orienteering Championships. Sasha Chepelin was on international duty in World Cup Orienteering in Estonia in August. Fiona Eades has spent half the summer in Scandinavia, with the ScotJOS training camp in Gothenburg for two weeks starting the week after being in Denmark for the World Sprint Orienteering Championships (Mairi Eades blagged on that one as a coach/driver/control hanger). Fiona returned to Gothenburg for a JROS training camp and Mairi repeated the coach/driver/control hanger trick at a JROS camp in Czech Republic. Lawrence Ward was selected for the JROS Deeside training camp. Angus Ivory was selected for a JEC but his trip to Hong Kong meant he had to decline this.

Closer to home we have now completed the Sprintelope series of small evening based events with as few nettles as can be arranged round areas of Edinburgh where a number of the club pitched in to help/plan and organise. We also hosted a couple of Saturday events at Dechmont Law and Almond Park. Many thanks to all who helped out and took up the planning and organising.

In case you missed it, Chris Dibben and Philippa Ascough got married in August, so my final thoughts are to offer my congratulations to the two of them.



CLUB STUFF

- Congratulations to **Keith Dawson** on being elected as the new **Chair of Scottish Orienteering**, joining fellow Interloper Ben Hartman (Treasurer) on the Board of Directors
- Farewell to Pat Squire, after many years of being an Interloper and contributing much; thanks Pat and all the best for your re-location!

Events and Results

- **Scottish Middle Distance Championships** – congratulations to **Lucy Ward, W12 champion!** Well done to everyone else – you can see full results [here](#).
- **Northern Champs** –

Urban Sprint at Cramlington: Angus Ivory 6th (course 1), Ray Ward 20th, Ben Stevens

30th; Pippa Carcas 4th (course 2), Claire Ward 16th; Lucy Ward 18th (course 3).

Middle Distance Race at Shaftoe Crags: Brown: Ben Stevens 3rd, Ray Ward 9th, Zoe Harding 10th, William Ivory 23rd; Blue: Angus Ivory 8th; Green: Laurence Ward 6th, Claire Ward 17th.

Long at Dukeshouse: M16A – Laurence Ward 7th; M18A – Angus Ivory 8th; M45L – Ray Ward 3rd; M50L – William Ivory 6th; W14A – Lucy Ward 11th; W21E – **Zoe Harding 1st**; W40L – Claire Ward 3rd; W55L – Lorna Eades 5th

- **British Sprint Champs** – well done to Sasha Chepelin (8th, Mens Open A final), Matthew Leitch (2nd, Mens Open B final), Paul Caban (15th, M55A), Graeme Ackland (8th, M60A), Pat Squire (5th, M75A), Fiona Eades (4th, W18A), Mairi Eades (12th, W Open A), Lorna Eades (4th, W55A), Jane Ackland (15th, W55A)
- **British Sprint Relay Champs** – in the AdHoc category, INT4 (Matthew Leitch, Jane Carcas, Pat Squire) were 7th, in Elite, INT1 (Pippa Carcas, James Ackland, Ben Stevens, Fiona Eades) were 5th, in the SuperVets, INT2 (Graeme Ackland, Jane Ackland, Paul Caban) were 2nd, and INT3 (David Eades, Lorna Eades, Max Carcas) put up a good time, albeit non-competitive
- **JK in South Wales:**

Sprint at Singleton Park: M16 Laurence Ward 6th, M18E Angus Ivory 3rd, **M21E Sasha Chepelin 1st**, M45 Ray Ward 3rd, M50 William Ivory 23rd, Max Carcas 24th, M60 Graeme Ackland 7th, W12 Lucy Ward 2nd, W18E Fiona Eades 11th, W20E Pippa Carcas 3rd, W45 Claire Ward 2nd, W55 Jane Ackland 7th.

Middle Distance at Clydach Terrace: M16A Laurence Ward 15th, M18E Angus Ivory 9th, **M21E Sasha Chepelin 1st**, M45L Ray Ward 11th, M50L Max Carcas 34th, M55L Colin Eades 28th, M60L Graeme Ackland 26th, Graham McIntyre 36th, W12A Lucy Ward 4th, W18E Fiona Eades 8th, W20E Pippa Carcas 2nd, W45L Claire Ward 3rd, W55L Lorna Eades 5th.

Long Distance at Pwll Du: M16A Laurence Ward 10th, M18E Angus Ivory 8th, M21E Sasha Chepelin 2nd, M50L William Ivory 27th, M60L Graeme Ackland 16th, Graham McIntyre 34th, W12A Lucy Ward 3rd, W18E Fiona Eades 11th, W20E Pippa Carcas 2nd, W55L Lorna Eades 5th, Jane Ackland 8th, W55S Jane Carcas 8th

- The **Scottish Long Distance Championships** took place in **Glen Dye**, with great terrain and a challenging ‘over the hill or round the side’ route choice on the longer courses. Congratulations to Laurence Ward (2nd, M16A), William Ivory (5th, M50L), **Ben Hartman** (1st, M50S), Andy Kitchin (3rd, M55L), Colin Eades (5th, M55L), Graeme Ackland (3rd, M60L), Laura Kitchin (2nd, W10A), **Lucy Ward** (1st, W12A), Lorna Eades (3rd, W5L), Ann Haley (4th, W55L), Jane Ackland (6th, W55L)
- **Scottish Relays at Sluie Woods** – well done to Interlopers2 (6th, Age-class 17+ points, Fiona Eades / Ann Haley / Max Carcas), Interlopers 5 (2nd, Age-class 20+ points, Lucy Ward / Lorna Eades / Colin Eades),

- **Scottish Schools Orienteering Festival** – well done to all club members who took part in this at Scone Palace, including **Lucy Ward (1st, S1 Girls)**, Matthew Hartman (2nd, S1 Boys), Ben Ross (2nd, S2 Boys), Freya Mowbray (3rd, S2 Girls), Bethan Kitchin (8th, S2 Girls), Laurence Ward (3rd, S3 Boys).
- Well done to Pippa Carcas on JWOC performance – the Relay team did well!
- And to Pippa and James for their contributions to the GB team at the World University champs - <https://orienteering.sport/event/fisu-world-university-orienteering-championships-2/relay/> [Sprint: Pippa 45th James 60th; Long: James 41st. Middle: Pippa 48th. Mixed Sprint Relay: neither in team. Forest Relay: GBR2 women 19th; GBR2 Men 17th.]



British Sprints -2nd place super vets. Photo credit: Lorna Eades



Club Events Round-up, SPRING-SUMMER 2022 – William Ivory

Only 2 club events to report on here since the last newsletter, as Sprintelopes are covered elsewhere.

Dechmont Law (7th May) – a popular location, and decent weather brought around 65 competitors to sample Mike Stewart’s courses, covering yellow, orange, green and blue. We were able to use the school building at Deans Community High School, and download and registration were in the car park. Thanks to Mike for planning, Graham McIntyre for organising, and to all our volunteers on the day.

Photo credits: William Ivory



Almond Park (4th June) – a return to an area we hadn’t visited in a couple of years, based next to the rugby club. Around 25 competitors enjoyed Fiona Eades’ courses, with organisation by Lorna and Colin Eades. Thanks to them and all those who helped on the day.

Almondell start – Photo credit Lorna Eades



Looking ahead, we are planning the following events between now and Christmas.

Remember to sign up in advance as we are trying to minimise entry on the day.

- **Braidburn Valley Park** - Saturday 1st October (rescheduled)
- **Loch Vaa Middle Distance** (Saturday 8th October) – part of the JHI weekend incorporating the **BASOC SOL at Creag Dubh** on the Sunday so should be a great weekend up on Speyside
- **Livingston SOUL** (Sunday 20th November)

CLUB PEOPLE - OTHER NEWS

FAREWELL INTEROPERS! from Pat Squire

*The time has come the old man said, to pack my bags and go
down South to see the kids and find new spots for O*

It all started more than 40 years ago when I was on a Physical Activity & Health study trip to Sweden. The programme included (not surprisingly being Scandanavia) an 'Introduction to Orienteering'. I found myself doing an activity that required running and thinking and in varied terrain. Previously, whilst training for marathons it was just running and pretty mindless that was at times! I was hooked! On my return I approached Carol McNeill, who was a work colleague at the time. She introduced me to Scott Balfour and Interlopers and the rest, as they say, is history.

Apart from a brief period round 2000 when severe arthritis became so restrictive that I wasn't able to run (rectified as a result of bi-lateral hip resurfacing a la Andy Murray), I've managed to keep going for 40+ years. Much slower nowadays and considerably more cautious on rough and undulating terrain there is still a "buzz" to be had when the control appears exactly where I was expecting it to be and the usual frustration when it isn't.

However during the last 2 years the various restrictions imposed because of COVID have made us appreciate how far away our sons Mark & Anthony (ex INT) and their respective families are. At one stage we could not travel and then we could travel but not stay anywhere, so it was impossible to see them and the grandchildren. A large chunk of their growing up has been missed. We have therefore taken the difficult decision to leave Edinburgh after almost 50 years in this wonderful part of the world and move so as to be nearer to Manchester & Nottingham.

I have every intention of carrying on trying to find those pesky controls for as long as I can and am looking forward to discovering new forests, moors, parks and streets.

I hope some of our paths may cross somewhere, sometime in the future.

Thanks for all the memories, experiences and opportunities.

Since I first started, many years have passed

And still the fun remains

Over hill and dale and street & vale

And even if it rains!

The time has come to say farewell

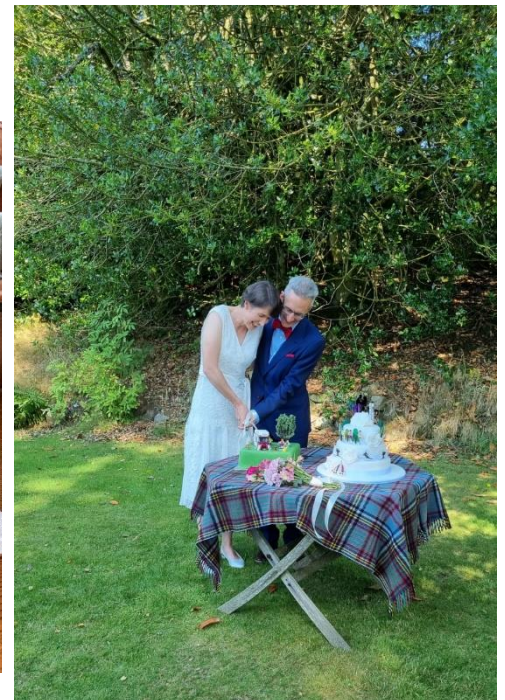
And wish you all good cheer.

May legs find pace and complete the race

And may all your routes be clear



Congratulations to **Chris and Pip** on their wedding on 13 August! Amazing highly-customised cakes (spot the O kites)



Morag will be undertaking a 3 Peaks national challenge (Ben Nevis, Scafell Pike and Snowdon in 24 hours) with a work group for End Youth Homelessness in September. This will very definitely be a walk as quite a few of her colleagues have never climbed a mountain before so her biggest challenge will be being patient 😊 If anyone would like to support, go to her page at <https://www.justgiving.com/fundraising/Globallogic>

SPRINTELOPES 2022 – GRAEME ACKLAND

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

Another year, and another 16 Sprintelopes have come and gone. With 99 people on the long course and 98 on the less-popular short, the lightweight Wednesday evening urban events are slowly returning to their pre-covid peak.

For those of you who have been lost in a deep dark forest for the last eight years, Sprintelopes are meant to be the easiest form of orienteering, both for the organiser and for the participants.

Online pre-registration helps reduce wasted extra map printing and the small charge goes mainly in levies to BOF and SOA. Sprintelope is sometimes accused of being misnamed: some say that it’s impossible to sprint for the 35 minutes or so the races last. They do have a point, only slightly undermined when they claim that you can sprint for 15 mins. Whatever, like anyone with a silly name, Sprintelope blames his parents.



Although urban areas are generally easy to find your way around – they are made for people after all - our planners do a pretty good job of keeping you on your mental and physical toes. All the maps are made to international sprint standards and the planners range from juniors to elites to grannies. We had one race this year planned by 2013 Sprint World Champs silver medallist Scott Fraser. He dedicated the race to his friend Alex Sheremet, a Ukrainian orienteering coach killed in the war with Russia. Our other interloper organiser/planners were Laurence Ward and Ann Haley, each with assistance from various family members. Sprintelope also made a couple of typically non-bipedal contributions.



In the spirit of parkrun, it’s really “a run not a race” but we do publish results and valuable Sprintelope points can be gleaned towards an overall league maintained by Ben Brown’s Munroleagues website. This year’s long course top scorer was our very own William Ivory, who triumphed over a triumvirate of the evil empire’s finest flagfinding fiends by a whole point. Hurrah.

A short Cervidae-free period now ensues, but after Christmas Sprintelope dons a winter coat and bounds back to life with the third annual Winterlope MapRun series. See you out there ... or maybe just your headtorch



Interlopers Thursday Off-Road Training – Graeme McIntyre

[Thursday evening off-road training has continued this winter and many thanks to Graham MacIntyre as supremo of this a series of good social training sessions that gets you out around Edinburgh or into the Pentlands. They are an excellent opportunity to catch up and discuss events past or coming up, there are always knowledgeable and enthusiastic people arounds who enjoy nothing more than talk–O!]



Autumn is a good time for evening training, the evening sun in woods and hills, colours starting to turn. It is nearly time to dust off the headlamps, our runs become more of an adventure in the dark. The routes are tried and tested however and well worth getting your trainers on and joining in.

The runs normally have around 8 people and last around an hour in length, usually with cut offs available. We always re-group regularly making the run both a training session and social occasion.

We have an excellent programme of routes, but are always open to suggestions of new challenges – the most recent addition was our Newbattle Abbey circuit which is a great area that most of us hadn't been to before. Thanks Lorna and Colin for that recommendation.

We keep in touch through the website list of runs, weekly email, signup sheets and a regular runners WhatsApp group. We should be easy to find...

Upcoming routes include:

01/09/2022	Harlaw & Bavelaw from Harlaw Farm public car park
08/09/2022	East Craiglockhart, Union Canal & Colinton Dell from Craighouse main gate
15/09/2022	Blackford & Braids from Blackford Observatory car park
22/09/2022	Harlaw, Bells Hill, Logan & Big Dam from Harlaw Farm public car park
29/09/2022	Bonaly & Kinleith from Bonaly Country Park car park



WOC 2022 - DENMARK – Lorna Eades

After a two year delay the first Sprint only World Orienteering Championships were held in the 'Triangle Region' of Denmark. Each of the three races were held in a different town: Kolding for the Mixed Sprint Relay, Fredericia was the venue for all rounds of the Knock Out Sprint and Vejle the Individual Sprint. Public races (WOC Tour) were wrapped around the races and nicely set up for you to spectate and run your own races without too much additional travel or effort. The Tour races were split into two sets of three races with one set being forest and the other urban so a bit of everything available. Our trip to Denmark was part holiday, part spectating and observing the organisation of WOC.... what had changed from our last hosting of WOC 2015 and probably what most of us are concerned about...what is involved in putting on the new format of Knock out Sprint (Qualification in the morning then three knock out rounds to whittle down the field to a final six).

From a spectating point of view, the 3 knock out rounds were fast and furious (each race only lasting around 6-7 mins), very tactical and often finishing with a bunch all out sprint for the line. It was a long day for everyone (Athletes, Spectators and Organisers). From a British perspective it was fantastic to witness the team coming away with a Silver medal in the Mixed Sprint Relay, Silver for Megan Carter-Davies in the KOS and followed up with Gold in the Individual and Alice Leake with a Bronze in the Sprint. It has certainly got everyone buzzing for a home WOC in 2024 in Edinburgh.



Denmark did a fantastic job and have set a high benchmark for Arena presentation and spectator experience, so we need to build on that. With having had to hit pause on the organisation front, it's been quite hard to start again and rebuild up some of the previous momentum, plus we have lost a few key people to other new commitments. New people are slowly starting to come on board but there are still a few **key roles** like volunteer

coordinator and athlete services (things like accreditation etc) that need to be filled soon. If anyone is interested in getting involved in any size of role, then please speak to me to find out more. Roles will be very diverse from control guarding, cable managing, the usual start/finish roles, looking after athletes in quarantine, various administrative jobs, looking after the media (e.g. they need escorting to areas where they have photographic vantage points), first aid and medical provision, Health and Safety, social media to name but a few. My other shout out to club members from the organising committee is **sponsorship**. Whilst we have a reasonable budget from our funders, additional funding will be required. Currently IOF don't have a title sponsor and my understanding is that we can therefore look for our own. So if anyone's company is interested in coverage and outreach, in particular to the Scandinavian and Swiss market, via the 3 live TV broadcasts then I can put you in touch with the Event director to discuss what might be possible. Contact: lornajeades@gmail.com



Nippers' News – Katherine Ivory

Interlopers members have continued to support East Area juniors' development with three further sessions organised jointly by the six ESOA clubs this spring. East Juniors met the West Juniors (SWAT) on a May Sunday at Beecraigs to focus on compass and pacing work, finishing with an exciting relay. Organised by West Area with coaching input from Claire and Ray Ward. This was followed with a training session at the Hermitage near Dunkeld, linked to a TAY session and supported by Lorna Eades. The final East Area training session was hosted by ESOC, linked to their Blackford Hill Saturday event.



Blackford training. Photo credits: Katherine Ivory

INT Juniors at the JST

Interlopers juniors did the club credit, with Lucy Ward winning Orange and Laura Kitchin second on Yellow; well done girls! Bertie + panda provided team support.



Photo credits: Ray Ward



INT juniors were also out in force at the 2022 Junior Inter-Areas weekend as part of the East Area team – for the Relays and then in action at the Individual competition! East came third overall again this year but some commendable performances including Lucy 2nd on Orange and Fiona 3rd on Blue.



Photo credits: David Robertson



DOGS AND LOGS – JANE ACKLAND

Chacun a son gout, but when it comes to echochambers, I'm an AP, rather than a Strava or Nopesport fan. A few years back when our fledgling left the nest, checking his Attackpoint logs was an unobtrusive way of reassuring myself that he was in fact still alive and kicking. I seem to remember an excellent section in one of those Interloper lockdown quizzes by Murraystraining where we had to guess the authors of some AP loggings. More recently, I became aware that the other members of my family had a little game of camouflaging lines from Tom Lehrer in their chats, and I wasn't in on it. It was time to become (cyber) active.

My new year's resolution in mid-January was to start logging the really terribly unexciting and declining fitness of a middle aged orienteer. Not surprisingly this hasn't made much mention of running or even orienteering, and lap swimming doesn't really lend itself to

eloquence. However cycling is more fun to document, given the level of interaction with the car, child and dog owning population that it entails.

Recently I've noticed that, certainly on the Ackland AP logs, dogs feature disturbingly often. In my youth, I was pro-dog, but 25 years of evangelism from Graeme has had its impact, and whilst there are some really cute canines, notably those of Interloper alumni Hilary (Wiggy) and Tim (Bella), that I couldn't say a mean word about, the rest are fair game on AP.

During my most recent spate of injuries, I set myself a challenge of trying to find mention of dogs on other people's AP logs. Given that there isn't a well-designed search engine for that purpose, I haven't met with much success, but I have enjoyed some cyber stalking. One of my favourite AP authors is Swampfox, an acquaintance of ours in Wyoming, who writes a kind of dry Laramie version of Letter from America. Some of James' peers are particularly articulate. Feeling certain that Claire would have something to say on the subject of dogs, I bumped into Brandnewme's splendid Postman Pat diatribe, which cheered me up a bit.

Anyway a quick quiz: Whose excuses for substandard sporting prowess are these:

"lost 30 secs getting round unmapped impassable dog"

"assaulted by an absolute unit of a dog, who was obviously 'just bein' friendly'... Reeling from that encounter..."

"took her hands off the handlebars to wave (really, just a 'wave'?) at a dog and fell off"

"then the dog owner squeaks "Fido" or maybe it was "Pull" thus commanding the Alsatian to position itself in the cross hairs of my bike. Wham."

And finally (apologies to Private Eye and Sprintelope). One of my pet hates...



Poor old Sprintelope's horns!



Leagues and Rankings – William Ivory

If you don't want to know how good (or bad) you are at orienteering, look away now. For those still reading, this article is a guide to the different ways to see how your (and your club's) performance compares with other orienteers. Obviously this will appeal to the more competitive amongst you, but it can also be a good way to see if you are improving.

NB: links to all the various leagues and rankings can be found on the club's website:

<https://interlopers.org.uk/rankings>

Individual Rankings

Nowhere to hide here – the **British Orienteering Federation's** (BOF) rankings cover all types of event, using a hideously complicated system to allocate points for every competitor at level A (international), level B (national) and level C (regional) events. 2nd year M/W16s and upwards will receive ranking points for an event so long as there were at least 8 entrants on the course (can be different age class) who didn't have anomalous results. BOF Competition Rule S gives the full gory details of how it works! You can filter rankings by area, club, gender and region, and you can also see a graph of your ranking points over the past year compared to other selected competitors.

For a select few, the International Orienteering Federation's (IOF) world rankings may be of more relevance – there's at least one current club member in there right now.

Individual Leagues

There are many individual leagues, covering urban, forest, or all types of orienteering. Some cover the whole of the UK; others are rather more local. Most leagues take your best X out of Y events, recognising that very few people are able to attend all events in a given league. In some cases, it would actually be impossible to attend all events unless you have your own private Tardis to travel between events as there may be 2 on the same day in different parts of the country.

- **UK Elite Orienteering League** – as the name suggests, this is geared towards elite orienteers. All the races are in the first part of the year, starting this year with the British Nights and going via Sprint Scotland, Northumberland Weekend and the JK to the British Sprints. Multi-race weekends feature frequently.
- **UK Orienteering League** – covers forest and urban over the whole year, and the whole range of age classes. Covers forest,
- **UK Urban Orienteering League** – covers urban only across the UK, all age ranges
- **Scottish Orienteering League (SOL)** – around 7 forest races each year, best 4 count
- **Scottish Orienteering Urban League (SOUL)** – around a dozen urban events around Scotland, co-ordinated by the club's very own Paul Caban.
- **Scottish Junior Cup** – one for the Juniors this time, introduced in 2021. Three events count for the Cup, with all 3 results counting, so you don't want to miss any!
- **Sprintelopes** – moving on to more local leagues, this covers 'probably the best Wednesday night urban orienteering series in the East of Scotland'. Only 2 categories in this league – long or short (course length, not height that is!)
- **Fight With the Night (FWTN)** – organised by EUOC, this is a fortnightly night orienteering series in and around Edinburgh from October to March. It has featured optional mass starts in recent years to spice it up a bit!
- **Winterlopes** – last but definitely not least, the younger sibling to FWTN is Interlopers' very own Winterlope series, featuring a series of Maprun-based night orienteering

courses around Edinburgh's golf course. Yes, golf courses have 2 uses – orienteering *and* sledging.

Club Leagues and Rankings

As well as all the individual leagues, there are some club-based leagues and rankings.

- **UK Orienteering League** – as well as the individual league, club results are also presented, with 'virtual' club teams of 15 members being made up from each club. Larger clubs may have multiple teams. Interlopers are currently 11th, with FVO (4th) the only Scottish club ahead of us, and FVO (B team) a little way behind.
- **CompassSport Magazine**: each year the magazine publishes a table ranking all UK clubs.
- **Scottish Inter-Club Championships** – newly revamped this year, this was previously calculated based on the results of the Scottish Long Championships and hidden on the SOA website. It is very different this year, taking around 20 events into account over the year, with regular updates posted to the SOA website. At the half-way mark, Interlopers (who count as a big club here) are 3rd out of 9, behind FVO and ESOC ... but don't worry, we don't yet have a full set of results (best 10 count, only 3 of our runners have this versus 14 at ESOC), and our points per run is well ahead of ESOC and second only to FVO. So, we still have time to make sure we are first rather than last in the race that really matters!



An Active Spring/Summer – Mo McIntyre

Writing about orienteering events from my perspective would be a bit of a repetitive exercise, “did OK but made one big error which cost me xx minutes” or “I couldn't find the right pit, so I retired” etc. I will write instead about some outdoors adventures I have had during the first half of 2022 that contain an element of navigation and certainly some interesting terrain.

Silva Great Lakeland 3 Day – Ourea Events

Ali Cunningham (ESOC) and I decided that we would like to try a mountain marathon together, and one in which your tent, stove, sleeping mat and bag, dry clothes, camp shoes and evening food is transported for you seemed a great choice.

We headed off to the event centre at Braithwaite Showground on Friday afternoon 29th April and upon arrival found a large group of marquees and a rather long registration queue. There was no guarantee that both the overnight camps would be at the same location but given the size of the entry (approx. 900) it was clear that setting up the infrastructure and then moving it again would be too much hard work for the organising team.

Having negotiated the registration process, we came away with numbers for our dry bags, GPS trackers on our day packs and our map for the whole event, with every check point for every course on it. The evening's activity was poring over the map working out a strategy for day 1 on our 'Wainwright Short' course. Nothing challenging about the route choices for this one – from Braithwaite we headed up on paths to the top of our first Wainwright – Grisedale Pike. Still a clear path route to CP2 on Whiteless Pike and then down into Buttermere, and back up towards Robinson. It was on this 3rd climb that I felt the most breathless and started to lag behind Ali. You enter the event as individuals, but we chose to run as a pair. Ali waited a few minutes for me at the top, and we set off again to bag Dale Head. Our last Wainwright of the day, CP5, was Fleetwith Pike South of the Honister pass.

As we jogged through past the visitor centre and café, we saw that some of the entrants on the 'Café Course' do indeed stop along the way for refreshments – very sensible. The drop off the ridge and into the overnight camp at Gatesgarth Farm was steep and rocky. We'd had a great first day (Strava tells me 25.12km in 5h 56 minutes and 2,056m of climb), with clement weather. We were issued with 1 cake token and 1 beer token each as we passed through the finish, then went to find our dry bags and set up camp. The tea and beer tents were busy, but manageable, and there was outside seating around fire pits which were well used this night as it was dry. I stuck with the food I had brought with me, cooked on my mini stove, but there were options to buy pizza, burgers, veggie chili etc in the catering tents. What I did indulge in was a 15-minute massage – again a popular service – I managed to book a slot, but the 4 physios were maxed out both evenings.



The Sunday morning brought very different weather conditions – full waterproofs were donned and we were told on the way to the start that all mandatory kit would be checked that day. No matter, we had everything we needed in our day packs, we'd made sure of that the day before.

This was to be the longest day – the short course distance was billed as 28km. We had bumped into Sam and Lesley Gomersall (Gramp) in the beer tent the previous evening, and there had been some discussion about route choice between Brandreth (CP1) and Caw Fell (CP2). Ali and I had decided our route of choice was to skirt round the North side of Great Gable and Kirk Fell and pick up a path that would take us via Pillar, Scoat Fell and Haycock on to Caw Fell. The alternative would be to drop back down to the Coast to Coast path and climb up Caw Fell from just East of Ennerdale Water, and back down the same path. In the

end, the decision was made for us as visibility was poor, and the first control point on Brandreth was not straight forward to find and although we picked our way carefully off NW down the ridge, it became clear to Ali that we had lost more height than we had intended.

As it turned out, we probably saved time by being able to run along the path on this long leg rather than navigating in the cloud. We were also now on familiar territory when retracing our steps off Caw Fell and back East along the Coast to Coast path to the obvious route up onto CP3 of the day, Red Pike. This is where Ali had her slump in energy. We were pleased to hook up with Sam and Lesley part way up this climb, and we stayed with them past High Stile and on to our final CP of Day 2 – High Crag. Another steep drop down and somehow Sam and Lesley managed to pick a better line off than we did and were in the finish area when we got there.

Now was the time for the kit check, which was done in groups of 6 to 8 finishers, all requested to show a couple of the listed items. We were requested to produce our torch and bivvy bag from our day packs. I immediately realised that I had taken my head torch out of the bag during the night and neglected to replace it! A DQ for me that day and a hard lesson learned. This would not happen on a 2-day MM of course, as you carry the lot with you.

We had run 34.5km over 7h 36m elapsed time and climbed 2,082m. I took myself off for some tea, lots of tea! And another sports massage and got over my disappointment – after all in the words of Ourea Events' Shane Ollie "The GL3D has never really been about results and podiums"



Day 3 would be the return route from Gatesgarth to Braithwaite taking in 4 more check points. We needed to be packed up and drop off our dry bags prior to setting out which we achieved by 08.32. Our route took us NW along the bank of Buttermere, which was calm (and visibility good as the rain had now cleared) onto Rannerdale Knotts. Back out the way we'd come, and onto Grasmoor passing our Day 1 CP2 Whiteless Pike.

From Grasmoor it was a question of picking the right paths to Outerside. At this point as Ali had not been disqualified and was running well in her class on our course, I suggested that she run on via Barrow and into the finish at her speed, which was about 5 minutes faster than mine from that point. Day 3 had taken me 3h 59m to run the 20.5km and 1,216m elevation. The veggie meal and cake were free to all finishers (other breakfasts and evening meals had been served to those who had pre-booked them).

There was hot water available to make drinks or rehydrate meals, plenty of portaloos that were well serviced throughout the event, cold water stands for washing and filling drinking vessels, various kit for sale and of course the beer tent! I would certainly recommend this event to anyone who wants to test themselves on a mountain navigation challenge but does not want to carry everything. There is also the option to change courses from one day to the next though of course if you do want an overall position on your course then you would need to do all 3 days on the same one.



Carnethy Corbetts Challenge

Following 2021's successful Carnethy Hill runners Munros challenge, this year it was to be all 221 Corbetts summited by at least one club member within 24 hours on 28th May. Graham quickly decided he would like to put his name down for Buidhe Bheinn, listed as part of the 'Cluanie' group of Corbetts. I contacted a fellow club member who owns the Old Schoolhouse in Cluanie to find out if we could grab a bed there – as this would be a good starting point for our plans to walk the Kintail Munros in the few days following the challenge. The answer came back affirmative "you're the first to ask, but I won't be there this year so please can you act as regional coordinators for Cluanie..."

After a slightly anxious period during which the Cluanie region was the one with the most 'gaps' in, we ended up with a great team of 15 splitting the total of 18 Corbetts into 11 missions.

However, because we were slightly short on numbers, we had to spread ourselves thinly. I volunteered to take on Beinn Dronaig instead of heading up Bhuide Bheinn with Graham. (When the 2 of us had done the Scottish Mountain Marathon in 2019, this was our penultimate control point on day 1 on the short score course before heading into the overnight camp at Bendronaig Lodge). I could cycle in (about 12k on stony Land Rover tracks from Attadale), then ascend the hill (797m or 2,615 feet – of which I would already have gained 25% of on the cycle in) and cycle back out again.

The logistical challenge was that nobody else who was staying at Cluanie was heading up as far as Attadale on the day, so Graham drove me and the bike up there, then had the long drive back past Cluanie and round to Kinloch Hourn and the starting point for his own mission – a climb from sea level to 2,903 feet on several old stalkers’ tracks showing little evidence of other hill walkers. He reached his top at 12.45 - then it was back in the car to go and retrieve me from Attadale. His hill climb took him 3h 5m and the driving throughout the day took 5 hours and covered 210 miles!

In the meantime, I had summited Ben Dronaig at 11.07 and was back out at the Gardens at Attadale by 13.25. It was sunny, and I had a wait, and there was a beautiful garden with not only plants and trees to admire, but sculptures too – and self-serve tea. What better way to pass the time.



We got back to the Old Schoolhouse, and had the most rewarding part of being regional coordinators, i.e. seeing the messages that had already, and continued to come in of Corbetts conquered, times and photos. Others were back at base and there was an air of excitement as more were ticked off, misses were registered and backup runners sent in.

We didn't have any dramas in our region, but we did have a lot of fun, and efficiently ticked off all our missions by 15.50. The top of the last of all the Corbetts – Creag Mhor in the Cairngorms was reached at 19.43 by Steve Fallon whose route notes we had all been following on our own missions. Steve had recognised that the original corbetteer had missed the Corbett and been to the summit of the neighbouring Munro, Bynack Mor instead, so he felt duty bound to go and put the error right himself, having already completed Sgorr Dollaidh and Beinn a' Bathaich Ard in the Cluanie region! With the first 2 hills both in the Tyndrum area conquered at 01.28 (Meall an t-Seallaidh) and the second Creag Mac Ranaich at 02.47 on 28th Saturday by somebody who had to go to work that day, the total time to bag all 221 was 18 hours and 15 minutes.

Once all accounted for, a group of us got together in the Cluanie Inn for a shared meal.

Vet Womens Munro Relay

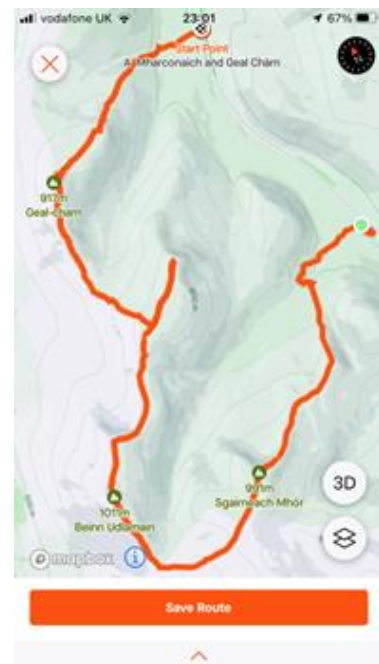
Fran Loots (TAY and SOA West Area Regional Development Officer) had the idea for this epic adventure to celebrate women being active as we age. The plan was for a team of women aged 40 and over to climb all 282 Munros during the month of June 2022, in a continuous relay, self-propelled between the hills (cycling and kayaking legs built in to link the run/walk legs). Much preparation and planning was done in the months leading up to the start of the challenge on 4th June at 03.50 on Beinn Sgritheall, NW Highlands.



Amongst the core team are several names that will be familiar to the orienteering community: Fran, Sarah Dunn, Vicky, Heather and Hazel (FVO), Hilary Quick and many others. Sarah was the mastermind behind a spreadsheet of estimated times for each of the legs, which was continually updated through the month with actual times so that runners/cyclists/kayakers had a good approximation of when they would be required to be in place for their handover. On each leg a GPS tracker attached to a toy squirrel was carried, and those waiting for handover or at home could follow progress. The 2 squirrels (Morag and Nutmeg) were used alternately, one being charged whilst one was out busy in the hills.

From Beinn Sgritheall the first of the Kayak legs took the team over to Skye.

My involvement began on Friday 17th June when Graham and I drove to join a group of VWMR campers at the Invernahavon campsite near Newtonmore. I was to pick up leg 65 – the Drumochter Munros - Sgairneach Mhor, Beinn Udlamain, A'Mharconaich and Geal-Charn with a runner from Strathearn Harriers some time on the Saturday afternoon. The weather was bright and breezy as we jogged to the handover point South of the railway beside the A9. We were awaiting Louise Longhurst (FVO) on her bike. Suddenly there she was, and after taking possession of Nutmeg, we set off.



We reached the first 2 tops in good weather, then the wind brought in the rain. The hills and navigation here are relatively straight forward, and despite a fall for my running partner which slowed her down a little on the final descent, we completed the leg in 4 hours 15 minutes and handed over to the next pair who were to cross the A9 and complete A'Bhuidheanach, Carn a



Caim and Meall Cuaich. Although the relay was an all female challenge, we did have some men supporting and getting bikes into place for handovers. Jon Musgrave and Graham McIntyre had cycled bikes into Bhran Cottage and ran the 8km back out again.

In the event though, a foul weather pause was called after Sarah Dunn and Katie Henderson completed their leg at Bhran Cottage, so Graham drove in to pick them and the bikes up at 11pm on Saturday 18th June. The relay resumed on Sunday morning with the cycle leg starting up from Hilary Quick's in Insh, allowing the next runners to set off up the Cairngorm plateau at 10.20 once the weather had improved.

I was back in Edinburgh and 'dot watching' Monday through Friday, then we drove to Dalrigh by Tyndrum on Saturday 25th which is where leg 107 would terminate. I was paired with Ali Cunningham for this one. Graham's support role this time was to drive us in as far as possible to the handover point along the road from the Fyne Ales Brewery, and then look after Ali's spaniel Brodie whilst we collected Beinn A'Chleibh, Ben Lui, Ben Oss and Beinn Dubhchraig on a 25km route from the foot of Bheinn Bhuidhe to the car park at Dalrigh where Ali's van and our tent were. It was a good linear route, and the weather stayed fair. The toughest part of this run was the long descent from Beinn Dubhchraig through boggy terrain.

At last we reached the bridge over the River Fillan – we had completed the leg in 5h 53m elapsed time and handed over to the pair who were to tackle Beinn Chaluum at 23.03. We had some soup and headed to bed. Louise Longhurst and Hazel Dean were also camping in the car park. Louise took over from the Bheinn Chaluum pair after their out and back route, and cycled the baton to the Ben Cruachan Power Station where Hazel and her buddy were waiting to run the next leg starting on Ben Cruachan in the small hours of Sunday morning. However, once again the weather had deteriorated, and Hazel and Sue Savage had to abandon their attempt. A pause was called for the Sunday and we all repaired to the Real Food Café in Tyndrum for breakfast, plenty of hot drinks and a replanning session.

This is a good point at which to drop in that the VWMR was raising money and awareness for the charity [Free to Run](#), an organisation which aims to empower women and girls through sport. The Real Food Café on hearing what we were doing, waived all costs for the food and drinks, requesting instead that we put what we owed into the charity.



I was keen to run one more leg, so I drove Graham back to Edinburgh, had a good night's sleep myself and then set off for Tyndrum again on Monday morning having taken the day off work. I met up with Sarah Dunn and we headed out to Victoria Bridge to take over for an out and back leg that would take in Stob a'Choire Odhair and Stob Ghabhar. Time now of the essence, we cycled 2.5km from Forest Lodge to the start of the track. It was wet but not too windy. I had forgotten to bring any contact lenses but wouldn't have seen too much anyway, so pocketed my specs. There were a couple of river crossings which would have worried us at the outset if we'd thought about it, but we managed fine and having taken over from Cherry Cormack on a road bike, we handed back to her after 3h 30m as she set off on a mountain bike along the West Highland Way to take the tracker to the start of the next running leg in the Pass of Glencoe.



That was my part over having helped with 10 of the 282 hills. What a relief to watch that dot on the map reach the summit of Ben More, Mull at 21.53 on Thursday 30th June!

In the end the journey took 26 days, including 3.5 days of stoppage due to bad weather. Collectively we had covered 2800km by land and water and climbed 147,000m.



And finally ...

“Spot the man always at the front of fashion, with his sartorial elegance, modelling the very latest in the line of chin warmers along with blue wristband and matching (?) shorts at Coast and Islands 2022. For sure this the chin warmer will be the thing to be seen wearing in 2023 by health and fitness aficionados...”

photo credit: Max Carcas



Club Committee, as of the AGM on 24 September 2021

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>.

