

Interlopers

November 2022

Welcome to the November newsletter! Another jam-packed - and very pictorial - edition, featuring reporting on club goings-on. Lots of good photos, even including ones of cute puppies, should you need any further incentive to scroll (slowly) down... And as a seasonal treat, there's a GECCOOT! [*Could this become a thing? (Do keep the GECCOOTs coming too.) – Ed*]

It's quite hard to know when to draw the line and go to print (as it were), as the orienteering competitions calendar and events just keep on happening (which is good!!). The year may be heading to its end but there is still another INT event to come (the Livingston (Deans) SOUL on 20 November), other SOULs, and a couple more SoSOLs.

As usual, many thanks to everyone who's contributed, whether on orienteering itself (Ann's Lakes 5 Days piece should inspire) or related endeavours such as triathlons (by Claire) and distance runs (by Paul). This newsletter obviously wouldn't happen without a strong team effort. This time, I've also included some of the excellent articles on notable events that have featured on the club website as they merit a wider readership and not everyone may have actually seen them; the newsletter helps create something of an archive over time too. Oh, on the passage of time – it really must now be noted that Interlopers as a club is around its 50th Anniversary! More on that in due course from John Barrow, longstanding official club Secretary and unofficial club historian.

In relation to information-sharing of a more current nature, I should also note in passing congratulations to William on having achieved the massive milestone of his 100th edition of INTeresting back in September. The first e-bulletin went out on 12th March 2019, almost a year to the day before lockdown struck (issue #43 being about 'O-dear' and 'No-O'). It's really useful to have regular updates on what's going on and nudges to enter as well as hear about the outcomes at competitions and other events so thanks William (especially as it also gives me some helpful nudges in relation to who to pester for newsletter content 😊).

In the meantime, please do keep the material flowing in for the next edition sometime in 2023 – midwinter certainly does not stop play! Fight With the Nights are well underway and all the incredibly-valuable on-going behind-the-scenes work on Six Days, WOC and club events has of course interesting stories to tell too.

Happy reading. *Katherine Ivory, editor.*





Some Ramblings from the Chair – Colin Eades

Welcome to the latest newsletter. As a proud Interloper, I want to start with saying we won the Compass Sport Trophy. I might have started with a football chant of easy easy but in truth it was anything but. Credit should go to Maroc and Moravian for mounting a stern test which we overcame... just. Well done to Rob for twisting arms of so many runners. Other competitive news seemed to be based around an Eades family competition to see how many home internationals they could get to. Lorna won with an impressive full house (driving for the JHI and competing in the other two! Colin could only manage the VHI and spare driver for JHI, and had to concede the competition at the SHI. Credit to Lawrence Ward for his JHI run and being part of a winning team!

In other news we have had an AGM and a new committee has been formed, so thank you to all who were willing to serve. Our Social calendar has also kicked off with a Halloween evening at Chez Carcas and I understand fun was had by all. [*Certainly it was – thanks Jane and Max! – Ed.*] Anyway these are a few highlights from me but now read on for a more detailed appraisal of what has been on the go from your clubmates.



(Photo credit: anon)



Half a century (ish) of Interlopers – John Barrow

Further to brief discussion at the AGM about the founding date of the Club, and any possible 50th Anniversary bash, a few years ago I started on a Club History, but never got much further with it than the mid-seventies.

However, I did note that there were four of us who graduated from EUOC in **1970**: myself, Hew Fraser, Duncan Shiell, and Robin Sloan. With the graduations of 1971, we were joined by Alistair MacLean, Geoff Peck, and Mike Smithard. The first event at which any of us ran under the name Interlopers was in October **1971** - not sure of the venue, though I could probably find out if I ransacked my loft. The next event of note was the appearance of the first Club Newsletter, written by Carol McNeill sometime in the first half of **1972** [*Argh! Looks like we've missed the 50-years-of-a-newsletter milestone! – Ed.*], by which time we had been joined by Les Smithard, Ian Sutherland, Doug and Liz Mills, and Pete Simpson. As I said at the AGM, however, the first AGM was not held until 9 April **1976**.

So I guess we should probably think of organising something significant pretty soon, otherwise we'll have to put it off until the 60th anniversary (and I may have retired by then!).

[Send your ideas to John! – Ed.]

* * * *

Farewell Donald Watson - Paul Caban

Some sad news to report for Interlopers of a certain vintage, is that Donald Watson has recently sadly died.

Hailing from the Aberfeldy area, I first came across Donald at the '95 SixDays in Speyside, by which time he had moved to Canada – Montreal, I believe – and taken Canadian citizenship. Thereafter, Donald and Arianne were regulars at the SixDays until around 2005, together with occasional visit in between. More recently, Donald had been working in Switzerland, and had remained in contact with Steve Ambler.

Steve reports that there's likely to be a celebration of Donald's life, in Aberfeldy, possibly towards the end of November. Anyone wishing further details should contact him at steve@ambler.me.uk



Club Autumn Round-Up

Our **Braidburn Valley** event took place on 1 October (postponed from September) – thanks to all who helped, and you can [read all about it](#) on the club website.

Our last event of the year will be the **SOUL (Scottish Orienteering Urban League) race in Livingston Deans** on Sunday 20th November, based at the Deans Community High School.

Many thanks to **Lorna Eades** for arranging the **Club Training Day** with some excellent training in fantastic locations up on Speyside (Inshriach and Loch Vaa), and accommodation at Lagganlia. With a SOUL in Elgin that day, a SOL at Anagach (Grantown) the day after, and access to Six Days areas for recce-ing by those involved in the club Day next year, it was a thoroughly good weekend.

It's well and truly **Night Orienteering** season, with Fight With The Night underway, and the **Tinto Twin** weekend at the end of October. The latter brought one win (local knowledge helping William Ivory to get enough of a lead from the night-O to compensate for slow running round the Gyle) and two second places (Ann Haley and (by under 20 seconds) Paul Caban).



The provisional 2022 **Compass Point SOL League** results are out – see article on [SOA website](#). Well done to Lucy Ward (1st, W12A), Fiona Eades (3rd, W18L), Claire Ward (2nd, W21E), Lorna Eades (3rd, W40L and 4th W50L!), Mary Ross (9th, W50L), Ann Haley (1st, W55L), Jane Ackland (2nd, W55L), Morag McIntyre (5th, W60L), Laurence Ward (2nd, M16A), Ben Stevens (5th, M21E), Colin Eades (4th, M40L), Paul Caban (2nd, M55L).

The Club AGM took place on Thursday 22nd September. Thanks to all who attended, and congratulations to Rob Lee, recipient of the Gullane Rock this year. [Full details](#) on the club website.



John handing over the Gullane Rock to Rob. Photo credit: Max Carcas.

Chris Dibben and Colin Blackwood headed overseas in October for Biathlon things, getting on the podium in Denmark at the Danish Relay Champs, 2nd placed for Vet Men.



Scottish Selections

Juniors:

[see <https://www.scottish-orienteering.org/news/scottish-selections-for-junior-competitions/#more-39341>]

Fiona Eades INT W18: JIRC's
(Junior Inter-Regional), *Northern Ireland, 24-25 Sept*

Laurence Ward INT M16: JHIs
(Junior Home Internationals,
Scotland, 8-9 October



Laurence setting off at pace for Scotland. Photo credit: Will Heap

Senior Home International - Interlopers (and Eades) out in force

SIX Interlopers were selected for this year's Scottish Senior Home International squad! The weekend was held in England over 5-6 November with relays at Hogmoor, followed by individuals on the Sunday at the New Forest hosted by Southampton Orienteering Club.

M21: James Ackland; Alex Carcas (relay only)

W21: Louise Adams; Mairi Eades; Lorna Eades (relay only – and should also note much-valued driver duties!)

W20: Fiona Eades

Team manager: Murray Strain

See SOA reports at

<https://www.scottish-orienteering.org/news/senior-home-international-team/>

<https://www.scottish-orienteering.org/news/2022-senior-home-internationals-shis-find-out-more/>



VHIs

Colin and Lorna Eades for Scotland - plus Ben Stevens, albeit for England!



Photo credit: anon

We are the Champions!!! – William Ivory

Well done to everyone who helped the club regain the CompassSport Trophy on 16 October, and to Louise Adams for winning the Golden Boot. Read on for details and photos...

This year it was Scotland's turn to host the CompassSport Cup and Trophy Finals, with FVO hosting at the newly remapped Tulliallan and Devilla. The event was based at the Police College at Tulliallan, with assembly and finish on a large flat grass field in front of the college. The run in, always a highlight due to the awarding of the Golden Boot trophies to fastest man and woman, was cunningly constructed to involve first a slight downhill section, followed by a 90 degree turn up a steep and slippery grass slope before heading back past all the club tents to the finish, all in full view of the spectators and commentary team.



Photo credits: Megan finishing, and Download Area - William Ivory)

Out in the woods, the terrain didn't disappoint, with plenty of tough heather to run through / over, or round where there were paths. Low visibility due to localised patches of young tree growth meant that, while the woods were white (mostly) in terms of runnability, you had to be careful not to lose map contact or it could be hard to relocate. The planner did an excellent job of keeping up the challenge right to the end as the controls near the finish alternated between the open parkland and the low visibility woods alongside.

Interlopers had a good sized team this year, though with one or two key call offs due to illness, it was a close fought battle for the trophy. In the end, Interlopers finished 5 points ahead of MAROC, with Moravian in third place. In the Cup competition, SYO held off FVO by 6 points, with LOC some way back in third (AIRE had the same points but lost out when a 26th result was counted to differentiate them!). Louise Adams (INT) and Jamie Goddard (FVO) won the Golden Boot. Well done to all our runners - even if your run didn't count in the top 13, it may well have helped push our rivals down those critical few points!

For the record, our counters were:

- Sasha Chepelin 1st, Brown Men
- Rob Lee, 1st, Green Men
- Claire Ward, 1st, Green Women
- Fiona Eades, 1st, Junior Women Short Green
- Andy Kitchin, 3rd Blue Men
- Zoe Harding, 3rd, Blue Women
- Megan Mowbray, 4th, Green Women
- Colin Eades, 4th Blue Men
- Rebecca Harding, 5th Blue Women
- Bethan Kitchin, 5th Orange Women
- Douglas Tullie, 5th Brown Men
- Graeme Ackland, 11th Green Men
- Laurence Ward, 13th Junior Green Men



See also the [event report on the SOA website](#)



Photo credits: Individual Course Winners, and winning team with Trophy and Boot - William Ivory / Anonymous.



ESOA Championships 2022 – Ann Haley

The 2022 ESOA Championships were hosted by Roxburgh Reivers at Teviothead on 12 November. Given the time of year, it was extremely mild and the wind we had experienced earlier in the week finally dropped. Although it was slightly wet underfoot, running conditions were very good making this an enjoyable jaunt around the hillside. There were some good runs from club members, particularly, Pat Bartlett winner of M55, Sam Bartlett winner of M18 (the first time he'd run a Brown), Robin Galloway coming 2nd on Brown (but not running the correct class to pick up a trophy).

This year's winner of the ESOA M70 'The Interlopers Trophy', originally donated by past club member, Ray Heyworth [Ann's late father], was Roger Garnett of ESOC. The original Trophy had unfortunately been lost, but a replacement one was purchased by ESOA to enable it to be awarded as intended (thanks ESOA), and very nice it looks too.



Photo credits: Katherine Ivory / Lorna Eades (winners)

JHI Weekend Report – William Ivory

A fabulous weekend of orienteering up on Speyside, with a great win for Scotland in the Junior Home Internationals.

The JHIs (Ward Junior Home Internationals) are one of the highlights of the Junior orienteering year, and are usually associated with a SOL (Scottish Orienteering League) race for the individual day. This year the relays and individual race order was reversed due to access issues, so the relays took place first on the Saturday at Loch Vaa, with a middle distance race for spectators, both organised by Interlopers. The individual race and SOL took place at Creag Dhubh near Newtonmore, organised by BASOC.

Loch Vaa, between Aviemore and Boat of Garten, offers a large area ranging from open heathery moorland through open birchwood to beautiful pine forest carpeted with blaeberry bushes. The relays and middle distance races were in the NW part of the area, covering pine and birch woodland, with some open areas, often somewhat bracken-covered. The planner, Mike Stewart, created some very challenging courses, which spread the field out well. It was notable that most of the relay runners returned in ones and at most twos, showing just how tricky it was. Control 142 waiting for action (photo credit William Ivory)



Many thanks to Mike, and to Graham McIntyre for organising the day (both relays and middle distance races, with separate starts). Thanks also to Max Carcas who did a fantastic job compering and managing the relay starts and handovers (not sure he really needs amplifying though!), Team Eades for calmly handing out the right maps to the right people, and to Morag, Katherine, Chris, Rob, Paul, Calum and Matthew (and anyone else I've managed to miss).



Scottish and English Relay Teams (photo credit Mike Stewart)

Planner's Report - Mike Stewart

Loch Vaa being a world class area for orienteering was always going to be the planner's dream ticket. The area lends itself perfectly to putting together technical, challenging and head to head relay courses. I hope you all enjoyed your day out in what proved to be sunshine in the natural arena bowl.

I enjoyed my trips out in days of glorious sunshine with just me, burgeoning bracken and highland wildlife in its various forms which one tends to encounter whilst alone in the forest.

Having stayed at Lagganlia with the various teams it brought back my own distant memories of being a "promising" junior in various squads in Events long past. Good to see young people enjoying themselves just like we all did back in the day.



Spectators awaiting the relay start, and the Women's Start Line (photo credit William Ivory)

Winning times were much as projected and there were some individual performances, in what is not an easy area, which were quite staggering.

Thanks to Judy Bell for all her work in making me pots of coffee and keeping me in cake, the Controller for a power of work in the forest, my essential helpers, Ewart Scott and Brian Miller who were in the woods before, during and after, as the planner's willing helpers. ELO and the Strains for letting me baptise much of their remarkably unblemished and immaculate equipment. And finally, the NHS for keeping the old machine ticking over.

If the organiser doesn't blow his own trumpet, he put a power of work in too along with the many day volunteers who I sent out into the woods for various bits and pieces.

Organiser's Report (Graham McIntyre)

Thanks to all Interlopers (and a few interlopers) who helped at the Junior Home International Relay on Saturday. Team Interlopers stepped up again to lay on a relaxed and efficient event centred around the athletes in the competition, who put on a great show of navigation at speed in very challenging terrain.

The Middle Distance event that followed showed the nature of the area, winners close to 35 minutes in all courses, but times were very spread out. Many people maximising the value of their entry fee!

Special thanks are due to

- Land owners Ronnie and Fiona Grant who were very supportive of our event through all the planning stages
- Hebe Highland First Aid who provided a friendly and proficient service to those who needed
- The International athletes who set up some great races
- Spectators and Middle Competitors for their support and making a great atmosphere
- BASOC who let us use their area and were generous with their advice and support
- Robin, Sheila and Kirsten Strain for their work in setting up the timekeeping and results
- Mike and Mo Mac who organised the organiser at several key points

Thanks again to all who helped make a memorable day of orienteering.



Vital parts of the day: Download Tent and ScotJOS Cake Stall (photo credit - William Ivory)

Sunday SOL at Creag Dubh – William Ivory

Many of us have 'fond' memories of this area from Day 5 of the last Scottish 6 Days competition in 2021 - wading through dense green bracken in the pouring rain before a large ascent to the open moorland where deep heather took over from the bracken. The forecast wasn't shaping up to be much better this time around, so I suspect I wasn't the only one looking ahead to the event with some trepidation. Scotland also had some ground to catch up on the English team who were sitting in top spot after the relays.

The day dawned dry and reasonably bright, and the 2.4km trek to the start certainly helped to warm up those tired muscles. There was also an exciting scramble up a near vertical slope as the route to the start left the track running round the hill to make a beeline straight up instead. Hopefully everyone made it past that obstacle to a rather intimate start area the far side of the hill. Certainly few worries about COVID here - business as usual.

My course set off straight across the bog myrtle then a short respite before heading into the bracken on the south eastern flank of Creag Dubh. Fortunately my navigation was rather better this time around, and (with a couple of notable exceptions) the controls were where I expected them to be! After the bracken and then a slow steady ascent up to the moorland it was great to be able to actually stretch out and run properly across the heather. Even better, it still wasn't raining.

Having made a rather better job of it than last time around, I returned to the shinty clubhouse for a hot shower (could get used to that), some excellent carrot cake from the ScotJOS stall and to find out that our juniors had put in a sterling performance to overtake England for the overall win. A great day all-told! Thanks to everyone who helped plan, organise or help in whatever way. ([Results on the BASOC website](#))

Photo credits: Katherine Ivory



Club Events, Autumn 2022 – Braidburn Valley

Our Braidburn Valley event was postponed to 1st October but well worth the wait 😊 Thanks Ben for planning and Colin for organising, plus Paul, William and others for mucking in to run it.

Report at https://interlopers.org.uk/braidburn_results_20221001



On-the-day event team (Ben, absent, having planned the courses): Paul, Colin L and William. Photo credits: William Ivory / anon

Lakes 5 days – ANN HALEY

Having enjoyed the Lakes 5 Days in 2014, I was tempted to take part in this event again. I then spotted the PhotoO competition in the CompassSport magazine with the prize of an entry to the Lakes 5 Days. For this you have to identify the locations of the controls in the photos and place them on a map to create a course of a set distance. All good fun and I occasionally dabble in this – no harm in trying! It must have been attractive to others too as they received 46 entries, 20 of which were correct. Somehow I received the prize!

We set off on Sunday 7th August to Swindale South (near Shap), along with a small band of Interlopers: Ian and Jane McIntyre, Ken Daly and Phil Murray. The area was so open, that they didn't put the yellow screen on, but left the map white...well, there was a lot of blue marshland! Unlike my previous encounter of this area (cagoules compulsory, bridges had been washed away, and I was ill prepared for the constant pulling legs out of marshes – I clearly hadn't trained to use this set of muscles), this time the sun shone! In fact I regretted not taking water to the finish, enroute to the start (2.5km)! I was confused going to 1, and vowed to pay closer attention to map, It was so dry, I believe I crossed an uncrossable marsh on the way to 2, and I felt I wasn't able to take full advantage of some tracking...as I needed to pay attention to which hillside I was aiming for. I could see the potential for error, and I was running out of energy.

I was grateful when I got back to the campervan and we gorged ourselves on the massive ice creams available. We saw Ian returning to the car park after the 2x2.5k walk and his 101 mins out on his course in the baking hot sun. We were, however oblivious to the panic of the family as he sat at the back of the car going gray, and came round to find himself on the grass, with elevated feet!



Our campsite near Threlkeld was lovely. Although the plots were a bit neat, the showering facilities resembled a 5 star spar resort. We had a distant view of the hillside for day 2; a landscape created, at some stage, by a massive landslide, leaving crags at the top, and a hillside of crags and knolls below. On Day 2, Chris Dibben and Pippa Ascough joined us, amidst their planning for their imminent wedding! Graham walked up past the start, to Clough Head, a Wainwright, the most northerly of the Dodds, before dropping back down to the Birkett, Threlkeld Knotts, around which we were all running.

It was another open area which I found rough underfoot. You needed strong ankles to make good progress on this terrain. It also helped if you judged your height on the hillside correctly. Unlike the longer courses that ventured into marshland with more vegetation, I had little exposure to this, but did fall over in a mini marsh and managed to 'crunch' my ribs, for which I suffered for about a month!



Photo credits: Graham Haley

I knew we had to rise early to get to Day 3, but having bin men pick up rubbish from the campsite at 5.55am seemed a little extreme! I was second out at Dale Park (10.31), an area described as step woodland with intricate rock and contour detail, but also had a fair amount of undergrowth and bracken (which hid the rocky terrain beneath). It was, of course the day when I made a 7 minute error, in terrain where I struggled to move. Then I dashed off to the next control, only to hit 9 before 8, but had the quickest split back to 9! Clearly others struggled too...and to come 8th that day proved to be remarkably respectable.

Back in the car park, we were introduced to Carol McNeill's 3 remaining border collie puppies (of 6). At 10 weeks old these bundles of fun were very popular. We had the joy of taking the remaining 'for sale' puppy for a wee jaunt before heading to our Hawkshead campsite, a short river walk into the village and a brief visit to the Beatrix Potter Gallery.



Our rest day was yet another glorious day. It was just too tempting to head for the peaks and so we headed for The Old Man of Coniston. Our departure from the car park was delayed by helping an overheated taxi in need of water, but we soon set off, meeting various members of FVO who were already on their way down! Today was a blasting day in quarry below, and the warnings given were followed by a bit of a bang and some dust! Of course this was always going to be a popular peak and proved to be so. Having finished our walk for the day, we then found ourselves providing some assistance, in the form of walking poles, to somebody who had twisted their ankle not too far from the car park. Never a dull moment in this car park apparently!

Day 4, and we returned to the same car park as Day 3. It was hot, and the walk to the start was initially in the open before climbing up through the trees. It was another fairly green area, but this time there were some path routes which proved to be a good option. After 35 mins you headed into the steep and intricate final section. My course took me very close to the finish before a climb through challenging terrain requiring some concentration, least of all because I was flagging in the heat and simply wanted to be at the finish! An almost vertical descent to the next control left me exclaiming out loud! I was relieved to finish and hide in the shade of the van drinking cold water from our fridge, while I recovered! After a visit back to the Hawkshead campsite for some socialising, Graham and I headed for the Kirkstone Inn for some good food and some very close encounters with jets as they flew through the pass.



Day 5 was held at Helsington Barrows, a limestone area with a fair bit of scrub. The Bartlett family joined in the fun in what was turning out to be the hottest day of the week. My start was in a field of cows, who were quite interested in the start kite! I messed up no 1 in some scrubland and then found that my route to 3, across some white and open area, proved to be almost impenetrable scrub. I quickly reverted to some roundabout path routes. With the open and exposed nature of the area, combined with this being competition day 5, I began to struggle to keep going. This was my longest course of the week, and was my longest time taken. It was rough and rocky underfoot, but I tried to keep going as best I could. In fact my 77 mins proved to be good going and I was relieved not to be one of those out for over 2 hours!

Well, that was an incredibly successful and enjoyable trip to the Lake District! Not a drop of rain, and ideal conditions for camping in our campervan. It was a great social occasion. Loved (almost) every minute of it!



Aviemore Triathlon - Claire Ward

I like a nice triathlon. The swim always seems to take a lot less time than you expect, then there's trying to get changed in a hurry while maintaining dignity and warmth, bikes flying everywhere, then ditching the bike and into the run and before you know it it's the finish and I'm handing Ray a celebratory pint and giving him Bertie to look after while I go for a run. Obviously I don't do the triathlon myself - I'm not that stupid! I'm not a massive swimmer – it has always felt like a punishment, something you are made to do through injury. And I have never seen the appeal in mountain biking. Descending is so much more fun if you are on your feet and not in danger of flying headlong into the bushes at any small root. And running after cycling is always like running through treacle.



We go to Badaguish for the Aviemore triathlon with lots of other HBT friends, and Ray does the triathlon with the others as I watch the kids and later go for some lovely runs. But Ray pulled his calf in early June. It would feel a bit odd going and staying in the event centre of a triathlon and not taking part. So eyes turned to me. 'Mum can't do it cause you have to be able to swim to do a triathlon', Laurence said. I can actually swim I point out, I'm just a conscientious objector. The kids have just never seen me as I hate it so much. A close relative died of a brain tumour last year and I had meant to do some fundraising, and a triathlon would certainly be a suitable 'challenge'.

I meant to do some swimming training, I really did. I went to the Commie with Ray one lunchtime and was relieved to find I could still swim the 1k distance. I found a wetsuit (mandatory in the triathlon) and put it on. I even went into the sea in Portobello wearing it, but really couldn't bring myself to actually swim in it. The water looked suspiciously brown. How bad can it be, I thought (hahahahahahaha!). MTB training was a loop of Little France with Ray in my lunch hour. MTB is all such a faff, getting off and on and braking and changing gear. I really couldn't be bothered to do any more. It'll be fine, I thought to myself (hahahahahahaha!).

I got to Badaguish, picked up my entry things, and most importantly found Paul MacGreal (race director) and checked that he wouldn't time me out of the swim. Fundraising had gone well and I had over £1000 riding on me getting to the end. He hadn't timed out anyone - yet he reassured me. The day dawned cold, and I cycled my bike to Loch Morlich for race start. 1k swim consisting of 2 x 500m laps of Loch Morlich was what I had to get through. The 18k bike and 9k run sections were the least of my worries.

The swim was a 'deep water start' which meant you got in out of your depth before you set off. After what seemed like ages of treading water the air horn start went and we were off. All except me that was. I couldn't actually breathe. The first buoy looked miles away and I was having an all out panic. I was all by myself, looking back at the shore and thinking about how embarrassing it would be to have to swim back, but I didn't think I had any other option.

But then there was a competitor swimming towards me, and asking if I was okay. I said I was panicking, and she made me look at her and said we could either swim to the shore together and I could not do the swim, or we could swim on and she would swim next to me and we could talk the whole way. I tried a few strokes of breast stroke and thought I could give it a go. It seemed to take ages to get to the first buoy, but by that stage I had regained some breathing, and I was

sort of okay when she went to swim on and leave me. There were a fair few marshalls in canoes around watching for people getting into trouble. I decided back stroke would be the best way to stay calm – by getting my face as far away from the water as possible.

By the second lap I was no longer dead last. Probably about 3rd last, but those around me were all giving up and getting towed to shore. This was not good as here were fewer marshalls to keep an eye out for me drowning. By the time I finally got to shore, Ray was convinced I had drowned. I was so ridiculously relieved. I had a long, luxurious transition but was a bit horrified to see when I put my watch on that I had been out 1hr 5 mins. That's a v long time for 1k. The longest time the previous year was 36mins. Whoops***.



I felt pretty sick on the cycle. I think it was mainly a too-much-Loch-Morlich-in-my-guts problem. 85% of the cycle is zooming around Badaguish forest roads which is all good. But then was a fairly long downhill bit on a small path through woods ('singletrack' is the lingo). I had reccy'd the day before though and had my tactics set - You are a shite cyclist. Play to your downhill running skills. Get off and run beside the bike for goodness sake! This was highly successful strategy and I overtook 6 competitors by these tactics.

On to the run, which was where I had a lovely time, and passed lots of people, and just appreciated the peace and having survived the bloody swim, and the relief that it would soon be over. I was so pleased to finish. On reflection, did I have such a good time that I would go back and do it again? HELL NO!!!! Triathlon box well and truly ticked! Thanks for all those who sponsored me.



***It later transpires the swim was mismeasured and was actually 1.8k!!!

Photo credits: Ray Ward

Some Longer Runs in New Places – Paul Caban

I haven't been doing so much orienteering this year – although that still amounts to more than forty events for the year, together with a couple of training days – so that's given me plenty of time to work towards my running annual target. That, somewhat ambitiously this year, was to average 50 miles per week over the year, ie just over 2600 miles in total. Lovely as they are, to save terminal boredom being induced by yet *another* run on the Braids/Mortonhall/Pentland foreland, I've set about using weekends to run sections of some longer routes. Here are some of the more memorable runs from this past year.

Fife Coast Path: Anstruther to St. Andrews There's a well waymarked path around the coastal perimeter of Fife, from Kincardine around to Newburgh. Although it isn't always right on the coast – towards the end, it gets almost to the top of Norman's Law – there are long stretches where it is. This includes pretty much the entire section from the Forth Bridge to St. Andrews. Now Carnethy HRC organise a relay race for the whole Path in six stages. I realised after the first stage that that was further than I was wanting to run at a time. (and it also didn't work well for public transport to get me back to the beginning). So one sunny weekend found me running from Anst'er to St. Andrews, a good bit shorter than the corresponding relay leg. How hard could it be? Well, the answer was "harder than I was". I'd planned on taking around two and a quarter hours, and instead ended up taking three and a quarter. There was a **lot** of gratuitous up'n'down, lots of narrow technical paths (up to that point, the paths had mostly been wider and better surfaced), and even a short tidal section that was well underwater. At the end, I finished – boy was I finished – knowing I'd had a good day out.

Tay Road Bridge .. The cycle/footpath runs down the middle of the dual carriageway. It's wild.

Angus Coastal Path: Arbroath to Auchmithie Across the Tay, the Dundee 'Greenway' leads to the Angus Coastal Path. Although almost completely away from traffic, it's quite dull: the coastal strip is pretty flat and uninteresting. And so with no expectations at all, I headed north from Arbroath to find four miles of sandstone cliffs, with arches, stacks, blow-holes. For those geologically minded, see <https://www.scottishgeology.com/best-places/seaton-cliffs-arbroath/> The path heads inland after Auchmithie, before eventually finding its way back to the sea at Lunan Bay, another gem.

Kennet & Avon Canal, western half – I started this a good few years back, when the JK was down in Berkshire, and got just over halfway: Reading to Pewsey. I finally found the time to finish: Pewsey to Bath. And it was all either flat – canals are like that – or downhill, and with two particularly fine aqueducts – Avoncliff and Dundas on the last section into Bath.

St. Ninians On the day of the Queen's funeral, I took myself off to Fife, in particular, Dunfermline to Kelty. On the west side of the M90, just before the junction 4 for Kelty is St. Ninians: an open-cast coal-mine that's been transformed into landscape art. The thing is unfinished, as the money ran out, however, the centre-piece was completed. This is an artificial hill with some mining-related sculptures on the top, and a path spiralling around to the top, and back down again. Makes for a pretty Garmin track; see image.

Kelty to Kinross From Kelty, I did most of a loop around Loch Ore, then up to the top of Benarty Hill, followed the ridge down a while, before taking the good path down to the RSPB centre at Vane Farm by Loch Leven, with a small part of the Loch Leven Heritage Trail (which actually loops the Loch) back to Kinross. The visitor centre there has free entry (car parking is charged), so I stopped for quick mosey before deciding to have a break in the

upstairs café. Stopping mid-run was unusual, as I still had another five miles back to the car in Kinross, but there was building work going on, and the people seemed quite keen for custom. So I took my tea and lemon-drizzle cake over to one of the window tables, and sat looking out over Loch Leven watching the geese and listening to the banging noises. Then, after a wee while, out of the corner of my eye, I noticed boots with legs in them lying down on the scaffolding. Then very quickly, a second pair of boots of someone standing over the first person, shaking him. And the building noise had stopped. This wasn't good

I shouted to the café people that something bad was happening, went outside, and climbed up the scaffolding to find a very concerned builder trying to put his unconscious mate into the recovery position. I went to climb back down the scaffolding to report back that an ambulance was needed, to be met by another café patron who said she was a nurse and could she help. Oh yes. I got her up the scaffolding – she wasn't happy, but as she said, needs must – and then spent the time relaying information from her to the people at ground level on the phone to emergency services. The bloke had come round a little by then, and his mate was fully involved in keeping him safe on the scaffolding (there was a barrier, but in his confused state, it would have been easy for him to fallen off). The nurse had determined some form of seizure, and eventually the bloke had regained sufficient consciousness that we could get him down ladders to ground level. The ambulance arrived not long after, and I went back to my snack: nothing more I could do. The café people did offer to take me back to Kinross, but I declined (with thanks) saying that a run to clear my head would do me some good. A very interesting day for me, but one that would be life-changing for the poor bloke, as being a roofer prone to seizures isn't really tenable.



Image credit: Paul Caban

And finally ...

This year's GECCOOT (Great ESOC Clock Changes Of Our Time) Hopefully no one turned up two hours early at the Gyle ...



'Tinto Twin' Day Event, South Gyle Urban (incorporating SOUL 11)

Sunday 30th October 2022: Final Details

NB

- **Signage:** As this event takes place in an urban environment there is a high likelihood that well-meaning residents or security officers will remove obvious signs and tape. So PLEASE read the details below so you can find Assembly and the route to the Starts if signs/tape have been removed.
- **Clocks Change (end of BST):** Remember the clocks change at 2am on Sunday 30th October, gaining an hour.

And from our Lagganlia Correspondent

The secret to doing well in races is finally revealed, as Paul gets the Roman Emperor treatment!

Photo credit: C Dibber



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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: Mike Stewart

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>.

