

# INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER No. 133

December 2004

133

## Now the 'curse' goes international!

Yet another second place for an Interløper – but this time what a second place!!

As part of the GB team which won 5 medals, Scott Fraser achieved this great result at the recent Junior European Cup held in the south of England.

Running in the Sprint event around Harlow Town park, he had a bit of a wobbly start but produced a strong performance in the second half of the race to grab the silver medal in a finish which saw 15 seconds cover the first three places.

This notable success has not, of course, come by accident. One plausible reason for Scott's ability at street/park 'O' can be traced back to his school days when efficient

route choice and sprinting were essential to the frantic journey through darkest Mayfield on his way to another day of enlightenment and fulfilment at Newbattle High School. Anxious not to miss a moment at the hands of messrs Inverarity and Smith, Scott was rarely late...

It is strangely appropriate that the teaching talents of two of the club's elder statesmen should have combined to set Scott on his path to glory. Who would have predicted that the grounding he received in geography and outdoor education would lead to Harlow Town Park?

As ever, Scott has been very modest about his achievement and still speaks to us 'no-hopers' at the Meadows.

Although a little ghostly at times, Scott is also the junior rep on the Interløpers committee.



*"Greetings subjects"*

Scott savours the moment

### Christmas Issue

Medals

Committee stuff

Scott's map

Results

Hodgeson

Fixtures

Quizzes, puzzles,  
All the usual junk...



## Committee 2004-05

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## Welcome!!

A big Interlopers' welcome to:

Fiona Eades b. 16/11/04 6lb ½oz.  
Congratulations Lorna & Colin!!

Danielle Winslow  
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EDINBURGH  
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We hope to see you at future events.

## Corrections

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### Membership Renewals for 2005

Full members should already have received their BOF membership renewal forms for 2005. Renewals of Associate (SOA) membership should be sent to the Club Secretary, who will forward the information to the SOA Membership Secretary.

The Full (BOF+SOA+Club), Associate (SOA+Club), and Club-only fees for 2005 are:

Category	Full	Associate	Club-only
Senior (born 1983 or earlier)	£28.00	£13.00	£5.00
Junior (born 1984 or later)	£7.50	£4.00	£1.00
Family	£42.50	£20.00	£7.00
Group			£2.00

Note that any Juniors aged 19 or 20 are expected to be Individual members: Juniors included in Families may be aged up to 18 only. Ages are taken as at 31 December 2005.

If you intend renewing your BOF membership, please send the entire form and subscription direct to BOF. Note that (a) the subscription to "CompassSport" is handled independently of the BOF subscription, and (b) you have an option to receive the Ranking List for an extra fee.

If anyone is changing his/her Club affiliation TO Interlopers, please indicate this on your renewal form when you complete it.

Would Associate and Club-only members please send their subscriptions (payable to "INTERLOPERS O.C.") for 2005 directly to the Secretary:

John Barrow  
3 Charlton Grove  
ROSLIN  
Midlothian  
EH25 9NY  
[jbw@roe.ac.uk](mailto:jbw@roe.ac.uk)

John can also handle conversions from Club-only to either Associate or Full membership. Please phone 0131-440-2136 for answers to any queries.



## Rewired

Clare Lardner  
[clarity-scotland@blueyonder.co.uk](mailto:clarity-scotland@blueyonder.co.uk)

The BOF e-mail account with CIX will no longer be maintained from 1 January 2005. All e-mail should be addressed to <user>@britishorienteering.org.uk - e-mails to <user>@bof.cix.co.uk will not be collected

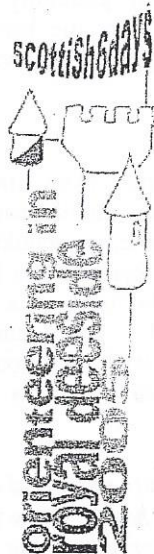
## Movin' on

Niall Inverarity  
Flat N6, Friar's Building  
Queen's College  
Silver Street  
Cambridge

## Help

Can anyone see their way to masterminding either of our two CATIs:  
12 Feb Braidburn Park  
12 March Corstorphine Hill

Paul Caban (or any committee member) will be pleased to hear from you...



Entries (paper and online) are now being taken for Royal Deeside 2005.

## Letter to the Secretary

*(I've always considered being secretary of a club as being a pretty onerous affair; taking minutes, writing endless letters etc. John Barrow does (and has done for aeons) this apparently thankless task. However, a steady, if slow, trickle of emails and correspondence has made me realise that the ones we see from blond, 19 year old, Scandinavian, running lovelies seemingly gagging to meet up with Edinburgh orienteers are probably the result of a vetting process which means that John keeps the best ones for himself?! What does he say to them? How does he persuade them that a trip to 'the Reykjavik of the south' is what they're looking for? By selling them our outstanding local terrain, that's how! I offer the following letter as evidence)*

Hello John,

My family and I are back in Sweden again, after having a wonderful time in Scotland and Edinburgh. I like Edinburgh! I think it's a lovely city. The handsome old-fashioned sandstone houses were really beautiful and the majestic castle was amazing! The surroundings with its hills covered with green fields on which sheep and cows grazed together (in Sweden different kind of animals are separated into different enclosed pastures) were nice to see. The red poppy flowers were beautiful, too. On our visit to Scotland we also went to Glasgow, Loch Lomond, and Loch Long. I also would like to tell you about the orienteering adventure at Colinton Dell. I really liked going orienteering there. I chose the green course, which I later realized was quite hard. Perhaps too hard for me, but even though it was tough I enjoyed it. I think I got all controls except from number one. There were big housing areas and a lot of steep hills, and I think I didn't study the map properly, because sometimes while I was running I felt as if the hills surprised me, and had to climb or walk very slowly up the hills. The same sort of thing happened to me when I was running on the tracks. I didn't notice any tunnels on the map, so when I came to a track crossing and saw there was a tunnel there, I could turn neither left nor right. I had to take another

way! This was my own fault though; I was too careless about studying the map. Next time I'll study the map carefully before deciding which way to run to get to the control. The forest was a bit different from the Swedish ones. There was so much beautiful verdure and as there was a lot of water and rather moist, it actually reminded me of a tropical rain forest! And this forest was in the middle of the capital of Scotland! I really wonder what it is like to go orienteering in the country!! I think Colinton Dell is a beautiful place and (in spite of the difficulties) I really enjoyed going orienteering there. It was a good experience, and I am glad I went there. After I had finished the course me and my dad were going to go back to the hotel by bus, but a man who had also been going orienteering there drove us to St. Andrew's square, so that we could take a bus from there out to Musselburgh and the hotel where we stayed. I think his name was Ewan MacKenzie, but I am not sure about his surname. He also had a son who was about ten years old and who had also been going orienteering at Colinton Dell. How kind of Ewan to drive us to the centre of city! If you happen to know him, could you please thank him from us? I am glad I could try orienteering in Scotland! It was absolutely great! If I'll go to Scotland once again (which I really want to) I hope to go orienteering again. Thank you John for the information you sent to me about this orienteering event. It was really kind of you to give me your telephone number so that I could phone you when I arrived in Edinburgh.

Have a nice summer, John!

Viktorina

*(Whatever he's got, he should bottle it - Ed)*





## Committee (and other) things

*The October committee meeting saw Gillian determined to get the whole thing finished in double quick time. She had other things to do and places to go. Probably dashing home hoping to catch Dave playing SimCity 2005 instead of repainting the new house. A rather depleted meeting – no John or Ben – barely had time to consume more than three pieces of the excellent cake provided by Chris and Ruth before it was, “date of next meeting?”, and she was away...*

My plea for a switch away from paper and towards electrons has fallen on stoney ground. Aside from the committee who have decided (after much ear-nipping from me) to set a good example and ‘go electronic’ there has been a deafening silence from the rank and file. Don’t blame me when there are no trees left to run in...

A huge ‘well done’ to Mary Ross and her minimalist team who put on a splendid event at Dechmont. Despite wisely splashing £50 on the hire of the Deans High School games hall, toilets and changing facilities, several people (admittedly ESOCian in demeanor!) still doggedly hopped about at the back of their cars in some most unpleasant weather!

Ben reported that the club is running (!) at a slight deficit so far this year, largely due to the purchase of new equipment. However, with monies still to arrive (some from ELO for their Archerfield event) we should break even.

On the social front we have the Christmas party and club champs on the w/e of 18<sup>th</sup>/19<sup>th</sup> December. Rob and Patricia have kindly offered to host the party before we move seamlessly to Kinneil. Following the club champs Fiona and I will be pleased to offer those requiring sustenance, a bowl of soup on your way back to Edinburgh.

Darina is looking into the possibility of hiring a youth hostel in the Killin area for a club weekend in February.

There are plans for a BBQ in the summer – possibly Bescraigs or at someone’s house. A trip to a ceilidh was also floated. Paul suggested possibly in conjunction with Carnethy.

The Drummond hill map update will begin this month in preparation for our Night Champs/SOL weekend on 8<sup>th</sup>/9<sup>th</sup> October 2005.

Progress has been made on access to Norman’s Law. Donald ‘Hercule’ Petrie is sleuthing the landowners.

A quote has been obtained for remapping Calder Wood.

Ben and Heather are putting on a limited colour coded event at Kinneil on Sunday 16<sup>th</sup> January.

As mentioned elsewhere we are committed to a couple of spring Saturday CATIs. If you fancy a go at planning let Paul Caban know, he’ll be delighted to hear from you!

Übersturmabahnführer Hilary Quick has contacted clubs to remind them to ‘chase up’ people who had entered several SoSOLs as independent and ‘encourage’ them join a club (or there may be a sinister figure behind that knoll when you next visit Deeside...).

There was much BOF fees/levies muttering at the last committee meeting following a brisk internet debate. No single solution was apparent but as a committee we felt that certain points should be put to BOF. Eg It would be counter productive to make orienteering too expensive for juniors and we should find a way of cushioning the entry of newcomers into our sport. There should be provision for social only/ honorary/second club/overseas members.

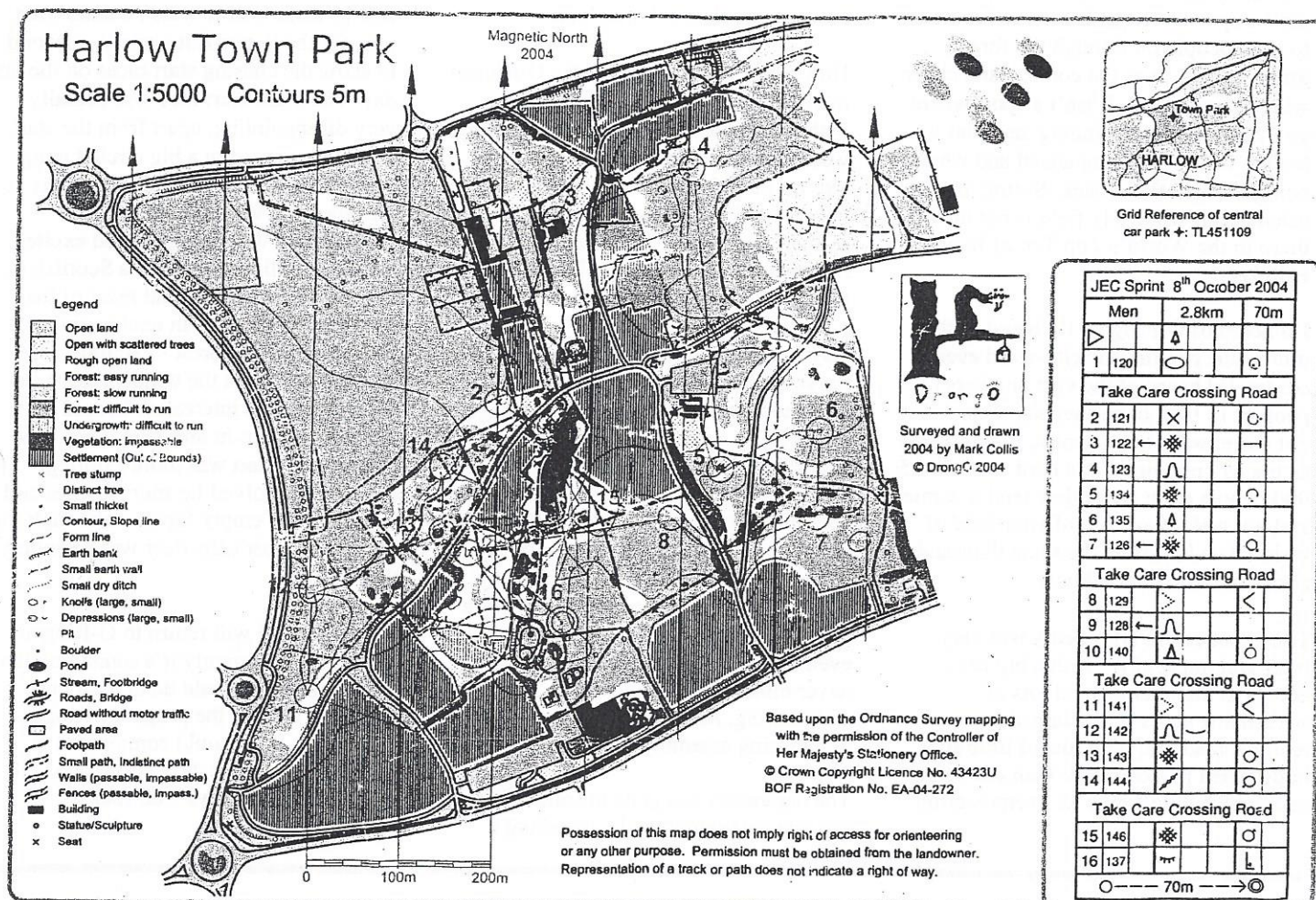
A big ‘thank you’ to those people who have sent me writings, pictures etc. It is all gratefully received. Apologies to Gillian who had sent me her O-ringen piece but I was too busy bleating about the lack of stuff to notice!

While appreciating that people have traditionally enjoyed the feel of hard copy, now that the newsletter is available online at the club website, we should be using less paper. Less paper = more forest to run in? Think about it, and if you can read this tripe on a computer screen why not try it and email me ([weirowen@blueyonder.co.uk](mailto:weirowen@blueyonder.co.uk)) with the good news? (I’m having a touch of déjà vu here. I’m having a touch.... - Ed)

*The November meeting was a little more laid-back with Gillian holding court in her own house. There was much driving about aimlessly by other committee members before we finally located chez Godfree but once there Dave was (yet again!) put upon to produce tea/coffee/cake every few minutes. What a life he must have. And him recovering from injury too...*



# Scott's silver medal run (This looks a lot better on the club website!)



Despite a busy round of TV interviews, supermarket openings and attending the occasional lecture, Scott kindly found time to send me the following piece, giving us a flavour of his splendid run at the Junior European Championships. When students are increasingly portrayed as living a life of 'sex, drugs and rock-and-roll', it is reassuring to know that the club has the likes of Scott who puts in the hard miles...

Hi Barry,

Here is the map of the JEC sprint race. It's a bit creased but I hope it is still OK to scan into the INT newsletter.

I had a good run, lost about 50sec in total which is costly in a sprint race. I lost 30sec on control 4 where I failed to spot the path between the houses (small path!). Slight 10sec wobble on number 7 (went to girls control). Another slight 10sec wobble on number 8 where I went right of the road crossing. Went through spectator quite far down but nailed last half (trickiest) of sprint race (getting fastest last 3 splits). I was 11sec behind the leader from Switzerland and 5sec in front of 3<sup>rd</sup> place Fabian Hertner who was 6<sup>th</sup> on JWOC classic.

To say that his map was "...a bit creased..." is a bit like saying that the Pope is a bit Catholic. Those of you reading this page electronically may be able to detect evidence of the patient hours of work required to resurrect the scrap of crumpled paper which appeared to have enjoyed a trip through a washing machine in the back pocket of Scott's jeans. Diligent use of freebee software (DaguerreShop 1 – Croft Edition) finally enabled something resembling a map to emerge. What immediately strikes me (as one who regularly wastes time 'after you'-ing at the boxes and taking ages to dock his dibber – mmm! – at the finish) are the narrow margins involved. Another 12 seconds lost and Scott wouldn't even have been on the podium! His 30sec glitch to control 4 will send a shiver down the spines of those who did a similar thing in the rabbit warren that is Buckstone during the street 'O' series?



## O-Ringen 2004

Orienteering is not a spectator sport. It isn't a sport to watch from the side-lines, to urge people on through the forest, groan as they miss the control, and cheer when they spike it. It isn't a sport where you can see who's winning and who's losing, who's speeding ahead and who's being blown off the back. Sitting in an orienteering assembly field is not up there in the World's Top Ten of Exciting Holidays.

I'd heard of O-Ringen. I'd heard of the multi-lane run-ins, the city-sized event centre. I'd heard of the vast numbers of people. 15 000, or so they say. When I got there, well, to be honest, it didn't feel as big as I imagined. It's hard to count 15 000 people all at once; they tend to come and go, waft in and out of your field of vision. Could just be the same thousand each time, for all you know.

The event centre admittedly was very busy and impressive, with a big café, access to the internet, and lots of advertising stalls. The campsites were really spread out, with lots of little sites in different places, rather than one large one, which didn't give an overpowering

impression of size. Much more manageable than I'd imagined.

However, I'd also heard of the O-Ringen mud-baths, so Dave and I opted to go with Scottish O Tours and have a luxury week in a hotel. Paul and Hilary were also on the SOT tour, but they opted for a luxury week in Graham Kemp's flat in Gothenburg – just next to Jamie Stevenson's flat, and, very handily, on the Day 3 area – 500 m from Assembly!

Day 1 was great. A 3k warm-up jog to the start, then some very easy orienteering to get you going, cunningly followed by some rather trickier controls to catch you out. Unfortunately I got caught out by a small inoffensive-looking rock with a bad attitude, which turned out not to be the best landing place for my knee when I fell on to it. I finished my course, and even managed a slow-warm down. However, by the next morning, even the 3k to the start was impossible, never mind the ensuing 7k of orienteering. And thence followed 4 days of admiring assembly fields.

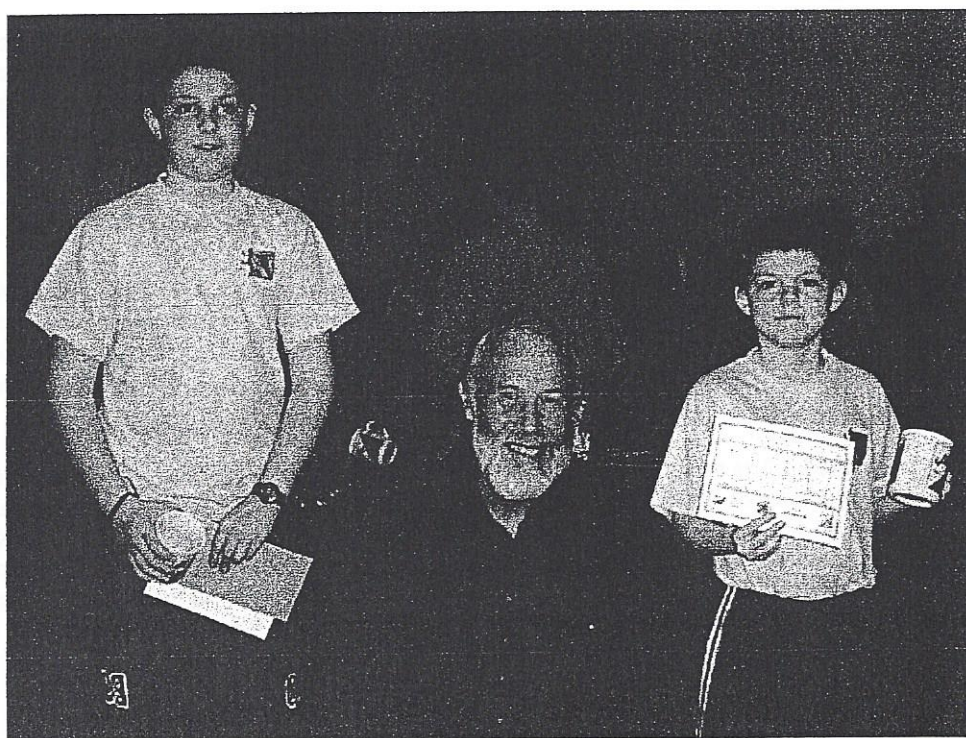
The organisers had gone to some effort to provide entertainment, by installing a

massive TV screen on 2 of the days. The first of these was to watch a mass-start race for the Super-Elite, and the second to show the chasing start races on the last day. The mass-start race was actually very disappointing, apart from the start where they stood in a big circle facing inwards and then ran in all directions at the word go! Virtually all the commentary was in high-speed excited Swedish (still, what would a Scottish 6-Day have managed?), and most of the time the TV showed an unchanging picture of empty forest – exciting! The best bit was when the winners came in, but if I was that interested, I could have stood by the run-in and seen it anyway. The chasing start was more exciting, because it involved far more classes and therefore less empty forest – although the bit with the lost baby deer was definitely the best!!

I suspect that I will return to O-Ringen sometime. Apparently it's something that every orienteer should do at least once, and I feel that for the proper O-Ringen experience, one should compete on at least more than one day! Next time, I'll try to finish all 5 days – all rocks, beware!

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## Successful juniors meet mountaineering celeb!





# Not quite orienteering

## Hodgeson Relay

It only requires eight people. You'd have thought that Lothian Running Club could find 8 people to run in one of the most beautiful and stunning relays in Britain, wouldn't you? We started off with about 10 volunteers, which was unfortunately too many for one team but too few for two. A team of eight was selected, all incidentally from Interlopers. Unfortunately, the best laid plans never stick, as the first round of injury then struck, with Helen and Dave picking up a calf-pull and Achilles tendonitis respectively. Still, the race was weeks away, no need to panic. The race drew nearer however, and with both of them still not running, we needed to find 2 new victims! Cue the Street-O races and a couple of new enthusiastic runners, Pierre and Evelyn, joined the club. They were happy to run the Relay for us, and joined Lothian at top speed. Problem solved! The best laid plans still weren't happening however, as Chris managed to pull a hamstring at circuits 3 days before the race. Woops! Some quick team re-shuffling resulted in the spare space being on the toughest and easiest leg, Leg 2. Helen and Dave were then left to fight out who was to run - ie who was least injured. After a few metaphorical rounds outside, Dave ended up with the short straw. Well done Helen!



*Pierre and Gillian at the end of Leg 3*

and Eveleyn all recce-ed Leg 2, just in case... Gillian and Pierre set off on Leg 3, up High Street into the mist, and got some spectacular views through different breaks in the cloud as it swirled around at top speed in the strong winds. Colin (I think) recce-ed Leg 4 on his own, with his partner Dave Simmons turning up on Sunday morning.

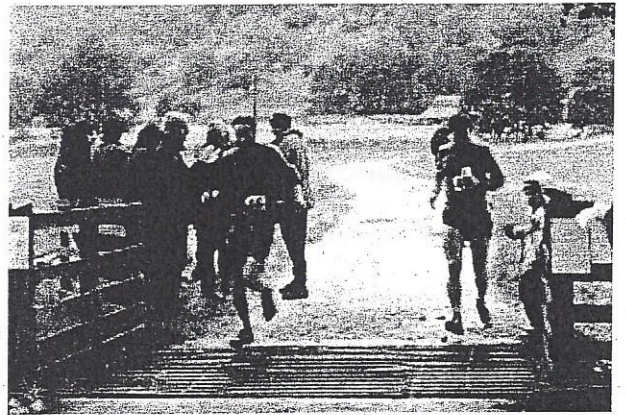
The race started well. The cloud was off the tops as Graeme and Scott stormed round Fairfield and St Sunday Crag. No need to recce indeed! Dave and Evelyn were waiting at Patterdale, and set off into the wind up to Angle Tarn and over to Hartsop. The cloud was down by this point (I assume) and they had great fun laughing at other teams heading off up towards High Street instead of descending to Hartsop. They then bumbled down the bum-slide, happily overtaking teams

trying to stay on their feet - obviously never a good idea on the bum-slide!

At the change-over, Pierre and I were waiting nervously. It's not a good place to warm up, with limited visibility of incoming teams, and I was liberally covered in mud before we even started. The visibility was definitely limited on most of Leg 3, as we hit cloud just above The Knott, and from there on, you couldn't see very far at all. The trig-point at the top of High Street was rather surreal, with fog, wind, and one very forlorn tent and person stood there to

monitor the race. Apparently some teams never found the trigpoint, so I hope the guy wasn't there too long! We then cut the corner at Thornthwaite Beacon, had a

brief chat with Margaret Hyman, and then set off up the scramble towards Caudale Moor. The next checkpoint is a tarn on the moor, and I have to admit to being very pleased when we found it straight away! Several teams managed to lose 10 or 15 minutes there, with two teams not finding it at all - woops! We headed off towards the Kirkstone Inn, to set Colin and Dave off on Leg 4. They had a fantastic run, to bring us into 16<sup>th</sup> place out of over 60 teams! We were



*Dave and Colin negotiate a cattle grid on the way to the finish of Leg 4*

thrilled with the result, especially with having 2 girls in the team!

Next year is likely to be the last ever Hodgeson Relay. We'd really like to get 2 teams at it, so why not remember it and join in? The date will be Sunday 2<sup>nd</sup> October. It really is one of the best hill-races anywhere!

*(In order to facilitate a good turn out at this end-of-an-era event next year, Gillian has managed to persuade the committee (fortunately including the SOA fixtures secretary!) that the Interlopers SOL should change to 9 October 2005 - preceded by the Scottish Night Championships on the 8<sup>th</sup>. Change those diary entries - Ed)*

Saturday was spent recce-ing the legs. Graeme and Scott decided that they knew Leg 1 well enough, and that there are plenty of other people on Leg 1 anyway. Dave, Helen



# Quizzes

Can you spot/work out the surnames of club members from these clues?

North Wales town, old spelling (6) .....

TV creek (6) .....

Church elder (6) .....

Garden centre owner?(6) .....

South west town (8) .....

Absence of deity (7) .....

Comet (5) .....

Put it in west coast clan seat (10) .....

Michael? Jesse? Janet? (7) .....

Bruce? Brenda? Ang? (3) .....

Sounds like he's under pressure... (6) .....

...So does he! (6) .....

She's too good to hurry (6) .....

Lives in Carrick Knowe? No! (4) .....

Country after half a gun. (7) .....

One short of south american capital. (6) .....

Smear mire around in Sweden! (9) .....

He's in star form. (6) .....

Not slow! (5) .....

Country gentleman (6) .....



A circular clearing has two parallel paths crossing it. One path is 112m long and the other 50m long. The paths are 92m apart. What is the diameter of the clearing? (The answer is not a whole number)



## WordSearch

V	Y	N	L	O	K	F	W	R	I	D	E	A
H	H	I	X	L	C	L	V	D	Y	H	H	
O	S	U	I	G	A	L	G	G	E	J	V	E
Q	P	R	I	P	R	O	T	I	P	M	C	W
S	T	N	A	R	T	N	E	E	R	N	E	J
V	C	S	W	M	F	K	H	C	E	H	L	J
A	O	R	N	F	K	C	E	F	S	H	H	I
F	O	R	E	S	T	I	J	R	S	E	R	T
D	F	J	Z	I	H	Y	R	S	I	B	G	W
D	C	I	D	R	E	D	L	U	O	E	P	K
U	M	G	L	J	T	L	H	I	N	T	G	D
B	F	U	Y	C	B	U	K	H	U	E	L	Q
C	G	F	S	C	U	B	Z	E	C	G	U	I

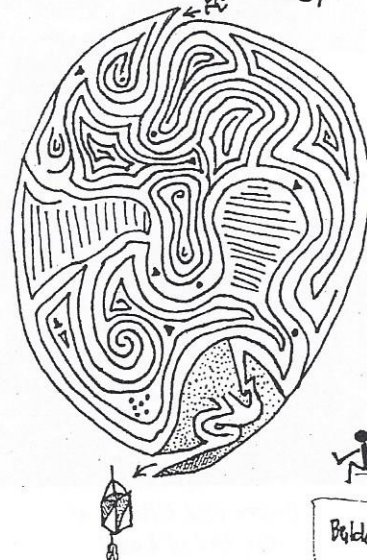
Which of the following words is **not** in the Wordsearch?

BOULDER  
CLIFF  
DEPRESSION  
DITCH  
FENCE  
FOREST  
GULLY  
KNOLL

MARSH  
PIT  
REENTRANT  
RIDE  
RUIN  
SPUR  
TRACK  
WALL



Find the Control




Boulder =  
tree =  
Marsh =  
Sandy =  
Muddy =


"This maze is  
out of control!"  
(Someone might say).





# Fixtures

 **Tuesday 28<sup>th</sup> December**  
**ELO Festive Frolic**  
 Yellowcraig, Dirlerton  
 NT 519855  
 Entry: £4/£2  
 EPS-SI, string course  
 Parking £1  
 Mass start at 11am  
 Soup and prizes!  
 Information from:  
 Sheila Strain (01875 611014)


 **Saturday 1<sup>st</sup> January**  
**ELO Festive Frolic 1**  
 Darroch Wood, Dores, Inverness  
 NH 610380  
 Entry: £2/£1  
 EPS-EMIT  
 Dogs on lead in car park only  
 Information from:  
 Ken Davidson (01463 239511)

 **Sunday 2<sup>nd</sup> January**  
**INT Festive Frolic 2**  
 Inshriach North, Aviemore  
 NH 853045  
 Entry: tba  
 EPS-EMIT  
 Information from:  
 Ken Daly (0131 661 4089)


 **Sunday 16<sup>th</sup> January**  
**(INT) Limited colour coded**  
**Kinneil**  
 NT 270737  
 Entry: £tba  
 Information from:  
 tba....keep your ear to the ground!


 **Sunday 30<sup>th</sup> January**  
**SOSOL 8 (EUOC)**  
 Holrood Park, Edinburgh  
 NT 270737  
 Entry: £5/£2  
 EPS-SI  
 Information from:  
 Murray Strain (0131 446 9270)


 **Sunday 6<sup>th</sup> February**  
**SOSOL 9 (CLYDE)**  
 Mugdock CP, Milngavie  
 NS 547780  
 Entry: £4/£2  
 EPS-SI, string course  
 Information from:  
 Lynn Easton (07752 173714)


 **Sunday 13<sup>th</sup> February**  
**ESOC Sprint-O**  
 Penicuik Estate  
 Information from:  
 Janet Clark (0131 225 7771)

 **Sunday 27<sup>th</sup> February**  
**Compass Sport Cup (STAG)**  
 Faskally Woods, Pitlochry  
 NN 916603  
 Entry: £6/£3 (EOD +£1)  
 EPS-SI, string course  
 Parking £tba  
 Information from:  
 Terry O'Brien (0141 770 8671)


 **Sunday 6<sup>th</sup> March**  
**SOL 1 (FVO)**  
 Trossachs, Aberfoyle  
 NN 505070  
 Information from:  
 Elizabeth Sinclair (01259 213310)

 **Sunday 13<sup>th</sup> March**  
**ESOC Long-O**  
 Pentlands, Edinburgh  
 Entry: £tba  
 EPS-SI, string course  
 Parking £tba  
 Information from:  
 Ronald Nolan (0131 453 1497)

 **Sunday 20<sup>th</sup> March**  
**SOSOL 10 (RR)**  
 Eildon Hills, Melrose  
 NT 567327  
 Entry: £4.50/£2  
 EPS-SI  
 Information from:  
 John Tullie (01450 850217)

 **Friday 25<sup>th</sup> - Monday 28<sup>th</sup> March**  
**JK 2005**  
 (West Midlands O A)

25<sup>th</sup> Training Day  
 26<sup>th</sup> Day 1 - Brown Clee Hill  
 27<sup>th</sup> Day 2 - Cannock Chase  
 28<sup>th</sup> Relays

 **Saturday 16<sup>th</sup> /Sunday 17<sup>th</sup> April**  
**British Orienteering**  
**Championships**  
 Penhale Sands, Nr Newquay

16<sup>th</sup> Individual  
 17<sup>th</sup> Relays



## Dave's alternative fixtures list

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

- 2-Jan National Event, Ash Ranges
- 29-Jan Devil's Burdens relay
- 30-Jan National 4km XC Champs, Glasgow
- 5-Feb East District XC league, Corstorphine Hill
- 5-Feb Sprint Race, Auchengillan Outdoor Centre, Milngavie
- 19-Feb British Night Championships, Watergrove, Rochdale
- 19-Feb National XC champs, Irvine
- 20-Feb Boulder Bonanza (score event) Allean Forest, Pitlochry
- 5-Mar JOK Chasing Sprint 2005, Touch Estate, Stirling
- 12-Mar UK Cup Middle Distance Race, Bloom Wood, High Wycombe
- 13-Mar National Event, Hambledon Woods, Henley-on-Thames





# Results

## SOSOL 2 – 10 October Loch Doon East

<b>Blue</b>	<b>5.5km 240m</b>		
14 <sup>th</sup>	Kenneth Daly	M40	59:16
20 <sup>th</sup>	Keith Dawson	M45	69:27

<b>Brown</b>	<b>7.3km 310m</b>		
13 <sup>th</sup>	Ian McIntyre	M40	76:13
18 <sup>th</sup>	Paul Caban	W40	93:49

(From Paul Caban) A lovely day in South Ayrshire, although not many of us made the trip. In fact, Ken, Keith and myself were completely outnumbered by a large group of Norwegians, making a weekend with the football international. One of the most picturesque areas I've been to for ages - stands of Caledonian Pine in front of the loch, with the Galloway Hills beckoning baggingly in the background (who says the are of alliteration is dead). A mainly open area, it wasn't overly tussocky. Other pluses included a good, cheap café and showers on site. Next year, SOL 5 and the Scottish Score form a double-header weekend in September on this and the adjoining area are worth the journey in my opinion.

## SOSOL 3 & ESOA Championships 17 October Gullane

<b>White</b>	<b>1.2km 20m</b>		
2 <sup>nd</sup>	Max Bloor	M10	21.46

<b>Yellow</b>	<b>1.5km 25m</b>		
2 <sup>nd</sup>	Mark Haley	M10	11.15

<b>Lt Green</b>	<b>3km 95m</b>		
2 <sup>nd</sup>	Graham Haley	M35	47.10
4 <sup>th</sup>	Sue Twissell	W35	54.57
8 <sup>th</sup>	Ray Heyworth*	M70	60.40

<b>Green</b>	<b>4.4km 95m</b>		
7 <sup>th</sup>	Richard Webb	M40	56.25

15 <sup>th</sup>	Pat Squire	M55	63.32
33 <sup>rd</sup>	Evelyn Freney	W21	69.42

<b>Blue</b>	<b>6.5km 160m</b>		
2 <sup>nd</sup>	Claire Ward*	W21	45.51
3 <sup>rd</sup>	Gillian Godfree	W21	49.33
8 <sup>th</sup>	Heather Hartman	W21	58.58
10 <sup>th</sup>	Pat Bartlett	M35	60.04
15 <sup>th</sup>	Danielle Winslow	W21	64.22
17 <sup>th</sup>	Barry Owen	M55	65.17
23 <sup>rd</sup>	Ann Haley	W40	69.10
31 <sup>st</sup>	Bill Mason	M55	73.50
39 <sup>th</sup>	Fiona Weir	W21	79.00
49 <sup>th</sup>	Karen Dobbie	W35	92.57

<b>Brown</b>	<b>8.8km 250m</b>		
2 <sup>nd</sup>	Chris Godfree	M21	60.43
4 <sup>th</sup> =	Ben Hartman*	M35	63.44
4 <sup>th</sup> =	Graeme Ackland*	M40	63.44
16 <sup>th</sup>	John Mitchell	M40	78.18
20 <sup>th</sup>	Virginijus Purvys	M21	86.07

### \* ESOA Champions

Quite a good turn out and a sprinkling of ESOA champions. I came to the end of my year as M55 champ but didn't have to worry about returning the trophy ....there isn't one! Typical! 'They' did it to me a few years ago at the Scottish Night Champs – total effort, good run, appalling weather, no trophy.

## SOSOL 4 – 24 October Pitmedden

<b>Yellow</b>	<b>2.6km 120m</b>		
6 <sup>th</sup>	Max Ledlie		47.25
8 <sup>th</sup>	Hannah & Cherry Ledlie		73.30

<b>Lt Green</b>	<b>3.6km 140m</b>		
1 <sup>st</sup>	Mary Ross	W21	44.42
2 <sup>nd</sup>	Fiona Weir	W21	47.19
11 <sup>th</sup>	Ray Heyworth	M70	80.11
14 <sup>th</sup>	Colin Ledlie		82.08

<b>Green</b>	<b>5.2km 225m</b>		
2 <sup>nd</sup>	Graeme Ross	M21	57.07

<b>Blue</b>	<b>6.2km 260m</b>		
7 <sup>th</sup>	Ken Daly	M40	60.36
8 <sup>th</sup>	Danielle Winslow	W21	61.23

mp	Barry Owen	M55	
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<b>Brown</b>	<b>9.2km 270m</b>		
6 <sup>th</sup>	Graeme Ackland	M40	69.00

13 <sup>th</sup>	Paul Caban	M40	104.07
20 <sup>th</sup>	Virginijus Purvys	M21	86.07

(From Paul Caban) Wet, wet wet isn't simply the name of Clydebank's finest. It was nice, but "damp" is an understatement. Map copying in a leaky tent was hard, and I had first start - preprinted maps and a School Hall at Dechmont Law became suddenly appealing. Not a particularly special run for me (not many of them are). The rain on my glasses didn't help, plus I got bethicketed in the gorse, and I'm still extracting spikes to prove it. On the plus side, I did have the equal fastest run-in split of anyone, thanks to racing someone I know from cross-country events. Definitely worth going back to in good weather.

## Tinto Twin 6/7 November Newcastleton

### Night Event

<b>W21S</b>		
2 <sup>nd</sup>	Darina Cunnane	46.42

<b>M40L</b>		
5 <sup>th</sup>	Ken Daly	45.59
7 <sup>th</sup>	Paul Caban	50.50

### Day event

<b>W21S</b>		
5 <sup>th</sup>	Darina Cunnane	85.33

<b>W45L</b>		
4 <sup>th</sup>	Morag McIntyre	103.50



<b>M21L</b>		
12 <sup>th</sup>	Danielle Winslow(?)	70.10
13	Virgis Purvys	70.51

<b>M40L</b>		
6 <sup>th</sup>	Ken Daly	64.50
9 <sup>th</sup>	Paul Caban	81.26

<b>M75L</b>		
1 <sup>st</sup>	Ray Heyworth	61.33

(From Paul Caban) The Tinto Twin this time was back at Newcastleton, almost into Englandland. The night event was short and fairly easy, using the bits of the forest that you would want to run around rather than into. The day event used the better parts, although there is ongoing felling, including some that had happened in the week between the map getting printed and the event happening. One particularly memorable 200m track run had felled tree-trunks across it every couple of metres. The weekend's foreign party this time were twenty-eight Swedes over from Gothenburg a cheap Ryanair deal. Marketing Mistress Hilary in investigating, so expect a job-lot of Finns at Braidburn Park in February for our next CATI.

## SOSOL 5 – 14 November Allean South

<b>White</b>	<b>1.7km</b>	<b>30m</b>	
2 <sup>nd</sup>	Max Bloor	M10	20.15

<b>Yellow</b>	<b>1.8km</b>	<b>40m</b>	
3 <sup>rd</sup>	Max Ledlie		24.08
4 <sup>th</sup>	Hannah & Cherry Ledlie		30.28

<b>Lt Green</b>	<b>2.7km</b>	<b>115m</b>	
6 <sup>th</sup>	Jen Leonard	W35	40.58
7 <sup>th</sup>	Colin Ledlie		41.02

<b>Green</b>	<b>4.6km</b>	<b>240m</b>	
1 <sup>st</sup>	Ben Hartman	M35	53.55

<b>Blue</b>	<b>6.2km</b>	<b>325m</b>	
5 <sup>th</sup>	Heather Hartman W21		100.14

I did ask Ben why he'd 'only' run Green. A sly smile played on his lips and he said, "injured – and it was Allean". He obviously didn't deem it charitable to pass this local knowledge on to Heather!

## SOSOL 6 - 21 November Dechmont

<b>White</b>	<b>km</b>	<b>m</b>	
6 <sup>th</sup>	Carcas family		18.29

<b>Yellow</b>	<b>km</b>	<b>m</b>	
3 <sup>rd</sup>	Hannah & Cherry Ledlie		21.00
6 <sup>th</sup>	Max Ledlie	M10	22.33
8 <sup>th</sup>	Mark Haley	M10	26.03

<b>Red</b>	<b>km</b>	<b>m</b>	
9 <sup>th</sup>	Pierre & Evelyn	M/W21	74.55

<b>Lt Green</b>	<b>km</b>	<b>m</b>	
10 <sup>th</sup>	Fiona Weir	W21	41.30
19 <sup>th</sup>	Ray Heyworth	M75	49.04
24 <sup>th</sup>	Stephen Haley	M14	56.31

<b>Green</b>	<b>km</b>	<b>m</b>	
13 <sup>th</sup>	Morag McIntyre	W45	57.07
mp	Barry Owen	M55	

<b>Blue</b>	<b>km</b>	<b>m</b>	
33 <sup>rd</sup>	Sreve Ambler	M55	74.39

<b>Brown</b>	<b>km</b>	<b>m</b>	
8 <sup>th</sup>	Virgis Purvys	M21	80.41
10 <sup>th</sup>	Rob Bloor	M40	83.42

Beset by the autumn mispunching monster! It's the same every year – as soon as there's an 'o' in the month I start to miss the odd control. This time it was because I omitted to check the control code which would have alerted me to PC's devious planning. Roll on 2005...

## SOSOL 7 – 28 November Birnam

<b>White</b>	<b>km</b>	<b>m</b>	
5 <sup>th</sup>	Alex Carcas		32.05

<b>Yellow</b>	<b>km</b>	<b>m</b>	
2 <sup>nd</sup>	Max Ledlie		23.27
6 <sup>th</sup>	Hannah & Cherry Ledlie		41.17
7 <sup>th</sup>	James Ackland		57.14

<b>Lt Green</b>	<b>km</b>	<b>m</b>	
17 <sup>th</sup>	Colin Ledlie		73.41

<b>Green</b>	<b>km</b>	<b>m</b>	
3 <sup>rd</sup>	Graeme Ross	M21	52.33

<b>Blue</b>	<b>km</b>	<b>m</b>	
8 <sup>th</sup>	Ken Daly	M40	51.01
12 <sup>th</sup>	Heather Hartman W21		54.58
39 <sup>th</sup>	Max Carcas		70.28
51 <sup>st</sup>	Richard Webb	M40	78.26
52 <sup>nd</sup>	Steve Ambler	M55	82.50

<b>Brown</b>	<b>km</b>	<b>m</b>	
5 <sup>th</sup>	Graeme Ackland	M40	77.38
7 <sup>th</sup>	Danielle Winslow		83.07
13 <sup>th</sup>	Paul Caban	M40	93.21

(From Paul Caban) If you're reading this FVO people, good courses, well organised, but five quid for an old and out-of-date (was it ever in?) map seemed a wee bit steep. Maybe you had your reasons: if so, then tell people. Oh, and refusing student discounts to people doesn't endear yourself to the masses either. End rant. As I said, good courses, even with 160m of climb on one single leg of the brown course. The views from the top were good, and we made good use of the nice stuff once we were up there. Having started early, I was at one stage winning the brown (no, I wasn't the first starter on the course, and so what if Roger Scrutton is nearly twenty years older than me; they all count). It didn't last, but I was still closer to 'average' than usual, in what was one of my best runs for ages.



## SOL 2004 - Final Standings

John Barrow has received SOL certificates for 2004. Congratulations to the following Interloper's finest:

JM2	1 <sup>st</sup>	Mark Haley
JM4	4 <sup>th</sup>	Stephen Haley
M21L	2 <sup>nd</sup>	Dave Godfree
M21L	3 <sup>rd</sup>	Ben Hartman
W21L	1 <sup>st</sup>	Gillian Godfree
W21L	3 <sup>rd</sup>	Heather Hartman
W21S	1 <sup>st</sup>	Darina Cunnane
W40L	2 <sup>nd</sup>	Ann Haley
W40S	2 <sup>nd</sup>	Patricia Alston





# Chairman's Channel

2005 is looking busy. Very busy. In fact, very busy indeed. We are organising and planning: 2 CATI's in Spring; the Scottish Relays; Day 1 at Deeside 2005; a SOL and the Scottish Night Champs in October; a SOSOL; and lots of other events that will no doubt crop up.

Now instead of emigrating for the year, most of you can relax, since all the major officials posts are already filled. However, on-the-day man-power will be needed at all of these events. I don't want to see the same few people doing all the work every single time, so please could everyone volunteer to do at least a little bit. If we can spread the load around, it shouldn't be so onerous.

On the other hand, 2006 is going to be so easy – no SOL, no Scottish Champs, hardly anything!

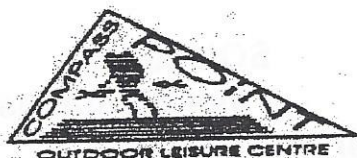
Right, moan over.

By the way, is anyone interested in learning how to do the computing for an orienteering event? Very few Interlopers know how to do it, and we need to teach some more people in case something nasty happens to the few knowledgeable ones.

I've no idea when this is going to be published – it's October now – but this is a great time to be in Interlopers (other than all the events we're involved in next year!). Lots of socials are being planned, various ideas being a Ghost walk, concert and theatre trips, the Club Champs and Christmas party. Also on the cards is a Club weekend away in January or February, perhaps staying in Killin with hill-walking, hill-running, mountain-biking and canoeing being possible activities. To find out about social happenings, you really need to be on the e-mail list – if you're not, please tell e-mail maestro Paul Caban at [paul.caban@ed.ac.uk](mailto:paul.caban@ed.ac.uk).

Also, please let Barry know ([weirowen@blueyonder.co.uk](mailto:weirowen@blueyonder.co.uk)) if you can download the newsletter through the web-site. This will save a lot of work for our Editor, and also saves on postage and paper. I really enjoyed Barry's first newsletter, and I'm sure this issue will be equally good. Thanks very much Barry!

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