

# INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER No. 136

December 2005

136

## "...it'll be quieter in 2006, honest..!"

I think it was Gillian during one of her final meetings as chairperson who, while encouraging the committee/membership to get involved with an event during the busy year that has been 2005, said, " it'll be quieter in 2006, honest..!"

Those involved with the Scottish Relay Champs, 6-Day, Scottish Night Champs and SOL6 deserve a huge 'thank you' for the time and effort they put into ensuring that these show piece events reflect well on Interløpers and Scottish orienteering generally. At a more local level the club has played a full part in running Wednesday evening and Saturday events as well as the increasingly popular Street-O. Some have even been spotted competing!

The stalwarts involved deserve a break but for some (you know who you are!) there won't be much of that. A look at the club's commitments for next year reveals that, as far as major events are concerned, we "only" have our Norman's Law SoSOL to put on. We will, however, have our quota of small events in and around the capital. So when the call goes out (usually from Paul) for a bit of help in 2006, try and say "OK".

Thanks to the street-o, CATIs, juniors press-ganged by Stephen etc there has been a steady

flow of new members who, to their credit, have also been spotted helping out as well as sorting out the mysteries of orienteering. As the Aussies would say, "Good on yer".

Understandably, not everyone is (or feels) able to plan, control or organise. But surprisingly, even the best planners had to start somewhere and where better than a local event? There would be plenty of advice available for those tempted. Go on! Contact Paul. You know you want to!!

If your talents don't run (!) to the administrative side, how about persuading someone you know to come along to an event? Your sister's boyfriend? Your children's X-box addicted friends?? That guy from the office with a brain the size of a small planet who jogs mindlessly at lunch time???

Still not found your niche? Then let the baser instincts take over. Follow the example of an increasing number of club members and have children! In a few years our junior contingent might mean we have a chance at the

CompassSport Cup/Trophy. Get to it; don't let FVO have all the fun! They're at it like rabbits over there what with the long winter evenings, poor television reception etc.

So don't delay - Plan, Persuade or Procreate - your club needs you!



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## Committee 2005-06

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## Welcome!!

A big Interlopers' welcome to a couple of new arrivals:

Graeme, Mary and Matthew are delighted to announce the safe arrival of Thomas Ross on 13th September 2005 at home (weighing 7lb)

Kate and Andy have also been busy; Sam Kitchin arriving on 13 November "at high speed!"

Yet more new members...

John Nicolson (M40)  
13 Keith Gardens  
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West Lothian  
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01506 855815  
[jfnicolson@aol.com](mailto:jfnicolson@aol.com)

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38 Comiston View  
EDINBURGH  
EH10 6LS  
0131 477 6604  
[stuart\\_watson@blueyonder.co.uk](mailto:stuart_watson@blueyonder.co.uk)

We hope to see you at future events.

## Wired

Toni O'Donovan  
[toni\\_odonovan@hotmail.com](mailto:toni_odonovan@hotmail.com)

Graeme Ross  
[graemewross@btinternet.com](mailto:graemewross@btinternet.com)

Steve Reid, Debbie Kelso and family:  
[debbie\\_kls@yahoo.co.uk](mailto:debbie_kls@yahoo.co.uk)

## Unwired

No longer on email...

Pete Kinny  
Chris Godfree

## Movin' on

Darina & Chris Cunnane have recently moved to:  
101 Guardwell Crescent  
EDINBURGH  
EH17 7HA  
0131 664 0281

New email address to follow...

## Email List

The Club email list is frequently used to circulate event and social information, particularly in the gaps between newsletters. The list is closed and moderated, which means that it gets no spam, and the only emails sent to it are by club members on the list.

Many club members are on the list. If you think you're not, and would like to be, then contact:

[Paul.Caban@ed.ac.uk](mailto:Paul.Caban@ed.ac.uk)

Juniors wishing to be added to the club email list must provide us with approval of their parent/guardian. This is to comply with our obligations towards Child Protection.



## Letter

*From Ian Pyrah (ESOC) who controlled Drummond Hill for us in October*

Hi Interlopers

Thanks & well done - courses that were well-received (based on comments heard on the night & conversations at the SOL with people who had not been at the night event but who had spoken to people who had), organisation that seemed to cope with everything (including major traffic jam & failure of generator) and great hospitality (although to be honest the bed was a bit hard but the home-made soup, crusty bread, cake & biscuits were excellent and "just what the doctor ordered"). I enjoyed being part of the team and my visits to Drummond Hill, some of them in the sunshine!

Ian

## Membership Renewals for 2006

Full members should already have received their EOF membership renewal forms for 2006. 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 2006 are:

Category	Full	Associate	Club-only
Senior (born 1985 or earlier)	£31.00	£13.00	£5.00
Junior (born 1986 or later)	£7.50	£4.00	£1.00
Family	£46.00	£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 2006.

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 2006 directly to the Secretary:

John Barrow  
3 Charlton Grove  
ROSLIN  
Midlothian  
EH25 9NY  
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.

## VHIs report

*by Ann Haley*

Congratulations should go to Ben Hartmen for being selected to represent Scotland at the Veteran Home Nations International (35 and above!). Graeme Ackland and I were called up as last minute reserves! The event took place in Kylee, near Belford in Northumberland. Saturday was very windy. It was reminiscent of the British in 2004: exposed car park, portaloos fallen over (with someone in, who had to get rolled over to get out...information overload!). The relay assembly was close by. Each team consisted of 4 legs (1x long, 1x medium and 2 x short distance). All last legs ran the short leg. For those of us who had the pleasure of running last, it was quite a long wait and it was a battle to keep warm but in touch with what was going on. The Scottish teams ran well, but not quite well enough! Those on the long and medium courses were frustrated with the positioning of a partiular boulder, which led to much discussion later!

Sunday was much calmer weather. We all had early starts, with the national event competitors running later. It was rough

out there. That was clear from my route to number 1, and so it continued. I even took long routes to avoid green, but any white patches were full of brashings. It was a case of head down and go. Ben and Graham's times indicated that they hadn't found it fun out there! Personally, my run (well thrash around) was excellent (well, I thought so, being only 4.5 minutes down on Hazel Dean and Sarah Dunn)!

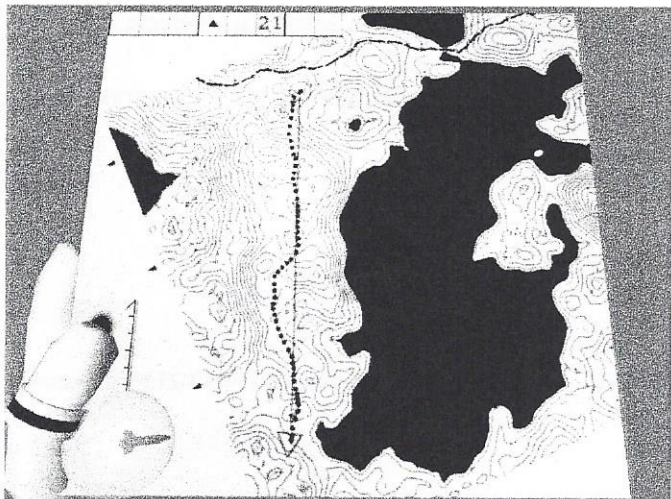


## Catching Features

Fed up with the pain of running through the brambles in Callender Park? Don't fancy the Meadows 'cos it's raining?? Resting that injury but still want to hone those orienteering skills???

Try 'Catching Features'. No need to leave the comfort of your own home!

While quietly nerding one evening looking for orienteering games/resources I could use at work, I came across a demo version of an orienteering software package called 'Catching Features'. This allows you to romp through a 3-D simulation of orienteering terrain while doing all the usual things like orientating/reading the map, taking bearings, getting distracted by other runners, running into trees and getting lost, while time is dribbling away. After one go, I was hooked!



As with most action simulation software it does require a fairly 'meaty' computer set up (ie good processor, RAM and graphics card) to make it run well. The demo version only allows you to run a single leg but this still lets you decide whether to go 'over or round', stumble about in the light green and sweep search for elusive pits – just like the real thing really. But unlike your average computer game, this one doesn't require the user to have the manual dexterity of a MENSA level octopus!

Whilst fearing that I was becoming the complete 'saddo' I decided to invest in the full version. So for less than £20 (2 regionals + 1 district!) I can run all sorts of courses without even lacing up my o-shoes! Unsurprisingly, the program shows up the same faults I have in real life: not planning ahead, not checking direction often enough etc etc.

I mentioned my purchase to another Interloper (also a computer-head) and discovered to my relief that he too had spent some of the housekeeping money on Catching Features. He assured me that I wasn't alone and that even respectable orienteers use it too – a recent middle distance world champion to name but one! Dave had also delved into some of

the more 'nerdy' aspects like competing against others online and generating computer maps from existing paper ones!



Maybe next year if it's raining when we put on an event at Norman's Law, we can all stay at home and log on instead...?

The demo and full programs can be downloaded at:

[www.catchingfeatures.com](http://www.catchingfeatures.com)



## Meroc Long 'O' – by Paul Caban

Whilst many people were up in Invernessshire for SOL4 in September, I was heading south for a few days with my brother and then with my parents. This time, there wasn't an event to take in while I was in East Anglia; however, I'd noticed a long-O on the dunes north of Liverpool, which would give me a chance to revisit some old University haunts, breaking the journey on the way down.

The coast north from the outer suburbs of Liverpool all the way up to Southport is sand-dune territory. One or two bits I knew quite well from post-exam beach-parties, and the forest around Formby is one of the last footholds (clawholds?) of Red Squirrel in England. Other parts though, have traditionally been completely out of bounds to anyone – not just orienteers – a combination of 'military', unfriendly golf-course ownership and SSSI status. The long-O looked a neat way of getting access into some forbidden places, plus the chance to be first, and probably only, finisher for the Club.

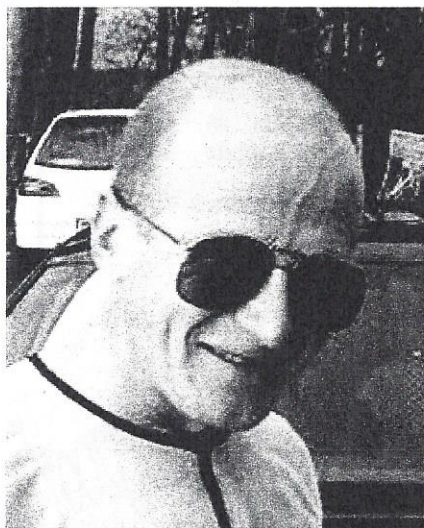
The event details were could have been simplified into a couple of short sentences. Register at the southern end of the southernmost of six – six! – almost contiguous maps. Catch the train for twenty-odd minutes north, walk the five minutes to the start, then run all the way back. Estimated winning time for the 22 km course was around two hours, and if it all went horribly wrong, there was a nice aquatic line feature to follow. Then I noticed that Colin and Lorna had also entered, Colin like me on the long course, and Lorna on the medium. It would certainly torpedo my chance of being first Club finisher, but did have the advantage that there'd be someone around who could pick up the pieces when the infamous Caban thermal disequilibrium processes left me a predictable shivering wreck. (did anyone mention Dunrod Hill ....)

Sunday dawned onto my tent, with strong sunshine and a cloudless sky. It looked like the day was going to be roasting, and I was glad of my early start. After registering, a small group of fifteen strangely clad running sorts assembled at the station, mostly of the thought-I'd-start-early-as-I-might-be-a-while –type of orienteer. The conversation was mostly about sensible half-way retiral points (we'd all got money with us), whether Factor 25 suntan lotion was strong enough (the answer proved to be "no"), and whether we had enough liquid with us (again, sadly, the answer proved to be "no", too).

At the start, we put our race numbers on, and as the start was fully in the sun, there was no reason, and so we opted to be started at one minute intervals.

The first map was plain scary. The other long-Os I've done have mostly been on open fell, with the emphasis on navigating reasonably long distances to easy-to-find control sites. This was different; this was certainly 'real' orienteering.

The first two maps, back-to-back, were both intricate sand-dunes, sporadic patches of bushes, but mostly rough open. And the rough, was certainly rough, with lots of ankle-height spiky things. A pack formed quite quickly: we all made mistakes, and none of us were strong enough to get away, plus there was nowhere to hide. In fact it was all quite civilised, with lots of friendly banter, and I wasn't the only one commenting on the fact that the first 5km had taken over an hour, and it was still another 6km to the first water station.



Still, by this time we'd got to the first map exchange, and the next map was mostly track and beach run, avoiding the SSSI. That should improve the pitiful minutes per km we'd been averaging, we commented, though we had been slightly reassured by the fact that the second train load – who'd watch arrive at the start – hadn't yet begun to overtake us.

The fourth map was 'Formby', lovely open pine forest that wouldn't have been out of place in Caledonia. It was pretty much the first, and as it transpired last shade, and also had a water station, at the rough halfway point, which I'd reached in just under two hours. (it was also the first and last place to opt to DNF and head for a train) I'd managed to drop the "pack" on the beach run, so I didn't stop for too long a drink, but the marshalls were commenting that the winning times could well be "just" a little longer than advertised. I'd been hoping to finish in under three hours, so this wasn't what I wanted to hear. Still, the orienteering was getting easier, even if the sun was getting hotter. At the last control before the next map exchange, a SHUOC top came past me. Very quickly. After I'd spiked the control – and he didn't (ha!) – I got to see his race number. It was 67. Mine was 9. Oh dear.

After the map-exchange, the next map, the military one, was reasonably 'street-O', and the last map, though back to sand-dunes, was incredibly linear – the map measured 30cm by 4cm. What could go wrong? The answer proved to be a quite sudden and conclusive 'legs falling off' incident. I thought fondly of Trahenna, ate the last of my sweets, drank the last of my water, sobbed a little bit, watched number 43 breeze past me, and then tried and failed to keep up with the ESOC wifey types from the medium course that were now also overtaking me. Oh dear, oh dear. The last two kilometres were very, very painful, spent mostly hobbling along a track, with occasional forays into the dunes to find a control – any change of gradient induced cramp in both legs, instantly. Plus I had the suspicious feeling that all exposed skin was way past lobster, and heading towards supernova.

Eventually, the finish appeared, and it was all over: nearly three hours forty minutes, and almost sat down until the idea

of subsequently having to get up again proved unappealing. Ho hum, I thought; ho very hum, though I was slightly heartened that the winning time was two hours twenty minutes. I found my suntan lotion (priority), got myself an ice-cream, consoled myself that I didn't have far to drive back to me bed (so what if it was in a tent), and noticed that Lorna was asleep in her car. After thirty minutes standing in the sea looking at the statues (also in the sea - yes, honestly), yet another ice-cream, and noticing that Colin wasn't back and Lorna was still asleep in the car, it all got too much for me, so I went home.

For the record, I wasn't first finisher for the Club, though much closer to Colin than normal, and we were both nearer the winner than the last finisher. It was a good event: an interesting concept, and one I'd do again, but not for a while ...



## Decline and fall

Taking me to task for the last, rather bland, affair masquerading as a newsletter, the chairman rather stunned me by saying, "Barry, it needs more gossip!". And, not being satisfied with criticising your hapless editor, he went out and found some...

The story illustrates how close a man can get to living on the edge while his wife is away on a school trip to Germany and centres around a visit Paul made to one of the club's more active members. While entering the normally tidy interior of this couple's home, Paul noticed that the window next to the front door was broken. Before he had time to contemplate the cause of this he found the man of the house - let's call him Mr G - finishing a meal of chocolate, ice cream and beer. No sneering now, chaps - we've all been there. What about the broken window I hear you say? Well apparently Mr G had lost his keys, forgotten where the spares were buried in the garden and had been forced to break into his own house! I'd have paid good money to be a fly on the wall when Mrs G returned...

## Soduk 'O' - No 1

1	7			3		6		8	
		9			5				4
6			8			9			
	5			7				4	
		7			6				2
8			3			5			
	2			4					1
		6						7	

## Soduk 'O' - No 2

					1	4			
						5	8		
			7	2					
			2				6	7	
4									3
5	8				9				
				8	5				
	7	6							
		9	3						

## Chairman's (considerable!) Chat

Richard and Frances Webb are decamping from Edinburgh, and moving out to Cockenzie – they intend to stay members of Interlopers

Scott Fraser has taken a year out from University, and is resident in Halden Norway. He's willing to take donations either in GB Pounds or Krona.

John and Lesley Kenworthy and family made an appearance in the Interlopers Club tent at Day One of the Six-Days. John had last been seen being carried off Corstorphine Hill a good few years back. John said that they're probably good for 'Club-only' membership.

Spotted on a campsite at Sligachan on Skye – someone looking suspiciously like Neil Marston and friend.

Four Club members selected to run for Scotland at the Veteran Home Internationals in Northumberland in mid November – Ann Haley, Hilary Quick, Ben Hartman and Graeme Ackland. Scotland were narrowly second to England. However, at the Senior Home Internationals in Northern Ireland, Scotland went one better, with a thorough victory over England and the other home nations. The ageless and indeed ubiquitous Graeme was amongst Club members participating.

Our new map of Norman's Law is presently being checked. As he has a little mapping experience, Richard Webb has volunteered to have a walk about the area, and see what sort of a job Peel Land Surveys have made for us. Compared to the old map of about twenty years ago, there is a remarkable dearth of boulders, and one area of woodland in particular looks as if the mapper didn't go in there at all .....

Interlopers event in the present SoSOL series will be at Norman's Law on February 26<sup>th</sup>. Graeme Ackland has volunteered to plan; Brad Connor is organising. The area hasn't been used for orienteering for a good while. The area is predominantly open hillside, with some smaller pockets of woodland around the flanks. The hillside has lots of good contour detail, some of which has been mapped ..... and has the potential to be used for something bigger than a colour-coded event.

We've also had Calder Wood near Livingston remapped. The area can be prone to bracken, so is most suitable for use during the first half of the year. And we're also involved jointly (with ESOC) in mapping the Riccarton Campus of Heriot-Watt University. Janet Clark (mostly) and I have been doing the initial negotiations, which seem to have gone well. We're hoping to get the mapping done early in the New Year, and man-on-the-spot Donald Reay will help with the map check. Meanwhile, after lengthy negotiations, ESOC have persuaded the owners of Dalmeny Estate to allow orienteering for the first time. This is quite a coup for the access lobby, as Dalmeny has, in the past, been subject to rampant 'Get Off

My Land'-ism. An event is being scheduled for the end of April.

Our Drummond Hill events appear to have been well received by the orienteering public, with Dave and Gillians' courses getting particular credit. Along with all the Club equipment, I now have a large collection of overprinted maps of the area. If anyone would like some, please let me know (email is probably best, then I won't forget). As Capercaillie are in the forest, there are the usual restrictions about when the area can be used. Any unwanted maps will be recycled.

The Club has a newsletter twinning arrangement with New England Orienteering Club in the US. We have a set of their newsletters going back around twenty years. Anyone with an interest in orienteering history or Americana, should contact me for vacant possession.

Night orienteering is making a resurgence. EUOC (with a little planning help from their friends) are putting on a series of small events around Edinburgh on Thursday evenings. If the first two events are anything to go by, each event will have a single course of green standard. Having the same start/finish means that the course can be cut short. The first event, at Hillend, was the real deal – there are lots of tracks on the hillside, particularly the wooded bit on the east side of the map, which was very, very dark. The second event at Corstorphine Hill was also difficult and cold ..... The series continue through to March on (approximately) alternate Thursdays. Details from the EUOC web site.

The middle of December will be the Club Christmas Party. The date and place are as yet unfinalised, but Ann Haley has provisionally offered to host this.

Sunday 18th December will be the Club Championships. Last year's winner, Ben Hartman, will be masterminding this. Subject to permissions and stuff, the likely location will be Yellowcraigs in East Lothian. There will be courses for all up to a Green standard/length.

Although December is quite quiet for orienteering, there are a few other local events, including the ELO event on December 27th at Hedderwick Hill (the flattest of flat areas near Dunbar). By tradition, the ability to answer quiz questions is normally more important than orienteering ability.

Sneaking into 2006, Ken Daly is putting on the Club's now traditional post-Hogmanay Score event in Speyside on January 2nd. A wee bit far away, but many people do visit friends/family over the holiday.

In June, the Harvester Relays come to Scotland. RR are organising the event, which is being held on John Tullie's farmland next to the A7 between Hawick and Langholm. The Harvester is a five- or seven- person relay, starting at around 11:00pm and continuing through the night, with the winning

team finishing around 7:00 in the morning. Which will give a good three hours to prepare for the SOL which is being held on the same area. The Harvester should be quite a big event, with teams coming from all over the UK. Interlopers have been second on several occasions, and have even won the thing in recent times.

The East of Scotland Junior Training (ESOKids) came to Mortonhall in November, the first time that training had doubled up with one of the regular CATI events that I was organising. ESOKids 'supremo' Ron Nolan asked me if could plan some "Score" training. This worried me a little, as my ability at Score orienteering isn't the greatest. However, a little pep-talk from Ann Haley (Mortonhall will be great – all you have to do is put out loads of controls), convinced me that it could be really good.

I had one false start at planning – the highland cattle moved fields – meaning that I had to shuffle a half-day off work to replan. At it happened, the courses were much better for it, as there were three natural 'loops' of controls: one around the campsite; one around the garden-centre and the southern fields; one in the centre of the estate.

With help from Ron, the controls were all out before the training started at 1:00, and well before the CATI began at 2:00 – a first for me, as I normally seem to have to put controls out after the first runners have started.

There were about fifty runners on the day – thirty at the CATI, and twenty at the training, including Stephen and Mark, Iain, Sean and Max. Judging by the noise, everyone appeared to have a good time.

The next Interlopers CATI is also doubling up as ESOKids training. This is at Dalkeith Park on January 28<sup>th</sup>. We already have permissions for the area. If anyone would like to plan, please contact me. Planning CATIs doesn't need the greatest skills - if I can do it, then anyone can.



Social Secretary has always been a difficult task to fill on the Committee - like many other roles, often a thankless task, but a vital one nonetheless, as chatting to club mates at the start/finish of an event isn't always the easiest way for newer Club members to get to meet others. At present, we're without a Social Secretary, although all sorts of social activities do happen. Fiona Weir has volunteered to try to co-ordinate some of the "family" activities, such as the Burn's Night get-together, Halloween, maybe a summer barbeque. There is also a Christmas Party (at the Haleys' this year), and the Club Champs, organised by Ben Hartman, on December 18th almost certainly at Yellowcraigs (bethere, or be shopping).

Weekends away, particularly at "Woodlands" in Speyside, have been popular in the past, but haven't happened in the last

couple of years. Next year in September, there's a double-header weekend of the 11 Person Relay and a SOL. This could be a great opportunity for a Club weekend away, to Woodlands, or perhaps on one of the other hostels in the area.

Your Committee also came up with the suggestion of a low-key monthly 'social', based at someone's house, and perhaps combined with a group run. To get this going, I propose that there'll be a social run on roads/well-lit paths, on the second Monday of January, February and March, starting at 7:00 sharp from my house in Buckstone. I'll provide some soup for afterwards. Non-running partners/children are welcome to house-sit and stir the soup. It will help for soup numbers if you can let me know whether you'll be coming, but feel free to turn up unannounced.

More adult socials (no, not that sort), such as Theatre evenings, trips to the cinema, informal Sunday runs on the Pentland etc often occur at short notice, and are usually arranged by email. If you're not on the Club's email list, then you could miss out on these. Anyone wishing to be added onto the Club's "closed" email list, please send a message to [Paul.Caban@ed.ac.uk](mailto:Paul.Caban@ed.ac.uk).

Finally, please remember that this is your Club, and although the Committee can provide a steer to co-ordinating activities, we can't possibly do everything ourselves. The Club holds a series of events through the year: regular Come-And-Try-It events around Edinburgh, one or two district events (SoSOLs) each year, a SOL every other year, and our share of the other major events that move round the country. Please volunteer to organise/plan one of these events: none of this happens without volunteers. Mentors can be provided to help people who haven't too much organising experience, or are just a little unsure about how to get started. We have a planner and organiser for our SoSOL on Norman's Law in February (thanks to Graeme and Brad for volunteering). There's a CATI at the end of January at Dalkeith Park just waiting for someone to champion, and we will have a couple more local events in the late spring/early summer too, that could have your name on. If there's something you'd like to do, just let us know.

Several of the new Club members have asked about buying club O-tops. The Club has no stock further of its distinctive green/yellow O-tops, however, I've checked with Rick (CompassPoint) that the same style is still available. The cost will be £20 for seniors, and £10 for juniors – this includes a modest subsidy for seniors (effectively the cost of the screen print of the Club's name), and a fifty percent reduction for juniors.

A full range of both adult and child sizes are available. Past experience suggests that if you're not sure of your size in (Silva) O-top, then it's best to check with another Interloper of a similar shape to you. Please pass order details to me at [Paul.Caban@ed.ac.uk](mailto:Paul.Caban@ed.ac.uk) (preferable) or by phone on 0131 445 3098. The order will be sent in early February, to arrive in time for the good weather in the spring when we cast off our cagoules...

# Fixtures

## January

**1st** INVOC New Year Score Event.  
Gallowhill, North Kessock. NH/479504.  
Ken Davidson, 01463 239511. [ken.lil@tesco.net](mailto:ken.lil@tesco.net)  
£4.00/£2.00. No dogs. [www.invoc.org](http://www.invoc.org)

**2nd** INT New Year Score Event 2.  
nveruglas, Kingussie. NH/820015.  
Kenneth Daly, 0131 661 4089. [kennethdaly@beeb.net](mailto:kennethdaly@beeb.net)  
£4.00/£1.50. EPS-Emit.  
Mass start 1100 hrs + late starts accepted.

**14th** ESOC Local Event.  
East Craiglockart Hill, Edinburgh. NT/235707.  
Janet Clark, 0131 225 7771 [janetclr@aol.com](mailto:janetclr@aol.com) Start times 2.00  
- 3.00pm Entry fee £2/£1, from Craighouse Road.

**15th** ESOC Sprint-O.  
Hopetoun House, South Queensferry. NT/090789.  
Organiser: Roger Scrutton, 01968 674257.  
[rascrutt@glg.ed.ac.uk](mailto:rascrutt@glg.ed.ac.uk)  
Entries: Andrew Dalglish, 7 Silverburn Drive, Penicuik,  
Midlothian, EH26 9AQ, 01968 675737. [dalglish@gmail.com](mailto:dalglish@gmail.com)  
CD: 11/01/06. £6.00/£3.00, £3 Yellow Course. Lim EOD.  
Chq: ESOC.  
CC - Yellow only.  
Two separate races with chasing start for second; Long or  
Short courses.

**28th** INT Local Event.  
Dalkeith Country Park, Dalkeith. NT/336677.  
Paul Caban, 0131 445 3098 [Paul.Caban@ed.ac.uk](mailto:Paul.Caban@ed.ac.uk)  
Starts 2:00->3:00.

## February

**5th** ELO District Event & SoSOL 5.  
Duns Castle, Duns.  
Sheila Strain, 01875 611014. [s.strain@ndirect.co.uk](mailto:s.strain@ndirect.co.uk)  
£4.00/£2.00 + SI hire 50p. EPS-SI. String course

**11th** ESOC Local Event.  
Mary Erskine School & Ravelston Woods  
Edinburgh. NT/221740.  
Janet Clark, 0131 225 7771 [janetclr@aol.com](mailto:janetclr@aol.com)  
Start times 2 - 3pm, £2/£1,  
Car park in Craigleith Rise, off Ravelston Dykes.

**25th** ELO Local Event.  
Levenhall, Musselburgh. NT/358735.  
Trina Rogerson, 01368 864922

**26th** INT District Event & SoSOL 7.  
Norman's Law, Luthrie, Fife. NO/305202.  
Brad Connor, 01506 203078. [bradc@beeb.net](mailto:bradc@beeb.net) £4.50/£2.00  
(inc Studs/Unwaged). EPS-SI. String course. Dogs only in car  
park on lead.

## March

**5th** SOLWAY Regional Event & SOL 1  
Dalbeattie Town Wood & Barhill Plantation, Dalbeattie, Nr  
Dumfries.  
Organiser: Derek Kennedy (in the interim), 01389 270930.  
[derek.kennedy@tesco.net](mailto:derek.kennedy@tesco.net)  
Entries: addressee TBA. CD: *unknown*. Fees TBA.  
*Full registration pending*

**11th** ESOC Local Event.  
Cammo, Edinburgh. NT/177749  
Janet Clark, 0131 225 7771 [janetclr@aol.com](mailto:janetclr@aol.com)  
Start times 2 - 3pm, £2/£1, Cammo Road entrance.

**19th** AYROC District Event & SoSOL 8  
Three Parks, Kilmarnock. NS/434392.  
Dougie Condry, 01292 318190. [dougiecondry@aol.com](mailto:dougiecondry@aol.com)  
Fees TBA. EPS-SI. [www.ayroc.co.uk](http://www.ayroc.co.uk)

**25th** ELO Local Event.  
Vogrie, Gorebridge. NT/374631.  
Trina Rogerson, 01368 864922

**26th** TAY Regional Event & SOL 2  
Mill of Fortune, Comrie. NN/787195.  
Organiser: Fiona Downie, 01764 653669  
[f-downie@quista.net](mailto:f-downie@quista.net)  
Entries: Donald Smith, 7 Ritchie Place, Crieff, Perthshire,  
PH7 3SL, 01764 655842. [donald@dasmith.fsworld.co.uk](mailto:donald@dasmith.fsworld.co.uk)  
CD: 10/03/06. £8.00/£3.00. Lim EOD + £1.00.  
Chq: Tayside Orienteers. EPS-SI. String course.  
[www.taysideorienteers.org.uk](http://www.taysideorienteers.org.uk)

The SoSOL series is now well underway, with three events  
down, and six to go:

Jan 29<sup>th</sup> Palacerigg Country Park  
Feb 5<sup>th</sup> Duns Castle  
Feb 19<sup>th</sup> Balmaha  
Feb 26<sup>th</sup> Norman's Law – Interlopers  
Mar 19<sup>th</sup> Three Parks, Kilmarnock  
Apr 1<sup>st</sup> Devilla

# Results

## Royal Deeside 2005 31<sup>st</sup> July – 5<sup>th</sup> August

### Day 1 – Cambus O'May

<b>M10A</b>		
6 <sup>th</sup>	Mark Haley	13.40
<b>M21L</b>		
33 <sup>rd</sup>	Graeme Ambler	81.09
<b>M21S</b>		
37 <sup>th</sup>	Tim Barrow	66.44
63 <sup>rd</sup>	Graeme Ross	87.23
<b>M35L</b>		
9 <sup>th</sup>	Graeme Ackland	60.08
13 <sup>th</sup>	Pat Bartlett	63.46
<b>M40L</b>		
34 <sup>th</sup>	Ken Daly	74.34
<b>M50S</b>		
37 <sup>th</sup>	Colin Inverarity	45.26
<b>M55L</b>		
108 <sup>th</sup>	Steve Ambler	90.02
<b>W40L</b>		
3 <sup>rd</sup>	Ann Haley	48.17
55 <sup>th</sup>	Jane McIntyre	100.23
<b>W40S</b>		
54 <sup>th</sup>	Patricia Alston	107.42
<b>W45L</b>		
41 <sup>st</sup>	Morag McIntyre	78.20
<b>White</b>		
27 <sup>th</sup>	Max Bloor	19.39
45 <sup>th</sup>	James Ackland	23.50
70 <sup>th</sup>	Logie & Callum McIntyre	67.45
<b>Lt Green</b>		
7 <sup>th</sup>	Jane Ackland	34.21

by Ann Haley

The start of another 6 day. Already, many Interlopers had been involved in some of the key roles to make the event happen. In particular Day 1 was our day, and had involved various trips north for Colin Eades, Graham McIntyre and Rob Bloor (and families). Thanks must go to all those involved in making the entire event happen. My own little role was with Lorna and Trish in creating the string course. Our theme, based on the book *The Smartest Giant in Town*, proved interesting. Permission to use this came through at the last minute, and Trish created the pictures. The hiccup on the

day was that the pictures had been left behind! While Lorna struggled with the jigsaw of the tent, Max's book soon became 10 rapidly created pictures. Come 10am, we were ready to go. It was a busy day, seeing 248 string and 172 off string competitors go through!

Reports from the forest suggested it was tough underfoot, and it was. It was also dry, with the lake being a flat bed of moss! The late start I had didn't reduce the roughness of the area, but at least by then I could see where I was putting my feet. I lost the plot a couple of times, but they weren't big setbacks. I returned, having had a great start to the week.

### Day 2 - Scolty

<b>M10A</b>		
5 <sup>th</sup>	Mark Haley	15.29
<b>M10B</b>		
5 <sup>th</sup>	Donald McIntyre	16.11
13 <sup>th</sup>	Angus McIntyre	17.49
<b>M21L</b>		
52 <sup>nd</sup>	Graeme Ambler	93.25
<b>M21S</b>		
33 <sup>rd</sup>	Graeme Ross	74.05
<b>M35L</b>		
7 <sup>th</sup>	Graeme Ackland	63.20
12 <sup>th</sup>	David Eades	68.23
25 <sup>th</sup>	Pat Bartlett	81.29
<b>M40L</b>		
31 <sup>st</sup>	Ken Daly	86.11
<b>M45L</b>		
9 <sup>th</sup>	Rob Bloor	62.07
<b>M45S</b>		
5 <sup>th</sup>	Graham McIntyre	42.07
<b>M50S</b>		
35 <sup>th</sup>	Colin Inverarity	53.04
<b>M55L</b>		
124 <sup>th</sup>	Steve Ambler	126.36
<b>W12B</b>		
16 <sup>th</sup>	Claire McIntyre	28.00
<b>W35L</b>		
7 <sup>th</sup>	Lorna Eades	72.53
<b>W40L</b>		
9 <sup>th</sup>	Ann Haley	57.16
57 <sup>th</sup>	Jane McIntyre	103.27
<b>W40S</b>		
18 <sup>th</sup>	Patricia Alston	60.45

<b>W45L</b>		
45 <sup>th</sup>	Morag McIntyre	69.41

<b>White</b>		
21 <sup>st</sup>	Max Bloor	21.28
60 <sup>th</sup>	James Ackland	32.59

<b>Orange</b>		
5 <sup>th</sup>	Rachel Ambler	41.00

<b>Lt Green</b>		
2 <sup>nd</sup>	Graham Haley	36.11
4 <sup>th</sup>	Jane Ackland	38.10
24 <sup>th</sup>	John Barrow	59.11
41 <sup>st</sup>	Sue Twissell	75.58

### Lorna's run

Day 2 was my start to the 6-day having nobly opted to run the string course on Day 1. (Those who know me better will know that Cambus and Lorna do not have a happy relationship!).

An early start meant legging it the ~2 km to start having fought with the club tent. But I made it with time to spare and off into the forest. Control 1 a bit hesitant, but then settled down to slogging up the hill through the next few controls. This early part of the course was on the new section to be mapped and it generally seemed quite pleasant with good contour features and small patches of darker green to navigate around. After control 6 we descended down onto the older section of the area and as I had run on Scolty a few times previously, knew roughly what to expect. ahh complacency is a fine thing and soon got caught out no 8! The later section of the course was on the flat very runnable area near the river, a lovely piece of forest. However as I had now been out for around 60 mins I could have down without a final little up hill loop to the north of the finish. I finished a creditable 7th in 72 mins just behind my long-standing rival, (from W17 days!) Rona Malloy.

### Day 3 – Glen Feardar

<b>M10A</b>		
7 <sup>th</sup>	Mark Haley	19.33
<b>M10B</b>		
9 <sup>th</sup>	Donald McIntyre	21.11
14 <sup>th</sup>	Angus McIntyre	23.23

<b>M21L</b>		
30 <sup>th</sup>	Graeme Ambler	78.09
<b>M21S</b>		
29 <sup>th</sup>	Graeme Ross	57.34
77 <sup>th</sup>	Tim Barrow	96.45
<b>M35L</b>		
16 <sup>th</sup>	David Eades	65.41
32 <sup>nd</sup>	Pat Bartlett	84.25
<b>M40L</b>		
51 <sup>st</sup>	Ken Daly	85.08
68 <sup>th</sup>	Ian McIntyre	114.45
<b>M45L</b>		
11 <sup>th</sup>	Rob Bloor	56.46
<b>M45S</b>		
1 <sup>st</sup> !!	Graham McIntyre	39.24
<b>M50S</b>		
55 <sup>th</sup>	Colin Inverarity	71.14
<b>W35L</b>		
9 <sup>th</sup>	Lorna Eades	58.08
<b>W40L</b>		
6 <sup>th</sup>	Ann Haley	52.05
<b>W40S</b>		
26 <sup>th</sup>	Patricia Alston	71.59
<b>W45L</b>		
55 <sup>th</sup>	Morag McIntyre	79.33
<b>White</b>		
29 <sup>th</sup>	Max Bloor	30.19
38 <sup>th</sup>	James Ackland	33.18
<b>Lt Green</b>		
11 <sup>th</sup>	Jane Ackland	48.49
21 <sup>st</sup>	John Barrow	65.38
31 <sup>st</sup>	Sue Twissell	72.31

#### *Graham Mc on his return from injury*

The Six Days is an event to look forward to as it brings out much of the best in Scottish Orienteering, and having missed most of the last two years with dodgy knees it was especially good to be fit enough to compete.

As planner of day 1 I had come into the event with Cambus upper most in my mind, and had indeed been on the verge of exhaustion by the end of Sunday.

A reasonable run at Scolty and fond memories of previous visits to Glen Feardar meant I went into Day three hoping to enjoy my run. The area is hilly but has much less vegetation around the ankles than most forests; this should be a help to my legs with their lack of terrain training.

The first few legs, uphill inevitably, went cautiously - wary of making silly mistakes with fine navigation when depleted of oxygen.

Legs 3 to 4 took us onto the moorland, where my legs seemed to be running

nicely and the controls were where I expected them to be.

A downhill section going into the forest, I was going a bit too quickly but rode my luck as a couple of controls turned up a bit before I expected them.

The run-in was rather long, but gently downhill - and the legs were going better than they had for a long time.

I was pleasantly surprised to win, and went in to the rest of the 6 days with more confidence.

By the end of the week I had been thoroughly tested by tougher areas and missed controls from trying to run too hard. All my good luck came at Glen Feardar - but it is always good to win an event, particularly in a prime Scottish forest at the Six Days.

### Day 4 - Allt Chailleach

<b>M10A</b>		
7 <sup>th</sup>	Mark Haley	16.37
<b>M21L</b>		
22 <sup>nd</sup>	Graeme Ambler	72.27
<b>M21S</b>		
33 <sup>rd</sup>	Tim Barrow	66.18
54 <sup>th</sup>	Graeme Ross	77.56
<b>M35L</b>		
8 <sup>th</sup>	Graeme Ackland	62.22
11 <sup>th</sup>	David Eades	63.49
17 <sup>th</sup>	Pat Bartlett	71.06
<b>M40L</b>		
32 <sup>nd</sup>	Ken Daly	78.28
<b>M45L</b>		
30 <sup>th</sup>	Rob Bloor	69.36
<b>M45S</b>		
4 <sup>th</sup>	Graham McIntyre	41.52
<b>M50S</b>		
6 <sup>th</sup>	Colin Inverarity	40.51
<b>W35L</b>		
14 <sup>th</sup>	Lorna Eades*	69.56
<b>W40L</b>		
3 <sup>rd</sup>	Ann Haley	60.42
53 <sup>rd</sup>	Jane McIntyre	104.01
<b>W40S</b>		
19 <sup>th</sup>	Patricia Alston	47.49
<b>W45L</b>		
27 <sup>th</sup>	Morag McIntyre	62.22
<b>White</b>		
24 <sup>th</sup>	James Ackland	22.53
30 <sup>th</sup>	Max Bloor	26.07
45 <sup>th</sup>	McIntyre Family	55.18
<b>Orange</b>		
33 <sup>rd</sup>	Rachel Ambler	61.35

### Lt Green

3 <sup>rd</sup>	Jane Ackland	37.46
6 <sup>th</sup>	Graham Haley	41.08
41 <sup>st</sup>	Sue Twissell	94.12

\*voided legs (*they've never looked that bad to me! - Ed*)

Most improved performance of the day came from Colin Inverarity. When I asked him whether he'd had a good 6-Day, he told me that he has been so used to 'blowing' the first control on day 1 of such events that when he ran straight to it, he was so overcome that he spent ages getting to No. 2, and didn't really recover until day 4!

### Day 5 - Bogendreip

<b>M10A</b>		
2 <sup>nd</sup>	Mark Haley	14.10
<b>M10B</b>		
3 <sup>rd</sup>	Donald McIntyre	11.32
15 <sup>th</sup>	Angus McIntyre	15.42
<b>M21L</b>		
34 <sup>th</sup>	Graeme Ambler	69.03
<b>M21S</b>		
71 <sup>st</sup>	Tim Barrow	82.01
<b>M35L</b>		
13 <sup>th</sup>	David Eades	56.41
15 <sup>th</sup>	Graeme Ackland	57.39
27 <sup>th</sup>	Pat Bartlett	65.56
<b>M40L</b>		
27 <sup>th</sup>	Ken Daly	62.55
<b>M45S</b>		
3 <sup>rd</sup>	Graham McIntyre	36.20
<b>M50S</b>		
27 <sup>th</sup>	Colin Inverarity	41.54
<b>W12B</b>		
19 <sup>th</sup>	Claire McIntyre	30.32
<b>W35L</b>		
9 <sup>th</sup>	Lorna Eades	53.54
<b>W40L</b>		
6 <sup>th</sup>	Ann Haley	42.14
47 <sup>th</sup>	Jane McIntyre	64.41
<b>W40S</b>		
30 <sup>th</sup>	Patricia Alston	48.21
<b>W45L</b>		
57 <sup>th</sup>	Morag McIntyre	73.30
<b>White</b>		
23 <sup>rd</sup>	James Ackland	17.17
36 <sup>th</sup>	Max Bloor	21.28
71 <sup>st</sup>	Logie & Callum McIntyre	47.04
<b>Lt Green</b>		
4 <sup>th</sup>	Jane Ackland	27.00
10 <sup>th</sup>	Graham Haley	35.37

## Day 6 – Glen Dye

**M10A**  
2<sup>nd</sup> Mark Haley 13.45

**M10B**  
2<sup>nd</sup> Donald McIntyre 11.52  
28<sup>th</sup> Angus McIntyre 32.31

**M35L**  
11<sup>th</sup> Graeme Ackland 63.20  
14<sup>th</sup> David Eades 68.23  
24<sup>th</sup> Pat Bartlett 77.35

**M40L**  
32<sup>nd</sup> Ken Daly 71.54

**M45L**  
55<sup>th</sup> Rob Bloor 73.57

**M45S**  
9<sup>th</sup> Graham McIntyre 47.20

**W35L**  
11<sup>th</sup> Lorna Eades 63.08

**W40L**  
4<sup>th</sup> Ann Haley 51.55  
51<sup>st</sup> Jane McIntyre 111.31

**W40S**  
31<sup>st</sup> Patricia Alston 58.00

**W45L**  
56<sup>th</sup> Morag McIntyre 85.26

**White**  
34<sup>th</sup> Max Bloor 23.37  
55<sup>th</sup> James Ackland 33.19

**Orange**  
11<sup>th</sup> Rachel Ambler 41.10

**Lt Green**  
6<sup>th</sup> Graham Haley 30.41  
7<sup>th</sup> Jane Ackland 32.11  
29<sup>th</sup> Sue Twissell 56.00

### Mark Haley's thoughts

Day 5 Bogendreip

(Could they have thought of a worse name!)

It was fast. The course was straight forward.

Day 6 Glen Dye

Another straight forward course. Quite damp in places but I had a good run in for a fast time. (On this day, Ann must have found the only wet bit in Deeside and went up to her middle!)

## Overall Positions

**M10A** Mark Haley 4<sup>th</sup>  
**M10B** Donald McIntyre 7<sup>th</sup>  
Angus McIntyre 23<sup>rd</sup>  
**M21L** Graeme Ambler 30<sup>th</sup>  
**M21S** Graeme Ross 49<sup>th</sup>  
Tim Barrow 66<sup>th</sup>

**M35L** Graeme Ackland 10<sup>th</sup>  
David Eades 15<sup>th</sup>  
Pat Bartlett 24<sup>th</sup>

**M40L** Ken Daly 40<sup>th</sup>  
Ian McIntyre 92<sup>nd</sup>

**M45L** Rob Bloor 26<sup>th</sup>

**M45S** Graham McIntyre 3<sup>rd</sup>

**M50S** Colin Inverarity 31<sup>st</sup>

**M55L** Steve Ambler 138<sup>th</sup>

**W12B** Claire McIntyre 21<sup>st</sup>

**W35L** Lorna Eades 11<sup>th</sup>

**W40L** Ann Haley 4<sup>th</sup>

Jane McIntyre 58<sup>th</sup>

**W40S** Patricia Alston 28<sup>th</sup>

**W45L** Morag McIntyre 47<sup>th</sup>

**White** Max Bloor 31<sup>st</sup>  
James Ackland 33<sup>rd</sup>  
Logie & Callum McIntyre 120<sup>th</sup>

**Orange** Rachel Ambler 25<sup>th</sup>

**Lt Gr** Jane Ackland 3<sup>rd</sup>

Graham Haley 4<sup>th</sup>

Sue Twissell 36<sup>th</sup>

John Barrow 48<sup>th</sup>

## SOL 4 4 September Carse of Ardersier

**JM2** 2.2km  
2<sup>nd</sup> Mark Haley\* 14.11

**JM4** 3.1km  
3<sup>rd</sup> Stephen Haley 35.02

**M21L** 9.6km  
3<sup>rd</sup> Graeme Ackland 59.43

**M35L** 8.1km  
3<sup>rd</sup> Ben Hartman 52.31

5<sup>th</sup> Brad Connor 65.32

**M40L** 8.1km  
7<sup>th</sup> Ken Daly 65.19

**M45L** 7.2km  
4<sup>th</sup> Rob Bloor 51.43

**W21L** 7.2km  
3<sup>rd</sup> Lena Kask 65.07

**W35S** 5km  
1<sup>st</sup> Heather Hartman 53.41

**W40L** 6.6km  
3<sup>rd</sup> Ann Haley 69.52

**W40S** 4.4km  
4<sup>th</sup> Patricia Alston 61.11

**White**  
1<sup>st</sup> James Ackland 18.07  
4<sup>th</sup> Max Bloor 20.10

**Lt Green**  
1<sup>st</sup> Graham Haley 33.10

\*Mark 2<sup>nd</sup> by 1 second!!

## Scottish Score Champs 17 September

### Loch Doon

**M10** 2<sup>nd</sup> Max Ledlie 10 Pts

**M21** 1<sup>st</sup> Murray Strain 510

**M35** 1<sup>st</sup> Ben Hartman 400  
8<sup>th</sup> Colin Ledlie 120

**M40** 3<sup>rd</sup> Ken Daly 360

**W10** 2<sup>nd</sup> Hannah & Cherie Ledlie -5 !

**W35** 1<sup>st</sup> Heather Hartman 221

## SOL 5 18 September Loch Doon

**JM2** 1.6km 40m  
9<sup>th</sup> Max Ledlie 16.32

**M21L** 11km 560m  
6<sup>th</sup> Graeme Ackland 85.45

**M35L** 9km 520m  
2<sup>nd</sup> Ben Hartman 63.32

**M35S** 6.2km 300m  
2<sup>nd</sup> Colin Ledlie 84.16

**M40L** 9km 520m  
3<sup>rd</sup> Ken Daly 82.17

**M45L** 7.5km 330m  
3<sup>rd</sup> Rob Bloor 54.48

**M75L** 3.7km 155m  
3<sup>rd</sup> Ray Heyworth 75.4

**JW1** 1.2km 35  
3<sup>rd</sup> Hannah & Cherie Ledlie 14.13

**W21L** 7.2km  
8<sup>th</sup> Lena Kask 108.13

**W35S** 5.1km 245m  
1<sup>st</sup> Heather Hartman 59.45

**W40S** 3.7km 155m  
5<sup>th</sup> Patricia Alston 74.26

**White**  
1<sup>st</sup> James Ackland 13.02  
4<sup>th</sup> Max Bloor 17.26

## Scottish Night Champs & SOL 6 8/9 October Drummond Hill

### Night Champs

<b>M40L 4.5km 120m</b>	
5 <sup>th</sup> Graeme Ackland	49.06
7 <sup>th</sup> Ken Daly	54.03

<b>W35L 3.8km 100m</b>	
2 <sup>nd</sup> Darina Cunnane	65.27

<b>Nyellow 2.4km 80m</b>	
2 <sup>nd</sup> Stephen Haley	24.15
3 <sup>rd</sup> Sean & Stuart Rogerson	29.19
5 <sup>th</sup> Iain & Paul Cackette	45.02

### SOL 6

<b>JM3 2.4km 90m</b>	
6 <sup>th</sup> Stuart Watson	34.00
7 <sup>th</sup> Sean Rogerson	36.15
10 <sup>th</sup> Iain Cackette	45.02

<b>JM4 3.4km 135m</b>	
4 <sup>th</sup> Stephen Haley	42.11

<b>M21L 10.7km 560m</b>	
2 <sup>nd</sup> Graeme Ackland	88.16

<b>M35L 9.3km 445m</b>	
2 <sup>nd</sup> Ben Hartman	80.40
4 <sup>th</sup> Brad Connor	96.32

<b>M40L 9.3km 445m</b>	
3 <sup>rd</sup> Ken Daly	92.47
9 <sup>th</sup> Donald Reay	111.50

<b>M45L 7.7km 385m</b>	
11 <sup>th</sup> Rob Bloor	75.58

<b>M75L 3.4km 160m</b>	
3 <sup>rd</sup> Ray Heyworth	111.45

<b>W21L 7.7km 385m</b>	
nd Lorna Eades	85.02

<b>W35S 4.6km 235m</b>	
1 <sup>st</sup> Karen Dobbie	67.02

<b>W40L 6km 300m</b>	
3 <sup>rd</sup> Ann Haley	74.06

<b>W45L 4.6km 235m</b>	
10 <sup>th</sup> Morag McIntyre	86.02

<b>White 1.6km 60m</b>	
2 <sup>nd</sup> Max Bloor	27.04
4 <sup>th</sup> James Ackland	33.49

<b>Lt Green</b>	
1 <sup>st</sup> Jane Ackland	37.28

similar to the end of the longer courses so I had the comfort of having people around me for most of the run.

### Day Event

The course made good use of the area. The first half I ran really well but made a few errors in the second half. All in all these were a great couple of events.

## SOL 7 6 November Alterstane, Broughton

<b>JM2 2.9km 75m</b>	
4 <sup>th</sup> Max Ledlie	29.24

<b>JM4 3.8km 140m</b>	
5 <sup>th</sup> Stephen Haley	46.32

<b>M21L 8.5km 300m</b>	
5 <sup>th</sup> Graeme Ackland	68.46
13 <sup>th</sup> Peter Murphy	104.55

<b>M35L 7.2km 260m</b>	
2 <sup>nd</sup> Ben Hartman	53.18

<b>M35S 6.1km 190m</b>	
4 <sup>th</sup> Colin Ledlie	85.15

<b>M40L 7.2km 260m</b>	
3 <sup>rd</sup> Ken Daly	68.58
7 <sup>th</sup> Paul Caban	86.25

<b>M55S 4.8km 180m</b>	
3 <sup>rd</sup> Pat Squire	82.50

<b>M75L 4.4km 145m</b>	
3 <sup>rd</sup> Ray Heyworth	115.51

<b>W21S 4.8km 180m</b>	
1 <sup>st</sup> Emily Seaman	60.12
9 <sup>th</sup> Jen Murphy	108.51

<b>W35L 6.1km 190m</b>	
1 <sup>st</sup> Heather Hartman	63.12

<b>W40L 6.1km 190m</b>	
1 <sup>st</sup> Ann Haley	60.05

<b>W40S 4.4km 145m</b>	
3 <sup>rd</sup> Jane Ackland	68.08

<b>W45L 4.8km 180m</b>	
3 <sup>rd</sup> Morag McIntyre	70.06

<b>White 2.8km 75m</b>	
2 <sup>nd</sup> James Ackland	43.00
3 <sup>rd</sup> Hannah & Cherie Ledlie	47.53

<b>Yellow 2.9km 75m</b>	
5 <sup>th</sup> Callum & Logie McIntyre	92.46

<b>White 2.8km 75m</b>	
2 <sup>nd</sup> James Ackland	43.00
3 <sup>rd</sup> Hannah & Cherie Ledlie	47.53

<b>Yellow 2.9km 75m</b>	
5 <sup>th</sup> Callum & Logie McIntyre	92.46

<b>White 2.8km 75m</b>	
2 <sup>nd</sup> James Ackland	43.00
3 <sup>rd</sup> Hannah & Cherie Ledlie	47.53

<b>Yellow 2.9km 75m</b>	
5 <sup>th</sup> Callum & Logie McIntyre	92.46

### Emily's day out

Well, I woke up on the nasty wet morning that was November 6th to the rain hammering against my window. Jumping out of bed and seeing the downpour, I nearly jumped back in again

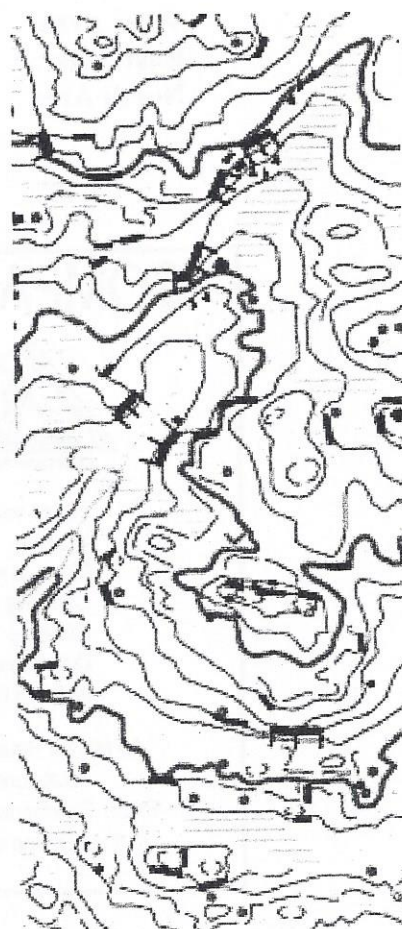
and rang Pat to tell him I didn't need that lift after all!

However, by the time we got near Broughton the rain had stopped and the sun was beginning to shine.

After a quick change and jog to the start, I was ready to go. I thankfully left myself enough time to enjoy the stunning views from up at the start area.

Altarstone Forest was a nice runnable area of forest along the side of a reasonably steep valley. Lots of legs up and down the hillside and some interesting route choices.

I think my lack of fitness helped in slowing me down so I could navigate more effectively! I had a good clean run - but still only managed 4.8km in just over 60 minutes. However, back at that results it seemed quite a few people had obviously found the area tough going and my result wasn't so bad after all!



### Stephen's view

#### Tinto Twin Night Event

This was a great first night run on my own. I really enjoyed the challenge. There was a special ring to this event with so many Swedes being there. The planning was very good. My course was

## Junior News *(by Ann Haley)*

### JUNIOR TRAINING

The East of Scotland Orienteering Association would again like to express their thanks to Ronnie Nolan and Kathryn Middleditch, ESOC, for organising Junior Training this year, as well as the various coaches who are on hand. The children who attend have benefitted tremendously from these sessions. These training sessions have addressed the need for a good warm up, provided some technique training and have finished with fun relays. They have been extremely popular and supported by lots of willing helpers. These training sessions are improving the skills of the juniors as well as providing a great social occasion.

### JAMIE STEVENSON TROPHY

Interlopers entered a team of 6 juniors for this competition. All were kitted out in Interloper O suits and looked the part. It was a fantastic day – bright and sunny. The courses proved challenges with many small paths which confused the participants. All ran well. There was definitely intra-club rivalry on the trip to the event, so the challenge was on between the yellow participants. Mark just beat Iain despite confusion by the last control. We hope to extend our team so that we have more juniors to count next year. (I'll try and find a photo, Barry)

### JUNIOR INTER-AREA COMPETITION 2005

Twenty four children represented the East of Scotland in the Junior Inter-Area competition that was held on the 8/9<sup>th</sup> October, including 5 from Interlopers (Iain Cackette, Shaun Rogerson, Stuart Watson, Stephen and Mark Haley). The relay was held at Faskally, and the East fielded more teams than anyone (four boys teams, two girls teams and one adhoc). Mark Haley had a flyer around the yellow course! The children stayed overnight in the Pitlochry Youth Hostel. That night there was an opportunity to try out night orienteering and 4 of our juniors were keen to give it a go. It was definitely an adventure! The Junior Inter – Area Individual competition was held in conjunction with SOL6 at Drummond Hill. This time it was the turn of Stuart Watson to show what he was made of. Other club members weren't far behind. The team thoroughly enjoyed the weekend. Unfortunately we were beaten into second place again. It is hoped that as the squad gain more confidence they will become a stronger team. As far as I know, everyone enjoyed themselves!

Final result including relay and individual points was:

	Relay	Individual	Total
West Area	84	58	142 points
East Area	44	48	92 points
North Area	28	61	89 points

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