

# The Interloper



No. 176  
March 2017



Interloper event at Almondell and Calderwood Country Park 4th March

Photo K. Daly



## Interlopers Terrain Training & Post-Run Socials

Start 18:30 prompt at designated meeting point. The training programme has been created to encourage people to get out and train. Please refer to the website for suggested routes. Anyone that participates in any way does so at their own risk and are responsible for their own safety. No permissions have been arranged.

Date	Training run	Grid ref	Bite / drink
<b>Pub social after first run of each month (circa 20:00 hours)</b>			
23/03/2017	Harlaw, Bells Hill, Logan & big Dam: From Harlaw Farm public car park -17	NT240673	
30/03/2017	Castlelaw & Harbour Hill: From Castlelaw Ranges car park -5	NT230637	
06/04/2017	Boghall, Allermuir & Castlelaw: From Boghall Farm public car park -16	NT245652	Tusitala
13/04/2017	Blackford & Braids: From Blackford Observatory car park -1	NT258705	
20/04/2017	Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2	NT211676	
27/04/2017	Holyrood & Craigmillar: From Holyrood House car park -11	NT270738	
04/05/2017	Harlaw & Bavelaw: From Harlaw Farm public car park -9	NT181654	Riccarton Arms
11/05/2017	Riccarton, Baberton & canal. From NW of Riccarton Park & Ride -19	NT179701	
18/05/2017	Hillend, Swanston & Allermuir: From Hillend bottom car park beside Steading PH -10	NT249669	
25/05/2017	Holyrood Outer & Inner loops: From Holyrood House public car park -13	NT270738	
01/06/2017	Woodhall Rd, Torphin, Kinleith, Moidart, Rosebank, Duncans Belt, Lymphoy, River, Woodhall.Mains: From Woodhall Rd under the Bypass -18	NT204685	Spylaw Tavern

### Editor's Introduction

*Mary Ross*

**W**elcome to the March issue of *The Interloper*. Slightly bigger than the December issue! Thank to everyone who has contributed to this newsletter. It contains varied articles ranging from CompassSport Cup tales

from the past, event reports and Mountain Bike orienteering. There's also lots of news about future events so get those diaries out and start planning.

We have several new Interloper members for 2017 so on behalf of the club I'd like to extend a warm welcome.

Many thanks to the Carcas family for hosting yet another great Christmas party, this time in January with haggis and

games. The trophy was presented to the Club Champion (Ben's first ever trophy so very pleased!) and a small prize for the Oduko was awarded to John Barrow. Look out for another brain teaser puzzle on p. 17.



Club Champion Ben

Photo M. Ross

The fixtures list is packed full so lots to look forward to. There are several relay competitions coming up, JK, British, Scottish and Harvester, so let Rob Lee know if you're wishing to run in these.

*Mary*



## Chairman's Chat

March 2017

**Max Carcas**

Hello everyone! I hope you are having a good season of orienteering. Well done to everyone who took part in the CompassSport Cup Eliminator round at the weekend at Tentsmuir. The weather and the woods were great and I certainly enjoyed my course. As you probably know we won Leicester City style to secure our place in the final - Rob told me he thought our score of 1274 might have been our best score ever!

So the next question is whether we can assemble a team able to defend our title at the final. This will be on the 22 October 2017 at Virtuous Lady, Yelverton (on the edge of Dartmoor near Plymouth), organised by DEVON and KERNO. Obviously it's a bit of a trek but there are direct trains to Plymouth from Edinburgh and the sleeper via London. There are also return flights to Bristol and Exeter for £79-£95. This could be a great time to do that Autumn-in-Devon trip you've always wanted to do! Seriously if you are interested in going please let Rob know as he'll be seeing if we can get the coverage we need in the different age categories, he was even talking about chartering a plane!

We've also got quite a lot going on this year - events that we're putting on include - a bunch of SpINTElopes, the Scottish Relay Championships in May and an INTrepid SOUL at Livingston and a SOL at Drummond Hill in October. Of course a lot of you will be competing at the JK and the Scottish Six Days (which we are on the organising committee for with MAROC). If you can help in any way for these things do

let Pat Squire know, the sooner the better!

For those of you that were able to come I hope you enjoyed the Christmas January New Year party, we'll probably organise some sort of social/BBQ for the Scottish Six Days.

If you're really feeling adventurous some of us are planning to turn 50 this year, or next, or have already, or maybe aren't anyway near it... Anyway we plan to celebrate this in style by doing the 'Big 5-O' in South Africa over the New Year. It's a bit mad and certainly not very cheap but hey, it's orienteering in South Africa, it'll be nice and warm.... and when else could you be chased by a warthog - do come if you want!

See you out there

*Max*



## Events Update

**Pat Squire**

Events Coordinator

Our first event of 2017 was held recently at Almondell Country Park on Saturday 4th March. On a grey and misty day over 50 folk slipped and slid their way around Ken's various courses. There was a good turnout of Club members to provide assistance on the day and, despite a couple of "incidents" everything went smoothly.



Wet and muddy competitor at Almondell

Photo K. Daly

For the remainder of the year we have an extensive programme of CATI events in West Lothian and Edinburgh, SprINTElope

events on Wednesday evenings in the Spring & Summer, the Scottish Relays at Binning Wood in May and an INTrepid weekend in October. The full details are as follows:

1st		
April	Polkemmet	Sat series / CATI
6th		
May	Almond Park	Sat series / CATI
21st		
May	Binning Wood	SOC relays
3rd	Calder Wood	
June	(S)	Sat series / CATI
1st		
July	Dechmont Law	Sat series / CATI
2nd		
Sept	Eliburn	Sat series / CATI
7th		
Oct	Edinburgh	Sat series / CATI
28th		
Oct	Livingston	INTrepid weekend
29th		
Oct	Drummond Hill	INTrepid weekend
4th		
Nov	Edinburgh	Sat series / CATI

Details of the SPRINTelope series (which is being coordinated by Graeme Ackland) will be posted on the website once finalised.

For most of these events lead officials (Planner and Organiser) are already in place (many thanks to those who have volunteered) but I still need persons to fulfil these roles for the CATI event at Calder Wood on 3rd June and we still need an Organiser for the Urban part of the INTrepid weekend. Any offers?

I am in the process of producing a flier to advertise and promote the CATI events, especially to newcomers and beginners. If anyone is able to distribute copies of the flier (schools, brownies, cubs, libraries, sports centres, parkruns etc.) please let me

know and I will arrange for you to get appropriate numbers.



### **Prize giving coordinator required**

There is a need for someone to take on the role of coordinating the prize giving at the end of this year's Scottish 6 Days in August.

As one of the lead clubs it would be ideal if someone from Interlopers would offer to take on this role.

Jon Musgrave, Event Coordinator, says: "Prizes will be sorted so it is just the ceremony that needs arranging: podium for 3, flowers for elite, and dignitaries to do the presentation. There are also some helpers (usually some club juniors) who hand the prizes to the dignitaries. I'm sure we can get some juniors from both clubs to help and there is no urgency here other than maybe pre-warning a group of juniors to be on hand."

It is not too onerous and will not necessarily involve attending meetings before August. If you can offer your services to undertake this role please get back in touch.



## Notes from Paul Caban

**Club Terrain Training** occurs every Thursday, summer or winter, rain or shine. The programme is on the Club website and on p. 2. We typically run for around an hour in various locations, mostly around the southern edge of the city. It's all very sociable: if we have enough people, we'll split into faster and slower groups, otherwise, we 'regroup' every so often. And once a month we aim to head off for a pub meal afterwards. If you want more information, have a chat with one of the 'regulars': Ann, Graham, Ken or Paul.

The **Club email list** is the main mechanism for distributing announcements, including the Club Newsletter. It's restricted so that only members of the list can post to it – i.e. no external spam – and looked after by Paul, with help from Rob and Ann. If you're not on it with the right address, please contact me at [Paul.Caban@ed.ac.uk](mailto:Paul.Caban@ed.ac.uk); similarly if you \*really\* want to come off the list, I'll do that too (but please remember that it means that you won't then get the Club Newsletter).

Finally, one request to all list members: please don't use the list to have one-to-one conversations; i.e. please only 'reply-to-all' if you think that the whole list does need to know. Thanks.

**The Harvester** is the UK's overnight relay event, the equivalent of the Finnish Jukola which I wrote about in one of last year's Newsletters. It's been a while since the Club entered a Team in the Harvester – it's frequently a long way south – but noting

that this year's Harvester is to take place in June, in the Lake District on an area that I remember as being tremendous (Blakeholme) maybe this is the year for our comeback. Contact [Paul.Caban@ed.ac.uk](mailto:Paul.Caban@ed.ac.uk) if you have in-principle interest in making up a Team.



## CompassSport Cup Report

1996

*Paul Caban*

The year's CompassSport Cup heat took place on 12th March. As it's old news that we won the thing last year, I hereby provide a wee report of what happened when we last won it, in 1996. Although I'd just started orienteering by then, I was but a twinkle in the BOF membership database, and hence ineligible to compete. What follows is largely informed by (i.e. shamelessly lifted from) Colin Inverarity's Newsletter articles.

Back in the 90s, the CSC was a much different beast: a series of head-to-head competitions, with fixed numbers to count on each course. This at least meant that having an incomplete Team wasn't disastrous, as long as the Team was strong enough overall.

The first two rounds were played together in April, at Devilla. The first round saw us playing FVO before their 'world-domination' period had started, and neither of us had full Teams – we were missing two middle-aged men, and then a junior (how things change!). Lots of familiar faces counting for us, including: a pre-marriage Jane Hailey (though no Graeme); Rob, Colin (but no Lorna), Pat S, Darina and Ray

Heyworth. And competing, but not scoring, included me, Karen Dobbie and Steve Ambler. Oh, and Colin I got disqualified: I'm sure he's still sulking. Anyway, we won 30-26, meaning we progressed to the second round tie against CLYDE. Despite their significant strength (Donald Petrie, Patrick Walder, Dave Robertson), they had more gaps in the Team than we did, and we won 28-25.

The third-round aka quarter-final was played in the Lake District, against CLARO, from the Yorkshire Dales. The report suggests a \*lot\* of contours, and the courses suited the hill-running types. Again an incomplete Team, and no record of everyone who travelled, but counters for us included Ray, Rob, Jane and PatS again, as well as Ben and Lorna. And apparently, the Balfour-ettes – in Kirsty's pre-Olympic days - were 'stolen' from Mum'n'Dad for the day. Anyway, we won 29-17 this time, against a Team featuring Jason Inman and random Hensmans, all now of FVO.

The semi-final and final were again played together, at Brown Clee Hill in Shropshire at the end of October. Much agonising because it clashed with the final ScotlandsGaloppen (SOL) of the year at the Tinto Twin, and also the Karrimor. Apparently some people weren't looking for an excuse not to spend a miserable night in a too-small tent ....We had a full Team, and 24 people in total, and most people stayed in Shrewsbury YHA. The semi-final was against ERYRI (Snowdonia), including Andy Dale now of ECKO and was a very close 31-29 to us. The counting twelve included current/recent members: Ray, Lorna, Heather, Anthony (Squire), John Mitchell, Rob and Ben. The final was against SOS (Essex Stragglers), featuring no names at all that I recognise, and was a

slightly more comfortable 32-28. So, we'd won, for the first time, and against Clubs who were at that time strong, having each won the thing in the previous three years. Hooray for us!!

Colin's newsletter article reports that we'd of course have lost to any of the four 'big Clubs' who went to the final - EBOR, CLOK, TVOC and winners SLOW: interesting that none of these four made the 2016 final at all – but not so badly as to be embarrassing.

The following year, we again got to the final. I'd joined BOF by then, so was eligible to travel to Slaley in Northumberland, which I remember as a very 'green' forest where running round the paths was the sensible option, and a very damp day. We'd by then recruited Barry and Hilary Quick, and we steam-rolled SOS in the semi-final, before losing, just, to CLARO (who had also recruited) in the final.



## **Junior Inter-Areas weekend 2016/Moray Mix**

29-30 October 2016

**Jane Ackland**

This year's inter-area competition was a relative breeze for the East Junior Coordinator. It was North's turn to host, and with the area being Culbin, the weather being Clement, the organisers being Spreadsheet Trevor and Wonderwoman Catherine, I could relax and know that it would be good. All I had to do was rouse a demographically perfect East

team, with at least a couple of representatives for each category of M/W10 through to M/W18, and make up relay teams for orange-yellow-light green legs. Oh well.



East of Scotland team

Photo J. Ackland

Suffice it to say, we didn't quite win this year. However, there must be hope for the future as we have a posse of really enthusiastic and competent 10's and 12's who looked tiny on the start line this year. Meanwhile, North and West's gargantuan orange - coursers were clearly running down a category or three, and will probably be away at university next time around.

I hope East competitors enjoyed the relay, though we can really only claim success for the girls' teams. All credit goes to me for picking evenly balanced boys' teams – one mispuncher per team. Of course this was an Emit event, and there was a lot of discussion about the unintentionally evil planning of the last few controls, and we can't expect (sexism spoiler alert) boys, even M18's to read their control codes.



Relay start

Photo M. Ross

The overnight at Inverness Youth Hostel was pretty ideal, particularly for our East team, as there was enough space for families as well as all the interarea children. It is a great chance to get to know your rivals properly.

Sunday's SOL/individual proved much more successful for us, though with at least 4 categories without any East competitors, our third place was inevitable. My guess is that our team might be better able to locate their ammunition dumps of pine cones on the O-map than routegadget their course, but we did clock up some good runs.





Two girls from the team Photo J. Ackland

Thanks to Fiona, Leah, Pippa, David, Angus, Thomas, Matthew, Sam, Joseph, James and Freddie, who were our Interloper competitors.

As family Ackland will have no junior card to play after next year, I am keen to relinquish the East coordinator baton to someone who can really fit the job description of Spreadsheet Wonderwoman, who will have a year's grace (with West being next to organise) before their email inbox bursts.

If you like the sound of this weekend and fancy being part of the East team this year, then keep a look out for the date (some time in the Autumn). It's a great weekend for getting to know other juniors and basically lots of fun.

## EUOC Big Weekend

21-22 January 2017

*David Ivory (M12)*

I took part in the EUOC Big Weekend which was Big and happened over a Weekend (obviously) - and was an enjoyable event.

On Saturday I ran the Young Junior Men's urban sprint course. It was really foggy earlier to start with in the morning but then cleared up which was helpful. Registration was at the school I go to, and I had to sneak in past the cross-country training group as normally I'd go running with them. My brother, Dad and I were able to get very early starts (my brother was then going to Scout camp) and I ended up being the very first person back to the finish – so the organisers got to test their download equipment on me, which seemed very exciting for them!

I ran the orange course on Sunday as I'm now M12. Arthur's Seat is an area I know quite well – but I'm not sure that helped a lot really as I still managed to get a bit lost on a couple of controls which was irritating. I over-shot some controls too. My learning points were: always read the map properly, and check the scale. Next time I'll do more pacing too. And keep more clothing on for longer at the start as it was freezing cold and my fingers were like ice by the time the organisers were ready at the start. The micro-course was really good. The climbing-frame control would have been fun to do too if I'd been on one of the longer courses.

Overall I preferred Saturday as I didn't get lost at all; Sunday was more challenging!



# Inferno in Firenze?

8-9 October 2016

Pat Squire

Many people dressed in strange and exotic costumes rushing through the streets of Florence, seeking to decipher the codes written as strange hieroglyphs and which provide the clues leading to the final destination. The plot of a Dan Brown book / Tom Hanks (aka Robert Langdon) film? No, this was the Florence City Race weekend, one of the events of this year's Euro City Race Tour.

The weekend followed the format of many of the other events in the series with a race in the suburbs on the Saturday and a City Centre urban event on the Sunday.

The Saturday course was based upon a

hippodrome or race track (more a trotting course than the type of race track we are used to in the UK). The route to the start was parallel to a strip of parkland which comprised the race terrain. The first few controls took use further through the park before turning and zig-zagging our way back towards the assembly area. All of the courses finished with a (manned) crossing of the adjacent road before a final made dash along the home straight to the finish line.

Sunday's event was based in Florence City centre with the Start and Finish situated in the Piazza di Santa Croce. Courses visited many of the famous sights including the Palazzo Vecchio, the Uffizi museum, the Piazza della Signoria and the Duomo, many of which we had visited (by chance!) the previous day when in tourist mode.

As ever with these races there was a lot of route choice and so quick decision making



and close map contact was needed for fast times. Add in the distraction of the fine buildings and statutes and the constant presence of tourist and you have further challenges to add to your enjoyment.





## Keith Dawson: 'Life is not a dress rehearsal'

*This interview featured on a Portuguese Orienteering blog by Joaquim Margarido. Keith Dawson is a member of Interlopers.*



Keith Dawson. The name may sound unfamiliar to most readers, but everyone in the MTB Orienteering family knows him. Keith's enthusiasm and expertise make him a reference, both inside and outside the forest. To meet this true Master of the Masters, we dive deep into the MTB orienteering world, in a fascinating and enriching journey.

**You've been participating in most of the MTB Orienteering events in the last seasons and we could see you attending 14 out of 15 World Masters Series stages this year. At the age of 58, where do you find the motivation to keep on competing so regularly?**

**Keith Dawson (K. D.)** - I have learnt through some very tough times in Life that

Life is not a dress rehearsal! "If in doubt do it - you will always regret more what you don't do than what you do"! These are two of my Life memes, true whether you're setting up businesses in the "Wild East" in Ukraine and Cuba or competing/organising in MTBO! I have had two major knee constructions in the last four years and missed the TransRockies 6 day race, with my son, this summer through a shoulder injury - so absence makes the heart grow hungrier! That is motivation enough but meeting the great MTBO community and searching for that elusive "Perfect Run" are important too. In 42 years of FootO I only managed it twice and never in MTBO - not yet!

**Is this passion for bikes and MTBO a recent story?**

**K. D.** - I constantly thank my two teachers, Dave and Mike, who introduced me to Orienteering back in 1975! I sometimes wonder what my life would have been like without this treasure of friends, landscapes, races and travel that Orienteering has gifted me. I took up MTB in 1995 after a succession of FootO ankle injuries and have been fortunate to travel the world. Andes, New Zealand and Costa Rica the highlights. My first ever MTBO was the World Masters near Gdansk in 2010 and from the first race I was hooked!

**What do you see in MTBO that makes it so special?**

**K. D.** - The blend of speed, problem solving and technical riding is unique. The return of speed would be an exciting aspect for Masters FootO competitors if they tried it! Particularly those with "bad" knees! The MTBO community is also very special and quite unlike that in most sports. Solving the problems, at speed, set by our

hard working planners and mappers in new landscapes at speed is a legal “high”.

**What kind of “family” is the MTBO one?**

**K. D.** - As I say a uniquely friendly and inclusive one and of course global! There is also the good aspect of hard but friendly competition whether in Elite or Masters. I have had a unique opportunity this year with my 63 MTBO races in 15 countries to savour this delight to the full! Riders such as Jean-Charles Laveve, Wolf Eberle and Charlie Somers-Cocks give all of us, Masters, something to admire and aspire too!

**We all appreciate your enthusiasm and dedication in keeping us well-informed about the MTBO events, sharing maps, results and pictures, sometimes even before the official releases. How big is your concern about the communication subject?**

**K. D.** - Thank you! Communication is important in any aspect of Life and I've been pleased with the positive feedback. This helps to bring our community closer together. Even if you couldn't attend the race you can ask that great old question “Which way would I have gone?” Fix your map board to the turbo this winter! We need more communication, not less!

**Talking about the MTBO in general, are we going in the right way?**

**K. D.** - I would say we are generally heading in the right direction. Sandor [Talas] has ably guided us within the IOF framework and with HJ [Hans-Jørgen Kvåle] now as an IOF marketing manager the sport is moving forward with more events and rising standards.

There are a few areas I would comment on: MTBO should be a race not an “eye test”. The use of the correct scale, especially for Masters, is critical for full enjoyment. If in doubt use the larger scale option - we all know how to fold if necessary :). Some otherwise excellent races have been rather spoilt by use of the wrong scale. Masters expend a lot of income when they come to races both within our MTBO community and beyond, their needs need to be catered for too. I have also seen situations where not breaking a circle or covering a vital path have spoilt an otherwise great course. I would implore planners to consider these issues more carefully going forward.

We need to increase the number of women in our Sport and a “buddy” system could help. If all women brought a “buddy” along to an event and guided them this would increase numbers and quality of competition. It is a wonderful Sport! I think we also need to be slightly more inclusive with older age group classes and recognise that a five year age increase post 60 is different to post 50 and even more marked post 70. The last thing we need to do is to discourage older competitors, they are an inspiration to us all and also do a lot of organising! We can't afford to lose them.

Finally I would say that, in the light of recent independent press and also official reports, together with IOF Olympic aspirations, we need to increase our monitoring and out of competition testing of prohibited substances. Glib denial is not the way forward. All houses need to be put in order. We must show that we are, and will remain, a prohibited substance free Sport which is fair for ALL high level competitors. Not least we need to safeguard the long term health and freedom of these same competitors.

**When I read “World Masters Series”, your name immediately comes to my mind. How close is your relation with the WMS?**

**K. D.** - Whilst it is true the initial concept was mine, Sandor has been highly supportive and WMS now belongs to the whole Masters MTBO community. Tamas Janko has been brilliant putting in a great deal of dedication to calculate the results, often under pressure, as in Lithuania. I have been delighted with the positive feedback and constructive comment and the rising standards it has undoubtedly engendered. My class M55 is almost as competitive as Elite! We have two good sponsors in Continental Farmers and Havana Energy who help produce the rather nice medals! Now in its third year I believe it will go from strength to strength with Masters Relays again in France and the new M/W35+ class to bridge the gap from Elite and avoid competitors leaving the sport at that point. It's great that organisers are now competing to have their events included in WMS. The format would be easily applicable to Ski-O and even Foot-O.”

**How did you see the WMS along the season?**

**K. D.** - It was disappointing that more competitors did not race in Cappadocia in the first races, as all who did agreed it was indeed very special. The series went well, with both rising numbers and standards. The five year age classes have been very popular, especially in 60+. Many of the medals went down to “the wire” in Lithuania and so did many “mini competitions” between individuals within the classes. The WMS is a Marathon not a Sprint and a good season long strategy is crucial as well

as within races. One mispunch or mechanical can lose a lot of points and places if the season strategy is not optimised. Organisers have realised hosting a WMS race increases numbers, so now in its third year, organisers are competing to be included and several offers for 2018 are already in, as well as a very exciting 2017 in prospect. July will be an MTBO Festival with races in Pilsen, Vienna and culminating in a season “finale” in Orleans. This has encouraged more racers from south of the equator to compete. The aim of the WMS was to increase standards for Masters competition, help development in outlying countries and to increase the Fun! I think it has been successful on all counts thus far.

**In the meanwhile, the World Masters Series 2017 has already started (!). Apart the earthquake, would you like to share your thoughts about the event in New Zealand?**

**K. D.** - Yes, despite the difficulties caused by the quake, numbers and standards of competition were high and all aspects of world class standard. The area used for the North Island Champs the week before the WMS races, “Marquita's Garden” is my all time favourite MTBO area. The WMS/NZ races near Rotorua were outstanding and the Sprint race was particularly high quality. I really hope NZ can host the World Championships in due course. So much great riding, a wonderful country and such a welcome! I hope more NZ and Australian competitors will head North for our exciting summer this year.

**You were a privileged spectator of the MTBO Elite season and I would ask you to highlight some of the strongest moments in 2016?**

**K. D.** - At the risk of (wrongly) being accused of bias I would choose Emily Benham's Two World Champs Golds in Portugal and her exciting World Cup win. This edges other excellent performances, as it has sadly been achieved without National Federation support or within a squad, but solely by individual determination and motivation, with a little help from HJ of course :) A great example to the whole Orienteering Family, not just MTBO. In the Masters I would select Jean-Charles Lalevee's triumph in the WMS this year in a very competitive class and after a disappointing injury robbed him last season. True Gallic Grit!

**Contrary to the last season, we didn't have either MTBO courses or MTBO achievements suggested or nominated for the World of O's polls this year. So, I'm going to ask you to pick up the best course and the best achievement of the MTBO season.**

**K. D.** - Yes, that lack of nominations was disappointing. This is a very difficult task with so many worthy candidates! I will allow myself three - Sprint, Middle and Long. So many great courses. So for a purely personal view: The Sprint was the NZ/WMS race in Rotorua, a fantastic mix of three terrain types including a tricky university campus with covered walkways. The Middle from Cappadocia in March, a privilege to race amongst the complex rock pillars and caves of a UNESCO World Heritage Site! Although the "Ironworks" race was a close second, illustrating the wide variety of terrain we enjoy! The Long from Portugal, again with a mixture of terrains and with the temperature a truly Long tough Challenge. Special mention too to the Middle in Lithuania with putting a capital O in MTBO for the quality of map

and course planning. I'm very much looking forward to Vilnius!

**How is it going to be the winter season? How hard it will be staying away from the bikes and the events' atmosphere for so long?**

**K. D.** - A great trip to NZ with 6 fine races helps! Thankfully my great physio Dagmar, two great Drs in Ireland and lots of physio exercises mean I can avoid a planned major shoulder operation this winter, and I can plan for M60 in 2018! The prospect of so many great races and a new season of WMS in 2017 will keep the winter "blues" at bay! Fortunately the biking trails in Vienna, Scotland and Ireland, where I split my time, are never too snowbound, so I can get my regular "fix" on the bike. I do miss FootO though :(

**What are your goals for 2017?**

**K. D.** - To continue to play my small part in building the success of WMS and Masters MTBO in general and also to play my role in the MTBO Commission, where I have recently been appointed. Oh and maybe push for a Masters Relay medal for GB again in France :) and "to fill each hour with sixty minutes well run!"

**Is there anything else you'd like to share?**

**K. D.** - Just to wish ALL the MTBO Community a Happy Festive Season and everything they wish for themselves and their loved ones in 2017. Remember, "Life is not a dress rehearsal."



## Junior News

### Junior Coaching

A series of coaching sessions for East Area Orienteering Association juniors is currently in operation for all East Area clubs (ELO, ESOC, KFO, INT, RR and TAY). We have held 2 sessions already, one at Cammo Estate in January and the second at Hopetoun House in February. A total of over 40 juniors attended. One session per month will be organised from January until June. All juniors from the above clubs are very welcome to take part along with their parents. The sessions run from 1-2.30 pm on a Saturday and all are run alongside an event so that the juniors and parents can take part afterwards. There are 4 coaching groups - white, yellow, orange and light green/green. Lead Coach is Bill Stevenson (ESOC) - Bill was formerly lead coach for the very successful Scottish Junior Squad (ScotJOS) and qualified coaches from the East Area clubs take responsibility for coaching the juniors in each group, with parental help where appropriate.

If you would like to be put on the junior email list to ensure you receive details of these training sessions, then please email [info@interlopers.org.uk](mailto:info@interlopers.org.uk)

### Scottish Junior Orienteering Squad

Congratulations to Interlopers James Ackland M18, Freddie Carcas M18 and Pippa Carcas W14 on their selection this year to ScotJOS.



## Scottish Orienteering League 2016

Interloper Certificate Winners

M10A 3 <sup>rd</sup>	David Ivory
M10B 1 <sup>st</sup>	Ben Ross
M12A over 3000 pts	Angus Ivory
M12A over 3000 pts	Sam Bartlett
M12B 1 <sup>st</sup>	Thomas Ross
M12B 3 <sup>rd</sup>	Thomas Owen
M14A over 3000 pts	Matthew Ross
M16B 1 <sup>st</sup>	Joseph Bartlett
M16B 2 <sup>nd</sup>	Logan McIntyre
M18A 3 <sup>rd</sup>	Freddie Carcas
M18A over 3000 pts	James Ackland
M50S 1 <sup>st</sup>	Ken Daly
W12A over 3000 pts	Fiona Eades
W14A over 3000 pts	Pippa Carcas
W14A over 3000 pts	Leah Bartlett
W14B 1 <sup>st</sup>	Kirsty Owen
W16A over 3000 pts	Mairi Eades
W40L 3 <sup>rd</sup>	Mary Ross
W50L 1 <sup>st</sup>	Jane Ackland
W50S 2 <sup>nd</sup>	Jane Carcas
W55L 3 <sup>rd</sup>	Morag McIntyre



## South of Scotland Orienteering League 2016

Interloper Certificate Winners

<b>Brown</b> 4 <sup>th</sup>	Graeme Ross	374 pts
<b>Blue</b> 1 <sup>st</sup>	Caspian Richards	476 pts
3 <sup>rd</sup>	Pat Bartlett	464 pts
2 <sup>nd</sup>	Woman Lorna Eades	305 pts
<b>Green</b> 1 <sup>st</sup>	Woman Jane Ackland	500 pts
2 <sup>nd</sup>	Woman Ann Haley	490 pts





**Lt. Green**

2<sup>nd</sup> Junior Woman Pippa Carcas 329 pts  
2<sup>nd</sup> Junior Man Matthew Ross 327 pts  
3<sup>rd</sup> Junior Man Joseph Bartlett 313 pts



**Orange** 2<sup>nd</sup> Samuel Bartlett 353 pts

**Yellow** 1<sup>st</sup> Thomas Ross 365 pts  
4<sup>th</sup> David Ivory 248 pts

**White** completed 4 events Ben Ross

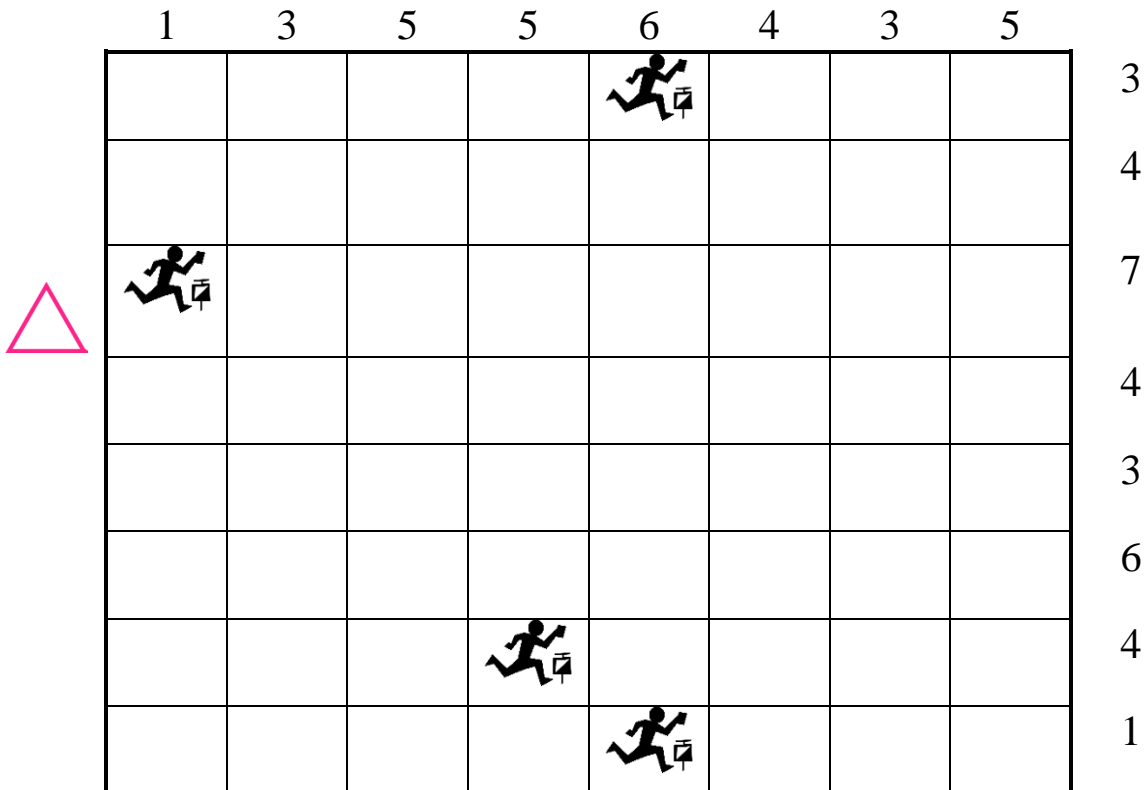
# Route Choice Puzzle

*Katherine Ivory*

Plot the course to enable the orienteer to run from Start to Finish via all 4 controls. The numbers indicate how many sections of the legs appear in each row and column. There are only straight  and curved routes allowed , no diagonals. At the controls the route is always straight. The course cannot cross itself. Punching starts (but no punching the setter).

*If all of this isn't making much sense (I've done much headscratching but maybe I'm a bit slow on the uptake!) think train track puzzles (Ed.)*

Completed courses to Katherine by 2 April for entry into the prize draw.



# Fixtures 2017

www.britishorienteering.org.uk

March 2017		
25th	ELO SOA Level D	<b>ELO Local Events in Edinburgh and the Lothians</b> , Saltoun Woods, Haddington <a href="http://www.elo.org.uk">http://www.elo.org.uk</a>
26th	RR SOA Level C	<b>RR SoSOL</b> , Eildon Hills, Melrose, <a href="http://www.norfolk.gov.uk">NT550325</a> Organiser: John Tullie
31st	AROS SOA Level D	<b>Dark Thistle</b> , Fairy Knowe and Doon Hill, Aberfoyle Organiser: Douglas Tullie
April 2017		
1st	INT SOA Level D	<b>INT Local Events in Edinburgh and the Lothians</b> , Polkemmet, Whitburn, <a href="http://www.norfolk.gov.uk">NS923648</a> Organiser: Kenneth Daly
1st	FVO SOA Level D	<b>Double Dukes Middle Distance Race</b> , South Achray, Aberfoyle Organiser: Roger Goddard
2nd	FVO SOA Level B	<b>CompassPoint Scottish Orienteering League 2</b> , Trossachs - Double Dukes, Aberfoyle Organiser: Jonathan Molloy
8th	ESOC SOA Level D	<b>ESOC Local Events in Edinburgh and the Lothians</b> , Corstorphine Hill, Edinburgh, <a href="http://www.esoc.org.uk">NT204740</a> Entry times: 13:30 - 15:00. Dogs: Dogs are allowed, but should be kept under close control at all times.. Organiser: Janet Clark <a href="http://www.esoc.org.uk/events/corstorphine-hill-apr-8-2017">http://www.esoc.org.uk/events/corstorphine-hill-apr-8-2017</a>

9th	EBOR YHOA Level B	<b>YHOA Championships and Superleague</b> , Stony Moor, Pickering, <a href="http://www.seo.org.uk">SE792936</a> Entry times: 10.00 to 12.00. No dogs allowed. Organiser: John Smales , john_t_smales@yahoo.co.uk , 01904 744656 <a href="http://www.eborienteers.org.uk">http://www.eborienteers.org.uk</a>
14th	SEOA Level A	<b>Jan Kjellstrom Orienteering Festival - Sprint (UKOL)</b> , Brunel University, Uxbridge Organiser: Helen Errington <a href="http://http://www.thejk.org.uk/">http://http://www.thejk.org.uk/</a>
15th	SEOA Level A	<b>Jan Kjellstrom Orienteering Festival (UKOL) Middle Distance</b> , Ambersham, Midhurst Organiser: Linda Pakuls <a href="http://http://www.thejk.org.uk/">http://http://www.thejk.org.uk/</a>
16th	TAY SOA Level D	<b>Not the JK</b> , Balkello Community Woodland, Dundee, <a href="http://www.norfolk.gov.uk">NO361394</a> Entry times: 11:00 to 12:30. Organiser: Peter Clinch , p.j.clinch@dundee.ac.uk , 01382 665322 <a href="http://http://www.taysideorienteers.org.uk">http://http://www.taysideorienteers.org.uk</a>
16th	SEOA Level A	<b>Jan Kjellstrom Orienteering Festival (UKOL) Long Distance</b> , St Leonards and Holmbush, Horsham Organiser: Mike Bolton <a href="http://http://www.thejk.org.uk/">http://http://www.thejk.org.uk/</a>
17th	SEOA Level A	<b>Jan Kjellstrom Orienteering Festival Relays</b> , Pippingford Park, Forest Row Organiser: Jerry Purkis <a href="http://http://www.thejk.org/">http://http://www.thejk.org/</a>
19th	ELO SOA Level D	<b>SprintELOpe Musselburgh</b> , Lewisvale Park, Musselburgh, <a href="http://www.norfolk.gov.uk">NT348717</a> Entry times: 18:00.

		<a href="http://www.elo.org.uk/events">http://www.elo.org.uk/events</a>
23rd	SOLWAY SOA Level B	<b>CompassPoint Scottish Orienteering League 3</b> , Drumlanrig Woods, Thornhill, Dumfries, <a href="http://NX852994">NX852994</a> Dogs: On lead and under control in car parking area. . Organiser: Ian Turner
29th	ELO SOA Level D	<b>ELO Local Events in Edinburgh and the Lothians</b> , Vogrie Country Park, Dalkeith <a href="http://www.elo.org.uk">http://www.elo.org.uk</a>
30th	STAG SOA Level D	<b>STAG Score 4</b> , Faskally Woods, Pitlochry Organiser: Terry O'Brien <a href="http://www.stag-orienteeing.co.uk">http://www.stag-orienteeing.co.uk</a>
<b>May 2017</b>		
3rd	ELO SOA Level D	<b>SprintELOpe North Berwick</b> , Lodge Grounds, North Berwick, <a href="http://NT555853">NT555853</a> Entry times: 18:00. <a href="http://www.elo.org.uk/events/">http://www.elo.org.uk/events/</a>
6th	INT SOA Level D	<b>INT Local Events in Edinburgh and the Lothians</b> , Almond Park, Livingston, <a href="http://NT067676">NT067676</a> Organiser: Fiona Weir
6th	LOC NWOA Level A	<b>British Long Championships (UKOL)</b> , High Dam, Newby Bridge, <a href="http://SD360870">SD360870</a> Entry times: Early; until 31st January. Middle; 1st Feb - 12th March. Late; 13th March - 9th April. Organiser: Richard Tiley , boc2017@nwoa.org.uk <a href="http://http://www.theboc.org.uk/page/354">http://http://www.theboc.org.uk/page/354</a>
6th	NWOA Level B	<b>British Trail Orienteering Championships</b> , Lakeside YMCA, Newby Bridge, <a href="http://SD374898">SD374898</a>

		Organiser: John Kewley , jk@bcs.org , 01925 485356 <a href="http://http://www.theboc.org.uk/page/359">http://http://www.theboc.org.uk/page/359</a>
7th	LOC NWOA Level A	<b>British Relay Championships</b> , Summer House Knott, Newby Bridge, <a href="http://SD360870">SD360870</a> Entry times: Early; until 5th February. Middle; 6th February - 17th March. Late; 18th March - 16th April. Organiser: Richard Tiley , boc2017@nwoa.org.uk <a href="http://http://www.theboc.org.uk/page/348">http://http://www.theboc.org.uk/page/348</a>
10th	ESOC SOA Level D	<b>ESOC Local Events in Edinburgh and the Lothians</b> , Hillend, Edinburgh, <a href="http://NT243667">NT243667</a> Entry times: 18:00 - 19:00. Dogs: Dogs are allowed, but should be kept under close control at all times.. Organiser: Janet Clark <a href="http://www.esoc.org.uk/events/hillend-park-may-10-2017">http://www.esoc.org.uk/events/hillend-park-may-10-2017</a>
14th	ECKO SOA Level B	<b>CompassPoint Scottish Orienteering League 4</b> , Glen Nant, Oban
19th	ELO SOA Level C	<b>bto SOUL - urban</b> , Tranent South, Tranent, <a href="http://NT405726">NT405726</a> Entry times: 18:30 - 20:00. <a href="http://http://www.elo.org.uk">http://http://www.elo.org.uk</a>
20th	ESOC SOA Level B	<b>Scottish Championships - Individual</b> , Gullane Dunes, Gullane, <a href="http://NT475832">NT475832</a> Organiser: Anne Thom <a href="http://www.scottish-orienteeing.org/championships/scottish-championships-2017">http://www.scottish-orienteeing.org/championships/scottish-championships-2017</a>
21st	INT SOA Level C	<b>Scottish Championships Relays</b> , Binning Wood, Dunbar, <a href="http://NT600802">NT600802</a> Organiser: Max Carcas

27th	ELO SOA Level D	<b>ELO Local Events in Edinburgh and the Lothians</b> , North Berwick Law, North Berwick <a href="http://www.elo.org.uk">http://www.elo.org.uk</a>
27th	HOC WMOA Level B	<b>Springtime in Shropshire (SinS) 2017 Day 1</b> , Long Mynd, Church Stretton
28th	HOC WMOA Level B	<b>Springtime in Shropshire (SinS) 2017 Day 2 (UKOL) Long Distance</b> , Caer Caradoc and Hope Bowdler, Church Stretton
29th	HOC WMOA Level B	<b>Springtime in Shropshire (SinS) 2017 Day 3 (UKOL) Long Distance</b> , Brampton Bryan, Knighton, <a href="http://www.soc365721.org.uk">SO365721</a>
<b>June 2017</b>		
2nd	SOA Level D	<b>Scottish Schools Orienteering Festival</b> , Lanark <a href="http://https://www.ssoa.org.uk/">http://https://www.ssoa.org.uk/</a>
3rd	INT SOA Level D	<b>INT Local Events in Edinburgh and the Lothians</b> , Calder Wood, Midcalder, <a href="http://www.nt067656.org.uk">NT067656</a>
7th	ELO SOA Level D	<b>SprintELOpe Dunbar</b> , North Dunbar - Winterfield, Dunbar Entry times: 18:00. <a href="http://www.elo.org.uk/events/">http://www.elo.org.uk/events/</a>
10th	BOK SWOA Level B	<b>BOK Blast - City of Bristol Races (Euro Tour)</b> , Bristol Harbourside North & Clifton Wood, Bristol Entry times: Registration : 1100 - 1330 Starts : 1230 - 1430 Courses close : 1600 Event Centre closes. Organiser: Mark Dyer <a href="http://http://www.bristolorienteeing.org.uk/city-of-bristol-races-2017/races">http://http://www.bristolorienteeing.org.uk/city-of-bristol-races-2017/races</a>
11th	BOK	<b>BOK Blast - City of Bristol</b>

	SWOA Level B	<b>Races (UKUL &amp; SEOUL)</b> , Bristol Harbourside East & Temple Quarter, Bristol Organiser: Mark Dyer , 01179 684173 <a href="http://http://www.bristolorienteeing.org.uk/city-of-bristol-races-2017/races">http://http://www.bristolorienteeing.org.uk/city-of-bristol-races-2017/races</a>
17th	ESOC SOA Level D	<b>ESOC Local Events in Edinburgh and the Lothians</b> , Bonaly, Edinburgh, <a href="http://www.nt212676.org.uk">NT212676</a> Entry times: 13:30 - 15:00. Dogs: Dogs are allowed, but should be kept under close control at all times.. Organiser: Janet Clark <a href="http://www.esoc.org.uk/events/bonaly-park-jun-17-2017">http://www.esoc.org.uk/events/bonaly-park-jun-17-2017</a>
21st	ELO SOA Level D	<b>SprintELOpe Haddington</b> , Neilson Park, Haddington, <a href="http://www.nt513734.org.uk">NT513734</a> Entry times: 18:00. <a href="http://www.elo.org.uk/events/">http://www.elo.org.uk/events/</a>
24th	ELO SOA Level D	<b>ELO Local Events in Edinburgh and the Lothians</b> , Barns Ness, Dunbar <a href="http://www.elo.org.uk">http://www.elo.org.uk</a>
25th	TAY SOA Level C	<b>Jamie Stevenson Trophy</b> , Perth
25th	DRONG O EAOA Level B	<b>Harvester Relays</b> , North West Organiser: Ben Windsor <a href="http://http://www.drongo.org.uk/harvester">http://http://www.drongo.org.uk/harvester</a>
<b>July 2017</b>		
1st	INT SOA Level D	<b>INT Local Events in Edinburgh and the Lothians</b> , Dechmont Law, Livingston, <a href="http://www.nt033694.org.uk">NT033694</a> Organiser: Max Carcas
8th	AIRE YHOA Level B	<b>Fat Rascal Weekend (UKOL)</b> , Peel Park/Lister Park, Bradford

		Organiser: David Alcock
9th	AIRE YHOA Level B	<b>Fat Rascal Weekend (UKOL)</b> , Bradford, Bradford Organiser: Ken Patterson
12th	INT SOA Level D	<b>SprINTelope 3</b> , Holyrood Park, Edinburgh, <a href="#">NT271738</a> Organiser: Caspian Richards
15th	ESOC SOA Level D	<b>ESOC Local Events in Edinburgh and the Lothians</b> , Blackford Hill, Edinburgh, <a href="#">NT258706</a> Entry times: 13:00 - 15:00. Dogs: Dogs are allowed, but should be kept under close control at all times.. Organiser: Janet Clark
16th	DEE NWOA Level B	<b>British Mixed Sprint Relays</b> , Edge Hill Campus, Ormskirk Dogs: Dogs on leads. Not allowed on courses.. Organiser: Norman Hall
19th	INT SOA Level D	<b>SprINTelope 4</b> , Dalkeith
30th	MAROC SOA Level B	<b>Scottish 6 Days - Day 1</b> , Glen Tanar, Aboyne <a href="http://http://www.scottish6days.com/2017">http://http://www.scottish6days.com/2017</a>
31st	MAROC SOA Level B	<b>Scottish 6 Days - Day 2 (UKOL)</b> , Balfour Forest, Aboyne <a href="http://http://www.scottish6days.com/2017">http://http://www.scottish6days.com/2017</a>
<b>August 2017</b>		
1st	MAROC SOA Level B	<b>Scottish 6 Days - Day 3</b> , Birsemore Hill, Aboyne <a href="http://http://www.scottish6days.com/2017">http://http://www.scottish6days.com/2017</a>
3rd	MAROC SOA Level B	<b>Scottish 6 Days - Day 4 (UKOL)</b> , Creag Choinnich, Braemar <a href="http://http://www.scottish6days.com/2017">http://http://www.scottish6days.com/2017</a>

4th	MAROC SOA Level B	<b>Scottish 6 Days - Day 5</b> , Glen Feardar, Braemar <a href="http://http://www.scottish6days.com/2017">http://http://www.scottish6days.com/2017</a>
5th	MAROC SOA Level B	<b>Scottish 6 Days - Day 6</b> , Glen Feardar, Braemar <a href="http://http://www.scottish6days.com/2017">http://http://www.scottish6days.com/2017</a>
26th	EBOR YHOA Level B	<b>White Rose Weekend</b> , Collis Rigg, Helmsley, <a href="#">SE596891</a> Organiser: Joshua Cooper
27th	EBOR YHOA Level B	<b>White Rose Weekend &amp; YHOA Superleague</b> , Heater Rigg, Helmsley, <a href="#">SE596891</a> Organiser: Bryan Greener
<b>September 2017</b>		
9th	SLOW SEOA Level B	<b>SLOW City of London Race</b> , London
23rd	BASOC SOA Level B	<b>Veteran Home Internationals Relays</b> , Auchernack and Balliefurth, Grantown-on-Spey, <a href="#">NJ0242524793</a> Organiser: James Tullie <a href="http://http://www.basoc.org.uk/highland-wolf-2017">http://http://www.basoc.org.uk/highland-wolf-2017</a>
23rd	BASOC SOA Level C	<b>WOLF Middle Distance</b> , Auchernack and Balliefurth, Grantown-on-Spey, <a href="#">NJ0242524793</a> Organiser: James Tullie <a href="http://www.basoc.org.uk">http://www.basoc.org.uk</a>
23rd	BASOC SOA Level C	<b>WOLF Sprint &amp; BTO Urban League Round 8</b> , Aviemore, <a href="#">NH9044613447</a> Organiser: Jo Cumming <a href="http://www.basoc.org.uk">http://www.basoc.org.uk</a>
24th	BASOC SOA Level B	<b>CompassPoint Scottish Orienteering League 5 incorporating Veteran Home Internationals Individual</b> , Inshriach, Scotland, <a href="#">NH8586103276</a>

		Organiser: Jane Cox <a href="http://www.basoc.ork.uk">http://www.basoc.ork.uk</a>
30th	EAOA Level A	<b>British Sprint Championships (UKOL)</b> , Campbell Park, Milton Keynes Organiser: Peter Woods
<b>October 2017</b>		
1st	Level A	<b>British Middle Champs (UKOL)</b> , Wendover Woods, Aylesbury Organiser: Mike Cope
15th	GRAMP SOA Level B	<b>CompassPoint Scottish Orienteering League 6</b> , Scotland
22nd	DEVON	<b>CompassSport Cup Final</b> ,

	SWOA Level A	Virtuous Lady, Yelverton, <a href="http://SX497694">SX497694</a> Organiser: Nicholas Maxwell , nmaxwell.binnlodge@btopenworld.com , 01752 739040 <a href="http://Devon Orienteering Club">http://Devon Orienteering Club</a>
29th	INT SOA Level B	<b>CompassPoint Scottish Orienteering League 7</b> , Drummond Hill, Kenmore, <a href="http://NN770457">NN770457</a> Organiser: Robin Galloway





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