

Interløpers Newsletter

Speedy New Editor Appointed

by THE EDITOR

IF it's September, it must be time for a new version of The Interløper. Many thanks to Mary for producing the magazine for the last four years. The quality of her product will become ever more evident as my tenure goes on. But all good things come to and end, and for some reason I was thought the ideal candidate to produce the Fall edition of the eInterløper. So here's the latest collection of news of recent club success, forthcoming events, individual contributions "humour". On pain of ever more terrible jokes, please send me content for next time.



I tried taking off the shellsuit, but
I just felt even more sluggish

— Graeme



Chairman's Chat

by MAX CARCAS



Well this chat is hot off the press, having just done editor Graeme's fiendish 'from Maxwell to Higgs' indoor orienteering challenge in the James Clerk Maxwell Building (aka JCMB) at King's Buildings. How could anyone with a sane mind have designed such a building (or such a course)? I'm sure there are probably parts where you could hide away and not be discovered until years later (where is your office Graeme?) And why is it the words 'fiendish' and 'Graeme' or 'Ackland' always seem to go together so well?... For those that don't know the JCMB, it appears to be an eight story (*sic. maybe he meant storey, or maybe he didn't? - Ed*) building with confusing layouts on different levels. It was reputed to be the largest brick built building in Europe when it was completed in the 70s. A compass would have been helpful although I'm not sure it would have worked so well passing some of the Quantum Physics labs, although I did sense a disturbance in the space-time continuum on the way to control 10 (Heisenberg)... I'm sure there was a cat in a box there but then when I looked it wasn't there... or maybe that was just Ann Haley's office...

On a different topic, many thanks to all of you who helped at the Scottish Six Days event this year, particu-

larly those of you who took on some of the major tasks, like Rob Lee on entries, Pat Bartlett on accounts, Mary Ross on the news sheet, Oleg Chepelin on the training maps, Graham McIntyre on the website and of course Lorna and the Eades family on merchandise. It was a pleasure working with Jon Musgrave and Colin Matheson in the year or so leading up to it. We also had a great social barbeque in the rain hosted by the Wards on the campsite with a cunningly constructed outdoor gazebo tent thing. The S6D is a huge undertaking and I think many thought the event this year was one of the best yet. Mind you it might have been better for me if the one time I decided to set my compass on a bearing I hadn't used the blue border line on the map (running East-West) rather the black North lines... ahem... correcting a 90 error is a bit harder than a 180! The event more or less appears to have broken even, subject to final adjustments and decisions on disbursements to clubs which isn't bad considering this was a 'down' year for pre-entries following the previous WOC/S6D and some costly items due to the location.

We also had the Harvester relay earlier this year at Blakeholme in the Lake District which was a fabulous event. Somewhat surreal to be stomping across wild woods and moorland in the pitch black looking for non-reflective controls (yes non-reflective controls, grrr!) accompanied to a thumping beat from some sort of rave in the valley below... Thanks to team 'Expendables 2': Me, Claire W, Nadja R, Graham M, Graeme A, Ken D, Colin E&A Jukola/Venla next year anyone?

Also thanks to everyone who organised/planned at Sprintelope and/or a Saturday event over the past few months, particularly to Graeme, Ken and Pat. I'm particularly indebted to Graeme for the beeping find-a-key thing which I won as a prize for the Sprintelope which has since driven the family mad... With the Saturday series we've definitely had quite a few people introduced to orienteer-

ing which is a great thing. Big thanks also to Claire Ward and Katherine Ivory for taking on the role of East of Scotland junior co-ordinators. Thanks also to Pat Squire for valiant efforts to organise an event at Firhill which unfortunately was deluged out, but which nonetheless got some interest from families to attend the next event at Braidburn Valley Park on the 7th October.

As a reminder we have the CompassSport Cup coming up on the 22nd October where we have a good chance to defend our title - given how slim the margin can be everyone can help make a difference - still time to come if you can - let Rob know! Then we have our Intrepid SOUL/SOL weekend at Drummond Hill, the week after on the 29th. If you can come and help and participate at these that would be great! Finally, it's still not too late to join those of us doing the unofficial club tour to the South African 'Big-5-O' over New Year! You don't know orienteering until you've been chased by a Wildebeast! Or so I've heard.



We are the Champions

by SUE PERSTAS

Since our last edition, we had some notable successes with a slew of British Champs bronze medallists: Lawrence Ward (M10A), Pippa Carcas(W14A), Lorna Eades(W50), Rob Lee(M55) the W40 and junior ad hoc relay teams. (and a cheeky 2nd for Ben Ross (M10B)) Scottish Champions (Ann Haley, Graeme Ackland, 36- relay team Thomas, Ben and Matthew Ross)



Harvester Trophy

by RAY SOFLITE

Jamie Stevenson Trophy

by OUR JUNIOR CORRESPONDENT

Scotland's inter-club junior competition, and a good out by the club gave us our best-ever result in fourth place. Those scoring team members were...

Name	Class	Score
David Ivory	Orange Boys	100
Thomas Ross	Orange Boys	98
Freddie Carcas	Green Boys	97
Pippa Carcas	Light Green Girls	97
Laurence Ward	Yellow Boys	97
Fiona Eades	Light Green Girls	94

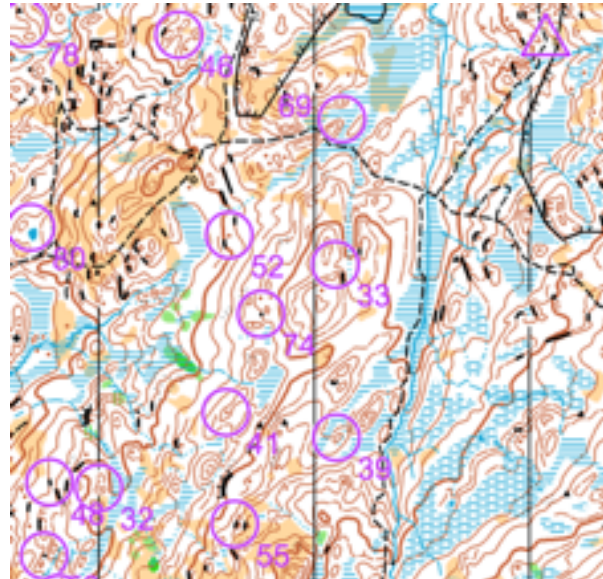


That INT team in full



The INT-packed M12 podium, congratulations to David Ivory and Thomas Ross

A late decision saw a hearty team of Interlopers heading south to contest the Harvester Trophy. Back in the day, we won this seven-leg overnight relay, but it had been a while since we contested it. A crack squad was assembled, night fell, the man said 'go' and off went. Max loves a challenge, and the Lake district terrain of Blakeholme at night certainly provided one. Max clearly thought we'd all like a challenge, so brought us back 75mins down on the early leaders, LOC.



Leg 1 of the Harvester - finding the boulder in the SW corner. What could possibly go wrong? (Answer: quite a lot...)

Standard relay tactics demand that you run your oldest woman on the longest, toughest leg. Since it was Claire Ward, it was a good plan, and she ran well, cutting LOC's lead on us to a couple of minutes. A lead swiftly erased by our transient Swiss-miss superstar Nadia Rutz. After that, steady performances by our M50something brigade Graham, Graeme, Ken and Colin brought us home in a sound 8th position, not quite troubling the prizes.

The first place battle saw FVO and EUOC duking it out all night, with FVO finally prevailing by a score two ex-INTERlopers to one. (Dave Godfree and Jegor Kostylev vs Alex Carcas). Jegor had a stellar final lap, and sans doubt, there was dancing in the streets of High Wycombe that night.



CompassSport Trophy: Your club needs you!

by CAP'N ROB

We won the CompassSport Trophy last year, which makes us the best little club in Britain. This year though, they put the final in West Devon, so we'll have our work cut out to retain the title. We need folk of all ages, so sign up with Rob Lee now: Its not too late to become an INT legend. (ed: I assume that's what they meant by "Graeme, you're history")

“

C'mon you INTs, we're on our way to Plymouth

INT are gonna win it again

They can't stop 'em

The boys from Scotland

And girls who're on the plane

”

– Chas & Dave



Events News

by PAT SQUIRE, EVENTS COORDINATOR

Over the Summer the Club has put on an impressive number of events:

- 21st May Scottish relays Binning Wood (Max Carcas, Graeme Ackland, Paul Caban)
- 31st May Kings Buildings SprINTelope (Graeme Ackland)
- 3rd June Calder Wood Saturday series (Fiona Weir and Mary Ross)
- 14th June Liberton SprINTelope (Graeme Ackland)
- 1st July Dechmont Law Saturday series (Carcas family)
- 12th July Holyrood Park SprINTelope (Caspian Richards)
- 19th July Dalkeith SprINTelope (Andrew Dalglish)
- 26th July Mortonhall SpINTelope (Ivory family)
- 2nd September Eliburn Saturday Series (Bartlett family and Colin Ledlie)

- 2nd September O maze at Almondvale Park opening event (Ken Daly and Chris Dibben)

In addition we were joint organising club at the Deeside'17 Six Days. Many individuals took on key roles as part of the Central Organising Team and club members assisted with Entries and Information at each of the 6 days of competition. We also attended the Firhill HS Sports information evening where, despite atrocious weather, some interest in orienteering was shown. Our events for the rest of the year are as follows:

- 7th October Saturday series Braidburn Valley Park (Claire Ward & family)
- 28th October SOUL 10 Livingston (Murray Strain, Graham McIntyre, Graeme Ackland)
- 29th October SOL 7 Drummond Hill (incorporating the Junior Inter Regional individual events) (Robin Galloway and Colin Eades)
- 4th November Saturday series Mortonhall (Ann Haley, Colin Ledlie)

Help will be required for all of these events, especially the SOUL and SOL. The respective Organisers will be making their requests in due course. Please try to offer assistance if at all possible. For 2018 we plan to offer a similar range of events i.e. SOL, SOUL, SOSOL, Saturday series and SprINTelope series. The Saturday series events will be split between Edinburgh and West Lothian and the intention is to schedule these for the first Saturday of the month from March through to, potentially, November. Dates and locations will be firmed up in the near future and requests for Planners and Organisers sent out as usual. Of course if anyone would like to make their pick sooner, all offers would be most welcome. This year we have been able to put on events on a more planned and pro active basis. We were even able to produce a flier for the Saturday series listing all the events ahead of time. Hopefully we will be able to repeat this for 2018. Two aspects that need to be addressed for future events, especially the Saturday series which is primarily where newcomers are introduced to the sport, are recruitment and retention; that is getting people to come to events in the first place and trying to encourage them to come back to future events. We have been reasonably successful in the first aspect but not so good in the second over this past year. The Committee have had various thoughts as to ways in which we can try to address both of these matters, such as incentive schemes for attending 'x' events etc, but we would welcome ideas and suggestions from Club members.

Does anyone have experience in promotion/ marketing / advertising that they might share ? Do we have any budding (or actual) design artists who could help produce posters , fliers etc? Anyone with experience of ideas that work for encouraging participation? Do you know of

any local fetes / galas/ open days etc where we might have a presence, perhaps putting on a simple event or activity that would make people aware of orienteering in general and Interlopers in particular. Are there community newsletters etc (hard copy or electronic) where we could sent publicity material? Could you help distribute fliers in your local area or perhaps put up a poster in prominent locations?

Please do come forward with your ideas, experiences and offers of help.

Book Reviews

by KATHERINE IVORY

This summer has featured rather more reading than running, thanks to 6-Days misadventures, but the book-worm's view is that there's always scope to work on improvements to the latter through the former! Whilst I don't normally go faster than 4mph (unless on two or more wheels), I'm intrigued (and inspired) by how other people do, and headed along to the library's sports section for a bit of intrepid exploration of volumes running well into single figures, and literally hundreds of pages. The sample here is geared to interest across the INT spectrum, from those starting out, at variable age points, to those aiming for the top of the game.

Older, Faster, Stronger: What Women Runners Can Teach us all about Living Younger, Longer - Margaret Webb (2014)

Margaret Webb's part-memoir part-self-help was the first off the shelf, in the hope of clues on recovery and then improvement. Pretty well written (she teaches writing at a Canadian University), it offers some useful practical messages for starting, and continuing, to run as a lifelong endeavour for health and happiness. Particularly geared to women (towards the end she does ramp up the 'you go, girl!' approach), she weaves a narrative of her 'super-fit year' - culminating in a half marathon at the World Masters - around a well-structured and researched look at training, nutrition motivation, strengthening, speed and age-ing. It seems it's never too late to get running seriously, a notable number of her case studies taking it up in their '50s (so hope for me yet!) and still going well in their '80s and even 90's. The nutrition section did the least for me (she's into paleo 'Cave-mam' eating) but the strength chapter in particular made a lot of sense, and chimed strongly with messages I've been picking up as a novice and an injured one to boot. For all the public-health campaigning on getting active, developing and maintaining muscle strength does seem to be underplayed compared to the cardiac side of things.

Detox Your Ego: 7 Easy Steps to Achieving Freedom, Happiness and Success in Your Life - Steve Sylvester (2016) As a contrast, Steve Sylvester's book was picked up in the wake of hearing some deep and interesting-sounding breakfast time chat about sports performance in the 6-Days bunkhouse. As a coach to the sporting elite, his message is really about the merits of taking yourself out of the equation and doing it for the team (your club / school / community / country etc) - applicable to daily life as well as for future champs. Essentially it's about what you tell yourself when under pressure, and shifting the thinking to deal with the negatives and switch to positives. As for many books of this genre, the basic idea (stop being so self-absorbed; win for others not yourself!) is then well and truly fleshed out to fill the pages. Seven easy steps to be freer, happier, and more successful means seven easy-to-skim chapters. However, there was an interesting section on some coaching he did with the GB Orienteering squad some years ago before their relay World Champs success.



The Teenage Runner - Bruce Tulloh (2004)

Finally, Bruce Tulloh's offering is more of a manual for training up teenagers (especially those at Public School - the mention of booking your two-week ski holiday somewhere with running trails was not lost on the kids!). Very practical, with some pointers on training plans over the age-groups put together by assorted running coaches. In addition, some narratives on approaching a race day provide insight for the less-experienced on things to consider and manage. (If pre-race apprehension means you can't get to sleep the night, at least your body's resting if it's horizontal). **Older, Faster, Stronger: What Women Runners Can Teach us all about Living Younger, Longer - Margaret Webb (2014) *Detox Your Ego: 7 Easy Steps to Achieving Freedom, Happiness and Success in Your Life - Steve Sylvester (2016) *The Teenage Runner - Bruce Tulloh (2004)*



Great ESOC controls of our time

by POPULAR DEMAND

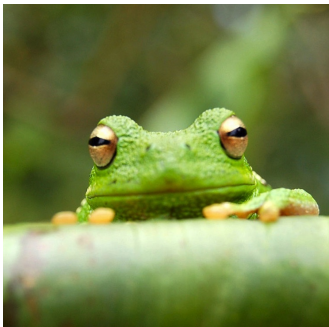
Long awaited return of a much-loved Newsletter feature, because they say the old ones are the best. But then, they *are* ESOC.



Contender from Berlin



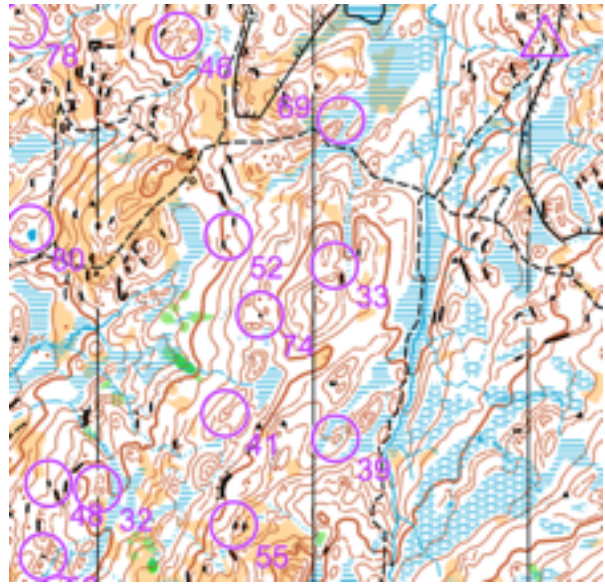
Genuine* SOC elite course site at Gullane.
*Actual control location not guaranteed.



I'm sure this was funnier the first time I reddit

PathorCrag

by NICK D'OFUOC



Do you know what the black lines mean?
It's the new O-craze that's sweeping the nation. Black-line related fun for all the family, available on the interweb at snapchagrambook from EUOC (google it).

Cheese Jokes challenge

by MISS TERRY COMEDIAN

In this exciting new newsletter feature, we asked a well known Interløper to send a selection of his/her favourite jokes. Your challenge, is to identify our favourite fromage-funster. The winner gets free entry to the CompassSport Trophy final.

- What does cheese say to itself in the mirror? Halloumi.
- What cheese do you use to coax a bear out of the woods with? Camembert.
- What cheese can you disguise a small horse with? Mascapone.
- What do you call cheese that isn't yours? Nacho cheese.
- How do you handle dangerous cheese? Caerphilly.
- What's a Pirate's favourite cheese? Chedd-AAR.
- There was an explosion at a cheese factory in France... all that was left was de brie.
- What do cheese salesmen say? That cheese may be Gouda, but this one is Feta!
- Which is the most religious cheese? Emmental... it's very hol(e)y
- What does cheese like to drink? Morbier.

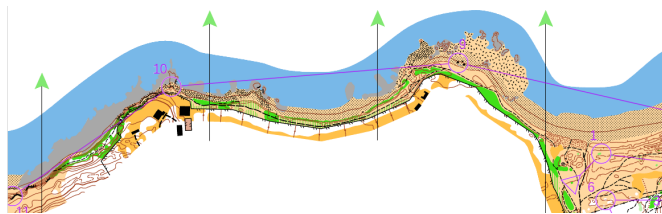
Next edition - Send in your best Frog Jokes.



Productive Members

by ANDREW DALGLEISH

The latest addition to the Interlopers family arrived last week, on the 4th of September at 1652, weighing in at 7lb 10oz. Elijah Andrew Dalgleish. He didn't fancy going orienteering at the weekend but we're hoping he'll make an appearance soon.



Our new area linking Yellowcraigs and Gullane.
As featured in GECOOT



Champion of SOC Coordination



by GRAEME ACKLAND

People sometimes ask me how to become a champion orienteer. Admittedly, not often, and usually after receiving unhelpful advice like *Be very old, run faster than anyone else and don't make mistakes*. And, now I come to think of it, the question is often phrased "How the Chinese Gooseberries did you get to be Scottish Champion?" So, since we scientists take such questions literally, here are some handy tips for the less-gifted.

Plan A was to race on a monopod-friendly area. Somewhere without trees or stuff on the ground. The beach at Gullane for example. And leave nothing to chance by coordinating the weekend, thereby preventing anyone moving the event to the Trossachs or other A&E admission gateways. Then make sure anyone vaguely competent in your age group is knackered, ineligible, or just bored. Then take an early start in the hope that the weather will nasty - good runners tend to start late.

And so it played out for me in 2017: Rob Lee didn't enter and Jon Musgrave ran across Scotland in the few days before. I ran around with relatively minimal face-planting, then the rain came pouring down and the rest of the field was washed out.

The payback was having to coordinate the Scottish Championships. As you'll recall this was another fabulous INT event delivered on-spec. on-time and on-budget. Thanks to some cooperative landowners and with ESOC providing their complementary skill-set everything went as smoothly as expected.



*I'll tell you where you are.
You're on my land,
that's where you are.
Git orf moi land!*

There was an ELC monitoring group watching us for bird disturbance, but with peewit they didn't see it, nor any eider duck either.



Baddingsill Round Hill Race

by GRAHAM HALEY

Regular readers will no doubt be aware of my extensive fell racing experience and achievements over the years. I could write a book about it of course, however in the interests of keeping this short, here is a summary:

2015: Pentland Skyline (198th)

I took 2016 off to recover, but as 2017 progressed, all those Thursday evening "INT Terrain" runs meant I was ready and on the lookout for my second race! One of my work colleagues is a member of CAAC (Corstorphine) and he organises the Baddingsill Round Hill Race, now in its 6th year. I regularly get maps and subtle hints left on my desk (thanks Nick!), so with a few days to go, I threw caution to the wind and entered (£5).

Baddingsill is in the less manicured bit of the Pentlands, a few miles north west of West Linton. The 16.2km route circumnavigates the valley, taking in Mount Maw, Grains Heads, The Mount, Wether Law, East Cairn Hill, Cauldstane Slap (half way), West Cairn Hill and Byrehope Mount. Previous years also included King Seat, but the route had to be changed at the last minute because of a bull in the finish field (Pamplona in the Pentlands anyone?). Despite the number of hills, there isn't an excessive amount of climb (I clocked it at 713m).

Race day was August 27th, and I wanted to get there early as the parking description puts you off (a room for 5 cars near the start, and perhaps the same again a mile back down the road). I needn't have worried, as there is plenty of verge parking, and the local farmer lets people use some hard standing. Most years have had 50-60 runners, but this year was slightly down at 46. I was quite happy with what lay ahead, as long as I didn't come last! The weather was good for running, dry with a slight breeze. A quick health and safety briefing with 5 mins to go, and we were off!

The route starts on an estate road for perhaps 500m before heading through a gate (checkpoint 1) onto the open fell. No dibbers are required, and in fact none of the 9 checkpoints are marked. You simply had to run past where you thought they were. Not that navigation was difficult, as 3/4s of the entire route follows a fence! Once up the long drag of Mount Maw, it was relatively good going along the fence line heading north, albeit very soft and boggy underfoot.

With so few runners, it was easy to go at your own pace, and quite naturally you end up together with others, some in front and some behind. After crossing two very boggy cols (bright green and knee deep!), it wasn't long before we were climbing up East Cairn Hill. I managed to get ahead of my group slightly and I could see someone else further ahead. They beat me to the top, but I was a bit more decisive with my descent through the heather and rocks and I got to Cauldstane Slap ahead of them. This is the natural half way point of the race, and

Ann was there to cheer me on. Only two hills to go ...

The climb up West Cairn Hill was relative short, and I was passed by one runner who got to the top 20-30m ahead of me. On the long (3km) descent, I was passed again (the runner from East Cairn Hill), and the three of us headed down towards Wolf Craggs. While this sounds ominous(!), it is just a boggy, very heathery low point in the ridge before climbing Byrehope Mount. The route isn't obvious (at all), and there are no paths to speak of, but I managed to pick a better route and got ahead of both the others. This spurred me on and kept me going all the way up Byrehope, and from there it was a pleasant 1.5km descent all the way down to the finish.

Overall I finished 34th (out of 46) in a time of 2:10:48. I was 10th MV50 (out of 13) in a very competitive age group! The winner took 1:22:27 (when I still had 6-7km to go!).

So what next? As a biennial fell runner, clearly 2018 is another rest year, but who knows after that!!



Junior News

by JANE ACKLAND

Damage limitation.

My predecessor as Int Junior Rep, Ann Haley was organised. New juniors were greeted with a ringbinder full of useful information and polypockets to be filled with maps, and there were colour badges and event badges to be gained. I have to admit that I can't verify this, but I feel sure that in her time, there will have been a year when the East area team reached the heady heights of being second or something, and the Interlopers Jamie Stevenson team probably won once or twice. This state of affairs will surely return now that Int juniors is under new management by katherine@tusks and housewifeward, and they will of course be aided and abetted by the current promising generation of junior Ints. Surnames like Bloor, Carcas, Eades, Ivory, McIntyre, Ross and Ward are starring at the top of their classlists in the same way as previous eras of Balfours, Cherries, Galloways, Haleys, Inverarities, and Riemiersmas, and there are quite a few new names in Interloper juniors who will be putting FVO and MAROC in their place sometime soon. We pretty much have the best club kit in global orienteering, and East juniors will soon be sporting the best logo'd hoodies at the Interareas. The new era WILL NOT MISPUNCHÄÏÏEVER, and will NOT bring home the wooden spoon, however beautifully crafted it is. Now for a quick quiz. Here are the initials of all the Interloper juniors, roughly in order of age. Can you name them? Girls: FM, KD, EM, LW, FE, XM, KO, EJ, LB, PC, KJ, TV, CL, JM, ME Boys: ED, ND, HD, BR, MC, LW, MH, TO, TR, SD, TM, DI, SB, JH, AI, TT, MR, AN, NH, LM, JB, MB, JJ, FC, JA



eMail List

by PAUL CABAN

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; 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.Paul.Caban@ed.ac.uk



Training Runs

by KEN DALY

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.

Dates and places continually updated on the club website.

- 21/09/2017 Harlaw & Bavelaw: From Harlaw Farm public car park -9 NT181654
- 28/09/2017 Craigmillar & Jack Kane: From Glenal-lan Dr (mid to NE end), Inch Park -14 NT279707
- 05/10/2017 Blackford & Braids: From Blackford Observatory car park -1 NT258705 Braidburn Inn
- 12/10/2017 Bonaly, Harbour & Capelaw: From Bonaly Country Park car park -2 NT211676
- 19/10/2017 East Craiglockhart, Union Canal & Colinton Dell: From Craighouse main gate -8 NT236707
- 26/10/2017 Corstorphine & Ravelston: From Cairnmuir Road car park -7 NT205736
- 02/11/2017 Castlelaw & Harbour Hill: From Castlelaw Ranges car park -5 NT230637 The Steadings
- 09/11/2017 Harlaw, Bells Hill, Logan & big Dam: From Harlaw Farm public car park -17 NT240673
- 16/11/2017 Riccarton, Baberton & canal. From NW of Riccarton Park & Ride - 19 NT179701



Fixtures

by SHIRLEY KNOTT

Nobody actually looks at the fixtures in the newsletter do they? Check out the club website at <http://www.interlopers.org.uk/>

Or the searchable BritishOrienteering site at

<https://www.britishorienteering.org.uk/page/event>