



WORLD ORIENTEERING CHAMPS 2024

SPECIAL EDITION



August 2024

Welcome to the WOC-Special club newsletter! Many thanks to everyone who has sent contributions whether text or photos. This edition includes some great pieces from a number of different perspectives, including

- Luke Fisher on being a running camera-man
 - James Ackland on TV commentating
 - Athletes' perspectives on the Mixed Sprint Relays from Thomas, Colm, Aoife and Freddie
 - Ann Haley on the indoor WOC tour event at Kings Buildings
 - Paul C, Robin G, Oleg and Colin B on the general experience as volunteers.
- Plus lots of photos, including WOC Animals!

Vast numbers of Interlopers contributed in diverse ways – see the Hall of Fame overleaf. There were certainly plenty of familiar faces amongst the legions of event volunteers - turquoise-hoodied, hi-vizzed, sunhatted or poncho'ed (oh that rain just before the Knock-Out Sprint Final) - as well as many behind the scenes performing all sorts of heroics to make things happen in the right place at the right time in the right way for IOF. For some, WOC 2024 built on previous WOC roles and was the culmination of a number of years of involvement in planning and preparation (particularly when you remember that WOC was originally scheduled for 2022). For others, it was a totally new experience and a chance to participate in something pretty unusual and special on our home turf as an Edinburgh club. It's probably fair to say we won't see the like of it again, for a while at least!

For more on the work that went on behind the scenes planning some of the races, Frank Townley (EUOC) has written an interesting and very detailed [report](#) here about his experience. Well worth a read, to get a sense of the incredible amount of work involved: some really impressive contributions by EUOC members and others in the core event organising team, over a long preparatory period as well as through several all-nighters to deliver the events over the WOC long weekend.

The WOC course planning was seriously impressive: Frank's use of unexpected areas, and artificial barriers, meant the elite athletes had to think on their feet and couldn't rely on previous planning. Graeme Ackland's maze at the end of the Mixed Sprint Relay inside the Oriam was a nice twist too. It was quite special for WOC Tour orienteers to get to run past the same spectator area at Heriot Watt as the elite athletes, and to use the same maze as them in the arena. There are very few sports where you get to do that. Running a set of 'Tour' races alongside a major international event in a busy city (even more full of tourists too) can't have been easy, particularly given the numbers of entrants involved; big kudos to all. Max's WOC Tour warm-up courses on Arthur's Seat went down well, though some might say it was a bit sneaky making a downhill leg hard work by taking runners through high undergrowth!

It's definitely well worth watching the TV coverage if you haven't already (very well done Lorna for all the work to enable it); enjoy James' excellent commentary with additional insights. The live broadcasts are available to see (free) at [Eurovision Sport](#). Also have a read of Graeme's Planner's Report on the Mixed Sprint Relays here: <http://news.worldofoc.com/2024/07/15/woc-2024-sprint-relay-analysis-by-course-setter-ackland/>. Photos are available via the [International Orienteering Federation's live pages](#) which have links to multiple excellent albums (as well as to all results, maps, and GPS tracking).

It was interesting explaining to members of the public what was going on: the vast majority didn't really know what orienteering was as a sport and its various disciplines, let alone have any prior awareness of WOC as an event going on in the city ("I thought you did that in the Highlands?"; "Is it a charity run?"). Most were curious, and goodwilled (some then looking out for their countrymen/women to cheer); a few were less keen, shall we say (and certainly were not going to let a few high-speed athletes stop them ambling up the steep and narrow part of Milne's Close...). Overall though it was a great opportunity to engage and perhaps a few of those pavement chats will motivate some people to come along to future local events and give it a go too. If you didn't catch it on the WOC screens, have a look at Sam's Kitchen's fab Sprintelopes promotional reel – and share with all your friends to get them orienteering too! <https://photos.app.goo.gl/W9aVP7ycXDCMMXe79>

The overwhelming impression left by WOC was of the many many positives that orienteering as a sport brings. Obviously there is the inspiration from seeing up close the fabulous performances by the athletes. There's also considerable inspiration from the competence and creativity of those delivering the technical side of things and their ability to rise to considerable challenge (largely as volunteers of course). Most of all there's the huge sense of community that comes with any orienteering event (that I've ever been to anyway) but particularly one drawing in orienteers from across Scotland, the UK and the wider world. Personal highlights as a rank-and-file volunteer included meeting lots of great people - including some from Czechia who'd come to be part of things, and a group of lovely young orienteers from England who were just so into it all and passionate about cheering on the GBR runners (huge Megan fans!). Fabulous stuff all round. Here's to WOC and orienteering in general!

Katherine Ivory, Editor.

THE INTERLOPERS WOC / WOC TOUR HALL OF FAME



Graeme Ackland – WOC Mixed Sprint Relay planner
James Ackland - commentator
Jane Ackland – marshalling
Tricia Alston – marshalling
Pip Ascough – WOC Tour SI download
Pat Bartlett - merchandise
Leah Bartlett - merchandise
Colin Blackburn - marshalling
Paul Caban – WOC Tour controlling; marshalling
Freddie Carcas – GBR athlete, Mixed Sprint Relay
Jane Carcas – marshalling
Max Carcas – WOC Tour Arthur’s Seat race planner; marshalling
Pippa Carcas – pre-runner
Oleg Chepelin - marshalling
Sasha Chepelin – WOC pre-runner
Chris Dibben - WOC Tour SI download
Colin Eades – WOC general dogsbody, van driving, signage, taping..
Fiona Eades – WOC logo / graphics, test races, general dogsbody
Lorna Eades – WOC TV Coordinator
Mairi Eades – WOC pre-runner, general dogsbody, control collecting
Luke Fisher – WOC running camera, pre-runner
Lucy Galloway – WOC Tour SI download; ‘WOC Clinic’ athlete catering
Robin Galloway - WOC Tour SI download; marshalling
Ann Haley – WOC Tour SI download team recruitment and coordination
Graham Haley - WOC Tour SI download
Mark Haley - WOC Tour SI download
Joy Hodgkinson - marshalling
Peter Hodgkinson – WOC pre-runner
Colin Inverarity - marshalling
Katherine Ivory - marshalling
William Ivory - marshalling
Andy Kitchin – GBR team manager
Kate Kitchin - marshalling
Sam Kitchin – WOC camera-man; Sprintelope reel
Rob Lee – WOC Tour SI download; arena set-up, marshalling
Thomas Laraia – USA athlete, Mixed Sprint Relays
Aoife McCavana – Ireland athlete, Mixed Sprint Relays
Graham McIntyre – marshalling, control collecting
Morag McIntyre - merchandise
Colm Moran – Ireland athlete, Mixed Sprint Relays
Mary Ross – WOC Tour SI download; ‘WOC Clinic’ athlete catering
Graham Ross - marshalling
Ben Stevens - marshalling
Murray Strain – GBR coach
Su Twizzell - merchandise
Claire Ward - marshalling
Lucy Ward - marshalling
Lawrence Ward – marshalling

**as known at time of going to press*



LUKE FISHER – WOC Running Camera-man

I was already involved with the pre-running team and had helped in this capacity at the individual sprint on the Friday. On Sunday morning, a message went out asking for a volunteer to fill in for one of the running cameramen at the sprint relay, as he had fallen ill. Thinking that this would likely be the only chance ever to be on the running camera team at a World Championships, I put my name down. A quick phone call later and I was in. Exciting!

The running cameras are just one element of the TV broadcast. Rather than seeing athletes appear and rapidly disappear at a single control, as shown on the fixed cameras, the running cameras allow viewers to follow the race alongside the runners as they navigate between controls. The production team stitch this footage together with that from the fixed cameras, the drones and the GPS tracking to give a comprehensive overview of the race.



There were two running cameras at WOC this year. Each runner has a GoPro on a short stick with a smartphone cable tied to the back. The phone acts as a screen so the runner can see what they are filming and all image stabilising is done digitally by the GoPro's internal processing. A backpack contains the transmission equipment which links the sound and images from the camera to the production room at the arena. We both ran with an earpiece in: in this way we were linked to the production team's conference call and could hear the director calling in different camera feeds throughout the race.

For the sprint relay I was to focus on the women's long leg from #6 - #7 and the men from #8 - #10, plus whatever I could keep up with in the few controls just before the spectator run through. Essentially as much as I could manage on the western side of the area. We spent nearly an hour before the race walking the different route choices and checking the fields of view of the fixed cameras: it's important that the running cameras stop out of their view. Tuve, the other camera runner, would cover the first set of forked controls in the eastern part of the map and then pick the athletes up again as they entered the run through on their way to the maze. For me, the women were moving at a fast but manageable pace, while keeping up with the men required a full effort. You can see Emil Svensk and Joey Hadorn make me suffer as the cameraman is slowly dropped running up the grassy hill to control #10 on the second leg.



The number one rule is to stay out of the way. The GoPro has a very wide aperture meaning you have to run close to the athletes otherwise they will appear very small in the picture. But the worst outcome would be to trip someone up or to obstruct the race in a way that might affect the result, so it's a delicate balance. I think I managed to avoid causing any trouble! I had a front row seat to watch the leading women all stop still at their #6 on the last leg, spending a long time looking at route choices. I was

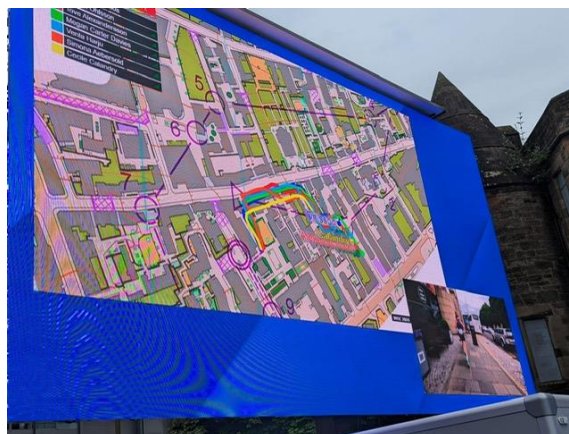
also with Tove Alexandersson and Simona Aebersold when Tove hesitated at several controls in the gardens section towards the end of the race. She clearly knew something wasn't right but it wasn't until the finish that she discovered that she had mispunched. It was great fun to run fast all over the map and follow the race up close.

I received a text on the Monday night asking if I would come back for a second go at the knock-out sprint. Here I ran the semi-finals and finals: 8 races in total. In the semi-finals I covered the longer leg from the Royal Mile back to the university buildings. This included the route choice through the office building – more on that later. For the finals I was to meet the runners at the second control (in the primary school) and follow to the finish or until I was dropped, whichever came first. As those who were there will know, after two days of glorious sun the rain finally appeared during the quarter-finals. This would make the paving slabs and steps incredibly slippery. Not what one needs when attempting to run at race pace while carrying a camera that needs to be continuously pointed in the correct direction, while also trying to avoid running into anything or slipping on the stairs you are running down! In some ways it is similar to reading the map while running and relying on your peripheral vision to stay on your feet.



The semi-final courses included a route choice that went through an office building on St Mary's Street. This was an amazing addition by the organisers and one that the athletes found particularly difficult to deal with. I was following six of the fastest women orienteers in the world when they stopped at the open door. Alexandersson looked in, thought better of it and jogged off down the street with the rest in tow. Only to come back a few seconds later and dart inside. This sequence (with commentary by James and Katherine!) is an excellent watch if you haven't seen it already.

The finals were a more sedate affair, with both races being very tactical and no-one willing to risk it all for a medal. This made it easier to keep up, and I was able to follow both races from control #2 to the finish. We struggled at times for transmission signal especially in areas between the many tall buildings of the city centre. This didn't affect me in the moment - I would still run with the athletes - but it wasn't until afterwards when I re-watched the finals that I saw how little of the running camera footage was used. We also had a little technical trouble: Lorna Eades can attest to the speed at which the faulty transmitter was removed from my backpack on the street and a new one fitted by the production team, just in time for me to follow the next race. While there is a defined plan laid out by the TV team, ultimately it is down to the runner to decide what looks interesting and to follow. Generally, if it looks exciting then it probably is! I struggled to decide whether to follow Megan when she went solo in the final or to stick with the pack. I thought that there was a greater probability of some drama with 5 runners all watching each other and so went with them. This was a fun insight into the "other side" of orienteering and one that I'm very glad to have had the chance to be involved in.



JAMES ACKLAND – WOC TV COMMENTARY

I was a late call-up after Pete Molloy was selected for the team, leaving experienced host Katherine Bett without a co-commentator.

Highlights: so many... Tino Polsini's silver medal; finally seeing Dad's sprint relay courses (fear-inducing, surely he can't have put a maze in the world champs!); watching the "philosophy" (I was skeptical!) of those courses play out exactly as he had imagined; watching Freddie run a textbook relay leg for GB under heaps of pressure; the fourth leg of the relay grinding to a halt on the non-route-choice-route-choice; the Alexandersson mis-punch caught live on camera by Luke; a long run home from Riccarton with (amongst others) two WOC champions and a JWOC champion; Jonny's quarter-final finish ahead of Mathias Peter; Calandry's incredible speed to knock out Hanna Lundberg; Megan's semi-final finish outrunning Gemperle. Probably the stand-out TV moment for me though was Megan taking that shock lead out of nowhere ahead of the pack on the long leg in the KO final.



PAUL CABAN – WOC Marshalling

I volunteered for WOC on Friday and Tuesday.

On Friday, I was a “barrier marshal”, the hardest part of which was getting to Leith for 7:15am. Ugh. I shared duties with David, a non-orienteering “professional volunteer” who had signed up via a volunteering web site. We had two close-by barriers, both near the start, on the Water of Leith path. One of the barriers was never likely to have competitors reach it, and most time was spent explaining what was going on. The other barrier would have been a poor route-choice anyway, but at least gave the opportunity to see competitors running past. David and I swapped every so often, and I could explain the orienteering side of things to him. (I saw him later in the week, and he said that the grounding had given him useful knowledge for what followed).

On Tuesday I was promoted to “control marshal” for the KO semi-final. Again, there was another marshal (ensuring a gate stayed open) close by, and we also got involved in managing cars that wanted to leave one of two car parks. The control was early in the race, and for the first four races, we saw the pack approach uphill from the same general direction (there were two ‘micro’ route-choices) and leave in the same general direction (again two ‘micro’ route choices). Race five was different. Half the pack appeared from a completely different direction: downhill, and boy were they going quickly. And then ~one minute later, we had the other half pack appear again. Unexpected excitement.

In between I was Controller for WOC-Tour at Riccarton on Sunday. That’s an article for another newsletter.



Lothian bus with world orienteering championship on display board [photo credit: Jane Carcas]



Our youngest INT supporter while Dad [Muray Strain] was Team GB coach, Auntie [Kirsten] marshalled controls, and Grannie [Sheila] and Grandpa [Robin] were on timing/download. [Photo credit: Tessa Strain]





Pre-runners in the Old Town (below: Mairi Eades)



Anyone seen Aidan?!
[photo credits Robin Galloway]



WOC STARS – MEET THE INTERLOPER ATHLETES

Freddie Carcas (GBR)

Age 24

From Edinburgh (Interlopers born and bred!)

Occupation: engineering / data.

Lives in Stockholm

Debut WOC

Notable results: JWOC relay 6th (2019), EOC KO Sprint 39th



Colm Moran (Ireland)

Age: 31

Occupation: maths teacher

Location: Edinburgh !

WOCs: six now

Irish orienteering champion in each discipline at various points.

“It was very exciting to have it the city that I live in. Ireland are not likely to host a WOC in my time so this was by far the closest I'll have to a home WOC - it was really cool to compete with so many people I know spectating, orienteers and other friends alike. It was a great atmosphere all of the days. My training was a bit sub-optimal because I've had a little bit of an ankle-niggle lingering for 5 or 6 months. I've been able to run, but it seemed to be aggravated by faster work in particular. So just tried to do my best in the last few weeks to do as much sprint orienteering as possible to get sharp technically and keep rehabbing.”



Aoife McCavana (Ireland)

Age 27

From Dublin

Occupation: Physio

Lives in Edinburgh

WOCs: two now

Some notable results: WOC Relay 20th (2019), WOC Middle 54th (2019)



Thomas Laraia (USA)

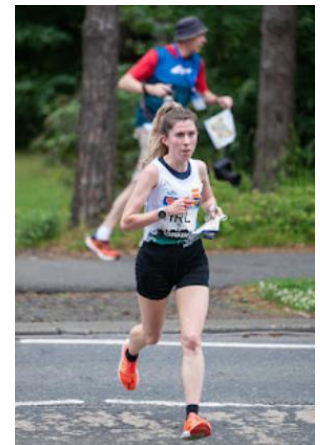
Age 24

Occupation PhD student

From Hudson Wisconsin

Previous WOC experience Czech Republic 2021, 4th @ British Middles 2024

Fun facts: can play the trumpet and lived in Taiwan for 3 years



MIXED SPRINT RELAY ATHLETE ANALYSIS – Thomas, Colm, Aoife and Freddie

[Graeme Ackland as course-setter has done a detailed analysis of the WOC Sprint Relay 2024, published via WorldofO.com. It was a very exciting race with lots of small errors and changes of lead. The race analysis goes through the race and discusses the decisions points –well worth a read to understand how the relay was decided.

<http://news.worldofO.com/2024/07/15/woc-2024-sprint-relay-analysis-by-course-setter-ackland/>. To see the map, GPS-tracking and results, see the [WorldofO-article on maps & results from WOC 2024 Sprint Relay](#).]

S -> 2:

Aoife: We didn't have a sprint relay team at the last sprint WOC, so I started at the back of the pack in 30th. Had heard from the commentators that we had a common first control, so when we started I tucked in at the back of the pack and tried to plan ahead. I took the east route through the gap in the hedges to #2 meaning I was quite near the front coming out onto the road and into the control - although I didn't realise this until Gemperle passed me coming out of #2!

Freddie: Grace smashed first leg to put me out with the leaders. I managed to hit #1 keeping the head but a minor brain fade meant I led Sweden round the hedges and let the Swiss team gain a small gap.

Colm: We'd lost a little time, so I started a little behind the 2 bigger packs, but chasing a few teams, heading out with Turkey. I was reading #2, and got confused by the new car park a little and over ran #1, but cut back only losing a few seconds. I wiggled out of the car park and spotted the little gaps well, losing the Turk off to #2, it was straightforward after that.

Thomas: The first and second leg runners had fallen off a little bit for the United States, putting me in a lone position to chase down Hong Kong and China with anyone else really out of reach. Leaving 1, I saw the hedge blocking access to the right car park entrance, but not the hole in the hedge on the pink line, so came out to the left and lost a few seconds, but no significant damage sustained.

2 -> 6:

Aoife: Our map flip was at #3, which was quite easy so managed to remember this, and plan ahead to #4-6 which were quite straightforward. I was a bit hesitant coming out of #3, but got the controls easily.



Freddie: This was a gaffled section so it was important to take my time to hit my controls. I found this with relative ease and our small group of 3 had a small lead on the chasing pack of Denmark and Finland coming out of this loop.

Colm: I saw the map flip was really early, but thankfully my #3 was straightforward so I could mostly learn this off and flipped quite early. #4 needed a little attention but went fine, I was a little underprepared for #5, but it was easy in the end, as was #6.



Thomas: I was a bit surprised to see the map flip three controls in, but I gave the flipside of my map a quick glance and saw 4 wasn't difficult, so I wasn't too concerned. I made a small mistake to 5, wanting to come between the building and the bushes, but lost sight of that detail while running and ended up on the wrong side of the stream. A little confusion, but corrected to cross the stream slightly further west, a bit more annoyed at myself.

6 -> 7:

Aoife: I was a bit hesitant coming into the long leg (#7) but thought the north route looked more straightforward and would give me time to plan ahead, so committed to it! A few girls came by here including Grace, so again just tried to keep up as much as possible but was definitely struggling a bit.



Freddie: The big leg. It was interesting watching the leading teams on the 4th leg all pause for 5-10s trying to work out the quickest route. I spent 5-6 planning this and only saw one route so after a small hesitation leaving the control I was confident it was the best. Turns out there was minimal difference between the routes so it was a good choice to commit. Sweden and Switzerland started turning the screw here so I was hanging on a bit, and a badly timed stitch meant I was having to work a bit harder than I'd liked.

Colm: I'd try to plan this on the way to #6, but there was a lot going on, it looked like I needed to turn around, so I took a 180 out and continued to decide between the 2 main options. In the end I went with south keeping a bit closer to the line (though I now think north was better). The first part was fine, but entering the white forest was a bit slower than I anticipated and I hit some very rough hedge which took a little to hop over. From there I got to the low path pretty quickly and got into #7 alright, seeing the Bulgarian who had started just behind me arrive as well.

Thomas: I decided fairly quickly that the longer stretch of road on the right route and relatively straight approach to 7 through some grass looked quite easy and allowed for some planning, and the wiggle to get out there didn't look too long. Looking at the left options I kept seeing obstacles, such as the long uncrossable fence and negotiating getting to the path through the green, so it wasn't in real contention for

me. Still quite alone at this point, but I had the chance to pick routes for #8, #10, and #12 and knew I had time to think on the way to #10 if I wanted it, so I'm feeling like things are relatively under control.

7 -> 9 [Aoife excluded]:

Freddie: I slipped out of the 7 and took a slightly different line to 8, which was marginally worse, losing a few precious metres and then expected the 8th control to be on the right and had a big hesitation when it was on the left. The combination of this meant the elastic had been snapped to the top 2 and Denmark and Finland had me in their sights.



Colm: pretty straightforward loop, just behind the Bulgarian and trying to make the most of that to plan ahead, but he was moving away a little.

Thomas: On reflection, this part didn't really have any route choice on my gaffle, so was just making sure execution was fine. I did miss the new gap in the hedge between 8 and 9, completely blanked it.

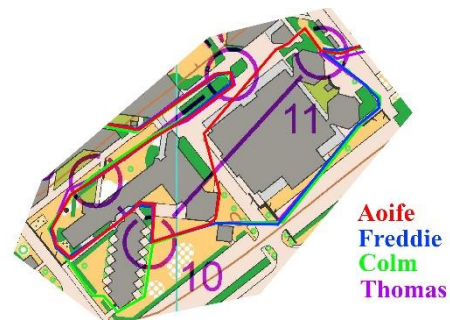
9 -> 10 [7-8 Aoife]:

Aoife: Another route choice leg - there didn't look to be a massive difference to me, but I thought that going west looked like easier running, so went that way. In hindsight looks like this was the faster route!

Freddie: I was confident cutting across the open looked good, but missed a cut through and starting feeling pretty tired in this section. Shame about the hesitation at 8 as this meant I couldn't sight the top 2 micro routes and was having the lead the orienteering for the chase pack.

Colm: It seemed clear West was best, it was just a matter of which way. Again I opted to stay close to the line by climbing the stairs and going through the parkland. Again, I think this was worse in hindsight - I'd underestimated the climb. But execution was fine and I came out of the open a little behind the Bulgarian, and got the last part well with glimpses of him.

Thomas: It was clear that left had far too much going on to be good, so it seemed clear to cut across the grass to come around to the right and to cut through the small courtyard. Slightly poor execution, I would have liked to come more diagonally across the grass to get the shortest distance. While reading ahead I did start moving towards the circle for #11, but I corrected when map contact returned and don't think I lost much time. As I was coming into 10 I saw Hong Kong coming the other way, which was a nice boost.



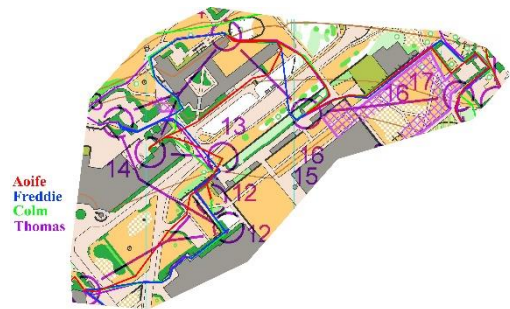
10 -> 13 [8-11 Aoife]:

Aoife: #9-11 were all very straightforward, so just tried to keep up with Germany but my legs were feeling pretty tired at this stage.

Freddie: this section went well. A worse route to 12 but all teams around me did the same so no time loss.

Colm: this section was pretty straightforward, just made some route-choice decisions though felt like I was struggling to pick up the pace.

Thomas: A series of short legs where the routes are simple to read, although I did change my plan to 12 because I hadn't seen the canopy the first time that allowed the wiggle route. I went right to 13 while HK went left, which brought me within a few meters of him.



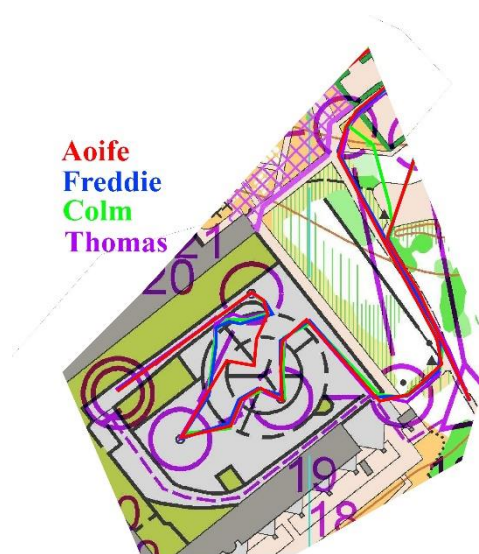
13 -> 19 [11-17 Aoife]:

Aoife: I hadn't planned well to #12 and 13 so just followed the girls in front and got them fine. Again #14 was straightforward, but I was fading a bit by this stage. Went south to #15 which I think may have been a bit slower but no major loss. Then just tried to stick with Ukraine coming through the spectator, with such amazing atmosphere and so many supporters!

Freddie: hit my gaffe well, I think I had a slightly longer gaffe to 16 (or took a bad route out of it..) so lost a bit of time here and was starting to feel very tired. Amazing atmosphere through the spectator control managed to perk me up and thankfully didn't balls up the spectator control which was a little confusing with the fake hedges.

Colm: This last building section also felt mostly fine, I stayed right to 14 to avoid any faff. Leaving 16, I planned to go through the car park but realised late about the hedges, so turned back and cut around the building (7-8sec lost). Incredible atmosphere coming back to the arena with so much local support!

Thomas: Around 15 or 16, I tried to put the burners on a little bit. I wasn't taking optimal lines. I left 14 running along the path with Hong Kong and didn't take the opportunity to cut across the grass because my head was looking at the rest of the leg, and coming out of the gate I snuck past him and tried to accelerate away. To 18, I saw that right was probably better, but I hesitated coming around the building to the road and changed my mind to left. The spectator run through to 19 was great, I could hear a lot of people cheering for me, although I was trying to ignore them a little bit to get through the hedges without trouble.



19 [17 Aoife] -> Finish:

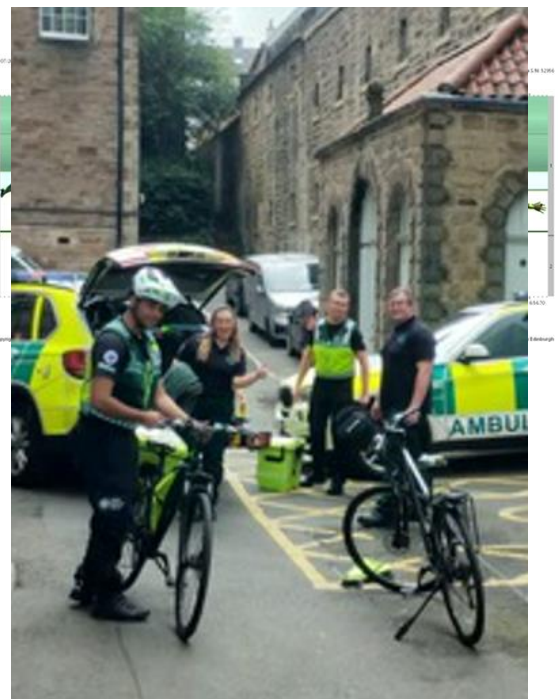
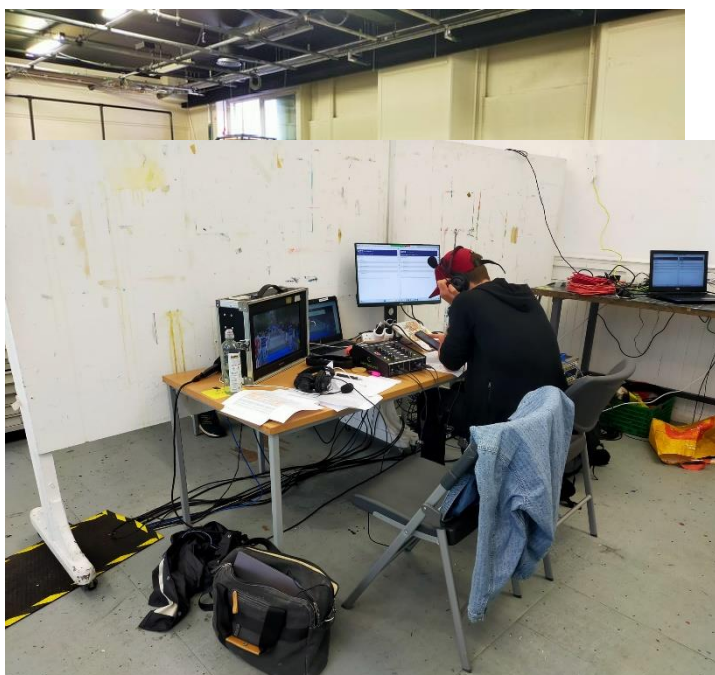
Aoife: I had thought there would be a maze from warm up, when I heard the commentators say that we would have a surprise at the end of the course. Coming out of 17 I slowed down a bit to read my map/ plan the maze routes. I ran straight past #18 into Oriam before realising that I had skipped a control! Went back and got it, but think I lost two places here. Then had no issues with the maze after all the planning, so just tried to run as hard as possible to hand over to Josh.

Freddie: I had seen there was a maze when I started and planned it on the way coming out of the spectator control. It was an exciting way to finish and I gave it a good gurn to send Ralph out ~20s down with the Danish and Finnish teams.

Colm: I knew there was a maze from the start, so I planned appropriately coming in and it looked fine. Mostly it went fine and I was catching a couple of teams in there, though I did hesitate to check my codes which were awkward being on the back of the map. In the end I risked it, feeling confident in picking the features, and then just ran for home as hard as possible!

Thomas: After hitting 19, I tried to put a bit of speed in for the supporters, but slowed again to take a look at the maze. I was a bit distracted with the slippery parts of the path and the darkness of the woods so didn't get much of a chance until actually entering the Oriam. Slowed to a crawl, but felt I was able to pick out the routes quite quickly, and I now had sight of China coming around the fences to 21. I'm not sure he took the best routes through the maze, because I got the gap down to just a few seconds for our last leg runner to finish off. I've been told though that I ran the wrong side around the sheep into the finish chute, which I'm sure was the difference maker on the day.

Behind the Scenes – crucial techie people at work, and the hopefully-not-too-busy first-response mobile team (Photo credits Lorna Eades)



Sprint World Orienteering Championships 2024 Sprint Relay

Riccarton

Scale 1:4,000
Contour interval 2.5m

This map has been prepared for the Sprint World Orienteering Championships on 14 July 2024. The depiction of access on this map should NOT be taken as definitive or as indicating a right of public access at any other time.

Original survey and cartography: Dave Peel (Peel Land Surveys) 2023 with additional survey and cartography by Alasdair Peckley 2024. Based on Ordnance Survey mapping with the permission of the Controller of His Majesty's Stationery Office © Crown copyright 2024. All rights reserved. Licence number OS 100015287. This map incorporates Scottish Public Sector Lidar data made available under Open Government Licence v3.

Event Registration No: 83332
Map specification: ISSpOM 2019-2 v6
Course setter: Graeme Ackland

Special Symbols:
Play equipment *
Man-made object *

SCOTLAND
The Perfect Stage

EDINBURGH
The City of Communities



Women leg 1 and 4

Sprint Relay
Women 3,8 km 35m



The less glamorous side of the MSR!! Marshalling round the back of the aircon ...



Leith – Individual Sprint qualifiers and first WOC Tour race



Sunny Assembly – a great start to WOC!



Jane C in WOC-Tour action



OLD TOWN – Individual Sprint Final (at the narrowest point of the steep Milne's Court steps – members of the public thankfully staying well back in the tunnel) [photo credits: Katherine Ivory]



Knock-Out Sprint



ANN HALEY – INDOOR ORIENTEERING AT THE NUCLEUS

I took part in the events at Holyrood, the Nucleus and Riccarton. All excellent! Having worked at King's Buildings for many years, I watched the Nucleus Building go up, although a fair bit of this took place during the Covid years. It is a learning, teaching and social hub, designed to cater for the needs of the science courses delivered at this campus.

A tour of the building in September 2022 highlighted the natural theme of the building, with darker soil colours at the base and greener leaf colours as you go up. All the study spaces are named after Scottish native trees and are alphabetical from the ground upwards: Alder (originally Ash, but this name clashed with others on campus), Elm, Hawthorn, Larch, Oak (400 seater), Rowan and Yew allowing for different styles of teaching delivery and group working. Many of these were greyed out on our map, including the specialist chemistry laboratory on the top floor. The building opened for teaching in January of 2023 and I visited the lower floors briefly soon after.

Having only completed one indoor race before (in the James Clerk Maxwell Building) I find the maps of indoor races (often presented in the CompassSport magazine) completely mind boggling. I failed to understand the arrows on the stairs (were they one way?) and the colour scheme. Even a look at the map beforehand gave me little information. I understood that staircases were labelled with letters.

Eventually, after a few enquiries on Saturday, I understood that an arrow pointed to the top of stairs, that no stairs were restricted in their direction, and that coloured stairs showed stairs between floors, but non coloured stairs were on the same floor (which meant I generally ignored this, possibly to my cost).

My course was advertised as 5 flights of stairs, but by the time I reached control 5 I had already gone up 6 flights and, it turned out, there were another 6 to go! I was turning my map like mad as I went up and down stairs which changed direction, desperately trying to keep on top of it. Early on I struggled to spot staircase C on lower floors (red against a background of grey), and later on I lost the plot going to 11, finding myself at D instead of G, again which I struggled to find. I am sure I did lots of talking to myself, possibly not repeatable in a news article!

People arriving at download talked of their heads spinning, and some even tried to go outside the building to get around the internal 'barrier'. There were a few missed or wrong controls and I was genuinely scared to go on my course for fear of what kind of mess I would make of this. However, I rose to the challenge and loved every minute! It was a fantastic fun event! Thank you to those involved in making it happen.

NB I failed to notice any colours or names of study areas as I ran round (the Nucleus) so was of no use whatsoever!



ROBIN GALLOWAY – DIARY OF A WOC HELPER

Day 1 – Arthur’s Seat. Lucy and I cycled down to the venue. Chatted to Pat Bartlett about how merch sales were going (very well – even the highland cows). We picked up our helpers’ gear – top quality sweatshirt, t-shirt and bucket hat. Really enjoyed Max’s courses on Arthur’s Seat then helped at download, great job for seeing the breadth of the international field.



Day 2 – Leith & Town Centre. WoC volunteering at 7.45am. Cycled down to Leith on new cycle path down Leith Walk (interesting experience). Marshalled in Leith for WoC sprint qualification – most notable incident was a chap walking past carrying a shovel with a dead seagull on it! All potential collisions between competitors and public avoided. Enjoyed my run on the tour – great course. Also great helper sandwich selection! Then up to Princes St Gardens to marshal gates in the Grassmarket during the Sprint final. Sunny and lots of folks sitting outside restaurants – all very interested in what was going on!

Day 3 - Nucleus building – Helping on download – great to see folks running in all directions up stairs and across floors, and very positive comments from folks at download – again great to see all the folks from abroad – especially the Spanish twin ladies - thoroughly enjoying the event.

Day 4 – WoC Relay at Riccarton, really exciting, great fun watching an exciting race unfold on the screen (and a great run from Freddie!). Enjoyed the Tour race around Riccarton, then helped at download. Worked with the team there on ways of breaking the news of mispunches to competitors! – Mary had the best line to break things gently ‘..I am afraid I have some bad news for you....’!!

Day 5 - Urban Long – cycled down with Lucy, we ran our courses, we mis-punched. The download helpers broke the news gently (!). Lucy then provided 4 lasagnes, salad, apple cake, tablet, for 16 international orienteers at Pollock halls for their evening meal. Great to see the international team members from South America and Eastern Europe – what a great inclusive sport this is!

Day 6 – Westerhailes – helping at Westerhailes and then the city centre. Exciting on the Royal Mile, the council closed the road with minutes to spare and we put barriers across the road between Closes to mark an out-of-bounds area. It turned out to be a great place to see the race as athletes flew in and out of the closes as they pursued tricky route options. Creative route choice option available through an Office!



All in all – a great advert for Orienteering and for Edinburgh. Well done to all!



BEN HARTMAN – WOC SPONSOR

Well what a spectacular, joyful celebration of world class orienteering and what a showcase for Edinburgh! In the 18 months leading up to the event, SOA Board discussions largely focused on what could go wrong - cost, safety, risk, insurance cover etc. - and far less on how great the event would be if everything went well. Over the week it was amazing to see each day provide exceptional competition and easily surpass expectations!

My business, Cullen Property, was also an event sponsor and it was great to see my non-orienteering colleagues enjoying the week.

OLEG CHEPELIN – KO SPRINT MARSHALLING

In contrast to control watching round Wester Hailes in the morning, I helped with crowd control Tuesday afternoon on the Royal Mile and really enjoyed the atmosphere and cooperation of the tourists. Had a blast outside The World's End pub with punters cheering on the WOC athletes.



Sam Kitchin doing a grand job with the camera. [Photo credit: Oleg Chepelin]



COLIN BLACKBURN – CONTROL GUARD

On Friday I was guarding a control in Leith in the morning for the sprint qualifications and then staffing a pedestrian barrier on High Street in the afternoon for the sprint finals.

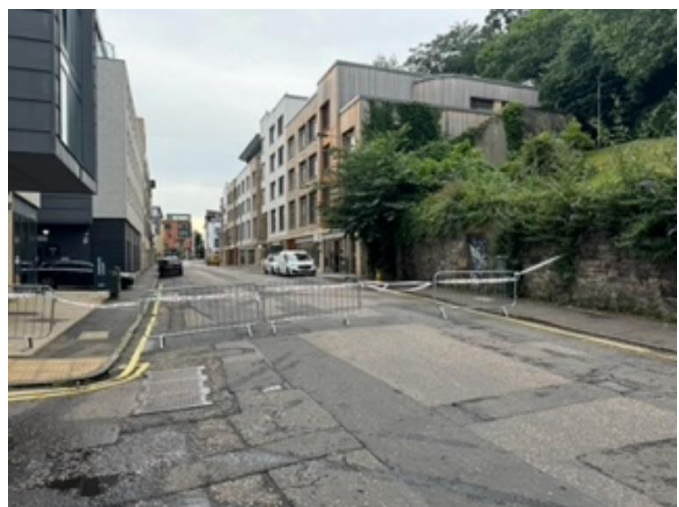
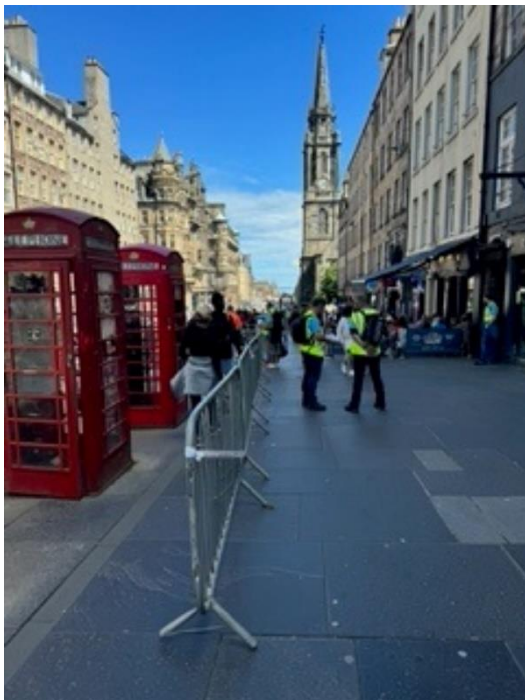
On Tuesday I staffed a route-choice barrier in Dumbiedykes for the KOS quarter finals and then a full road closure barrier on Canton Road for the finals.

Dumbiedykes definitely had the best view, Leith was probably the least desirable view, I stared at that litter for three hours!

I also helped Max take in controls from the Tour event on Thursday.

And I managed to run in all five outdoor events!

The highlights were definitely seeing the athletes shooting up and down the closes of High Street. A memorable moment was being shouted at by a chip shop owner on High Street for ruining his business!



WOC ANIMAL MAGIC



“Say hello to Megan **Coo**-ter Davies!”



Thomas sprints past Venla Har-ewe

Tove Alexanderss**swan** was also in the Maze somewhere ...

[Terrible puns courtesy of an Ackland (who else?)..]

Meanwhile elsewhere, this cat got a bit of a shock when the runners came! [photo credit: Jane Carcas]



Interlopers Club Committee 2023-24

Chairman – Colin Eades
Secretary – John Barrow
Treasurer – Robin Galloway
Social Secretary –Lorna Eades
Communications – Katherine Ivory
Club Captain – Rob Lee
Junior member – Fiona Eades
Ordinary member: Mike Stewart
Events coordinator – William Ivory
Child Protection Officer – Lucy Galloway (co-opted)
Equipment officer – Paul Caban (co-opted)
Webmaster – Graham McIntyre (co-opted)



For full details on club management, training, forthcoming events etc, see www.interlopers.org.uk.

Enquiries to info@interlopers.org.uk.