



147>>> The Interløper Spring 2009

Editor's Intro

Hello from your Newsletter editor and Happy New Year!

The last newsletter went out in December and sadly I have still not managed any orienteering since then. My lack of attendance at events makes writing articles for the newsletter very difficult and I wish to say a big thank you to all the people who provided me an article for this newsletter.

There have been plenty of events taking place over the festive season and into the New Year including our own SOL at Norman's Law at the start of February. With the JK just a month away it's time to step up your training and get in some extra navigating practice.

Hot off the press is that Interlopers had some good results at the British Champs on Feb 28th down south in England. Let's hope that INT can produce some great results at the JK to follow this up.

The Interlopers social scene has also been busy with the INT Christmas party and the Skittles evening jointly with EUOC.

As always, a plea from me; Please if you've been somewhere interesting orienteering, have enjoyed a particular forest or have some news to share then send me your articles and photos – you don't need to wait for my plea!

See you at the JK.

Emily

Your Editor in relaxed post-run mode!





CHAIRMAN'S CHAT

The 2009 orienteering season is well underway and we've already been treated to some wonderful events. The Edinburgh Street O, Norman's Law and Scottish Night Championships all stood out for me.

Next I'm looking forward to the Culbin weekend (21&22/03/09), where there will be men's or women's World Championship length courses on offer, as well as the normal colour coded courses. How often do we get the chance to run the full Buna? Will it hurt?

I'm also looking forward to the Compass Sport Trophy - Scottish round, at Craigallian (29/03/09). I believe we can win the Scottish round and perhaps go further, but that requires a good turn out and performance by Interlopers on all the courses. So please come along and run for your club. And then join in the tea and cake session in the café afterwards.

Other key events on the horizon include the JK in Northumberland (10-13/04/09), British Sprint Championship at Stirling University (04/04/09), the Scottish Orienteering League (SOL), the Scottish Championships (23&24/05/09) and the Scottish 6-Day Festival (2-8/08/09).

Wow! With all these fantastic events to look forward to, I bet you wish you

had attended the Interlopers training sessions every Thursday. I'm already feeling the benefits of those terrain runs, with the running feeling much easier and more enjoyable. Another key benefit is that, when I'm fit, I can concentrate on my navigation rather than my feet.

I recommend the training and invite you to come along. If you want a shorter or slower run let me know in advance and I'll try to create two groups (short and long or fast and slow). Is there anything else that would help, if so please let me know.

One event not mentioned above is the British Championships. Last year Interlopers won the men's relay and I'm delighted to say that we have a top quality team trying to defend our title. Good luck Anthony Squire, Graeme Ackland and Scott Fraser. I'll give you 3 guesses as to who will hurt the most at the finish line? As the newsletter goes to press the event is about to take place, so the result might already be known by the time you read this article.

Interlopers also have a number of up and coming commitments. We hope to host a series of Street events, probably on Thursday evenings from mid May 2009 onwards. These low key local events are great fun and sociable. Watch the web for details.

The club are then taking a lead role for day 6 of the Scottish 6-Day. Our day, Loch Ordie, is just north of Dunkeld and takes place on Saturday 08/08/09. Please keep this date free, offer to help and put your

6-Day entries in ASAP to avoid disappointment.

Further in to the future we are hosting the Scottish Score Championships on 22/11/09 so I really would be grateful if we could share the work load around the club members. Please volunteer.

Interlopers also have lots of great social events coming up including the Skittles evening (04/03/09), a Training weekend in the Lake District (17-19/04/09) and proposals for a Mountain Bike O day, Quiz and Hill Walking day. Everyone is welcome so please come along and join in the fun. Suggestions for other social activities are always welcome, as are volunteers to help organise them. Please contact Lorna, John or me.

Please also remember to pen a few words for the web site (www.interlopers.org.uk) and future newsletters. We need more contributions and accept most things so long as they're legal, inoffensive and pass Emily's censorship standards (how much does that rule out?). The strength of the web site, newsletter and club generally are reliant on everyone contributing, so please write up some results, a race report, training tips, holiday ideas, etc, during 2009.

With this in mind I would like to announce two pieces of recent good news.

On 12 February 2009 Matthew Alexander Hartman was born. Everyone is doing well. Congratulations Ben and Heather!

Secondly, Stephen Haley has just won the BOF Junior Volunteer Award and will receive his booty at the BOF AGM at the JK. For those that are not aware, Stephen has organised a lot of orienteering activities for the club, his school and scout groups. His efforts have generated new members for the club and taken four of them (including Stephen) to the World Schools orienteering championships. And other Interlopers are now following in his footsteps. Well done Stephen!

I would also like to take this opportunity to thank everyone that helped make our Norman's Law event such a great success, especially Richard Speirs (Planner), Ian McIntyre (Organiser) and Clive Masson (Controller). I know they put a lot of effort in to the event and it really paid off. It was fantastic. Well done and thank you chaps!

Finally, we are looking for people interested in training to help run SI at our events and people willing to be coaches to help with the junior sessions. Please let me know if you are willing to help in either of these ways.

Ken Daly.





NEWS IN BRIEF

**STEPHEN HALEY (INTERLOPERS)
WINNER OF BOF YOUNG
VOLUNTEER AWARD**

Ken Daly

Stephen Haley has recently won the prestigious BOF Young Volunteer Award and will receive his award at the BOF AGM at the JK.

Stephen has regularly helped at Interlopers events, having volunteered to help on starts, results, and control collection. At events he has been a reliable and respected contributor. Stephen has also been an event planner, which is rare for a junior! He planned a street O based at Tryst Park and a CATI at Cammo, both in Edinburgh.

As well as showing excellent club spirit, Stephen has achieved some individual success, including a victory in M18S at the Scottish Championships 2008 and representation in the East of Scotland team for several years.

At a more strategic level, Stephen has been a member of the Interlopers club committee since election in June 2005. His contributions have provided a valuable input to committee discussions and club work. A particularly notable example was his instrumental work to encourage the club to fund and develop folders for

juniors and have the folders explain the different types of event, control descriptions, etc, thereby helping develop the juniors, especially the new and novice juniors.

Arguably his greatest contribution as a volunteer has been his work introducing people, especially juniors, to orienteering. This has been an innovative, focused and long term programme of hard work and has been a definite success. He has achieved his goals and increased local interest, participation and membership as a result. He has guided 3 particular boys to run with him, taking them from complete Orienteering novices, to a Scottish Schools competition and on to running for Scotland at the World Schools Orienteering Championships!

Stephen in action.....



In addition to this Stephen has assisted in the development of Orienteering at all levels of the Scouting family (beavers, cubs, scouts and explorer scouts) by providing local groups with guidance and instruction to the groups and parents and introducing them to local 'Come and Try It' events.

Stephen has also provided similar introduction and guidance to local school groups and helps with the East of Scotland coaching sessions.

It is clear that Stephens various efforts to introduce and develop new people to orienteering have been fantastic. There is no doubt that he has been innovative, focused, committed and enthusiastic in his approach, and he has achieved a lot of success for the club, other people and his own development.

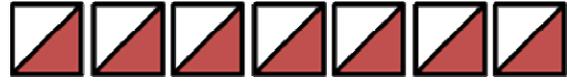
On behalf of the club I would like to congratulate Stephen and thank him for all his great work. The club has been a major beneficiary of Stephens work. Well done Stephen!

Ken.

INT Success at the British

Well done to the following Interlopers for top 10 positions at the British:

Anthony Squire M21E	7th
Graeme Ackland M45L	5th
Lorna Eades W40L	3rd



EVENTS ROUND-UP

Pat's Recent Outings
19th and 24th January 2009
Pat Squire



After 30 or more years of orienteering I don't expect to find new experiences when participating in the sport but the week of 19th January was to prove me wrong not once but TWICE.

A previous e-mail from Ken Daly had indicated that the Army were organising a score event on the Castlelaw ranges and that civilians were welcome to attend. Being a gentleman of leisure these days time was not an issue so I duly sent off an e-mail to register.

The day dawned bright and sunny but a fall of snow the previous days had left the Pentlands with a covering. A phone call to the organiser indicated that the event was on and that the approach road to the assembly area had been cleared.

On approaching the designated parking area I noticed that the red range flags were flying. Surely a mistake? Oh no. As well as various orienteer's there were various

squaddies in full camouflage kit carrying rifles and trotting around under the command of their senior staff. This was going to be a first – navigating through an area of live firing! Is the new method of providing incentives to make us run faster?

My fears were allayed when I was assured that the range itself was clearly marked as OUT of Bounds and the courses were planned to loop around this area.

The event itself? Well it was a very enjoyable “run” through the Pentlands principally because the sun was shiny, the sky was clear and there was a crisp covering of light snow in many parts.

In common with most orienteer’s my standard means of transport to events is the car. I have cycled to one or two but Saturday 24th January saw me (and Dave Godfree as it transpired) travel to the Edinburgh City event (part of EUOC’s Burns weekend extravaganza) by BUS (using my free bus pass of course!) So that was another new experience.

I found the event to be much better than expected. I’ve not done much in the way of street O and when I have I’ve always been confused by the various symbols and levels resulting in frustrating mistakes and wasted routes. In this case, possibly helped by a little local knowledge (although the biggest error was near the location where I used to work!) I was able to find my way reasonably accurately and, to my most pleasant surprise, *running* all the way.

My thanks to all concerned for providing two interesting, varied and novel orienteering experiences in the one week.

Normans Law Planners Report
Richard Speirs & Ian McIntyre

Planner Richard gives us an insight into the INT Norman’s Law event before event organizer Ian provides us with his ‘unique’ insight!...Ed.

Norman’s Law was an area that I used to orienteer on whilst I was at St. Andrews University almost 30 years ago, and so the opportunity to revisit and to plan for this event was too good to pass up.

However when I last planned, SI punching and digital maps had yet to make an appearance, and so I faced quite a steep electronic learning curve. I am therefore indebted to Clive Masson (Controller) for making all the necessary OCAD updates and to several folk for their assistance with CONDES, especially Colin Eades.

There were a few areas of the map that needed further updating, and with hindsight, I suspect that we didn’t get the area around control 126 quite right. I do hope that this didn’t detract from people’s enjoyment of what turned out to be an excellent day for the event, despite the icy conditions that made the going somewhat difficult in places.

The time of year rather dictated the advisability of having both the start and the finish within the wooded

area, and the amount of climb permissible for the various courses influenced to what extent they could use the main Norman's Law hillside. The other factor was the request to try to plan so as to encourage the use of the various gates and crossing points, as opposed to climbing the fences.

Then it was simply a question of trying to plan the courses to the appropriate standards, and with suitable variety of legs and a degree of gaffling for the longer courses...! This inevitably meant that we used quite a lot of controls, and I am grateful to everyone who volunteered to help with their collection, and especially to John Mitchell who spent 2 days helping me to put them all out in the first place.

On behalf of Intelopers, I would like to thank Dr Thompson of Denmuir Farm for allowing us to use his premises for parking and Registration, and to all four of the landowners for enabling us to stage the event. Finally, thanks to everyone who helped with the event, and to everyone who turned up to enjoy it.

Richard Speirs

Normans Law 'Alternative' Planners Report (by the organiser)

The Improved Improvised ! version

Norman's Law was an area that I used to orienteer gambol gaily in the sunshine with my other stable mates (cue Black Beauty music) whilst I

was at ~~St. Andrews University~~ Hogwarts School of Witch and Wizardry almost 300 years ago, and so the opportunity to revisit and to plan for this event was too good to pass up.

However when I last planned, below the belt punching and ~~digital maps~~ magnetic compasses had yet to make an appearance, and so I faced quite a steep ~~electronic learning curve~~ hill to put the controls out on. I am therefore indebted to Clive Masson (Controller) for ~~making all the necessary OCAD updates~~ lending me his quill and to several folk for their assistance with CONDES, especially Colin Eades for his DEEDS (poet?)

There were a few areas of the pirate map that needed further updating, and with hindsight, I suspect that we didn't get the ~~area around control 426~~ cross quite right. I do hope that this ~~didn't detract from people's enjoyment~~ will not lead to lawsuits and it turned out to be an excellent day for the event, ~~despite the icy conditions that made the going somewhat difficult in places~~ because the farm yard was frozen and we weren't up to our armpits in cow muck.

The time of year rather dictated the advisability of having both the start and the finish within the wooded area, and the amount of climb was extravagant permissible for the various courses. Influence determined to what extent they could use the main Norman's Law hillside, (connections are important!). The other factory was ~~the~~ requested to try

to plan so as to encourage the use of the various gates and crossing points **cheap Interlopers labour.**

Then it was simply a question: **why?** of Trying to plan the courses to the appropriate standards, ~~and with my hairy suitable variety of legs and a degree of gaffling for the longer courses...!~~ This inevitably meant that we used quite a lot of controls, ~~and ointment.~~

OK some seriousness for a moment:

Many thanks to all who helped make this event such fun. Thanks in particular to John Mitchell putting out controls, Graeme Ackland who brought (most of them) back in. Ken and Paul Caban for their help and guidance (it was great to see you there Paul).

Finally, Dr Thomson of Denmuir Farm for allowing Jane and I to root around in his byre for a few days ...did you see the bull?...and taking Jane back to her childhood. (She was brought up on a farm). Thanks to all four of the landowners and thanks to you all for lighting my face up with ~~joy~~ **(relief)** when you pitched up in numbers to help. I'd recommend it to ~~any~~ **everyone in case it's me again next time.**

Ian M

PS. Jane, pass me another bottle of that sterilising solution would you...hic!

Ian also mentioned that "Another item on Normans Law which I'm not sure everyone might realise is how

close to the bone the finances are.. after taking in £854 on the day, we only made about £272 overall...obviously a labour of love!" – Ed.



CATI's ARE BACK!!
Paul Caban

After a while of not hosting any CATIs (*that's Come and Try It events for those not in the know – Ed*), Interlopers will almost certainly be hosting one at Craigmillar Castle country park on Saturday 18th April, based on Craigend Farm off Old Dalkieth Road. I have in-principle permission from Stacy, the Ranger, but need to get this formalised.

For those who haven't been, this is a great area - there's a good path network for beginners and runners, and enough interesting stuff for a good short-green course for those wanting a little more challenge.

In time-honoured fashion, I'll circulate more information on the Club mailing list presently, and more info will also appear on the Club web site.



TRAINING AND SOCIAL EVENTS

INTERLOPERS LAKE DISTRICT
WEEKEND
&
GRAYTHWAITE REGIONAL
EVENT
17-19 April 2009

Accommodation:

Stables Bunk House, Cartmel, South Cumbria (20 minutes from J36 of M6).

Sleeps 19 in 2, 3, 4 & 6 bed rooms. Sleeping bags required.

Thee cost is £10 per person per night (a junior concession should be available).

Attractions:

Cartmel is the home of the best Sticky toffee pudding in the world (Ken)!

The Haverthwaite steam railway and the Windermere boat cruises are nearby.

Communal meal proposed.

Orienteering:

Saturday – Great Tower orienteering time trial.

Sunday – Graythwaite Regional event.

Alternatively there are great areas adjacent to Cartmel, for a pleasant walk or run, especially Cartmel woods and Hampsfell (offers great views over Morecambe Bay).

Please register your interest ASAP, so that numbers can be confirmed with the hostel. Contact Ken Daly, preferably by email.

Club Runs

Club runs are most Thursdays at various locations starting at 6.30pm.

See the website for more details:

<http://www.gmci.demon.co.uk/Interlopers/training.htm>

Junior Training

All juniors are welcome to Interlopers Junior Training events and the sessions are free. The format tends to be:

- warm up - all groups together
- split into white, yellow, orange and an experienced group for training
- fun relay - all groups together, and parents are encouraged to join in too.

Upcoming Junior Training Sessions and events:

- Saturday 14th March - Craiglockhart (alongside CATI)
- Scottish Schools 15th June - Beecraigs
- 21st June – Jamie Stevenson Trophy - Perth

If possible please email ron.nolan@btopenworld.com to let

him know you are coming so that sufficient maps can be prepared.

Very young juniors are welcome, but it may be better if these are accompanied by an adult.



‘O’ COURSES COMING UP

The club needs more members to get qualified as Coaches and is prepared to subsidise members who want to attend SOA training courses, whether for Planning or Controlling, for CONDES, or for any other suitable course. If you are interested, please contact out Chairman Ken Daly (kennethdaly@dsl.pipex.com) to discuss.

Courses – dates for your diary

- Coaching weekend 28-29 March in Speyside – for adults TD3 upwards
- First Aid course Saturday 28 March in Perth. 4 hours, ideal for UKCC Level 1 coach candidates. Book by e-mail.

Closing date for both the above courses is 21 March.

- UKCC Level 1 Coach course 27-29 June at Glenmore Lodge. Course fees being paid by SOA (Scottish residents only)

- UKCC Level 1 Coach course 6-8 July at Glenmore Lodge. Course fees being paid by SOA (Scottish residents only)

Closing date for both these courses is 15 May.

Please use the form on NatCen website to book your place on these courses:

<http://www.scottish-orienteering.org/documents/natcen/atcen-booking-form.doc>

Full course schedule:

<http://www.scottish-orienteering.org/index/natcen/page/national-centre-course-schedule/>



MERCHANDISE CORNER

Interlopes Gear for Sale

For Sale

Alison Laws, once of this parish, no longer orienteers, and I have inherited from her Mum, Moira, a small amount of good-condition O-kit, that can go to a good home in exchange for a donation to charity.

There is:

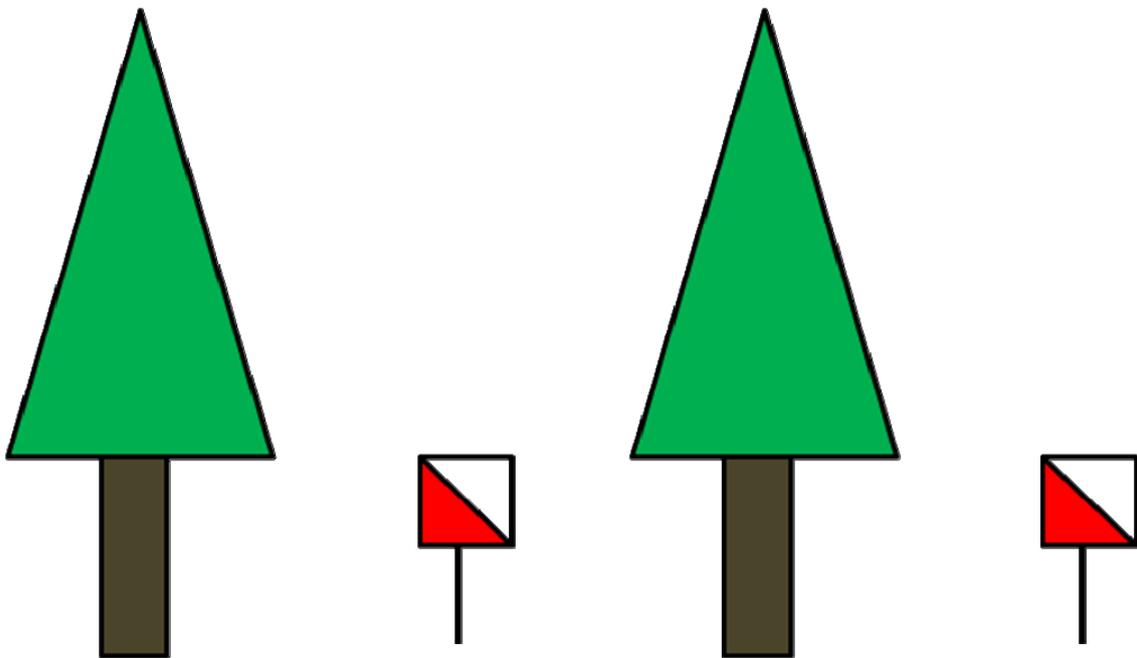
- one pair of O-shoes and one pair of 'Walshes', size UK 5 (Eur 38);
- two pairs of lycra leggings and one pair of O-bottoms, waist 28" short leg;
- one light-weight shell top, size small;
- one long-sleeved O-top, size small.

In addition, there is a short-sleeved current-design INT O-top. Rarely used, but with some success when it was. This is worth more than a small donation - until there's another order, this is a collector's item! - and I'd ask £10 for this.

Contact me at Paul.Caban@ed.ac.uk (or 445 3098).

Paul

UNTIL NEXT
TIME HAVE
FUN IN THE
FOREST!!





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