

145: The Interløper Autumn 2008

Editor's Intro

Hello from your new Newsletter editor!

It's been a while since the last Interlopers Newsletter which went out in May and I'm sure many of you have had busy summers, whether or not you went and enjoyed many of the multi-day events both here and abroad.

Now we're back into the Orienteering season again with many focusing on building up their training for the big events this season, including of course the Club Champs in December!

There's plenty of competitions to choose from at the moment as well as plenty of stuff happening on the Interlopers social scene – with a couple of training weekends coming up soon – make sure you get your name down. Everyone is welcome.

Sadly, due to injury I've not been competing since May and I must thank all who have contributed to this Newsletter. Please if you've been somewhere interesting orienteering, have enjoyed a particular forest or have some news to share then send me your articles – you don't need to wait for my plea!

Until next time – Happy Orienteering.

Emily

Your Editor on the top of Ben Cruchan – what a beautiful view!

(on the same day down in the valley below the second day of the Purple Thistle was taking place in the sun!)





CHAIRMAN'S CHAT

The summer has been a successful time for Interlopers. The club won the Handicap Trophy at the 11-Person Relay; our juniors finished sixth in the Jamie Stevenson Trophy (569 out of 600 points and our highest place so far); and Scott Fraser excelled on the International stage, most notably winning a bronze medal at the World University Sprint Orienteering Championships. Not to be outdone Alan Cherry, Ben Hartman, Lorna Eades and Ann Haley have all been selected to run in the Home Internationals. I am confident the list will be even longer when the senior selection is made.

At the World Schools Orienteering Championships selection race Mark Haley and Christopher Galloway finished well up and should be rewarded with places in the Scottish Schools team. Well done everyone.

We also have a fantastic new web site (www.interlopers.org.uk), thanks to Graham McIntyre. I recommend that you take a look, use the links to additional information and get involved. You will find a Social Programme for the year and an Edinburgh Terrain Training Programme. Please join in and help make these ventures fun. The success of the site will be down to you, so please use the link at the bottom of the pages to submit news, results, reports, ideas, etc, no matter how small.

The 12th October 2008 is a big day for Interlopers, as we host SOL 6 at Inshriach South. This must be one of the best orienteering areas in Britain and will be a delight to run through. In addition to running, we need you to help, so please contact Rob Bloor as soon as possible. We have also arranged some accommodation in Kingussie, available on a first come basis (through Lorna Eades).

Interlopers have plenty of other commitments on the horizon, including social events (see the web); a district event at Normans Law; come-and-try-it events; Street-O's; the Scottish 6-Day (day 6); and the Scottish Score Championships 2009. We need everyone to help and thereby spread the work load. If you want to help but require a mentor or training please contact a member of the Committee (the SOA have training courses for volunteers and the club may be able to help with costs).

Remember we are a running club, so let's get out, train, compete, help and have fun.

Ken Daly.



NEWS IN BRIEF

New Interlopers Website Launched!

The new Interlopers website has been unveiled and is looking fantastic!

It contains details about the club, joining, recent results, club news, upcoming social events and Interlopers training sessions.

Many thanks to Graham MacIntyre and Ken for developing the new website.

Our new web manager, Graham will appreciate your contributions if you have any.

Check it out at:

www.Interlopers.org.uk



EVENTS ROUND-UP

World Schools Selection Race 12th September *Ann Haley*

Around 50 children including Lyndsey Cackette, Euan Geddes, Mark Haley and

Cameron Winterburn (all Firrhill) and Christopher Galloway (Boroughmuir) competed in the World Schools selection race at Beecraigs, Linlithgow on 12 September 2008.

The children compete in 2 year age groups: 1992/3 and 1994/5 divided into girls and boys. This proved to be a challenging race and was a fantastic experience for everyone.

It was Biggar High school who won the junior boys school team race. However, there were great individual performances by Mark Haley (2nd) and Christopher Galloway (6th) who will be offered the opportunity to compete in the World School Orienteering Championships in Madrid in April 2009.

Results:

Class D2

17. Lyndsey Cackette Firrhill HS 54.49

ClassH2

- 2. Mark Haley Firrhill HS 23.38
- 6. Chris Galloway Boro'muir H 26.07
- 12. Euan Geddes Firrhill HS 44.37
- 16. Cameron Winterburn Firrhill HS 52.53
- 18. Iain Martin Firrhill HS 57.37
- 19. Andrew Protheroe Firrhill HS 70.48

Czech 5 Day *Paul Caban*

It was never meant to be the Czech Republic: I'd always intended to go to the O-Ringen in Sweden, but difficulties in finding accommodation that wasn't in Norway (!) and the

possibility that we'd then have to hire a car too, had Ken and me looking for a different summer O holiday.

Slovenia looked good, but the flights were tricky; France looked good too, but there were no cheap flights back. But then my summer 'temp' (Aleš from EUOC) suggested going to one of the Czech multi-day events, which would be quite easy with direct flights from Edinburgh to Prague. He gave me a couple of suggestions, and the Orienteering Festival run in collaboration with the World Orienteering Champs. based at Olomouc in Moravia in the east of the country looked to be the most suitable logistically: easy transport to Olomouc, University hall of residence accommodation and transport to each day's event. There'd also be the chance to spend a day at either end of the week in Prague, plus – if we wanted to, though I didn't think we would – the opportunity to watch some of WOC too.



So, unfeasibly early one Saturday in July saw Ken and me at Edinburgh Airport, for a flight that got us to Prague by mid-morning. We spent a

few hours wandering round the heart of medieval Prague, before heading to the hotel I'd booked the day before (!), and then back into the city centre.

Prague is certainly a lovely city, but was hooching with tourists, and just too busy at the height of the summer, a city to visit again in spring or autumn.

The train the next day to Olomouc was full too, but we got seats, and it was certainly cheap – about £8.00 each for a three hour journey. Olomouc, when we got there, was baking hot, and the area around the station was just like all the other eastern European towns and cities I'd ever visited – slightly scruffy and very concrete: no worse for that, just a little underwhelming.

We got to the University just in time to be told that registration was closed whilst everyone went to watch the WOC 'Sprint' final, so we followed everyone else across a building site, along a lane past the crazy-golf course, between walls covered in graffiti, across a bridge over the river Morava, into a very dilapidated park (every window in one big glass-sided building was smashed), and then up some stairs into a quite fabulous old town with cobbled streets, historic buildings with perfectly painted plasterwork, a relaxed outdoor café culture, and a couple of thousand watching spectators. And these weren't just 'foreigners' - the TV cameras, big screens and razzmatazz said that this was a Big Deal.

Scott (Fraser) hadn't qualified for the final, but there were still other Brits to cheer, including Jamie Stevenson (an Edinburgh native, and one-time ESOC member), and a couple of others that either Ken or me knew.

We watched the first starters from our café – there's decadence for you – in order to get an idea of where the routes went, and where the controls were, and then after dinner, headed out to spectate and take a few photographs. The first lesson here was "practice taking 'action' shots before trying it for real", as with only one exception, every photo was either blurred, or the subject of the photo was no longer in the picture (the one exception being a shot of Ken who moves slowly enough that neither of these two problems was ever likely to occur 😊)

Halfway through the men's' race, it got suddenly darker, and we had fifteen minutes of torrential rain and a quite spectacular thunder-storm. Unfortunately for Jamie, one of the fastest qualifiers and hence near the end of the start list, wet cobbles don't make for fast sprinting, and the day's winner was unexpectedly one of the early starters.

Back at Event Central, it was complete chaos - one queue to pay, one queue to collect, one queue to make changes, one queue to pay for the changes you get the idea. Eventually, though, all was done, and we got up to our room: two beds, two desks, two sets of shelves, and a fridge, kettle and shower room shared with the Swedish family next door. All we could want really, and

again stupendous value at £7.00 per night, even more so when we discovered that the shower was fabulously hot and powerful. Oh, and the few other Brits, including Kath and Bill Melville from TAY, and Mark and (usefully Czech-speaking) Blanca who I recognised from CUOC events, were in the same corridor. All very social.

Ken makes friends with the locals



The next morning I got up early to visit "Albert", the local Lidl-like supermarket, before heading out to the bus to the event at 8:00. This got to be the regime for the week in fact, as all the buses left at the same time, timed to give the first competitors a couple of hours at the arena and/or the chance to watch WOC. This transport scheduling wasn't without potential difficulties, though, not least being that on three of the six days, late runners had less than ninety minutes to run (I had seven kilometres one day), download,

change (or not) and get on to the last bus.

The week's orienteering progressed. There were six days of competition for us, of which the best four counted, points apparently based on the average of the three leading competitors on that course. Or at least that's what we think the calculation was.

The forests were typical "Central European" we were told, ie *not* the complicated massive-boulder areas more typical of the Prague area. To me, it was almost typically English - forests with broad slopes of varying runnability, with some contour detail and a reasonably substantial path network. The welcome differences from the UK were that there was hardly any bracken, few brambles, little grot (apart from one day) and the mapping was spot on. Most of this played to my strengths (stop laughing at the back), and I was reasonably consistent if slow (apart from the day with the grot).

Ken, meanwhile would typically make one biggish (for him) mistake each day (apart from the day in the grot), but with one disaster on day two when he binned around ten minutes in a really complicated low-visibility area of marshes and ditches. Ouch.

Overall, after five days, I was very slightly ahead, and with a worse counter to drop, so that as long as I finished ahead, I would beat him overall. (I was also having a similar battle with a Bulgarian bloke who had had very similar start times to

me all week, although he was just ahead of me, and he had the worse counter.)



Meanwhile, WOC had been progressing too. Our day two was their classic-distance qualification, although they'd all cleared the forest before we started. Our day four was adjacent to their middle qualification *and* final – both on the same day. Not that I'd ever thought being "elite" was easy, but the ability to get up at dawn, perform mid-morning, and then really perform five or six hours later just has to be impossible.

The timing was such that we got to see the qualifying, have our runs, and then come back to see the finals. And I do mean see. There was the normal spectator control (field, middle) but there were massive screens up in the arena, five or six TV cameras out in the forests, and thirty (out of forty-five) competitors were wearing GPS-like locators, "Trac-Trac", which displayed in real-time against course maps on the screens (think "RouteGadget", but on a giant scale).

The Czechs had put on quite a show, and we discovered later that there

were hour-long TV programmes covering each of the WOC days. Certainly, it was all too easy to get involved, as there was *something* to get involved in.

The Brits were doing OK, even if there were no especially spectacular results; the host nation was having a good time with several medals. There were particularly popular winners for France and Finland in the men's and women's middle, and then for Switzerland and the Czech Republic in the classic distance, where Jamie was in the top ten (and would have been higher if he hadn't tried to miss a control late on), and Scott, even though he finished at a jog, was solidly in the top thirty in his first WOC final.

Back at the mundane, on my day six, after messing up the first two (short) controls, and losing around five minutes in total, I gave myself a thorough talking to, got my act together with an unheard-of almost-clean run thereafter, and gave it my all down the run-in (where I finished with an identical finish split to Scott, which isn't likely to happen again anytime soon I suspect). Ken had started after me, so all I had to do then was watch Ken's target time come and go without him appearing and then head to my choice of beer tent. Now there's an idea for the Six Days.

We headed back to Prague the next day, so didn't stay for the WOC Relays. Which meant that we didn't see the men triumph, although we have since watched the TV programme on the web which shows:

Graham Gristwood coming in with pack (of four) on the first leg; ex-EUOC Jon Duncan coming back in the lead, but only just ahead of the French. Jamie, set the task of keeping ahead of the middle-distance world champion, and on a longer gaffle too, falling behind, and worse, getting overtaken by the Russian runner.

Ken shows off his control flow



And then confusion. The French runner stops, goes walk-about a little, and was finally appears on a TV camera, walking, but pointing at his neck (it transpires, he had swallowed an insect, had a bad reaction, and was taken by helicopter to hospital to be checked out, but with no lasting damage). Trac-Trac stops working reliably (Jamie vanishes) and then suddenly on camera, Jamie's ahead of Russia and pulling away with only two or three safe, easy controls to go.

It's all still there on the web, though broadband (or better) is needed for the stream to be worthwhile.

<http://www.woc2008.cz/en/homepage/news/woc-in-tv.html>

So, although Czech forests weren't quite up to Scandinavian standard, they were nonetheless perfectly fine, and on the plus side, the costs weren't up to Scandinavian standards either. And as a spectacle, having WOC taking place gave something for the latent inner 'groupie' in me to come to the surface for. Next year's WOC is in Hungary, limestone areas, I think. There will be public races in combination again, so if the Hungarians make anything like a spectacle that the Czechs made, it should be well worth going to.

Purple Thistle Weekend

Due to a spot of Munroe bagging on the Sunday, I only did the one day of the Purple Thistle, the Saturday on Kerera island. But, what a great day!

The weather was fantastic offering views in all directions, both out towards Mull and inland past Oban.

It was tough terrain though, with some times on the Mighty Thistle well past the 3 hour mark – well done to all those who managed the 12km distance on the rough tussocks!

The laid back yet very well organized event attracted a massive crowd this year making it a really enjoyable day and no doubt weekend.

The day was only slightly marred for me by Chris de Burgh's song "Don't blame the Ferryman" which somehow entered my head on the way over to the island, and did not leave it the rest of the day! – no offence Mr. De Burgh! (and at least it wasn't Lady in Red!).



GUEST COLUMN

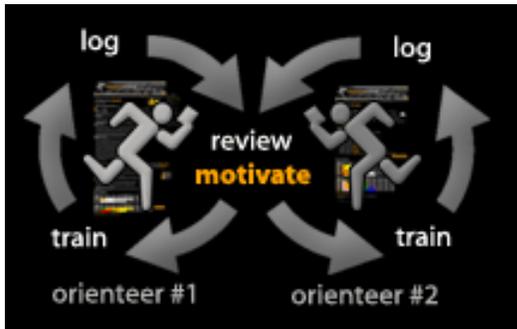
Attack Point

Colin Ledlie

With the recent launch of the new web-site and new training opportunities, maybe it's also time to turn over a new leaf and start a training log as a way to increase motivation and track progress. You might want to do this with pen and paper but you might also want to consider using an on-line weblog. I've been using a website called www.attackpoint.org for almost two years now and would strongly recommend it.

It's designed by and run for orienteers. It has users from around the world with around 20 from Edinburgh. It's got everything you need to record your training and

racing activities in detail, from heart rate to the shoes you were wearing.



There are good features to review your training history by week or month to see the lows and highs of your training schedule. You can record injuries and it keep track of the miles run in each pair of shoes.

A very nice feature is a calculator for your training paces. Just enter a recent race performance and it will calculate your vdot (whatever that is!) and estimate your race pace at other distances and also recommend ideal paces for intervals, tempo runs and long runs.

You may also enter vdot value directly.

vdot: **Recalc Paces**

Type	mile	1600m	1200m	1000	800	400	200
Easy/Long E/L	9:17	9:14		5:46	2:19		
Marathon M	7:57	7:55		4:57	1:59		
Threshold T	7:28	7:26		4:39	1:51		
Interval I	6:53	6:51	5:08	4:17	3:25	1:43	
Repetition R				3:14	1:36	47	

This table shows the recommended running training paces for someone with a current vdot of 44.9. For more information about the types of training referenced, see [here](#). These values are derived from Daniels' Running Formula, 2nd edition. Note that the new E/L paces are slightly slower than recommended in previous editions.

race	time
1600 m	5:56
1600 m	6:23
mile	6:25
3000 m	12:41
3000 m	13:36
2 mi	13:41
5000 m	21:51
5 mi	26:01
10 k	45:19
15 k	1:09:45
10 mi	1:15:10
half	1:40:36
marathon	3:28:39

The website also encourages you to share your log - all of them are open to public view - but you can set up favourites and keep track of their progress. The idea is to review your own and others logs with a view to providing additional motivation.

It's interesting to read reports from local orienteers about how they got

on at recent events. It's also possible to add helpful comments. I recently received a recommendation to add a weekly tempo run to my schedule.

Why not check it out!



TRAINING

Club Runs

- 2/10 Holyrood House
- 9/10 Hillend Bottom Car Park
- 16/10 Morton Hall – Braid Road
- 23/10 Harlaw Farm Public Car Park
- 30/10 Dalkeith TBC
- 6/11 Kinleith and Bells TBC
- 13/11 Red Moss TBC

All runs start at 6.30pm. See the website for more details.



'O' COURSES COMING UP

- Condes Workshop
4 October – Edinburgh*
- Condes Workshop
22 November – Inverness
- UKCC Level 1 Coach Course – 18-20 October
Glenmore Lodge
- Update for coaches

26 October – see below
(booking form not required)

- OCAD 2-day course
29-30 November –
Edinburgh – now taking
bookings
- Controllers' Update
17 January 2009 – informal
and optional update for all
grades of controller. Topics
will include recent Rules
changes, Condes etc..

*Except for the courses asterisked,
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>

*For the Controllers' course, please
book through Marjory Craig (tel.
01339 881334 or
e-mail marjory.craig@dsl.pipex.com)

**For the Condes Workshop, please
contact ESOC to book your place:
B.Bate@napier.ac.uk



KNOW YOUR...

**Know Your Club Social Secretary
Lorna Eades**

How did you get into Orienteering?

School Club (Peter Woolverton and
Scott Balfour)

What is your favourite area and why?

Anagach and Culbin, I just think they
are really beautiful to run through.

*What would you consider your best
result?*

World Vet Champs silver medal
Australia 2002.

*What's your best piece of advice for
beginners to the sport?*

Learn to pace count.

What is your preferred kit?

O-top, lycra trousers, thumb
compass.

*Do you have any lucky pre-race
ritual?*

Nope but like a long run to start as it
helps switch off from dealing with the
kiddies.

What was your worst 'O' mistake?

180 degrees are always the worst,
one that comes to mind was at World
students in Latvia. Latvia and some
of the other Baltic states have a
massive grid ride system and it is
easily confused with the north lines
on the map.

*What's your recommended pre race
meal?*

Wilfs flapjack.

What is your favourite item from Wilfs?

Chocolate Brownie

Orienteering – better in the UK or abroad?

Like both.

SI or EMIT?

SI

You're at the Finish - Orange Squash or Water?

Orange Squash



MERCHANDISE CORNER

Interlopes Gear for Sale

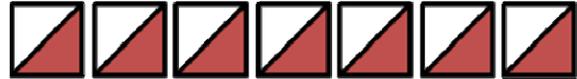
Are you looking your best in the forest?

We have a stock of Interlopes O-tops covering most sizes:

- £20 for adults
- £10 for children

Contact Pat Bartlett.

pat.bartlett@blueyonder.co.uk



SOCIAL NEWS

Weekends Away

27/28 September

- Saturday training, club meal
- Sunday SOL at Anagach

11/12 October

- BASOC C4 event Inshriach North
- Interlopes SOL Inshriach South

See the website for further details.

Halloween Party

The Interlopes Halloween Party will be on Friday 31st October.

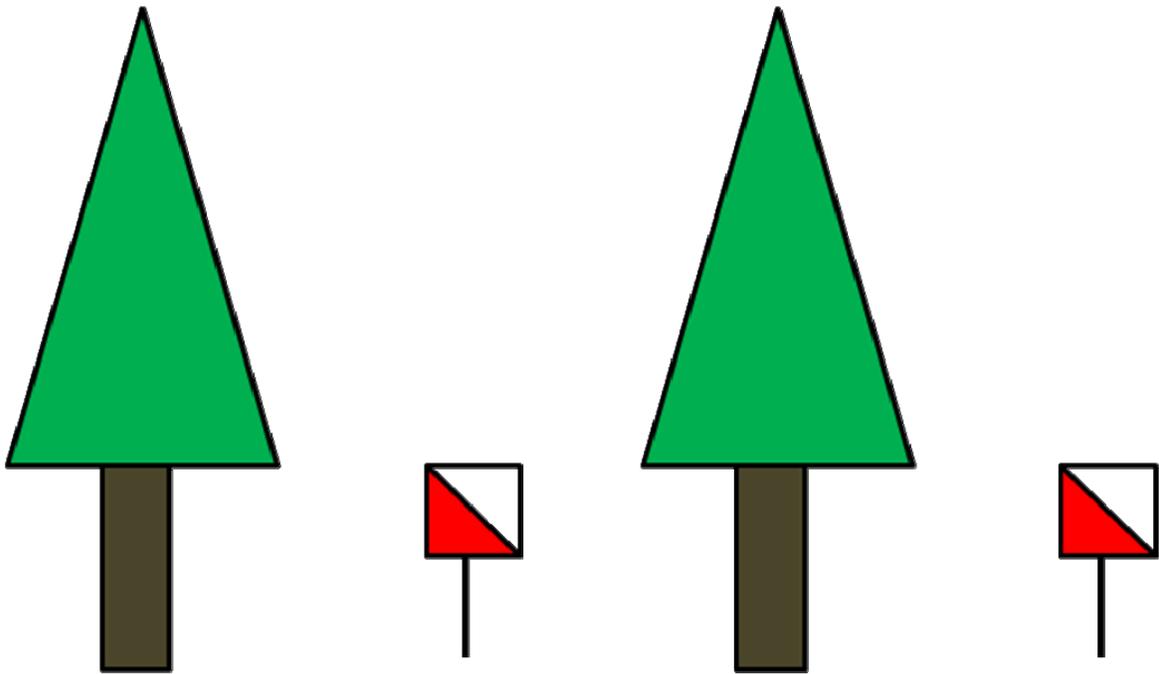


The format will be a spook 'O' in KB (King's Buildings) campus or training runs for those who want (showers are available at KB afterwards).

Food will be available from 6pm-9pm (it'll be confirmed a few days before the day).

For more details see the website close to the date.

UNTIL NEXT
TIME HAVE
FUN IN THE
FOREST!!





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