



151>>> The Interløper Spring 2010

Editor's Intro

Hello from your Newsletter Editor.

The last newsletter went out in December and since then the cold snap has been and (hopefully) gone - well done to all who have braved the cold weather and been out in the wintry forests.

Inside this issue we've the usual 'Chairmen's Chat' from Ken as well as an article from Paul on Controlling. I've also been provided with a wide range of photos - see if you can spot yourself out and about in the forest!

As always a big thank you to all those who have contributed to this issue.

Emily



CHAIRMAN'S CHAT

Ken Daly

I would like to welcome all our new members and wish you all a year of fun orienteering and a good craik.

Our new recruits include Oleg Chepelin and Toni Louhisola, both of whom will boost our men's elite squad. We now have sufficient strength in depth to field 3 top class men's relay teams and still have reserves in hand. I believe we have the best squad in Britain and therefore look forward to Interløper success in 2010.

This strength in depth, has released some of our slightly older runners to pull together for men's 35, 40 and 45 relay classes and thereby provide Interlopers with more podiums.

In addition to the domestic relays we are also considering entering a team for the Jukola relays in Finland. This partly depends on how many of our top runners compete for their foreign clubs and national squads. If we

don't enter a team this year, I certainly hope we can enter teams for future Jukola and other international relays. This is just one of many ways in which Interlopers are trying to support the development of our elite runners.

We would also like to recruit more elite women and support them with their objectives and progress. We could then enter a team for the Venla relay as well as Jukola.

We are also trying to secure sponsorship, new design O tops, a training weekend away, local socials and more, but these objectives will have to wait a little longer due to other more pressing commitments.

The other commitments include mapping work and preparations for a number of events we will be hosting in 2010 and 2011, namely:

- 06 March 2010 – Kings Buildings – Scottish Sprint Championships.
- 09 May 2010 – Calder Wood – SoSOL.
- May-July 2010 – Evening street O series.
- 12 September 2010 – Devilla – JHI & SoSOL.
- November-December 2010 – Club Champs.
- 02 January 2011 – Loch Vaa – Festive O event.
- February-March 2011 – Dalrulzion – SOL.
- 29 May 2011 – Scottish Relays.
- May-July 2011 – Evening street O series.

- July-August 2011 – Scottish 6-Day.

We also hope to organise a few Come & Try It events.

Clearly we have a busy time ahead, despite our plans to try for a quiet year. Thankfully a lot of you have volunteered for the major roles and I am hugely encouraged by that support. Thanks you.

However, some of the event posts still require volunteers, so please let me know if you think you might be able to help. Alternatively we also require assistance with the junior training days and the organisation of social activities.

Looking at the season ahead, there are plenty of great events to look forward to. The obvious targets include the JK, British and Scottish Championships, but there are a number of equally appetising local events and the Scottish Orienteering League races. I encourage you to set some targets like going for 4 or more results in the SOL, rather than 1 or 2 only (your best 4 runs or less count for the league). Alternatively, you could target the Pentlands Long O, challenge a friend to a rivalry or aim to run more regularly. Whatever you do, I hope you enjoy it.

Ken





Great ESOC Controls of all Time

(planned and controlled by Graeme
Ackland and Paul Caban)



NEWS IN BRIEF

New Kid on the Block!

Congratulations to Gillian and Dave Godfree whose baby Emma was born on 17th Dec 2009, weighing 7lb 5oz. She was 12 days late but made it in time for Christmas.



SOL 2009 Winners

Well done to the following INT members who are all SOL 2009 Certificate Winners!

Heather Hartman	3rd	W35L
Fiona Weir	1st	W35S
Rachel Kirkland	3rd	W35S
Jane Ackland	1st	W45L

Ann Haley	2nd	W45L
Patricia Alston	1st	W45S
Matthew Galloway	1st	M12
Ben Hartman	1st	M40L
Robin Galloway	3rd	M40L
Rob Bloor	1st	M45L



**Great Edinburgh
International Cross Country**
Ken Daly

Scott Fraser and Murray Strain, both Interlopers, excelled in the Great Edinburgh International Cross Country run on 09/01/10. Although the 9 kilometer course was tougher than normal due to snow under foot, the times remained impressive. Joseph Ebuya (Kenya) secured victory in 28:41, with 2 more Kenyan runners and the great Kenenisa Bekele (Ethiopia) in his wake. Scott and Murray finished 19th in 31:44 and 21st in 31:51 respectively. Circa 50 ran.

Scott Fraser running his way to a very respectable 19th



Interlopers new Street O coordinator, Murray Strain, strides through the snow



**THE LOW-DOWN ON
CONTROLLING**

Life as a Controller
Paul Caban

On Controlling

I qualified as a Controller about eighteen months ago. My Mum's illness, and all the travelling that entailed meant I didn't do much actual controlling for quite a while. But I did sign-up to be "Assistant

Controller” at our day at the Six Days, riding ‘shotgun’ to Lynne Walker, and acting as a willing pair of legs, in theory if not always in practice.

A very enlightening experience it was: I watched Lynne keep many of Interløpers’ finest to a timetable (!), and gently mould them towards her way of thinking. Plus, I also got direction about what a Controller should (and shouldn’t) be doing, including the subtle art of diffusing miffed-ness with one unhappy competitor (a handful of the ~4000 maps were misprinted, and despite us both checking them, it was missed by us).

Flying solo was the next step. I volunteered to control the Club Champs. At Craigmillar – not too much travelling, an area I thought I knew well, having planned there a few times including the Permanent Course. Also there was a significantly reduced chance of actually winning the thing, and hence not having to put it on the following year, although Graeme did promise me a tricky handicap that did worry me just a little. Soon after, Graeme, again, asked whether I would be interested in Controlling the JOK Chasing Sprint. Arthur’s Seat was again somewhere I knew quite well, and again, wouldn’t involve too much travelling, and could possibly be mostly done during lunch-hours.

The first surprise came when Graeme sent me an updated Craigmillar map. Not only had he found features that our original mapper had contrived to miss –

including two-contour high knolls – but the map now included all the streets covering Craigmillar itself, together with where Greendykes used to be, but had now apparently disappeared. Time for a visit.

The map wasn’t lying: when did Greendykes become the set for a post-apocalypse film? - some buildings standing, some burnt-out cars, but absolutely no people. Surreal. The courses came soon after, with the Green all over the Country Park, and the Long absolutely everywhere. It was looking good, and even better once Graeme had found us an undercover barn to do registration in: dry, if not warm. Controls sites checked and argued over, logistics discussed, maps checked: everything was ready.

Come the day, I was a little under the weather with the cold. I put out a third of the controls, which Graeme checked, and left him, with Barry’s help to put out and check the rest. I then retired to the start, and set people off into the glorious sunshine. From all the comments I heard, it was a great event. The credit all goes to Graeme, and his enlisted helpers: they made my job non-existent.

The snow came the next weekend. Graeme sent me some Chasing Sprint course shapes, but said quite clearly that there was no intention to use those specific sites, and that nothing was taped. The shapes did give an idea of his thinking: an early tricky downhill on the Prologue for everyone, and a cunning “get you

height right” contour on the Chase. Christmas came and went with more snow, but we were confident that the event could go on. Meanwhile the Organiser was battling officialdom.

A fortnight before the event, the courses came from Graeme, with a note that no sites were taped. Oh, and he was out of the country for a week. The snow was going, and a Sunday’s slithering about confirmed that the map was still up-to-date (although The Park cleared some gorse in the last days before the event), and that all the sites did exist. The road up to Dunsappie was still closed, which would make life a little harder, but not insurmountably so.

Emails (what did we do without it) containing Condes files (ditto) were swapped. Graeme came home on Friday, we had a Saturday morning meeting where we moved a few sites, he went off to tape with the white tape that Jane found hidden in *his* cupboard. And down came some more snow overnight. I found thirty percent of the tapes Ho hum. Not much could be done. The controls weren’t going out until Sunday morning, so there’d be plenty of time to sort it out then.

Of course everything worked out. The road was open, and the weather was perfect; the t-bars were all there next to all the bits of tape that I hadn’t been able to find. And although putting out and checking took Graeme and I longer than we’d assumed, I got to the start to say “OK” just as the first starters were in the “-1” box. Margins are for sissies, to quote Tobias.

Again, the event seemed well received, although there are a couple of things that the experience has taught me to think again about next time. The first control on the Vet Women’s course wasn’t the nicest – down a gravelly re-entrant – and I got some comments on it. And the finish on the Chase wasn’t the best, as there was no obvious run in had we had a pack. Plus, of course, making my life easier, by insisting that the controls went out just a little earlier.

But why am I telling you all this? – Well, the first point is that I think I’m improving as an orienteer, by dint of really learning how other orienteers think, and also having to be more confident looking for control sites not marked by a big red flag. The second point is that *every* event now must have a Controller; this includes even the smallest CATI. The tasks are the same – ensuring fairness and safety, by challenging the Planner and Organiser to justify stuff – although the degree of work for the smallest events needn’t exceed checking through the Risk Assessment.

To qualify to become a Controller is actually a pretty low barrier: having planned and organised an event or two in the last ten years. It’s the sort of level that most regular participants can aspire to reasonably quickly, and the qualification course itself – one day – isn’t too intrusive either, and the National Centre organises them regularly if not frequently. Anyone interested in becoming a Controller, I’m happy to give you the benefit of my limited advice, and I’m sure others in the Club – Ken, Graeme,

Colin to name a few – would similarly.



EVENTS ROUND-UP

No race articles but plenty of photos!!
Can you spot yourself!

Edinburgh City Race

Mary Ross leads the way up Carlton Hill



Pat Squire descends from Carlton



Toni Louhisola on Carlton Hill



Colin Inverarity spots number 1



Kinniel

Graeme Ackland dashes for the gate



Colin Ledlie on the tops



Heather and Jane compare routes



BRITISH ORIENTEERING'S TOP MEN

Graeme Ackland

There's a geektastic new BOF ranking list available this year, and from that Ollie O'Brien has started a league for Britain's best club. It's official, we have the best men in the country.

<http://oobrien.com/map/clubrankings.php>

Holyrood JOK chasing sprints

Ann Haley near the end of the sprint



Men, based on 10 runners:

- 1 INT 8040
- 2 SYO 7960
- 3 FVO 7730
- 4 AIRE 7673
- 5 BOK 7663

INT Women come out a respectable 12th (but the wicked witches of the evil empire are sixth.)

Overall, based on 25 runners, we're second to SYO.

The worst men are FERMO and the worst women NOR (you couldn't make it up!)

And the individual list has a strong INT theme to it...

1	Matthew Speake	INT	8303
2	Scott Fraser	INT	8286
3	Oliver Johnson	SYO	8269
4	Duncan Archer	CLOK	8259
5	Alasdair McLeod	EUOC	8258
6	Graham Gristwood	SHUOC	8252
7	Oleg Chepelin	INT	8240
8	Matthew Crane	BOK	8170
9	Alan Cherry	INT	8151
10	Douglas Tullie	RR	8112
11	Murray Strain	INT	8102



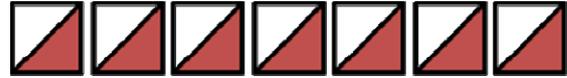
CLUB TRAINING

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>



WHAT DO YOU THINK ABOUT THE BOF EVENT STRUCTURE – HAVE YOUR SAY!

Why British Orienteering Needs a 4 Level Event Structure

At the 2010 British Orienteering AGM, to be held on Saturday 3rd April 2010 at the JK, we are tabling the following Proposal:

That the current BOF Event Structure be amended, with effect from 1st January 2011, from a 3 tier structure to a 4 tier structure, the Levels to become:

- **Level 1 Events - British Orienteering's major events, including the British Championships (Sprint, Middle, Long, Relays) and the JK.**
- **Level 2 Events - comprising a limited number of high quality events, including the best of the traditional age-class based cross country events, high profile city races and the Harvester Relays.**
- **Level 3 Events - comprising a wide range of typical Sunday morning events for competitors largely from within their Region, including colour-coded cross country events (former District events), urban races, etc.**
- **Level 4 Events - small scale events aimed at providing local competition (e.g. within a club) and increasing participation.**

e.g. introductory events, club summer evening events.

This Proposal, if carried, will have the effect of creating a 4 tier Event Structure, by the insertion of an additional Level to enable a clear distinction between those events aimed at attracting competitors primarily from within the Region, and those aimed at a wider audience.

Following the introduction of the new Event Structure, clubs are now being encouraged to register their former District Events in the new Level 2, as Regional Events, instead of in the New Level 3, as Local Events, as was initially intended. Merging the former Regional and District Events into a single tier of Events of widely differing qualities, has created a number of problems, all of which may effect the quality or cost of our orienteering, including:

- **Identification of Quality Events:** How is a competitor to decide which of these Events are worth travelling to if they are all now described as Regional Events?
- **Entry Fees:** If Clubs choose to register their former District Events as Regional Events, they may well be tempted to increase their entry fees for these Events.
- **Embargoes:** The requirement for a 12 month embargo on areas to be used for Regional Events has been dropped, to permit former District Events to be registered as Regional Events.

- **Controllers.** Level 2 Regional Events should be being controlled by Grade 2 controllers, but there aren't enough of them for all the former District Events, so now experienced Grade 3 Controllers are being allowed to control Level 2 Events. Newly qualified Grade 3 Controllers can only control Level 3 Local Events, many of which don't need a controller at all.

The creation of a separate Level for the best of the old Regional Events, along with other events aimed at a national audience, will enable all of these, and other, problems, which didn't exist under the old Event Structure, to be easily resolved.

To get our Resolution adopted at the AGM, we need your support, either to attend and vote at the AGM, or to use your Proxy Vote, details of which will be sent out to you by British Orienteering. Few members of British Orienteering have yet had an opportunity to express their opinions on the current Event Structure. Use your chance to do so now.

Mike Atherton 01539 531838
mike@atherton.go-plus.net

Sue Birkinshaw 0161 980 5068
SueB@mdoc.org.uk

Roger Smith 015395 68671
roger.smith100@btinternet.com

Dick Towler 07771 998554
dick@acorn.plus.com



'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 our Chairman Ken Daly (kennethdaly@dsl.pipex.com) to discuss.

Courses:

- UKCC Level 1 Coach course
10-12 April – COURSE FULL
- Improvers' Coaching 20-21
March
- SOA Coaching Conference 24
April
- UKCC Level 2 Coach course
8-10 May
- Teaching Orienteering Part 1 5
June
- SOA Development Conference
19 June
- UKCC Level 1 Coach course
5-7 July

Full course schedule:

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



FOR SALE

Pat Squire has a number of old orienteering books that are surplus to his requirements:

"The Coaching Collection" (1989)

"Course planning" (1972)

"Mapmaking for orienteers" (1985)

"Orienteering - training and performance" (1987)

"Orienteering - skills and strategies" (1985)

"Orienteering - training and coaching" (1982) 2 copies

Anyone who might be able to put any of them to good use is welcome.

Pat also has (via Anthony) a running / training diary from Start Fitness

Please contact Pat if you're interested!



New ARN MTBO Rotating Map Holder £33 + p&p
"Excellent map board at an affordable price
for Bike-O, AR and touring"
Fits most styles of handlebars
TEL. +44 (0) 1253 795597
From www.compasspoint-online.co.uk



Run and Become Become and Run

56 Dalry Road, Edinburgh EH11 2BA
Telephone: 0131 313 5300
Fax: 0131 337 3133