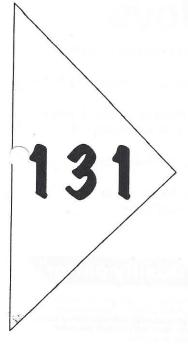
# INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

**NEWSLETTER NO. 131** 

June 2004



## Special Never Again Issue

Ode To Penicuik

2004 At A Glance

Lots Of Daft Pictures To Fill Up The Spaces

Another Quiz

And Loads Of Results
'Cos It's Been Ages
Since The Last Issue
And Even Then I've
Left Some For Barry
To Do If He Can Be
Bothered I

# Catch-53

You know what it's like! Some shady character sidles up furtively towards you and says "Would you like to edit the newsletter? It's usually only for a few issues and then someone else takes over." So you think, I'm not a technically accomplished orienteer. I'm not a planning/controlling sort of guy. Here's something I could do for the club.! So you accept the challenge. But after about 20 issues it's "You're so good at the newsletter I don't think anyone could do it better". So you soldier in a warm bask of contentment and after 30 issues it's "the best club newsletter in Scotland." © D. Petrie, Esq. And every time you think of giving it up they keep raising the number of bombing missions. So how do you get out of it? Foot and Mouth and no orienteering has little impact. A long hiatus for Moray 2003 fails to have the desired effect. The hope that the new club website and e-mail list will render you redundant doesn't work either. My concerns about my inability to abide by the stipulations of the constitution which says we should have regular contact with club

members with at least 5 newsletters a year fails to sway any of my fellow committee members. It got so bad I went to see my doctor.

"Doc! I can't take it anymore. I can't face editing another newsletter. You've got to help me. I'm going crazy."

"I can't help you. You're wasting your time"

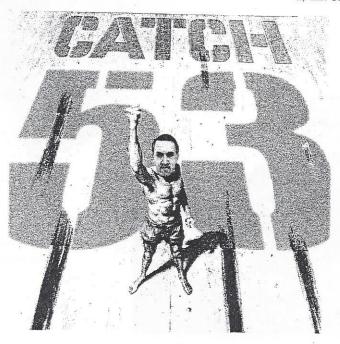
"Can't you help someone who's crazy?"

"Of course. I have to"

"Then help me. Ask any of my club mates who've read my newsletters. They'll tell you I'm crazy."

"They're crazy too. You can't let crazy people decide who's crazy or not. And anyway there's a catch. Catch-53. Anyone who wants to get out of editing a club newsletter isn't really crazy"

I'm crazy and shouldn't really be editing the newsletter. But the minute I ask not to I'm no longer crazy and have to edit more issues. I must be crazy to edit more issues and sane if I don't, but if I'm sane I have to write them. That's some catch, that Catch-53!



The hero venting his speen at the futility of it all



the usual who's joined, moved, or got a new e-mail address

## Rewired

Ken Daly

kennethdaly@beeb.net

Delusions of grandeur here as ken is obviously not a fitting soubriquet for someone hob-nobbing with the movers and shakers in the higher realms of the orienteering firmament. I think it was R.E.M. who said "What's The Frequency, Kenneth?"

## In The Club

Welcome to

Richard Webb (M40) who has moved up from the Wolverhampton area and is already featuring in results lists. Richard is at 1F4, 81 Henderson Row, EH3 5BE.

That's north of the Meadows for you ex-University types who rarely venture into that part of town!

## On The Move

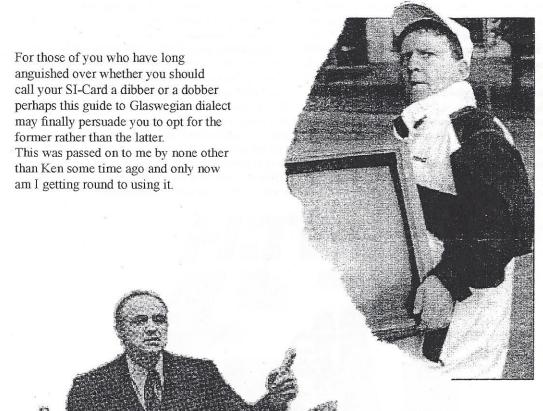
Angela Mudge has forsaken the slopes of Arthur's Seat for a more rural locale

Little Crinigart, Station Road, Gartmore, Stirlingshire, FK8 3RR

My colleague Chalmers Smith has relocated from the Dantean netherworld of South Morningside to the urban ghetto of Greenbank

46 Greenbank Crescent, EH10 5SQ (0131-447-1297)

Jamie Andrew and Anna Wyatt with Iris are now at 11 Albert Terrace, EH10 5EA (0131-447-3708)



### **Quality patter**

SCOTLAND has always had its own unique vocabulary to describe the everyday situations encountered by its people. Here are some of the most popular examples:

Blootered – Heavily under the influence of alcohol (see also steamin' oot yer face, miraculous, stocious, blitzed).

Jakey - A tramp, frequently seen to be blootered.

Sitooterie – Conservatory, or other area designed for al-fresco dining (does not include park benches).

Scunnered – To be heartily sick of something; to have had one's hopes or ambitions shattered by an unexpected development.

Bampot – A crazed, foolish, or deluded person. Unlikely, one hopes, to hold high public office.

Plook – a pimple or facial blemish. As in: 'Aye yir bonnie, aside fae the plook on the neb.'

Bee-wan – A fast exit. (Origin unclear). Riddie – To blush or become red-faced. Also beamer.

Dobber – A derogatory term for the male genitalia (see also boaby); a person of limited intellect.

Gie's a swatch - Let me see.

Plunder - Sexual intercourse.

"Mr Owen! I have an offer I would like to make to you...."

## the beautiful village of Penicuik

much maligned in many issues is this fair locality just to the south west of the city, the venue of many an event organised by our local rivals (whose name I dare not mention) with one of the densest concentrations of thickets in the known galaxy. imagine my joy then, when trawling through the internet I came across this gem from the pen of one of Scotland's most celebrated men of letters - the literary colossus what I model myself on!

The village of Penicuik, with its neighbouring spinning mills, Is most lovely to see, and the Pentland Hills; And though of a barren appearance and some parts steep, They are covered with fine pasture and sustain flocks of sheep.

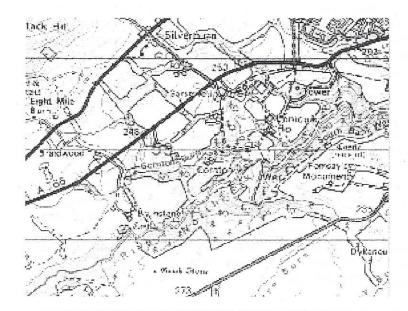
There, tourists while there should take a good look, By viewing the surrounding beauties of Penicuik; About three miles south-west is the romantic locality Newhall, which is most fascinating and charming to see.

Then about half a mile above Newhall the River Esk is seen, Which sparkles like crystal in the sun's sheen; And on the Esk there's a forking ridge forming a linn Betwixt two birch trees, which makes a noisy din.

And on a rocky protuberance close by is Mary Stuart's bower, Where Scotland's ill-starred Queen spent many an hour, Which is composed of turf and a nice round seat Commanding a full view of the linn-the sight is quite a treat.

Then there's Habbie's Howe, where the beauties of summer grow, Which cannot be excelled in Scotland for pastoral show; 'Tis one of the most beautiful landscapes in fair Scotland, For the scenery there is most charming and grand.

Then ye tourists to the village of Penicuik haste away, And there spend the lovely summer day
L., climbing the heathy, barren Pentland Hills,
And drink the pure water from their crystal rills.



## new diseases: Joggen's Doubt



So how many of you feel like this out on your training runs?

Maybe you should try Penicuik!

Fed up trawling the internet for Interlopers and getting Slipknot lyrics and tips on cheats for Half Life I turned my attention to

ESOC – Good God! What is it good for? Absolutely Nothin'. Say It Again!

and what did I find but

The European Space Operations Centre (and their skin diving club too)

An environmentally safe oil change machine In the USA an Emergency Supply Operations Center Nearer home, the English Schools Orchestra and Choir And only in Ireland – University College Cork Entrepreneurship Society. Duh, doesn't that spell UCCES?

## interløpers 2004

So what's been happening since I could last be bothered writing anything way back in December when Janine was desperately trying to get money out of the more tight-fisted club Interlopers for the club t-shirts.

Well, we had a very pleasant Christmas Party chez Lenton after I spent some time trying to remember which number it was. I hung about for ages hoping someone would come around who knew and got fed up waiting so just made an inspired guess of the stair where the music and laughter seemed to be coming from and I was correct. A very, merry Christmas was had by the assembled gathering. Gross gave advanced warning and pleas of help for the Elite Test in April. John Barrow started a mini-debate on the Compass Sport Cup and got replies from the usual suspects, Gillian, Anthony and Ken.

ary. Did you ever get one? Ken relayed an invitation from the Honorary President for her Big Birthday Bash in Nethybridge Village Hall. We were asked if we would like to 'donate' a JW5L Trophy. The Pancake Party was at Helen's. Ackland continued his fascination with the number 2 by pointing out that while Claire won her UK Cup race she stayed true to Interloper traditions by being 2<sup>nd</sup> in the Prologue and 2<sup>nd</sup> in the Classic but still managing to obtain victory.

In March Anthony tried to get us thinking about the JK Relays. Dave reminded everybody about the new club website now at <a href="http://interlopers.mysite.wanadoomembers.co.uk">http://interlopers.mysite.wanadoomembers.co.uk</a> and JB got around to registering <a href="http://www.interlopers.org.uk">http://www.interlopers.org.uk</a>

The Committee's attention now turned to Faskally and Tentsmuir for the Scottish

Scottish Relays. Ken suggested Speyside as an alternative venue for them. Darina was looking for somewhere to store her wedding dress. (Hint-Get your presents here now!). Strathmashie and Achlean were suggested by Donald Petrie as possible locations for the Relays.

Ever the adventurous one, Darina now tried her hand in a Dragon Boat Challenge at the beginning of May. Anthony tried to organise teams for this year's Scottish Relays. Ben wondered if anybody was interested in the NorskO Festival. Think of the impact on the environment you orienteering tourists are having with your cheap flights here, there and everywhere! The chair person put out one of her regular PLEASE won't somebody volunteer e-mails for Deesid 2005, SOL 2005, SOSOL 2004 and local



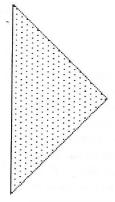
Into the New Year and Club Captain Squire tried to get us thinking about relay entries while Pa Squire looked for guidance on how to organise an SOL event. (As if he needed any!). There was an enjoyable double header of a weekend with the Club Champs and the SprintO. For Burns Night, Helen tried to encourage a bit of multiculturalism by asking people to come around with a haiku for an Interloper of their choice. I never saw any of the results unfortunately. The Acklands hosted again. Gillian started worrying about where to hold the Scottish Relays in 2005. I think the original choice was Kinnoul.

Various university types launched their new orienteering clothing range. You can see what those wacky guys from Nopesport get up to at <a href="https://www.nopecartel.co.uk">www.nopecartel.co.uk</a>. Claire was looking for a Meadows map in Febru-

Relays. Next on Anthony's to do list was the Harvester down in deepest Gatwick. Anna Edenbrandt headed back to Sweden and thanked club members 'for being so nice'. Graham McIntyre hadn't organised any JK accommodation. Helen tried to encourage us to go and see Salsa Celtica at the Queen's Hall.

With April upon us it was Gillian's turn to make pleas for help with the Elite Test. Ah, they always need the riff-raff for something or other, don't they? Anthony was now worried that people might think Vicky was putting on weight when they went to the JK. The baby is due in August. Lorna wondered if we might be interested in "What Science Can Do For Sport" at the Science Festival. Gillian started getting worried because she was getting no volunteers for officials for the

orienteering events. Darina circulated her wedding list for those who wanted guidance on their choice of present. She then asked if anybody had an adapter plug for the USA. Should have put it on the list, Darina ! Helen asked if anyone had any suggestions for where to hold the Post AGM Meal and Lorna proposed Kalpna and that basically brings you up to date with most of what's been happening since December if you didn't already know or have forgotten. And as a postscript, Tim invites everyone for a going away party. Best wishes from all your club mates as you depart for the University of East Anglia in Norwich. Your cheerful presence at the Meadows and club events will be missed. And a new member, Lisa Simpson (W10) joins the club !!!



Saturday 14th August **ESOC Local Event** Blackford Hill NT 258706

Observatory Car Park Starts 2.00-3.00pm Entry: Seniors £2 / Juniors £1 Information from Janet Clark (0131 225 7771) janetclr@aol.com

Sunday 22nd August **ESOC Score Event** North Pentland Hills NT 227680

> Starts 11.00am-12.00pm Entry: Seniors £4 / Juniors £2 Parking £1 Dogs on leads in car park Information from Janet Nisbet (0131 667 8464) janicefnisbet@blueyonder.co.uk

Sunday 5th September 11 Person Relay (RR) Bowhill, Selkirk NT 420280

Saturday 11th September INVOC District Event Anagach Wood, Grantown-on-Spey NJ 045268 Entry: Seniors £4 / Juniors £2 **EPS-Emit** Dogs on lead in car park only Parking £1 Information from Marsela McLeod (01349 830502) Sunday 12th September SOL6 (BASOC) Inveruglas, Kingussie NH 819019

Organiser: Marion MacCormick (01479 810807) clachmhor@tiscali.co.uk Entries: Birker House, Insh, Kingussie, PH21 1NU (01540 661069) **EPS-Emit** Fees: tba Limited EOD £1/50p+ Closing Date: 30th August

Sunday 19th September SOSOL1 (ESOC) West Lomond Hill, Falkland NT 227062

Starts: 10.30am-12.30pm Entry: £4.50 / £2.50 EPS-SI Dogs on leads Information from Janet Clark (0131 225 7771) janetclr@aol.com

Sunday 3rd October SOL7 (GRAMP) **Balmedie Country Park** Aberdeen

NJ 976181 Organiser: Richard Oxlade (01224-640729) richard.oxlade@grampoc.com Entries: Donald Grassie, 7 John Arthur Court, Kingswells, Aberdeen, AB15 8TA. (01224 744393) donald.grassie@grampoc.com Seniors £8.00 / Juniors £4.00 Limited EOD EPS-SI Cheques to Grampian Orienteers Closing Date 20th September

more O-events, cross-countries, hill races, road races, closing dates, etc. for your diary courtesy of Dave's Fixture List at http://interlopers.mysite.wanadoomembers.co.uk/

7July 5km Race, Meadows, 7pm 2 mile Race, Meadows, 7pm 14July 18July District Event & Cumbrian Galoppen. N W Swindale, Shap 21July 2 mile Race, Meadows, 7pm 28July 3x1mile Relay, Meadows, 7pm 15-21Aug Welsh 6 Days, Brecon 28-30 Aug White Rose Weekend, Dalby Forest, Pickering 5km Race, Meadows, 7pm 15Sept 2 mile Race, Meadows, 7pm

19Sept Colour Coded Event, Creag Choinnich, Braemar

Colour Coded Event, Clunas, 25Sept Nairn

25-26Sept Twin Peak Badge Events, Place Fell & Angle Tarn Pikes, Ullswater

02Oct Short Race, Haughton & Murray Park, Alford

10Oct Colour Coded Event, Loch Doon East, Dalmellington

170ct Colour Coded Event, Deisher, Carrbridge

240ct SOSOL Colour Coded Event, Pitmedden Forest, Abernethy, Perth

310ct Scottish Score Champs Drumashie, Inverness

6-7 Nov Tinto Twin, Night & Day Badge Events, Newcastleton Forest

14Nov Colour coded event, Allean Forest South, Pitlochry

21Nov Interløpers District Event & SOSOL6. Dechmont Law, Livingston

21Nov Colour Coded Event. Balnagowan, Aboyne

















# dnf as well as standing for did not finish, on this page it means do not forget!

- Caban has had enough because he hasn't got enough. Space that is! He wants to reclaim his shed and so is looking for some kind hearted soul with a big attic or garage to look after miscellaneous pieces of club equipment. Can you help out? Get in touch with Paul (0131-445-3098) or Paul.Caban@ed.ac.uk
- We're supposedly responsible for the Scottish Relays in 2005 and a long running saga it seems proving to be. First it was, then, and after that we thought, but, so, and now. Wherever it ends up I think we have the services of Chris Godfree as Planner, Graeme Ackland as Organiser (?). Do we have a Controller (Fat or Otherwise) out there ? You can also get in touch with the chairperson at Gillian@thirtyblackwood.freeserve.co.uk
- The club's finances are fairly strong just now after a healthy injection of cash from Moray 2003 and monies from a well attended SOSOL at Kinneil and SOL at Mill of Fortune. Apparently moves are afoot to change how any surplus from the Six Days is distributed in future. Apparently there is a proposal for the money to go into an SOA Development Fund rather than to the clubs. Check out with Ben (0131-447-9121) for the fine detail if interested.
- Some money has also gone to refurbishing and augmenting depleted stocks in no particular order of some or one of the following. Tents, water carriers, finish banners, tables, map boxes, trophies and signs. But don't tell Caban!
- The Eleven Person Relay is not too far away in time or space.

  5th September at Bowhill. Express your interest to Club
  Captain, Anthony Squire. Asquire 1@ford.com
- The SOA are looking for a VicePresident (Performance). Do you have the skills, enthusiasm and organisational capabilities for this post. Newly elected SOA President, Ken Daly (0131-661-4089) would probably like to hear from you.
- Deeside 2005 aaaaarrrrggghhhh! Who would have thought it would be upon us so soon? Rumours abound that Colin and Lorna might be thinking about organising or something like that as our day at Cambus O'May (I'm a poet and I know it) is in the parental backyard or thereabouts. Rumours also abound of Graham McIntyre volunteering to plan some courses. This may or may not be true but we probably do need to think about offering some officials. I believe we're teamed with ELO and KFO again after our seamless teamwork last time round. Any offers of interest to chairperson Gillian, please (0131-667-9747). It's Day 1 by the way. And start thinking about booking up your holiday accommodation now before everything disappears.

- Club policy seems to be veering round to trying to hold more local events on free Saturdays or Sundays after a while of cutting back because of limited return for our efforts. Do we try our hardest to attract newcomers to the sport and accept it might not always be successful? Do we organise events and at least give committed orienteers a regular fix of their chosen drug? Can we do both at the same time? If you want to organise a low key White-Green type event in the Edinburgh area, voice your interest to any committee member. You will be given lots of encouragement and assistance I'm sure. If you've never planned or organised an event before here's your chance to dip your toes into the water.
- With our vast surplus of money (That's a joke for any SOA/BOF types reading this) we, (the management) thought we might as well waste, sorry, spend it on some new maps as Archerfield / Gullane seems to be getting smaller by the minute and some people have reservations about Glenearn as a major championship venue. So, we've managed to persuade the SOA to give us the opportunity to bag Drummond Hill and we plan to remap it. We're also thinking a bit closer to home of remapping Calder Wood and we still have an eye on Norman's Law near Cupar but permissions are a bit tricky there and we're hoping Mr Petrie can help us in that area.
- And if that isn't enough, Professor Ackland and various EUOC types are thinking of compiling a SuperEdinburgh Map trying to link up all the orienteering locales in the city on one bedsheet size of paper which should be handy on the slopes of Arthur's Seat in a howling gale in December or as you try to navigate your way from Inch Park via Craigmillar Castle to New Hailes through a few areas of multiple deprivation. If you want to be involved in this brainchild scheme ask Graeme for more info (0131-667-7718).
- It must be near that time of year where you can now get your BOF subscription at half price if you've somehow neglected to renew. John Barrow (0131-440-2136) should be able to assist you with club, SOA and BOF fees if you're daft enough to rejoin.
  - Congratulations to "Darth" Daly on his inexorable rise to the throne of intergalactic power. Some say things are going down the toilet already! First of all it was Interløpers committee, then ESOA, then the Vice President of SOA and now the President. Ken obviously didn't step back quick enough. I'm sure all club members wish you the best in your new post. What after though? Grand Moff of BOF?
  - Don't ask me where the next committee meeting is as I don't know and don't care. Well I do, actually. It's Monday 2nd August at the Godfrees, 30 Blackwood Crescent at 7.30pm.

## Sunday 24th November Scottish Score Champs (ESOC) Devilla

M12	Alan Cherry	1st	260
M21	Graeme Ackland	3rd	541
	Scott Fraser	4th	530
	Rob Lee	6th	481
M40	Ken Daly	2nd	370
M45	Bob Cherry	5th	378
	Keith Dawson	11th	260
	Gordon Ross	18th	160
M50	Colin Inverarity	9th	170
M55	Bill Mason	6th	300
	John Barrow	12th	190
M70	Ray Heyworth	2nd	160
1)	Catherine Cherry	1st	100
W21	Gillian Godfree	1st	490
	Anna Edenbrandt	2nd	450
	Heather Hartman	7th	380
	Darina Cunnane	9th	320

I'm a bit out of practice again and gamble by going for some bigger points further away and it doesn't work as I struggle to find my first control. I find it difficult to adapt my strategies. Will the controls be coded (e.g. are 10pointers in the 100's or do smaller numbers have the smallest values?). Us grey hairs also have less time to think out what we're going to do. I still like Scores even if I'm only successful with about 1 in 5 of them. Despite a limited club presence we come second to the printy ESOC in the InterClub Competit. \_ trailing 113 points to 163.

## Sunday 28th December ELO Festive Frolic Yellowcraigs

One of my favourite events because it's one of the few I normally manage to do well in, as long as there's not too much mental thought required. It's an alphabet based one this time so there are 26 controls A-Z but they're all jumbled up. For once my brain is in gear and I am first to Control No.1 while others are still scratching their heads. I stay in the lead until 5 when I blow it big time. Unbeknown to me though I'm steadily working my way back through the field and regain the lead by 15. There's a

lot of switching in the leading group from then on but by 24 I surge ahead knowing the answers for this area having been here during my Control 6 debacle. I'm in the lead on the way to the last control although I don't know it when Andrew Dalgleish comes pounding past me. I finish in 60.33, 5 seconds behind him and gain one penalty point. Murray was the only other 'Interløper' there and he was sporting enough to just get 7 controls 'correct' when going round in 54 minutes. So defeat snatched away from me in the last few steps but I did get a big bar of Toblerone!

## Saturday 3rd January Score Event Anagach (INT)

Alan Cherry	1st	250
Cherry Family	3rd	110
Ben Hartman	1st	550
Dave Godfree	3rd	520
Gillian Godfree	7th	430
Bob Cherry	10th	330
	Cherry Family Ben Hartman Dave Godfree Gillian Godfree	Cherry Family 3rd Ben Hartman 1st Dave Godfree 3rd Gillian Godfree 7th

This event seems to be getting more and more popular each year with a good 40 or so competitors participating and maybe not as many Interløpers as usual. Well done to the Ayrshire branch of the club for venturing north to join in the festivities.

### Saturday 17th January INT Club Championships Dechmont Law

It's another Ken Daly take your inside leg measurement, divide that by the number of times you had sex last year and add the number of Munroes you bagged handicapped club championships. I mean what sort of handicap is he employing when a goat like me still finishes 10th out of 13. And I thought I had a reasonable run by my standards! The honours went to a man who hasn't been penalised enough for having a new set of hips. I suspect a plot to favour him for all his efforts at the Six Days. Step forward new club champion Pat Squire, narrowly beating Patricia Alston. Full marks to Ray for attempting 5Km+. One of 3 people in the club I can beat and he's an M75!

## results



## Sunday 18th January ESOC SprintO Hopetoun House

Despite having run the day before I was feeling quite enthusiastic about this. A small parkland area with the opportunity to go quite fast. I was going quite well to begin with and caught up with a few at a tree trunk which had been causing problems. Spurred on by this I hared round the rest of my Short Course only to blow it by going to the wrong depression/re-entrant at the second last control. Ackland would have loved my course. It had 5 thickets in a 1.5km stretch. I would have been well placed in 4th or 5th to make a challenge in the chasing start but I had blown it so I decided to confuse everybody by starting off early and getting my money's worth by doing the first Long Course just to see how I would have fared on it. About 10th it would have seemed. Overall it was success for young Ben again. He seems to enjoy this event. He finished 1st and 2nd on the Long Course just managing to hold off Stephen Clelland. Ken was 14th overall, Barry was 19th and mispunched or rushed home to be with wife and child, Heather just attempted one leg and it was too much for Squire - although 3rd in the first leg on Short, he faded to 8th and an overall 5th place. So much for our new club champion! No stamina whatsoever!







## Sunday 25th January SOSOL5 (ELO) Presmennan Wood

W	hite 1.2km	45m climb
7th	Max Bloor	M10 32.59
Vol	llow 1.8km	<b>=</b> 0
10	2.044411	50m climb
	Mark Haley	M7 mp
Or	ange 3.4km	120m climb
1st	Stephen Haley	M14 38.15
Lig	ht Green 3.7km	185m climb
		100m chilli
15th	Ray Heyworth	M75 73.15
Gre	en 4.9km	210m climb
2nd	Ann Haley	W40 44.30
6th	· · · · · · · · · · · · · · · · · · ·	M35 55.06
10th		W35 58.01
19th		W40 67.35
21st	Fiona Weir	W21 69.09
Blue	6.6km	230m climb
6th	Heather Hartman	W21 56.45
9th	John Mitchell	M40 60.12
12th	Barry Owen	M55 62.40
14th	Pat Bartlett	M35 63.43
26th	Colin Inverarity	M50 71.08
28th	Pat Squire	M55 72.18
37th	Darina Cunnane	W21 129.09
		W21 129.09
Brow	n 9.5km	470m climb
2nd	Dave Godfree	M21 62.13
8th	Graeme Ackland	M40 71.01
10th	Rob Lee	M40 71.51
12th	Claire Ward	W21 76.01
13th	Gillian Godfree	W21 76.01 W21 79.16
15th	Rob Bloor	M40 82.36
20th	Paul Caban	
23rd	Keith Dawson	M40 95.51
	Ben Hartman	M45 105.31 M21 mp
	~	M21 mp

An interesting drive to the edge of the fault line. I'm in the mood for a good run today but after I've crested the ridge from the start I plooter around aimlessly and am playing catch up for the rest of my run. I get into a groove, as Steve Conway used to say, in the middle section, but I blow it again towards the end as I'm led astray by the guy ahead of me. Curse you, Nolan!

I enjoyed the area even although my performance scunnered me as usual. It may not have been technically demanding enough for the purists but it was challenging for me. And there were some nice views and pleasant scenery too. Stephen was our only winner of the day. Dave missed out on first place by 8 seconds from Steve Nicholson. A bit of packing on blue from John, Barry and Pat B.

## Sunday 1st February SOSOL6 (EUOC) Corstorphine Hill

1.3km

50m climb

White

			Com	MILLE
10th		ddie Carcas	M4	43.59
12th	Cal	lum and Log	ie	56.32
Yell	low	1.8km	55m cl	imb
		rk Haley		
150	ivia	к панеу	M7	14.18
Ora	nge	2.6km	130m d	limb
1st	Step	hen Haley	M14	48.11
Ligl	nt Gr	een 3.3km	120m	climb
3rd	Ray	Heyworth	M75	44.43
4th		Barrow		45.19
	Sue	Twissell		m9
Gree	en	4.8km	180m d	elimb
1st	Ben	Hartman	M21	40.01
3rd	Ann	Haley	W40	50.33
5th		Ross	W21	
15th	Kare	n Dobbie	W35	
27th	Mora	ng McIntyre	W45	80.48
Blue		6.2km	205m c	limb
3rd	John	Mitchell	M40	61.52
4th	Pat S		M55	64.09
5th		ner Hartman	W21	65.40
11th	Steve	Ambler	M55	77.15
15th	Max	Carcas	M35	85.09
22nd	Richa	ard Webb	M40	105.50
	Colin	Inverarity	M50	dnf
Brow	/n	7.1km	230m el	lina la
		Godfree	230m cl	
121	CIIIIS	Godfree	M21	50.38

Paul Caban

Keith Dawson

M40

70.03

M45 75.03

9th

12th

It's another nightmare! Why do I never learn? I start off without really properly orienting myself and so am instantly confused by the myriad of paths on the hill. Damp conditions and a dodgy pen don't help my marking of controls especially as I 'save time' by not joining them up. Can I find that boulder? Well I can after about 20 minutes with some help from Steve. Only when I get there I find I'm at 7 rather than 1! Well they do look a bit alike, don't they? Maybe that's why the terrain didn't fit the map! After that I find No. 1 in no time. Unfortunately as I stretch out towards 2 I feel an ominous pull in my calf and after a few more paces I'm forced to call it a day and hobble back to the finish. What a bummer! That'll be more physiotherapy and off for weeks again.

Back in the real orienteering world it's a double for the Haley boys and an easy win from what I presume is a recovering from injury Ben. John just manages to hold off Bill on Blue and Chris fairly whizzes round on Brown. He must remember it from his student days. Where were all the big boys and girls? And how long before Callum and Logie are beating me?

## Sunday 8th February SOSOL7 (RR) Elibank

Whi	ite 1.9km	40m climb
	Callum and Logic	e M? dnf
Yello	ow 2.0km	60m climb
	Erin Kelly	W4 dnf
Ligh	t Green 3.6km	105m climb
1st	Ronnie Lardner	M45 42.15
11th	Clare Lardner	W45 61.02
Gree	en 4.6km	185m elimb
8th	Steve Ambler	M55 64.25
9th	z ac oquire	M55 65.06
12th	Mary Ross	W21 66.43
20th	Morag McIntyre	W45 83.47
Blue	6.5km	255m elimb
5th	John Mitchell	M40 72.56
6th	Bill Mason	M55 73.58
19th		M21 91.02
24th	Richard Webb	M40 104.50
29th	Jamie Andrew	M21 142.10

Brown		7.3km	295m climb	
-	car z			
1st	Murra	ay Strain	M21	53.57
7th	Keith	Dawson	M45	84.27

Not many people tempted down here. Had everybody won their courses by this time or were the steep convex Border hills too daunting? The juniors certainly found it hard going. Maybe I can still beat the young McIntyres for a wee while longer. Husband beats wife on Light Green and Steve gets the better of Pat for a change on Green. Can no one in the club catch Mitchell on Blue? Just remember he's got 15 years on you, Bill! Barry mispunched but there was no room to squeeze him in at the bottom of the previous page so an editorial decision had to be made. No sour es, Bazza. Honest! Nice to see Jamie venturing into the forest again. Your first run for a while but maybe you could have chosen an easier forest. It held no problems for Murray though who was presumably just out for a training run and there was that old guy Dawson still running Brown at his age.

### Sunday 22nd February SOSOL8 (CLYDE) Bar Hill

White	W	hi	te
-------	---	----	----

4th

7.1	T 4 1 1	3 (10	22.00
7th	James Ackland	M10	33.06

M75

W35

57.06

mp

#### Light Green

Ray Heyworth

Sue Swistle (!!!)

Gree	en		
1st	Tim Barrow	M21	45.04
26th	Clare Lardner	W45	72.39
31st	John Barrow	M55	75.10

31st	31st John Barrow		75.10
Blue			
4th	Janine Hensman	W21	62.40
8th	Heather Hartman	W21	69.14
9th	Ken Daly	M40	71.27
14th	Lorna Eades	W35	73.30
18th	Pat Bartlett	M35	76.57
32nd	Steve Ambler	M55	91.23
34th	Pat Squire	M55	96.19
36th	Ronnie Lardner	M45	96.34
44th	Darina Cunnane	W21	131.31
45th	Chris Smith	M21	131.34

#### Brown

2nd	Murray Strain	M20	59.26
3rd	Scott Fraser	M18	60.02
5th	Graeme Ackland	M40	64.52
10th	Brad Connor	M21	74.31
11th	Colin Eades	M35	74.35
16th	Phil Smith	M40	86.14
19th	Keith Dawson	M45	96.37

This one brought the boys and girls out to play. There was some double header on that weekend if I remember. No Mitchell this week but Steve beats Pat again. Ambler for Club Champion! Murray continues with his winning ways. Brad just edges out Colin and it's the first sighting of

Phil on an orientering course for a while.

### Sunday 29th February SOSOL9 (KFO) Tentsmuir

Yello	ow 1.5	/km		
10th	Erin Kelly	y	W4	22.45
Ligh	t Green	3.7km		

W40

mp

## Green 4.9km

Jo Kelly

10th	Ronny Lardner	M45	53.37
15th	Mary Ross	W21	57.02
	Clare Lardner	W45	mp

Blue	7.3km	

3rd	Bill Mason	M55	74.28
5th	Tim Barrow	M21	75.55
12th	Graeme Ross	M21	82.05
13th	Pat Squire	M55	83.55
14th	Keith Dawson	M45	84.02

#### Brown 10.8km

2nd	Colin Eades	M35	78.44
6th	Lorna Eades	W45	107.04

Not a lot of you went here either despite it being a nice forest to run in. A couple of husband and wife showdowns on Green and Brown which I presume was too long for Keith this week. Despite a rather small club presence we managed to come 2nd in the InterClub Champs with 105 points. No prizes for guessing who won. Yes, of course, it was the Mighty ESOC with 216 points.

## Sunday 7th March SOL1 (FVO) Touch

JM2	Mark Haley	1st
JM4	Alan Cherry	2nd
	Stephen Haley	3rd
M21S	Graeme Ross	2nd
M21L	Andy Kitchin	1st
	Dave Godfree	3rd
	Al Buckley	4th
	Chris Godfree	5th
	Ben Hartman	7th
	Rob Lee	8th
	Pete Tryner	11th
M35L	Colin Eades	2nd
M40S	Ronny Lardner	9th
M40L	Rob Bloor	3rd
	Ken Daly	5th
	Paul Caban	8th
M45L	Graham McIntyre	9th
	Bob Cherry	11th
	Keith Dawson	12th
M55L	Pat Squire	12th
	Bill Mason	13th
	Steve Ambler	14th
M60S	Barry Owen	mp
M75L	Ray Heyworth	1st
JW2	Catherine Cherry	4th
W21S	Darina Cunnane	2nd
	Mary Ross	4th
	Fiona Weir	mp
W21L	Gillian Godfree	1st
	Heather Hartman	5th
	Janine Hensman	6th
W40S	Patricia Alston	2nd
W40L	Ann Haley	1st
W45L	Clare Lardner	14th
mi i		

This seems to have been what you were all waiting for. The chance to perform on the national stage. Our strength in the elite sections comes across plainly with wins for Andy and Gillian and lots of strong placing as well. 3 wins for the Haley/Heyworth extended family unit. Were domestic committments forcing Barry and Fiona to cut short their runs? Arranging start times around young children still causes lots of headaches, crying and tears. Honourable mentions to Demi Lardner and Max Bloor for their participation on the White course and Mrs Ackland and Mr Haley on Green. I've still not recovered sufficient fitness to consider venturing out into the forest and was also way past the closing date anyway.

## Sunday 14th March CompassSport Cup Glentress (ESOC)

Yellow	1.3	8km	55m (	elimb
3rd T	ina Larc	lner	W11	30.09
4th D	emi Laı	dner	W8	30.59
Light (	Green	3.2km	115m	elimb
1st M	ary Ros	SS	W21	30.13
Green :	M 4.7	/km	175m c	limb
2nd G	гаете Б	Coss	M21	61.22

Gree	en W 4.2km	160m (	elimb
4th	Fiona Weir	W21	50.40
10th	Clare Lardner	W45	69.26
Plue	M 7.31	250m a	1:1

Blue	M 7.3km	2	50m c	limb
4th	Heather Hartman	ı (!)	W21	61.12
6th	Ken Daly		M40	65.25
7th	Tim Barrow		M21	65.44
16th	Pat Squire		M55	80.04
17th	Steve Ambler		M55	80.54
	Barry Owen		M55	mp
	Max Carcas		M35	dnf

7.6km

Ben Hartman

300m climb

M35 56.32

Brown

2nd

And still the events keep on coming relentlessly week after week. Some of you just can't get enough orienteering! Even although we haven't entered the competition and it is Glentress a few of you are still persuaded to venture south to Peebles and what was always a hard forest. Maybe there's been some reafforestation but there had been an awful lot of clearfelling there yeras ago which made for some very arduous terrain to cross even way back then never mind the steepness of the slopes. Heather is like David Bowie and isn't "sure if she's a boy or a girl". Obviously the Blue W stood for wimp.



But tell me Doctor Frankenstein, will it make Inverarity orienteer any better?

## Sunday 28th March SOL2 (CLYDE) Coille Nathais

JM4	Alan Cherry	1st
M21L	Dave Godfree	1st
1412110	Graeme Ackland	2nd
	Ben Hartman	6th
	Chris Godfree	7th
	Colin Eades	8th
M40S	Tim Brand	mp
M40L	Rob Bloor	4th
	Ken Daly	6th
	Paul Caban	7th
M45L	Bob Cherry	9th
	Graham McIntyre	10th
M55L	Barry Owen	4th
W21S	Fiona Weir	2nd
W21L	Gillian Godfree	1st
	Heather Hartman	3rd
W40S	Jane Ackland	1st
	Patricia Alston	4th
W45L	Morag McIntyre	9th

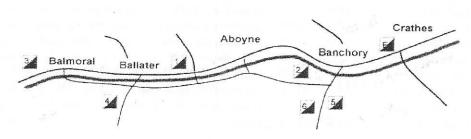
Oban seems a bit too out of the way to attract many of you but once again there is some splendid terrain there with wonderful native woodland to run in. It's a Dave and Gillian double with wins for Alan and Jane as well. What were you doing running Short, Jane?

### Saturday 3rd April SHI (AROS) Trossachs

M20	Scott Fraser	15
M21	110.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.000 10.00	
M21	Andy Kitchin	1st
	Dave Godfree	7th
	Tim Lenton	11th
	Neil Marston	22nd
	Murray Strain	23rd
	Chris Godfree	27th
	Colin Eades	30th
	Anthony Squire	31st
M35	Ben Hartman	1st
M40	Rob Lee	3rd
	Ken Daly	5th
M55	Barry Owen	3rd
W21	Gillian Godfree	1st
	Toni O'Donovan	2nd
	Janine Hensman	6th
	Claire Ward	7th
		_

Interløpers did their bit in the Senior Home Internationals with three class wins from Scott, Andy and Gillian to help Scotland to victory over what was probably an under strength England team. But a win is a win. If they couldn't be bothered travelling 'all the way up here' they should appreciate what Scottish orienteers do to take part in National Events. Andy cut it fine coming in only one second ahead of a Lithuanian runner.





MIAD

### Weekend 9th-10th April JK (NWOA) Lake District

M10B	Mark Haley	2nd
M14B	Stephen Haley	1st
M18L	Scott Fraser	1st
M21S	Graeme Ambler	36th
	Graeme Ross	62nd
M21L	Pete Tryner	6th
M21E	Andy Kitchin	11th
	Dave Godfree	19th
	Neil Marston	25th
	Anthony Squire	32nd
	Chris Godfree	34th
	Graeme Ackland	46th
M35L	Ben Hartman	4th
	Colin Eades	9th
	Pat Bartlett	46th
M40L	Rob Lee	8th
	Rob Bloor	27th
	Ken Daly	52nd
M45S	Keith Dawson	10th
M45L	Graham McIntyre	41st
	Bob Cherry	43rd
M55L	Barry Owen	45th
	Pat Squire	72nd
	Steve Ambler	110th
W12B	Catherine Cherry	8th
W21S	Mary Ross	6th
	Kate Kitchin	30th
	Fiona Weir	38th
W21L	Heather Hartman	1st
W21E	Claire Ward	7th
	Janine Hensman	11th
$\sim$	Toni O'Donovan	12th
	Gillian Godfree	13th
W40L	Jane Ackland	8th
	Ann Haley	20th
W45L	Morag McIntyre	50th

We had 3 winners from the JK. Well done Stephen, Scott and Heather. Scott won on both days and was 11 minutes ahead of his nearest rival, while Heather was 16 minutes ahead. Some respectable performances were recorded elsewhere but I think that some of the Elites will have been disappointed with their showing.

The Womens' Open team of Claire, Toni, Janine and Gillian came 2nd jut under 6 minutes behind SYO while the Mens' teams came 7th, 13th and 25th.

### Sunday 25th April SOL3 (INT) Mill of Fortune

JM2	Mark Haley	1st
JM4	Stephen Haley	5th
M21S	Graeme Ross	5th
	Tim Barrow	8th
M21L	Dave Godfree	2nd
	Rob Lee	4th
	Colin Eades	8th
M40S	Richard Webb	7th
M40L	Rob Bloor	4th
	Paul Caban	8th
	Ken Daly	10th
M45L	Graham McIntyre	6th
	Keith Dawson	22nd
M55S	Barry Owen	1st
	John Barrow	mp
M55L	Steve Ambler	11th
M75L	Ray Heyworth	2nd
W21S	Janine Hensman	1st
	Mary Ross	3rd
	Darina Cunnane	5th
W21L	Claire Ward	1st
W35L	Lorna Eades	4th
	Karen Dobbie	5th
W40S	Patricia Alston	2nd
W40L	Jane Ackland	1st
	Ann Haley	2nd
W45S	Clare Lardner	5th

It was a lovely day. The sun was shining as I made my return to competitive orienteering. Unfortunately Daly suckered me into manning the remote finish first and I had to wait ages for him to return so had a rather hurried jog back to the start and probably wasn't properly mentally attuned to begin with. I was going around fairly steadily not making any really big mistakes. In the middle period I got in tow with Keith for a while and we traded places until the heat, another descent after I'd overshot a control and a look at my next kilometre long leg convinced me to pack it in before dehydration really got the better of me. Even then it was still a toss up as to who made it home last - me, Keith or Colin.

Most people seemed to enjoy Ben and Heather's planning judging by the comments I heard. My first finisher, a very Quick woman, was almost in raptures about it. Full marks to Pat, Gillian, Dave and all the usual suspects for another well organised Interløpers event.

## Sunday 16th May SOL4 (SOLWAY) Troston / Shambellie

JM4	Alan Cherry	2nd
M21S	Tim Barrow	3rd
M40S	Richard Webb	4th
M40L	Phil Smith	7th
	Ken Daly	3rd
M45L	Bob Cherry	5th
M75L	Ray Heyworth	1șt
JW2	Catherine Cherry	1st
W35L	Karen Dobbie	5th
W45L	Morag McIntyre	6th

This might have been an event to go to to try and rack up some points. Low entries often means big points when most of the fly boys and girls are away and you're just that wee bit nearer the winner in your class.



On the international front congratulations must go to various Interlopers. Scott Fraser has a busy summer ahead of him with the Junior World Championships in Poland, presumably after an U20 Training Camp in Switzerland, followed by an U21 tour in Scandinavia.

Gillian, Dave, Ben and Barry represented Scotland in their international with Lithuania in Vilnius in May and all performed well with Ben coming home first in Herren 35.

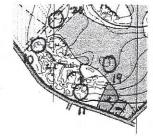
It's been a fairly barren year trophy wise for the club with no national champs from the British at Rothbury in March. The Scottish Championships at Errochty also proved a bit of a disappointment unfortunately with no winners either. Space and time prevent much mention of how you all performed. Hopes were high of some success at the Elite Championships at Culbin and Lossie earlier this month but once again success eluded us. Our best placings were Dave Godfree 4th and Al Buckley 6th and Gillian Godfree 3rd and Toni O'Donovan 5th.

## theendofaneraquiz



- 1) What is this woman doing?
- a) Looking for volunteers
- b) Tickling Dave
- c) Practising her dibbing/dobbing
- d) Addressing a haggis
- Who was the editor before the present incumbent?
- a) Jane Cherry
- b) Ishbel Mollison
- c) Steve Terry
- d) Charlie Walton
- 3) How many expatriate Interløpers are current club members?
- a) 6
- b) 7
- c) 8
- d) 9
- Who is the oldest of these interlOAPers?
- a) Steve Ambler
- b) Bill Mason
- c) Barry Owen
- d) Pat Squire
- 5) Who beat us in the InterClub Championship this year?
- a) ESOC
- b) ESOC
- c) ESOC
- d) A bucket of fish

- 6) I'm crap, but I have won 2 'LBOA' trophies. Which ones?
- a) M35 and M40
- b) M35 and M45
- c) M40 and M45
- d) M40 and M50
- 7) Where?



- a) Colinton Dell
- b) Craigmillar Castle
- c) Dechmont Law
- d) Mortonhall Estate
- 8) How many relays did our reigning Mens' UK champs win this year?
- a) 0
- b) 1
- c) 2
- d) 3
- 9) Which Day are we responsible for at Deeside 2005?
- a) Day 1
- b) Day 3
- c) Day 4
- d) Day 5
- 10) Where won't Scott Fraser be this summer?
- a) Poland
- b) Switzerland
- c) Scandinavia
- d) Mayfield
- 11) Where did Interløpers 'Running Man' logo come from ?
- a) Australia
- b) Norway
- c) Sweden
- d) Wales

- 12) She always does stuff for charity but what did Darina do this year?
- a) Swim 1000 metres
- b) A parachute drop
- c) Dragon Boat Challenge
- d) Walk the West Highland Way
- 13) What are Colin and Lorna doing this year ?
- a) Moving up an age class
- b) Moving to Edinburgh
- c) Joining Roxburgh Reivers
- d) Having a baby
- 14) Kitchin! What hasn't he won?
- a) Jan Kjellstrom
- b) Scottish Six Days
- c) Scottish Championships
- d) Interløpers Club Championships



- 15) When did this newsletter start going downhill?
- a) 1991
- b) 1992
- c) 1993
- d) 1994

Less than 5: OK, so you don't give a ....! 5-10: You need to read the newsletter more often

10-14: A committed, enthusiatic club stalwart

15: Caban! When did you come back?

## interløpers committee 2004-05

here are the people to complain to, avoid, generally ignore or make voodoo dolls of and stick pins into if they give you the heave-ho after allowing you to witter on aimlessly for years

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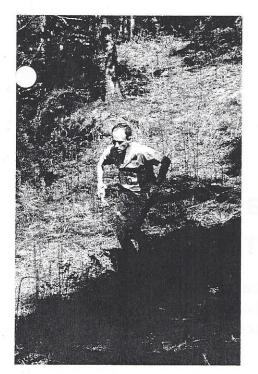
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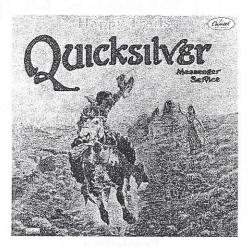


A nice picture of Dave Godfree passing through a sunlit glade courtesy of Compass Sport. Many thanks to Suse and John for not threatening me with legal action for the odd image I've filched over the years. Remember you can find lots more O pictures on their website at http://www.compasssport.com/gallery/

There are hundreds of images. You might even find yourself there. High quality images are available for sale. Support the magazine of your sport.

Thanks also to nopesport for the Andy Kitchin photo on the previous page.





And so I bid you goodbye, loyal readers, as I head off into the sunset somewhat like Kevin Costner in The Postman. But knowing what my navigation is like I'll probably get lost somewhere en route. So if you do come across me somewhere in a forest please point me in the right direction!

Happy Trails!

## M fiftysomething



# 131

Hey there ragamuffin hobbledehoys! Janine -What's happening to the lettering on my t-shirt? Oh well, it might not be up to much but the colour is certainly staying fast. 53 issues down and someone has finally been brave enough to stand up and say "B\*\*\*er off, Inverarity. Let someone else produce a decent newsletter or at least one that comes out now and again." Step forward Barry Owen, international orienteer, proud father, devoted husband and loathe to put his hand in his pocket when it's his round. Give the man a break or at least lots of news, gossip and pictures so he can show you what he's capable of.

It's definitely time for a change. I've lost the plot so much during the past year or so that I've been writing under a false name not realising that I have left my 40's behind. So this is your first and last Mfiftysomething!

Thanks to all club members past and present for your help and support and putting up with my endless stream of consciousness drivel. Many of you have displayed endless forbearance and tolerance having been the targets of my deranged sense of humour. Special mention must be made to some of my fellow old crocks who suffered a lot in

the early years - Steves Terry and Ambler, Scott Balfour and Pat Squire. In more recent times Barry has come in for more than his fair share of abuse and for most of my tenure there has been one individual who has gracefully accepted more than anyone else - the legendary Graeme Ackland - probably still Britain's first orienteer on curent BOF alphabetical rankings!

Special thanks also to JB, the bedrock of the club. We've been together on the Committee for 13 years and seen quite a few changes in that time in personnel and policy. It's been fun!

If you can't be bothered with the hassle of taking this to a recycling centre after you've scanned through its meagre content of little entertainment value (although more of you should now be able to utilise the council's fortnightly waste paper uplift and save you a trip to the dump and reduce the amount of petrol wasted and the amount of emissions contributing to greenhouse gases), remember you have the option to view this publication on our website. It'll save the club a fortune in postage, especially if you live in Australia like Pete Kinny. Let the editor know if you don't wish to receive your newsletter mailed

to you. There'll be more Scandinavian pine forests to run through if he doesn't have to make as many copies. If you would still like to receive your all new, improved newsletter do what you normally do — Nothing! Unless of course you have any interesting stories, witty observations or reflections on orienteering or life in general to contribute, in which case . . . .

At present I'm 'resting', having tweaked my calf again as I trotted up from the roundabout at the entrance to the Queen's Park. The house is a tip. The living room walls have been stripped bare, the carpet is up and there's stuff everywhere. We've just sent one son off to Vancouver on a rugby tour, one will be coming back from Skye with his girlfrienc. after a Geology field trip before they head off to Lake Huron for 6 weeks to do their mapping project and the junior one has just come back from a long weekend in Glenshee. Living it up in the Hotel Inverarity. And did I tell you I got a new computer and had to transfer all the stuff from the old one and that's another excuse for me not meeting my deadline. Well, Inverarity No More as The Proclaimers may have said. So long and thanks for all the fish!

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