

My New Year resolutions have failed miserably (again!), so this Newsletter is not out as promptly as it should have been, but my excuse is that I was waiting for the J.K. results so that I could enthuse accurately about them; however, as we cannot wait for ever, I shall get on with what I do know.

### Events

Since the last Newsletter in March, the J.K. has come and gone, and also the British Relays and Individual, the Scottish Schools, and the Scottish Champs, and plenty of small local events. The J.K. was a success for Geoff Peck (1st. in M21E), and Carol McNeill (3rd. in W19A), to say nothing of Ian Miller and the Junior Women's Team (3rd. in their class). The event was fairly successful, I felt, in its organisation, and there were plenty of people there despite the cold weather, but it was all rather expensive. All of us felt that the fees were high, and these inflationary costs seem to be spreading throughout 'O' events, something which I personally deplore (I always thought that high fees were needed to cover costs, but after organising the Midlands we still made a profit on 80p/50p and Geoff charged 50p an hour for his time spent mapping!). To return to the event. The men's Relay team suffered from a twig in Gareth's eye on the first leg, but Alistair Thomson and Ian Miller (running for some obscure universities) did well and there were high hopes for the British Relays. Unfortunately, Geoff was unable to get to the event much to the relief of London University. I hear that Ian, Alistair, and Dave Jukes were actually third, but were disqualified for being illegal. The best weekend yet for Interlopers must have been the Scottish Champs weekend. The A.G.M. of the Club accepted the draft Constitution drawn up by me and touched up by Steve Terry, with a couple of amendments at the A.G.M., and we are now a bit more legal and organised. Geoff was kind enough to write a report of the weekend as I was unable to attend, so I include it in toto:

Bob Donaldson was kind enough to organise an event specially for Interlopers in Culbin Forest and invited some guest runners to pad out the results; this eventually snowballed into becoming the Scottish Championships. Despite some minor hiccups (which Bob coolly ignored), it all went well and Hilary managed to cope with organising the ten Wayfarers who turned up on the day. The M21A class had a short course of only 11 km. which suited the younger members and meant that the old boys could get round in under 3 hours; better than that, we had no less than 4 in the first 8 with several others not far behind. The W19A, however, included a comeback from Mesdames Mills and Smith, so the course was long (9.1 km.!) to give them a chance to recover from their many mistakes. The Juniors kept on their successful run with Kate Richards 3rd. and Jenny Doig 4th. in W17.

After the race, we all left Bob to tidy up the mess (which he, in turn, left to someone else!) and adjourned to the Heather Hotel in Forres for the A.G.M. which was a rushed affair because the Annual Dinner was to follow and the bar was open, and also J.B. had to go to the S.O.A. A.G.M. .... nevertheless, nothing disastrous happened - a Constitution was officially accepted, Office Bearers elected, and Gareth drank about four pints in the 50 minutes it lasted. A fuller report will follow.

As for the Annual Dinner, this was well organised by Hilary (it says here) and, despite her, the food was excellent for only £3 per head. Hardly any speeches were made, which was a sad departure from tradition, but, on the other hand, it was a bit early in the evening for such eccentricity. The eating over, we adjourned to the bar to be deafened by a "local" band who played "The Northern Lights ..." etc. all night, very loudly. This made conversation, etc., difficult, but this was no excuse for Bob Donaldson to take to dancing (that's what he said he was doing).

The Sunday was the Relay race in Darnaway. This year, team selection was a big problem in M21, but, fortunately, Saturday's results gave the right order, so we stuck to that. Consequently, the young boys team of Thomson, Miller (both ex-Boroughmuir and pretty stupid) and Peck set off confident of victory with the old boys (Barrow, White, and Slown) and middle aged boys (Donaldson, Buffett, and Jones) hoping to miss the mini-massed-starts. Needless to say, despite Thomson and Miller, the young boys won (by over 25 minutes!) but the surprise of the day was the sight of Sloan hobbling into the finish field just behind a young speed merchant and just in front of another one, in contention for second place. True to form, Sloan was

assuming he had just avoided time-disqualification and was merrily and carefreely limping home, so he let second place slip away, but he was informed of the astounding news just in time to pick up his crutches and save third place by an amazing bit of sprinting. Our Ladies team (Mills, McNeill and Smith) played a blinder and won their class by hours (literally) much to Hilary's amazement; and our unbeatable W17s (J. Doig, K. Richards and A. Heyworth) crushed their opposition to win their title too. Interlopers have now won the Atholl Rose Bowl (M21 Relay) every year since 1972 and one is tempted to ask if they will now make a REAL EFFORT and try to get our names engraved on the B.O.F. Relay Trophy, or, more important, the coveted J.K. Trophy (?!).

Other interesting things were: Fiona Jolly back from Sudan and looking very fit and well and cheerful; Thomson winning the Scottish Native title for the best beard; Liz promising to have our hats made soon; Steve Terry being at the A.G.M. despite still being unfit to run (an example to others?).

### Results

<u>INDIVIDUAL</u>	M21A	1 - G. Peck, 4 - A. Thomson, 5 - I. Miller, 8 - J. Barrow, 22 - R. Sloan, 28 - G. Buffett.
	M21B	10 - D. Kershaw.
	W19A	1 - C. McNeill, 3 - L. Mills, 5 - H. Smith, 16 - F. Jolly, 18 - S. Mustard, 24 - M. Thoms.
	W19B	15 - V. Thoms.
	W17	3 - K. Richards, 4 - J. Doig.
<u>RELAY</u>	M21	1st, 3rd
	W19	1st
	W15/W17	1st

The Scottish Schools came and went (I guess they don't run in pairs any more!!) and Ann Heyworth was 4th.

Carol McNeill ran in the Long-O at Deeside and finished the 30 km. in just under 4 hours, yet again proving her fitness and stamina.

There was also a Denmark/Britain International at Highland Water (in the New Forest) a few weeks ago, and Geoff won the men's course on one day and Carol the women's on the other. Both were very pleased with their performances and are getting themselves in trim for WM78 in Norway.

### Report on the A.G.M.

Nothing too earth-shattering happened: Dave Kershaw and Jenny Doig were elected as Ordinary Members of the Committee in place of Gareth Buffett and Steve Terry, and the rest of us stay as we were, since nobody seems to want to take over. The draft Constitution was accepted, with a couple of amendments, and this remains the definitive document, until amended at an A.G.M. Affiliation fees were approved at an increased level for 1978:

30p	for Juniors (born 1960 and later)
£1.00	for Seniors (born 1959 and earlier)
£1.30	for Family membership

These were felt to be necessary in order to try to meet the realistic cost of the Newsletter.

### Present/Future Events

This Newsletter will continue at the British, and as the Junior ladies will be in attendance no doubt we shall get some prizes!

After the British, there is a lull; Carol and Geoff go off to spy out the land in Norway.

Highland 77 follows in the second week of August, beginning with our event at Alvie on Sunday the 7th. In response to my anxious questions, it seems that everything is under control!

Continued!

At the British, I came across evidence of the organisation of Alvie in the shape of Hilary Smith and Bob Donaldson course planning at the finish field! Hilary tells me she has just realised that H-77 is in the middle of her proposed trip to the U.S.A., so she isn't going there after all this summer (U.S.A. I mean). She and Bob were

disinclined to answer my questions. However, I understand that they both thought the Irish/Scottish International at Mugdock as part of Clyde 77 was "dire" (Bob's expression), and as Geoff could not attend and Carol stamped a wrong control the least said about that the better.

(However, there were other members of the Club there, including, in M21, Alistair Thomson (5th), John Barrow (9th), Ian Miller (10th), Graham White (14th); in W19, Liz Mills (5th); and in W17, Frances Ashmole (1st), Jenny Doig (4th), Kate Richards (6th). Alistair, Ian, Frances, Jenny and Kate were all running as Scottish Team members, as were Carol and Hilary. Some of us did enjoy it, and considered it to be a worthwhile exercise in trying out new ideas to attract spectators, as well as making it interesting for competitors.)

On to other things, like the:-

#### British Championships

At the British, the green and yellow hats of Interlopers were seen often on the winning rostrum; Ann Heyworth was 2nd in W13, Jenny Doig 3rd in W17, Hilary Smith 3rd and Carol McNeill 2nd in W19A, and Geoff Peck 1st in M21A. Alistair Thomson was doing well until hit by the heat, and Ian Miller was 22nd in M21A. John Barrow and Gareth Buffett in M21B were not impressed by their performances, and Robin Sloan was trying to be reinstated for putting his punches in the wrong squares! (He was reinstated!) He was 33rd. Also running for Interlopers were Kate Richards and Frances Ashmole (4th and 6th in W17), and in W13 Anne Kilgour (42nd) and Gwen Baillie who unfortunately did not finish. Martin Peet contrived to be last in M21A, and Dave Kershaw (61st), Bob Donaldson (85th) and Roger Vander Steen (100th) competed in M21C. (There were 180 running!) Sue Mustard was 47th in W19A (She still beat Jan Bryan-Jones and Sheila Colls). The weather was glorious, if a little unexpectedly hot for running, and the organisation and setting super - even if it could have been cheaper (again!).

West Cumberland O.C. are holding their 10th Birthday Event near Egremont on the weekend of 10th/11th September; it is to be in the form of a Team competition, teams being made up of up to 5 runners from the same Club but in different age groups. This could be a very interesting event, and it would be nice if we could get several teams down to it. More information available from John Barrow.

#### Other News

Did you know that:-

- ... Jenny Doig and Kate Richards are to go on an Under 19 trip, representing Scotland, to Switzerland.
- ... Gareth Buffett has finally persuaded a foreign country that he is a worthy citizen, and is quitting Newcastle Brown Ale to be a GP in Auckland (if he can get a visa!), Anyway he is going to Katmandu on holiday in September and intends to go on to New Zealand. It is a long way for a holiday if he intends to come back! How about a social occasion to mark his departure?
- ... Liz Mills knitted S.O.A. and E.U.O.C. hats before the Interlopers ones. We'll forgive her though, and, if you want a hat, either put in your order and collect your hat at Highland 77, or send £1 plus appropriate postage and a hat will be sent to you in due course. Liz is still waiting for RDBS and AJT to cough up for hats already delivered; she would appreciate a cheque a.s.a.p. I'd like to take the credit for the idea, which Liz has done the work on; Bill Gauld at JK76 was the inspiration, with his woolly pullover and fair-isle bonnet! By the way, of the £1 that you pay for the hat, 50p goes to Club funds.
- ... Hilary and Marj would like some more support for their Socials! The Chinky Kerry-Oot party was rather poorly attended despite advance publicity.
- ... Marj is going to Africa to escape being co-opted Social Secretary in Edinburgh.
- ... Fiona Jolly is back from Africa for an indeterminate time.
- ... Lawrence Cable is going to start training.

#### A Couple of Ideas

Following John Colls' suggestion in a recent S.O.A. Newsletter, and the obvious lack of support for some of the social ventures so far organised, how about using a Club house/school room for Club meetings (once a month?) so that those too young for pubs could attend, and perhaps we could build up some Club spirit with some training runs,

discussions, coffee (?), coaching, or just chat. A couple of seniors could take turns to be in charge, so no one person need bear the complete load of organisation. Indicate your ideas on the tear-off slip.

Secondly, at the J.K., we were discussing the possibility of raising some money for Club funds, and there was talk of a sweepstake of some kind - winner take half the prize, the Club the other half. Again, any ideas or offers will be welcomed; use the tear-off slip!

And finally, an advert (the first in this wonderful tabloid?):

Geoff and Eileen Peck offer amazing introductory savings on Reebok Contour. Long lasting, comfortable, and worn by most top international orienteers.

To Interlopers only:

For one month only (after distribution of this Newsletter):

Contour      Sizes 4 - 5½      £7.99;      Sizes 6 - 12      £8.49

(+ 20p p. & p.)

Please send money and size required direct to E. Peck - not Reebok, or you won't get them cheaper!

Lothian Sports Awards (by Ray Heyworth)

Lothian Regional Council give Sports Scholarships and Grants to individuals with potential or proven ability. The Scholarships allow free use of the Region and District sports facilities including Meadowbank, Hillend, and the Commonwealth Pool. The Grants cover 50% of approved expenditure on travel and accommodation for Training Courses and competitions outwith the Region and within the U.K., up to a Grant maximum of £50.

Application forms are available from the Department of Recreation and Leisure at 40 Torphichen Street, from 1st August. Applications are to be sent to John Colls, the S.O.A. President, at 23 Gallowhill, Peebles, EH45 9BG by 15 August.

The application requires details of events, positions and standards gained and as much information on future training and competitions as is possible.

Interlopers who have been awarded Scholarships and Grants from last February's applications include Jenny Doig, Ann Heyworth, Kate Richards, Fiona Craddock, David Muiry, and John Mitchell. Last August, Ian Miller, Alistair Thomson and John Barrow were awarded Grants.

Similar Grants are awarded to coaches and officials to attend courses leading to higher awards.

Cycling?

Carol has had an idea for a street night cycle orienteering event based in Edinburgh for everyone over 18, and suggests the evening of Wednesday, 26 October. Any response to her or John B.; perhaps we can talk more about it at Highland 77.

Meadowbank - 19 June

Several Club members took part in a cross country race which was part of a jamboree organised by "Crack", the young arm of the Multiple Sclerosis Society of G.B. Jenny Doig was first equal in the Junior Women's race, while Marjorie Thoms won the Senior Women's event, with Fiona Jolly second. John Barrow was second in the Men's race, after a gruelling 9½ miles round and up Arthur's Seat (1400 ft. of climbing!).

Highland 77

Marjorie has a large list of people who have offered their services at Alvie for Sunday, 7 August - they will no doubt be hearing from her soon on what she would like them to do. It would be appreciated if some people could arrange to get to Alvie on the Saturday, or, if possible, on the Friday. The Assembly area can be used as a free campsite; if you intend to arrive early, please tell Marjorie in good time.

INTERLOPERS SOCIAL NEWSLETTER (by Hilary Smith)

Please read this IMPORTANT NEWS!!

Being a Social Secretary, as with most duties involving organisation, is at times a very rewarding job, and also a very frustrating one. Time is precious, and so it is very disappointing to spend time and effort to go to a social event and find that hardly anyone else has turned up. Do people either not bother to read the Newsletter or read it and then forget it? I suspect the latter is the real reason for the seeming lack of interest in our social affairs. With dates fixed up quite well in advance, it is quite natural for people, leading busy lives, to by-pass them altogether - often without realising.

So, the trials of being Social Secretaries belong to Marj and me - but we make a final plea for communication (when requested by us) and willing support at the events ... and everyone can help to make Interlopers a better Club out of one which is so good in many ways and one which is rapidly growing and diffusing;

i.e. get to know your fellow Club members better AT OUR SOCIAL EVENTS!!

And now, reports in brief of past events. The Club Dinner and A.G.M. at the Scottish Champs. Weekend was a success. Eighteen people staggered to the Heather Hotel in Forres after a hot day's racing in Culbin - having two new Scottish Champions in our midst (guess who?) was good cause for jollification ... we ate heartily from plates filled bounteously!! Hoarse conversations were held afterwards to music which made no attempt at being background - but we still managed to overwhelm the locals with a fantastic display in the eightsome reel - Ian Miller the star performer.

The Chinky Kerry-Oot Party was a velly humble affair! Thanks to those who turned up - Steve, Jo and John, Carol, Fiona, Valerie Willy - have I missed anyone? First prize for costume HAD to go to Fiona Jolly who, in spite of her Sudanese tan, looked every inch a demure Chinese lass! Chinese costume did little to hide the fact that we are all basically Scottish at heart (who was born at Newcastle, then?), and so we ended up having some breathless Scottish reels and jigs once more.

The Beach Picnic had to be called off at the last minute because of the terrible weather on the day; perhaps this could be held at some later date.

And now, a reminder of a future happening, as advertised in the last Newsletter.

Saturday, 2nd July Cricket match - E.S.O.C. v Interlopers

Meet at 6 p.m. at the "Golf" tavern at the west end of the Meadows in Edinburgh. Cricket gear being supplied by Marjorie.

Please contact Marjorie by Friday, 1st July if you wish to play, so that teams can be sorted out.

If you are a new member of the Club - all the more reason for you to come along to this event - WE want to get to know YOU - your Club is what YOU make it.

Happy Orienteering - Hilary.

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TEAR-OFF SLIP

Now, to help you help me, please complete the following and send it to your friendly Newsletter Editor by 15th August (or sooner).

Name .....

Latest Results .....

News/Views/Opinions/Complaints/Thumbnail Sketch of your arch-rival/Letters to the Editor /etc/etc/etc.

(Continue overleaf if necessary)

INTERLOPERS JUNIOR NEWSLETTER (by Carol McNeill)

Technique Training

During the next South East Area series of Come-And-Try-It events, it is hoped to have a Club training session using the courses and controls put out by the Organisers. Each week a different orienteering technique will be revised, e.g. pacing, control technique, varieties of compass work, etc. Instructors will be Senior Club members.

N.B. If any Seniors would be able to help with this scheme on one or more Wednesday evenings, please let me know; I won't be able to be there every week. The first event in the series is to be on 31 August at Holyrood Park, and events will be held every Wednesday until 19 October. Please meet at the venue at 5.30p.m. Further details of venues will be available nearer the time.

Northern Ireland Junior Champs. (M/W 10 - 17)

I'm thinking of organising a Junior (Club) trip to this event on 19/20 November. Is anyone interested? The Individual will be on the Saturday in the Mourne region, and the Sunday Relay will be near Newcastle, County Down. More information is available to anyone who would like to come. We'll try to keep the cost under £10.

Winter Activity Weekend

Date - 6/8 January 1978.

Venue - Kincaig, Kingussie, in the Highlands Region.

Accommodation - not fixed yet, but hopefully a self-catering bunkhouse at Kincaig, or caravans at Aviemore.

Programme - Friday 6th - Arrive, etc.

Saturday 7th - Hill Walking, Skiing (Cross Country if there's enough snow) or?

Sunday 8th - Sponsored Score Event, Alvie.

Cost - between £5 and £8.

More details in the Autumn - book the weekend now. Organiser - Carol McNeill.

Junior Social Events are about to happen!! Keep in touch with Jenny Doig.

Lothian Sports Awards - see article in main Newsletter.

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