

Hello again, happy campers and Interlopers everywhere. Since the last Newsletter, I have a great deal of chat to circulate, and not a lot else, but here goes anyway.

Events

After the British Champs., extensively reported in the last issue, nothing much happened until H-77, except that Geoff and Carol spent a week in Norway on a pre-WM camp (I went along for the holiday!). The weather was beautiful, the scenery fantastic, lakes warm, clean, and clear, and maps and forests wonderful. The only disadvantages were the difficult O-ing and the horrific cost of living! At an event called SOLO (relay and individual about twice the size of the J.K.), Carol ran well below her age group (D19-20E) - Allan Mason got it wrong! - but managed to win a gong by coming 7th (pot-hunter!). Geoff did not come 7th, but he did beat a few good foreigners, so he was quite pleased with his performance. Carol went on to a conference in Sweden, and encloses a training info sheet on mental preparation. After that, there was the Swiss 5-Days (report from A. Thomson?) before Highland 77.

Highland 77

Sunday 7 August dawned bright and sunny on the campers at the Alvie assembly area, where a motley selection of faces old and new was to be seen. Alistair MacLean among the old, and Scott Balfour and his wife Cathy and their child among the new. Also, Bob Stobie with Cairren and Dearn, Liz Mills, Bob Donaldson, Hilary Smith, John and Jo Barrow, Gareth Buffett, Graham and Jan White and their child, Ian Miller and Sue Mustard, and social organiser extraordinaire Alistair Thomson, plus a few odds and ends from FVO and other assorted clubs.

The 12 o'clock start meant that we did not need to get up too early, so the day started in a civilised fashion at 8 o'clock (and a few keen orienteers had arrived by 9 o'clock!). Marj's move to Zambia had been brought forward, which meant that she could no longer organise, so Liz (Controller), Bob and Hilary (Planners) and Bob Stobie took over jointly. Shortly after 9 o'clock, the Heyworths, Frances Ashmole and Fiona Jolly, Kate and Lucy Richards, Jenny Doig, and Vicky Alexander arrived, as well as Mr. and Mrs. Richards, and we took over our appointed jobs. Last, but by no means least, David Speirs arrived after a 3 hour dash by motorbike from Gorebridge.

The day went smoothly apart from a couple of hiccups and a great deal of unexpected rain! Ann Heyworth and the others who carried the results did a fantastic job, getting wetter all the time. The competitors seemed satisfied, and we had cleared up by early evening, and we adjourned to Aviemore to get warmed up!

The next morning, we moved up to Cawdor Castle for the next event, and the sun shone for the rest of the week. It was then that we discovered the worst disaster of the Sunday - one of the tenant farmers at Alvie had discovered 40 of his cows among the corn (which could have made them seriously ill, if not killing them), and he was laying the blame on us, the orienteers. This rather spoiled the day and the week; however, the upshot was not all that serious, and it seems that part of the problem lay in the rather poor communication between the estate manager and the farmer, added to the latter's poor view of orienteers from past experience of gates left open. All now appears to have been smoothed over, according to Liz's letter.

After that, the week went well, with a couple of Socials which involved a lot of manual labour on the part of the Cummington campers. Alistair Thomson did a superb job with an ill-conceived idea (not his) to hold the Socials outdoors. The organisers must have had the gods on their sides to get two good evenings in one week in Scotland (especially as there were seven inches of rain in one day in Elgin a few days later!).

Apart from the official socials, Interlopers had an evening beach party and barbecue on the Wednesday, and a good (if somewhat tardy) meal on the Friday. Thanks go to Sue Mustard, Ian Miller, and Val Thom for the barbecue, and to Hilary for the dinner.

The races were not marred by any disasters, and the superb maps and forests made the races good although the course planning sometimes left something to be desired. The results were organised through a computer, and this would have worked fine if distribution had not been marred by mechanical failure on the part of the duplicator and trouble on the G.P.O. line that the computer used to its main base in Manchester.

I therefore will leave any chat about the results until I see a full copy.

Future Events

Bob Donaldson is organising a Mountain Marathon Training Event from Kinneddar House on 2 October. Free soup!

Also in the offing are the Scottish Junior Champs. (2 October) and the Irish Junior Champs. (19/20 November) - Carol is organising a trip to the latter from Edinburgh by train, via Stranraer and Larne. Costs are about £10 for Juniors, £15-£18 for Seniors. Contact her if you are interested.

The Club has been asked by the S.E. Area Committee to organise this season's Lothian O-League number 2, at Saltoun on 13 November.

We are also organising the 1978 Scottish Score Championships at Glenearn/Berryknowe (Steve's map from 1977 will be completed). Graham and Jan White are organising.

Committee News

At H-77, the Committee discussed the possible uses of the probable profit from the week's competitions. Ideas were:

- 1) Mapping - emphasis on photogrammetric plots of new areas.
- 2) Sponsorship of Juniors.
- 3) Purchase of equipment for the Club.

Any opinions on this topic will be gratefully received by the Secretary.

Also at this Meeting, Miss Hilary Smith intimated her resignation as Social Secretary and requested no flowers, although she does get our thanks for her hard work.

Fiona Jolly, who recently started a new job in Edinburgh, will take over from Hilary.

The Heyworths have suggested that the Club donate a Trophy to the Lothian O-League, and the Committee asked Hilary to approach her friend (!) about a possible trophy which she had espied, and John will approach the S.E. Area Secretary.

Liz Mills is retiring as Chairperson to start a new Fife O-Club, so we're looking for someone to fill that Office: in addition, John Barrow will be retiring in 1978 preparatory to going to Australia in early 1979 for three years, so we'll need a new Secretary next year (any offers?).

Gossip - did you know?

Hew Fraser was selected for the NSW Team that competed in the Australian Champs. in Canberra - he was going like a bomb till $\frac{3}{4}$ way round, then blew it with a 20 minute mistake! He's talking about possibly setting off on a 4 month trip back to the U.K. next year, maybe arriving at about this time of year - it gives us plenty of time to prepare for his return!

Alistair MacLean is coming back to work in Brighton (to learn to speak English again).

Doug and Bob are roped in to the production line at the "Hat Mills" at Kinneddar House.

Steve Terry is drinking again and 99.5% fit!

Ian Miller is BUOC Champion (he says!) and he and Alistair Thomson were selected for an English Universities Team.

Alistair now has a teaching job in Bradford-on-Avon at a cricket school! - Ian is still applying for jobs.

Hilary and Alistair MacLean were seen consulting Hilary's diary, and Hilary was saying: "cut it out".

Alistair Thomson was seen consulting a W19A champion!

Duncan Shiell is back in the U.K., living in Surrey.

Arne Foldvik (an old orienteering personality) has been seen and heard of in good form lately - H43A, the top 5 in Norway.

Bill Lang is alive and well and living in Arnhem in the Netherlands, training for his 47th comeback. He has good terrain nearby for anybody who wants to visit him.

Carol (ever busy) was responsible for the "I Go Orienteering" badges seen at H-77. She intends any profit to help Club funds - perhaps sponsorship for Juniors. Help your Club by buying a badge!

Rowena Lorna Stobie arrived in the world on 23 August, boosting the Junior membership.

SOCIAL EVENTS (for any more information, phone Fiona on 031-556-8203)

Pub Nights - every Thursday in JennyHa's, from 8.30 p.m. (starting 15 September).

Saturday 17 September - Free For All Football - Meadows. Meet at Meadows end of Marchmont Road at 3 p.m. (if bad weather, phone Fiona first).

Wednesday 28 September - talk and photos from Club members who were orienteering abroad during the summer - all contributions welcome - at 5 Bellevue Road, top left flat, at 7 p.m.

Thursday 13 October - Beer and Skittles, Marischal Arms, Niddrie Road. 7.30 - 10 p.m. 30p each. Hot pies will be served.

Wednesday 26 October - S.E. Area Night Cycle Event. (Over 18s only.) Jenny Ha's, from 6.30 to 8 p.m.

Friday 11 November - Edinburgh Orienteering Clubs Dinner Dance, Grosvenor Centre Hotel. 7.30 for Dinner at 8 p.m., until 1 a.m. (bar closes at 12.30). Tickets £4.25 each from Fiona.

Some members are interested in forming a group to ski at Hillend. The slope is open most evenings until 9, but they say it is best to phone before going. Anyone else interested please phone Fiona, and she'll try to get something organised.

Club Training Sessions

Carol and Geoff have hatched an idea between them to use the Edinburgh Come-And-Try-It events as the basis for a scheme of Club training sessions. Details aren't fully worked out yet, but the next CATI will be on 28 September at Beecraigs, and this is followed the same evening by our Summer Tour Chat Show, starring Jenny Doig, Kate Richards, and other well known names, at 5 Bellevue Road. Meanwhile, if the scheme's coordinator contacts you, please help if you can.

News of Departures

Gareth Buffett will be leaving Britain on 23 September to trek overland to Kathmandu. He's booked to climb Everest on Christmas Day, I believe! He then expects to reach Brisbane around January/February, and to stay there for 9 months or so, before hopping over to New Zealand for a couple of months. Then it's back to the U.K. - he'll be pining for the home brew long before then, no doubt.

Our other intrepid explorer, Marjorie Thoms, is now safely despatched to Zambia. If you happen to be passing Chipata Teacher Training College, do drop in!

Well, I think that's all for now from me; I must give the typist a chance! Please support your new Social Secretary, and the Club nights which we are trying to get off the ground.

Eileen Peck.

To help you help me, again, please complete the following and send it to your friendly Newsletter Editor by 15 October (or sooner).

Name

Latest Results

News/views/Opinions/Complaints/Thumbnail Sketch of your arch rival/Letters to the Ed./etc./etc./etc.

(Continue overleaf if necessary)

Mental Training

While on a Coaches' Course in Stockholm during June, I learnt quite a lot about trying to train for the mental aspects of orienteering as well as the physical.

One of the reasons why most of us enjoy orienteering is because of the mental challenge as well as the physical, but very few people appear to train for this aspect of the sport. (Not too many seem to train for the physical aspects either!)

If you've often told yourself you ought to do some training but never got round to it - here's an easy way to start.

"How can I train my brain to tell me how to find the controls?" you may ask. Well, it is possible, and it's based on a greater ability to concentrate.

Before your next competition, try the following routine and see if it helps. Have a practice the week before as well - the more you do it, the more effective it should be.

1. Find out as much about the competition as possible - the map, and the forest - are there lots of paths? Can you go straight, or is it generally too thick? What time do you start? How much time should you leave before going to the Start? Try to do this the week before if possible - this helps to take away a lot of the "wondering" before an event and will help you to relax and feel more confident.
2. About 30-40 minutes before you start, have a 10 minute warm-up (jogging to the Start is ideal) - you should be quite warm but not sweating - include a couple of short sprints or skips as well.
3. (Start minus 20-25 mins.) Find a quiet place where you can sit and not be disturbed by "friends" who haven't seen you since the last O-event. Sit down. Shut your eyes and take 6 deep breaths to help you relax.
Think about your last event and why you made your two biggest mistakes - was it careless compass work, or were you distracted by someone else, or ----- ?
Now concentrate on these two aspects, e.g. i) tell yourself you are going to concentrate really hard whenever there is anyone else about - think about yourself in the situation and ignoring other people; ii) lack of accurate pacing or compass work - concentrate on the last occasion when this caused a mistake and think about what you should have done and tell yourself to concentrate on it today.
Another way is to talk to yourself - tell yourself you are going to find the first control straight away, that you can run well in that type of forest, that you can beat the person who has just beaten you in the last six events.
Do this for about 10 minutes at first - longer if it seems to help.
4. (Start minus 10 mins.) Warm up again - short jog, then a few mobility exercises - arm swings, touching opposite toes, leg swings, a few knee bends and bounces. Look at the Start system - which way are people going? - which way is north? - what does the ground look like?
5. Pre-Start. Try to relax and tell yourself again that you are going to concentrate.

"Lack of concentration is the cause of 98% of all orienteering mistakes."

If you would like more information about this, drop me a line.

Carol McNeill.