

As I nervously slip another stencil into the typewriter and try to tune my fingers to the keyboard, the realisation is dawning that I may be able to make up most of this issue from contributions by others - a state of affairs which should be normal, not a cause for startled celebration. I am awaiting reports from Fiona and J.B. about the J.K. etc, and I'll include these when I get them, (hence the strange order of material in this case). My breath has never been so bated!

Meanwhile, let's start with Carol in philosophical mood...

"ALONG THE WRONG LINES" (or - Did Beeching really have to do it this way?)

The news that the 'Score' was off enabled me to lie in bed and contemplate the alternatives. By the end of this contemplation there wasn't very much time to go anywhere else but Edinburgh before it got dark! (this could have been my annual lie-in). I had heard various stories about the disused railway lines which thread their way quietly through and around the city, littered with tin cans, new dumping grounds and occasional grass. "This is the day" I decided "to rediscover Edinburgh and enjoy some new scenery".

The O.S. map wasn't much help; the A-Z confused me with its multiple pages and letters (how alert are you when you've just got up?); the bus map didn't seem to highlight the railway lines - old or new; I finally plumped for my first street-map of Edinburgh (looking a bit like the first street-map) - black and white, with streets, railways and the Water of Leith all looking very much the same."Oh for Glenearn & Berryknowe!"...

However, undaunted, I set out on this Sunday afternoon tour at about 9-minute-mile pace. My aim was to finish up in Holyrood Park by the old line at Duddingston, so with this in mind I set off towards Pilrig... (have you got your map out?) ...the opposite direction.... "Line's still here, but doesn't really look used or out of bounds" - as I picked up my first 'line' off Macdonald Road.

"Oops! almost missed the Leith branch - better get the map out of my pocket." "Water of Leith looks nice; ah! - a man with a canoe - this could be good." No sooner had these pleasant thoughts been dwelt upon when I came to a tunnelblocked. Undeterred, and trying to run with the map, I ran up Admiralty St (nice!) and spent the next 20 minutes being foiled by wire netting, new factory sites, guard dogs and blocked-off bridges while I tried to regain my 'line'. I did find 'The Trade Winds' (May 5th) and a well-advertised Go-Go-dancing centre - Leith is reckoned for these lunch-time attractions.

I'm not too keen on road running but the place reminded me of Liverpool, my home town -- docks, tall grey buildings and seagulls.... I ran on.... A break while I made a detour round Leith Links - thought I'd never see grass again.

I had a lucky break beside the sea approaching Portobello (from the West) when I picked up the 'line' again at Meadow Yard, veered South by the power station, and before I knew it got caught up with the Main Line South. Well, I'd been out over an hour by now and didn't have aspirations to do a Round Britain By Rail trip, in fact I was really looking forward to getting back to Holyrood Park.... still looking ominously distant.

The thin black line on the map appeared disguised with newly-planted trees and ASDA'S 'Exit to Edinburgh' dominating the scene. Having by-passed the tyre-fitting bay I found grass again.... "Fantastic - and there's Holyrood". I followed the Niddrie Burn (looking as if it had come through Niddrie), glancing at some grubby kids hauling an Asda trolley out of the swirling waters.

My last and greatest hazard was still to come - I was just about to come to familiar territory when the old line led me into a rather horrific tinkers/gypsy encampment. It wasn't so much the strange looks that came in my direction but the multitude of dogs, each guarding its own territory. The 'magic way' through didn't present itself very clearly and I was forced to a walk as I tried to persuade a couple of scrappy mongrels that I was just passing through and was really quite innocent.

To actually arrive in Holyrood was such an elating experience that I decided to do a 'wee tour' and really enjoy my run (almost 2 hours at this stage)... Anyway I needed to add a few more miles to my training log.

"Almost lighting-up time, better go home" - 24km, 2hrs 15min... "Don't think I'll do 'the lines' again for a while" - but why don't you have a go?

!?!!?!*!?!*!?!*

WARMING UP

For optimum performance of any athletic event and particularly in orienteering when the mind has to work hard, it is vitally important that the body is warmed up so that all systems are working efficiently when you start. Failure to warm up properly can result in injury and premature tiredness (physical and mental).

- I (-30 / -45 minutes) General 10 - 15 mins - jog (at least a mile).
When feeling 'warm' introduce 2 - 3 short sprints, e.g 10 double paces.
10 skips (while travelling).
10 high knee lifts (running, pushing knees high in the air)

Alternate these with a jog and return to short jog at finish.

You should be just beginning to sweat.

- II (-25 / -30 mins) Exercises - whole body, top to bottom.
1. 20 arm turns 10 each side, 5 each way.
 2. 10 waist circles 5 each way.
 3. 10 arm to foot swings.
 4. 10 hands between feet apart; (i) straight down (ii) backward
 5. 10 same, with feet closer together.
 6. 20 leg swings; 10 each side (hold on to tree)
 7. 20 lunge presses; sideways 2 x 5; forward 2 x 5.
 8. 20 tree presses, 10 each side; press heel down.
- III (-20 mins) Look at prestart/start system, check time, watch starters, note terrain, lie of land and North.
10 - 15 mins relaxation. Relax (chat if necessary), then concentrate and think about 1 or 2 aspects you want to work on.
Think yourself into the right mood if you think this helps.
- IV (-10 / -15 mins) Short jog/run, get the circulation moving again and follow up with a few exercises. Arm to leg swings and leg-stretching ones best.
5 to 10 minutes.
- V (-5 mins) Go to prestart warm but calm - don't get distracted. Keep extra clothes on until the last minute.

The above routine is a general warm up for a competition. Parts I and II are also a useful beginning to an interval session or any other training when the body is to be extended.

(Carol McNeill. Dec 77.)

Not being "in" on the gym-session scene, I did not understand some of the jargon names of exercises Carol uses, so I asked for an explanation, which follows. I'm afraid I'm still confused by some of them. Regarding warming-up, the last time I tried that amount, I flaked-out half-way round and had to retire, so I think the assumption is that you're fit before you start!

Exercises - numbers as above.

1. swinging arms from shoulder in a vertical circle.
2. feet apart, lower body still, bend at waist and circle upper body.
3. legs straight, wide apart, bend at waist, arms straight, touch opposite toes with opposite arm (?-fingers?), i.e R. arm to L. foot & vice versa (?- alternately?)
4. same starting posture as 3, hands (& arms) touch ground between feet, then back between legs to touch ground as far back as possible. (??-backward??)
5. same as 4, feet closer together, i.e harder.
6. stand straight, swing one leg up forwards as far as possible (at least horizontal) then backwards as far as possible, alternate sides. Hold e.g tree for balance.
7. lunge presses: (i) sideways - feet wide apart, face front, bend R knee, keep L leg straight, press down on R knee & inside of L leg. Same for other leg.
(ii) forward - feet wide apart, turn both feet & trunk to R so you now face over R leg, bend R knee, keep L leg straight, press down on R knee & front of L leg. Repeat facing other way.
8. (i) find a strong tree! (ii) Lean against it! i.e face tree, reach up & hold it with hands, arms straight, feet as far away as possible so heel won't quite touch ground. Bring L leg forwards, bent to balance body; press back with R leg to try to get heel on ground. Same other leg.

Phew!.....

RECENT EVENTS, OCCURRENCES, AND OTHER THINGS THAT HAVE BEEN GOING ON.

Some results from the (English) Midlands Championships at Sherwood Forest, on Feb 26th: W17: Kate Richards 7th; W13: Ann Heyworth 15th; M15: Dave Muiry 31st; M17: John Mitchell 34th; M21A: Carol McNeill 109th (she over-concentrated on her pre-event relaxation and went to sleep!); M43: Ray Heyworth 82nd.

The 2nd Scottish Ski-Orienteering Event was organised by Wendy Dodds and Carol McKneecap at Glenshee on 11th March. With low cloud making visibility poor, and wet and somewhat patchy snow leaving much peat and heather exposed, the courses were shortened and several potential competitors went to the pub instead. The only Interløper taking part was a new member, Donald Ferguson, who is the subject of the first "thumbnail sketch" we've had for a long time:

"Donald is a 'ski-orienteer'; he has competed in the 50-mile 'Vasallop' CxC ski race in Sweden, with 10 000 others - where rumour has it that he was wearing his kilt! He and his wife Melissa moved to Edinburgh in November last, and joined Interløpers earlier this year."

(Any more such wee notes about members, new or old or ancient, will be gratefully received.)

At the Midlands Area Champs, Norman's Law, 12th March, Graham White, Robin Sloan and Scott Balfour were so close together (within 2 minutes) that it looks as if someone may have been following! J.B. was 5 mins and 6 places behind at 34th in 105min.42. Gross made an exhibition of himself, as usual, apart from providing some "help and advice" (?). Alan Burchell was 4th in M21B, where he didn't have my ace competition. W19A: 8th, Fiona Jelly; 13th, Susanandress. M17: 3rd, John Coppock; 5th, Dave Muiry; 6th, John Mitchell. M43: 2nd, Ray Haywire; 4th, Gordon Shiach. W19B: 6th, Jan White. M15: 3rd, Dermod Ruddock. W17: 1st (i.e. she won) Kate Richards; 4th, Deputie Doig; 6th, F.... Craddock. W15: 2nd, Ann Heythere, beaten by only 2 minutes, on a course which according to the results list was "3.21cm" long! 23rd, Katherine Shiach. W13: 2nd, Nicky Maxwell; 5th, Lucy Richards. This event was also the Junior Inter-Area Champs, where only 3 Areas declared teams. Kate, Ann, Katherine, Nicky and Lucy are to be congratulated on winning (with Ann Panther of ESOC) the Junior Women's event for the South-East Area.

Using a map completely surveyed and produced by the Harveys Map Service Ltd the Scottish Schools Champs took place at Happendon Wood near Douglas on 19th March. This event continued the current fashion for taking place in abysmal weather. W17: Kate Richards won again, Vicky Alexander 6th, Gill Rowland 10th. In W15, Jennifer Muiry was 3rd. W13: Ann Heyworth 2nd, Kirsty Herd 8th, Lucy Richards 10th. M17: John Coppock 6th. M15: Dermod Ruddock 4th, Dave Muiry 14th, Fraser Rowland 26th. (I am indebted to Ray for these results.) Now to the Headline Of The Year:::

CAROL AND FRANCES WIN THE JAN KJELLSTROM. Fiona Jolly reports...

Good Friday dawned bright and sunny, and with memories of previous Easters spent running through snow & ice, we hoped the weather might hold for J.K. this year. It was still fine when we set out on Saturday for the individual race at Grenoside, but when we arrived, a full hour later (this was due to my navigating us 10 miles the wrong way down the A61 - just a 180 degree error, don't we all make them sometimes?) we fought our way to registration through gale-force winds and squally rain. Plenty of time til 13.22 - I wandered up to the Finish and heard stories of steep boulder-infested slopes on the far side of the map. At last I started - so did the rain again - but surprise! I was at the other side of the map, our course hardly touched the boulderfield, and it was a most enjoyable race, in spite of the tracks and the run-in having become complete mudbaths. That evening, after a delicious Greek meal at "Aesop's Tables", we adjourned to the Social for liquid refreshment & reunions with fellow-orienteers - and Results, where we found Carol and Frances both winning their classes (W19E & W19A).

Due to a slight snowfall, Relay starts were put back an hour, but this time was occupied by finding a parking place not too far downhill, manoeuvring our van onto the verge of the narrow road and helping others to do the same with their vehicles. Before I had time to panic I was at the start - scrabbling with frozen fingers to open the envelope, dashing madly downhill with about 20 others to the first control, slogging uphill again with grim determination not to be overtaken by a W35, through thick trees and wide rivers on slippery stones - taking a long time for 4½k? - until the last 5 controls, where we could at last run fast through beautiful woodland, and the changeover to Frances. 45 minutes later, Frances' tremendous run had pulled us up to 1st place, and Hilary went out to clinch the race for us (though she didn't believe it when she came in!).

That evening, after the prizegiving, we could at last relax in the bar and bop on the dance-floor with no thought of tomorrow -- and we did! Monday's run-down race completed the relaxation (we started at the top of Hope Woodlands & ran down to the bottom) and so ended a most enjoyable and successful weekend. This success was of course due to the presence of our new mascot, the Loch Ness Monster - so I think he/she (?) now deserves a name - suggestions please to Steve or me.

Thanks, Fiona. (I have yet to see the "mascot" - are you bringing he-she-it to the Dinner?) The other notable happening at the J.K. was the invitation of John and Jo Barrow to a Civic Reception at Sheffield Town Hall! The Orienteers were met on entry by the Lord Mayor of Sheffield and her Consort, then after initial formalities the principal party retired for an official nosh-up, leaving the rest of the O-plebs to demolish a generous supply of free buffet & booze by themselves.

SCOTTISH SCORE CHAMPS 1978. FINAL INSTALMENT! JAN WHITE TO THE RESCUE:

"I shall be putting the Newsletter out soon" said Steve hopefully, pleadingly. So how could I refuse? (!) Besides, anything to avoid that pile of control cards which are staring at me, daring me to come near them.

My Saga starts way back in Autumn '77 when the White household was requested to organise Scottish Score '78. We accepted - that was our first mistake. We decided to tackle the job jointly - our second mistake. After much overlapping of effort and ideas had led to a marital breakdown, we reviewed the situation - I would deal with the competitor side (entries, map units, distribution of info), Graham would do the bullying (getting helpers & equipment, and cajoling the farmers) and he would also set up and dismantle the race site.

Arrangements progressed without further ado until Sat Feb 4th when the weather finally beat us and the event had to be postponed. There followed a frantic few hours for Graham, cancelling vehicle and equipment hire etc, while I set up a good working relationship with Directory Enquiries who good-humouredly looked up addresses as far south as Kent (!), as far north as Inverness and as far west as Oban, in my attempt to save a wasted journey for the majority of competitors.

And so the event went into cold storage for two months. During this time several helpers called off and other small problems were cropping up. This was the start of the whispers and mutterings - "should we change clubs? I mean, FVO are right on our doorstep and they've got lots of willing helpers and loads of equipment!" Anyway, we decided it wouldn't be cricket, and besides, we had just bought Hazel an Interlopers Hat at some exorbitant price.

Eventually April 9th dawned - bright and clear and beautiful. Pity it didn't stay that way - as a result of cold weather everybody cleared-off early, denying us the gratification of a prize-giving. A remarkable achievement to get the results out by 3pm - well done Fiona and Co.

Actually I'm still trying to find out what did happen on the day - I was confined to the car-park doing registration with Jo Barrow - a more than able and efficient accomplice. We both scribbled madly, and Jo still managed to find time to pass kind words of encouragement to competitors (thanks Jo!). In the afternoon I had the very demanding task of supervising results envelopes (& Hazel). Unfortunately then this article is devoid of any useful or interesting info, such as how many folk competed, how many got lost, how many are still lost, or how many got trampled by the beef herd in the south-east of the area, but no doubt the statistics will get spewed out in the next few weeks - which brings me back to these control cards.....

(Thanks very much, Jan! I wasn't consciously dropping hints - honestly. -- I hope the "marital breakdown" was only imaginary, too. If only other Interlopers would respond to my direct requests as you responded to an imagined hint, we might have a superb Newsletter.)

I used my 350-odd hours' work on the Score map as an excuse to keep free of specific jobs on the day, so I was able to trot around the area and watch competitors (and beef herds) in action. It was very satisfying to see the place sprinkled with runners in every direction, but I got the impression that it was a good deal tougher than I had expected. I thought that navigation would be very easy in such an open area, but clearly many did not find it so, especially some youngsters.

Considering the bitter wind and sleet I think Fiona's results team had the best job - about 50 people cosily packed into a 6-ft square tent! Most others had to stand about in the elements - Scott Balfour, John Tumulus, Dave and Kirsteen Kershaw, the Rowland family, to name but some. And planner Bob Stobie, who actually set out,

and collected, over half the controls himself, no mean task in such a large area; - that included some that were "removed" by non-orienteers on Saturday (about £20-worth of equipment was stolen). Many sincere thanks to everyone who sacrificed a run to help with the work, and especially to Jan and Graham for shouldering the main responsibilities.

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FORTHCOMING ATTRACTIONS & DISTRACTIONS & EXTRACTIONS & CONTRACTIONS

As I have been typing, the British Relays Champs have been happening, but I understand no great Interlopers successes were scored, apart from actually having some teams competing, for a change.

Thurs 4th May: Pub night. Jenny Ha's, Canongate. 8.30 pm.

Fri. 5th May: Interlopers AGM. "Trade Winds", Shore, Leith. 7 pm.
You should have received an Agenda from J.B. last week. It no doubt set you dancing with anticipatory glee.

ALSO Annual Dinner. Fiona J has booked 17 places for those who have said they are coming. She would like £3.50 from each of these a.s.a.p.

Sat. 6th May: Scottish Senior Champs. Loch Ard Forest. We seem to have about 20 folk entered. (I am on the scrounge for a lift to this!)

ALSO SOA AGM. Stirling University. 7.30 pm.

Sun. 7th May: Scottish Relay Champs. Coilhallan Wood. John B and Fiona J are co-ordinating teams again. It looks as if we will have near top-strength womens' teams for this, but the men might have difficulty retaining the Atholl Rose Bowl. (I need a lift to this, too!)

Wed. 10th May: S.E.Area CATI. Selmuir Wood. 5 - 7 pm. (There's also an evening CATI at DCPE on the 3rd, but I don't think this will reach you in time.)

Thurs 11th May: Pub night.

Sun. 14th May: Moira Kerr's Inter-School/Club event. Kingussie.
(I will get back to your map very soon, Moira!)

Wed. 17th May: S.E.Area CATI. Hermitage Glen. 5 - 7 pm.

Thurs 18th May: Pub night.

Sun 21st or 28th May (can't make out which at present) Badge event, Anagach
-- check with Donald Wallace!

Wed. 24th May: S.E.Area CATI. Saltoun Wood. 5 - 7 pm.

Thurs 25th May: Beer & Skittles. Marischal Arms, Niddrie Road. 7 pm.

27th - 29th May: Welsh 3-day, Lake Vyrnwy. Some Interlopers are going.

31st May, Wed: S.E.Area Street Score event. King's Buildings, West Mains Road.
5 - 7 pm

Sun. 4th June: S.E.Area Champs. Newcastleton. It will be a pleasant change for me if I can actually get to run in this event!

Wed. 7th June: S.E.Area CATI. Corstorphine Hill.

Sat. 10th June: BOF Champs training event. Montreathmont.

ALSO BOF AGM. St. Andrews University. 5 pm. ALSO Social evening, same place.

Sun. 11th June: BOF Champs. Tentsmuir. The map is being finished-off this week!

17th - 18th June: Junior Personal Performance Course. Tentsmuir. Liz Mills.

ALSO possibly an opportunity for Seniors to re-run Champs courses. Gareth
Bryan-Jones.

etc etc etc...

13th-17th Sept. World Champs. Kongsberg, Norway.

1st October: Scottish Junior Champs.

5th November: West Area Champs.

19th November: INTERLOPERS BADGE EVENT -- only 138 shopping-days away!

3rd June 1979: S.E. AREA CHAMPS, Interlopers organising.

October 1979: SCOTTISH JUNIOR CHAMPS, " " " " . *****PLUS J.K. 80*****

HANSARLØPERS, OR AN EXTRACT OR TWO FROM COMMITTEE MEETING MINUTES

Social: Meadowbank indoor football? Cricket vs FVO? Evening training event plus barbecue, Tynninghame?

Training: Can anyone get some regular club training sessions going? Carol too busy.

More Future Commitments: 1981 Scottish Senior Champs?

Club Tour: Ireland in September?

Committee Members: J.B. is standing down as Sec, in order to go down under. Jenny is standing down, in order to go to Loughborough. Steve is standing down as Newsletter Editor, in order to pass the job to someone with adequate time to do it justice, which he hasn't. (I have 4 major mapping commitments about to start.)

Membership Fees: 50p/£1/£1.50 (Jun/Sen/Fam) are proposed for next year.

Voting Rights: An amendment to the Constitution is proposed., see your Agenda.

Financial Statement: We seem to be about £200 better off this year.

OTHER BITS & PIECES I'VE JUST FOUND KICKING AROUND THE FLOOR

Dervish Jones will be M43 next year!

Frances Wheresmole is also going to Loughborough this year; meanwhile she's working at Benmore.

Scott Balthree has volunteered to assist with mapping Castle O'er - is this a record for Interlopers Mapping? Seriously, it distresses me that Interlopers has such a meagre supply of mappers. The recent activity at Tentsmuir has created several new mapping talents for rival clubs FVO and ESOC, but it has done nothing for us except divert my energies.

Fiona the Jolly Enterprising wants to get together a team to enter the Combined Harvesters 7-man Night Relay Event, July 8th-9th. Several are interested already so we only need a few more for a team. If there's a big rush we could always have 2 teams! Details in April "Orienteer".

Carol McKneedles is running a Junior Course Planning Competition -- results next time. Carol also has a number of Useful Things for sale, including car & bag stickers, 25p & 30p; a course-planner's map marking kit, £1; biros, 10p. Proceeds go to support the British World Champs Team's trip to Norway.

Carol is also keen to keep alive the Club Hut idea. Geoff has pointed out that club members need not be involved in any large expense as he is prepared to put up the finance. Everyone keep their eyes skinned for a suitable place.....

Back to mapping - inevitably! -- The BOF mapping committee, in the shape of Dave Bradnack, has started publishing a broadsheet "Mapping News and Views" -- Mapnav. This is intended as a medium for communication of technical information among mappers and anyone else interested. Copies are available from BOF National Office in return for a request plus s.a.e. The second issue has just appeared.

MILK

BREAD

EGGS

STAMPS

oh, sorry. Well, it's 4 am and my Eyeballs will soon be kicking around the floor.....

Steve.