

CHAIRMAN - ROBIN SLOAN TREASURER - BOB STOBIE SECRETARY - SCOTT BALFOUR
 NEWSLETTER EDITOR - SUSAN MUSTARD SOCIAL SECRETARY - JOHN MITCHELL
 COMMITTEE MEMBERS - GORDON ROSS, DAVID MUIRY

It may seem a long time since the last newsletter but there are several reasons for this - the main one being that there was very little news or events to write about in August. Also I was on holiday so decided to wait until September until after the World Championships so that we could receive news first hand from Carol.

I have received several contributions for the newsletter this time including two long letters from Eileen Peck. Unfortunately the first one arrived just after the last newsletter was sent and so it is slightly out of date. But apologies and thanks also to Eileen for keeping us so up to date. Thanks to everyone else who contributed this time - keep it up!

World Championships These took place in Kongsberg, Norway on 13th-17th September. Congratulations must go to Carol who was 12th, only 6½ minutes behind the winner in the women's race. This is a very good run for a British competitor. Geoff was 25th - also a good placing in a World Championship meeting.

From Carol - 19th Sept.

To have an almost faultless run in a World Championship is an amazing feat of preparation, peaking, and luck..... I can still hardly believe I was so close to the leaders. Anne Berit Eid, a Norwegian girl, won in 61.40. I was 12th, 68.13, 6½ minutes behind.- I can account for 2½ - 3 minutes lost which would have put me in 6th place.... no use reflecting. But it shows if you set your mind to do something you can amaze yourself with your own ability.

Geoff came 25th - a steady run which he enjoyed but disappointed because he was still suffering slightly from multiple wasp stings collected 3 days before - he and Adrian Barnes ran into a wasps' nest and couldn't get rid of them - Geoff became a hospital case for 24 hours.

Results

Women (9K) A.B. Eid 61.40 2nd L. Veijalainen (Finland) 61.42. British women 12th Carol 68.13 20th Sue Parkin 77.47 24th Jean Ramsden 83.22
 43rd Jenny Pearson 95.40
 Men (16K) 1st Egil Johansen (Norway) 91.44 19th Mike Down 106.35
 20th Chris Hirst 107.17 25th Geoff 109.59 38th Adrian Barnes 120.16

The rest of the summer had its joys and disasters too many to write here. Ever my biggest disaster was in swallowing a large flying object whilst training - it flew straight in, no chance even to cough it up.... my digestive system couldn't cope so it got rejected 8 hours later. My best week was spent in a mountain hut, no mod. cons., no orienteering, joyously peaceful and relaxing. Of course I couldn't forget the expression on the driver's face as he came face to face with me driving down the wrong side of the road!

?..... tell me Miss McNeill what is your secret of success as the oldest British competitor?

C. McN. "Well.... urrrr..... I would put it down to my regular supply of Murray Mints and an improved ability to concentrate when I want to.... oh yes and not too much orienteering in your old age."
 So for your next big event think about CONCENTRATING and making NO MISTAKES - don't think about winning or try to go too fast.
 No more space... hope the winter's packed full of action!

Cheers, Carol.

ADDRESS LIST AMENDMENTS to alter JULY 78 List.

Gordon Ross 12 Walker Street, TILlicOUNTRY (50375)
 Nicky Maxwell, 4 Wester Dalmeny Cottages, Dalmeny, South Queensferry (331-3497)
 Welcome to Marjorie Rankin, 12 Union Street, Edinburgh. (Phone ?)
 James Laing, 54 Lauderdale Street, Edinburgh, 9. (447 5684)
 Reg Bolton, 3 Long Green, Dalmeny Park, S. Queensferry EH30 9TQ (331 2552)
 Fond farewells to BUFFET, FRASERLINTON, MACLEAN, PAGE, ROBBIE, RUSSELL, SPEIRS, SPRING,
 THOMS, THOM, THOMSON, VANDER STEEN, WADDELL

Dear Interlopers, As we draw near to the 4th July (Independence Day), my thoughts return to your Newsletter Editor back in the Old Country, hoping for news, so I thought perhaps some of you might be interested to hear about orienteering in North America. Generally speaking in North America the seasons bring extremes of temperature, so that for a lot of the winter there is snow in the woods, making orienteering less than ideal, and in summer undergrowth, heat, and bugs are all a problem. Spring is short and fall we have yet to experience. On the positive side, however, they have forests as far as the eye can see and a potential goldmine of areas, many of which are state owned so there is no access problem. In Massachusetts, an area of good orienteering, the clubs have never tried to map private land as they have yet to run out of State Parks, etc.

To be more specific about the US; like many things in USA, 'O' is a world of contrasts. The maps look good, being drawn in 3/4 colours, survey work done by Scandinavians, and the base maps made in Norway or Sweden. However the number of these maps is small and as there are very few competent 'home grown' mappers, the 'meets' are on the same areas in rotation. Also on the positive side for the US is that the Americans take their recreation very seriously and are luxuriously equipped for the outdoors with trailers and tents, and get plenty of encouragement from the Parks and Recreation Service who provide beautiful facilities of a standard unknown in Britain, except possibly in Aviemore or the Lake District. Hardstandings, with hot showers, electricity, water hook-up points, cleared beaches with lifeguards, picnic tables, garbage disposal, ice and firewood and barbecues, boating facilities, etc., etc. Fantastic! But despite this the number of orienteers in the US is still small. Perhaps this is because they are just now getting to the stage of getting all the controls correctly placed (!) - they call them 'bags'; also perhaps the sport does not suit the American obsession with team games/spectator sports/record setting and batting averages! Also the US citizen does not walk anywhere, not even across the road, so perhaps they find it hard to see the appeal of orienteering. Most 'O' started in the Armed Forces, but it is now more widespread, but it does not get US Government funds, which is amazing when all sorts of odd things get money in this country, and the contrast between areas is as huge as the distances.

As to my experiences in the events, I have got lost quite a lot. The maps often have few line features, and I am not too good at reading contours. But occasionally, on a map with marshes, streams, lakes, and crags, and the odd path, I have done O.K. Recently I was 3rd in a two-day event, in D19B, and I had taken Christopher (age 6) round with me on the 1st day, and we took 161 minutes. The next day I did about 70 minutes, I think! (4.5K)

It is difficult to make easy courses on these maps and it says a lot for the enthusiasm (if not the skill) of the orienteers that they keep coming back. Recorded times of 4 hours are not unusual. As to the top orienteers, those who are fit are few and far between, and J.B. would probably be able to compete very reasonably with their top runners, while there are also quite a lot of the good map-reader types who are hopelessly unfit - Geoff's arrival has prompted some training as their top competitors have been beaten by good margin.

CANADA - Canada is slightly different. I atke that back - Canada is surprisingly different from the US, although only an imaginary line separates them. We spent a short holiday in S.E. Canada and ran on several 'O' areas.

James Laine, 54 Lumberdale Street, Edinburgh 9, (44) 2044
Reg Bolton, 5 Long Green, Dalmeny Park, 8 Greenhills, Edinburgh 10, (44) 2222
Fond farewells to PUPPET, WASHBURN, MACLEOD, PAGE, ROBERTS, HUSKINS, SPURDIN,
THOMAS, THOMSON, VAUGHAN, STEPHEN, WARRILL

The biggest disaster about them was, to our minds, the mosquitoes, for which we had no defences!! Apart from this, the forests were natural and OK to very good, Norwegian in character, with a lot of stones. There are a lot of ex-Englishmen and ex-Scotsmen who run the sport, having taken over from ex-Scandinavians!! The main bonus for orienteering in Canada is the amount of money it gets from local, regional, and federal Government. They can afford a Swedish coach for the whole summer, all expenses paid and £100 a week!!

Also as a consequence of this money they have good maps, publicity, and the sport is more advanced and the competition tougher. But they could still probably be easily beaten by our top orienteers. They have good terrain to train for Scandinavia and hope to hold the WM in 1983. They have a more professional attitude than the US orienteers, but the problem of severe winters shortens their season to 6 months. All courses in the US and Canada are colour-coded and run from white, the easiest, to blue, through yellow, orange, and red, and many competitions will have only 3 of these courses available. At one event in Canada they used a very nice idea for starting beginners. The organiser put streamers round a route which was marked on the maps given to the beginners. They then had to mark on the map where the controls were that they found en route. They were hung on large features and if the beginners felt confident they could then try the white course, which is a regular course. This gets over the difficulty in relating the map to the ground for beginners, when there are no line features.

I think that I have covered as much as necessary (and as much as I can think of right now) so I shall close and get this off across the Atlantic. My next letter will be about the phenomenon of running in North America. Happy orienteering, and congrats on all the recent Interlopers victories (we just got a copy of the June 'Orienteer')

Eileen Peck.

ORIENTEERING IN SWEDEN - Ann Heyworth (W13)

I found the Swedish forests different from our own. They were very runnable with many large, purple bilberries underfoot, no rides and very few paths. Most of these were very small. The marshes were spongy and often quicker to run through, though tiring.

The maps were absolutely covered with contour detail and marshes. The contour interval was almost always 2.5m. The vegetation was open or forest, rarely was there any indication of felling. You find out when you get there! There was no colour code for runnability. 1:10,000 scale maps were very large indeed. We only used these for training occasionally.

The courses were longer, more technical and much more accuracy was needed. Much of our training was in fine orienteering. Lengths in competitions also differ a great deal. I would normally run 2 - 3.5K for W13. In Sweden I was running 3 - 4.5K.

We often trained twice a day and went to some local club training events. Even the results of these were in the newspaper. The British headed the lists. At the Swedish equivalent to a badge event there may be 1600 competitors. The finish field was full of club shelters and banners. Each club had its own tracksuit. The clubs were responsible for their own members. The start could be 1.5 - 2.5K away from the finish field. You went up at -1 min and started by taking your map from a stand beside you. At the finish your time was calculated and put up on a 'leader' board since there was not enough space for everyone. Some results were sent out within two weeks.

I found my position moving up as the weeks went by, starting at 51st and then 45th, 16th and 10th. On the final day we took part in a relay event. Marsela Robertson, Mary Palmer and I came 1st and we received orienteering bags as prizes.

Back to America.....

Further to my last letter from America, you will realise we are not orienteering quite as much as we did in UK, but instead we are "into jawgging" to use an American expression. For Geoff this means he is doing his usual training run, and for me something quite different! The idea of this missive is to pass on some hard-earned experience to those of you either just thinking of training or just started (or having your 43rd comeback!) We urge you to try running, as the Americans say, 'for your life';

in almost every way imaginable you can get more out of life. Remember that everyone is different and you'll have to do a lot of experimenting to find what's best for you. (Geoff's still trying after 10 years).

Tips:

1. Get a medical check-up, especially if you are old like Robin Sloan.
2. Buy a good pair of well-fitting training shoes (see Carol for a discount?) - your feet take 95% of the strain. Most injuries can be traced to shoe-foot incompatibility!
3. Start running! Depending on how much exercise you've done before, either walk, jog, or run at a comfortable pace for as long (time) as you can - at least 10 minutes and up to 1 hour.
4. Train often and regularly, but don't strain. One test is that if you can't talk while you're running you're going too fast!
5. Set yourself a goal. To run 3 miles in 30 minutes, 6 miles in 40 minutes, a marathon in 3 hours, etc. You need to average 1/3 of this distance in daily training for about 3 months to do it. Keep a log.
6. Try to enter races. For every mile you race have one day of non-racing to let the body recover.
7. Experiment with food. Running is a complete body process and is influenced by what you eat and drink. Try not eating for 3-4 hours before running. If you get 'gut-rot' (lovely expression) try leaving out certain foods, starting with milk. Drink up to 1/2 hour before running.
8. Try to run on grass or other soft surfaces, and hills.
9. Run with someone else if possible.
10. Do stretching exercises before and after any run, especially for the Achilles tendon (see Carol)
11. When you get injured, ease off. Try to keep running, if it doesn't get worse when you run. Suspect your shoes first and overtraining second.
12. Start out by running a comfortable distance at your own pace. Increase the time or distance by not more than 100% in any week and then stay at that new level till you feel comfortable again.
13. When you feel ill, STOP TRAINING. Running with a virus infection can be fatal (don't try to prove it can't) so play safe until you're sure it's not.

After all this from Geoff which sounds very straightforward, I thought I would tell you what a true life starter-jogger went through! Exercise in USA is difficult to come by as the motor car dominates, so I decided that I ought to do some jogging. That is - I could not avoid training any longer, so I set off round the block in my odd assortment of clothes and managed approximately 200 yards before a stitch stopped me dead in my tracks. This did give me a chance to recover however and I struggled back to the house about 6 minutes later (having stopped to walk again) feeling as if my heart would burst and I would never breathe normally again!!

Despite this inauspicious start, I persevered, realising I was completely unfit, and was inordinately proud of myself when I could run my short route (1 1/2 miles at most) without stopping or feeling like death! I then followed my husband's excellent advice and entered a 10,000 metre race in May. I knew I could run 2 miles 'cos I had done it with Christopher in a fun run - he was in better shape than I was (age 5 years!) so I reckoned I could manage 6.2 with a bit of training and anyway they were giving T-shirts to all entrants - and it was a women only race! My training proceeded in fits and starts, as I was alternately pleased and discouraged and the weather changed from snow to heatwave, and my runs varied from 15 minutes (bad days!) to 35 minutes (fantastic days!) I learnt not to tie my shoelaces so tight I got cramp in my toes, to go to the toilet at least twice before a run (there's nothing worse!!) and to do a lot of stretching of muscles before and after each run.

After all this I did not make it to my race (although I did get a T-shirt!) but I managed to run the route without stopping, much to my own surprise but I admit a 60 minute run was a bit of an effort!

After all this I know that I am fitter and that I feel better for my running, and it does not make me eat even more as I had feared; but I am not yet dedicated or disciplined enough to go out when I feel tired or when the

temperature is 90°F and the humidity is 90%! I have discovered that however much I hated the winter/cold/wet/slush etc, I hate the heat/bugs/humidity a lot more. The British climate, while not ideal for snow-skiing or sun-bathing, has a great deal to be said for it for running.

My next goal is to run in a 10 mile race before I return to UK where probably the amazement of the locals will put me off. My aim is to 'run to finish' however, following the philosophy of all these men, women, and children of all ages, shapes, and sizes who take part in 'fun runs' and 'run for your life' programmes. Amongst such a motley collection, from the 7 year olds who run 7 minute miles to the 72 year olds who run 35 minute miles, it is impossible to feel out of place or foolish.

"Keep on trucking" - the Pecks.

P.S. Geoff got as far as the starting line for the Boston Marathon when he had to admit to being ill - he had been trying to ignore it but it just would not go away! To say that this was a disappointment would be an understatement but there will be other marathons. Discretion is, after all, the better part of valour!

"Mammoth" Weekend Aug 19th and 20th 1978

4 (may I spell that? F-O-U-R) Interlopers managed to shift themselves on their backsides for the trip to beautiful Ullswater for the traditional "Mammoth" event. Well worth the journey for the quality of scenery alone, unfortunately the quality of planning in the individual race did not live up to this promise. Our most notable stalwart, Graham White, achieved a brilliant 17th (86min 23sec) in M21A against opposition including many notable champions. Alwyn Nixon was 52nd (99min 19sec) and although a HWUOC member, he deserves Honorary Interlopers membership, on account of winning the biggest prize the club can currently offer - Fiona Jolly! (Wedding on 25th November - he is not to be congratulated, however, on taking her away from Int. to Yorkshire). Fiona herself achieved 8th place (78min 07sec) in W19A, and Val Thom was 26th in W19B. Steve managed a paltry 42nd in M21B. For the Relay Event, Graham W. and Val T. were not available, so an "Ad Hoc" team was formed (Fiona, Alwyn, and Steve) and christened "Steve's Terrors", which was obviously an astute move as it struck terror into the hearts of the opposition and enabled us to make third place in Class 'I'! This is the nearest that Steve has been to winning a medal! The relay was well-planned and made an exciting climax to the weekend. The "coup de grace" was a quiet tactical exit while some unknown windbag of a local politician (name of "Whitelaw", I believe) was presenting prizes. Steve.

White Rose Weekend

There was a very small Scottish contingent at the White Rose, perhaps due to the previous weekend's exertions on Gowbarrow Fell, but, having Bank Holiday Monday off work, and other reasons for going to Yorkshire, I decided to go. Due to our driver leaving one O shoe at home, we did a round trip of Edinburgh before departing and arrived quite late. Nevertheless we were up bright and early, and at Wykeham forest by 10 - only to discover first start was 1p.m.! 3 hours later....I started. I was going fine until on the way to No. 3 I was stopped by man-eating brambles (I'd forgotten to bring my machete).... much, much later I finished, with a fine assortment of scratches. The campsite was right on top of a hill - nice but a bit windy. Having washed and eaten, we departed in search of liquid refreshment - first stop the local pub, or rather back room of someone's house, where there was just enough room for the half-dozen villagers playing their Saturday night dominoes - so we moved on further down the road. Next day was blustery but sunny - the map of Langdale and Barmscliff was good, and I had a much better run. I can't tell you any other Interlopers results because I don't think there were any there - I hope there'll be more next year (if only so I can see some faces from home!!)

Fiona.

order Sue got it!

Northern Champs - 24th Sept 1978 * as to the Mammoth - this isn't in the
A similar*number of Interløpers staggered to Slaley Forest, near Hexham,
for another excellent event. Graham White was again seen whistling through
the forest with utter concentration, Gordon Shiach was there, and Dave
Kershaw ran out of info sheets for the Int. Badge Event (19th Nov. - don't
forget!) If anyone else was there - (a) why haven't you written to Sue
Mustard about it? and (b) Steve couldn't see anything most of the time
due to the rain smothering his glasses (that's also his excuse for another
abysmal performance in M21B) Is it a tradition that it always rains for
the "Northern"? Steve.

Ann Heyworth was 4th in W13 at Northern Champs.
(Typist's comment - I was there too, so were Jenny and David Muiry and I
think I saw John Mitchell? David thought he had quite a good run. And I
didn't write to Sue as she'd told me you were going to, and your literary
style, not to mention spelling etc. is so much terrifically better than
mine - do I get a drink in J.H. on Thursday for all this flattery?!)
Steve.

A comment inspired by the above reports (& Harvester Trophy)
I find it truly amazing that so many really keen members of Interløpers
are able to put up such a fabulous showing at all these trivial events!!
Just think how well we could do at the really important events if this
overwhelming enthusiasm is maintained!! Seriously, I am considering joining
a differnet club, I am so disillusioned by the apathy that seems to exist.
This year the club seems to have taken a nose-dive. If you disagree, write
to the Newsletter Ediotr and tell us a single thing that's good about
it! (and don't offer "2 World Champs runners" - that doesn't make a club:
they are away from Edinburgh and ultra-busy most of the time) Steve.

Editor's comment

It is always refreshing to see some sort of criticism, healthy or
otherwise, of the club in the newsletter - if only to motivate other
people to contribute their thoughts! Following on from Steve's comments
I feel that the Mammoth and Northern Champs weekends are, in my experience,
relatively poorly attended. The season has hardly begun, people are on
holiday, out of training, out of touch, etc. Also these events were more
than a day's journey away which tends to discourage some people. I don't
think you can take these events as a measure of how active/apathetic a
club is.

Admittedly, Interløpers has lost and will lose some good and longstanding
members over the next few months, e.g. the Barrows, 'St. George's lot',
and Fiona. We are still a large club by normal standards but by virtue of
our beginnings as an 'ex-EUOC' club our membership tends to be rather
scattered. Now that we are an open club we need to attract more Edinburgh-
based members. Carol has done a tremendous amount in organising schools
and our Junior contingent would not be so strong but for her efforts.
Perhaps we need a regular meeting of some sort, where we can engender
some 'club spirit'! We still have a regular pub-night at Jenny Ha's to
which everyone is welcome to come along. Obviously this is no good for
Juniors. Maybe we could organise a club training evening - nothing too
strenuous - where Juniors and Seniors alike could come along and play
indoor football, volleyball or something like that.

Interløpers is still one of the best and strongest clubs in Scotland
with many years of orienteering experience to draw upon in its members -
I think it still has a lot going for it - you only get from a club what
you put into it. All letters, suggestions, etc. on this subject will be
very welcome and published in next newsletter.

Scottish Junior - Cardrona Forest. 1st October.

This was my first orienteering event since the British in June so I was not looking forward to running (?) up those steep Peebleshire hills. However it was not so bad as first imagined and the planner was kind -- to the Senior 'Blue' course anyway! Cardrona is typical of forests in that 'airt'. Traquair, Elibank and Glentress have similar characteristics with Forestry Commission forests on steep hills. Courses seemed to be fairly short to take account of this afct.

Interløpers juniors did well although there were no major prizewinners. In W13 Ann Heyworth was just beaten into second place by Marsela Robertson. Both girls had very fast times - Ann's was 26.13. There was a sizeable gap between them and the rest of the field. Their trip to Sweden has obviously benefited them. Kirsty Herd was about 6th (these results are unofficial) in a time of 40.58, Nicky Maxwell was 8th and Lucy Richards 9th. In W17 Kate Richards was 2nd and Jenny Doig about 8th. In W15 Jennifer Muiry was 3rd with 44.16 and Katherine Shiach about 8th in 76.17. David Muiry was 14th in M15 and Dermod Ruddock was about 8th.

FORTHCOMING EVENTS

5th November	West Area Championships, Lanark	
* 12th "	Lothian 'O' League, Blackford Hill	EUOC
17th "	Interløpers Badge Event	
18th* "	Planning Course/Conference at Stirling. Contact G. Bryan-Jones, 29A Dunster Road, Stirling.	
26th "	Blue Star Trophy, Kyle	
10th December	Lothian 'O' League, Selmuir	
28th January	Lothian 'O' league, Townhill Wood, Dunfermline	WFO
11th February	Lothian 'O' League, Corstorphine, Interløpers	
11th March	Lothian 'O' League. No arrangement yet.	

BITS AND PEECES

Social Secretary Fiona Jolly is retiring as our Social Secretary but John Mitchell has volunteered (been co-opted) to take her place. Fiona is getting married on the 25th November and moving to Yorkshire.

Timothy John Barrow (alias Bongo) entered the world at 9.30 a.m. on 10th Sept. Congratulations to John and Jo on their first baby.

Hilary Smith is off to New Zealand for an indefinite period of time - probably six months.

Izzy Inglis is away to America for five months.

Iv Fraser, having been in Australia for n years, is arriving back in this country around mid-October. According to reports Gareth Buffett should be on his way back too.

Post-card from the Pecks in Canada - Eileen ran in 2 days of the Canadian 6 days. "Nice maps"- "Scandinavian terrain well worth a visit from any rich Interløpers? Hoping to be back in January."

Gordon Ross, having eventually decided to leave University, is working with the Scottish Youth Hostelling Association as a Mountain Guide.

Trossachs '79

The Scottish newsletter (Sept. Ed.) lists the forests and organisers for Trossachs '79. Interløpers and HWUOC are jointly organising the last day - Saturday 11th August. Being a Saturday we should be able to round up enough volunteers to help with organising. I hope most people will be able to come along as the more helpers the easier and more enjoyable it is for everyone - remembering that it is the organisers' holiday too.

Jenny Doig and Frances Ashmole start at Loughborough University in October. They will be joining up with Jean Ramsden, who is already there - that should be a formidable women's team next year?!

Vicky Alexander, Fiona Craddock and Kate Richards all leave St. George's this year and go to various universities.

Next Committee Meeting

Jenny Ha's : Thursday 9th NOVEMBER 7.30 (sorry for error in minutes SB) %%%

T-shirt competition

I have received several entries which will be considered at the next committee meeting and the winner announced in due course.

Badge Event Dave Kershaw is organising our Badge Event on the 19th Nov. at Glenearn and Berryknowe. Steve has offered to plan. Dave has decided on the main officials but everyone will be needed on the day so if you can, come and help.

Thanks must go to Fiona who typed the last newsletter and to Scott who duplicated it and also to Steve who ran off the address lists on his 'super-duper' computer. I must just mention that I was not responsible for the order of the pages! Any volunteers to type when Fiona leaves?

T-shirt competition (wasn't I supposed to put the first one in - I thought your pen had slipped but it must have been a cross-out - sorry, from your typist)

We have received several designs. It was intended to decide at the committee meeting on 5th October on the winner but because two members of the committee were missing we decided to wait until next meeting - 9th November.

Latest News

Scott and Cathy Balfour had a second daughter on 8th October. Fay Sheila weighed in at 9lb 2 oz!!

Below are the Club Membership and Affiliation Fees for this year.

	<u>Club</u>	<u>Club + SOA</u>	<u>Club, SOA, Bof Assoc</u>	<u>Full (Club+SOA+BOF)</u>
Senior	£1.00	£2.25	£2.85	£5.55
Junior	0.50	1.00	1.00	2.65
Family	1.50	3.75	4.35	7.35

Membership fees are due around December/January. It is possible to affiliate only to the Club and SOA but then members are not eligible to run in any English or national events such as the various regional championships or the British Championships.

Steve wants volunteers to help with mapping!

Steve is going (has gone) on mapping strike!

Interlopers are committed to staging the SE area Champs on June 1979 and Scottish Junior Champs in October 1979 and we need to make maps for both. I am no longer prepared to make maps without substantial support from other club members. If no-one comes forward to help we will have no new maps and any events we put on will be very inferior. I am prepared to match, day by day, the fieldwork put in by everyone else in the club for these two projects.

So try to beat my challenge you apathetic lot, and produce more mapping effort than I can manage.

Steve Terry.

Odds and Ends (from Scott)

SE Area AGM

The AGM takes place on Wednesday October 25th at 8p.m. at the University Gym in the Pleasance, Edinburgh (lies opposite the East End of Drummond Street). A good turnout of Interlopers would be appreciated - to give thanks to the hard-working officers and to steer the activities of this important organisation.

Libraries

The City Librarian hopes that the Club will read some of his books. These books are instock in the Library system.

Bengtsson, H. and Atkinson, G.	Orienteering	1978
Disley, John	Orienteering	1967, 1969
Kenley, B.M.	Orienteering	1976 (Junior xxxxxxx)

Libraries)

(contd.)

Kjellstrom, Bjorn	Be expert with map and compass	1955
Pirie, Gordon	The challenge of orienteering	1968
Rand, Jim and Walker, Tony	This is orienteering	1976
Watson, James D.	Orienteering 3rd Edition	1975

These books are difficult to get.

Palmer, Peter	Orienteering for the young
Andreson, S.	The Orienteering book

Coming Events

Lothian Schools Orienteering Champs - Tynninghame Wood - 29th October.
Entry on the day for people not involved in schools competition - prices not known - probably using same courses.

Late News Carol McNeil's Column:

INT/BUL/PAN

It is proposed to make Trossachs '79 as an inaugural event for this club tripling (!) PLEASE put this into your diaries now and be thinking about accomodation. Robin is looking into caravan sites (some say he is a peeping tom) and campsites and military cadet camps. With a little effort on our part we could make this into a really good holiday week. for everyone.

JUNIOR PLANNING COMPETITION

The magnificent prize for the 78-79 competition is :

WIN A FREE ENTRY TO ANY COMPETITION OF YOUR CHOICE

Map - Norwegians - World Championships Training Area 1:15000

Plan one course for any class. To enter send a SAE to Carol for the map and details.

CYCLE O-LEAGUE

1. November 7th

2. January 9th

3. February Shrove Tuesday & Pancakes.

Venues to be decided -for information, contact Carol or Dewi Jones.

CAROL'S CHRISTMAS PARTY (?) January 25th. let her know if you wish to go.

Last News

CHAIRPERSONS PONDERINGS

Firstly congratulations to Carol on winning the Mike Wells Trophy for the best British performance at WM and sincere commiserations to Geoff for losing the argument with those Norwegian wasps (..but he should really have been able to outrun them!) Thanks also to Carol for her efforts in establishing an association between Interlopers, a famous Scottish club, and BUL and PAN, two famous Scandinavian clubs - this should really be a worthwhile venture.

My other thoughts concern all club members - the club is heavily committed in the next 18 months, with the Badge Event in November, SE Champs, Trossachs '79, Scottish Junior '79, and JK 80 to follow, plus our usual commitment at local events. I hope everyone in the club will be available to help out with these - volunteers are always welcome. Don't think that lack of experience in mapping, planning or organising prevents success - anyone who can compete at orienteering knows enough to help. The Juniors might even manage to rope in their Mums and Dads on the odd occasion.

Juniors - try and plan soon which big events you want to go to next year. Remember that to be recognised nationally you have to go to the big events - JK, Regional Champs, etc. -even if it means going to Devon! Let the committee know if transport is a problem - there is bound to be someone going to them all and if you plan in advance, lifts can be arranged. To those who are going onto college this year, I hope you will stay with Interlopers. I don't think there is anything to stop you competing for a closed college club during term, and for Interlopers the rest of the time.

Lastly - please congregate round the club flag at events - there are far too many of you whom I don't know (and vice-versa no doubt !)

Robin Sloan.