

Club Chairman : Robin Sloan
 Secretary : Scott Balfour
 Newsletter Editor: Sue Mustard

Treasurer: Bob Stobie
 Social Secy : John Mitchell
 Committee Member : David Muiry.

This newsletter is going to be short and to the point - I hope - its main purpose being to inform.

*****Interlopers Orienteering Club*****

Annual General Meeting

Friday 4th May 7.00 pm

Lothian Outdoor Education Centre
 Macdonald Road (North End)

to be followed by a Chinese meal in the Dragon Pearl Restuarant at the top of Leith Walk. To avoid disappointment, please tell John Mitchell if you intend to come as we have only asked for one large table seating twenty people. If you replied to the questionnaire in the last newsletter then your name has been passed onto John Mitchell.

Forthcoming Events

- 29th April British Relay Champs, Stafford.
- 2nd May CATI Dunsapie Loch, Arthurs Seat 5 - 7 pm
 details of the following Wednesday Evening CATIs should be available soon.*
- 5/6 May Scottish Individual and Relay Championships, Tentsmuir
- 13th May Culbin Score Event, Forres
- 20th May British Senior Champs, Lake District
- 15th May Border Schools Galloping, Kelso
- 24/25 May Welsh 3-Day
- 27th May Roxburgh Reivers CATI/School Event, Galashiels
- 31st May Border Schools Galloping, Glentress
- 3rd June SE Area Champs, Peebles (Interlopers organising)
- 7/8 July Harvester Trophy Relay.
- 5/11 Aug Trossachs 79. Entries close 30th April.

* CATI events actually started on the 25th April at the S-end of Costorphine Hill. You can either phone to get details from Scott Balfour or contact the coordinator Andy Curtis, Iddesleigh House, 28 Cameron Park, Edinburgh. Venues given on page 3.

Social Events

- 4th May AGM and the chinky meal
- 7th June Barbeque at Gullane - Thursday 7pm John H reminds all and sundry to bring some firewood with them.
- Late June Scott Balfour is intending to run a silly evening at Beecraigs involving the use of the Obstacle Course keep-fit-and-trim beside the car park and perhaps an informal training exercise involving orienteering.
- 8th May Fitness Test at Dunfermline Cll. of PE and a technique evening. Carol has promised to be there and final details will be available at the AGM.

Results

Scottish Schools Champs. Minwoods 25th March

M15A	Steven Hall	3rd	
M17A	Dermod Ruddock	2nd	
W15A	Ann Heyworth	3rd,	Jenny Muiry 4th

1978 British Rankings

W19	Carol McNeill	2nd.	F. Ashmole & F. Jolly both had over 100 points
W17	F. Craddock	6th.	J. Doig and K. Richards were 7th equal
M15	D. Ruddock	109 points	
W13	A. Heyworth	4th	N. Maxwell 125 points.

Results cont/

Lothian C-League 1978-79

Five events in all were held within the Lothian area. For the second year, colour coded courses were used and it is clear that competitors have a better understanding of what to expect at each standard. This has led to increased competitiveness amongst runners resulting in close finishes on some courses.

From a quick look at the results, Interlopers seem to have done fairly well. Special congratulations must go to Ann Heyworth and Jenny Muiry who won the Junior Women in the Green and Blue courses respectively. Also to Steven Hall who won the Junior Men in the Blue course after a relatively short time in orienteering. David Muiry won the Junior Men in the Brown Course. Other results in the League are :

Orange:	K. Shiach	2nd Junior Women
Red :	G. Stoddart	1st Junior Men
	J. Wardlaw	5th "
	M. Fraser	2nd Senior Woman
Blue :	S. Hall	1st Junior Men
	D. Lipscombe	5th "
	R. Heyworth	1st Senior Men
Brown :	S. Balfour	2nd Senior Men
	B. Stobie	5th "
	F. Trott	8th "
	A. Burchell	15th "
	C. White	17th "
	R. Vandersteen	19th= "
	J. Mitchell	3rd Junior Men.

Northern Champs 1st April

M21E Geoff Peck 3rd.

W19 Carol McNeill 3rd Frances Ashmole 12th

W17 Fiona Craddock 3rd

W15 Ann Heyworth 1st.

Balfour, Buffett and Hall turned up but are keeping quiet about their results !

Ann Heyworth has been selected for the Junior Tour to Sweden 16th - 29th July.

JK79

What fantastic weather - Stephen Halls feet have now thawed and all members should ask him to keep his feet a suitable distance away. Possibly the fumes affected his brain as the results below show. The members below all agreed that the trip was worthwhile. Gordon and Stephen have fallen in love with the two Robinsons Barley Water Popmobility girls and have requested that these energetic routines be demonstrated at our fitness sessions in the winter.

Individual:

M21E G. Peck 2nd 81.48 13.5k 500m (pewh!)

I. Miller 78th 105.46

M21B S. Balfour 52nd 82.08 9.6k 330m

S. Terry 161st 105.37

M19B J. Mitchell 12th 74.52 8.1k 250m

M15A S. Hall 24th 62.31 6.3k 290m

G. Stoddart 89th 93.00

W19E C. McNeill 3rd 72.54 8.7k 340m

F. Ashmole 9th 82.36

W17 F. Craddock 17th 65.23 5.6k 190m

Scott when asked what he thought of the first control replied "rubbish"

Relays

Open Men 84th 6k 280m each leg

Miller 44.41, Balfour 44.40, Terry 72.07

Open Women 2nd 4k

McNeill 31.58, Craddock 54.00, Ashmole 41.09

Boys 34th 4.5k

Mitchell 47.32, Stoddart 58.29, Hall 69.38

Although the teams were by no means the best available in the club, all !!!

to set up Compass and Pacing Exercises or Map Reading Exercises, or Running in pairs and learning and observing faults. This is difficult in some of the CATI areas which are too well known but Carol has given Scott a few tips on how to make Athur Seat and similar areas involve precise navigation even when they are familiar.

Wed Venues:	Lothian	Stirling
April 25	Corstorphine Hill	
May 2	Holyrood Park(Dunsapie) INT	Stirling University
May 9	Selmuir Forest	
May 16	Blacfford Hill	Minewoods, Bridge of Allan
May 23	Holyrood Park	Abbey Craig
May 30	Corstorphine Hill(N-End)	
June 6	Hermitage of Braid(Int)	Callander Park
June 13	?	Sheriffmuir East
June 20	Beecraigs Woods.	

Club Weekend

As those who said they were interested know, this was cancelled due to there only being seven people. This accounted for the big turnout at Darnaway. The club will try to hold another weekend in November - Pyatshaws may be used as at that time there will be two competition maps available of Duns and Spottiswood. We may even run a Night Event there - the first ever Scottish Night Champs ?

Relay Teams

British Scott has entered 2 teams for the British from the people who replied to the questionnaire in the last newsletter.

Open Men : Sloan, Miller, Balfour

Handicap : Mitchell, Hall, Stoddart.

Scottish Scott has entered these teams on the strength on the returns.

Open Men : Buffett, Fraser, Balfour

Mitchell, Kershaw, Terry

Junior Men : Muiry, Hall, Ruddock (who may come after all, please)

Stoddart, Bisset, Wardlaw

Open Women : McNeill, Ashmole, Inglis

Fraser, Mustard,

M35 or M43 : Jones, Heyworth, Shiach

W15/17 : Heyworth, Craddock, Muiry.

Unfortunately some names are missing because they didnt reply to the questionnaire. Also some of the stars like Sloan and Miller ...cannot come on the Sunday.

Mapping Course 12th May Edinburgh ?

If sufficient interest is generated, an introductory low level course will be organised by Colin Scott in Edinburgh. Please contact Colin Scott at Gartincaber Lodge, Doune. Tel.: Doune 712.

Now is your chance to have a go at mapping - there are several small areas in or near Edinburgh which Scott knows of - a few black and white maps of these areas would be useful in running small club technique training events on unfamiliar but accible ground. Secondly most agree that mapping is the best form of technique training.

SALES

All badges have now been sold. Should a sufficient number of requests be made for more, then a further order will be made. Orders to Scott - cost 50p.

Most of the T-shirts have been sold. Two size 30/32 are left, two 38/40, and five 42/44 which were ordered on the strength of orders received from certain men with an inflated idea of the size of their lungs. The giant size are being sold off for £2 rather than being left to gather dust. Although large, any reasonable sewer with a sewing machine should manage to alter them to suit themselves or boyfriend, husband etc.

Carol assures me that the spanking Ø-suits should arrive any day now. Please contact Scott who is handling all orders. Various sizes of tops, breeches, and Ø-gaiters have been ordered and these are being sold at a price below that advertised for the Trintex suits in their adverts.

FINAL REMINDER: AGM Outdoor Centre in McDonald Road) and a Chinese Meal in one of the real restuarants, the Dragon Pearl (Union Pl. top of Leith Walk) Contact ...

1979 HARVESTER TROPHY 7 - 8 July

Steve Terry

The latest Orienteer includes details of this 7-man night relay event, and I am co-ordinating the club entry. This year it is down in the south of England, near my home, so I am definitely going - assuming there are a few others wanting to come. There is a new development this year - a Handicap Trophy in addition to the main trophy competition but running the same courses and this gives us a superb opportunity to show how good our juniors are - **SO WE ARE LOOKING FOR EVERYONE INTERESTED IN EXPERIENCING THIS UNIQUE EVENT.** Last year the four who ran (for 7) were very impressed by the high standard of organisation and by the tremendous atmosphere generated by the unusual circumstances; this year there is every reason to expect it to be at least as good.

There is a mass start at 11pm on the Saturday, followed by a wide range of types of leg - night, day, and dawn, from easy(?) to very difficult, and from 4 to 11 k in length. We must have experienced runners for the 3 or 4 night legs, but there are 2 fairly easy 5-6 k daylight legs for anyone less happy running at night. There is a vast marquee with space allocated to every team, a campsite close by with toilets, etc., and food and hot drink on sale, possibly free showers.....

So far several people have expressed interest: John Mitchell, David Muiry, Scott Balfour to name those I can remember, so we have the nucleus of a powerful team. The closing date is early June, so I must have definite confirmation that you want to run before the end of May. Entry fee is £14 per team and this includes camping floor space, soup, parking...) so we cannot afford to make speculative entries - only if there are more than 7 definites by May 31st will we enter 2 teams - and confirmation of your entry must be accompanied by £2 please (payable to Interlopers) Transport might be a problem - 450 miles by road - I can probably take three down on the 7th, but probably not back again. Anyone willing to offer transport please let me know. The venue is close to Aldershot so train travel should be quite easy if necessary.

Commence carrot eating cobbbers.

Items for the Sixth and Final Committee Meeting of the present Administration

- A. Newsletter : better response to the questionnaire - about half the club replied to this which dealt with Relays, T-79, and club weekend.
- B. Highland 77 Money: most still to be spent - clocks obtained and David Muiry is enquiring about a club tent which he got at marvellous discounts from Tisos. Carol has suggested using some of the money to help juniors get abroad.
- Mapping: The club had been given grant necessary to get a Base Map for Bow Hill from Harvey Map Service.
- Comrie T 79 : Robin has increased the bookings at the campsite in Comrie.
- C. Club Weekend: cancelled due to poor response. May be another arranged for 2nd weekend in November.
- D. Mapping course: 12th May contact Colin Scott
- E. Relay teams: duly entered for Scottish and British by Scott.
- F. AGM arrangements discussed and final details in preparation
- G. Technique + Fitness Test in May (8?) Carol i/c
- H. T-79 : entries close 28 April. Good turnout of members shown in returns.
- I. SE Area Champs : Organiser Scott Balfour
Planners Scott Balfour and Sue Mustard
Controller Bill Gauld
Scott is going round begging people to help with all the small and big jobs that will need doing. Based at Peebles High School and using Cademuir.
- J. Junior Champs : Organiser Peter Leach
Planner Hew Fraser
Controller Eddie Harvey
Mapping in hand at Duns. Steve, Roger Vandersteen, Robin and Scott doing survey. Roger has volunteered to draw it.
- J. LOL 79-80 : Club will organise Saltoun on 2nd Mar 1980.
- K. CATI : Club is doing these CATIs Holyrood (Scott B) + Hermitage (David Muiry)
- L. Events : Night Event in Spottiswood ? in winter 1980
Club Event in Feb. Gala Hill and perhaps Bowhill in Autumn 1980
Scottish Ind. 1981 - Venue and Map to be found.