Club Chairman : Robin Sloan Secretary : Scott Balfour Newsletter maitor: Sue Fustard 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.

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. Toavoid 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 questionaire 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 dednsday Evening CATIS should

be available soon. *

5/6 May Scottish Individual and Rolay Championships, Tentsmuir

13th May Culbin Score Event, Forres

20th May British Senior Champs, Lake District

15th May Border Schools Gallopen, Kelso

24/25 May Welsh 3-Day

27th May Roxburgh Reivers CATI/School Event, Galashiels

31st May Border Schools Galoppen, 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 M reminds all and sundry to bring some firewood with them.

Late June Scott Balfour is intending torum 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.

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Results cont/
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Lothian ()-League 1978-79 Five events in all wore neld 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 Reyworth and Jenny Muiry who won the Junior Jomen 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 :

K. Shiach 2nd Junior Women Red G. Stoddart 1st Junior Man

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

5th B. Stobie F. Trott 8th 11 A. Burchell, 15th "C. White 17th " R. Vandersteen 19th= "

J.Mitchell 3rd Junior Men.

Northern Champs 1st April M21E Geoff Peck 3rd.

Frances Ashmole 12th

W19. Carol McNeill 3rd W17 Fiona Craddock 3rd W15 Ann Heyworth 1st.

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

Ann Heyworth has been selected for the Junior Tour to Sweden 16th - 29th July. 上海中华华州

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

I.Miller 78th 105.46 S.Balfour 52nd 82.08 9.6k 330m

S. Terry 161st 105.37

J.Mitchell 12th 74.52 8.1k 250m M19B M15A: S.Hall 24th 62.31 6.3k 290m G.Stoddart 89th 93.00

72.54 C.McNeill .:3rd 8.7k 340m.

P. Ashmole 9th 82.36

F. Craddock 17th 65.23 5.6k 190m

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

Relays

W19E

Open Men 84th 6k 280m each leg

Miller 44.41, Balfour 44.40, Terry 72.07

Open vomen 2nd

McHeill31.58, Craddock 54.00, Ashmole 41.09

4.5k

Mitchell 47.32, Stoddart 58.29, Hall 69.38

Although the teams were by nomeans the best available in the club, all

taking part. Steve Terry is to be awarded an alarm clock to ensure he is ready at the changeover point and Steven Hall now knows why the Map was called Bramble Rrock- he says he was seriously wounded by the man eating variety and will show you his scars for a small fee. Ian Miller has promised to resume training after being so convincely beaten by Scott Balfour, who for once managed to find the first control.

Elibank
No results were noted but again there was a great turnout. Hew beat Scott by 13 secs.

Northern Lights, Darnaway Again many were tempted to travel to the world Champs 76 Area for a superborienteering competition. Scott beat Hew by 32secs. (club members who wish tofollow this exciting duel may find their results most easily at any competition by starting at the oppositend from the winners!) S.Hall was 3rd and G.Stoddart 9th in M15 with J.Wardlaw a way behind but enjoying the scenery. Ann Heyworth was disappointed with her 4th in w17 Meg Fraser was 1st in W19B, Dewi Jones 1st M43, Ray Heyworth 2nd M50 Places in the other classes were difficult toassess due to the large number of good runners with late start times. However Robin Sloan came out of Hiding toromp round the 10.9 k in 88, with Balfour and Fraser rather weary at 105 (winner took 71 !), J.Mitchell and Sue Mustard had respectable times but both have promised to do a little more training. Gordon Shiach took 119 toRay Heyworths 80 for the M43.Katherine Shiach got round OK but I didn't get her time (sorry!) This is the area for a club weekend with Culbin, Darnaway, Anagach etc all so close - perhaps we could arrange one next year.

Orienteering Abroad

Norway 7-14th July Sorlandsgallopen Entries close early June.

Sweden 23rd-27th July 5 day Ø-Ringen. Entries have closed and late entries are not being accepted as the max number of 16000 competitors has been reached. Anyone with a spare M21B entry please see Scott Balfour.

Finland 31stAug-4thSept World Individual and Relay Champs, Tampere. The full list of competitions abroad can be found in the February Orienteer.

Carol has heard of a host family arrangement being initiated this year.

Although intended for Junior Squad members, it may be possible for others to take part. Peter Palmer is the organiser. He is in charge of the British Youth Squad and should be contacted direct (but Carol or Scott or any friendly person tith an Orienteer may be able to help get his address) Basically, a Scottish Junior spends some time with a Swedish family - the following year the Swedish Junior comes over and stays with the Scottish family.

Come and Try it Venues which arrived as this bit was being typed.

Wednesdays 5-7 pm Cost 15p Bring Map case(poly bag), red pen to copy the course. You may like to try some of the FVO CATIS which are near Stirling. You should be able to make up a car load from our club members if you are sick of the sight of Blackford Hill. There are 3 courses: White 1.5 k easy for beginners.

Orange 2.5 k slightly more difficult Green 4.5 k training for experienced Orienteers.

If you are a beginner or need some help with some navigational skill, then go along to these and search out our club members and get some tuition. We have more than enough proficient orienteers to give individual instruction on the techniques which help you to complete a course: pacing, compass work, aiming off, contouring.....or maybe you just want to know what a re-entrant is, or how to set the map.

As well as the basic techniques, we are only too aware that many of our Juniors and some Seniors are not competentin many aspectswhich must be mastered before any significant is produced. With sufficient interest, the CATI Venues can be

to set up Compass and Facing Free visco or Map Reading Exercises, or Running in pairs and learning and abserving 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: April 25	Lothian Corstorphine Hill	Stirling
	May 2 May 9	Holyrood Park(Dunsapie) INT Selmuir Forest	Stirling University
	May 16 May 23 May 30	Blacfford Hill Holyrood Park Corstorphine Hill(N-End)	Minewoods, Bridge of Allan Abbey Craig
e ilai G		Hermitage of Braid(Int) ? Beecraigs Woods.	Callander Park Sheriffmuir East

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 questionaire in the last newsletter.

Open Men : Sloan, Miller, Balfour Handicap : Mitchell, Hall, Staddart.

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,.....

M35or M43: Jones, Heyworth, Shiach W15/17: Heyworth, Craddock, Muiry.

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

Mapping Course 12thMay 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 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 30/32are left, two 38/40, and five 42/44 vich 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 \emptyset -suits should arrive any day now. Please contact Scott who is handling all orders. Various sizes of tops, breeches, and \emptyset -gaiters have been ordered and these are being sold at a price below that advertised for the Trimtex suits in their adverts.

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

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. Thereis a new development this year - a Handicap Trophy in addition to the main trophy competition but running the same courses and this gives ud 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, Ecott 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 havedefinite 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 2teams - 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 cobbers.

Items for the sixth and Final Committee Meeting of the present Administration A. Newsletter : better response to the qhestionaire - 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 get at marvellous discounts from Tisos. Carol has suggested using some of the money to help juniors get abroad.

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: 12thMay 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 2ndMarh 1980.

:Club is doing these CATIs Holyrood(Scott B) + Hermitage(David Muiry) K. CATI

Night Event in Spottiswood ? in winter 1980 L. Events: Club Event in Feb. Gala Hill and perhaps Bowhill in Autumn 1980 Scottish Ind. 1981 -Venue and Map to be found.