

Club Chairman :Robin Sloan	Social Secy	:John Mitchell
Secretary :Scott Balfour	Junior Member	:David Muiry
N/L Editor :Susan Mustard	Mapping Adviser	:Steve Terry
Treasurer :Bob Stobie	Other members	:Katherine Shiach Hew Fraser

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The Deadline for the next newsletter will be Monday 21st April 1980 and articles humorous or informative should be sent to the N/L editor by that date. Thereafter since it takes at least a week to type and run off, articles can be sent to Scott who will put them in if possible.

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Membership

Happily most folk have now got round to renewing their membership. We have been lucky to get quite a few enquiries recently so I'll repeat the chat about categories of membership. Those who only wish to join the club need only send a note of their name, address, telephone number and age class along with the money to Scott or Bob. Those wishing to join SOA and/or BOF need a "pink form" but if the information is given, Scott can complete this once the money is paid. Fees which apply to 30th Sept are:

	Club only	Club, SOA, BOF assoc	CLUB, SOA, BOF full
Junior	£ 0.60	£ 1.20	£ 3.70
Senior	£ 1.20	£ 3.70	£ 7.20
Family	£ 1.80	£ 5.50	£10.00

Phone Scott if you need any more information.

Also : check that you have the address list sent with the Jan N/L and note the following changes:

- W19 Marjorie Thoms, 72 Dundas Street, Edin. 556 6097
- Hyman Family, 36 Harburn Avenue, Deans, Livingstone, West Lothian. No phone
- Martin W43, Margaret W43, Fred M15, Packet M13.
- W19 Caroline Nash, 12 Whitehouse Loan, Bruntsfield, Edinburgh.
- W19 Lynn Balmer, 49 Craigmount Avenue North, Edin 12 339 7890
- W19 Sheila Kennedy now has phone 346 1924
- W19 Hilary Smith, Ardentenny, OECentre, by Dunoon, Argyll Ardentenny 271
- M21 Jim Doig, 2A Kier Hardie Drive, Mayfield, Dalkeith 660 1350

Fiona Craddock is now with "Grampian" as she is living in the frozen north.

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J.I.M. Fund

Scott B.

As mentioned in the last N/L the Fund to help Juniors and Full time Students get abroad got off the ground with the £16 from the raffle at the Dance in November. Over £100 was raised by eight folk in the sponsored hill climb (where were the rest?) and two more fund raising activities are in hand - of these see later in this N/L.

However, anyone who is thinking of going abroad this Summer and who considers themselves eligible for financial help should write to Scott explaining in detail the events visited, expected financial assistance from other sources, expected costs in travel and entry fees.

These will be considered by a Sub-committee of Hew Fraser, Carol McNeill and Scott Balfour and we would hope to let applicants know the outcome by end of April.

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NOTE : there will NOT be a club night on Wed 26th March on Mapping.

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Help : JK - how would you like to help put 3000 maps with 3000 description lists into 3000 poly bags and help keep some other people same. You would ! Then come along to Dave Kershaw's house on Mon and Tues 24/25 March after 7pm and join in the excellent conversation. It would be best to phone before the Tues evening just in case the Monday Squad have completed the job.

Dave would like to thank the excellent folk who turned out to do the cards.

(Note - anyone running cannot help with the map units - this applies to the day 1 runners : Stephen Hall, Ann Heyworth and Jim Doig - anyone running on day 2 or the Relay can help as we are only dealing with the Dalbeattie map)

SALTOUN EVENT

Gordon Shiach

An ominously heavy shower greeted the officials on arrival, but alarm was unjustified. I think all competitors had a dry, though clod, run. As one of the First Aid Officials (and about 50 competitors) pointed out, it would have been so much warmer the day before!

Everyone who competed reported to the finish, which was gratifying. Not so gratifying is the fact that 6 punches disappeared from the forest. Provisional results, I'm afraid, were a disaster. I had left this on an informal basis, because of the distance between the results van and the car park. Someone entrusted with a bundle of stubs left them under a stone at the car park because no one was there. Sorry about that - it had seemed unfair to allocate someone to the long slog between results and car park in a club event, but in hindsight it should have been done.

Otherwise there seemed to be no real problems (at least until the gate was locked, fencing the officials' cars into the forest!) The response of members to my requests for help was overwhelming. 27 members took jobs on the day, all cheerfully and willingly which is a great delight to the organiser. Most were able to run as well; and those who didn't abstained (I think) by choice. To all those who helped, very sincere thanks. To those whom I contacted and who had other commitments, or had to call off, thank you for your invariable courtesy and understanding.

Anyone local who felt left out because I didn't contact them (and there can't be more than one or two) the reason was that I had enough helpers with some reserves. Someone actually phoned me and offered his services without my contacting him first, which was very pleasing.

Footnote: the event made 78p profit. Major drains on money were the doubling of the cost of the Saltoun Maps from 5p per unit to 10p for unit by the SE Area Treasurer, increase in the BOF levy, expensive method of result duplication, and the lost punches. Considering that Organiser and everyone involved on the day did not claim travelling expenses, it seems that the club has done an excellent job in ensuring that everyone else gets good value Orienteering.

Well done Gordon for a most thoroughly well organised event and Dermod for planning. Thank you also to our Controller Ray Scott.

Circus Training

Ian Jones

One Thursday evening some weeks ago, a new face appeared at our training session at Liberton. His method of transport caused concern and bewilderment to casual observers as he made his way up the school drive. He joined in with the normal activities: the warm up, pop mobility and then the circuit and once this weekly ritual had been completed he offered to demonstrate his method of transport. In the corner of the gym there stood a UNI-CYCLE.

Mike Alderdyce helps Reg Bolton to run circus workshops and clubs and he had been invited to training to give us some idea of simple circus acts.

After a demonstration of his skills on the unicycle and a few simple instructions we were offered a shot. Despite encouraging remarks and helping hands, no one managed to find the secret of maintaining balance and pedalling the cycle.

Somewhat demoralised we moved on to another 'easy' manoeuvre. Discarding the unicycle, we were shown how to climb onto each others shoulders and stand upright. After quite a short time, and careful selection of partners (would you like to have Ben Hall's feet that close to your nose ??) confidence grew and we quickly moved on to making 6 man pyramids.

The following week Reg arrived and demonstrated 'Human Juggling'. This amazing technique only involves a series of Star Jumps and forward rolls but performed at the correct time. After a few embarrassing crashes and painful moments (that's why Gordon has a squeaky voice) most trios managed to produce the necessary flowing sequence. Our thanks to Mike and Reg for ensuring that even if our relay teams don't win at Orienteering, we will at least be able to clown with style.

Club Nights

These have been fairly well attended and by all accounts much enjoyed by members. Martin Hyman gave a talk on Training and this was followed by an illustrated talk on indoor training by Gareth Bryan Jones. Thanks to them both. We hope to repeat Club Nights next winter - any requests. One request already has been for a conducted tour of the Map Library; is anyone else interested. If so, we'll arrange it.

Relay Teams

The club has already enjoyed some success at the two informal Relay Events at Calder and Minewoods. I think Ray, Gordon and Richard won the Red Event at Calder; and Scott, Ben and Dermod won the Blue Event at Minewoods. Thanks to all the club members for turning up.

Relays: Scottish M1 INT A : Balfour, Sloan, Fraser; INT E: Mitchell, Terry, Kershaw
M4 INT B : Shiach, Heyworth, Gardner
M5 INT C : Ruddock, Stoddart, Hall (Res Wardlaw)
W1 INT D : McNeill, Fraser, Smith

JK Men Open from the following, based on Scottish Ind and Relay
Doig, Sloan, Balfour, Fraser, Vandersteen, Mitchell ; Steve Terry and
Dave Kershaw would also like to run but only 2 teams entered.
Women Open : Fraser, Smith, any offers ?
Men Junior H17- : Hall, Muiry, Ruddock; Stoddart, Wardlaw, Lipscombe;
Handicap: A. Heyworth, P. Hyman, M. Hyman.

There is in fact a spare team entered for the H17- Class - perhaps some club members could use this entry and run non-competitive - pay Gordon Stoddart. To now, there have only been two enquiries about the British Relays in Yorkshire on May 4th - this is a bad time due to SCE Exams. Scott has phoned the keenest local folk and entered teams if sufficient numbers.

Congratulations

Stephen Hall and Dermod Ruddock of M17 fame ran M21A at the Happendon Badge Event recently and caused much embarrassment by achieving Gold Standard times. It has been rumoured that Hew Fraser and Scott Balfour are considering retiring till M35!

Dermod won the Scottish Schools, Ben 3rd, Gordon 10th, Derek 16th in M17; John Wardlaw had a wee disaster and was around 16th in M15. Ann Heyworth won the W 15. Sorry but I missed Katherine Shiach's time in browsing through the results.

HOW WOULD YOU LIKE TO GO FOR A RUN IN THE PENTLANDS ?

Scott

Ann H is a very silly girl - for when Carol asked her she said "Yes". Soon she was at Penecuik amid 300 runners in the mist and rain. People were talking about running up Carnethy and back down again. Luckily for Ann, she wasn't allowed to race and more important, the organisers changed the course so it followed the edge of muddy fields and paths giving a 4 mile crosscountry. Off went the ladies and brave Ann popped out from the spectators and joined the race. Carol did well and came in 3rd. The mens race was a different story. The organisers organised their event on the cross country event while the "men" ran their own race up Scald Law and Carnethy and back. Jimmy Doig had a private race with Andy Curtis at the back of the Jet-Set who ran the official course round the fields. Scott Balfour had a private race against Grant Carstairs, Ian Hendrie, Derek Hamilton and Eddie Harvey on the hill race. Going up was bad, but the speed of the descent had to be felt to be believed.

Afterwards, there was a nice plate of baked potatoe, peas and steak pie to weigh you down and quite a nice chat with the fellow orienteers all of whom were well placed in the final results.

Try it next year - it is about 22nd Feb - and it is very good training.

Scott

Fit ?

Thanks to Pat Squires and Carol McNeill, the Thursday Circuit/Circus Gang and other Orienteers had the fitness test at Dumf College of PE. Carol had devised a number of map reading exercises just to keep our minds from getting bored - have you ever tried doing squat thrusts while looking at a map ? Actually I think the maps were there to stop the boys staring at the girl students who helped Pat run his tests. Martin Hyman who had a deprived childhood and wasn't allowed a bike made up for it by getting on one of the fixed exercise bikes and dreamily pedalled off into the unknown However he was awakened by big Gordon who just had to tell everybody that his "Lungs are 100% efficient !" Other results of note is that Scott is 6% fatter than last year, Ann H is fatter than Morag R, John M can move 200 kilo with his legs, Ben Hall and Dermod thought the shuttle runs were a swizz, Jenny Pond and Isabel Allan kept their results a secret, Bruce Morrison is going to start training, Caroline Nash looked exhausted just watching everyone else, and Ian Jones wants his money back as he didn't get tested by one of the dollies. Gill Robbie says she is now going to read her College notes and find out what fitness is ! Ah well, evryone's mouth isn't big enough to allow 100% lungs - it was good fun anyway.

The Sponsored Hill Run

Could it be done ? Was it really possible ? Surely the unbelievable could not and would not happen. Well it did ! Ben Hall got out of his pit before 9 in the morning and had some breakfast before a run.

Not that the weather would give any encouragement - it was oversact,dull and drizzling. At 9.55 the runners were ready - Andy Curtis had kindly agreed to officiate and keep the times. The hour came and off we went.

Jimmy Doig ran off into the mist, Gordon,John M, and Ben all jogged up the hill while poor old me just walked. Soon there was no-one - just mist and strange groans a nd puffing noises seemingly coming from everywhere.

Jimmy did the round trip in 8.30,John 9.50,Ben and Gordon 10.00 and me 10.20. And back up the hill we went - again and again and againSoon we settled down to around 11 minutes for the round trip from Dunsappie to the Trg Pt, and back. John gave up after 8, Ben Gordon and Scott sauntered up their 10th one in 19 minutes, a nd Jimmy battled on to do 11. On the Wednesday,Pat Squires, Dermod and David Muiry did an action replay - Dermod (silly boy) did 11 and is still trying to calculate how much each sponsor should pay him.

J.I.M. Fund should do well - approx take - in was Ben Hall £38,Jimmy Doig £35, Scott £21,John M. £14, Gordon £12,Dermod £6,David £6, and Pat £?.

Well done John for getting the event off the ground !

Fund Raising Continues with

Guess the winning Time for M21E at JK and W19E . Each guess will cost 10p. Hew Fraser is going to get the 'book' ready and this will be taken to the JK Registrations and Event Centre and we hope that members will all take a wee turn at the stand and get some guesses.

May 25th

Sponsored score event for the British Squad Fund and the JIM Fund. We hope all club members will take an added interest in this event and help raise some cash.Half the income will go to the Interlopers Fund to help Juniors get abroad.

For those who can't get sponsors, you can enter on the day and make a contribution to club funds/squad. The event will be held at Binning Wood which is a very pleasant area off the Dunbar/North Berwick road. If the weather is nice, it is close by the sea and many picnic areas. Hope to have sponsored event Sheets out by next newsletter.

JUNIOR TRAINING WEEKEND/EDINBURGH Jan 80

Ann and Morag

The Junior Interlopers would like to thank Scott Baifour and Liz Mills for an extremely enjoyable weekends ~~xxxxing~~ training. The weekend started for most at the LOEC where non locals assembled and were then driven in convoy to Corstorphine Woods. Local people had to make their own way there -- of course, Ben and Gordon managed to ge. off the bus 2½ miles too early and arrived exhausted !

After a couple of line courses, we followed two short normal courses. Then we practised our pacing over various types of ground, divided into small groups and tried some compass and pacing exercises.

To round of the afternoon, we raced a partner over a pair of matched courses with one or two common controls and then were taken on a short jog back to the start.

Everyone retired to LOEC at Macdonald Road for a cup of tea. Refreshed we made our way to the Braid Hills for a night relay event - teams consisted of 3 people,each person had to run each of the two different legs but two people in each team could go out at the same time. It sounds complicated but in practice it is a lot of fun.

On Sunday we arrived at Cardona to find the Forest Gate locked- eventually the forester got out his bed to give us the key and Scott managed to lose Liz and Ian Hendrie on the forest rides. Some of us had to put out controls before setting off on another line course.Then we tried with varied success window courses, compass and pacing courses, and several other technique courses including a matched course where you raced a partner.

We returned to Edinburgh later in the afternoon after thoroughly appreciating the two days of technique training and enjoying the company of other young orienteers from all over Scotland. There's another one in June so keep your eyes open to see the advert in Score.

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WANTED Organiser Scottish Ind May 1981;Organiser Thurs 6Aug81 Dalbeattie,Galloway
Planner Thurs 6Aug81 Dalbeattie in Galloway 81. Organiser and planner for
LOL next year. Tell Scott soon.

JK : Day One

Scott

The story so faractual job specs will be sent out by Hew Fraser next week... thanks to all those who gave up one/two evenings last week to do the control cards and check them..... hope all of you can help next Mon and/or Tues to do the map units (Jimmy, Ann, and Ben stay away !)...... most of final chat will be done while doing the maps- so come along.

URGENT - WANTED -over 23 Van Drivers with a clean Driving Licence , Dave Kershaw has hired a Van from "Wheels" in Canaan Lane and would like some other drivers to be available - however the owner has to see the licence before authorising any person to drive his van. Let Dave know and pop into Wheels and show your licence. (the van is needed to transfer stubs and clothing bags, and any other messages on Day 1)

Day 1 Runners : Thankfully most people in the club are not running - the only people who have not sacrificed their run are those in with a good chance of British Squad/Team selection. Most have agreed to help before and after their run. Here are their Starts for Day 1 (jobs have still to allocated)

Lucy Richards 11.36	Ann Heyworth 11.45	Kirtsy Herd 12.05
Hilary Smith 10.38	Packet Hyman 12.30	Ben Hall 12.14 Jim Doig 12.27.

Not contacted so far :Frances and Sarah Ashmole,Gareth Buffett,Issie Inglis but thought unlikely to be available.

Jobs to be done

Friday - layout starts,car parking,shop and guest parking site, relevant signs,erect tents and marquees. Reg at event centre. Toilet pit.

Saturday - some help required very early with controls, car parking operational from 8 am till late after noon,starts,reg in car park area,manned control & refresh point, 3 starts catering for 2700 people, clothing transfer (150 bags), stubs, Driving van,looking after High School Area & toilets,primitive toilets near starts,start dismantling,control collecting,helping with results,map reclaim on Saturday evening,

Manpower available:

Overall Day 1 Coordinator :Dave Kershaw.

Chief Starter :Hew Fraser with Robin Sloan and Scott Balfour

Start helpers : Meg Fraser, Jenny Pond, Isabel Allan,Katherine Shiach, Gordon Shiach, Gordon Stoddart,John Wardlaw,Roger Vander Steen,Richard Gardner, George Jolly, Ron and Mrs Smithard.

Parking : Bob Stobie, Bruce Morrison,Dermod Ruddock

Registration : Ray Heyworth

Bog : John Mitchell

Manned control : Steve Terry

High School : Alan Burchell

Van driver :Susan Mustard

One important job that needs done by someone available on the Friday is Site Organiser - he/she would direct shops,First Aid,guests,etc to their assignee sites on the Sat morning and so it would be better if they had been involved in laying this out the day before.

At present,Scott is handling any coaches that are coming and they are being directed to various sites in the town.Someone will need to be briefed on the arrangements so that there is no confusion on the day.

These job allocations are NOT FINAL and further juggling might become necessary to meet changing circumstances. You will appreciate no doubt the lack of slack !

Alison Shanks may be available on the day. John Sharpe is doubtful.

Hew,Dave and Scott will be discussing the final arrangements while putting maps into poly bags - thank you for being so good for offering to help run the Day One Event and please bear with us for being so slow and careful in issuing final instructions.

Please let us know if you're not on this list and are able to help.

It will be a very long day but I'm sure that we'll get the job done ! P.S. John Mitchell is willing to bribe someone to take over emptying the Elsan toilets into a pit.

