

Club Chairman	: Hew Fraser	Social Secy	: John Mitchell
Secretary	: Scott Balfour	Junior Member	: Steven Hall
N/L Editor	: Hilary Smith	Other Members	: Bob Stobie
Treasurer	: Meg Fraser		Robin Sloan
		SE Area Rep	: Gordon Shiach

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Sitting here in lonely solitude in front of the typewriter, burning the midnight oil and feeling rather like the author whose inspiration has finally run dry, I suddenly remember that there is the huge pile of N/L material sent by those club stalwarts, Scott and Ray...enough to keep my one or two fingers busy on the keys for the next few nights! I am sure that all club members will wish to thank the retiring committee members for all their hard work over the last year, particularly Robin, Bob and Susan. Robin and Bob have still managed to find themselves on the committee. Steve Terry still continues in his capacity as consultant map adviser and Gordon Shiach is acting as our representative to the S.E. Area meetings.

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Please send any articles to me for the next newsletter by the 20th June - DEADLINE!!

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Organisers/Planners

Scott Balfour

We've decided not to go ahead with a Badge Event in Nov. When the Calendar at that time comes out, you will see that there are many Badge Events and LOL etc and another event would not be a source of funds. We also have heavy commitments in 1981 with the Scottish - we hope that Carol will still plan - who'd like to organise?? ; also Galloway '81 looms near - Hew Fraser will plan but again an organiser is required.

However the new LOL season is upon us - is there in our midst a person who is just itching to be an organiser for the first time, or who has run a bit and would like to plan. Possible date for INT LOL is Dec 7th, the probable venue is close to Edinburgh so travel and organisation is not a great problem - you can also expect good support from club members. Please tell Scott if you are interested.

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Scottish Relays

Scott Balfour

As reported in the last newsletter, here are the teams. Scott will be checking that all the people are able to run - if he has missed you, please phone and tell him - particularly if you are not now able to run.

M1	INT A	Balfour, Sloan, Fraser
	INT E	Mitchell, Terry, Kershaw
M4	INT C	Stoddart, Hall, Ruddock (Wardlaw)
	INT D	McNeill, Fraser, Smith (Ashmole)

After the JK success, all eyes will be on the womens team to see if the three ladies above can repeat the success of Frances Ashmole, Hilary Smith and Meg Fraser. Hopefully next year everyone will phone the Relays Co-Ordinator (see AGM minutes) and tell him if you would like to run and save the embarrassment!! Dermod and Stephen in the JK were leading at the end of leg two, but poor old Gordon wasn't able to do a Meg Fraser and could not hold onto the lead.....the boys have changed the running order...order...to put Gordon first and will give this a try at the British Relays on May 4th.

Please remember that a few folk still owe Scott Balfour for the JK and the Scottish... PLEASE pay him SOON.

British Relays

Yorkshire 4th May

Men Open	Doig, Mitchell, Balfour
Men Junior	Stoddart, Hall, Ruddock.

These informal but enjoyable events are held on Wednesdays between 5pm and 7pm. The venues are well known to regular orienteers - so if the directions are not clear, phone Scott or someone on the committee;

For beginners, these C.A.T.I., or "Come-and-try-it" are very useful. The areas are close to Edinburgh and are nice to run or walk in. They give good practice in map-reading.

You need to bring;

- (1) A polythene bag (to protect the map)
- (2) A pen (to draw your course - red is best)
- (3) 15 pence entry fee.
- (4) Clothing and running shoes (best to cover your arms and legs fully - sometimes the nettles and brambles come to meet you!)
- (5) A compass (not necessary at first but useful to help set the map)
- (6) A whistle (just in case you get lost!)

You will get a map when you pay your money on arrival - you then usually copy out the "control descriptions" for the course - you have a choice of three.

Short	1.5 km	easy navigation.
Medium	2.5 km	slightly more difficult.
Long	4.5 km	experienced orienteers.

Best to do a short or medium successfully then flounder about on a long course!!

C.A.T.I. - Advice for non-beginners

Ask Scott, Carol, or some of the folk around about techniques you would like to learn about e.g. taking a compass bearing, pacing, keeping the map set.

Practice reading the map in short glances, stopping as little as possible to study the map.

Try "following" someone during a course and follow their route on your own map; pick someone faster or maybe slower than you. Get someone to "follow" you around the course - if they are tactful you slowly improve by discussing your course (such as route choice decisions, amount of un-necessary stopping, speed through controls, analysis of any time wasting errors)

Try blacking out bits of the map with a felt marker - if you're not sure what to black out, then ask someone to do it for you.

Most important of all for younger orienteers, don't develop "bad habits" in these well known areas and start sprinting everywhere, only finding the controls because you know the area well - work hard at running steadily without stopping at all; know where your control is and know the direction that you will leave the control; try to plan ahead as you jog along.

I followed somebody at Corstorphine C.A.T.I. last week - he lost 7 minutes mostly in small mistakes near the controls. He made one bad error in choice of route when he lost concentration on an easy path. He's quite pleased because he ran steadily and was in command most of the time - he walked up the steeper hills - with more care "into the controls" and "choosing attack points" he knows he could beat Dermot!

Lothian - O - League 1979-80

Ray Heyworth

The final League tables show that Interlopers have 13 certificates. The second most successful club was LINOC with 6 certificates. Interlopers had 21 members with more than 100 points; ESOC had 19. That is very encouraging for publicity, for new members and for forming teams in the future. This may be the best time to select your course colour for next season. Orange and red are shorter and longer medium-difficulty courses. Green and blue are shorter and longer technically more difficult courses. Which would benefit you most for your badge events? All our thanks Dewi.

J.I.M. Fund

Scott Balfour

I don't suppose you'll believe that ~~60~~ (will this typist ever get it right?) -
_____ and _____ have still not handed in their
money from the sponsored hill run on the 9th February.

The JK sweep broke even - not a success but perhaps worth trying again with more modest prizes and also when we have more time to sell the "guess the winning time".

The next fund raiser is the BCF Squad Sponsored Score. Please support this event. I have plenty more forms, or you can draw a few more lines in the space on the front. If you can't get a lot of sponsors, get a few and sponsor yourself for the entry fee. You have a form with this newsletter. If you need more, phone Scott.

It is a superb wee area on the A198 between North Berwick and Dunbar - nice running and plenty of rides and paths in a confusing pattern from 3 circular clearings. Being close to the sea, we can have a pleasant afternoon on the beach at Sea Cliff or Dunbar afterwards. P.S. It is a nice area for wife, girl friend, totties, and young children provided they don't get too ambitious.

So far, Frances Ashmole, Gordon Stoddart and Stephen Hall have applied for financial help. Carol, Hew and Scott will meet shortly and let them know the result soon - if you've forgotten, then write to Scott as soon as possible giving in detail the events visited, expected financial assistance from other sources, and expected costs for travel, accommodation and entry fees.

Dewi Jones : Mountain Man

Scott Balfour

After years in Interlopers, Dewi has decided to go off to the Himalayas this summer. Although latterly he has not been seen too much at club evenings or even at events, he has been the quiet lad who was in the forefront of the development of the sport in the S.E. area. We have all benefited from his hard work - he has had a lot to do with the C.A.T.I.'s, he has co-ordinated and computed the results of the Lothian Orienteering Leagues since they began, he helps on the night bicycle o-events in the winter. The Beecraigs map was produced by him and he got the Calder Wood map off the ground. (I'm sorry if I've missed anything out!)

Anyway, GOOD LUCK to Dewi on his travels and we hope that he will return to Edinburgh to make sure that the C.A.T.I. and LOL continue, and to check on the quality of the beer!

St. Andrews University Dinner

Members are reminded (possibly at too late a date now) that the St.A.U.C.C. 10th Annual Dinner Dance is being held in the Old Course Hotel on the 10th May (the night after the Scottish Individual). Accommodation will be found if necessary (Floor space only) - contact John Mitchell about that. Price £6.50 each..£12 per couple. Tickets from F.Loots or A.Thornton.

Club Weekend - September

This should be a good weekend for all club members to relax, enjoy themselves, light training etc. It has been provisionally planned to book the Earnhill Centre in Moray for a weekend in September. Although it seems rather a distant venue for such a weekend I think everyone will see the value of having a change of scene, with beautiful forests, good maps, lovely beaches (a Bar-b-Q) will be planned for an evenings entertainment and coincidental with a local event up north.....a chance in fact for everyone to get to know others better and particularly for the newcomers to the club. Robin Sloan is organising it and will give further details later.

Interlopers Dinner - Dumfries April

Hilary Smith

The informal dinner coincided with the JK weekend. We almost missed it whilst waiting for

the overall results, but hunger dictated and we all headed off for the Lucky Star for a delicious chinese meal. Fellow gastronomic specialists were Scott Balfour, Robin Sloan, John Mitchell, Meg and Hew Drasen, Bob Donaldson(Eligible because of past membership..) Steve Terry, Bob Stobie and children.

Orienteering In New Zealand(on a visit in 1978-79)

Hilary Smith

Orienteering in this country bears some resemblances to orienteering "down under" in the land of the Kiwis, possums and sheep. A lot of seemingly good orienteering terrain is covered in the natural impenetrable bush, growing over large areas of both North and South Islands. There are huge tracts of man made forests, especially in the North Island such as in Waimihia Forest near Taupo which is exotic pine forest of various species but mainly Pinus Laricio(Corsican Pine), Pinus Ponderosa, and Pinus Radiata. Planted in the 1930's it was mainly very open and runnable. Like Britain though, the forests vary quite considerably and at Otakanihi Topu(where the New Zealand O.F. organised an International against Australia) near Auckland the forest was slow run with poor visibility and with lots of small sand dune features which made navigation quite tricky. It is quite probable that orienteering will be developed into good open areas, as we have done in Britain, especially on the South Island where there is little suitable mature forest close enough to the centres of population.

With only 4 million people in this beautiful country, and most of them on the North Island, it is little wonder that the sport has developed furthest there with coloured o-maps, photogrammetric plots(they have to have them done in Norway), nicely planned and organised events(attracting up to 350 competitors) and a very friendly, informal family atmosphere. There is something quite unique too about orienteering in a thermal area with hot swimming pools and thermal baths to luxuriate in afterwards. Compared to the North Island, the South Island is relatively starved of orienteering. During my visit there was only one club in Christchurch and one in Dunedin.....and that was it! The sport therefore tended to be very localised and in-growing, with club members regularly rotting out over the same very basic and simple black and white o-map. However I have never seen so much enthusiasm and hard work and keenness to learn amongst the folks in the club(such as I found when we had some P.P. training sessions and theory sessions for the local Dunedin club) so I am sure that the sport is just about to get properly off the ground there. If anyone in Interlopers decides to go to N.Z. for a while, be prepared to be roped into running training sessions, mapping etc for you may find that you are the visiting "expert"....!

Border Run - Saturday 14th June

All club members who are interested in taking part in the Border Run are asked to contact Robin Sloan as soon as possible. The run starts at about 3.30.am and continues on through the day. Legs will be about 10 miles and Robin would like you to indicate whether you want to run a flat, uphill or mainly downhill section. The Scotch Kershope Centre has also been booked to provide accommodation on the Saturday night(And also I think on Friday - but please check with Robin who would like to know who requires accommodation) There is a good event on in the Lakes on Sunday 15th, so why not make this a good w/e of training and orienteering? N.B. This is also the w/e of the Southern Champs.

Saltoun Event

Scott Balfour

In the footnote to the Saltoun Event in the last newsletter, I'm sorry that I was mistaken when I said that the S.E.Area Treasurer had doubled the cost of the maps. He has accepted my apology. The S.E.Area Committee recently discussed the cost of the maps of Saltoun and happily have given us a refund.

*****and finding its way into the bottom of this page, just a little note from Scott***
WELL DONE STEVE FANTASTIC NEW ADDRESS LIST MUST WRITE OR PHONE SOMEONE!!

JK 1980 2700 people descended on sleepy Dumfries on the Easter weekend for what turned out to be a brilliant weekend weather wise. The orienteering was also highly enjoyable and thanks must be given to all the club members who sacrificed a run on Saturday to help with the event. There were some hiccups with the results which delayed their quick release (and I still don't know my result, but maybe that is as well!). The only results worth mentioning are Anne Heyworth who came 2nd overall in D15, beating some good competition - an excellent result, and the WONDER ladies (Meg, Frances and Hilary who came in as surprise winners of the Open Ladies Relay. Hilary.

Northern Lights - 26/27 April 1980.

I sank deeply in the marshes at Anagach and brought four sheep - ticks home from Monaughty - was this a record? But it was a great weekend. What a fantastic number of Interlopers! Ray.

As the sun shone on East Monaughty on Sunday I was more than impressed with the standard of the organisation. It seemed almost to be the perfect event - evenh little details like the bright, well made and cared for traffic direction arrows guiding us up into this superb little forest, the P.A. system giving continuous announcement of competitors in at the finish, the well laid out start and finish...and the mini computer for giving almost instant results..before you'd even managed to reach the orange drink! The only thing that did not seem able to cope with the demand on the day was the GENTS flush toilet. Oh, and once again I still don't know my result as the computer had a short failure as I ran in!! Other results come in the Results section.

<u>RESULTS</u>	<u>RESULTS</u>	<u>RESULTS</u>	<u>RESULTS</u>	<u>RESULTS</u>	<u>RESULTS</u>	<u>RESULTS</u>	<u>RESULTS</u>
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Scottish Score BALMAHA 8th March 1980

W15 1st A.Heyworth; W17 2nd K.Shiach; W19A 11th M.Fraser; M17 1st D.Ruddock, 6th - G.Stoddart, 15th S.Hall; M19 4th J.Mitchell; M21A 16th S.Balfour, 21st H.Fraser, 28th P.Woolverton, 30th R.Vandersteen, 31st P.Squire; M21B 3rd D.Kershaw, 7th S.Terry; M43 4th G.Shiach, 8th R.Gardner; M50 1st R.Heyworth.

Scottish Schools Lanton Moor 16th March 1980

M15A 17th J.Wardlaw; M17A 1st D.Ruddock, 3rd S.Hall, 10th D.Lipscombe, 16th G.Stoddart; W15A 1st A.Heyworth; W17A 10th K.Shiach.

Northern Lights East Monaughty 27th April 1980

W17 K.Shiach 5th; W19A 1st Carol McNeill, 7th H.Smith, 10th S.Mustard; M17 1st - D.Ruddock; M19 J.Mitchell 8th; M21A 16th R.Sloan, 6th J.Doig, 40th R.Vandersteen, 43 41st D.Kershaw, D.N.F. Scott Balfour (I heard that he was thinking of retiring); M21B 4th S.Terry; M43 6th G.Shiach; M50 1st R.Heyworth. John Mitchell will be pleased to hear that he has come in the Gold standard!

<u>LATE NEWS</u>	<u>LATE NEWS</u>	<u>LATE NEWS</u>	<u>LATE NEWS</u>	<u>LATE NEWS</u>	<u>LATE NEWS</u>	<u>LATE NEWS</u>
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At the British relays last weekend Jim Doig got the team off to a bad start with his slowest run ever. John Mitchell maintained the regression and Scott Balfour finished them off completely....a series of really consistent runs!!! Gordon Stoddart brought his team in the first twenty but superheros Dermot and Ben pulled back to 11th in the end.

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Calendar Further details about venues, directions etc can usually be got by phoning Scott. Please let Scott know if you are going somewhere far away as often people enter on the off chance that they can get fixed up with a lift - anyone needing a lift can then be put in touch. I've tried to keep this accurate - note the events in your diary. Interval sessions on Tuesdays continue into summer times. For C.A.T.I. see notes inside.

- MAY
- Sat 10th Scottish Individual. Championship courses still available but need pre entry. Colour standard courses available on the day. At Achray, follow A821 from Calander - signposted from Brig O Turk into forest.
 - Sun 11th Scottish Relays. Entries closed (see inside N/L for teams)
 - Wed 14th C.A.T.I. Holyrood Park - Palace car park.
 - 2 14th ESOC Snooker - about 7.30 pm - cost £1 - Squash and Snooker Centre on Slateford Road.
 - Sun 18th British Champs, New Forest, in Southern England.

