# INTERLOPERS ORIENTEERING CLUB

# NEWSLETTER NO. 33

# JULY 1980

Club Chairman : Hew Fraser Secretary

:Scott Balfour

N/L Editor :Hilary Smith Treasurer :Meg Fraser

Social Secy : John Mitchell Junior Member S 938 Other Members

:Steven Hall :Bob Stobie

Robin Sloan

SE Area Rep

:Gordon Shiach

# ARDENTINNY

The wind is blowing in from the north today, with a slight chill in it as it swirls the gulls in around the treetops....quite a change from the heavy and muggy weather of the last two days bringing thunderstorms and downpours. It blew in a rare passing visitor in the form of Gareth Buffet the other day as he did his annual migrations around the country following the fell racing scene. Other visitors are very welcome, just give a ring. Please remember that all club members can send me articles - orienteering and all related subjects highly acceptable, but also if anything interesting or exciting is happening to you other than in the orienteering sphere then it may make good reading!

DEADLINE for the next N/L is Friday 22ndAugust 1980 - ARTICLES PLEASE.....

Page 2.

S.Balfour

Those of you glad to see the back of Dewi might like to join in a wee get-together at the "Green Mantle" at 9pm. There you can sample the "real Ale" and take part in a presentation to Dewi by the S.E. Area as a token of their appreciation of his valuable (Have just found out that it is on Tuesday 1st July so by the time that this reaches you it will all have happened ... But, I see that Dewi isn't the only one making the headlines. Carol's youthful face smiled out of one of the pages of the Daily Record recently. Ed) + + + + + + + + + +

SCHOLARSHIPS

Application forms are available from Leisure Services, 40 Torphicen Street, early August. They must be returned to Scott Balfour who will present them to the S.E. Area Meeting for endorsement. Any aspiring young orienteer who wishes advice or more information on the scheme should phone Scott.

se in receipt o 6 monthly grants from Leisure Services should send their form to Scott Balfour - the SE Area check them and pass them onto the leisure services for payment. They must be in the hands of Scott by 15th AUGUST 1980. ------

C.A.T.I. AUTUMN

Full details of the programme are not available. However, they start on Wed 27th August at the quarry entrance in the northern part of Corstorphine Woods between 5 and 7 pm. Details of the rest should be known by then. The last one is on Wed 15th October. 

J.I.M. FUND

S.Balfour

Scott, Carol, and Hew have allocated £148 to the four applicants, S.Hall, G.Stoddart, F. Ashmole and J. Mithhell. Plans are underway to rebuild the fund over the winter. The Committee acknowledges the efforts of those members who have raised the funds the four will show their appreciation by an illustrated talk, atticles in the N/L etc: +

Orienteering provides exercise for both the mind and the body, helping to promote the old adage "a healthy mind in a healthy body! Looking in particular at its technical aspects it is not difficult to perceive that it has some relevance when used in an educational context. I envy the Scandinavians who have lovely natural forests on their doorstep and have been able to make orienteering in education a practical possibility.

For a while, the school-based orienteering club was the closest that we came to having the sport linked to the education system. Outdoor education centres such as Ardentinny, belonging to local education authorities tend to incorporate orienteering in small, brief doses in their general programme. Ardentinny is maybe the exception to the general rule in that every week it runs a specialist course in orienteering for schoolchildren. The centre is equipped with a large quantity of the standard O-markers and punches, banners, compasses, vis aids, and two suitable colour o-maps of the forest surrounding the centre. The course aims to give the students a taste of what competitive orienteering is like, with properly planned courses of a varied nature so that by the end of the week they may have experienced line o, cross country, relays, score, map memory etc and have acquired mapreading , pacing and compass skills.

micola recent course we ran for a whole class of local primary children showed to me the immense value of orienteering in the context of education. By the end of the week the teacher had enough material together to get the children working on a project back at school. The net result was afolder of work containing a description of the week at Ardentinny in the form of poetry, art, mathematics etc. The poems quoted below are from this folder....

# ORIENTEERING Abdrea Fraser(11)

Verse 1.

My mind was filled with joy like I had a new toy. Running through the moss sinking in the ground. Falling over stiks and twigs like an incompetent child.

Verse 2.

Walking through the trees. Over the hills to see. Following maps and lines until muddelled in mind.

Lazy Duncans Joy And Happiness

Twigs to trip over and Wide fields of clover If you go orienteering And you come to a clearing have a picnic Spear fish with a stick and if it comes to the end Just walk round the bend and go to bed.

....interesting to find what the 'little uns' are thinking of and getting up to!

FUTURE EVENTS FUTURE EVENTS FUTURE EVENTS FUTURE EVENTS FUTURE EVENTS

# HARVESTER RELAYS

S.Balfour

FUTURE 1

A team will be entered for this prestige all night event if I get 7 positive runners. This year near Sheffield and on Aug 30/31st. Cost is £3 per head(21 pounds per team) La t year our team of "double runners" came 57th. Interested?....then start eating carrots and tell Scott with £3 that you are interested - before 8th July as after that date SB may be difficult to catch!!

S.Balfour

We have two club weekends lined up for the Autumn - both are based in the ecxelleht orienteering areas near Forres. Training means orienteering and not running for miles and miles.

Sept 6/7 Earnhill - sheer luxury. Travel up Friday evening. Training in Roseisle and perhaps Culbin or a bit of Darnaway. On the Sunday there is a local club event.

Oct 11/12 Advance notice. Findhorn Centre, near Forres. Saturday training and Sunday the club event at the Scottish Junior Champs. Should make the travel arrangements and the overnight stay easier for our juniors, who will no doubt benefit from support from club members

# Club Weekends contd.

Let Scott know in writing if you will be going and whether or not you have transport. Cost is around £6 for the accommodation plus food. If we get a "chief ckef" then we will have party catering - otherwise D-I-Y catering. Reply to Scott by 22nd August.

Oct 11/12 Advance notice. Findhorn Centre, near Forres. Saturday training and Sunday the club event at the Scottish Junior Champs. Should make the travel arrangements and the overnight stay easier for our juniors, who will no doubt benefit from support from

# SOCIALS

Plans in the pipeline for beer and skittles in September or October. Details in next N/L or from John Mitchell.

Barbeque Report

S. Balfour

Well - it was nearly the non event of the year. Not a big turnout to witness the utter annihilation of our friends from ESOC at rounders - score was about 10-0 but we had to declare as we couldn't keep running. The football was entertaining with ESOC running circles around trees and Interlopers. Carol and Eddie Harvey of ESOC showed their class with Pork Flambe and wine while Mitchell and the Balfours enjoyed sausages. Steve Terry st managed to save his dinner from the dogs. Thanks to John and Susan for putting on such a fine Barbeque.

EVENT REPORTS Clydeside Score J.K. Scottish Individual and Relays Interløpers Border Run Sponsored Score

#### CLYDESIDE MASSED START SCORE EVENT June 🔑 8th

No great Interløpers triumphs - after all, only the intrepid Shiachs and Gareth Buffet were there to carry the (still metamorphic) club flag. The event was held on the 9th June 1980 at Mugdock Wood, Milngavie. Dry and pleasant running weather, if only the marshes weren't there! Not having been to a massed start score event before, I overlooked the obvious, went first to one of the nearest controls, and had to queue up for mx the punches. After that, however, everyone just seemed to disappear.

To those who haven't been to the event, I'd recommend it for future fears. There were three M and three W & classes (under 19, 19 to 34, and 35+). Everyone had the same premarked controls, and an hour for the course. There were massed starts at 15 minute inter-See results in results section.

#### SPONSORED SCORE BINNING WOOD May 25th

S.Balfour

inere was good support for the British squad on k the 25th May at the sponsored event. To the fore in the results were Ray H, Hew F, Pats, Scott B, and John M who all collected 30 controls and collected about £40 between them. MEEXEREX(small problems in deciphering S.B.'s writing here Ed) Ann H also collected all 30 controls. Meg F, Morag R and Caroline N were close behind - Caroline collected a remarkable £21 in sponsorship before returning home to Eire!!

Our new members too made a good effort with Margaret Bruce, Murray Drummond and Helen Bruce collecting a fair amount of controls and money. Afterwards a brave group went to Seacliff beach where John Mitchell showed the clouds the hull of his canoe, Hew Fraser stayed upright in a canoe and the Hymans led an "It's a Knockout or over" and took out their aggression on some poor piles of stones. Steve Terry did not enjoy his cycle run as it cost him a square wheel and about £20.

P.S. a few people have still to forward their sponsor money - please send it to either Scott or Martin Hyman.

#### SCOTTISH RELAYS May 11th

G.Shiach

The event in Achray Forest provided a lot of interest and amusement as Gordon Shiach

Interlopers first again? Actually the only "first" was achieved by those sturdy veterans of M4 who braved the snell winds to arrive early on the assembly field. There, numbed by the cold, they sought out a prime site for club spectators. The fact that the chose the only bog-surrounded area in the assembly field probably accounts for the speedy disintigration of the new(temporary?) club flag - or was the flag sabotaged on behalf of Mr Mugabe/Mrs Whitehouse because of k the obvious black nudity of k the runner it displayed?

We entered five teams in various classes. The solitary member of the Interlopers M1-B team wisely left the area before the start, having concluded that to run three legs was beyond even his capacity. Apart from the remaining four teams (M1, M4, M5, W1), Interlopers contributed a member, Caroline Nash, to the Northern(!) Ireland team. There were some good finishers in individual legs. I haven't yet received the results, so apologies to those not mentioned. But Carol(W1), Gordon Stoddart(M5) and Ray (M4) all seemed to be well up on the first legs. Ray in particular had an exciting finish, hardly a second behind the leading (L.O.C.) first-leg runner.

But what of the course? First-leg runners were led away from the "start/finish" area to a roadway, where they had to use a foot to hold the tiny triangular maps which threatened to disappear in the wind. Then followed a seemingly interminable run uphill, in full view of the assembled masses. No chance of looking inconspicuous in a budgie suit! For second and third-leg runners there were reputed to be map stakes over k the kkeex brow of the hill. Richard Gardner, returning from a long pre-start expedition, confirmed that they were in fact there, probably in the area of the map marked "Heere bee dragons". I personally never found the map stakes, although someone appeared mysteriously from a hollow and handed me my map.

But let's FMMM follow the success of our elite M1 team. A proper time after the first runner(let's call him S) disappeared over k the brow of the hill, the second runner(J) began alertly to scour the hillside for a returning budgie suit. With a chirp of joy he saw the familiar green and yellow, and moved into the change-over enclosure. That particular green and yellow turned out to be Carol; but J was well and truly enclosed and had to stay there. When S eventually appearde, he was the victim of the planners humour in placing one of the three final controls in full view on the bleak hillside. S went to the control only to find k that it wasn't his. Then back and fore - there are some occasions when budgie suits are just too patent! By this time, the sun having warmed the air, J was asleep in the enclosure. When awakened for the changeover...well, put it like this - no one else set off in that direction to get to the maps! The third-leg runner, who can be called H, set off in due course and collected his map and description sheet at the top of the hill. Being a tidy person, and no doubt to preserve his control card in its pristine neatness, he punched his description sheet instead of a control card at each control. Enough said!!

Whatever the mistakes made, I think that everyone enjoyed the event. Orienteering, under almost all circumstances, is an enjoyable sport; and relays can be great fun. To those members who didn't manage to compete in the relays this year - please try to enter next year. If nothing else, it's a good occasion to get to know other club members.

My correspondant didn't correspond for the Scottish Individual report and as I do not yet have a copy of theevent results all I can say here is once again congratulations to Carol for winning the W19 class for the 10th time I think - that is an incredible record which I think will stand forever. Ed.

# BORDER RUN June 14th

R.Sloan

We didn't want hot weather or strong winds for this record attempt, but we could have done without the thick mist all morning and the torrential rain in the afternoon. We were lucky there were no un-bridged rivers to cross, as these rivers aroud Kielder rose a couple of feet in as mahy hours. Despite the weather, there were some heroic runs to enable SE Lansoc's record to be broken by well over an hour and with a couple of hours daylight to spare - thanks to a 4am start by John. Fred and Martin did very fast runs through Berwickshire, and made a good start on the hills above Yetholm. Robin then plodded up the Cheviot and plodded down the other side to hand over to Carol and Marg who had had to climb over a thousand feet just to get into position. They lopped another chunk off the schedule, so there was about an hour in the bank when Ben and Dermod took over. This was when the rain went really bad and the visibility went from poor to zero. To compound their misfortune, the border ceased to be marked by a fence, which put a big strain on their navigation! Like in all good stories though, they wom through and handed

manded over to a very relieved Peter, who with Packet and Hew as pacers did the next section to Newcastleton. Scott then took over, slightly behind schedule, with Gordon www as back-up. In a selfless run to get some time back, Scott didn't spare a dodgy ankle and did the longest leg of the run in the second shortest time. This brought the record within reach, with Pat making sure with another very fast run, which included four miles across fields besilde Scotsdyke.

Using the Outdoor Centre xxxx Scotch Kershope provided a good base and an element of civilisation to the later stages of the run, and provided - for those who had any puff

left- a good attack point for an O event in the south Lakes the next day. Even more crucial to the success of the run, was the back-up and transport provided by Margaret, Meg and Steve, who were on the go from the early hours right through. The internal combustion engine didn't prove as reliable as leg power, though, as both the

Mitchell mobile and the Fraser mobile packed up, luckily not causing any upset to the run. A good weekend - enjoyed by all, at least in retrospect! I hear that Ben and Dermod are spending the summer fixing the fence between Carter Bar and Rushy Knowe so that the next time they're on the Border in the mist, they won't have to rely on compasses......

amina a si <u>si ta</u>

		Lenghh	height.	time	min/mile
John		/11.5	,800	102	8.9
Fred		10.0	150	65	6.5
Martin		11.0	1800	105	9.5
Robin	17	11.25	2700	143	12.7
Carol/Marg		11.5	1300	102	8.9
Ben/Dermod	62	11.25	1900	203	18.0
Peter(Hew/Packe	t)	11.0	1,000	7119.F	10.8 ± 31.5
Scott(Gordon)		13.0	200	83	
Pat		12.5	200	<u>87</u>	<u>7.0</u>
512		103 m	10,050	16h 49m	9.9
				Annual principal particular designation of the	- Order Control of the Control of th

S. Balfour BORDER RUN

Now that we've enjoyed(?) running, could all those who took their cars please send Meg Fraser a note of what they spent on the Saturday or Friday evening so that we can make an effort to balance out the costs - some folk were heavily into shuttling up and down the route while others had a simpler route with less travelling. Please give Meg details of mileage govered and the approximate amount paid for petrol. We have not included the Sunday as some folk went on to the Lakes etc. Please write before the 31st July 1980. \* "Late applications will not be considered" \*

\* Bibliography: Lothian Regional Council Leisure Services: Grant Applications Made Easy. R.Forman.

RESULTS RESULTS

Northern Championships Blea Tarn 20.4.80: Championship Standard: M17A 7. D. Ruddock, 10. S.Hall; M21E 29. J.Doig; W19A 5. C.McNeill, 9. F.Ashmole; M21E 68. S.Balfour(Silver-standard).

Anagach 26.4.80: M21B 4. J.Mitchell, 6. D.Kershaw; M21A 11. R.Sloan, 13. S.Balfour, 16. D.Ruddock, 21. R. Vander Steen; M43 6. R.Gardner; M50 1. R. Heyworth; W19A 1. C.McNeill; W19B 1. S. Mustard, 4. C. Nash.

British Championships New Forest 18.5.80: Championship Standard: M21E 19. J. Doig; W19E 2. C.McNeill; Gold Standard: M17A 15. D. Ruddock; W15A 9. A. Heyworth; W19E 14. F. Ashmole; Silver Standard: M17A 25. S.Hall; M19A 17. J.Mitchell; M21A 85. S.Balfour; M50 -26. R. Heyworth; Bronze Standard: M174 51. G. Stoddart.

Clydeside Crienteers Massed Start Score Event Mugdock Wood 8.6.80: M19-34 9. G.Buffetx - 440 points; W under 19 6. K.Shiach, 170 points; M35+ 5. G.Shiach, 290 points. RESULTS CONTD/

# RESULTS CONTINUED

Southern Championships Epping Forest 15.6.80: W19A 7. F. Ashmole (Championship); W15A 10. A.Heyworth(Silver); W35A 23. J.Pond (bronze); M50 11. R.Heyworth(Silver).

Scotlandsgaloppen 1979: Interløpers with more than a hundred points are: M21A 4. G.White 257, 7. J.Doig 235, 17. S.Balfour 159, 27. H.Fraser 112; M21B 3. R.Vander-Steen 228,4. F.Trott 207, 12. A.Burchell 105; M19 6. J.Mitchell 214; W19A F.Craddock 114; Steen 228,4. F.Trott 207, 12. A.Burchell 105; M19 6. J.Mitchell 214; W19A F.Craddock 114; WXXXXX and 15th place for Fiona; W19B 1. M.Fraser 188; W17 1=. A.Heyworth 300; W15 4. - K.Shiach 239; W13 1. M.Ross 299; M17 2. D.Ruddock 282, 8. D.Muiry 138; M15 1. S.Hall 297, M.Shiach 239; W13 1. M.Ross 299; M17 2. D.Ruddock 282, 8. D.Muiry 138; M15 1. S.Hall 297, M.S. D. J. D. 10. J.Laing 195, 12. D.Lipscombe 162, 17. J. Wardlaw 120; M35 9. R.Stobie 134; M43 1. D.Jones 284; M50 1. R. Heyworth 282.

B.O.F. Assessment Scheme: W15 4. A. Heyworth 275. + + 7+114 + + + + + 17+ 1, tart . to to

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 therefore be put in touch.

### JULY

Interlopers Tour to Denmark and Sweden. Fri11-

Sun27.

FVO Evening Event, Minewoods, Bridge of Allan. Wed 16

#### AUGUST

ESOC Barbeque, provisional date. Wed 6

FVO Evening Event, Laigh Hills, Dunblane.

Mammoth Weekend, KXXXXX Coed-y-Brenin. NW Wales. J.Goodman, 36 Keepers Lane, Wed 13 Sat/Sun

Weaverham, Northwish, LW8 X 3BY.

White Rose Weekend, Yorkshire...Pickering. Margaret Jagan, 8 Croft House Drive, Otley, W.Yorks(0943 465617) 8 Aug. 16/17 Sat/Sun

Harvester Trophy, Sheffield 50 miles. R. Plumb, Wigley House, Wigley, Chester-23/24 Sat 30.

field(69483) 18July

AROS Sponsored 2 summits run in support of the Scottish Team Pool.

LOC LONG O Fawcett Forest, Kendal. R. Forster, 77 Thornbarrow Road, Windermere, Sun 31 Sun 31 CUMBRIA (09662 4788)

CATI Corstorphine Woods Quarry entrance 5-7pm Wed 27

N B NB NB NB NB NB NB.....DEADLINE FOR NEXT N/L IS FRIDAY 22ndAUGUST!!!! This should carry detailsof autumn prog, Fun runs, Street events, Club nights in Nov, Dec, Ja

# Address changes/New members:

Sinclair Family 031-336-2309 5 Barnton Gardens, EH4 6AF(Ronnie M35; Michael M11; Diana W10)

Caroline Nash EIRE 061 42448 "Carenda", Milltown, Ballysimon, Co. Limerick.

I missed a vital piece of information out on the club weeken Please contact Scott Balfour by letter if you wish to go and whether or not you will require transport. The approximate cost will be £6 for food and accommodation. If we manage to find a "chief chef" then This is for the it will be party catering otherwise D.I.Y. catering.

first weekend.