

Social Secy :John Mitchell  
Junior Member :Steven Hall  
Other Members :Bob Stobie  
Robin Sloan  
SE Area Rep :Gordon Shiach

Ardenntinny  
I can't believe that time has passed so quickly and it is once more N/L time! I cannot claim to have been very active in orienteering these last few months and I am very far away from the heart of the club, so I really do depend on you, the more active club members, to contact me and send me articles. I have been more of a water-babe over the summer. One trip took me out to St Kilda where I happened to bump into none other than Chris Brasher who was out in this remote, Atlantic-worn Archipelago for the historic commemorative celebrations of the evacuation of the island in 1930. There was another orienteer there too, so we thought we might run a historic orienteering event there, but luckily we only got around to talking about it. Instead we walked through the village, talking to old St Kildans and marvelling at the incredible life they used to have here until so recently. The DEADLINE for the next N/L is Friday 24th October 1980 - ARTICLES..

H. Fraser

sunny Galloway!  
Hew is planning the courses and Scott has tentatively volunteered to control. Scott is at present acting organiser but with his increasing family and other committments it is being unrealistic to expect him to organise our day. We are therefore looking for someone to volunteer his/her services and to gain or increase their experience in that field. As the individual race day organisers will not have to deal with entries or results printing and as the Galloway '81 organisers are considering an overall equipment organiser this is an excellent opportunity to organise without having to deal with some of the major hassles normally associated with such a task.

SCOTTISH JUNIOR CHAMPIONSHIPS - SLUIE and RAMPHLAT PLUS

INTERLOPERS CLUB WEEKEND 10th-12th OCTOBER.

Organiser - Carol McNeill

Cost - £6

Travel - in as few cars as possible. Leave Edinburgh Friday approx 5pm.

Venue - Findhorn Centre near Forres.

Saturday - training in Blairs Wood and another local forest.

Sunday - Junior Champs and open event - pre-entries gy 28th Sept.

All Juniors enter NOW and let Carol or Scott know.

All Juniors enter NOW and let Carol or Scott know.  
Seniors - come and support our juniors and orienteer in some of the most beautiful forest in Scotland.

THE THREE PEAKS YACHT RACE JUNE 1980 C. McNeill

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When Britain were rowing towards a silver medal in the coxless 4's in Moscow I had a good idea what they must have been feeling.

Rowing up the West coast of Scotland for several hours was all part of being in a 5 'man' team trying to sail from Barmouth (Wales) to Fort William as fast as possible. The race also included an occasional stretch of the legs to run up to the summits of Snowdon, Scafell and Ben Nevis.

Somebody suggested to the makers of Stamisade(ex Acolade) that their sponsored/



sponsored boat would become more attractive as an advertising feature if it had some ladies on board. So as I happened to be in the right place at the right time I was asked to take two other ladies to make up the running side of the team and help crew a 32' Trimaran under the leadership (captaincy) of Chris West (son of Morris West, the novelist).

With a lot of luck and a westerly wind we reckoned we could run fast enough to be amongst the contenders for the prizes. However with winds in the N and NE and occasionally not there at all we had to watch several boats sail past us before reaching the Lake District and again to Loch Linnhe.

This is a strange race which keeps evening itself out because of M the tides. We were 10th boat to approach Ravenglas but had timed it so well that we were able to sail straight up the tidal channel ahead of eight of these boats which had been waiting outside all night.

All but one of the 23 boats and their teams were held at Ravensglas until the next tide (10 hours later) so the Scafell run became a leisurely stroll and the race virtually started again as the tide came in and the boats slowly returned to upright positions and floated off.

All was going according to schedule - I had to be back at work on the Wednesday - as we sailed across the Irish Sea round the Mull of Kintyre and up past Islay and Jura. We thought that four or five boats were in front of us.

The wind suddenly dropped and from racing along at 12 knots we were wallowing in the doldrums (not a sea of lactic acid) ...or actually the Sound of Jura.

The crew were just preparing for a sort of holiday sun-bathing when a roar echoed through the rigging....."Get out the oars." I had thought it unethical to row a sailing machine but in this case ethics didn't seem to matter and soon four of us were attempting to make progress with long heavy Viking oars and two 'diddy' paddles..... Guess which sort they gave to me! This wasn't the sort of training and preparation I was needing to run up the Ben.

In the next 24 hours we rowed for nine of them with recovery periods as movements of air were whistled up to keep the morale up.

All this muscle work did pay off because we just made it through the Torran narrows (8 miles S of Fort William) before the tide turned. We were 4th boat through and the 5th one missed the tide(smirk). Jean Dawes and myself jumped ashore at Corpach at the end of the Caledonian Canal and made our way up to the summit of Ben Nevis. Confident the next pair were a few hours behind us we stopped on top for a cup of tea offered by a friend who was looking after the marshalls. Imagine the fright we got when the next two pairs appeared coming up and we had only just started the descent.

We kamakazied it down and forced our legs to run the four miles along the road with constant glances back. We would have no chance against 2 good marathon runners in a sprint finish. They never appeared and we were most relieved and pleased to finish 4th in 4 days 21 hours, only four hours behind the leaders. The 23rd team finished 24 hours later.

The whole race was filmed by H.T.V. with the intention of making it into a one-hour documentary to be televised sometime this winter. I'm the one with M the big car.

THE HAPPY BIRTHDAY INTERLOPERS CLUB WEEKEND - 5-7 Sept 1980

The weekend of the 5-7Sept saw a merry band of devotees journey to the luxurious Earnhill Centre near Forres. Unfortunately many juniors and others worthy of technique training didn't take the opportunity - however it was so successful that the weekend at Findhorn should be oversubscribed and the weekend at Earnhill will now be an annual event - read on.

For the benefit of those who didn't come John Mitchell has asked me to quote one of the notices, many of which exhibit this quaint style:

"The owner of the surrounding estate would appreciate it, if you do not enter said"

Well enough of the said, and more about the said. First off to Roseisle with its fine sand dune features and open runnable forest. We were a bit behind schedule and while approaching the forest rendezvous Scott remarked "wouldn't it be terrible if Hew and Meg had already arrived". Well - gulp - the said had got up at 6am and tooted at high speed to Roseisle so as not to miss any coaching!! The rain went off, and all disappear



disappeared into the forest with their controls and contour only maps. Several exercises later we did the now popular relocation exercise using normal maps.

After afternoon tea and toast at Earnhill, the late afternoon was spent in Culbin, again using contour only maps. Pretty tired, a raiding party was sent into Forres and returned with fish and chips and chinese carry-outs. Steve Terry relished his bright pink 'sweet and sour' while Dermot Ruddock smacked his lips at the announcement that Mrs Mitchell had baked a birthday cake. David Sloan cheered, Robin cheered and the wrapping was opened to reveal cake with green and yellow.....(Hilary can't read S.B.'s writing here). With eyes shut and trying not to think about pink sweet and sour the delicious cake was quickly demolished. This was followed by the knockout Interlopers table tennis championship. Hew Fraser reigned supreme and Steve Terry proved himself to be holder of the Dross Trophy.

Next morning, Robin and Scott ran off through Culbin to check if the tide was in and returned to find 50% of the dedicated athletes still in bed.

Tortured by the smell of Robin's bacon, the rest eat their marmalade sandwiches and set off for the club event at Blairs Wood. A very enjoyable wee competition with all Interlopers at the front of results.

A little tired, all sunbathed and looked forward to the weekend at Findhorn in October. We all hope that more people come up and enjoy some instruction in these excellent forests. The Earnhill w/end was fairly cheap too(\$4 total for accommodation, map etc plus your own food and a share of petrol). It will be repeated next year.

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Letter from Caroline in Ireland:  
Hi Scott,

Thanks very much for all the information on the Swedish trip and the offer of Transport for getting there. I'm very sorry for not replying sooner but this is the first chance that I've got.

Unfortunately I wasn't able to go to the Swedish O-Ringen. As it happened I was sent to Boston, Massachusettes for five weeks training dealing with the job I took up when I got home.

When you are getting an expenses paid trip to the States you don't start bringing up things like how you can be in Sweden for the O-Ringen. I left Ireland two weeks after having come home from Edinburgh and came back the 26th July at that stage the O-Ringen was finished.

I had great weather over there though and two heatwaves with the temperature at 34°C(in the 90'sF). All New England is covered in natural forest so I had my fill of forest too. With so little notice of going I hadn't time to contact you about getting somebody else for my place so it just went to waste.

The Irish Championships will be held in the last weekend in November in Co. Louth which is the county just north of Dublin and wouldn't be that far to travel to. I'll send you on more details when I get them. Looking forward to hearing about the Swedish trip in the next newsletter.

Yours

Caroline. P.S. See you at JK81 if not sooner.

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NEW ADDRESSES NEW ADDRESSES NEW ADDRESSES NEW ADDRESSES NEW ADDRESSES NEW ADDRESSES  
BOF Office - now

41 Dale Road, Matlock, Derbyshire, DE4 3LT ph. Matlock (0629) 3661

New member - Kenny Owens M21, 75 Craigs Avenue, EH12 8HS. ph. 334-4162

Ian Hendrie - at present moving to unknown location in Edinburgh.

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.....from special reporter Ray...thanks Ray.....

Individual, Dalbeattie and Laurieston 5/6 April 1980... Championship standard: D15 -  
2nd A. Heyworth; D19E 8 F. Ashmole; H17A 20 S. Hall; H21E 32 J. Doig; Gold Standard: D19E 14 -  
H. Smith; Silver Standard: H13B 6 P. Hyman; Bronze Standard: D15 35 K. Herd; 42 L. Richards.



# RESULTS CONTINUED.....

JK Relay - Mable 7 April 1980...Women Open - 1. H.Smith, F.Ashmole, M.Fraser.

Men Open - 64. J.Doig, R.Sloan, S.Balfour.

Men Senior -41. G.Shiach, R.Heyworth, R.Gardner.

Men Junior -21. S.Hall, D.Ruddock, G.Stoddart.

Handicap - 25. P.Hyman, A.Heyworth, M.Hyman.

Scottish Senior Championships, North Achray 10th May 1980...Championship Standard:W19A - 1.C.Mcneill; 6.H.Smith;M19A - 4.D.Ruddock;M21A - 11.J.Doig;Silver Standard:W19B - 1.M.Fraser, 5.C.Nash;M19A - 16.J.Mitchell;M21A - 51.S.Balfour;M43 - 13.G.Shiach;23.R.Gardner;Bronze - Standard:M50 - 11.R.Heyworth.

Junior Badge, North Achray 10th May 1980...W13 - 4.A.Gardner;W17 - 1.K.Shiach;M13 - 7. - P.Hyman; M15 - 2.J.Laing.

Scottish Relay Championships, North Achray, 11 May 1980...

M 43 - 4. R.Heyworth, R.Gardner, G.Shiach.

M17 - 2. G.Stoddart, D.Ruddock, S.Hall.

W.Open - 2. C.McNeill, M.Fraser, H.Smith.

BOF Assessment Scheme 15th August 1980 Rankings(points over 50)...W15 - 4= A.Heyworth 275; W19 - 4. C.McNeill 280; 7= F.Ashmole 230; 16.H.Smith 151; M17 - 9= D.Ruddock 210; 27. S.Hall 133; M21 - 24= J.Doig 120; M50 - 12= R.Heyworth 175.

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 therefore be put in touch.

## SEPTEMBER:

28th .....Grampian Club Event, Mulloch. I.Main,9 Stranathro Terrace, Muchalls, Stonehaven.(Newton Hill 30310)

## OCTOBER :

5th .....Midland Championships, Pembry Dyfed(MR 159/SN 405000). A.Bourne,142 Glanmore Road, Swansea.(0792 23515)(30th Aug) - includes Home International.

12th .....Scottish Junior Championships, Sluie & Ramphalt, Forres. D.Ritchie, The Waro Alves, Elgin. (Alves 624)(3rd Oct)

11th/12th.....Interlopers Orienteering Club Weekend, Findhorn Centre, Near Forres. Saturday training and Sunday the club event at the Scottish Junior Championships. Contact Carol or Scott NOW for details of cost,travel etc.

19th .....ESOC Badge Event/SE Area Champs. West Cumberland OC Badge Event, Drigg Dunes, Seascale. L.Scott, TA Centre, Harrington Road, Workington.(2950)

25th/26th.....Karrimor Mountain Marathon, Arran.

## NOVEMBER:

2nd ..... West Area Championships. Moravian Club Event, Monaghty Forest. I.MacFarquhar, Aloha, Wiltet Drive, Elgin.

9th .....FVO Badge Event.

23rd .....UNOC Blue Star Badge Event, Beanley. J.Baston, 50 Wharton Terrace, Heaton, Newcastle.

16th .....West Fife Badge Event.

30th .....Solway Orienteering Badge Event, Dalbeattie. R.Finnie, 66 Albert Road, Dumfries.(0387 5048)(20thNov) & E.O.D.

FINALLY....a word from Hilary. I would really appreciate it if everyone could send me all Newsletter info and articles on time as I find I have some weeks that I can fit all the work in and others when it is totally impossible to do the newsletter. I usually plan the N/L deadline date to fit into the most suitable time for me.....anyway, keep the articles coming, and can some more people try to grind themselves into action and send me action packed reports such as the trip to Sweden....was it all a big myth?