

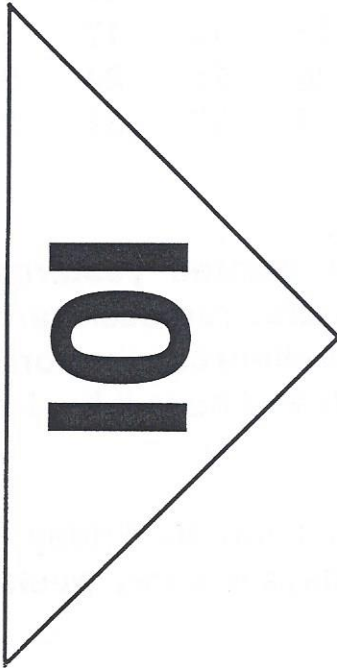
INTERLØPERS

ORIENTEERING CLUB

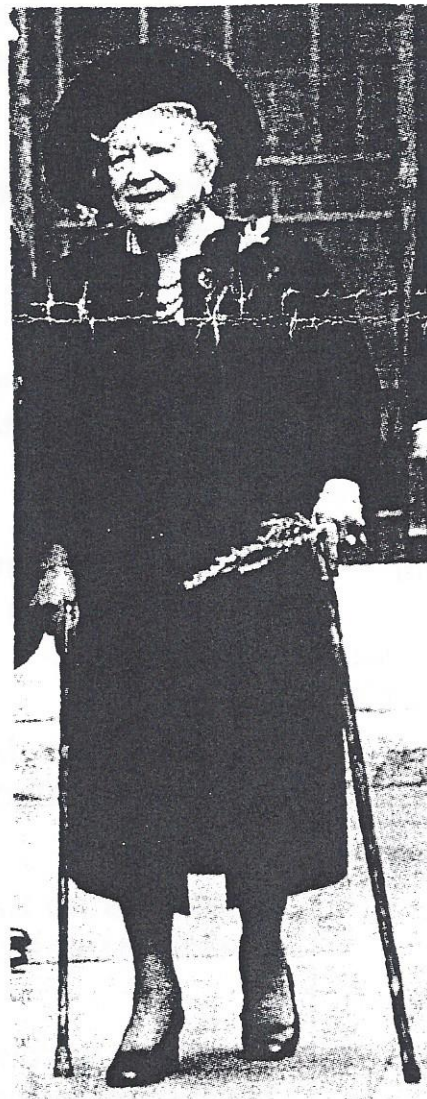
EDINBURGH

NEWSLETTER NO. 101

December 1995



Unfair Say Vets As Queen Mum Gets Hip Replacement



The orienteering world is in a ferment today with the news that the Queen Mother may have stolen an unfair advantage over fellow competitors for next year's Veterans' World Championships. By having a double hip replacement operation she will no longer require her zimmer and is expected to complete her W95 course in record time.

"It's not fair !" said M95 John Wheelbarrow, an expert on competition rules. "We all enjoy a degree of healthy competition but we would like to start on a level playing field. And finish on one too ! In fact, a course with no climb at all would be ideal !"

Steve Pterodactyl M100, bemoaned her recent use of a golf cart at an event. "We had no objection to her using it to get to the start but we thought it was a bit unfair of her to carry on round the course in it. Her excuse that she didn't have her hearing aid turned up was a bit dubious too. Especially after she overtook Andy Kitchin and knocked him into a ditch shouting, 'Get out the road you stupid oik !'"

"60 years I've been waiting to have my hip replaced on the NHS" said Pat Sorryshire M105, "and she comes along and jumps the registration queue. You'd think she was royalty or something ! I've a good mind to send back my 1970's JK medals as a measure of my disgust."

This latest incident seems to reinforce opinion that the general public are getting a bit fed up with the antics of some of our more prominent orienteers and feel that BOF aren't worth the Sports Council grant they get. Perhaps the time is right for a media mogul to move into the sport and fling vast amounts of money at it and maybe even get a decent editor for this 3rd rate newsletter.

In This Issue

Grovelling Apologies

Subscription Reminder

Rush Jobs Calendar

Anthony Squire - Value For Money ?

Hilary's Wood

Lots Of Results And No Events

And Don't Forget The Christmas Party !

The woman at the centre of the controversy. Remember to ring the Interlopers hotline (See back page).

Rush Jobs Calendar

MIR	FRI	FRI	FRI	THU	WED	TUE
8	7	6	5	4	3	2
15	14	13	12	11	10	9
22	21	20	19	18	17	16
29	38	27	26	25	24	23
36	35	34	33	32	31	30

in the light of my pathetic attempts to try and meet my deadline for this latest issue perhaps I should work to this time schedule. Many thanks to the hard pressed reprographics staff of NHS on whose wall I noticed this calendar.



Membership Renewals for 1996

Full members will soon be receiving the BOF membership renewal forms for 1996. This year the combined fees for BOF + SOA + Club will be slightly more than before (owing to a 10% increase in BOF fees). The Combined fees and the Club-Only fees for 1996 are:

Category	Combined	Club-Only
Junior (Born 1976 or later)	£5.00	£1.00
Senior (Born 1975 or earlier)	£17.75	£4.50
Family	£26.85	£7.00
Group	£18.50	£2.00

Note that Juniors aged 19 or 20 are expected to be Individual members; Juniors included in families may be aged up to 18 only. Ages are taken as at 31st December 1996.

If you intend renewing your BOF membership, please send the entire form and subscription directly to BOF. Note that the subscription to **CompassSport** is handled independently of the BOF subscription.

Would Club-Only members please send their subscriptions (payable to INTERLØPERS) for 1996 directly to the Club Secretary. John can also handle conversions from Club-Only to full BOF membership. Please phone 0131-440-2136 for answers to any queries.

John Barrow
3 Charlton Grove
Roslin
Midlothian
EH25 9NY

All rush jobs are wanted yesterday. Consequently, all dates run backwards. With this calendar a client can then order his work on the 7th and have it back on the 4th.

Everyone wants his job by Friday so there are three Fridays in every week.

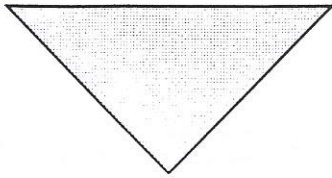
There are five new days at the end of the month for all those 'end-of-the-month' jobs.

There is no 1st of the month so there cannot be late delivery of 'end-of-the-month' jobs.

No one likes Mondays so these have been eliminated.

There are no Saturdays or Sundays so overtime rates can be kept to a minimum.

There is a special day each week, Mirday, for the performance of miracles.



So this is what Anthony does with all the money the club gives him! Read for yourself and decide whether we get value or not. Should we transfer him to SHUOC for a thumb compass, a pair of gaiters and a hideous pair of leggings or are we asking too much?

Anthony's Summer Tours

My summer travels, as I suppose you could call them, started off unceremoniously with a car journey from Edinburgh to Gatwick on the way to the Junior World Championships. After meeting up with the rest of the team we flew off to Billund (Legoland - been there, seen it, done it, liked it, -Ed.) in central Denmark. On arrival we were met by a couple of Danes (Great? - Ed.) who piled us into minibuses and cars and 'whisked' us off to our first lot of accommodation. This was the pre-JWOC camp where a number of nations were training and getting used to the Danish terrain (fairly flat - Ed. -though it has to be said there is some fairly undulating topography in central Jutland where the ridge of terminal moraine deposited after the last advance of the ice sheets reaches a giddy height of 182 metres - (boring geography bit !)). The accommodation was a school with us kipping on the floor, so morning stretches paid particular attention to the backs!

We went a couple of days training, the first being on a classic type course and the second of short race distance. They didn't go too badly with it soon becoming obvious that route choice was going to be vital and the path options often tended to be faster. With this in mind we set off for the actual JWOC base camp - ("Pass another piton - Ed.?). This again was a school but this time they had provided bunk beds to ensure that we were fully rested.

The first day saw the Opening Ceremony and the model race. This entailed us gathering in the centre of Horsens, the town we were staying in, (Stayed in a farmhouse near there - Ed.) and then marching in our national teams through the town centre, much to the entertainment of the locals to the front of the Town Hall. The ceremony consisted of a load of speeches by various

important people followed by the release of some white pigeons. Then the most important piece followed which was the buffet in the Town Hall which involved the first rush of adrenalin as each country fought to get to the table first. Once the buffet had been demolished and a spot of sight-seeing had been done we headed off to the Model Event.

This was designed to show what the actual event would be like without the worry of competition. This went well giving us an idea of what the forests were going to be like for the short race next day.

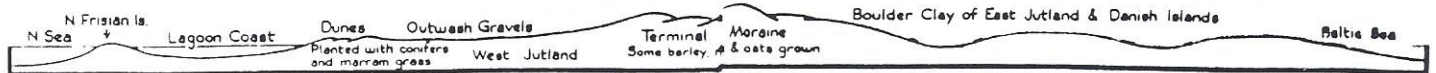
And so we awoke next morning to face our first race. The short race was only 4.7km with the winning time expected to be around 25 minutes. The winner actually came home in 25 minutes 50 seconds, some 45 seconds ahead of his nearest rival. And where was I? Down in 89th place after a disaster at control 5 where I lost a good 4/5 minutes. The best British result came from Kim Buckley who finished in 14th place on the girls' course in a time of 29.41. The leading lad was Sigmund Gould in 30th place having taken the same time as Kim. The following day was a rest day, which was spent, surprisingly enough, resting and getting things ready for the Classic distance race. Classic means LONG and it was to be 11.5km with lots of climb. I wasn't too daunted but I knew the heat was going to be a problem so most of my preparation was drinking water. Although I was mentally ready by my start time, I was dying for a drink by the second control! Drinks were available, however, at controls 6, 9 and 14 so I wasn't too stuck in the end. The course went well without any major mistakes. It was just the running which proved to be the problem! I died (literally) with about 2km to go, but I struggled on to finish in 55th

place taking 82 minutes 32 seconds. I was pleased with this result since it is my first year here and I will (hopefully) have another two more opportunities to improve. The best results came from Jon Duncan and Jamie Stevenson in the lads course in 18th and 20th place respectively. The best girl was once again Kim Buckley in 22nd place, with Jo Smith just behind in 30th.

Before we had even caught our breath it was on to the relays. With a strong first team (Jon, Sigmund and Jamie) I was in the second team and opted for the first leg. That was probably a mistake I thought as I stood somewhere near the first control desperately trying to relocate. Eventually finding it I headed off but wobbled again at the fourth. (It was more than a wobble, actually, but I won't dwell on that!). The rest of the course didn't go too badly and I came in 30th out of 46 teams. Jon, in the first team, fared much better finishing 4th. And that was where they finished helped by steady runs from Sigmund and Jamie. This gave us something to cheer about as that meant that they got on the podium as the first 6 teams received prizes. This meant that the girls could put their wreath-making into action and they came up with a whopper - a flame-grilled whopper at that! And what was their glittering prize? A Diploma of Orienteering and a bottle of Coke to be used later that night along with some vodka during our celebrations. The girls' team didn't do so well ending up in 14th place, but they're already looking forward to next year.

All that was left was the banquet and the disco where much eating, drinking and being merry was done. And so we left the next day to fly back to a drizzly Britain, looking a bit out of place with our tanned arms. Only a week later, I was to head off to Sweden and Norway on the BOE training tour.

and you thought that was it all ?



This time we met in Nottingham to be driven down to Harwich for the ferry trip over to Gothenburg. After we arrived in Sweden, in one piece, we drove up to Mysen in Southern Norway, eventually finding the hut after getting lost on the way. (A fine set of navigators we are !). After settling in, it was down to the serious business of training, which was why we came here after all. The set up was sensibly worked out with the first week being dedicated to particular techniques, followed by a two-day event. The following week's training would then be aimed at any particular weaknesses shown up in the competitions. The tour would then round off at the Junior Tio-Mila, a 10-leg relay starting at half past two in the morning. Personally, the first week went quite well. There were the usual stupid mistakes and my weaknesses were pointed out and improved upon. Everybody else was also coping well, each having their off days, but overall we were coping alright with the terrain. The only problem was we were all rather tired which probably wasn't surprising taking into account the late nights.

We then headed off to the two-day event in Modum, just to the west of Oslo. The first race was a short race. We all did well with all of us finishing in the top 15 of our respective courses. I did quite well with just one mistake and still managed to come in 2nd. I must have injured myself, however, because later that night I found that I couldn't walk due to the pain in my knee. This meant that I couldn't run the next day so I became the official photographer for that day. (So where are they then ? - Ed.). Luckily the Swiss team from JWOC were there and had brought their physio with them so we used their services and she looked at my knee. Apparently I had pulled a ligament across my knee and I needed to strap it up and rest it. So next day back in Mysen I rested and

did some washing instead. However, I was back running the next day, taking it easy but building up after a couple of days. With this week's training dedicated to racing training we were all ready for the Tio Mila to come. We had come 12th last year and had hopes of doing just as well this time round. Bertie Goffe was doing first leg with me on second. These were the night legs, since dawn broke around 4.00 a.m. When Bertie came back to set me off he was in 51st place having had a good run. Trying to go steadily I set off fairly carefully but still managed to mess up the first two controls. Luckily enough, everyone else on the course was doing something similar and so by the time I got to the radio control we were up into 23rd place. But guess who messed up the next control though ! I finished in 33rd place which was a bit of a disappointment. A series of good runs afterwards saw us claw our way up to 8th place at one point but we eventually slipped back and finished 12th, the same as last year. And that's where the girls' team finished also. So two successful results to finish off the tour. The final bit of orienteering was a competition the next day at which we again won a number of prizes. The last part of the tour was the ferry journey home from Gothenburg but we had a few hours to kill before leaving so we went sightseeing in the city itself. It was then that we realised that the World Athletics Championships were on and so we had our own competition to see who could spot the most famous athletes. The list included Yvonne Murray, Steve Smith, Jonathan Edwards (before he did THAT jump), Roger Black, Mark Richardson and some Kenyan runner whose name we couldn't remember. And so with stars in our eyes we said a fond farewell to Scandinavia and headed back to Britain.



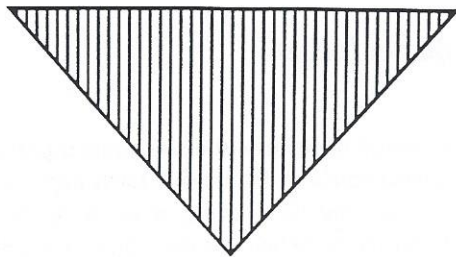
Why is Anthony holding this boy's hand ? If this is all he does with our money then that's the last he's had from us !







Present day



□ Improved soil
 ■ Coniferous plantation

Today little remains of the heath. Farms are now dispersed with larger rectangular fields. Dairying and arable crops (for animal feed) dominate with easy access to markets both national and international.



- 
Sunday 10th December
Local Event (PO)
Muirward Wood, Scone
NO 147273
 Information from
 Felicity Martin (01764-684454)
- 
Tuesday 26th December
Post Christmas Event (MAROC)
Sluie Woods, Banchory
NO 605987
 Information from
 Evelyn Hall (013398-86685)
- 
Saturday 30th December
ELO Festive Frolic
Yellowcraigs, Gullane
NT 515855
 Information from
 Sheila Strain (01875-611014)
- 
Sunday 21st January
LOL4 - Score Event (EUOC)
Bonaly, Pentlands
 Usual courses but SCORE
 2 Yellow - 1 Score / 1 Normal
 Normal White Course
 Registration 10.00a.m - 12.00 p.m.
 Seniors £3 / Juniors £1.50 /
 White and Yellow £1
 Information from
 Gillian Matthews (0131-652-1520)
- 
Sunday 11th February
LOL5 (ESOC)
Penicuik Estate, Penicuik
 Information from
 Janet Clark (0131-225-7771)
- 
Sunday 18th February
WOSOL1 - Colour Coded (STAG)
Strathclyde Country Park,
Motherwell NS 725579
 Information from
 Terry O'Brien (0141-770-7618)

Events

Scottish Relays - Dunalastair, 28th May 1995

in this age of increasing accountability this is where the money went (and came from too).

Event Accounts

Income

Entries	3684.00
Sponsorship - Rambler Systems Ltd.	500.00
	4184.00

Expenditure

BOF Levy	730.89
SOA Levy	438.24
Maps	1550.00
Land access	55.00
Toilets	402.44
First aid cover (inc. donation)	82.50
Publicity	57.25
Printing (Programme and Results)	184.17
Officials expenses, etc.	129.86
Relay Equipment (numbers, pins, bags)	195.04
Control cards	99.85
Map bags	49.31
SOA timer hire	20.00
Other general equipment	83.99
	4078.54

Surplus

105.46

(We also collected £259 for the land owner for car parking).

A number of the costs were shared with the individual championships on the previous day (access, toilets, first aid, printing, some publicity, some officials expenses, some general equipment).

The generous sponsorship from Rambler Systems Ltd. allowed us to avoid skimping on equipment and allowed the event to offer reasonable entry fees without losing money. Many thanks once again to Rambler Systems Ltd.

The small surplus is due largely to event officials and helpers providing time and resources at no cost. I'm sure even those claiming expenses have vastly under-estimated their real costs. Our controller did not ask for anything. We intend to buy something for him with some of the surplus. Thanks to all of you who put in time and effort for the event and helped out on what was truly a horrible weekend.

Equipment purchased for the event included various re-usables and consumables which added to the club's stocks, and the event also used up various items from our stocks. On balance we probably came out a little ahead.

Full details, if required, are available from Charlie Walton or Steve Ambler.

dnf as well as standing for did not finish, on this page it means **do not forget !**

- Any would be first aiders out there ? Grants of miniscule amounts are available towards the cost of course fees if required. As in other sectors of society, orienteering seems to be adopting a cotton-wool approach to the safety of competitors to avoid any damaging law-suits no doubt. If you want to be a coach you'll have to have a first aid certificate. Scott Balfour should be the recipient of some paltry fee by now. We don't have to give him any money for another 3 years now until he has to be re-certified again. For what you ask ? Don't ask me, ask him if you are interested. What Scott doesn't know is he's organising the next 10 Interløpers training weekends whenever they will occur. Over to you, Colin Eades !
- Have you the skills of an international diplomat ? Do you have a listening ear and a firm grasp on the hands of power ? Can you work long hours under stress for little recompense and much public derision ? Are you above taking backhanders from the Six Days Company ? No, it's not the Secretary General of NATO - it's the post of Secretary General of BOF ! Could you mediate between John Morris, Terry O'Brien and any BOF mandarin ? Do you want to work in Matlock ? If you find it you can probably have the job ! Applications have to be in to Hilda Gregson at BOF HQ by Wednesday, 8th November - so tough !
- We still need a Junior Rep for the Committee. Anybody interested ?
- We're still in the CompassSport Cup ! Mainly because we haven't played anybody yet. At least we won't get gubbed by ESOC this year. They had the misfortune to go right through to the finals and win the Small Clubs Cup which automatically makes them a Large Club this year, tee-hee ! That'll teach them ! Anyhow those of you who look forward to a good thrashing needn't worry 'cause we've drawn FVO in the first round. Maybe if we don't tell them when we're holding it
- I may have got this wrong but the latest interpretation on running at the Six Days is you can enter on our day but you won't be guaranteed a run. This remains at the day organiser's discretion. At least I think that's what was said at the last committee meeting I attended.
- What's this ? Another begging letter from Anthony ! The single biggest drain on Interløpers OC funds. See these students ! There they all were at Saltoun asking Dave for receipts for their maps. They were getting them half price anyway. See what this government 's done to higher education !
- Peter Dymoke sorted us out about some aspects of the club finances recently. Da Tresh is fairly happy with our financial state just now seeing as the Scottish Relays didn't bankrupt us. What he doesn't know yet, I think, is that I just got a photocopying bill of £135. Now will you fire me !
- For any would-be event organisers, we now have a stock of 70 trestle controls on loan from the SOA for use. Before you start half-inching them remember that we have to hand 70 back to the SOA come Breadalbane '97 and they are moderately expensive. Just to make it more difficult I can't remember who's got them but it's a fair bet they're in the Squire's attic !
- There is no truth in the rumour that a certain world class orienteer has been subjected to Dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh **CENSORED** utque Duis sed diam nonummy nibh, nisi ut aliquip ex ea commodo consequat.
- I saw Mrs Haley orienteering again meaning that she is without child. Hello young Mark (M1) ! Our newest Interløper and part of our 10 year master plan to take the junior orienteering world by storm. Think of all the Inverarity's, McIntyres, Galloways, Haleys and Kenworthy's in a few years time.
- John's so excited at the prospect of an imminent heir that he's even volunteered to try and negotiate access for Glenearn and Berryknowe. Steve Terry might get to remap it yet !
- The Club Delegate Conference is on the 28th October - oh forget about that then !
- Well how about the Christmas Party. The newsletter should be out before then. Do come along and have fun !
- When the next Committee Meeting is I don't know as I missed the last one. It was supposed to be at JB's but he pleaded Christmas Concert rehearsals or something like that, so it was rearranged to JK's but he thought it would be a bit too much excitement for his heavily pregnant wife, so the black spot was passed on to Dave Simmons. Doesn't anybody want to host a Committee Meeting. I'll probably find out that the next one's at my place !

Fun In The Woods With Hilary

a nice piece from gnarled veteran Steve Terry on how a well respected and much loved Interløper is being remembered.

Skulking, bent and crabbit in dank, fetid caves, some ancient grizzled Interløpers must there be who remember Hilary Smith? Hilary was an Interløper until the early 80's, when she left to help form the Cowal Peninsula club, ECKO. After she died in a road accident three years ago, such was the love and value so many people felt for her that the idea germinated to create some appropriate, permanent memorial. The idea took root in the form of a memorial fund which soon received thousands of pounds in donations. The Hilary Smith Woodland Trust was set up to try to buy a piece of land on which to create (if necessary) and manage some orienteerable woodland. This vigorous sapling suffered a check during a couple of years as the Trustees hunted every millimetre of Argyll for a suitable, and purchasable, site. However, in early 1995, a firm bud appeared, as a four hectare patch of Glen Finart valley floor was obtained, just four kilometres from Ardentenny Outdoor Education Centre, where Hilary spent much of her professional life.

When, in July, I read the description of the site, I had a strange feeling that I knew the place - "the valley bottom from Muckspreader Bridge (south) to the old dyke beyond the big meander" - and as I studied the section of large-scale O.S. map, realisation slowly dawned. Leafing through old diaries I found it: in May 1982 I had spent two weekends at this very spot, surveying the woods on the hillside to the east for the Craighoyle O-map which Hilary was putting together at the time. The pictorial memories flashed up: the rusty old muckspreader by the bridge; the horrendous jungles of rhododendron; the beautiful lichen-covered oak and birch trees on the hillside; in the glen the winding little river with gnarled old alders along its banks; and the seemingly featureless strip of field and marsh now expected to commemorate a wonder-woman!

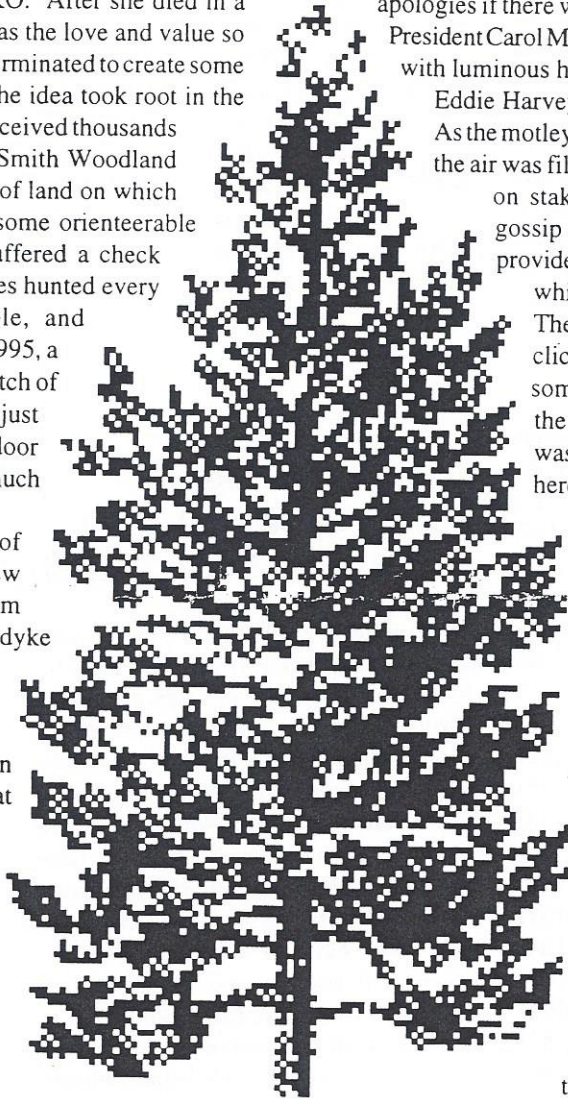
From July onwards volunteer working parties spent several Sundays hacking away at Rhodie-bushes and Japanese Knotweed, to try to clear the area for tree planting. Then, in November, came the Irresistible Summons - On the 19th, 4500 trees would be waiting to be planted: a tall order, and EVERYONE was needed.

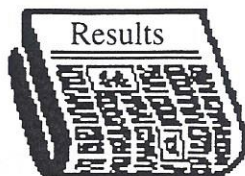
So, some fifty or sixty folk turned up, including babes in arms, infants, orienteers, family and friends of Hilary, local well-wishers and forestry gurus. The only 'normal' Interløper was me (my apologies if there were any others I didn't recognise), plus Hon. President Carol McNeill, and ex-Interløper Izzie Inglis complete with luminous hair. I was outnumbered by ESOC members Eddie Harvey and Bill Gauld.

As the motley gang of navvies spread across the landscape, the air was filled with the sound of spade on turf, of sledge on stake, the squelch of mud, and the prattle of gossip and laughter. At lunch the bonfire barbecue provided sausages, and foil-coated lumps of charcoal which had apparently started off as potatoes. The tea and coffee flowed, the camera shutters clicked, the dogs barked, the kids yelled. Even some speeches were made. The rain started, and the talk and laughter echoed. More planting was done in the afternoon, alder and willow here, ash and rowan there, oak, birch, hazel and holly along by: zones chosen to give each species the best chance. Some saplings were protected by brand new deer fencing, some by stake and plastic tube, while some were left to fend for themselves. The day ended at dusk with fireworks (well, a couple!), more laughter, and much sorting of a superabundance of spades.

Did we perhaps bite off a little more than we could really chew? Some trees were left unplanted, and it was said that about 4000 were put in. Others would estimate nearer 2000, but whatever the numbers, a new piece of semi-natural, native species, wet western valley floor woodland now exists where before it was yellow on the O-map. There is plenty more work to do - one third of the plot was not touched this time, and there are plans to try and extend the area, landowners and resources permitting. The new wood represents the first blossoming of the seed given life by Hilary's death, and it will bear fruit in the pleasure of generations to come. In fifty years' time it will be nearing perfection, and I would love to be able to see the wood then! Perhaps I may hope to live thirty-odd more years, so I look forward to when I am eighty, hobbling bent, crabbit, ancient and grizzled, through the bright sunlit glades of Hilary's Wood. What a Memorial!

"The earth does not belong to man; man belongs to the earth."





Sometime in August ! Strathspey 95

Here they are at last. Read them and weep. Some of them have to be taken with a pinch of salt as there may have been at least 3 different Pete Kinny's, David Simmons was running as a woman at one time and Rob Lee must have thought he was Peter Beardsley running M35. Mucho congratulations to Andy and Carol again and commiserations to all of you who wanted to do better but didn't (like me !) and apologies if I've missed you out.

M11A	Niall Inverarity	2003 (39/49)
M17A	Graeme Ambler	3167 (23/56)
M21C	Mark Davies	2657 (13/27)
M21E	Andy Kitchin	2982 (1/89)
	Gordon Riemersma	2831 (7)
	Graeme Ackland	2416 (37)
	Colin McNeil	2097 (45)
	Simon Thompson	2011 (47)
	Robin Galloway	1175 (>63)
M21L	Ben Hartman	3719 (10/196)
	Colin Eades	3297 (22)
	Pete Kinny	2970 (56)
	Charlie Walton	2894 (72)
	Ken Daly	2853 (77)
	Phil Smith	2800 (82)
	Ian McIntyre	2643 (107)
	David Dimmons ?	2642 (108)
	Mark Johnston	1823 (167)
M21S	A. Bankhead	2571 (77/194)
	Finlay Ross	2460 (89)
	Paul Caban	2396 (98)
	Neil Eades	2085 (127)
	John Kenworthy	442 (188)
M35L	Bob Cherry	2350 (85/131)
	Donald Watson	2190 (97)
	Mal Lyon	633 (128)
M35S	Graham McIntyre	3646 (5/97)
M40L	Colin Inverarity	1924 (127/138)
M45L	Scott Balfour	3059 (39/193)
	Pat Squire	2595 (97)
	Bill Mason	2255 (136)
	Steve Ambler	1812 (169)
	Steve Terry	821 (187)
M45S	John Barrow	2038 (66/97)

W10A	Emma Mason	2406 (18/22)
W11A	Kirsty Balfour	2465 (20/31)
W15A	Rachel Balfour	2473 (28/45)
W15B	Andrea Mason	851 (45)
W21C	Judy Smith	2340 (15/30)
W21E	Heather Hartman	2552 (10/55)
	Angela Mudge	2150 (30)
	Jane Hailey	1843 (32)
	Lorna Eades	(>39)
W21L	Darina Cunnane	3062 (13/101)
	Janet Fallon	2751 (36)
	Karen Dobbie	2126 (72)
	Lucy Galloway	1479 (86)
W21S	Jane McIntyre	2317 (71/152)
	Jane Cherry	1033 (135)
	Ishbel Mollison	381 (147)
W45S	Penny Mason	1815 (55/76)
	Cathy Balfour	1553 (63)
W50L	Carol McNeill	4000 (1/74)
W50S	Eva Riemersma	2761 (23/62)

Sunday 20th August SOA 11 Person Relay Allean Forest North (STAG)

"Well, if you're really short I'll run". Those fateful words which you know you shouldn't utter. So I managed to cadge a lift from Darrina and when we arrived up there we were the Interlopers team. Pat eventually arrived, our nominal supremo for the day and he and Darina arm-wrestled for the privilege of starting us off. Pat lost. Later on I got lost. We fielded a fairly recreational team but good runs from Graeme, who won light green but was only 3rd in yellow, Charlie, Bill and Mal saw us pick up some places and Darrina stormed home to bring us home in 5th place out of 14 teams 1 hour 15 minutes and 24 seconds behind winners GRAMP 1. The number of teams seemed to be down this year which seems a shame. The event has the potential to be a lot of fun but for some reason it is not appealing to some clubs. Is it the timing, the location or the set-up? Who knows? We don't have to organise it next year anyway. It was slightly reassuring to find out afterwards my course was 6.8km rather than the 5.8km supposed to be run. It was still a terrible time. Did Phil Smith actually run three legs for CUNOC? Our time was 5 hours 20 minutes and 30 seconds by the way.

Green 1 4.7kms 140m
8th Pat Squire M45 59.18

Yellow 2.3kms 40m
3rd (Kirsty) Ambler M17 24.01
39th Emma Mason W10 48.07
42nd Rachel Balfour W15 82.46

Light Green 4.4kms 120m
1st Graeme Ambler M17 38.00
5th Bill Mason M45 46.47
16th Janet Walton W21 58.38

Blue 6.8kms 175m
5th Charlie Walton M21 63.28
15th Mal Lyon M35 72.16
31st Colin Inverarity M40 96.24

Green 2 5.9kms 160m
4th Darrina Cunnane W21 66.00

Sunday 17th September Scotlandsgaloppen 7 Anagach Wood (INT)

A fun time was had by all. Another great weekend up at Woodlands thanks to Pat. Efficient organisation from Colin E, last minute map marking from Colin McN, last round in the Royal on Friday night from Colin I. No help from Ackland. A lovely wood to run in. Fair weather. Things seemed to run smoothly apart from some wayward controls. I got given the wrong map and was trounced by Barrow, Mason, Davies, Ross, Caban and Kenworthy but I enjoyed it anyway!

M21L	Peter Dymoke	1st
M21S	Mark Davies	6th
	Finlay Ross	8th
	Paul Caban	10th
	John Kenworthy	13th
M35L	Mal Lyon	10th
M45L	John Barrow	7th
	Bill Mason	10th
	Colin Inverarity ?	14th
M65L	Ray Heyworth	1st

W10A	Emma Mason	6th
W21S	Karen Dobbie	2nd
W45S	Penny Mason	3rd

Blue 6.4kms
6th Brad Connor M21 76.12

Sunday 24th September

LOL 1 - LINOC

Kinneil Wood

Another of my favourite woods. Trees you can really run through. Where was everybody though? Only 78 competitors. I had a good battle with Brad who started four minutes after me. He was on my heels by the 2nd master maps and we traded the lead for most of the rest of the way until I chose to go through the brambles and then lost touch with him. A nice run!

White 1.75kms

2nd Stephen Haley +1 M10? 31.59

Yellow 2.5kms

2nd N & R Inverarity M11/9 24.01
7th Emma Mason W10 33.59

Green 5.2kms

3rd Ray Heyworth M65 71.27

Blue 6.8kms

4th Finlay Ross M21 62.35
9th Bill Mason M45 66.51
10th John Barrow M45 70.33
11th John Kenworthy M21 72.40
14th Steve Ambler M45 76.13

Brown 6.8kms

4th Brad Connor M21 54.23
7th Colin Inverarity M40 59.41
10th Pat Squire M45 64.44

Sunday 22nd October

LBOA Champs (ESOC)

Linn of Tummel

The Lothian and Borders Championships doesn't seem to have the appeal it used to have. Judging by the course times it doesn't seem all that surprising. Finlay won with 16minute k's! Despite being heralded as LBOA champ by the Scotsman, ESOC reinstated a reputedly disqualified runner just to keep up Ackland's dismal record in their events. What has he done to annoy them?

M21E Graeme Ackland 2nd
Colin Eades 3rd
Peter Dymoke 5th
M21L Lorna Eades 6th
Gordon Riemersma DNF
M45L Pat Squire 4th
John Barrow DNF

W10A Emma Mason 3rd
W21L Jane Hailey DNF
W45S Penny Mason 4th

Green 4kms 45m

1st Findlay Ross M21 64.53

Blue 5.1kms 90m

8th Brad Connor M21 92.31

Sunday 29th October

Tinto Twin Day Badge

West Area Champs

Firpark, Newbigging

Home territory. 7 miles from where I was brought up. Not challenging or technical terrain but one I am familiar and comfortable with. Only Darrina was brave enough to tackle the night event coming in 2nd. I went round in under 9 minute k's but still finished 24 minutes behind winner, ex-club member Dave Marshall. An unbelievable 90 error coming out the wrong side of a narrow forest block. It seemed to fit the map to begin with but then I couldn't work out where this wall was. Uh-oh!

M21L Graeme Ackland 6th
David Simmons 18th
Brad Connor 25th
M40L Colin Inverarity 8th
M65L Ray Heyworth 2nd

W15A Rachel Balfour 7th
W21L Jane Hailey 2nd
Darina Cunnane 6th
Angela Mudge Wrong 7

Blue

1st Charlie Walton M21 51.29
2nd Paul Caban M21 54.15
5th Janet Walton W21 72.08

Sunday 5th November

LOL 2 - ELO

Vogrie Country Park

Home territory again (sort of). Three miles from school and lots of experience setting out courses here. Bound to be a good run. Going like a train to begin with. No.6 Where's that vegetation edge? 20 minutes later still looking for it. They must have made a mistake. I know this place like the back of my hand. On finishing the planner is kind enough to point out that I've marked it in the wrong place. In fact miles away from where I should have placed it. A rare occurrence for me. I can only recall doing it once before. Strange how it's always the planner who is wrong in your mind. How do you compensate on course for an error like that short of waylaying a fellow competitor and pinching his map. Inverarity's Law - You always muck up the easy ones you should do really well in.

Yellow

11th Emma Mason W10 42.18

Orange

10th Cathy Balfour W45 65.14
11th Kirsty Balfour W11 70.53
Niall Inverarity M11 M10
Alison Ambler W45 M10+12

Light Green

7th Penny Mason W45 78.39

Green

4th Ann Haley W21 55.39
26th Rachel Balfour W15 81.16

Blue

2nd Bill Mason M45 64.01
17th Steve Ambler M45 85.40

Brown

11th David Simmons M21 89.06
16th Pat Squire M45 103.56
Colin Inverarity M40 M6

oops, I forgot about Bogendreip, but judging from most accounts I heard maybe that's just as well. Nevertheless, wins for Steve Conway, Anthony, Lorna and a family double from Rudolph and Eva. Ackland missed 5 to 12.

Running ?

So you abandon all your principles and send the application form off. You can't remember the last time you did this sort of thing but you're bitten by the bug again. You're swept along by the media publicity, the masses of people doing it and the 'free' t-shirt to pose around in afterwards. No - it's not postal applications for Oasis tickets it's the BUPA Caledonian Run !

Tick here if you do not wish to receive any additional mailings from BUPA. That was a waste of time. They cram so much in your information package you're struggling to find the arrangements and your race number amongst all the sports injury and fitness assessment bumf.

Marathon mania has long since had it's day. You're too much of a wimp for the Karrimor or a triathlon. You might manage a half marathon at a push - (God knows you're usually out for longer most Sundays even although it's only for 6k). A 10k road race is probably just about right for you now at your stage of physical (and mental) decline. That distance you don't really need to do much training. It'll be a skoosh ! Maybe cram in an extra run two or three weeks before the race. Should be alright.

On the day of the race you realise things have changed when the wife and children no longer accompany you to the start to see you off and cheer you on. "Go away and get on with it. I've got ironing to do !" "Yes, dear !"

A casual stroll down to the park and the first priority is to see

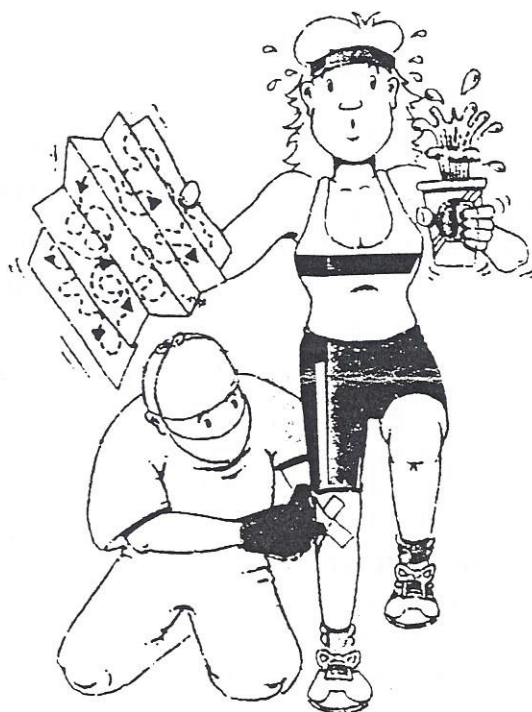
whether there is anywhere to dump my stuff and change into my kit. Fortunately there seems plenty of space in one of the big marquees thanks to the hundreds of competitors arriving in cars and changing there. The logistics worked out on that matter it's then time to go and void the contents of my nether regions along with quite a few others with similar intentions. The organised runner goes with his/her own supply of toilet paper and after queuing for ages I'm not surprised that the gentleman before me indicates that there is none left. But fortunately, for once, I am prepared even although I was in the Boys' Brigade rather than the Scouts.

Having changed and gone through my stretching routine it's hang around and wait until something happens time. There seem a lot of runners lining up already and I'm not quite sure where the start line is. I'm loathe to get into line just now. Not that I can find an easy way in as there are crowd barriers just about the whole length of the road.

We are treated to a warm up routine courtesy of Mr. Motivator and he proves very infectious and amusing too although I reserve the right not to participate. This done I now realise that the big banner I am standing beside is not actually the start line - it's about 100 yards further up the road. All the keen ones have been there for ages and there's no way I'm ever going to get through that lot. I resign myself to a slow start.

in which our sad, pathetic editor tries to recapture the glories of his youth (his early 30's actually) and prove he can still do it unaware of the toll which time has taken and how totally lacking in any natural ability he was to begin with.

BUPA
657
THE SCOTSMAN



COUNT DOWN

- 4.00 a.m. RACE DIRECTOR GETS UP
- 9.15 a.m. All runners arrive at car park
- 9.35 a.m. Leave baggage secure.
- 9.40 a.m. BUPA Junior Caledonian Run START
- 9.50 a.m. Locate start position.
- 10.00 a.m. **Pre-event warm up with "MR MOTIVATOR"**
- 10.13 a.m. Self propelled wheelchair start.
- 10.15 a.m. BUPA Great Caledonian Run START



BUPA GREAT CALEDONIAN RUN

1 9 9 5

You're amazing

SUPPORTED BY

THE SCOTSMAN
SCOTLANDS NATIONAL NEWSPAPER

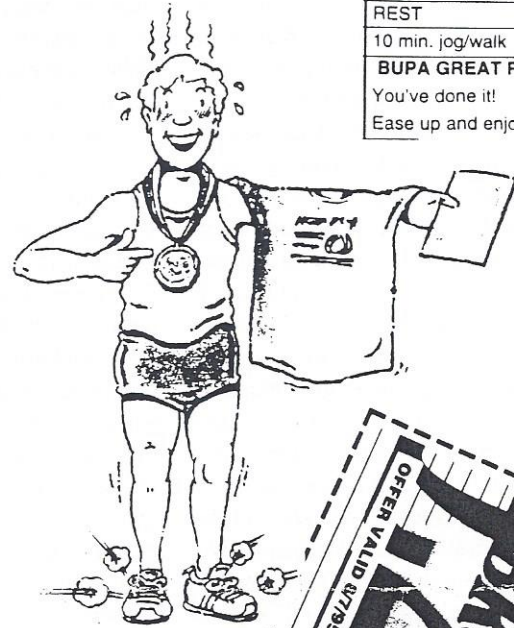
We're off! Although the starter's pistol is not very evident. In fact, it probably takes us over a minute to start going or rather shuffling off. I'm still falling over myself and trying to weave past other competitors as we're squeezed through the bottleneck of the Palace gates. This constant clipping of my stride is hacking me off no end as we go along Abbeyhill. I dice with death and oncoming buses as I whitenline along the road to Meadowbank. Back into the Park and I still don't feel as if I'm running comfortably. At almost 14 minutes for 3K I'm way off my projected 40 minutes already. It takes me to the Finish line to actually overhaul Frank Bruno for heaven's sake. Though watching it on the box afterwards I noticed that Big Frank had the advantage of starting in the 2nd row.

Going up the Canongate it hits me how the inclines always seemed more like gentle gradations when you were younger. Now it feels like a mountain and perhaps the first indication that perhaps I really haven't prepared well enough for this event. I'm still passing people however, though as the rain continues to stream down my mental state is verging towards the 'let's just try and get this over with' mode rather than flogging myself silly attempting to get back on schedule. Through the Grassmarket, along King's Stables Road picking up a cup of water and finding out again how difficult it can be consuming on the run. We're onto Princes Street now, more than halfway, and you still seem

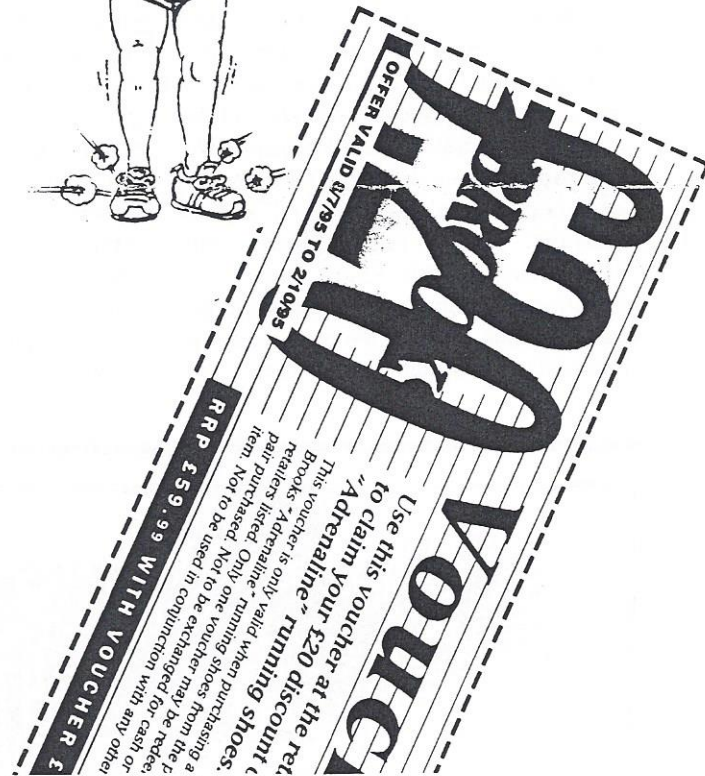
to get odd looks from passers by as if there's something not quite right with all you lunatics running en masse like this on a cold, wet early October morning. I know that Princes Street is uphill thanks to Steve Cram and the television coverage of the Princes Street Mile and I'm feeling it today whereas I seemed to sail along it in Marathon Days. By Waterloo Place I'm wilting a bit and holding position rather than gaining. Going down Regent Road I'm thinking that the winner will be crossing the finish line and I've got over 3kms still left.

Second time up Meadowbank is a slog this time and I'm falling back now. Quite a few runners pass me in the Park putting in that last final spurt but I haven't anything left in reserve to respond with and amble across the finish.

Well I completed it but I can't say I was pleased with my run. My official time was 43 minutes and 10 seconds and I can't give an accurate 'real' time for myself because I couldn't work out where the actual start line was to set my watch off. Take a minute and a half off maybe for that and some more for the time lost with the slow start and it looks a wee bit more respectable. Perhaps a more sensible level of training beforehand might be advisable if I decide to do it next year. I have a target to aim for now. The competitive urge resurfaces after having lain dormant for so many years. Miles in the bank. No train, no gain . . . Hang on a minute! What am I saying? What's happening to me?



Week 12
1 hr. 30 min. easy jog/walk
Rest or alternate exercise
20 min. easy jog
REST
20 min. easy jog, then 4x100m striding
REST
10 min. jog/walk
BUPA GREAT RUN
You've done it!
Ease up and enjoy the big day.



Stop exercising if:-

- You are in pain
- Feeling unwell
- Feel very hot
- Have difficulty breathing
- Feel sick
- Have a headache
- Feel pains in your chest
- Feel dizzy/delirious
- Unable to think clearly
- Unable to move in a straight line
- Lose the feeling in any part of your body

Reduce your level of activity if:-

- It is very hot/cold
- You are short of time
- Feel uncomfortably tired while exercising
- Under considerable pressure (work or home)

M fortysomething



101

OK, so where does the grovelling begin? Ken, Darina and Dave for not publicising LOL3 despite assuring Ken that things were in hand? The Social Secretary, Charlie, who managed not only to organise two events (an almost unheard of feat in recorded Interløper time) but actually go ahead successfully with them despite no one knowing anything about them. Well done Charlie and send Steve your phone bill. John Barrow gave me an address list and sticky labels well over a month ago and it's only now that this issue is actually going to press. My humble apologies to you all and to any misguided soul that's actually been missing their bi-monthly fix on Interløpers gossip and rumours. Spare a thought for the McIntyres in deepest Malaysia whose September issue I just found in a pile the other day. Jane was going to give me their new address at the Six Days but she forgot and so did I. A mental note was made to find it out from Phil and Judy but obviously this was lodged in the deepest recesses of my memory banks. Still, at least you'll have two issues to peruse over the festive period folks. Tests, exams, prelims, reports, parent meetings, illness (self, family and colleagues), school board meetings, inspections, education committee meetings, Beavers, Cubs, Scouts, Swimming, Judo, Gymnastics. No matter how often I tell

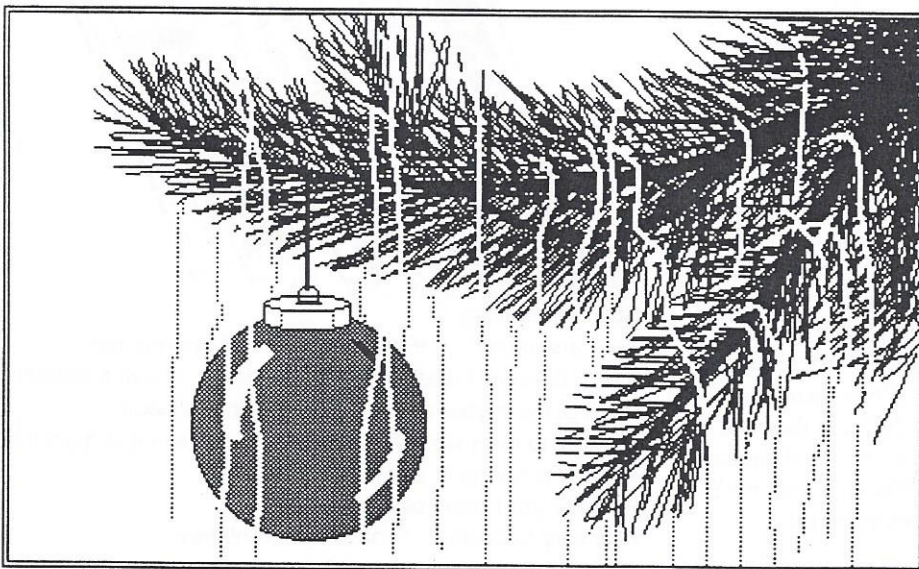
myself to get the bulk of this issue done early it inevitably hits the newsstands late. A mother in the Infirmary since last Thursday hasn't helped either!

But the Hallowe'en Party at the Eades was fun despite my wife having her arm trapped in a car door. Not as much dressing up this year and fewer lanterns but the flour and water mixture game was a definite success. What happened at the Bowling Night? - I wasn't there. Training at the Meadows on Tuesday evening continues come rain or shine. Circuit training is in full swing again on Wednesdays at Moray House Gym if it's too cold outside for you. Ask a committee member if you want more information. Charlie's on the lookout for willing hosts for a Burns Night and a Pancake Evening. Start practising your immortal memory now. Is there a risk of mad orienteer's disease if we eat too much haggis or is it taken for granted that we're mad already!

Did Charlie give any results for the Club Quiz at the Hallowe'en evening. I haven't had time to write them out or even check the few which have any remotely sensible answer. This month's competition has nothing to do with Ackland. How many times have I spelt Darina's name correctly in this issue. Have I in fact spelt it correctly now? Apologies to Fi(nd)lay and Mr. Simmo(nd)s also if necessary.

Should the Queen Mother be allowed to take part in the VWC. It's time for you to make your decision now. If you think YES, she should, then phone 0131-44-2136 now and annoy the living daylights out of John Barrow. If you think NO, then phone 0131-667-3485 and ask who the worst orienteer in the club is.

And I almost forgot about the World Mountain Running Championships. Perhaps I should hold fire and try and compose an article for 102 rather than witter on briefly just now when I can witter on at length later. Suffice to say there were two very interesting and enjoyable days with a spectacular show on Sunday in the Park thanks to course director Martin. Despite a few worries organisers Hilary and Andy the overall impression was of a successful and much appreciated event. Well done the two of you. It was nice in this day and age for the helpers to receive a letter of thanks for their efforts. Little touches like that do leave a nice impression. Maybe one of you could write an article about your experiences and save me the turmoil of making half of it up. It would go well with Mr. Balfour's triathlon account if he gets round to writing it. As we draw near to the bottom of the column it only remains for me to say "Keep those articles rolling in" and a Merry Christmas to you all and Happy Trails in 1996.



The Christmas Party

Where: Do You Think?

When: Ynske Comes Home

For those not in the know - the social highlight of the season at the Riemersma's, 36 Buckstone Loan on Wednesday 20th December from 7.30pm onwards. Mulled wine will be available as usual. Bring your own mince pies, shortbread, vegetarian christmas pudding, real ale, virtual lager or whatever and enjoy yourself. Details from Eva or Rudolph (0131-445-4419).