

# INTERLØPERS

ORIENTEERING CLUB • EDINBURGH

Newsletter No 75  
January 1991

HAPPY NEW YEAR!

Just a short newsletter to update you all on various events. In lieu of a Burns' Supper this year we've decided to have a social event with a slightly different flavour (see below). But first things first - our Lothian O League event on Sunday 20 January, and circuit training every Wednesday evening at Moray House - come along and work off that extra Christmas layer!

\* \* \* \* \*

Shrove Tuesday  
**PANCAKE NIGHT**

12 February 1991

7pm or 'after the Meadows'

All members and friends welcome  
Come along and toss a few delectable edibles  
at Ian McIntyre's new flat  
1 Leven Terrace  
(229 0618)

nominal fee to be charged on the night

\* \* \* \* \*

## INTERLØPERS CIRCUIT TRAINING

Winter/Spring 1991

WEDNESDAY EVENING, 6pm - 7pm

Dates: 9th January to 20th March except 6th February

Venue: GYM 3 at MORAY HOUSE Sports Centre on the Cowgate (the big, ugly, orangey-coloured building on the south side of the Cowgate just east of the Pleasance)

Changing facilities + showers

Cost: £1 seniors, free for juniors, pay on the night - to help cover the cost of hiring the gym. Club members and friends all welcome, the more the merrier!

The session is built around a simple circuit plus warm up/warm down and we might try some games or orienteering specialities - something for everyone, all abilities catered for. Help available if you're inexperienced at this type of training.

## Down in the Woods

First of all, a Happy New Year to all our readers - and have you renewed your Interløpers membership yet? It is traditional to plan for the coming months at this time of year and I hope that orienteering will feature in your plans, whether you are aiming for the World Champs or at successfully getting round local colour coded courses. We can all set targets to work towards, maybe competitive or maybe simply to get along to more events, to plan or organise an event or to gain a coaching or other qualification, or to draw a map...go for it, and I wish you the best of luck with your orienteering in the new year.

So what has 1991 got to offer us in the way of orienteering delights? January and February are quite quiet with mostly local events, including the **Interløpers Lothian O League event at Beecraigs (Linlithgow) on 20th January** - I hope you'll all be there to lend a hand. We'll have a **CompassSport Cup** match some time soon as well, we've been drawn against CLYDE and a good turnout should see a close match - we still lack strength in depth and on some courses but if everyone shows up then there is no reason why we can't match any club in Scotland.

March has plenty going on - the first ScotlandsGaloppen badge event of the season at the start of the month and the JK at the end, with what should be an excellent National Event in the Lakes in between - the venue is High Dam and the area incorporates the excellent terrain some of you might remember from the 1983 JK. The season continues apace through April and May, with a fairly local British Championship weekend in North East England, and should come to an exciting peak in June with the **Scottish Champs**, held of course by us - see the update somewhere else in the Newsletter. Into the Summer there is another Scottish 6-Day to look forward to (and to help at on Day 5), or some of you will no doubt be looking abroad - I have details of an appetising Swiss 6-Day (well, two 3-Days actually) and of course there's the World Champs in Czechoslovakia. Lots to look forward to!

I'll take this chance for another plug for the **Interløpers Circuit Training** session on a Wednesday evening - ideal preparation for the coming season, and an opportunity to work off the excesses of the festive season. The session was quite a success through the Autumn but we didn't cover our costs so we've had to put the price up, but it's still good value at only £1 - all welcome, see details elsewhere.

Another thing to look forward to soon are the next generation **Interløpers O-Suits**. We felt that the standard British suits were unexciting with a poor range of colours and designs so looked a little further afield for something a bit different, and Rudolf and the rest of the Riemersma family came up with some Swedish kit that should really stand out from the crowd. I know it's a bit pricey but all kit prices are going up and we hope to have something that is unique and of high quality. I'm pleased that there has been a good response and we should see over 30 new suits out and about at future events, I just hope the sizes work out OK - look out for a "trying on" party when the kit arrives. It would be good to print the club name on the suits or to have a club badge, so please pass on any bright ideas along these lines to the committee.

See you all at the Lothian O League event at Beecraigs on the 20th January,

Charlie Walton

## Scottish Champs '91 Update

Things are still going fairly smoothly for our big event of the year but the next five months or so up to the 8th June will no doubt fly by. We have as yet been unsuccessful in finding a sponsor and this could be a problem because the event budget is very tight. New event levy arrangements mean that a large portion of our entry income goes to the SOA and to BOF, but we want to keep the entry fees at a reasonable level so hoped that other income from sponsors would allow us to improve the quality of the event and to reduce our workload. Rudolf Riemersma is still working hard on finding sponsors for the event and for Scottish orienteering in general, but any other ideas would be very welcome - perhaps one of you may know someone we could approach to support the event.

One of the major jobs for an event of this size is handling the entries and Graham McIntyre has agreed to look after this, but further help will be needed. Any volunteers for the entries team would be very welcome - especially with computing or typing expertise!

Other jobs will also need input before the event:

**Publicity:** including pre-event information and advertising, programmes, results, possibly press/local radio etc. - is there anyone out there with relevant knowledge, ideas or enthusiasm?

**Colour Coded Courses:** we'll just about be having a little event within an event with entry on the day courses and we need someone to oversee it - we hope that the main event start and finish can be used and that the planners can incorporate suitable courses but a bit of extra organisation is required.

**String Course:** this really is a separate event which will need a map, controls, prizes etc. - it can be a lot of fun putting a string course together and the participants really enjoy it.

**Prizes:** we hope to have some kind of prizes and certificates and we need someone to look after them - and to keep track of the trophies too.

**Social event:** we'd like to have a social on the Saturday night to make a good orienteering weekend (the Scottish Realys are on the Sunday) and Simon Thompson has been investigating venues etc. (as well as planning the event!). Would anyone like to be chief social organiser?

Please do consider taking on a job if you can, we really do need the help. Just get in touch with Jan McClean, Janet Fallon or myself.

Closer to the event we'll need team leaders for the start, the finish, car parking, toilets etc. etc. - all the tasks that have to be done at all the events we go to and enjoy. Orienteering relies on participants putting a bit back into the sport by working at events, so I hope all club members will join in here and make the '91 Scottish an event to remember. It would be very much appreciated if seniors will forgoe running in the event (unless they are in the international team or are genuine Championship contenders) as we aren't a big club so will need all the manpower we can muster on the day.

Charlie Walton

**INTERLØPERS results.....**

**Scottish Score Championships (ECKO), Glen Aray, 7th October**

A fine day, good planning and a fine setting more than made up for few technical problems, and survivors from CLYDE's "sub-aqua special" badge event at Airds Park the previous day (including the somewhat eccentric jolly Zappo campers) barely noticed the wet underfoot conditions.

W10	3rd Rachel Balfour	W11	5th Fay Balfour
W13	1st Ynske Riemersma	M13	3rd Anthony Squire
5th	Gail Balfour	W21	4th Janet Fallon
M17	1st Gordon Riemersma	7th	Stephanie Lee
M21	4th Charlie Walton	M40	1st Pat Squire
			2nd Scott Balfour

Congratulations to Ynske and Gordon again, two more Scottish Champions!

**Scottish Orienteering League 6 (Scotlandsgaloppen 6) (TINTO), Drumlarnrig, 28th October**

Vile weather spoiled the event and led to lots of retirements.

W10	5th Rachel Balfour	W13A	2nd Ynske Riemersma
M13A	2nd Anthony Squire	4th	Gail Balfour
M15A	1st Gordon Riemersma	W45B	1st Eva Riemersma
M21A	9th Robin Galloway	M40A	2nd Pat Squire
M35A	7th Colin Inverarity	5th	Scott Balfour
M45A	4th Rudolf Riemersma	M60A	2nd Ray Heyworth

Also Ynske was 1st, Gordon 2nd and Pat and Anthony 3rd in the "Tinto Twin" night and day combination.

**Scottish Orienteering League 7 (Scotlandsgaloppen 7) (WFO), Devilla, 18th November**

W10	6th Rachel Balfour	W11A	4th Fay Balfour
W13A	3rd Gail Balfour	W15A	5th Ynske Riemersma
W21A	2nd Lorna Boyd	W45B	1st Eva Riemersma
	7th Janet Fallon	M13A	2nd Anthony Squire
M19A	2nd Gordon Riemersma	M60	1st Ray Heyworth
M21A	3rd Andy Kitchin	M40A	3rd Pat Squire
	7th Graeme Ackland		7th Scott Balfour

**National Event 7, Malham Moor (Yorkshire Dales) 11th November - Senior Home International**

A quality moorland area with extensive limestone pavement, and lots of walls and crossing points. Very fast terrain, damp and overcast but not too bad conditions. The senior home international teams went off early and included a good representation from Interlopers.

W21E	4th Lorna Boyd (SCO)	W21A	1st Janet Fallon
	16th Christine Whalley (SCO) (8th in international)		
M21E	6th Rob Lee (ENG) (4th in international)		
	14th Pakit Hyman (SCO) (9th in international)		
	35th Charlie Walton		

Scotlandsgaloppen 1990

The results of this competition have been received recently, and the following Club members deserve special mention for their performances:

Anthony Squire	3rd	M13A
Gordon Riemersma	1st	M15A
Pat Squire	2nd	M40A
Ray Heyworth	2nd	M60A
Rachel Balfour	6th	W10A
Fay Balfour	4th	W11A
Ynske Riemersma	2nd	W13A
Gail Balfour	6th	W13A
Anita Sinclair	7th	W17A

Membership Renewals

All 1990 BOF members should have received their renewal forms by now. Please send these off, with your fees, direct to BOF as soon as you can, to keep the flow of BOF and SOA mailings uninterrupted.

All Club-only members, if they haven't already done so, should send their renewal fees directly to John Barrow as soon as possible - for details, see the last Newsletter.

The current issue of the Newsletter will be the last one distributed to 1990-only members.

Relay Teams

The Club will be entering Teams for the three main Relay events this Spring and early Summer. These are the J.K. in Clumber Park on 1 April, the British near Alnwick on 5 May, and the Scottish at Blair Atholl on 9 June. John Barrow will coordinate entries, providing people let him know in plenty of time before the published closing dates.

In particular, the J.K. has three tariffs, based on dates of 19 January and 23 February. We have decided to enter one Class A and two Class T Teams regardless of numbers indicating interest, at this stage. However, everyone who would like to be included in a J.K. Relay Team is asked to contact John as soon as possible, specifying which Class they would prefer to run in. It should then be possible to decide how many other Teams to enter (if any). For details, see the J.K. entry form, recently distributed with Issue 8 of "BOF News".

OCTAVIAN NIGHT RACE 1991

The Octavian Night Race 1991 will be held over a hilly course of approx. 18 miles in South West Scotland on the night of February 9/10.

Details of the venue (a village hall), the O.S. map number, a list of very basic compulsory clothing and equipment, and other details, will be made known to entrants early in January.

The race is a test of navigation and fitness, and has been held (almost) annually since 1971 - until 1987 in the Midlands of England, and in 1988 and 1990 South West Scotland. The numbers competing have varied between 50 and 250. There will be a limit of 200 for the 1991 race. The winner's time is expected to be close to 3 hours and the last finishers are expected to take about 10 hours.

The race will start at 11.00 p.m., and there will be 6 - 8 checkpoints. Some checkpoints will be manned and will offer refreshment, and assistance if needed. Other checkpoints will be unmanned, and marked by Orienteering control banners. A cooked breakfast will be provided at the finish for all competitors. Early finishers will find floorspace for sleeping-bags in a sleeping area.

MAPS. In the week before the race, or at the venue, competitors will be sent (or given) a black-and-white photocopy of the relevant section of the O.S. 1:25,000 map, with checkpoints and any hazards or out-of-bounds areas marked. It is also strongly recommended to purchase the actual 1:25,000 O.S. map for greater clarity. The number of this map will be made known, together with venue details etc., early in January.

ENTRIES. To be made on the attached entry-form, with entry fee, to the organiser. Entries close on January 31st or when the limit of 200 entrants is reached. Those over 18 may compete as individuals or as pairs. Those aged 18 or under (on 9th February 1991) must compete as pairs. Minimum age is 16 (on 9.2.91). Groups of three or more are not allowed to compete together.

ENTRY FEES. (including the use of village hall, refreshments, breakfast, certificate etc.) £5.00 per individual (i.e. £10.00 per pair). For those aged 18 or under: £6.00 per pair. Cheques to be made payable to: E.W. NORRISH.

AWARDS. The Octavian Shield will be presented to the winning individual (or pair). Medals to: first three individuals (or pairs); first lady (individual or pair, but not as member of mixed pair); first 18-or-under pair. (2nd and 3rd place medals will be awarded in the Ladies and 18-or-under classes if there are sufficient entries to warrant this). Certificates will be awarded to all who finish the course inside 10 hours.

TED NORRISH, Organiser. Enquiries welcome, by post or phone (077.683.495)

-----  
OCTAVIAN NIGHT RACE 1991 - ENTRY FORM

NAME(S) (i)..... Please send this form  
with entry fee and large  
(ii)..... S.A.E. for details of  
venue etc. to:  
CLUB, GROUP or SCHOOL..... TED NORRISH,  
Toskerton Cottage,  
AGE & DATE OF BIRTH (if 18 or under)..... Sandhead,  
Wigtownshire. DG9 9JX.  
ADDRESS.....  
..... Details will be sent  
..... to you in January.  
PHONE NO.....

I/We agree to abide by the rules of the Octavian Night Race and of the Country Code, and understand that my/our participation is entirely at my/our own risk.

Signed (i).....(ii).....(both members of a pair to sign).