

INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 80

DECEMBER 1991

80

The End And The Beginning

Another year / season draws to and end depending on which way you look at it. With December approaching the O-events are becoming a bit thin on the ground. The Scotlandsgaloppen series has finished but the Lothian 'O' League is back in full swing. Perhaps some of us are turning our thoughts to some cross-country running, others may be concentrating on fitness work in the gym and others might just be staying indoors and waiting for the lighter, brighter weather to come. Once again it has been a fairly eventful year for the club despite being leaderless for a large part of it.

Club members have been successful in a wide variety of events at a wide variety of locations. Some of our juniors have tasted international competition for the first time and our M21E Relay Team brought back a British title for the first time in many years. To them and our Scottish and Area champions - well done! To all members a big thank you for anything you've done for the club this year, no matter how small. Let's hope we do even better in '92 - 20 years on from our foundation (?) Another reason, another season for Makin' Whoopee ?

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The Chairperson Returns

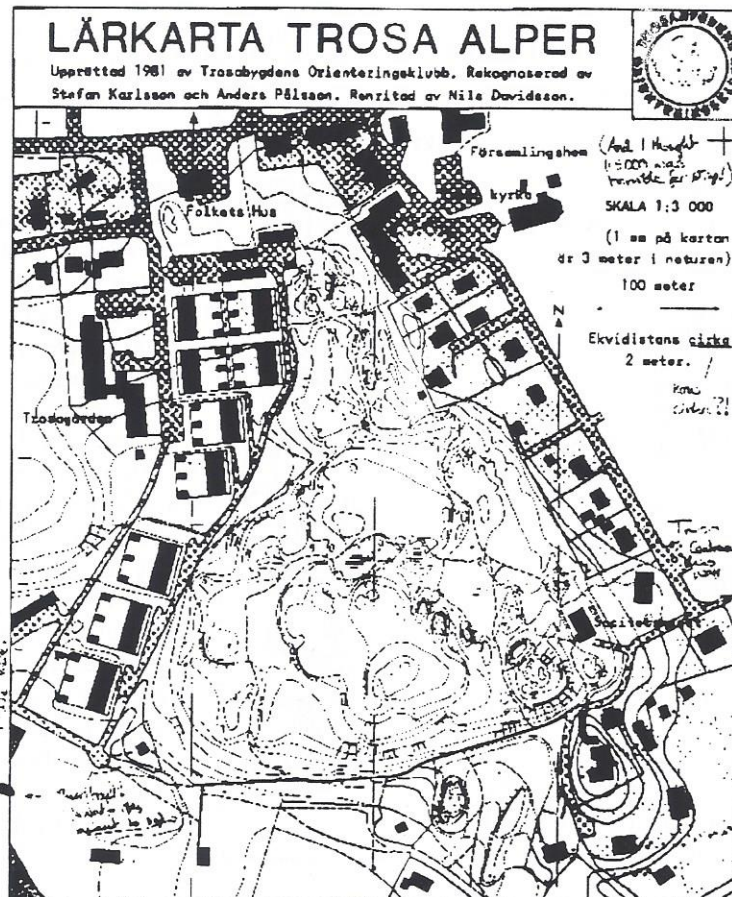
The Club Weekend

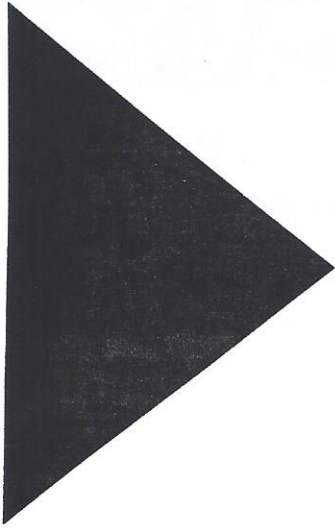
Social Reports

Letter From Sweden

Social Events To Look Out For

News, Views and not a lot else !





Club 91 Weekend

Once again, courtesy of Pat Squire (and Moray House) a fair assemblage of Interlopers converged on Woodlands in Kingussie for another Highland weekend. Read on

Following on the success of last year's Christmas Social there is to be another

Mulled Wine and Mince Pie Party

It will be held on
Thursday 19th December
Starting at 7.00 p.m.



At Eva's House
36 Buckstone Loan

BYOMPARW

Bring Your Own Mince Pies And Red Wine !

If you want more details, contact Andrew Bankhead (556-5141)

CHRISTMAS

Driving up the A9 at night after a hard day at school is not the ideal way to start a weekend but with the prospect of some challenging orienteering and some good company you almost forgot the BMW drivers overtaking you at 80mph on blind summits.

Despite a car load with Andrew, Jenny and Mark, who'd all been there before, it was still a case of "Which turning is it up the hill ?" The place in darkness, the first to arrive. Open up, lights on, heating on, food in, bags dumped, bottom bunk booked. Pat not the most popular person in the world when Jenny finds that he didn't pack her and Mark's suitcase back in Edinburgh.

Steve arrives next, but as usual, he's been here already and gone down to the village to kill time in a local hostelry. (Apologies to Steve for neglecting to mention his participation in the Six Days).

We promptly head off in that direction and quaff some liquid refreshment for a short time. On returning to Woodlands orienteers of various shapes and sizes have begun to fill the house up. Discussions take place about what to do the next day and there is much speculation about the weather. "Will it be really bad or just plain awful ?"

In the morning, quite a few people have risen early and a fair number have decided to go along to the informal ZAPPO training event at Glenmore. Some opt for mountain biking and Jenny and Mark for a train ride into Aviemore in the clothes they stand up in.

Arriving at Glenmore there's no sign of Zappo, but Ian and Fiona Hendrie, along with Dave Lane, are getting things ready for the Junior Squad training. Soon after the motley ZAPPO arrive. The weather is a bit brisk and bracing but at least it's not

chucking it down.

We try a variety of exercises. Map memory and planning ahead to begin with. Using our peripheral vision to spot controls. Doing a line course through some intricate terrain and finishing off with a course with various dummy controls to test our fine navigation. The main emphasis of the exercises and the golden rule to be adopted was "ONLY RUN AS FAST AS YOU CAN READ THE MAP".

A good time was had by all, except perhaps with the exception of the young lad who found the bees' nest. We finished at just the right moment before it started chucking it down and as the car park began to be overwhelmed by junior-laden minibuses.

A small group adjourned to the warmth and comfort of the restaurant at Loch Insh and marvelled at the mindlessness of the windsurfers out that afternoon while having a few cups of coffee and cakes.

Meanwhile, back at the ranch, preparations were afoot for the mass meal. The cooking and serving of the ever popular spaghetti bolognese and rice with fruit went like clockwork. So did the washing up despite the almost insufferably warm hot water.

Spirits had been raised by the odd glass of wine, beer, cider, etc. The older members of the group (John, Steve and Carol) stayed firmly fixed in the dining area reminiscing about earlier times. Most adjourned into the lounge to escape Steve Terry's shirt. While it is in the club colours it is very debatable whether there is any technology at present available to put it on an 'O'-suit. Thank goodness !

While the younger element set about organising the game of Pictionary, a small group of elite members were spotted making

Letter From Sweden

a furtive exit. If they were doing a Night 'O' they forgot their headlamps. The game, once started, proved as enjoyable as ever, though perhaps not quite so raucous as on previous occasions.

Next morning, things were a bit quieter and a wee bit more serious as people thought about the competition ahead. Scrutiny of a map, courtesy of Steve again, the previous evening, had shown a gently undulating area with blue the predominant colour - accounting for about 40% of the map. Various aquatic jokes had ensued for most of the night.

The day turned out quite pleasant with just a smattering of rain and not the horrendous storms which the forecasters had predicted. The forest, while small in extent, proved enjoyable to run in. The bits of marsh I ran over caused no difficulty until I sank up into my thighs en route to the last control.

Most people made favourable comments about the courses afterwards although there were some reservations about the lengths. 11.1km was certainly the longest I ran all year, although as per usual I ended up running considerably more. What Rob Lee thought as I ran back and forth along the ridge he was walking on I don't know. I certainly didn't know where the first control was that was sure.

Anyway it was a pleasant, though tiring run. Another successful Club Weekend was rounded off by a return visit to the Loch Insh restaurant before wearily heading south and home. Many thanks again to Pat and Jenny for their organisation.

Dear All,

This is just a short note to let you know how I'm getting on here in the Land of "Is It 9 a.m. or p.m.?" (Well it's not quite dark for 24 hours a day yet!).

Well it's really good here - I've joined a small (?) club of 300 or so - with about 40 of them who orienteer regularly - in Trosa, about 50kms south east of Stockholm. There's a club-house 6kms away, so you can go there for a shower after training in the forest that lies between it and Trosa. They've also got a club mini-bus, but although I've passed my driving test, I can't drive in Sweden, as you have to be eighteen here to do so.

The orienteers get together on Tuesdays to go running in the forest (at night) and then have a gym session in a nearby school. I'm a 'leader', so it's that well known Interlopers favourite - circuits! Then, on Thursday, we meet again to run in the forest again. (But you're in the south where it isn't heavily forested, relatively, Gordon - Ed.). On Saturdays, the club hires a swimming pool for an hour and a half so we all pile along there for some recreational swimming. Then on Sundays, there will be distance running - but that's not started yet. Meanwhile, on Wednesdays, (This boy is becoming disoriented about the days of the week - Ed. again), the juniors from several clubs train together from the school they attend, and I can train with them.

In between this I help out at the 1992 O-Ringen offices, where Claes, the father of the family I'm lodging with also works, or

Long before the Proclaimers wrote a 'Letter From America', broadcaster Alistair Cooke regularly provided us with details of what was happening stateside. In the light of 1992 and closer ties with Europe, Interlopers have sent young Gordon Riemersma 'sur le continent' to find out what's happening there and provide us with the first (and last / of many (delete as applicable)) report(s).

at a local 'folk high school', teaching orienteering, or in the local forests taking in and putting out controls. All in all, this seems to keep me fairly busy!!

I've also been learning Swedish and can now speak it with a reasonable degree of fluency now. Everyone here seems to think that since I'm 'English' (How do you explain you're Dutch, but live in and compete for that small area in the north of 'England' called Scotland?) that it's a great opportunity for them to practice their English - so it takes quite a while to explain that I want to speak Swedish.

Aside from that, there aren't any competitions just now, but in the early Autumn, there was at least one every week. Running H18 Elite I was usually in the top 10, but people keep saying "You're only first year!"

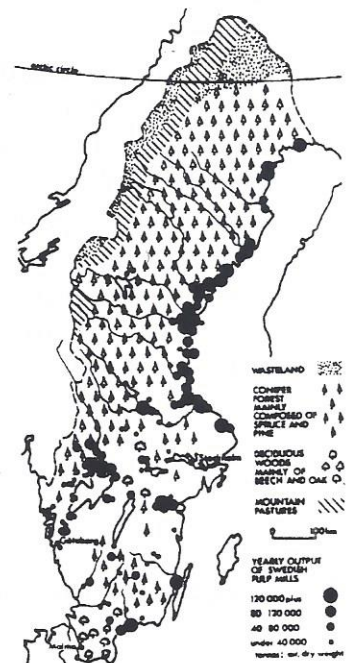
Since I'm working with the 1992 O-Ringen, if anyone would like more information about it, they can contact my parents, who may be able to help, or forward requests to me.

Happy Orienteering!

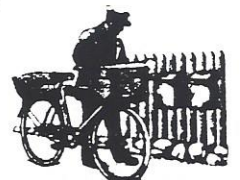
Gordon R.

If anybody wants to write to Gordon, his address is

Strandvagen 12
61900 Trosa
Sweden



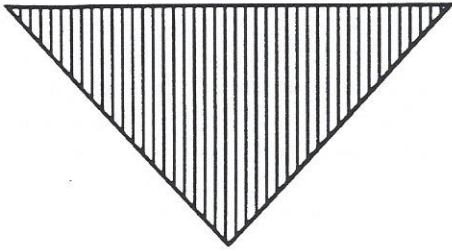
THE VOLVO 480 TURBO.



SVERIGE 130

ABBA

© Anderson's Anderson's Unusual
Produced and arranged by B. Unusual
Taken from the LP "ABBA"
A Polar Music Production



- Sunday 8th December**
LOL 3 (LINOC)
Bowden Hill, Linlithgow
 Information from
 J. Biggar (0506-845084)
- Sunday 15th December**
ELO (Local Event)
Yellowcraigs, Dirleton
(NT5185)
 Information from
 Sheila Strain (0875-611014)
- Sunday 29th December**
Festive Frolic
ELO's Novelty 'O' Event
Yellowcraigs, Dirleton
 An opportunity to run off the
 Christmas Pudding
 Registration 10.30 a.m. for
 an 11.00 a.m. Mass Start.
 Soup for all - Prizes for some
- Sunday 12th January**
LOL 4 (ELO)
Binning Wood, Dunbar
 No further details yet but
 well worth a visit to see a
 forest ride system reminis-
 cent of Versailles !
- Sunday 19th January**
Solway 'O' League 3
Mabie, Dumfries
(NX951710)
 Information from
 Dave McQuillen
 (0387-61741)
- Sunday 26th January**
Tinto Colour Coded
Corehouse, Lanark
(NS877415)
 Information from
 Hilary Quick
 (0968-82355)
- Sunday 9th February**
LOL 5 (WFO)
Tentsmuir, Tayport
(NO473277)
 Information from
 Bob Duiguid (0577-62997)
- Sunday 16th February**
STAUOC Colour Coded
Tentsmuir North, Tayport
 Information from
 Ros Gash
 4 Alfred Place
 St. Andrews
- Sunday 16th February**
Glasgow Galoppen
(CLYDE)
 No further details.
- Sunday 23rd February**
Solway 'O' League 4
Dalmacallan, Moniaive
(NX8088)
 Information from
 John Shaw
 (08482-275)
- Sunday 1st March**
ESOC Badge Event
Penicuik Estate
 No further details.

It has been suggested that we hold some special event next autumn in our 20th Anniversary year. The general thinking is to have an event which is distinctive and also fun. A score event, a relay or dare it be said a Sprinto™. Any suggestions? If so, pass them on to your nearest friendly committee member.



" I just love orienteering but don't you find you can't do a thing with your hair afterwards ?"

LBOA has put forward the 31st May for next years Inter Club Competition. This event started a few years ago but has never really taken off as yet. Tagged on at the end of the main orienteering season it doesn't seem to attract sufficient participants. We haven't done particularly well in it so far. Maybe we could make more of an effort this year and support the LBOA.

Another selection of orienteering events to look forward to. Note them down in your diaries and start organising your training. Make your resolutions for 1992 now.

Down in the Woods



Up a Gum Tree

We have returned to the Edinburgh winter after 14 wonderful weeks globe-trotting and are slowly settling back into normality. We spent a couple of months in Australia and New Zealand, with short stops in Hong Kong and Thailand on the way out, then returned via some people and places in the U.S. A. We took our running kit with us but it didn't get much use, and we'd hoped to find some orienteering but the closest we got was missing a training event in Adelaide by a couple of hours. I've got a bit of training to do before thinking about racing again, but we did find some interesting alternative activities on our travels.

Most of the places we visited didn't look promising for quality orienteering: the tropical bits were hot and humid with very unfriendly looking vegetation (and snakes, bugs and stinging plants!), and elsewhere we didn't see many nice runnable forests. We did manage lots of walking, from bush walks to awesome waterfalls in Kakadu in Australia ('Crocodile Dundee' Country) to climbing the hills of San Francisco, and plenty of swimming, from tiny motel pools to the Pacific Ocean at Waikiki Beach, Hawaii. In Australia we cycled by the Yarra River in Melbourne, canoed Katherine Gorge, went snorkelling and scuba diving on the Great Barrier Reef, and rafted the rapids of the Tully River in Queensland; but if you're after outdoor adventure, New Zealand is the place to go.

The land of rugby and sheep has superb walking, climbing and ski-ing, and just about anything else - the zanier the better, the Kiwis will give it a go! And they don't seem to suffer from tight 'health and safety' controls, so anyone can join in! Among the things we tried were the 'luge track' at Rotorua (downhill go-karts), jet boating in the Shetover Canyon (through rocky gorges in speed-boats that operate in 3 inches of water) and 'black water rafting' at Waitomo - a wonderful trip following an underground river through glow-worm caves with a car tyre tube to keep you afloat. New Zealand is also, of course, the world centre for bungy jumping, so I tried that too - diving off a 46m bridge with a piece of elastic around your ankles is definitely a thrilling experience!

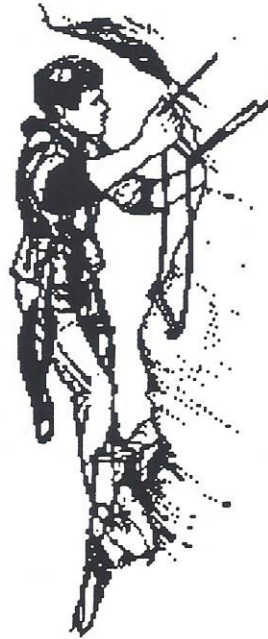
All this activity was more than balanced by lazing in the sun in warm places and by eating lots of cakes and drinking cappuccinos and hot chocolates in the cold places. So it's back to circuit training, the Meadows, Meggetland and the Pentlands, and out on Arthur's Seat - still the best city centre park for training in the world!

Charlie Walton

The Chairperson's Bit

Ground Control to Major Tom

Is the scene below familiar to you? How many times have you fumed and raved at some incompetent planner? Well now's the time to get your own back and show the world what a klutz you can be too! For anybody keen on a new challenge and who is not afraid to fail (joking, honestly!) the opportunity is at hand. In an attempt to increase the number of controllers in Scotland a controllers' conference is to be held in the new year. The date for this course is Saturday 18th January and the venue is Stirling University.



When the control description said crag top they really meant it, didn't they! Pass another piton, Chris.

The intention is to try and increase the number of controllers in each club by between 2 to 4 people. What do you have to do? Well, if you've already planned an event and organised an event on the BOF fixture list you can become a controller.

If you think you want to tackle a new challenge then ring Jim Heardman of ESOC at 031 441 2335 to register interest, obtain details, etc.

It would be of great benefit to the club if some members considered attending this course. While we have a number of controllers, and some very experienced ones too, having more helps to spread the workload around and is also good for the future of the club. If it were not for the dedicated activities of these people there would be nowhere near the number of events that we presently compete in and enjoy. So go on, take the plunge - you might even end up finding that you enjoy it.

Junior Page

BOF W17 Tour To Vastergotland

Since Walter Clark and I were to join the tour in Sweden, we travelled across by boat from Finland. We finally settled down at night in our separate rooms after a few hiccups. Firstly, Walter's 'keycard' (a plastic card with holes in it) wouldn't let him into his room. After six trips to the information desk he finally succeeded in getting in to his room. The next hiccup occurred when a Finnish 10 penniå kept moving on the conveyor belt at the tax-free shop. We left with the assistant still under the counter searching for it! Also, while changing travellers' cheques, Walter was ripped off by more than £20. Luckily we noticed that he had UK £'s marked on the receipt and not US \$'s. By the way, Walter usually has better luck than this!

The train journey from Stockholm to Shoude was very scenic. We met up with the others at BOF's 'everyones' Swedish friends' living in Gotene, 5km from where we were to stay. When we reached our accomodation we discovered that it was an old church hall with two toilets, two wash-and basins (one of which went out of order after overuse!), four cooking stoves and nothing else, although a fridge was installed later. We went to bed at 11.00 p.m. exhausted.

First day of training - but before that it was press interviews with Peter Palmer and Dave Lane and then some photos. We trained in an area called Osterang. Timed 1km routes were taken on tracks and in terrain. The training consisted mainly of looking at contours and doing a course visualising land with contours. Dinner that evening took two hours to make. Chili con Carne!

On the 31st of July we discovered why we had been told to bring 'mossie' cream. We all awoke to find ourselves covered with 6cm diameter bites. Great! We trained that day at Kallbykartan doing compass bearings. After the course we played noughts and crosses and had a quiz. No prizes of course for guessing which team won - the other one! Later on we went swimming in Lake Vattern.

August 1st - The first day with no water! Yes, the well went dry! After phoning for the plumber we travelled to Kleven - a UM'89 map. This time we did a rough compass bearing exercise followed by a line course. At lunch time we went to a small

lake where there was a diving board and some chutes. Something strange to us British people as it was like a Scottish loch with great facilities.

On the next day we travelled for an hour, like the day before to Hokensas, which was also a UM'89 map. The exercises today were based on pacing and compass bearings. We went swimming in the lake again.

At midnight we were informed that we had a girls team in the Tio Mila. Five of us were picked - Rebecca Noot, Jenny Keeling, Ruth Hayter, Jo Smith and myself. Yippee!!!

The event was to be held at Sparresater. It was one of the best events I've ever been at. Getting up at 2.30 a.m. for it was NOT the best part! Once you get there the excitement in the air is so great you can't get to sleep. Jo went off first at 5.00 a.m. and came back in 86th place. Jenny followed next (54th) and then I took over (45th). I passed on to Ruth (32nd) and Rebecca came home in 52nd position.

We met some friends from Finland and Sweden when the others arrived at 7.00 a.m. Early enough to see the last three legs coming in. The rest of the day I RELAXED! Most of the others went to a place called Momossen-Koflymarken for a short course.

The following day we had a competition at Sparresater using the same area as the day before. I did quite badly. Others did quite good. That night we discussed courses.

On the 5th of August we returned to Sparresater again to practice attack points. Very useful to us all it was. A lot of us did some of our competition legs to see what mistakes we had made. In the afternoon we tried to map a small area marked on a 1:10 000 black and white map.

The next day was a 'REST DAY'. Most of our group went to visit a small town about an hour and a thirty minutes drive away. I went to the famous Skara Somerland with five others, including Dave Lane. I can recommend it to anyone who is travelling nearby in the futur, especially the roller-coaster! As it was raining there were no queues which was brilliant.

On the Wednesday, we travelled back to Kleven to choose from three courses. 7.9, 7.2, or 5.4km. I was too dead to do anything but the shortest course. In the afternoon we did a memory course, remembering the course leg and using a compass bearing. On

some legs it was quite amusing finding ourselves lost!

On the 8th of August we did two courses. The first based on control visualisation. This was probably the most difficult exercise during the whole tour. In the afternoon, after a cooling swim in a local lake, we concentrated on a relocation exercise. It was very useful, but difficult. Especially with millions of flies around your head! These exercises were, once again, on the Sparresater map.

The day before the main competition! In the morning a quick 4.8km course on the Hokensas map, followed by a quick dip, then on to Momossen-Koflymarken to do a 1km relay course. J. Edwards ran off the map and recorded 60 minute kms!

Saturday 10th August - Second last day., first competition of the weekend. Everyone ran H/D16A except for the 'oldies'! (No ageism, please! - Ed.). I had quite a bad run, again! I wasn't in a good mood. In the evening we packed and cleared up as much as possible and also had a mass pig-out!

Sunday 11th August - Our last day in Sweden, second competition of the weekend. We had to get up at 6.00 a.m.! Aargh! On the way to the event, near Goteborg, it started to rain. Great! I was going to get somewhere today. I did. I came 2nd! I was quite lucky really that I didn't come first like Walter. He received a packet of toilet paper called 'Doublekrapp' plus his own choice of three prizes. As for me, I chose a wooden bowl from the gifts.

The journey back was OK. I survived the fairly rough 26 hour ferry crossing to Harwich, but for some of the others it was not so good!

Thanks to all our coaches, especially Dave Lane, who got called in to take over from Andy Kelly two days before departure! He didn't hear about it until the group came across to Sweden where he already was! He performed an excellent job for us which we greatly appreciated.

Ynske

HELP





If you like seeing your name in print and bask in reflective glory at your achievements let me know of your success, especially if the event has been somewhat further afield and I haven't been at the event, which is a distinct possibility. Drop me a note or send me a photocopy of the results and they'll be included in the next issue. This is especially the case for national and international events.

Scotlandsgaloppen 6 Anagach 22nd September 1991

A sizeable bunch of Interlopers made the journey north and most enjoyed the run in this pleasant forest / marsh ?

W13A	1st	Gail Balfour
W15A	2nd	Ynske Riemersma
W21L	1st	Lorna Boyd
	2nd	Carol McNeill !!
W21S	10th	J. Brannan
M13B	1st	Graeme Ambler
M21L	3rd	Andy Kitchin
	4th	Steve Conway
	12th	Phil Smith
M21S	10th	John Kenworthy
M40L	3rd	Pat Squire
M60	2nd	Ray Heyworth

Could any of our experienced members provide the newsletter with some training trips, technical comments / analysis of courses. Some of our juniors have expressed a desire for more help in these areas.

Reports back from The Harvester Relays in September suggest that the lads had fun but that they weren't as successful as they had hoped. The absence of Andy Kitchin after his WOC endeavours and Rob Lee through injury meant that we didn't have a particularly strong team. In the end they did without buying expensive halogen headlamps, not that they would have been much use in the incredibly misty conditions prevalent. In the end, Interlopers came in 7th (?). Perhaps next year on 'home ground' at Devilla they can give a better account of themselves.

In October, four of our junior members ventured to Southern Ireland to take part in the Junior Home Internationals near Cork. The Scottish Juniors won the individual event but could only manage second place in the relay. Gail Balfour won W13 by two seconds ! Anthony Squire came in 3rd in M13. Ynske Riemersma (W15) was 9th and big brother Gordon came 4th in M17 and was the first Scot home. Well done again, all of you !

Two of the above mentioned orienteers did a spot of moonlighting recently. Gail and Ynske took part in this years Lothian Schools Mountain Challenge and surprised quite a few people by coming in 1st out of about 180 competitors. Who says girls aren't tough ? Other reports suggest that Andy Kitchin, whilst out on a training run in the vicinity, was forced by a zealous scrutineer to punch his control card as he went by. Our fresh faced, youthful looking star hastily punched the only scrap of paper he had - his map - and trotted bemusedly off.

We also had a representative in the Veteran Home International at Craig a'Barns. Ray Heyworth finished a very creditable 2nd in M60/65. Ray being the perfectionist that he is felt that he could have done better though. In the final placings, Scotland came a close 2nd to England.

Tinto Twin Trophy Night Badge Carmichael Estate Saturday 26th October

W15A	1st	Ynske Riemersma
M15A	6th	Anthony Squire
M40L	4th	Pat Squire

These were our sole competitors so it was quite encouraging to see them doing so well.

Day Badge Douglas Woods Sunday 27th October

W15A	1st	Ynske Riemersma
W21L	11th	Stephanie Lee
W45S	3rd	Eva Riemersma
M15A	5th	Anthony Squire
M40L	7th	Pat Squire
M45L	2nd	John Barrow
M45S	3rd	Rudolph Riemersma

Colour Coded - Blue

2nd Finlay Ross M21

Overall Anthony was 6th, Pat 4th and Ynske collected a trophy for being first.

All that training in the Peeblesshire hills must have helped Andy Kitchin because he won the Traquair to Greenmantle run. The Two Breweries Race is around 18 miles long and involves over 5000 ft of climb. The things some people will do for a pint of beer !



Club Ranking



For all you madly competitive orienteers out there who are constantly wondering how well you are doing, here are some more statistics for you to pour over. This information was passed on to me by Ray Heyworth who obtained it from a company called Cardinal Computers. Instead of comparing you with your peers across the country it ranks you with your fellow clubmates. It certainly gives you the opportunity to poke fun at any poor soul below you in the list but it remains open to question whether comparability between the diverse personalities who make up Interlopers is really possible. Anyhow, this reservation notwithstanding, it does give you something to talk about. As with all computerised lists you can very quickly pick out some failings, a few of which are noted below.

For example, it's nice to see John Barrow running better at 45 than he was at 40!

Will the real C.D. / D.C. Eades stand up ?

When was the last time you saw Christine Whalley or Andy Spenceley at a meeting ?

How many Squires, Jordans and Martins are there ?

No doubt you can spot others too !

Unfortunately, no indication is given of what events are taken into consideration and from how far back. The figures in the fourth column are presumably national rankings.

Further information can be obtained from

Cardinal Computers
Mertonhead House
Ibstone
High Wycombe
HP14 3XY

Club Membership Ranking List for INT 10-10-91

1	A Kitchin	M21	7	4041
2	R Lee	M21	9	3950
3	P Hyman	M21	13	3855
4	P Squire	M40	68	3557
5	S Balfour	M40	106	3389
6	R Heyworth	M60	28	3291
7	D Eades	M21	120	3217
8	J Fallon	W21	51	3103
9	C Walton	M21	160	3096
10	T Jordan	M35	130	3081
11	J Mitchell	W21	71	3020
12	R Riemersma	M45	154	2947
13	P Dymoke	M21	237	2916
14	G McIntyre	M21	251	2896
15	I McIntyre	M21	263	2866
16	P Squire	M35	202	2776
17	R Galloway	M21	317	2767
18	P Smith	M21	426	2610
19	A Bankhead	M21		2462
20	S Lee	W21		2443
21	J Smith	W21		2425
22	C Inverarity	M35		2388
23	L Patterson	W21		2339
24	E Riemersma	W45		2320
25	M Stewart	M21		2310
26	J Kenworthy	M21		2308
27	B Mason	M40		2093
28	S Terry	M45		1995
29	C Whalley	W21		3408 a
30	L Boyd	W21		3396 a
31	C Eades	M21		3260 a
32	G Riemersma	M19		3096 a
33	J Barrow	M45		3092 a
34	J Martin	W19		2900 a
35	J Barrow	M40		2728 a
36	A Spenceley	M21		2716 a
37	N Melville	M21		2712 a
38	J Martin	W21		2512 a
39	G Edwards	W21		2184 a
40	M Strachan	M21		2156 a
41	I Jordan	M35		2092 a
42	M Sinclair	M45		1976 a
43	H Spenceley	W21		1860 a
44	R Sinclair	M50		1832 a
45	I Mollison	W21		1676 a

Note: Points values followed by an 'a' are averaged values for competitors with less than four qualifying runs and are only given for interest and comparison. Also, to be accepted as fully ranked, a minimum of 2500 points is required. (That only wipes out 60% of those on the list ! And what about the juniors ? - Ed).

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



Do not forget the Interlopers cloth badges ! If you think the one opposite is smart, remember that Mr. Spock prefers ours to that of The United Federation Of Planets. Be the smartest O-person in the galaxy. Badges available from Eva Riemersma at £1 each. Buy now before they're all beamed up !.

Membership Renewals for 1992

Full members will soon be receiving the BOF membership renewal forms for 1992. This year, the Combined fees for BOF + SOA + Club will be more than before (owing to higher SOA fees). The Combined fees, and the Club-only fees, for 1992 are:

Category	Combined	Club-only
Junior (born 1972 or later)	£3.60	£1.00
Senior (born 1971 or earlier)	£11.80	£3.00
Family	£17.30	£4.50
Group	£9.50	£1.00

Note that, for 1992, any 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 31 December 1992.

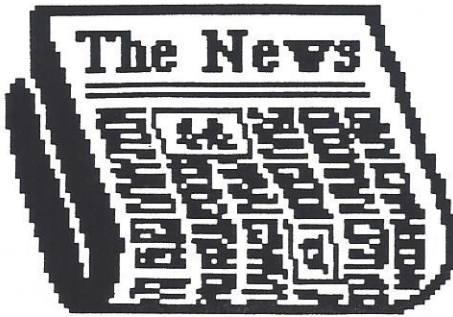
If you intend renewing your BOF membership, please send the entire form and subscription to BOF. Note, however, that this year the subscription to "Compass Sport" is being handled independently of the BOF subscription.

Would Club-only members please send their subscriptions (payable to INTERLOPERS) for 1992 directly to the Club Secretary:

John Barrow
3 Charlton Grove
ROSLIN
Midlothian
EH25 9NY

John can also handle conversions from Club-only to full BOF membership. Please phone 031-440-2136 for answers to any queries.





Keep your diaries free for Tuesday 2nd August 1994 ! The Veterans World Cup is being held in Scotland around then and along with a host of other clubs we have been earmarked to help out with the Qualifying Run on that day. You have been warned !

With the departure westward of the Cherry Family, the Club Library and Equipment Store resurfaced when they cleared out their attic prior to their departure. Also found was the Club Banner. If you want to consult any of the books held or require torches / headlamps - Pat Squire is the person to contact. Also available are 3 Club Sweatshirts (green only), two Large and one Extra Large if I remember correctly. If you fancy buying one, Pat's the man to see again. Best wishes also to Jane, Bob and Alan in their new home near Kilmarnock.

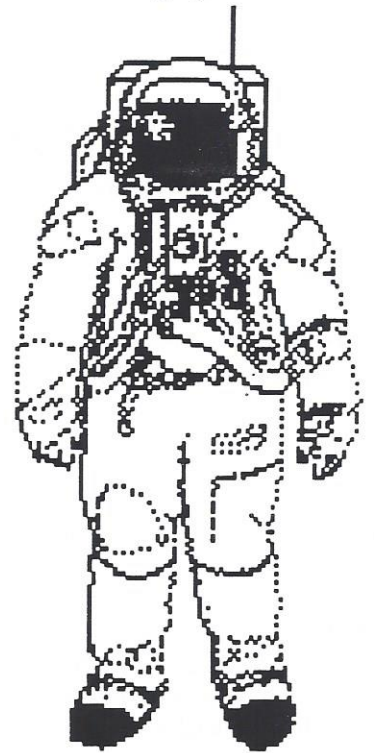
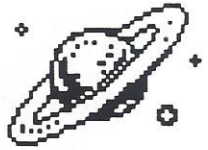
It's probably a bit late to inform you of the BOF National Coaching Conference to be held from 6th-8th December at the Sports Council's National Centre at Lillieshall, but a reliable source says that when the English Cricket Squad train there they regularly have a 6k Orienteering course. But who usually wins it ? Prize for the first non-Committee member to come up with the answer.

More on the DCPE Sports Injury Clinic. It has been confirmed that the registration fee will be £10 per person. Interlopers will be affiliated as club members of the scheme. It must be reiterated that this is a limited service. The doctor can be consulted Monday - Friday, mornings only, during term time at Cramond. Your name must be on the list if you wish to be seen. The scheme starts from January 1st. Any club members who have not registered interest please get in touch with Pat Squire (445-4830) by Wednesday 18th December at the latest.

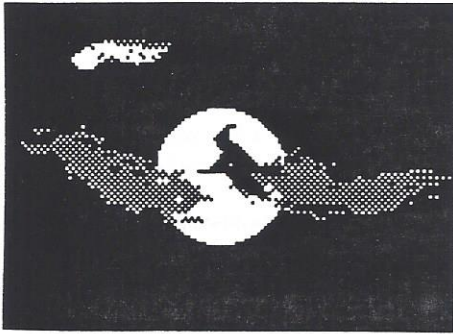
The latest on what's happening about our LOL event is that it is on Sunday 12th April, the week before the JK. Pakit has proposed a package deal where some of our elite members plan, organise and control the event as part of an attempt to raise the profile of the National Squad. As well as bringing them much needed publicity it was suggested that any income generated would be split between Interlopers and the squad who from accounts would appear to need the money more than we do ! As to where it's being held - that'll have to wait for another issue !

While the club might be considered to be in a reasonably safe financial position, the introduction of the BOF levy is liable to make income generation in the future somewhat difficult. The days of making a bit of money from a badge event would appear to be over and so we may have to exercise some budgetary restraint. This obviously affects our elite runners and junior representatives who we tend to support as much as we can. Accordingly, the Committee would appreciate any bright ideas from members on how to raise funds in the future.

Any club member who fancies an extra bit of training is welcome to go along to any of the Scottish Squad Training Weekends. I am reliably informed that most squad members would quite willingly offer some assistance and advice between sessions and go around some of the courses with you. It would seem that they can't get enough orienteering. Ask Pakit for further details.



"I read about that orienteering event on Mars in the last issue so I decided to give it a try. I will tell you this ! It was rubbish ! Dinnae go - there's a nice wee event coming up at Bowden Hill. I'll see you there !"



Ghosts and Ghouls

As the evening of Hallowe'en approached, the rain, typically, was streaming down. I wondered whether people would change their minds about coming on such a miserable night. Then, fortunately, within an hour of the tour beginning, the sky cleared. There was still quite a cold wind to contend with, however. I waited with Charlie and Janet at the Mercat Cross while, Lucy, Robin, John and the Squire, Inverarity and Riemersma families arrived. (They're just as slow at an actual event! - Ed.).

The tour began with stories about beatings and hangings around St. Giles. We were told that many of Edinburgh's medieval citizens in fact lie beneath Parliament Square. The imposing building where our politicians once governed our country from was built on top of Edinburgh's main graveyard. The nearby Heart of Midlothian marks the site of the condemned cell in the old city tol-booth, now long since gone. Across the road to the City Chambers we went where we were told about the 'lock ins' they had in the times of 'the Plague'. Whole streets were boarded up and left vacant to try and stop the spread of the disease. Along our tour artificial guns and firecrackers were used at various points to add some dramatic interest and scare us too! I was killed twice! (What age class does a ghost compete in?).

More ghost stories followed in the old closes and then most of us sought the warmth and shelter of a nearby hostelry. There the tales continued, one of the more interesting being about how the surgeons of auld had their women of the night delivered. It was a wary bunch of Interlopers who quietly slipped out and tiptoed their way home after this enjoyable evening.

Two reports on some of our latest social extravaganzas from Social Secretary Andrew Bankhead.

A Jolly Good Meal!

There was a good turnout at Jolly's for the first of our irregular, informal meals. Most people from the circuit training were present plus the Squire family too. The meal started with garlic bread which looked more like pizza to me. Somehow the topic of conversation at our table turned to Italy. Pakit regaled us with stories about the travels of a geologist and a cycling enthusiast in the Alps.

The club's star performers obviously have large appetites because they ordered half & halves which in the event turned out to be almost full portions of pizza and pasta. Meanwhile I was struggling to order a lager as they seemed reluctant to serve me.

Charlie and Janet had just arrived back from holiday and later he confided in me, somewhat bemusedly, that whenever he had tried to tell anybody about it, they promptly turned tail and disappeared.

Then the main meals arrived and everyone set about the task of demolishing them. Sweet tooths were well catered for afterwards with a large selection of desserts, and ice cream in particular. Coupe Hawaiian, Coupe Kiwi and Chocolat Parfait to name but three.

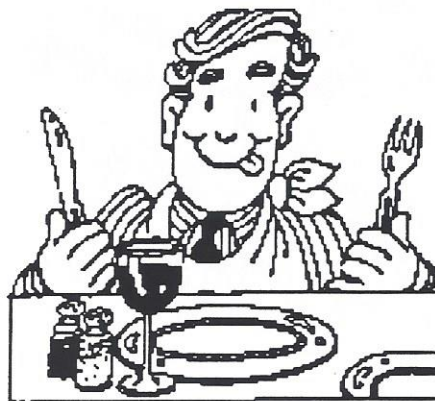
Finally, the Italian in the last newsletter was incorrectly translated - deliberately. I will leave the translation as a challenge! (Did anyone actually notice? Prize for the first correct translation - A horse's head or some concrete O-shoes! - Ed.).



Don't Forget The Mulled Wine and Mince Pie Party!

Also on the cards from Andrew is some extravaganza after the New Year on Friday January 24th (the night before Burns Night) to commemorate our national bard. What form our celebration will have is uncertain as yet but it's sure to be fun. Keep your diaries clear. You have been warned! Further details nearer the time can be had from

Andrew Bankhead (556-5141)



"Ah cannae understand
whit they see in them!"

Courtesy of The Upland Bleat
SU'91.

M thirtysomething



80

When was the last time you won anything? If you're like me it was quite some time ago. It's only happened to me once as well.

I converted a few years ago from marathon running when the wife started objecting to the 15 mile training runs on a Sunday. That's not true! It was more the lack of sleep I was having after spending most of the night walking up and down number one son's bedroom trying to get him back down. Orienteering seemed a suitable alternative - fairly short distances involved plus being a Geography teacher, I thought that I could read a map.

Well I learned fairly quickly! I don't know how often I found myself running along the wrong path. I found that one bad control and I was away for longer than I would have been for a half-marathon. One time I even found myself "lost" on Arthur's Seat which I had run round practically every day for the past 5 years. Admittedly, there was the most incredible haar blanketing the Park that June evening but it still didn't remove the overwhelming sense of frustration I felt. I started on Red courses and found myself having to revise my estimates about the fitness of gentlemen somewhat older than me. A reasonably suc-

cessful season saw me gaining an LOL badge and finishing 4th in the league after only three events. So next season I reckoned I needed more of a challenge and moved up to Green.

Things seemed to go reasonably ok at this level though I was finding that it was young lads I was having to contend with in the main now. Around this time a new orienteering club was set up back in the neck of the woods where I was brought up. In fact, Tinto had been the name of one of the 'houses' at my school. I of course was house captain of Lowther. The prospect of running about areas I knew as a lad seemed quite appealing to me and it also meant that I could escape from my mother's house when we went down to visit her.

So it was on a cold, frosty, January morning that I found myself at Lanark racecourse. I'd watched friends play rugby there because Biggar didn't have a team. I'd played football at Winston Barracks next door never forgetting the 9-0 thrashing Lanark Grammar gave us once. I would be running round the loch where I'd mucked about on the rowing boats. Did this help me any? I don't know. I'd never actually run there but perhaps nostalgia spurred me on. Maybe it was

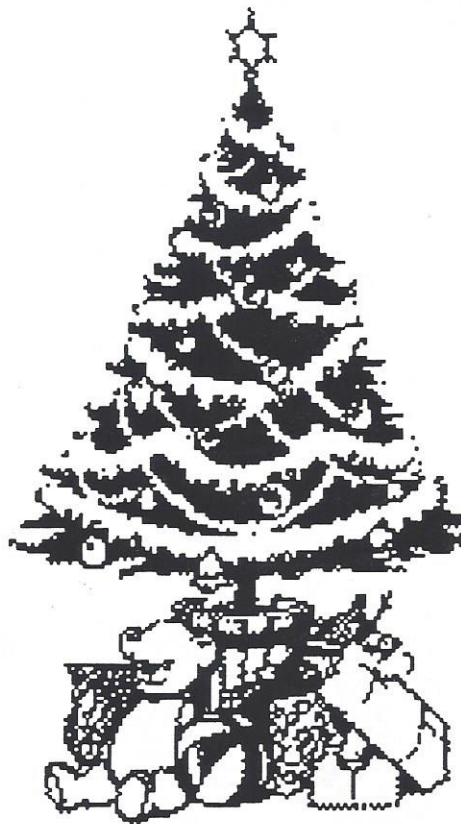
just because it was a low key event and there weren't many people there but I did win and I felt great.

Since then it has been downhill all the way. I've gone through Blue to Brown. I regularly run in the SG series and I think I've managed Gold Standard once, in the Pentlands. In two Scottish Six Days my position has been towards the bottom both times. So why do I do it? I'm never going to be in the top level.

A variety of things is the answer. It gets you out into the open air and it takes you to some of the more attractive parts of our country - if you can appreciate them bent double running against the grain in an area of figh. It keeps me fit, although there are less masochistic ways of achieving this. The common struggle against forest or moor has brought many new acquaintances and friends to share routes, search vainly for controls together and compare disastrous legs with afterwards.

The main reason though must be the challenge to yourself. The desire to go round a course and have the perfect run - maybe at a less than record breaking pace but without any mistakes and the best that you think you can achieve. Who knows when this will happen? Maybe the next run

*Merry Christmas
to all Interlopers
past and present
and all the best in
1992*



Post Script

Many
Congratulations to
Mr and Mrs
McIntyre

Although Jane and Ian got married last month they don't seem to have applied for a family membership yet judging by the latest directory of club members.

All the best to you both from all your interloping friends.