

# INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 89

July 1993



## Really Relay Good !

The AGM done been and gone. Some 20 odd fellows (Aren't they a kind of sweet ?) stealthily sidled past the muscle bound hulks pumping iron in the Eric Liddell Fitness Centre to reach the meeting room. It turned out to be a fairly quiet and uncontroversial event on the whole. We have a new committee, (details of those handed the black spot inside), and a number of points did arise during the meeting. It is a bit late now, but do remember for next year that if you are not able to attend the AGM, then postal votes are admissible. (Obviously some club member has his eyes on some Royal Mail shares when privatisation comes round !). Another request was that it would be a good idea to reiterate the successes which the club have enjoyed over the previous 'administrative' year. So without further avail here's how good we've been. Apologies to any body missed out in this resume but the retiring chairperson ran through them fairly quickly and I'm having a bit of difficulty remembering them all ! Our elite runners are well represented in the British Squad, Messrs. Kitchin, Lee, Hyman, Eades and Eades amongst them. Andy and Rob are also members of Team Silva for 1993. Apart from his many orienteering successes, Andy also finished up Scottish Hill Running Champion and recently won the Irish 'O' Championships and performed very creditably recently in the Nordic Cup (?). There

were good performances in the JK, British and Scottish Champs but individual successes were a bit thin on the ground. Bill Mason returned to competition and won M45S at the Scottish. Anthony Squire is a double British and Scottish M15A champion and may have made a clean sweep if he hadn't made a total muck-up of Day 1 at the JK. Graham McIntyre running under AROS colours won M35S at the JK. ("M35 Short and Wide Champion", a wag on the committee suggested with a similar sounding surname). Relay success seemed to avoid our M21E team. They came a very good 2nd in the Harvester at Devilla but were rather disappointed with their showing. The two 'B' teams also 'did the club proud' at this event. Our juniors continue to be picked for Scottish and British squads. Gordon Riemersmawas unlucky to miss out on selection for the World Student Champs. Sister Ynske is off to Sweden this summer again with the Scottish squad to face South Sweden, as are Gail Balfour and Anthony Squire also. Highspot of the year however must be the Scottish Relay Champs at Eildon at the beginning of June when everything went right and Interløpers came home first in M21, W21 and M40. Well done to everybody and let's hope we have an even more successful 93 / 94 season to follow.

**Special  
Economy  
Size Issue**

**New Committee,**

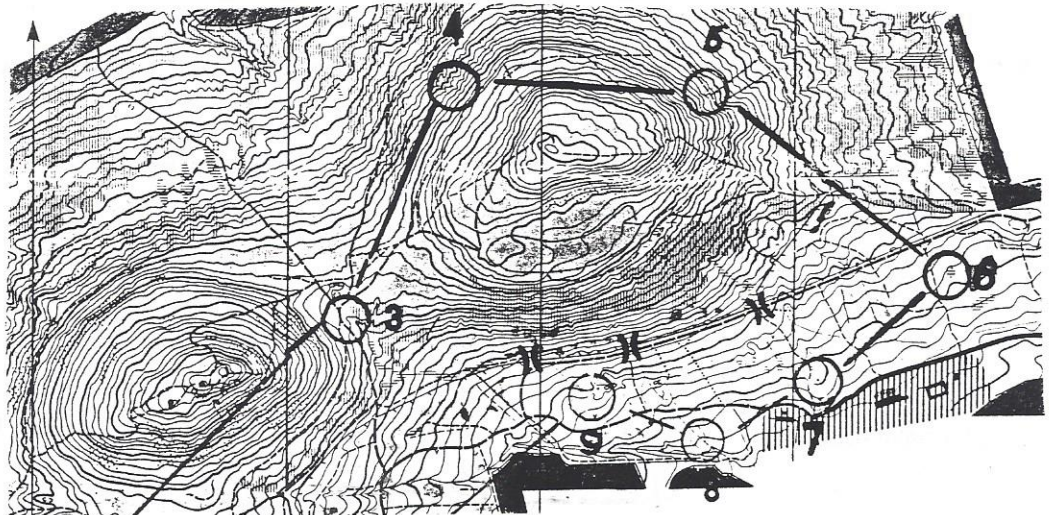
**In The Hot Seat,**

**No Letter From  
Anywhere,**

**Some Results At  
Last,**

**Relay Report,**

**and a wee bit  
more . . . . .**





# Interlopers Committee 1993-1994

Chairperson	Graeme Ackland	1F1, 1 Savile Place, Edinburgh, EH9 3EB, 031-667-3485
Secretary	John Barrow	3 Charlton Grove, Roslin, Midlothian, EH25 9NY, 031-440-2136
Treasurer	Ian McIntyre	1F2, 1 Leven Terrace, Edinburgh EH3 9LT, 031-229-0618
Social Secretaries (?)	Lucy / Robin Galloway	2F2, 5 Argyle Park Terrace, Edinburgh, EH9 1JY 031-229-5356
Newsletter Editor	Colin Inverarity	161 Dalkeith Road, Edinburgh, EH16 5BY, 031-668-2170
Junior Member	Anthony Squire	26 Swan Spring Avenue, Edinburgh, EH10 6NJ, 031-445-4830
Area Representative	Pat Squire	As above
Ordinary Members	Steve Ambler	105 Greenbank Road, Edinburgh, EH10 5RS, 031-447-2634
	Janet Fallon	2/4 New Orchardfield, Edinburgh, EH6 5ES, 031-554-0090

*I was searching for that classic photograph of Brezhnev, Kosygin, Gromyko et al waving goodbye to Kruschev at a Moscow railway station as he went away for his 'holidays' but my archive retrieval system has let me down. Perhaps I'll manage to dredge it up for next year's committee.*

A plea from the heart ! The young gentleman in question would be extremely grateful if he could be reunited with his pet flask for sentimental and superstitious reasons. If any of you disreputable lot have half-inched it - give him it back now !

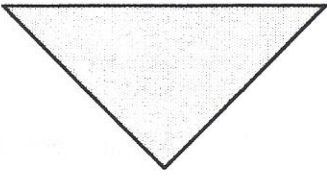


## Help Wanted

*Rob*

Lost at the Scottish Relay Championships at Eildon Hills in June - One blue aluminium drinks bottle with grey screw top - last seen in club tent. If found, please contact Rob Lee (668-1851).





# Notes

*A selection of points of interest and information for club members which I can't be bothered fitting in anywhere else so might just as well go in here. Quality journalism - ye cannae whack it !*

## New Members

Hello there ! Pressure on space in the newsletter and lack of thought by the Editor has meant that some of you haven't been properly welcomed in the last few issues. So all the best in your orienteering with Interlopers to Fiona Craddock (W21), Jane Hailey (W21), Juliet Vickery (W21), Ishbel Mollison (W21- Welcome Back !), Ken Daly (M21), Colin McNeil (M21) David Simmons (M21), and the Gianelli and Smith families and, finally, back from New Zealand, the Haley family. Apologies to anybody omitted or double welcomed.

## Events To Look Out For ?

The 22nd White Rose Weekend, 28th -30th August. This popular event organised by Eborienteers will be held at Barns Cliff and Low North Park in the Derwent Valley in North Yorkshire (SE954954). Enquiries to Betty Roberts (0904-762310).

Probably too late by the time this issue hits the streets but keep it in mind for next year. The Glenshee Chairlift Challenge and Medley Team Event, Sunday 25th July. A "man-versus-machine" race. That seems a bit sexist in these times, surely? 1000 ft up and down and 1.5 miles there and back. "The chairlift runs at a constant speed so runners should expect to lose ground on the ascent but gain on the descent." The team event consists of 3 runners going to various locations on the mountain and their times aggregated to decide the winners. £3 entry fee for both races. Enquiries to Alistair Lawson, Ochilbank, Muckhart, Clackmannanshire, FK14 7JW. Telephone 0259-781-301. "N.B. - The team event will take you out of sight of the road; in misty conditions some hillcraft or sense of direction may be required." - !!!!!!!

## BOF

Are you concerned about BOF ? Do you want to see changes made to the present system ? Following on from the decision to look at the possible restructuring of BOF at the AGM there is to be a Club Delegates Conference held at Lancaster University on November 27th which I believe ties in with National Event 8 somewhere in the Lake District. Book your place now !

By the way, BOF fees are going up ! £8-00 Senior, £2-00 Junior, £11-50 Family. Start saving your pennies before Kenneth Clark looks for alternative ways of financing the Conservative Party. A further pronouncement from our sports administrators decrees that the maximum levy for any one event shall be fixed at £2,350. I don't think our Summer Series events at Blackford and Colinton Dell quite come into that category.

## Finance

On the subject of money, at the AGM the treasurer performed a masterly stroke of legerdemain, pulled the wool over our eyes and generally massaged the figures to make it look like the club's finances are quite healthy at the moment. Well done, Ian. He has been helped a bit by the decision to make a charge for relay entries rather than subsidising them completely. The balance may have been even better had it not been for dramatic events on the stock exchange and the collapse of sterling against the Swedish krone (and every other currency in the known galaxy). The effect was to make our recently purchased O-suits a trifle more expensive. The club has maintained its commitment to sell the suits at a fixed price. Get your bargain basement, never to be repeated offer now. There are still 5 suits left. See Eva or phone her (445-4419) if you want a top quality O-suit at a ridiculously (?) low price.

## Six Days

For those of you going to the Six Days, we have been given responsibility for the Starts and the String and Wayfarers Courses. There have been offers made already by the Balfour family for the String and Martin to organise the Wayfarers. Any other definite requests for particular duties should be directed to John Barrow before he directs them to you.

## Juniors

Martin Hyman has made an application for a grant to map areas (parks, school grounds, etc.) in the Edinburgh area with a view to encouraging school use and so address the concern being expressed about the declining numbers of juniors coming through in our sport. If you are interested in helping out in anyway, (e.g. mapping or just suggesting any likely areas) do get in touch with him (0506-412322).

## LBOA

LBOA's response to the 'Junior Problem' is to restructure course pricing in an effort to encourage more participation. The suggested 3-tier pricing for next year is as follows. All competitors on White and Yellow courses (Senior or Junior) £1, all other Juniors £1-50 and all other Seniors £3. Discussion of this at the last committee meeting was broadly in favour with the suggestion being made that perhaps there should be a season ticket for regular competitors. The problem of allocating how the monies get directed to the clubs didn't spring to mind at the time though. Also planned is the idea to have some training exercise held in tandem with the colour coded courses for elite runners wishing a little run around without upsetting the league placings.



## In The Hot Seat

*Graeme*

About the Chairperson

*Graeme Ackland is slightly older than his teeth and has been orienteering for eight years (not on the same course). A former member of OUOC (Oxford University) and Delaware Valley Orienteering Association, he is currently employed as a Research Fellow by the Royal Society of Edinburgh. He is unmarried with no children and competes in the big boys' class.*

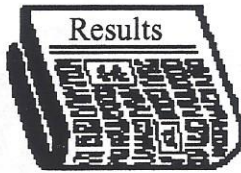
As you are no doubt all aware, at the end of a fiercely fought contest between willpower and the presence of my elbow between my shoulders I am your new chairperson! I should begin by thanking my predecessor, Pakit, for doing such an (insert adjective: \_\_\_\_\_) job over the last year. I hope I will be a worthy successor, although on my agenda is the desire to avoid the now traditional presidential redundancy and transportation to the antipodes.

The remainder of this year is quite a busy one for Interløpers (Crackerjack!) On August 5th, in the middle of your holidays, we are one of the organising clubs at Ballogie for Day 4 of the Six Days, and then, in December, we host a two day, 'double-whammy', Scottish Score / Lothian and Borders Championships on err..... and at ummm ..... Which brings me onto what I perceive as the biggest problem facing us: We don't have any areas! At a local level I hope

that we can address this by mapping some of the Edinburgh parks. These types of maps would be ideally drawn and maintained by club members and perhaps stored on computer so that we can easily update them. If you are willing to map your local piece of parkland, please let me know and I'll try to co-ordinate efforts. For events in the Little Old Lady league and above we need to have a decent area of our own. Locating such an area is the first step: We can't hope to stumble on a Darnaway just the other side of Haddington but as a "mobile young club" (Who said that? - Immobile old Ed.) anything within an hours drive would be fair game. This is something where every club member can help: If you think that bit of moorland out the back of Auntie Moira's house might be suitable let me know, and the area recceing squad will be dispatched. Another great season for Interløpers (Crackerjack!) is in prospect. Enjoy your training then and roll on the Six Days!







At last! Some results for the statistic hungry freaks and the opportunity to see how poorly your pals did.

### Jan Kjellstrom International 9th-12th April Basingstoke

M15A	Anthony Squire	9th
	Tim Barow	60th
M19A	Gordon Riemersma	8th
M21E	Andy Kitchin	6th
	Pakit Hyman	29th
	Graeme Ackland	32nd
M21L1	Ben Hartman	2nd
	Colin Eades	15th
	David Simmons	49th
M21L2	Steve Conway	10th
	Simon Thompson	30th
	Ian McIntyre	38th
M35S	Graeme McIntyre	1st
M45L	Pat Squire	71st
	John Barrow	89th
W15A	Gail Balfour	8th
W17A	Ynske Riemersma	20th
W21E	Lorna Eades	13th
W21L	Cathy Tilbrook	18th

Anthony's performance was notable for taking 75 minutes and 57 seconds on Day 1 and then winning by 4 clear minutes on Day 2 in 43 minutes and 51 seconds!

In the Mens' Open Relay, Graeme, Pakit, Andy and Rob came in 3rd and Ben, Simon, Colin and Steve finished in 18th place. David managed a creditable second fastest time on his course but unfortunately was not in a complete team. Jo, Cathy and Lorna finished 6th in the Womens' Premier event.

### .....STOP PRESS.....

No Scottish Relay report I'm afraid this time. Pressure on space means that it'll have to be held over until Issue 90.

### British Championships 24th-25th April Brown Clee Hill, Ludlow

M15A	Anthony Squire	1st
M21E	Rob Lee	10th
M21L1	Ben Hartman	12th
	Colin Eades	14th
	David Simmons	38th
	Simon Thompson	64th
M45L	Scott Balfour	58th
	Pat Squire	61st
W13A	Rachel Balfour	44th
W15A	Gail Balfour	26th
W17A	Ynske Riemersma	10th
W21E	Lorna Eades	4th
	Jo Mitchell	14th
W21L	Heather Peel	3rd

Anthony blasted the competition again - this time winning by 3 minutes. In the Mens' Premier, our teams came 6th and 60th and the Womens' Premier teams performed slightly better coming home in 6th and 21st.

### Scotlands Galoppen 3 Sunday 2nd May Mabie Forest, Dumfries

M15A	Anthony Squire	1st
	Graeme Ambler	22nd
M19A	Gordon Riemersma	7th
M21E	Rob Lee	7th
	Colin Eades	10th
	Colin McNeill	21st
	Robin Galloway	23rd
M21L	Ian McIntyre	7th
	Ken Daly	18th
M40L	Dave Marshall	4th
	Pat Squire	9th
M45L	Scott Balfour	13th
	John Barrow	23rd
	Steve Terry	33rd
M45S	Steve Ambler	1st
M50S	Rudolph Riemersma	2nd
M60L	Ray Heyworth	3rd
W13A	Rachel Balfour	14th
W15A	Gail Balfour	2nd
W21E	Lorna Eades	3rd
	Jo Mitchell	8th
	Cathy Tilbrook	10th
	Janet Fallon	11th
W21L	Lucy Galloway	11th
W21S	Jane McIntyre	6th

A big club turn-out here and a fairly successful one too.

### Scottish Championships 29th-30th May Bowhill and Eildon Hills

M15A	Anthony Squire	1st
	Tim Barrow	27th
M19A	Gordon Riemersma	2nd
M21E	Andy Kitchin	6th
	Rob Lee	9th
	Ben Hartman	18th
	Robin Galloway	21st
	Colin Eades	28th
	Ian McIntyre	38th
M21L	Steve Conway	9th
	David Simmons	16th
	Ken Daly	32nd
M21S	Neil Melville	10th
M35L	Graham McIntyre	20th
M40L	Dave Marshall	13th
M45L	Scott Balfour	13th
	Pat Squire	18th
M45S	Bill Mason	1st
M50S	Rudolph Riemersma	2nd
M60L	Ray Heyworth	18th
W13A	Rachel Balfour	20th
W15A	Gail Balfour	6th
W17A	Ynske Riemersma	2nd
W21E	Lorna Eades	7th
	Jo Mitchell	10th
	Heather Peel	22nd
	Janet Fallon	30th
	Cathy Tilbrook	31st
W21L	Ann Haley	6th
	Lucy Galloway	20th
W21S	Jane McIntyre	13th
W45S	Eva Riemersma	9th

### Lothian O-League

Belatedly but finally - credit to our successful participants gaining certificates in LOL last year.

White	1st Overall	Kirsty Balfour
Orange	1st Junior Woman	Rachel Balfour
Green	1st Junior Man	Tim Barrow
	3rd Senior Man	Ray Heyworth
Blue	2nd Senior Man	John Barrow
Brown	1st Overall	Ben Hartman
	2nd Senior Man	Ken Daly
	7th Senior Man	David Simmons
	8th Senior Man	Pat Squire
	1st Junior Man	Anthony Squire



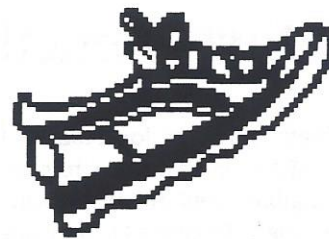
dnf





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

- Look out for the Club Championships. The young McIntyres have offered to organise this ever popular and inevitably daft event. (I'll never forget the Galloways getting me to run through the Water of Leith to a nettle strewn island past a bemused fisherman then putting my shoes on the wrong feet and running back to the finish). Provisional date and venue is Sunday 15th August somewhere in the Pentlands. The event is rumoured to be on "How Green Was My Orienteering" lines after their experiences of a green event they attended in Switzerland last year. It'll be interesting to see if Ian turns up on time for a change. Start training now. **229-0168** for further details.
- With the club coffers being reasonably full just now remember that the committee does tend to look favourably on requests for financial assistance (particularly from juniors - although not exclusively) to cover travel to foreign climes, purchase of expensive equipment, or anything remotely sensible. Get in touch with a committee member and say how much you want and what for and we'll consider it. Members of The Summerhall Place Amber Nectar Appreciation Society should not bother applying.
- In light of Andrew's defection southwards, Steve Ambler has assumed the mantle of 'person-to-give-the-money-to-for-the-circuit-training' when it resumes again at Moray House Gym in the Autumn. Watch this space!
- A Midlothian and Edinburgh Schools Championship is planned for the first or second week in October. Organiser Lynn Corrie, an Outdoor Education specialist based at Prestonpans Centre, would appreciate any offers of help from club members. She can be contacted at **0875-814058**.
- Amongst our commitments next year is the Vets World Cup. Along with MAROC, WFO, ELO and CUNOC we are to be responsible for Qualifying Day 1 on the 2nd August. The event is liable to be held at Rothiemurchus or Inshriach. Ian and Fiona Hendrie are planning with John Biggar and Blair Young controlling. What they need is a day organiser and assistant. MAROC feel that 6 Day fatigue will prevent them from supplying anyone. Do any of you fancy this prestige task? Let John Barrow (**440-2136**) know in the first instance if you are interested in volunteering.
- Organisation of next year's LOL event is under way already with new Junior Rep. Anthony Squire at his first committee meeting foolishly volunteering to plan. He'll learn eventually. The date is 13th February. Anyone want to be organiser and coordinate club efforts on the day? Get in touch with Anthony on (**445-4830**).
- Midlothian District Council is planning a childrens' 'Come And Try It' event at Vogrie on Saturday August 15th. John Barrow has been approached to see if any club members would be willing to help and/or provide elementary coaching. If you want to help - get in touch with John.
- Do remember that we need suggestions of where to hold our up and coming 'double-whammy' fairly soon so that our planners can get into action. Also any suggestions of suitable areas to be mapped or willingness to map them would be appreciated. See your friendly, local committee member now!
- Finally, for forgetful committee members, the next committee meeting will be Chez Barrow in Roslin on Monday 16th August at 8.00 p.m. (Two days after the CATI at Vogrie and the day after the Club Champs just in case you've forgotten about them too!



# Events



- 
**Sunday 29th August**  
**14 Person Relay (STAG)**  
**Faskally, Pitlochry**  
**(NN917598)**  
 Entries to  
 Jackie Riley,  
 23 Whitburn Street,  
 Carntyne,  
 Glasgow, G32 6PG  
 (041-778-3127)
  
- 
**Sunday 12th September**  
**WOSOL 6 (CLYDE)**  
**Gleniffer Braes, Paisley**  
**(NS454605)**  
 Information from  
 Colin Salisbury  
 (05057-4506)
  
- 
**Saturday 18th September**  
**Scotlands galoppen 5 (PO)**  
**Barry Buddon, Carnoustie**  
**(NO542337)**  
 Information from  
 Lynden Schofield, (0738-83539)  
 Pre-Entries on SEF to  
 Perth Orienteers,  
 c/o Perth Bookshop,  
 3A Abbot Street,  
 Perth, PH2 0EB  
 £6 - Seniors, £2.50 - Juniors,  
 Closing Date 4th September,  
 No Entry On Day.
  
- 
**Sunday 3rd October**  
**Scotlands galoppen 6 (ESOC)**  
**Cademuir, Peebles**  
**(NT244402)**  
 Pre-Entries on SEF to  
 Robert Findlay,  
 58 Nether Currie Crescent,  
 Edinburgh, EH14 5JG  
 £5.50 - Seniors, £2.50 - Juniors,  
 Closing Date 18th September,  
 Limited EOD

- 
**Sunday 17th October**  
**Scotlands galoppen 7 (GRAMP)**  
 No further details
  
- 
**Sunday 24th October**  
**WOSOL 7 (CUNOC)**  
**Dundonald Hill**  
**(NS357388)**  
 Information from  
 John McNee  
 (0292-312170)
  
- 
**Saturday 30th October**  
**Scottish Night Championships /**  
**Tinto Twin Night Event**  
 No further details
  
- 
**Sunday 31st October**  
**West of Scotland Championships**  
**/ Tinto Twin Day Badge Event**  
 No further details

Bored by jogging?  
 Exerlopers will put a spring  
 in your step. Resembling  
 six boots attached to an  
 elliptical spring made from  
 two pieces of plastic, they  
 enable you to take long,  
 hopping, bouncy strides with  
 little effort. Their inventor,  
 Gregory Lehmann, a  
 Russian immigrant now  
 resident in Montreal, says  
 his Exerlopers (currently

**PATENT PLACE**

An occasional look at the latest inventions available only in Canada and the US, where they sell for \$199) can lengthen your stride to six or seven yards. Some people run up to 50 percent faster, he claims. They also look very silly doing it. A similar but much larger device, called the SpringWalker, has aroused interest from the British Army.





# M fortysomething ?



# 89

Apologies yet again, loyal readers ! In the cruel light of day, far away from any pressing deadline, your editor has had time to contemplate the errors he has made of late and found them to be on a par with the number he usually makes in the forests. I hope you all enjoyed the Summer Series, those of you that managed to find them, seeing as I neglected to actually inform any of you as to where and when they were being held. Oops ! Those of you phoning Pat Squire of late may have had difficulties as the copy editor failed to detect the made up number I put in because I couldn't be bothered checking with my club list at the time. Going further back I confused one of our esteemed ex-Interløpers (Geoff Peck) with a popular actor (Bob Peck). It must have been the repeats of Edge of Darkness at the time. Sorry Geoff, I won't do it again. Maybe it's because I never really liked Hi-Ho Silver Lining. (One for the InterløAPers).

Anyway, back to more mundane things like orienteering. The Inverarity tribe is preparing itself for the great trek up north to Deeside. The junior section have been getting some practice in at the Summer Series and enjoying themselves enormously. M9 is coping pretty well with yellow courses now (with Dad hovering in the background just in case). M7 isn't quite so confident but on the whole tends to be a bit quicker than big brother so together they make quite a good team. The senior section has been doing a little bit of orienteering at last. The phone call from the Secretary asking if I wanted a run at the Scottish Relays forced me out of my inactivity though judging by my time that is debatable. A few more runs at the Summer Series, planning and setting out courses for some of my pupils at Hedderwick for suspended timetable at the end of term, and some running in Denmark on holiday have helped me shed a few pounds. My weight was beginning to alarm

me a bit and coupled with the difficulty I was experiencing trying to get into some of my trousers it was fairly obvious that I was carrying around a lot of surplus poundage on each run. At last, however, I seem to have overcome the mental and physical barriers to getting out there and doing something. My fitness and general well-being seem to be much the better for it. My times are improving, although not on a par with a few years ago. The diminishing returns of age take their toll on us all. The knee seems to be holding up and I can now run for two consecutive days without collapsing in a heap. I've got less than a fortnight though to build up my stamina for six days in a row. The Boss is getting to grips with the logistics of it all moving our Panzer Division northwards to annexe Deeside for a week. Lack of accommodation in the immediate local, however, has forced us to find board and lodging in the Granite City so there will be some respite for you all as a result.

