

INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 91

December 1993

And So This Is Christmas . . .

Ninety
One

Bumper Festive Issue

*Interlopers in The
News,*

*Another Pome Wot
He Wrote,*

Loadsareults,

*Virtual
Orienteering,*

*Events, Socials
And As Much As I
Can Cram In Be-
fore The Deadline !*

And what have you done ? Another year over, a new one just begun. Well what sort of a year has it been for you ? You might have competed in your first event. Perhaps you recorded your fastest minutes per kilometre ever. Maybe you represented your country. You might have won your first event. This year you might have decided that Blue wouldn't be quite so much of a struggle as Brown. At some event you may have discovered that you had forgotten your compass, gaiters, red pen, safety pins, or even your brain. Was it a year in which you could never quite get the better of that rival from CLYDE/FVO/INVOC, etc. Were you getting a bit fed up of winning the Pentland Skyline, Seven Hills, Lothian Mountain Challenge ? Did you get fed up hobbling about for an eternity after you whacked your ankle one ? Perhaps you experienced the Six Days for the first time. You were probably drenched and frozen at some time of the year. Perhaps

you wondered why you ever volunteered to plan / control / organise an event. Was it the year you managed Gold Standard ? You may have said "Why am I doing this ?" / "I'm getting too old for this lark !" / "That's not where it's supposed to be !" sometime during the year. Maybe you orienteered abroad for the first time. Perhaps you contributed something for the newsletter ! Maybe you decided you could get more money being gubbed at chess ! You might have helped out at the December Double. You may have even gone to a Social Event and spoken to fellow club members. Someone from ESOC might have spoken to you. You might have conned a grant out of the club and not written anything for the newsletter yet. Perhaps you went to the World Cup ! Maybe you longed to become an M/W 35. You may have continued to edit the newsletter. Whatever happened - you'll probably be doing the same next year. All the best for 94 !



interlopers in the news

First it was
'John Barrow' with his
enquiry about the
nutritional value of potatoes.
Now Rudolph is in search
of the ideal diet



Membership Renewals for 1994

Full members will soon be receiving the BOF membership renewal forms for 1994. This year, the Combined fees for BOF + SOA + Club will be more than before (owing to higher fees for SOA and BOF), except for Juniors.

The Combined fees, and the Club-only fees, for 1994 are:

Category	Combined	Club-only
Junior (born 1974 or later)	£4.50	£1.00
Senior (born 1973 or earlier)	£16.00	£4.00
Family	£23.50	£6.00
Group	£15.25	£2.00

Note that for 1994, 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 1994.

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

Would Club-only members please send their subscriptions (payable to INTERLØPERS) for 1994 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 you may have.

The Scotsman 3

Kitchens may find recipe for healthier hearts

By Bryan Christie
Health Correspondent

SOME of the secrets for combating heart disease could be uncovered in the kitchens of a group of ordinary Scots.

They are being invited to help in one of the most intensive examinations yet carried out into eating patterns and cooking methods. It aims to develop methods which can be used to answer crucial questions about the links between nutrition and ill health.

Researchers at Edinburgh University want to recruit 25 couples prepared to invite scientists into their kitchens to carry out a series of week-long studies into their diet. It will involve close monitoring of cooking methods and a full analysis being carried out of some of the prepared meals.

The focus of the work will be on vitamin intake. Anti-oxidant vitamins which are found in fruit and vegetables are thought to have protective effects in preventing the development of heart disease and cancer. But it is also thought that those may be destroyed by certain cooking methods such as frying food in repeatedly used oil. Smoking

□ The project is not due to begin until early next year but anyone interested in helping is asked to contact Dr Rudolph Riemersma at the Cardiovascular Research Unit, Hugh Robson Building, George Square, Edinburgh.

and other lifestyle factors are also thought to have a negative effect.

Dr Rudolph Riemersma, of the university's cardiovascular research unit, is leading the £400,000 project, which has been funded by the food industry. It is the first project in Britain to be established through the Government's LINK programme, which encourages collaboration between industry and universities.

If the protective role of anti-oxidant vitamins is established, there could be major implications for the food industry. Basic foods could be improved by adding vitamins to them or by removing any components which destroy anti-oxidants in the cooking process.

Dr Riemersma said that, at the moment, there are more questions than answers and effective methods had to be established to measure the effects of chemicals in the diet before matters can progress.

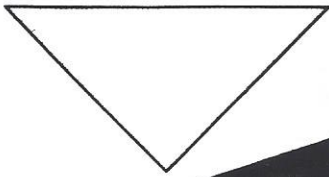
He described the 14-month study of eating patterns as more involved than anything that has yet been attempted.

"Other studies have monitored what food people buy but this is more invasive. It could be that we may have to be in the kitchen several times a week when meals are being made."

Sometimes participants would be asked to prepare an additional meal for analysis.

Food costs for the project will be met by the researchers.

My wife's pal is a dietician who is helping with the research and she wants to know when she's getting paid!



1388	2528	Peter White	1:18:26
1387	2536	Charles Fletcher	1:20:30
1388	2537	Graham Carswell	1:21:00

MEN - 40 to 49

1	12	Brian Kirkwood	31:13
2	18	Robert F Hall	32:17
3	33	Ian Seggie	34:15
4	34	Scott Balfour	34:15
5	40	Charles Smith	34:52
6	43	Anthony Mulard	35:07
7	45	Jim Norton	35:10
8	53	Terry Quigley	35:19
9	54	Jimmy Hudson	35:20
10	62	Bob Brown	35:52

40-49 year old Scott Balfour showing he can still turn a fast pair of heels in the BUPA Caledonian 10km Run. If I'm right he managed to come 2nd at Cademvir later in the day. Personally, my Trotskyist principles didn't allow me to run!

JOHN D. BARROW
THEORIES OF EVERYTHING

THE HOLY GRAIL OF MODERN SCIENTISTS IS THE "THEORY OF EVERYTHING", WHICH WILL CONTAIN ALL THAT CAN BE KNOWN ABOUT THE UNIVERSE. IN THIS ELEGANT AND EXCITING BOOK, JOHN BARROW CHALLENGES THE QUEST FOR ULTIMATE EXPLANATION

"Bridges the gap between the research frontiers of theoretical physics and the aspirations of the man on the Clapham omnibus to understand what is going on"

TIMES LITERARY SUPPLEMENT

£6.99

VINTAGE PAPERBACKS

Following in father's footsteps?
Gail running very well in my home area.

SHRA TINTO HILL RACE (4 1/2 miles/1500ft, Symington). Men: 1, J Wilkinson (Gala Harriers) 30min 39sec (record); 2, D McGonigle (Shettleston Harriers) 30:48; 3, M Rigby (Westlands CCC) 31:39; 4, J Pyran (Edinburgh University) 31:49. Veteran: 1, J Blair-Fish (Carnethy HRC) 34:17 (12th). Super-veteran: 1, B Waldie (Carnethy HRC) 37:21 (36th). Junior: 1, D Godfree (Edinburgh University) 35:02 (15th). Team: 1, Shettleston Harriers 14pts; 2, Carnethy HRC 31pts; 42:58; 2, I Knox (Westlands CCC) 44:07 (junior); 3, G Balfour (Edinburgh Woolen Mill) 44:54 (junior). Veteran: 1, A West (Carnethy HRC) 50:55.

Kitchin showing off AGAIN!

HILL RUNNING

Kitchin sets new record

BRITISH orienteer and reigning Scottish champion, Andy Kitchin (Livingston and District AAC), won the In-on-the-Hill Pentlands Skyline Hill Race in very wet conditions in a new record for the 16-mile, 6,200ft climb yesterday. Kitchin took almost two minutes off the previous best in 2hr 24min 56sec, with Dave Weir (Perth Strathtay) second in 2:32:28.

That man again! He's never satisfied. He's always curious about something. The lengths some people will go to to try and win an event. Imagine trying to work out a formula to predict where Control No. 9 is! The ultimate question is of course - "where did I park the car?"

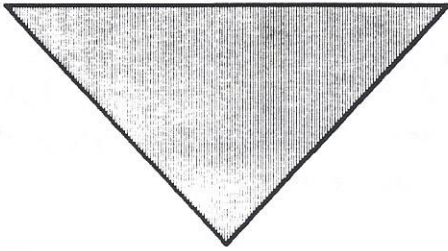
INTERNATIONAL CROSS-COUNTRY MATCH AND INTER-DISTRICT MATCH (10,000km, Cumbernauld). Men: Senior: 1, T Hanlon (East) 33min 21sec; 2, G Wight (Sco) 34:03; 3, J Robson (Sco) 34:10; 4, C Nicholson (Sco Univ) 34:17; 5, K Chapman (East) 34:21; 6, P Dymocke (East) 34:28. Teams: International: 1, Scotland 57pts; 2, Combined Sco Univ 201; Northern Ireland did not finish a team. Inter-districts: 1, East 24; 2, West 70; 3, North 122. *Runs*

Have they spelt your name wrong, Peter?







Frosty the Snowman

Extracts courtesy of 'The Scotsman'



Events

Not a lot to look forward to in the near future, unfortunately. The season of mists and mellow fruitfulness seems to have departed now and it's either time to hibernate or pull the thermals on.

- 
Tuesday 28th December
ELO Festive Frolic
Yellowcraigs
(NT 515855)
 Information from
 Ms P. Rogerson (0368-64922)
- 
Sunday 23rd January
WOSOL 1 (STAG)
Cathkin Braes Park, Glasgow
(NS 617584)
 Information from
 Pauline McAdam (041-959-4317)
- 
Sunday 30th January
LOL 4 (EUOC)
 No information available.
- 
Sunday 13th February
LOL 5 (INT)
Archerfield, Gullane
 Information from
 Anthony Squire (031-445-4830)

Looking Ahead

March 6th
Scotlandsgaloppen 1 - Rowardennan

March 19th-20th
British Championships - West Sussex

April 1st-4th
Jan Kjellstrom - Hereford



Ode To A Haggis

Ah, wee, sleekit, cowerin', timorous beastie
 Oh what a panick's in your breestie
 Yer fattenin' up fer a Burns Nicht Supper
 Wi' tatties and neeps an' salt an' pepper.

And so on the twenty-fifth o' January
 Ye'll meet yer doom at the hoose o' Kenworthy
 Wi' some glasses o' ale and muckle cheer
 Ye'll all be drooned ("drooned I tell ye!") in a sea o' beer.

So hear the call, we've a' tae meet
 In thon esteemed 'stablishment wi' drink and summat tae eat
 Ah'll see yiz there, ye door, snechit lummocks
 And we'll toast the fillin' o' a sheep's stomach.

*Thanks again to Pete MacSaik for this poetic offering.
 With apologies to the Bard of Alloway and Private Fraser*

Burns Night Supper



Chez Kenworthy - 88 Barnton Park Avenue
 25th January - 7.30 p.m. onwards
 Remember to bring your own food and drink

Junior Page

In the absence of any articles from the Junior Rep. (get your finger out, Anthony! - Ed.) I'll pretend to be a Junior again and write something. So what has been happening? Not a lot it would appear.

I actually overcame my fear and loathing and took a school group orienteering for the first time. I'd been thinking about it for a while trying to decide whether the effort put in and the time lost would be satisfactorily rewarded. It would be nice to see more children participating in orienteering events but it asks a lot of teachers to give up so much of their own free time these days when so much is prescribed under the bureaucratic burdens which have been imposed upon them. Local authorities and the government have both done a lot to destroy the goodwill which previously existed in our schools and there is still a marked reluctance to give it back knowing how little your efforts are likely to be appreciated. Anyway, whingeing teacher diatribe aside, my colleague Chalmers came up to me and asked whether I would be interested in taking a group to The Lothian and Borders Schools Championships at Bonaly. It was on a Tuesday and he was actually taking a group orienteering already as a part of their Outdoor Education course. A quick look at my timetable and seeing no free periods and a double of 4th year my mind was quickly made up. Not that I was shirking my responsibilities in anyway. I had to make sure that there were 6 periods worth of work left for the poor teachers who would be covering my classes. Seeing as Chalmers was already using the minibus with his lot I had to leg it along to the Community Centre to get their bus.

A team of 13 was assembled of somewhat limited experience. All had done some simple exercises around the school and most had gone further afield at

some time as part of their Outdoor Education courses. Three 2nd year boys, six from 3rd Year, one from 4th year and three 4th Year girls. A motley crew - in fact they looked more like Motley Crue than orienteers. Sartorial inelegance is the order of the day at Newbattle rather than sensible clothing despite frequent remonstrations from their teachers. With many families on limited budgets in the area it is to be expected however.

En route the questions start. "Do we have to go round by ourselves?" "Is it steep?" "Have you got a pen, sir?" "How many other schools will be there?" "Do we have to copy the controls out?" "Have you got a poly bag, sir?" "Can we wait for each other and go round in pairs?" etc.

At Bonaly the pre-race set-up is scrutinised. The maps are marked up without too much of a problem in the warmth and shelter of the Scout Hut. Outside it's a different story as butterflies and nerves begin to develop. Having marked their courses on beforehand I can at least give them some help by pointing out roughly where the first controls are located. It's amazing how many of them don't listen and I have to be constantly reminding and reassuring some worried competitors. I take up a strategic position on a knoll by the track where I can monitor their progress and also give some unofficial help with wildly gesticulating movements of my arms. "You're going the wrong way, you dozy twonks!"

After what seems like an eternity the boys from my 2nd Year Homeroom Group come loping over the horizon and come down the steep slope to the stream on their backsides for the greater part of it. Then Caroline appears in what I think is quite a good time. The rest arrive in dribs and drabs. Some a bit bedraggled and worse for wear, a couple of them hobbling after going over on

their ankles. Horror stories, minor mishaps and daft escapades are recounted. While the possibility of winning anything seems remote the mood on the whole is fairly positive. Back into the minibus and off to Newbattle. The rain comes down as we leave so we've been lucky in that respect. I'm in trouble when I take the bus back to the Community Centre because I had forgotten that I was supposed to be back at 2.30 p.m. and someone's due to sit their minibus test. Hopefully a cake of my wife's shortbread will placate them and ensure that we get to borrow their bus again. Will I do it again though? We'll see! The results come through about ten days later. Surprise, surprise - We've won something. I thought that the 2nd Year lads might have been in with a chance of winning but they finished fourth. It's the S3/4 Boys. They win by default actually as they are the only team with three finishers. That's life. The girls would have walked off with their event too if one of them hadn't lost her card at the second last control. Caroline, in fact, won her event by twenty five minutes. Maybe I should take them to Beecraigs next week.



So here it is - Merry Xmas.
Everybody's having fun

dnf

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

- Do any of you (my loyal readership) want any back issues of the newsletter ? Perhaps you may have misplaced the odd copy and you wish to have a complete set for when they become collector's items. Maybe you have a friend who is a graphic designer and he/she needs examples of bad design and layout. Or you may want to roll some up and stuff them down the front of your lycra leggings like Pete Saik. There again, you might just need some paper to lay in your grate to get the fire going. The thing is they're beginning to pile up in the bedroom and my wife has been nagging at me to do something about them so, if you are issues from 78-90, get in touch before I cart them off to my neighbourhood recycling centre.
- More new members ! Welcome to the club ! Ann Davidson (W21), Karen Dobbie (W21), James Laird (M21) and also the imminent return (but too late for the address list) of Geff Peck (M40) - one of the earliest Interlopers and one of the most successful too. Enjoy your orienteering in 1994 all of you !
- Anyone interested in a Computer Interest Group for orienteers. Ted Finch of FVO has setup a group on behalf of the SOA to encourage the use of computers before, during and after events. If you are, get in touch with Ted (0383-822629) or Donald Petrie (0505-613094). John Barrow and I have a wee bit more information if you require it.
- This month's competition is Guess Who Was Who in the Club Championships photo in the last newsletter. That one didn't quite work out right, did it ? Apologies for the poor legibility of the article too. Obviously we need a bit of Vorsprung durch technik with the Newbattle photocopier or more training for the reprographics assistants. Anyway, left to right, it was Robin, Juliet, Rachel (with her back turned), Cathy, Finlay, Big John, Ian, Ynske, yours truly, and Eva.
- If any crusties or wrinklies out there are intending to compete in the Vets World Champs in August up in Aviemore, could you please let John Barrow (031-440-2136) know. Apparently, organiser Doreen Biggar wants to know what sort of person power she can rely on to help out on Qualifying Day 1 which we have been earmarked for. Any offers of assistance will be gratefully accepted. Me, I can't make my mind up whether it'll be worth the expense or not !
- Strathspey 95 - ? The usual forlorn plea. We need a Planner, Assistant Planner, Assistant Controller, Organiser and Assistant Organiser. They needn't all come from us - ELO, STAG and EUOC are involved on the day too, but if you are desperately keen to be involved, then stake your claim now. John Barrow is the man to inform again. The usual threats will be issued. All those not at the Riemersmas on Friday will have their name put in a hat or we'll play pin the address list. For those going, it might be an idea not to take part in Pass the Parcel !
- The numbers at circuit training are on the increase apparently but a few more faces are needed really to maintain its viability. It'll be over for this term by the time the newsletter reaches you but it recommences on Wednesday 12th January at Moray House Gym in Holyrood Road. Don't forget training at the Meadows on Tuesdays and Meggetland on Thursdays.
- Re. the possible re-mapping of Glenearn and Berryknowe. Is there any club member out there interested in re-surveying the area ? If not, we may have the services of a tame surveyor at reasonable rates if we decide to go ahead with the idea.
- The organisation of our LOL event at Archerfield (?) continues apace. Letters have been written to developers / receivers / whatever and we don't appear to have been kicked back yet so things are looking promising. Anthony Squire is planning and if I heard correctly, our esteemed chair person (Ackers) was nominated / pushed into organising though whether he'll actually be in the country at the time is debatable. If you want to give some help I'm sure Anthony (031-445-4830) will be grateful.
- The Compass Sport Cup returns ! The gods smiled upon us and gave us a bye into the 2nd round. We've only managed this twice before according to popular rumour and one of them was a bye too ! Before you start celebrating, however, we've been drawn against ESOC. (Much audible groaning !) Our tie has to be completed before April 24th. You have been warned.
- Not a lot of people know this yet but after our successful (?) organisation of our December Double, SOA Development Officer, Donald Petrie has approached the club secretary to see if we would organise next years Scottish Championships and possibly the Relays too ! The date I believe is somewhere around May 28th/29th. Looks like we're going to be busy again !

Found this one recently when I caught up on my back issues of the BBC Wildlife magazine. I must admit to being a bit shocked at the colour of some of the burns in Pulaagashel Glen (I think it was) during Southern Uplands '91. Is there a link between colour and acidity?

DISCOVERIES

The acid testers

Could Scotland's dippers lead the world in exposing acid rain?

The dipper, a plump, wren-like bird, lives along fast-flowing, boulder-strewn streams where it feeds on aquatic invertebrates and small fish – catching them, as its name suggests, under water. Because of this lifestyle, you'd expect the dipper to be sensitive to the effects of water pollution, and research carried out in Wales over the past seven years suggests that this is indeed the case.

There was evidence from the Welsh study that dippers are particularly sensitive to acidity, which can affect

breeding along acidic streams laid their eggs slightly later. They laid fewer, lighter eggs. Pairs breeding on acidic streams fed their chicks less often, and as a result chicks weighed less, grew more slowly and were less likely to survive to fledging. Pairs breeding along acidic streams were also far less likely to lay a second clutch of eggs.

Dr Vickery's research reveals that – in contrast to results from Wales – dippers' breeding success is not affected by acidity gradually. Instead, there seems to be a critical pH value of about 6.5 above which dippers breed very well and below which they do not. This pH value is also the level at which the most dramatic changes in the invertebrate communities in streams are observed. In particular, mayfly nymphs and caddis-fly larvae, the favoured prey of dippers, are rare or absent in acidic streams.

These results have relevance far beyond Scotland or Wales. Compared with invertebrates or diatoms (microscopic algae), which may be the first life affected by acidity, dippers are easy to identify and census – certainly the chances of getting volunteers to go out and survey these creatures are rather better – and members of their family are widespread, occurring in Western Europe, North and South America and Western Pacific islands.

As Dr Vickery told *Nature*, this could point the way to the possibility of using dippers and their close relatives as a cheap, easy-to-use indicator of stream acidity – certainly one that is more straightforward than taking water samples and carrying out detailed chemical analyses.

KETHI HARDING

not only their distribution, but also their breeding success. To find out more, Dr Juliet Vickery, then based at Oxford's Edward Grey Institute of Field Ornithology, began a three-year study of dippers in South-west Scotland, where some streams are even more acidic than those studied in Wales. Her results support the Welsh findings, and provide further insight into the way acidity affects the dipper's breeding success (*Freshwater Biology*, vol. 28, pp195-205).

Dr Vickery, who now works for Scottish Natural Heritage, carried out her research along 25 different streams in Dumfries and Galloway, spread over a total area of 3,300km². This part of Scotland consists of rough moorland with extensive sitka spruce plantations. It is subject to high levels of acid rain, and the geology of the area – which is underlain by granite intrusions, themselves acidic – makes it particularly sensitive to acidification. Stream water taken from each site was tested for pH level, or acidity, every fortnight.

The streams were searched for dipper nests, and once located, nests were visited daily in order to determine the progress of eggs (this routine was possible because dippers conveniently lay only one egg a day), and the rate chicks were fed.

A clear correlation emerged between acidity at a stream and the breeding success of its dippers. Pairs

Warning signs

Some plants and animals, known as 'bio-indicators', are particularly sensitive to environmental change, and give clear warning signals when something is wrong. Examples include lichens, which die if exposed to excessive air pollution, and amphibians, which are especially sensitive because they breathe through their skins and live on land and in water.

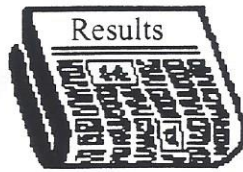
Relative values. The Mexican dipper (below) may be sensitive, too.



Jeff Foot/Bruce Coleman



I believe in Father Christmas



Saturday 18th September Scotlandsgaloppen 5 Barry Buddon

A new area to orienteer on and one I enjoyed a lot. Long, but very runnable with nice weather, lovely views and lots of woolly caterpillars to admire. A large contingent of club members thought so also.

M15A	Anthony Squire	1st
	Tim Barrow	19th
M21E	Rob Lee	2nd
	Colin McNeill	5th
	Robin Galloway	9th
	Colin Eades	13th
	Charlie Walton	DNF
	Simon Thompson	DNF
M21L	Ian McIntyre	2nd
	Phil Smith	4th
	David Simmons	8th
	Ken Daly	12th
M21S	John Kenworthy	10th
M40L	David Marshall	2nd
	Pat Squire	7th
	Colin Inverarity	12th
M45L	Scott Balfour	3rd
	John Barrow	17th
M45S	Steve Ambler	1st
M60L	Ray Heyworth	2nd

W13A	Rachel Balfour	11th
W15A	Gay Balfour	1st
	Fay Balfour	DNF
W21E	Lorna Eades	3rd
	Janet Fallon	4th
W21L	Lucy Galloway	4th
W21S	Ann Haley	3rd
	Jane McIntyre	5th
	Lesley Kenworthy	10th



Rockin' around the Christmas tree

Sunday 3rd October Scotlandsgaloppen 6 Cademuir

Not as many of us here ! Familiarity (and lack of technical difficulty ?) breeding contempt ? Despite smashing my compass I had another fast run.

M15A	Graeme Ambler	4th
	Tim Barrow	7th
M19A	Gordon Riemersma	Missing 11
M21E	Colin McNeill	6th
M21L	Ian McIntyre	3rd
	Ken Daly	6th
	Phil Smith	9th
M21S	John Kenworthy	10th
	Finlay Ross	14th
M40L	David Marshall	1st
	Colin Inverarity	6th
M45L	Scott Balfour	2nd
	John Barrow	9th
M45S	Steve Ambler	2nd
M60L	Ray Heyworth	5th
W15A	Fay Balfour	2nd
W21E	Cathy Tilbrook	5th
W21S	Ann Haley	1st
	Jane McIntyre	3rd
	Lesley Kenworthy	11th

Sunday 17th October Scotlandsgaloppen 7 Bennachie

Unfortunately I couldn't make the trek north for this one so no results - but the Treasurer has promised to give me the final placings for the series, if and when I see him.
STOP PRESS - I got them in the mail today

M13A	Adam Beck	11th
M15A	Anthony Squire	6th
	Graeme Ambler	8th
	Tim Barrow	23rd
	Graham MacDonald	27th
	Ross Graham	29th
M15B	Tim Barrow (again?)	9th
M17A	Anthony Squire (ditto)	4th
M19A	Gordon Riemersma	4th
M21E	Rob Lee	5th
	Colin McNeill	6th
	C/D(?) Eades	11th
	Robin Galloway	12th
	Ben Hartman	16th
	Andy Kitchin	17th
	Graeme Ackland	18th

M21E	Steve Conway	22nd
	Charlie Walton	23rd
	Pakit Hyman	29th
M21L	Ian McIntyre	2nd
	(Wot about Phil ?)	
	Ken Daly	3rd
	Dave Simmons	12th
M21S	John Kenworthy	11th
	Graeme Hailey	21st
	Andrew Bankhead	35th
	Neil Melville	36th
	Finlay Ross	40th
M40L	Dave Marshall	1st
	Pat Squire	5th
	Colin Inverarity	22nd
	(That was only 2 events though, Guv !)	
M45L	Scott Balfour	3rd
	John Barrow	14th
	Steve Terry	37th
M45S	Steve Ambler	1st
M50S	Rudolph Riemersma	6th
M60L	Ray Heyworth	3rd
W13A	Rachel Balfour	9th
W15A	Gail Balfour	1st
	Fay Balfour	18th
W17A	Ynske Riemersma	7th
W21E	Lorna Eades	2nd
	Cathy Tilbrook	5th
	Janet Fallon	7th
	Heather Peel	12th
	Jo Mitchell	14th
W21L	Lucy Galloway	5th
	Jane Hailey	13th
W21S	Ann Haley	1st
	Jane McIntyre	3rd
	Lesley Kenworthy	8th
W45S	Eva Riemersma	8th

Heartiest congratulations to our four winners - Dave, Steve, Gail and Ann - and well done to all of you whomanaged to take part in the unofficial Scottish league. No points I'm afraid. See Ian if you want a more detailed breakdown of how well you did.

Saturday 23rd October ESOC Colour Coded Night Event Bonaly

Only one Interløper entered (there were only 44 competitors overall) and he won on the light green course. Well done, Rudolph !

Sunday 24th October Lothian 'O' League 1 Pentlands (ESOC)

White 1.5 kms 35m climb
3rd Kirsty Balfour W9 20.09

Yellow 1.6 kms 60m climb
12th Mark Squire M10 24.22

Orange 3.9 kms 90m climb
2nd Robert Sinclair M15 33.18
19th Ann Ambler W40 66.55

Light Green 4.6 kms 110m climb
3rd Martin Sinclair M45 48.17
12th Eva Riemersma W45 63.30
18th Ishbel Mollison W21 68.37
19th Rachel Balfour W13 69.09

Green 5.3 kms 215m climb
1st Rudolph Riemersma M50 48.14
3rd Graeme Ambler M15 50.05
5th Gail Balfour W15 52.04
17th Ray Heyworth M60 71.47
Tim Barrow M15 Wrong 9

Blue 6.5 kms 230m climb
9th John Kenworthy M21 60.17
20th Bill Mason M45 68.14
24th Steve Ambler M45 69.54
37th Lesley Kenworthy W21 97.45

Brown 8.9 kms 340m climb
1st Andy Kitchin M21 54.17
5th Charlie Walton M21 68.19
7th David Simmons M21 69.01
18th Colin Inverarity M40 83.57
22nd Pat Squire M45 87.12
26th Jane Hailey W21 101.16
Janet Fallon W21 No Card

Andy deciding to have a little 'training' run and decimating the "Little Old Lady League" (as the chairperson is wont to call it) in the process. Another large turnout of Interlopers (Crackerjack !) with the prospect of interesting competition on various courses over the year, notably on green perhaps with a mixture of youth, experience, beauty and something else.

Saturday 30th October Tinto Twin 1993 Scottish Night Champs Happendon Wood

Not a big turnout here though! Only a few brave souls attempted this one. Dave Marshall came 2nd in M40L, Pat Hannaford was 6th in W40L and Rudolph DNF'd in M50S.

Sunday 31st October Tinto Twin 1993 Day Badge Event Stone Hill

M21L	Colin McNeill	2nd
	James Laird	6th
	Ken Daly	DNF
M21S	Finlay Ross	DNF
M40L	David Marshall	1st
	Pat Squire	6th
	Colin Inverarity	18th
M45S	Bill Mason	4th
M50S	Rudolph Riemersma	1st
M60L	Ray Heyworth	4th
W45S	Eva Riemersma	1st

Dave's performance in the Day Event was sufficiently good enough to give him the overall M40L prize. Well done again! Also competing on the colour coded courses were Karen Dobbie and the Smith family.

World Championships October 1993 (USA)

Lorna Eades was rewarded for her excellent performances this season with selection for these races in New York State. In the Classic Race over 8.6 kms she finished 49th out of 82 runners in a time of 85.43. I'm not sure if she was part of the relay team but the womens' team finished 9th, 24 minutes after winners, Sweden. In the Short Race Finals, Lorna came in 24th, taking 27.17 for 3.5 kms. Congratulations on taking part in this prestigious event and let's hope that you get the opportunity to improve on these performances in the future.

Sunday 21st November Lothian 'O' League 2 Beecraigs (LINOC)

White
5th Kirsty Balfour W9 22.06

Orange 35 Minutes
10th Stacey Tait W15 -116

Light Green 45 Minutes
14th Eva Riemersma M45 150
16th Mark Sodergren M15 140
18th Rachel Balfour W13 13
26th Ross Mackay M15 -5
28th Stuart Bryson M15 -34

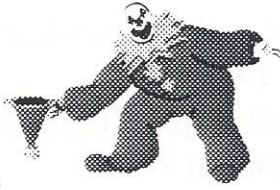
Green 45 Minutes
1st Rudolph Riemersma M50 324
14th Ray Heyworth M60 200
17th Fay Balfour W15 170
28th Graham MacDonald M15 100

Blue 55 Minutes
5th Scott Balfour M45 407
7th John Barrow M45 398
19th John Kenworthy M21 312
21st Bill Mason M45 309

Brown 55 Minutes
1st Anthony Squire M15 516
5th Geoff Peck M40 500
7th David Simmons M21 465
13th Andy Spenceley M21 410
18th Colin Inverarity M40 387
23rd Ian McIntyre M21 330

Following on the success of the Schools Championships, I handed out 12 parental consent forms for this event and only 2 of them turned up. The heavy snowfall on the Saturday had obviously persuaded some that it was not a good idea. Out at Beecraigs there was hardly any snow. It was a crisp, clear morning and the pond was frozen over. It took me lots of threats to persuade one of my stalwarts not to test the thickness of the ice. Despite recording negative scores they enjoyed themselves, particularly the sight of their Geography teacher in tights. Me, I lost points because I forgot to mark down where the finish was and no one seemed able to tell me when I asked them.

INTER



SOCIALS

Christmas ! Bah, humbug . . .



Eurobowl

Similar to ten pin bowling but with nine pins, several set scoring games to play and a lower price

Fun for all the family

Cost: £12 per hour per lane
(If 14 people - 2 lanes for 2 hours is about £3.50 each)

Date: 23rd January
Time: 7.45 p.m. to 9.45 p.m.

(Almost guaranteed - No broken fingers !)

Christmas



What better way to kick off the festive season than to partake of a few succulent mince pies, a goblet or two of mulled wine and some intelligent conversation ?

Well here's an alternative !
Come to the Riemersma's instead for a rave to end all raves

7.00 p.m. to 7.00 a.m. two days later
on Friday 17th December

No item of furniture must remain intact

GO-karting

Fast, furious and downright expensive !
For the more effluent (?) club member.

A minimum of fifteen people are required for this one.

What's it all about ?

A whole evening is spent carrering round a track. 6 races guaranteed with heats, semis and final. Champagne for the winner

What does it cost ?

Thirty pounds, Nigel. (£30!!!!!!! Oh lordy !)

But it's worth it !

(If I leave this one in for long enough someone's bound to go)

Moon-WALKING

Munroes too high and usually rather damp ?

Try Walking On The Moon
(Giant steps are what you take . . .)
Easier climbing with less gravity.
It's "Out of this World !"

No Midges Guaranteed .

A quick dip in the Sea of Tranquility and then home.

Only £60,000,000,000 for shuttle hire
(Packed lunch included)

Date: 01/04/94



You are but a brief phone call away from participating in any one or more of these events. Could you please let me know how many of you can come. If you can't but would like to go some other time let me know also as it may be possible to re-schedule events.

"Sorry, you'll have to cancel that trip to New Zealand. There's an Interlopers Social on !"

CALL not FREEPHONE - 031-229-5356



Virtual Orienteering ?

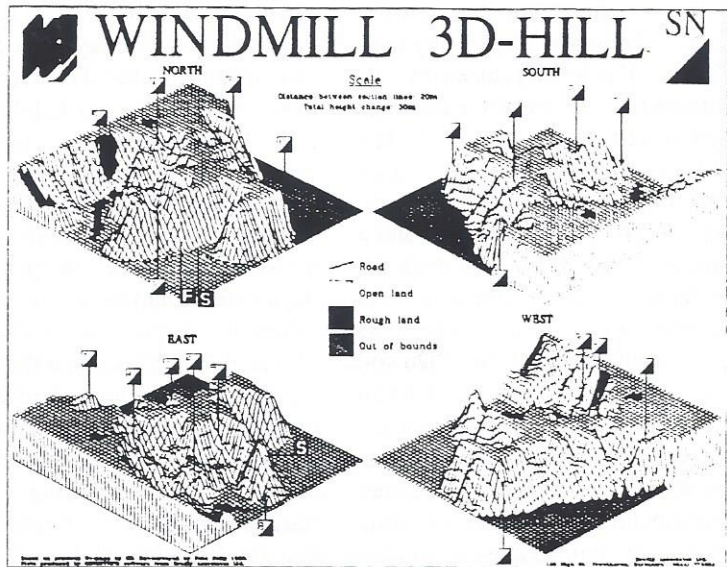
One sweltering day in July (1990 !) the sport of orienteering was presented with a new challenge. Competitors usually crash through the undergrowth, contour map in hand, attempting to find the fastest route from checkpoint to checkpoint (So that's where I've been going wrong - Ed.).

However, at Mychett near Farnborough a new style of navigating was attempted by turning the traditional two dimensional maps into three dimensional terrain images using the perspective capabilities of GINOSURF.

The new style map portrayed the terrain to be raced over as four separate 3-D images as seen from each of the compass directions. The alternate views showed information from that direction which is obscured from another. As well as the landform, a vegetation screen was incorporated, showing open land in yellow and rougher terrain in green, the latter of which was best avoided.

The orienteers' task was to compare the image on their various views with what could be seen all around, and thus work out the easiest route to the next checkpoint. The traditional objective of completing the course in the quickest time decided the winner. "This new picture representation may not be the way forward in navigating, but the concept of using a 3-D image as opposed to a 2-D 'plan' was particularly thought provoking," said John Taylor, Bradly's (GINOSURF's manufacturers) competitive representative. "The whole event was very well received by the competitors and although I didn't hit the heady heights of victory it was a really good wheeze".

Here's one my Outdoor Education Colleague passed on to me a while back. I filed it in my school bag and only recently has it resurfaced into my priority file !




- Long Course 2.4km
- 1 L1 Spur north most
 - 2 L2 Spur north side
 - 3 L3 Spur top
 - 4 L4 Spur
 - 5 L5 Spur
 - 6 L6 Reentrant
 - 7 L7 Spur
 - 8 L8 Reentrant foot of
 - 9 L9 Saddle
- Handy hint
Bearing 145 from no. 5
leads between nettles



Run, Run Rudolph. Santa's gotta make it to town !

CHRISTMAS

Mulled Wine and Mince Pie Party



**At the Riemersmas
36 Buckstone Loan
On Friday 17th December
From 7.30 p.m**

Bring your own mince pies and wine

M fortysomething

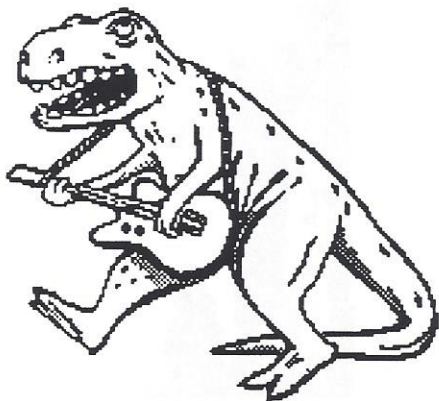


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December Double Part 1 - "Where's the Organiser?" - Several concerned Interlopers in the Police College car park at 9.00 a.m. and no Cathy in sight. "Is the tent up at the Start/Finish?" - Several namby-pamby start/finish officials. "I've left my stub in my car" - Pigeon brained newsletter editor after hurrying to get to start on time. "Where's this ?>*&^%\$# marsh ?" - Newsletter editor still looking for Control 1, 15 minutes later. "Finishing - NOW" - Pat/Robin/Me and a host of others. "Why didn't they pitch the tent out in the sun?" - Brass Monkeys. "Do you know there's a wrong code on one of the controls?" - Helpful competitor. "Do you know there's two 205's?" - Terry O'Brien after Charlie had attempted to correct the previous error. "Your bum's out the window." - Newsletter editor to inept planner and sometime chairperson. "There's a wrong code on one of the controls and I spent ages looking for it" - a few aggrieved orienteers and some very aggrieved ones - most of the latter from ESOC. "I don't know how you lot don't feel the cold" - "Effete, elite orienteer, long resident in Scotland who should be acclimatised by now. "I'm not

accepting that control card!" - Smart-alec finish official to A. Kitchin. "Well I suggest you clean up the forest then!" - Even smarter orienteer. "What! Is it dirty again! We cleaned it up yesterday" - Ex-Social Secretary returning from exile. "Coo-eee! We're over here!" - Several helpful finish officials. "That's not a very clear finish is it!" - Competitors who didn't notice it said navigate to finish. "Excuse me. You're going the wrong way!" - Finish officials to disoriented finishers. "We put it here knowing the sun would be in your eyes when you finished." - Smart-alec comment No. 49B. "Harrumphschhnorthueyralf" - Guttural, gurgling noises from back of throat accompanied by much nasal snorting (Steve Nicholson (and other elite orienteers to a lesser extent) on finishing. "How many starters were there?" - Finish officials getting a bit frostbitten and wanting the hell out of there. "225" - Colin. "235" - Scott. "Is Dave Simmons still not out there" - Robin. "How many finishers have you had?" - Controller Eddie Harvey. "226" - Us. "Let's get out of here!" - Everybody.

You know it's that time of year when you end up much against your will in Toys R Us (The Blairadam of the toy world). The Christmas Jingle Tape has been relocated and you find that you can't stop yourself humming Paul McCartney as you navigate around the aisles trying to home in on the LEGO control. Just as you're about to punch your card you realise that you'll get fewer score points but less hassle from the wife if you go back to Jolly Giant where it was #3 cheaper. (Not a common occurrence as cognoscenti of these emporia know). You rush around feverishly trying to get the last control (This year's equivalent of Trac, Island). You've tried Jenners, John Lewis et al and are about to give up when you spy it thanks to your keen peripheral vision in a shop window in beautiful downtown Morningside. The only problem is it's more expensive - but time is running out - It's Christmas Eve. Do you go for customer satisfaction and seeing your son's face light up the next day or do you incur negative points from your fiendly neighbourhood bank manager. It's a bit like orienteering really, isn't it?



Another Rock 'n' Roll Christmas!

(All the Best in 1994!)

To all Interlopers



*Merry Christmas
and a
Happy New Year*