

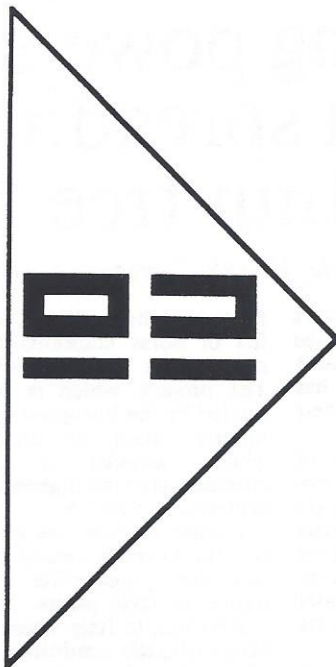
INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 92

March 1994



Special Late Edition

Another Interløper ?

Training Tips,

**Loadsaevents
andsomeresults,**

**No news until
about 20 minutes
ago and signs
that the creativity
of the Editor is
drying up**

But February Made Me Shiver

With every (newsletter) I'd deliver. Bad news on the doorstep. I couldn't take one more step. Alright then pop-pickers ! For our nostalgic wallow down Tin Pan Alley in this issue - Which 70's classic do these apt words come from ? Apt in the case of yours truly again. Oh no ! I hear you cry. Please ! Not yet another of those 'things-were-going-smoothly-then-I-broke-my-leg-and-the-wife-left-me-and-I-haven't-had-any-dinner' type scenarios. Well, yes, I'm afraid it is. I've actually been doing a fair bit of running. In fact, I've even broken the vows of a lifetime and turned up at the Meadows on a Tuesday evening. The first time I've done any interval training for about 8 years. Obviously the orienteering menopause has begun. Admittedly I'm only doing 800's just now - I haven't got the recovery

powers of the big boys yet but in a perverse sort of way I have enjoyed it and my times have been coming down. Thank you Martin for organising it. So I've been relatively fit and healthy for this time of year and I've not suffered any mechanical wear and tear. What's the cause of this enforced inactivity. Blame the wife. She's passed on her sore throat / runny nose / cold type thing to me when my resistance had been lowered by the pressures of school work (more groaning) and possibly sitting in a deckchair at Archerfield freezing for three and a half hours played its part too. So I've been forced to lay off the running, the newsletter has been forced to take a back seat and if you've missed the deadline for the British or the JK - then that's just tough !



Finish officials at Archerfield awaiting the last few competitors

another interløper in the news ?

Is this our Bill Mason ?

This was in last issue but as usual some of you who couldn't organise an orienteering event in the Summer Series have yet again failed to renew or are mistakenly hoping to fund this year's foreign holiday on all the extra interest accrued in your accounts over the past two months. Renew now ! You know it makes sense !



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.

Healing powers under a spreading chestnut tree ^{25/10/93}

By Bryan Christie, Health Correspondent

THE best of British conkers have been sought out in the past week by Scottish scientists whose mission has transported them back to their schooldays.

Scouring the branches of horse chestnut trees for conkers is a popular childhood pastime, but the scientists have invested it with a more serious purpose. They are hoping the fruits of their labours can be used to treat bruises and sprains in humans.

The Forestry Commission team has returned to Edinburgh with a haul of 4,000 conkers as part of a project which also involves a German pharmaceutical company and Italian horticulturists. Their harvest, taken from 80 different trees, will now be studied to see which varieties yield the greatest concentration of a healing chemical, aescin.

The healing properties of horse chestnuts have long been recognised and their name is believed to derive from the fact that they were used by the Turks to treat horses.

Products made from aescin are widely used in Europe to treat bruising and sprains in humans, but they have not been introduced in the UK.

Bill Mason, who is leading the Forestry Commission

team, said the medicinal benefits of horse chestnuts have never been fully exploited. The project, which is being funded by the European Community, aims to discover which varieties of horse chestnut have the highest concentration of aescin.

If superior types are identified the Forestry Commission will use propagation techniques to raise plants. These will be sent to Italy where the better climatic conditions will allow the chestnuts to be harvested at the earliest opportunity. The project is expected to last four years.

A spokeswoman for the Forestry Commission said it has been estimated that 250 million horse chestnuts would be needed every year to meet the expected demand for aescin-derived products. That introduces the possibility of horse chestnuts being grown commercially.

The Institute of Fruit Culture in Sardinia will be evaluating the agricultural potential of such a move.

Mr Mason said the Forestry Commission was pleased to be involved in the project "not only because of its obvious potential benefits to the medical world but also for the future implications it may have for growing more broadleaves in Great Britain".

If you see a man doing strange things to trees - don't worry - He might be one of us !

(Article courtesy of The Scotsman)

The Funnies Page

CALVIN AND HOBBS by Bill Watterson - Go Orienteering



The rest - courtesy of 'The NEDC Times'
- all the way from New England!



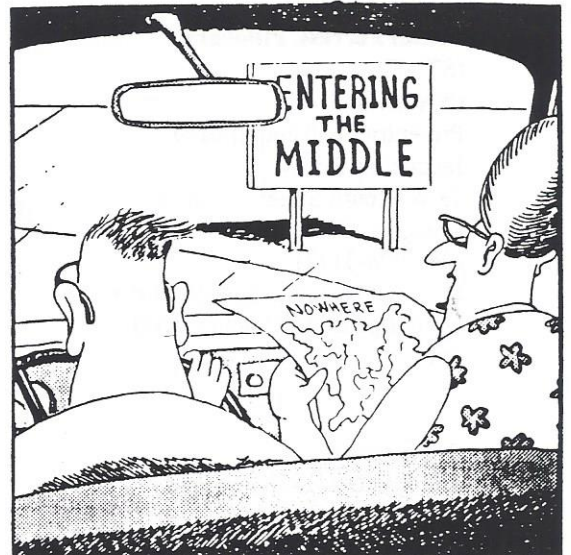
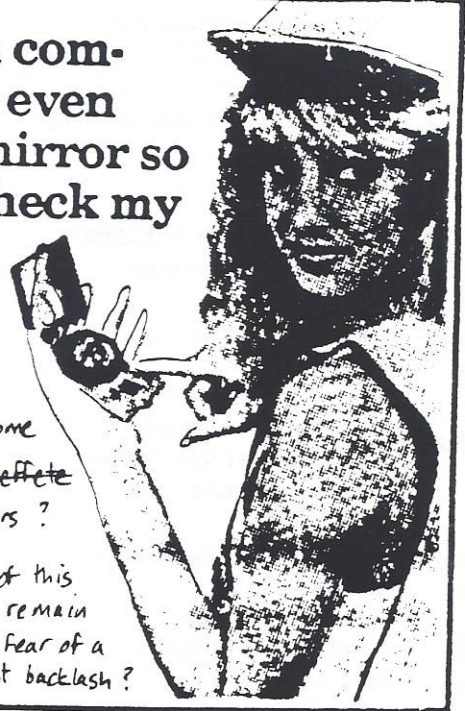
Unidentified Orienteer seen at a recent local meet.
Could it be.....

dance
Men vad tycker du om
försäljningsargument?

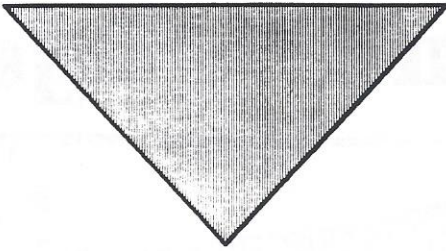
What a compass, it even has a mirror so I can check my make-up!

As used by some of our more effete elite orienteers?

The contributor of this one wished to remain anonymous for fear of a potential feminist backlash?



"Well, this is just going from bad to worse."



Events



- **Sunday 13th March**
LOL 6 (RR)
Cardrona, Peebles
(NT 304371)
 Information available from
 David McGarva (0537-225621)
Remember - It's the Compass
Sport Cup Match against ESOC !
- **Weekend March 19th-20th**
British Championships
West Sussex
 Closing dates - You've had it !
- **Saturday 26th March**
Scottish Short Race Series 2
Birnam, Dunkeld
(NO 030415)
 Pre-entries and enquiries to
 Graeme McIntyre,
 5 Summerhall Place,
 Edinburgh EH9 1QE
 (031-668-1851)
 £5 / £3 Closing Date 12th March
 No EOD
- **Sunday 27th March**
Scotlands galoppen 2
Allean Forrest, Pitlochry
(STAG)
(NN 835618)
 Pre-entries and enquiries to
 Jacqueline Reilly,
 23 Whitburn Street, Carntyne,
 Glasgow G32 6PG
 (041-778-3127)
 £6 / £3 Closing Date 19th March
 No Badge EOD, Colour Coded
 only
- **April 1st-4th**
Jan Kjellstrom - Hereford
 Closing dates - You've missed this
 one too ! Don't blame me you lazy
 twonks !
- **Sunday 17th April**
PO Colour Coded
Muirward Woods, Scone
(NO 140280)
 Information available from
 Jim Drysdale (0738-22309)
- **Sunday 17th April**
WOSOL 4 (SOLWAY)
Drumlanrig Woods, Thornhill
(NX 853993)
 Information available from
 Dennis Slater (0387-68822)
- **Sunday 24th April**
LOL 7 (ELO)
Saltoun and Humbie,
Pencaitland (NT 4666)
 Information available from
 Ian Wood (031-665-3341)
- **Saturday 30th April**
Scottish Short Race Series 3
Linn of Tummel, Pitlochry
(NN 905610)
 Pre-entries and enquiries to
 Graeme McIntyre,
 5 Summerhall Place,
 Edinburgh EH9 1QE
 (031-668-1851)
 £5 / £3 Closing Date 16th April
 No EOD
- **Sunday 1st May**
Scotlands galoppen 3
Linn of Tummel, Pitlochry
(ESOC)
(NN 870596)
 Pre-entries and enquiries to
 Anne Stevenson,
 21 Orchard Road,
 Edinburgh EH4 2EP
 (031-332-3045)
 £6 / £2.50
 Closing Date 11th April
 Limited EOD
- **Sunday 8th May**
Inter-Club Championships
(ESOC)
Glentress Forest, Peebles
(NT 284396)
 Information available from
 Robert Findlay (031-538-2597)
- **Saturday 14th May**
Scottish Short Race Series 4
Sluie Woods, Banchory
(NO 607990)
 Pre-entries and enquiries to
 Graeme McIntyre,
 5 Summerhall Place,
 Edinburgh EH9 1QE
 (031-668-1851)
 £5 / £3 Closing Date 30th April
 No EOD
- **Sunday 15th May**
Scotlands galoppen 4
Glen Feardar, Braemar
(MAROC)
(NO 215943)
 Pre-entries to
 J & D Noble
 Ivy Cottage
 Boghead, Dinnet,
 Aberdeenshire AB34 5LS
 £6 / £2 Closing Date 2nd May
 Ltd Badge EOD with £1 surcharge
- **Weekend 28th - 30th May**
Scottish Individual Champs /
Relay / BOF Squad Fund Raiser
Creag Mhic Chailen, Connel,
Oban (NM 950333)
 Pre-entries on SEF to
 Marion McFadyen
 38 Snaefell Avenue, Burnside,
 Glasgow G73 5DF
 £7.50 / £3.50 No Champs EOD
 Closing Date 30th April
 Cheques payable to
 Scottish Championships 94

Junior Page NOT !



So what will I rave on about this issue. I remember when I was a lad. I played football. End of story. Right, next idea please. Now that I remember it, I actually did some orienteering at school. It was probably around 1970 or 1971 so I must have been about one of the first children in Scotland to be exposed (maybe introduced is a better word when you remember some of the stories about PE teachers) to orienteering. Mind you being issued with a compass for the first time in my life and given a series of bearings and a number of paces to take and then told to find out where we ended up seemed like

a waste of a perfectly good (and empty) football pitch to me. Not exactly Jan Kjellstrom was he? Mind you, in retrospect, (Where's that? Never heard of that school! - Ed.) he did provide us with a wide range of sports and activities to take part in. Probably the reason why I'm a jack of all sports and master of none! I think that he was just getting a bit fed up that we always chose to play football given the slightest opportunity. Never mind. Since that day I've never looked forward. I'm constantly checking in disbelief that I've actually managed to locate a control and am where I thought I should

be. A la recherche de temps perdu an' all that as Proust was wont to say. All this came to mind recently not just because no junior has written anything for a zillion issues (Slight exaggeration perhaps - Ed.) when my mate asked me the other day if it was my rector's death he'd seen in the paper the other day. How did he know him? He went to school in Bathgate! Ah - Schooldays - The happiest days of your life. Just think I wouldn't be the disturbed, whingeing, malingering malcontent that I am without my education.

LANARKSHIRE EDUCATION DEPARTMENT

D.S.R. 3A

Secondary School Report

Session 1940-1941.
..... Report

Name of Pupil ... COLIN ... INVERARITY
Class VI

Explanation of Symbols used

Category of Class: 'X' - Mixed ability class: transfer to an S.C.E. course depends on pupil's performance
'Y' - Class containing potential S.C.E. candidates.
'Z' - Class containing pupils whose performances indicate that they cannot be regarded at this stage as potential S.C.E. candidates.

Application: 'A' - Working well. 'B' - Working reasonably 'C' - Could work harder 'D' - Not working.

Assessment: 'A' - Well above average 'B' - Above average 'C' - Average 'D' - Below average 'E' - Well below average

Subject	Category of Class GRADE	EXAMINATION RESULTS		Assessment	Application in Classwork	WRITTEN COMMENT
		Pupil's Mark	Average Mark of all pupils taking same exam			
ENGLISH	VI	78	69	B	A	Works conscientiously and methodically. Has improved as time has gone on.
GEOGRAPHY	H	59	56	B	B	Often too pleased with himself. Could achieve better results, but should make a B pass in H. Geog.
ANALYSIS	SYS	41	-	B	C	Greater effort needed.
PRINCIPLES OF ACCOUNTS	O	85	40	A	A	Obvously has great ability in this subject.

English - not allowed to sit SYS at beginning of year.

Geography - missed out 20% worth of questions in prelim but managed an 'A' pass in exam.

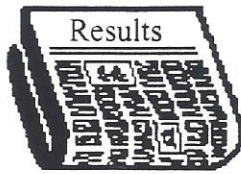
Analysis - top in class but still failed.

Accounts - failed - would you believe?

dnf

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

- Most pressing item of concern, probably, is our Compass Sport Cup Match against ESOC on **Sunday 13th March** at Cardrona. Do make an appearance if you can so that we can give our local rivals a run for their money.
- Entries for the British Champs and JK are closed now. We have some relay teams entered and there may be some spaer places going. If you're interested get in touch with John Barrow (440-2136) to find out.
- We have been asked to donate a trophy for the Scottish Night Championships which I see from the latest issue of SCORE we have been suggested to organise in 1997! Perhaps some of you successful orienteers have the odd gruesome trophy you can't abide. Prise the name plate off and hand it over now. Or perhaps in your munificence you wish to donate a trophy with your name on it. Offers to John Barrow.
- Hello to more new members! Try to be polite and friendly to your new fellow Interlopers - Brad Connor (M21), Fiona Lilley and Darina Cunnane (both W21). May your trails be happy and your runs short or some sort of rubbish like that.
- We're in the money.... Cash from the Six Days has finally fallen our way. Something like £520 was mentioned at the most recent committee meeting. Add to this the dosh from the December Double (£400) and the Archerfield event and we're beginning to look solvent. The more cynical may think there is a connection between this and Treasurer McIntyre's recently announced decision to move to Malaysia. Never mind Dams for Arms Scandals. We're paying them to take Ian away! We break the major stories here.
- Anyone looking for club sweatshirts? Pat Squire has found a few up in his attic. As far as he can remember they're green and either large or extra large. Phone Pat (445-4830) and place your order. Are there any plans for more O-suits / sweatshirts / t-shirts / hats / badges?
- With extra money in the bank we may even be able to afford to map Glenearn. JB has been up there scouting around and enquiring about ownership. We will keep you informed of progress on this matter.
- A somewhat belated but big thank you to the organisers and planners of our successful December Double. Didn't they do well? Much appreciation then to Cathy and Colin (although the former has deserted us for FVO) for organising and to Graeme and the Eades Family for their challenging courses.
- It's true! We've been landed with the Scottish Champs. Don't pencil anything in for the last week of May. Book your B&B, rent your cottage, contact all the youth hostels in the Oban area now. Officials have been selected. Colin Eades is planning with Gordon Ross and Graeme Ackland is organising. Creag Mhic Chailean for the Individual and Airds Park for the Relays. Promises to be a good event
- The Summer Series is upon us! We seem to have been told to organise the first event (27th April) and the third last (15th June). There has been a suggestion that starts should be from around 4.00 p.m. to encourage more schools participation. As many schools don't finish till about that time and with the difficulty of planners / organisers getting time off this may prove to be something of a mistake. We shall see. Possible venues are Colinton Dell for the former and Blackford / Holyrood for the latter. Pat has foolishly volunteered for the June event. Anyone fancy organising the first one? Good practice for aspiring / novice planners. Get in touch with John Barrow now.
- Also looking for volunteers is Outdoor Education specialist Lyn Corrie. She is organising a Primary Schools Championships at Bonaly on Tuesday-Wednesday 15th and 16th March. Unfortunately I don't have a phone number for her so if you would like to help, perhaps John can tell you where she can be contacted.
- Vets World Champs in August. Remember we're down for Qualifying Day 1.
- Harvester Relay down at Star Post (7th-8th May). If you want to get a team(s) together the final entry date is 8th April
- Looking further ahead to Strathspey '95 Balfour's gone and done it again. He just loves planning these events. What a guy! Feedback from Royal Deeside '93 suggests that Day 4 was quite highly thought of by a lot of people for a number of reasons. He must be doing it right!
- Last thing to squeeze in. The probable date of the AGM is Thursday 19th May at the Pleasance as usual. You will receive formal note of this nearer the event.



Sunday 12th December Lothian 'O' League 3 Blairadam (WFO)

Going back in time a bit. The allure of Christmas shopping and foul weather on the day conspired to discourage large numbers of people attending this event. Honest! Perhaps I should have joined them.

Green 5.5 kms

1st	Ann Haley	W21	79.07
4th	Graeme Ambler	M15	90.47
6th	Ray Heyworth	M60	95.05
16th	Hilary Spenceley	W35	123.42

Blue 6.8 kms

6th	Steve Ambler	M45	76.54
17th	Bill Mason	M45	93.07

Brown 8.8kms

2nd	David Simmons	M21	81.17
6th	Andy Spenceley	M21	88.14
7th	Anthony Squire	M15	89.50
13th	Pat Squire	M45	113.26
14th	Colin Inverarity	M40	116.29

*Kitchin comes second by
two seconds!*

*Didn't the same thing happen
to Ackland last year?*

TISO CARNETHY FIVE HILLS RACE (6 miles/2500ft climb, Penicuik): 1, J Brooks (jun, Lochaber) 48min 21sec (junior record); 2, A Kitchin (Livingston and District) 48:23; 3, M Rigby (Ambleside) 49:29. Veteran: J Blair-Fish (15th, Carnethy HR) 52:49. Super vet: R Bell (Ambleside) 59:06. Teams: 1, Pudsey & Bramley AC 31pts; 2, Livingston & District AC 48. Women: 1, A Brand-Barker (Eryrie) 60:55; 2, H Diamantides (Westerlands) 61:52; 3, J Salvona (Veteran, Livingston & District) 65:06. Teams: 1, Westerlands 619; 2, Lasswade.

Kitchin was seen running around again here but he must have deemed himself non-competitive. He seems to be enjoying these events. Has he given up on the big time?

Sunday 30th January Lothian 'O' League 4 Corstorphine Hill (EUOC)

A kinder day, although the rain did come down later. The university tried to prove Donald Petrie's recent suggestion in SCORE that colour coded events perhaps have too many officials. An enjoyable run but why only one map. Picking out the detail on the new 'improved' 1:10 000 map was a bit of a challenge.

White 1.3 kms 60m climb

2nd	Kirsty Balfour	W10	17.08
4th	Emma Mason	W10	19.13

Yellow 1.9 kms 120m climb

16th	Andrea Mason	W13	37.47
20th	Webster/McFarlane	M11	43.46
21st	Mark Squire	M11	56.53

Orange 3.3 kms 200m climb

11th	Rachel Balfour	W13	64.49
20th	S. Tait	W17	102.42

Light Green 3.4 kms 185m climb

9th	Martin Sinclair	M45	51.18
10th	R.Sinclair/P.Whale	M17	51.51
25th	Eva Riemersma	W45	71.27
26th	Mark Sodergren	M15	72.03

Green 4.1 kms 280m climb

1st	Ann Haley	W21	52.16
3rd	Rudolph Riemersma	M50	54.20
4th	H.Peel/B.Hartman	W/M21	57.57
7th	Findlay Ross	M21	67.04
8th	Ray Heyworth	M65	67.34

Blue 6.1 kms 285m climb

4th	Bill Mason	M45	76.14
6th	Scott Balfour	M45	79.41
14th	Jane Hailey	W21	87.44
21st	John Barrow	M45	94.19
25th	Steve Ambler	M45	97.33

Brown 7.0 kms 330m climb

3rd	Anthony Squire	M17	67.33
12th	Pat Squire	M45	84.19
13th	Colin Inverarity	M40	85.08

Lothian 'O' League Placings after 4 events

Club members seem to be doing quite well at present. Wait until some of the 'big boys and girls' compete in a few more events and catch up on the stolid but regular competitors.

White

1st	Emma Mason	W10	358
3rd	Kirsty Balfour	W10	229

Yellow

8th	Andrea Mason	W13	148
-----	--------------	-----	-----

Light Green

8th	Eva Riemersma	W45	199
9th	Mark Sodergren	M17	193
12th	Martin Sinclair	M45	180

Green

2nd	Rudolph Riemersma	M50	296
3rd	Ray Heyworth	M65	292
6th	Ann Haley	W21	200
9th	Graeme Ambler	M15	183

Blue

4th	Bill Mason	M45	294
10th	Steve Ambler	M45	225
20th	John Barrow	M45	152

Brown

2nd	Anthony Squire	M17	277
3rd	Colin Inverarity	M40	276
5th	David Simmons	M21	261
10th	Pat Squire	M45	203
15th	Andy Spenceley	M21	164

*Peter Dymoke continues
his good form.*

**EAST OF SCOTLAND DISTRICT
CROSS-COUNTRY CHAMPIONSHIPS**
(Alloa). Men: Senior (9,600m): 1, D Cavers (Teviotdale) 35min 9sec; 2, T Mitchell (Fife) 35:36; 3, P Dymoke (Livingston) 38:17. Junior (9,600m): 1, M Kelso (FMC Carnegie) 38:44 (25th). Veteran: 1, B Emmerston (Teviotdale) 39:56 (40th). Team: 1,

*More results to come
next issue*

Training Tips

So why is he doing all this running just now. Does he fancy his chances in the Vets World Champs. No he's not that deluded. It would be nice to take part though but I still can't get to grips with the price of it all. Anyhow it all started at the end of the year with the old conservative favourite (getting a bit Ben Eltonish her) Taking stock. Over the years I've tended to keep a training log. When I was slightly more serious it helped me plan my season and gave me something to compare from previous years hopefully learning from my mistakes. Nowadays it's basically a note of the distance and the time taken. All the annotated comments and observations have fallen by the wayside as the screaming weans demanded more and more time. However, on totalling up this year's mileage I was a bit aghast at how little I had actually run. No wonder I'm being beaten by old fogies like Balfour and Squire and Barrow. Notwithstanding the basic lack of the right proportion of fast-twitch/slow-twitch muscles I haven't been gearing my body to the demands made upon it. As I'm not a naturally gifted runner and a bit cerebrally challenged in my navigation I just have to work at it. So for probably the first time ever I made a new years resolution. Well I didn't really but I suppose that's what it boils down to. Find the time and get out there and run. Have some fun and get fitter. I know ideally I should be running in typical orienteering terrain but I don't have the time or commitment to do that so basic road and park running will serve as a useful start in improving my stamina and speed. I can always practise my orienteering at the weekends. That is what I tend to do as my times will testify. I'm practising a lot more than some of you most weeks. One of these days I'll get it right. Another stimulus for the increased training schedule was a trip to the bathroom scales over the festive period and the fear of a middle age spread beginning to develop. All I need now is to go bald and I can truly be miserable. Never has so much weight been carried by one Inverarity. Stepping up the mileage does help lose some pounds to begin with but after that it tends to keep your

body in shape rather than being an effective dieting routine. So determined that I wouldn't experience any more difficulty getting in to my trousers was another aim. So reviewing my efforts up to my untimely disposition how have things been going. Not too bad. Not international class, but 16 miles a week on average is a lot better than any time in the last 5 years. Already this year I've run more than I had in the first 6 months last year. That can't be a bad thing. Even taking the depreciation factor into account. For the time of year and the weather we've had my times have been fairly encouraging. Something else I dug out was an article which attempted to predict your marathon time. The variables were your height/weight ratio and the average number of miles per week. Back in the old days as my mileage tended to be fairly constant from year to year the only way this formula would allow me to improve was to shed some pounds. And truth be told I was a bit lighter in those days. How accurate was this formula you statistic freaks wonder?

Well the formula went something like -

$$353 - (38.1 * \text{height} / \text{weight ratio}) - (1.01 * \text{average mpw})$$

Based on me being 1.93 metres and 76 kg or 6 ft 3 ins. and 12 stone to you real oldies my height weight ratio was about 2. and at my peak in 86 my average mpw in the 4 months prior to my Marathon was 45. Fierce mental arithmetic tells you that I should have finished in 3 hrs. 31 minutes and 36 seconds. So how long did it take me? Just over 2 hrs. and 55 minutes. 36 minutes out. Verdict on the formula - Load of bollocks! Don't listen to these idiots then. Just do it. Maybe that actually qualified me as a runner not fitting nicely on the regression curve so maybe I've been putting myself down a bit and I was actually more capable than I thought. So why didn't I start running until I was about 30? Where was my friendly neighbourhood PE teacher to advise me on my strengths? Too busy trying to make us find half a crown on a football pitch - That's what!

Training

If you're mad
keep on this sort
of thing do remember
the weekly runs in the Meadows
on Tuesdays and at Meggetland on Thursdays.



Circuit Training / Weights

Wednesday Evenings 6.00 p.m.
Moray House Gym, Holyrood Road
- Even though the nights are getting shorter it can still be a bit on the chilly side so why not pop along here and try to keep in shape and see how things have progressed since the Spanish Inquisition and Indian Clubs.

Seniors £1 - Juniors 50p

Date	Course	Distance	Time	Comments
M 23rd July 1984	Queen's Park Outside Course OP1	5	8:50 34:27	After a good rest yesterday I don't feel too bad today but don't really contemplate going out. I just let the day go by. I eventually start sweating. I'm supposed to do 8 miles. I make up my mind to go out. I put my 40's on for the first time since I got blistered. I feel it but it's not too bad. It's bearable but could be better. I take it nice easy and I don't seem to be sweating too much. I only do 10 or so and I put too much strain on my poor tired body. I can make up the loss during the week. 11:34
T 24th	Queen's Park Outside Double. OP4	8	5:00 56:45	Felt not too bad on my run. Trés warm again. Took the first lap steadily so I thought I had something in reserve for the second lap. About to push it as I crested the hill but a guy chased after me and started chatting to me. I ran round the rest of the course with him at a slower pace than I should have done but it was pleasant company. A reasonable time all the same. giving me a chance to recuperate. 8:2
W 25th	Health Run + Home. HE2	13	4:00 4:56 20:01 (67:21) 22:28 22:52 (81:32) 10:15	And the headache goes on. I think we've had 1 day's rain since I came back from Italy. The park is busy. Lots of sights to see. Thought that I was running at a reasonable pace but my time for 3 laps seems to be long. Maybe I'm expecting too much after Saturday's run. I had to have a bit in reserve to climb back up the hill. A reasonable time in the end helped by a quick run back up the hill 6:44 pace. 12:32
T 26th	Queen's Park Outside Double OP4	8	4:30 57:58	Further today. No chance! My left leg is still a bit weak when I start off. A sign of overtraining. I'm putting away as I go up to the Common. Weather cool. That does it for me. I really end up jogging around. It's a bit of a slog. Doubt is over in my mind. Am I training too hard. Am I reaching my limits? Do I need more rest? I don't think hamburgers are an ideal meal to have every 3 hours before 12:23 11:04
F 27th	Charathon C	7	9:10 49:43	Decisions decisions again. It's well into the evening when I go out. My latest exercise resolve must be weakening. Gail and Alison drive me out. I'm caught in the foolish trap of keeping to my mileage. My leg feels alright in the house but out on the road it doesn't. Pain in my knee almost as soon as I start going. Despite this I manage a reasonable pace but when I reach the Park the wind hits me. The rains came today with a vengeance and in the evening 12:1
S 28th				the wind was pretty strong. I still wasn't too bad by the roundabout and the wind blew me along the back. From Bursaping through I lost heart and the run seemed endless. However I picked it up from the Palace finding a bit in reserve and finished up at just over 7 min. pace.
S 29th	Runs part Half Marathon Stirling	13	8:00 81:01 (94)	Quite an event. Rushed out to the University from Davie's place. Race put back half an hour due to a crash on the course well warmed up by the time we eventually started. When we got going it began to seem a long way between mile markers. Those that were noticeable long fast to you go at the start. It didn't seem that fast. Past Fona, Sance and Niall at the clock tower. 2 miles in 12 minutes. Pace begins to slacken and I start moving up the field especially on the hill up to St Ninians. Some fools, chopping and changing their pace. Feeding station arrangements very poor. Not a bit of a sport after Shannon Junction feeding station. A shambles with traffic on both sides of the road and runners in the middle. 42.10 at 7 miles (6:10 sec). Feeling it a bit by St Ninian's but keep it going. By the Knaploch I feel as if I'm slowing down. try to dredge up some energy. Stringing along towards the University. Manage an impressive sprint in the finishing track and polish off 7 or 8 runners. That doesn't usually happen. A bit show-offy. Poor pace judgement but I enjoyed it. A fairly enjoyable race. Some groans but on the whole well-organised. 45 mins off my best time but can I do better
Week #	49	Week's Total Week's Average Year-to-Date	54 20:45 1002	

Graeme Ackland Ate My Kiwi - Shock Horror ! !

*Yes, believe it or not, here it is ! Back by popular demand (Mine ! - Ed.)
the column which some of the really old orienteers might remember -
'Message From The Chair'.*

Which event, you're no doubt asking yourself, has attracted the biggest INT turnout of the year? And how, at this cold, hostile time of year, can I most effectively distance myself from it? You may not know it, but tucked up with your glass of warm milk at Hogmanay, you have realised these sedentary ambitions. (What's he wittering on about? - Ed.) An outbreak of Interlopers (Crackerjack !) has been reported in New Zealand.

It is now, of course, customary for the chairperson to immediately scheme an escape to the antipodes on the assumption of office, but I believe I may be unique (You are, you are! -Ed.) in doing so while still (nominally) in charge. At the Asia and Pacific Championships were a sea of familiar faces: those social Galloways, ex-chair Pakit, young Mr. Mole Valley and relapsed antipodeans Jo Mitchell, Pete Kinny and Jeni Martin. Faces yes, but haircuts no. By the end of the week my chin sported more hair than all the boys put together.

On December 29th we arrived at the APOC event centre. It was raining. Behind the event centre a grassy green cliff with a few sheep (In NZ - you're kidding! -Ed.) hanging precariously off it stretched up into the cloud. This was the 'training area', which was described as 'steep' and was spurned by one and all.

Day 1 was described as 'very steep'. It certainly was! Not so much 'runnable in one direction only' as standupable in one direction only; facing uphill. The terrain was open farmland, and my strategy for Control 1 was to slither to a fence junction near where I expected the flag and relocate. An interesting feature of NZ orienteering of course is that they don't map fences. As our friends and neighbours in the EC would have put it - "Graeme Ackland - Dix Minuits - Null Points!"

New Zealanders (and, allegedly, your humble correspondent) can talk for hours about nothing. Especially when that nothing is where the ozone layer should be. No weather forecast is complete without the 'burn time'

- that period required to transform a peelie-wallie Scot into a human tomato. On Day 2 this was announced as 45 seconds, so even with factor 48 sun cream, fast times were essential. The course had been planned to enable overseas competitors to enjoy the native bush. Two species of flora stood out, the native stinging nettle, Onga-onga (appropriately pronounced O! Neeargh! O! Neeargh!) and the Supplejack Vine, a kind of thorny creeper whose specific purpose seemed to be to hold you firmly in the Onga-onga.

The APOC Individual was held on a beautiful sand dune pine forest. The best route was straight and you could run as fast as you liked; for about an hour. As one runner after another stumbled out of the forest, the effects of starting too fast were all too obvious.

The APOC Relay terrain was similar to the Individual, but finished after an hour. Interlopers finest hour saw victory in the M21 Relay. Step forward the champions of two continents, Messrs. Hyman, Kinny and Melville, completing a decimation and lapping of the other, er, B-class, teams.

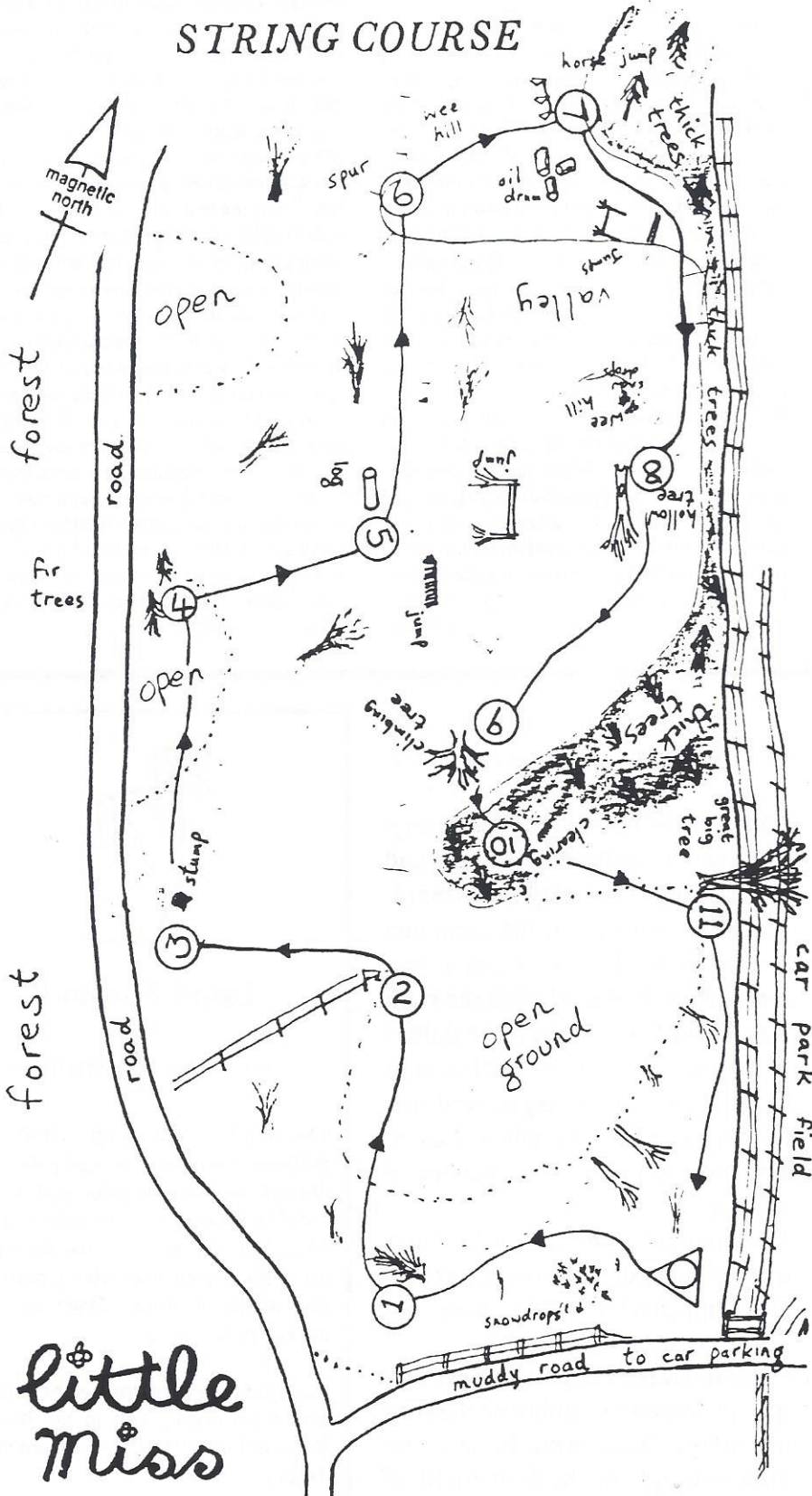
The last two days were back in steep farmland around Napier. It was still very hot (Hurrah for January). Some tourism followed with geysers, mudpools, volcanoes and (particularly) hot springs eagerly devoured. And then it was time to show these antipodeans a thing or two in their mountain marathon, opposite Mt. Ruapehu, which promptly erupted at the prospect. It was an inauspicious start as the Kinny/Hyman axis withdrew with a sore foot, but Neil found himself a partner on the morning, while Jo and Jeni teamed up in Pete's tent. Naturally we all won our classes in the appropriate sex combinations.

.....and it sort of fizzles out there. I asked the esteemed chair whether there was any more but he assured me there wasn't. Thanks anyway, Graeme for your contribution.



ARCHERFIELD ESTATE

STRING COURSE



The anti-social personnel carrier is loaded up with various offspring. We've risen at the crack of dawn to make sure we get there in time. The weather doesn't look too bad just now but the forecast isn't promising. Whose idea was it to hold an event on the same day as a National Event and the Scottish Cross-Country Championships? Helpers may be a bit thin on the ground. We're early but we're about the last to arrive! There's a strong family flavour with Squires, Balfours, Barrows, Masons, Riemersmas, Inveraritys, McIntyres, Heyworths / Haleys and the odd (!) Terry, Ovens and Ross too. Did I miss anyone out? Sorry if you didn't get a name check. Planner Anthony and Organiser Barrow are busy. Me and M10 and M8 wander around trying to find the finish which I am reputedly in charge of. No one and no equipment about there. Head off to the start. Pass an interesting carcass and skull en route to my nature loving sons' great interest and delight. A fox? A badger? I don't know. At the start it's try and remember how to put the tent up time. Fortunately Rudolph comes along and we benefit from his logic and expertise. Back to the finish. John's dumped the relevant rubbish off. No tent for us. I sense a potential frostbite situation. The clock's ticking, the finish line is marked out, the tapes and stakes in place, three hundred finish numbers quickly jotted down before numbness sets in and we're ready. Ably abetted by Steve we're ready for anything that comes our way. We see quite a few deer or maybe just one disoriented one before any finishers arrive. Tim and friend arrive from the car park to help out. Things are a bit slow so after a while they go off for some dinner and to warm up. Just to cheer us up, some snow flurries develop. Reports come in of a missing punch out in the forest. Anthony bikes off with Controller Sandy closely behind. He finds it dumped in an out of the way spot. Why? It just spoils everybody's enjoyment. It's usually the control kites that go too. M10 decides he wants some dinner so he scarpers off leaving a somewhat unsure M8 on his own to face the first real pile up of competitors. So things went a wee bit haywire around finishers 150-160. I don't think anybody's times would be seriously affected. Apologies if they were. Things start winding down and I decide I've had enough and I need some dinner and a flame thrower for my feet. I had intended going for a run but I don't think my brain would be operating at anything like 100% efficiency (Is it ever? - Ed.) so I decide to give it a miss. The results team in the Balfourmobile are beavering away furiously. Things seem to have run smoothly. Anthony's courses seem to have been appreciated. Manpower was perhaps a wee bit stretched but a lowish turnout helped us to cope. Soon it's time to start dismantling everything. I give a hand with the retrieval of the string course impedimenta and round things off with some of those tasty wee Fruit Dip Daps given as prizes, courtesy of J. Barrow. Tolerance level of the wife is beginning to reach saturation point so it's soon back off home. Well done all the willing helpers who played their part in making sure that our event ran so smoothly and efficiently. Where is it next year? Will it be Archerfield again? Will it be warm?

M fortysomething



92

So what are the latest ravings from Interlopers 'Heineken Man' ? - (The orienteer who reaches parts of the forest other orienteers don't / can't / and never want to reach). Another year gone by and more people a year younger and fitter to compete against. It's hell after the first year in your 5 year class. The spirit seems more willing this year, domestic pressures have lessened, the body (colds aside) seems reasonably responsive - only the brain is weak.

Perhaps we should have another of those Coaching Days, be it at a club level or a national one. What is the ideal way for an enthusiastic orienteer to improve on his / her performance. Our sport by its nature is a personal and solitary one. We're so often running against ourselves and time seems so precious that we never find the opportunity to practise what we should be doing. Or we're too timid or embarrassed to ask for help or advice. Perhaps we need more input from Scandinavia and try to learn from their experience and practice where orienteering is more a philosophy and a way of life. While encouraging excellence we could maybe do more at other levels to encourage all participants and not just those naturally

blessed with talent.

Concern has been increasingly expressed in various quarters about the lack of juniors coming through at present. The problem has been identified and various concerned individuals are doing their bit and trying to set things in motion. But is there a magic solution? Of what I can see there is definitely a movement in Lothian to encourage orienteering in schools again and some teachers seem to be more willing to give up their time again to foster this. It seems to be an integral part of most outdoor education courses and modular courses have been formulated and these are backed up by excellent teaching resources from Carol McNeill, Tom Renfrew et al. There are solid foundations there then.

Will the sport take off? Do we want it to? Can the forests support extra numbers? What will landowners views be? Will conservation bodies be as amenable? I suppose we won't know until the situation arises. Is orienteering just one of many 'minority' sports destined to remain one. In my more youthful days I played volleyball. There was a great drive in the late 70's to popularise it. It met with some success but the major break-

through just never materialised. As press officer for Jets VC I was constantly providing copy for local papers and trying to get publicity for the club and the sport. Fifteen years on and perhaps there have been some advances. From a few occasional scores volleyball now merits about half a column once a week in The Scotsman. Is that what orienteering can look forward too?

Me - I'm trying to do my bit. Now my eldest son is an M10 he can compete in badge events. But coming from an 'orienteering' (and I use the term loosely) background it isn't really broadening our base. As the fates would have it he went down with a tummy bug on the Saturday before Ross Wood. Maybe that was just as well!

Am I just taking the whole thing too seriously? I've always been a jack of all sports and master of none, tending never to develop the evangelical zeal of some more enthusiastic participants. Do we have a balanced perspective on it all. Should we accept that all sports experience phases of popularity and decline or should we actively try to influence the way our sport develops. I still tend to think - It's just a game! Maybe I'm wrong - What do you think?

Eurobowl

On Wednesday 23rd February, a brave few gathered at Marco's at Slateford to inflict yet more suffering on wooden pins (I didn't know some club members had artificial legs! - Ed.), this time with the aid of a computer. The action began at 7.30 after we had spent two hours finding out how the computer worked. 'Divide and conquer' seemed the best approach so we split up into two groups of five (!) and began a near incessant bombardment. The ammunition was smaller than normal and had only two finger holes. During the first assault the aim was to knock down certain numbers of skittles a certain number of times. Most of us found the five lots of five skittles virtually impossible, but after a stiffly fought contest 'Battling'

a brief account of the jolly time had by all from the Social Secretary.

John Barrow led his team to victory. The second game revolved around horse racing. Each player was represented by a horse on the computer screen except Ian, who was represented by a donkey (Is that the right way round? - Ed.). The more skittles you knocked down the further your horse went. Lucy's nag proved ripe for the glue factory while 'Lester' Simmon's stallion romped home to victory.

The final game involved Christmas trees and frustration for all except the Squires who, by this time, appeared to have mastered it.

Great fun was had by all except Clare who preferred to gamble on the fruit machines. Those who didn't come probably missed the best night of their lives!



Don't Forget!

Two things to remember

The AGM is coming up. Draft your motions, prepare your campaign addresses and arrange your postal vote with the Secretary, John Barrow (031-440-2136) if you wish to use this facility. This is your first official notification of the meeting. Don't say you haven't been warned.

Look out for a party for the absconding McIntyres soon. Get in touch with Robin or Lucy (031-229-5356) for more details.