

INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 94

July 1994

94

Go Wild In The Country

A hectic time of late although things seem to have died down recently. The McIntyre's farewell ceilidh, the AGM and Meal, the Scottish Championships and all that entailed, the Compass Sport Cup and the Summer Series. If you think that you're going to have reports on all of these then you're very much mistaken.

The McIntyres are there. Read the Letter From Malaysia inside. There is a Committee. The Chair is dead - Long Live the Chair. After an extremely eventful term in office, much of it at events outside of Europe, Ackland's report for the year had the distinction of ending with the plea - "Don't vote me in again!". There was one vote - for the post of chair - with the incumbent

against a returning exile a bit reluctant to don the mantle of omnipotent power once again. It was a very close vote and to Charlie's dismay and Graeme's relief you can guess what happened. The rest of the Committee are to be found inside. Once again something old, something new, something borrowed, something green and yellow. The meal was good! At training recently Graeme said there never seemed to be any mention of the Scottish Champs in the newsletter. Well this year isn't going to be any different. I'm fibbing really! More on this and various other events, what's happening and what to look forward to in and after the summer is over. Everybody go wild in the country until then.

**Not Out Before
The End Of
Term Edition**

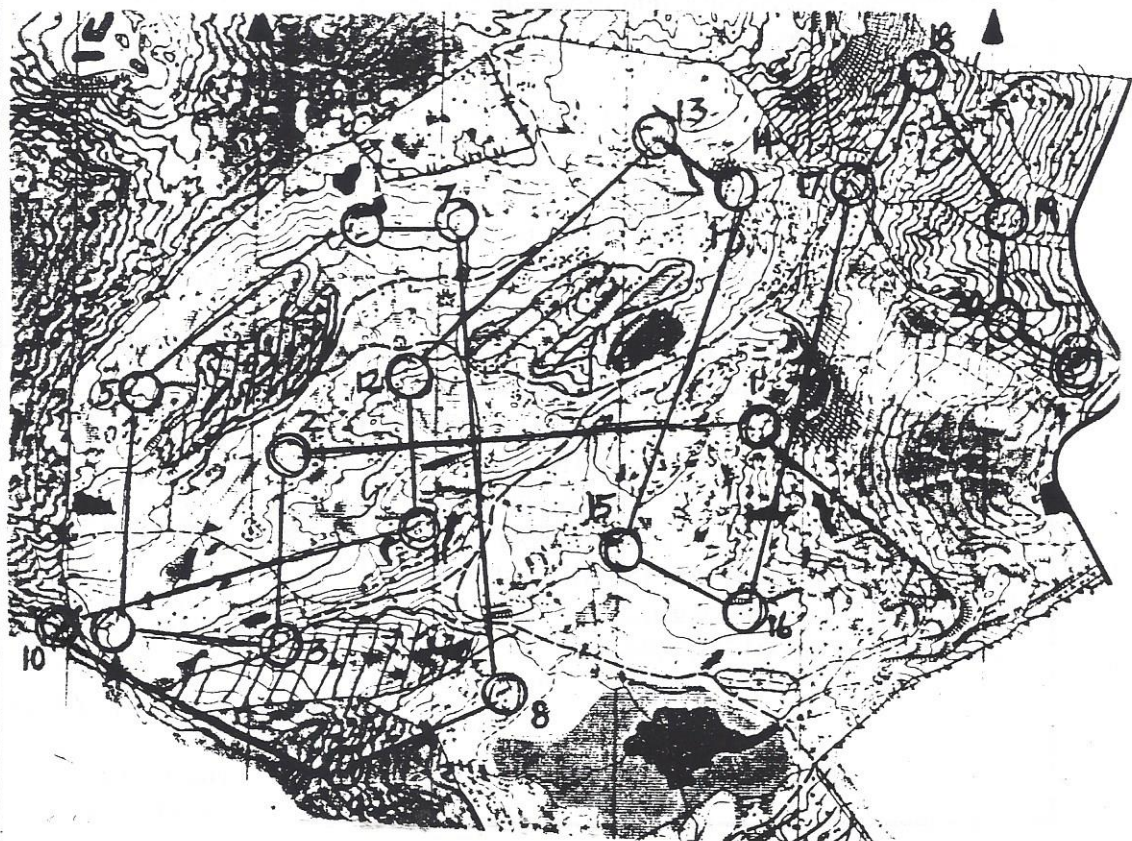
**Interløpers Lose
- Shock Horror!**

**Too Much For
Just One Junior
Page!**

**Letter From
Malaysia**

**Lots Of Results.
And Hardly Any
Events**

**and thank god it's
the holidays!**





Compass Sport Cup



Interløpers Lose Shock Horror !

We met our match ! A somewhat under strength team made it's way down to Harrop Tarn in the Lake District to try and reach the Final. Alas it was not to be ! Pendle Forest Orienteers proved too strong for us on the day despite some creditable performances from various Interløpers. The final score was Us - 26 Them - 29. Apologies to Ray for not including his rallying call to the club to make an effort. It was actually typed up and set in place on Page 3 but I felt that it was negated by the Secretary's appeal via the AGM notification.

Team A (M21 - Brown)			INT	PFO
1.	Andy Kitchin	INT (1)	4	
2.	Dermod Ruddock	PFO (6)		3
3.	Rob Lee	INT (8)	2	
4.	S. Galloway	PFO (61)		1

Team A (M19 / 35 / 40 - Brown)

1.	F. Mickelborough	PFO (13)		4
2.	Andy Spenceley	INT (19)	3	
3.	Graeme McIntyre	INT (30)	2	
4.	G. Dickinson	PFO (58)		1

Team C (M17 / 45 / 50 / 55 - Blue)

1.	Anthony Squire	INT (1)	4	
2.	I. Horner	PFO (11)		3
3.	D. Smalley	PFO (22)		2
4.	Scott Balfour	INT (30)	1	

Team D (W19 / 21 / 35 - Blue)

1.	Darina Cunnane	INT (8)	4	
2.	J. Buglar	PFO (62)		3
3.	R. Catlow	PFO (89)		2
4.	Hilary Spenceley	INT (122)	1	

Team E (W40+ / M60+ - Green)

1.	Jane Mickelborough	PFO (8)		4
2.	Ray Heyworth	INT (43)	3	
3.	J. Buglar	PFO (73)		2

Team F (W15 / 17 / M15 - Light Green)

1.	Catherine Ashton	PFO (9)		2
2.	Gail Balfour	INT (10)	1	

Team G (W13 - / M13 - - Orange)

1.	David Mitchell	PFO (7)		2
2.	Rachel Balfour	INT (16)	1	



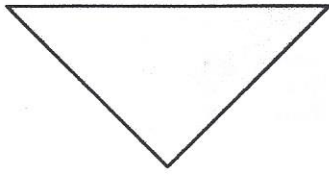
HELP !

Tuesday August 2nd Near Coylumbridge

After eventually deciding to remortgage the house and enter the World Vets Orienteering Championships near Aviemore, I've been asked to take charge of the supporting Colour Coded Event on 'our day'.

To date, not many of us geriatrics have entered - just me, Pat Squire, Andy and Hilary Spenceley and Ken Daly. We'll find it difficult to run the event on our own even with early starts ! It seems we're to be self supporting, with our own Tent, boards, seats, juice, water bottles, tapes, timing equipment, results team, etc. The Chief Boss suggests that eight to ten folk might be needed on a shift system if a simple registration, start and finish in one spot is used. Colour Coded starts will be after 1.00 p.m. and will cost £6/£4. If you're able to come along and help, then please give me a ring on 031-445-3966.

Scott



Compass Sport Cup

So what happened anyway. Plans to take a minibus / coach / train went by the wayside when Acting Organiser Pat Squire phoned round to find that the Club Tandem might be a more suitable means of transport given the apparent level of interest. Some club members were already in the locale with squad training going on in the area at the weekend. The rest got up at the crack of dawn and headed south praying that the A/M74 and the M6 were not coned off for their entire length. For the Newsletter Editor this was a new experience - His first orienteering on foreign soil. Various people have extolled the virtues of orienteering in the Lakes. Now I was going to savour it firsthand. Preparation had amounted to a quick scan of a map of Pat's at the Committee Meeting beforehand. We had been informed by the organisers at the Scottish Champs that because of access problems we would not be out on the fell but confined to the forest instead. The map needless to say showed a lot more brown lines in the wooded part than there were out on the moorland.

The drive down confirmed impressions that the relief wasn't quite as high as up in the Highlands but there were some fairly fierce gradients all the same and some fairly nice scenery too. A bright sunny day did its bit to enhance the charm of the landscape around Thirlmere also. Arriving at the Assembly Field there appeared to be a fair amount of competitors. Apparently there were three Compass Sport Cup matches on at what was supposed to be a low key event to get rid of a dwindling map stock. The event organisers ULOS and WCOC had foreseen this and had some photocopies made. I was a bit astounded at Registration though to be given a scrap of paper less than A5 in size to mark down 20 controls and 7.2 kms of route. My concern was heightened on closer scrutiny of the map to see boulderfields sprinkled liberally over the terrain like the amount of pepper an Italian waiter grinds over your pasta. The Balfourmobile is there with

some serious looking family members in and around it. Pat, Anthony and Graham (minus Dad) are going around checking off stray Interlopers. Andy Kitchin is warming up as I get ready in my car. I seem to have parked near the PFO nerve centre where earnest discussion about team selection is going on. A familiar Skoda drives up. Andy Spenceley swithers about buying something from the Ultrasport stall. After some stretching and warming up I'm ready to trek off to the start.

Skirting by the side of the lake I pass Kirsty and then Rachel. They're finished and I haven't even started. A mile and a half later and we start climbing up to the start. If this is typical of the terrain I'm not going to enjoy this. We're starting on a very steep slope with masses of boulders and not enough paths or line features for me to collect myself on. Aaaaarrghh! On the whistle I struggle a bit to orientate myself and am none too confident as I make off (more in hope than belief) in the general direction of Control 1. After a wee while of worrying about my pacing and distance travelled the ground beneath me seems to resemble a part of the map and I make my way somewhat more assuredly to the kite. With that and a lot of climb behind me I start to enjoy myself. There's still a fair bit of climb but it's not quite so demanding now the worst of it is over. My course looks like a bowl of spaghetti. It makes a change running in a colour coded event with lots of people on it. Familiar suits and faces crop up to reassure me that I'm on the same route. Too often back home the forest seems deserted apart from me. It's OK if you like the solitude but I prefer having someone around to help me when I'm lost. I end up having a fair run by my standards, nowhere near my club colleagues but a vast improvement on Creag Mhic Chailein the previous week.

Back at Assembly, Pat, armed with clipboard, is over by the fence checking off stubs and trying to make some sense of them. Some results look quite encouraging but there are still a few places to be decided. As time wears on the possibility of us winning seems to be ebbing away despite some fine individual performances. We're a bit short in some teams and the challenge is too much for us. A disappointment then, but perhaps a learning experience. The revised format of the Cup suits us better it would seem. Maybe we can give it more of a go next year?

Lothian Orienteering League

These events are run on Sunday mornings, each by a different club in the area but all with a similar set-up. Just like the Summer Series, there will be a variety of courses including those for beginners (White and Yellow), although the LOL also include courses up to expert (Blue and Brown).

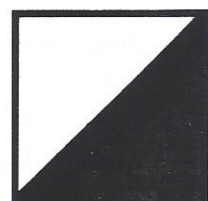
Starts are usually from 11.00 a.m. to 12.30 p.m. and the cost will generally be £1 for White and Yellow courses, £1-50 for Juniors and £3 for adults on harder courses.

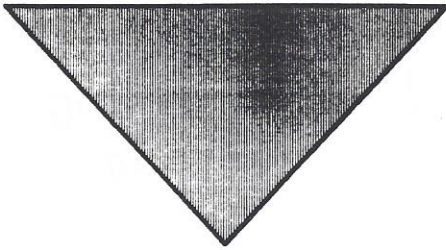
Although these are slightly more formal than the Wednesday evening events, and the organisation required for more than 200 runners has to be complicated, there will also be many more people around who do know what to do, any of whom will be happy to guide you - at least until you reach the start line!

The dates for the LOL events are:

September 25th	Gala Hill, Galashiels
October 9th	Hillend, Edinburgh
November 13th	Devilla, Kincardine
December 11th	Bowden Hill, Linlithgow
January 29th	To be announced
February 26th	To be announced
March 12th	To be announced

More details about any of these events, or information about orienteering is available from Robin Strain (0875-611-014).





A M'O'ZE ?

Saturday 30th July - Saturday
 6th August
BOF Squad WVC Training Sites
 Alvie Estate (NH 843084)
 Glenmore Forest (NH 981093)
 Map Packs - £3 per map from
 WVC Event Centre

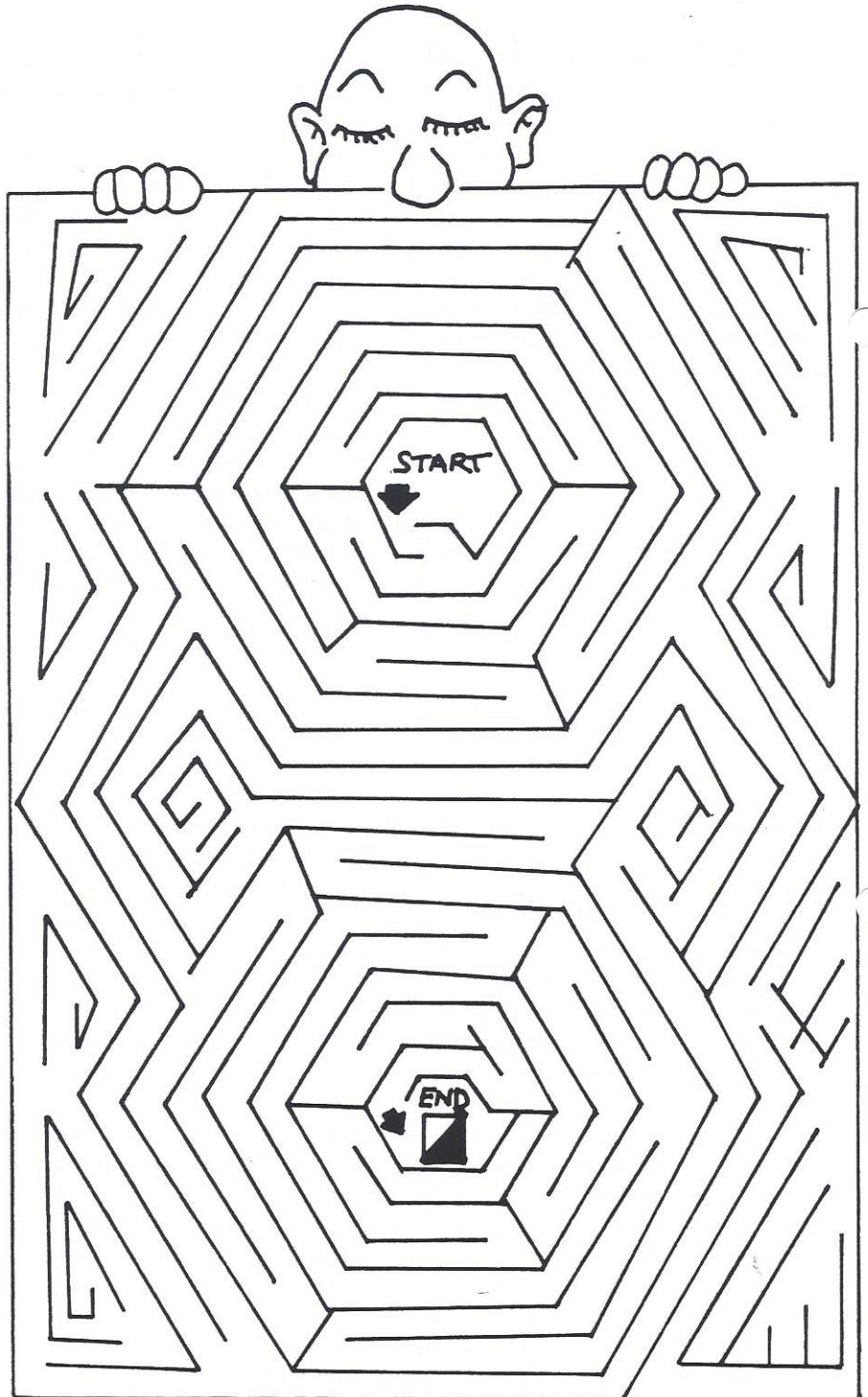
Sunday 31st July
BOF Squad World Vets
Warm Up Open Event
Anagach, Grantown-on-Spey
 (NO 044267)
 Information from
 Martin Hyman (0506-412322)
 Limited EOD with Surcharge

Monday 1st August - Friday 5th
 August
Veteran's World Cup '94
 Strathspey

Sunday 14th August
11 Person Relay (FVO)
South Achray, Aberfoyle
 (NS 518028)
 Reduced from 14 to 11 this year
 presumably to give smaller clubs a
 chance to be more competitive or field
 more teams. If you're liable to be
 about and are interested it might be
 an idea to register your interest with
 John Barrow.

Sunday 4th September
Scotlands galopen 5
Balnagowan, Aboyne (GRAMP)
 No information available

Sunday 25th September
LOL 1 (RR)
Gala Hill, Galashiels
 Information from
 Judy McNeilly (0578-730209)



Events

Enjoy this puzzle - courtesy of an unknown Balfour.

Junior Page

Various Balfours and Squires have been busy and we have a fairly full section this time round. Keep the contributions coming and try and persuade some of your friends what a fun sport orienteering is so that you don't have to do all the work for this page!

Due to the tremendous turnout of Juniors at the AGM, I was unanimously re-elected to the prestigious post of Junior Member! I'm here to be your, (if you're a junior!) voice on the Committee, so if you want anything raised at meetings then I'm your man (as George Michael once said - Ed.) Also this is your page (and I once got a '4' for a Standard Grade essay!) so any articles will be greatly appreciated by Colin. It can be about anything, even orienteering if you must and it doesn't matter if it's interesting or boring - the editor will manage to do something with it! My address (and phone number), if you want to get in touch with me, can be found in the list somewhere else in this issue.

Anthony

Do you want any money? Interlopers will be considering subsidising orienteering related activities in the not too distant future, so put your application in now if you would like some financial aid. Not just juniors! - Seniors can apply too but we're hiding it on this page 'cos they'll never bother reading it and so there'll be more for the Squire / Balfour / Riemersma (delete as applicable) Holiday Funds. (Oops-I-wasn't-supposed-to-say-that-Sorry, dad!). Applications in before the next committee meeting please. Money might be granted retrospectively. That means you'll have to stump up the money first.

ANAGARMS!

Here are a selection of anagrams of some well known orienteering venues. Can you identify them?

LAVEDLI	Host to Scotlandsgaloppen 7 in 1990	_____
BSGICRAEE	The 14 Person Relay has been held here	_____
ALYNBO	Always the last Summer Series Venue	_____
EA ORSTEF	The first day of Southern Uplands '91	_____
NICKIUPE TATESE	Lothian & Borders Championships '92	_____
GACRE NAEIV	Compass Sport Cup June 1992	_____

Congratulations to Gail Balfour and Anthony Squire (Nothing like a pat on your own back - Ed.) for being selected for this year's BOF Under 21 Tour to Norway and Sweden. Both have also been selected to run for Scotland in the Inter Regionals in the Lake District on July 1st - 3rd. Stop Press - Add Graeme Ambler to that last list. Well done Graeme on achieving representative honours.

*Thanks also
to the Balfour
responsible
for the
puzzle above.*

Finally, last year was the first ever Peter Palmer Relays and a number of our juniors ran with ESOC. This year the event is on September 25th. It involves 8 juniors running colour coded style courses starting at 4.00 a.m. and going on until the team finishes. The courses are from Yellow - Light Green with Night / Dusk / Day legs so suitable for a range of abilities. With a good junior turnout we perhaps could raise a team and go to the event in Sutton Park in Birmingham in the West Midlands. If anyone is interested please contact me (Anthony) on 031-445-4465 soon.

dnf

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

- Big Brother is watching you ! Someone out there knows where the Club Multi-Memory Watch is. We don't want it back. We just want to know it's safe and well. According to the rumours last seen on Colin Eades fridge. Can this be confirmed ?
- The aforementioned and recently elected Social Secretary, sometime SOA Committee Member and part-time orienteer / planner etc may be the person we're looking for in another capacity. (This'll teach him to miss the first committee meeting !) Concern has been expressed in various quarters about our rather laissez-faire attitude to relay events and it has been suggested that some idiot responsible member may wish to volunteer before being nominated to act as Co-ordinator / Organiser for the club. Did I not hear him (oops - I've got an attack of the Graham Taylor's - Ed.) putting himself forward at Airs Park - or was it Rob Lee. As they say in the trade papers - Any Offers Considered.
- SOA News. Brenda Nisbet has retired. John made a contribution for her present so that we didn't appear a bunch of steenges. We wish her a happy and peaceful retirement. Her place as Secretary has been taken by Lyndsey Knox of Roxburgh Reivers. Concern has been expressed about the status of closed clubs and some orienteers apparent wolf-in-sheep's clothing attitude of choosing who to run for. This appears to be another of those periodic bouts of AROS-bashing. On the whole not very many people seem bothered about it. They're a fairly harmless bunch of haddies anyhow. And in case you didn't know there's a moratorium on the status / future of BOF. If anyone was at the SOA/BOF Conferences and heard anything interesting please let us know as none of the Committee were at either of them !
- Apologies to Janet Shepherd (W40) whom I welcomed as Gillian Shepherd in the last issue. Latest members to join our happy-go-lucky club are Ben Voysey (M21) and Susan MacMillan (W21). Remember - Interlopers the name. Orienteering's the game ! All the best to you in your treasure hunting.
- Inspired by Steve (call me Maxwell) Ambler's observation that EVENTS = MONEY, the Committee decided to go ahead with our Badge Event in September despite the workload involved because we feel we need to keep generating some wonga to ensure our future development or even just to buy some maps. Volunteer now !
- On the subject of maps, the opinion of some was that Glenearn was a bit disappointing and the area perhaps better suited for colour coded events. Taking into consideration its distance away and the effort and cost involved the Committee felt that the best idea might be to go for a reprint of X million maps of Archerfield and keep on using it until they build this blinking holiday village / timeshare / two championship golf courses, etc or not !
- Have you paid your relay fees ? Have you put in your application for a grant / subsidy for your foreign holiday ? If you are in possession of any LBOA trophies could you return them. Someone is looking for them apparently but I'm afraid I can't tell you who.
- So what lies ahead for us. Well, a Badge Event at Archerfield on September 18th with Anthony planning again and Lesley Kenworthy / Graeme Ackland organising. Then it's a lull to our LOL event (No. 7) in March and where it's being held no one knows. Archerfield ? We seem to have volunteered or it is actually our turn anyway to hold the Scottish Relay Champs next year. This is becoming a permanent fixture ! Donald Petrie is scouring suitable areas near Comrie for us so that worry is off our hands. Next on the agenda is the Six Days from 29th July to 5th August at Strathspey '95. All the officials, you will be pleased to know, have been appointed. Planner - Graham McIntyre, Assistant - Sandy McMillan (ELO). Organiser - Pat Squire, Assistant - Sheila Strain (ELO). Controller - Scott Balfour, Assistant - Graham McFadyen (STAG). Our next worry will be a Scotlandgaloppen on September 17th 1995. A suggestion of holding a joint event with the newly formed Lochaber OC might be an idea to gain access to a map in a good area. Is that enough to keep you going ?
- If all this is making you weak at the knees Pat has reminded me that renewal for the Moray House Sports Injuries Clinic will soon be due. A number of club members have made use of this excellent (and cheap) facility. It is to be recommended. Names have to be registered on a list. There is a £10 'signing-on' fee and, a change from previous years, consultation will no longer be free but £5 for each visit. This still compares favourably with many other similar clinics. If you wish to renew or take up this offer contact Pat Squire as soon as possible.
- After our endeavours at the Scottish Champs we should have a fairly good claim on Creag Mhic for future events and if we could negotiate an arrangement with Perth Orienteers over next year's relay area things may be looking up in this area !

Don't Forget - August 2nd - WVC !

Tio Mila '94

I suppose you might call it the Swedish version of the Harvester, but you'd be taking the mickey. It's the other way round, and it has 500 Mens' teams of ten, and 450 Womens' teams of five running.

Having run the British Junior World Champs selection races the weekend before, I treated myself to a short trip abroad. I flew out on the Wednesday, and managed to get a couple of easy days training in before the next big race. But first, the Ladies !

The women don't do any night orienteering, but start at 13.30, while the men start at 2000. Ynske ran first leg for our Swedish club, TbOK. With 450 people off at once, I found it difficult to see her amongst the melee as she ran out to the start point. Apparently though, her rugby skills (finely honed courtesy of Boroughmuir High School) were being utilised to the full. Starting at the back of the crowd, she was moving forwards, and anyone in her way had to pay the price. Once in the forest people start to split up a little, and Ynske ran steadily, apart from a couple of small misses, to come back in about 300th place. Not bad for her first time in the Tio Mila, where the terrain is very intricate and it is very easy to let the intense atmosphere of the occasion get to you. The rest of the team ran well to finish in a commendable 217th place.

It was to be the Riemersma's day for the first leg as I ran it for the TbOK men's team too. The first leg was to be run in daylight, but with a 13km course, most carried a head torch to enable map reading at the end. I lined up. Someone read a speech. Just before he finished, someone blew a whistle. We started running. Then the starter fired his gun. Luckily he hadn't shot the person in the lead for false starting. Well, would you like to try and stop 500 folk in full flight ? As I pushed my way forwards, I was elbowing frantically just to stay on my feet (That's my story and I'm sticking to it), but as the run-out got narrower, we slowed and actually had to walk at one point. Then, suddenly, the tapes stopped and we fanned out. I was shocked to see how much ground I'd already lost to the leaders. Then the orienteering started, sort of (My wife nags me for saying that Gordon, - Ed) There were trains of people in the forest so following was commonplace. I made one mistake and lost the pack. Cursing away, I set off in pursuit and managed to take in several people over the rest of the course. Several other people had obviously made the same mistake and we were moving swiftly. However, we'd lost too much ground to be able to rein back any time on the leaders. I actually managed to come in 299th place, still in the light after 95 minutes. I was a little disappointed with myself, but was announced over the PA system. Whoopee !

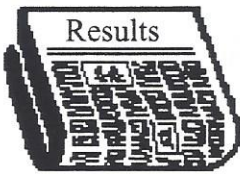
After that the rest of the team ran OK to finish in an unknown position as the last leg runner went out in the mini (well it wasn't really !) mass start. Then it was off to the airport again to fly back home in time for my 0900 Monday morning lecture !

Gordon

Interløpers Committee 1994-1995

Chairperson Charlie Walton	2/4 New Orchardfield, Edinburgh, EH6 5ES 031-554-0090
Secretary John Barrow	3 Charlton Grove, Roslin, Midlothian, EH25 9NY 031-440-2136
Treasurer Steve Ambler	105 Greenbank Road, Edinburgh, EH10 5RS 031-447-2634
Social Secretary Colin Eades	2FR, 22 East Preston Street, Edinburgh, EH8 9QB 031-668-2822
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 Lesley Kenworthy	88 Barnton Park Avenue, Edinburgh, EH4 6HE 031-312-7565
David Simmons	2F3, 9 Brougham Street, Edinburgh, EH3 9JS 031-228-5206

Here they are ! These are the people to blame if something goes wrong. Have a moan at this lot when you find yourself on the manned control at the Scottish Night Championships or car parking on a pouring wet day next year at the Six Days. If you have any concerns or points to make do contact any of the above idiots (they're all very approachable) and let your views be known.



Sunday 24th April Lothian 'O' League 7 Saltoun (ELO)

A bit shocked to see Ackland on a mountain bike when I arrived. That's taking keen-ness a bit too far I thought. Cycling out all the way from Edinburgh and him running too! - until I found out that he was controlling. He never let on about that. A new map which I was coping well with until halfway round when I blew it. By the time I discovered that I'd left my control card in that shortcut through the fight I was well out of it anyway!

White 1.4 kms 10m climb

1st	Kirsty Balfour	W10	11.22
2nd	Emma Mason	W10	13.46

Yellow 2.3 kms 20m climb

2nd	Henry Hui	M17	18.37
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Orange 3.0 kms 50m climb

9th	Rachel Balfour	W13	47.25
25th	Andrea Mason	W13	74.07

Light Green 3.6 kms 100m climb

3rd	Gail Balfour	M17	45.32
4th	Fay Balfour	W17	49.49
6th	Martin Sinclair	M45	51.06
14th	Alistair Alexander	M15	63.05
15th	Mark Sodergren	M15	70.17

Green 4.1kms 65m climb

9th	Rudolph Riemersma	M50	61.06
10th	Graeme Ambler	M15	62.09
19th	Robert Sinclair	M17	68.08
21st	Ray Heyworth	M65	69.24

Blue 6.2 kms 115m climb

1st	Anthony Squire	M17	48.33
4th	Lorna Eades	W21	60.57
6th	Scott Balfour	M45	65.47
8th	Ben Voysey	M21	66.25
9th	Ann Haley	W21	66.44
12th	Heather Peel	W21	70.33
17th	Darina Cunnane	W21	74.46
30th	John Barrow	M45	91.40
33rd	Steve Ambler	M45	93.36

Lothian 'O' League Final Placings (Best 4 out of 7 events)

White

1st	Kirsty Balfour	W10	385
2nd	Emma Mason	W10	376

Yellow

6th	Andrea Mason	W13	292
12th	Mark Squire	M11	186

Orange

6th	Rachel Balfour	W13	297
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Light Green

1st	Martin Sinclair	M45	367
7th	Mark Sodergren	M17	277
10th	Eva Riemersma	W45	260
21st	Rachel Balfour	W13	128

Green

1st	Ann Haley	W21	384
1st	Rudolph Riemersma	M50	384
4th	Graeme Ambler	M15	360
7th	Ray Heyworth	M65	306

Blue

3rd	Scott Balfour	M45	368
6th	Bill Mason	M45	327
12th	John Barrow	M45	291
14th	Steve Ambler	M45	286

Brown

2nd	David Simmons	M21	348
8th	Colin Inverarity	M40	281
9th	Colin McNeil	M21	280
10th	Anthony Squire	M17	277
15th	Andy Spenceley	M35	248
17th	Ian McIntyre	M21	241
23rd	Pat Squire	M45	203

Brown 7.5 kms 290m climb

1st	Rob Lee	M21	53.15
2nd	Gordon Riemersma	M19	55.27
3rd	Colin Eades	M21	58.54
4th	Colin McNeil	M21	59.11
6th	Ben Hartman	M21	61.53
12th	David Simmons	M21	66.07
13th	Charlie Walton	M21	68.48
15th	Peter Dymoke	M21	70.50
	Colin Inverarity	M40	100.07
	(lost card)		

Sunday 1st May Scotlandsgaloppen 3 Linn of Tummel (ESOC)

One of those embarrassing uphill starts with lots of squad members looking on to make you feel self-conscious. Things were going smoothly though until I hit the heather. Pat had caught up with me by then and from there with a combination of my speed and his navigation we chased each other around the rest of the course with him sneaking ahead on the last leg. If only I hadn't made that mistake! How often do we say that?

M19A	Gordon Riemersma	2 nd
M21E	Andy Kitchin	1 st
	Rob Lee	10 th
	Colin McNeil	16 th
	Colin Eades	17 th
	Ben Hartman	20 th
	Ken Daly	26 th
	Charlie Walton	27 th
M21L	Peter Dymoke	1 st
	David Simmons	4 th
M35S	Ken Ovens	9 th
M40L	Pat Squire	18 th
	Colin Inverarity	24 th
M50S	Rudolph Riemersma	1 st
M65L	Ray Heyworth	2 nd
W10	Kirsty Balfour	Missing 4
W13A	Rachel Balfour	16 th
W17A	Gay Balfour	3 rd
W21E	Lorna Eades	3 rd
	Heather Peel	13 th
	Janet Fallon	14 th
W21L	Ann Haley	6 th
W35L	Carol McNeill	1 st
W45S	Eva Riemersma	2 nd

Blue 5.8 kms 305m climb

6th	Finlay Ross	M21	84.07
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Kitchin wins again. Peter Dymoke's return to more active orienteering sees success come his way also. Anthony sidelined by an ankle injury fails to make it three in a row. A good day for the Riemersmas with Dad winning, Mum a close second and Son losing out a bit to Jamie Stevenson. The Honorary President shows off again running up a few classes and still winning!

Sunday 15th May Scotlandsgaloppen 4 Glen Feardar (MAROC)

A bit too far for me to go but I sent off for a copy of the results as few of you ingrates ever get round to lending me your copies. Charlie seemed to enjoy it if I remember but he did comment about it being a bit cold and bleak for the time of year.

M15A	Graeme Ambler	4th
M17A	Anthony Squire	3rd
M21E	Andy Kitchin	1st
	Rob Lee	4th
	Gordon Riemersma	8th
	Ben Hartman	10th
	Colin McNeil	12th
	Colin Eades	15th
	Peter Dymoke	18th
	Charlie Walton	20th
	Ken Daly	21st
	Simon Thompson	24th
M21L	Steve Conway	2nd
	David Simmons	7th
M21S	Graeme Ackland	1st
	James Laird	8th
M35S	Graham McIntyre	3rd
	Ken Ovens	8th
M40L	Pat Squire	12th
M45L	John Barrow	20th
	Steve Ambler	25th
W21E	Lorna Eades	3rd
	Darina Cunnane	11th
	Janet Fallon	12th
	Heather Peel	14th
	Jane Hailey	16th
W21L	Ann Haley	1st

We seem to have a few elite runners these days. 10 out of 25 men and 5 out of 16 women. What a club! Kitchin romps home over 11.5 kms to win by more than 5 minutes. Sounds like it must have been fast running underfoot. Ackland wimps out onto the short course but manages to win. Ann Haley continues her fine resurgence in form with yet another victory. Where was your dad though? One of the more noticeable aspects of the results was the complete lack of any Balfours present. A very rare occurrence this indeed. We'll have to wait until September for the next one though. Keep the training schedule going.

Weekend 29th-30th May Scottish Championships Creag Mhic Chailein / Airds Park

There Graeme. I've mentioned them. Now we can talk about something else like Fly Fishing by J.R. Hartley seeing as we haven't got any results as yet!

General consensus of opinion was that it was quite a successful weekend. The number of competitors was encouragingly high considering the distances involved for those from South Britain. The sun shone and shone and shone. My landlady said it hadn't rained in Oban for three weeks! Conclusive proof of the Greenhouse Effect worsening if ever there was.

I arrived early and went to the official car park paying £1 in the process. Lots of ECKO people about and an SOA Professional Officer dashing about in a white Transit dropping equipment, signs and various bits of paraphernalia off. I offered my help so I could get a hurl in his van. We drove up to the other end of the field where numerous miserly Interlopers had stopped to avoid the parking charge. There appeared to be a lot of gear lying about, a rather bemused looking organiser, and nothing much happening to it all. Then in true 'it'll be alright on the day' fashion the well-oiled organisation cranked up into gear and the pile diminished fairly rapidly as we all set about our appointed tasks. I headed off to the finish with the Squires and Riemersmas via a few crunching pot holes. Our first problem was working out exactly where the finish was. Even Donald Petrie didn't know when he arrived with the race clocks. Fortunately, the controller, Brian Bullen, soon arrived and he was fairly happy with where we'd set it up. Then came the nerve-wracking setting of the clocks. 1100 people would be rather miffed if me and Eva got it wrong. If we did we wouldn't tell you anyway. It was time for me to set off and get ready. It was a very pleasant walk to the start and I had to stop and admire the view of Ben Cruachan behind me and Loch Etive sparkling in the foreground. It was a beautiful day and if anything getting warmer. Arriving at the start I found a Secretary-cum-Start Official getting hotter under the collar with a marked lack of manpower. Not my job I said. I'm on results.

Sunday 15th June Compass Sport Cup Harrop Tarn, Thirlmere (ULOS / WCOC)

Here are the gallant band who ventured boldly into strange foreign climes. Their mission to participate in Fantasy Orienteering and make the Cup Final!

Yellow	1.8 kms	95m climb		
7th	Kirsty Balfour	W10	28.43	
15th	Emma Mason	W10	42.30	

Orange	2.3 kms	145m climb		
16th	Rachel Balfour	W13	44.50	
39th	Andrea Mason	W13	66.28	

Light Green	3.1 kms	200m climb		
10th	Gail Balfour	W17	64.19	
18th	Fay Balfour	W15	83.10	
	Deborah Wilkes	W??	ret'd	

Green	3.5 kms	250m climb		
43rd	Ray Heyworth	M65	77.01	
	Penny Mason	W40	ret'd	

Blue	5.4 kms	310m climb		
1st	Anthony Squire	M45	54.11	
8th	Darina Cunnane	W21	73.03	
30th	Scott Balfour	M45	81.03	
36th	Pat Squire	M45	82.47	
65th	Bill Mason	M45	94.44	
122nd	Hilary Spenceley	W35	140.25	

Brown	7.2 kms	410m climb		
1st	Andy Kitchin	M21	62.56	
8th	Rob Lee	M21	75.14	
19th	Andy Spenceley	M35	86.02	
30th	Graham McIntyre	M35	92.33	
32nd	Ken Daly	M21	94.23	
35th	Gordon Riemersma	M19	96.08	
52nd	Tim Jordan	M40	107.30	
65th	Colin Inverarity	M40	115.32	

continued on page 12



Letter From Malaysia

Dear Colin, something for the newsletter, maybe see you all at the Interlopers xmas do it I'm not giving birth! If not in some muddy field somewhere in January.

Jane

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50450 Kuala Lumpur (until end June)
010 603 451 3833

6 Lorong Damai Duabelas
50500 Kuala Lumpur
Malaysia (July onwards)
010 603 248 8784

Dear Interlopers,

How is the summer shaping up back in the UK? wet, cold, miserable? Well come to Malaysia and after a few weeks you will never complain about the weather again. We have now been here for four weeks. So far the weather has been hot, humid and sticky just about every day. Temperatures peak at about 33C every day (35C in the centre of Kuala Lumpur) and humidity levels are about 70-80%. It takes a lot of getting used to. Now I know why Pete Dymock had a hard time in the Mount Kinabalu race. More on the running front later but first I'll give you the general blurb for those who are interested.

We are currently living in the posh quarter of KL in a serviced apartment block. It is very nice with a pool, free breakfast and a maid service to tidy up the room. The British Embassy is just down the road, and our neighbours are the Saudi and Thai ambassadors. There are probably about a dozen other embassies round about and most of our other neighbours have two or three BMW's and Mercs in the drive. Makes a change from the Tollcross winos.

You dont have to go far though to see the amazing disparity in wealth in his country. Just 500 yards away is a small shanty town where the local residents live and work in corrugated iron huts with rubbish piled up in the alleyways and scrawny chickens scurrying about the dirt roads. No-one seems to complain about their lot though. Everybody is really friendly and go out of their way to be helpful. The kids all take great delight in yelling out "hello" to the sweaty pale white jogger as he plods past at a crawl.

For me the transition to life over here has been fairly easy. I go off to work every day to an air conditioned office where all the mod cons are provided. Its been much harder for Jane. She doesn't have work to go to so has been forced to go out and meet people. She has made a few friends in the apartment block who also have young kids and has found a mother and toddlers group with a good crowd of people from all over the globe. Its funny how out here you will do all sorts of things which you would never dream of doing at home eg. joining the Selangor St Andrews Society and the British Women in Malaysia Association (Say after me in a hoity toity voice " Is your husband in oil or rubber?". No actually he is in plastic!) Anyway, as our move to the east coast has been delayed until November, next month we are moving to a house just around the corner and hopefully life will settle down to something nearer to normal. As for Claire she has settled in fairly well. Malaysians love kids so she is spoiled everywhere we go. She is missing her friends from the nursery back home but we are hoping to find somewhere suitable over here for her.

~So whats happening in the Malaysian running world. Quite a lot actually. Road running is quite popular over here. There are quite a lot of races, some of them attracting quite prestigious runners. It might be something to do with the high levels of prize money given out to the winners: (This doesn't seem to affect their amateur status either). Athletics gets good coverage in all the major papers and junior sport as well is pushed quite strongly here. Most races also incorporate a junior race.

So what of Mr Blobby's attempts at running in Malaysia. Contrary to popular opinion, the mere fact that you move to a hot country does not mean that you shed pounds instantly and become a fit lean running machine. In fact, what happens is that you start of your morning jog in a cool 30C and 70% humidity. After two minutes you are hot. After ten minutes it is as if some-one has doused you with a bucket of warm sweat and after twenty minutes you are looking for a taxi for a lift home. The humidity does take a lot of getting used to. As I found out, you can forget competitive running here for at least a month if you still want to be standing at the finish.

The Hash House Harriers is a good introduction to running over here. There are 12 hashes in KL and you can run with them every day of the week if you want. Generally the run takes place outside of town in the local woodland, sorry jungle. The runs vary from a tough run on dirt tracks with no shade (wobbly leg runs) to single file fight through the thick stuff. Over here there are some pretty useful runners on the hash eg. one guy is an international triathlete and another recently broke 70 mins for the 14 mile Penang Bridge race (not bad considering the climate). One of the girls runs for the Malaysian cross country team. Of course, hashing being hashing you get all kinds going, expats and locals, including the beerbellies and all. The die hards run 5 or 6 runs a week. For us, the hash is good in that I get a run, Jane gets to meet some of the old hands and Claire gets to play in the mud with the other kids. Oh yes, there is lots of cold beer afterwards too!

Yesterday I did my first Malaysian hill race. Gunung Jerai is 1200m high. There is an 11km race up the winding tarmac road to the summit. There was about 1500 entries for the race, including the national 5000m champion who had been banned from the track for 3 months for criticising officials (quite easy to do in this country!). The race was won by some fit lad in 51 mins. He must have been motoring for the course is 1:8 to 1:9 for much of the ascent. Yours truly of course in proper green bogie style thought that the course as it stood was too easy, so decided to run from the hotel at the top of the hill where we were staying to the foot in time for the race. (Actually I started jogging off down the road expecting to hitch a lift down but all the bloody cars were coming up). Of course I arrived at the start dehydrated and knackered so the least said about my ascent the better. One notable point was the organisation. The organisers outnumbered the runners by 3:1. The race was delayed by an hour, firstly for the speeches but also for the officials to have breakfast before the start. By the time we did get going the temperature was climbing past the 30C mark and it did not make for pleasant running. Such is life in Malaysia.

I'll leave it at that for now, as its time for my dip in the pool. Its a tough life being an expat. (must remember to put the beer in the fridge). We'll send you another update soon.

Yours in sweat,

Ian, Jane and Claire

M fortysomething



94

What can I rave about this issue? There certainly has been a lot happening and I've tried to give some perspective on some of what I've seen. It would be nice to have an alternative view of major championships occasionally. Graeme was right in commenting that our prestige events do not get the publicity in this newsletter they deserve. A lot of good performances are going unnoticed and unheralded because the editor isn't there. We should be complimenting club members on their successes but you need to tell me about them or write an account of what you've done, where you've been, etc. If the newsletter doesn't reflect all aspects and levels of ability in the club and degenerates into the ramblings of a mindless egomaniac who can't orienteer it may put some people off. How about a few more articles from you. We all lead fairly hectic lives these days but it doesn't take you that long to scribble down a few words. The more copy I get the greater the breadth and variety of views liable to be expressed. I can't believe there isn't someone who's taken exception to something written in the newsletter. Get on your high horse and write about it. It also means less work for me

having to think up something funny. A difficult task for me at the best of times.

That aside, warmest congratulations go to Ben and Heather. Mr. and Mrs. Hartman took time off their honeymoon to take in the Scottish Championships. There's love for you! I seem to remember spending my honeymoon in a tent up in the West Highlands also.

Thanks are also due to Scott and Pat (and their families) for their once again excellent organisation of their Summer Series events at Colinton Dell and Blackford Hill respectively. It seems so effortless but a lot of work is obviously done behind the scenes which is too often taken for granted. My oldest two certainly had lots of fun at both events and I particularly enjoyed Anthony's Norwegian course apart from the control on the rocky knoll.

It's encouraging that we may have access to the Creag Mhic map. A fine area (although I obviously have nightmares about it). The cost of using it may be a bit high but the monies go the BOF squad, a deserving cause, and people seem to be prepared to pay for the pleasure of running on such an area. One of the main disadvantages

seems to be getting to certain parts of the course by vehicle for setting things up and the difficulty of setting junior courses but these are not insurmountable. The farmer seems fairly happy as long as he gets his 'under-the-field' payment for car parking. A nice yield there! Beats farming any day. The other problem was with Scottish National Heritage who were concerned whether an orienteer did more damage than a large cow. I suppose it depends on the orienteer in question. Feedback suggests that the responsible official has a fairly mellow attitude and isn't bothered as there will only be limited use made of the area and so less potential for any environmental damage. Which brings us to when we could actually use the map as apparently it's being earmarked for the British Champs in 1996. We'll think about that. Running out of column space here. I'd better leave room for Graeme's promised valedictory address.

Right - That should be enough! Finally, do try to help Scott out at the Vets World Champs and remember like all the worst controls you've ever come across - Fortune's Always Hiding!

Scottish Championships continued

Things were going nicely to begin with but about the furthest point on the course and with more than half the controls left, the combination of the heat and exhaustion brought about by trying to cope with planner Ross's predilection for taking us repeatedly up and down the terrain in a mind and body sapping manner. All this despite a copious intake of water beforehand. I crawled most of the way back. The results have still to be confirmed but this is the first time I've ever finished last. I must be in the running for the longest out on any course as well. And I still had my job to do as well! After a massive influx of fluid and food I sauntered over to the JOK minibus and started checking cards and stubs with a disparate bunch of Interlopers, JOK and OUOC types who'd been press-ganged into doing this by their sometime friend / controller. Who needs a computerised results system?

The general impression going around at the apres-O was that it had been enjoyed by the vast majority of competitors, particularly for its technical difficulty / excellence. Not many national champions for the club. Gail Balfour at W17L and Graham McIntyre at M35S. Apologies to any other champions we might have but we're still waiting for the results. As things began to

wind down the next task was to try and cobble together some relay teams. John Barrow seemed harassed again as he tried to come to terms with mass withdrawals, indecision and most Interlopers by then scattered the length and breadth of Appin. Ever mindful of the fact that he didn't have anywhere to stay at that time. Some consensus was eventually reached. I decided to pick up the litter in the car park and headed back to Oban.

On reflection perhaps I should have shunned my landlady's Highland hospitality and passed on the enormous cooked breakfast given to me. That's my excuse. My pre-run routine had been disrupted. It didn't stop me heading down into town for something to eat at night. 50 yards down the road who do I bump into but Barrow still searching for accommodation. Like a good friend I leave him in pursuit of food.

The next day was bright and sunny again. I ran the risk of three rashers of bacon, two sausages, egg and tomato again but I was a bit more optimistic as I had run on Airs Park before. There were more line features and my course was a damn sight shorter. I was in a devil-may-care mood anyhow. There was the inevitable waiting around to see who would turn up or when they

would arrive. With no organising responsibilities there was more of a carnival spirit around but no tent. Well, it did arrive but we couldn't be bothered putting it up. Hard lines, Anthony having to lug it all that way. Our elite team, consisted of Andy, Rob and a promising youngster called Peck. Rob got us off to a good start by coming home in the lead. I didn't see much else because I took over from Pat on the 2nd leg of our team and so missed much of what happened. I was flying for the first seven controls. Man in harmony with map but then as usual disaster struck and one control just wouldn't find me. Kitchin sailed past as I searched in vain for it. On my return I find out we've come 3rd in the Mens' and 5th in the Womens'. Maybe they were a bit disappointed with their showing but very good performances to go along with Gail and Graham's success in the individual the day before. Apologies to John and Pat for letting our team down. There's always next year. Many thanks to all those who helped out at the event and all the non-Interlopers also who lent a hand and gave assistance. And last but not least well done to Donald Petrie for his co-ordinating role in ensuring that The Scottish Championships of 1994 were such a satisfying experience for so many.