

INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 97

February 1995

97

It Was The Best Of Times

It was the worst of times. Oh no ! What's he wittering about now, you say. It's that peculiar, annoying, frustrating and sometimes hopeful time of year. Looking inside this newsletter you will see that there are lots of events to anticipate. Then you realise how many pounds you've put on over the festive period and how the long, cold, dark nights have dissuaded you from going out and training so that you feel like a Michelin Man and wonder how you'll ever get back in the routine again. At the end of the year you tend to look back and reminisce about your performances and what you've achieved as league tables and ranking lists are published. Then you think of all the events we're involved in and the work and time that will entail. How will we manage it ? Then the AGM springs to mind and you wonder are they getting fed up with this drivel, do they want a fresh outlook? As per usual, most of the committee are willing to stand again unless anybody else fancies a shot. If you do, get your act together before May 4th. And then to counter this gloom and doom you remember that Ian and Jane now have young Donald as well as Claire, a baby is on the way at the Galloway household also and Charlie and Janet have decided that now is the time. Maybe I'll see you there !

In This Issue

Some contributions at last !

EUOC at 30

Dopeheads in forest shock !!!

The psychology of orienteering

Loadsaevents to look forward to

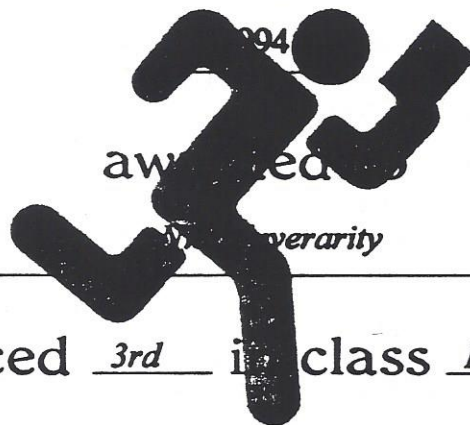
A few results

Social Scene

And a plea from the Chair

Scottish Orienteering Association

Scotlands galoppen



placed 3rd in class M10

Have you got yours yet ?

Christmas Party



I know this was in the last issue but there are always some dozy twonks out there who've forgotten and need to be reminded to renew their subscriptions. Make JB's day. Do it now!



Membership Renewals for 1995

Full members will soon be receiving the BOF membership renewal forms for 1995. (I've got mine! - Ed.) This year the combined fees for BOF + SOA + Club will be more than before (owing to considerably higher fees for the SOA, and some increases for the Club fees). The Combined fees and the Club-Only fees for 1995 are:

Category	Combined	Club-Only
Junior (Born 1975 or later)	£5.00	£1.00
Senior (Born 1974 or earlier)	£17.50	£4.50
Family	£26.50	£7.00
Group	£18.25	£2.00

Note that Juniors aged 19 or 20 are expected to be Individual members; Juniors include in families may be aged up to 18 only. Ages are taken as at 31st December 1995.

If you intend renewing your BOF membership, please send the entire form and subscription directly to BOF. Note that the subscription to **CompassSport** is handled independently of the BOF subscription.

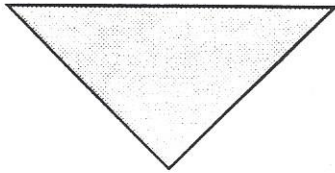
Would Club-Only members please send their subscriptions (payable to INTERLØPERS) for 1995 directly to the Club Secretary. John can also handle conversions from Club-Only to full BOF membership. Please phone 0131-440-2136 for answers to any queries.

John Barrow
3 Charlton Grove
Roslin
Midlothian
EH25 9NY

I think I'm finally getting the hang of the Buckstone labyrinth and know which opening to take. Can I call myself an orienteer now? It's a cold and frosty evening as the I-Team arrive, their safe passage to the side door helped by the candles along the path. Inside it's busy already with lots of people or was it because we were late. I can't remember. Anyway, no messing about - straight into Eva and Rudolf's mulled wine and sweet, fizzy stuff for the junior section. 'Big Mac' is back from Malaysia but unfortunately he didn't quite make it in time to see the arrival of young Donald who not surprisingly is the focus of a lot of attention. Poor wee soul being exposed to so many Interløpers at such an early age. Mother and child did well. Don't ask me how much he weighed - I was told but I've promptly forgotten. Ian regales us with his horror stories of the Malaysian bush. Apparently it's worse than Blairadam or Glentress. Circulating around the various groups I find out that Lucy is expecting too. Mucho congratulations to the Galloways. The imminent expansion of the family unit has necessitated the purchase of a mansion in the stockbroker belt which gives us disreputable lot the opportunity to trash a new house if they're ever stupid enough to host a party up there. If you want to pass on your sympathy and commiserations (the older family types will know what I mean) their new address from Friday 3rd March will be - 7 Whitdales, Fairmilehead, Edinburgh, EH10 7JQ or 0131-445-5021 if you want to phone.

Initial plans for the party were to have it earlier in the week but its postponement meant that Mrs Riemersma would have her daughter back from university in time. Ynske told us all about life in Sheffield and it was good to hear that she's getting on well down there and enjoying herself immensely.

Gradually as the evening wore on the living room's position as a place of quiet contemplation and opportunity to stuff oneself with cheesy nibbles and other snackettes dissipated as my lot began to overcome their initial shyness and lost their inhibitions and started to become a bit more lively. The rot really set in when the Social Secretary produced some balloons and the transformation from quiet, well behaved well mannered boys to something else entire, was complete. Some people now know what it's like to be whacked over the head for 5 minutes solid with a balloon. They showed remarkable resilience and patience with them. Thank you! Anyone with any sense stayed in the kitchen. I saw Steve Conway at the doorway observing the proceedings with a "Should I really go in here?" look on his face. He made the right decision because very soon it was games time. Much fun was had with the old eating a Mars bar with the hat, gloves and scarf on game. Gordon supplied a dice whose authenticity was called into question with the remarkable number of times the number 5 came up. Afterwards it was pass the parcel which proved to be a remarkably well wrapped one. Just as well because there were quite a lot of participants - to begin with anyway - although a few did seem to opt out as it progressed. It never ceases to amaze how many supposed adults are prepared to cheat at this game. Fortunately for the assembled company it was now bedtime for hear no evil, see no evil and speak no evil so we made our thanks to our charming hosts and the gamesmaster and departed to allow everybody else to begin enjoying themselves. Did you?



Desperately Seeking Organisers

Interlopers are committed to hosting two big events this year, in addition to our Lothian O League and Summer Series events and our contribution to the Six Days in the summer. These events are the Scottish Relay Championships on the 27th May and a Scotlandsgaloppen Badge Event on September 17th. It is a lot for us to cope with, especially after other recent major events; I'm not sure how we ended up in this situation, but we are in it now . . .

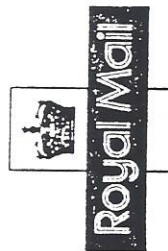
We have found it difficult to find volunteers for the main jobs for these events and we badly need some organisers. I am acting organiser for the Relays at present (see elsewhere in the Newsletter) but with a wedding, holidays, work commitments and a house move I'm not going to make it alone. We need a lead organiser or a co-organiser and organising team members so if you can help, please get in touch with me as soon as possible on **0131-554-0090**.

Anagach at Grantown-on-Spey is a possible venue for our Scotlandsgaloppen event - a long way away but a good area in a wonderful part of the country. We don't yet have an organiser for the event - Could you help out in any way? We may have to pursue other areas and may be able to team up with outside help, perhaps for a Short Race on the Saturday or a joint venture with another club. We need someone to lead the effort for the event and/or co-organisers. Please give me a call if you could do anything to help out.

We have enough experience in the club to assist relative beginners so don't be put off if you haven't organised an event before. Any help is very welcome. The club isn't in great shape at the moment but if we all get involved I think we can still build a good, strong and healthy future for Interlopers.

Charlie

The chairperson is a worried man ! We seem to have been 'landed' with organising / helping out at a lot of major events recently and there seems to be no let up. Having a lot of our more able heads tied up with the Six Days hasn't helped either. Can you do something to allay Charlie's worries ?



The Royal Mail
PENNY MILE CHALLENGE
in aid of the



CHILDRENS HOSPICE ASSOCIATION SCOTLAND

18 HANOVER STREET EDINBURGH EH2 2EN TEL 0131 226 4933 FAX 0131 220 1626

Martin Hyman Retires

Martin Hyman, the moving force in setting up the British Squad in 1973, officially retired from his position as Administrator / Treasurer for the Squad in January 1995. For many years Martin, with the active support of his wife Margaret, has worked tirelessly to guide the Squad; much of the Squad's motivation and self-sufficiency today is due to Martin's influence and effort. Now with his retirement, a number of activities are being organised by present and past Squad members to celebrate Martin and Margaret's contribution over the last twenty years.

If you would like to participate, please contact

Adrian Pickles,
Primrose Cottage,
Aston Munslow,
Craven Arms,
Shropshire SY7 9ER
(0584-841433)

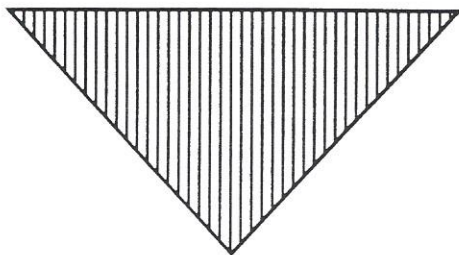
An item gleaned from the latest issue of CompassSport. I'm sure we would all like to thank Martin for his contribution to orienteering and the enormous amount of help he has given to the club and its members. Perhaps we should get our act together in the club and show our own appreciation in some way.

Whether Martin's fund raising efforts are over in his 'retirement' is another matter if the letter recieved at the boys' school the other day is anything to go by !

We very much hope that your school will be one of the many throughout Scotland taking part in the Penny Mile Challenge, helping us complete this major Appeal in what promises to be a most exciting year. I would be grateful if you would pass this information on to a member of staff who may be interested in acting as the event organiser in your school

Yours sincerely,

Martin Hayman
Penny Mile Challenge Organiser.



- **Saturday 4th March**
Scottish Short Race No. 1
Mugdock, Glasgow
(NS 547781)
 Entries Closed
- **Saturday 4th March**
ESOC Saturday Series
Holyrood Park
 Entry Fee £1 Starts 1.00 - 2.30 p.m.
 Enquiries to
 Janet Clark,
 13 NW Circus Place,
 Edinburgh, EH3 6SX
 (0131-225-7771)
- **Sunday 5th March**
Jalas Scotlands galoppen 1
Duchray Water, Aberfoyle
(NN 4500) (CLYDE)
 Senior £5 Junior / Student £2.50
 Closing Date 17/02/95
 Limited EOD £1 Surcharge
- **Sunday 12th March**
LOL 7 - Archerfield Estate
(NT 498835) (INT)
 Information from
 David Simmons (0131-228-5206)
- **Saturday / Sunday**
18th-19th March
British Championships 1995
Gwynedd, North Wales
Individual Event -
Newborough, Anglesey
Relay Event - Rhos &
Bryngyfeiliau, Capel Curig
 Entries Closed
- **Sunday 19th March**
Colour Coded (STAG)
Allean Forest, Pitlochry
(NN 865598)
 Information from
 Terry O'Brien (0141-770-7618)
- **Sunday 19th March**
ELO Local Event
Binning Wood, East Linton
(NT 6080)
 Information from
 Trina Rogerson (0368-864922)
 Starts 2.00p.m.
- **Saturday 25th March**
Scottish Short Race No. 2
Barr Wood, Stirling
(NS 796865)
 Organiser -
 Graham McIntyre (0131-668-1851),
 Pre-entries on SEF to
 Short Race 95
 19 Glamis Gardens
 Polmont FK2 0YJ
 Senior £5 Junior / Unwaged £3
 Closing Date 13/03/95 No EOD
 Cheques payable to "Scottish Short
 Races"
- **Sunday 26th March**
Jalas Scotlands galoppen 2
Trossachs, Aberfoyle
(NN 495070) (FVO)
 Pre-entries on SEF to
 Sandy Sinclair,
 118 Claremont Street,
 Alloa, FK10 2EG
 (01259-213310)
 Senior £6 Junior / Student £2.50
 Closing Date 12/03/95
 Limited EOD
- **Saturday 1st April**
ESOC Saturday Series
Bonaly
 Entry Fee £1 Starts 1.00 - 2.30 p.m.
- **Sunday 9th April**
Jalas Scotlands galoppen 3
Craig A' Barns, Dunkeld
(NN 022434) (ESOC)
 Pre-entries on SEF to
 Peter Coutts,
 208 Cuiken Terrace,
 Penicuik, EH26 9AP
 Senior £6 Junior £3
 Closing Date 20/03/95
 Limited EOD
- **Friday / Monday**
15th-19th April
Jan Kjellstrom International
Festival of Orienteering
Harrogate, Yorkshire
 Relay Entries will be handled by the
 'Club Secretary'.
 Entries before 25th March
(Elite entries must be in by this
date)
 Seniors £21 Juniors £11
 Subsequent Juniors £9.50
 Up to 15th April subject to
 available spaces and maps.
 £24 / £13 / £11.50
- **Sunday 23rd April**
Local Event (PO)
Faskally Woods, Pitlochry
(NN 917598)
 Information from
 Zoe Ardron (01350-727585)
- **Saturday 29th April**
Scottish Short Race No. 3
Bowhill, Selkirk
(NT 432281)
 Arrangements as for other Short
 Race events.
 Closing Date 17/04/95 No EOD
- **Sunday 30th April**
Jalas Scotlands galoppen 4
Elibank, Peebles
(NT 387374) (RR)
 Pre-entries on SEF to
 Bill Bruce
 45 Pumpherston Road,
 Uphall Station,
 Livingston,
 West Lothian EH54 5PL
 (01506-432222)
 Senior £5 Junior £2.50
 Closing Date 15/04/95
 Limited EOD
- **Saturday 6th May**
ESOC Saturday Series
Hillend
 Entry Fee £1 Starts 1.00 - 2.30 p.m.

Events

Weekend 27th-28th May
Scottish Championships
Dunalastair,
near Kinloch Rannoch
Individual Championships
incorporating National Event 4
 (NN 741594) (WFO / PO)
 Entries on SEF to
 Scottish Championships '95
 c/o Perth Bookshop,
 3a Abbot Street,
 Perth PH2 0EB
 Cheques payable to
 Scottish Championships '95
 Senior £8 Junior £3.50
 Late Entries £2 / £1 Surcharge
 Closing Date 28/04/95 No EOD
 Colour Coded courses available

Monday 29th May
Colour Coded Event
BOF Squad Fundraiser
Muirward Wood, Scone
 (NO 140280)
 No information available yet
 EOD only

Saturday 3rd June
ESOC Saturday Series
Blackford Hill
 Entry Fee £1 Starts 1.00 - 2.30 p.m.

Friday 16th June
Scottish Schools Championships
Carmichael Estate, Near Biggar
 Any interested party wishing to
 discuss the project, contact
 Blair Young (0555-661955)

Sunday 30th July - Saturday 5th
August
Strathspey 95
Scottish 6 Days
 Entry fees per day
 Before 30th April
 Seniors £8 Juniors £3.50
 Before 30th June
 Seniors £9 Juniors £4
 Thereafter
 Seniors £10 Juniors £5
 Further information from
 Starhspey 95
 40 Ormidale Terrace
 Edinburgh EH12 6EF

~~Junior Page~~

Not!

There is a wee bit
 at the bottom!

Scottish Relays '95 Update

INTERLØPERS are hosting the Scottish Relay Championships this year, and as the date draws closer we are gradually getting things together for the event.

VENUE

We are using a new area called Dunalastair Wood which is to the west of Pitlochry, near Kinloch Rannoch. The area was identified by Perth Orienteers and the map has just been completed. PO and West Fife Orienteers are holding the Scottish Individual Championships (National Event 4) on the area on Saturday 27th May, and we are putting on the Relays on the following day, Sunday 28th May. The individual and relay race areas will overlap and we are sharing car park, assembly field and various other facilities.

OFFICIALS

Colin Eades is our Planner. It is a big job and we all owe Colin a big thanks for agreeing to take it on. As a Planner for the Scottish Champs last year Colin missed out on a run and will do so again this year. There are various bits in the planning process where extra help is very useful so please be ready to help a hand.



Not a lot of Junior news I'm afraid apart from what Gail Balfour is getting up to. Congratulations are due for her inclusion in the BOF Squad but a yah-boo-sucks for her 'defection' to ESOC. Before you start haranguing the poor girl there is some method in her temporary madness. This

At the time of writing we do not have a Controller but hope that Jim Heardman, the 'Controller of Controllers' will be able to find us one. Does anyone have any ideas, useful contacts, etc. ?

At present, I am 'acting Organiser' and am trying to keep things rolling along, but I badly need some help. I hope we can get an organising team together, break down tasks into areas (e.g. registration, results, finish / timing, equipment, prizes / prize giving, string course) and so spread the load between a number of people. **PLEASE HELP** - give me a call on 0131-554-0090 if you could join the organising team.
















Ann Haley is going to handle the entries and we should be sending out entry forms to club secretaries very soon.

ON THE DAY

The relays will be a big job for us and we will need everyone along to help on the day (and a few folk the day before - Registration during the individual race and setting up for the relays afterwards). We hope to have a representative team or two in the relays but realistically most INT's will not be able to get a run as as many bodies as possible will be needed to help out. If you need a run then volunteers to collect in controls will be very welcome!

year will be her last opportunity to wrest a W17 relay title away from England if she joins forces with Joanne Stevenson and Claire (?) Williams to form a strong Scottish team. We wish them luck in their endeavours but make sure that you return to Interlørers afterwards or there'll be trouble!

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

-  The Multi-Memory Watch is alive and well. It is still in the vicinity of Charlie's shoe but it has been used. You are welcome to use it also if you want a shot. You know who to contact.
-  The Treasurer has been off on some foreign jaunt and missed the last Committee meeting. I hope we shouldn't read anything into that. He assures us that the club is solvent but has requested that any outstanding finances be resolved by the end of March so that he can prepare a statement for the AGM.
-  Further to the upgrading of some of our club equipment, we may be in for a bit of a windfall. The Six Day Company have something like 1200 aluminium T-bars taking up a lot of space in someone's garage / barn / warehouse. There may be a possibility that they will be 'loaned' out to clubs for safekeeping in between times. With about 10 clubs in Scotland, the only question that has to be asked is "Has Pat got enough room in his attic for them ?"
-  No response yet to our plea for someone to negotiate access for Glenearn and Berryknowe. Can you help ?
-  Let's talk events ! We do have a few coming up ! Most pressing is our LOL at Archerfield on March 12th. Thinning and some restrictions on access have caused a few problems for the planning Hartmans but they think they've managed to work out some reasonable courses. Dave Simmons seems confident that the organisation is running smoothly. Save him some hassle by giving him a ring now on **0131-228-5206** and offering your services in some capacity on the day.
-  It seems highly probable that Colin Eades will contact you about this event as I think it's the only one where we can contest our Compass Sport Cup Match with ELO before the deadline. Colin has volunteered, (again !) to act as Team Co-ordinator. Can you / do you want to run for the club ? Colin's phone number is **0131-668-2822**.
-  He was also going to cobble some article to whip up enthusiasm for British and JK Relays but that seems to have gone by the board. He'll probably come up with some excuse like he was too busy with other matters ! Do you want to take part in either of these events ? Remember, you might not get a chance at the Scottish.
STOP PRESS - If you wish a run in the JK Relays please phone Colin by 10th March.
-  Rumour has it that various Balfours have assumed responsibility for our first Summer Series event to be held on April 26th and Anthony has volunteered to organise on 14th June because he'll have finished his exams by then.
-  It is fairly certain that the Club will have access to Woodlands in Kingussie for the Six Days this summer. The house can hold around 32 people. If you want to put a marker down now contact Pat Squire (**0131-445-4830**) and let him know you are interested. Please be mindful of the fact that the booking hasn't been 'officially' confirmed yet. You may want to arrange 'emergency' accomodation but it's very doubtful that you will need
-  The Social Secretary (Colin!) has not abandoned the idea of a Training Weekend but it has been pushed back into June / July when it might serve as a refresher during the summer lull before the Six Days. Just the thing to sharpen up your technique.
-  Lyn Corrie, a Lothian Region Outdoor Education specialist is organising a Come And Try It event again this year, this time at Cammo on 14th-15th March. Can any club members give her some assistance ? She can be contacted at Prestonpans Education Centre (**0875-814058**).
-  Did I mention the AGM was likely to be held on Thursday 4th May about 7.00 p.m. in that wee room at the back of the Fitness Centre in the Pleasance. Organise your cabals and get your motions in now.
-  Don't forget the Pancake Party at Graham's. Please remember to bring some form of snack type thingy just in case you get a bit sick of pancakes (sweet and savoury) and something (apart from Diamond White) to drink also. The venue is 5 Summerhall Square, 1st Floor Left, (next to the Dick Vet) on Tuesday, 28th February from 8.00 p.m. onwards.
-  **MORE STOP PRESS** - Colin says getting married the day before will not be accepted as a good enough excuse, so you can take it as read that you had better be there!
-  Next Committee Meeting - Monday, March 27th at 22 Swan Spring Avenue from 7.30 p.m. Know what I mean, squire ? Nudge, nudge, wink, wink.



Royal Deeside '93
to put you in the
mood for
Strathspey '95

Donald Watson + Partner



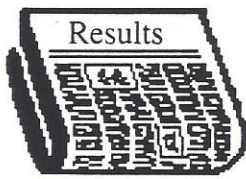
Big John



Gordon and Rob (with carrot)



The Tent Team arrive!



Scotlands galoppen 94 Final Results

M10	Niall Inverarity	3rd
M15A	Graeme Ambler	8th
M17A	Anthony Squire	2nd
M21E	Andy Kitchin	1st
	Rob Lee	4th
	Colin Eades	9th
M21L	David Simmons	3rd
M65L	Ray Heyworth	2nd
W17A	Gail Balfour	1st
W21E	Heather Hartman	3rd
W21L	Ann Haley	1st

Congratulations to all our successful competitors above. If you haven't received your certificate yet John Barrow has them. Well done to everyone else who had good runs sometime during the series or just enjoyed taking part. You've succeeded as well!

Kitchin Corner

ORIENTEERING

Kitchin tops

SCOTTISH league winner Andy Kitchin tops the final British rankings for last year. With a score of 4,333 points, the Interlopers man missed a maximum score by just 68 points and beat British champion Neil Conway into second place by 70 points.

ATHLETICS

Peak performance

ANDY KITCHIN (Livingston & Dist AAC), last year's runner-up, beat 1993 winner Neil Wilkinson (Cambuslang Harriers) in the 25th Tiso Carnethy Five Hill Race from Silverburn, near Penicuik, on Saturday.

The British orienteering international took ten seconds off the record set ten years ago for the six-mile Pentlands race to win by 48sec in 47:58.

Sunday 5th February LOL 6 - EUOC Corstorphine Hill

Inverarity returns after a lengthy absence. What can he expect this time? 30 controls to mark down on the 'new' reduced scale map. No, there's only 19 this time but there is 500m of climb! Aaarrrgh! There was a bit of puffing and panting and some walking up the 'steeper' bits but all in all I was reasonably pleased with my performance even though I couldn't keep up with Jonathan Musgrave en route to Control 17.

White

(1st)	Penny Mason	N/C	17.10
7th	Emma Mason	W10	38.26

Yellow

10th	Kirsty Balfour	W11	32.30
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Orange

18th	Alison Ambler	W?	69.38
	Cathy Balfour	W45	ret'd

Light Green

3rd	Graham MacDonald	M17	40.32
20th	Mark Sodergren	M17	52.29
27th	Rachel Balfour	W15	60.12
40th	R. Sinclair	M55	98.17

Green

10th	Findlay Ross	M21	43.27
41st	MacMillan / Potter	W21	62.43
49th	Lorna Eades	W21	76.56
	Ray Heyworth	M65	No 11

Blue

4th	Scott Balfour	M45	55.49
10th	Graeme Ambler	M17	59.33
15th	Bill Mason	M45	63.46
21st	Paul Caban	M21	65.26
34th	Karen Dobbie	W21	76.28

Brown

4th	Anthony Squire	M17	55.07
6th	Colin Eades	M21	56.11
18th	Brad Connor	M21	66.35
22nd	Colin Inverarity	M40	72.58
24th	Pat Squire	M45	74.30
	Ken Daly	M21	ret'd

LOL Placings After 6 Events

One more event left, our own at Archerfield. Some club members are in strong positions and should end up highly placed. Well done for all your efforts. It's particularly encouraging to see some competitors from our group members (George Watson's College and Trinity Academy) doing so well.

White

1st	Emma Mason	W10	384
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Yellow

7th	Kirsty Balfour	W11	280
14th	Niall Inverarity	M11	1

Orange

18th	Alan Burchell	M17	219
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Light Green

3rd	Graham MacDonald	M17	328
14th	Rachel Balfour	W15	235
16th	Mark Sodergren	M17	201

Green

3rd	Ray Heyworth	M65	287
11th	Findlay Ross	M21	248
20th	Lesley Kenworthy	W21	180
37th	Susan MacMillan	W21	111

Blue

3rd	Paul Caban	M21	339
6th	Bill Mason	M45	321
10th	Karen Dobbie	W21	260
13th	Scott Balfour	M45	250
22nd	John Kenworthy	M21	219
24th	Ann Haley	W21	214
35th	Steve Ambler	M45	139

Brown

2nd	Pat Squire	M45	305
13th	Colin Inverarity	M40	207
18th	Gordon Riemersma	M21	178
20th	Anthony Squire	M17	177
28th	Brad Connor	M21	143

An interesting article from the Haley family collected on their recent antipodean jaunt (That's jaunt - not joint! - Ed.) They will of course be submitted to drugs testing at their next competitive event. The question has to be asked though - Who are the dopeheads in the forest ?

Dear Colin,

Here is another small contribution to the Interlopers newsletter. This article was on the front page of the New Zealand Herald on Monday 23rd January, 1995. We were on holiday there at the time but were not competing.

Fortunately during our two and a half year stint in New Zealand when we did go orienteering we never came across any cannabis plots. It is not uncommon, apparently, for such plots to be surrounded by plants brandishing razor blades ! Our main complaint, however, was the vast number of electric fences throughout forests. Forests were sometimes planted with trees further apart to allow cattle to graze beneath, making some patches extremely runnable. I remember at one event we were actually warned at the start - "Please remember, all fences are live !"

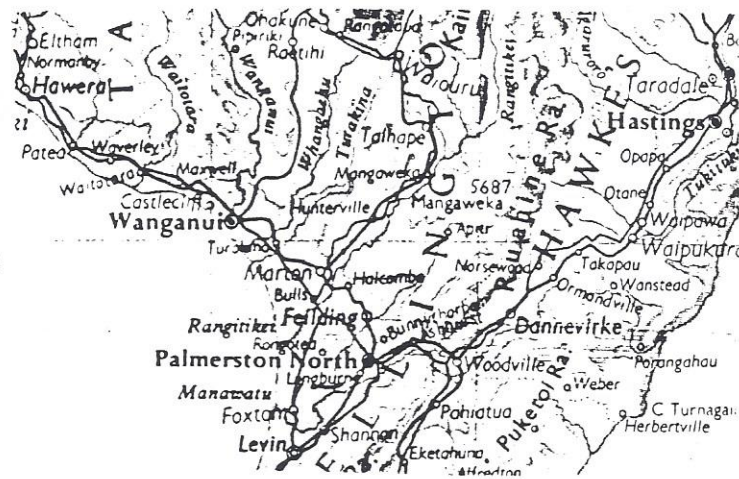
Best Wishes

Ann Haley



Mr. Natural

One of the original orienteers from way back in the late 60's / early 70's, perhaps ? Now we know how he managed to "Keep On Trucking".



Racers run into forest puzzle

Cannabis growers had orienteers running around in circles yesterday when championship markers were moved to keep plots secret.

As competitors in the elite mens' field at the North Island championships set off on back-country bush trails, they found that somebody had been ahead of them.

A control flag had been moved about 100m, and further on a 30-litre water container had been removed from the course in the Santoff Forest, about 30km south-east of Wanganui.

"The course went through a dense area where nobody else goes except these pot planters and mad orienteers," an orienteering competitor, Mr. Ralph King, said last night.

"We suspect the control flag was moved because it was too close to one of the crops."

The day's event was cancelled because of the confusion. The elite mens' title was awarded to a Swedish athlete, Carl Bjorseth, who won on Saturday in a race

at a different course.

Mr. King said the interference by the cannabis growers had angered and disappointed the 223 orienteers gathered for the championships.

"This is the first time in . . . 20 years we have had an event cancelled through something like this."

Over the past several years the risk of running across cannabis plots had become one of the hazards of orienteering.

"In the past, people training in other forests have had these guys fire shots at them."

The police were told of the incident.

A spokesman for the Wanganui police said yesterday that the Santoff (?) Forest area was not known for being a big cannabis-growing area.

The complaint would be investigated, however.

Wanganui police chiefs caused a stir last week in some police circles by deciding not to take part in this year's national cannabis recovery programme.

Interlopers Invade EUOC Celebrations

(from your Roslin correspondent)

On the evening of Saturday 4th February, EUOC staged a 30th Anniversary Burns Supper and Ceilidh in Teviot Row House in Bristo Square. Contrary to expectations, this event was one of the best ever organised by the club, and many past and present Interlopers joined in the celebrations.

The evening began with a gathering in the Middle Bar, when many cries of "I thought he/she had left the country!", "Who the hell is that?", and similar statements of disbelief were heard. We then proceeded to the Dining Room, where a splendid Burns Supper was consumed. We were entertained to a rousing rendition of Tam O' Shanter by John Tullie (RR), and then to a derogatory address by Douglas McKeith (AROS) who recalled many memorable events in the history of EUOC (including one libelous reference to your beloved Secretary, who wasn't even in the country 15 years ago when the alleged events were **supposed to have taken place**). Once the toasts were drunk, and the meal was ended, we repaired to the Debating Hall on the second floor, where a wilder and wilder ceilidh took place. It was only brought to a shuddering halt when the fire alarm went off at 12.30, and the building had to be evacuated.

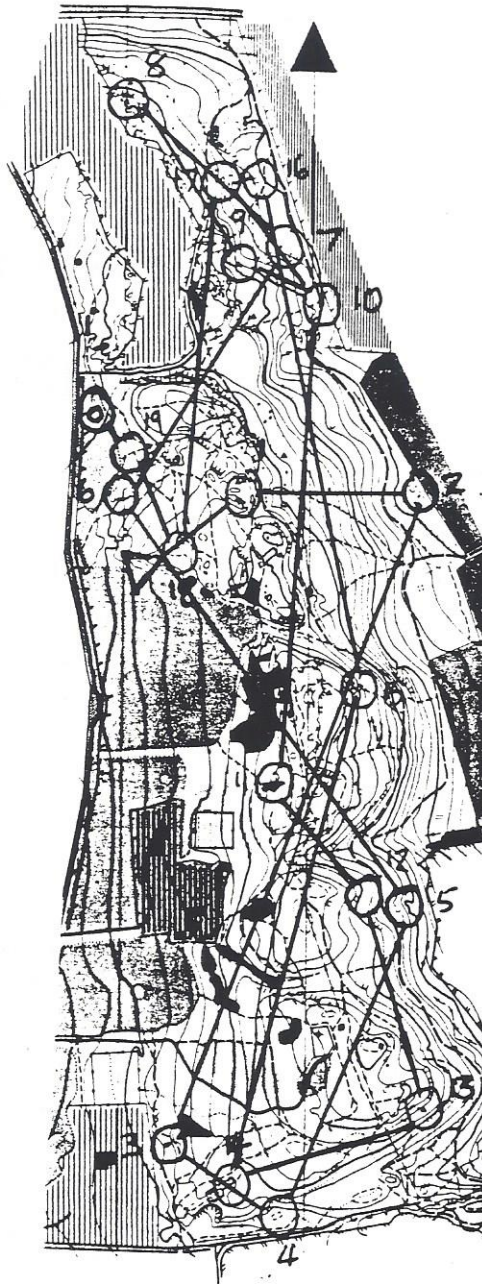
Club members present (according to the fast-fading memory of the author) were JB, Carol and Graeme Boyd, Jane Cherry, Darina Cunnane, Colin and Lorna Eades, Pakit Hyman, Andy Kitchin, Graham McIntyre, Colin McNeil, Neil Melville, Ken Ovens, Gordon Riemersma, Robin Sloan (now RR), Hilary Spenceley and Cathy Tilbrook (now FVO). Also present were Ann and Andy Curtis, Douglas McKeith, Yvette Hague, Kirsty and Ali Bryan-Jones, and many others whose names I either have forgotten or never knew in the first place. (Apologies to them!). A great occasion!

Tales of bacchanalian excess and misty eyed reminiscing from one of the old codgers and an article from the NEOC Times (New England Orienteering Club) which I receive regularly.

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ORIENTEERING
CLUB



Spaghetti Junction - ?

The Psychology of orienteering

Why do we orienteer? From a non-technical standpoint, the answer is obvious: it's fun! But there are psychological concepts called reinforcers that help explain what makes an activity like orienteering fun.

Reinforcers are events that make a preceding behaviour more likely to occur in the future. For example, the novice learning to find a reentrant when first doing a yellow course learns to look for the high end of a valley. When they look for the end of a valley, they find the control. Finding the control reinforces looking for ends of valleys. Reinforcers also elicit "pleasurable" emotions such as smiles, grins, sensations of accomplishment, etc. When our behaviour is reinforced, the brain releases neurotransmitters, such as dopamine and encephalines, that are pleasurable.

There are a number of relatively obvious reinforcers in orienteering. Moving about the woods exposes us to the beauties and smells of the woods. Otherwise we could just have street-O's. The infinite fractal variety of the woods might serve as a reinforcer. There are no two control points in the woods that look exactly alike. We come home relaxed after our efforts. We have not thought of anything else for a while - sort of meditative in a strange way.

The overall reinforcer is completing a course. Sometimes this is associated with a good time relative to yourself and the course, and sometimes relative to others. What seems to separate the competitive orienteers who train extensively during the week from the more recreational ones is this competitiveness vis-a-vis others. Yet there are some who train and find such training improves their performance relative to their past performance. Hence improved times reinforce training. Yet as psychologists know, overall reinforcers usually are not enough to either learn to do something or keep us doing it. Note that many people try orienteering a few times and do not return. One way we make the overall reinforcers more obtainable is to make the courses

Part 1 - Why is it so much damn fun

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shorter. That means the reinforcer will follow starting the course more closely. With young children, the string-O is quite short. We also increase the likelihood of finishing by making the beginner courses shorter. If the course is too long, people wear out - every step produces some amount of pain after a while. We also make beginning courses easier so that people find the controls.

Because the overall reinforcers are so remote from the orienteering behaviour, there are more immediate reinforcers. There are probably a number of reinforcers associated with locating the controls. First, the sighting is reinforcing. My nine year-old son yells out "There it is !" in an animated voice. Second is punching the card. Third is drinking the water, if it is there.

Even more immediate is recognising features in the woods from reading the map. Not only do you not get so lost, but you get a large number of immediate reinforcers. Hikers, who already can read trail maps, have this immediate benefit. They can quite often start at yellow or orange courses. This suggests that there is a hill-climbing effect - you have to go over a difficult psychological hill before these more immediate pleasures are available. You have to learn how to read a map well enough to recognise things. Children especially find this daunting. Placing the control points close together decreases the time between starting to the next control point and obtaining the reinforcer of finding it. That is why it is so important to place controls close together in white courses. Probably having more controls means that finding behaviour is not only more often reinforced but more reinforced because the total of reinforcers is greater. (!!!! - Ed.)

Pace counting can serve as a form of reinforcer. Each completed pace brings you closer to the point at which you should find something or change direction. Finishing the pace count therefore marks being a certain

fraction of the way there. So do other ways of determining how far we have to go. We are a quarter of the way, halfway, etc. Such activity in and of itself becomes reinforcing. Also how close you get to the control point when you think you are in the vicinity can vary the value of the reinforcer of finding it. If you hit it right on you get a special sense of accomplishment.

There are a number of social reinforcers associated with orienteering. Many people start orienteering in groups. Note how few groups choose the red. I will probably be one of the few. The families have time together with their children. Coming in and seeing your orienteering 'buddies' is a social reinforcer. As you compete in more events, you slowly 'join' the coalition of orienteers. Going over the difficulties of finding controls is socially reinforced. It earns us contact. Even the exchange of hello's and how did it go reinforces the behaviour of finishing. There are a whole group of reinforcers associated with running the events and NEOC. These include the social recognition of your contributions. I like to pick up the controls because of the social reinforcing nature of contributing. Course setters and event directors are acclaimed for their expertise.

It is also important to note what are called drive operations. These operations make events more or less reinforcing. For example, the build up of lactic acid due to being deprived of rest makes movement more punishing. Making the controls challenging increases the reinforcement value associated with finding them. Making the distances greater and the number of controls greater also increases the value of completing a course. These drive operations seem to make finding the control points and finishing more reinforcing but also less likely. That is why we have levels. We like to meet increasingly challenging courses. Hence, what is reinforcing changes with the expertise and stage of development of the

orienteer.

The punishing parts are the long trips to the events. Suffering the pain of injury and the loss of time for other activities.

The fact that orienteering is growing and more people are coming to more events shows that we already understand the material discussed. Maybe understanding the strengths and limitations of yourself is also reinforcing. In the next article, I will introduce my 'Just So' account of why the above events serve as reinforcers. To do so, I will speculate on our human evolution, both as men and women.

(That sounds as if it could be a real can of worms - Roll on the next issue - Ed.)

Pancake Party



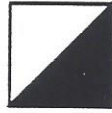
Tuesday February 28th

5 Summerhall Square

From 8.00 p.m. onwards

Be there or be battered

M fortysomething



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Did you manage to complete reading 'The psychology of orienteering'? I didn't know what to make of it! It's obviously written in earnest. I know that orienteering in America is in the developing stages but I thought that some of the points being made were a bit 'forced'. Maybe that's just the view of a jaded orienteer of some experience. Maybe it shows how intense some academics can become a bout stating what seems to many people to be the obvious. The one thing I kept on getting in my mind was an old cartoon strip some of the InterLOAPers may remember called the Perishers, about a group of street urchins from some English inner city area. One of the characters, Maisie, was always trying to 'force' her attentions upon the somewhat dim-witted Marlon who as well as being a bit slow on the uptake also had a penchant for inch thick tomato ketchup sandwiches. On one occasion as she was trying to make headway,

unsuccessfully, in their 'relationship', she was heard to say to him as she had him in a headlock "If forcing is good enough for rhubarb - it's good enough for my Marlon!" Anyway, back to the orienteering. Shortly after the publication of issue 96 there was quite an amount of interest in some of my musings in this section. The fax machines must have been fairly sizzling. It would appear that some of my criticisms were not properly directed. The orienteering group encountered in the forest weren't involved in the course I was helping out on so some of the observations made by the orienteer in the forest may have been valid although he was generous enough to admit that perhaps he had been a bit hasty and intemperate in some of his actions when he phoned me shortly afterwards to put his side of the story. Maybe sometimes letting off steam makes a point or achieves something but it is worthwhile remembering that politeness

can work wonders on occasions too. Anyway, concerns have been noted and hopefully the children will benefit from this interchange of viewpoints.

So what else is new? What about the plans to do away with badge classes for M/W 10's, 11's and 13's? Do you think this is a good idea? It will save on the planning of courses obviously but will the colour coded alternatives equate well with the standard of courses they are doing at present? Is it a good idea to reduce the 'competitive' element in these younger age classes so that they don't get fed up with it all. Make your views known.

And don't forget the Pancake Party, LOL 7, volunteering to help with the Scottish Relays and SG7, the AGM and any motions, booking somewhere for Strathspey '95, sending off your entry forms in time and just generally being an Interløper. Happy Trails!

InterLOAPers Orienteering Club presents.....



on 12th March 1995

Registration: 10.30 till 12.30 Start Times: 11.00 till 1.00

Normal Colour-coded courses : White-Brown

Prices :- £1.00 White/Yellow Courses
£1.50 Juniors/Students & Unwaged
£3.00 Seniors

Follow A198 East from Gullane or
West from North Berwick until GR NT499835



Mexican Meal
Pancho Villa's
240 Canongate
Wednesday 22nd March
7.30 p.m.

Phone Colin to book your place

Mixture of varied forest and highly contoured sand dunes giving a fitting technical warm-up to the British!!!!

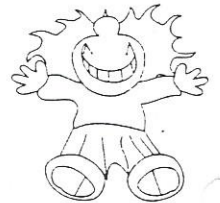
Planner :- Ben and Heather Hartman INT
Organiser :- Dave Simmons INT 0131 228-5206



He broke his leg and couldn't make the event



He left his compass on the bedside table

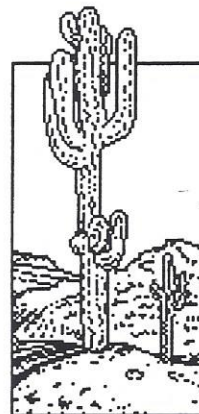


But she won the Light Green course at LOL7

ABERDEEN

Northsound DJ moves south

ONE of the north-east's most popular radio disc jockeys, Robin Galloway, is to leave the Aberdeen-based Northsound One to join the Central Belt's fledgling station, Scot FM. Mr Galloway has been with Northsound for eight years and also appears as a continuity announcer on Grampian Television.



Good News For Lucy?