

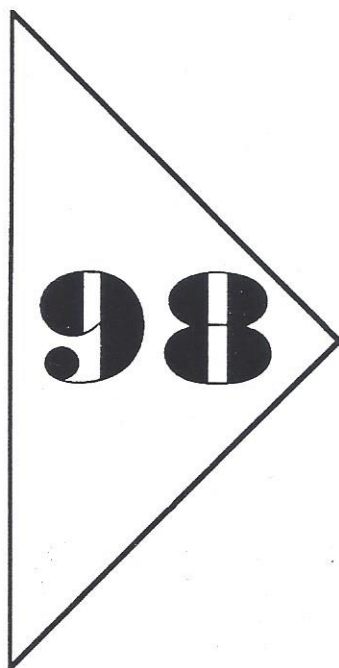
INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 98

May 1995



Dunroamin Dunnothin Dunalastair ?

Grovelling apologies loyal readers! Things have been getting on top of your feckless newsletter editor and the inspirational muse seems to have deserted him of late. It's been a bit of a while since the last issue and while there are some excuses I really should have been pounding away at my keyboard much sooner. I trust that you have been kept informed by CompassSport, SCORE and general word of mouth. No one seems fed up of the house style yet as I stood unopposed for reselection at the AGM. Like Marley's Ghost I seem to 'wear the chains I forged in life'. The desire to be on the Committee seems to have

reached an all time low judging by the numbers at the meeting. We should be putting more of an effort in some areas than we are. News of the new Committee and what's happening generally inside. Things have been a bit hectic orienteering wise of late and some of that (which I can remember) has been duly recorded herein too. It only remains for me to remind you that Interløpers have still got some important commitments to attend to in the near future so if you can lend a hand at the Scottish Relays, the Six Days and Scotlandsgaloppen please let someone know and make the organisation that little bit easier.

In This Issue

Six Days Update

Backtracking

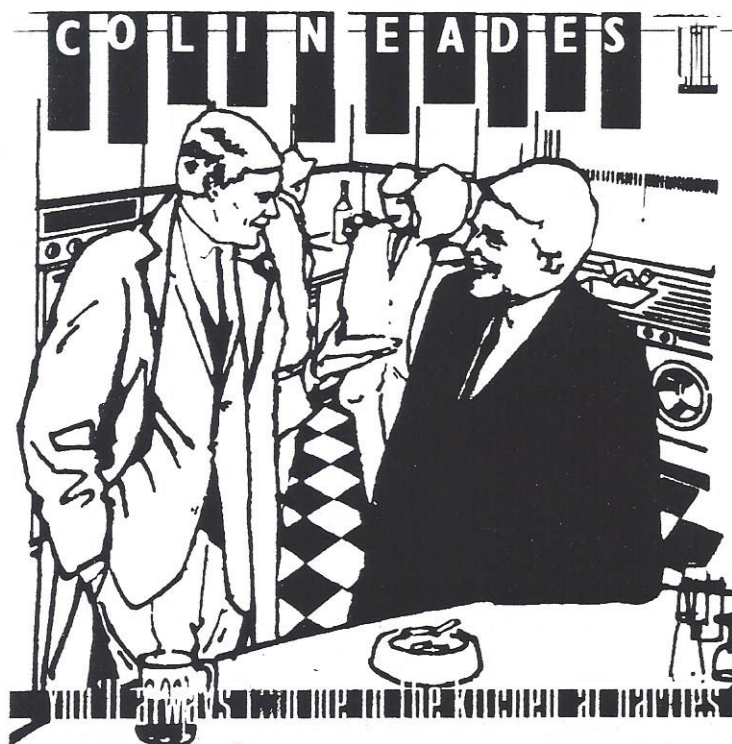
*Scottish Relays
'94?*

*No Psychology
Of Orienteering
Part 2!*

The New Committee

*Some Results
Some Events*

*And Why Weren't
You At The AGM ?*



The Social Secretary Is Dead. Long Live The Club Chairperson !

Step we gaily on we go . . .

A wedding and an orienteering event organised by the club all in the same weekend. How did we manage?

Well it started on the Saturday night. The first problem was finding something in the wardrobe which (a) - looked reasonably smart, (b) - was not 15 years out of fashion (Aren't the 70's back in ? - Ed. to Ed.) and (c) - actually still fitted me. The reason for this sartorial quandary was the wedding of Mr. Walton and Ms. Fallon. Along with several other club members, my wife and I (He's supposed to say that ! - Ed. He did !) went along to join in the celebrations at the City Chambers. The actual wedding ceremony took place in the nearby Registry Office in Victoria Street if I remember correctly which was the venue for Steve and Susan's wedding too. No bus trip to Fife this time though.

Inside the City Chambers for the first time you think to yourself what a hard life these councillors must have in these surroundings. After a Yellow Course (all along paths but slightly longer than a White) we located the reception. There are quite a lot of people here to join in the celebrations. The groom, perfect host that he is, appears in an instant to welcome us and to grab the present also. Hands free I can now turn round and get some beer in from the bar. There's a very unsavoury looking crew bunching up in the top left hand corner of the room so we try to ignore them. My wife, sometime Fashion Editor for the East Lothian Courier (NOT), is scanning the room for Janet to see what her dress is like as some women are wont to do (No sexism here, please - Ed.). It's OK Janet - It got a very high score. I liked it too ! A strange magnetic force is drawing us towards the aforementioned corner of the room and we're sucked into the maelstrom with Graeme and Jane, Andrew up from Leicester specially, JB, Bob and Jane Cherry, Steve C, Graeme and Darina (?), Colin and Lorna, Robin and Lucy, John and Lesley, Rob, Dave, the Squires, Simon (?), Phil and Judy Smith and possibly some others I didn't note. If you weren't there and I said you were - well tough. You missed a great night. By the way, Phil, did you give John Barrow any money ? He can't remember ! The ceilidh band soon started and with a bit of determined persuading/haranguing from the lady guitarist things soon started rockin' and a reelin'. A fine time was being had by all and then we were ushered along the corridor to another room for the scoff. And what a spread it was ! A wholehearted (and a full stomached) recommendation for the District Council Catering Service. Andrew and I had a good time scrutinising the regal paintings along the walls trying to work out whether they were aligned in chronological order. Then it was back for some more stomping. Time flew as quickly as the beer and soon we were singing Auld Lang Syne and giving our best wishes to the happy couple. Meanwhile wondering how we would get on in the cold light of day.

Things seemed to go as smoothly as ever (?) Dave exuded an air of calm control when we arrived. Cathy and I were kept busy at registration. The sight of Colin Eades taking his clothes at the start was a bit unnerving. It didn't seem to raise Lorna's temperature anyway. I was enjoying my run until that control coming back in from the dunes. I could have sworn Ben and Heather were smirking when I recounted my woes at the 2nd master maps. Just ignore my gripes. You all did well, team ! Give yourselves a big pat on the back. You deserve it !

Treasurer's Notes LOL 7 - Archerfield



Income

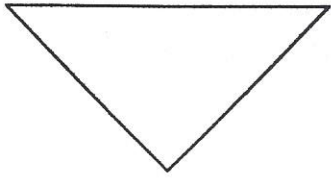
Entry Fees (Map Sales)	680.00
Map Bag Sales	1.40
Results Envelopes	25.60
	707.00

Expenditure

Organiser's Expenses	5.00
Planner's Expenses	32.00
Control Descriptions	13.00
Results Production	8.00
Map Bags (14 @ 8p)	1.12
Maps (320 @ 24p)	76.80
Postage	15.39
BOF Levy	95.25
SOA Levy	56.96

Profit to Club £403.48

A very profitable LOL due to the high turnout. This clearly due to the very high standards associated with Interlopers events (?), or perhaps in part to the 101 competitions covered (LOL Champs, CompassSport Cup, Churchill Cup, etc.



More mutterings from Mr. Balfour trying to muster up manpower (and / or womanpower too !) for our efforts at Strathspey '95. I'll stir up a hornet's nest by suggesting that perhaps the Committee have changed their policy on running on the day but that remains to be confirmed. I just want to compete in this magnificent event. I mean, after all, aren't our days usually acknowledged as the best planned and the best received by the competitors ?

Scottish Six Days - Craigbui - Tuesday 2nd August

With the help of ELO, STAG and EUOC, Interlopers are heavily involved in getting this Day 3 event under way. While you lot out there have been dreaming of the perfect event, Graham McIntyre and I have been experiencing this as a reality.

Imagine it - Just next to the A9 - 3 miles from the Event Centre at Kingussie and the luxury club accommodation arranged by Pat Squire in Woodlands - tarmac roads onto the hard standing car parking area, adjacent to the Assembly Area. The competition area is very private - but beautifully preserved natural woodland with several areas of intricate detail connected by fast running. The White Start is about five minutes away (if you can jog !) Red and Blue are together

about twenty minutes away. They can both be reached by track.

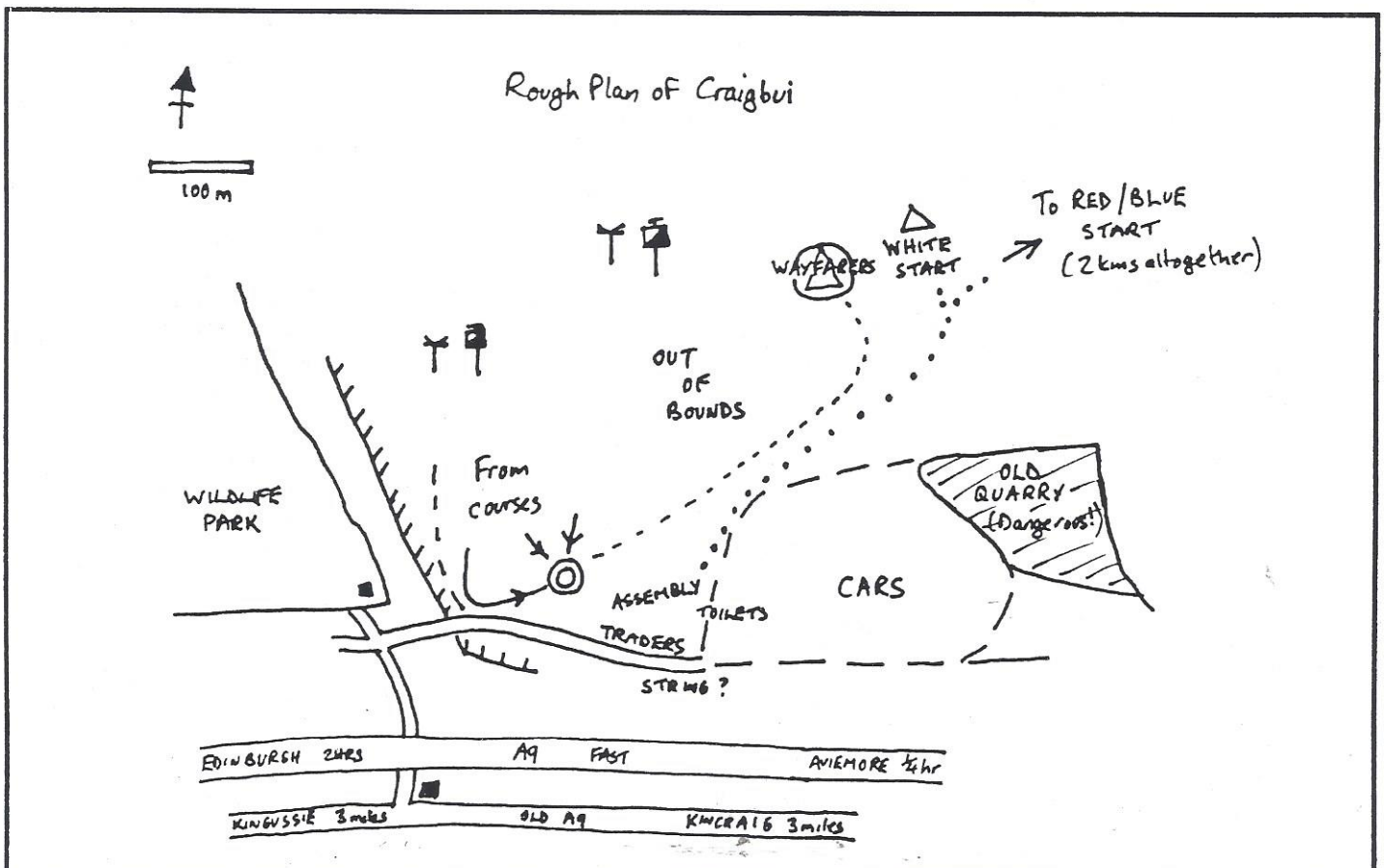
Wow ! You must be dying to help and collect in controls. Well, contact Pat Squire, our Day Organiser. There are all the usual jobs to be allocated. Every person helping makes the day that much easier and so much more fun. String Course, Wayfarers, Start, Finish, Water Points, Car Parking, Results Pat will know what our jobs will be, so give him a ring if you can help. Even if you came up for the day it would be much appreciated. It's about two and a half hours drive from Edinburgh.

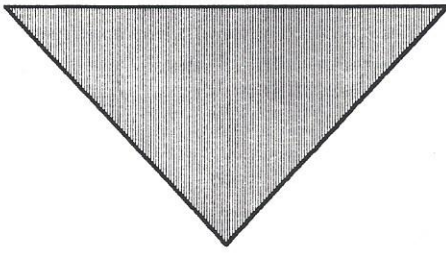
Meanwhile, Graham, the course planner, and Sandy McMillan from ELO are feverishly making their courses just right. I,

as Controller (Fat ? - Ed.), try to help them and the rest of the club(s) achieve that perfect day

So, if you've not considered entering, do it now ! The areas are fabulous orienteering terrain. If you can only come for our Day, then tell Pat or you can arrange a run through the courses after the competition. Or you may prefer to visit the Highland Wildlife Park which is just 150 metres from the Finish.


P.S. 'Normal' Club Code is that Seniors in the Six Days don't race competitively on our Day - They can go round when the Competition is over.






- 
Wednesday 17th May
LBOA Summer Series
Bonaly, Edinburgh NT212675
 Information from
 Katy Lessels (0131-337-1144)
- 
Saturday 21st May
INVOC Open Event
Battan, Beaulie NH549400
 Information from
 Christine Martin (01463-710818)
- 
Tuesday 23rd May
TINTO Summer Series
Shawhill Wood, Coulter
NT027338
 Information on series from
 Jim Stevenson (01899-21200)
- 
Wednesday 24th May
LBOA Summer Series
Gala Hill, Galashiels
NT493357
 Information from
 Robin Sloan (0189682-2548)
- 
Saturday 27th May
Scottish Individual
Championships
Dunalastair Wood, Kinloch
Rannoch NN743593
 Entries Closed - ? 23rd April
 Enquiries - Liz and Les Fraser
 01738-633970 - Day
 01738-828219 - Night
- 
Sunday 28th May
Scottish Relay Championships
Dunalastair Wood, Kinloch
Rannoch NN743593
 Entries Closed - ? 28th April
 Enquiries - John Barrow
 0131-440-2136



Monday 29th May
Colour Coded Event
British Orienteering Squad
Fundraiser
Muirward Woods, Perth
NO130280
 Information from
 Robert Bloor 0141-357-3167



Tuesday 30th May
TINTO Summer Series
Douglas Estate, Douglas
NS843315


Wednesday 31st May
LBOA Summer Series
Inch Park, Edinburgh
NT275705
 Information from
 Pat Squire (0131-445-4830)


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


Sunday 4th June
MEROC Badge Event
Lingmoor, Ambleside
NY315050
 Closing Date - 6th May ?
 Organiser - Graham Nilson
 01244-373160


Tuesday 30th May
TINTO Summer Series
Quothquan Law, Thankerton
NS984382



Wednesday 7th June
LBOA Summer Series
Kinneil Wood, Bo'ness
 Information from
 John Biggar (01506-845084)



Saturday 10th June
INVOC Eagle Badge Event
Aultgowrie, Muir of Ord
NH477516
 Entry On Day Only
 Seniors £4.50 / Juniors £2
 Information from
 Tom Heath 01381-620377


Events



Sunday 11th June
Moravian Bull Badge Event
Lethen, Nairn
NH943474


Entry On Day Only
 Seniors £4.50 / Juniors £2
 Information from
 Nick Williams 01343-812121
 ext7850 or 7856


Tuesday 13th June
TINTO Summer Series
Lanark Loch, Lanark
NS898429


Wednesday 14th June
LBOA Summer Series
South Parkwood, Peebles
NT234397
 Information from
 Robin Sloan (0189682-2548)


Friday 16th June
Scottish Schools
Orienteering Festival
Carmichael Estate, Near Biggar
NS940403
 Organiser: Pat Allan 01555-662783
 Pre-entries on special entry form
 (£1) to
 Terry O'Brien
 St. Andrew's Secondary School
 47 Torphin Crescent
 Glasgow G32 6QE
 (0141-774-9718 Ext.143)


Sunday 18th June
ESOC Colour Coded Event
Cademuir, Peebles
NT264403
 Information from
 Roger Garnett 01721-740256


Wednesday 21st June
LBOA Summer Series
Saltoun
 Information from
 Trina Rogerson (01368-864922)

-  **Friday 23rd June**
TINTO Summer Series
 Kersewell Estate, Carnwath
 NT009472
-  **Saturday 25th June**
LOCHOC Colour Coded Event
 Achdaliu, Corpach
 NN071776
 Information from
 Adrian Hope 01397-772670
-  **Wednesday 28th June**
LBOA Summer Series
 Dalkeith Park, Dalkeith
 Information from
 Karin Lyall (0131-440-1008)
-  **Saturday 22nd July**
TINTO Summer Series
 Campwood, Lanark
 NS910460
-  **Saturday 29th July**
TINTO Summer Series
 Stonehill, Rigside
 NS898370
-  **Sunday 30th July - Saturday 5th August**
Strathspey 95
Scottish 6 Days
 Day 1 - Docham Forest
 Day 2 - Rothiemurchus
 Day 3 - Craigbui Wood
 Day 4 - Strathmashie
 Day 5 - Inshriach Forest
 Day 6 - Deishar Forest
 Entry fees per day
 Before 30th June
 Seniors £9 Juniors £4
 Thereafter
 Seniors £10 Juniors £5
 Special entry form from
 Strathspey '95
 P.O. Box 2
 Linlithgow,
 West Lothian EH49 7BB
-  and the 11 Person Relay at Allean on August 20th and Scotlandgaloppen 6 at Bogendreip on September 3rd - and our own SG7 a fortnight later at Anagach but more about them in the next newsletter !

Move Up ! A Column For The Average Orienteer

by Peter Amram

So you - the Average Orienteer - want to move up, from white to yellow . . . from yellow to orange . . . or beyond orange. Good for you. Let's go. We have copied the new, more difficult course from the master map. At the start we have identified the first control, memorised its description and code number, and our map is oriented properly so that north on the map is the same as north 'on the ground'. Now, to make some genuine conceptual progress, what's the most important thing ?

The shocking answer is . . . **put your compass in your pocket.** Deep in your pocket. Make it nice and secure there, 'cause you will need it at some point on this course, maybe even soon. But right now put your compass in your pocket and forget it. Now look at the map. The map! Orienteering is all about maps. Concentrate on the map. In a technology-driven society like ours, there will always be more glamour in a gadget than in ideas. This gadget - the compass - has glamour. Look, the housing turns ! (Up periscope !) The compass has numbers on it ! (Numbers have great prestige in our culture). And, there is a direction arrow line on your compass which will Tell You Where To Go. Just follow the arrow to the control !

By contrast, the map just sorta lies there and is not very interactive. (And most of the numbers on it are the control numbers you put there yourself). But, as it turns out, almost all the answers to orienteering problems are on the map, because the map, unlike the compass, contains ideas, and without ideas orienteering would be just another foot race.

Successful orienteering at any level involves interpreting both the map and the terrain simultaneously. -- Int@grating those

Junior Page continues to disappear into the void. Something will have to be done about this ! Here's another article filched from the NEOC Times, albeit not quite so verbose as the last one. Some of the tips might prove useful for juniors as well as the AO.

interpretations is the essence of the sport. (Foot speed and racing skills, while extremely important, are secondary issues). Our jazzy friend the compass appears to promise precision, but through no fault of its own the compass is often not terribly precise. (Have you noticed that the needle swings somewhat ? It's not just that your anxious, fatigued hand is shaking. A compass is a rough guide). In reality, the map can be much more precise than the compass. The map not only has ideas on it, it has excellent ideas, if you are selective and realistic.













The best ideas on the map are the hardest to interpret: the contour lines. Contour lines are set by aerial photographs and they reflect an objective reality which has not changed since the map was created. If you want to move up, learn to read contour lines. Other reliable ideas on the map are main tracks, 'blue' (lakes, ponds and year-round streams), large cliffs and boulders, and stone walls. Unreliable ideas are small tracks, vegetation boundaries, seasonal streams, and small stone objects (some of which are often not found on the map)

Disregard the compass entirely. Of course not. Use it to orient yourself at the start and, especially, to check yourself at track junctions and stone wall or stream crossings. Most experienced orienteers have a favourite horror story of following the north-south path 'eastward' until well, it was a long day-out there !

And on the most advanced courses - beyond orange - you sometimes have to travel mainly by compass bearing. But by then, you will be comfortable because you understand that despite the (often bogus) feeling of control which a compass affords, the map, the map, the map, supports the sport for everyone, not just the Average Orienteer.

dnf

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

-  We're still in the CompassSport Cup ! Although there were rumours that ELO had managed to humiliate us, on a countback with stringent interpretation of the rules we were found to have triumphed narrowly. The deadline for 2nd Round matches has passed but as there have been no suitable events to hold it at the tie will take place on June 18th at Cademuir. Our opponents - ESOC ! So see if you can drag yourself down to Peebles that day. There's not much orienteering between now and the Six Days. Come along and keep your compass from getting rusty and try to prevent us from getting thrashed. There's optimism for you !
-  If I remember correctly we have planners for SG7. Gordon Riemersma and Colin McNeil didn't step back quick enough and I believe are taking us to Anagach on September 17th. Something was muttered about Ackland being the organiser or responsible for entries or something like that but he was going to be out of the country which is fairly typical but probably won't make much difference to the smooth running of the event anyway.
-  No word on where the multi-memory watch is these days and still no response to help out with arranging access for Glenearn and Berryknowe. Can you help ?
-  Some concern has been expressed about the financing of the Scottish Relay Championships. There is a possibility that the club might incur a loss over it. The cause - partly due to the high cost of the map and partly due to The Six Day (97) Co.'s reluctance to allow the area to be used for any events between now and 1997 thus depriving PO of any income generation from the map. The SOA, I believe, are unwilling to underwrite any possible loss. It would appear it's just our tough luck that we're organising under this set of circumstances. So, if you read in the papers of any comcmitee members having their assets sequestrated you'll know what's happened.
-  **STOP PRESS** - I've just heard that we've negotiated some sponsorship courtesy of Steve Ambler's company and so we probably won't lose as much as first thought.
-  There are places still available at Woodlands in Kingussie for Strathspey '95 courtesy of Squire Enterprises (aka Moray House College of Education). If you don't mind living with, eating with and socialising with 20-30 club members and associated hangers-on for a week phone Pat on (0131-445-4830) now and book your place.
-  Also on the subject of the Six Days, Team Leaders for all the various areas will have been decided on by now. You may be approached by them to do something or you could get your retaliation in first and contact Day Organiser Pat to volunteer for latrine digging, tape winding, water carrying, etc.
-  Harvester and Capricorn Relays will be coming up. Anyone interested ? Organise yourself then because we're not doing it for you. I've got entry forms for both if anybody wants a copy. See me or phone 0131-668-2170. John Barrow (0131-440-2136) has probably got some too !
-  The Training Weekend is still on the cards ! The outgoing Social Secretary seems to be thinking of something down Dumfries way based on Carlingwark OE Centre. Sometime ! (Training at Mabie - You must be joking - Ed.) Does this mean the Games Evening is not on the cards anymore ?
-  The Summer Series is under way. Publicity once again failed to reach the schools, (well mine anyway !) before the first event. Maybe next year ! Remember that a few 'neighbouring' clubs have their own 'Series' (RR, ELO, FVO, TINTO, LINOC). Some of their events aren't that far away from Edinburgh or might just provide a pleasant change on a nice summer's evening. Do consider them - for the more enthusiastic some gentle training, for beginners a chance to improve your basic skills or just to blow some cobwebs away. Remember Anthony's event at the Inch Park on May 31st.
-  Some activity on the membership front. After running round the Meadows for ages, Angela Mudge has finally joined and instantly helped us to win Women's Open at the British Champs with some help from Darina and Heather. Well done, team ! Angela has also been busy running up mountains, crossing islands, etc in all sorts of exotic locations, featuring prominently in the local press but typically I can't locate any of it when I need it. A welcome also to Mark Davies who seems to be competing fairly regularly. Just abuse anyone you see in an Interlopers suit ! And a big Gary Lineker Welcome Home to the Cherries whose membership lapsed and who say they've been missing the newsletter. Fools ! And also the return of John Mitchell for reasons best known to him !
-  Next Committee Meeting - Monday, June 19th at Walton Mountain from 7.30 p.m. I'll try to remember this time having had to be phoned up by Pat on the last occasion.

Scottish Relays '94

Some pics to put you in the mood for Dunalastair from last year's event at Airds Park.



Messrs. Peck, Kitchin and Dymoke analysing what went wrong.

Pat looking for the car park, John showing the first stages of insanity, Steve looking quizzical and James warming down.



**"It's over there!"
says Lorna.**



Sunday 12th March LOL 7 - EUOC Archerfield Estate

No winners apart from Emma and Steve. No wonder we struggled to beat ELO. Steve said he was having to **slow down** (!) to read the map. Me, I had a strained calf muscle. (See M40 something). That's my excuse.

White

1st Emma Mason W10 14.39

Yellow

4th Kirsty Balfour W11 27.51
10th N & R Inverarity M11/8 33.03

Orange

6th Alan Burchell M17 30.45
19th K. McKnight M17 42.15
26th Alison Ambler W45 55.20
31st Amy Mason W15 75.13

Light Green

4th Graham MacDonald M17 35.56
7th Rachel Balfour W15 38.16

Green

7th Ray Heyworth M65 66.28
8th Susan MacMillan W21 66.49
33rd Lesley Kenworthy W21 84.50

Blue

8th Simon Thompson M21 54.41
13th Darina Cunnane W21 60.06
14th Jane Hailey W21 60.15
26th Steve Ambler M45 69.20
31st Ann Haley W21 71.49
33rd John Kenworthy M21 71.59
40th John Barrow M45 74.18
43rd Bill Mason M45 74.59
63rd Juliet Vickery W21 97.38

Brown

1st Steve Conway M21 55.50
4th Rob Lee M21 59.45
6th Colin Eades M21 61.29
9th Graeme Ackland M21 63.25
17th Ken Daly M21 70.00
28th Pat Squire M45 81.33
43rd Colin Inverarity M40 106.36

LOL after 7 events

OK! Here are the final placings. How well did you do? Congratulations to all those listed here and a well done to everybody who competed. Perhaps you didn't run enough events to warrant a mention but maybe you had a special run anyway. What was your best run? Did you have a good one or is it still to come next year? Stepping up a colour or going down? Only next year will tell. See you there!

White

1st Emma Mason W10 400

Yellow

4th Kirsty Balfour W11 316
12th Niall Inverarity M11 200
16th Ruaridh Inverarity M8 137

Orange

3rd Alan Burchell M17 293
11th Kenneth McKnight M17 149

Light Green

2nd Graham MacDonald M17 341
6th Rachel Balfour W15 297
20th Mark Sodergren M17 201

Green

4th Ray Heyworth M65 311
13th Lesley Kenworthy W21 249
15th Findlay Ross M21 248
22nd Susan MacMillan W21 198

Blue

3rd Paul Caban M21 339
6th Bill Mason M45 321
11th John Kenworthy M21 277
12th Ann Haley W21 272
14th Karen Dobbie W21 262
18th Scott Balfour M45 250
28th Steve Ambler M45 199

Brown

4th Pat Squire M45 306
10th Colin Inverarity M40 259
21st Gordon Riemersma M21 178
23rd Anthony Squire M17 177
25th Ken Daly M21 174
26th Colin Eades M21 172

Sunday 26th March Scotlands Galoppen 2 Trossachs (FVO)

So what happened to SG1? Well, of course the snow came down and it was cancelled and then it was rearranged and by that time I was injured and not in a sound mental state (Isn't that always the case - Ed?) so I didn't go. So where's my partial refund and what about my results at least! They may appear sometime but don't hold your breath waiting on them.

So what about SG2? Well, don't ask me! I wasn't there either. Quite a few of you were though by the look of things. A few of our more proficient club members were also representing Scotland at this event against the auld enemy. We won! Probably due to the fact that a sizeable percentage of our team were English. And they talk about Irish footballers! Anthony was our only winner but some good placings nevertheless.

M17A Anthony Squire 1st
Graeme Ambler 12th
M21E Andy Kitchin 5th
Rob Lee 9th
Colin Eades 17th
Ben Hartman 19th
Ken Daly 23rd
Gordon Riemersma dnf
M21L Graeme Ackland 4th
Colin McNeil 6th
David Simmons 11th
M21S Finlay Ross 10th
M35S Graham McIntyre dnf
M45L Scott Balfour 8th
Pat Squire 11th
Bill Mason 12th
Steve Ambler 19th
M65L Ray Heyworth 2nd
W10A Emma Mason 5th
W11A Kirsty Balfour 3rd
W15A Rachel Balfour 7th
W15B Andrea Mason 4th
W19A Ynske Riemersma 6th
W21E Heather Hartman 10th
Darina Cunnane 11th
Jane Hailey 14th
W21L Karen Dobbie 4th

Orange

3rd Penny Mason W45 52.09

Sunday 9th April Scotlandsgaloppen 3 Craig a Barns (ESOC)

So what happened here? Well I actually managed a run. The weather was a bit iffy but it held off long enough for me and Niall to get round our courses. I had a tendency to be dragged off line as I tried contouring round. I enjoyed myself all the same despite my slowish time. Things can only get better. Young Kitchin continues his impressive form of late. Anthony and Steve win yet again and Heather shows how well she is progressing.

M11A	Niall Inverarity	3rd
M17A	Anthony Squire	1st
M21E	Andy Kitchin	1st
	Rob Lee	3rd
	Colin Eades	7th
	Ben Hartman	9th
	Ken Daly	14th
	Graeme Ackland	rtd
M21L	Steve Conway	1st
	Brad Connor	8th
M21S	Finlay Ross	21st
M40L	Colin Inverarity	15th
M45L	Scott Balfour	16th
	Steve Ambler	20th
M65L	Ray Heyworth	2nd

Where were all the women?

W10A	Emma Mason	2nd
W11A	Kirsty Balfour	2nd
W15A	Rachel Balfour	8th
W21E	Heather Hartman	1st
	Jane Hailey	4th
W21L	Karen Dobbie	10th

Orange 3.3 kms 100m

6th	Ann Haley	W21	42.07
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Blue 5.2 kms 170m

8th	Mark Davies	M21	85.45
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Sunday 30th April Scotlandsgaloppen 4 Elibank (RR)

Not very many here. What was on this weekend? Some national / selection event or both? Steve and Heather show their class again or is it the lack of opposition? Charlie obviously forgot the closing date. And is this the return of Derek Bearhop? Niall and Kirsty were out on their courses for sometime prompting some criticism of controller G. Ackland which he attempted to justify in the results. Me? Injured again!

M11A	Niall Inverarity	4th
M17A	Graeme Ambler	5th
M21E	Ben Hartman	5th
	Colin Eades	7th
	Ken Daly	13th
M21L	Steve Conway	1st
M45L	Bill Mason	9th
	Scott Balfour	11th
	Steve Ambler	20th
M65L	Ray Heyworth	4th
W10A	Emma Mason	2nd
W11A	Kirsty Balfour	6th
W15A	Rachel Balfour	7th
W21E	Heather Hartman	1st
W21L	Karen Dobbie	11th
W45S	Penny Mason	Miss 1

Orange 2.7 kms 100m

6th	Cathy Balfour	W?	60.49
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Blue 5.3 kms 175m

1st	Charlie Walton	M21	56.11
6th	Mark Davies	M21	73.35
8th	Derek Bearhop	M?	75.18
10th	Findlay Ross	M21	78.56
13th	Janet Walton	W21	85.53
14th	Juliet Vickery	W21	88.04

We mustn't forget Gail, who, despite her 'defection' seems to be very much in form these days. Congratulations to her and Anthony on being selected for the BOF Summer Tour. Where is it? How much is it going to cost us?



ORIENTEERING

BRITISH CHAMPIONSHIPS. Individual (Newborough, Anglesey): Men (14.9km): 1, J Musgrave (Mar) 90min 49sec; 2, D Peel (Forth Valley) 91.03; 3, N Conway (East Pennines) 95.43. Women (9.6km): 1, Y Hague (Warrior) 70.17; 2, J James (South Yorks) 86.41; 3, K Dalton (Nottingham) 91.13. Other Scottish winners: M19: J Stevenson (ESH), M60: B Gaud (ESH), W45: R Evans (Clydeside), W17: C Williams (ESH), W13: L Brown (Forth Valley). Relays (Rhos Woods, Bettws-y-Coed): Men (3 x 8km): 1, South Yorks 137.09; 2, Edin Univ 140.42; 3, East Pennines 140.43. Women (3 x 5km): 1, Edin Interlopers 131.20; 2, Sheffield Univ 134.43; 3, South Yorks.

We are the Champions!



ORIENTEERING

JAN KJELLSTROM INTERNATIONAL

Two day individual event (Harrogate). Men: 1, A Berger (Swi) 169mins 02secs; 2, A Kitchin (Edinburgh Interlopers) 170.11; 3, N Conway (East Pennines) 171.59. Juniors: 1, J Stevenson (Edinburgh Southern) 2; J Duncan (Edinburgh University). Women: 1, Y Hague (Warrior) 111.07; 2, J James (South Yorkshire) 124.51; 3, M Smith (Edinburgh University) 125.21. Juniors: 1, K Buckley (Derwent Valley); 2, E Foreman (St Andrews University).

Andy unlucky not to win having apparently blown all the competition away on the first day.



ORIENTEERING

JALAS TWO-DAY INTERNATIONAL: Scotland v England (Trossachs). Scotland 113.5pts, England 96.5pts. Short Course: Men (4.3km): 1, S Hale (Sco) 22min 01sec; 2, J Musgrave (S) 22.07; 3, D. Jones (S) 22.41. Women (3.1km): 1, Y Hague (Eng) 17.08; 2, K Bryan-Jones (S) 19.10; 3, K Buckley (E) 19.36. Other winners: Junior men (2.7km): S Gould (E) 14.51. Junior Women (2.7km): D Balfour (S) 20.18. Veteran Men (4.3km): D Armitage (S) 30.19. Veteran Women (3.1km): S Lewsley (E) 21.45. Yesterday: Classic Cross-Country: Men (8.4km): 1, S Hale (S) 68.28; 2, P Hague (E) / D. Jones (S) 74.39. Women (5.6km): 1, Y Hague (E) 54.11; 2, K Bryan-Jones (S) 61.17; 3, W Smallwood (E) 67.23. Other course winners: Junior Men: J Stevenson (S) 55.49. Veteran: Men: M Bagness (E) 56.32. Boys: A Squire (S) 46.28. Junior Women: K Buckley (E) 53.19. Veteran women: D Leakey (E) 61.29. Girls: G Balfour (S) 48.31.

ORIENTEERING. Jalas Scottish League No 2 (Loch Ard Forest, Aberfoyle): Men (9.6km): 1, A Kitchin (Edinburgh Interlopers) 78min 11sec; 2, D Marston (Cambridge University) 81.21; 3, P Walder (Clydeside) 83.56. Overall placings: 1, Kitchin; 2, Walder; 3, R Lee (Edinburgh Interlopers). Women (6.4km): 1, J James (South Yorkshire) 75.31; 2, H Dean (Forth Valley) 83.54; 3, P Blake (Perth) 86.35. Overall placings: 1, Dean; 2, Blake; 3, H Hartman (Edinburgh Interlopers).

Backtracking

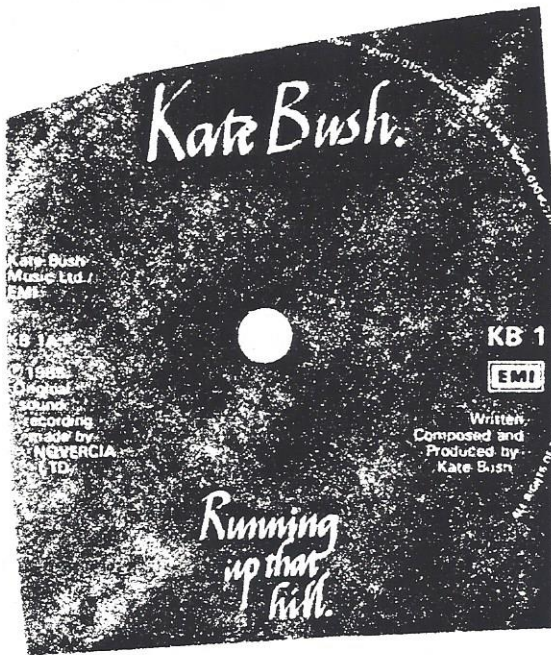
Our periodic dip into the archives once more seems to suggest how history repeats itself, repeats itself. Apologies if you've been missed out



Newsletter No. 9. 'Since **John Barrow** has now taken over the lucrative perk of SOA Treasurer and spends all his time away on expensive holidays (instead of training?) (Did he ever train - Ed?), the burden of compiling the newsletter has fallen on the **Peck** household.' There then followed the standard rubbish - up to date, useful, regular communication, blah, blah, blah. Any articles / complaints / queries / results, etc. Plus ca change. **Geoff and Carol** seemed to be winning a lot and Interlopers were organising the South East / North District Championships in Aviemore! Also include were some black thumbnail sketches of then current club members some of whom you might recognise. In no particular order they were **Duncan Shiell**, **Bill Lang**, **Stuart Armstrong**, **Alan Chainey**, **Anne Robbie** and even way back in those days, fresh up from Reading OC, **Steve Terry**. I'd be sitting my Finals around the time this was published. Other things to note were the **Pecks** were about to move to not-so-hilly Norwich, **Hilary Smith** was all over the place and there was some talk of trying to establish a Club Hut.



Newsletter No. 32. 'Sitting here in lonely solitude in front of the typewriter, burning the midnight oil and feeling rather like the author whose inspiration has finally run dry, I suddenly remember that there is the huge pile of N/L material sent by those club stalwarts, **Scott and Ray**. 'A familiar story, this time from **Hilary Smith**. These newsletter editors don't half whinge a lot. More pleas to note deadlines for copy. A farewell to retiring committee members, **Robin Sloan**, **Bob Stobie** and **Susan Mustard**. **Steve Terry** was Mapping Co-ordinator, **John Mitchell** was Social Secretary and **Gordon Shiach** had the poisoned chalice of Area Representative. We decided not to hold our Badge Event in November because there were lots of other events on then and we had a big commitment with the Scottish the following year. We seemed to be having difficulty finding organisers! **Scott** was still owed money from the JK and Scottish Relays. **Dewi Jones**, a formative figure in the development of orienteering in the SE Area had had enough and had decided to go off to the Himalayas. That's one way of getting off the LBOA committee! Our links with Down Under were already well established by this time with an article from **Hilary** on her experiences in the Land Of The Long White Cloud (Aotearoa). New Zealand, to you! **Ray** remarked on sinking deeply in the marshes at Anagach and bringing home 4 sheep ticks from Monaughty. Nice! Other names noted in results were **Ann Heyworth**, **Dermod Ruddock**, **Roger Vandersteen**, **Pat Squire** and **Pete Woolverton** and **Dave Kershaw** before they defected to ESOC. I was playing volleyball.



We're now subsumed into **CAPITAL "O"**. A joint publication which seems to jar as much as its masthead does. The very disjointed nature of the beast seemed to hint at an unhappy alliance. As Eric was wont to say to Ernie "Can you see the join?" **Ken Ovens** suggested as much in his editorial. We were organising the Scottish Championships again in conjunction with ESOC and the meal after the AGM was a bit upmarket at the George Hotel. A club championship was suggested on the basis of performances in 5 specified events. Our own Scotlandgaloppen by the sounds of it. **Bob Cherry** was in charge of Day 2 at Tayside 85. Offers for help at the Edinburgh Marathon and the Commonwealth Games Marathon in 86 were being sought. I was busy running in the former. **Andy Spenceley** (M21) and **Lorna Boyd** (W17) had good runs at the Lomond Badge Event. Club T-shirts from the bargain basement were being pushed. O-suits (white with yellow and green stripes) were still available in most sizes. £12.75 from Pete Couldery. 'These suits have aroused much comment and national publicity and have greatly increased public awareness of the club.' I quote!

Newsletter No.72. A mini-newsletter from **Ishbel**. The AGM was on the move from the Societies Centre to the Sports Centre one gateway further north along the Pleasance. **Lucy** was trying to drum up support for the meal at Ike's Pizza Emporium. We were in the process of redesigning our O-suits getting fed up with the budgie suits obviously by that time. Was it really five years ago that we changed? Did our current design cause as much public comment? We were helping with the JK Relays on Easter Monday. Things went well apart from the weather. Snow, sleet, hail, rain and wind battered the Finish Team apparently. If I remember I'd done my back in and couldn't run. Typical. The one year in eleven it comes up to Scotland and I'm hors de combat. **Scott** was busy organising Colinton Dell and **Janet** was responsible for Holyrood Park in the Summer Series. Pat was organising accommodation for a club weekend at Kingussie. Interest in mapping / cartography / surveying was being sought. We were also offering to give money away for any 'worthwhile' reason. Long before the days of **Steve Ambler** obviously. **Charlie** was looking for volunteers for night legs in the Harvester and we bade a welcome to new member **Graeme Ackland** and it's been downhill all the way ever since!

Odds and Ends

Fast running out of space and I've got some news I've got to get in. First rate design takes a back seat as the editor has to cram it all in at the bottom of this page



Interlopers The Next Generation

You may have heard, you may not. Christopher Galloway has arrived. Mother is doing well but not father judging by his appearance at the Meadows on Tuesday. Congratulations to Lucy and Robin.

Lining up at the start at Kilkerran, sometime club member of long standing, Phil Smith told me that Judy had just recently had a little girl called Lindsay but I've probably spelt her name wrongly. Best wishes to the three of you.

Unbeknown to me Mrs Haley is expecting her second child in August. That explains why I haven't seen your name in the results as often. You and Graham will know all about it when number two arrives.

And finally, a big welcome back to competitive orienteering to our hardworking, long suffering Secretary. JB has been sidelined for a while due to ocular problems but now has no excuse for not seeing the controls!

M fortysomething



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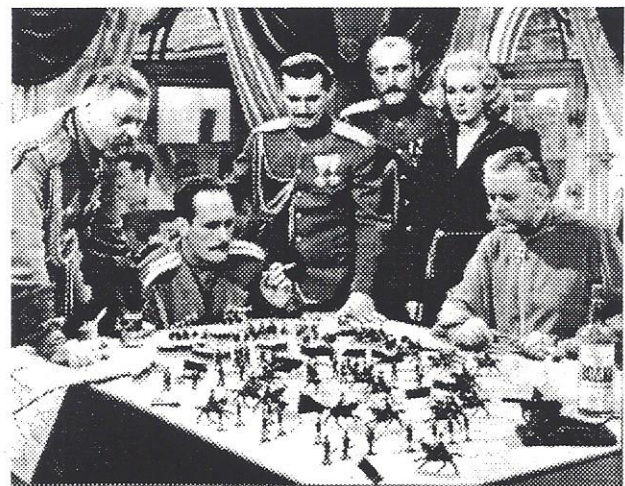
So you've been getting this niggling pain in your calf after about half an hour of indoor football. It's not going away. You lay off the running for a while but it doesn't seem to make much difference. You don't think it's worthwhile contacting the Sports Injury Clinic about it. It'll just go away. After the first outdoor game of the season your leg swells up and you limp heavily home. You can't put any pressure on your left foot. You think maybe you've got achilles problems rather than a muscle strain. Two free periods first thing tomorrow. The doctor's surgery is just five doors up the block. I'll phone in and say I'll be a wee bit late. The doctor inspects you and says "Did you notice that your left leg is hotter than your right leg?" It's not the first thing I really consider checking in the morning I admit. I'm happy usually just to stand on one leg without falling over. "It might be nothing," she says "but I'd like to discount the possibility of a thrombosis in your leg so I'm going to refer you to the hospital." Once my ignorance is removed (Thrombosis = blood clot) I zip back home to tell my wife and phone school to say I won't be in. It has to be pointed out that Davie Cooper had just died a few days earlier so I don't know whether there was an alert on amongst G.P.'s. Janice drives me up to the Infirmary and a long day begins. As I'm checking in another patient arrives and I overhear that he is suffering from a nagging pain in

his leg as well. He spends the rest of the day following me. Stripped down to my underpants and a blanket put round about me I feel like Ghandi. An interminable time passes by before I'm seen and then an even longer wait before they take me to the ward. All the while you're thinking I won't be much longer. Forget all this solving your problems in 40 minutes like in Casualty. I read my book for a while but doze off through boredom. I'm awoken by a familiar voice and I find myself looking rather woozily at a friend who happens to be the Head of A and E. He obviously thinks I'm away with the elves and gives me a mild rebuke for exerting myself at football at my age. Aren't we being encouraged to stay fit and healthy? He asks whether he should phone Janice but I say it's alright she'd only start worrying if he did. I'm off to the ward and after a shortish wait I'm inspected again and told they'll be giving me an ultrascan to check my arteries. Another long wait. I get a free lunch. Who said there wasn't such a thing? I risked the Vegetable Soup and Chilli con Carne but passed on the Semolina and Stewed Apples. I swap notes with my fellow patient. His wife doesn't even know he's here and he is of the opinion that she won't believe him when he tells her. Off again in a wheelchair this time, still in my pants and blanket, feeling it a bit chilly in the corridors. A queue of patients to be scanned like

Dalkeith Road in the morning rush hour. Eventually I'm ushered in, my thigh greased with some goo, the scanner run over me, lots of funny noises from the machine amplifying my blood flow and nice pictures coming up on the screen. The verdict - "You've got one of the healthiest legs I've seen in a long time!" he said. I wasn't free though. Another wait to be taken back to the ward and then more waiting for the consultant to come on his rounds and give me the all clear. In the mean time a nurse has told me to phone my wife because she's a bit upset which puzzles me somewhat. My friend gets the all clear too and he's changed and out in a shot. I get to the nearest phone but there's no reply. The boys will be at Judo or Cubs. When I get home at 6 o'clock Janice tells me she phoned about midday and had been told that I had been discharged. She was fuming because she thought I'd wandered off to the record shops! A few hours later and still no sign of me, she phoned back in a bit of a panic apparently to eventually be told that I had in fact been admitted. That must have done wonders for her blood pressure. It was a long day but I was well looked after by the staff at the Infirmary and many thanks for that. I certainly was very relieved but no one ever told me what was actually wrong with my leg! So what have you been doing?

New Committee 1995-96

Chairperson	Colin Eades
Secretary	John Barrow
Treasurer	Steve Ambler
Newsletter Editor	Colin Inverarity
Social Secretary	Charlie Walton
Other Members	David Simmons
	John Kenworthy



Charlie made it obvious that he was a bit reluctant to carry on in the post of chairperson and so there was much shuffling and gazing at feet until someone suggested Colin and he magnanimously rose to the challenge. The Holy Trinity of Barrow, Ambler and Inverarity remain ensconced in their power base. Charlie accepted the challenge of Social Secretary with the proviso that we shouldn't expect too many social events. Lesley passed the buck to John and Dave woke up to find out he was still on the Committee. Pat declared his desire to escape the shackles of LBOA Representative and there weren't any juniors there to elect as Junior Representative. So we don't have a full committee. Does anyone out there wish to volunteer for any of the vacant posts or do we have to co-opt some of you on board? The task isn't as onerous as it seems. We meet about six times a year and there is usually tea/coffee and biscuits to be had. Some members of the opposite sex would be preferred before we have to consider positive discrimination.