

# CAPITAL 'O'

MARCH 1985

INTERLOPERS AND ESOC JOINT NEWSLETTER

Editors: Ken Ovens Int.  
Ben Bate ESOC

## SCOTTISH CHAMPIONSHIPS

### Editor's Piece

The joint Interloper/ESOC Newsletter named Capital 'O' has survived and this is the second issue! It is intended to keep the joint newsletter at least until the end of the year, if not the end of time. It is also hoped that the co-operation between the two clubs will extend to joint socials, ESOC on odd months ie Jan, March and Interlopers on even months ie Feb, April. Interlopers Feb. social will be held on 23rd March, two days after ESOC's March social. However, the Interlopers committee assure Capital 'O' that if will sort itself out fairly soon and that they are 100% behind joint socials.

New members might ask if there are two clubs why try to do things together and if the clubs want to do things together why not form one club. Therein lies a tale!

### TRAINING FOR JUNIORS or HOW TO DO BETTER IN THE COMPASSPORT CUP

Bob Cherry

Interlopers has about 25 junior members, a significant proportion of the club as a whole and a fairly recent increase in numbers due in some measure to the efforts of club members Peter Woolverton, Sheila Kennedy and Cliff White who run clubs in their Edinburgh schools. I know that many of our juniors and those in ESOC are keen to improve and develop their orienteering skills but get little opportunity for this at present other than the Lothian-O-League events and evening CATIs during the summer.

In the hope of bridging this gap, we have started a series of training sessions at areas in and around Edinburgh for Juniors to practice basic orienteering techniques. Each of the sessions, which will take place on Saturday mornings at regular intervals, will emphasise technique training rather than fitness training and will consist of a number of different exercises in the area. Hopefully these mornings will be of use to both the junior who is just starting orienteering and those with a year or two's experience.

The next training mornings are on the following dates:-

- Sat. March 23rd 10.00am at Holyrood Park  
(Contact John Campbell 229-6399)
- Sat. April 13th 10.00am on the Pentlands  
(Contact Andy Spenceley 447-6045)
- Sat. May 4th 10.00am at Corstorphine Woods  
(Contact Scott Balfour 445-3966)

Please contact the organisers for further details and transport if required.

We are also hoping to put on a Junior Training Weekend at Ardentenny Outdoor Centre in mid May. There will be about 12 places available, transport and accommodation at Ardentenny will be arranged and a small charge made to cover costs. John Campbell is organising this and places will be filled on a first come-first served basis so contact him for further details. Who knows....perhaps we'll get through the first round of the CompassSport Cup this year....

### TAYSIDE '85 THE SCOTTISH 6 DAYS

Entries for this event close on 30th April although a few late entries will be accepted at an increased price. Don't forget to enter.

Interlopers are reminded not to enter Day 2 as they are helping to organise on that day.

ESOC members are asked not to enter Day 5 as they are helping with the organisation on that day.

E.S.O.C. are organising the Individual Champs on 25th May at Loch Ard. This will require a lot of help from club members both before & on the actual day. The event incorporates National Event VI, and this may increase the English entry.

On the day, the more people we can have helping, the less the workload on everyone. All juniors can get a run, but if seniors wish to run, they will have to do so before the official start, and the run will be non-competitive.

One special post is still available, that of LOO-KEEPER-IN-CHIEF. Who will volunteer in order to save the organisers having to appoint someone! We are serious.

The following dates have been set aside to avoid a rush at the last moment:

Thursday 19th April - after training - sign-making session. BYOB to 39, Mayfield Road. Hopefully, this session could save all future ESOC organisers from having to make their own signs.

Thursday 9th May - overprinting & map-bagging session at 39, Mayfield Road.

Wednesday 15th May - overprinting & map-bagging session at 67, Lasswade Road.

Let's have all the help we can, please, as the more people we have, the more time that we'll have to socialise!

Thanks

Kirsteen & Janice

### SCOTTISH RELAYS

Interlopers are organising the Scottish Relays in Devilla Forest near Kincardine on Forth on Sunday 26th May this year. A lot of help will be required on the day so please try to keep this date clear in your diary. If you have a favourite job that you would like to volunteer for, then don't hesitate to contact Ken Ovens.

### DISCO

John Campbell has booked "The Place" disco in Victoria Street (just off George IV Bridge) for 23rd March. Tickets cost £1.00 and can be obtained from John. The proceeds from this will go to support the British team going to the World Championships in Australia this year. Come along, invite your friends, have a good time and support the team at the same time.

Distant Friends: Colin Tyre (a former president of ESOC) writes that apart from organising a Burns Supper, he is leaving the admin. side of orienteering alone and was 5th in his Club Champs last year. He sends his good wishes to all.

Address: 1 The Green, Barford St. Michael, Oxford.

Next issue - Copy date 10th May 1985

This is going to be a reflective ramble through two months enjoyable, but cold, Orienteering. Opinions expressed here are not the Editor's fault. I'll mention some of the higher placings but don't be fooled into thinking these are the best performances - orienteering isn't like that.

15th January, Mable Forest: Galloway Galoppen 4

I'd heard that Solway used some very high quality areas for their Galoppen series so - in spite of the threatening weather - Sally and I set off for Dumfries. The weather did more than threaten - it stayed cold and dark with occasional rain or snow all day - but it was worth it: Mable is a fine forest.

The Galloway Galoppen series has White, Yellow, Orange, Green and Brown courses - no Red, no Blue. I registered for the Brown. I made a complete mess of it but was grateful for a level of technical challenge that Lothian O-League Blue courses usually lack. Sally had a major relocation problem on a very big Green course - between us we set up a 'joint personal worst' of four hours in the forest. We enjoyed it, though (afterwards).

Three other members of ESOC (where were you, Interlopers?) did rather better. Irish Carmichael - 4th on the Green course - and so-called novice John McLaren - 1st on Orange - distinguished themselves. Dick Carmichael was 10th on the Brown - must ask him how he does it.

The day was well organised - thank you, Solway. The problem with good event management is that no one notices it .... The courses were perhaps a little severe for the conditions but, on this evidence, the series will be well worth travelling to next winter.

20th January, Kinneil Wood: Lothian O-League 3

Familiar territory this, and familiar conditions: we had snow on the ground for this event last year. Kinneil Wood is a small and friendly area, with the notable exception of the steep and slippery northern bank. With few technical problems, races here go to the swift and well-organised - yes, I'm making excuses again.

ESOC contributed 27 entries and Interlopers 31 to a total field of 223. Notable performances were:

Norma & Alison Coutts (ESOC):	1st, Yellow
Alan Meikle (INT):	2nd, Green
Len Milarski (ESOC):	3rd, Red
John McLaren (ESOC):	3rd, Green
John Campbell (INT):	3rd, Blue
Jim Marshall (ESOC):	4th, Red
Mark Wood (INT):	4th, Green
Murray Drummond (INT):	5th, Green

Timing discrepancies, with Start and Finish clocks at odds with each other and with the Japanese novelty items worn by more and more of us, highlighted a problem known to all who have had to use the traditional battery-powered sweep-hand clocks. These clocks have never been totally reliable. Add to that a tendency for the minute hand to be exactly between minutes when the second hand is at 12 o'clock and errors are inevitable. Perhaps we should start using Casio watches for official as well as unofficial timing at Colour-coded events.

27th January, Stirling University: FVO Score Event

Held as part of the CompassSport "Help the Aged" campaign, this was no doddle. Those of us (me) who expected a nice soft course to fill the charity coffers got a rude shock. Only a small part of the Airthrey Castle map was used, including the parkland of the campus and the precipitous, bramble-infested slope to the north. It was quite enough. Of the first 10 placings, only one avoided time penalties - and he only collected 19 out of 25 controls.

Nine Interlopers and five ESOC members took part. Charlie Walton (INT) was 2nd, John Morris (ESOC) was 10th.

It's been good to see how many Score events there are in the calendar this year. Many orienteers seem to avoid them, seeing them as more difficult. While it's certainly true that a 'perfect' route is almost impossible to achieve, there is a major compensating advantage: it's you, the competitor, who decides how long you'll run for - and where - not some remote planner. If you haven't tried Scoring, you should.

3rd February, Gilmour Road: 'Flu - is there anybody out there who hasn't had it this year?

10th February, Calder Wood: Lothian O-League 4

ESOC and friends organised and ran this one on a bitterly cold but fine day. I doubt if Mid Calder has ever seen anything quite like the stripcase in the main street that resulted from putting Start & Finish at the north end of the map.

The problem with this area is that nearly all the available control sites are on the valley sides; every leg is a scramble up the bank, a dash (or plod) across the top and a slide down the bank again. On the day variety was added by trial bikes on some of the paths and by large expanses of energy-absorbing frozen tussock grass on the northern half.

234 people turned out - not bad, considering the cold. This included strong contingents from FVO and Clydeside, this event having been chosen as the venue for their CompassSport Cup tie. Amongst the 18 ESOC members and 23 Interlopers the best performances were:

T. Hutchason (INT):	3rd, Orange
Gavin Hunter (INT):	4th, Green
Alan Meikle (INT):	5th, Green
Allan Ramsay (ESOC):	6th, Yellow
Ray Heyworth (INT):	6th, Green
Lorna Boyd (INT):	8th, Green
John Morris (ESOC):	9th, Blue
Mark Wood (INT):	10th, Green

17th February, Strathclyde Park: SAOC Score Event

Another Score event; the first of three that SAOC are organising this year. Sadly, only 77 people turned out for a well organised event. (I shall keep telling you ...)

Strathclyde Park is well suited to this kind of event, with plenty of variety giving scope for both simple and severe controls. On the day the challenges proved a fraction easy, with six competitors amassing perfect scores - but that's a minor quibble.

A mass start was used for each of the three classes. This obviously makes organisation easier at both start and finish, but I'd expected it to lead to considerable bunching. It didn't seem to, but maybe I just went off in the wrong direction.

Results of local interest were:

J. Squire (INT):	3rd, Short course
John Morris (ESOC):	8th, Long course
P. Squire (INT):	10th, Long course
Sally Morris (ESOC):	25th, Long course

And nobody else from ESOC/Interlopers ran. Shame on you! You've missed the second event in the series as well, but the third is at Pollok Park on April 14th. I'll see you there, I expect.

24th February, Lanton Wood: RR Colour-coded

With a smaller pool of competitors and organisers available Roxburgh Reivers events tend to be on the simpler side. Which isn't necessarily a bad thing - if it means you get more events.

Only three courses were available - Yellow, Orange and Green. Having had a bad attack of hypochondria in the previous week - something to do with the approach of the British Champs - I was quite happy to settle for a 4.2km Green on a cold day with a keen wind.

The wood offers much more variety than many of our areas, and is open enough to make running off the rides a good strategy rather than a romantic luxury. Worth a visit if, like me, you'd not been there before. It's also conveniently close to a pleasant bar or two in Jedburgh.

ESOlopers were responsible for 10 of the 75 entries. Best placings were:

John Morris (ESOC):	1st, Green
J. Squire (INT):	2nd, Orange
Len Milarski (ESOC):	4th, Green
P. Squire (INT):	5th, Green

3rd March, Wyre Forest: British Championships

More about this elsewhere; I hope the 17 or so other Interlockers did better than I did! (Muddy, wasn't it?)

John Morris

J.K. RELAYS

The following Interlopers teams have been entered in the J.K. Relay.

Open 1 - J.Campbell, R.Cherry, P.Couldery, P.Hyman  
Open 2 - G.McIntyre, A.Spenceley, C.Walton, B.Woodfine  
M35 - P.Woolverton, P.Leach, C.White *J.Balfour*  
M17 - A.Meikle, P.Paterson, M.Wood  
Womens Open - A.Heyworth, M.Fraser, I.Inglis  
Short Open 1 - M.Drummond, G.Hunter, I.Ramsay  
Short Open 2 - L.Boyd, C.Boyd, B.McCaw  
Short Open 3 - G.Boyd, M.Edwards, W.Forsyth  
Short Open 4 - R.Heyworth, A.Messer, G.Shidch

BRITISH RELAYS

Any Interlopers who are interested in running in the British Relays on 5th May in Clipstone Forest (East Midlands) should contact Andy Spenceley by 24th March.

AGM                    AGM                    AGM                    AGM                    AGM

Please note that Interlopers AGM and Annual Dinner will be held on Thursday 30th May. Put it in your diary now! Any items for inclusion in the agenda or proposed amendments to the constitution should be sent to Andy Spenceley as soon as possible.

### The Immor(t)al Memory

Ane frosty January nicht,  
ESOC and INTERLOPER curns  
Met, but as friens and no tae fecht,  
In memory o' Rabbie Burns.

That chieftain wi the puddin face  
Was gien the Haggis his address,  
When hauf way through he lost the place.  
The Haggis was nae too impressed.

Pete C. wi souch tae mak ye grue,  
Gied 'Tae a lous and mous' their due.  
Recited baith as if his mou  
Wi cockie leekie soup was fou.

Steve tosh up in his guid braid claith,  
Held Nik' himsel atween his hauns,  
And, braisant, gin they'd lou or laith,  
He flashed his thing at ilka wan.

Len took his turn upon the flair,  
Wi 'Ae fond kiss', a bonny air.  
He sang sae sweet, he sang sae fair,  
We wad hae liked tae hear some mair.

I've never seen mair muckle mou  
Than Pakit's on yon cursèd leaf.  
Nae lake for him, for he was fou,  
But nae like Rab who's fou o' grief.

John C. was maister o' the hous.  
For reasons that ye canna blame,  
The Interlopers' 'Tae a lous'  
Was dedicated tae his name.

On rough roads, Christine spak sae clear,  
Her gowden vyce was like a sang.  
Excep they're deif, thae Engineers,  
The roads'll nae be rough owre lang.

'Duncan Gray' was crouselly sung  
By yon gleg bodach, Wullie Gauld.  
Aathing jist tripit aff his tongue,  
An' aff his neb - he had a cauld!

Oor Andy sang o' barleyrigs,  
Ae munelicht nicht wi Annie.  
Sae nou we ken his courtin gigs,  
An' bid him jist oaa canny.

Nou if ye've nae been gien a verse,  
Nor even gien a line,  
Ye'll hae tae blame aa memory,  
It left me auld langsyne!

WAG

### BITS AND PIECES

#### ESOC Club Weekend

7/8 June - Kincairg, Nr Aviemore.  
Camping and dormitory  
accommodation available. Contact  
Eileen Gillespie 667 1000 x365 (work)

#### Controllers Course

SE Area are helping to run a Controllers'  
course in the near future, so if you have  
planned or organised or just want to learn  
about controlling, contact Cliff White -  
229 8569 or Graham McIntyre. Graham is  
running the course.

#### New Members

ESOC welcome the following new members and  
Capital 'O' hopes to be reporting their 'O'  
progress.

Alan Ramsay M21  
Miriam Hutchinson W21  
Ed Gillespie M21

### Car Rally/Treasure Hunt

Further to his announcement at the Burn's  
Supper, Len Milarski has given further  
details of the Car Rally/Treasure Hunt that  
he is organising:

Date: Sat. 31/8/85  
Cost: £6.00 per person  
Details: Two couples per car (no children)  
who share petrol costs.  
Start: 69 Nevis Gardens, Penicuik  
a.m. start times  
Finish: Evening

A total of ten cars will compete on this all  
day event (but not all day driving).

Entries by 28/4/85 to Len Milarski, 69 Nevis  
Gardens, Penicuik. Further details, if  
required, also from Len.

### Highland Show

ESOC hope to man a stand at the Highland Show  
in June. Free admission for ESOC members  
manning the stand for half a day. First come,  
first served basis. Contact Graham Pyatt.

A copy of the December 1971 SOA Newsletter has  
come into my hands. In it Morris Conlan is  
exorting all to take a camera to their next  
event. Morris still does, as the photo on page  
4 of the Feb/March issue of Compass Sport  
demonstrates.

### ESOC Club Championship

The following events will count, best  
3 from 6:-

31/3/85	SW Area Champs
21/4/85	Linoc Badge Event
2/6/85	CUNOC Badge Event
1/9/85	SE Area Champs
29/9/85	Roxburgh Badge Event
3/11/85	West Area Champs
17/11/85	Forth Valley Badge - reserve event which will count only if one of the above are not suitable.

Scoring: 80 x Gold time  
ESOC individual time

If no Gold 66.6 x Silver time  
ESOC individual time

There are seven trophies - Best M21; W21;  
m35+; W35+; Best Junior Mor W 13+; Best  
Junior M or W 13-; Most improved orienteer.

The last trophy would grace any mantelpiece!

### NEW MEMBERS

Interlopers warmly welcome the following new members.

Michael Edwards (M15), 5 Braefoot Terrace, Edinburgh 16  
Tim Hutcheson (M19), 11 Craigmount Bank, Edinburgh 4  
Carolyn Grant (W21), 10 Caledonian Road, Edinburgh  
The Hickman Family:-Richard (M40), Robin (M15), Alan (M13)  
14 Craighall Terrace, Edinburgh 6  
Mark Gardner (W21), 9 Jessfield Terrace, Edinburgh 6

### ADDRESS CHANGES

Isobel Inglis, 9 Rhes James, Bethesda, Gwynedd.  
Pauline Scott, 25 Mentone Terrace, Edinburgh 9.  
Graham McIntyre, 5 Summerhall Place, Edinburgh  
Sarah Wood, Drummond House, 17 Drummond Place, Edinburgh  
Meg Fraser, 21 View Terrace, Rosemount, Aberdeen AB2 4RS  
This is only temporary so as an alternative; Schgol of  
Electronic Engineering, Robert Gordon's Institute of  
Technology, Schoolhill, Aberdeen AB9 1FR.  
Stephen Hall, Oberalpstrasse 66A, CH-7180 Disentis,  
Switzerland

## 20 Years On

ESOC was formed on 20/7/65, most of the members were Edinburgh Southern Harriers and Sandy Robertson was the guiding hand. It seems that in the early days of the club the seniors, particularly the M35's were the strength of the club and that ESOC has always been strong on the administration side, providing committee members for BOF, SOA, and SE Area. Promoting the sport by holding events for others has always been a strong club tradition.

Three of the club's longest serving members, Sandy, Bill and Doug Wood are currently writing a potted history of the club which will be published in future issues of the Newsletter.

## Owners' Permission

If Orienteers owned their own woods, permission would not be a problem. The Woodland Trust exists to protect and own woodlands in Britain. It has been going for 10 years, has 34,000 members and owns woods covering 4,000 acres. Only a few are in Scotland and most are less than 100 acres (200 acres are required for a good event).

Membership of the Woodland Trust is £5.00 and further details from Westgate, Grantham, Lincs. NG31 6LL

## In the Shops

'O' shoes are not the easiest things to buy unless you go to a big event but even the larger Scottish events do not always have a travelling shop.

In Edinburgh the following are available:

Tiso, Rose Street: Will order Silva Studs if requested. £29.00

Adidas, Castle St: Stock some sizes of the new Adidas New Cross 'O' shoe. £28.00

Bruntsfield Sports, As well as stocking the Bruntsfield Place : Walsh PB Orienteer at £30.00 this shop will order Walsh Fell shoes and also deals with an impressive array of running shoes.

## Maps

As previously reported, ESOC have decided to make 1985 The Year of the Map! The following are on the stocks:

Bonaly: 1:5000 to be printed very soon. Produced by Meryl Marshall.

Blackford: Being co-ordinated by Ian Jackson. A survey effort will be organised this summer.

Balmain: Enlarged area for "Republican 6 Day" produced and surveyed by Andy Curtis. Currently being scribed by the Harveys.

Old Pentlands Area: Stuart Edgar is currently setting up a survey effort on this area. It may be scribed professionally in the Autumn.

New Pentlands Area: Eddie Harvey is negotiating permission with landowners at present, for a map in the Bavelaw, Cairn Hill area. Completion late '86.

Tweed Valley: Graham Pyatt is currently looking at the Tweed Valley forests and ESOC may decide to remap Glentress

For those wishing to become involved in mapping a Survey Course will be held by Andy Curtis on 17th April at his house. Field work will be done on Blackford after a lecture by Andy on surveys. For further details contact Ben Bate or Andy. All the above mentioned members would welcome assistance and they can be contacted directly.

Any ESOC member who knows of a firm which might give sponsorship for the production of a map in return for advertising (£100+), please contact Ben Bate.

It is hoped to have a number of articles in the next few issues of the newsletter about members worst moments connected with orienteering. A couple of articles feature in this issue to start the ball rolling. If you have a favourite "worst moment" then scribble something down about it and send it to the editor.

## MY WORST MOMENT IN ORIENTEERING

Charlie Walton

Picking out the worst moment from my orienteering career seemed difficult at first, with numerous past disasters to look back on; but looking back most awful moments fade into part of the fun of the sport -- like seeing our minibus wheel bouncing along beside the minibus on the way back from Ireland last year. As I am a fairly new Interloper most of my memories are shared with folk you might not know very well, although a few Interlopers and ESOCers were involved in trying to cure my hiccups in the Clachaig Inn one AROS weekend (very embarrassing I'm glad I don't remember it very clearly). There are some moments I'd rather forget, like the time someone thought I was in EUOC, or the first time I met Richard Splers, or encountering John Mitchell's beer gut over breakfast in Austria, or seeing Pogo's O-suit..... but there is one (unfortunately all too regular) happening I could definitely do without, and I'm sure many of you have suffered as well. The worst moment for me has to be at some horrible hour on a Sunday morning (usually after a pint or too many on Saturday night), when the alarm goes off and I remember that I've got to get up to go orienteering.

## MY WORST MOMENT ORIENTEERING

Sarah Wood

It was a very cold December day with snow on the ground. I was about half way around the W19A course when I lost concentration for one vital minute. After wandering into a patch of fight, I suddenly wondered "where am I?". There was nobody around, sleet was beginning to fall and it was very quiet. Panic! What shall I do? I looked at my map again and saw a road running along the north edge, so I followed my compass north and reached the edge of a farmer's field. Realising where I was I completed the course but took a long time and was absolutely frozen.

## CALENDAR

### HALF MARATHONS

5th May: Cunningshame Canter (Ardrossan)  
12th May: Pearl Assurance (Edinburgh)  
(PO Box 145, EH8 9TS for application)  
19th May: Glenrothes  
26th May: Cumnock  
2nd June: Irvine Valley (Galston)  
9th June: Dumfries (Largs to Ardrossan)  
15th June: Isle of Skye  
16th June: Clydebank  
23rd June: Dunfermline  
(Carnegie Centre, Pilmuir Street  
Dunfermline for application)  
7th July: Teviotdale  
17th Aug: Blairgowrie  
18th Aug: Ceres (Fife)  
25th Aug: South Carrick (Girvan)  
8th Sept: Land o' Burns (Ayr)  
15th Sept: Stranraer

### MARATHONS

See list

The Scottish Hill Racing Calendar is available from Tiso's, Rose Street, Edinburgh

CALENDAR

MARCH

- Sun 17th: Midland Area Champs, Touch, Stirling. EOD.
- Thurs 21st: Games Evening. (Bring your own Board games). Southsider Pub. Contact Eileen 667 1000 x365 (Wk)
- Sat 23rd: Disco 'The Place', Victoria St. £1.00. Contact John Campbell (this is an Interlopers social). All Welcome.
- \* *see below*  
Sun 31st: Lothian Schools Champs, Hedderwick Hill NT6478
- Sun 31st: SW Area Champs, Dalswinton E.O.D.

APRIL

- Sat-Mon 6/7/8: JK Alnwick. Entries closed 31/1/85
- Wed 17th: ESOC Survey Course. Andy Curtis' flat. 7.30pm
- Sat 20th: Sports Evening, Jack Kane Centre Events in the Main Hall are 5-a-Side Football and Badminton. 7pm-9pm. Cost to be arranged. Contact Pete Cauldery. (Interlopers April social).

Sun 28 th: LINOC Badge Event, *Lemon Hill, Fife*

Sun 29th: Lothian Score Event, Holyrood. Contact Charles Howie. Starts 10.30am  
667 8287

MAY

- Wed 22nd: Pre-Champs Hash Run. Contact Ben Bate 343 1835. EOD
- Sat-Sun 25/26: Scottish Champs and ESOC and Interlopers are the organising clubs.

**ESOC**

If you wish to run in the Relay on Sunday please contact John Morris.

**ESOC**

Thurs 30 th Interlopers AGM and Dinner

JUNE

Early ESOC Piss 'O'. Contact Eddie Harvey

JULY

- Sat 20th: Nostalgia 'O' event. Contact Stuart Edgar
- Sun 21st: 7 Hills, Edinburgh. Entries from Tiso. Rose Street, Edinburgh

AUGUST

- 4th-10th: Scottish 6 Day "Republican Tayside", (entries close 3/8/85 but it is cheaper to enter before 30/4/85)
- Sat 31st: Car Rally - see article by Len Milarski 71-75355 (Penicuik)

SEPT

Wed. 4th: Beer & Skittles at Sheep's Heid Pub, Duddingston. 7.30pm. Contact Eileen Gillespie.

\* Sat. 23rd March: Edinburgh University 10 mile Road Race. EOD. Kings Buildings, Mayfield Rd 2.30pm \*

EVERY TUESDAY

Interval training, the Meadows, 7.45pm. East End of Melville Drive.  
Pub night, Southsider, West Richmond St., 9.00pm

EVERY THURSDAY

Run from Meggetland (Colinton Road). All speeds and distances catered for, 6.00pm. Showers and changing rooms available.

Once upon a time, in the dim and distant past, a girl went orienteering at Glenmore Lodge on an outward bound course from school. It made such an impression that she forgot all about the sport for many years until being re-introduced to it by Gareth & Jan Bryan-Jones at Sheardale Forest in 1976. In totally non-competitive spirit, wrongly-clad, unable to read a map or use a compass (or a whistle) and completely unfit, I still came back for more, the only difference now being that I wear the correct gear. I sometimes wonder whether I have improved at all in the map & compass side (or whistle) as for fitness - well maybe next year! Between then and now however the intervening years have not been totally empty. I walked for some time as an independent, then after enquiring about both ESOC & INT, joined ESOC. I was quickly co-opted onto the committee, being about the only woman in the club not to have had the honour of being Ladies Team Captain at that time. This heralded an orienteering career, largely spent on committees and organisation, not matched by any 'O' prowess. I have one claim to fame, however, in that I possibly made the first step to trying to amalgamate ESOC & INT by marrying one of the opposition. It was a novel approach at least, but one which committed me to orienteering - there was to be no escape now. So here I am in my old age (or at least a veteran - I just feel that way) having to work harder than ever running W35 courses & trying to maintain a place on the ranking list, even if I have to run the occasional 'B' course to get there.

K K

This is a continuation of an occasional series on the ESOC committee. Stuart Edgar is next.

Sunday 28 April

CITY OF DUNDEE PEOPLE'S HEALTH MARATHON 10.00 am  
 Race Organiser  
 18 Tilly Square  
 DUNDEE  
 DD1 3DD

WARRIWAY MILK MARATHON 11.00 am  
 "Galloway Milk Marathon"  
 Neil Bums  
 The Community Centre  
 HAMILTON STERART  
 DG7 6HD

DUNDEE PEOPLE'S MARATHON 12 noon  
 D Campbell  
 Kilmul  
 Alca Road  
 FORT WILLIAM

Sunday 19 May

NORTHERWELL DISTRICT PEOPLE'S MARATHON 9.00 am  
 Marathon Secretary  
 Wilshaw Sports Complex  
 Alexandra Street  
 WILSHAW

Sunday 23 June

LOCH RANNOCH MARATHON 11.00 am  
 A Miller  
 Rannoch School  
 Rannoch Station  
 PH17 2QQ

Sunday 25 August

INVERCLYDE MARATHON (Including Vets Championships) 9.00 am  
 Marathon Secretary  
 Inverclyde District Council  
 Municipal Buildings  
 GREENOCK  
 PA15 1JA

Sunday 1 September

WAVERLEY MARKET MARATHON, EDINBURGH 9.00 am  
 Edinburgh Marathon  
 PO Box 418 WDO  
 EDINBURGH

Sunday 15 September

CITY OF ABERDEEN MILK MARATHON 9.00 am  
 Department of Leisure and Recreation  
 St Nicholas House  
 Broad Street  
 ABERDEEN  
 AB9 1BY

Sunday 22 September

THE SCOTTISH PEOPLE'S MARATHON, GLASGOW 9.30 am  
 Race Director  
 Glasgow Sports Promotion Council  
 Department of Parks and Recreation  
 20 Trongate  
 GL 500W  
 GL 5ES

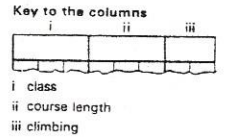
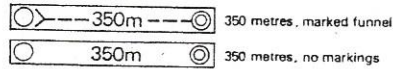
Please send a stamped addressed envelope to race organisers

# I.O.F. Control Description Symbols

As used at the J K and other International Events

M17A	8.5 km	210m
1 31		
2 52		
3 37		
4 40		
5 49		
6 75		
7 32		
8 54		
9 70		

example: control 5  
 code 49  
 middle boulder  
 height 1.5 metres  
 north side  
 refreshments



- column C**
- northern
  - northeastern
  - upper
  - lower
  - middle
  - between

- column D**
- steep bank
  - quarry
  - earthbank, dam
  - terrace
  - spur
  - rib
  - re-entrant
  - gully
  - dry ditch
  - hill
  - knoll
  - saddle
  - depression
  - small depression
  - pit
  - cliff
  - bare rock
  - cave
  - boulder
  - boulder field
  - stony ground
  - cairn
  - lake
  - pond
  - waterhole
  - stream
  - ditch

- column D (continued)**
- marsh
  - small marsh
  - firm ground in marsh
  - well
  - source
  - open land
  - semi open land
  - forest corner
  - clearing
  - thicket
  - felled area
  - vegetation boundary
  - copse
  - road
  - path
  - narrow ride
  - wall
  - fence
  - footbridge
  - building
  - ruin
  - tower
  - shooting platform
  - fodder rack
  - rock pillar
  - single tree
  - salt lick
  - tree root
  - boundary stone
  - charcoal burning ground
  - anthill
  - broken ground
  - special feature
  - special feature

- column E**
- shallow
  - deep
  - overgrown
  - open
  - rocky
  - marshy
  - sandy
  - coniferous
  - deciduous
  - end
  - bend
  - junction
  - crossing
- column F**
- 5.5 height in metres
  - 8x3 length/width in metres
- column G**
- northern side
  - northwest edge
  - east corner (inside the angle)
  - southwest corner
  - southern tip
  - western part
  - upper part (head)
  - lower part (foot)
  - on the top of
  - southern foot
  - at the foot (direction not specified)
- column H**
- refreshments
  - radio control
  - special feature
  - manned control
  - first aid

Comments or contributions for  
 CAPITAL O  
 contact Ken or Ben.

Queries about events to club secs  
 Queries about all else to social  
 secs or club Chairmen

Copy date for next issue IO/5/85

Good 'O' from

# CAPITAL 'O'