



CAPITAL 'O'



Edinburgh Orienteering Newsletter

ESOC -
BEN BATE

JULY 1985

INTERLOPERS -
CHARLIE WALTON

ESOC'S PRESIDENTS COLUMN

Well, one major event down and one to go. A large and sincere thankyou to Dave and Janice Nisbet, Kirsteen Kershaw and Ros Beck (& respective spouses!) for their tremendous dedication and hard work before, during and after the Scottish Champs at Loch Ard. Their effort made the event the smooth success it was despite the weather. At times on the day, one was tempted to use Churchillian phrases - never in the field of orienteering endeavour have so few coped with so many problems, satisfied(?) so many people for so long in such foul weather. It should be invidious to single out individuals on the day, but 2 instances illustrate the excellent club spirit, which was also in evidence - Jim Marshall, who covered in wet mud from head to toe received from continual pushing of cars up exit slope of the car park field, gallantly refused a lift in my car (I'll buy you a pint Jim sometime) and David Lane, a newly joined member who was one of the last 5 people to leave the forest and was still collecting controls in at the end. Thank you all once again for contributing to the success of the Scottish, and especial thanks to the organizers and planners.

As I remarked in the January newsletter, Phase 2 of our hectic year will shortly be upon us - namely Day 5 at Blair Atholl as part of Tayside '85. If you have not already been contacted by Mike Burton of EUOC and you are able to help on the day (Friday 9th) please give him or myself a ring. We are very short of help, but several club members are travelling up from Edinburgh on the day just to help. I hope you view 1 days commitment in a year, as not too heavy a price for membership of an orienteering club. Orienteering is a labour-intensive sport, and we need to put a little back into the sport every now and again.

Good O

Ian Jackson

From the new Interlopers editor

Having emerged victorious(?) from the hordes clammer- to take over from Ken Ovens as newsletter editor the AGM I find myself, after only a few months as a full Interloper, in what might be argued to be the most powerful and influential position in the club, and, more to the point, I find myself slaving over a hot typewriter with a deadline just around the corner. I'm afraid "pressures of work" have reduced this to a bit of a rush job but I'm sure Ben will sort it all out! Just wait for the next one, when it's up to me to get it all together....

The next newsletter will be due out in mid September and as always any contributions will be more than welcome. You can find my address and 'phone number in the committee bit, so don't be shy, send along your reports, scancal, results and anything else that might be printable/photocopyable. I'm usually at tuesday and thursday training, and at the pub afterwards, and at events at the weekend, so you might not be able to avoid me that easily - and if we haven't met, find someone who can point me out. I'll be interested in any comments about the newsletter as well, good photocopying deals etc, and any address changes or forthcoming events.

Looking at the last couple of "Capital 'O'"s there seems to be more ESOC news than Interloper news. They might be older, but there's more of us than them, so I think we can reverse this worrying trend!

Charlie Walton

INTERLOPERS COMMITTEE '85 - '86

The new Interlopers committee elected at the AGM is as follows :

Chairman : Bob Cherry
46 Strathearn Rd., Edinburgh EH9 2AD
031-447-3579

Secretary : Andy Spenceley
2FL, 78 Marchmont Rd., Edinburgh EH9 1HR
031-447-6045

Treasurer : Hilary Fairlie
TopFL, 54 Rankeillor St., Edinburgh EH8 9HZ
031-666-2147

Social Secretary : Fiona Craddock
50 Raeburn Pl., Edinburgh EH4 1HL
031-343-1828

Newsletter Editor : Charlie Walton
55 Manor Pl., Edinburgh EH3 7EG
031-225-5762

Junior member : Mark Wood

St Area Rep : Anne Messer

Ordinary members : Lonna Boyd, Mike Burton

You might notice a fair mixture of old hands and new faces. Thanks to all the retiring committee members for their work over the last year.

Interlopers AGM and Dinner - 30th May

A fairly small collection of Interlopers gathered at the Pleasance for what turned out to be a fairly painless annual general meeting the week after the Scottish. We've had quite a busy year, putting on two major and a number of minor events, and no big problems were reported. The main business of the evening was to elect the new committee (detailed somewhere else in this newsletter), which proved quite easy with only one vote needed. The idea of a club coach was also discussed and more details are again given elsewhere.

After the meeting some of the survivors headed for the Carvery at the George Hotel for an enjoyable club dinner. A number of well known club members were seen to make good use of the "help yourself" facilities and I can report that the apple pie and drambuie cream was the best of the sweets!

Charlie Walton

BARBEQUE - YELLOWCRAIGS, 4th JULY

Fiona Craddock and Barry Woodvine organised a relay and barbeque at Yellowcraigs last Thursday. Six teams competed in a short relay course before enjoying the delights of sausages, steak, hamburgers etc grilled to perfection over hot charcoal. The most energetic indulged in windsurfing, running and rounders. A very pleasant evening. Thanks to Fiona and Barry.

Intergossipers column, by NE Thicket

Interlopers intelligence will use this column to keep you up to date with any interesting goings-on in the club that we hear about. Among the popular pastimes for club members at present seems to be running for long ways in the hills, and not just on thursday nights. The awesome Southern Uplands Way run is documented elsewhere but Interlopers (and ESOCers) were also involved in Livingston AC's relay run along the border between Scotland and England - I believe a good, and very fast, time was had by all and though I don't have the details to hand I'm sure any Hyman, Curtis or Dempsey would happily provide information (or watch out for the September "Running Review"). By the time you read this a number of folk from the clubs will also have spent a day running in the Lake District, but no ordinary day as Ann and Andy Curtis and Val Dempsey are going for the Bob Graham round (4 peaks/over 70 miles/over 25000 ft of climb in 24 hours, if I remember rightly). Among the support team will be Andy Spenceley, a veteran of the round himself, and if he's not been seen orienteering much of late it's because he keeps running up and down hills - he's even got our treasurer, Hilary, following him across the fells!

This run has had to be postponed twice (due to a wedding and then illness - unrelated) & is now to take place on 26/27 July - best of luck to all.

The last couple of months have seen only limited orienteering "action" but I'm sure that many Interloper and ESOC members will remember the Scottish Champs weekend for many reasons. The weather didn't help the individual day (or the Interlopers tent) but Loch Ard wouldn't be the same if it wasn't wet! Most of the comments about the relays were favourable and it is rumoured that Ken and his garage have almost returned to normal. Some folk made it to Harrop Tarn and the spies report an excellent event and a possible return to form by Pete Coudery. Spies at the Northern Lights, however, didn't see many Edinburgh folk, though the Balfour tribe were out in force. Interesting courses were reported, with M21A and M35A on the same course and sharing most of it with W21A!

Another big event due before publication date is the end of Graham McIntyres bachelor life. We wish Graham and his new wife all the best. Shortly after Tayside we are to "lose" John Campbell as he promises us he is eventually going to actually leave for Australia, so good luck to him (or to Australia?) as well. John recently nipped over to France for a mountain marathon, which is why he wasn't helping at the Scottish, but his report got lost in the rush...maybe next newsletter? His exodus may or may not be linked to sharing a flat with Jean Smith, another young lady

in the news. Jean has got a place on Operation Raleigh so will be disappearing off to the south seas sometime next year (is that why John Mitchell looked so happy in his few waking moments this week?). Before she goes Jean has to raise lots of money, so beware the rattling can/bottle and the sponsorship form. John M. is threatening to jump out of a plane to help collect funds, but we hear he will have a parachute.

This column was hoping to bring you news from the international scene, what with the world champs due in September, and plenty of Interlopers involvement, but I don't want to bias the selectors. Pakit Hyman (he of the amazing relay runs and the SYS in punctuality) is summering in Scandenavia, and the Hendries are taking a busload of Scottish juniors to Switzerland (brave people...). We'll have at least John Campbell and Steve Terry in Australia as well, so the world takeover bid seems to be going along smoothly!

PISS 'O' 12 JUNE 1985

This was billed as the Great Edinburgh Piss 'O' though it wasn't so great as only 7 actually ran the 2 courses. A few others joined us as non-running participants ie they drank beer in the Southsider! The miserable meteorological conditions put many people off undoubtedly, so Gordon was the first one away on the A Course (7 pubs). He was caught labouring over a half pint in the Old Bell by Charlie who was shoving beer down like it was going out of fashion. However, Ben used his superior knowledge of Edinburgh closes and his gaping gullet, to pip Charlie by 1 minute. We had difficulty in deciding what Bill G. should drink, (he hasn't stayed so fit so long by patronising S & N!) so it had to be soft drinks, a variety, but the CO₂ must have been too much as he floated, light headed into the Southsider and he's still burping a week later. Unfortunately, there is no record of what the locals in Jeanie Dean's Tryst, Edinburgh's answer to the Hofbrauhaus, thought of Bill's request for a half pint of water!

Martin Little took the B Course (5 pubs) in his stride, not even bothering to change, and the old Union class was still there as he ambled round in 39mins. John C's lamentable 68mins, on the B Course was due to his drinking of pint and chatting up the hostess of the Chequers. Such decadence has its own rewards. Ian J., I think, forgot his 7 hills training and the short cut through Waverley Station from the Café Royale to Halfway House but still managed a good 55mins. Incidentally, Jenny Ha's charged 42p for a half pint of heavy whereas Jeanie Dean's was cheapest at 38p.

Thanks go to all the runners and to Eileen, Stuart and Graham for bucolic support. Anyone like to organise next year's?

RESULTS

A Course	7 Pubs	B Course	5 Pubs
Ben	48.34	Martin	39.02
Charlie	49.01	John	68.56
Gordon	52.52		
Ian	55.12		
Bill	76.43		

Eddie Harvey ESOC

We may be old but we can still run Charlie!

BB

Interlopers club coach

Interlopers have been very happy to accept the offer made by Graham McIntyre to act as club coach, "to help the membership to improve their orienteering performance". This is not an official committee position but Graham will work with the committee and club members to co-ordinate training evenings, days and weekends. He feels that physical training is no problem in Edinburgh with plenty of opportunities available (like tuesday and thursday night sessions) so will be concentrating on technique training.

Graham has proposed a coaching program based around three intensive and well publicised outings each year: an autumn training day aimed at new orienteers, a spring training day, and an early season training weekend. The training would include talks and discussions as well as exercises. In addition the club intend having training evenings each month, on the first wednesday of the month starting in September. These may involve technique talks (perhaps from local "experts") in winter and training exercises in summer.

More details will be available from Graham (5 Summerhall Pl., Edinburgh) and a date for the autumn training day should be announced soon. Help and suggestions are welcomed - the training is designed for ALL standards of orienteer and can be very enjoyable as well as helpful and informative. Watch out for further announcements and keep the first wednesday of the month free!

Cliff White had the idea of the SE Area Committee competing for the Astra Seal Trophy by running the Southern Upland Way from east to west and at the same time raise some money for a mapping fund, as well as having a good time. The trophy is held by Solway who ran it in 34 hours last year.

John Mitchell and Ian Jackson were co-opted by the SE Area to join Ben Bate, Cliff White and John Biggar to run the 200 mile, 16,000ft Way over the weekend 22/23 June - Midsummer.

Thanks go to the back-up team especially Doreen Biggar who valiantly drove the caravan through the winding roads of the Borders to provide a welcome haven for the runners and can the excellent support of Douglas Allan, Pete Leach, Senga Bate, Mark Kassyk and Jean Smith be counted on for the next run?

Could all those who collected sponsors, please send the money to Ben Bate.

Here is John Mitchell's account of the record attempt.

THE SOUTHERN UPLAND WAY RUN

On a reasonably sunny morning on the 22nd June, we left Edinburgh bound for a grid reference point somewhere on the B6355. Not till South of Gifford did it become apparent that the weather, being typically British, was to play some nasty tricks on us all weekend. We were Ian Jackson (runner), Douglas Allan (chauffeur, night leg pacer and general support), Jean Smith (team nurse, masseuse and cook) and I (team dormouse. Anyway, the weather. The first four legs went unseen by the large crowd of spectators due to a very thick mist drifting in from the North Sea, so how Ben Bate found Cliff White for the first changeover, or how Cliff found us, we will never know. I suppose their 6am start at Cockburnspath must have woken them up!

At approximately 7.45am, I left the lovely warm car to disappear into the mist, only to reappear at the end of my 10.3km leg having been over enthusiastic and deciding to run 13km+ and rewriting the route of the Southern Upland Way whilst doing so!

Ian took over from me and he too disappeared into the mist. Meanwhile we drove to the outskirts of Lauder to meet him and the rest of the team. John Biggar, Linoc, and his wife Doreen had parked their caravan on the roadside beside Cliff and Ben's stalwart chauffeur and masseuse, Senga. John Biggar was not quite ready when Ian arrived ahead of schedule but eventually set out on his own personal biathlon. Firstly, he set off in the

right direction, but it soon became apparent that John did not quite know the route to Lauder. Having to swim the river into Lauder, he then ran on into Melrose when Ben took over, only to take a somewhat dubious route through Galashiels - the less said the better!

Having caught up on the team at Fernielea, the team Dormouse curled up into action to sleep until Ben's arrival at the changeover point. Cliff then ran what he described as his favourite section of the way across Minch Moor (we think). After waving goodbye to Cliff, the team Dormouse was chauffeured to Traquair, carefully avoiding the local pubs and was rudely awakened by the rather surprising arrival of an early Cliff! A hasty departure then ensued.

In Beattock, the numbers increased by two new members, Mark Kassyk and Pete Leach who were obviously mystified as to how we had all got this far. I'm sure the local residents were impressed by one of their road junctions being obscured by cars, caravan and dirty kit.

Somewhere on the A702 Ben handed over to me and I set off into the low cloud and the ever darkening night. (Boy was I scared!) After 2 legs during the day my own two legs were beginning to feel the pain, but at approx. 11.15pm I reached the summit of the last hill to be met by an obscure radar station (or was it Martians?). A rapid descent (who was scared?) then followed and I finally arrived above Wanlockhead - using morse, signalled to locate Doug's car where from, Ian and Mark set off into the night (how romantic) towards Sanquhar. Doug and Cliff set off from Sanquhar and had an indescribable leg; no paths, no signs, no nothing!

John Biggar claims to have been pulled, pushed, dragged carried and finally rolled to the end of his night leg by Pete Leach.

At some weird and wonderful hour, in a car park, in Moniaive, I distinctly remember hearing Ben and Senga leave so that Ben could take over from John and Pete, but being a Dormouse I didn't take this as a sign to get up. (No wonder, it was only 3.30am - S) When finally, arisen from my pit our very own rally driver, Cliff, put on his helmet to take me - only 40 minutes late - to St John's Town of Dalry, my changeover, yes another one.

John was described as being alive - only just - as he valiantly finished part of my leg. Dormouse Mitchell took over, still feeling sick from Cliff's driving.

It gets a bit complicated with the legs and changeovers from this point - which boils down to the fact of the Dormouse's failure to get up in time. Ian obtained super mega hero status by running his own and John Biggar's next leg ('cos John had run my leg...).

At Knowe, at 11am (2 hours down on schedule) a physically exhausted or knackered Ian arrived where an even more knackered Dormouse and pacer Mark began their 15 mile run. The last two miles must have been a Roman Road - it was straighter than Dormouse could run. Collapsing into Senga's car, we proceeded to Castle Kennedy where Ben reported that after taking over from Mark and I, he was sure that Solway were checking up on our progress. By this time the caravan with Doreen and team cook Smith had begun their slow journey home.

At this point the Dormouse's memory was beginning to fail - like all the rest of him. He thinks that Ian ran a short distance handing on to John Biggar, then to Ben then to Cliff z.z.z.z.z. Everyone except me ran the last 1km into Port Patrick in a very respectable time of 34hours 11mins - just in time to wake the Dormouse for a large afternoon tea and journey home.

Mad - most definitely.

John Mitchell

The Harvester Relays - 22nd and 23rd June

A team of Interlopers joined about 22 others on the "A" course at this years Harvester Relays, held in Pickering Forest in North Yorkshire. The Harvester is a 7-leg overnight relay with the first runner starting at 11pm on Saturday, and the second, third and sometimes fourth leg runners also going out in the dark. If things go well the final leg runners can be back for breakfast time on Sunday. Eborienteers were the organisers this year and they put on an excellent event, with good facilities, a good forest, and challenging orienteering on the night legs. The weather didn't quite match up, unfortunately, with rain and thick mist through much of the night.

Interlopers first two runners, Mike Burton and Barry Woodfine, overcame the elements on their 8.4km courses to bring us in in the middle of the field - an hour or so behind the leaders, but that's nothing in this event. Pete Couldery, on the short (5.6km) night leg, and John Campbell on the 10km dawn leg, picked up time and a couple of places to set us up well for the daylight section. EUOC were well clear up front but had managed to get disqualified again, so South Yorkshire were the race leaders with the Army and SHUOC not far behind. Interlopers lurked about 10th, but were gaining on a group of teams in front.

Charlie Walton came in 6th after the first 8km day leg and sent Fakit Hyman out on a storming run round a similar course. With just one 12.7km leg to go BAOC and SYO were locked together, with Chris Hirst and Malcolm Patterson as the respective final runners. Steven Hale was the last SHUOC man so these teams looked safe for the first three places. Durham University were next at the changeover, but Dermot Ruddock was close behind for Interlopers, and amid rising excitement Pete Couldery was still fast asleep. At the map exchange Chris Hirst was well clear (though a long way behind Colin McIntyre for EUOC) and Steven Hale had passed SYO, and that was to be the finishing order; but the next team to appear was Interlopers, with Dermot far enough ahead to manage a wee mistake on the last loop and still bring us in a comfortable fourth.

The whole team enjoyed the event and it is certainly one that has to be experienced (there is a "B"/handicap class as well, with shorter courses, if you don't fancy the "A"). Special credit has to go to everyone who went out in the dark and the rain, and thanks to LINOC for a share of their bus and to the Hendries for driving.

August is fast approaching and Tayside 85 will soon be upon us. With the entry figure looking like passing the 3,500 number this will be, by far, the biggest orienteering event that has ever been staged in Britain. As a result, all the officials are becoming increasingly frantic as the day approaches wondering how they are going to cope!

ESOC's event on day 5 seems likely to suffer from a lack of helpers since ESOC are effectively the only club providing manpower for the event. I am writing this piece to beg all the ESOC members to come and lend a hand. Even if you are not coming to Tayside for the week, could you please think about taking the day off work to come and help. The size of the event necessitates every club member possible coming along.

Interlopers members too, could you please help out? Interlopers are responsible for day 2 and Bob Cherry is contacting you about help for that day. We will be able to give you a run on day 5 so please make yourself available, if possible.

Some specific jobs that need doing are:

1. By mid-July Ian Jackson should have received 3,500 maps and would like a little help putting them in map cases. Please come and help with the stapling.
2. During Tayside Week. EIOC and all the equipment will be staying in the village hall in Blair Atholl. Various jobs will need doing in the week and will be co-ordinated from there.
3. The Rest Day, Wednesday August 7. This unfortunately, will not be a rest day for us! The event has to be set up on this date. Ian Jackson and John Morris may just about have staggered around the area with 150 controls, 500 punches and 650 canes and stakes, but that still leaves a lot to do! If I haven't seen you beforehand, please just turn up to the Assembly area in the morning. This is at Baluain, about 1km east of Bruar on the old A9 from Bruar to Blair Atholl (GR sheet 43, 836 662).
4. The Day Itself! Friday August 9th. First competitors are expected to arrive not much after 7am, so we need to be ready before then. I shall be contacting members individually about specific jobs, but it would help me greatly (and my telephone bill!) if you could let me know whether you can help (or not) and any of your specialities.

Thank you.

Michael Burton
13 Strathfillan Road (1st Floor)
Edinburgh EH9 2AG
031-447 1117
031-667 3321 ext 211

Unfortunately I shall be away through most of July, but you can pass on any offers of help through Ian Jackson; 031-445 2921

Map bagging sessions have been organised on 18 July and 23 July at John Morris' house.



Name	Events						Total Score	
	1	2	3	4	5	6		
SENIORS								
B. Bate	71	93	-	-	-	-	164	9th
S. Bate	53	-	-	-	-	-	53	
P. Carmichael	93	91	91	-	-	-	275	1st
R. Carmichael	-	80	86	-	-	-	166	8th
L. Elliott	-	75	-	-	-	-	75	
W. Gauld	77	58	60	-	-	-	195	4th
E. Gillaspie	-	92	-	-	-	-	92	
A. Harte	-	83	-	-	-	-	83	
B. Harte	-	45	-	-	-	-	45	
E. Harvey	-	0	-	-	-	-	0	
M. Hutchinson	-	0	-	-	-	-	0	
I. Jackson	-	0	-	-	-	-	0	
M. Kassyk	-	75	-	-	-	-	75	
D. Kershaw	-	91	-	-	-	-	91	
K. Kershaw	-	63	-	-	-	-	63	
R. Leask	-	66	-	-	-	-	66	
A. Lessells	84	97	68	-	-	-	249	2nd
K. Lessells	-	-	50	-	-	-	50	
M. Little	89	-	-	-	-	-	89	
J. Marshall	87	87	-	-	-	-	174	6th
M. Marshall	100	100	-	-	-	-	200	3rd
J. McLaren	82	-	-	-	-	-	82	
L. Milarski	75	95	-	-	-	-	170	7th
J. Morris	88	-	93	-	-	-	181	5th
S. Morris	-	-	77	-	-	-	77	
D. Nisbet	-	-	97	-	-	-	97	
J. Nisbet	-	-	92	-	-	-	92	
C. Wood	-	-	83	-	-	-	83	
D. Wood	-	-	102	-	-	-	102	10th

JUNIORS								
A. Carmichael	-	-	93	-	-	-	93	
A. Gemmell	78	-	-	-	-	-	78	
F. Leask	-	60	-	-	-	-	60	
RA. Lessells	93	104	88	-	-	-	285	1st
RJ. Lessells	100	-	109	-	-	-	209	2nd
C. Marshall	-	86	-	-	-	-	86	
J. Marshall	69	92	-	-	-	-	161	3rd
M. Middleton	-	74	-	-	-	-	74	
C. Tansley	61	40	-	-	-	-	101	5th
F. Williams	-	121	-	-	-	-	121	4th

EVENTS			
1st	31/03	SW Area Championships	Dalswinton
2nd	28/04	LINOC Badge Event	Loamond Hills
3rd	16/06	Northern Lights	Bin Forest
4th	01/09	SE Area Championships	?
5th	29/09	Roxburgh Badge Event	?
6th	03/11	W Area Championships	?
Reserve	17/11	Forth Valley Badge	?

Future Interloper Events

The next big Interloper event is, of course, day 2 at Tayside 85, if anyone needs reminding. Organiser Bob Cherry has everything under control (we are told) but there will be plenty of work for all members who can turn up at Drummond Hill on Monday 5th August - be there!

We have two events in the pipeline for '86 : a Lothian 'O' League on the 9th February (keep the date free) and a badge event in October. The proposed venues are Ewe's Hill (if the map is ready) and Drummond Hill (we're getting more maps after Tayside, any offers to organise, plan etc. will be gratefully received - contact Bob Cherry or Andy Spenceley.

Looking even further ahead it is hoped to re-map Archerfield Estate at Gullane for a badge event in '87 - any volunteers?

MAPS - ESOC

- Blackford** Ian Jackson to complete the survey in Aug '85
- Glentress** The Bloors to survey for 3 days in July to prepare the way for a major survey effort by ESOC on the whole of the Glentress Forest. Organised by Ian Jackson (445 2921)
- Old Pentlands** Stuart Edgar still requires some help with resurveying this area (440 4123).
- New Pentlands** Eddie Harvey is progressing with this map
- Dalkeith Park** Possibility of mapping this small area in late '85

Another instalment of Morris's mistakes, brought to you with the assistance and encouragement of Ben Bate, who's old enough to know better! The aim is to pass on something of the flavour of events you missed and to remind you of the scenes of your triumphs.

3rd March, Wyre Forest: British Championships

It seems a long time ago now, but since no-one else has yet put digit to word-processor, here goes ...

My impressions on the day were those of one who had never taken part in any event bigger than the Scottish Champs. I also had a heavy cold, a wrenched knee and a mood of profound pessimism. It was cold. It was muddy. There seemed to be more people waiting at the start at any one time than take part in a complete season of Lothian O-League events.

I orienteered badly, going off line time and again because I'd seen a control flag and "just wanted to check it wasn't mine" - which it invariably wasn't. Two thirds of the way round I ran out of steam - and was eventually delighted to finish at all. Then I drove for 6 hours to get back home to Scotland ...

On the plus side, I wouldn't have missed the experience and, at the training event the previous day, I discovered the thumb compass. Three months later, I can't imagine how I ever managed without it.

Other Capital Orienteers did rather better. Notable successes were registered by:-

Richard Lessells	1st	M10A
Christine Whalley	2nd	W21E
Kirsteen Kershaw	2nd	W35B
Ruth Lessells	3rd	W11A
Pat Carmichael	7th	W35A

10th March, Saltoun & Humbie: Lothian O-League 5

Much more my level, this. James Birch planned courses that took us down into the western arm of an otherwise familiar area, generally very fast but posing awkward questions every time you (I) relax. I've done a lot of learning in Saltoun.

Capital performances included:-

B. Woodfine	2nd	Blue
M. Wood	2nd	Red
P. Squire	3rd	Blue
T. Hutchison	3rd	Orange

17th March, Touch: Midland Area Championships

Touch is a marvellous area. It's not especially physical but the technical challenges are considerable. And the map's good - which it needs to be. I enjoy both the intricate detail of the wooded area and the grand sweep of the moorland.

I made a complete hash of several controls in the forest by failing to slow down and THINK. So, it seems, did most other people.

Among the skilful and/or fortunate on the day were:-

R. Lessells	1st	M10A
P. Carmichael	1st	W35A
F. Williams	2nd	W10A
R. Heyworth	2nd	M55A
G. Shiach	2nd	M50
J. Morris	2nd	M40A
A. Squire	3rd	M10A
J. Marshall	3rd	W10A
C. Whalley	3rd	W21A
A. Curtis	3rd	M21A
P. Woolverton	3rd	M35A

Here again! Limping slightly (bruised heel from the Capricorn) and with most of the Spring's scars fading, the man who didn't realise that when they said "Run through the trees" they meant "Run BETWEEN the trees". Must pick up some of the subtleties ...

5th-8th April, Northumberland: JK85

Training Day, Beanley

A warm, sunny day, an efficient bus service from Alnwick and a not too demanding set of Colour-Coded courses in an interesting bracken/crag/conifer area. The perfect warm-up for my biggest event ever. Or it would have been if I hadn't rolled an ankle early on. And that probably wouldn't have mattered too much if I'd had the sense to stop there and then. But it was an interesting area and a nice day ...

Day 1, Kyloe & Detchant

A rainy day, with the car park so muddy as to be unusable and starts delayed half an hour in consequence - typical major event weather. An unfortunate start to a disappointing day's orienteering.

The common view was that the courses were too easy and too fast, more cross-country than orienteering. Walking round, trying not to aggravate my self-inflicted injury (and wasting another opportunity to get some Ranking points), M40A seemed very easy indeed - colour-coded Red, perhaps.

The area is a pleasant and varied one, with more deciduous trees, and more ground cover, than I'm accustomed to in Scotland. And it's big; the map includes 9 sq. km. of usable terrain. Its major flaw, which may be to blame for the unchallenging courses, is a dense network of tracks.

Day 2, Kyloe & Detchant

Slightly better weather. Same parking problems. Slightly better courses, maybe colour-coded Blue? Still not equal to the event's status, though. I'm not sure why this was - possibly there should have been more controls and shorter legs, making the decision to head for the nearest track less automatic.

Day 2 had no Ranking status. Consequently my foot felt much better and I had a competent and enjoyable run - and (just) notched up my first Championship standard. Next problem, how to get a second one this year ...

Looking at the Individual results over two days, I saw lots of names from our illustrious past ... and future?

G. Pyatt	3rd/118	H45A
M. Fraser	3rd/40	D35A
W. Gauld	4th/101	H50A
J. Campbell	7th/150	H21A2
A. Spenceley	10th/153	H21A1
B. Woodfine	12th/153	H21A1
C. Whalley	13th/60	D21E
C. Walton	13th/150	H21A2
A. Curtis	20th/106	H21E

JK Relays, Callaly

Definitely the real McCoy, at last! Callaly is a small moorland area with a lightly wooded, crag-infested scarp slope of exceedingly intricate contour. From the assembly area at the foot of the scarp it was possible to see figures dashing and trudging in every direction, coming to grips with the most technical (and best) courses of the weekend.

Relay results mean even less than most O-statistics but the 'best' Edinburgh team performances were:-

ESOC Nu	3rd	H40+	(Gauld, Morris, Pyatt)
ESOC Beta	6th	D35+	(Carmichael, Kershaw, Wood)

My thanks to all those who turned out for ESOC, most especially to those who waited patiently on the start line for long-overdue team companions and to those who waited at the Finish to cheer in 3rd leg runners. (Completing a 3rd leg for a team that isn't going to be anywhere near the top places deserves genuine applause.)

15th May, Glencryan: FVO Evening Event

I like informal events and shall take this opportunity to thank those who organise and plan them. They provide welcome variety to my training effort - and mean that I see areas I might not otherwise get to.

Glencryan is an unpromising-looking area just outside Cumbernauld. It poses a few interesting problems however, with deep ravines, deep ploughed moorland and a wide variety of woodland types in a very small area. After a month off it showed me just how much edge I'd lost. I made a wide variety of mistakes. Hard, but useful.

19th May, Harrop Tarn: National Event V

This was my compensation outing for not being able to compete in the Scottish and turned out to be a day of pleasant surprises.

To begin with, the torrential rain eased as we drove down past Carlisle - it was a super day in Cumbria. Then the course turned out to be a mix of forest and moor with reasonable gradients (reminiscent of Touch) and not the thinly disguised side-of-a-house fell race I'd feared. Even the extensive bogs I'd been warned of proved quite manageable - if you kept moving ... Finally, after a cautious but by no means error-free run, I achieved the Championship standard I'd been hoping for. My first ever competent performance in a Ranking event! (It won't last, of course.)

Best Capital Orienteers on the day were:-

R.Lessells	2nd	W11A
P.Carmichael	5th	W35A
R.Lessells	5th	M10A
J.Morris	5th	M40A
C.Whalley	6th	W21E
D.Wood	10th	M35A
D.Kershaw	12th	M35A

Reading the Co-ordinator's comments in the Results booklet, I notice that he bewails the lack of helpers - they only had 50, whereas BOK had 125 (yes, one hundred and twenty-five) for National Event IV at Stourhead.

25th May, Loch Ard: Scottish Champs (Nat. Event VI)

I'd like to say THANK YOU to all those who helped me with the Results. This was a new responsibility for me and the unstinting support - some people spent six hours and more on that job - made it possible to complete all timing and verification on the day. Which meant that, thanks to the Kershaw computer, results could be displayed at the Relays next day.

If we'd had 50 helpers who knows what we could have achieved - so keep up the recruiting, friends.

As for the forest, I'd really like to compete there - preferably on an accurate map. I took an early non-competitive turn round the M40A course and was impressed by Dave Nisbet's planning, but not by the supposedly updated map. I ran through a rough open 'clearing', 200 metres by 50, and never found a break in the trees. Not impressed at all.

26th May, Devilla: Scottish Relays

6

Congratulations to ESOC Eclat, who won the W35 event.

Congratulations also to our M13 and W13 teams who did very creditably, most of them running a class (or two!) up. Well done!

THANK YOU again, this time to everyone who turned out for the ESOC teams, especially to those who did so well in the Ad Hoc teams (Congratulations for the third time - to Andy Semmell and Eddie Harvey particularly). I hope you all enjoyed the day, in spite of the vagaries of the map. About that depression on the knoll (AB), Hilary ...

Commiserations to ESOC Exotics, who would have won M35 if any of them had found AB first time.

Apologies to our Men's Open team. Running 2nd leg, I ran impeccably to controls 1, 2 and 4 (yes ... then back to 3), ran into a tree just before the spectator control (don't you wish you'd seen it?) and hunted that d--d AB for five frantic minutes. Not my best ... Sorry, gentlemen.

29/30 June, Caldbeck Fells: The Capricorn

Wow! I wouldn't have missed this, but I don't know if I'll ever do it again. I mean, I knew it was 35km and 1800m in two days, but I hadn't actually considered what that meant in blood, sweat and lactic acid.

The Capricorn has the reputation of being the easiest and friendliest of the 2-day Long-O events, so Sally and I decided to give it a try. It was friendly, the weather was dry, sunny and (almost) hot, the Caldbeck Fells were splendid. Sally had entered the "Trim" course, a mere 8km or so per day, and greatly enjoyed it. I had put my name down for the "B" course - must be fairly easy, I thought - having only the vaguest idea of how to pace myself over that sort of terrain and distance.

Needless to say, I went too fast. After a nominal 12km and 2 hours on Day 1, I quite suddenly 'hit the wall'. The next leg involved a 270m climb over tussock grass. I stopped to admire the view a lot on that leg. Thereafter I recovered a bit and trudged slowly onwards, eventually finishing with a time of 3 hours, 50 minutes for 21km and 1000m. I staggered back to our tent knowing there was no chance that I'd run on Day 2.

Day 2 was better. I'd recovered a bit overnight, thanks partly to one of those Magic Juice endurance sport drinks, and had a clearer idea of what I was about. I felt more resigned than dismayed when I realised that the first leg involved a climb of 350m in 1500m. After that it got easier ...

I don't know if I'll do it again. If I do, I'll get different shoes - and some relevant training. More likely, I'll do the "D" course, which is for pairs and only 20km, with Sally and enjoy it WHILE I'm doing it for (as Sally says) it's a jolly good Fell-O.

Hey! I've just found out that John Crosby is organising a 2-day Long-O at Ingram in Northumberland on 20/21 July. I wonder ...

Hope to see most of you at the 6-Day. Have a nice summer!

John Morris

Has John bought new shoes
Did he enter the two day in
July? Thanks to John for these
event reports. Is there another
orienteer out there who can write?

BOOTS BUT NO SADDLE

(BROTHERS, CAN YOU SPARE THE TIME)

If you fancy a Munro an hour under a brilliant blue sky, you should have joined the combined ESOC and Interlopers expedition to the South Cluanie Ridge. There are at least, twelve brothers for these famous five sisters spaced about a mile apart and with an average climb of about 500ft.

Somebody once said 'Go west , young man' so we started at Creag a'Mhain and proceeded towards the Saddle. This had two advantages. We got a lift up to 880ft instead of 100 ft and we met endless people going the other way on their 'Ultimate Challenge', carrying enormous packs and even an ice axe!. One was Roger Smith, ex ESOC.

The OS Map contours show a total climb of about 8,000ft in a distance of 15 miles, so thinking it was a running total (of Munros) we were after I had a piece of paper in my pocket bearing a schedule of 3hrs 21mins. This was for 8 minutes per mile plus 1 minute per 100 ft climb. If, due to adverse ground conditions it was to take 2 minutes per 100ft, I had a modified time of 4hrs 45mins.

There is one great snag to the ridge. There is very little water unless you melt snow, so we decided rucksacks were needed and therefore it was a walk and not a run, so we settled for boots. Ten hours after starting, we were on Sgurr na Sgine and the number of cars on the main road was dwindling rapidly so we abandoned the Saddle to make a quick descent to the road and got a fortunate lift back up Glen Shiel for our car. When we got back to the campsite at Glen Shiel, we got into a bit of hot water. It was under a shower head and was most welcome!.

Next day there was a repeat of the blue skies but a unanimous vote for track shoes and a light pack.

We climbed Carn Ghluasaid, Sgurr nan Conbhaireen, looked at Tigh Mor and thought (wrongly) that it couldn't be a Munro. The view was fantastic - north to Torridon, west to the Cuillins, south to Ben Nevis and East to the white plateau of the snow covered Cairngorms.

Where were you all? (Running the Edin. Half Marathon! Ed. BB)

Bill Gauld/Bob Cherry

PS - What was common to the left side of Bob's legs and my engine?

To be sorted out!

SIX DAY EVENT - TAYSIDE AUGUST '85

By now entrants for the six day event will have had their start times and control cards. According to the programme, there are 3108 competitors, 477 from Scotland, 1670 from the rest of Britain and 961 from overseas. ESOC has 29 entrants, Edinburgh University has 11 and Interlopers 28. Judging by Mike Burton's impassioned plea they all will be needed to help Edinburgh University who are the organising club (with ESOC) for day 5 on Friday 9th August.

It seems to me that the 6 Day is becoming too much of a strain on the resources of the clubs as it tends to dominate the scene and use up scarce resources for too long. Perhaps it is time to switch to a 6 day event every four years instead of every two.

BB

Social Diary

Events to look forward to in the coming months include water orienteering at Linlithgow Loch : note the change of date to the 22nd August. Contact Pete Woolverton for details. The October social will be in November, a Hallowe'en evening on the 1st. More details to follow, or get in touch with Fiona Craddock with any ideas/comments/suggestions for socials. For next year a curling evening has been suggested, and another Burns supper. Anyone interested in a "fun" triathlon, either organising or taking part?

DIARY

JULY

~~NDW IN~~
SEPT

Nostalgia 'O' Event. Stuart Edgar 440 4123

Thurs 18 Map bagging for Republican 6 Day John Morris' house 8 pm

Sun 21 Edinburgh 7 Hills - Entries-Tiso, Rose Street

Tues 23 More map bagging for the above event same place same time - bring a beer to celebrate the end!

Wed 24 ESOC v FVO Cricket Match, Sighthill Eileen Gillespie 667 1000 x 365 Meet 6.30 for 7.00 at the changing rooms SE end of the playing field all welcome.

AUGUST

4 - 10

Thurs 15

~~Thurs~~ 22

~~Thurs~~

Scottish 6 Day - Republican Tayside Water 'O' - now 22 Aug.

Water Orienteering, Linlithgow - Meet at Lowport Primary, Blackness Road at 6.30pm. Phone Pete Woolverton 445 3818

Sun 11 EAC 10mile Road Race, Cramond. EOD at Dunfermline College.

Sat 24 Two Bridge 36 miles. CSSA, Castle Road, Rosyth, Fife.

Sun 25 Haddington 1/2 marathon

SEPTEMBER

Sun 1

Wed 4

Wed 4

Sun 8

Edinburgh Marathon Beer & Skittles at Sheep's Heid Pub 7.30pm. Eileen Gillespie 667 1000 x365

Technique training. Graham McIntyre LOL - WFO Craigluscar

Sat 14 Two Breweries, Peebleshire (see hill race calendar from Tiso)

Sun 22 Glasgow Marathon

LOTHIAN 'O' LEAGUE

Dates for the LOL for 85/86 are as follows:

- 8/9/85 WFO, Craigluscar
- 6/10/85 LINOC
- 10/11/85 Roxburgh Reivers (Score Event)
- 8/12/85 ESOC, Pentlands
- 12/1/86 ELO, Barns Ness
- 9/2/86 Interlopers, Ewe's Hill

The LOL is run as a series with scores counting towards a final league position and as such is particularly suited to newcomers to the sport For more details Pete Leach 49 52060