

CAPITAL "O"

THE JOINT NEWSLETTER FOR INTERLOPERS AND ESOC - SEPTEMBER 1985

EDITORS : Int - Charlie Walton, 55 Manor Place, Edinburgh EH3 7EG
031-225-5762

ESOC - Ben Bate, see address change below

From an editor

To many of us the summer of '85 will mean Tayside. Since the last newsletter there hasn't been much orienteering for most of us except Tayside, but that still makes for plenty orienteering. Most of the people I have spoken to have agreed we had a superbly enjoyable week with excellent events all round, in a beautiful area. The arguments for and against the 6 day have been well discussed, and we owe much to all who helped, but my main feeling is roll on Highland '87!

The problems of land access, mapping, assembly areas and campsites are formidable but surmountable; I reckon the real killers are (i) car parks, and (ii) toilets - see Mike Burton's piece for example. Folk are getting used to longer walks, perhaps a good sign, and maybe more events could use the "assembly area" concept, away from the car park (giving Interlopers more chance to miss their written-off tent?). Dry weather cannot be guaranteed in Scotland, though, and bodily functions cannot be completely controlled, so I guess car parking and toilets will remain a pain.

We all survived the week anyway, even the 50-odd who needed first aid after the Drummond Hill run in, and, after some great fun water orienteering, another AKOS weekend passing leaves us to look forward to the nights drawing in, the Lothian "O" League, the autumn badge events, and perhaps the Karrimor (but I've got a good excuse this year!). Will Interlopers retain the SE Area mens open team tankard at Bowhill? Will anyone beat 9mins/km at Queens? Will the bracken at Birnam have died? There's certainly plenty of good orienteering to look forward to!

There was a slightly distressing comment in the pub on tuesday night : where have all the orienteers gone? The Southsider pub night has attracted so many hill runners, road runners, and runner-orienteers that if you mention a map half the folk wouldn't know what you're on about, and running shoes are a more common conversation topic than route choices. Maybe we should try harder to convert these people? Bring along your maps, photos and stories and keep the control banner flying!

The next newsletter should be out in early November, so keep the contributions flooding in. Ben and myself are always looking for articles and information, along with any comments you have. Many thanks to all those who have written bits for this issue.

Charlie Walton

CHANGE OF ADDRESS - Ben and Senga Bate, 18 Grange Terr.,
Edinburgh EH9 2LD
031-668 3169.

CONTROLLERS COURSE

Graham McIntyre is to organise the running of a controllers course in the SE Area. Contact him for more details.

Scottish 6 Day Ben Bate

Well it is over for another two years, the great rolling circus that is the Scottish 6 Day has moved on. 3000 competitors and camp followers have successfully been accommodated in the Central Highlands and been treated to 6 splendid days orienteering. Many thanks to all the planners organisers and helpers, I hope you feel your efforts were worthwhile.

Looking down from the start of Day 6, Ronnie Leask and I were moved to consider the problems Montrose must have experienced moving his army round these parts 300 years ago.

Before the momentum of the next 6 Day swamps us perhaps it is time to reflect about orienteering in Scotland.

Despite the cash profit made and the three new maps do they balance the costs involved:

Exhausted club members with hardly the enthusiasm to put on an O League event.
Lack of enthusiasm for mapping projects.
Fear of becoming a controller in case the 6 Day is thrust upon them.
Mapping gulf between the professional 6 Day and amateur map not being bridged.
Little time left for grass roots development.
Solutions!
6 Day in Scotland every 4 years with England and Wales providing the venue for the mid year event.
Perhaps SE Scotland could share with NE England giving Kyloe, Kielder, Newcastleton Forrest of Ae, Tentsmuir and one other then the sport would get maps where the people want to use them.

ORIENTEER IN RAVINE PLUNGE HORROR (from our special reporter)

Near veteran Interloper Peter Woolverton, whilst competing recently in a Summer O-League Event at Vogrie Country Park, narrowly missed serious injury when he plunged 20 feet from a crumbling cliff top into the Vogrie Burn. He had been following an intermittent path through dense rhododendron bushes when the accident happened. Emerging at the top of an overhanging cliff, soil and loose rock gave way beneath his weight, and desperate efforts to grasp branches and roots to save himself failed as the rotten vegetation disintegrated.

No one witnessed the accident and a shaken Mr Woolverton lay in the river at the foot of the ravine for some time before dragging himself out of the water. Bruised and mud-stained, bleeding, and with his clothing torn, he clawed his way to the next control, and then up the side of the ravine itself. Terrified at the prospect of DNFing or being beaten by the up and coming youngster Mark Wood, Mr Woolverton, overcoming great pain, completed the course.

Interviewed at the finish, Mr Woolverton said "I thought it was going to be a whistle job. I'm very lucky that I have a soft backside and that I landed on it." It is understood that Mr Woolverton could not sit down for several days after the incident.

I had never been to any event bigger than the Scottish Championships, but having heard how a lot of the club members had enjoyed the JK and the French 5 day event, I decided to enter Tayside '85.

It was a daunting sight when I arrived at the vast event campsite on the Sunday morning. Hundreds of tents of different shapes, sizes and colours nestling in ordered rows beside the River Garry and surrounded by the hills of Pitlochry. The organiser had done his job well and we were allocated our pitch alongside other club members in the quiet area, as requested (though the children were serenaded to sleep by the nightly folk group). I had not realized that these big events had such an 'apres orienteer' atmosphere with feature films, folk, football competitions and, of course, discos. The discos were held in the vast concrete cow byre with people dancing away in the milking stalls and beer mugs balanced all over the place.

Well, what about the actual orienteering? The maps and courses were of a very high standard. I had thought that the courses would be longer, but as there were six days of events on Scottish bracken and heather clad hillsides, I am glad they weren't! The winners' time for W21A were all over 60mins which was quite slow, so you can imagine the tough terrain. On the last event day you reached the start via ladders and ropes. (No prize for the best Tarzan though!). It was challenging to orienteer on areas without a maze of paths and line features to follow. I was surprised how few people you actually saw out in the forest. Having read the programme with the 3,500 competitors listed, I had imagined that there would be heads popping up from behind every tree - there weren't. The start times were spanned over 4 hours and there were 33 different courses, so you just got lost in the 'man eating' bracken and the trees.

The children got thoroughly caught up in the spirit of the event. There were so many children to play with, funny foreigners to watch and club tents to hide in at the finish area. (Special thanks to the Marshall and Nesbitt families for providing a base for the ESOC children). There were also some brave club members who were known to take up to seven children wayfaring. As a result, I think that this autumn will see the start of three keen W10 competitors. They were very disappointed that they were not actually competing along with all the other people. The excitement as people pinned up their run time and looked up their position on the results lists. How were they comparing with the Swedes and Norwegians? Would they make up the lost points the next day?

Tayside '85 was also about meeting and talking to people of all nationalities. Lining up at the start on the first day I was accosted by an Irish woman whom I hadn't seen since the day she left school 20 years ago. My daughter Frances had replied to the advert in SCORE for a Swedish pen friend, Karen - she met her at the event and she now has Swedish orienteering stickers! (Did you know that northern Swedes eat more elk than any other meat?)

Well, what did I learn from Tayside '85? Orienteering is all about concentration and not making mistakes and not about running fast. The worst mistake was picking up one map for W19A instead of W21A on day 2. I'll not do that again! The one day that I didn't make a mistake and concentrated from the start to the finish, I had the satisfaction of coming in 3rd and being at the top of that list with 125 names below me.

Mary Williams

SEVEN HILLS - EDINBURGH JULY 1985

This 14 mile race whose route is to the summit of each of Edinburgh's seven hills was won by Andy Spenceley. There were many other orienteers in the race, as well as other 'off piste' runners.

Perhaps the start of this race would be a good place for the Edinburgh Orienteering tent to be pitched for a recruitment drive.

Interlopers News

Events : 2 main events are in the pipeline at present, both in need of officials, and one possibly in need of an area. Our LOL on the 9th of February will be at Ewe's Hill if we have a map (see below), but if not it will be somewhere else. Any ideas? We probably have a planner, so would anyone like to organise? We'll need lots more helpers on the day, of course, so keep the date free. Our 1986 badge event is in October (1986, of course), venue Drummond Hill. After the success of Tayside we hope lots of people will flock back to this beautiful forest, but we could do with some officials. We're hoping to make this a ranking event, and possibly an area championship.

Training : The Interlopers club coaching scheme is still trying to get off the ground and there should be more details soon, with a training day one weekend and also midweek technique sessions each month. Graham McIntyre is looking after things, so try him or Andy Spenceley for further information.

Mapping : Interlopers are a bit limited on the mapping front at the moment, with Ewe's Hill and a remap of Archerfield the only projects on the go, and neither going very fast. Negotiations with EUOC concerning Archerfield may be happening, as there may be some financial aid available. Ewe's Hill is further advanced but Pete Woolverton has not been able to make much progress recently. The area is there, not too far away, accommodation is available, the beginnings of a base map exist - it's only going to take a wee bit effort to get us a new venue, but the effort needs co-ordination. A day or weekend with sufficient people could see most of the survey done, and drawing and printing is not that horrific a task, so let's hope this autumn will see some advance.

Physiotherapists

Pat Squire has sent us some useful information prepared by the physio-therapist at Dunfermline College:

Advice in seeking a "good physio"

- 1) Ask if they are chartered. Anyone can call themselves a physiotherapist as the term is not protected. Chartered physios have received a Diploma after a minimum of 3 years study.
- 2) Check on experience. Appropriate experience in treating injuries of your sport is just as important as educational qualifications.
- 3) Quality of treatment : the following factors should be observed by the physio -
 - a) history of the injury
 - b) examination of the injured part
 - c) specific measurements
 - d) advice and preventive measures given
 - e) appropriate treatment
- 4) Electrical treatment given in isolation is inadequate.

Some Sports Injuries Clinics Staffed by Chartered Physios in the Edinburgh Area

- 1) Meadowbank Sports Medicine Clinic
- 2) Dunfermline College of Physical Education
- 3) All NHS Physio departments are staffed by chartered physios, and some physio out-patient departments accept referrals from GPs. Ask your GP.

TAYSIDE '85 - BALUAIN (or How to Organise a Car Park)

By Michael "I seem to have rambled, just a little"
Burton, Day 5 organiser

QUESTION : How do you organise an event for 3500 people with only 25 helpers?

ANSWER : ???

ESOC were unfortunate to be lumbered with the university (Edinburgh University, that is - ed) for their day in the 6 day. Unfortunate because it meant they could expect little help from that direction. It was struggle enough to manage the Scottish Champs with a mere 500 people, so how were we going to cope? In the end very well, thanks to the experience of the ESCians present and the vast cosmopolitan mix of helpers from clubs all over Britain (and Denmark!).

Baluain was by far the most runnable of the forests presented to us in the 6 day. In comparison with the other days it was easy - after all it always helps to be able to see where you are going and then be able to go that way without the assistance of a machete or climbing gear! Interlopers may have had the best area (from a technical viewpoint) but ESOC had the most enjoyable day judging by the numbers of people with their best scores that day. Of course that did not help our own scores as we saw our rivals shoot ahead of us, but by then the demands of helping with the smooth running of the week had put paid to the chances of many of us.

Still, if I thought the job of organising was hard then that is nothing compared to the problems Ian Jackson and John Morris, as planners, had. The "Scottish Runner" may have been using just a wee bit of journalistic licence when they stated that the felling plans meant the demolition of 4 square centimetres of map with the start right bang slap in the middle, but it was not far wrong! At the end of May I rather belatedly discovered that there were drastic felling plans for the wood. An entire block of forest was to be removed! However the start was not actually in the block in question (it couldn't be, since it was by the Bruar Falls and it would be sacrilege to chop down the trees there after what Rabbin Burns wrote about the place - see your last newsletter or the Tayside programme if you don't understand this cryptic statement!); however, it was 300m away and all the first controls were in it! Despite desperate pleadings, attempts of bribery and the like, the felling could not be delayed. There was nothing for it but to replan virtually all the courses! It lead to some rather artificial course shapes early on to circumnavigate the area but that could not be helped. Ironically by the day of the event the block had scarcely been touched and all the interesting parts (areas of detailed glen and marsh!) were still standing.

The day of the event drew nearer; crises came and went; gradually odd jobs got done; the maps were finally printed and bagged (the latter in a record 1hr 59min for 3500 maps! (did anyone time the Drummond Hill bagging? - ed)); Ian got a few nights sleep; the organiser deserted the country for the month immediately prior to the event (Robert Cranston, my co-organiser, only had to face one threat of event cancellation during my absence!); and the week of the event arrived. The site went up in two days; the toilet trenches were finally dug (one set to immediately fail the environmental health inspection); we ran out of black polythene for toilets (but orienteers do like the open air, don't they?!). On the night prior to the event I was talking to the estate manager dealing with one last minute panic when he told me he was worried over the car park and could we change it! The new car park was a single track road, stretching all the way to Blair Castle. It might have been one and a half miles long but that wasn't enough for 1300 cars. On the day a queue of cars formed and one overly impatient driver abandoned his car on the track, blocking all traffic! Chaos ensued! With a lack of officials (and all of them were trapped in their section of the car park) no one was available to direct traffic further down the line. One wise guy decided to park on the old A9 and everyone else followed suit. This was the one place the police had specifically directed us not to park on..... Well we eventually managed to get more help and sort the problem out by using our original car park. But we had managed to annoy a few locals in the process and complaints were sent to the police. Tayside police were very understanding in the end but it is not every event you organise you like to end up paying a visit to the police station!

As for the event itself, well, everything seemed to go smoothly, but you miss most of it from a car park! We even got so many offers of help from people after their runs that I couldn't find jobs for them all to do. As for the courses people seemed to get round and some even won. However I was oblivious to such a mundane passtime as orienteering. A few said they had enjoyed themselves, so it must have been good! Dismantling the site was great fun in the torrential downpours that occurred periodically in the afternoon and most of the equipment made its way back to Pitlochry in the end - Ian only found a few bundles whilst making a final sweep up the next morning!

And that was Tayside. Though roughly exhausting but most people enjoyed themselves despite all. Did I? That's a rude question, but I look forward to some good badge events in the next two years! And a final plea, can we have a different allocation of clubs for Highland '87?

Annual Cricket Match - ESOC v FVO)Mark Kassyk

Wednesday the 17th July, saw ESOC hosting the Annual cricket match against FVO at Sighthill. In true 'Test-Match' style, a torrential downpour put this fixture in doubt until the last moment when the weather cleared.

As in previous years it was agreed to have a limited runs match with a maximum score of 25 runs per person and everyone to bowl two overs each.

FVO batted first amassing some 60 runs less than in previous years, with one of their batsman who plays regularly reaching the maximum score. Unfortunately, at the start of FVO's innings ESOC lost two players. However, when ESOC came into bat, they started slowly leaving their later batsmen and women too big a total to chase despite some adventurous play.

Everyone thereafter retired to a local hostelry for some welcome refreshment.

JUNIOR TRAINING

SE Area is to run a series of junior training events designed to encourage and improve young orienteers in the SE of Scotland. The series is to be co-ordinated by John Biggar and Fiona Hendry. 1st event is 15/9/85 in Bonaly Wood - contact your Club Secretary for further details.

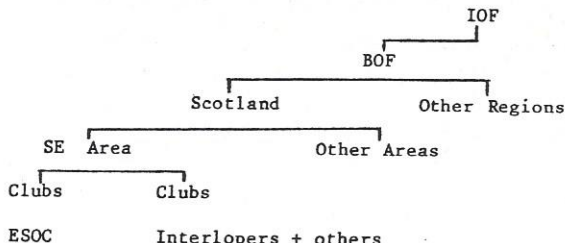
SUMMER EVENING TRAINING EVENTS

Lothian Schools ran a series of 'O' events in May and June this year which, although successful, were aimed mainly at schools. Next year the series is to be run in August/September leaving the long early summer evenings empty of local 'O' events. Perhaps the two Edinburgh clubs could organise local evening events in May and June with a view to attracting the locals and getting new blood into the sport. If Forth Valley can run summer 'O' events, why not Edinburgh Orienteers?

Dave Kershaw, ex-Interloper now with ESOC, ex-President of the SOA, has recently been elected Secretary of BOF. Before taking up his duties he has found time to write explaining the workings of the committee structure within orienteering.

Abbreviations used are:

- SOA Scottish Orienteering Association
- BOF British Orienteering Federation
- AGM Annual General Meeting
- IOF International Orienteering Federation
- SE Area South East of Scotland Area



COMMITTEES, COMMITTEES, COMMITTEES Dave Kershaw

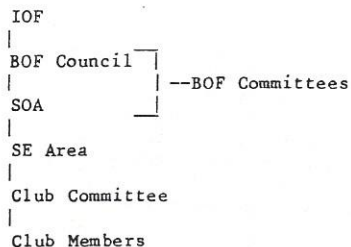
To many of you, the workings of the Interlopers or ESOC committee, let alone the SOA or BOF committees, probably seem remote, not to say irrelevant, to your enjoyment of orienteering. However, if BOF or SOA did not exist then the sport could not be run as easily as it is at club level, and without the club committees it is unlikely that many events would be put on.

Working upwards through the committees, each of the Edinburgh clubs elect about 8 or 10 of its members at their AGM to act as President, Secretary etc. for the following year. These committees persuade (or bribe or threaten) club members to act as officials for events and organise training, mapping and socials throughout the year.

The Lothians and Borders clubs' members form the SE Area committee which organises the Lothian-O-League and other area activities. Each of the 6 area committees in Scotland are eligible to send a non-voting representative to the SOA committee which meets 6 times a year. The SOA committee consists of 12 members elected at the AGM and current Edinburgh members are Meg Fraser (President), Ian Lamont (Treasurer), Ian Hendrie (Vice-President) and Mike Burton (Competitions). The SOA committee is responsible for all aspects of the sport in Scotland, including coaching, mapping and controllers courses, internationals, the fixtures calendar, membership records and publicity.

The BOF council consists of 25 members, 12 of whom are representatives of the BOF regions, including SOA. SOA is also entitled to send a representative to each of the 6 BOF committees and sub-committees:- coaching, international fixtures, competitions, mapping and general purposes and finance (which considers anything not covered by the other committees). In addition, Doug Wood acts as the tours organiser, having previously been the International Convenor and Dave Kershaw is BOF Secretary. Scotland benefits from BOF in a number of ways:- the national agreement with the Forestry Commission eases permission and costs for many events in Scotland, the magazine 'Compass Sport' is available at reduced rates to BOF/SOA members and a number of Scots are BOF junior or senior squad members, the cost of tours and internationals being met largely by the Sports Council grant to BOF. One organisation not yet mentioned is the International Orienteering Federation (IOF) to which individual orienteers from many countries are elected. One of Scotland's foremost orienteers, Sue Harvey of Forth Valley Orienteers, is an elected member of the IOF as well as being the Secretary-General of the IOF, the first non-Scandinavian to hold this post. The secretarial functions of the IOF are run from Dunblane near Stirling.

As can be seen, the committee structure involves many people, the difference from other sports being that all are active orienteers, whereas most other sports are run by people who have stopped competing. This should lead to a better understanding of the needs of 'ordinary' orienteers by those administering the sport (one can always hope!).



Making a Pass

Lacking inspiration or motivation for a long run? Tired of road running, but not into fell running? Try a pass. The Lairig Ghru, the Cauldstane Slap, Corrieyatack, the Green Cleuch - big or small they get you somewhere and are well defined, they make for a satisfying journey. Linear routes, as opposed to circuits, pose transport problems and require planning, but that can add to the attraction. Cliff White and I recently ran the Gaick Pass, to the east of Drumochter. The run made for a memorable day in a dismal summer. It's a run we'd like to recommend so we thought a few details would be of interest.

We drove to Blair Atholl where I got out and killed some time. Cliff drove on a further 10 miles to Dalnacardoch on the A9 and parked the car. He cycled back to rejoin me at the station, chaining his bike outside an occupied house. We caught a train north to Kingussie. The run was then by way of Ruthven Barracks, Tromie Bridge, Glen Tromie, Loch an t-Seilich, Gaick Lodge, Loch Bhrodainn, Loch an Duin (the watershed at 1700 ft), Sronphadruig Lodge, and then by the Edendon Water to Dalnacardoch. 23 miles, with 1000 ft of ascent spread over 16 miles, in 4 and a quarter hours. We picked up Cliff's bike at Blair Atholl on the way home.

The day was pleasantly cool for running, but it was a bit too windy at times. We caught a few showers but they were brief affairs. Visibility was good with the clouds off the tops. We ran in trainers, wearing vest and shorts for the most part. I carried a thermal polo neck and long-johns, and an O-suit as reserve protection, plus some chocolate and sultanas and mint-cake - the weight was barely noticeable in a Hot Ice sac. We stopped for water after 8 miles and again after 12.5. We had a 10 minute food break at 14.5.

Underfoot the going is surprisingly good. The first 6 miles are tarmac, the next 7 good vehicle track. Beyond Gaick Lodge there is an unsightly 1.5 miles of recently bulldozed track. After that the route is sketchy and boggy, but only for half a mile before a pleasant 2.5 miles of narrow footpath, including a river crossing at the north end of Loch an Duin. From Sronphadruig Lodge it is vehicle track once more, with one ford and an unexpected mile of ascent. The last half mile drops quickly through forest for a fast finish.

The run is very scenic, starting with the birches and pines, and open views of Speyside. Lower Glen Tromie is full of birches and alders on either side of a crystal clear river. Beyond Lynaberack the Glen opens onto heathery moorland with a good view ahead of Munro Meall Chuaich (3120 ft). Moving into the Pass itself the glaciated landscape is impressive, particularly around Gaick Lodge where excellent stakers' paths scale the steep slopes to gain the plateaux above. There are numerous inviting side valleys. By Loch an Duin the path clings to a steep slope giving an exhilarating view of the loch below and the crags opposite. The valley of the Edendon Water is less attractive but there are open views to the south, including Ben Vrackie.

So, if you fancy a near marathon with a difference, far from crowds, with no significant navigational or underfoot difficulties, try the Gaick for size. It is a Right of Way having been the main route before Drumochter. The Pass must be pretty wild in winter at times, but choose your conditions and I imagine that it would make a superb trip on cross-country skis. Or you could always just walk it - anyway, give it a go sometime!

P. Woolverton

WATER "O"

Unusually for this summer the evening of August 22nd was dry and sunny, though cool. About 20 assorted folk turned up at Linlithgow Loch for the first ever (?), locally at least, water orienteering event. There were 3 classes : canoe, board, and boat, and two courses, short and long. All the control sites were buoys, with start and finish at the jetty.

A fresh westerly breeze at 5pm had fallen light by 8pm, which pleased the canoeists but disappointed the sailors, and this was reflected in the results. Bob Cherry + crew, in a GP14, clocked 49mins 50s, behind Richard Speirs in a Topper, who circumnavigated the loch in 39:00. John Mitchell was the fastest board sailor clocking 45:21, while Ian Jackson and Doug Allan, later starters, were almost becalmed in Town Bay.

Jean Smith, making her debut as a canoeist, paddled the short course in 29:52, while John Biggar experienced technical difficulties and DNFed! It was in the long canoe course/class that there was most competition. Results were as follows :

1. Charlie Walton	23:58
2. Fiona Craddock	27:41
3. Mike Burton	29:19
4. Lorna Boyd	31:37
5. Janet Fallon	32:33
6. Ros Beck	34:41
7. Graeme Boyd	35:20
8. Fiona Hendrie	38:19
9. Carol Boyd	38:40
10. Alison Biggar	49:30

Waterproof control cards, and floating, self-righting punches have been patented! No punches were pinched, incidentally! Most participants were asking for more so perhaps this could become an annual event.

Thanks go to George Thomson of Linlithgow Outdoor Education Centre for making vessels and facilities available, and to Dave Lane who manned the safety boat. Thanks too to Carol Boyd and Graeme Boyd who helped with the boring bits.

Pete Woolverton

And many thanks to Pete for organising a very enjoyable evening.

REMAPPING GLENTRESS FOREST

Standing on the side of Caresman Hill in Glentress Forest, near Peebles, as Ben and I did one evening in July, it was easy to imagine looking NE to Dunsleugh Heights that we were in Bavaria; steep wooded slopes plunged down 700 feet to tiny streams in V-shaped valleys. All that was missing was a fairy-tale Neuschwanstein castle (and in this blessed summer a decent temperature). I hope this will be the site of the 1986 ESOC Badge event, if we can finish the mapping before the 1986 bracken becomes rampant.

Glentress is a large forest by SE Area standards, 7km², and although it is not prime orienteering country (it lacks point features), nevertheless it is an unused resource sitting on our doorstep. Like all the Peebles forests, it is a working commercial forest, for which O'maps need constantly updating. Accept this, and as Ben said, produce a Hilary Beck-type map - even if blocks are felled it is no different from orienteering on a steep open moorland.

Roger Bloor and James Brown have just remapped a large part of the N. Central area for us, and have given us a good start. There has been some felling of some of the runnable, but the forest is large enough to allow some interesting planning. We hope to organize 'map-Sats' on Saturdays during the coming winter (when the bracken has been flattened) If anyone is willing to act as a mapping co-ordinator for this area, please let Ben or myself know.

Ian Jackson

September is World Champs month and our first duty is undoubtedly to congratulate Christine Whalley on her selection for the British team. By the time you are reading this the races will probably be all over, and at the time of writing we don't know who will be running what, but we certainly wish Christine, and the rest of the team, all the best. You can get results from BOF after the 6th September (they've got a hotline on the 4th and 6th for up to the minute results : 0629-734042), or watch out for them in Compassport; don't expect Christine's story for a bit yet though, as the races are in Australia and we hear she is taking the chance to stay down under "until the money runs out"! Steve Terry might bring back some tales a bit sooner; he's been saving up his holidays to go and cheer the team on and ensure an increased Interlopers presence - remember most of the selectors are or have been Interlopers.

The next bit should really be titled "John Campbell - the truth?": our other prospective representative in the colonies will not actually be there, despite what was written in the last edition of this column (don't believe all that you read!). John decided not to go to Fosters country in the end and is off to the States for a year instead - or is he? He says he is going at the end of September, maybe we should wait and see.

One person who might be happy enough to see John off is Pete Couldery, judging by some of the comments overheard at Tayside. Competing in the same class, John had a fair lead after Pete missed his start on day 1, but Pete pulled out the stops at Queens to turn in a fast time - which John promptly beat by a few seconds. It must have been too much for Pete; even after a rest day he had to retire at Birnam, claiming it was the first time in 10 years he just couldn't find a control! John went on to a good series of results and was among the best placed Brits in H21A. Some other Interlopers didn't fair so well, though the Hendries had good results and we believe Ian, by virtue of the size of H21B, even picked up a prize. Bob Cherry never recovered from organising Drummond Hill, Andy Spenceley gave up and went to run up a hill on the last day, and not even the mountainous crags could swing things in Calum MacIntosh's favour!

Did someone mention Drummond Hill? Nice forest, shame about the assembly area - but we couldn't help it, honest. The man-eating run (or hobble) in did claim a few victims, the bogs might have blown down, but the courses were praised and the car park worked a treat. The finish organiser claimed that the limited facilities, especially at the map claim/reclaim, were more than overcome by friendly personal assistance (especially to young Scandinavian ladies!). But seriously folks, all the helpers should congratulate themselves and each other - it might not have been the most stylish day, but the event worked, so who cares?

Among the visitors to these shores for Tayside was one Stephen Hall (remember him?), who is now off to live in Denmark, but was denying all rumours of marriage, though not very strongly. Among those he reported on was a certain Pakit Hyman, said to be "having a good time" in Scandinavia.

Another amazing event you may have missed by the time you read this is John Mitchell jumping out of a plane to get rid of Jean Smith. It should be mentioned that John will have a parachute, and he is raising funds to help Jean go on Operation Raleigh. Spys at the recent AROS weekend report Jean getting in some practice on rope bridges, and they also hope that John is feeling a bit better when he jumps than he did on the sunday morning, mainly for the sake of those below!

EAST v WEST

In order to promote healthy competition and put the West of Scotland firmly in its place, John Biggar (LINOC) is co-ordinating the West v East 'O' match. It will run concurrently with the Galloper at Devilla on 24th Nov. 1985. Best six in each colour to count for each area.

CALENDAR

SOCIAL DIARY

September

- Wed 4 Beer & Skittles - Sheep's Heid (pub) 8pm (EOD)
- Sat 7 Ben Nevis hill race
- Sun 8 Lothian "O" League (LOL) No 1 (WFO) Craiguscular Hills (Fife) J. Moffat, 0383-514036
- Sun 15 Junior training - contact club secretary for details Moravian Bull Badge Event, Lossie (EOD) J. Robertson, 034382-0796
- Sun 22 Glasgow marathon
- Sat 28 Two Breweries hill race
- Sun 29 SE Area Champs Ranking Badge Event (RR) Bowhill, nr. Selkirk EOD or pre-entry by 19/9 L. Macpherson, 0450-72503
- Cockleroi hill race, Linlithgow
- Black Meldon hill race, Peebles (only 1 mile!)

Here's the bit you've all been waiting for! By the time you read this you will probably have either been to, or missed, the ESOC beer and skittles evening at the Sheep's Heid, Duddingston, on the 4th September - if not, details should be available from someone in ESOC, perhaps Ian Jackson.

The Interlopers October social will be in November (surprise, surprise) and will be, as threatened, a Hallowe'en fancy dress party at Fiona Craddock's flat (50 Raeburn Place) on Friday the 1st, from 7:30pm. Please come along, especially junior members, and bring a turnip lantern (a prize for the best one?), plus food and drink and silly ideas. Daft games have been promised, though Fiona is a bit worried about her flat getting covered in water, flour, and treacle! Remember the fancy dress.

Two weeks later we get the Lessells' street "O" (more fancy dress?) and wine and cheese - 7:30pm on Friday the 15th November. Venue is 40 Ormidale Terrace, more details nearer the time on 031-337-1144. Remember your torch!

October

- Wed 2 Interlopers technique training (?) contact Graham McIntyre or Andy Spencely for details
- Sun 6 LOL 2 (LINOC), Callender Park or Bathgate Hills INVOC Badge Event, Queens Forest, Aviemore Moffat Chase hill race
- Sun 13 Scottish Score Champs, North Kirckhill (nr. Aberdeen)
- Sun 20 Midland Champs - National event 8, WOA National event 9, Pannanich, by Ballater Pre-entries only by 21/9 G. Graham, 24 Mortlich Gardens, Aboyne. 0339-2535
- Mon 21 Interlopers committee meeting
- W/E 26/27 Karrimor Intenational Mountain Marathon
- Mon 28 South East Area AGM - room above the bar, Pleasance, Edinburgh Uni. Come along and voice your opinions (there is little chance of your being elected onto the committee!)

In December we have an extra bonus social, a disco to help raise funds to get rid of Jean Smith (well, for 3 months, anyway). As your pocket probably knows by now, Jean is collecting sponsorship to go on Operation Ralieggh so Interlopers have arranged a disco at the Playhouse Suite (which is in the Playhouse) on Friday 6th December, 9pm - 2am. Tickets will be about £2 (its for a good cause, honest) and we want to sell as many as possible, so tell your friends.

The December/January socials have not been sorted out yet but may well take the form of a Christmas do and a Burns supper. One suggestion has been that ESOC look after the Xmas bash and Interlopers organise the Burns night, to make a change from last year. A full-blown, all the trimmings Burns supper at a posh hotel, with band etc., is on the cards - so start saving!

Ideas etc. for functions are always wanted, so contact your social secretary if you have any thoughts along these lines.

November

- Fri 1 Hallowe'en party - see social diary
- Sun 3 W Area Champs Ranking Badge Event Ross Wood, Rowardennan (EOD only)
- W/E 9/10 Irish 2-day, Co. Wicklow Pre-entries by 30/9
- Sun 10 LOL 3 (RR), Cardrona, nr. Peebles (Score event)
- Fri 15 Street "O" and Wine and Cheese, 7:30pm Lessell's house, 40 Ormidale Ter. 031-337-1144 (EOD)
- Sun 17 FVO Badge Event, Birnam
- Sun 24 East v. West "O" match - part of Glasgow Galoppen event at Devilla. Top 6 in each colour to count - details from John Biggar

A wee reminder about regular training sessions :

- Tuesday nights - (a) Interval training at the Meadows, only lasts half an hour! Come along ready to run for 7:50pm, east end of Meadows.
- (b) Pub night in Southsider, from after intervals until closing time.

Remember you don't have to go to intervals to go to the pub, and it's the best place to keep up with the latest goings on.

December

- Fri 6 Operation Raleigh Disco - see socials
- Sun 8 LOL 4 (ESOC), Pentlands

Thursdays - Run from Meggetland, ALL standards catered for. Meet at changing rooms about 5:50pm, plenty of different routes available, and showers afterwards (though please donate 20p for use of facilities). After running there is a gathering in the Centre Court pub, usually about 7:30ish, to which all are welcome, runners or not.

1986

January

- Thurs 2 Greenmantle Dash hill race, Broughton
- Sun 12 LOL 5 (ELO), Barnes Ness

February

- Sun 9 LOL 6 (Interlopers), Ewes Hill?

(Hill race details on SHRA calendar from Tisos)