

INTERLOPERS NEWSLETTER No 40

Club Chairman :	Hew Fraser	Social Secretary :	John Mitchell
Secretary :	Ken Owens	Junior Member :	Ann Heyworth
N/L Editor :	Geoff Ramsay	Other Members :	Scott Balfour
Treasurer :	Meg Fraser		Jim Doig
		S.E. Area Rep. :	Gordon Shiach

JOTTINGS

Geoff Ramsay

Surprise, surprise - the Interlopers newsletter is not defunct ! This issue comes to you as a direct result of threats of physical violence against the editor if he didn't come up with something quick. If it reads badly then it's because I'm composing much of it as it's being typed.

The changing personal fortunes of various committee members (mainly a result of the ailing economy and its effect on employers) is having a severe effect on the image of the club - it has been suggested that in view of the number of members living in/moving to Aberdeen that Interlopers should become an Aberdeen Club ! The newsletter does still have an editor thanks to a last-minute job offer in the Edinburgh area. This is not much of a consolation when set against Jim Doig's departure last Autumn and Hew and Meg Fraser's imminent departure early this Spring.

I'm not setting any deadline for copy for the next newsletter - I don't feel entitled to make any claims for when it's likely to appear. Just keep sending things in and provided they arrive two days before the newsletter is copied then it should get fitted in somewhere.

NEWS FLASHES

Geoff Ramsay

I know it's a bit late, but don't forget to let the committee know if you're wanting a run in a club team at the JK Relay.

Richard Horswill is looking for help in the running of the Gullane Badge Event (on-the-day help, that is). Most club members attending will be asked to help out - if there are enough people then you will probably be able to get a run as well. Please note Richard's new address and phone number. (see address changes section).

Scott Balfour is trying to sell off outstanding club stock :

1. Long-sleeved T-shirts now consist of only outside ones. All must go ! Only £1 - chop them up to produce one of required size - takes about 30 minutes for a competent seamstress.
2. Badges - stick on to tracksuit tops (5 cm diameter) - 60p each.

Ian Hendrie's novice training sessions have been cancelled due to poor attendance. This is not to say that the club has given up on the idea - if you would be interested and a group can be got together then there should be no difficulty in arranging further sessions. Contact the committee for details.

It is proposed to hold a Club Weekend in the Galloway area on 13-14 March 1982. Training event (Sat) + club event (Sun). This coincides with the Scottish Schools Champs in Dalbeattie on Sunday 14th. This weekend is not intended purely as an orienteering weekend - come and do anything you want ! Details will follow in the next newsletter, but contact the committee to get advance details.

Thanks must go to Roger Vandersteen, Ian Lamont and Anne Heyworth for putting on the Lothian-O-League event in Selm Muir. (Even if they did have it easy by not having to use Dermod Ruddock's black-and-white photo-copies !).

CALENDAR

Geoff Ramsay

I have details about the Carnethy '5' Hill-Race but no idea of what day it is held on ! This event starts in Penicuik and covers about 6 miles over peaks in the Pentlands. Entries must be in by 30th January. Full details (including date) may be obtained from the race convenor : William Scott, 49 Nevis Gardens, Penicuik, Midlothian EH26 8JZ, tel. Penicuik 73729
Other events are :

- Sun. 31 January L-O-L V. Calder Wood, Mid Calder Village (Masonic Halls) Mary Hamilton, Trinlaymire Farm, By Linlithgow, West Lothian (Philpstoun 224)
- Mon. 1 February Night Street Event from Scott Balfour's house. Starts 7.30pm - 8.00pm. 23 Buckstone Loan, Edinburgh EH10 6UD (031-445-3966)
- Sun. 7 February South West Scotland Championships - Fleet Forest, Gate-house of Fleet (mr. NX583525). D Wilson, 13 Elizabeth Crescent, Newton Stewart. Pre-entries: £1.20/80p by 28/1/82. EOD available.
- Wed. 10 February Cycle-0 Somewhere in Edinburgh - phone Geoff Ramsay (031-225-7457) for details.
- Sun. 14 February Borders Score Event, Lanton Moor, Jedburgh. R Hemming, 'Suilven', Lanton, Jedburgh, Roxburghshire TD8 6SU (Jedburgh 2327)
- Sun. 14 February Glasgow Galoppen VI - Mugdock Moor, Milngavie. H Storie, Boclair Academy, Inveroran Drive, Bearsden, Glasgow (041-943-0717)
- Sun. 14 February Moravian Club Event - Dounduff
- Sun. 21 February INTERLOPERS BADGE EVENT - Gullane Dunes and Archerfield Estate (NT505842) - most club members should be helping at this event. Contact Richard Horswill to find out if you can get a run.
- 26 - 28 February AROS Fun/Skiing Weekend. Entries now closed.
- Sun. 28 February Clydeside Junior Badge Event - Overtoun
- Sun. 7 March ESOC Badge Event - Laurieston
- Wed. 10 March Cycle-0 yet again. From Geoff Ramsay's flat, Haymarket Edinburgh. Details to be fixed but starts probably 6.30pm onwards.
- 13 - 14 March Proposed Club Weekend in Galloway. See page 1 for details.
- Sun. 14 March Grampian Club Event - Mulloch
- Sun. 28 March Northern Championships (N.E. England)

MEMBERSHIP FEES

Ken Ovens

	CLUB ONLY	ASSOCIATE BOF	FULL BOF
Junior	£1-00	£2-05	£5-55
Senior	£2-00	£6-35	£11-10
Family	£3-00	£9-00	£15-25

Note : Those who joined the club after the 31st October have already paid until December 1982.

MOVES AFOOT

Meg Fraser

Informed sources tell us that Aberdeen Orienteering Clubs have gone into debt to pay the transfer fees that have attracted Interlopers members away from Edinburgh. Jim Doig and Hew Fraser have been employed by Shell as part of their recent advertising campaign - "Go well with Shell on only three pints a day !". Katherine Shiach, deputy club doctor, is studying medicine at Aberdeen University. Our perpetual student John Campbell is now at Robert Gordon's Institute of Technology, shortly to be joined by our other perpetual student Meg Fraser, who is making the big breakthrough into the world of the taxpayer, and joining the staff there.

Temporary move northward : John Barrow is on a brief visit from Australia where he has been confessing to old age and running M35. He will shortly be returning to the warmth (lucky thing) for an unspecified period.

Rumour has it that the next Interlopers Committee Meeting is to be held in Aberdeen. So, book your floor and breakfast space now for Scottish Champs '82 and Deeside '83.

SITUATIONS VACANT

Club Chairman - An easy one this : must have the ability to put down hecklers at committee meetings, persuade anyone to do anything, and drink beer etc. while the rest of the committee does the real work.

Club Treasurer - Only requirement is 0-grade arithmetic and the ability to look honest when visited by the Inland Revenue.

SCOTLAND - IRELAND INTERNATIONAL

Meg Fraser

Interlopers ladies were well represented at the Scotland - Ireland international at Tollymore on December 5th. Carol McNeill, Clare Heardman and Meg Fraser were part of the Scottish Team who braved the Irish Sea and the Glengormley School minibuses to compete at the N.I. Champs.

Tollymore is an attractive area at the edge of the Mountains of Mourne; the forest was mostly runnable except for some man (and woman) - eating brambles lurking in the clearings waiting for the unwary orienteer without thigh-length bramble bashers.

Highlight of the event, however, was the team's accommodation at the event centre. The start was about 200 metres from the comfortable beds in heated rooms (warming up for the race ?) and the finish was 50 metres from the hot showers. Everything, combined with the warm hospitality of the Irish made this a most enjoyable event.

Carol won the ladies event by an impressive 10 minutes; Anne Curtis of LINOC was 3rd, Meg 5th and Clare 6th. Andy Curtis of ESOC won the men's race, leading the men's team to all first five places. So the Challenge Trophy made its way back across the fortunately calm Irish Sea to Scotland.

A GENTLE REMINDER FROM THE TREASURER

Meg Fraser

Many of you will have received your subscription reminder from BOF. However, those of you who are club members only please note that your subscriptions for 1982 are now due. The bargain rates for club membership are : juniors £1, seniors £2, families £3.

Everyone please note : Early returns of your subscriptions would be appreciated as we shall shortly be vacating 3 Juniper Gardens and moving to no fixed abode (that is, if somebody will buy a house with distinctive firework marks on the lawn !), and the new owners may not appreciate numerous bits of pink paper coming through the letterbox. If in doubt, subscriptions sent to the club secretary will make their way to me.

***** RESULTS ! *****

Ray Heyworth

Galloway '81 - 2-8 August 1981 - M17A 7 D.Guy, 61 G.Stoddart, 65 J.Laing; M21A1 7 J.Doig, 46 I.Hendrie, 56 H.Fraser, 86 S.Balfour; M21A2 1 G.Peck, 19 I.Miller, 48 C.McNeill, 50 R.Sloan, 91 K.Ovens, 112 S.Terry; M21B1 21 J.Mitchell, 31 G.Ramsay, 37 D.Kershaw, 44 P.Squire, 88 I.Lamont; M35A 70 R.Vandersteen; M43A 86 G.Shiach; M50 32 R.Heyworth; W15A 26 R.McCarthy; W17A 9 A.Heyworth, 41 K.Shiach; W19A 8 C.Heardman, 35 M.Fraser, 40 F.McKean; W35A 48 J.Pond.

Lothian Schools Championships - Cademuir - 27th September 1981 - s 3/4 Boys 18 M.Drummond; s 5/6 Girls 1 A.Heyworth.

Scottish Junior Championships - Dalry Moor - 4th October 1981 - W15 2 R.McCarthy; W17 4 A.Heyworth; M13 25 R.Paterson; M15 7 P.Hyman; M17 4 D.Guy, 5 S.Hall, 13 G.Tilling. Rona, Ann, Douglas and Stephen had championship standards and counted in the inter-area teams for S.E. Area.

Scottish Score Championships - Benarty Hill - 18th October 1981 - M17 3 G.Tilling; M21A 3 H.Fraser, 12 I.Hendrie, 13 P.Squire, 18 S.Balfour, 23 P.Woolverton, 27 G.Ramsay, 32 K.Ovens; M21B 15 I.Lamont, 18 J.Whitaker; M35 9 C.White; M43 2 R.Sinclair, 6 G.Shiach; M50 4 R.Heyworth; W17 1 A.Heyworth, 4 K.Shiach; W19A 2 M.Fraser.

Lothian-O-League I - Seim Muir (Interlopers) - 25th October 1981 - Orange M.Drummond 100 points, M.Bruce 72, H.Bruce 65; Green R.Heyworth 95; Blue H.Fraser 82, S.Balfour 69, P.Squire 66, R.Sinclair 44, I.Jones 36, G.Shiach 19, R.McCarthy 8.

Junior Internationals - (few details only) - W17 2 A.Heyworth; M17 1 D.Guy, 2 G.Guy, 5/8 (I can't read the handwriting - ed) S.Hall. Scottish girls won the W17 relay.

AMALGAMATION OF AROS/INT/ESOC ?

Douglas McKeith

In reply to the question "are you in favour of the amalgamation of AROS/INT/ESOC" Interlopers members replied as follows :

1. Postal response was 25% of membership
2. 85% were against amalgamation; 15% were in favour of amalgamation.
3. Percentages are based on the numbers in a recent membership list.
4. It was noted that the majority of replies were from 'occasional orienteers'.

Other replies may be of interest :

1. ESOC - Reply 55%, Against 40%, For 60%
2. AROS - Reply 80%, For 95%, Against 5%

I would like to draw one or two personal conclusions from the poll (others will no doubt draw their own !) -

There would seem to be quite a strong feeling of discontent with the present 3 club system (ESOC?) within ESOC. I think a 55% response in a postal referendum of this sort is quite high.

AROS was to an extent formed because certain ex-EUOC members were not wholly enamoured with the prospect of joining either existing Edinburgh club.

Interlopers members seem to be content with their lot - but I cannot be sure which way the non-voters would tend. Because of the way voting has turned out it is difficult to see any alternative other than to drop the matter, although it is rather unsatisfactory that the results are somewhat inconclusive (this was to be expected I suppose).

Finally, I would like to thank all those who replied to the questionnaire.

A LETTER FROM DOWN-UNDER

Dear Mr Ovens,

I am writing to you as a visiting Australian orienteer belonging to the Parawanga Club in ACT which I believe has a connection with your club. As I understand it, some time ago Carol McNeill brought back from a visit to Australia a copy of our motif which you adapted and adopted as your own motif. We at Parawanga are flattered and pleased that you have done so, if indeed the story is true, and before coming over here six weeks ago I got together some maps (enclosed) and three Parawanga T-shirts (short-sleeved sweat shirts) to swap with any of your members who may wish to. The T-shirts are sizes 16, 18 and 20 (brand new). The map was made this year for the ACT Championships and may be of interest to some of your members coming out for the 1985 World Championships.

Speaking of the 1985 Championships, our club may be able to help some of you with accommodation, transport etc if you need it. I guess we could be called sister clubs and we will be pleased to help in any way we can.

I leave in just over a month to return to Australia so would be grateful if you could send any spare Scottish (and elsewhere) swap-maps back before then, together with details of anybody who would like to swap a T-shirt.

I am at present Treasurer of Parawanga Orienteers and my address in Australia is 6 Bardsley Place, Holt, ACT, 2615, Australia for any correspondence after early December.

I look forward to hearing from you.

Yours sincerely

Peter Plunkett-Cole

Ken sent on some maps and T-shirts and received three T-shirts in return. Anyone wanting one of the Australian maps (pre-marked with all controls and lists of which controls are on which courses) should contact Ken.

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ADDRESS CHANGES

I have just received the following information from the Edinburgh Club.

New members :

Caroline Giles - 4 Pentland Crescent, Edinburgh EH10 6NP 031-445-2424

John Edwards - 20 Orwell Place, Edinburgh EH11 2AF 031-337-3666

Dave Copeland M21 (F) - 3 Brandon Terrace, Edinburgh EH3 5EA 031-551-7720

Andy Spenceley M21 (F) - 39 Mayburn Avenue, Loanhead, Midlothian EH20 9EY
031-440-0597

Jill Nuttall W19 (F) - 41 Circus Lane, Edinburgh EH3 6SU 031-225-9728

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Ann Ritchie - now at 8 Leslie Place, Edinburgh

Katherine Shiach - now at Fyfe House, Hillhead Halls, Don Street, Aberdeen
AB9 2WU

Christine Tringham, now Christine Edgar - new address 12 Belford Terrace,
Edinburgh EH4 3DQ 031-332-4253

Graham Guy - now at Guisachen, Bailater Road, Aboyne, Aberdeenshire
AB3 5HY 0339-2134

Hew Fraser - now at 11 Glascairn Avenue, Portlethen, Aberdeenshire
0224-780414 (note - Meg will be staying on in Edinburgh
until March)

Our nomadic member Richard Horswill has yet another address - 41 Circus
lane, Edinburgh EH3 6SU 031-225-9728

***** STOP PRESS ! *****

The Eildon Run (if you knew about it !) is postponed until the summer.
Date for the Carnethy Hill Race is the 20th February.

Next committee meeting - 8th March - Gordon Shiach's house
(newsletter is aimed for the middle of that month)

SOCIAL - an 'alternative intervals' training session in the Commonwealth
Swimming Pool - Tuesday 16th February 7.30pm.

Training weekend etc (club outing !) 13/14 March is definitely ON. Venue
is Dalbeattie - probable cost is under £10 (excluding transport). Contact
Scott Balfour by 19th February to make arrangements for accommodation.

AGM - to be held on 7th May. Club dinner to be held afterwards (same sort
of thing as last year).

Scottish Relays - if you want a run in a club team let Ken Ovens know
by 1st April at the latest.

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That's all folks !

If you don't like this newsletter, try this extract from a well known company's newspaper! - ed.

So he didn't even notice the blonde ..

IT'S the little extra — and how much it is! — that counts.

So says Richard Horswill as he heads towards joining 12,000 others in the great London marathon in May.

Its course is 26.2 miles.

"What gets you is that last .2 of a mile," he said.

At nights, after he leaves head office in Edinburgh, where he assists systems engineer David Kilgour in Food Services development department, he runs varying distances of four to eight miles until he has totalled between 30 and 40 miles in the week.

He is now preparing to step up that schedule to 50 or 60 miles a week.

When he refers to that little extra he speaks from experience.

He had never run more than 15 miles at a time till he entered the Aberdeen marathon in September.

"Marathon men talk about 'The Wall' — a threshold they train themselves to pass through," he said. Halfway through the race I swore never to do it again. At the 24th mile my whole body ached terribly, but I thought: I've got this far — so I'm damn well going to finish."

As he crossed the finishing line, he was presented with a medal from the sponsors for completing the race, and he was so exhausted that he failed to notice that the one presenting the medal was a most attractive blonde model.

Richard continued: "I completed the race in three hours fifty-eight minutes — that's running at about 6.5 to 7 miles an hour. I want to get up to eight miles an hour for London."

Richard (23) is a Londoner. After school at Romford, Essex, he took a BSc (Hons) degree in geography at Leeds University. In 1979 he joined our graduate trainee programme.

HIS OTHER SPORT

Marathon running is an extension of his other favourite sport — orienteering.

"That started when I took an outward bound course at Ullswater in the Lake District in February," he remembered.

"After basic instruction in orienteering we were dumped on a snow covered mountainside and told to find our way back to the school."

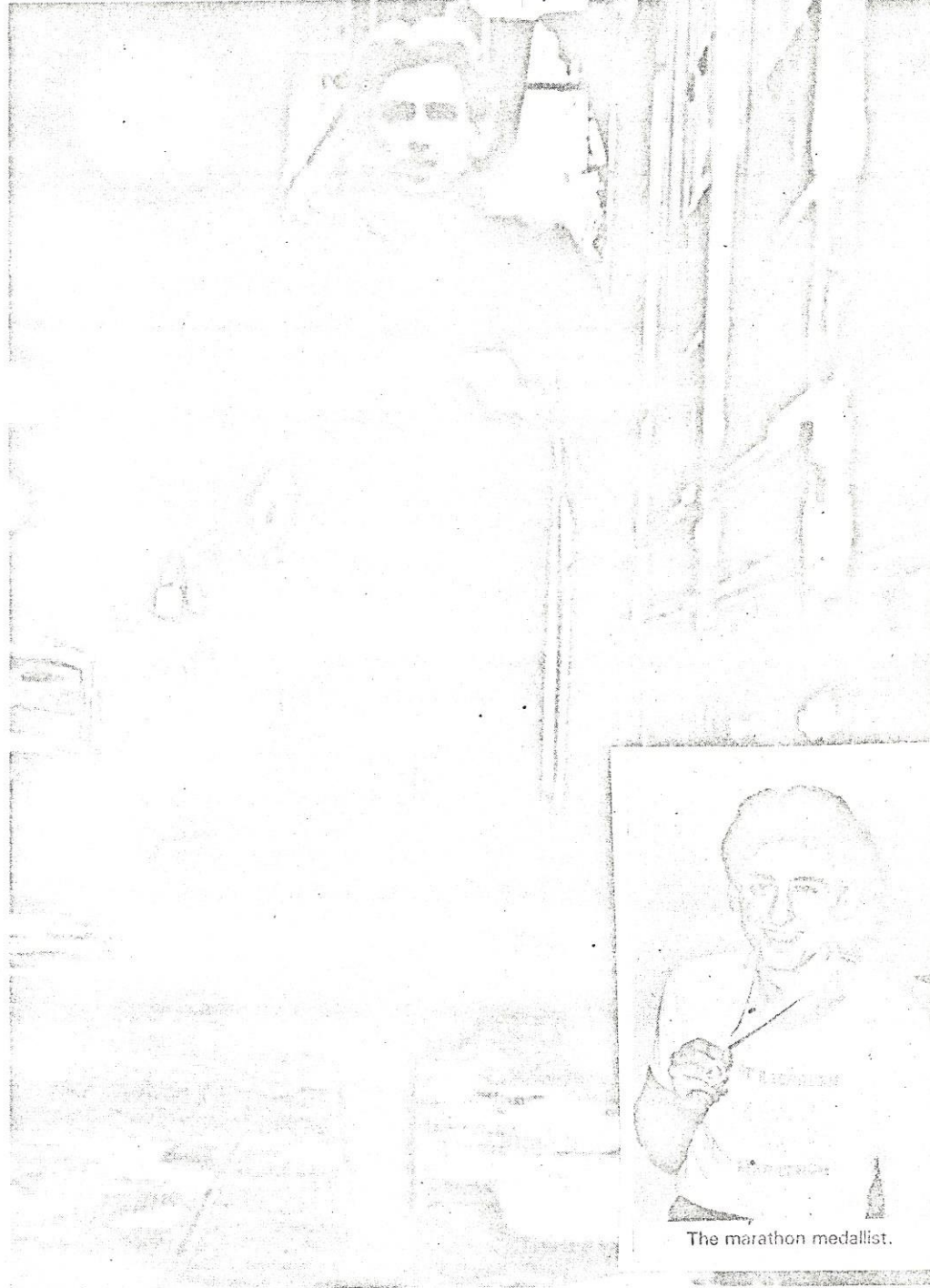
Richard is a member of the Interlopers Orienteering Club in Edinburgh and a member of the south east area committee of the Scottish Orienteering Association, for whom he is currently helping to organise a Scottish regional event at Gullane, North Berwick, in February.

Said Richard: "We expect several hundred to attend from 10 to 50 year old — individual men, women and families. There will also be a 'wayfarers' course for beginners."

When he was 19 he took the Northern Night Orienteering championship in Northumberland "for not getting lost in the dark!" and came a respectable 12th in his class in this year's British championship in Newcastle.

He hopes his marathon training will help him at next year's national orienteering championship near Aldershot.

"But they're held a week after the London marathon," he said. "I couldn't run for two weeks after the Aberdeen race because my knees ached. I'll probably have to take a week's holiday in between to try to



RICHARD HORSWILL — over 50 miles a week training for the London Marathon

***** STOP PRESS *****

New address for John Mitchell - 7 West End Place, Edinburgh
031-337-6618