

COMPASSSPORT CUP

We have entered the CompassSport Cup, an inter club knockout competition. This is a team competition in which the best three finishers in each of five courses are awarded points which are then totalled. It can be seen that we need AT LEAST 15 people to run for us in these events covering ALL the age groups. The five courses are:-

- A 7.5km M21,M35,M40,M19,M17.
- B 6.0km M40,M45,M50,M55,M17,M15,W21,W35,W19.
- C 5.0km M55,M60,M65,M15,M13,W40,W45,W50,W17,W15,W13.
- D 4.0km M55,M60,M65,W35,W40,W45,W50,W55,W60,W65,W19,W17.
- E 3.0km M13,M11,M10,W55,W60,W65,W15,W13,W11,W10.

We have been given a bye to the second round where we will meet Forth Valley. The event at which this clash will take place has not yet been arranged but will be some time later in the year. Please support the club in this competition when further details are released.

THE CAPRICORN

Michael Burton

The Capricorn is a soft version of the Karrimor Mountain Marathon, an event for those who like to think they can cope with the challenge of mountain entering on the fells but prefer to retain a few of the luxuries of life. Compared to the Karrimor the courses are not quite so arduous, you do not have to carry your equipment, the weather is better, and most importantly you can go to the pub in the evening!

This year the event was centred on Dufton in the North Pennines, a watering hole for Pennine wayfarers just before the biggest hill on the walk, Cross Fell. We were using a first series OS 1:25,000 map which the organisers promised is positively the last time a first series map will be used. I certainly hope so; to say the least you required a lot of subjective judgement in interpreting the contours. For instance, it helped to be able to tell when the plateau you were crossing was in fact the area crossed by contours on the map, and visa-versa. Generally the map was completely featureless; apart from the contours there were vast areas of ill defined peat hags and a few random ditches. The only navigational technique to use, and one which I was taught in the pub the night before the event, was to set your compass, look at your watch and set off, having measured the leg length and knowing that, for instance, in an hours time you would be in the vicinity of the control circle!

We were provided with a taste of what's to come in this year's Karrimor, which everyone knows will be held on Bleaklow/Black Hill/Kinder Scout in the Peak District, despite the refusal of the organisers to admit to it. This part of the Peaks is fairly flat, being basically a large plateau about 2000ft high. You might think this would make it relatively easy going, with no huge climbs to worry about. However the plateau is one vast peat bog. Now peat itself isn't too bad, you only sink in about 3 inches every step, but the peat is arranged in an extensive network of ditches, known locally as groughs. To traverse the plateau you are continually clambering into and out of these, and it doesn't take long before exhaustion sets in. Well on this year's Capricorn about 1/3 of the course was through such peat hag, and even this was relatively mild compared to the peaks.

My running became a jog which became a walk and finally a stagger before I completed this part of the course and I wondered what I was doing here and whether I'd ever see my tent again. And yet comparing times afterwards I was probably the fastest in my class on this section. What my fellow competitors felt I wouldn't like to describe! We spent about two hours enduring this hell, but on the Karrimor you can expect ten to twelve hours of torture.

So be warned.....



HELP REQUIRED

Helpers are required for our Badge Event at Normans Law on Sun. 23rd Sept. If you can help on the day, then please phone Pete Coultery and leave your name. Provided that you tell him in advance, those who want to run in addition to helping will be able to do so. The work is not hard but someone has to do it. Please do not just leave it to "Someone Else".

SOCIALS

There are two socials in the near future that I know about. These are both being organised by ESOC members but are intended as joint socials open to members of either club.

Friday 28th September - at Dave & Janice Nisbet's, 67 Lasswade Road (They have recently moved here) Optional Street-O with starts from 7pm to 8pm followed by a Cheese and Wine Evening. Bring some cheese and wine!

Wednesday 17th October - Snooker Evening Demaros, Grove Street. 6pm-11pm. Cues, ball and bar service included. A small contribution will be asked for (£1). If you are thinking of going, please contact Ben Bate, 2A Oxford Terrace, Edinburgh EH4 1PX. (343-1835)

THE QUESTIONNAIRE

I would like to thank those of you who completed the questionnaire about the merger of Interlopers with ESOC. The results are tabulated below as are those from ESOC. It is worthy of note that the responses from the two clubs are very similar. Special thanks are due to those of you who put comments on the form. These have all been read and considered by the committee. Some very strong opinions were expressed, both for and against a merger with good reasons being given for both views. The overall effect of these results on the running of the club is likely to be very little. Socials will be joint between the two clubs as is already starting to happen, the clubs will not merge and there will be some inter club discussion about the newsletters.

Interlopers Results

	YES	?	NO
In favour of merger	13=41%	4=12%	15=47%
In favour of joint socials	30=94%	2=6%	0=0%
In favour of joint newsletter	23=72%	1=3%	8=25%
Would join a joint club	26=81%	3=9%	3=9%

The total poll was 32 out of a possible 83 (38%) Families were counted as 2.

ESOC Results

	YES	?	NO
In favour of a merger	12=44%		15=56%
In favour of joint socials	27=100%		0=0%
In favour of joint newsletter	15=56%		12=44%
Would join a joint club	23=85%	1=4%	3=11%

The total poll was 27 (80%)



The chance of a week walking in the Pyrenees before the French 5 days was too good to miss. It was only at Lourdes, whilst gorging croissants & coffee that we; Bob, Jane, Pete, Christine and myself, finally decided a plan of action. This agreed, a visit to the famous grotto and a raid on a local supermarket followed before the team departed for Gavarnie.

Rumours of deep snow - ice axes required? Yes? No? Debate - disappointment?! - Decision - no ice axes.

Gavarnie has a reputation of a tourist trap with a strong smell of horse manure. We arrived to find it deserted with low level cloud letting our imagination run wild on possible sightings of the mountain tops. Not so the following morning, a crystal clear view of the Cirque (corrie to us Scots) de Gavarnie. Mind blowing stuff, a corrie 5km round with cliff faces stepping up a height of 4500'-5000'. Bob had planned a gentle first day to break us in, a climb up to a hut above the main part of the corrie - approximate time 3½ hours according to the guide book. Almost 6 hours later we staggered into the hut having negotiated, in the scorching sun, a 4000' climb with heavy packs, the last 1500' in soft snow! After a much needed 5 star menu, we just sat transfixed by the incredible distorted rock faces of the cirque.

Day 2 took us up the snowfield through the Brèche de Roland (8000') and into Spain. Walking below the cliffs under drips of melting snow Chris declared that an umbrella would have been useful. Hei presto! - a Frenchman from a party of walkers stopped for lunch jumped up, put up the brolly and escorted the ladies under the dripping snow. Who needs an ice axe - its an umbrella thats required! The campsite that night saw us below the snow level again, and where our resident weatherman forecast a storm brewing. Half an hour later the tents were bombarded by hailstones for 20 minutes, only to be treated to a second performance in the middle of the night.

The Ordesa National Park provided a totally different scenery to that before, a limestone valley reminiscent of a miniature Grand Canyon, ( the best description I can give as a non geologist). Although a downhill trek all that day, the further we descended the hotter it got, so the shade of trees was gladly welcomed. This plus the prospect of a cold beer at Torla at the foot of the valley kept us going. Later that evening we dined in a local restaurant in Torla, which shall be best remembered for four bottles of the local plonk costing less than four plates of soup and John doing the Spanish tourist rep. bit pontificating to two Americans on the beauty of the Ordesa Valley.

As expected it was a late start the following morning with a long siesta at lunchtime as we headed up the Ara Valley. This long valley is less visited by walkers, but still has a character of its own. We saw eagles and a wide variety of colourful alpine flowers and orchids, which could classify it as a botanist's paradise. Jane luckily avoided a moment of extreme embarrassment as a troop of Spanish soldiers marched through the camp just as she'd headed off to wash!

A few chocolate stops later, and back above the snow level, we spotted our first herd of chamois. From here we made the final climb of the trip up to the Col des Mulets and back into France. The descent into the Valley de Gaude was great entertainment, glissading down the snow. Quite a comparison to the caution shown 4 days previously. Near the bottom we saw a marmot scrambling up the rocks. Having spent a day walking round Vignemale (10,750') being treated to glimpses of it at intervals, the sheer magnificence of its north face was revealed. Quite a dramatic sight. Dreams of climbing it were expressed but alas time and equipment prevented an attempt.

The final day highlighted the necessity to avoid the Pyrenees during July/August (French holidays). The paths were crawling with crowds heading for the mountains armed to the hilt with all the gear. A quiet joke was made of this following an ice cream stop on the way down, as John finally got his ice axe, a scaled down version incorporating a pen, and scaled down climbing rope (string) which was proudly displayed attached to the top of his rucksack. Alas all good things come to an end and Caunterets signaled the end of holiday part one.

Day Zero: John Mitch arrives on 50cc Sony Walkman. The campsite is a mass of tents shaded by mature Corsican Pine trees with huge cones that would be very painful if they landed on one's head. A lake with sailing & windsurfing facilities is 400m away, the Atlantic is 5km away. The social centre at Maubuisson a short cycle there and a dangerous cycle journey back!!

Day One: The Interlopers O-suit is revealed to all, highlighted with fluorescent hair! It certainly attracts attention. Bob's week was made by a special photograph in O-suit with the Norwegian National team! At the end of the race every suit had been bloodstained and battle scarred. Very hot and cruel run-in along the beach with action photos being taken of every finisher. Prize for best photo goes to Jane. Mike suffers from course overprinting being 1cm out. Bob & John M can cope with nude Scandinavians. "It's only the British who seem worried about the nudity around here - Cor! Look at her."

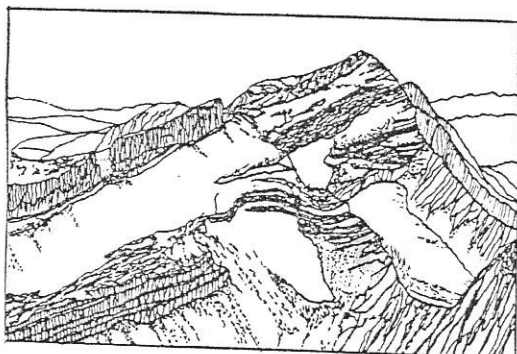
Day Two: My birthday and what a start, sledgehammer pounding the head - make for shade as far too hot - drink endless cups of water & coffee - make start time - had a good run. Bob suffers effect of Treasure Island map and DNFs. Close competition between Pete C and John C (Pete leads by 7 secs). Strong rivalry between John M, Ken, Calum & Pete Duthie. All out for a meal with Radio Monte Carlo beaming out the background vibes.

Day Three: Very hot, Pete & Chris amongst the many who suffered the heat. Dusty car park. Ken's car changes colour from brown to white. A group head off to see Pila sand dune. 114+m high, but height varies depending on price of post card.

Day Four: 9am, JC & PC have windsurfing lesson, Pete having completed his run for the day. Temperature unreal - 96 F in the shade when I started at midday. Had a good steady run but pulse rate still at 120 15 minutes after finishing! Mike is in a commanding position in H21A1 being in the top 3 with Pete C and JC 18th & 20th respectively with less than 1½mins between them in the chasing start the next day. The competition in H21B is still strong but John M looks set to hold off his rival Int members. The windsurfing bug takes off. Pete C is hooked, John M displays a fine talent at raising the mast out of the water while Steve captures all these moments with his telephoto lens. I am unable to cope with the topless goddess who comes out of the water and strides straight up to me, grabs my arm and babbles something in French which Bill and I eventually fathom out is a request for the time. Meanwhile the eyeballs have been doing Marty Feldman tricks.

Day Five: The chasing start and the pressure is on. Mike, alas, blows it but still has excellent overall result, 6th in H21A1 (135+ competitors). JC almost catches Pete C by 1st but Pete pulls away at 5th. Pete about 17th, JC 22nd. John M succeeds in holding off his rivals, beating Ken by about 5 mins over the 5 days. We return to the campsite to find that it has been allocated to someone else so the main Int/ESOC contingent split, some for home el pronto, others to the Pyrenees, Loire etc. leaving only Mike, Sarah & JC to enjoy the final night celebrations. now experienced at cycling back in the dark!

Epitaph: The O-suits were perfect in the heat, the event well organised & in an excellent setting. Like the last French 5 Days in Alsace, there are a few moments that are well engraved in the memory bank. The next French 6 Days is in 1986. See you there.





A number of club members will already know of the 'Lothian Mountain Challenge' either because they have competed on one of the four occasions when this annual event has been held, or because they have read one of the previous articles about the event in this Newsletter. Despite this, and because there will undoubtedly be a significant number of Club members who know nothing of the event, I felt it was worth using the Newsletter to publicise the 1984 competition, which will take place on the weekend of 8-9 September, and to briefly outline the background to this interesting and exciting weekend competition for young people, to which the Club has donated a Challenge Trophy.

The Lothian Mountain Challenge was the idea of Cliff White, unashamedly based on the general format of the Karrimor Mountain Marathon but only available to Senior Secondary pupils, effectively making the age group from 15 to 18 years. On the four previous occasions it has been run, the event has been organised by Cliff White and Peter Woolverton and has received the generous sponsorship of Graham Tiso who has provided prizes, refreshments on the day and a Challenge Trophy for the premier class, the Gold. Two other classes are available (Silver and Bronze) giving three courses of different lengths and technical difficulty. It is expected that entries, in teams of 2 or 3, will be competent hillwalkers and orienteers and thus be able to select and use equipment necessary for the two days of the event and the overnight camp in between. Course lengths are 35, 25 and 20km approximately for the Gold, Silver and Bronze courses respectively. During its first 4 years, the event has used 2 areas, the Moorfoot Hills, North of Glentworth (1980 & 1982) and the Glensax area of the K.M.M. map (1981 & 1983). Following last year's event, it was widely felt that a third area was desirable and this year's venue is the Lammermuir Hills in East Lothian. We are extremely fortunate in Lothian to have such a range of suitable countryside within reasonable travelling distance and despite the early difficulties of getting access permission from 12 different land owners, now that the planning is virtually complete (Planner-Dewi Jones) I am sure that the area available will be as suitable as those used previously.

A quick glance down the list of Junior Club members shows that a large proportion of them have competed in the LMC and I am sure that most of them are able to recall pleasant memories of the competition and the companionship, even those who competed in the pouring rain of 1983.

Entries are now arriving for this year's event and there is no doubt that the 160 available places will be filled. I am sure the weekend will provide exciting competition and ample reward for those who are there.

Spectators at start and finish, and general helpers are extremely welcome and I will be pleased to hear from anyone who would like more information.

#### EVENTS

A number of evening events are being organised during September. The first will be a colour coded event whereas the other two will be very informal and aimed basically at schools.

Wed 5th Sept. Selmuir, 3 miles SE of Livingston. Parking at Ormiston Pig Farm (GR 098662). Approach via A70 turning off 2 miles W of junction with B7031. At least three courses available. Starts 5pm- Starts 5pm-6.30pm, Registration opens-4.30pm.

Wed 12th Sept. Riccarton, Heriot Watt Campus. CATI (Come and try it). Starts from 4.30pm.

Wed 19th Sept. Colinton Dell, Dovecot Park, off the Lanark Road. CATI. Starts from 4.30pm.

For further details of these contact Andy Spenceley.

#### CALENDAR

##### September

Sun 2nd Edinburgh Marathon  
Sun 2nd Moravian Bull Badge Event - Newtyle Forest Sheet 27/053552 Entry on the day only. Organiser D.Ritchie 0343-46978  
Wed 5th Evening Event, Selmuir. (See "Events")  
8th/9th Lothian Mountain Challenge  
Sun 9th Midlands Galoppen 1, Lochore Meadows Country Park. NT171961 Entry on the day. Organiser R, Philp 0337-30823  
Sun 9th RR Informal Event, Bowmont Forest, Kelso  
Wed 12th CATI, Riccarton. (See "Events")  
Sun 16th Glasgow Galoppen 1. Organiser D.Lafferty 041-778-8872  
Wed 19th CATI, Colinton Dell. (See "Events")  
Sun 23rd INTERLOPERS BADGE EVENT - NORMANS LAW Helpers needed - see front page.  
Fri 28th Wine & Cheese (See "Socials")  
Sun 30th SE Area Champs - Pentland Hills Entry on the day available  
Organiser S.Edgar 031-440-4123 (ESOC)

##### October

Sun 7th MAROC Badge Event - Glen Tanar, Aboyne Map Ref. 503971. EOD available  
Organiser E.Hall 0339-2685  
Mon 8th Interlopers Committee Meeting 8.00pm.  
Wed 17th Snooker Evening (See "Socials")  
Sun 21st Scottish Score Champs - Dollarbank  
Organiser H.Fairlie 031-668-2147  
Sun 28th Midlands Galoppen 2 - Tentsmuir North  
Organiser R.Speirs 0334-74649  
Sun 28th RR Score Event - Bowmont Forest, Kelso.  
Organiser L.Macpherson 0450-72503

##### November

Sun 4th West Area Champs - Dalry Moor

##### EVERY TUESDAY

Interval Training, The Meadows. Be at the east end of Melville Drive ready to run at 7-45pm.  
Pub Night, Southsider, West Richmond St., 9pm.

##### EVERY THURSDAY

Training run from Meggetland (off Colinton Rd) starting 6pm. Changing rooms and showers.

#### BITS AND PIECES

On returning from France on Saturday 14th July, Ian Lamont found a letter telling him that as from Monday 23rd July he would be working in Carlisle. As a result of this move, he has resigned as treasurer and I am sure that we would all like to thank him for all the work he has put into this job over the past few years. He is currently staying in a hotel in Carlisle and has not yet sold his flat in Edinburgh but eventually will be looking for more permanent accommodation down South.

Hilary Fairlie has kindly agreed to take over as treasurer for the rest of the year and I would like to take this opportunity to welcome her to the committee.

We are organising a Lothian-O-League on Sunday 9th December in Colinton Dell. Sarah Wood is organising and John Campbell planning. Helpers will be needed on the day as usual.

Plans for the proposed mapping course are progressing but not yet finalised. It will probably take the form of a few evening classroom sessions followed by a day out actually mapping a new area.

#### NEW MEMBER

We welcome Brian Millar to Interlopers. His address is 5 Ettrick Grove, Edinburgh EH10 5AW (229-6684).

#### ADDRESS CHANGE

Jean Smith has moved to 21 Braiddurn Terrace, Edinburgh EH10 6ET.