

BITS AND PIECES

A second batch of the new Interlopers O-suits have arrived and are available for sale. If you are interested then get in touch with Pete Couldery as soon as possible. The last batch sold out quickly so don't waste time if want one.

In case you have not noticed, the new suit features on page 5 of the latest issue of CompassSport being modelled by Graham McIntyre. The tops alone are selling well as high visibility clothing for night training!

Those of you who are members of BOF, the British Orienteering Federation, will be receiving your membership renewal forms by the end of November. Instructions and details of the fees due will be on the forms. If you are not a member of BOF but would like details then get in touch with Andy Spenceley.

The next issue of this newsletter may be a joint edition with ESOC. I know that this has been said before, but this time its more likely to happen. This follows as a result of the recent Questionnaire, the results of which were given in the last newsletter. Any suggestions concerning the format or contents of the new style newsletters would be most welcome.

Anyone interested in going to the Swedish O-Ringen next year can obtain details from Ray Heyworth who has a copy of the advance information.

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NEW MEMBERS

Welcome to the following new members of Interlopers.

Charlie Walton, 55 Manor Place, Edinburgh EH3 7EG. 225-5762. He joins us having graduated from STAUCO.

Christine Whalley, Top Flat, 243 Morningside Road, Edinburgh. 447-5759. Christine is at Moray House having recently moved up from London.

Neil Buchanan, 101 Swanston Avenue, Edinburgh EH10 7DA. 445-1239. Neil has been a family member for a few years but now joins us in his own right.

ADDRESS CHANGES

Rawdon Hesketh moves to 39 Well Court, Dean Village, Edinburgh EH4 3BE. (225-3792)

Andrew Loudon moves to 2 Trinity Court, Wardie Road, Edinburgh EH5 3LE. (552-3367)

Graham McIntyre moves to 5 Viewforth Square, Edinburgh. (229-2282)

Pete Couldery moves to 46 Strathearn Road, Edinburgh EH9 2AD. (447-3579)

Susan Wilkie moves to London but postal address becomes "Glenfruin", Knockbuckle Road, Kilmacollm, Inverclyde.

Jean Smith now has a phone...447-0021.

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SOCIALS

More dates for your diary. Come along and meet club members out of their O-kit.

Wednesday 21st November - A slide evening with the emphasis being on slides of Interlopers activities abroad this summer. If you have any slides or prints then bring them along. This will all take place in Hilary's flat; Top Flat Left, 54 Rankeillor Street, Edinburgh. Things get under way at 8-00pm.

Thursday 20th December - Christmas Party!!!! The venue for this has not yet been finalised but it will take place. If you dont hear where it is to be held before it is due to happen, then phone someone to find out.

January - A Burns Supper. More details later.

If you have any ideas for social events then dont hesitate to get in touch with our social secretary Pete Couldery.

MAPPING COURSE - NOVEMBER/DECEMBER 1984

A short course intended for those who have done no or very little orienteering mapping. It is suitable for all ages (-and Juniors are most welcome) and open to anyone from orienteering clubs in S.E.Scotland.

There are several very good reasons for learning something about mapping:

- it can dramatically improve your orienteering technique
- it is an enjoyable offshoot of orienteering in its own right, and can present a considerable challenge.
- the Edinburgh and S.E.Scotland area is relatively poorly off for orienteering maps. One of the reasons for this is a shortage of mappers.

Andy Curtis of ESOC, a very experienced mapper and a number of other experienced mappers will be running the course which will take place on:-

1) Monday 26th November Liberton High School 7-9pm.

An introduction to mapping techniques, including discussion of the following:-

- Base Maps ; Ordnance Survey/Photogrammetric Flots
- Use of sighting compass and clinometer.
- Pacing
- Practical techniques in the field; boundaries, features, runnability.
- Field Work; draft map preparation, symbols.
- Checking and uniformity.
- Preparation for exercise on Saturday 1st Dec.

2) Saturday 1st December Ewes Hill, Stow nr Peebles
10am-1pm.

A practical mapping session in an area which Interlopers will shortly be mapping and will be suitable for Lothian-O-League type events.

The group will be split into teams of 2-3 people, each accompanied by an experienced mapper, and given a small part of the area to map.

Transport to and from the area will be arranged.

3) Monday 10th December Liberton High School 7-9pm.

A follow up to the practical session on Saturday 1st to include discussion of:-

- Problems encountered during the practical session.
- Draft map preparation.
- Cartographic techniques.
- Stages in preparation of final map.
- Future scope for mapping in S.E.Scotland.

The course is free. If you are interested in attending all or part of it, please contact Bob Cherry (447 3579), 46 Strathearn Road before 16th November.

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COMPASSSPORT CUP

Our original plans for the CompassSport Cup have had to be changed. The first round match will now be against FVO at Kinnoull Hill, Perth on Sunday 11th November. This event is being organised by EUOC.

If we win this match, we would go on to meet ESOC at Spottiswoode on 18th November.

To have a chance of winning we need to be able to field a lot of runners. A selection of members eligible to compete in each class is given below. If your name features, or even if it doesn't, get in touch with Andy Spenceley and let him know if you can run. We will try to arrange transport for those that need it if we are given enough notice.

A Course R.Cherry, P.Couldery, M.Burton, S.Balfour, A.Spenceley, G.McIntyre, C.Walton etc.

B Course C.Whalley, P.Hyman, F.Hendrie, F.Paterson, F.Craddock, M.Drummond, C.Ramsay, I.Ramsay, G.Hunter, R.Keay, R.Sinclair, G.Shiach, H.Fairlie etc.

C Course M. Wood, A.Meikle, C.Blaney, N.Taylor, N.Buchanan etc.

D Course R.Heyworth, J.Smith, K.Shiach, J.Pond, C.Sinclair, L.Boyd, B.McCaw, S.Kennedy etc.

E Course C.Boyd, W.Forsyth, G.Boyd, D.Sinclair, A.Sinclair.

...AND NOW FOR A CHANGE

Andy Spenceley

As the editor has decided to follow the great tradition of CompassSport and include fell running in this issue, I have been given the task of writing an article, being a particularly keen supporter of hill races.

Hill running is an old sport at both professional and amateur levels but it has always been low key until the past two years. The sport is now attracting a lot more publicity and sponsorship due to a Scottish Hill Runners Association being formed and a Scottish Championship started. Even so, hill running is still very much the poor relation of road and track running.

The Scottish Championship consists of scoring points in 8 out of 12 nominated races. These races ranging from 3-5 mile sprints such as the Eildon 2 Hills Race at Galashiels to classics such as Ben Lomond and Ben Nevis and to long races such as the incredibly rough Bens of Jura race and the socialites 2-Breweries race from Traquair to Broughton. There are many other races in Scotland including the Edinburgh 7 Hills Race which starts on top of Calton Hill and covers all the other Edinburgh hills, the Lairig Ghru Fun Run(!) and the Greenmantle Dash at Broughton - a cure for New Year hangovers.

There is no denying that hill running is hard work, but it is also very satisfying to haul yourself to the top of a mountain and hurtle down. The sport combines man to man racing, which orienteering usually lacks, with a sense of achievement and a friendly and uncomplicated approach which has largely disappeared from orienteering.

The emphasis in hill running is not on sheer pace, but on endurance and the ability to keep going on the ascent. You also need reasonable eyesight, balance and some fearlessness in order to descend well - which most orienteers have as a result of running in rough forests.

Perhaps because of the love of rough ground many orienteers have tried hill racing at one time or another, although many limit themselves to the once a year masochism of the Karrimor Mountain Marathon.

The best known orienteer/fell runner is Jack Maitland of Grampian Orienteers, who races regularly against the best English runners, with some success. This has left the Scottish Championship open and two orienteers are fighting for this year's title as the season draws to an end. These being myself and Andy Curtis of ESOC, doing our bit to restore inter-club rivalry after making peace and joining forces for last year's Karrimor Mountain Marathon.

Several Interlopers can be seen on the fells from time to time. These include Mike Burton (now hooked on the sport), John Campbell, Dave Copland, Calum McIntosh, Carol McNeill, Jon Musgrave, Pat Squire, Cliff White, Peter Woolverton and myself.

WINTER '83 - SUMMER '84

Ann Heyworth

1983, and moving into the top women's class, D19, proved to be rather a large step to take and I had to increase my training dramatically to cope with the longer distances. It was quite a relief to hear that D19-20 was to be introduced in 1984.

With a good winter training plan ahead of me, including some morning sessions, it was known for me to wake up the household at some ridiculous hour in the morning as I left, clad in four layers or more to watch the sun rise over York race course. All went well until the beginning of December when I fell from the tremendous height of the bottom doorstep of my house, injuring my left ankle. For the following two and a half months the only miles clocked up were those in a swimming pool. As the championship season drew nearer I was still unable to run let alone orienteer.

My first major hurdle of the year was the British Student Champs, held at Trossachs. Such rough terrain was not inviting, but I found myself in 8th place. The beginning of April was hectic as I travelled to the "deep south" (Harpden, 30 miles N of London!) to begin a year as a "sandwich student", only to return north six days later to Torver Common, the Northern Champs, where I had one of my best runs this year (2nd D19).

With recovery from injury almost complete and a third place in the JK, I found myself selected for three trips abroad. The Scottish was the first of four busy weekends, followed by the British (where I gained an excellent result from a far from perfect run - see results).

On 7th June I was collected by Dave Gittus (along with Pakit Hyman) for a trip to the Eifel-3-day held near Simmerath, W.Germany. We were greeted at our accommodation, "Hotel zur Poste", with a mere sample of the food which was to be placed before us over the next few days. One day prior to the competition we all tried the dry toboggan run. The only person to come off the track on one of the bends was of course the TM himself. I had my best run of the 3 days on day 1 (14th in D19-34E). Days 1 and 3 were generally hilly with day 2 being held on a flat uninteresting military area with very steep sided river valleys. Pakit had a couple of good runs to finish 5th in H17-18.

On returning from this trip I fitted in three days work before flying out to Hamburg (en route to Aabenraa, Denmark) for the GB v S.Sweden v Denmark international. The individual day was plagued with high nettles and deep steep sided ditches (in which I got stuck). I was quite disappointed with my run. The relay was a little better - except that on this run I encountered a field full of shoulder high nettles through which I proceeded to run. I know that I was not alone suffering from stings! I have to admit that although the competition and the experience were excellent I did not enjoy running in this type of terrain.

A well earned rest was deserved after this month of rushing around Britain and Western Europe but the summer was by no means over.

In July 1984 the World Student Games were to be held in Jonkoping, Sweden. The main selection races were BUSF and JK. Jonathan Musgrave gained a place in the team and I was a reserve. Three weeks before the games 13 of us (10 team members and 3 reserves) plus Martin and Margaret Hyman, Carol McNeill and Graham McIntyre, a strong Interlopers contingent, assembled 30km from Jonkoping to train for the WSG. After correspondence with Carol all our morning exercises had been planned by a local club member and were in some of the best forests in which I have ever run. The weather was not too hot but was perfect for training. At the beginning of the first week the exercises tended to concentrate on long legs using large features and high controls to build up our confidence, gradually progressing to few features and low controls. Afternoon exercises were planned to apply a little more pressure e.g. relays.

The second week in Sweden was spent near Norrkoping, the venue of the Ostgota-3-days. This terrain was slightly different: there were many more rock features and it was far more detailed, and certainly rougher underfoot. All the WSG team members were entered on H/D21E with the three reserves in H/D19E. Day 1 was the experience of a lifetime! The detail on the map was amazing. The best I could do was to go slowly and keep in contact the whole time. Even inside the circles you had to know exactly which little re-entrant you were looking for because the controls were very neatly tucked out of sight until you literally fell over them. Fortunately keeping in contact paid off. Day 2 - I speeded up a little and became conscious of rushing into the circle and losing my position. Day 3 - a chasing start. Feeling the pressure I made two early mistakes at nos. 1 and 2. Half way round I was passed and from then on the continuous training of the last two weeks began to take its toll. I think most of us felt the same way. I finished third.

I think I benefitted from this last trip most of all. It was organised well and we trained when and however much we wanted so that each of us could gain as much as we were capable. Personal thanks to the leaders of this trip. I think the WSG team was extremely well prepared.

I was not called upon to run in the WSG but Jonathan came 27th.

CALENDAR

October

- 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 (63/205527)
K.Melville, Tarcoola, Montgreenan, Kilwinning
029-485-379. Entries on the day available.
- Sun 11th CompassSport Cup match against FVO at Kinnoull
Hill, Perth. See separate article.
- Sun 18th GRAMP Badge Event - Coull, by Aboyne.(37/512015)
U.Lewis, Smithy Cottage, Whiteford, Pitcaple,
Aberdeenshire. 04676-304 EOD available.
- Sun 18th Lothian-O-League - Spottiswoode, nr Lauder
L.Macpherson 0450-72503
- Sun 18th Galloway Galoppen - Drumlanrig (NS/852992)
J.Shaw 0848-2585
- Wed 21st SLIDE EVENING - - - SEE "SOCIALS"
- Sun 25th Glasgow Galoppen - North Achray
T.Renfrew 041-942-5882
- Mon 26th MAPPING COURSE - - - SEE ARTICLE

December

- Sat 1st MAPPING COURSE - - - SEE ARTICLE
- Sun 2nd Midland Area Champs. - Devilla, Alloa
R.Philp, Queens Gardens, Ladybank, Fife
0337-30823
- Sun 9th Lothian-O-League - Colinton Dell, Edinburgh
ORGANISED BY INTERLOPERS
OFFERS OF HELP TO FIONA CRADDOCK
- Mon 10th MAPPING COURSE - - - SEE ARTICLE
- Mon 17th Interlopers Committee Meeting
- Thu 20th CHRISTMAS PARTY -- SEE "SOCIALS"

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 Meggatland (off Colinton Road)
starting 6pm. Changing rooms and showers available.

TRANSPORT

Anyone wanting transport to any events should contact
Bob Cherry who will try to put you in touch with someone
who has space available in a vehicle.
It is worth bearing in mind that Edinburgh University
Orienteering Club take a coach to many events during
university term time and often have spare seats. Get in
touch with Mike Burton on Tuesday nights or by phone if
interested. Mike is secretary of EUOC in addition to
being an Interlopers member.

LOTHIAN MOUNTAIN CHALLENGE

Peter Woolverton

Fakit Hyman and Pogo Paterson retained the Adventure
Equipment Trophy when they won, comfortably, the Gold
Class in this year's Lothian Mountain Challenge.
Making their debut in the Gold, Interlopers Mark Wood
and Alan Meikle finished 7th.

In the Silver Class the Interlopers Cup this year went
to a team from Daniel Stewarts and Melville College. The
highest placed girls team received the LINOC Trophy, and
they were Interlopers Carol and Lorna Boyd. In the Bronze
Class M13 Billy Forsyth finished 4th with Ronald Nicol
from Liberton.

The event was held in the Lammermuir Hills with a start
at Stonypath, a camp by the Hazelly Burn and the finish
at Hopes. There were fast times in good conditions on the
first day but deeper heather and a strong wind after
overnight rain made it tougher going on the second day.

Peter Leach organised the event this year with Dewi Jones
planning and Andy Curtis controlling.

A TALE OF A VERY VERY VERY WET SUNDAY

(INTERLOPERS BADGE EVENT - NORMANS LAW)

It was quite a pleasant morning in Edinburgh, and indeed
in Aberdeen, so there was a good turn-out at our Badge
Event on Sunday 23rd September. Little did they realise
what the weather had in store for them.

The rain started at about 10-30am and rapidly became a
downpour. Our sympathies must go out to the start
officials whose tent was taken from them to act as an
extra shelter for the master maps, leaving them standing
out in the rain for over three hours. Most of the other
helpers had the chance of some shelter, at least some of
the time, except Andy Spenceley who was manning the second
master maps. He reported a great range in the times taken
by competitors copying the second half of the course
depending on how prepared they were. Times varied from
30 seconds to about 15 minutes. Many people now know
which writing implements will not write on which surfaces
in wet conditions. Fewer lucky people now know which
implements will write on which surface. One recommended
combination is a chinagraph pencil on mat transpaseal.

Thanks to everyone who turned up to help and especially
to those who put in a lot of time and effort before the
event.

The event made a small profit overall. This will be a
welcome addition to the club funds which are a bit low
at present as a result of buying a lot of equipment last
year.

A NOTE FROM SUSAN WILKIE

At last! After months of zapping between Edinburgh and
London for interviews, I'm awa' to the bright lights.
Nothing against Edinburgh (honest), I just wanted a
change.

As of yet, I don't have an address in London, but I
promise faithfully to inform you of chez moi in time
to use me for a launch pad for WM Australia 85 (?!!)...
..spare room/floor space bookings accepted now!! In the
meantime, all fan mail, enquiries, Interlopers
newsletters, bills etc.. to "Glenfruin", Knockbuckle Rd.,
Kilmaccolm, Inverclyde.

Sorry to leave you all- Tuesday nights will never be
quite the same again. See you at events South of the
Border!

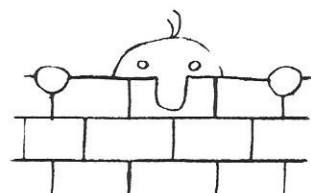
Susan

TAYSIDE '85

4-10 AUGUST 1985

The Scottish 6 Day Orienteering Event is being held in
Tayside in 1985. The Event Centre will be near Pitlochry.
Interlopers are helping to organise Day 2 of the
competition at Drummond Hill on the shores of Loch Tay,
and all club members are asked not to enter this day of
the event so that they will be able to help. The other
clubs involved on Day 2 will be ELO (East Lothian) and
LINOC (Linlithgow).

Interlopers are not intending to book any centralised
accommodation at the event and in previous years most
people have camped. I believe that EUOC are intending
to book a hall in Blair Atholl and may have some spare
floorspace available. If interested, see Mike Burton.



WOT! NO CONTROL?