



CAPITAL 'O'

July 1986 - Number 10



Edinburgh Orienteering Newsletter

ESOC

Ben Bate
18 Grange Terr
Edinburgh
EH9 2LD
668-3169

EDITORS

INTERLOPERS

Scott Balfour
23 Buckstone Loan
Edinburgh
EH10 6UD
445-3966

CALENDAR OF EVENTS

JULY

- Wed 16 Training run for all ages Peter
Coutts, 208 Cuiken Terr, (turn
right off main road going south)
Penicuik, 0968 74514 7pm - EOD.
- 16 Keep It Simple 'O' event 6-7pm EOD *include
Hillend. Scott Balfour 445 3966 [Norwegian
+ answer only?]*

~~WED~~ I7 Water O' linlithgow LOch 6.30 pm meet
~~THURS~~ Louport Primary, Pete Wolverton 445 3818

- Wed 23 Keep It Simple 'O' event 6-7pm EOD
Colinton Dell (starts at Dovecot
Park) *[includes Norwegian type suit!]*

AUGUST

- 2/3 Welsh 'O' Ringen. Entry form SAE
to Julie Jones, Pan-yr-Ywen,
LLanddulais, Colwyn Bay.

- 16-19 Mammoth Weekend. Entry form from
F Rose, 1 Birchdale Drive,
Stockport (SAE required)

WED 13 Interlopers club champs *QUEENS'*
sapple Loch car park Two person relay
start 6pm Graham McIntyre 229 7452 *[ARTHUR
SEAT]*
NEW MAP - ALL WELCOME

- 23-25 White Rose Weekend. Entry Form
SAE to Betty Roberts, 8 Hilbra
Avenue, Haxby, York (0904-762310)

- Wed 13 Training run for all ages -
Alistair Lessells, 40 Ormidale
Terr 7pm 337 1144

- Sun 17 Vogrie Country Park. ELO Club
event. Starts 2-3pm Shiela
Strain Tranent 611014

- Wed 20 Early Autumn 'O' Event. Lochend
Park. Reg. 5.30-6.30pm Alistair
Lessells 337-1144

- Wed 27 Early Autumn 'O' Event. Riccarton
Campus. Reg. 5.30-6.30pm Alistair
Lessells 337-1144

- Sat 30 ESOC Social - Car Rally Len
Milarski Penicuik 75355

- Sun 31 INVOC Badge Queens Forest
(981093) D Armour 0463-238900
CD 16/8/86 + 1td EOD.

7 HILLS RACE/CHALLENGE/FUN RUN } LATG ENTRIES 12
20th JULY FROM CALTON HILL } TISOs.

SUN 3rd 10 mile Edinburgh Road race Cramond
Entry form Brunfield Sports Shop

SEPTEMBER

- Wed 3 Early Autumn 'O' Event
Corstorphine Hill Reg. 5.30-6.30pm
Alistair Lessells 337-1144

- Sun 7 SE Area Champs Cademuir, Peebles
S Strain, 39 Bankpark Grove,
Tranent (0875 611014) CD 25/8/86
+ EOD

- Wed 10 Early Autumn 'O' Event Holyrood
Park Reg. 5.30-6.30pm Alistair
Lessells 337-1144

- Wed 17 Training run for all ages.
Alistair Lessells, 40 Ormidale
Terr

- Sun 21 LOL Vogrie Country Park.
Organising Club ESOC

- 21 Northern Lights Roseisle Forest
(105655) M Bruce (034384 3111)
EOD only

- Sun 28 Interlopers Ranking Event -
Drummond Hill (771460) F Craddock
343 1828 EOD only

- 27/28 ESOC Weekend - possibly Faskally
details to be announced

BIG NEWS: We won! Again! Wasn't it a super
day! Tentsmuir, June 15th, CompassSport Cup
Quarter Final: ESOC 72. Clydeside 54! Thanks to
all. If you couldn't be there you missed a great
day. Come next time - and look out, FVO! See Ben
(the Brown Bomber) Bate's action-packed front-line
report elsewhere in this issue.

CLASSIFIEDS SECTION

Lost Property 1 pair dk blue O trousers found
after Scottish Relays at Hills Wood in Club Tent.
Wanted Does anyone know the whereabouts of the
ESOC teaching slides on orienteering? Contact LJ.
2. Bill Aitken would like to reclaim his
personal copy of the 1976 WM video. Anyone remember
what happened to it? Contact Ian Jackson in the
first instance.

WANTED

Further designs for the ESOC suit.
Winner will receive a free 'O' suit.
Entries to the Editor.

STOP PRESS. . . SOA Mapping Course, probably 6th/7th
September - contact Charlie or Jonathan Musgrave for
details.

SPORTS AWARDS

Scott Balfour

The older ones amongst you may remember those hazy days in the 70's when Sports Scholarships and Awards were introduced by Lothian region. At that time around 30 orienteers received help of varying kinds from the Rates. This varied from a pass to give free admission to the Training Facilities of the area to grants of either 50, 75 or 100 pounds. To qualify, the applicant completed a form showing how good they had been in the past, and declaring their intentions for the coming year. This form was then sent to the S.E. Orient. Comm for vetting. To speed the processing of the six monthly applications, a small sub-committee was formed with members who knew the applicants well and monitored their progress. At that time, it was agreed that I chair the meetings. As the committee changed with time, I agreed to continue the vetting process seeking advice when necessary from other orienteers.

In 1983, Lothian Region's responsibility for Leisure and Recreation ended and was passed to the four more local District Council. While East and West Lothian continued along the same lines and same supportive attitude as before, Edinburgh and Midlothian District Councils lost momentum. This is to be regretted.

For example, a number of talented youngsters in West Lothian still receive Sports Awards or Grants by collecting the forms in July/August and posting them to me by 14th August (similar times for February). I check the applications and decide on the Category of Award which should be given. This may be an A for a regular International to a D for a promising youngster who is in a Regional Squad (I interpret this in the Lothian Region sense not the BOF Region). The vetted forms have to be returned to West Lothian by the 1st September.

However it seems that Edinburgh and Midlothian have opted out of the scheme. I have not seen any adverts for the scheme in Edinburgh. It seems that it no longer possible for the District Council to support young athletes in this way. Similarly, in Midlothian Lorna Boyd received no help despite her excellent recent performances. Perhaps enquiries to the Departments of Recreation would remind folk that there are still youngsters needing support.

Another aspect of the original Lothian Scheme was the support for various types of courses. These could be for a Coaching Award but may include personal performance aspects too. The intention was that more adults became involved in helping the sport grow in the Region. West Lothian and East Lothian still operate this aspect.

Below are some addresses which should be used if you wish to find out more. If you are lucky enough to be sent a form, complete it carefully and send it to me at 23 Buckstone Loan, EH10 6UD.

Director of Leisure Recreation and Leisure
Brunton Hall, Musselburgh, EH21 6AF
665 3711 - ask for Alan Murray

Dept. of Recreation, City of Edinburgh, D C,
City Chambers, 249 High Street, Edinburgh EH1 1QF
225 2424 EXT 6631 - ask for Mr Linscer

Dept of Recr and Leisure, West Lothian D C,
County Buildings, High Street, Linlithgow EH49 7EZ
(0506 843121 - ask for Mr Forman.

WELCOME!

E.S.O.C. has gained several new members over the last few weeks. We should like to extend a warm welcome to the club to the Jamie family, to seniors Charlie Fox, Norman Bethune, Brian Hay and Peter Donnelly and to juniors Lisa McKenzie, Amanda Wells and David Clark.

ESOC Championship Results
after 3 out of 6 events

Member	Class	1	2	3	4	5	6	Total
1 R Lessells	W13	98	105	93	0	0	0	296
2 P Carnichael	W35	100	100	85	0	0	0	285
3 M Marshall	W40	105	95	80	0	0	0	279
4 R Lessells	M11	87	98	79	0	0	0	263
5 J Marshall	M11	95	77	89	0	0	0	261
6 J Marshall	M40	82	88	83	0	0	0	252
7 J Morris	M40	97	0	103	0	0	0	201
8 K Lessells	W35	83	66	47	0	0	0	196
9 W Stevenson	M35	63	69	52	0	0	0	184
10 I Jackson	M35	85	84	0	0	0	0	169
11 M Williams	W35	78	0	91	0	0	0	169
12 D Nisbet	M21	0	85	84	0	0	0	169
13 J Nisbet	M21	0	74	73	0	0	0	148
14 R Carnichael	M35	0	81	66	0	0	0	147
15 C Howie	M45	77	66	0	0	0	0	143
16 B Bate	M35	59	83	0	0	0	0	142
17 J Stevenson	M11	76	63	0	0	0	0	139
18 D Lane	M21	57	0	77	0	0	0	135
19 S Morris	W35	51	0	83	0	0	0	134
20 I Howie	M15	0	72	58	0	0	0	130
21 A Lessells	M35	68	0	60	0	0	0	128
22 M Kassyk	M21	74	0	54	0	0	0	128
23 M Little	M40	0	58	67	0	0	0	125
24 S Hain	M15	0	67	46	0	0	0	112
25 C White	M40	0	103	0	0	0	0	103
26 C Marshall	M10	0	92	0	0	0	0	92
27 M Howie	M13	92	0	0	0	0	0	92
28 F Williams	M11	0	0	86	0	0	0	86
29 J McLaren	M40	83	0	0	0	0	0	83
30 F Leask	M11	0	83	0	0	0	0	83
31 W Gauld	M50	83	0	0	0	0	0	83
32 N Coutts	M45	0	77	0	0	0	0	77
33 A Stevenson	W35	0	0	75	0	0	0	75
34 E Harvey	M40	75	0	0	0	0	0	75
35 R Beck	M21	0	75	0	0	0	0	75
36 C Wood	M40	0	0	71	0	0	0	71
37 L Mitchell	M35	66	0	0	0	0	0	66
38 M Middleton	M13	0	61	0	0	0	0	61
39 L Milarski	M35	59	0	0	0	0	0	59
40 R Leask	M45	0	52	0	0	0	0	52
41 A Carnichael	M10	51	0	0	0	0	0	51
42 R Bryce	M15	0	0	50	0	0	0	50
43 E Scott	M35	0	0	48	0	0	0	48
44 C Neill	M15	0	0	44	0	0	0	44

Qualifying Events

Date	Events
1 86/03/02	SOA SW Champs - Mable N
2 86/05/04	Loch Ard Ranking Event
3 86/05/18	FVO Birnnae Badge Event

CLUB CHAMPS: Events 4 to 6 will be:

31/08/86	INVOC Eagle Badge	Queen's Forest East
07/09/86	SE Scotland Champs	Cadumuir, Peebles
28/09/86	Interlopers Event	Drummond Hill

SOCIAL DIARY

Fiona Craddock has now left for the summer to be a chambermaid in an Alpine Resort where they ski in the morning and windsurf in the afternoon. Her last organised social event was the Annual Dinner, after the A.G.M. About 16 of us rolled up to the Dragon Pearl, and sampled their banquet meal - their Lemon Chicken gets better every time!

The next event is 'Water-O' at Linlithgow Loch. Last year this was a great success and once again there will be a choice of sailing, canoeing and windsurfing - and the controls will be buoys, complete with punches.

Date: 17 July
Venue: Louport Primary (Opposite Lows)
Time: 6.30pm onwards

For more details phone Pete Woolverton
(031 - 445 3818)

INTERLOPERS NEWS

EVENTS

After the "Summer O"....your wednesday evenings need not be empty: Scott Balfour is continuing the series, and you might yet catch the events at Hillend on the 16th July and Colinton Dell on the 23rd July. Another wednesday evening series has been planned for later in the summer, starting on the 20th August (?) - watch out for details.

DRUMMOND HILL BADGE EVENT : We now have a controller, Keith Dawson (ex EUOC), and the first of the publicity sheets are out. Lots of help will be needed, of course, so keep the date free - the 28th of September. Contact Hilary if there is a particular job you would like!

Lothian O League, 11th January 1987 : We're still hoping to use Ewe's Hill for this, though no word yet on final permission for part of the area. We'll need officials wherever we end up, though, so does anyone out there fancy giving planning or organising a go? It's a good chance to get some experience and there will be plenty of help available.

1987 badge event at Kinnoull Hill, Perth : We are hoping to help EUOC put on an event early next year on their new Kinnoull Hill map. Lorna Boyd is the organiser, and we'll have to help out with manpower etc., mostly on the day.

HIGH '87 : Yes, the 6-days is back next year, so before you fill in your entry form, remember we are helping with Day 6. The venue is South Achilty (happy memories of BOC '86 ?), and we are working with Clyde-side and AROS. We've had meetings with Clyde to sort out officials and get the ball rolling; Ray Heyworth has volunteered to organise and Charlie Walton will be helping to control one of the days. Clyde are providing another controller (Hedley Calderbank), another organiser (Drew Somerville), and two planners. A visit to the area has been arranged for next month. More "advance" help is always needed, and we'll certainly need plenty of bodies when the event comes round - provisionally we will be looking after at least the finish and results side of things. Past experience shows it is unrealistic to compete on the club's day (though there may be a problem with elite runners if there is to be a chasing start on day 6) so please do not enter day 6.

MAPPING (what?)

Not much activity to report but we've 3 projects on the go :
Ewe's Hill : once we get permission, we hope to check the survey and to get Steve Terry to draw the map as soon as possible;
Archfield : progress has been made, and permission is getting sorted out. Lorna Boyd is looking after this project and will no doubt be glad of lots of helpers;
Holyrood : Graham McIntyre hopes to do a 2.5m contour training map of part of Arthur's Seat, with the mapping being a useful training exercise in itself. We hope to do this in an evening on the 4th of August - come along and join in. Meet at Holyrood about 6pm, or contact Graham for more details.

CLUB CHAMPS (what?)

Once we have made our new Arthur's Seat map the plan is to use it for the "club championships" on the 13th of August. This will be a deadly serious event, honest, and will probably take the form of a "clover leaf" relay for teams of two. There might even be major prizes at stake! Listen out on the grapevine for further details, or come along to the top car park at Arthur's Seat (by Dunsapie Loch) at 6pm on the 13th.

Harvester '86

The Harvester 7 leg overnight relay is taking place on the 13th/14th September at Sutton Park near Birmingham. An Interlopers team will be entered in the open event again this year - we came 4th last year - so we're looking for 7 runners. There is a handicap class as well and we could enter a team for this if there is enough interest - so contact Charlie by the 25th July if you fancy giving it a try.

On Sunday 29 June in blazing sunshine, some brave orienteers turned up at Corstorphine Hill in an assortment of orienteering gear, to compete in an old style event using an old OS black and white map. Several competitors could remember running on such maps, but for the majority it was a new experience. Three people managed to complete the course without missing any controls. Bill Aitken returned from orienteering retirement (look out Bill Gauld) to show he has lost none of the skills which made him a top class competitor. It has to be said however, that he was probably more at home with the map than most of the other competitors! It was an interesting afternoon and brought home to everyone the difference a good map specially drawn for orienteering makes to todays competitions.

PS Ian Jackson was extremely lucky not to be arrested for wandering around the woods dressed like a 'dirty old man' - he insists that this was how he used to dress when he first started orienteering.

RESULTS

Senior Men

Martin Little	73.09
Bill Aitken	81.50
Charles Howie	105.50
Ewart Scott)
James Jack)
Peter Coutts)
Bill Stevenson) Controls missing
Ian Jackson)
Dave Nisbet)
Tim Jordan)
Dave Kershaw)

Senior Women

Janice Nisbet) Controls Missing
Norma Coutts)

Intermediate Men

J Stevenson) Controls Missing
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Intermediate Women

E Gillespie) Control Missing
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At night a barbeque was held on Dick Carmichael's estate near Biggar which was a great success, and the club would like to thank Dick and his family for their hospitality and all those who contributed to the evening.

Stuart Edgar

The NEW INTERLOPERS COMMITTEE....

Chairman	Bob Cherry 101 East Claremont Street Edinburgh EH7 4JA 031-557-0652
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Secretary	Charlie Walton 55 Manor Place Edinburgh EH3 7EG 031-225-5762
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Treasurer	Hilary Fairlie 26 Rankeillor Street Edinburgh EH8 9HY 031-667-5740
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Newsletter	Scott Balfour 23 Buckstone Loan Edinburgh EH10 6UD 031-445-3966
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Socials	Jane Lupton
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Junior	Micheal Edwards
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Ordinary members (and SE Area reps.)	Lorna Boyd, Graham McIntyre, Donald Watson
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COMPASS SPORT CUP ESOC v CLYDE
TENTSMUIR 15/6/86

Well everyone has talked about it so who actually did the business for ESOC? In fact, we all did (40 in total) and it just shows that in the CSC an all round club effort is required. We had a good forest, good organisation and good weather but most of all a great turn out from club members, all excellently marshalled by John Morris. Well done and let's do it again against Forth Valley OC. Notice also that the only team to get maximum points were the juniors.

Course A Brown

Dave Nisbet	6	
Andy Curtis	4	
Martin Little	1	
	11	Clyde 10
	===	=====

Course B Brown

Ben Bate	5	
Ian Jackson	4	
Alistair Lessells	3	
	12	Clyde 9
	===	=====

Course C Blue

Eddie Harvey	6	
Cliff White	5	
John Morris	2	
	13	Clyde 8
	===	=====

Course D Red

Bill Gauld	6	
Mary Williams	4	
Calum Neill	2	
	12	Clyde 9
	===	=====

Course E Green

Meryl Marshall	6	
Ros Pyatt	2	
Norma Coutts	1	
	9	Clyde 12
	===	=====

Course F Orange

Ruth Lessells	6	
Richard Lessells	5	
Jamie Stevenson	4	
	15	Clyde 6
	===	=====

FINAL RESULT - ESOC 72 Clyde 54

Ben Bate

Another busy last 2 months during the championship season, and may I wish everyone a pleasant holiday period.

You will be pleased to hear that Alastair Lessells and John Morris have kindly volunteered to organize Day 5 at Highland '87, following the overwhelming support from club members who attended the last AGM for full ESOC participation in future Scottish 6 Day events. Alastair and John look forward to your wholehearted support on the day.

ESOC seems to have had more success than Brim's sporting representatives recently. We won the annual cricket match against FVO for the first time for a number of years thanks to some sparkling batting by Dave Nisbet, and in the Compass Sport Cup we beat Clydeside, last years beaten Scottish finalists. Let's see if we can muster a near 100% turnout when we play FVO in the SCOTTISH FINAL. (See John's report elsewhere and possible venue).

Nice to see Bill Aitken turn up for the Nostalgia Event and BBQ on Esoc's 21st birthday. He and Martin Little showed the value of a thorough education in O', acquired by using B/W maps in the early days, by being the only 2 senior men to complete Stuart Edgar's courses while the rest ignominiously DNF'ed.

Finally, anyone keen to have a go at organizing/ planning very simple events in the Autumn Fun O's on areas close to Edinburgh? An invaluable way to gain experience for those who haven't done any before. Please let me know.

Cheery O
Ian Jackson

BRITISH CHAMPS MAY 1986

Well, Edinburgh Orienteers have 3 British Champs - Lorna Boyd (W19) in a relatively uncompetitive class; Packit Hyman (M19) both running for the University and our very own Bill Gauld (M50). Bill had also completed the Bens of Jura fell race the day before and so deserves a special mention if only for the driving feat involved!

INVOC promised it would be good and it was certainly testing for a British championship. The terrain was difficult underfoot with few line features and the A courses were long and hard, some legs extremely hard. I felt, myself, that M35A was too hard and too long but the winner is a worthy champion. I was pleased to see, however, that the B courses were considerably easier and at least, able to be completed in a reasonable time. Despite the fact that the event was held north of Inverness, a good many orienteers came from the South but as I have not yet had the results, I don't know numbers.

From INVOC's point of view, the event was probably a success and certainly provided valuable experience for Highland '87 6 day event. Some signs in the car park, some maps in the event booklet would be useful (did you know where the Inverness Ice Rink was - certainly some of the locals I asked seemed to have no idea!)

This was the first British Championships I had been to and would not have missed it - but it was hard.

Ben Bate

INTERLOPERS RANKING EVENT
DRUMMOND HILL, SEPTEMBER 28th

*****HELP REQUIRED*****

Any offers of help to make this event live up to the area's reputation of "a veritable dream land" would be gratefully appreciated. In particular, offers to look after carparking, start, finish and results. Lovely area, for those who didn't experience it at Tayside '85. Every effort will be made to allow helpers a run. Bring family and friends, picnic, water proofs and make a day of it. Please volunteer early and help the organisers sleep easy. *****
HILARY FAIRLIE 667 5740 Thanks
in anticipation*****

Is a Walton Chaser

- A a new name for an Interloper
- B a follower of Bonnie Prince Charlie
- C a drink sadly missed while the Southsider is shut
- D an aspiring editor
- E an anagram of 'a Hearts clown'

Thought I'd revive the Log - initially to pass on sundry news items. If time permits I'll write about some events later in the year - it'll make a change from endless agonising about who we are (or should be) and whether the Six Days is a Good Thing. (No blame to you, Editors, I know you can only publish what we write...)

BIG NEWS: We won! Again! Wasn't it a super day! (Tentsmuir, June 15th, CompassSport Cup Quarter Final: ESOC 72, Clydeside 54) Thanks to all. If you couldn't be there you missed a great day. Come next time - and look out, FVO! See Ben (the Brown Bomber) Gate's action-packed front-line report elsewhere in this issue.

NOTE WELL: Data Protection Act - now in force. On behalf of the club I maintain three sets of personal data. One of these is the list of members' names, addresses, telephone numbers and competitive classes that we from time to time print in this august periodical. The second, which produces the address labels, is a data file which contains members' names, addresses, ages, and some notes on relay team entries. A third is the list of competitive performances that I use to calculate the Club Championship positions.

exemption clause in the Act permits me (according to EOC Central) to continue to hold these data, providing that you do not object. If you do object I, on behalf of the club, have to register my various lists at some significant cost or - more probably - scrap them. You are entirely free to object if you wish to - I suggest that you do so to Ian Jackson in the first instance. (Whether I object to spending my evenings updating these (expletive deleted) lists is not unfortunately a subject within the scope of the Act...)

CLUB CHAMPS: Events 4 to 6 will be:

31/08/86 INVOC Eagle Badge Queen's Forest East
07/09/86 SE Scotland Champs Cademuir, Peebles
28/09/86 Interlopers Event Drummond Hill

Sorry the first two are so close together - the only other certain non-National event within range this autumn is Clydeside's W Area Champs on 12th December - which is really too late. I hope the quality of the areas is adequate compensation for positions so far (Data Protection Act permitting) look elsewhere in this issue. (Do we really get all this good stuff free, Ben? That's a terrific bargain!)

I'll be in Norway by the time you read this, or maybe even Denmark. My first overseas orienteering so I'm a bit nervous - read all about the "amazing blunders of a vacillating veteran" next time.

O Revolver!

John Morris

Articles news and views are always welcome. If you can type we like 5" column widths please if you can't type (you are in good company) write legibly please. To either editor please.

COPY DATE 3rd SEPTEMBER 1986

The Scottish Champs this year were held near Dumfries on 7th and 8th June at Mabie South - individual event and Hills Wood - relay event.

Mabie South followed the pattern of the British with hard, long legs and the minimum of hand rails for the A courses but the B courses considerably easier.

I don't have the results yet and only know some of the notable ESOC results:

W10A 1st Catherine Marshall
W11B 2nd Fiona Leask
W21A 3rd Janice Nisbet
W21B 15th Senga Bate
W35A 4th Trish Carmichael
W35B 2nd Kirsteen Kershaw

M11A 7th Richard Lessells
M13B 3rd Michael Middleton
M21E 33rd Dave Nisbet
M21A 4th J Tully (alias E H!)
M35A 13th I Jackson
21st Dick Carmichael
22nd Cliff White
M35B 4th Will Stevenson
M40A 5th Doug Wood
11th John Morris
M45A 5th Graham Pyatt
M50A 3rd Bill Gauld

The relays on Sunday were a fun event and a good opportunity for the club tent to go up and for ESOC members to socialise. Some results which I know about are:

W35 1st Mary Williams
Trish Carmichael
Chris Wood
M40 2nd John Morris
John McLaren
Graham Pyatt
M35 3rd Ben Bate
Doug Wood
Ian Jackson

Ben Bate

NEW MEMBERS etc.

ie Interlopers

Since the directory in the last newsletter (we) have had a number of new members, and we extend a warm welcome to the following:

Simon Thompson (M21,C) 34 Westfield Road, Horbury, Wakefield
W. Riding of Yorkshire WF4 6EA
0924-276763
(perhaps better known as a member of StAUOC)
Helen Shannon (W21,C) 2FR, 5 Macdowall Road, Edinburgh
031-667-8766
Fiona McGhee (W21,F) 345 Leith Walk, Edinburgh EH6 8SD
031-553-1289
Steven Rogers (M17,C) 55 Ravenscroft St., Edinburgh EH17 8QT
031-664-2186
Richard Petrie (M21,C) 9 Viewforth Square, Edinburgh EH10 4LW
031-228-1959
Patricia Hannaford (W35,F) 20 Howe Street, Edinburgh EH3 6TG
031-225-6617
Alastair Borthwick (M21,F) 8 Morningside Place, Edinburgh
031-447-1459

Also, signed up for another year:

Graham McIntyre (M21,F) 5 Summerhall Place, Edinburgh EH9 1QE
031-668-1851

We've almost got an address change: Julie Grant has moved, but we haven't yet got her new address. . . .

ESOC SNIPPETS

Alistair Lessells

We are delighted to welcome several new members of the club both individuals and families. We wish them all happy orienteering with ESOC.

ESOC and the other Lothian clubs owe many thanks to Charles Howie for masterminding the series of Wednesday Evening Events over the summer term. These have been extremely successful with on average 80-100 people at the events. The final event was a fun relay at Bonaly, followed by a barbeque, which was an ideal finale for the series on a beautiful, warm, summer evening. Let's hope all clubs will get a few new members as proof of the success. Hopefully this series of summer events will be a regular feature for several years to come.

For those interested in Coaching or Mapping please note the following dates for your diary:

1. Pete Leach and Brian Porteous are organising a course for teachers and interested club members, to train as coaches. The first day will be a theory day on Sat 6 Sept. Anyone interested or wishing to obtain further details please contact Pete Leach, Dean Education Centre, Belford Road, Edinburgh EH4 3DS.

2. It is hoped that a BOF Coaching Conference will be held on 8/9 November 1986. The proposed venue is either Jordanhill or Stirling. Further details from me.

3. It is also hoped to organise a Scottish mapping weekend aimed at beginners or those with little experience. Proposed date is Sept/Oct. Again further details from me.

ESOC has been approached by the Royal Commonwealth Society of the Blind for advice and help in organising a Sponsored Orienteering Event on Saturday 4 October from 10 am - 12 noon at Holyrood park. At the moment, the proposal is to hold a sponsored score event. Anyone interested in planning or organising what should be a fairly low-key event should let me know. It sounds an ideal introduction to planning or organising.

Lastly, further information on the Club Questionnaire. I thought it was time to let club members know the results of the questionnaire assembled several months ago. Replies are still trickling in, and it is still not too late to send your reply - the file of members interests will be useful for some time. I have had replies from 20 members.

Q. Do you think that the club should consider some form of club clothing?

A. Yes 19 No 1

The first preferences were as follows:

'O' Suit 13	Sweat Shirt 3
Hat 3	T-Shirt 1

Second preferences were as follows:

Sweat Shirt - 8	no 2nd Choice; 2 no 3rd Choice
T-Shirt - 5	no 2nd choice; 1 no 3rd Choice
Hat - 3	no 2nd choice.

Many thanks to all members who took time to fill in the questionnaire, and the committee hope to involve you in the activities in which you are most interested in the near future.

The next step is therefore to decide on colours and design of an 'O' suit that will meet with relatively little disapproval - probably easier said than done. One suggestion, not mine I hasten to add, is as follows - bearing in mind that the old club colours are green and brown:



(Colour it in with coloured pencils if you cannot imagine it!)

It is intended to represent a control (top) on a wooden stake (bottom) surrounded by trees!

The idea of a training run on a Wednesday, suitable for all ages, gained sufficient support to warrant a trial over the next few months. The first ~~will be~~ held on July 2, before you received the Newsletter, but Pete Coutts has agreed to organise another run at Dalkeith on Wednesday 16th July. I would then hold the next run on the 2nd Wednesday of each month until December and then see how successful it has been. The 3rd run would therefore be on Wednesday 13th August, at 7pm, at 40 Ormidale Terrace.

FOR SALE - BE A POSER.



INTERLOPER CLOTH BADGE
50p From Scott Balfour

STRAIGHT OR ACROSS

After a recent run at Tentsmuir, I wondered how to work out whether it was faster for me to run round the tracks or cut across. The answer of course is not going to be given here in case in case the other M35's read it!

However the method could be tried by other folk. You might like to try it and report back to me or the Newsletter.

First you must have good idea of your track/path speed - this is easily found on training runs done at a steady pace. Use min per K.

Second, from a recent event measure the distance covered on tracks or roads, etc. Then measure the distance you ran cross country.

Now for the sums. Estimate the time you spent running the tracks by dividing the distance on tracks by your speed on tracks. You may wish to allow for the time spent in control area and adjust accordingly.

The rest of the time was spent cross country - now calculate your cross country speed.

By analysing several events, you will soon have the min per k on several types of terrain. Use the track as the base measure and find the percentage extra spent on covering a kilometre in each type of terrain. You'll be surprised!

You may use this to adjust your route choices in future. It's a bit simplistic but sensible folk like ourselves know that the final decision must rely on our navigational skill and matching a route to make that navigation successful. There's a good article on this in the June British Squad Newsletter where split times were made available to elite orienteers.

The Thicket Corner, from N.E. Thicket

The sunny weather, tennis on the telly, evening "Summer O" events, "fun" events like the Capricorn.....the serious stuff of the British and Scottish champs all seems along time ago. And speaking of long times, how did you enjoy Achilty? (Remember the planner used to be an Interloper...) Pete Couldery and Bob Cherry were among the many DNFs; Mike Burton, Simon Thompson, Matthew Strachan, Barry Woodfine and numerous others certainly got their money's worth when it comes to time in the forest. Andy Loudon was unlucky to lose out by a few seconds in M21A (that'll teach him to read the map for his last control), and on the plus side we seem to remember Pakit Hyman and Lorna Boyd coming up with the goods in the kiddies classes. No official results as yet, but the split times could be interesting with much similarity between courses - we'll see how true all the "I was doing really well until..." stories were!

The week before the British it was a bit rainy and windy, and this was unfortunately the weekend of the Scottish islands peaks sailing/hill running epic. If you're desperate for news of how the Cherry consortium got on, well we can tell you that the race was abandoned in "potentially fatal" conditions, and that Bob never even got to run up a hill. After all that tiring toil Bob has responded by being injured for most of the time since.

We are happy to report that Interlopers continue to supply a large portion of the Scottish orienteering team, nothing to do with team coach Graham McIntyre helping with selection either. For the recent match against the Irish, the ladies team included Fiona Hendrie, Ann Heyworth and Christine Whalley, while Pakit Hyman and Charlie Walton were in the mens team. The match took place at the Scottish champs (and Scotland won), and though we've not seen results there were some other useful INT performances - Carreen Sinclair gave us a win in W45B and Lorna Boyd was top Brit in W19.

The Scottish relays were held on a grand day on fast open terrain and the "brain in the back pocket" running seemed to suit the Interlopers contingent. We had four in the first two teams in the ladies open relay, as Carol McNeill led LOC to victory in front of the Interlopers team of Chris Whalley (first back on leg 1), Lorna Boyd and Ann Heyworth. Over in the mens open, Mike Burton came in second on leg 1, Pakit Hyman brought us in fourth on leg 2, and Pete Couldery just lost out to one J. Musgrave - but fifth isn't a bad

result. The next finisher was another Interloper, as Charlie Walton came in sixth for HWUOC - the leg times might make interesting reading!

On the international front, Christine and Pakit were both running for Great Britain in the S. Sweden/Denmark match held at Wharncliffe the week between BOC and the Scottish. Pakit even got a very true to life photograph in CompassSport! Christine has also been selected for the British world student champs team.

With summer here and the multi-day events on the continent coming round again, some globetrotting Interlopers are off to take on the world (and probably to lose). The Hendries are off to Scandinavia, where they might be unlucky enough to bump into Pakit, Andy Loudon or Simon Thompson (not if they see them first, we're sure); and our representatives at the French 6 days include Mr Lamont and we believe John "what's orienteering?" Mitchell.

What were you doing on that lovely sunny last weekend in June? A number of Interlopers were lying about in the Howgill fells, mostly incapable of doing anything else. Yes, it was the Capricorn again; never before have so many people been seen flat on the ground with their heads in the nearest stream and with not much intention of moving, and that was half way round the course. A special mention for Mike Burton's hairpiece which failed to protect him as he staggered round the hills for six and a bit hours on Saturday, with the sun beating down; he wasn't the only one who didn't make it to the start on Sunday!

The same weekend will no doubt be remembered for many years by young ex-Interloper "Ben" Hall, because he was getting married over in Denmark. We offer our congratulations; and looking at the number of co-habitees on the address list, who will be next? Here are the odds from your local "Terrain Accountant" :

Jane and Bob	5 to 2
Jean and John	3 to 1
Hilary and Andy	9 to 2
Christine and Pete	6 to 1
Ann and Barry	9 to 1
Mike Burton and anyone	10000 to 1
Pakit and anyone	1000000 to 1

A CNICHT TO REMEMBER

(even if it was in the early afternoon)

Was it to be Goat Fell or Moel Eilio? There were 40 Scottish reasons for the former, but 50 British reasons for the latter. I didn't fancy the long drive in a Maxi instead of a Granada, so I went to BR and asked about Savers. "£30 if you leave on a Saturday (too late) or £45 on a Friday." I reconsidered the car.

It dawned on me that the 11.45 pm would not have to go very far before it was Saturday, so I got an ordinary return to Carstairs and a Saver from there to Bangor. Its been done a million times, the man said, but they certainly don't advertise the fact.

They got their own back a bit. The heating wasn't working from Edinburgh to Crewe, nor on the train from Crewe to Llandudno. I caught a bus from Bangor to Llanberis because it was late for its start time by 10 minutes, but it got a lot of points doing a score event of collecting as many villages as possible on the way. It didn't collect any passengers however, so it seemed a waste of time.

I went up to the Youth hostel. It was shut but luckily had a porch and a mat sheltered from the rain. I snoozed for about 2 hours until they relented and opened it for the runners. The rain got worse, and the wind raged and the main part of the course was into it. My main rivals beat me to the top of the last peak, but luckily there was a Chapelgill type descent and one shouted "Here comes the Flying Scotsman" as I belted past. The 2.1km on the road seemed interminable, but enough of it was downhill so I held them off.

Jack won the open and Angela the Ladies.

E H (the other one) was going to give me a lift to Blaenau Ffestiniog, but suddenly decided it was inconvenient as he was camping. Luckily Durham University were staying at the Hostel, so they agreed to collect me from the Victoria Hotel in the morning.

The Blaenau Rugby Club premises were excellent for the relatively small numbers who set out to collect as many or as few of the 6 controls as they fancied. These were well spread out over a 1:25,000 black and white copy of an almost unobtainable O.S. map. I had part of it in colour as well which helped. Luckily it was fair but there was low cloud and high wind. The positions were well chosen making interesting legs requiring accurate navigation. No flags, just posts and punches, but set at prominent positions.

Now, you may be wondering what the title is about. Well, on the map it looked as though a traverse along the side of a ridge shaped mountain called Cnicht would save a lot of climbing. If the mist had lifted I would have seen that the top half was a series of vertical cliffs and the bottom diabolical scree. After a bit I had to cut my losses and climb up a promising gully until I reached a vertical bit. Luckily there was a just possible staircase at the side but it was a bit hair raising. The terrain for the rest of the course was quite runnable with lots of knolls, lakes and ponds. The mist meant you had to be careful, but occasionally the sun blinked through and showed the area in its true colours.

I enjoyed the event thoroughly. It showed that it is possible to have this type of orienteering without the incredibly elaborate set up that has now been thrust upon us. The only pity was that a few more didn't join in.

WAG