

MAY 87  
NO. 15



INTERLOPERS

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ESOC  
JANKE NISBET - SOE INSIDE  
NEW ADDRESS SOON

## ? ADEQUATE FIRST AID COVER ?

This phrase has been used rather a lot recently and I hope that the following few lines will open a debate in Orienteering to establish exactly what is meant.

I remember being surprised that there was no First Aid Vehicle at Loch Ard on Day 6 of Trossachs '79.

Somehow Cathy, and I with our toddler and baby ended up in "Enquiries". These seemed to be an awful lot of people coming to enquire where they might get a plaster before their run, or have their week ankle strapped or similar treatment which they could easily have provided themselves. They were directed to a nearby tent manned by Dr Gareth Ruffett and John Mitchell, even then an experienced and qualified First Aider. They dealt with these when it did not interfere with the administering of proper first aid to cuts, sprains, etc to finished competitors. They had a comprehensive First Aid Kit, but only some camp chairs, and groundsheet and blankets should it be necessary for someone to lie down.

Was this adequate ? ? ? ? ?

Initially I did not think so. However at that event there was one of those rare serious accidents. A lady had strayed away off course and fallen down a dangerous crag in the middle of horrid green Loch Ard Forest. John and Gareth used a car to get as close as they could, and being young and fitter perhaps than they are now quickly got to the scene with rucksack of kit. They diagnosed the pelvic fracture, shock, etc - they immobilised the limbs, etc and with willing helpers got the poor lady through the brushings and low branches to the car. Then to the ambulance and hospital. At the time we discussed if what improvements could have been made. We were convinced that the essential factors were mobile and fit First Aiders who could quickly reach and recover injured persons from the jungle without creating further injuries. While it is always reassuring to have the services of the specialist uniformed First Aiders plus Vehicle at base, trained club members can provide a similar function. I think that it is essential that adequate first aid cover includes a couple of trained orienteers who can quickly reach an injured person and then arrange the appropriate treatment and evacuation to base.

At Craig Y Barns recently I had sense of 'deja-vu'. There was no big First Aid Wagon. In the car park, there were two heated log cabins with a lot of furniture and floor space, there was the club First Aid never mind all the wee First Aid Kits in many cars. In addition my big VW van always has a large kit. At the finish tent, you may have noticed a Renault 4 with Donald Watson + friend. Donald is a qualified First Aider. The pair of them sat there from 10 till the all clear was given late in the afternoon. In the boot there was a large rucksack of bandages, blankets etc, and plenty spare blankets and polythene sheets just in case. The finish was a short drive from the road to the car park, and Dunkeld and civilisation. There was sufficient manpower to carry out any preliminary search. The police could call out the Mountain Rescue if required - the police were easily contacted from the Car Park. Was the First Aid adequate ?

Some of you may still recall ( have nightmares! ) the Trossachs. There was the excellent services of the uniformed First Aiders at base. There were a large number of spare helpers who could get quickly to the site of an accident, but I didn't need to know if they were trained in First Aid for we had the Mountain Rescue on hand. This difficult terrain was basically narrow and so never very far from a major road. There were radio links from the far map exchange and a convenient car park to the Assembly Area. The Mountain Rescue lads had all the right gear, and stretchers that would cope with rough terrain but I still wonder about negotiating brushings and fight. Was this adequate ?

At the recent wee Summer Series I wondered if anyone other than myself was qualified in First Aid and had a good kit with them? With a 100 competitors on a summer's evening is it necessary to have help from those devoted St. John's or St. Andrew's people. Is this adequate ?

I would suggest that the following are essential features in adequate cover:

- 1 A big club First Aid Kit, looked after by a qualified First Aid person. This should include a rucksack with Kit + blankets and anything else required to sustain life till the safe evacuation of a severely injured casualty can take place.
- 2 Clubs should encourage members to get qualified at some level ( perhaps paying for the costs, fees, etc ) Our friends in the St. Andrews put on many courses throughout the year.
- 3 Communication is essential - Clubs should be using radios more. Should the SOA purchase some for the Areas ?
- 4 Boat stretchers with hoods - these lightweight aluminium tubs are used on ski slopes, would be less likely to snag on branches, are easily dragged when carrying is impossible. Some design work on handles required.
- 5 In winter, each driver must bring a flask and blanket with them so anyone of their party can get warmed up in their car.

I hope this stimulates some interest. Perhaps a First Aid Qualification should be required for Controllers or planners. Maybe the event registration form should require the names of the First Aid club members who will be present at the event. Perhaps SOA should find out how many members hold valid qualifications ( you must do a refresher course every 3 years ). We should be able to cope with two severe injuries with loss of blood happening at the same time but far apart in the forest.

Scott Balfour



## CAPITAL "O"

I feel that Charlie Walton's remarks about the irrelevance and junkiness of Capital "O" cannot go unchallenged.

Shortly after Charlie put pen to paper two things happened:

1. On the TV program "A Question of Sport" the answer to one of the questions was "Orienteering". Not only did neither team get the answer, but it was quite apparent that most did not know what orienteering was!
2. The government issued guidelines for change of use for the countryside. No more crops being grown for EEC intervention stores but instead the countryside given over to leisure, golf and horse-riding. Not a mention of orienteering!

Instead of being inward looking orienteering in Edinburgh needs to expand. Both clubs have gained new members of late via the Summer "O", brought about by co-operation. By all means develop a club identity but we must remember in a changing world orienteers have got to promote the sport. This is not only a job for SOA and BOF. Let's keep Capital "O" (I for one read and digest every word) as an example of co-operation and as a base for expansion and development.

What Charlie says is not irrelevant but it is junk!

BEN BATE (ESOC)

(Apologies to Ben, who wrote this article and "Coaching meets Training" for the last edition of Capital "O". I only found the articles after the edition had been printed. - J. Nisbet)



## HIGHLAND '87 UPDATE

At the time of writing (late April) we've got a heatwave here in the Highlands, and the ground is bone dry. The work for Highland '87 is moving along at a brisk pace; planners and controllers have been busy in the forest (one reported to me he'd had a superb holiday week in and around Achilty over Easter); campsite and event centre organisation is well in hand; the social programme sounds impressive (and should make some impressive sounds!); the event programme, except for the start lists, is almost ready to be put to bed; the equipment officer (at the last report) is busy making complicated calculations about soft pink perforated material (which I hope he now has all wound up!); the treasurer seems reasonably happy (if treasurers ever are) with his cashflow; the entries computer programme seems to be tick- .... sorry .... bug-free (wish I could say the same about the forests); and deadlines are looming up all around us like the crags did out of the mist at Craig a' Barns in March.

About 2,500 entries have been received to date, from about 20 different countries, but there's still plenty of time to enter (although your name won't now appear in the programme). The next cut-off date is 30 June, so get cracking and take advantage of the lower entry fees available up to that date. No entry form? - write to P.O. Box 51, Inverness, or phone Inverness 226445. Even after 30 June there will still be limited entry right up to Saturday 1st August, the day before the first event. However, please don't post anything later than 20 July (2nd class) or 23 July (1st class), i.e. to arrive not later than 24 July. Thereafter any late entries must be made at the Event Centre on Saturday 1st August.

There's still plenty of room too in the Campsite, which is adjacent to the Event Centre, close to the hall where most, if not all, of the social programme will take place, and is within easy walking distance of all the shops, etc., in Beauly, and, of course, is centrally situated for all days.

Travel, by the way, to Inverness is now excellent, with motorway or newly constructed main A9 road nearly all the way from Stirling and also Edinburgh. Journey time from Perth to Inverness is now often less than two hours.

So we look forward to seeing lots of you in August for what we hope will be a happy, friendly, and thoroughly international week of holiday orienteering.

Alan Armstrong (INVOC)

P.S. There's no need to be a member of B.O.F. or anything else. EVERYONE is welcome at Highland '87.

## THE SUMMER "O" SERIES

Summer is here at last! With long days and wild flowers growing in profusion and an event calendar crammed with events of all types, now is the time to get out and orienteer. Following on from the JK, Torrie and the British Relays, we have the British Championships, the Scottish Championships and our own Badge Event at Glentress. Best value for money, however, are the events on our doorstep - the Summer "O" Series. The smell of crushed garlic and delicate splash of colour of the blue bells at Dalkeith last week reminded me that the Summer "O" was on again.

It was great to see so many Edinburgh orienteers at Dalkeith and Bonaly Parks, both competing and helping. These people will be aware of the tremendous atmosphere due to the enthusiasm and vitality of the youngsters taking part, many in their first Orienteering Events. I know it gives me a lot of pleasure to see so many enjoying something that I enjoy, as much pleasure as I got at finishing Day 2 at the J.K.

166 people orienteered at Bonaly last night, a superb turnout due to the weather, Dave and Janice's event last week etc. Thanks to the considerable number of club members, ESOC and LINOC, present to help, most of these will want to come back again.

You can't have too many helpers at such an event - at least it helps to build up an orienteering atmosphere, at most it convinces beginners that this is the activity to take up and return again. You cannot help but become influenced by the pervading atmosphere of fun and enjoyment mingling with the smell of flowers and warmed by the sun.

As an example, I introduced 10 SI pupils from my school to orienteering at Dalkeith Park. 8 of these pupils managed to get to Bonaly on their own by bus and on foot. Most of them completed both white and orange courses at Bonaly - a great effort.

Have no fear, these events are worthwhile to come to, whether helping or competing. Their success depends on you to put back something of the magic you received from the person who influenced your first steps in orienteering.

David Lane (ESOC)

++ SOCIAL ++ SOCIAL ++ SOCIAL

MONDAY, 1st JUNE

## HASH RUN

Start at 7 pm, 67 Lasswade Road.

If you don't know what it is, come along and find out!

Changing facilities and limited shower facilities.

There will be an Indian meal afterwards (or maybe Chinese). Please let me know if you intend to come for the meal so that I can book the right numbers - and let you know where to go!

Janice Nisbet  
(664 2280)

++ ESOC versus LINOC ++  
SKITTLES CONTEST

Corstorphine Inn - Tues. 23rd June  
from 7.00 pm.

There will be a 50p perperson charge plus meal as ordered (the menu looks reasonable).

Promises to be a great evening - please come if you can and show that ESOC are (almost) as good in the skittles alley as they are in the forest.(?)

J Nisbet (ESOC)

Forthcoming attractions: ESOC

We have entered seventeen teams for the Scottish Relays. This must be a record. Thank you all for your magnificent support!

PS If you'd like a FUN run in the Scottish Relays, we still have places for absolutely anybody in an Ad Hoc team, as well as a W11 place and room for one more M40.

J. MORRIS

## COMPETITION CORNER

Congratulations to Mark Howie, who guessed the right answer in no time. (The map was of Mable - did you guess?) A valuable prize is on its way to Mark.

Commiserations to Ray Heyworth, who also got the right answer, but didn't get in first.

The competition this time is a quiz. Prize to the first person to send or phone in the correct answers:-

1. What is the oldest orienteering club in England?
2. Who was the first President of the SOA?
3. What is the furthest-flung orienteering club in Scotland?

J. Nisbet  
67 Lasswade Road  
Edinburgh  
(031-664-2280)



+++RELAYS++++RELAYS++++RELAYS++++RELAYS+++

## INTERLOPERS & OK FARUN

Our famous son Ben Hall now in the land of Denmark with wife and new club hopes to bring (get a lift from) lots of Danish folk who intend coming to H-87. Older members will recall our successful exchange with OK Fan of Aarhus in 1979 and 1980. A similar plan is all that is required - briefly, our club members host the Danish folk in our homes for a couple of days before H-87. During this time they do some sightseeing, present buying and take part in a club event or social. They'll have their own transport and camping equipment, and will move up to Inverness and look after themselves. In return, our members can enjoy their hospitality between Sorlandsqalopen, the Danish 3 Day and the O-ringen (hope my wife doesn't see this schedule for next year - oops - really dear I had no intention of hosting the four blonde W19A's and visiting them in their beach home next year!). Anyway, plans are at an early stage and Ben has to phone back to confirm how many are coming with details of ages, photographs of the girls, etc.....) Meantime phone me if you think you can help by doing a couple of nights B & B around the 30 July. Scott Balfour, Interlopers 445 3966

### \*\*\* INTERLOPERS NEWS \*\*\*

#### New Members - Welcome to :

Colin Inverarity (M21, F)  
161 Dalkeith Road, Edinburgh EH16 5BY

and Andrew Lawson (M11, C)  
10 Sighthill Street, Edinburgh EH11 4QQ  
(031 453 5908)

Our 1987 membership now stands at 72, including 9 families, and we have 54 SOA/BOF affiliations. We are still hoping for some more renewals - subscriptions/enquires to Charlie Walton at 55 Manor Place, Edinburgh (031 225 5762).

#### More membership news :

Congratulations to Joan Fyfe and Derek Bearhop on their recent marriage; they now have a new address :

Joan and Derek Bearhop  
73 Slateford Road, Edinburgh

Ian Lamont informs us that he has been moved once again, further south, and is now working somewhere down Manchester way. When spotted at the JK he had not yet moved house but was likely to in the near future.

Also on the move, Cathy Barnes and Jane Smith have a new address but I don't know it yet....

Those of you at the JK may have heard the announcement over the PA of the engagement of one Dermot Ruddock.....although he has deserted us now for Airienteers, and is based somewhere in Yorkshire, we still wish Dermot all the best. Dermot also helped the AIRE team to win the JK trophy at the relays.

Interlopers in foreign places : last time anyone tried to contact Ken Ovens he was off to Cameroon again.....we hear Pete Couldery plans to disappear off around the world for most of the rest of the year (after another attempt on the Scottish islands peaks race with Andy Spenceley and the Cherry family).....Graham McIntyre was over in Sweden for a week recently leading a small Scottish party for a weeks coaching and competition.....and Christine Whalley has been selected to represent Britain at both the Suunto Games and the Swedish 5-Days.

#### Junior Inter-Area Weekend

After last years successful venture, the 1987 version is to be the first weekend in September, taking in the FVO badge event at Dollar Bank (I think). Something for all the juniors out there to set their sights on....

JK : Our open team at the JK (Ian McIntyre, Charlie Walton, Matthew Strachan and Andy Spenceley) came about 30th (no results yet, surprise, surprise, and the nice "on the day" results system didn't quite work), after a collection of fairly steady runs. Our medium and short open teams, and our ad hoc team, also all got round what was an excellent relay forest, and particularly well done to our youngsters Gail Balfour and Tony Squire for anchoring their teams home.

British : Only two INT teams at the British Relays at Dipton - another good relay wood - and we even had to recruit Mark Greenwood of FVO to join Janet Fallon and Julie Grant in the womens open relay. We did have the only fancy dress team in the mini mass start. Meanwhile the mens open team (Matthew, Charlie and Ian this time) were getting nowhere fast and finished up somewhere in the mid twenties (I think).

Scottish : This one isn't till the 7th June; we've got about 7 teams entered so do please all turn up to fill them. There are 3 teams in the mens open, 1 womens open, 1 ad hoc, 1 M40, and 1 youngsters.

Harvester : Overnight relay on 4th/5th July; superb looking dune area, but I'm afraid it is in South Wales. This could be quite an expedition but a lot of fun. There are handicap and open classes available - please get in touch with Charlie if you are interested.

#### Events:

Summer series on Wednesday evenings - we are putting events on on 20th May (Colinton Dell), 3rd June (Holyrood Park), and 24th June (Bonaly), so please come along and lend a hand.

Highland '87 - entries still available, though the fees are going up. We need a good turn out to make sure all goes well on Day 6, and it is a great weeks holiday anyway! Please contact Ray Heyworth with offers of help (29 Cammo Grove, 031 339 5634).

Looking further ahead we will be putting on a Lothian O League event in the 87/88 series, provisionally on the 13th December, so need officials, areas, maps etc. Nothing else major planned at the moment - what do you think our plans should include?

The NEW INTERLOPERS SUITS are here! Very smart, too. Their first proper outing was at Dalswinton, and since then they have been spotted at the JK, Torrie, the British Relays, Bonaly and other events. Torrie made them go a bit fluffy but they seem fairly tear resistant and wash quite well. Donald Watson is looking after orders for the next batch - contact him if you would like one (234/9 Chessels Court, Canongate, 031 556 6442).

#### CompassSport Cup (don't laugh)

Yes, we managed to lose our re-arranged fixture with Clyde, but it was quite close. One day we'll get a strong team out.....

SE Area champs : The ESOC badge event at Glentress on 24th May is this years SE Area Championships. I know it may be setting a new record for "pence per kilometer" but it would be nice to have a few Area champions in the club, and there are some team prizes as well, so I hope we'll see a good INT turnout!

#### INTERLOPERS AGM

REMEMBER THE AGM - Thursday 21st May, 7.15pm, in the Sommerville Room at the Pleasance. The Somerville room is part of the Edinburgh University societies/theatre/bar etc. complex next to the university sports centre at the north end of the Pleasance.

#### \*\*\*\*PLEASE COME ALONG\*\*\*\*

Items for discussion include the future of the newsletter, and we will of course be electing a new committee. Meal afterwards at "FAT SAMs", on Fountainbridge.

And finally...

Donald tells us that THE TENT is alive again - watch for its appearance soon!

Charlie Walton



# CHANGING HEMISPHERES

Elizabeth Duke INT/DOC

Did you realise that the sun goes round the opposite way in the Southern Hemisphere? Or that your compass needle tends to jam unless you get a Southern Hemisphere compass which compensates for a southward rather than a northward dip?

I started orienteering in 1976, when my arrival in Dunedin, New Zealand, coincided with the first season of Dunedin Orienteering Club (not cause and effect). It's been fun to go through the growth years of a club, from events run by two people on bikes, using black and white maps with trees drawn in, to five colour international standard maps and a Grade A International event - the Asia-Pacific O Championships 1984.

New Zealand is about as long as Britain, but thinner, and supports a population of 60 odd million sheep, 3 million humans, and about 25 O clubs. We're one of three clubs in the South Island (500 miles long), so we don't have a range of events on our doorstep every weekend. However there are events every two weeks (every three weeks in winter from June to August), including a series of 10 South Island Challenge events, to which people are willing to travel.

There are some differences from O in Scotland:

1. Because of distance, our major events tend to come in pairs on a Saturday and Sunday, and people staying overnight have a good social time.
2. As each club runs such a full programme, a large number of members are called on to plan, control or organise, and this develops a reservoir of skills, even there is the danger of mistakes through inexperience. Our club tries to give members a progression from helping with publicity events, through assistant planner or organiser, up to planner, organiser or controller of major events. This should in time relieve the overwork on the more experienced members.
3. Each event has fewer competitors: 100 - 200 at our larger events.
4. There tends to be more green on the map - native vegetation includes tangled creepers, so white areas are usually commercial exotic conifers.
5. Fences are not usually mapped. A NZ farmer's fences are a stock rotation device and modern farmers move them so often that the map would be out of date before printing.
6. We use international pictorial control descriptions on many courses. These are puzzling at first, but even juniors (even veterans?) pick them up rapidly, and you soon reach a stage of jumping from control description to map feature without having to do a mental translation of "southern crag at the west foot".

Finally, why not add an extra summer to your life?

Come to the S Island NZ in the second week of January 1989 for 7 (out of ten) days orienteering in a mixture of terrain - high limestone farmland with woods, farm forest, rolling conifers, schist moorland, and fiendish eroded gold workings (even Scandinavians find these a challenge). You can also spend time panning for gold, climbing Alps, walking some superb long distance routes, bird watching, surfing ..... We've also applied for international B-status for the event, which also incorporates the Australia/NZ Challenge (not quite as vicious as the America's Cup!). It's a bit early for the mailing list, but if you want to be on it let me know or look out for publicity later. And there may be vacancies for skilled mappers in late 87 and early 88.

Elizabeth Duke, 4 Millar Place, EH105HJ 447 1967

## HIGHLAND '87 - PERSONAL

I have applied for a 5m by 6m pitch at the event campsite, for myself plus small tent plus no vehicle. Does anyone else want to pitch themselves plus tent (+ vehicle?) on it? Please contact Elizabeth Duke 447 1967

## COACHING MEETS TRAINING

Following the successful technique training evening on 15 Oct 1986 (to which Charlie Walton brought newcomers having read about the session in Capital "O" - you are welcome Charlie), ESOC has started a Wednesday evening fortnightly training session (now stopped for summer - Ed.) This highlights the lack of coaching within orienteering, particularly in the Edinburgh area. A coaching system does exist within British orienteering, headed by Peter Palmer, a full-time official. He is mainly interested in the national junior squad. There is also a level of national coaches (Carol McNeill is one).

Below that there are two formal levels, which are more relevant to most of us. The bottom rung is club coach or instructor.

ESOC has two - Cliff White and Pete Woolverton, INT has three - Ann and Ray Heyworth and Scott Balfour.

Together with Cliff White and Pete Leach, I recently attended a course run by BOK, intended to train Club Coaches to become the next level up coaches. It was held over a week-end in the Lakes near where the JK was in 1983. The course was very well presented by Carol McNeill with Peter Palmer in attendance for one day and, although good value for the money, it was poorly attended.

We covered many interesting aspects of coaching including night string event, planning, shadowing, visual aids, physical training, and various techniques. Another important aspect was the exchange of information between the course members.

There are two main lessons to be taken from this, I think:-

1. BOK courses are well worth attending and are meant for you and I, the average orienteer. So if you are interested in mapping, planning or coaching go along to the next course.
2. Coaching and technique training must develop if orienteering is going to develop as an enjoyable sport for the less skilled club member. So if you are interested, go along to ESOC's Wednesday evening sessions (see Capital "O" for details).

BEN BATE (ESOC)

## ESOC "O" SUIT

All those who have seen the new ESOC "O" Suit at the JK or at local events have been struck by its eye catching design. A further order (probably the last this year) is being put together at the moment.

If you want a suit (or just a top or bottom) please fill in the form in the newsletter and send it off with your cheque to Ben Bate.

The ladies in the club are reminded that the suits are uni-sex; as a guide Janice Nisbet takes a Size 4, Senga Bate a Size 3 and Norma Coutts a Size 5.

The suit is green with red and white vertical strips on the left hand side of the top and the outside seams of the bottoms.

Ben Bate (ESOC)

## SOUTH EAST OF SCOTLAND AREA CHAMPIONSHIPS GLENTRESS 24 MAY 1987

Whilst collecting the trophies together for the forthcoming SE Area (now Lothian and Borders) Champs, I noticed that the W21 trophy had not been won by a local woman since Ann Curtis' victory in 1981. Furthermore, the M21 trophy had not been won by a local since Doug Wood in 1977 and the winner in the last two years (G.B-J) is old enough to be the father of many of the current crop of M21s.

So to all you young Edinburgh bloods, have a good run on May 24th (if you are not on Jura) and see if the M & W 21 trophies can stay in Edinburgh this year.

BOD is limited and it is a new map.

BEN BATE (ESOC)



## ESOC SECRETARY SNIPPETS

At our last committee meeting, Ian Hendrie (SOA Vice-President) attended, to enable us to discuss with him the proposed scheme for Scottish Sports Council funding of orienteering, with I briefly mentioned in the last Capital "O" (although I doubt if you could read it!) The SOA and Scottish Sports Council have agreed to a 6 year programme, whereby the SSC will fund the production of 2 maps each year, i.e. a total of 12 maps. These will be professionally produced maps of good quality areas, which initially will be used for badge events, e.g. Scotlandsgaloppen, Scottish Champs etc. and then will be used for club, junior and senior squad training and coaching. The SSC regard this as a form of Capital Investment - similar to funding a squash court for a squash club. The idea, also, is that money generated from events in the area, and from map sales, will be put into a fund which would enable revision of the maps after 6 years. This is a generous offer which has many advantages - saving clubs the large capital outlay for good quality maps and enabling mappers to get involved with smaller areas.

The scheme is at present being organised on a regional basis, with Scotland divided into 6 areas. As a result each area will get two maps over the 6 year period. The committee indicated to Ian that the South East had unique problems with lack of good quality areas and 5 clubs in the area at least. Some of the questions we raised he will discuss further with the SOA and I will keep you informed of any developments.

All members who have not renewed their 1987 membership should do so as soon as possible. All those who have forgotten will have a reminder attached to their newsletter. If you wish to discontinue your membership, please let Bill Stevenson know, so that he can keep an up-to-date membership list.

By now the Summer Series has started - and there was a very good turn-out for the first event at Dalkeith Park, on a lovely summer's evening. We will be organising 4 of the evening events; so please come along if you are a beginner, as these are an ideal introduction to the sport, and for the more experienced please come along to run and/or help with the organisation.

Later in the month the postponed Glentress Badge Event will be upon us, and I hope everyone will help to make the event a successful and enjoyable day, which competitors have enjoyed. Assuming a good turn-out of club members, all juniors should be able to run, and hopefully as many of the adults as possible.

You may have seen, especially those who receive Compass Sport, notification of a recently published book, "Teaching Orienteering", written by Carol McNeill, Jean Ramsden and Tom Renfrew. Carol is offering to visit clubs to publicise the book, and Charles Howie is trying to organise a joint meeting with Interlopers, LINOC and ourselves.

Lastly, for those interested in mapping, SOA are organising 2 courses later in the year - Field Survey in September and Cartography in November. Also, the 1987 BOF National Mapping Conference is being held on 29-31st May at Ulverston, Cumbria. Further details from David Lane if interested.

## EDITOR'S CHANGE OF ADDRESS

From mid-June (and providing we can sell our present house) my address will be:-

10 Mansionhouse Road,  
Edinburgh EH9 1TZ

Tel: - 667 8464

Janice Nisbet (ESOC)

After AGM 27th May, I hope Interlopers have a new editor! Until you hear otherwise, send to Scott B.

We are right in the heart of the busiest time on the orienteering calendar. It is always at this time of year that I reach the stage of saying 'not another weekend's orienteering'. Somehow with all the major championships life becomes distinctly hectic and you find yourself longing for a quiet Sunday at home! It is a pity the calendar cannot be more balanced throughout the year.

Club members have turned out in force at the JK and British Relays. The youngest males showed up their elders in the JK Relay, our M13 team taking first place. At the British Relays, it was the turn of the ladies with our W35 team coming first. We look forward to further successes at the Scottish Championships at the beginning of June. Who knows, it may then be the turn of our senior men!

The first events of the Summer Series have taken place with good turnouts at both events. Thanks are due to the Nisbets and David Lane for organising these two events. On the 24th May we held our first major event of this year's calendar at Glentress. All offers of help at this event will be welcomed by the Pyatts. The more helpers there are the greater the chance of a run.

I should like to see us reaching the stage where club members are able to run in our events. Our increasing membership ought to help with manpower problems and I hope until we reach the ideal where everyone can have a run that we can at least achieve a system by which people holding key roles at one event get their chance to run at the next event. This will need the cooperation of everyone. It is fairer to allow no-one to run than to have the same people always carrying the work load while others enjoy themselves.

ESOC Captain's Log - O-Date 10-05-87  
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22nd March: Lothian O-League 7, Lochore Meadows.

What I needed to get me back on my feet after the flu was a slow, accurate run in a really technical area. So you can imagine my delight on discovering when I arrived at Lochore that I'd picked a score event in open fields!

It was a good event though, apart from a minor glitch on course times, and a good use for an area with no technical pretensions. I suspect that many of the competitors wouldn't have considered entering a score event in the normal way. Which is a shame, because there's a special pleasure to planning a route to suit yourself, even if you don't always arrive at the Finish exactly when you meant to. So perhaps it was a good idea not to advertise it as a 'score event'...

Looking at the results for the complete LQL series, I counted between eighty and ninety ESOC members, more than ever before. At the present growth rate we'll have a hundred taking part next year!

5th April: Scotland's Galoppen 2, Dalswinton

Some areas seem to have their own regular weather: at Kinneil Wood it always snows, at Dalswinton it always rains. The master maps (and the second master maps) remained dry, however, and the event was in all ways quietly and competently run. Not having one of my best days, I forgot to take my stub to the Start and, seventy-five muddled minutes later, presented the Finish officials with a card with three punches in the wrong boxes. All was smoothly coped with - though they did ask whether I wouldn't rather just DNF!

I was sad to see how much of the forest has been felled. I thought the planner did very well with what remains, but I suspect that we shall not attend another badge event there.



12th April: Glasgow Galoppen 3, Mugdock Country Park

This was to be the venue for the postponed Interlopers/Clydeside CompassSport Cup tie, so attendance was imperative from an intelligence point of view. Apart from which Mugdock is a good area for a last, foolish attempt to get fit before the JK.

It was a SUPER day, the first warm, sunny, glad-to-be-here orienteering day this year. It was worth being there just for the view north to the sunny Campsie Fells! (Remember the We(s)t Area Champs?)

The Mugdock map has been extended northwards and can now provide a challenging Brown course without needing 2nd master maps. The map has also been revised and gives a much better picture of the extensive marshes and the complex deciduous woodland that makes this area so different from anything else I've encountered north of the Border. And it's only five miles from central Glasgow!

Few ESOC members were there to enjoy it (school holidays?) but Clydeside and Interlopers made up for our absence with a Round 1 CompassSport Cup match. Clydeside beat Interlopers 70:48. Interlopers were unfortunate; they'd arranged the match to coincide with the BUSF championships. Clydeside now meet ELO on May 10th(?) in Round 2; we shall entertain the winners in Round 3, the Scottish semi-finals.

17th-20th April: Jan Kjellstrom Individual and Relay Championships, North York Moors.

All I knew about North Yorkshire was that the orienteering was good enough to sustain an enthusiastic following for the annual White Rose Event. Now I know why. All the areas, including the small training area at Raincliffe Woods were varied and interesting, offering reasonable runnability and technical challenge.

Day 1 was at Newtondale. The drive in, through a thick mist off the sea, was nervous, tantalising. The complex parking arrangements, involving several square miles of forest, heightened the suspense. A magnificent Assembly and Finish area, with a strong sun burning the mist away and revealing the gorge below completed the dramatic build-up. Courses were not over-physical; the main technical challenges centred on route choice. Everything combined to make this a memorable day.

Day 2: I would gladly run another course on Barns Cliff. The competition area centred on a U-shaped glaciated valley, intricately contoured and densely wooded. Route choice was critical, keeping in contact was vital. Sadly, most courses were a third too long; I was not alone in making a major mistake as body and brain dragged to a halt. But I'll crack it next time...

Monday, Cawthorne Banks, the JK Relays. Amazingly recovered, we set up the club tent by the last control - in an ideal position from which to cheer on our M10/11's as they took second place, in spite of the loss of a shoe, in the M/W11 event. Well done Jamie, Andrew and Richard!

The rest of us couldn't quite live up to that but everyone enjoyed another warm, sunny outing in a varied runnable area. The courses were generally thought to be more technical than most relays but none the worse for that. A good finish to what I considered the best JK in the last three years.

26th April: Torrie Badge

I'd heard ugly rumours about Torrie. They said it was all fight and rides, mainly the former. They said it was poorly mapped. They said it would be NO FUN.

Well, there's certainly a lot of fight - though a little less than there was before the M40's hit it. There are quite a few rides, some of which are actually runnable. The mapping seems no worse than in many other areas. And, on a hot, sunny day, it was lots of fun.

Quite a few ESOC members did well. We had seven class winners. Congratulations are due to Calum Neill, whose runaway victory was just one of a string of recent performances which have earned him a place in the Scottish Training Squad, and to the Williams family, who recorded a hat-trick of wins in W10, W11 and W35.

29th April: Dalkeith Park

Charles Howie's Summer Series is off to a confident start. Large numbers of happy youngsters enjoyed a very pleasant evening on White, Yellow and Green courses.

This is how it starts for most of us, including adults; I cut my teeth on a Come-and-try-it series in 1982. So if you know anyone whose future pleasure in sitting at home reading the papers in the garden on a summer Sunday morning you'd really like to ruin ... bring them along! Get them hooked! Recruit them into relay teams!

2nd-4th May: British Relays Weekend

This was the weekend that interrupted the long, hot summer. Some of the time the sun shone brightly; some of the time it snowed, or rained, or hailed. All of the time a chill breeze blew across the Assembly fields.

May 2nd: Broomley Fell Badge. Broomley Fell is a gently sloping, very runnable, mature wood. It was used for the much-praised British Night Championships last year. Many, myself included, wondered if it would offer any challenge in daylight. It did. The planner exploited it well, placing a premium on accurate navigation at speed. It provided a refreshing contrast to the heath terrain that we're used to in Scotland.

No, I can't tell you who won what, or what effect it had on the Edinburgh Championships; I haven't seen the results yet.

May 3rd: British Relays. Dipton Wood is more varied than Broomley Fell - with tougher going in general. We took nine relay teams - much the largest turnout that we've had at the British in recent times (or ever?). Many of our runners did very well. All of us, I think, had fun.

It was good to see the club tent and the club flag and a busy crowd of members. It was good to hear the yells of encouragement that greeted each returning runner (even me). It was good to hear our new colours singled out for praise by the commentators. It was good to see how many members waited to cheer David Lane home after a steady anchor leg for a slightly outclassed Men's Open team. It was good to hear one of BOF's high held yins comment on ESOC's renaissance. But it was BEST to see the grins on the faces of Trish Carmichael, Meryl Marshall and Mary Williams after they'd stormed to a well-deserved victory in W35.

Have a scorching summer...

John Morris

# CAPITAL 'O'

## Edinburgh Orienteering

MAY 87

## Championship Results

after 3.00 out of 7.00 events

Member	Class	1	2	3	4	5	6	7	Total
1 Ru Lessells	E M11	108	100	116	0	0	0	0	324
2 J Morris	E M40	99	93	101	0	0	0	0	293
3 C Neill	E M15	77	92	119	0	0	0	0	288
4 P Carachael	E M35	96	95	85	0	0	0	0	277
5 P Woolverton	E M40	83	90	78	0	0	0	0	250
6 R Carachael	E M35	81	73	88	0	0	0	0	242
7 R Heyworth	I M55	0	100	100	0	0	0	0	200
8 P Coutts	E M40	58	74	63	0	0	0	0	195
9 N Coutts	E M45	67	57	65	0	0	0	0	189
10 P Squire	I M35	0	100	88	0	0	0	0	187
11 Ru Lessells	E M13	79	100	0	0	0	0	0	179
12 M Williams	E M35	78	0	100	0	0	0	0	178
13 A Squire	I M10	0	100	78	0	0	0	0	178
14 C Williams	E M10	76	0	100	0	0	0	0	176
15 W Gauld	E M50	93	0	76	0	0	0	0	169
16 I Jackson	E M40	87	0	82	0	0	0	0	169
17 K Lessells	E M35	0	83	85	0	0	0	0	169
18 C Walton	I M21	0	83	83	0	0	0	0	166
19 A Lessells	E M40	0	90	73	0	0	0	0	164
20 B Bate	E M40	77	0	77	0	0	0	0	155
21 M Carachael	E M10	0	74	77	0	0	0	0	152
22 I McIntyre	I M21	0	75	72	0	0	0	0	147
23 J Stevenson	E M11	0	68	76	0	0	0	0	144
24 H Bruce	I M21	0	74	69	0	0	0	0	142
25 C MacIntosh	I M21	0	55	83	0	0	0	0	138
26 M Kassik	E M21	60	0	69	0	0	0	0	130
27 R Leask	E M50	52	0	70	0	0	0	0	122
28 P Hannaford	I M21	0	58	58	0	0	0	0	116
29 C White	E M40	0	0	105	0	0	0	0	105
30 F Williams	E M11	0	0	100	0	0	0	0	100
31 J Marshall	E M11	100	0	0	0	0	0	0	100
32 C Whalley	I M21	0	0	99	0	0	0	0	99
33 M Marshall	E M40	97	0	0	0	0	0	0	97
34 B Jardine	E M21	93	0	0	0	0	0	0	93
35 S Balfour	I M40	0	0	92	0	0	0	0	92

36 D Wood	E M40	0	0	91	0	0	0	91
37 D Lane	E M21	44	0	44	0	0	0	88
38 R Sinclair	I M45	0	0	83	0	0	0	83
39 S Morris	E M35	0	0	81	0	0	0	81
40 C Marshall	E M10	81	0	0	0	0	0	81
41 P Coultery	I M21	0	0	79	0	0	0	79
42 F Balfour	I M10	0	0	79	0	0	0	79
43 D Nisbet	E M21	77	0	0	0	0	0	77
44 C Sinclair	I M45	0	0	76	0	0	0	76
45 F Leask	E M13	44	0	31	0	0	0	75
46 J McLaren	E M40	0	0	74	0	0	0	74
47 C Howie	E M45	0	0	74	0	0	0	74
48 R Cherry	I M21	0	0	74	0	0	0	74
49 W Stevenson	E M35	0	73	0	0	0	0	73
50 M Strachan	I M21	0	0	71	0	0	0	71
51 D Kershaw	E M35	0	0	71	0	0	0	71
52 A Stevenson	E M35	0	0	69	0	0	0	69
53 S Gregory	E M21	0	69	0	0	0	0	69
54 A Carachael	E M10	0	66	0	0	0	0	66
55 D Watson	I M21	0	64	0	0	0	0	64
56 W Bennett	E M50	0	62	0	0	0	0	62
57 J Fallon	I M21	0	0	61	0	0	0	61
58 S Hain	E M15	0	0	58	0	0	0	58
59 A Jardine	E M21	58	0	0	0	0	0	58
60 J Grant	I M21	0	0	57	0	0	0	57
61 M Middleton	E M13	0	0	0	0	0	0	0
62 M Little	E M40	0	0	0	0	0	0	0



Qualifying Events

Date

1	87/03/01	Craig a' Barns Badge	ESSE only
2	87/04/05	SW Champs Dalswinton	EI
3	87/04/26	Torrie Badge	EI
4	87/05/02	Broomley Fell Badge	EI
5	87/05/24	Glentress Badge	INT-ONLY
6	87/09/06	Dollar Glen Badge	EI
7	87/11/01	Inshriach Badge	EI

WER IS  
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7.11?

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not int! who chose these?



Calendar



DECISIONS.....  
PLAN AHEAD.....

MAY 21 INTERLOPERS AGM, 7:15, Pleasance + "Fat Sams"

MAY 24 SSCOC BADGE EVENT  
K. Lesells, 40 Ormisdale Terrace, Murrayfield, Edinburgh OJ1-337-1144  
closing date :- 11/5/87, SEP, limited EOD

MAY 24 MORAVIAN OPEN EVENT  
B. McLennan, 28 Lossiemouth Road, Elgin OJ4-46527

MAY 24 MAROC OPEN EVENT  
I. Ritchie, Bedykes, Monaltrie Avenue, Ballater NO 355955  
Dallietour, Ballater NO 355955

MAY 24 SCOTLANDS GALLOPEN - 3, (N. Lights Badge Event), MAROC  
Stude Woods, Banchoy NJ 605985  
closing date :- 17/5/87, £2.50 / £1.50, SEP, EOD with master maps

JUNE 6 SCOTTISH CHAMPIONSHIPS, National Event 3, CLYDE  
Drummore Wood, Aberfoyle NS 438989  
G. Longhurst, 27 Caird Drive, Glasgow O41-334-3218  
closing date :- 11/5/87, £3.60 / £1.80, SEP, no EOD, cheques '86/87

JUNE 7 SCOTTISH RELAY CHAMPS. LIRYC Doon Hill, Aberfoyle  
entries as for June 6, £7.50/£4.50/team, Ad Hoc £6.00/team

JUNE 7 SHETLAND URBAN CHALLENGE EVENT  
Gillings, Islesview House, Bickton, Shetland

JUNE 11 LIRYC LOCAL RELAY EVENT  
D. Balfour, 10 Wansie Road, Linlithgow L. 845084  
Balvornie, Beecrofts, Linlithgow

JUNE 14 LIRYC WOMEN'S GALLOPEN EVENT  
J. Wolfe, 26 MacLeod Road, Dalloch, Inverness  
Queens Forest, Aviemore NH 981093

LIRYC Evening Event  
May 26 Kinneil Wood, Bo'ness  
organiser :- T. Smith, Linlithgow B43550

SPORTS AWARDS  
WATCH OUT  
AUGUST 1ST!

JUNE 21 7-HILL RACE - CALTON HILL - 14 MILES WITH  
ROUTE CHOICE & NAVIGATION - 10am for 11.15 start

JUNE 14 GLASGOW GALLOPEN - 2, (ECRO) Shielhill Glen, Greenock  
I. Gow, Scougal, Shore Road, Dunoon D. 6288  
(postponed from 8 March)

JUNE 20 BR OPEN EVENT  
A. Whitworth, 23 Newarth Drive, Gortale O228-35420

JUNE 21 NATIONAL EVENT - 4, (PCOC) High Rife, Keswick  
R. Jackson, Seaton Mill, Forkington, Cumbria O900-2083  
closing date :- 26/5/87

JUNE 21 N.E. SCOTLAND AREA RELAYS, (Moravian) Newtyle Forest  
D. Murray, Sunnyknowe, Sengubar Road, Forres F. 72545

JUNE 21 FOX. RETIERS LOCAL EVENT  
A. Hewat, Kirkhope House, Strickridge, Selkirk O750-2142

JUNE 28 GRAMP OPEN EVENT  
M. Ling, 102 Hamilton Place, Aberdeen O224-639041  
Delgaty, Turiff

JULY 5 MAROC OPEN EVENT  
N. Allan, Wellbank, Old Ballater Road, Aboyne O330-2446  
Allteallieach, Ballater NO 355955

JULY 12 SSCOC OPEN EVENT  
P. Coutts, 208 Culken Terrace, Penicuik, Midlothian O965-74511  
Dalketh Park, Dalketh

JULY 12 NORTH ISLES LOCAL EVENT  
A. Gillings, Islesview House, Bickton, Shetland  
Sealloway, Mainland Shetland

JULY 25 ELO LOCAL EVENT  
S. Strain, 39 Bankpark Grove, Tranent, East Lothian O276-6111  
Garberry 66/365697

AUG 2-8 HIGHLAND '87.  
Day 1 (FVO + WFO)  
Day 2 (Mor + LIRYC)  
Day 3 (Gramp, CONOC + SSCOC)  
Day 4 (MAROC, SAOC + ELO)  
Day 5 (SSOC, Solway + RR)  
Day 6 (Clyde + Int)

Great Ulladale, Strathneffer  
Novar, Evanton NH 6165  
Cawdor NH 8449  
Inshriach, Aviemore NH 3905  
Achilty North, Strathneffer  
Achilty South, Strathneffer

DEADLINE FOR NEXT NEWS LETTER -  
REMEMBER "5 INCHES PER LINE"

ROXBURGH RETIERS Evening Events

JUNE 2 Spottiswoode, Lauder 74/608483  
co-ordinator :- A. Hewat, Kirkhope House, Strickridge, Selkirk O750-2142

FVD EVENTS

MAY 27 Garshellock, Touch NS 745937  
June 3 Shielbrae, Stirling NS 758906  
June 10 Sherrilfmuir, Black Hill NS 815985  
June 17 Touchmolar NS 746916  
co-ordinator :- G. Bryan-Jones, 29A Dunster Road, Stirling O786-7774

JUNE 1: HWS4 RUN - see "SOCIAL" INSIDE.  
JUNE 23: SOCIAL - BEER & SKITTLES