

INTERLOPERS

ORIENTEERING CLUB • EDINBURGH

new
no. 57
newsletter
September
'87



Editors Note

Highland 87, the event of the year, has come and gone and we can all relax with a job well done ... until Lomond '89! I should like to thank, on behalf of the club, Ray Heyworth who did a superb job organising finish and results etc on Day 6, and Charlie Walton for helping to control the event. There are a couple of articles this month about the 6 Days.

Special features in this issue include reports of the Suunto Games and the Capricorn Weekend.

There was only a modest response to the competition designing a course for the Meadows maps. The winning entry was from Scott Balfour and the prize - to have the honour of planning, controlling and organising the event. The winning event is entitled 'Attack Point / Pace & Compass' consisting of a system of paired controls.

Next month's newsletter will include our very own 'letter from America' and an article dating back to Highland '77.

Copy date for next issue - 1 November 1987.

Jane Lupton, 101 East Claremont Street, Edinburgh, EH7 4JA, Tel 031-556 0652.

SUITS*SUITS*SUITS*SUITS*SUITS*SUITS*SUITS*

Donald Watson is preparing to send off another order for the very popular new Interlopers 0 Suit. The suits will include a front pocket on the top and the yellow will be less garish than the first batch! The club will continue to pay for screen printing the wee man on the front and our name on the back. Total cost to club members is still only £13.00. This could be the last batch ordered so don't miss your chance to have the most stylish 0 suit of 1987!

Send your vital statistics to Donald (if you are lucky he might keep them a secret) as soon as possible.



Can you guess
which area this
map is from?
Hint - somewhere
in Scotland!

Books

We've now got copies of a number of orienteering planning, coaching and mapping books, which club members can borrow. Highly recommended reading! Details from Jane Lupton.

Course Planning (IOF)
Course Planning (BOF)
Guidelines to Course Planning (IOF)
Orienteering - Training and Coaching (Graham McIntyre has our copy)
Mapmaking for Orienteers (Robin Harvey)
Drawing Specifications for International Orienteering Maps (IOF)

IT'S COMPETITION TIME

WOT'S IN THE NAME

Scott Balfour

The object of the competition is to provide future Relay Team coordinators with a fine list of humorous, witty yet clearly INT names for the following classes:

MW11, M13, W13, M15, W15, M17, W17, W OPEN, LONG OPEN, MED OPEN, SHORT OPEN, M35, W35, W40, M40, MW45, ADHOC

Some examples to get you going:

M40 INTelligents
MW11 INTotrees
MW45 INTocrawl
OPEN INTowins
ADHOC INTERlaugh
M35 INTERpuffers
MW11B INTomasstarts

You may have two teams in each class if you wish. However it is the quality of the names that will decide the lucky winner.

Please send or hand your entries to
Scott Balfour, 23 Buckstone Loan, EH10 6UD before
1 November 1987.

SOCIALS*SOCIALS*SOCIALS*SOCIALS*SOCIALS*SOCIALS*

September

Monday 21 September. HASH RUN
Meet at Donald's flat (234/9
Chessels Court, Canongate) for an
energetic but fun event.
Start. 7 pm. (Tel 556 6442)

Unfortunately the WATER 'O' at
Linlithgow Loch was cancelled -
September is too late in the year.

October

Wednesday 28 October. HALLOWEEN
PARTY
Matt Ogston has kindly
'volunteered' to allow any
survivors from the Halloween 0
night event (see elsewhere) to
report to 10 Murrayfield Place
(with proof of Interloper
Membership). Bring your own booze
and turnip lantern.

SOCIALS*SOCIALS*SOCIALS*SOCIALS*SOCIALS*SOCIALS*

were the brightest and most beautiful I have ever seen - even the shower which dampened the week's sport had their heart-leaping qualities.

Inshriach almost required some real orienteering skills - the southern corner of the forest would have been impossible for most Brits if it hadn't been for the pattern of rides on the map!

Too much euphoria accumulated during the week and resulted in several navigation mistakes in North Achilty, although one of them I could perhaps blame on being startled and waylaid by the dancing shape of an honorary Interloper who floated through the forest just ahead. And the toughest part of all - an uphill finish run-in!

So, on to help Ray and the gang set up the Day 6 finish area - how on earth are all the punters going to fit into that tiny space? Well, on Saturday they did. And the sun shone. And all the punters had their run. And all the helpers did a grand job. The final inward image of that sunlit glade will I hope in future also call to mind the wonderful folk, mostly of INVOC, who made up the 'Central Organisation' team led by Christine Martin, who deserve all our thanks and admiration for their dedication which made this week possible.

May all your memories be sweet records, and
promises as sweet!

Steve Terry

CLUB*NEWS*CLUB*NEWS*CLUB*NEWS*CLUB*NEWS*CLUB*NEWS CLUB*NEWS*CLUB*NEWS*CLUB*NEWS*CLUB*NEWS*CLUB*NEWS*CLUB*NEWS*CL

World Champs

By the time you get your newsletter, the World Champs in France will have been and gone, with no Interlopers in the British team. Christine Whalley narrowly missed selection - but there's always next time. We will have a representation as Simon Thompson and Ian McIntyre are going over to watch, and are rumoured to be official supporters of the Irish team.

Weddings

Septemeber 19th is the date for Bob and Jane, who's gong to be next? Dermod Ruddock (ex-INT) has already fallen, geting married the day before Highland '87 - an active honeymoon, though Dermod sat out the first couple of days with a "bad back"!!

Andy's sponsored "marathon"

Before he headed south, Andy Loudon completed a 9 day, 220 mile run (with 37,000 feet of climb) in north-west Scotland (Mallaig to Cape Wrath), in aid of Intermediate Technology. Some of you may remember sponsoring Andy after the Inerlopers AGM - he'd appreciate if you could send him the money, or pass it on to me and I'll send it on. Expect a reminder soon if you haven't had one already!

Charlie Walton

We still hope to be able to use Archerfield for this. Elizabeth Duke has offered to plan but would like a helper, and Janet Fallon is organising but could do with a co-organiser. Why don't you help out? It's a good chance to get involved with putting events on. Lots of help will be needed on the day, so please note the date and keep it free.

The CLUB TENT survived Highland (although some minor repairs are required) and was much appreciated, but it still needs a home. Anyone fancy looking after it?

HORRORSCOPE
CAPRICORN 27-28 JUNE

"A slow journey will lead to many discomforts. Clarity of thought will be required to overcome obscure problems. Physical effort may bring rewards but beware of aggravating an ailment."

Do you know where the Range of the Awful Hand is? If you took part in last autumn's KIMM it is probably indelibly scribed on your memory that it lies in the Galloway Hills. Lacking a new map, Pendle Forest Orienteers picked the same area for this year's Capricorn mountain 'O' competition and still attracted over 800 entries.

For the six Interlopers who didn't have the excuse of a Saturday job or thesis writing to keep them away, it was the same slow drive along the twisty Border's roads on Friday evening with the chance of last minute carbohydrate loading at the excellent Newton Stewart chipshop.

Saturday morning dawned: well actually the sky changed from dark grey to a lighter misty grey, but you know what I mean. Waterproof-clad figures emerged from tents to face the warm humid day and the torment of the midges who seemed insatiable despite their feasting of the night before.

A longer than advertised clamber through dripping forest led to the start of the weekend's real business. The outward legs of the courses took us north over the Merrick's ridges, the planning giving plenty of round-or-over route choices. Careful reading of the contours together with frequent use of the compass was vital as there were few handrail features and thick mist above about 1,200 ft. The western flank and summit plateau of the Merrick were mainly grassy and surprisingly runnable. However, it was a relief to drop out of the cloud and see large easily recognisable features and to discover that I wasn't actually running on my own after all.

The return legs led us through the Dungeon Hill's lochans. Again there was a variety of route choices with a rough winding path offering a tempting respite from the heather, blueberry and tussocky moorland grass. For those with the legs left, the final 3.5 km of the courses were along a forest track above Loch Trool. It didn't look far on the map but mud and exposed rock made it seem to last for ever. Like banging your head off a wall, it was nice when it stopped. Then it was the queue for the shower, one of the few civilised aspects of the weekend.

The overnight results showed mixed fortunes for Interlopers. In the B class Calum McIntosh had got round in about 4 1/2 hours giving him 34th position. Bob Cherry's run was frustrated by his knee over the last few controls but still got round in under five hours. In the C class, best placed was Ian McIntyre, 2nd, in 2 hours 44 minutes. Quite what an elite orineteer was

doing in that class at all is anybody's guess. He pleaded illness but I think he had broken his braces. And OK, I was in 4th place, some twenty minutes behind. Janet Fallon went round at picnic pace but still got back in time for dinner. In the D class, our editor Jane Lupton was simply pleased to have got round (after becoming very disheartened in the mist - Ed).

Performances and route choices were discussed over a pint in the House O Hill bar, which bulged with orienteers trying to escape the midges and evening drizzle.

Sunday morning was even greyer and grottier than Saturday. The warm humid weather was ideal for midges and they were hellish. Any visit to the toilets which involved baring the rear-end was a traumatic experience. At registration, I discovered the C class had a new leader, who had seemingly got round in 7 minute kms, and both Ian and myself had slipped a place. As this was a faster pace than the runners in the elite class it looked highly suspicious. In fact it turned out to be a retiral who had been wrongly included in the results, but it deprived many people of a place in the chasing start.

A walk through saturated bracken-choked rides took us to the Day 2 start. The warm-up area was a frenzy of activity, not because of pre race exercises but because of the friendly diptera making the most of their unexpected breakfast.

Sunday's courses centred on the Minnigaff Hills south of Glen Trool with first legs up the steep west ridge. Underfoot it was much rougher going than the Merrick, with large areas of boulder strwn heather and peat hags on the flatter ground. There were also many more fences to help with the navigation in the mist. At the first control I was distracted by other runners, ran past the control and lost a place sorting out the mistake. Three of us were then left to battle it out together, with route choice into the final control sorting our positions. The last control and the finish were the same as Saturday's, a slight disappointment, but it was still an excellent run-in into the campsite.

On the day only the top placings were calculated in each class for the prize giving but these are the final results. Bob and Janet didn't run. Pat Hannaford turned up for the second day of the A class, only the 3rd woman to run it, and had an interesting run though wasn't impressed with the mist and drizzle. Calum had a better run and improved his position to 27th in the B class. Ian held onto his 2nd place in the C class while I slipped to 6th but was still delighted just to make the prizewinners and get a Capricorn badge. Jane was being somewhat vague about how long she had taken to complete the D course but having seen it in black and white I can tell you she was a respectable 30th in a total time of 5 hours 55 minutes.

And that, apart from decamping and the long drive back to Edinburgh, was that. It was not a surprise to learn that the southwest of Scotland had had the worst of the weather during the weekend.

Donald Watson

Tervetuloa Suunto Games:in Welcome to Suunto Games 1987

SUUNTO GAMES 1987

A trip to Finland and some thoughts on orienteering in Scandinavia

You may not even have noticed, but some people go to great lengths not to compete in the Scottish Championships (I'm only joking, honest).

Whilst a few hardy Sassenachs were making their way northwards, I headed south to London, got a plane and left the country. My destination? Helsinki and the 1987 Suunto Games.

I travelled with anticipation. Would I do myself justice? It's quite a tall order to travel to Scandinavia and produce a good run with no time to tune into the maps and terrain. I remembered my initiation to Scandinavian orienteering eleven years ago in the same forests. I'd never seen maps quite like it - covered with blue, brown, grey splotches - open marshes, wooded marshes, open rock...

About thirty minutes after setting foot in the country I was absolutely lost...I finished by running north to a road (fortunately there was a road!) and following it back to the start. Did I find any controls? I don't remember.

This time it was to be different. Starting in D21E along with 40 Finns and invited teams of Swedes, Norwegians plus a Swiss girl, a Hungarian, an Austrian ... And I was hoping to have a good race. And the whole race was to be televised.

Orienteering in Finland is tough. The areas are technically difficult and the terrain is rough ... just like home plus a bit more.

To do well you need a high level of determination and concentration. There is no opportunity to let up. You have to run hard, like a tank, or you stop. Concentration is vital or you disappear without trace. On my first visits to Scandinavia I attempted to map read the whole course, checking out every hump, bump, crag, reentrant, marsh, boulder .. and took forever. Although this is a safe way to orienteer it's slow because there are just so many humps, bumps, crags, and reentrants over there ... and the more slowly you cover the ground the harder it is to follow the map as mappers tend to emphasise details that stand out when running through an area. At a walk you see much more which has not necessarily been represented on the map.

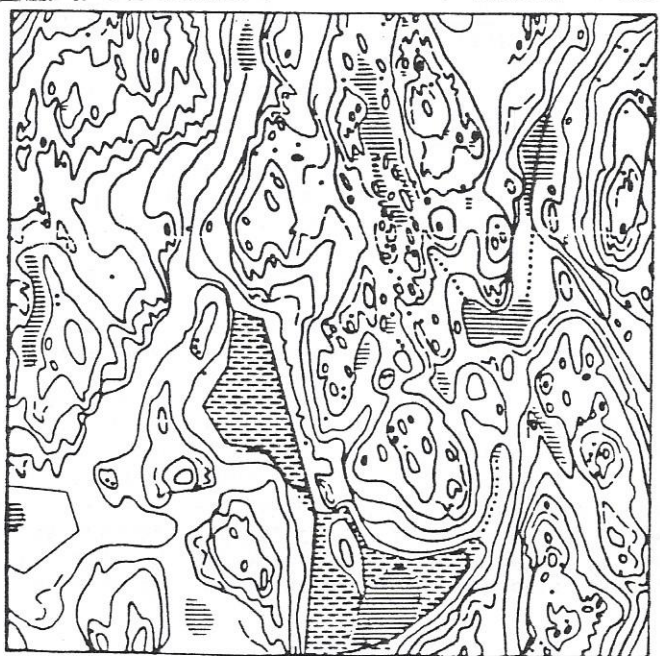
The secret is to maintain a careful balance of map reading and compass work; to be able to spot when it is possible to pick on a large feature 400m away and run for it, glancing at, and registering minor details en route but without slowing down to do so. This way it is possible to cover the ground as quickly as possible. But it's not always so straight forward - you must be able to recognise when there are no safe features and be able to pick your way slowly and carefully for the last 100 m into a control.

This is what I attempted to bear in mind as I approached the start line for the first race - and bar a couple of silly lapses this is what I managed to do. I was very pleased with my run and enjoyed the course immensely, even though I finished several minutes behind the winner.

The competition was well organised and interest was added by an hour long TV programme covering the chasing start on the second day. I found that the TV cameras in the forest did not present any real hindrance to concentration ... the cables and wires were more of a hazard! And the resulting programme was well presented, elapsed times were shown as the leaders passed various controls and the next competitors approached. It made for exciting viewing in the men's race in particular as Kaspar Oettli, the leader, started with about a minute and a half's lead, was caught, and then got away from the chasing pack again to win by a reasonable margin - so who said orienteering wasn't a spectator sport.

I'm sitting in a London park as I write this en route for Sweden where my experience with the TV cameras will come in useful. Before the Swedish 5-days I'm taking part in the grandly named World meet which is to be televised in Sweden so I better iron my O-suit and polish my O-shoes.

Christine Whalley
(This article just missed the last newsletter Ed)



Day 6 Achilty SouthINT/CLYDE

The prestigious event attracted an enormous entry of 31 people - a new record for the club! The handicap score event proved quite successful - the massed start was most entertaining with a long queue forming at the nearest control - clever folk got it on the way back. Ray Heyworth, with the wisdom of age, bribed the handicapper and became the club champion with 375 points, only 2 points ahead of John Mitchell. The Moral Victor with a fast, fluid run managed an incredible 335 points in the fifty minutes available. Alison Biggar W13 cheated by smiling sweetly, getting 150 points start, and then zoomed round Beecraigs collecting 275 points. Names to watch for in the future - Matt Ogston collected 270 points, Janet Fallon collected 261 and with a fairer handicap might have won. Jean Smith is getting fit again and collected 180. Donald Watson resplendent in new O-suit is getting better and collected 250 - he lost time looking his reflection in the pond! (Isn't it nice to see all the Interlopers suits at events - well done Donald!)

For the record, the event was a massed start score event using premarked maps with the usual special score type punch sheet. Handicaps were given - M21 in general had no points to start with. W10 were given 275 points of a start. Basically, the controls near the central start were all of 'white' standard - this allowed wee ones to have a good course. There were a few easy 'orange' controls just within range to tempt an enthusiastic novice. The real 'green' controls were set in four clover leaves around the map remote from the start.

Danish Visit

At the finish, the charcoals were glowing nicely as the first competitors returned, and soon all were enjoying a great Bar-B-Q with our Danish Orienteers. Cathy Balfour and her 3 girls had prepared baked potatoes, salads and hamburgers for the Danes who had just arrived from Newcastle. Unfortunately, they had just missed the event due to poor navigation from the ferry.

However, soon all were chatting and eventually the Danes were split into wee groups to go home with their hosts. Well done Interlopers - what a super response - a roof over everybody's head!! The Danes were a good crowd - they were trusted and they did not let us down. Sightseeing with Charlie Walton on the Thursday, then running at Meggetland, a meal out at the Waterfront in Leith, a wonder on the Friday. Soon Saturday arrived and all were off to the 6-days.

The Danes kept their word - on our day they willingly covered all sorts of wee jobs in the assembly area before disappearing home to Denmark. No doubt we'll hear from them or even see them again. If ever you're going to the Danish 3 days, then they might be able to offer hospitality in return.

Holger & Kirsteen Karlsrose Phone 02-953708
Boserupvej 6
3520 FARUM OK Farum

As we travelled to Beaulieu with anticipation for great weather, hopes for exciting new areas and maps, expectation of surviving 5 days and this time getting it right on challenging courses every day, some of us looked nostalgically at Alvie where Interlopers organised Day 1 of the first Scottish 6-Day, Highland '77.

There was concern this year that our Day 6 would be not just another successful orienteering day, but memorable as a social occasion and a fitting finale to years of effort by so many individuals and clubs.

What would the programme's 'mini-amp(h)itheatre' be really like? Well it was certainly mini and there were anxious moments, as we learned progressively of the restrictions of the planners and the requirement to separate blue start from assembly, the need to accommodate traders, a campsite for the military and space for Wayfarers and string courses. All this on a site where bracken was hiding tree stumps and other timber. The number of club tents appearing on the first 5 days was frightening. On day 6 one family camped and breakfasted right beside the run-in and you must admire those who erected their club tent on that superb rock-face!

Would the weather be kind on Day 5 when the equipment set arrived for unloading, sorting and erection? Well it was! All that juice was transported into a heap at the end of the site. On the day, children were so keen to get it into the hands of competitors, even both hands, would there be sufficient? Yes there was!

With the servicemen erecting their tents for information, card collection and card-checking, a keen team converted the loo trenches into first-class accommodation with cavity walls and new-style covered paper dispensers and a maze of an entrance.

With the van in position for computer and printer, with much reconsideration of tapes and stakes for safety and visibility, map-bags mounted, rubbish bags dispersed; and later, with notice board stakes in and midges biting, Steve finally sealed himself into his tent.

Day 6 dawned fine, more equipment appeared and everyone knew what had to be done - notice board, tables, results boards, finish banner and tent, generator, comment forms (and slate coasters for everyone!).

CONT
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FIXTURES LIST

Sept 16	WFO LOCAL EVENT	Wineyards	MS 794978
Sept 19	D. Cooke, as for Sept 9		
Sept 19	CLIDESIDE LOCAL EVENT	Mugdock Country Park, Milngavie	
Sept 20	D. Somerville, 78 Henderland Road, Bearsden, Glasgow	041-942-4392	
Sept 20	MORAVIAN BULL BADGE EVENT	Darnaway Central, 995532	
Sept 26	F. Cromar, 80 Placard Road, S161n	0343-7524	
Sept 27	NORTHERN IRISH CHAMPS	Springwell, Coleraine	775265
Sept 27	D. Blair, 102 Sharnagh Park, Lamevady, N. Ireland	05047-64902	
Sept 27	closing date 12/9/87, £3.00 / £1.50, POD		
Sept 27	LOTHIAN O' LEAGUE - 1 (Linoc, score Event)	Calderwood, Mid Calder.	076676
Sept 27	A. Blaker, 10 Nense Road, Linlithgow	0506-845084	
Sept 27	GRANVILLE NORTHERN GALOPPER EVENT	Korgue, Huntly	0131445
Sept 27	H. Greenwood, 12 Conlaw Place, Hillthber, Aberdeen	0224-714753	
Oct 3-4	OCTOBER ODYSSEY WEEKEND	Kellas & Dpton	
Oct 3-4	J. Preston, 44 Torver Crescent, Sunderland	091-548-4346	
Oct 4	Koravian OPEN EVENT		
Oct 4	A. Robertson, Sullivan, The Quarters, Fochabers	0343-820796	
Oct 11	LOTHIAN O' LEAGUE - 2 (WFO)	Devilla Forest, Kincardine	MS 951873
Oct 11	A. Milne, 9 South Acres, Cairnethill, Fife	0383-732018	
Oct 11	MAROC NORTHERN GALOPPER EVENT	Gambus o' Kay, Ballater	NO 400980
Oct 11	E. Hall, The Pirs, Ballater Road, Aboyne	0339-2685	
Oct 11	STANOC INTERCOUNTRY EVENT	Calmgreen, St. Andrews	401132
Oct 11	T. Dickie, 1170 Andrew Melville Hall, St. Andrews	0334-72199	
Oct 11	GLASGOW GALOPPER - 7	Glenroyan	
Oct 11	- - no other details - -		
Oct 10	KIDOC BADGE EVENT	Hope Woodlands	
Oct 11	NATIONAL EVENT 6	Haggside, Pennines	
Oct 11	F. Rose, 1 Birchvale Drive, Romley, Stockport		
Oct 18	SCOTTISH SCORE CHAMPS. (RR)	Boshill, Selkirk	73/427278
Oct 18	B. Sloan, Roselley, Aldie Crescent, Darnick, Melrose	089682-2548	
Oct 24	ESOC YOUTH EVENT	Braids Hill, Edinburgh	255710
Oct 24	J. Morris, 26 Gilmour Road, Edinburgh	031-667-4051	
Oct 25	MAROC OPEN EVENT	Carlisle, Aboyne	NO 585990
Oct 25	A. Morris, 4 Clune View, Woodlands of dunnis, Banchoory	03308-430	
Oct 25	STANOC OPEN EVENT	Normans Law	289189
Oct 25	B. Paton, 626 St. Heligus Hall, Queens Gardens, St. Andrews	0334-72245	
Oct 25	SLIC LOCAL EVENT	Barns Ness, Dunbar	NT 715772
Oct 25	F. Kerrighan, as for Sept 13		
Nov 1	SCOTLANDS GALOPPER 5 (Invoc Badge Event)	Inshirach, Kinross	FR 661061
Nov 1	D. Ayers, 4 Wern Avenue, Culcebox, Inverness	0463-222080	

NIGHT*EVENTS*NIGHT*EVENTS*NIGHT*EVENTS

Get your torches serviced, eat carrots - the mad Night-0 season approaches.

Sat Night 24 October 1987 ESOC Night

Event on Braids & Blackford - I'll know the details soon (I'm controlling it!). A superb area for night navigation.

Wed Night 28 October 1987. Int Night

Event on Corstorphine Hill with starts at top of Kaimes Road at the south end of the map. Beware - this is our Halloween event and ghosties and ghoules, long leggetty besties and things that go bump in the night are about!!

Both events will offer a variety of colour coded courses. All welcome!

Scott Balfour

Well the first finisher arrived before 10.00 am - and you all apparently coped, with the very welcome help of on-the-day Interlopers, Danish friends, Deeside, Cambridge University, the Biggars and others, I'm sure - with the constant demands on information, with the finish slow-down and numbers, the stapling, the enormous load of checking, the cutting and mounting of results, the disqualifications and re-instatements the collection of maps, the anxious minutes of map reclaim, the decreasing squash lake, the increasing rubbish mountain and Edinburgh's blue bags saving the day.

The planners and controllers were kept busy and rogue punches identified. Clyde had taken a major slice over the months with the planning and map-bagging and finally staking as well as parking and start on the day (& controller on day 1) and deserve great praise for that. Gareth came in as temporary controller, but stayed throughout and his part in any success was just sheer skill, time and devotion of effort to a successful Day 6. He just happened to be organiser for Day 1 and still came 3rd in HAO from the remaining days. How does he do it?

Demolition began and courses closed at 4.30. The weather got hotter as the site gradually cleared of colourful club tents, first aid, traders and military tents. Dick Amour and the heavy brigade moved off to demolish the loos, another team attacked the results boards with pliers, the generator finally stopped, the van was loaded with everything including the heap of abandoned belongings and the mountain of rubbish.

At 6.00 pm the site was returned to normality except for the tree stumps now exposed from broken bracken and nettles, a strange snake of a path, and relaxing Int and Clyde who wondered what had hit them. You had a nice day!

From the joy of the string course! and by the cheers and noise of the prize-winners and friends from 23 countries at 8.00 pm, it was all worth while.

Ray Heyworth