

# INTERLOPERS

ORIENTEERING CLUB • EDINBURGH

newsletter february '88 no. 59

## SOCIALS

### Editor's Note

The international flavour of our newsletter is continued this month with a fascinating article about a recent expedition to the Himalayas, written by Hilary Fairlie. A number of Interlopers went and by all reports can't wait to go back again! I must admit, it seems as though they had a fantastic time.

Last month's mystery map was Tentsmuir, in Fife. This month's map is a little further away. The archive of Cherry maps seems to be quite endless!

Charlie would like me to remind everyone that all those club members who haven't renewed their subscriptions for 1988 should do so **NOW!**

In this month's issue, I would like to draw your attention to the Compass Sport Cup. This is an annual competition in which Interlopers have never fared too well. For all our new members I have given an outline of what is involved.

### February 10th

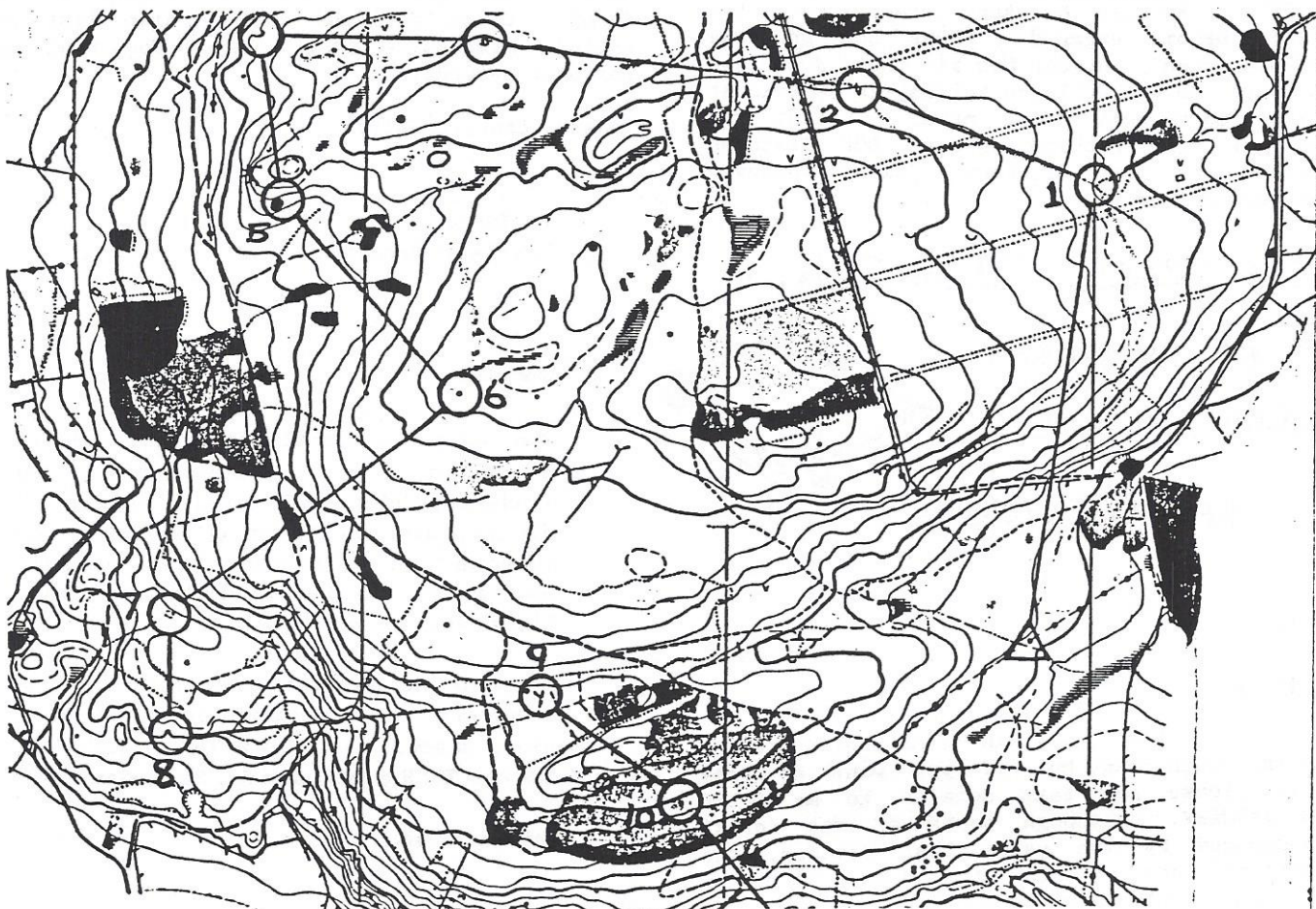
Skiing at Hillend for skiers of all abilities. Meet on the slopes 7-9 pm. Cost approximately £2.50 one hour, £4.50 two hours. Meet in The Steading, Biggar Rd, afterwards at 9 pm.

### March 9th

Sheep's Heid Inn, Duddingston. Beer and Skittles. 7.30 pm.

The copy date for the next newsletter is 1 March 1988. Please, please, send in entries, letters, articles etc on time as the next issue will contain important information about forthcoming events and can't go out late.

Jane Cherry  
101 East Claremont Street  
EDINBURGH 031-557 0652





NEWS FROM THE SECRETARYNEW MEMBERS

Welcome to:

Stephanie Anderson (W13 C) 10 Blackford Rd  
EDINBURGH EH9 2DS  
Tel. 447 2407

Ruth Liggat (W40, F) 14/8 East Parkside  
EDINBURGH EH16 5XJ  
Tel. 662 4674

Fieldhouse Family  
(Tony M40, Anna W40, Alice W11, Rupert M10,  
Amy W10 C)

97 Craigmount Ave. North  
EDINBURGH EH4 8BR  
Tel. 339 7058

MOVES AND NEWS

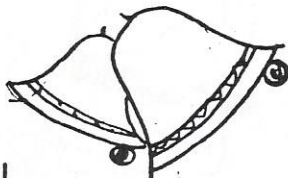
A couple of members on the move : after her short stay in Edinburgh, Elizabeth Duke has returned to New Zealand. Carolyn Williamson has also headed for pastures new, though not quite so far away - she's working in Oxford now. We send Carolyn and Elizabeth our very best wishes for the future.

Congratulations!!! Jean Smith & John Mitchell and Hilary Fairlie & Andy Spenceley have recently become engaged. (Have Bob and Jane started a trend?) Rumour has it that John and Jean were to wed while on holiday in Austria at New Year, so we wait further news ... best man named as one Richard Spiers, BOF fixtures secretary and butt of many jokes whenever orienteers gather....

STOP PRESS: John & Jean

did get married in  
Austria!

CONGRATULATIONS !!

JK Relays

The JK is miles away in some English forest near the south coast but if you want a relay entry, please get team details to me BY THE 28TH JANUARY. Although parts of the forest were damaged by the gales last October, the organisers are amending the maps and think everything should be OK on the day.

Renewals

Please renew your Interlopers membership for 1988. The club membership fee has yet again remained unchanged: £1 for juniors, £2.50 for seniors (born 1969 or before), and £3.50 for families. BOF/SOA members will receive renewal forms from BOF and these should be returned to BOF; total fees (BOF, SOA and club) for 1988 are £4.30 for juniors, £11.50 for seniors, and £16.50 for families.

If you are a club-only member, please consider joining BOF/SOA. You will not only be supporting orienteering in a much wider context - a lot of work is put in by BOF and the SOA to allow development at a local level - but also receive "Score", the SOA magazine, can subscribe to "Compass Sport/The Orienteer" magazine at a reduced rate, and can orienteer all over the world. Further details from me at the address below or send me the subscriptions detailed above.

If you would like to simply remain a club member, please send me the club subscription (cheques to "Interlopers") as soon as possible to

55 MANOR PLACE  
EDINBURGH  
EH3 7EG

Any problems, please get in touch (031-225 5762). Remember to notify me of changes in name, address etc, and also of change in AGE CLASS. Could families please also list all active members - it's useful for club and national records.

Thanks, Charlie Walton

The Editor  
Interlopers Newsletter

Dear Jane

I've enjoyed my year with Interlopers, and wish I was here longer to discover more of the fascinating (infuriating?) Scottish terrain. I did appreciate the number of club members who turned up bright and cheerful at an impossible hour of the freezing morning to help with the Kinneil event.

I hope the club goes on to great things in the future and that we can entertain some of you at events in New Zealand. Let me know if you're on the way: 752 Highgate, Dunedin, New Zealand.

Hail and farewell

Elizabeth Duke



After just a few hassles beforehand, our event at Kinneil Wood got off the ground successfully. First there was no permission at Archerfield for December, only February. The Kinneil map needed reprinting and it was the end of November before we were given permission to use it. The maps were eventually printed and Elizabeth first saw the new version on the Friday with the event on the Sunday. These things were sent to try us!

I would like to thank everyone in Interlopers who turned up to help, making everything run very smoothly on the day at least. All the 166 finishers still looked fairly happy and the courses were all packed up and ready to go before the courses had officially closed. All the results went up on the day and for anyone grumbling about the speed of the results, they have all been sent out.

On behalf of Interlopers I would like to thank Elizabeth for planning the courses with only the old map until two days before the event; Fiona Hendrie for controlling the event at

short notice and without a map; John Biggar and LINOC for all their help in getting the map printed in time; and everybody in Interlopers who came along and took part.

### Results

There were two Interloper winners. Well done to Anita Sinclair in the orange course and Ian McIntyre in the blue. No, Ian didn't put the controls out - he was safely shut away in his car selling maps.

In the overall results for the Lothian O League, Interlopers are doing very well with Anita Sinclair leading the orange course and Anthony Squire 3rd. Gordon Riemersma is lying 4th in red. Two young ladies lying 4th and 5th in yellow but with a run in hand are Stephanie Anderson and Margaret McHardy, and there is a close contest going on in white between Ynske Riemersma, Fay and Gail Balfour with only 19 points separating them.

Elizabeth Duke has now left us to return home to New Zealand. We wish her much happy orienteering in the future.

Janet Fallon

# bits & pieces

## EVENTS 1989

### COORDINATOR

There are quite a number of young talented juniors coming along in the club and at a recent committee meeting we thought it would be a good idea to have an adult club member to take an interest in their progress, to act as a contact, help organise transport to events etc, etc and to be co-opted onto the committee, if desired.

If anyone has a keen interest in encouraging juniors please give Charlie Walton a ring, 225 5762 or any other committee member.

### O SUITS

Scott Balfour has now taken over ordering further batches of our new popular design of 'O' Suit (after Donald's departure to Canada). The design includes several special features: - the club logo on the front, "INTERLOPERS" on the back and a contrasting colour trim around the cuff and neck. The main colours are green and yellow.

Scott presently has seven orders and needs three more takers before he can send off for a new batch of ten. The cost is only £13, so if you are interested please get in touch with Scott  
Tel 445 3966.

In 1989 we are putting on a wide selection of events, and as yet have no officials ie planners, controllers or organisers. If you would like to help out and volunteer, or find out about what's involved give Charlie Walton (your club secretary) a ring 225 5762.

Lothian O League - Archerfield Feb 89

Loch Lomond 6 days - August.

(As yet we have no details of which day is ours)

Badge Event - Possibly October, no venue yet.

Also, this summer, the highly successful Wednesday evening events will be repeated. Interlopers have been allocated two events. If you are able to leave work early in the afternoon, your help would be gratefully appreciated.

MORE STOP PRESS !! - LOCH LOMOND '89 -  
WE HAVE DAYS AT ROWARDENNAN. VOLUNTEERS  
WANTED TO ORGANISE, PLAN, CONTROL - CHARLIE

### TRAINING

We are planning to hold a training day for the club on Sunday 10 April 1988. This will be based at the Riccarton Campus, Currie and there will be something for everyone. More details in the next newsletter.



### World Champs

1988 looks like an exciting year for Scottish orienteering and there is much to look forward to in the spring season. The undoubted highlight is Britain's first World Cup Race, to be held at the Scottish Champs in the Trossachs on the 21st of May. Most of the world's top orienteers will be there and it will be the most prestigious event in Britain since the World Champs were here in 1976. Combining the event with the 'Scottish' means we can all watch and run - I think the elite race is in the morning and the championship races in the afternoon. It should make for a great Scottish Champs weekend.

### British Champs

Just 2 weeks before, on the 7th/8th May, we have another treat in the form of the British Champs and Relays in the Lake District - a good area and not too far away. I hope we'll see lots of Interlopers supporting this new weekend format, with lots of teams in the relays.

### Badge Events

The JK this year, at Easter time as always, is a long way away near the south coast of England, and reports I've heard suggest the areas will be nothing special. But there's good orienteering to be found closer to home in March and April with quality badge events at Doon Hill and Drum Wood (6th March), Mabie (13th March), Graig a Barns (17th April) and Sluie (1 May) - all good areas. ECKO and INVOC badge events in June offer interesting orienteering right through to the summer, when you might fancy a trip to a multi-day event abroad, or the Welsh '6-day', the Mammoth and White Rose, or the Capricorn weekend.

Add the Lothian O Leagues, the summer series events, and other local goings on, socials, training ... there's plenty to keep us all busy!

Good luck in '88.

Charlie Walton

### RESULTS

Some INTERLOPERS results from the STAG Badge Event at South Achray on 6 Decemer last year, and well done to everyone.

1st:	Anthony Squire	M10
	Christine Whalley	W21
2nd	Fay Balfour	W10
	Scott Balfour	M40
	Ray Heyworth	M55
3rd	Ynske Reimersma	W13
	Pete Couldery	M21
	Pat Squire	M35

And a consolation mention for Ian MacIntyre, 4th in M21.

### Compass Sport Cup

This year Interlopers have once again entered the Compass Sport Cup. For those members who have joined recently, I'd like to give you a brief outline of what is involved.

Normally, orienteering is an individual sport ie each person competes against every other person in their class. The Compass Sport Cup is based on clubs competing against each other. This works on a knock out system and clubs are grouped by geographical location.

Each club is grouped into six teams (A-F) based on the same principle as colour coded courses at Lothian 'O' leagues.

eg Team A (M21) - brown  
Team D (M13, M15, W15, W17) - red  
Team F (M10, M11, W10, W11, W13) - orange

### Scoring

Points are awarded to the best three finishers in each team. EG when Interlopers come 1st, 2nd, & 3rd in one group they get 6, 5, and 4 point respectively, and the opposing team gain 3, 2 and 1 points.

In the past Interlopers have not done all that well in this competition, in fact as far as I know we have never won one single match! This has been due to two factors:

- 1) club members having little enthusiasm and not turning up to the event.
- 2) a badly proportioned club.

This latter reason is happily diminishing. We now have plenty of juniors to run in Teams D & F their keen(?) parents to run in the middle classes. In addition we still have an ample supply of W21s and M21s.

The matter of enthusiasm is up to YOU!

We have the manpower and ability to win a match, we just need to apply it on the crucial day. If we lose a match, let it be because the other team were better and not that we didn't have enough runners on the day.

For the last two years we were drawn against Clyde and unfortunately both matches were in the west. However this year, we will be against either ESOC or Forth Valley, so hopefully we shall have an event nearer to home.

There is no limit to the number of people who can enter each class. The more who enter, the greater the chance of gaining some points.

If what I have said so far has not stirred your emotions, how about this - if you are stuck for transport give me a ring and I'll organise something and the club pays for all entries in the Compass Sport Cup.

Let 1988 be a victorious year!

Jane Cherry

PS There will be details (hopefully) of chosen venue next month.



By Hilary Fairlie

At the beginning of October seven Aros members - Douglas McKeith, Martin Dean, Eddie Harvey, Dave Campbell, Pete Coultery, Andy Spenceley and myself flew to Kathmandu to climb and trek in the Himalayas. There we were met by 'Big' Ian Davidson, who some interlopers will remember from EUOC days. He's been in Nepal for seven years now working as a water engineer, and came with us on the first three weeks of the trek.

We spent a couple of days in Kathmandu sorting ourselves out and meeting our sirdar (guide), Pemba, and cook, Pasang, then bussed to the end of the road at Jiri to begin the nine day walk to Namche Bazar, which at 3446m (11300ft) is the gateway to the Great Himalayas of the Solu Khumbu region. We had quite an entourage, Pemba, Pasang and two cookboys, who were all with us until we returned to Kathmandu, and also at this stage about 18 porters, who carried our climbing and camping gear so that we only had daysacs with cameras etc. to carry (except for Eddie who carried the odd crate of whisky just-in-case!). We started at 1900m and for the first five days walked over gradually rising ridges of hills until we reached the Dubh Kosi river which drains the Everest region and then we followed the river until we climbed up to Namche.

Lower down the scenery was much more verdant than I had expected - quite tropical undergrowth with the added attraction of leeches! This then gave way to Alpine style meadows and little villages surrounded by terraced hillsides, with some terraces only 18 inches wide. Rice and corn are the main crops until you reach Namche, where potatoes form the staple diet. Agricultural methods are quite primitive - ploughing with oxen and yoke on a 2ft wide terrace looks decidedly tricky. Pete had a go at threshing corn but the locals definitely had him beat!

It took me awhile to get used to having porters especially seeing them carrying amounts twice their size, barefoot and underfed. But everyone was friendly, cheerful and earning considerably more than they could otherwise. It would be possible to trek much more cheaply than we did by carrying your own gear, but our way made it much easier for us - it was hard enough initially struggling over 10000ft passes without a load- and contributed to the economy. Nepal is still one of the poorest third world countries.

As we went higher everything became progressively more Buddhist. Kathmandu is predominantly Hindu and at the beginning of the trek there had been a peculiar mixture of Hindu/Buddhist with shrines to gods of both religions. But up

in the mountains we found prayer flags on the passes, prayer wheels to turn (or turned by water), stupas and mani walls. To show respect for the gods, you pass religious monuments on the left, so one-way path systems develop near all religious artifacts. We visited three monasteries during the trek, all with gilded statues of Buddha, prayer books rescued from Tibet or brought from the Dalai Lama in India, and monks who were delighted to show us round.

I enjoyed the food immensely - mainly vegetarian with the occasional chicken, curries, potatoes, rice, pancakes - I can still taste the nightly garlic soup, but everyone went wild on reaching Namche - beer, yak steak and chips! Ordinary living is very cheap, a cup of tea or a night in a tea-house cost about 6p, but "consumer goods" like beer have to be portered in for two weeks and consequently are expensive. Similarly climbing gear left in Namche by descending expeditions is expensive, since if you're buying here it's because you need it so it's a seller's market.

After Namche we changed from porters to yaks, huge lumbering beasts, which look as if they'd keep you warm on a cold night - but keep on the inside of the path when one approaches you or you could be pushed off and end up a thousand feet below. At Tengboche monastery the view was obscured by cloud and fog and the day after we arrived there it snowed continually. The next morning and for the rest of the holiday we had clear blue skies and superb views. Mountains to remember always - Ama Dablam, Pumori, Everest, Lhotse, Nuptse etc. Spectacular sunrises, sunsets and the euphoric feeling of being so close to the highest mountains in the world.

But the snow had fallen too low, too early and although Douglas and Pete gave it a go, it had put paid to the attempt on Lobuche East (6119m). It also prevented us crossing the avalanche prone Amphu Labtsa pass into the remote Hongu valley and climbing Mera Peak (6421m), the other mountain we had booked. Instead we climbed Kala Pattar (5545m or 18,200ft) where we had a superb view of Everest, Pumori and Nuptse on a cloudless day. We lingered on the top for a couple of hours taking film after film, hardly able to believe we were there and desperate to record it. We had adapted well to the altitude and despite the thigh deep snow Pete and Andy romped up the last 1300ft in just about 70 mins. I found it harder going - 5 steps then rest, deep breaths and on again - and on the way back down the proverbial bath chair would have come in handy.

Retracing our steps rather than completing a circuit was really no disappointment because below about 13000ft the snow was melting and the views different. We explored valleys we'd passed by before. At his home in Namche, Pemba entertained us in alcoholic fashion. After dividing a bottle



