

INTERLOPERS

ORIENTEERING CLUB • EDINBURGH

JULY / AUGUST 1988 NEWSLETTER NO. 62



Editor's Note

I always feel the summer months are a quiet time for orienteering. After the major events, Scottish, British, the weekend events, Capricorn, Mammoth and summer events abroad, there is not much activity on the home scene. However, it is nearly August, and the season starts again with a bang on September 11th with National CATI Day.

This month's newsletter features our Compass Sport Cup match against FVO. There is a full list of results and also an article by Christine Whalley on her route choices on the blue course.

Pat Squire kicks off our new Junior Corner. I hope this will become a regular feature as we have a growing number of talented youngsters in our club.

A date for your diary is Wednesday 17 August when we are holding our club championships at Cullane. We are hoping to have a B-B-Q afterwards, but are a little short on equipment so if you have a B-B-Q set, please bring it along!

In addition there is a mini series of orienteering events in the autumn - details on the back page.

Another date to note is Monday 28 November - Beer and Skittles at the Sheeps Heid Inn. More details in next issue.

Jane Cherry Tel 031-557 0652
101 East Claremont Street EDINBURGH

Can you identify the two Interlopers and the event in these photographs?

NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*

Welcome to new members Phil Smith, Barrie McBain and Andrew Bankhead.

Congratulations to Steve Craig who ran for Australia in the Trossachs World Cup race. Steve has now left Edinburgh to tour the major events of Europe before returning to Australia.

Scott Balfour (controller) and Ian McIntyre (Planner) have volunteered to take on major jobs for our day at the Loch Lomond '89 6-Day event, but we still need an organiser.

Summer series - thanks to Scott Balfour (plus family and friends!) and Janet Fallon for putting on the Interlopers events.

NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*NEWS*

COMPASS SPORT CUPGLENTRESSINTERLOPERS - 58 FORTH VALLEY 66RESULTS

The club tent arrived early (thanks Scott) and was carefully pitched over a large picnic table, creating an excellent focal point for the entire day. Interlopers started streaming in (well a very commendable 31 members) and entered the relevant courses for the competition. Rain also began to descend but thanks to the tent, morale stayed high (and yours truly stayed dry!).

It wasn't long after the last Interloper started before the first began to return. It was then quite exciting waiting for the results to appear and to try and work out which team was in the lead. To begin with, the results were quite good with some excellent performances from the juniors, but unfortunately, even the maximum points scored by Team A were not enough to enable us to win the match.

The full results are listed below. I think "man of the match" should be awarded to Gordon Riemersma (M13) who had a fantastic run gaining not only 6 points in the D class but also winning the red course and beating several M15s and M17s in the process. His sister, Ynske (W11) gained 6 points in Team F and in the brown course Team A, Pete Couldrey (M21) also won 6 points.

Also worth noting was Jackie Grant's run - Jackie bravely agreed to "run up" a class since there was only one other INT competitor in Team D and gained 2 points and Steve Terry, our very own chairman, for completing the brown course Team B (even though he held up the finish for nearly 30 minutes!)

Finally, congratulations and many thanks to all those who took part - we had a good stab at one of Scotland's best clubs and if we had had a full complement of runners in Teams D and E, we would have had a good chance of winning. Anyway, there is always next year.....

Jane Cherry

CLUB CHAMPIONSHIPS

Wednesday 17 August 1988
7.00 pm

GULLANE DUNES

Meet at Gullane Dunes car park
for this prestigious annual event

PRIZES TO BE WON!

Do it yourself B-B-Q afterwards
(ie bring your own B-B-Q set if poss)

PS Bring something to eat and drink as well

Team A Brown 6.7K 370m

<u>Position</u>	<u>Name</u>		<u>Time</u>	<u>Points</u>
2	P Couldery	M21 INT	74.53	6
3	C Walton	M21 INT	82.47	5
4	B Cherry	M21 INT	87.25	4
5	A Armstrong	M21 FVO	87.29	3
11	C Gooch	M17 FVO	99.53	2
15	I Howie	M17 FVO	115.59	1

Team B Brown 6.7K 370m

1	G Bryan-Jones	M45 FVO	65.09	6
6	S Balfour	M40 INT	92.02	5
7	R Harvey	M40 FVO	92.06	4
9	D Gooch	M17 FVO	96.00	3
14	P Squire	M40 INT	114.35	2
17	C Inverarity	M35 INT	126.36	1

Team C Blue 5.1k 270m

1	H Dean	W21 FVO	56.19	6
2	C Whalley	W21 INT	57.26	5
4	J Gardiner	M45 FVO	67.05	4
5	L Boyd	W21 INT	68.11	3
7	C Howie	M45 FVO	78.39	2
9	F Craddock	W21 INT	80.52	1

Team D Red 3.9k 200m

1	G Riemersma	M13 INT	37.22	6
3	A Bryan-Jones	M13 FVO	40.05	5
4	A McGroarty	M15 FVO	40.14	4
9	J Bryan-Jones	W17 FVO	52.24	3
16	J Grant	W40 INT	101.35	2

Team E Green 3.4K 150m

3	M Brown	W40 FVO	52.31	6
5	V Finch	W35 FVO	53.14	5
7	R Heyworth	M55 INT	55.43	4
19	C Sinclair	W45 INT	70.41	3
22	H Astbury	W60 FVO	74.45	2

Team F Orange 2.5k 40m

4	Y Riemersma	W11 INT	24.01	6
5	J Macleod	W13 FVO	25.42	5
6	G Balfour	W11 INT	26.05	4
8	B Finch	M11 FVO	26.31	3
9	S Sinclair	W13 FVO	28.14	2
11	F Balfour	W10 INT	31.09	1

GLENTRESS
The Blue Course
(to be read with a copy of the blue course)

What does an orienteer think about when racing? Certainly not the night before or what's for supper or even who's there to race against - but my mind is never empty.

These are a few of the thoughts that went through my mind before and during the event at Glentress.

Before.

Whilst it looks like a 1:10,000 5 m contour map, it's actually 1:15,000 and 10 m contours, therefore climbing should be avoided and detours kept to a minimum.

During:

Control 2-3 Forest looks quite nice and flat therefore no need to drop down to forest road (which would mean a lot of climbing anyway). Control shouldn't be too difficult to find as the stream is a good feature to pick up on. This means I can run on a bearing without paying too much attention to small details en route. Must remember it's the second stream and not the first.

Control 3-4 Again, control on stream shouldn't be too hard. Contour, pace count then run up stream. See punches before control. Thought it had disappeared but it was just well hidden!

Control 4-5 Help! Leave control heading NW to avoid too much climb. Intended to head up one of small rides and then skirt round right through large clearing. This misfired as I must have ended up on easternmost ride through the flight. Ran up it to the end - no thought of distance - cut through to west still following original plan and was surprised to find western ride. Ran along it as it was heading in the right direction and only put 2 and 2 together after scratching my head for a minute or so in the maze of rides at the end. Finally, ran down the hill and relocated on the large path coming up.

GLENTRESS FOREST

SCALE 1:15000

Contours 10m

Magnetic
North

1987

Control 6-7 Out on yellow ride to road, down hill to next road, then contoured round - climbing 2 contours to a point north of the control.

Had thought of dropping down to the next road below, but this would have meant a four contour climb (60 ft extra) and the forest wasn't particularly fast. I don't think I gained from coming into the control from above but it was safe, whereas it would have been harder to find a good attack point at which to leave the road. (I've made mistakes doing just that before now.) Also the forest seemed rather thick looking down from the road junction.

Control 9-10 Slipped up - should have cut to the path on the ridge. The going would have been faster than contouring through the bracken.

Well that's what I did. If you did anything better, I'd be interested to know. Otherwise, I hope my scribbles have been helpful. I always find it interesting to see how someone else's mind has been working. In orienteering there are always so many things to take into account and - as it says in an old Scandinavian proverb - it's when something gets forgotten (the distance in my 4-5) that things start going wrong!



EDINBURGH TO ST ANDREWS
CYCLE RIDE

When Bob originally announced that he thought we should have a go at the Edinburgh to St Andrews cycle ride, I thought he was joking! However once I realized that it was an organised event with such goodies as an ice cream van at the top of the highest hill, the idea began to grow on me and before I knew it, I was gathering at the start with over 1,000 other cyclists in Regent Road, one Saturday morning in June.

There were quite a few other Interlopers taking part including Jean and John Mitchell, Pete Couldrey and Hilary Spenceley. The start was quite dramatic, the traffic was stopped in Princes Street and we blocked the west bound lane of Queensferry Road as we streamed across the Dean Bridge.

The Route

As you can see from the map, the route was carefully chosen to avoid major roads and stuck entirely to minor or little used roads. This

system worked very well and because the direction arrows on the route were easy to spot and on every junction, we rarely had to consult the map. Cyclists of all ages took part and on a complete range of bikes from high speed racers, mountain bikes to old no-gear-bone-shakers. There were even some tandems and a couple of penny farthings!

We reached the first main hill shortly before lunch and I think the only reason I managed to get to the top was the thought of the ice cream van sitting on the summit! However, when we got there, there was an enormous queue of hot and thirsty cyclists which was moving very slowly. We decided therefore, to press on and stop in Kinross.

Lunch Stop

Here there was tea, coffee, rolls and scones available for one and all, and we also managed to force down an ice cream! Two miles outside Kinross, we passed a very inviting pub with tables outside. This was too good an opportunity to miss so we (Jean, John, Bob and myself) stopped for a good 1/2 hour drinking cool beer!

Refreshed once more, we tackled the next section which included a stretch of farm track. Here the mountain bike I was riding came into its own and I hurtled passed everyone who were gingerly picking their way down the path. The potholes, rubble and sand were no problem to the wide thick tyres on my bike and I found this part the most exhilarating (it was lovely to zoom past people - during the rest of the race people seemed to zoom past me!).

Falkland

Once at Falkland we stopped for yet more refreshments - tea and coffee at the Youth Hostel and then set out for the last leg to St Andrews. Unfortunately there was another great big hill in the way (with no ice cream van on the top) and I have to admit I struggled. However, with the help of a Mars Bar, I made it in the end and from then on it was quite straightforward. In St Andrews we found a nice tea room and had some more refreshments (soup, rolls, coffee, beer etc) before cycling to Leuchers and catching the train back to Edinburgh.

When we reached home, the first thing we did was, you've guessed it, drank gallons of tea and ate a huge meal!

I felt a great sense of achievement having completed the route and I thoroughly enjoyed the day out. There was a great atmosphere and everyone was very friendly. I think it might be a good idea to try and organise a larger contingent from Interlopers to go along next year and turn it into a summer social for us all. It is really not too difficult at all since, if I managed to survive, anyone can! And also, it's all in a good cause, since all money raised is sent to the relief association, Lepra.

Jane Cherry

RESULTS*RESULTS*RESULTS*RESULTS*RESULTS*RESUL

JK'88

D21E 5th Christine Whalley
13th Lorna Boyd
23rd Ann Heyworth
H11A 7th Anthony Squire
H21B2 5th Bob Cherry

Men's relay (Pete Couldrey, Steve Craig, Ian McIntyre, Bob Cherry) retired

Women's relay (Christine, Ann) Incomplete team - 9th after 2 legs.

Pete Couldrey (70th) was top INT in M21E, and had the fastest relay leg.

BRITISH CHAMPS

W10 13th Fay Balfour
W11B 4th Gail Balfour
W21B 9th Jane Cherry
W21E 10th Christine Whalley
15th Ann Heyworth
26th Lorna Boyd
M91A 13th Steve Craig
M21B 3rd Bob Cherry
6th John Mitchell
11th Ian Hendrie

Men's relay : A team (Steve Craig, Pete Couldrey, Ian McIntyre) 25th
B team (Bob Cherry, Scott Balfour, John Mitchell) 57th

Women's relay : (Christine, Ann, Lorna) 4th**

Pete was agin top INT in M21E (49th) but Steve got the fastest relay leg this time.

JUNIOR CORNER

As you will have read elsewhere, it was decided at the AGM to elect someone to the Club Committee with a particular job to look after the interests of Junior Club members.

And someone to be a bit daft - a youthful M40 (even though I say it myself!)

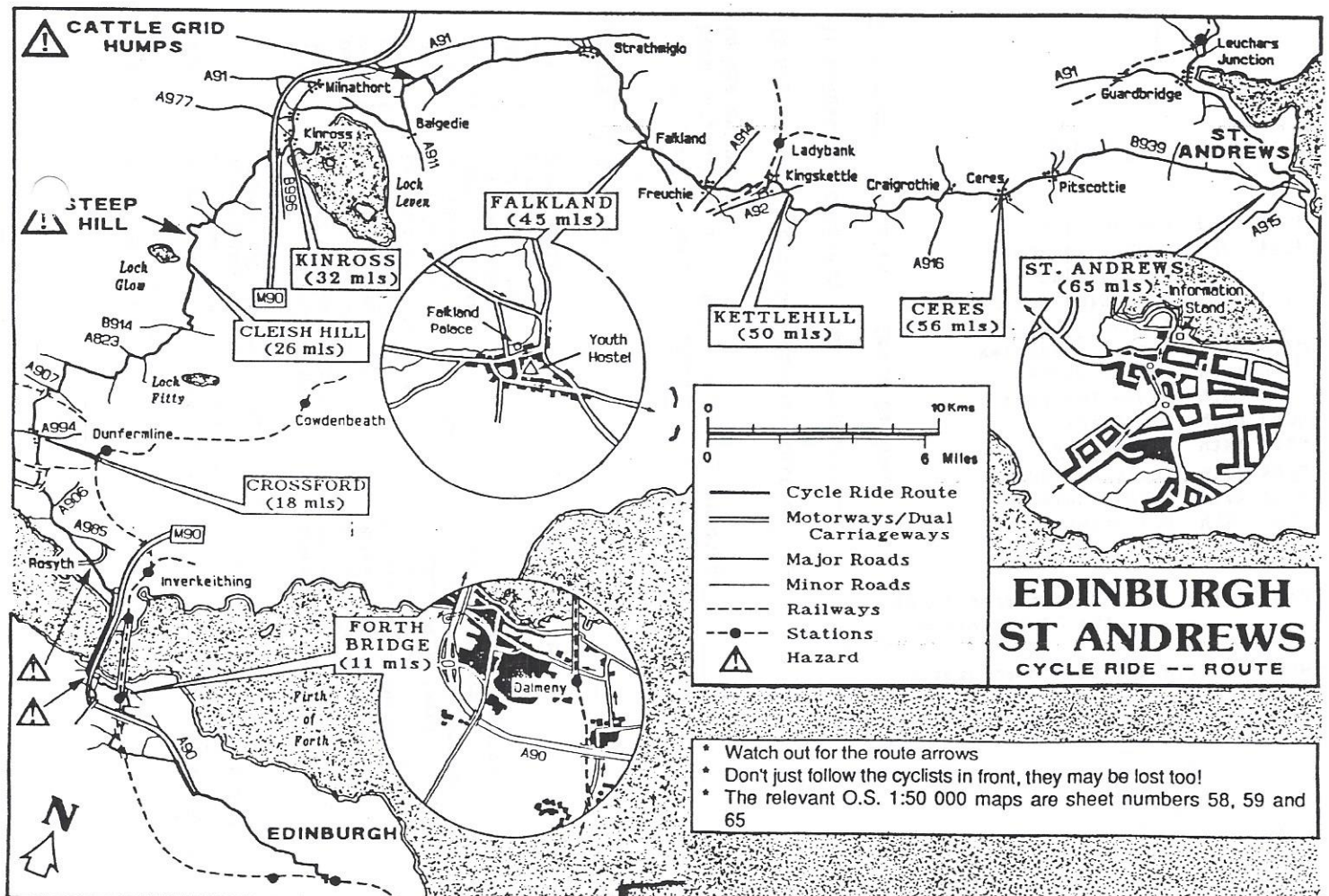
My first step is this article. I hope the Editor will allow space to be devoted in each Newsletter to a Junior Section. It's only a 'corner' at present but maybe in time it might grow to a whole 'page'.

The section will contain news, advice, results, stories, anything in fact of interest to the Juniors.

The only way I can make sure that the Editor prints what you want is for you to tell me. So if you are a Junior (or the parent of a Junior) and you want to tell the Club your views, ideas or stories, please do let me know.

My address is 26, Swan Spring Avenue, Edinburgh EH10 6NJ (Tel 445 4830).

As well as this part of the Newsletter, I will also be acting as coordinator for Junior members. If you need information or advice about any aspect of orienteering, want to know what events are taking place, require transport to an event, would like a more experienced orienteer to help you around a course or whatever, please contact me and I will channel your request in the appropriate direction.



FIXTURES LIST

Aug 7-13 GROESO '88 Wales
Groeso '88, PO Box 88, Lampeter, Dyfed SA48 7BY
closing date 18/6/88

Aug 20-24 MAMMOTH WEEKEND
B. Comish, 26 Newlands Road, Lancaster LA1 4JP 0524-63820
closing dates 30/6/88 and 23/7/88

Aug 21 LINCO FUN RUN (Open event) Beecrofts, Linlithgow 65/007742
J. Biffar, 10 Marne Road, Linlithgow 0506-845084

Aug 21 INVOO OPEN EVENT
K. Carter, Donard, Tulloch Avenue, Donquhill, 0349-64924
Novar Wood, Evanton.

AUG 27-30 WHITE ROSE WEEKEND
V. Roberts, 8 Hilbra Avenue, Harby, York YO3 0HD 0904-762310
closing dates 24/5/88 and 12/6/88; with EOD

Sept 4 SCOTLAND'S GALOPPEN - 5 (FVO Badge Event)
J. McGrouther, 4 Rowan Court, Doune, Perthshire PH16 6HS 0786-441622
closing date 20/8/88, SEP, £2.50 / £1.20, limited EOD

Sept 11 N A P I O W A L C. A. T. I. DAY

Sept 11 GLAMPIAN OPEN EVENT
K. Linn, 102 Hamilton Place, Aberdeen 0224-639041
South Kirkhill, Aberdeen NJ 847111

Sept 11 LOTHIAN O' LEAGUE - 1 (ESOC)
P. Coutts, 208 Cullen Terrace, Penicuik, Midlothian 0963-74514
Pentlands, Edinburgh 225680

Sept 11 PERTH C.A.T.I. EVENT
K. Goldthorpe, 3 The Old Mill, Bridge of Warr, Perth 0738-813183
St. Katherines Wood, Perth 109218

Sept 11 INVOO C.A.T.I. EVENT
P. Brunton, 207 Drummaele Avenue, Inverness 0463-222635
Dalreoch Wood NH 619408

Sept 11 GLASGOW GALOPPEN - 6 (GRO)
- - no other details - -
Gleniffer Brees, Paisley

Sept 11 BL OPM EVENT
H. Latex, 12 Oak Road, Carlisle 0228-33600
Pauline Broy, Carlisle 301406

Sept 13 SCOTLANDS GALOPPEN - 6 (Forevian Badge Event)
K. Lawson, 64 Rosmill Park, Rosstodloch Rochnabers F. 220314
Whiteach Forest, Rochnabers NJ 358586
EOD only.

Sept 18 SHOC BADGE EVENT
- - no details - -

Sept 25 SCOTTISH SCORE CHAMPIONSHIPS (Maroc)
G. Graham, 24 Northlich Gardens, Aboyne AB3 5HW 0339-2535
closing date 11/9/88, SEP, £3.00 / £1.50, cheques to 'Maroc'
limited EOD with surcharge.

Oct 2	LOTHIAN & BORDERS CHAMPS.	Bowdenhill, Linlithgow
Oct 2	OCTOBER ODYSSEY WEEKEND	NE England
Oct 9	Maravian Open Event	Darnaway Central
Oct 9	Lothian O' League - 2	Barns Ness, Dunbar
Oct 9	Glasgow Galoppen - 7	Cathkin Brees, Aulderglen
Oct 9	NATIONAL EVENT 7, WOC	Esdaile
Oct 15	Perth Relay	Kinnoull Hill, Perth
Oct 16	SCOTLANDS GALOPPEN - 7 + SHI	Limn of Tummel, Pitlochry
Oct 22	ESOC Night Event	Bonaly, Edinburgh
Oct 23	Glasgow Galoppen - 8	Soullion Gour, Lennoxtown
Oct 23	Maroc Open Event	
Oct 29	TINTO NIGHT BADGE EVENT	Carmichael Estate
Oct 30	TINTO BADGE EVENT	Carmichael Estate

AUTUMN SERIES

The following small, informal events have been organised for three Wednesday evenings in the autumn.

24 August - Riccarton - Charlie Walton

31 August - Colinton Dell - Pat Squire

7 September - Hillend - Scott Balfour

SCOTTISH CHAMPIONSHIPS

W10A	2nd	Fay Balfour	
W11A	2nd	Ynska Riemersma	
	12th	Gail Balfour	
W21E	3rd	Christine Whalley	
M11A	2nd	Anthony Squire	
M31A	14th	Gordon Riemersma	
M21E	34th	Pete Coudery	
	45th	Simon Thompson	
M21A	47th	Ken Ovens	
M35A	19th	Pat Squire	
M40A	30th	Scott Balfour	
M50A	27th	Gordon Shiach	
M55A	9th	Ray Heyworth	
Mens Relay	35th	Internationas	
	36th	Interposers	
Women's Relay	15th	Interlopettes	

RESULTS*RESULST*RESULST*RESULTS*RESULTS