

INTERLOPERS

ORIENTEERING CLUB • EDINBURGH OCTOBER 1988 NEWSLETTER No. 63

Editor's Note

The Autumn season of orienteering has got off to an exciting start with plenty of good events, and our own Christine Whalley winning the Home Internationals!

This summer our members have been busy orienteering in far away places - there is an article from Ray Heyworth about the Welsh O'Event and a thoughtful piece from Donald Watson about life in Canada.

The Junior Corner is here again thanks to Pat Squire - though I think Junior Page would be a more appropriate title!

The two star runners in the photos in the last newsletter were Ynske Riemersma and Anthony Squire. Can you guess this month's mystery map?

Since our social secretary has now moved to Bermuda, the next social will be a relay event on the beach at Hamilton (please bring £1,000 to pay for travel expenses)!

That's all for now - good orienteering.

Jane Cherry
101 East Claremont Street
EDINBURGH
Tel: 557 0652



CLUB CHAMPIONSHIPS
Wednesday 17 August 1988
GULLANE DUNES

It was raining all afternoon and I had written off the B-B-Q but hoped a few people would turn up to the actual event. However, as we drove out to Gullane, the rain slowly eased.

This was the first event I had planned and to make life a bit easier I decided to have a score event, with a total of only 23 controls. However, to add a bit of interest to the proceedings I planned an anagram from the letters on the codes, and for a further challenge, omitted several of the controls from the map!

The aim was to have two winners: -

- (a) The first person to find all the controls that were marked on the map.
- (b) The first person to solve the anagram (the theory being it should be possible to guess the answer without having all the 'mystery' controls!)

As I tried to explain the above to the twenty or so keen competitors it did begin to sound rather muddling, especially since I had also introduced a handicap system. However I managed to get everybody started and to my immense relief nearly everybody did find all the controls - even the juniors and most people had a valiant attempt at solving the anagram. The first prize went to Charlie Walton and Rory Gibson was the first person to solve the anagram (there was lengthy consultation over this however as he was not actually a member of Interlopers - and I believe has not yet joined?...).

The evening became dry and bright so we managed to get the B-B-Q going (thanks to Julie for lending the equipment). This was a very pleasant way to finish off the evening and I'd like to thank everyone for turning out and making the event such fun.

Jane Cherry

New Members

On the Move

Loch Lomond '89

Lothian 0 League

Club Injuries

after hurting himself out in the forest he later found he had broken ribs! We wish him a speedy recovery and a repid return to orienteering.

SOA Coaches Courses

A Club Coaches course is planned for 29/30 October at Lanark. Details from Terry O'Brien, 041-770-7618.

JK 1990

Competition areas for JK '90 have been declared out of bounds for orienteers. They are:

1. Craig a'Barns - present map plus Crieff Hill, Drumbuie Wood, Rotmell Wood and moorland to Raor Lodge and Dowally.
2. The forest to the west of Craig a'Barns on the other side of the River Tay.
3. Devilla Forest - present map plus forest to the northwest and southwest.

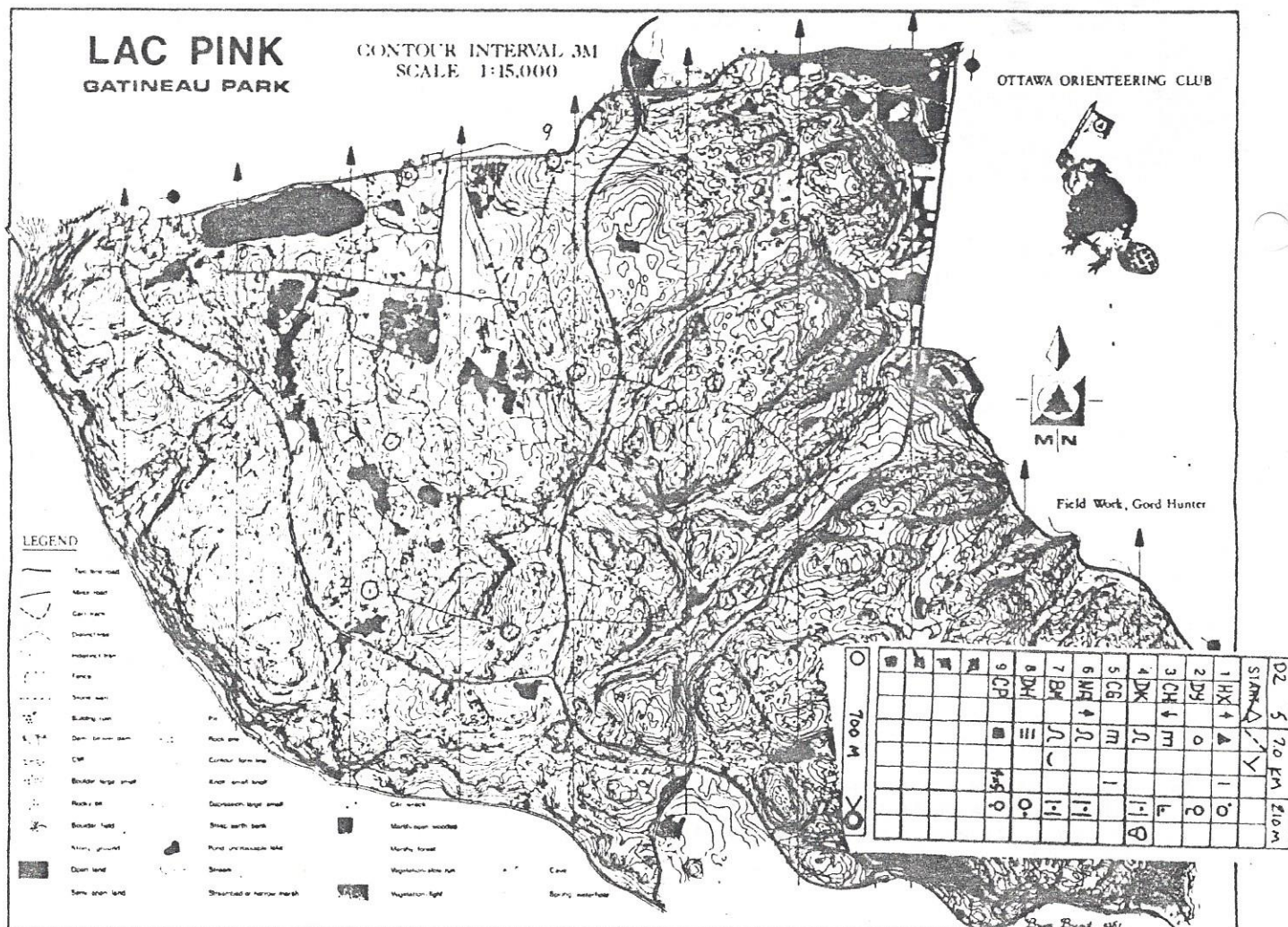
LBOA AGM

1 November 1988, 8pm Southsider back room. All
Lothian and Borders orienteers welcome!

0 Suits

Scott Balfour (Tel 445 3966) still has three O-Suits left for sale, price £ , sizes 3,4 & 5. These have proved highly popular and are in our distinctive club colours of yellow and green. The club is paying the extra cost of the yellow logo on the front.

Charlie Walton



The arrival of a Trossachs/Achray World Cup map and a KIMM entry form, miraculously redirected by the Royal Mail and Canada Post, produced a sigh and reminded me of just what I'm missing here. The Cup match, judging by the press cuttings, seems to have attracted a lot of attention and I hope Scottish orienteering will benefit from the publicity. It sounded an exciting event and one I hope you all had the chance to enjoy.

I finally started orienteering here in Ottawa at the end of May by which time the woods had at last thawed out. Most of the events are held in the Gatineau provincial park north of the city, except when the bugs become unbearable and drier suburban woodland is used.

GATINEAU PARK

The Gatineau is an excellent area for orienteering, consisting of rough, marshy and very undulating open maple forest with few line features. However, after running in several events there, I can say with reasonable fairness that the mapping standard leaves something to be desired. A lack of contour detail and sometimes apparently random selection of rock features combined with the small no of line features to make relocation a very time consuming business.

As a natural woodland, the Gatineau is teeming with birdlife, wild flowers and a stunning variety of butterflies including the Swallowtail, which is almost extinct in the UK. In this respect it is a marked contrast to the unbalanced environment of the plantation forests so commonly used in Scotland for orienteering. The rough terrain and few manmade features give the Gatineau a feeling of remoteness and make it not a place for the fainthearted.

It may seem odd that many events are held in this one area but there are ten different maps, and the next nearest quality terrain is over two hours drive away near Montreal.

The events themselves are low key with pleasantly casual organisation; courses are copied from the master maps prior to the start times, which are usually on a when you're ready basis. Over fifty competitors is considered a good turnout; and it falls to a dedicated handful to plan and organise the event. Now that sounds familiar!

ILLNESS

My own orienteering plans suffered a major setback at the end of March when I suddenly developed diabetes. This resulted in four weeks off work and a traumatic and unexpected introduction to the Canadian medical system, paid for luckily by my Ontario health insurance. However after going through a fraught and sometimes scary process of learning to measure my own blood sugar levels, inject myself with insulin and balance this

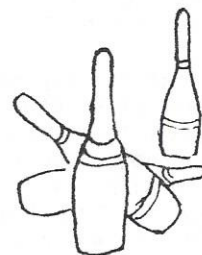
against a carefully controlled diet and exercise, I am leading a normal lifestyle again. As far as orienteering is concerned, I have to make sure I eat enough before an event to stop my blood sugar level falling to a point where I risk blacking out. It's an extra incentive for getting round the course as quickly as possible!

Having turned thirty at the beginning of the year, I should have been too old to get the so called juvenile diabetes but I guess it must be some of my past behaviour catching up with me. It certainly wasn't what I came to Canada for.

SUMMER ORIENTEERING

August looks like being a quiet month for orienteering in Ontario. This is partly due to the humid +30 C temperature and also because many local competitors are heading west to Manitoba for a week of championship events. Come September and October there will be a glut of events here to make best use of the cooler Fall weather and thinning undergrowth. There will then be plenty of opportunity to prepare for the USA O'Fest at the beginning of November, which I should be fit enough to attend. Incorporating the North American championships, it will give me a chance to see what the orienteering standards here are really like.

*Cheers,
Donald Watson.*



SOCIAL

Monday 28 November 1988

SHEEPS HEID INN
Duddingston

7.30 pm onwards



By popular demand, we are holding
a BEER 'N' SKITTLES evening once again

Don't miss this most popular of Interlopers
Socials

New members - take this opportunity to
get to know some club members - and
have a great night out!

Welcome '88 was a great success. Although there were Scottish representatives from 20 Clubs, I was the sole Interloper so this should be helpful. The event was based on Lampeter College, 500 miles from Edinburgh. It served well for results, map collection, social events and bed & breakfast accommodation. The camp site was close and both were in the town.

The weather was good during actual competition on the 6 days including the outstandingly hot days, up to 84 F on Sunday 7 August (Day 1) when we were on open moorland on the southern edge of the Brecon Beacons National Park with pits and holes up to 50 m wide and correspondingly deep and Day 2 when we were in fast Pembrey Forest and Country Park dunes with the finish on the beach. That map was at 1:10,000, all the others 1:15,000.

EVENTS DAYS 1 - 4

The events averaged 37.5 miles from the Event Centre (30 miles for Loch Lomond '89). The furthest was unfortunately on the first day (National Event) with an atrocious 5 mile stony road to parking and another 6 miles out. I had an early start, superb drive and locked myself out of the car - so borrowed a compass, ran 15 min to the start, ran without studs and came 16th.

The middle 4-days were colour-coded with 3 to count in a league. There were 2 courses for Green, Blue or Brown - 1500 entries in all. There were 'prizes' (apparently limited to one each) for daily winners. The rules changed during the week - from cumulative points for parallel Colour courses (eg Green1) to cumulative time for everyone in each Colour. I finished on 186m.41s (best 3) and 51st in all Green. I am unhappy about prizes in self-selected colour-coded competitions and prefer token mementoes for all.

The third day was by the reservoirs on the open slopes of Plynlimon. Only full cars went the last 3 miles (what happened to kilometres?). This was well publicised and worked well. The terrain was steep with crags and peat and contour detail. I blew one long leg - relocation was difficult and using the wrong scale didn't help.

The fourth day was in forest around Usk reservoir in the National Park with short legs and some nasty cut areas to cross. The Assembly area was pleasant by the reservoir, but windy.

SOCIALS

There was time to visit Dan-Yr-Ogof caves, Dolaucothi gold mine, Kidwelly and Cilgerran castles, Pentre Ifan burial chamber (massive stone slab on 2 m uprights), cliffs and coves, Vale of Rheidol narrow-gauge railway (sold by BR next day) and the Mynach falls at Devil's Bridge, Brecon cathedral. The social programme was wide and shared with the local community. I enjoyed two evenings with a male choir, a ladies choir, a boy soprano and harpists. Welsh was spoken here and in the shops and streets.

EVENTS - DAYS 5 & 6

Days 5 & 6 were approached over good moorland military roads. Halfway Forest was steep-sided with mixed forest and open, rivers, marshes and equatorial jungle. I was in mud up to my knees but had my shortest time, 57m.12s. for 3.6 km.

There were string courses every day - orienteers are getting even smaller, almost as soon as they can run. Results to buy never appeared. There was a small central team, but no problems at the events. All litter was taken home. The enduring memory was one of sheep and silence broken only by the dawn chorus and low-flying training aircraft, and tractors on the roads. I would go again.

The last day was a Badge Event in Crychan Forest South with a figure 8 course, dark green patches, steep river banks and a run down a forest road of parked cars. Running down a forest road (having been back to No 4 which I passed) someone fell at the ditch before a steep road bank - thack, I was down and rolled on my back to recover. Someone said he would look back in 30 sec. so I had to get up. I was bleeding at the wrist as I continued and decided the compass had come between my chest and the hard bank. I completed the course with some care but the pain continued. After the Cross I managed to get warm drinks and out of wet clothes and get the car moving and warm and drove 200 miles. A cracked rib was diagnosed.

Sorry I missed the Club Championship - my concern has been more elementary - like getting out of bed and sneezing. Be back soon.

Ray Heyworth

SCOTSMAN 17/10/88

Scots take first Ward Home title

SCOTLAND'S orienteers beat England by 186 points to 183 to win the Ward Home International for the first time when the 25-strong national team of elite veteran and junior competitors competed at Linn of Tummell, Pitlochry, yesterday. Ireland finished third with Wales fourth.

Victory came for the Scots from three out of six class wins complemented by some strong support in the minor placings.

Chris Whalley (Edinburgh Interlopers) who has dropped five lbs in recent weeks, found the added speed to win the W21 section and beat team-mate Hazel Dean (Forth Valley) into second place by 13 seconds with a time of 74min 54secs for 6.4 kilometres. Hilary Smith and Meg McIntosh produced another Scottish first and second in the W35 class while Kirsty Bryan-Jones won the junior women's race to give Scotland's women a clean sheet.

Steve Hale went down by the narrowest of margins to England's Martin Bagness in the senior men's class. With a time of 79.01 Bagness beat the Perth man after 10.1 kilometres by a mere nine seconds, a sure sign that he is ready to make a claim for Hale's No. 1 position in the British rankings.

John Musgrave's fifth position in 92.40 gave the Grampian man the 940 points he needed to win the Scottish League.

Musgrave's 3,781 points pushed Martin Dean (Forth Valley) back into second place by 65 points and prevented him from making it a family double with Hazel Dean who won the women's league.

Results - Men: 10.1 km - 1. M Bagness (Eng) 79.01; 2. S Hale (Scot) 79.10; 3. A Kitchen (Eng) 79.55. Women: 6.4 km - 1. C Whalley (Scot) 74.54; 2. H Dean (Scot) 75.07; 3. J Ramsden (Eng) 76.31. Veteran and Junior: M19 - N Conway (Eng) 77.06. W19 - K Bryan-Jones (Scot) 72.33. M35 - E Harwood (Eng) 78.56. W35 - H Smith (Scot) 71.24. Overall - 1. Scotland 186 pts; 2. England 183; 3. Ireland 84; 4. Wales 82.

JUNIOR CORNER

With the results of the first Lothian "O" League now available it is encouraging to see many Interloper Juniors listed. According to my count there were 16 "INT"s taking part.

Well done to you all. I trust you enjoyed the day and the courses. They weren't the most straight forward that I have seen as many of the line features were rather indistinct and overgrown. I understand that some of the control features were on the small side and difficult to find. At least that's my excuse, having spent several minutes looking for the ditch junction in the middle of nowhere, that was no. 12 on my course!

You may have noticed details of the LOL badge scheme. This has been in operation for a few years now. The idea is that by achieving a set number of points in one colour in one year you can qualify for a badge to sew on your O-suit or tracksuit.

There are two other badge systems that give you a chance for more decoration on your sleeve (and more sewing for Mum!).

The first is organised by SOA (Scottish Orienteering Association). Badges are awarded on successful completion of 5, 10 and 20 events. These can be of any standard and it doesn't matter how long you take. You will need to have a sheet signed by an adult after each event which you complete.

When you have achieved the required number of events the sheet is returned, together with 50p and a stamped addressed envelope to the organiser:

Mr. E. Broadley
Geography Dept.
Plockton High School
Plockton
Wester Ross

If you are a little more ambitious (and prepared to travel a bit further) the BOF (British Orienteering Federation) Badge Scheme may be for you. This is based on the so-called "Badge Events" which occur at regular intervals around Scotland and the rest of the country.

In these events you run in age group classes (M11, W15 etc.). Depending on how well you do relative to the winner's time, so you can achieve Gold, Silver, Bronze or Iron standard. To qualify for the appropriate "Badge" you need to get the standard in at least 3 events during a two year period.

This scheme is organised by:

Mr. & Mrs. Johnston,
The Alders
Blencowe
Penrith
Cumbria
CA11 0DB

So there you have three ways to obtain badges (and associated certificates) to demonstrate your orienteering skill and to cover up any holes in your top!

Pat Squire

Lothian & Borders Championships - 2 October 1988

This is an annual event and was held this year by Linlithgow Orienteering Club at Bowdenhill. The weather was fantastic - warm sunny and windless and the area very conducive for fast running. However any running was hampered by the numerous fences to cross!

Last year Interlopers won the men's team cup but unfortunately we did not manage to retain it. However there were some notable performances and these are listed below.

W11A - Ynske Riemersma	2nd
W15A - Anita Sinclair	6th
W21B - Jane Cherry	2nd
M11A - Anthony Squire	2nd
- Robert Sinclair	5th
M13A - Gordon Riemersma	4th
M21A - Bob Cherry	5th
- Simon Thomson	11th
M35A - Pat Squire	1st *****
M50A - Ronnie Sinclair	4th

ESKDALE, CUMBRIA
NATIONAL EVENT VI
Sunday 9 October

Driving along the M6 on Saturday afternoon at 30 mph in a heavy storm did not bode well for the National Event the next day. However, the bad weather cleared for this exciting event in the heart of the Lake District. The terrain was open moorland with plenty of crags, rocky outcrops, heather and bog. It was also quite steep and all the courses had higher than average ascents. The views though were quite spectacular and it is a pity that not many Interlopers managed to attend this event. The results will be in the next newsletter.

LINN OF TUMMEL, PITLOCHRY
(see back page for Scotsman write up)
Sunday 16 October

Congratulations to Christine Whalley for getting our club's name in The Scotsman - no, seriously, many congratulations for winning the Home Internationals and thereby contributing to Scotland's overall victory.

Again, for this event, the weather was kind, and it was great to be back orienteering in such an intricate area. Successful reading of the contours was essential, as vegetation boundaries tended to be indistinct and there were few line features. However at least one Interloper (the other Cherry in the club) had a major problem differentiating between the figure 2 and the figure 3 on the overprinting of his map, never mind following the brown lines!

The results of the Scotlands Galoppen are not yet out but full details will be in the next newsletter.

FORTHCOMING EVENTS

Oct 22	ESOC NIGHT OPEN EVENT	Bonaly, Edinburgh	215680	Nov 13	GRAMPIAN OPEN EVENT	Mountblair, Banff	NJ 689542
	A. Lessells, 40 Ormidale Terrace,	Edinburgh	031-337-1144		J. Chesters, Dunessa, Fintray, Aberdeen	0224-76279	
Oct 23	MAROC BIATHLON	Logie Coldstone, Aboyne		Nov 13	BRITISH SCHOOLS CHAMPS	Lyme Park, Stockport	
	P. Hall, The Fitts, Ballater Road, Aboyne	0339-2685			S. Birkinshaw, 221 Hale Road, Hale, Cheshire WA15 8DN		
		this event combines Cycle 'O' and Foot 'O'.			closing date 15/10/88		
Oct 23	GLASGOW GALOPPEN - 8			Nov 20	MORAVIAN OPEN EVENT	Blairs / Sluie	020545
	- - no details - -				L. Hay, RAF Kinloss		
Oct 29	TINTO NIGHT BADGE EVENT	Carmichael Estate, Biggar	NS 924386	Nov 27	MAROC OPEN EVENT	Glen Tanar, Aboyne	NO 504972
	B. Young, 7 St. Ninians, Lanark	0555-61955			E. Harvie, 3 Bellwood Road, Aboyne	0339-2238	
Oct 30	TINTO BADGE EVENT	Carmichael Estate, Biggar	NS 924386				
	B. Young, 7 St. Ninians, Lanark	0555-61955		Dec 3	LOTHIAN & BORDERS NIGHT CHAMPS	Kinneil Wood, Bo'ness	
Nov 6	INVOC OPEN EVENT	Inshriach, Ki	aig NH 872072	Dec 4	WEST AREA CHAMPIONSHIPS	Carrick Hills, Ayr	
	D. Stuart, Hatlaw, Avoch, by Inverness	0381-20139		Dec 11	GLASGO' GALOPPEN - 7, Tinto	Happenden Wood, Douglas	
				Dec 11	LOTHIA' LEAGUE - 4, WFO	Blairadam, Keltie	
				Dec 11	MORAVIAN OPEN EVENT	Binn Hill, Garmouth	