

INTERLØPERS

ORIENTEERING CLUB • EDINBURGH

NEWSLETTER number 67 : July 1989

Welcome to the first newsletter of Interløpers fourteenth year! Yes, since the last newsletter we've had an A.G.M. and have a new committee (details over) including a new newsletter editor - well maybe not so new, I seem to remember doing this about four years ago. Jane has handed over after 2 years in the editor's seat during which we've enjoyed a quality publication, and I'll be trying to keep things rolling along but to do so I depend on your contributions, so keep sending them in to me, Charlie Walton, at 55 Manor Place, Edinburgh EH3 7EG.

This newsletter includes the minutes etc. from the A.G.M. and a Club Membership List. Apart from the new committee the other news from the A.G.M. was an increase in club subscriptions, so start saving. Next year membership will be £3 for seniors and £4.50 for families (still £1 for juniors and groups), I hope you'll agree the fees are still very reasonable.

There isn't very much on the Fixture List at this time of year but with the 6-Day coming up and some good events lined up for the autumn season there's plenty to look forward to. I hope everyone will make it to two special events in particular, our Club Championships and our Club Weekend - details below. See you there!

Charlie

Another major championship event.....

The **INTERLØPERS CLUB CHAMPS**

at **KINNEIL WOOD, Bo'ness, on SUNDAY 23rd JULY**

Meet at 11am at the Kinneil House car park, off the main road (A993) at the west end of Bo'ness

All club members and guests welcome

Courses: wait and see!

Bring along a picnic lunch and frisbees, footballs etc. for a game afterwards

INTERLOPERS CLUB WEEKEND in the Spey Valley, 9th/10th September

- * Dormitory-type accomodation in Kingussie
- * Meal on Saturday night
- * Very reasonable cost
- * Lots to do
- * Book a place NOW!

Orienteering: the INVOC Speyside weekend - open event nearby Saturday afternoon (use it as training with help from other club members if you like), and Scotlands Gallophen 4 badge event at Alvie (just up the road) on Sunday (event details: pre-entries (£3/£1.50) by 31/8/89 to F. Brunton, 207 Drumossie Avenue, Inverness IV2 3SX (0463 222635))

*****Details from, and bookings to, Pat Squire*****

The INTERLØPERS COMMITTEE 1989-90

So who are these funny people on the club committee? Read on...

CHAIRMAN: Steve Terry (M40)

A grand old Interløper, Steve joined the club a long, long time ago after moving to Edinburgh from the deep south and is now entering his third year as club chairman. Steve has been known to spend many hours in the forest, not only when out on courses but also making maps. He is our local mapping expert and has produced a fine batch of maps over the years, and mapping and socialising are more his cup of tea (or glass of beer?) than the heat of competition. Does things with computers at Ferranti for a living, and enjoys travelling the orienteering world for his holidays - he managed New Zealand this year and Australia a few years back.

SECRETARY: John Barrow (M40)

John was a founder member of the club (it is said he recruited Steve Terry) and was much involved with Scottish orienteering when it was young - and was a member of EUOC's JK Relay winning team some two decades ago! He took a short break down under as his job took him to Australia for a few years, but the lure of Scottish forests brought him back to his old club and after a couple of years he has been tempted back on to the committee. John is some kind of astronomer at the Royal Observatory and spends much of his working life doing things with computers. Making a comeback after a knee injury but less competitive these days, and is busy introducing the next generation of Barrows to orienteering.

TREASURER: Janet Fallon (W21)

Joined Interløpers when she came to Edinburgh after graduating from STAUOC, but started orienteering at school in Currie, and has a wealth of orienteering experience. A qualified grade 3 controller, Janet has been social secretary and is now in her second year as treasurer in her short time in the club. Has been known to train occasionally but is usually happy to leave the elite competitors to race amongst themselves. Works with computers for Scottish Equitable.

SOCIAL SECRETARY: Lucy Patterson (W21)

Lucy is a recent recruit, having graduated from AUOC last year, and is quite new to orienteering as well, though she did manage to tour most of Europe last summer with AUOC. Is learning with every event - at the club training day she learned that she didn't get on with nettles! Works as a trainee legal type so doesn't have much to do with computers.

NEWSLETTER EDITOR: Charlie Walton (M21)

Another graduate from STAUOC, Charlie looked after the newsletter four years ago and then served a three year sentence as club secretary - and is now back on the newsletter. Has gained quite a bit of orienteering experience in over 8 years in the sport and is a grade 3 controller; talks a good race but usually finds an injury to stop him actually competing. Is planning yet another competitive comeback later this year. Is employed at BBN Systems and Technologies, working with computers.

JUNIOR MEMBER: Gordon Riemersma (M15)

Gordon has been orienteering successfully for a couple of seasons and is a member of the Scottish and Lothian & Borders junior squads, and now he has taken on the unenviable task of keeping all the old fuddy-duddies on the committee in order. One of a keen family whose involvement with orienteering may have something to do with living in the same street as Scott Balfour, even Gordon's mum is now reported to be getting competitive! Avoids having to earn a living by being young, but has the pleasures of O grades to look forward to next year.

ORDINARY MEMBERS: (Ordinary members are, of course, not ordinary at all, but are a very important part of the committee.)

Jane Cherry (W21)

Jane orienteered with EUOC back in the early 'eighties and stayed on in Edinburgh when she graduated, joined Interløpers and even married the ex-chairman! Has looked after the newsletter for the past couple of years but has now opted for a less demanding role - or so she thinks. As far as orienteering goes Jane is usually to be found close to the sharp end of W21B, but manages not to give in to the temptations of W21A. Maintains her links with Edinburgh University by working for UnivEd.

Pat Squire (M40)

Pat is remarkable not only for being Anthony's father but also for still running M35 despite being a fully qualified M40. He in fact sometimes wins M35, though admits that some of the younger lads are a bit faster than him these days. Pat also has a house full of most of the club's equipment. He has recently become more involved in orienteering coaching, and has taken on the job of junior development in the club. Joined the committee in 1988 and couldn't escape this year. Works at Moray House Cramond Campus so is involved with many facets of many sports.

Area Representative: Ian McIntyre (M21)

Another of AUOC's cast-offs, Ian joined Interløpers when BP were daft enough to give him a job. As well as regularly travelling the country to orienteer, he can sometimes be found running in the hills, and usually in the pub afterwards. Regularly competes in M21A, or in M21E if there is one and they'll have him - he has been known to successfully use the McIntyre name as a passport to major events. Represents Interløpers at Lothian & Borders O.A. meetings when he gets the date right, and is a planner for the 6-day this summer - luckily none of us will be running that day!



NEW INTERLØPERS SWEAT SHIRTS!! Due very soon!!
In yellow or green, only £9 each, get your orders to Jane
Cherry now! These exclusive garments will make their first
public appearance at the Club Champs or perhaps at the
6 day, order early to beat the rush.



HELP!

I am looking for a lift back from Day 2, at the 6-Day (Ross Wood, 31st July), preferably to
Edinburgh. If you can offer a lift please contact me (after 21st July) - **Gordon Riemersma,**
031 445 4419



CLUB NEWS

Congratulations to Ynske Riemensma who was selected for the Scottish team for the junior inter-area competition, held near Sheffield on the 18th June. The team was made up from 2 runners from each of the classes MW 13,15 and 17. Ynske ran in W13 and Gordon Riemensma was also named as reserve in M15.

More congratulations: Lorna Boyd has recieved a BOF Mapping Award for the Archerfield map. Lorna also ran for Scotland in an international match against the Irish at the Irish Championships in April.

Officials and Helpers needed!

With a number of events coming up soon we need volunteers for various jobs:

- Could you plan or organise our Lothian O League event next spring?
- Remember our Scottish Galloper badge event on the Lomond of Fife on the 15th of October, please keep the day free as lots of help will be needed. Contact the organiser, Janet Fallon, if you can help out.
- We're beginning to get things together for the Scottish Champs in 1991, but we need more folk to keep the ball rolling. Please get in touch with Charlie Walton if you would like to be involved.

Loch Lomond '89: Map Bagging - We've got to put 4,000 or so maps into bags sometime in the fortnight before the 6-day, please get in touch with Ian McIntyre, Scott Balfour or Steve Terry if you fancy coming along to the map bagging party.

COURSES - a great way to develop your orienteering, and usually a lot of fun as well. Coming up soon:

MAPPING - SOA Survey weekend, planned for 2/3 September, SOA Cartography day, Glasgow University, 25th November.

Details: Jon Musgrave, The Pines, 2 Cromar Drive, Tarland AB3 4UA (033 981 203)

COACHING - SOA PERSONAL PERFORMANCE WEEKEND

26/27 August in the Trossachs - a must for all abilities! Details: Blair Young, 7 St Ninians, Lanark ML11 7HX (0555 61955)

Training: What's that?

Remember you can usually find some orienteers training at the Meadows on tuesday nights (intervals at 8pm) and at Meggetland on thursday evenings (run at 6pm). Details from Charlie Walton.

"Coaching for Women" course at Plas-y-Brenin (Wales) 11/12 November

Details: Deborah Wilkinson, 20 Castle Hill, Duffield, Derbyshire DE6 4EA (0332 840172)

OR GET IN TOUCH WITH A COMMITTEE MEMBER FOR MORE INFORMATION ABOUT ANY COURSES

FIXTURE LIST

July 16 PO Local Event, Blairadam (just off M90) 11am (Map ref. NT 1295)

July 23 INTERLØPERS CLUB CHAMPS - see details elsewhere

July 30 - August 5 LOCH LOMOND '89 6-day event - remember our day is Friday 4th August at Rowardennan, details from Steve Terry

August 25/26 SOA Personal Performance Weekend, to be held in the Trossachs - see news page

August 25/26/27 White Rose weekend - 3 badge events - in Yorkshire, details B. Roberts, 8 Hibra Ave., Haxby, York YO3 8HD (0904 762310)

September 3 FVO Badge Event, North Achray & SE Trossachs (S14055), details G. Bryan-Jones, 29A Dunster Road, Stirling FK9 5HX (0786 72758); closing date 21/8/89, £2,800/£1,40, limited EOD

September 9/10 INTERLØPERS CLUB WEEKEND, Spey Valley, taking in the INVOC Speyside weekend - details elsewhere

September 17 Lothian O League 1

September 23/24 MAROC Autumn Break Weekend on Royal Decside: colour coded event at Coull (Aboyne) on Saturday (EOD), Scottish Galloper 5 badge event at Feughside (Banchoy) on Sunday. Entries: P. Craig, Cranbrook, Burnside Road, Tarland AB3 4YL (03398 81334) by 12/9/89, £3,600/£1,80.

September 30/October 1 October Odyssey weekend (CLOK), Whiby & Redcar, details C. Wardrobe, 11 Craven Vale, Guisborough TS14 8BZ (0287 33420)

October 1 MORAVIAN Bull Trophy Badge Event, Roselie Forest, Fortes - details C. Reid, 37 Hamilton Drive, Elgin IV30 2NL (44928), EOD only £2,500/£1,50

October 8 National Event VI, Swindale, Lake District (just off the M6) (plus Score event at Birkett Common on sat, 7 Oct). Closing date for National Event entries 18/9/89.

October 8 STAUOC Local Event, Cairngreen Wood, Cupar (401140), 1.30pm

October 15 INTERLØPERS Scottish Galloper 6 badge event incorporating Lothian and Borders Champs, Lomonds of Fife. HELP REQUIRED - details from Janet Fallon.

October 21 Lothian and Borders NIGHT Champs (ESOC), Braids/Blackford. EOD.

October 22 Lothian O League 2 (ESOC), Cadernuir, Peebles

October 28/29 Karrimor International Mountain Marathon

October 28 TINTO night badge event

October 29 TINTO day badge event

November 5 Scottish Galloper 5 badge event (ESOC), Penlands

JUNIOR CORNER

JUNIOR CORNER by Pat Squire

Unlike sports such as cricket, soccer and rugby, orienteering seems to go on in one form or another throughout the whole year. It is difficult to say whether there is any "season" for orienteering and if so when it starts and finishes. Nevertheless I always think of this time of the year as being less active than the Autumn, Winter and Spring. For me the new "season" starts with the first of the Lothian O League events.

One of the things that I try to do at this time of the orienteering year is to plan what I would like to achieve next time around. Usually that means for me a hope that I will be able to get around courses without making too many simple and silly mistakes. The other main aim that I set myself is to be able to think and plan ahead as I go around a course. What is the route that I should take out of a control? Is the next leg long or short, uphill or down? Do I turn left or right at the next path junction? Simple questions which I try to attend to as I am running (or walking!) towards a control rather than start to think about them when I am at the control.

What about you? What will be your plans for next year? What will you hope to achieve in your orienteering?

It is quite a good idea to set yourself goals both for individual events and also for several months or even the whole year.

Examples of goals for one event might simply be to find all the controls first time, or just to complete a course that you have not tackled before. If you are a little more competitive then you might want to run faster (mins. per km.) than previously or maybe you want to beat someone who finished in front of you last time.

In the longer term possible goals might include the achievement of a particular Badge Standard (BOF or SOA), to finish in the top ten of the Lothian O League results on a particular colour code, to complete a certain number of courses, or just to enjoy all your orienteering events.

Whatever you choose the targets are ones for you to set and to achieve. They will be different for everyone. You don't even need to let anyone else know what they are if you don't want to. Try to set yourself a goal that will be challenging but not too difficult to get. That way you will gain a lot of satisfaction when you do manage to achieve them.

Keilder Weekend, 22nd-23rd April,

WITH
Lothain And Porders "O" Squad!!

At last we arrived home after a tiring weekend in England. We said good bye to Anthony and his dad, Pat, for taking us there and back from Keilder. We had arranged to go with Pat as there wasn't enough room in the minibus for everyone (18 people). Sadly Gordon Riemersma couldn't come as he had caught a "bug". Anita Sinclair went with the rest of the squad in the minibus.

We had lots of fun and ate lots of biscuits, didn't we Anthony!! We arrived early and so looked around the place and played in the play area which was soaking wet and rubbish.

When the others arrived we got ready to go in the rain to the start. The terrain was wet and hilly so every course had more than 40 meters climb. Everybody did quite well in their particular courses, especially those who did the string course "and I got a sweetie!"

When everyone was back we got lost with a map while trying to find the Youth Hostel in Acomb. Finally we got there and we waited for the caretaker to come and had dinner, which was spaghetti. Then we went on a historic drive to see Hadrian's Wall.

Early next morning we drove to the orienteering area which was the same place as the day before. All of us had early starts so we had a bit of a rush to get ready. The terrain wasn't as wet as the day before so just about everyone enjoyed it better. Some of us did better than the day before but some did even worse! After the event some did some souvenir shopping and then we said goodbye to our friends from the squad and then we all piled into the van ready to go home. More biscuits again, but not that many!!

RESULTS!!!

ANTHONY SQUIRE	SAT	SUN
ANITA SINCLAIR	8th (Silver)	9th (Gold)
YNSKE RIEMERSMA	9th (Silver)	5th (Silver)
GAIL BALFOUR	2nd (Gold)	11th (Silver)
	1st (Gold)	1st (Gold)

With Compliments of

Gail and尹she.

LOOKING TO THE FUTURE

Among the areas that are being discussed at length in the big wide world of orienteering at present are coaching, mapping and publicity and these are areas in which we, as a club, must be involved if we are to develop in the future. Contributing in these areas is not something that is limited to experienced and expert orienteers, anyone in the club can be involved.

Mapping is not easy and the Edinburgh area is not full of great areas to map, but small and simple maps for training, coaching and local events are always needed. There's also no reason why we can't look further afield for suitable areas to orienteer on. Mapping can be very rewarding in itself and it does wonders for your orienteering skills.

Pat Squire has got some club coaching activity going in the past few months, but a great deal more could still be done to reach and encourage newcomers to the sport and to develop the orienteering skills of club members at all levels. Anyone can benefit from coaching, from novice to national champion.

Publicity is not welcomed by everyone but is vital if orienteering is to develop through increased public awareness, sponsorship etc. On a local level publicity (of the right kind) could benefit our club in a number of ways.

So what? Progress only comes with effort, unfortunately, but help is on hand. There are courses at local, Scottish and British levels to teach and encourage mapping and coaching techniques and other skills. There's quite a bit of knowledge and experience in the club, too. If you fancy learning more, trying a course, making a map, helping juniors, being coached, planning an event get word to the committee, the club always needs ideas, suggestions and contributions. As for publicity, maybe you could publicise the club and the sport at your work or school or among friends. Please give it some thought anyway - an exciting future for the club depends on us all!

Charlie Walton

LOCH LOMOND '89

Day 5, Rowardennan Forest, Friday 4th August

INTERLOPPERS are responsible for the START and the CAR PARK at this event. We need at least 20 people if possible. Some work need doing on Thursday afternoon (3rd August), and we will need to start work VERY early on the Friday (before 7 a.m.). All those who have entered LL'89 are asked to please forgo their run on day 5 and to help out instead. If you have not heard from Steve Terry before you read this, please get in touch (0506 881241 evenings) to confirm your availability (or otherwise)!

Steve

RESULTS

Lots of events since the last newsletter - here are INT results from a few of them:

Scottlands Galloper 3, Touch, 16th April

An excellent event on a top quality area on a beautiful day! What more could you ask for?

W11A	3rd	Gail Balfour
W21A	4th	Lorna Boyd
M15A	1st	Gordon Riemersma
Leading INT in M21A was Charlie Walton (14th)		

Scottish Championships, Drummond Hill, 29th April

Another fine event, another great area, and another good day - and 2 Scottish Champions!

W19A	1st	Carol Boyd
W21E	3rd	Christine Whalley
	19th	Ann Haley
W21A	4th	Janet Fallon
M11A	1st	Anthony Squire
M35A	9th	Pat Squire
Leading INT in M12E - Ian McInyre (54th)		

Scottish Relays, Bailefuil, Strathyre, 30th April

A damp day in a rough forest, 5 INT teams took part though only 3 complete:

M Open - 16th	(Ian McInyre, Bob Cherry, Charlie Walton)
M40 - 6th	(Pat Squire, Scott Balfour, Rudolf Riemersma)
Ad Hoc - 27th	(Anthony Squire, Jane Cherry, Gordon Riemersma)
Fay and Gail Balfour, Christine Whalley and Janet Fallon also ran in incomplete teams.	

Scottish Score Championships, Carmichael Estate, 18th June

Hot and sunny, a remarkably good event on a limited area. Only 7 INTs in the main event results - the turnout overall was poor, where were you? - but 2 firsts, a second and a third, not bad:

M11	1st	Anthony Squire
M60	1st	Ray Heyworth
M15	2nd	Gordon Riemersma
M21	3rd	Charlie Walton