

# INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 102

March 1996

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**Better Late  
Than Never  
Issue ?**

**Subscription  
Reminder (Again !)**

**So You Want To Do  
A Triathlon ?**

**Fantasy  
Orienteering**

**Letter From  
Malaysia**

**A Few Results And  
Plenty Of Events**

**And Don't Forget  
The AGM !**

## Kitchin In Mystery Phone Woman Puzzle



Speculation was rife in official circles yesterday that world class orienteer Andy Kitchin has been subjected recently to a number of suspicious and worrying phone calls. Rumour has it that he has been the victim of harassment by a woman who is apparently known to the police as a compulsive phone pest, allegedly. The woman is believed to have had a number of liaisons with prominent sportsmen in the past although details are rather sketchy if the accounts in the biographies are anything to go by. Police have also been acting on information that a hoax caller has been phoning Steve Ambler inquiring about Circuit Training at Moray House Gym. Anyone interested in that must definitely be off their tiara or a member of the Royal Family (although not for much longer probably). Friends of Andy have been rallying round to protect him from unsettling media intru-

sion. British Squad coach Graham McIntyre was expressing concern that it might affect Andy's performance in forthcoming World Cup races. "Just look what happened to that rugby guy !" he said. "Andy just can't seem to make a sensible route choice these days. I think the large increase in consumption of Carling Black Label might have something to do with it." Fellow squad member Lorna Eades said "I hope he doesn't get mixed up with this woman. She's not right for him. She's had a polo player and a rugby internationalist and seems to think that an orienteer will complete the set." Whatever happens you can rest assured that this newsletter will leave no boulders unturned or re-entrants examined in the pursuit of cheap, downmarket sensationalism. Remember where you read it first !

*OK! I know it was in the last issue but I bet there's still some of you out there who haven't renewed yet. Do The Right Thing!*



*Feeding on the move.*



## Membership Renewals for 1996

Full members should have received their BOF membership renewal forms for 1996. This year the combined fees for BOF + SOA + Club will be slightly more than before (owing to a 10% increase in BOF fees). The Combined fees and the Club-Only fees for 1996 are:

Category	Combined	Club-Only
Junior (Born 1976 or later)	£5.00	£1.00
Senior (Born 1975 or earlier)	£17.75	£4.50
Family	£26.85	£7.00
Group	£18.50	£2.00

Note that Juniors aged 19 or 20 are expected to be Individual members; Juniors included in families may be aged up to 18 only. Ages are taken as at 31st December 1996.

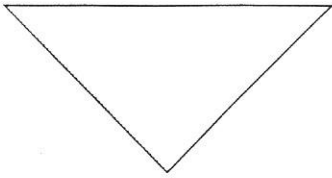
If you intend renewing your BOF membership, please send the entire form and subscription directly to BOF. Note that the subscription to **CompassSport** is handled independently of the BOF subscription.

Would Club-Only members please send their subscriptions (payable to INTERLØPERS) for 1996 directly to the Club Secretary. John can also handle conversions from Club-Only to full BOF membership. Please phone 0131-440-2136 for answers to any queries.

John Barrow  
3 Charlton Grove  
Roslin  
Midlothian  
EH25 9NY



*One for the Scotsman Caption Contest or just a Gumby Convention?*



*The intrepid exploits of one of the grand old men of orienteering who proves he can still show you young whippersnappers a thing or two. Let's hear it for Scott Balfour, our very own Im-Bru Man!*

## Nice Dream

Once upon a time, but not so long ago, I was foolish enough to enter a triathlon on the strength of a good Highland Cross the previous year. My running was fine, I could now cycle using clips and I had secretly trained at the local baths once a week. When I arrived at the pool, I realised I was ill prepared. Just look at these guys and gals! I was going to creep away but somehow managed to get into the water. The others in this ad-hoc lane lapped me every 2 lengths. The pool emptied. The lifeguard was giving me funny looks. I wondered if the lane counter had nodded off. Still, I thought, I'll catch them on the bike and run. I had no idea how awful I would feel after 60 lengths of breaststroke! It took me about 15 miles of cycling to warm up and then run? What an ordeal! My legs did not seem to belong to me. But I finished, humble and stiff. The organiser invited me to come along on Saturdays to train with a small band of triathletes and gave me a video to look at. "It'll give you an idea of what it is all about," he said.

The video was inspiring - The Nice Triathlon in the south of France - Big distances - as famous as the legendary Hawaii Ironman - but about three quarters as long. Imagine being able to do that. Swim 4000 m, cycle a hilly 120 km in the Maritime Alps and then run 30 kms.

Six years later, one of the guys in Edinburgh spotted an available place in the British Age Group Team and I wrote away, saying how I had done a few marathons and had worked my way into the Scottish Triathlon Team as a veteran and had done one of half Ironmen. This earned me a place in the British Team some two months before the big day on October 1st. I was going to Nice.

I had geared all my training to do either Sprints (750m swim + 20 kms bike + 5 kms run) or the main Olympic Distance Events (1.5 kms swim + 40 kms bike + 10 kms run).

I had somehow to increase the training, but still keep the speed. In August I was still doing one really important event in Cambridge with the Scottish Team and the Scottish Duathlon Champs in September. The swim was OK - I only have the one speed. The run could be OK - I had done a few 2 hour runs in the Pentlands and my orienteering has me running about lost for ages. But the cycle was terrifying. My past five years had only one cycle over 50 miles. So I fitted in a 50 then a 60 and decided to go for the race distance the day after the Duathlon Champs. What a man I thought to myself after getting to Duns in the rain from Gifford and coming back over Soutra Hill. As I plodded back home, it dawned that I had taken six hours to do a monster 90 miles. Another fine bit of route choice and navigation. The Monday I felt tired so just did an hour swim at 6.00 a.m. then had the rest of the day off. Tuesday, I cycled for an hour and three quarters, then in the evening ran to the Meadows for the usual session and then ran home again - a good run of about 12 miles. Wednesday, a 2 mile swim early in the morning and then a 2 hour cycle run in the afternoon. Thursday, a 4 mile morning run and then a 12 mile late afternoon run in the pouring rain. Next day my nose was running and my throat was a bit sore so I left my next session to Saturday and just did an easy 1 hour swim. A rest day at the Hill Running Champs. Next day I knew I was ill! (I think I would have been long before this! - Ed.). Only a few weeks to go. I had to rest a week. A wee jog the following Saturday and easy swim left me completely knackered. Two weeks to go.

On the Tuesday a very gentle Meadows session showed I was recovering but still not quite right. A wee chat from Martin made all the difference. He said that in big events you need to be fresh and any training now should be easing off. Keep a little

quality if you can but allow your body to recover and get healthy. Later that week I did a time trial on the bike - just 10 miles but amazingly, while not pushing hard, it was only 5 seconds off my PB. Saturday, a gentle 20 miles, wee jog and a steady swim done back to back. I was still quite tired with seven days to go. Three days complete rest while I tried to pack, take the bike to bits and stuff it in a cardboard box. With no activity I was beginning to get frantic with worry about every little thing.

Finally I was sitting in the apartment in Nice at 10.00 p.m. on Tuesday 26th September. Up to 1.00 a.m. putting the bike together. I tossed and turned and woke up early because of all the traffic noise. The block we were on was sandwiched between the Promenade (a 6 lane highway version of Lothian Road), the main railway line and an urban expressway. It also seemed to be the main route for anything with a siren on it! So up I got and bought some milk and bread and a paper. The traffic was horrendous. I studied the rough diagram giving the cycle route and a road map but the section in Nice didn't make much sense. Should I go for a cycle round the 120 kms course or should I rest? I hummed and hawed for about three hours and then eventually rolled somewhat nervously into the Nice traffic at 11.30. Major junctions, wait a bit, cycle a bit, through a giant place like the Gyle and then onto a wee quiet road into the hills. By 12.30 I had gone 5 miles! Only 70 to go! The road gradually climbed and navigation became easier with red arrows and names in big letters on the road. If only I had a pot of paint I could have added "Scott's wha hae" or something like that. Then there were red and blue arrows which eventually split. Of course I took the wrong colour and had a 5 mile detour. Time for a snack. It was really hot. To avoid sunburn I was wearing a long sleeved shirt with the collar up. Every so

## and you thought that was it all ?

### Scott Tinley Triathlon Wetsuit

Made completely of extremely supple Japanese micro-closed cell neoprene rubber. We have chosen for black neoprene because this is still more supple than the coloured material. Single-lined smoothskin for high speed and double-lined one side with Scott Tinley print and logo

Body 5mm, sleeves 2.5mm for easy movement combined with the necessary insulation

Long sleeves **£149.99** Sleeveless **£139.99**



*and that's  
1986 prices !*

often cyclists would pass wondering who the wally was. But what a great route winding and climbing through the hills, clinging to the valley sides and going through wonderful wee villages perched wherever there was a flat piece of ground. Then a long exciting descent on narrow roughish roads to whiz through the narrow road in Roquesteron I'd seen on the video. Still not halfway as the road became smooth and wide. Gosh, this is good I thought as I got down on the tri-bars and dreamed away. Two real cyclists passed me as I started feeling tired but I held their pace on the next long ascent before I let them scream away on a fast but winding descent to the River Var. Then after a scenic climb I was back on the original route. Another wee snack at 5.00 p.m. Fifteen miles to go. I watched several small groups come up to the junction. Most turned left and hurtled down a main road but a few went the route which I had come up on a quiet back road. The diagram I was following showed the wee road so off I went. It was really rough and twisty and I was not a happy man when I ended up stuck in the rush hour traffic in Vars. Where was I? It was getting dark. After finding the sea I turned left and headed back to Nice in the gloom with no lights on a six lane highway with too many slip roads. Was I glad to see the Promenade and get off the road which was like Princes Street in the good old days before traffic calming. 80 miles - nearly 7 hours - What a downer? Still I'd seen it, done it, loved it and was doing it again on Sunday!

Wednesday. Felt tired! No one else here yet - I'll be a tourist! So I wandered off in the baking sun to see the sites. I passed the race start area and looked at the sea and the pebble beach, and nearby the big marquee for registration. I got my number, my swim hat and was tagged like someone in hospital. The tag was the security pass and couldn't be removed until after the race. I looked at the start lists of about 1800 and hurried off.

I'd try to forget the race and relax. There were billboards everywhere with the event logo, road signs warning of road closures on October 1st, posters in the shop windows. Every time I moved my hand I felt the Tag. I was cracking up! It was really hot. Oh why am I here?

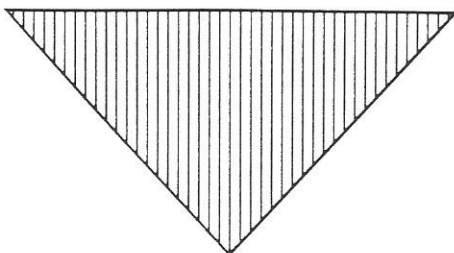
At half past five I made a decision. I was going for a run. I ran gently out on the actual course along the Promenade, past the airport and beyond. At last I felt relaxed and at ease. A gentle half marathon which allowed me to visualise the race and most of the run course. Flat and fast. All those runs in the Livi vest at all sorts of speeds and distances - Green Bogies - I'll show them! It's only 19 miles after all! Tomorrow I'll have a swim and breakfast, then go for a nice cycle and then a race.

Friday. The Team had arrived late the night before. I jogged the first of many jogs to their hotel. A mile each way. Chatted to the team manager and jogged back to get my bike for a Team Cycle. It was like le Tour as a huge bunch of us rolled along the back streets and out onto the Promenade. It was good to have someone to chat to as we rolled along and felt we could ignore all the car horns because of the size of our group. I had taken up my usual position at the back of the pack but, when they got lost, I had to move up and take the lead through the interchanges and warehouses. The problem was that on race day the road would be closed and from the opposite side you would have a simple exit off a slip road, but today it was packed with cars going in the opposite direction. Once on the climb I was surprised that I was no worse than the rest so went with a small group further up into the hills while the main pack returned to Nice. They had the Race Map and at the junction turned down the fast main road and whizzed round bends till we crossed the river and hurled down a dual carriageway to meet the Promenade. I was pleased I had now seen the whole route and also notched up another 34 miles.

In the afternoon it was time for a team swim. It was warm but rough and fun. I discovered my wet suit had opened. How silly! Must do it up properly next time. Then it was my customary jog back, have a snack, pick up the smoothy tracksuit I'd borrowed and it was off to the opening ceremony. Whoops, almost everyone else has a different tracksuit. I've got an Elite one like Simon Lessing - I think my face is red in the Team Photo. E... - the team is down as Angleterre - so I wear a t-shirt with Scotland on it which gets a big cheer from the Edinburgh triathletes who had come there straight from the plane. Then it was the briefing in a giant circus top. A minute's silence for four local triathletes killed a few weeks before by lightning made everyone that bit more nervous.

Saturday and it's Team Swim time again. I zip up correctly but the zip opens while I'm swimming and won't stay shut. This will be a nightmare. I buy some bits of Velcro for makeshift repairs. I jog back to the flat, stuff my face with everything in sight, and rush back with my bike which has to be in the transition area by 3.00 p.m. The sight was awesome! At least 200 metres of little bike stands with pretty plastic crates at the side. It was like Fort Knox with police everywhere and marshals looking at everything you did. My bike passed its inspection and I was in and wandered up the long lines of racks. There I am! Opposite the lamppost. I put the bike in a middle gear and leave my helmet and some food and water in the crate. Another jog back to the flat and I spend an hour or two sewing on the velcro and testing the wet suit. It seems OK! I pack my bag and get food and drink bottles prepared. A light meal with the Edinburgh crowd rounds off the preparation. We're all apprehensive but determined. We talk over details about bidons on the bike, food, tactics and then it was back to the apartment to lay everything out and set the alarms for the morning.














**to be continued . . . . .**



# Events

- Saturday 23rd March**  
**BUSA Individual Championships**  
**Trossachs**  
**NN 500070 (NOT Car Park)**  
 Entries on SEF to  
 Jim Ellis  
 BUSA  
 8 Union Street, London SE1 1SZ  
 Guests £15 / Students £10 for both  
 days. Cheques payable to BUSA  
 Closing Date 02/03/96. No EOD  
 Enquiries to  
 James Esson 0131-667-4920
- Sunday 24th March**  
**BUSA Relay Championships**  
**Arthur's Seat**  
**NT 277739**  
 Details and enquiries as previously
- Sunday 24th March**  
**LOL6 (RR)**  
**Bowhill, Selkirk**  
**NT 432281**  
 Registration 10.00a.m - 12.00 p.m.  
 Seniors £3 / Juniors £1.50 /  
 White and Yellow £1  
 Information from  
 John Tullie (01450-850217)
- Saturday 30th March**  
**Scottish Short Race No. 2**  
**(AROS)**  
**Barr Wood, Stirling**  
**NS 795865**  
 Pre-entries only. No EOD.  
 Entries on SEF to  
 Gordon Ross  
 19 Glamis Gardens, Polmont,  
 Falkirk FK2 0YJ  
 (01324-718437)  
 Closing Date 20th March  
 Seniors £5 / Juniors £3  
 Cheques to Scottish Short Races
- Saturday 30th March**  
**AROS Elite Test ( Short Race)**  
**Barr Wood, Stirling**  
**NS 795865**  
 Pre-entries only. No EOD.  
 Entries on SEF to  
 Gordon Ross  
 19 Glamis Gardens, Polmont,  
 Falkirk FK2 0YJ  
 (01324-718437)  
 Closing Date 15th March  
 Seniors £10  
 Cheques to Scottish Squad
- Sunday 31st March**  
**AROS Elite Test ( Classic Race)**  
**Devilla, Kincardine**  
**NS 935882**  
 Pre-entries only. No EOD.  
 Entries on SEF to  
 Gordon Ross  
 19 Glamis Gardens, Polmont,  
 Falkirk FK2 0YJ  
 (01324-718437)  
 Closing Date 15th March  
 Seniors £10  
 Cheques to Scottish Squad
- Weekend Friday 5th - Monday**  
**8th April**  
**Jan Kjellstrom International**  
**Festival of Orienteering**  
**Cleveland Hills**  
 Day 1 - Training Day  
 Day 2 - Individual - Coatemoor,  
 Guisborough NZ 590105  
 Day 3 - Individual - Mulgrave  
 Woods, Whitby NZ 845120  
 Day 4 - Relay - Shugdale, Stokesley  
 NZ 505005  
 Entries on special entry form to  
 JK96, 70 Moor Road North,  
 Newcastle upon Tyne NE3 1AB  
 Seniors £26 / Juniors £12  
 Cheques payable to JK96
- Saturday 20th April**  
**Scottish Short Race No. 3**  
**(AROS)**  
**Venue - Somewhere on Deeside**  
 Pre-entries only. No EOD.  
 Entries on SEF to  
 Angela Panther  
 2 Cromar Drive, Tarland,  
 Aberdeenshire. AB34 4UF  
 (013398-81203)-  
 Closing Date 10th April  
 Seniors £5 / Juniors £3  
 Cheques to Scottish Short Races
- Sunday 21st April**  
**Scotlands galoppen 2 (MAROC)**  
**Inchmarnoch, Ballater**  
**NO 410975 (NOT Car Park)**  
 Preliminary enquiries to  
 Evelyn Hall  
 The Firs, Ballater Road, Aboyne,  
 Aberdeenshire. AB34 5HY  
 (013398-86685)
- Sunday 28th April**  
**LOL7 (WFO)**  
**Somewhere over the Forth**  
 No information available
- Saturday 4th May**  
**British Individual Championships**  
**Creag Mhic Chailein, Oban**  
**NM 947338**  
 Enquiries to  
 Bill Stevenson 0131-332-3045
- Sunday 5th May**  
**British Relay Championships**  
**Coille Nathais, Oban**  
**NM 972322**  
 Enquiries to  
 Bill Stevenson 0131-332-3045
- Monday 6th May**  
**ESOC Badge Event**  
**Airds Park, Oban**  
**NM 998321**  
 Enquiries to  
 Bill Stevenson 0131-332-3045
- Saturday 11th May**  
**SOA Annual General Meeting**  
**Dewars Rinks, Perth**

**dnf** as well as standing for did not finish. on this page it means **do not forget !**

-  The equipment attic is creaking under the strain apparently. There is no room at the inn or in the Squire's loft for any more stuff never mind 100 aluminium trestles. Rumours abound of the rise of an alternative club store in a shed in Brad Connor's back garden. Can this be substantiated? Anyone looking for the odd bit of equipment might do well to go round to Dave Simmons' flat where you can admire his new interior decor - sort of just-out-of-the-forest-orienteeing chic. Very now I'm told !
-  The M-word keeps periodically resurfacing. Mapping that is. Things are slowly progressing though my notes seem to say 'Colinton Dell - pull finger out' ! Possibly an Action Point which our overworked secretary has not had time to pursue. Jonathan Musgrave has expressed an interest in holding some basic mapping instruction / weekend if there is sufficient interest. If you'd like to know more about mapping and how to go about it tell someone on the committee. If we get enough names we'll get in touch with Jonathan, give him some money from our swelling coffers and fix something up. If there are any areas you think are worthy of mapping or resurveying we could kill two birds with one stone if that is still politically correct - You get to practise mapping techniques and we get a new map.
-  Designs for t-shirts have been narrowed down and production / cost enquiries with potential suppliers are under way. Get ready to place your orders soon.
-  For those keen on training of some sort remember Intervals at the east end of the Meadows on Tuesday evenings round about 7.50 p.m. and longer runs from Meggetland on Thursday evenings. With the brighter evenings and better weather coming circuit training at Moray House will not be on for much longer but if you want to save the club some money or perhaps catch a glimpse of D\_ \_ \_ a go along on Wednesday nights at 7.00p.m and join the bunch of loyal nutters who go there.
-  On the financial front, still no money from the Six Days Company yet, and still no response from STAG (or EUOC ?) about how the moolah should be divided. Maybe we should split it 50-50 with ELO and keep schtroom about it.
-  Are we still in the CompassSport Cup ? Have we had a match ? Did we bother ? Do we care ? We need a competition to get us really enthusiastic. Something like the SOA Inter Club Competition perhaps ?
-  Apologies for being about a month late with this newsletter. If you're in the relays for the JK you probably know by now. There is till time to express an interest in the BOF Relays (up at Oban in May). Just ! Names to Colin Eades (668-2822) Or John Barrow (440-2136) by 23rd March, please.
-  The Summer Series will be upon us soon. It's better to warn you now because by the time the publicity sheet comes out half of the events will probably be over. 10 small scale, informal events ideal for beginners and novices and good for some light training or practising technique. They are held on Wednesday evenings throughout Lothian and Borders (or whatever they become after 31st March). They start on 24th April. I believe we're down for 15th May with Colinton Dell the likely venue and a new map unlikely. Some wheeler-deal will probably see us taking over the last event in June at Bonaly as ESOC are apparently fed up organising the barbecue there. Didn't we do it for years ? We're considering an alternative name for the club - EventsRUs - "ESOC can't plan your event - We Can !" Just an early April Fool folks, honest ! More details on the events next issue hopefully.
-  We had better be nice to ESOC anyway because they are holding a Badge Event in November and are thinking of holding it at Archerfield. Or perhaps they should be nice to us . . . ?
-  More new Interløpers ! In the creche section we now have David Kenworthy and Joe Cherry (both M1's). Get knitting now folks ! In the Justified and Ancient Categories a big welcome to Merag Anderson (W35), Gillian Dobbie (INT at last rather than IND ! - W21), Steve Downes (M35), Mark Johnston (officially ! M21), Alastair Matthewson (M21) and Graham White (M21). All the best to you in your orienteeing !
-  On the LBOA front we seem to have been designated lead club along with LINOC and RR to organise one day of next year's Scottish Championships. Our preference is for the Individual having been involved in the Relays for the past two years. Possible venues are Craighbui and Strathmashie. Anyone want to plan, control, etc ?
-  Remember Charlie is always on the lookout for suggestions or ideas for social events. The Social Secretary can be contacted at 229-0191.
-  The next Committee Meeting is at my place - 161 Dalkeith Road if I make it back from the S3 Parents' Meeting in time! See you there fellow committee members.

# Letter From Malaysia

*the welcome return of "When ye go will ye send back". Welcome to the editor at least who is not proud and will fill up the newsletter with anything he can even if it came with the Christmas card. It still gives a flavour of life in the Orient. That's my excuse anyway!*

Lot 785  
Kampung Baru  
Kerteh  
24300  
Terengganu  
Malaysia  
Tel: 010 609 826 3571

Dear All,

Well I've given in and decided to do a communal letter to everybody. I do feel very bad about it, especially as people have been making the effort to write to us, but at least this way you will all get a letter. The above address is the house that we moved into in May and we'll be there now until we leave Malaysia (probably the summer of 1997).

Life has been quite busy since we came back in the summer. None of us has really been ill since we came to Malaysia but Donald seems to have had one bout after another in the last three months. Our other news, in case you had not already heard on the grapevine, is that I'm pregnant again. The baby will be due in June next year. I was feeling fine until I caught one of Donald's bugs and had a pretty rough two weeks, but that's the way life goes and I'm feeling a lot better now. I just wish I could switch off the smells of the tropical climate as they don't really help the nausea of early pregnancy.

Ian has been really busy at work again. He keeps telling us that the worst is over and then something else starts. He does get more holidays here though so at least we can escape for a good break when we can get away. Claire is getting bigger and bossier every day. We have to be careful not to let her walk all over us. Sometimes the only one with enough energy to stand up to her is Donald. She's trying to keep him in his place as well but he manages to fight back quite well. Maybe when there are two smaller ones she'll give up (and pigs might fly!) (You're right there - Ed.)

The monsoon season has started here so the weather is not the usual hot and steamy variety, now it's the warm and damp flavour. I can't quite decide which one I'd rather suffer! I'll never complain about the rain in Scotland again. At least you can shut the door and put on the heating. Here, you just have to suffer the rising damp as there's no way of drying it out - Lovely! Anyway, we're heading back to civilisation for Christmas and it should almost be over when we get back.

Best wishes for the festive season  
(OK - so I know it's a bit dated - Ed.)

Jane, Ian, Claire and Donald McIntyre

## ECONOMIC SURVEY

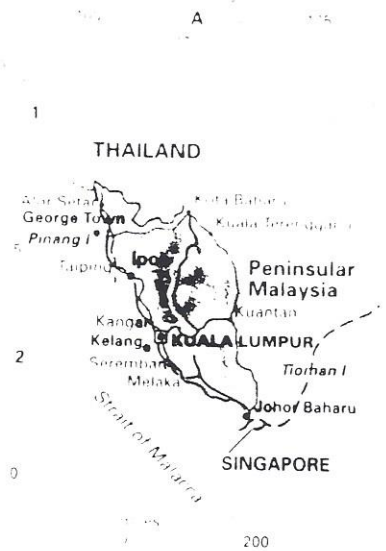
**Farming:** Rubber and palm oil, from large plantations, are among Malaysia's most important products. Farmers grow rice, coconuts, peppers, vegetables and fruit. Cattle, pigs, goats and buffaloes are reared.

**Forestry:** The country's hardwood forests are being exploited for timber.

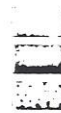
**Fishing:** Offshore fishing is important.

**Mining:** Malaysia has large reserves of minerals. It leads the world in tin production. It also has petroleum, gold, copper, bauxite, iron ore and titanium ore.

**Industry:** The chief products of Malaysia's factories are electronic goods, vehicles, textiles, clothing and foodstuffs.



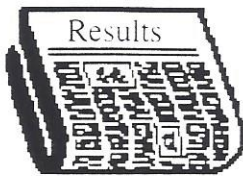
Age distribution



**Area:** 329,749 km<sup>2</sup> (127,317 sq miles)  
**Population:** 17,886,000  
**Capital:** Kuala Lumpur (pop 1,100,000)  
**Other cities:** Ipoh 301,000  
**Highest point:** Mount Kinabalu 4,084 m (13,431 ft)  
**Official language:** Bahasa Malaysia  
**Religions:** Islam, Buddhism  
**Currency:** Malaysian dollar  
**Main exports:** Manufactured goods, petroleum, palm oil, rubber, timber, tin  
**Government:** Federal constitutional monarchy  
**Per capita GNP:** US \$2130

# Malaysia





## Scotlandsgaloppen 1995

Finally winging their way to the lucky few recently were the certificates for those judged to have done really well in last years' events.

W10A	Emma Mason	5th
W11A	Kirsty Balfour	5th
M11A	Niall Inverarity	5th
M17A	Anthony Squire	1st
W21E	Heather Hartman	2nd
M21E	Andy Kitchin	1st
M21L	Steve Conway	1st
W50S	Eva Riemersma	1st=
M65L	Ray Heyworth	2nd

Well done folks ! Excellent performances from you all. Anthony off to fame and fortune at Durham University still wants to compete as an Interløper in major events rather than as a student. Heather, wherever you are (with Ben probably ! - Ed.) you still haven't paid the money for Woodlands from the Six Days. Cough up or else ! Andy reinforces his win at the Six Days with good form throughout the year. Steve Conway returns to winning ways. Eva shows it's never too late and Ray (like Heather) narrowly missed out on winning. And at the other end of the age spectrum do we have some promising juniors coming along ?

**EAST OF SCOTLAND CROSS COUNTRY LEAGUE RACES** (Third and final round, Livingston). Men: Senior: 1, D Ross (Leslie Deans RC) 25:09; 2, P Dymoke (Livingston & Dist) 25:23; 3, I Brown 25:31; 4, S Cohen 25:39; Veteran: B Kirkwood (all Leslie Deans RC) 26:18 (9th); Junior: A Ford (Edinburgh AC) 27:37 (42nd). Team: 1, Leslie Deans RC 61pts; 2, Livingston & Dist 113; 3, Edinburgh AC 153; Final positions: 1, Leslie Deans RC 175 (holders); 2, FMC Carnegie 464; 3, Edinburgh AC 578. Under 17: R Houston (JGB Central Region) 13:40. Team: Dundee HH 20. Final position: Dundee HH 52. Under 15: A Cassells (Fife AC) 8:34. Team: Fife AC 12. Final position: Falkirk VH 76. Under 13: A Lemorcello (Fife AC) 9:07. Team: Fife AC 13. Final position: Fife AC 64. Under 11: G Oudney (Dundee HH) 6:52. Team: Aberdeen AAC 14. Final position: TSB Corstorphine 63. Overall champions: Aberdeen AAC. Women: Open (3.25 miles): 1, A Mudge (Carnethy HRC) 22:37; 2, A Carr (Dundee HH) 23:18; 3, B Callander (JGB Central Region) 23:32.

*Peter and Angela doing well out in the country.*

## Lothian 'O' League Positions after 5 events

### Yellow

3rd	Emma Mason	W10	433
5th	Niall Inverarity	M11	426
9th	Ruaridh Inverarity	M10	250

### Green

1st	Ann Haley	W21	488
6th	Ray Heyworth	M65	352

### Blue

3rd	Bill Mason	M45	477
7th	Steve Ambler	M45	406
13th	John Kenworthy	M21	284

### Brown

7th	Graeme Ackland	M21	392
11th	Pat Squire	M45	368
14th	John Mitchell	M35	320

2 events to go and these are our main challengers this year. Not so many Interløpers as usual in the top positions even with the likes of Ackland deciding to participate in more "Little Old Lady" events. The scoring system has changed this year. The winner in each course no longer gets 100 points. Their score is based on the average runner / time for the course. So if you win against a bunch of haddies your score goes rocketing. I think the highest score so far is 234 ! Needless to say most of my scores are below 100. Am I getting slow or is the competition just too good ? Maybe I should enter the Fantasy Orienteering Competition. Bowhill in March and Devilla in April will be your last chances to pick up points and positions.

*Kitchin comes good with Dymo not far behind.*

**SCOTTISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS** ( Irvine ). Men: Senior (12,000m): 1, R Quinn (Kilbarchan) 36:46; 2, T Murray (BM Spango Valley) 36:56; 3, A Russell (Law & Dist) 37:02; 4, C Robison (BM Spango Valley) 37:17; 5, G Stewart (Leslie Deans RC) 37:38; 6, D Ross (LDRC) 37:41; 7, D Cavers (Teviotdale) 37:51; 8, K Anderson (Cambuslang) 38:02; 9, G Croil (Cambuslang) 38:14; 10, C Nicolson (Edinburgh Univ) 38:16. Teams: 1, Leslie Deans RC 68 (5,6,12,13,15,17); 2, Cambuslang H 107 (8,9,18,20,22,30); 3, Shettleston H 192 (11,14,19,48,49,51); 4, Fife 369; 5, Livingston & Dist 379; 6, Kilbarchan 498. Junior (Under-20, 8,000m): 1, A Milligan (Carnegie H) 25:49; 2, J Duncan (Edinburgh Univ) 26:35; 3, C Smith (Aberdeen) 26:37. Teams: 1, Edinburgh Univ 39; 2, Cambuslang 83; 3, Fife 104. Youth (Under-17, 6,400m): 1, J Hendry (Springburn H) 23:45. Teams: 1, Cambuslang 69; 2, Kilbarchan 69; 3, Dundee HH 107. Senior Boys (Under-15, 4,000m): 1, J Kealy (Cambuslang) 13:40. Teams: 1, Cambuslang 19; 2, Babcock Pitreavie 119; 3, Greenock Glenpark 180. Junior Boys (Under-13, 3,200m): 1, A Lemorcello (Fife) 12:26. Teams: 1, Cambuslang 76; 2, Fife 79; 3, Ayr Seaforth 93. Women: Senior (6,400m): 1, D Kilner (Aberdeen) 24:54; 2, A Tremble (North Shields Poly) 24:58 (1st jun); 3, S Ridley (Edinburgh WM) 25:05; 4, A Sym (City of Glasgow) 25:07; 5, A Rose (EWM) 25:25; 6, F Lothian (Fife) 25:30; 7, S Fairweather (Glasgow Univ) (2nd jun) 25:31; 8, A Carr (Dundee HH) 25:50; 9, A Mudge (Carnethy) 25:53; 10, F Andrews (Cumnock & Dist) 25:59. Teams: 1, City of Glasgow 29 (3,12,14); 2, Aberdeen 34 (1,13,20); 3, Dundee HH 54 (6,23,25). Under-17 Girls (4,800m): 1, S Partridge (East Kilbride) 18:59. Teams: 1, Aberdeen 27; 2, East Kilbride 35; 3, Fife 67. Under-15 (4,000m): 1, N Coates (Cramlington) 14:29. Teams: 1, B Pitreavie 74; 2, JG Central 78; 3, City of Glasgow 103. Under-13 (3,200m): 1, I McIntyre (Dundee HH) 13:35. Teams: 1, North Shields Poly 29; 2, Dundee Hawkhill H 40; 3, Fife 118.

*Angela makes the top ten !*

**TISO CARNETHY FIVE HILL RACE** (6 miles/2,500ft, Silverburn, nr Penicuik). Men: 1, J Brooks (Lochaber AC) 47:50 (record); 2, J Duncan (Edinburgh Univ) 48:52; 3, A Bowness (Cumberland FR) 48:59; 4, P Dymoke 49:27; 5, A Kitchin (both Livingston & Dist) 49:35 (holder); 6, J Atkinson (Ambleside AC) 50:34. Junior: L Gibson (Cumberland FR) 51:18 (12th). Veteran: W Bell (Cumberland FR) 54:03 (24th). Super Veteran: J Shields (Clydesdale H) 57:55 (57th). Team: 1, Pudsey & Bramley AC (Leeds) 61pts; 2, Cumberland FR 65; 3, Shettleston H 68. Women: 1, A Mudge (Carnethy HRC) 59:31 (74th); 2, S Armitage (Cosmic HB) 60:08; 3, H Diamantides (Westerlands CCC) 60:18; 4, J Higginbottom (Carnethy HRC) 64:51. Veteran: S Hay (Highland HR) 74:07. Team: 1, Westerlands CCC 14pts; 2, Carnethy HRC 15.

*Peter and Andy just lose out in this popular event.*

**TISO SAF SCOTTISH CHAMPIONSHIP** (First round, Criffell Micro Hill Race (Medium, 6 miles & 1,800 feet, New Abbey, Dumfriesshire; shortened course). Men: 1, A Kitchin (Livingston & Dist) 43:17; 2, B Marshall (HELP) 43:51; 3, C Donnelly (Eryn H) 44:00; 4, P Dymoke (Livingston & Dist) 44:12; 5, J Wilkison (Shettleston H) 6. N Martin (Lomond HR) 44:35. Veteran: R Ramsdale (Carnethy HRC) 49:49 (30th). Super-veteran: B Waldie (Carnethy HRC) 49:53 (32nd). Team: 1, Livingston & Dist 23; 2, Shettleston H 28. Women: 1, S Armitage (Cosmic HB) 52:33; 2, T Brindley (Cosmic HB) 55:57; 3, E Scott (Westerlands CCC) 58:49; 4, K Beattie (Cumberland FR) 59:52.



## Sunday 3rd December LOL 3 - INT Saltoun and Humbie

A Daly-Cunnane-Simmons enterprise which ran smoothly despite some hiccups about the car parking. A low attendance meant that we were probably never going to be stretched all that much. Main excitement was watching the antics of some drivers losing control in the more boggy parts of the field. It was a bitingly cold day but I managed to have the windows rolled up a lot because there didn't seem to be all that many competing on light green and orange. It would have been even less busy had there not been all them students there for the Churchill Cup. That explains the likes of Gordon, Graham and Angela running 'lesser' courses. The freezing temperatures and a slight leg strain convinced me not to run so I headed off to the finish just in time to catch No. 1 son crossing the line after a fast run. A rather bedraggled John Barrow was also there recounting the fun he'd had putting out controls at the crack of dawn because of some shooting extravaganza the day before.

### White 1.2kms 10m climb

1st Gemma Williamson W10 14.18

### Yellow 2.1kms 25m climb

3rd Niall Inverarity M11 17.48  
8th Emma Mason W10 23.33

### Green 4.1kms 120m climb

5th Angela Mudge W21 45.32  
11th Ann Haley W21 53.04  
41st Ray Heyworth M65 84.52

### Blue 5.9kms 160m climb

2nd Gordon Riemersma M21 43.15  
6th Graeme McIntyre M35 56.20  
19th Mark Davies M21 74.04  
22nd S. Downes M35 75.20  
30th John Kenworthy M21 83.36  
41st Karen Dobbie W21 99.59

### Brown 7.5kms 200m climb

3rd Graeme Ackland M21 59.21  
7th Mal Lyon M35 65.47  
15th John Mitchell M35 75.16  
16th Brad Connor M21 75.27  
26th Pat Squire M45 89.29

## Sunday 21st January LOL4 - EUOC Corstorphine Hill

There was little cover at the Brown Maps when the rain started so it was difficult to mark the controls on but I started breezily enough. I overshot 2 by which time Sheila Strain had caught up with me. By 3 Bill Gauld had caught me up. I managed to keep pace with him the length of the map from north to south. (Not bad for a man who taught my wife!). However, no pens at the 2nd master maps so I had to rely on memory and keeping pace with Bill. I managed for a while but he drew away eventually. Unfortunately although I hit 7 and 8 alright I was a bit sketchy about 9 and needless to say chose the wrong crags. Some kind students lent me a pen when I eventually found the 3rd master maps. A typically disastrous Inverarity run but I enjoyed it!

### Yellow

11th Emma Mason W10 24.40

### Orange

7th Gillian Dobbie W21 48.51  
8th Craig Parrot M13 53.15

### Light Green

Penny Mason W45 Missed 3

### Green

1st Graeme Ambler M17 30.27  
4th Ann Haley W21 32.24  
11th Rudolf Riemersma M55 36.29  
14th Finlay Ross M21 37.30  
25th Ray Heyworth M65 47.33

### Blue

3rd Charlie Walton M21 48.51  
6th Bill Mason M45 53.19  
9th Steve Ambler M45 57.08  
13th Jane Hailey W21 59.05  
18th John Kenworthy M21 67.50  
27th Janet Walton W21 78.34  
dnf Darina Cunnane W21

### Brown

3rd Graeme Ackland M21 54.56  
7th John Mitchell M35 58.48  
15th Pat Squire M45 66.23  
16th S. Downes M35 74.45  
26th Colin Inverarity M40 75.51

## Sunday 21st January LOL5 - ESOC Penicuik Estate

The Prawn Kashmiri Korma from the night before didn't seem to be agreeing with me. "You don't look very good." said my pal Chalmers out to complete his BOF Instructor's course after being an Outdoor Ed. teacher for 20 years plus. Raging blizzards and rising stream levels the week before almost cancelled the event. I decided to jog around with the junior section. Shadowing I think they call it. En route to No. 4, No. 2 seemed to be going the wrong way. "It's alright. We can go this way." said Dad not wanting to go back down the hill again after climbing up to read his map. Fatal mistake. We'd already passed the path Dad was aiming for. Undaunted we carried on and hit 5 and doubled back for 4 to go back the same way to get to 6. Not seeing No. 1 en route worried me even more but he was having a good run. I went home to bed and got up in the middle of the afternoon to throw up. Another happy weekend!

### Yellow 2.0kms 50m climb

1st Niall Inverarity M11 22.32  
6th Ruaridh Inverarity M10 36.33  
7th Penny Mason W45 39.47  
10th Emma Mason W10 47.32

### Light Green 4.6kms 130m climb

Gillian Dobbie W21 dnf

### Green 5.5kms 180m climb

3rd Finlay Ross M21 55.36  
10th Ann Haley W21 66.45  
12th Janet Walton W21 68.25  
21st Martin Sinclair M50 74.27  
40th Ray Heyworth M65 91.20

### Blue 7.3kms 210m climb

6th Charlie Walton M21 73.46  
8th Bill Mason M45 77.17  
17th Jane Hailey W21 85.03  
24th Steve Ambler M45 90.04

### Brown 8.7kms 230m climb

2nd Graeme Ackland M21 63.27  
14th Alastair Matthewson M21 83.34  
18th John Mitchell M35 85.54

# £2,000 and she's anybody's !

*No ! Not an indecent proposal, nor a clever wheeze by the club chairperson selling off his wife to some white slavers to meet his council tax bill - It's Fantasy Orienteering League !*



It had to happen ! Sooner or later some sad person was bound to come up with an orienteering equivalent of Fantasy Football League. Quite how they would manage to organise it seemed a considerable challenge though. The nature of our sport sees us all competing away in our own BOF region with the occasional foray into a neighbouring area. The numbers involved in local events are small and inconsistent. Scotland couldn't come up with enough orienteers on its own. It would need to capture the interest of the English orienteer to make it viable. National Events would be a possibility but that would incur the ire of some whingeing Jocks who would claim geographical disenfranchisement and all the areas down there are crap anyway and so not comparable.



The decision was made to go continental - in fact - global to Fantasy World Cup. Give yourself £1 Million and pick 10 orienteers from the list of whom at least 3 must be men and 3 must be women ! (Looks like the return of the Klingon Orienteering Federation - That's one for older readers - Ed.) Herein lies a problem for us mortal orienteers (dictionary definition - an orienteer who can only find controls near pubs). We don't know any of these foreign folk ! Let's buy British as Harold Wilson encouraged us to do. OK ! Yvette Hague £216,000, Steven Hale £81,000, Andy Kitchin £2,000 ! Is that a snip or an insult. It's never too late to call your solicitor Andy ! For heaven's sake Jonathan Musgrave is valued at 3 times more than you ! Points are awarded for finishing in the top

20 in World Cup races so in theory this is the organiser's estimation of the orienteers likely success. Yvette Hague is actually the 2nd highest valued competitor. Hottest tip for points is Jorgen Martensson of Sweden who is valued at £231,000. Presumably he's world champion or something. It might be some consolation to Andy and Lorna (also valued at £2,000) that there are at least 13 out of the 144 on the list valued as even more useless than them. There is a point to it all as all entry monies go to the GB Squad so it is for a worthwhile cause as well as engendering some light hearted amusement. One can't help but wonder though if divorcing the competition from the average punter or below average orienteer is a mistake. The possibilities are there. 1 point for remembering to take a



Above: Andy Kitchen shows his winning form

Slag him we might  
but at least we  
can spell his name  
properly!



pen with you for the 2nd master maps. 2 points for remembering to pick up the control descriptions at the 2nd master maps. 2 points for putting all the controls on your map. 3 points for putting them all in the right places. 3 points for remembering to go to the toilet before you started. 4 points for remembering to renew your membership subscription (get in touch with John Barrow now!). 5 points for finding the car park. 6 points for going to the controls in the right order. 7 points for having to wade through that nasty, horrible, freezing cold burn. 8 points for remembering what those brown squiggly lines are. 9 points for turning up at the event on the right day and finally, 10 points for sending in an article to the editor so that he doesn't have to worry for ages about what he's going to include in the next newsletter and so save you from having to read tripe like this!

Whatever happens, all the best to Andy and Lorna, presuming that they're actually selected! To any statistical freaks out there or anyone remotely interested in taking part I have copies of the entry form but be quick as entries have to be in by the 31st March. Yabba dabba doo, we support the boys in blue, Ole Ola, I have a dream, etc.....

Entry Coupon		
Complete and return		
Name:		
-----		
Team selection:		
NO	Ref No	Value
1	J. Barrow	25p.
2	P. Savvire	15p
3	I. McIntyre.	10 Malaysian Dollars.
4	S. Terry	10 goats.
5	P. Kenny	A Castlemaire XXXX
6		
7		
8		
9		
10		
Total:		£
No of Men:		
No of Women:		

# M fortysomething



# 102

Well! If it could have happened - it did! I finally took the plunge and a large part of our joint account and splashed out on a new computer. It's a wonderful machine. One of these all-singing, all-dancing efforts that does everything but make the toast. Unfortunately it takes an eternity for all the extensions to load up and teething problems abounded. My pointer freezing and little bombs and system error messages appearing. I was spending more time switching the machine on and waiting than I was actually working. That's if I could drag the boys off the machine. Of course my new System 7.5 machine will not allow my System 6.0.3 non-Apple printer to operate. Get in touch with the AppleCentre, write away to the printer company for a software upgrade, receive a bent disk in the post courtesy of Royal Mail, send it back, get another one, find the printer's now chopping off the top of the page because the page specifications seem rather weird. A4 does not appear to be A4 on my printer anymore. Never mind I'll use the school printer. Uh-oh the network's down - Mega printing problems! Back to my machine and fiddle around with it but by now my toner cartridge is needing replaced so I can't really use it. A stomach virus and a few days off school, a strained calf muscle at training followed a week later by going over on my ankle at indoor football which

ran into a cold, sore throat and pounding headaches, in the meantime going on protest marches, writing pupil reports, marking projects and tests plus the fact that I couldn't really be bothered. I've missed the JK Relay deadlines. Can I get it out before the next committee meeting? It'll be a struggle but I'll try!

So what's been happening? Not a lot to quote everybody's least favourite magician. We're just coming out of our winter hibernation. Hopefully there are miles in the bank and physiques honed to perfection in the gym so that you can cope with the flurry of events coming up soon. A new year sees some people depart and quite a lot of new faces in the club this time. A quick glance at the club directory shows that tempus is fugiting quite a bit in some cases. Bankhead - M21 no more! Dymoke likewise. We seem to have quite a clutch of thirtysomethings now. Possibly even a relay team if we include Messrs. McIntyre, Downes, Ovens, Spenceley, etc. John Barrow passes another watershed (geographically speaking that normally means over the hill into another drainage basin!) but he's orienteering just as good at 50 as he was at 40 whatever that suggests. In the forthcoming months see if you can do your bit for the club by lending a hand somehow. Fancy planning a small event -

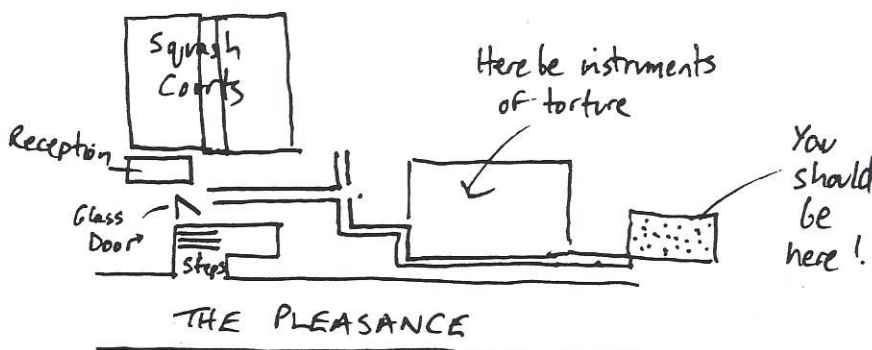
the Summer Series gives you a chance to do that. Are you going down to the JK? Perhaps you've room in the car for someone to share petrol costs. Have you offered to help at the British Champs? Save some poor organiser a lot of hassle and tell someone on the committee now you're willing to lend a hand. Has anyone got results for Luss / Ross Wood? Send them to me and I'll put them in the next newsletter. Got any bright ideas for the future direction of the club? Come along to the AGM and get elected. Know somewhere decent nearby where we can have a meal afterwards? Let Charlie know now. There are lots of small ways in which you can help to increase other peoples' enjoyment.

There were no winners for last issue's competition because there were no entries. Maybe there wasn't even a competition! This month's competition is very simple. Guess when the next newsletter is coming out! This issue is almost ready to go to press so keep up with your training schedules, remember some technique practice and if you're not really all that serious about it - just have fun! Maybe our paths will cross in the forest and you can bet that I'll be miles off course desperately trying to relocate. If you see me, tell me where I am. Sometimes even orienteers can't see the wood for the trees. Happy Trails!

## The AGM

**When:** Thursday 16th May from 7.30 p.m.

**Where:** That wee room round the back of the fitness rooms in the University Sports Centre in the Pleasance



Where are we going to hold the meal?

Take this as your unofficial notice of the impending annual general meeting. The date is provisional but the venue is probably fairly certain. Confirmation will follow in the next issue. If you want to become part of the official decision making process in the club start lobbying now to become one of the sad old male orienteers who occasionally get together in other peoples' homes as an excuse for coffee and some cakes.