

INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 103

May 1996

103

Ackland For Chairman - (Not !)

Well, if ever there was a headline guaranteed to propel you apathetic lot into any semblance of action it just might be the one above. The reason for the provocation is to guard against the remote possibility that a crazed minority of Acklandites (some Oxfordian variation of Trotskyites - Ed ?) might manipulate the democratic process and propose their man for election to one of the highest and most prestigious offices in the land. The danger is that if the Men's Open Relay Team back him then he could well end up as chairperson unless enough of you turn out in your hundreds or tens at the Annual General Meeting. Think of your worst nightmare and that's the scenario ! Kitchin as Treasurer ! Just because he works for the Royal Bank doesn't mean he knows anything about money - just how to get a cheap car loan. Rob Lee as Social Secretary (or anything for that matter !). Fresh from his visits to physiotherapists,

osteopaths, chiropractors, acupuncturists, witch doctors and dubious massage parlours he is said to be a rejuvenated man and looking for fresh challenges. He'll certainly have a demanding task trying to make us sociable ! Anthony Squire as Secretary ! (Did we not transfer him to ESOC ? Is he still a club member ? - We can probably get him out on a technicality !). Do you remember what he was like when he was Junior Member. It worked out about £100 a newsletter article with him when you consider how much he was subsidised ! Hopefully you will be stirred into action by the prospect of the Committee from Hell and come along on May 16th to the Pleasance and re-elect the boring old farts who are keeping orienteering in the 80's (That's their age - Ed !). Maybe you would like to be on the Committee yourself. Don't hesitate. Don't be shy. Your club needs you. See you there !

In This Issue

Irn-Bru Man 2

***Flashback
Interlopers - The
Wilderness Years !***

Summer Series Fun

***Rhubarb, Rhubarb
(There don't seem
to be many articles
this newsletter !)***

***A Few Results
And So Many
Events It's Untrue !***

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



Do you really think we should vote for Ackland ?

Summer Series Fun

The Summer Series starts. As per usual there is no advance publicity available so how do these people find out about the events and where they are? I'm the one who is supposed to publicise them and I know nothing! Well I know that's taken for granted, especially in orienteering circles, but I digress.

Picture the scene. A pleasantly wet Wednesday evening in late April. A small but dedicated group of orienteers have made their way out past the expensive new road signs with the nice oak leaf and all the badges of the districts stupid enough to be twinned with Midlothian to Dalkeith Park. A very nice place to run about in with nice open woodland, bluebells coming into bloom, a bit of parkland, the forest alive with birdsong and lots of urchins seriously injuring themselves in the adventure playground, lots of paths to get confused by and a couple of rivers to get wet in. The Duke of Buccleuch is doing rather nicely for himself.

The event is being organised by none other than the mighty ESOC. Their mission - total world orienteering domination. Their chief weapons are fear, surprise and an almost fanatical devotion to running things super-efficiently.

Anyway, our intrepid trio, for there are three of them, have made their way hotfoot from the nearby metropolis clad in their city finery in their enthusiasm to take part in this inaugural event. A brief scrutiny of their attire suggests that they may be novices.

"Do you want a map each?" they are asked by a helpful official, keen to assess their confidence in their abilities. Not wishing for any accident to occur to them and giving them the opportunity to wander around together en masse for their safety and well being.

"No, thank you!" is their polite reply.

"Do you know what you are doing?" inquires another lady to the small, pale bespectacled figure often found on a bike with garish luminous attire and protective bits. As this person is often found abandoned by the roadside by his own club members and has had to be picked up by someone from ESOC this is probably a fair question.

"I think I'll manage." is his response even although his orienteering skills are a bit rusty after his bout of bronchitis.

Still wishing to be of assistance the helpful official turns her attention to the small female member of the threesome and asks the same of her. If the question were related to the choice of her partner her reply may well have been in the affirmative but being an elite orienteer and member of championship winning relay teams she felt that she did not need any help.

But what of **the anorak**? Having been rebuffed twice already dare our ESOC official risk asking the mysterious hooded figure if he needs any assistance. It is then that he pulls his hood back and exposes himself. No, it is not Robin of Locksley, nor even Rob Lee for that matter. It is none other than Ackland! It is not recorded what his response was but apparently the lady involved was rather embarrassed on discovering the identity of 'the novice'.

Give Graeme his due. Despite the fact that they inevitably disqualify him or move the controls away from where he thinks they should be he still keeps patronising (is that the right word?) their events.

And for all you trivia lovers I am reliably informed that there was a control placed in the obligatory ESOC thicket.

Herein lies a whimsical tale recently recounted to me by one of my moles. Make sure it doesn't happen to you!



Interløpers Annual General Meeting



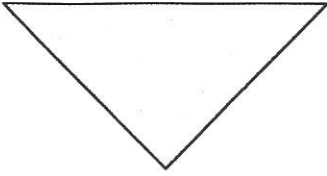
Notice is hereby given to all club members that the only person responsible for you receiving your agenda late is the Newsletter Editor who thought we might as well save on some postage as it's the biggest component of the enormous expenses you'll find in the Treasurer's Report but if you really take umbrage at not being informed in adequate enough time then sack me if only so that you don't have to read any more sentences like this without having to take a breath.



Where ? The Meeting Room
Department of Physical Education
University of Edinburgh
46 The Pleasance

When ? Thursday 16th May

Time ? 7.00 for 7.30 p.m.
(Prompt start please !)



Irn-Bru Man 2 - The Sequel. Continuing the intrepid exploits of Scott Balfour from the last issue. (Back copies available at modest prices - Ed.) This man trains longer distances in a week than I usually manage in six months and he's got 4 daughters ! How does he do it ? Why does he do it ?

Nice Dream (deuxieme partie)

Up at 5.00 a.m. no problem 'cause I do this all year round for swimming. Porridge and bread and tea and the the loo - a major worry out of the way. Just imagine needing a dump an hour into the swim ! Well maybe you shouldn't imagine ! I leave about a quarter to six out into the darkness. Little groups of folk are slowly making their way the mile to the start, stopping every so often to peer out at the boat putting out the buoys. As I arrive at the transition point the first bit of light appears on the horizon over a calm sea. Already it is very busy with people scurrying about like ants putting bidons on the bikes. I use the track pump to check the tyres and then see the other two from Edinburgh. I tape bits of Trackers all over the bike and leave bananas in handy places. My wet suit is too tight to wear the shorts and top under it - It must be all the muscle ! It's 7 o'clock and the Vaseline goes everywhere. Must keep the goggles clean - I'll need to see where I'm going ! We make our way out to the swim start to find a huge jam of bodies. The baggage squad seem unable to cope with all the numbers. At 7.15 we're all getting a bit edgy - We'll still be in the transition area when the rest start. Some official saves the day by saying throw the bags off the prom and the crowd shuffles down the stairs and on to the pebbles. At 7.25 I get a wee swim in the warm up area. Goggles and suit are fine. Then another panic as the 1500+ jam through a gate to the start beach. I see the place where I'd planned to be - at the back on the right of the field. Once we're off I'll have clear water for the first 600m on the edge of the pack. The Elite men are off first. 30 seconds later and it's the Elite women. A hush falls over the huge mass of wet suited bodies during our 90 second wait till our start. You can see the tension all around. I pick out the boats and the route to the first buoy and tell myself that I'm feeling good. The goggles get their last

wipe. The nose clip goes on. We're off ! The swim went to plan. I soon had my open space but was edgy because I couldn't see the first buoy. When your eyes are only 10cm above the surface you don't see a lot. Eventually I realise that the buoy is masked by a flotilla of boats behind it. As I squeeze round the buoy, I see quite a lot have cheated and cut the corner (Bet they go to the Meadows on a Tuesday - Ed.). I slipstream someone for a while, but most of them swim at a very uneven pace and meander. Round the turn and following the lane markers I feel more comfortable as I can see I'm moving. Then I see a huge jellyfish under me and as I speed up I get cramp. My bad language had done the trick though and I'd escaped without any stings which can swell the feet and make it impossible to put shoes on. On the last mile home I feel strong and pass more folk. We're swimming parallel to the Promenade for the final mile and it is crowded. I stumble and stagger up the stony beach and jump under the shower to get rid of the salt. I feel really relieved it's over and 1 hour and 17 minutes is 3 minutes faster than my dream time. Up the steps and I see a table full of Tracker bars and bananas. So I have breakfast again at 8.50 as I get the bike kit on and drink some water. I've no pockets so I stuff 3 Trackers down my cycle shorts (Trying to impress the girls again Balfour ? - Ed.). I jog for what seems ages until I reach the bike and then finally get on my way for a good day out. The place is mobbed. The road is closed to traffic. It's sunny and warm. I could get a nice tan. I relax a bit at the airport and try to get the Tracker bars out of my shorts. They've disintegrated and I struggle around a bit 'cause I'm hungry. Swish down the slip road and already we're starting to climb. I settle into a nice rhythm but keep in control. I'm passing everyone. No one overtakes me until the descents where I prefer to err on the

safe side and not join the many casualties at the corners. A worry is the feeding stations. No bidons of Isostar. Just wee bottles of water and chewy sweets at first. I start to eat the stuff on my handlebars. Sometimes I manage to get a banana. I just eat everything and empty my two bike bottles of Isostar. At almost halfway on the narrowest and roughest stretch a few pass me, but I get them all back on the long climb that follows. With some regret I jettison my empty lucky bottle and take one full of Coke. I shake out all the fizz. I nibble through a Powerbar on the last big ascent then fly down the fast section to cross the bridge onto the dual carriageway. We have one lane ! A few cones protect us from the traffic. 15 miles to go and I do a time trial on the bike, passing groups of riders obviously running as a pack. Soon I'm approaching the huge crowd around the transition point and finishing off the Coke as I roll carefully to wind down ready for the run.

On with the shoes, a giant drink of water and I'm on my way fastening a Highland Cross bum bag full of Leppin Sachets, jelly babies, Trackers and some toilet paper - just in case ! I realise that I forgot to stop the watch on the bike yet again, but I see that I've done under 4 hours for the 75 miles. I see the supporters from Edinburgh and give them a big cheery wave and a smile. They look at me as if I'm mad. I check that I haven't pulled off my trunks with the cycle shorts. (I find out later that they were surprised to see me that far up the field and moreover I never usually smile in a race). I try to find a pace. There's the hotel - I could nip in for lunch. I pass Duncan who looks tired and he refuses my offer of a Leppin and says I'll have a job catching the big man, Gregor. I run on and on. I'm passing person after person. I see a crowd of cars and bikes approaching from the opposite direction and then I make out our Simon speeding to victory. Well

behind him the trail of runners on the way home. First a trickle then a steady stream, some obviously in trouble. At the first marker at 5 kms I see that I'm doing 4 minute k's. This is faster than I had expected but I decide to keep on at that rate if I can. I slow to drink at every station. I'll be losing 2 litres an hour in the heat. I take the Leppin sachets every half hour just before a water station just as I'd practised in long runs and races at home. I avoid the juice and energy drinks on offer. I'm holding the 4 minute k's. I see Gregor and we cheer each other up but he's well on the way back and I'm still heading out to the turning point. I'm running really well I tell myself and try to switch my mind to training runs, the Two Breweries, the Highland Cross, the marathons, the orienteering

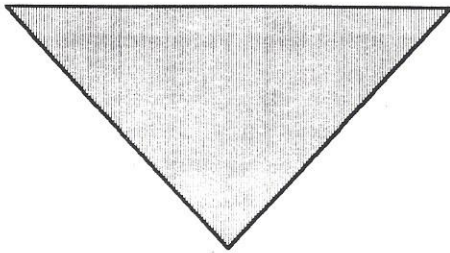
events. I start thinking 'Green Bogies' and wish I had the Livi vest on instead of the black crop top. Soon I see the transition. A cruel twist in the run is that we pass next to the finish and then have to do another 2 kilometre loop before actually crossing the line. I make out the big man having a big drink at the last feeding station and give him a cheer as I pass. He looks really tired as I see him as I return to the finish line. I somehow increase the pace a little to complete the run in 1 hour 59 minutes and a bit. I'm really pleased but on stopping I realise how tired I am. I drink and eat lots while Gregor and I wait for Duncan. We're all delighted with our times but tired. We eat some more and drink more and then make our separate ways to get our bags and bikes.



The annual 'John Lennon / I am the Egg Man' Convention

I take ages crawling along the Promenade des Anglais to the apartment. There's still lots of runners coming in. I eventually reach the apartment. I've got to stop after each flight of stairs and rest. I get into the room and decide to have a nap but wake up with a start because my shoulders have seized up with cramp from carrying the bag and pushing the bike. I don't remember ever feeling this tired before. I do everything like a geriatric. I take a bit off the bike and then have a wee rest. I'm way too tired to do the mile

back to the hotel to meet the Team that evening. On the plane back someone shows me the full results. 7 hours 17 minutes, 459th overall, 12th in the age band, 2nd Brit in the age band. I lay about 1000th after the swim, overtook 300 on the bike and a further 200 on the run. And all because (the lady loves Milk Tray? - Ed.) in 1988 I was invited to the Highland Cross in the Livi Vets Team and was loaned a video of the Nice Triathlon. A dream come true.



- 
Wednesday 8th May
LBOA Summer Series (RR)
Cardrona Forest, Peebles
NT 293384
 Information from
 Robin Sloan
 01896 822548
- 
Saturday 11th May
SOA Annual General Meeting
Dewars Rinks, Perth
- 
Saturday 11th May
ESOC Summer Series
Cammo, Edinburgh
NT 177744
 Information from
 Janet Clark
 0131 225 7771
- 
Tuesday 14th May
TINTO Summer Series
Wilsontown, Forth
NS 951548
 Information from
 Jim Stevenson
 01899 221200
- 
Wednesday 15th May
LBOA Summer Series (INT)
Colinton Dell (Dovecote Park),
Edinburgh
 Information from
 John Barrow
 0131 440 2136
- 
Thursday 16th May
Interlopers AGM
EU Sports Centre
The Pleasance
 From 7.30 p.m
 Meal afterwards
- 
Sunday 19th May
WOSOL 4 (TINTO)
Firpark, Carnwath
NT 017463
 Information from
 Nessie Graham
 01555 751726
- 
Tuesday 21st May
TINTO Summer Series
Castlebank Park, Lanark
NS 878434
 Information from
 Jim Stevenson
 01899 221200
- 
Wednesday 22nd May
LBOA Summer Series (RR)
Eildon Hills, Melrose
NT 563320
 Information from
 Robin Sloan
 01896 822548
- 
Saturday 25th May
Scottish Individual
Championships /
National Event 4 (CLYDE)
South Achray, Aberfoyle
NN 525020
 Organiser and Enquiries
 Rachel Wilson 0141 942 9907
 Entries on SEF to
 Phil Barlow
 57 Muirkirk Drive, Glasgow,
 G13 1BZ (0141 954 5952)
 Closing Date 26th April No EOD
 Senior £8 / Junior £3.50
 Surcharge £1.50 for late entries
 Cheques payable to Clydeside
 Orienteers
- 
Sunday 26th May
Scottish Relay Championships
South Achray, Aberfoyle (FVO)
NS 527013
 Enquiries to
 Susan Sinclair 01259 213310
 No EOD Closing Date 26th April
- 
Tuesday 28th May
TINTO Summer Series
Douglas Estate, Douglas
NS 843315
 Information from
 Jim Stevenson
 01899 221200
- 
Wednesday 29th May
LBOA Summer Series (LINOC)
Beebraigs (Loch Car Park),
 Information from
 John Biggar
 01506 845084
- 
Saturday 1st June
ESOC Summer Series
Bonaly, Edinburgh
NT 212675
 Information from
 Janet Clark
 0131 225 7771
- 
Sunday 2nd June
SOA Inter Club Champs
Southern Preliminary Round
Fauldhouse Moor, Harthill
NS 914616
 Information from
 Jackie Riley
 0141 778 3127
- 
Tuesday 4th June
TINTO Summer Series
Quothquan Law
NS 984382
 Information from
 Jim Stevenson
 01899 221200
- 
Wednesday 5th June
LBOA Summer Series (ESOC)
Blackford Hill, Edinburgh
(Observatory Car Park)
NT 258706
 Information from
 Janet Clark
 0131 225 7771
- 
Wednesday 5th June
RR Summer Series
Bowhill Forest, Selkirk
NT 433281
 Information from
 Robin Sloan
 01896 822548

and that's not all !!!

***More events on the
next page***

Events

More Events Than You Can Shake A Stick At !

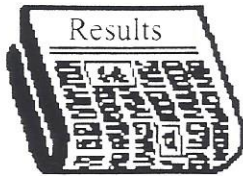
(as Ackland might say !)

- **Saturday 8th June**
Scotlandsgaloppen 3
Eagle Badge / Senior Home
Internationals (INVO)
Docharn & Deishar, Carrbridge
NH 967218
 Organiser & Enquiries
 Ann Walder (01463-226445)
 Pre-entries on SEF to
 Fraser Brunton,
 Pinemhor, Daviot,
 Inverness IV1 2XQ
 (01463 772031)
 Senior £6 / Junior £3
 Closing Date 25th May
 No EoD Surcharge £1
- **Friday 14th June**
Scottish Schools Orienteering
Festival
Carmichael Estate, Biggar
NS 940403
 Special Entry Form Required
 Enquiries and Entries to
 Terry O'Brien,
 PE Dept,
 St. Andrews Secondary School,
 47 Torphin Crescent
 Glasgow G32 ???
 Junior £1
 Closing Date 31st May
 No EoD
 Cheques payable to SSOA
- **Wednesday 19th June**
LBOA Summer Series (ELO)
Saltoun
 Information from
 Trina Rogerson
 01368 864922
- **Sunday 23rd June**
Scotlandsgaloppen 4
Glendye, Banchory (GRAMP)
NO 662911
 Organiser
 Rob Hickling (01224 637 906)
 Pre-entries on SEF to
 Rob Hickling
 29 Beechgrove Avenue,
 Aberdeen AB2 4HE
 Senior £6 / Junior, Student,
 Unwaged £3
 Closing Date 7th June
 Limited EOD
 Cheques payable to
 Grampian Orienteers
- **Sunday 9th June**
Bull Trophy Badge Event
SHI Relays (MOR)
Altyre, Forres
NJ 040530
 Organiser & Enquiries
 Eric Lowther (01540 661734)
 Pre-entries on SEF to
 Fraser Brunton,
 (as above)
- **Sunday 16th June**
ESOC Colour Coded
Cademuir, Peebles
NT 252391
 Information from
 John McLaren
 0131 667 3988
- **Sunday 16th June**
MAROC Colour Coded
Bogendreip, Banchory
NO 663910
 Information from
 Roger Coombs
 01330 822745
- **Tuesday 25th June**
TINTO Summer Series
Carmichael Estate
NS 938392
 Information from
 Jim Stevenson
 01899 221200
- **Tuesday 11th June**
TINTO Summer Series
Shawhill Wood, Coulter
NT 027338
 Information from
 Jim Stevenson
 01899 221200
- **Tuesday 18th June**
TINTO Summer Series
Stonehill, Rigside
NS 898370
 Information from
 Jim Stevenson
 01899 221200
- **Wednesday 26th June**
LBOA Summer Series (INT)
Bonaly, Edinburgh
 Information from
 John Barrow
 0131 440 2136
 Last in the series.
 Remember it's the barbecue !
- **Wednesday 12th June**
LBOA Summer Series (ESOC)
Hillend, Edinburgh
NT 250670
 Information from
 Janet Clark
 0131 225 7771



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

- Well! All our earnest endeavours to achieve a fair settlement and distribution of Six Days monies proved to be a waste of time. Unbeknown to us an executive decision had already been made at a higher level which was not intimated to any of the Interlopers officials involved despite what might be said otherwise. We received a cheque in the post for £488 and while the committee are certainly not complaining about that concern was expressed about the basic principle. Having been asked to work out a fair format for dividing any 'profit' and trying our useless best to do so it was disappointing to belatedly learn of the unfair formula arrived at. Despite having provided 3 of the 6 main officials and the bulk of the manpower on the day we received one third of the days' takings along with STAG and ELO. As for EUOC, they got nowt! While they are undeniably well funded by the university the Six Days was in part set up to help the development of smaller clubs like them which is obviously not the case now. It could also be argued that the three way split is not all that fair considering the time and effort invested by Pat, Graham and Scott in their respective roles. To some extent it almost encourages you not to volunteer for anything next time and just wait till some other club does.
- Anyone wanting a Scottish Relay run at South Achray on Sunday May 26th had better get in touch with Colin Eades (0131 668 2822) fast.
- Still on the financial front, Steve Ambler, our man with his hands on the purse strings, reported at the last committee meeting that despite having twice as much turnover this year our events do not seem to have been as profitable partly due to higher running costs. This led to a discussion of what is an asset and when does it cease to be one? It was generally agreed that there should be a sliding scale from useful to useless. Quite what category 999 Meadows maps may come in to is open to debate but we certainly have enough plastic cups to last us well into the next millenium thanks to Colin Eades' bargain buy! It also prompted a lot of deliberation of what you can do with an Archerfield map apart from flogging them off to ESOC at exorbitant prices.
- Remember our summer series events at Colinton Dell (15th May) and Bonaly (26th June). If you can go along and give Scott and Pat (?) some assistance I'm sure they would be very grateful.
- Its whereabouts has not been publicised for a while but the club multi-memory watch is still rumoured to be somewhere chez Walton though its precise location is not exactly known. However, if you do wish to have a shot of this useful resource I'm sure Charlie or Janet will be able to find it for you.
- There is movement on the mapping front. SOA Professional Officer, Donald Petrie, bless his little cotton socks, has made some preliminary approaches to about 10 landowners in the Glenearn/Berryknowe area concerning access to the area. The general impression gained is one of amenability to orienteering mindful of our behaviour and respect for the countryside and the possible need to restrict access at certain times of the year. Thank you Donald very much for your efforts on our behalf. There is method in the man's madness though as he fancies the area as a possible Scotlandgaloppen venue in October 97. Those committee members longer in the tooth who have run on the old map expressed some doubts about its suitability for an event of that importance though. There was some opinion that it may not be technically challenging enough and perhaps best suited for something like the Scottish Score for which the area was originally mapped. Whatever happens we had better get our rotrings in gear and start thinking about whether it needs to be remapped from scratch or what. Enquiries about cost will be carried out and some decision reached. Maybe you would like to volunteer your services for some surveying in conjunction with the much publicised and postponed Musgrave mapping course. Watch this space for details.
- Plea for help time! Next on the cards is our LOL event scheduled for October. Current suggestion is anywhere LINOC aren't using. We need a planner, organiser, controller, etc.
- Going back to fait accomplis, our chairperson went along to the last LBOA meeting hoping to persuade those assembled to let us organise next year's Scottish Individual at Craighui due to our experience there in the Six Days and its close proximity to Woodlands. Unfortunately he was told that we are doing the Relays (again) at Strathmashie. Apparently this decision was final. God bless democracy! Anyone want to plan, organise, control?
- On the equipment front we have purchased 20 controls of the aluminium t-bar variety to go along with the 70 or so we hold for the SOA. This should enable us to hold most events without having to cedge off other clubs as we sometimes have to do.
- If you are a new member reading this I'm sorry, I haven't got an updated club directory to welcome you (never mind the fact that you reprinted October's and sent it out with the last issue you stupid dolt - Ed. to Ed.) I do believe some of my teaching colleagues are about to join having been forced by legislation to pass their BOF Teacher / Instructor courses. Come on Barry Owen, Chalmers Smith, Jerry Mills and Steve Thomas - cough up your subscriptions now!



Sunday 17th February Scotlandsgaloppen 1 Luss (CLYDE)

I asked in the newsletter if anyone could give me a copy of the results. I asked Eades if he could give me a loan of his but he forgot. Give me a break! Give me something to put in the newsletter

ORIENTEERING

BRITISH UNIVERSITY CHAMPIONSHIPS
(The Trossachs). Men (5.6km): 1, R Wren (Sheffield U/ Carlisle) 59min 13sec.; P Walder (Paisley) 60:43; 3, D. Godfree (Edinburgh) 51:56. Women (4.3km): 1, J Stevenson (Sheffield/Edinburgh) 52:03; 2, C Williams (Sheffield) and L Eades (Edinburgh) 53:16.

*Is that Eades wife
still a student?*

ORIENTEERING

AROS SCOTTISH SHORT RACE SERIES (Finnal, Bainagowan, Deeside). Men (4.3km): 1, A Kitchin (Interlopers) 28min 39sec; 2, G Barbour (Grampian) 30:30; 3, R Lee (Interlopers) 30:38. Women (3.2km): 1, S Pattinson (Newcastle) 32:36; 2, L Eades (Interlopers) 35:10; 3, J Hailey (Interlopers) 36:57. Final placings: Men: 1, Kitchin 2183pts; 2, P Walder (Clyde) 1944; 3, Lee 1939. Women: 1, Pattinson 2021; 2, Eades 2020; 3, B Wilson (York) 1894.

*Our 'TOP 3' end up in
THE Top 3. What a
bunch!*

ATHLETICS

BRITISH HILL RUNNING CHAMPIONSHIP
(Second round, Coniston Fell Race (9 miles & 3,500 feet, Cumbria). Men: 1, I Holmes (Bingley H) 63:29 (record); 2, M Kinch (Unatt.) 63:58; 3, S Hawkins (Bingley H) 66:57. Other Scots: 18, J Hepburn (Lochaber AC) 70:44; 33, P Dymoke (Livingston & Dist) 72:39; 45, M Patterson (Shettleston H) 74:31. Veteran: D Neill (Mercia FR) 69:57 (13th). Team: Borrowdale FR. Women: M Angharad (Eryn H) 80:51 (record).

*Peter heads for the
hills again.*

Sunday 24th March LOL 6 - RR Bowhill

I've been here once before for Southern Uplands 91 when it rained like it never rained before. I remember having a reasonable run though. An extensive path system in the coniferous forest with some nice moorland bits on top. Maybe not technically challenging for those of an elite disposition but fine for me. Things went quite well considering I hadn't O'd for a while apart from the long slog up the hill to the re-entrant at 7. I was reasonably pleased with my time until I found that young Spenceley had decided to come out for his first run in ages and embarrass everybody. Well done to Emma beating my dopey two again! Going into the last event top placed Interløper on Brown is none other than Graeme Ackland in 9th place. Highest position just now is Niall. 2nd in Yellow but with no chance of overtaking the leader, unfortunately.

Yellow 2.3kms 60m climb

6th	Emma Mason	W10	22.48
7th	Niall Inverarity	M11	23.14
8th	Ruaridh Inverarity	M10	25.13

Orange 2.6kms 95m climb

18th	Alison Ambler	W45	53.54
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Light Green 3.0kms 95m climb

24th	Gillian Dobbie	W21	45.44
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Green 3.8kms 145m climb

13th	Ray Heyworth	M65	51.45
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Blue 6.0kms 225m climb

7th	Mark Davis	M21	53.50
9th	Finlay Ross	M21	55.42
19th	Steve Ambler	M45	60.22
24th	Fiona Weir	W21	63.31
25th	Karen Dobie	W21	65.31
41st	Hilary Spenceley	W35	86.32

Brown 7.0kms 280m climb

1st	Andy Spenceley	M35	54.49
6th	Mark Johnston	M21	64.48
9th	Alistair Matthewson	M21	66.40
14th	Colin Inverarity	M40	74.22
20th	Pat Squire	M45	79.17
	Angela Mudge	W21	No 1

Easter Jan Kjellstrom Cleveland Hills

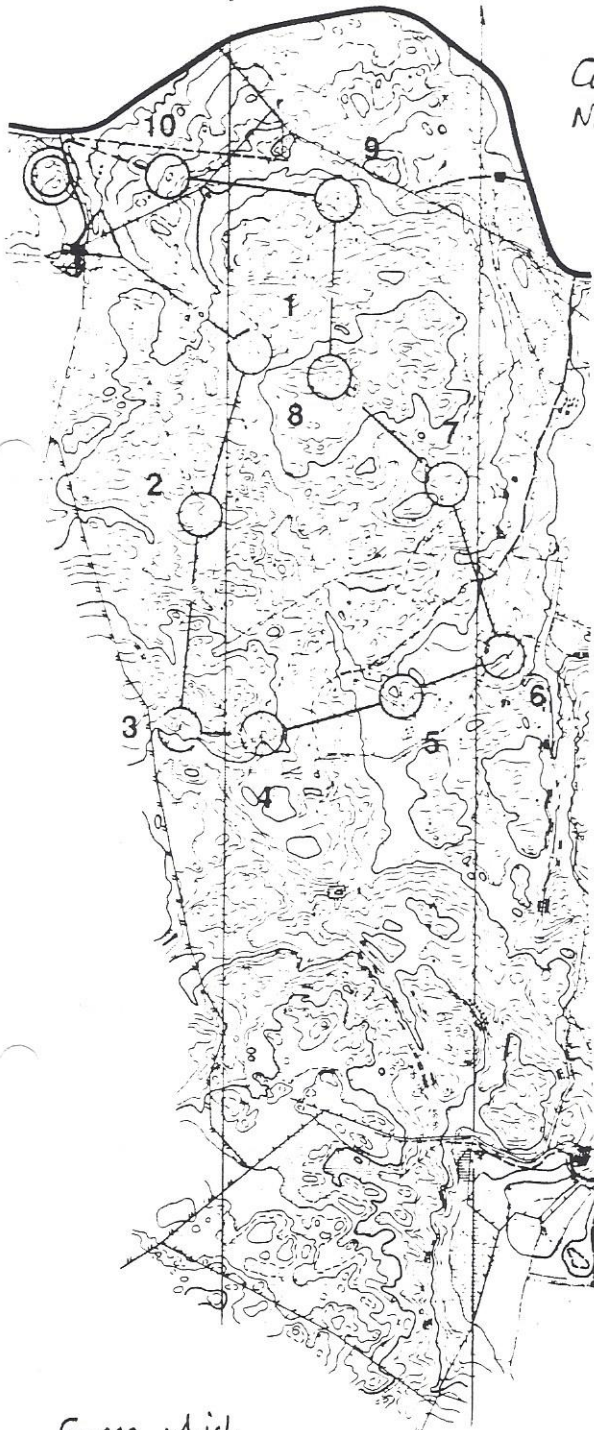
Not too many Interlopers tempted south this year. Andy and Lorna did enough to gain selection for the forthcoming World Cup races in the Baltic Republics. Anthony came 3rd on the second day. Colin did much better as well. Emma would probably have had a much higher placing were it not for a disastrous first day run. If I can remember what Colin said the Men were 3rd British team in the Long Open and we won the Short Open (or was it only 3rd?) Well done anyway to Colin, Anders, and 2 A.N. Others whose names will come to me after this issue has gone to press.

M19A	Anthony Squire	4th
M21E	Andy Kitchin	4th
	Rob Lee	30th
	Graeme Ackland	34th
M21L	Colin Eades	20th
	Brad Connor	118th
M21S	Finlay Ross	93rd
M45L	Bill Mason	91st
	Pat Squire	110th
	Steve Ambler	156th
W10A	Emma Mason	23rd
W15B	Andy Mason	6th
W21E	Lorna Eades	8th
W21L	Jane Huley	22nd
W45S	Penny Mason	31st

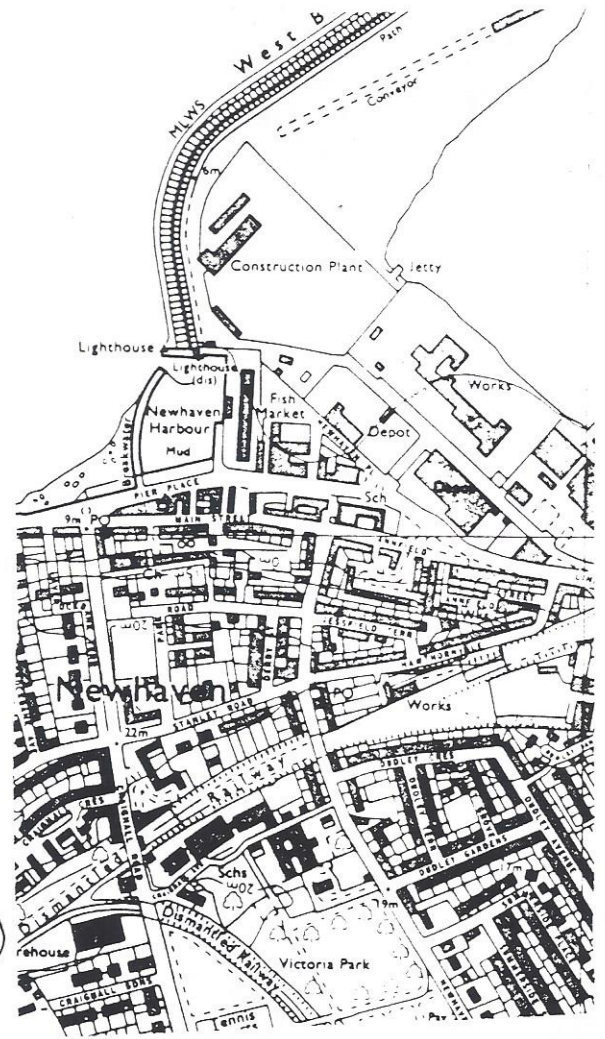
Come on folks give me more results & publish. This page is looking a bit bare. Anyone got Scotlandsgaloppen 2 results? I thought I had copied them out of the Scotsman but I seem to have mislaid them. I'm still waiting for the Devilla results to come in and see how well (or badly) we did in the Compass Sport Cup and no doubt we'll hear how Andy and Lorna got on in the World Cup, but until then that's your lot!

Fill This Space Up With Any Old Rubbish Page

an old editor's trick when the printing deadline nears and you haven't got anything else to put in. Find anything remotely to do with orienteering and paste it in!



Coille
Nathais
Scottish Relays
Short open.
1st Leg.



Your
Challenge!
Find
Harry
Ramsden's
(Well I've
not been
there before!)

Guess which
team were bbb?
Was that an omen
or something?



Look cool in the new Interlopers t-shirts.
Coming to a store near you soon.
Maybe!

Who would have believed it? On looking at the track list of my new 'High Llamas' CD I find a selection entitled 'Recent Orienteering'. As might be expected it's an instrumental, 45 seconds long and rather ambient. Something like a cross between We Will Rock You without the lyrics and someone having difficulty tuning their radio onto a particular station. So no great enlightenment on zen and the art of orienteering then. Most of the album is pretty good though and I can recommend it especially if you liked the Beach Boys circa Pet Sounds.

Flashback

Time for another trawl back through the annals (that's with two n's - Ed.) of the club to show what we did "When We Were Young" as A.A. Milne once said. Christopher Robin, no more! We start off with the year that taste forgot when Abba (3 times), Slik, The Four Seasons, Tina Charles, Brotherhood of Man, J.J. Barrie, The Wurzels, The Real Thing, Demis Roussos, Elton John and Kiki Dee, Pussycat, Chicago, Showaddywaddy and Johnny Mathis all made it to No. 1. And they wonder why John Barrow is the way he is?



The club had just gone open and was expanding rapidly. There were so many newsletters this year it was untrue. There was a newsletter and a social newsletter! Eileen Peck in charge of the former and Hilary Smith the latter. Hilary was running in mountain marathons with Bill Gauld and John Barrow had just spent three months in Australia. The first AGM was held in a hotel in Collin near Dumfries. The meal cost £2, wine, etc not included. Steve Terry and Robin Sloan were wrestling with the draft constitution. One result was the formation of an Edinburgh Committee and a Full Committee because of the geographical spread of members. There was talk of 'purchasing' a club hut. The "Little Old Lady League" started. Ann Heyworth was beginning to win events. Carol McNeill was booking Woodlands for a week in the beginning of August. She also appeared on BBC1 with Geoff Peck in 'We Are The Champions'. The idea of holding a six day orienteering event in the summer was being mooted. Carol, Geoff, Hilary and Liz Mills were selected to represent Britain in the World Champs. Liz was thinking of starting an Interlopers Fife section with the intention of eventually forming a new club in the Kingdom. Steve Terry designed the legendary INTERLØPERS masthead. ESOC beat us at hockey. A quick scan of the club directory revealed that my Ph. D supervisor at the time was unbeknown to me a member of Interlopers. I was too busy playing football for Geog. Soc. JB was part of the team which retained the Atholl Rose Bowl and it had been decided to map Glenearn and Berryknowe for the Scottish Score in the following year.



The third Balfour daughter had arrived. Hello Rachel! Jim Doig and I volunteered (Am I seing things - did someone in the club volunteer once? - Ed.) to be in charge of our Day at the Six Days in Galloway at Dalbeattie Forest. John Mitchell was running mountain marathons. Carol McN was forsaking Edinburgh for Dumfries and Galloway. 24 people attended the AGM which was at MacDonald Road with a "Chinky" afterwards. Ian Hendrie wrote an open letter strongly advocating one club for Edinburgh. Dermod Ruddock also wrote one expressing concern about the lack of active juniors (only 12!) and also thought that the newsletter was not good enough. Hilary had now assumed full responsibility for it and was putting it all together in a bit of a hurry. Jim Doig was Scottish Native Champion. Carol was given the W19 Trophy having won it 19 times in the past 12 years. The 'Women' retained the JK Relay to add to their Scottish titles. The 'Boys' also won the M17 Trophy and we came 3rd in the Men's Short Open. Pat S. was Scottish M21B Champion at Craig a' Barns - an event organised by us! Katherine Shum was M17 champion. Steve Terry was 2nd in M21B for the Scotlandsgaloppen series. Ann and I made it a family double winning W17 and M50. Scott's gym sessions at Liberton were as good as were Martin's intervals in the Meadows. New members included Jonathan Musgrave. Ian Ramsay took over as Newsletter Editor. Graeme Guy won the Club Champs at Selmaire. Martin appeared for 20 seconds on Reporting Scotland running round Blackford Hill. It wasn't a great year for Interlopers but a demonstration of a pulse rate monitor developed by some university boffins. Ian Lamont wrote a letter against amalgamating with ESOC. Dave Kersey was a Vice President, Hew Fraser the Treasurer and Ray Heyworth, Membership Secretary. John Barrow was in Australia, Ian Miller in Abu Dhabi. Interlopers of the day included Peter White and Pete Woolverton.



We're into the time of Capital O - the Wilderness Years ! It looked like what you would get if you merged the Dalkeith Advertiser with the Daily Telegraph. No need to guess what our contribution most resembled. The general tone of this august publication seemed to lack much in style and humour. At their AGM, ESOC could come to little agreement about the abolition clause. What would happen to ESOC's thousands if the club folded or became part of one Edinburgh club ! When the Treasurer's Report was presented "a number of questions were asked by Ben Bate. Very few, (including Stuart (The treasurer), understood what Ben was on about" - I quote ! Our editor, young Charlie Walton, suggested that the newsletter looked "a bit like ESOC News with a few Interlopers bits thrown in." Lorna Boyd was organising our LOL at Beecraigs at the last minute because Steve Terry's house was flooded and the Ewe Hill map spoiled. Mike Burton and Charlie became Grade 3 Controllers. New members included Jane Lupton and Donald Watson and later on in the year, Gail Balfour and Team Riemersma. This year also saw the return of John Barrow from the Antipodes. Holding the club together and chasing up the non renewal of memberships was Andy Spenceley although he himself was soon to depart for hill running. Cliff White defected to ESOC. New members there included the Stevenson and the Lessells families. The Pentlands became a safer place when the Army closed the Dreghorn firing range. Ken Ovens was trying to get rid of a new pair of Silva O-shoes which were cutting his feet up. The LOL made a profit which along with 6 Days money and mapping grants for Archerfield and Ewe Hill apparently made the club solvent for the first time in a long while. Concern was expressed when the Southsider was closed for a while and there was nowhere for folk to go after Tuesday night training. Numbers were dwindling in the pub. CLYDE beat us in the CompassSport Cup. The merger debate raged on with letters from one faction urging yes, with comments from the INT editor as a postscript saying no, followed by a post postscript from the ESOC editor saying yes . . . Anyway they still hadn't replaced the poles they broke when they borrowed our tent over a year before (buying themselves a new one in the meantime).



Circuit training at Moray House was now a regular occurrence if somewhat erratically attended. The 'next generation' O-suits had been commissioned courtesy of Rudolf's Swedish contacts. Ynske (W13) and Gordon (M15) were Scottish Score Champions as was young M40 Pat Squire. Just for a change we were organising the Scottish Champs, this time at Birnam Hill. Lucy and Robin got engaged. Ian McIntyre moved into his new flat in Leven Terrace and celebrated by hosting the Pancake Night there. We got new tent poles although I suspect we had got some other ones to replace the ones ESOC broke sometime during the past five years. CLYDE beat us in the CompassSport Cup. Is that deja vu or something ? The 'Golden Years' returned - Well, some success anyway as Andy, Rob and Pakit won the Relay at the British Champs. Ynske and Gail were off to the World Schools Championships in Finland. There was talk of new club sweatshirts / t-shirts. That was a good idea, wasn't it ? The club had purchased a multi-memory watch. Colin Eades ran into a tree at the JK and had to be taken to hospital to get his head stitched. They never really put Humpty Dumpty together again. Look what happened to him! He ended up as Club Chairperson. Our winning trio plus that guy Ackland came 4th in the Relay. Ishbel resigned as newsletter editor and some idiot took her place.

M fortysomething



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And before you start - it wasn't me! Apologies though for the quality of the printing in the last issue. The printer in the Reprographics Dept. was on the blink. I won't have anything said about the good ladies there though. Many is the time they've managed a quick turnaround to make sure your newsletter isn't even later in thudding onto your doorstep. What was my fault though was running off 80 copies of October's address list and putting them into all the envelopes and not noticing until literally the last one. Sorry! Especially to our new members whose names were obviously not included.

So what's been happening. The 'season' seems to be cranking into gear with the round of major championship events followed by the coming onstream of more recreational orienteering in the summer series. We may be in the CompassSport Cup. We may not. For those of you who didn't know we had a double header against FVO and CLYDE at Devilla. Not as some might think an opportunity to be thrashed twice in the same day. We had to beat FVO to play CLYDE in the next round. FVO members seemed fairly thin on the ground so we might actually have one that match. Colin Eades was in the dark about that though. Fortunately his orienteering was up to scratch as I somehow managed to keep pace with him for the last 5 controls though I can't say that I looked at the map very much. It made little difference to my position as I was still last on Brown when I left.

Off to Oban for the British Championships with a bit of trepidation. 9.8kms and 595 metres of climb to 'look forward' to. Thankfully I catch the tail end of my middle son's throat infection and

don't take much persuading to wimp out. It was a lovely day and it was nice for me to see my boys off and be back for them finishing in their first ever championship. Concern runs high when you set them off. You don't know what they're course will be like and you hope they are confident and calm enough to face any difficulties. Ruaridh was doing M10 A. It's only recently that he's started to curb his enthusiasm and start looking carefully at the map and not just rush off where he thinks he should go. As it turned out his course was fairly straightforward but he whizzed round it for a creditable performance which made his old Dad proud. Niall is not quite so athletic as his younger brother but makes up for it with careful map reading which is let down sometimes by silly route choice. M11A was perhaps a bit longer than he is accustomed to and there were certainly more controls away from line features which made him think a bit more but he too did quite well. So it was a happy family who returned to the assembly field until we started shelling out for a new pair of trainers, a new o-suit, etc.

On Sunday I decide to risk running a massive 3.5k on the Short Open. I should be able to cope with that. What we can't cope with is the 20 minute drive into the forest to walk 30 minutes back to the assembly field. We obviously arrived at the critical time of 50 minutes before the first start so park those stupid mugs at the furthest point. Niall's got a run with Kirsty and Rachel in the Junior Ad Hoc. Ruaridh looks a bit put out so I suggest asking if any other club needs a junior runner. I'm not too hopeful. I ask Robin Strain of ELO and they have no spaces. I return to the cunningly disguised blue Barrow tnt

masquerading as the club one to find someone from NATO has offered a run. That's brought a smile back to his face. It's very bold of him to volunteer to run with complete strangers because he can be a bit shy with people he doesn't know. Unfortunately as I'm off first I don't realise that he experiences the relay runner's worst nightmare on his first shot at it. The first leg runner was rather late in returning and the rain is chucking it down. The poor wee soul is still shivering away when I return from my leg. I try to lift his spirits and cheer him up and shelter him as best as I can. After a while even I'm feeling it cold. I decide to go off after about 10 minutes and pick up my jacket to keep him warm but when I come back he's gone. My good wife like all dotting mothers is very concerned about her wee boy but he rises to the challenge. It doesn't seem long before I spot him coming over the hill for the long run into the finish. Having survived that traumatic start to relay events he'll be able to face anything now. Steady runs from Niall, Kirsty and Rachel saw them come home in 6th place. Well done team! I had a good run whizzing round in 29 minutes not making any mistakes but perhaps not running as fast as I should have to hand over to John Mitchell in 7th place. John goes round a minute faster than me and comes back in 2nd. Can anchor man Mark Davis overhaul EUOC? Despite a gallant effort and the last leg EUOC runner blowing it we still finish 2nd thanks to some ringer from WCOC blasting round in 23 minutes. Never mind - we got a coaster for our efforts. Well everyone apart from me! Come on lads, hand it over. Please!

If you see me in the forest, help me. I'll be lost!

Post AGM Meal

You've had enough of motions and amendments, painstaking scrutiny of the financial accounts and the minutiae of what's constitutional and what isn't. All you want to do is go to the pub and have a few low calorie lagers. Well tough! You have to go to the meal first! Here's the chance for new members to meet some of the disreputable types who form the spineless backbone of the club. Here's the opportunity for you to abuse one another if you can successfully rise to the orienteering challenge of getting from the meeting to the restaurant in less than an hour. Thanks to Charlie for arranging this informal score event and steadfast refusal to be swayed by alarmist opinions on mad swordfish disease!



Harry Ramsden's
5 Newhaven Place
9.00 - 9.15 p.m.

Haddock, plaice, cod, halibut and scampi - if it swims they'll cover it in batter and serve it with chips at this huge cafe overlooking Newhaven Harbour to the Forth Bridges. Fish and Chips is £5.25. Alternatives come in the shape of haggis and veg for £4.95, a vegetarian dish of the day, plus soups and salads. If you want the smell of the sea with your meal you can sit outside if the weather is fine. The restaurant has very good wheelchair access and baby-changing facilities. (Please note Galloways and Kenworthys this does not mean you swap children if you're not particularly happy with them at the moment!).

Review courtesy of
 'The List - eating and drinking guide 1995'