

INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 105

September 1996

Black Hole Found On Deeside

105

***I Thought It
Had Folded
Issue***

***Letter From The
Netherlands***

***On Yer Bike With
Dymo***

***More Guff From
The Chair***

***Lots Of Events To
Look Forward To***

and ...

***Apologies For The
Late Publication
(grovel, grovel, grovel)***

Elite world class competitors and the odd Scotlandgaloppen apart everyone knows that the season for mere mortal orienteers starts around the resumption of academic hostilities just prior to the first LOL. A useful warm up event is provided by the 11 Person Relay. This gives the AO (average orienteer) the opportunity to fine tune his or her somewhat rusty navigation technique in a social rather than serious competition. (Few of the really good orienteers bother about it !) This year's extravaganza was held at Blackhill, an area I spent a long time on during Deeside '93, This was my fifth appearance in this event. You would think that the team captains would have learnt by now. It just shows you how desperate they are to make up a team. The only reason I was there was to drive up 2 of the necessary yellow competitors. Anyway this time I was given the responsibility of getting the team off to a good start. Mistake number one and a rather large one too as it turned out. I found the first control alright but something strange happened en route to No. 2. As I passed the marsh the ground just seemed to swallow me up and I was transported to another world. What was happening ? I was being abducted by aliens and I was nowhere near the acknowledged inter-planetary UFO interchange (or

Bonnybridge as it is known to us humans !). Why had they come here ? Did they think they would encounter intelligent life-forms at an orienteering event ? What devilish experiments and unspeakable tortures would they inflict on me ? No, I can't think of anything nice about Michael Forsyth ! I won't be Michelle Pfeiffer's slave for life ! I refuse to eat that Pot Noodle ! They tried to break my spirit but I resolutely withstood their unimaginable attempts to control my mind. By their total lack of interest in my rugged manly physique I presumed that none of my captors were of the feminine persuasion. All of a sudden there was a brilliant blinding light and I heard heavenly music - Rangers had been relegated, I was Lothian and Borders M40L champion, Edinburgh Council had reduced the mileage for schoolchildren's bus passes and Hi Ho Silver Lining had never ever been recorded. I was quickly returned to my senses (???) and returned to Earth with a bump. There seemed to be a shift in the space-time continuum. Thirty minutes of my life had disappeared and why had I turned into Fabrizio Ravanelli ? I know my hair is turning grey but not that much ! Why was I pulling my O-top up over my head as I ran up the finish chute ? Answers to these questions and more about ~~Blackhole~~ Blackhill inside, perhaps !



"The truth is out there somewhere, Scully !"



odds and SOds

First of all apologies to Darina, our wonderful Social Secretary, who provided me with a nice typewritten list of events (orienteeing and social) to publicise and which have just about all come to pass now without any publicity at all. Oops! Sorry! I'm usually better than this. Not much, mind you. I didn't hear how Eurobowl went. Hopefully enough people turned up to make it worthwhile.



a mixture of things that couldn't be fitted in elsewhere, things that really should have been intimated before now and anything else I can put in so it's full and I can put this newsletter to press.

Here are the Lothian O League fixtures for the year. Note the extra bonus event courtesy of the Scottish Junior Squad.

| | | | |
|------|----------------|-------------------|-------------|
| LOL1 | 22nd September | Kinneil Wood | INT |
| LOL2 | 13th October | Hillend | ScotJuniors |
| LOL3 | 3rd November | Hedderwick Hill | ELO |
| LOL4 | 1st December | Blairadam (Score) | WFO |
| LOL5 | 19th January | Bowden Hill | LINOC |
| LOL6 | 16th February | Arthur's Seat | EUOC |
| LOL7 | 16th March | Elibank | RR |
| LOL8 | 20th April | Dalkeith Park | ESOC |



The Harvester came and went without advertisement also even although Paul Caban supplied me with web pages on it. We managed two teams of sorts. One male and one female and came in 6th in both if my memory serves me well and Colin Eades wasn't fibbing.



The Norman No-Mates Relay aka LOL1 went smoothly at Kinneil last Sunday with some people no doubt not knowing anything about it either. Things are always hectic at the beginning of term - Honest, folks! Hardly anyone knew it was Graeme's birthday either. He was most disappointed that he didn't get a chorus of 'Happy Birthday' from the massed start. M35 next year as well.

Some of you hopefully know about the Club Weekend at Woodlands in Kingussie. It's this weekend if you receive the newsletter in time. Spaces are probably still available. Pat Squire (445 4830) is the man to contact. There is a colour coded at Docharn & Deisher on the Saturday for the keen and committed. I'm not sure if any 'official' training has been planned. There are other things which you can do I believe to keep yourself amused in the Kingussie / Aviemore area if this does not appeal to you. Be warned! Clan Inverarity are going.

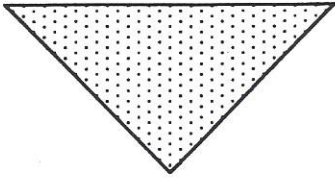


Darina says that any suggestions / ideas for parties, nights out, fun events will be gratefully accepted. Give her a ring on 0131-556-1930 (with answerphone!) and she'll be glad to try and organise something.

As it's debatable when the next issue will come out it's probably wise of me and fair to suggest that there will probably be some sort of Hallowe'en event. Tradition or lack of willingness by other members has seen it at Chez Eades in recent years. I'm sure Colin and Lorna wouldn't mind a year off. Any volunteers to host the rabble this time round?



The Scottish Results seem to have got lost somewhere along the way. Mainly because I didn't fancy South Achray so didn't enter the Individual. If there's a general desire to publicise them then someone better give me a copy of the results. Sorry there aren't more results in this issue but there hasn't been a lot on. Plenty of events to look forward to though!



For all you sad people out there with nothing better to do than surf the net, the ultimate web page has arrived. The cognoscenti will already have come across it but here for the more normal members of the club / society is in all its entirety - The Intelopers Home Page. Guess who wrote it ?

<http://www.ed.ac.uk/~graeme/int.html>

<http://www.ed.ac.uk/~graeme/int.html>



Interlopers Homepage



Interlopers is a small orienteeing club based in Edinburgh. We are predominantly a young club of orienteers. If you're in Edinburgh and want to go orienteeing, contact us and we'll tell you where to go... We can usually even arrange to take you there.

We're Scottish Ladies Champions again and last year we were British Ladies Champions, (this year we got beaten by JOK). The men did well in Scottish and JK relays too, (well, second and third) because everyone else got disqualified. We also hold the 'Best newsletter in Scotland' award, just ask Colin Inverarity to give you one.

Megastars like Andy Kitchen and Scottish Champion Lorna Eades deign to run for us when not required for international duty and when there isn't sand on the course

We organise several exciting events each year: Coming up:

- 22nd Sept 96, LOL Kinniel Wood, Bo'ness (Planned by yours truly)
- Scottish Relays 1997 at Strathmashie (Planned by Lorna Eades)

And we go to other events in Scotland

Our club secretary John Barrow is available email as jbw@roe.ac.uk and at home at 3 Charlton Gv. Roslin 0131 440 2136

Our illustrious Chairman is Colin Eades. Our even-more-illustrious Hon. President is Carol McNeill. Other members of our magnificent committee are: Steve Ambler, Peter Dymoke, Paul Caban, Darina Cunnane, Colin Inverarity, Dave Simmons,

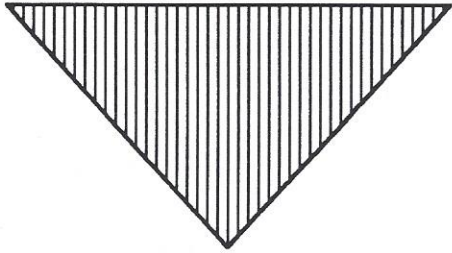
If you want to impersonate all the money we make at our events you can go straight to BOF or SOA from here. You can even look at some maps

And if you just want to run, come to the east end of the Meadows at 7:55 on any Tuesday night and you'll find many Interlopers doing intervals under the guidance of Livingston AC

This page is maintained by your very own fat controller, who knows there should be a line through that 'o' in Interlopers but hasn't yet worked out how to put one there: Ø

G.J.Ackland@ed.ac.uk

1F1 1 Savile Place Edinburgh EH9 3EB (tel 0131 667 3485)




Saturday 28th September
INVOC Colour Coded
Docharn & Deisher, Carrbridge
(NH 922203)

Information from
Bronwyn Crymble
(01479-811623)


Sunday 29th September
Scotlands galoppen 6 (ESOC)
Inshriach, Aviemore
(NH 858065)


Organiser & Enquiries
Janet Clark (0131 225 7771)
Pre-entries on SEF to
Janet Clark
13 NW Circus Place
Edinburgh EH3 6S
Senior £6 / Junior £3
Closing Date 11th September
Ltd EoD


Saturday 5th October
ESOC Small Series
Holyrood Park
(NT280732)


Information from
Janet Clark (0131-225-7771)
Starts 1.00-2.30p.m. Entry £1


Sunday 6th October
ELO Small Series
Vogrie Estate, Gorebridge
(NT374631)

Information from
Marion Moir (0131-452-8789)
Starts 2p.m. Entry £1


Sunday 6th October
WOSOL 7 (ECKO)
Strathlachlan, Dunoon
(NN043973)

Information from
Alison Duncan (01369-705796)


Sunday 6th October
GRAMP Colour Coded
Balmeddie, Aberdeen
(NJ976181)


Information from
Owen Vaughan (01467-681683)


Sunday 13th October
AUOC Colour Coded
Shooting Greens, Banchory
(NO 633944)


Information from
Adrian Will (01334-652043)


Sunday 13th October
LOL2 - (incorporating Scottish
Inter Club Championship Final)
Scottish Junior Squad Colour
Coded

Hillend, Edinburgh
(NT 245667)
Information from
Gillian Findlay (0131-538-2597)


Sunday 20th October
WOSOL7 (CLYDE)
Mugdock Country Park
(NS 550780)

Information from
Rachel Wilson (0141-942-9907)


Sunday 20th October
LOCHOC Colour Coded
Achdaluie, Corpach
(NN 071776)

Information from
Ian Strachan (01397-712566)


Sunday 20th October
Perth Orienteers Local Event
Kinnoull Hill, Perth
(NO 135235)


Information from
David Stirrups (01382-669831)


Saturday 26th October
TINTO Twin Night Event
Drumlanrig, Thornhill
(NS8500)

Organiser & Enquiries
Hilary Quick (01968-682355)
Pre-entries on SEF to
Marjory Foreman
12 Cartland View
Lanark ML11 7PR
Senior £6.50 / Junior £3.50
Closing Date 12th October
Very Limited EON



Sunday 27th October
Scotlands galoppen 7
TINTO Twin Day Event
Dalmacallan Forest, Moniaive
(NX8088)

Senior £6.50 / Junior £3.50
Closing Date 12th October
Entries and Enquiries as above
Very Limited EOD
Combined entries
Senior £11 / Junior £6


Sunday 27th October
CompassSport Cup Final
Brown Clee Hill, Ludlow
No further information


Saturday 2nd November
ESOC Small Series
Blackford Hill
(NT259706)

Information from
Janet Clark (0131-225-7771)
Starts 1.00-2 30p.m. Entry £1


Saturday 2nd November
Scottish Night Championships
Ballogie, Aboyne (MAROC)
(NO 583997 - NOT Car Park !)

Pre-entries on SEF to
George Graham
(a pseudonym - Ed.)
24 Mortlich Gardens
Aboyne, Aberdeenshire
AB34 5HW
Closing Date 20th October
Seniors £5 / Juniors £2.50
NoEON Late Surcharge £1 / 50p
Enquiries to George Graham
(013398-86535)

Events

Sunday 3rd November
 Northern O League
MAROC Colour Coded
 Creag Choinnich, Braemar
 (NO 165918) NOT Car Park!
 Information from
 Sarah Hamilton (013398-81626)

Stop Press
 Sunday 3rd November
 LOL 3 - Hedderwick Hill
 (ELO) - No information

Sunday 10th November
 British Schools Orienteering
 Championships
 Craigower & Faskally Forests,
 Pitlochry (NN916603)
 Special Entry Form required
 Enquiries to
 Terry O'Brien (0141-770-7618)
 Juniors £1 - Cheques to STAG
 Closing Date 21st October
 Entries to Terry O'Brien
 P.E. Dept.
 St. Andrew's Secondary
 47 Torphin Crescent
 Glasgow G33 2LA

Sunday 17th November
 ESOC Badge Event
 Archerfield, Gullane
 (NT 500850)
 EOD only.

Master Maps for Badge Courses
 Ltd Colour Coded
 Seniors £5 Juniors £2
 Enquiries to
 Janet Clark (0131-225-7771)

Sunday 17th November
GRAMP Colour Coded
 Crathes, Banchory
 (NO 733968)
 Information from
 Rebecca Johnson
 (01224-580934)

Saturday 23rd November
 ELO Small Series
 Carberry, Musselburgh
 (NT3669)

Sunday 24th November
MORAVIAN Colour Coded
 Lossie Forest, Lossiemouth
 (NJ 256670)
 Information from
 Peter Cromer (01542-850283)

The Angela and Peter Column.

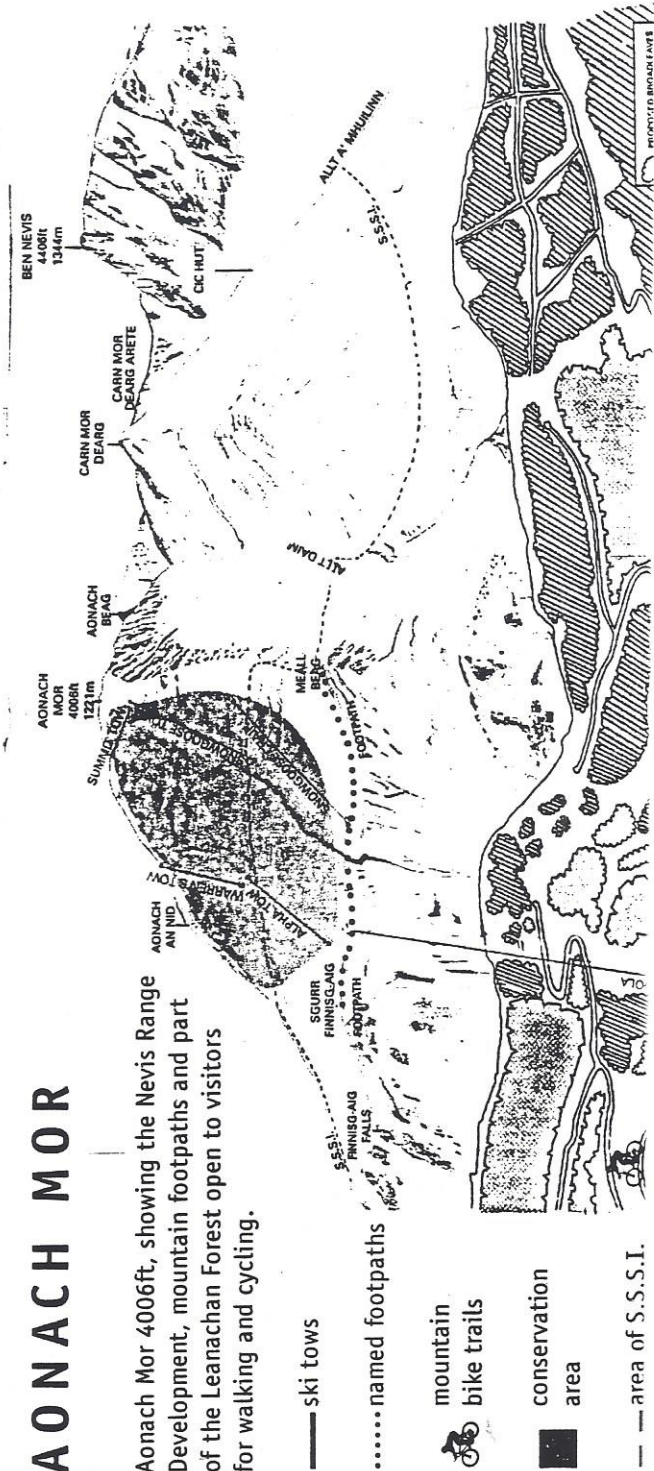
BRITISH & TISO SCOTTISH CHAMPIONSHIP: AONACH MOR HILL RACE (A medium, 10 miles and 3,600ft, Nevis Range, Fort William). Men: 1, R Bryson (Newcastle AC NI) 1hr 13mins 35secs (record); 2, J Brooks (Lochaber AC) 1:14.25; 3, M Rigby (Ambleside AC) 1:14.37; 4, M Roberts (Borrowdale FR) 1:14.53; 5, D McGonigle (Shettleston H) 1:15.22; 6, D Weir (Perth SH) 1:15.49. Vet: 5, Jackson (Horwich RMI) 1:20.51 (18th). Team: Borrowdale FR. Women: 1, S Rowell (Pudsey & Bramley AC) 1:28.04 (record); 2, A Mudge (Carnethy HRC) 1:32.52; 3, S Armitage (Cosmic HB) 1:35.46; 4, G Cook (Rochdale H) 1:38.47.

ICMR HYDRO EUROPEAN MOUNTAIN RUNNING TROPHY (Snowdon International Hill Races, Llanberis, North Wales). Men: 1, J Dejesus-Mendes (France) 63:16; 2, T Brevil (France) 63:32; 3, L Fregona (Italy) 64:00. Scots: 14, J Brooks 67:09; 20, D McGonigle 68:06; 27, M Rigby 69:34; 28, J Wilkinson 69:47. Team: 1, France 8pts; 2, Italy 19; 3, England 29; 4, Slovakia 42; 5, Scotland 61. Women: 1, I Guillot (France) 53:09; 2, M Roberti (Italy) 53:22; 3, N Curti (Italy) 53:59; 4, S Rowell (Eng) 54:36. Scots: 13, S Armitage 57:18; 16, A Mudge 58:58; 21, T Brindley 61:03. Team: 1, Italy 5; 2, France 7; 3, Eng 15; 4, Slovenia 17; 5, Scotland 29. Open Race: 1, M Roscoe (Leeds) 67:18. Scots: 6, A Ward 72:52; 8, J Hepburn 73:39; 31, A Davies 78:42.

TISO SAF SCOTTISH CHAMPIONSHIP (Fourth Round: Ben Rinn's Five Tops Hill Race, A long, 14 miles & 4,900 feet, Dufftown). Men: 1, G Bartlett (Carnethy HRC) 1:58.34 (record); 2, P Davies (Borrowdale FR) 2:01.19; 3, J Wilkinson (Shettleston H) 2:02.54; 4, J Blackett (Mandale H) 2:03.31; 5, J Coyle (Carnethy HRC) 2:03.45; 6, D Cummins (Shettleston H) 2:05.48 (7th). Super Veteran: B Waldie (Carnethy HRC) 2:12.56 (12th). Team: Shettleston Harriers. Women: 1, A Mudge (Carnethy HRC) 2:21.31 (record/holder); 2, S Armitage 2:26.30; 3, T Brindley 2:38.06; 4, C Lorimer (all Cosmic HB) 2:46.17.

ICMR MOUNTAIN RUNNING WE TROPHY (Uphill only; Telfes, Austria). Men: Senior (11K & 1,310m climb): 1, A Molinari 56:21; 5 Bernardini (both Italy) 58:42; 3, H Schmuck (Austria) 59:26 (1994 winner). Great Britain: 9, A Peace (Eng) 59:45; 10, T Murray 60:14 (2nd 1995); 17, R Quinn (both Scotland) 61:26; 26, M Roscoe (Eng) 62:10; 53 D McGonigle 65:06; 59, C Donnelly 65:48; 62 D Weir 65:59; 74, P Dymoke (all Scotland) 67:27 (134 finishers). Team: 1, Italy 24pts (holders); 2, Austria 57; 3, France 65; 5, England 123; 8, Scotland 139 (2nd 1995); 18, Wales 349; 19, Nthn Ireland 390 (23 finishers). Under 20: (7.25K & 785m): 1, M De Gasperi 37:31; 2, A Mosca (both Italy) 38:27; 3, J van de Meerssche (Belgium) 38:47. Great Britain: 7, T Davies 39:17; 11, A Davies 39:56; 16 A Vaughan (all Wales) 40:31; 22, A Crosland (Eng) 41:05; 32, B Brooks (Scot) 42:45; 44, A Anthony (Scot) 43:36; 47, S McArthur (Scot) 43:46 (63 finishers). Team: 1, Italy 11 (holders); 2, Wales 35; 3, Switzerland 38; 10, England 82; 13, Scotland 123; 15, Nthn Ireland 158 (16 finishers). Women (7.25K & 785m): 1, G Pfluger (Austria) 40:56 (holder); 2, I Guillot (France) 41:09 (winner 1994); 3, C Lallemand (Belgium) 41:18. Great Britain: 6, H Heasman 42:21; 10, A Hulley 43:27; A Buckley (all England) 44:31; 19, M Angharad (Wales) 45:47; 34, A Mudge 47:29; 37, S Armitage 47:51; 48, P Rother 49:45; 53, A-M Hughes (all Scotland) 50:46 (75 finishers). Team: 1, France 19 (holders); 2, Italy 23; 3, England 29; 9, Wales 96; 13, Scotland 119; 18, Nthn Ireland 176 (20 finishers).

BEN NEVIS HILL RACE (A medium, 9 miles & 4,400 feet, Claggan Park, Fort William). Men: 1, D Rodgers 1:31.23; 2, J Brooks (both Lochaber AC) 1:32.21; 3, M Keys (Rossendale) 1:36.42; 4, B Rodgers (Lochaber AC) 1:37.14. Veteran: G Brooks (Lochaber AC) 1:43.4 (10th). Super Veteran: A Bland (Borrowdale) 1:48.17 (19th). Team: Lochaber AC 7pts. Women: 1, A Mudge (Carnethy HRC) 2:03.10; 2, S Hodgson (Horsforth F&D) 2:05.51; 3, K Beaty (Cumberland FR) 2:09.50.



AONACH MOR

Aonach Mor 4006ft, showing the Nevis Range Development, mountain footpaths and part of the Leanachan Forest open to visitors for walking and cycling.

— ski tows

..... named footpaths

 mountain bike trails

 conservation area

— area of S.S.I.

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

- Changes on the cards for event officials. Moves are afoot to ensure more accountability / consistency by only allowing already qualified officials to organise, plan and control events from (if I remember correctly) colour coded upwards. OK if you've already done something but where's the incentive for budding officials. They may have decided after planning a local event like a summer series to try an LOL. Under the proposed guidelines they wouldn't be able to do so because they haven't the requisite experience. So how do you get the experience considering BOF is planning to implement these changes soon and seem to be fairly rigid in their determination to do so. Couple this with an under-abundance of relevant courses to obtain accreditation and what do you think will happen? This development could well prove counter-productive with some people less than willing to go through formalised channels and an increasing burden on existing officials as some of them age and drop out. The grading is to be extended to organisers as well as controllers and planners. This may be an attempt to cover clubs or BOF in the event of some accident but at what cost to the sport. Don't we all orienteer at our own peril?
- Lothian & Borders Orienteering Association is to hold its Annual General Meeting at 10 Rothesay Place, Edinburgh at 8.00 p.m. on Thursday 24th October 1996. You are all cordially invited to attend this meeting.
- LBOA Junior Squad Training Day! Interlopers have volunteered (or as is traditionally the case the chairperson probably has - Ed.) to hold a training day on Saturday 16th November (at Kinneil?). If anyone is willing to help out at this could they contact Colin Eades (0131-668-2822) with your bountiful offers of help. As a number of our juniors have undoubtedly benefited over the past few years as a result of efforts made by others in this area perhaps it's about time that we did a bit ourselves. Go on - Lend a hand!
- Be warned that the Chair will also be on the lookout for mugs or volunteers for forthcoming Interlopers attractions. In just over a year's time (Sunday 19th October 1997 - put it in your diary now!) we are to hold a Scotlands galoppen to unveil the resurrected Glenearn and Berryknowe map. With Donald Petrie volunteering to control we will require an organiser and planner for this event. We shall also require help for our Summer Series events next year. Our dates at present (ESOC willing!) are 21st May and 11th June. Suggestions for areas to use would also be appreciated. Already being considered are Corstorphine Hill, Inch Park and Colinton Dell. (How's the attempt to remap the latter progressing, folks? - Ed.)
- John Mitchell is doing the Great Caledonian Run on Sunday instead of going up to the Club Weekend but I'm not one to clipe!
- The T-shirts have landed. 10 Medium, 20 Large and 20 Tent size are or were available. Get them while you can - they're selling comme des gateaux chauds. Price is £5. John Barrow did have them but I think that money man Steve Ambler has assumed control of their purveyance. The medium size is just about right for a tall 12 year old much to the consternation of a certain 10 year old in the Inverarity household.
- Those of you scanning the BOF Fixtures List in CompassSport might have noticed that for some reason the CompassSport Cup Final is not in it. I know some people don't like blowing their own trumpet but that is a bit odd. It is on Sunday 27th October at Brown Clee Hill near Ludlow. Our adversaries are rumoured to include Derwent Valley Orienteers, EYRI and Essex Stragglers. Are you going to be there?
- There is a new quarterly journal for orienteers on the market. If CompassSport is not to your liking perhaps you might like to try Handrail. A year's subscription costs £12. No comment can be made on it as I haven't seen a copy. The editors, Andrea and Dudley Giles, in fact are former editors of CompassSport. Money or enquiries to Handrail Press, 28 Merrifield Road, Ford, Salisbury, Wiltshire, SP4 6DF.
- After me reflecting the somewhat bolshie views of the committee on the cutting up of the Six Days cake we welcomed the Treasurer of the Six Day Company to our last meeting where a frank and honest exchange of views on the matter took place. I'll stop reporting things if Donald Petrie keeps on picking up on them. We were never really serious about withholding our labour from the next Six Days if that's what they were worried about. We just wanted to make a point about what seemed to us a bit of an injustice. It might make sense for the Six Days Company to regularly publicise their manner of working to avoid any unnecessary confusion on the part of constantly changing club committees who may not be aware of their procedures.
- Apparently a planner for our day at Breadalbane has been suggested - Doug Condie of CUNOC. This lightens our load somewhat this time round. All we need is an Assistant Controller. Was that Graeme Ackland volunteering?
- As indicated elsewhere there is movement on the Glenearn front. With only one refusal of permission from the numerous landowners involved we have decided to go ahead and map it and contracts have been put out to tender. Raise your eyes slightly if it goes to Cheap and Nasty Maps Ltd.
- Next Committee Meeting - Monday 30th September at John Kenworthy's, 88 Barnton Park Avenue (312-7565). I better get this newsletter out fast!

Dymoke's Drivel

British Duathlon Championships

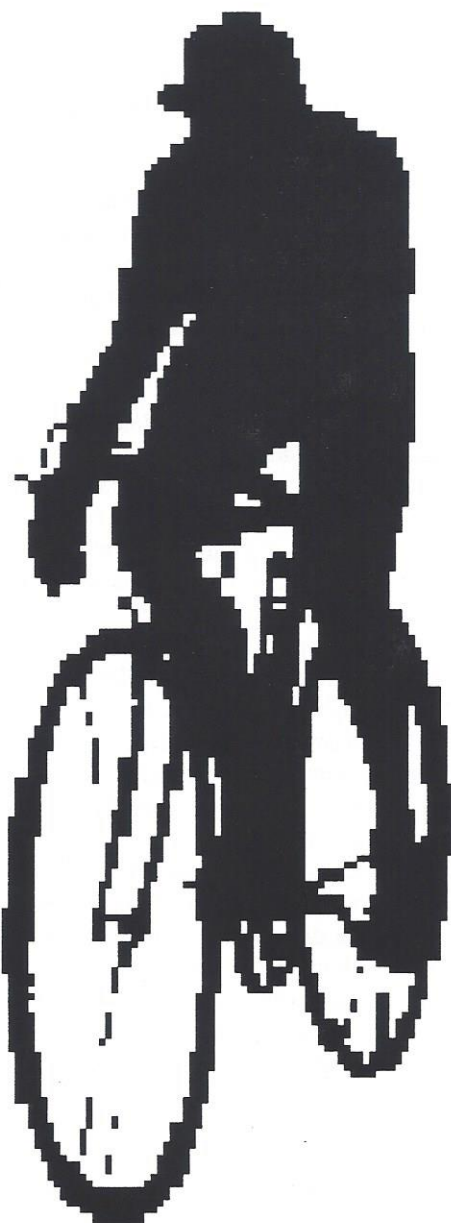
Swindon, July 28th

A few years ago I used to be a racing cyclist. Then I went to a fell running race, won it by accident and everybody clapped and bought me pints. Within 6 months I almost got international selection so I decided to call myself a runner. Running then kept me out of mischief for several years until early this year when I did a short duathlon at Lanzarote and broke the course record. The bug had bit: I did my first 'proper' Duathlon at Ayr a couple of months later. After a 3rd place in the Scottish Championships, with borrowed go-fast wheels and aero bars, I decided to really go for it and take on the big boys. The idea of joining the two sports I was best at into one seemed entirely sensible. (On that basis perhaps I'd be better spending my time collecting stamps about football! - Ed.).

When I arrived at the race H.Q. the day before the race I took the chance to pedal round the bike course. It was out in the Marlborough Downs, best known among runners as being where Bruce Tulloh's cohorts do their stuff. (The Complete Distance Runner - Bruce Tulloh - My bible! - Ed. again). I could get seriously enthusiastic about this place; there are lots of paths, pretty country, quiet roads and pubs serving proper beer. Anyway, the bike course comprised 2 laps of mainly straight roads with a variable surface. There were two big climbs on each lap, about halfway and two-thirds of the way round. It looked a good course, but I would have liked a few more twisty bits to add variety. The run was also sporting, mainly on roads, but with some wood-chip paths and grass.

I also got a look at some of the opposition, which looked pretty fierce. Defending champion John Taylor was there but side-lined with lergy, while "Fat" Jack Maitland, Alastair Johnston, Julian Jenkinson, blast-from-the-past Glenn Cooke and Richard Hobson were all names I knew from various magazines. Scottish champion Ray Johnston had withdrawn through injury. A useful-looking dark horse was Andy Peace, the only human, to my knowledge, to have won the Three Peaks fell race and cyclo-cross in

"... and I'm so worried about the baggage retrieval system they've got at Heathrow..." - Monty Python



the same year, so he could run a bit and cycle a bit as well. Scottish interest included Jonny May in the elite and Lorna Rice and Colin McCann in the age groups.

Race day was bright but cloudy, starting dry, but showers were forecast for later. The age group and elite women started first simultaneously, including Legend in Her Own Lifetime (someone else's assessment, not mine!), Sarah Coope. Apparently, the reason for sending the elite women off early was so that Glenn Cooke could look after sprogs while Sarah raced: Sarah would then do the honours while Glenn raced later.

Kate Burge came back from the first run, advertised as 7km, but actually 6km, in 22.15, with Eilean McKenzie at 8 seconds, Coope at 9, Rachel Horn at 44, Tracy Slade at 1.05 and Bea Massie-Taylor at 1 minute 26 seconds behind. Burge then dominated the 38km (probably accurate) bike ride, returning in 68.42 against 70.03 for Coope, 69.50 for Horn, 69.19 for Massie-Taylor, 70-11 for Slade and 72.29 for McKenzie. The second run was half a kilometre shorter than the first but included a section of rough grass. Burge finished 1st in 1hr 52m 33s, ahead of Coope in 1.54.29, Horn 1.55.16, Slade 1.55.52, McKenzie 1.56.06 and Massie-Taylor in 1.56.17. Lorna Rice finished in 2hrs 12m 10s in 24th place with splits of 27.20, 77.38 and 27.12.

After the women, the male age-groupers were allowed to play, Colin McCann coming in well up with a 19.42 first run, compared with 2hrs 18m marathoner Dave Ellis' 18.42. John Taylor and I watched some of the age-groupers getting on their bikes. Many gave away much free time with poor technique and I wondered at the lengths people go to to buy precious seconds, while not looking at themselves to see where free time is available through a bit of practice. (Note to Editor: Make that this month's training tip!). Colin finished third in his age group in 1hr 44 m 37 s, just over a minute down on the winner, Simon Larder and 27 seconds behind Dave Ellis.

Now we were allowed to play. When the hooter went, the resulting stampede sur-

prised me and caused someone to fall over. Things settled down after about 400 metres and I moved clear of the main pack behind a group of four, comprising Andy Peace, top track runner Dave Lee, Julian Jenkinson and David Castle. On the second half of the run circuit is a big hill and here Jenkinson lost contact, allowing me into 4th. Later, on the run in to the transition, I moved past Castle into third place. Ahead Andy Peace cruised in in 18.15, behind Lee who had gone for it in 17.53. My run split was 18.22, and the main pack came in between 18.40 and 19.20.

I had a good transition and started my bike in 3rd place. Since Lee's bike was not up to his run, I briefly held second place before being passed first by Jack Maitland and then hordes of others. These formed a loose pack just ahead of me, closely watched by a draft buster who looked like he would stand no nonsense. When the big hill started, I did my Marco Pantani impersonation (Why's everybody impersonating Italians? - Ed.), storming past the group, out of the saddle, wondering at others messing with twist grips while I could change at will with STI levers. It had started raining, and I was so aggressive at this point that I got wheel spin in places. On the subsequent downhill sections, I paid for my impetuosity and dropped back to 10th place. All this time I could see Andy Peace holding everybody off.

The second lap was tough since I was suffering and isolated, but I held on recording a 1hr 2m 50s split compared with 61.12 for Peace, 60.48 for Tom Doughty, 61.06 for Jenkinson, 60.50 for Cook, 59.52 for Johnson, 59.47 for Hobson and 61.18 for Maitland. Jack was unfortunate to get two-footed; from what I saw, anyone of eight, including me, could have been called at some point.

The order at the end of the bike was Hobson, followed by Johnson at 21 seconds, Peace at 23, Doughty at 25, Cook at 43, Jenkinson at 46 and Maitland at 54. I was 1m 45 s down on the lead. On the second run, Andy Peace just blew everybody away, returning in 18m 32s, or between 30 seconds and 2 minutes quicker than the other top finishers, coming home in 1hr 37m 59s. Doughty was second at 49 seconds, Jenkinson third at 56, then Cook at 65, Johnson at 68, Hobson (after a

bad run taking 20m 35s) at 1m 40s, Maitland at 1m 46s and Ian White at 1m 54s. Yours truly was the next finisher in 9th place at 2 minutes 54 seconds, handicapped on my second run by a bad stitch, pointing to a need to get used to the second run through training, and to be a bit more sensible on the hills. I commented earlier about the womens' second run splits compared with those of the men. I don't know what the womens' race was like early on, but I do know that the mens' race was pretty fierce for the first couple of miles. Did we all get sucked into too fast an early place?

Anyway, I was happy with what I did and have in mind Dougie Smith's quoted reaction to taking on the big boys for the first time and finding he could hack it. I felt similarly, but frustrated at not being able to attack on the second run. But you often only find weaknesses when stretched to the limit as I was.

Jonny May said he felt isolated, having expected more depth to the elite wave, but was left a bit by the fierce early pace of the run. He finished with splits of 20m 18s, 67.24 and 21.36 in 20th place in elite, 77th overall and 16th in his age category. In general, the Scots I saw were happy and raced with merit, and felt that the long journey was worthwhile for a highly successful and well organised event with plenty of atmosphere and a good testing course. If there were any other Scots there whom I did not mention, I am sorry; I do not know who you all are yet.

There is a postscript to this story. When I arrived back at Edinburgh Airport, my bike (which had disappeared down the fragile luggage conveyor at Heathrow) failed to make the normally straightforward journey north. It took the airline a week to trace it, causing quite a lot of wailing and gnashing of teeth. At one point, on being told that it might have found its way onto a different airplane from me, I lost patience and asked "So a luggage item can get on a plane without a passenger? Isn't that what happened at Lockerbie?" Perhaps not the most tactful thing to say but I was concerned at the time. But all turned out well in the end and I got it back. I don't know when I'll race it next though!



Saturday 4th May British Individual Champs Creag Mhic Chailein

OK so it was along time ago but the results took ages in coming out so here they are at last. Be proud or embarrassed as the case may be. Some good performances on long and challenging courses. It wasn't the 9.6kms but the 595 metres climb which made me wimp out. I was just saving myself for the relay!

| | | |
|------|--------------------|-------|
| M10A | Ruaridh Inverarity | 11th |
| M11A | Niall Inverarity | 20th |
| M19A | Anthony Squire | 2nd |
| M21E | Rob Lee | 7th |
| | Graeme Ackland | 14th |
| | Anders Breilind | 40th |
| M21L | Iain Wilson | 34th |
| | Simon Thompson | 45th |
| | Charlie Walton | 74th |
| | Phil Smith | 82nd |
| | David Eades | 106th |
| M21S | Ken Daly | 37th |
| | Finlay Ross | No 6 |
| M35L | John Mitchell | 48th |
| M40L | Mal Lyon | 21st |
| | Tim Jordan | 43rd |
| M45L | Scott Balfour | 23rd |
| | Steve Ambler | 89th |
| | Pat Squire | 90th |
| | Bill Mason | 93rd |
| M65L | Ray Heyworth | 11th |
| W11A | Kirsty Balfour | 19th |
| W15A | Rachel Balfour | 44th |
| W19A | Gail Balfour | 7th |
| | Ynske Riemersma | 18th |
| W21E | Darina Cunnane | 19th |
| W21L | Jane Hailey | 27th |
| W21S | Ann Haley | 2nd |
| | Karen Dobbie | 19th |

Yellow

8th Calum Inverarity M7 32.14

Blue

4th Mark Davies M21 72.06

Sunday 5th May British Relay Championships Coille Nathais

I still maintain the carparking was something else here. One of these days I'll get round to including the map in a newsletter to prove it. I was certainly warmed up by the time I got to the start. Then the rain started just to cap it all. I've printed all the results this time for a change to fill up some space and because never before has my name appeared in CompassSport. Not even in any litigation cases. Well done fellow team members. I now have a lovely wooden coaster which doesn't match any of my slates from various Six Day events. Well done to the Junior Ad Hoc team too. Not so much good fortune for the big boys and girls this time round.

| | | | | | |
|------|--------------------|-------|------|--|--|
| 14th | INT1 Mens' Open | | | | |
| | Graeme Ackland | 54.22 | 24th | | |
| | Anthony Squire | 51.12 | 19th | | |
| | Rob Lee | 47.22 | | | |
| 24th | INT2 | | | | |
| | Colin Eades | 47.29 | 10th | | |
| | Iain Wilson | 65.49 | 24th | | |
| | Tim Jordan | 64.16 | | | |
| 28th | INT3 | | | | |
| | Anders Breilind | 62.53 | 33rd | | |
| | Ken Daly | 56.29 | 31st | | |
| | Charlie Walton | 61.59 | | | |
| 17th | INT4 Womens' Open | | | | |
| | Darina Cunnane | 58.47 | 18th | | |
| | Jane Hailey | 61.11 | 15th | | |
| | Karen Dobbie | 76.01 | | | |
| 23rd | INT6 M45 | | | | |
| | Pat Squire | 68.00 | 28th | | |
| | Scott Balfour | 54.26 | 22nd | | |
| | Steve Ambler | 80.44 | | | |
| 3rd | INT5 Junior Ad Hoc | | | | |
| | Niall Inverarity | 38.04 | 8th | | |
| | Kirsty Balfour | 26.44 | 5th | | |
| | Rachel Balfour | 48.46 | | | |
| 2nd | INT7 Short Open | | | | |
| | Colin Inverarity | 29.23 | 9th | | |
| | John Mitchell | 28.04 | 3rd | | |
| | Mark Davies | 34.52 | | | |

Monday 6th May Bank Holiday Badge Event Airds Park

Not so many people lasted out until the Monday. Just the English, the teachers and the ne'er-do-wells. Airds Park is one of my favourite areas to run on. Not that I've ever run particularly well here but just because I think it's a really lovely area. Courses were still a bit on the hilly side I thought considering what had gone on beforehand but all the same I had a fairly good run and enjoyed myself. Mr Lee fairly decimated the competition whizzing round 11 kms in 73 minutes. Why didn't you manage that on the Saturday? Before anybody thinks we have a star M7 on our hands he was getting some help from his mum!

| | | | | | |
|------|--------------------|---------|--|--|--|
| M10A | Ruaridh Inverarity | 6th | | | |
| M11A | Niall Inverarity | 7th | | | |
| M21E | Rob Lee | 1st | | | |
| | Colin Eades | 15th | | | |
| M21L | Simon Thompson | 20th | | | |
| | Iain Wilson | 23rd | | | |
| | Phil Smith | 29th | | | |
| M21S | Ken Daly | 9th | | | |
| | Finlay Ross | 29th | | | |
| M35L | John Mitchell | 33rd | | | |
| M40L | Colin Inverarity | 33rd | | | |
| | Tim Jordan | 49th | | | |
| M45L | Steve Ambler | 62nd | | | |
| W19A | Gail Balfour | Wrong 6 | | | |
| W21L | Jane Hailey | 3rd | | | |
| W21S | Karen Dobbie | 9th | | | |

Yellow 1.8kms 50m climb

| | | | |
|-----|------------------|----|-------|
| 6th | Calum Inverarity | M7 | 25.58 |
|-----|------------------|----|-------|

Light Green 4.0kms 150m climb

| | | | |
|------|----------------|-----|--------|
| 31st | Gillian Dobbie | W21 | 112.01 |
|------|----------------|-----|--------|

Blue 6.6kms 280m climb

| | | | |
|------|-------------|-----|-------|
| 3rd | Mal Lyon | M40 | 60.28 |
| 14th | Mark Davies | M21 | 90.46 |

Saturday 14th September PO Colour Coded Barry Buddon

What a way to spend your wife's birthday! Running around an army training range with bunches of squadies being put through their paces and lots of loud bangs. Fortunately we didn't really run near any of this. A glorious day and the perfect orienteering terrain for me - virtually no trees. The hardest part was deciding where to mark the controls on the map. In the end I opted for drawing extra large circles in the knowledge (or forlorn hope) that the kite would be in that area somewhere. The contours looked intimidating to begin with but I quickly got the hang of the 2.5 metre interval and was soon whizzing away at my geriatric best. A motley crue of Connor, Inverarity, Matthewson and virtual Interløper, Tim Brand, traded places for most of the course and finished tightly packed together as the results show. I would have beaten Brad if the sneaky sod hadn't cut off the finish funnel - Rats!

Yellow 2.6kms

| | | | |
|-----|--------------------|-----|-------|
| 2nd | Ruaridh Inverarity | M10 | 24.35 |
|-----|--------------------|-----|-------|

Orange 3.7kms

| | | | |
|-----|------------------|-----|-------|
| 1st | Niall Inverarity | M11 | 39.34 |
|-----|------------------|-----|-------|

Light Green 3.9kms

| | | | |
|------|----------------|-----|-------|
| 13th | Gillian Dobbie | W21 | 52.50 |
|------|----------------|-----|-------|

Green 5.2kms

| | | | |
|------|--------------|-----|-------|
| 4th | Janet Walton | W21 | 50.50 |
| 20th | Ray Heyworth | M65 | 74.49 |

Blue 7.8kms

| | | | |
|------|-----------------|-----|-------|
| 1st | Ben Hartman | M21 | 60.11 |
| 8th | Heather Hartman | W21 | 69.31 |
| 10th | Barry Owen | M45 | 74.26 |
| 16th | Finlay Ross | M21 | 80.07 |

Brown 10.5kms

| | | | |
|------|---------------------|-----|-------|
| 14th | Ken Daly | M21 | 87.10 |
| 15th | Brad Connor | M21 | 87.37 |
| 16th | Colin Inverarity | M40 | 87.42 |
| 18th | Alastair Matthewson | M21 | 89.02 |
| 19th | Tim Brand | M21 | 91.35 |

CompassSport Cup Final

Despite the revelations in SCORE, which some of you might have noticed, we are still to compete in the final of this prestigious event. (And I'm telling you I was still unfairly disqualified and so would have gained us another point anyway - Ed.) Having already played our round against CLARO before the results (incorrect - sic) were published we cannot change things now. For the Final it would be great to see a really large turnout from the club. It would be especially good (and also increase our chances of winning somewhat) if we managed to field a full team

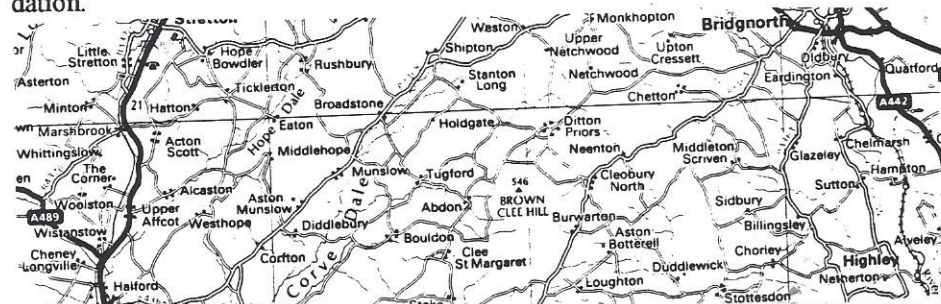
| Course | Team | Runners | Age Classes Eligible |
|-------------|------|---------|----------------------|
| Brown | A | 2 | M21 |
| Brown | B | 2 | M19 M35 M40 |
| Blue | C | 2 | M17 M45 M50 M55 |
| Blue | D | 2 | W19 W21 W35 |
| Green | E | 2 | W40+ M60+ |
| Light Green | F | 1 | W15 W17 M15 |
| Orange | G | 1 | W13 M13 |

Some points on our teams so far:

- We have suffered from a rule that restricts Team C to only one M17 or M45 so a particular rallying call goes out to all our M50 and M55 members.
- Our Team E on the Green course has not always been complete so all of you eligible for this course should consider your arms twisted.
- Other teams in the earlier rounds have failed to score points in Teams F and G. This is particularly naughty because the scoring is 3 points for a win, 2 points for completing the course in second place and 'nul points' for a DNF or no run.
- All teams would be better if there were extra runners in case of disasters.

The Final takes place at Brown Clee Hill near Ludlow in Shropshire on Sunday, October 27th. This clashes with the Karrimor International Mountain Marathon and also the Tinto Twin Weekend. Some people may wish to do these nearer events but I think that it would be a shame to miss the Final for these annual events. It's not every year that we get into the final of anything.

Travelling to the Final will be a long journey so it would be best to make a weekend of it. I would propose to stay at a nearby youth hostel or suchlike and to share transport wherever possible. Hiring a minibus may be a feasible option. Please contact me (Colin Eades 668 2822) to swear your allegiance to the cause and to discuss travel accommodation.



Don't Your

As some of you may know I have recently spent 4 months in the Netherlands (any remarks about football not welcome). Apparently I was studying or something. What I was actually doing was....

Well, one weekend was the weekend of the Rotterdam Marathon, the fastest course in the world. (Well it is nice and flat). But I'm not stupid enough to run 42+ kilometres on concrete. That would hurt even more than running around a grotty forest, getting your eyes scratched out, up to your waist in mud, having to find little.. coloured... flags.... on.... random..... features..... Now I come to think of it, maybe I should take up road running.

So off I went with Anja, a student from Leiden, (West coast, between Amsterdam and Rotterdam) to Nijmegen (in the East, near Germany) on Friday evening. I had been told the day before that I was to run in a team. We were going to run the "Batavieren Race". This is a 25-stage relay run between two universities in Nijmegen and Enschede. I never really worked out exactly why it has this name, something about the inhabitants of the Netherlands ages and ages ago apparently. Anyway, we arrived in Nijmegen in the evening, and persuaded one of Anja's friends to cook us something to eat. Then we headed off to our team captain's house for a meeting. There we would find out who we were to take over from and hand over to. Handy information.

We also found out the arrangements for the race. The race officially started that Friday evening at 12 midnight. But since there were nearly 300 teams, the start was split into six groups, with teams randomly allocated to groups, which were set off every 20 minutes. We were in the last start. In addition, the race was restarted after certain legs to try and keep the whole thing close together. AND the last 2 legs were both run simultaneously. Complicated? Not at all!



Forget Passport

As if all that wasn't enough, each member of the team ran one leg and cycled another. Transport between starts was arranged by the captain, in the cars of team members, with the drivers jumping out to run or cycle, or have a breakdown (sometimes nervous). Oh, and the race went into Germany for a bit, so it might be a good idea to have a passport, or some other ID. After all, running a race at 4 a.m. is a little strange, really.

After attempting to learn this, we all went off to have a sleep for a while. An hour later and it was time to head across to the start. It was pitch black. Apart from the lights. And there's a Caribbean band playing. Then a shot goes off. And lots of people start running. Cheer, cheer. The first leg does a loop, and the changeover is in the same area. We wait. Then, cheer, cheer as the first runners come in. Then our woman comes in. Not bad. The second runner runs off. We all belt across to the cars and then stand still as we try to figure out who has to go in which car. Sorted. Now, where do we go? Jump out, run after the other car, flag it down. Get their spare copy of the route map (Don't know where ours went!) Then we're off! A couple of legs and some car swapping later and I have to get warmed up. We're in Germany, and my task, should I choose to accept it, is to run back into the Netherlands. 6.5 km. After a while I hear our team number called out. Just like that funny sport where you run around a forest in your pyjamas. Grab the number vest off Isolde, and run off down the road into the darkness. 100 metres later and I decide that maybe I ought to stop and sit on the vest properly. Yes, that's right I've got my arm through the head and vice versa. Not good, as I've only got one head and 2 arms. Jeroen the cyclist hasn't appeared. His changeover takes a little longer- got to change a rucksack, bike pump (over the shoulder big clumpy thing, as we're Dutch) and spare clothes

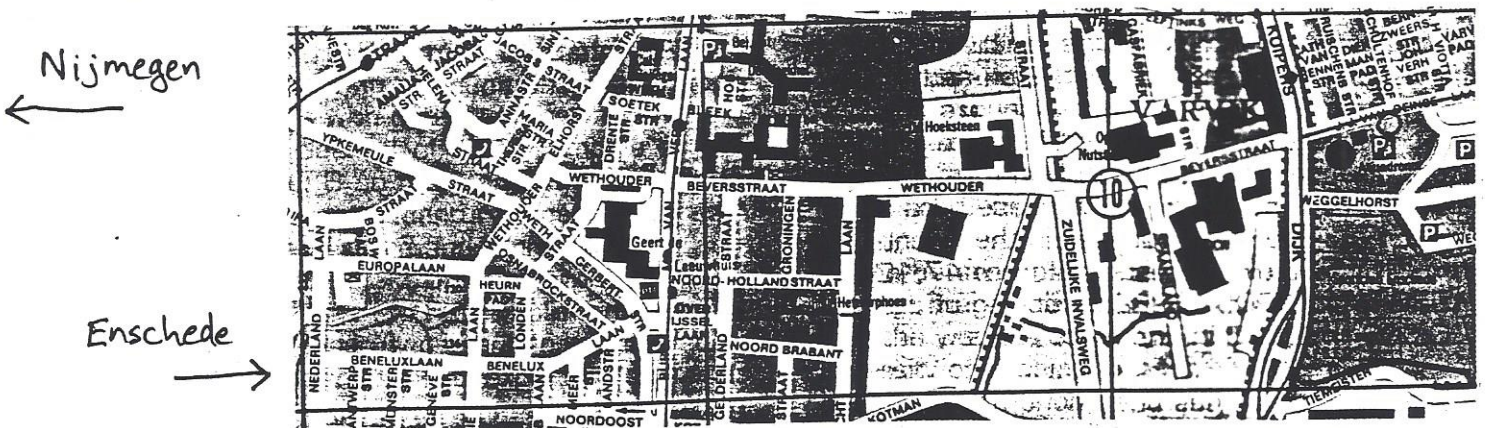
for me, etc. He'll come. My leg is along the side of a motorway and then a small road on a cycle path. So it's pitch black as there are no cars on the road at 4 a.m. After a while I see some wee red lights ahead of me. Other runners. I pass them. That's nice. I'm moving quite well but it's hard work as I've been ill a lot and off running for ages so I'm a bit unfit.

After I pass a few more people I hear a squeak come up behind me. Huffing and puffing, it then tells me I'm running too fast. Jeroen has managed to catch me on the bike. Only another 3 kms to go, but with encouragement. Still moving past people well, but it's getting harder work. At a road junction it nearly goes horribly wrong. That's why I've got a Jeroen to tell me where to go. Then at last I see the sign. 1 km to go. That ought to be about 3 minutes at the Meadows when I'm fit. So I start to speed up a bit. Some other folks try to hang on. One of them manages for a wee bit. 500m to go and I feel like death. 200m to go and I cross the border. Back in the Netherlands! As I cross the line someone flings themselves under my feet. Doesn't happen to me often. In the confusion I can't see Bart. My number vest is whipped off me. If it wasn't Bart then we're in trouble. Two other people grab me, and drag me out of the melee. Congratulations. Well done. Jeroen looks knackered. I feel worse. We're bundled into a car and drive off to another changeover. I manage to change some clothes and get cramp in the process. Arriving at the changeover I fall out of the car in an effort to get out quickly and stretch. The next priority is some food. Trough, trough, trough! Everyone still seems to think I've done really well but I'm not so sure. I'm unfit and dragged myself round 6.5 kms in 23 minutes dead. Just over 3.30 kilometres, I think. Not too fast, but anyway! It's light now and a little misty. After a while Anja runs in to finish her 4 km leg, after Bart's 12 km. Now it's my turn to

cycle alongside Hugo who looks like a rugby player. (And runs like one too!) Trundle is the word. At least I get to have a leisurely bike ride. I offer Hugo plenty of encouragement and keep telling him how far he's come. We're heading towards the finish of the 'night team' as there's a mass start after this leg. The rest of the team are waiting and Hugo puts on a sprint finish as I follow along behind, still offering encouragement. I later get accused of pushing him too hard! He was the one doing the running! It's not my fault he throws up after crossing the line!

The first third of the team heads off to the finish in Enschede with the whole teams' kit to set up the tents on the camp site there. We fall asleep; we're all knackered! Later, as the results go up, we see that Jeroen was a star, running his socks off to come 18th fastest on his leg. The team captain was 14th. Then my time goes up. 7th! Not bad for an unfit sod like myself. After the night legs our team was in fact in 44th place. Yippee! As the day goes on and the next part of the team arrives we hear more stories. The last 2 legs finish on the athletics track. Everyone is there to support. Lots of very tired people trying to run. Big cheers for anyone who happens to throw up on the track. Really big cheers if they've got a beer bottle in their hand. (Well, it was a student event, wasn't it?)

Our team has a massive barbecue before heading to the party which is even bigger with nearly 300 teams of 25 people. The next day and it's all over. What a great weekend! After leaving our appreciation in the form of a note using leftover sausages and beerburgers on the hockey pitch we head off to the train station and cars. It just happens to be the weekend that the Dutch train service has almost ground to a halt due to them digging up one of the busiest stretches in the country. Still I get lots of time to relax on the train home. And in the end I didn't even need my passport! Ah well, next year maybe?



M fortysomething



105

So what did you do on your holidays? We forsook foreign climes this year and headed up north to sunny Ullapool for a week in a cottage and then spent the next week gadding about the Hebrides. On finding out the Cal-Mac ferry prices we decided that we might as well get our money's worth and spend a few days there. I went up with my Achilles' tendon causing me some problems. I couldn't recall picking up the injury but put it down to the stress and strain of the summer season staff football. Anyway I would lay off for a while and then start running again. My ankle would be stiff to begin with and then it would loosen up a bit but by the next morning I would be hobbling about again. I could physically feel the pounds being put on and my waistline expanding. Would I be able to continue my tradition of running in exotic places in summertime? Bergen, Paris, Leysin in Switzerland, Amsterdam, Lido di Jesolo, the charmingly named Worgl in Austria, Pontardawe to Ystalfera, Clifton Downs in Bristol, along the River Wensum in Norwich, very quickly in a Manchester park, Dangerfield country around Warwick and Coventry, the hills of Exeter, the rolling landscape of Jutland, downhill only in the Picos de Europa in Northern Spain and yes I did manage it - two laps round Ullapool. On Lewis I tempted fate and ran on the Sabbath. I couldn't believe Stormoway on the Sunday morning. For a town of its size I found it incredible that nothing was open and no one was about apart from the good people on their way to church. We were staying at a wee youth hostel in the wilds in 'Crofters' Land Raid" country. I felt somewhat wary as I started out expecting hellfire and dam-

nation at any minute. En route to the hostel we'd seen some people actually having a picnic! They must have been 'foreigners'. I was even more worried when I passed the church, cunningly disguised as a cross between a telephone exchange and a garage. The giveaway was that it was done in the tasteful light brown harling which seems to be de rigeur amongst the Free Church of Scotland in that part of the world. They must have got a job lot because virtually all the churches are done in it. I sneaked past but was caught out on my return as evening service came out. "And he had bare legs too!" On to Skye and the natives seemed a bit more tolerant as long as you were prepared to give them vast sums of money. The Misty Isle is certainly more geared to the tourist than the Western Isles apart from the fact that you can't get anything to eat with children in a bar in Portree after 8.00 p.m. My run this time had a fairly scenic view across Portree Harbour and round about the TV transmitter at Penifiler. Back on the mainland to Glen Nevis Youth Hostel. As might be expected the top was not visible. I wasn't as stupid as the likes of Angela and Peter and run up the big hilly bits but contented myself with a run up the road towards the top of the Glen and back. And I was still limping the next day. It's only now that I think that the injury is really clearing up. Obviously fortysomething years of wear and tear is beginning to take its toll and repairs are taking longer (unless of course you're Im-BruMan Balfour!). So how has the orienteering been going? Well the least said about the 11 Person Relay the better. I had jotted down most of the times but have conveniently lost them. Colin has a set of

official results which he hasn't given me yet. Suffice to say that I led off, found the responsibility too much and totally blew any remote chances we had of winning. The only consolation was that the guy who couldn't find Control 2 with me was the HM Inspector for Geography! Better runs were recorded by Niall, Ruaridh, Bill, Emma, Ben, Heather, Darina, Peter, Iain and John Mitchell. GRAMP won by a mile but there were suggestions that 10 of them were male and fairly experienced which goes against the spirit of the competition if it was true. I was out there for a lonnnnggg time on the Green course hence my Ravanelli-like finish but unlike him I was in abject embarrassment.

I couldn't do any worse at Barry Buddon, the scene of my longest ever O-run. It was a while since I'd done over 10 kms in an event but helped by my fellow club mates I breezed round in less time than it took me for 4.6 kms at Blackhill. I was ahappy little orienteer after that.

The superbly organised and planned LOL event at Kinneil saw me if anything run even faster at under 8 minute kms. Not fast enough to challenge Dymo and world class orienteers like Mrs Eades but it was fun to run in nevertheless. Well done Graeme and John! The most difficult bit of the whole Hageby relay thing seemed to be the registration. There were a few spoiled cards not helped by the inevitable awkward competitors who didn't want to wait for the mass starts.

So I must be returning to fitness. A fact maybe confirmed by my inspired running at intervals on Tuesday when I almost took Balfour and Caban. I was running like a man possessed. Who said dope test?

In order to raise much needed funds for the G.B.R. Orienteering Squad, we have produced a 1997 Calendar of 12 superb orienteering and forest photographs, which can also be used as postcards.

The calendar is A5 in size, wire bound, and contained in an envelope. The cost is £3.50 each, plus 50p for postage. Please support the Squad by buying some for your friends and relations.

Cheques should be made payable to G.B.R. Orienteering Squad.



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