

# INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 112

May 1998

112

## Somedays You Get The Breaks

You know what it's like. You've gone through the whole winter with nary a sniff. The weather has been uncharacteristically mild and dry. You've been able to go out regularly for a run. The competitive season is almost upon us and you've moved up an age group. The chance for a reasonable showing at least one year in five. What can possibly go wrong? Well you can take the ball off your colleague when he's farfing around with it on the halfway line. He, being of a competitive bent, cannot bear to let you have a chance of goal and his error be responsible for it. So he lunges for you and stamps on your foot. You, going with considerable momentum, for a change, keep on going and sail through the air and then land with a crunch on your elbow on the games hall floor. When you get up you expect to see blood and bones sticking through, but not our hero. Somehow there's a big dent in my

elbow as if everything has been sucked in by a powerful vacuum cleaner. That's enough for me. I let a howl and crumple to the ground, curl up into a foetal position and just mumble and sob to myself. I'm not in any pain as I think I've gone straight into shock. The usual idiotic debate about what to do when a group of supposedly intelligent people are gathered together takes place. Should we move him or should we call an ambulance. I'm telling you I'm not moving from here! Fortunately the ambulance depot is about 2 minutes up the road. In my semi-blissful state I hear someone say that my assailant has gone for the ambulance. "I hope he doesn't tackle it," I mirthfully jest. Needless to say it takes the paramedics four goes to get a needle into me. Soon I'm on my way into town. It's a bit weird telling the ambulanceman "That's my house there," as you whizz past it on your way to the infirmary. Well, no orienteering for me for a while.

Inside, Broken Elbow 2 - The JK Break!

### Late Extra Issue!

*AGM and Meal*

*CompassSport Cup and Scottish Champs Reminders*

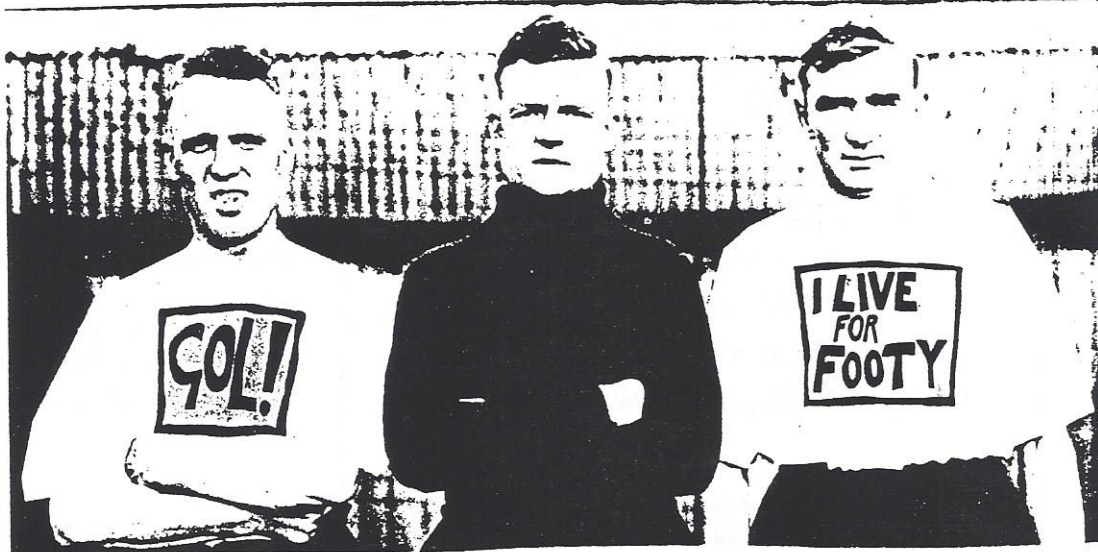
*Aaaaaarcherfield!*

*Croeso a JK*

*The Time Machine*

*LBOA Summer Series*

*and all the usual drivel as well*



The Editor (far right) with colleagues prior to his horrific injury

# Club Corner

Get the Mothercare vouchers out. Dig out a card. Put an order in for another tent. More interlopinis !!!!!

Hello everyone,

This is just to let you all know that Sue and I have had a baby girl, Isobel Amy Fitt-Conway, aka. Insatiable Izzy. She arrived on Monday 6 April at 2:26pm, weighing 8lbs and 8 ounces. Mother and baby are both fine.

PS I will go orienteering this year, promise.

Steve Conway

Orbital Technologies Ltd

mailto:stevec@orbital.co.uk

http://www.orbital-tech.com or http://www.orbital.co.uk

*It's all here, well almost! Remember and keep your diarist abreast of what's happening in the club especially if it is of maximum embarrassment potential*



## Post AGM Meal

The only reason most people go to the AGM is for the meal afterwards! And why not? Convivial company, fine food, sparkling repartee - if you want these, don't bother coming with us! But if you have got nothing else better to do with your time do come along. You don't need to go the AGM. You can always skulk along afterwards and pretend you've been training like Dymoke tends to do. We don't mind!



**Bar Napoli**  
**75 Hanover Steet**  
**Thursday 4th June**  
**9.30 p.m. onwards**

If you are interested in going please let Social Secretary, Darina, know so that she can get in touch with the restaurant and try to ensure that the number of seats booked approximates the number who actually turn up. Contact her on 0131-564-8169 or her inspired e-mail address darina@abcdefghijklm.nop.com a.s.a.p.

## In the Club

Just too late to be welcomed in the last newsletter, a big hello to Daniel who had a baptism of fire anchoring INT1 in the JK Trophy.

Daniel Marston (M21)

4F2, Viewforth Square, EH10 4LP, 0131-229-2443

## On the Move

(Yet another snippet from Paul).

Ynske is off to Peterborough for gainful employment. Four weeks temporary work at my place was clearly too much, so she's had to emigrate south. On being told that Peterborough was a cultural dessert, (his spelling - not mine, Ed.) her reply was "Maybe, but it'll be warmer, it doesn't rain as much, and there are no hills." I guess the lure of being below sea-level was too much for the Dutch-ness her.

Karen Dobbie and Mark Davies  
 132/4 Whitehouse Loan, EH9 2AN,

and I've just spotted another spelling error!

Ben and Heather Hartman

27/16 Maxwell Street, EH10 5HT, 0131-554-8169

(Whitehouse Loan was obviously going down market!)

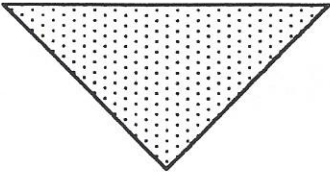
The McLeod Family, Andy, Chris and  
 55 Glen Crescent, Peebles, EH45 9BS

Welcomed in a previous issue and finally making the move north. Hello there!

Angela Mudge

Flat 12, 6 Queen's Park Avenue, EH8 7EE,

Moving round the corner so she's even closer to Arthur's Seat for training!



*If it's not too late, consider this as a bit of a report. Imagine writing that! It's never too late to submit an article for the newsletter. Search deep down into your conscience and ask yourself "When was the last time I wrote an article / letter / passed on some gossip or innuendo, etc?" Here we have an account of our (relatively) novice organiser's attempts at our last LOL. Where would we be without Caban? Bless his little cotton socks!*

## Archerfield or Come in no. 542, your time is up!

Didn't we have a lovely time the day we went to Archerfield? (An Interlopers cloth badge to the sad person who comes up with the name of the group who had a hit single with a similar sounding title in 1979 - Ed.). Well me and Jane did at least, and I'm sure most other people did too, with maybe exceptions being made for ELO and Karen. It actually didn't start too well for me. On Friday before the event, I accidentally discovered that we didn't have permission for one part of the area. One of the owners hadn't replied to my letters, which I'd just taken as par for the course, whereas in fact he hadn't received either of them. So some frantic faxing/phoning/misusing the facilities duly got the required agreement of a very co-operative land-agent. It was a bit of a fraught day, that I could well have done without.

On the day, though, there were lots of happy punters, lots of happy interlopers merrily cuffing ELO in our CompassSport Cup round, and a definitely happy Club Treasurer when I gave him the days takings. The courses appeared to be suitably challenging, with a few people coming unstuck on the green course. In particular, the results team was given some hassle by the Controller over his failure to be able to tell the difference between John Barrow and Gill Berrow (of ECKO and Finland?!)- are they somehow related? I don't think anyone really had a bad day. Except .....

And then there was Karen. Archerfield was decidedly green of tooth and bough to one of our qualified first aiders, and bringer of the 'emergency mobile phone'. A trip to casualty for stitchy-type things, two weeks off work being unable to even slightly bend her knee, and still not running over two months later is somewhere up in the JK class of unpleasant orienteering events - that's

Kenworthy not Kjellstrom. Get well and navigating soon, both of you.

If anyone wants to see the results, they've been up on the web since the day after the event - try Graeme's Interlopers home page at

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

as a place to start. If anyone would like real paper copies, see me at an event or the AGM and I'll get one to you. If anyone had their map confiscated when we were running short, again give me a shout, I still have spare ones in my bedroom (map-room). And finally, if someone would like to reclaim the four folding chairs I still have, then my shed will be truly grateful.

And finally. Number 542. This one provoked an interesting exchange over soup after the Meadows. "Where was no 542?" "Somewhere random in the green." "And where is it now?" The correct answer "Still in the green!" was not necessarily the obvious one, and came as a slight surprise to our champion collector-in. It's now rejoined the merry throng in my shed, along with all the other random leftovers, and provided security at work with much amusement when it was handed in to them.


One final plea. Would someone else like to plan an event at Archerfield before the Clearances take place, so that I can stop being the only Interloper who has never run there? Thanks to all who came on the day.

Paul

(as an Editor's postscript I thought things went altogether rather smoothly apart from me forgetting to pack my o-shoes and sliding about all over the place in my no-grip-left-at-all-NB's otherwise I'm sure I would have beat that Hartman wifey! Well done Mrs Ackland on your courses.)

**ultrasport**

ORGANISING CLUB:




**PLEASE DO NOT REMOVE!**

Authorised competition being held on .....


ORIENTEERING

THIS MARKER WILL BE REMOVED AFTER THE COMPETITION


TEL: .....



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## JK Dolgellau 97

Of course, the whole family are due to go down to deepest Mid Wales for the JK and I'm encased in plaster from wrist to shoulder with my arm bent at 90 after my operation. Not the ideal driving position. As I'm usually the one who does the long hauls on holiday my wife is a bit apprehensive about making the journey. We've paid the deposit for our bed and breakfast and it would be good for us to get away and a chance for the boys to see a part of the country they've never been to before as well as compete. We hum and haw about it for a while and then the Chair rings up enquiring about my health and offers to share the driving with Janice down to Dolgellau. We swither about this for a while and then think why not?

Friday morning and I'm waving goodbye to my wife and family as they go to pick Colin up. I'm going a few hours later with Rob and Lorna. 12 o'clock and no sign of my chauffeurs. 10 minutes later there's a phone call. We know which block it's in but we don't know the number. Soon found we're on our way to pick up the hire car for our journey. Pretty soon we're heading south down towards Moffat and the M74. Once we hit the motorway the accelerator goes down to the floor and at this rate we'll be there before the others. Our first service station stop in the Lake District sees us next to Bill and Anne Stevenson of ESOC. Suitably refreshed our next stop is for petrol just this side of Bala. On towards Machynlleth where the main team are staying. Then the navigation begins. Single track roads, passing places, blind summits, no through roads, fords, dirt tracks and then we arrive at the farmhouse with no vowels. It's a lovely language Welsh, speaking as 50% taffy myself. The only problem is Team Inverarity are not staying here. We're 15 miles away on the coast at Tywyn. We arrive as dark is descending at our farmhouse. Off into town and the chip shop is the only eating establishment still open but it turns out to be very good.

Up bright and early next morning we pass lots of orienteers a couple of miles outside Dolgellau on their way to the assembly field. All parking is in the market in the town so we've got to trudge all the way back. An unguided tour of Dolgellau as we try to find the way into parking means we have to go pretty sharpish to make the boys' start times. Ruaridh has a really good time and is up amongst the leaders to begin with but disappointment takes over when we learn he's punched the wrong No. 6. He would have finished 10th. Niall has a steady run and finishes in the middle of M14A. We don't hang around long after we've finished and make off for the Centre for Alternative Technology to spend the rest of the afternoon there. The weather is being fairly unpredictable. Sunshine, scattered showers, biting cold winds. We're not really prepared for next morning when we find as we go along the scenic route today up the Tal-y-llyn valley that the snow flurries here have actually left Cader Idris covered in about a foot of snow. It's like a winter wonderland with a bright sun blazing down making picture postcard views. Unfortunately when we reach the car park the officials are out with notices saying all Red Starts cancelled. This changes to training runs available later on but there are still a lot of disgruntled orienteers. It does seem daft to an extent that the youngsters and the crusties went out on their courses, many like Niall having to go through snow patches, when the masochistic and mentally committed were denied the opportunity but the Red Start was much higher and safety must be the organisers' first priority. The only problem was we had even further and higher to walk to the start this time.

*in which your intrepid editor goes south determined not to have his easter holiday wasted and comes a cropper again.*

*Continued in Mfortysomething*

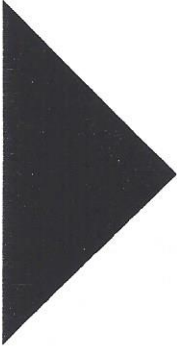
## sun, sea, sand and sex

(we can guarantee absolutely none of this if you come along to)



## Bazza and Chazza's Wild'n'Wet Water Sports Evening

Following on the success of last year's event, our intrepid outdoor education teachers have considered offering similar fare again (staff football and the Scotland-Brazil game permitting in Chalmer's case). You can go canoeing, sailing, kayaking or white water rafting (minimum of 4 adults for this). The venue for everything apart from the rafting is Low Port Centre, Linlithgow. Suggested date is Thursday Evening, 11th June. Cost is £2.50 for M/W17 and under and £5 for M/W18 +. All equipment (kayaks/canoes/waterproofs, etc) will be provided. If you are interested, want more information, or want to book your place, contact Barry Owen (01324-636197).



# Events



## CompassSport Cup Us v The Evil Empire

-  **Sunday 24th May**  
**WOSOL 3 (TINTO)**  
**Douglas Estate, Douglas**  
**(NS8633)**  
 Information from  
 Lorna Young  
 (01555-661955)
-  **Wednesday 27th May**  
**RR Small Event Series**  
**Elibank Forest**  
**(NT3836)**  
 Information from  
 Robin Sloan  
 (01896-822548)  
 Starts 17.00-18.30 hrs £1 entry
-  **27th May - 31st May**  
**World Cup Races**  
**Newby Bridge, Lake District**  
 Your chance to see international stars in action. and Mrs Eades, of course !
-  **Tuesday 2nd June**  
**TINTO Small Event Series**  
**Stonehill, Lanark**  
**(NS898370)**  
 Information from  
 Nessie Graham  
 (01555-751726)  
 Starts from 18.30hrs  
 £1.00 / 50p entry
-  **Weekend June 6th-7th**  
**Scottish Championships**  
**Individual (Saturday)**  
**Darnaway Forest, Forres**  
**(NH994550)**  
 Organiser and Enquiries to  
 Evelyn Hall (01339-884332)  
 Pre-entries on SEF to  
 Eric Lovie  
 13 Northcote Crescent  
 Aberdeen AB15 7TE  
 (01224-319692)  
 Closing Date 8th May No EOD  
 Seniors £8.50 / Juniors £4.50  
 Cheques payable to  
 Scottish Champs 98  
 (Colour Coded - EOD £4/£2)
-  **Relay (Sunday)**  
**Anagach Wood,**  
**Grantown-on-Spey (NJ036628)**  
 Get in touch with Colin Eades (0131-667-2312) or John Barrow (0131-4404512) to see whether there are any places left.
-  **Tuesday 9th June**  
**TINTO Small Event Series**  
**Campwood, Lanark**  
**(NS912460)**
-  **Wednesday 10th June**  
**RR Small Event Series**  
**Bowmont Forest, Kelso**  
**(NT729288)**
-  **Friday 12th June**  
**SSOA Scottish Schools Festival**  
**Eglington Country Park,**  
**Kilwinning, Ayrshire**  
**(NS320421)**  
 Enquiries to  
 K. Melville (01294-850379)  
 Entries on SEF to  
 P.E. Department  
 St. Thomas Aquinas Secondary  
 80 Westland Drive  
 Scotstoun, Glasgow G14  
 (0141-954-5905)  
 Closing Date 31st May No EOD  
 Juniors only £1.00 entry  
 Cheques payable to SSOA
-  **Sunday 14th June**  
**GRAMP Colour Coded Event**  
**Balmedie Country Park,**  
**Aberdeen (NJ976181)**  
 Information from  
 Hugh & Ros Nicholson  
 (012224-633928)
-  **Tuesday 16th June**  
**TINTO Small Event Series**  
**Carmichael Estate, Biggar**  
**(NS938392)**
-  **Sunday 21st June**  
**INVOC Colour Coded Event**  
**Battan, Kiltarlity, Inverness**  
**(NH529383)**  
 Information from  
 John Anderson (016674-52796)
-  **Sunday June 21st**  
**British Elite Orienteering**  
**Championships Weekend**  
**Ambleside, Lake District**  
 It's by invitation only so no place for the donkeys like us, unless you want to go along and cheer on some of your fellow club members
-  **Sunday 2nd August**  
**AROS Colour Coded Event**  
**Strathmashie, Newtonmore**  
 Information from  
 Gordon Ross (01324-716041)

**don't forget the**  
**LBOA Summer Series !**  
 (see advert on later page)



# dnf

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

- Going to the Scottish Championships? Want somewhere to stay? Get in touch with Pat Squire. Our Man from Moray House has managed to book Woodlands, in Kingussie, for the weekend, (6th/7th June). You can contact Pat and book your bunk bed on 0131-445-4830. There may also be a possibility of using it for a Club Weekend to coincide with SG4 at Drumashie in August. Watch this space!
- Another e-mail from Caban. I have the following Interlopers maps that were uncollected after the JK. Please phone me - 0131-445-3098 - or email me - Paul.Caban@ed.ac.uk - if you wish to reclaim one of them.

Day 1 - M16A/M18B and M50L  
 Day 2 - M14A/M16B and M12A etc  
 Relay - JK Trophy, Long leg, no. A6 and Long leg, no. A1 and Women's Trophy, leg 3, no B6
- No run for Paul at Archerfield. Steve Ambler spotted a small article on the back of the Scotsman on April 8th which said that planning permission has been granted for the development at Archerfield. We'll have to wait and see what happens then. Anyone found anywhere decent to map?
- Young Barry Owen has been pursuing some possible new areas. He has been enquiring about using the Dalmeny Estate (no reply) and the nearby Hopetoun Estate (a sympathetic reply but we're not going to give you permission to use our land. Back to the mapping table then folks!
- Steve has also passed on the accounts for SG7 at Glenearn and the aforementioned LOL at Archerfield. If anyone wants a detailed breakdown of where all the money went I can give you a copy. The general gist of it is the former made £419.57 and the latter £397.39. We've also received a cheque of about £469 as our share of Day 3 at Unpronounceable at Breadalbane 97. If I was listening correctly at the last committee meeting Steve said he was expecting the club would have a surplus of about £600 over the year. And this man is not standing for re-election?
- An important reason for coming to the AGN is what the club's attitude to junior development should be. This has been discussed at length at a number of committee meetings and it was felt that any discussion should be made by the club as a whole rather than the committee. A motion on whether the club should support the appointment of a Junior Development Officer for LBOA (and the sizeable financial commitment it entails) is to be debated. If you have any views on the subject then make sure you are there.
- Futile begging for help section. Scottish Night Championships - we need a planner! Will you be the successful applicant for this immensely rewarding and life fulfilling post. If not perhaps you want to plan, organise or control on Day 6 at Highland 99. There are bound to be lots of enthusiastic willing helpers amongst ELO and Roxburgh Reivers so you had better make sure you get in there quick to make sure you get the job you want. Seriously folks, let's hear from you soon.
- Have you rejoined the club / SOA / BOF? Or are you just waiting for the half-year discount? Name them and share them! Chalmers Smith, you were one of them.
- Last issue it was Darina on her death bed this time it's the club watch which is reputed to be on its last legs with buttons falling off and the like. "It tells the time and that's about it", she said. Will the club repair it, or is it beyond salvation? Shall we splash out and buy a new one? You, the readers, decide. Find out what happens in our next exciting issue.
- And while we're on the subject, it came as no surprise at the last LBOA meeting that our request for a November date for next year's LOL was chucked straight out of the window. Why do we bother? So we will need another planner/organiser duo for sometime in February or March for this event. And lo it was decreed that Interlopers shall forever organise events when even the brass monkeys wear thermals.
- As well as Steve (The Money Man) Ambler standing down our esteemed Chair is also not standing for re-election citing his impending role as NEDS Development Co-ordinator or some other such nonsense as liable to be taking up a lot of his time. Can we identify anyone in the Club of similar gravitas who commands respect both for his orienteering technique and diplomatic handling of meetings and at the same time engender awe for his fleetness of foot and tightness of lycras to replace him. Try and think of a suitable replacement before the AGM.
- And on that note there will be no next committee meeting because we might not be here if you've got any sense.
- ... and don't forget to turn up at Douglas for the Compass Sport Cup, book a place at Woodlands with Pat, tell Darina that you're going to the meal and ask Barry if you can go on the water sports evening.

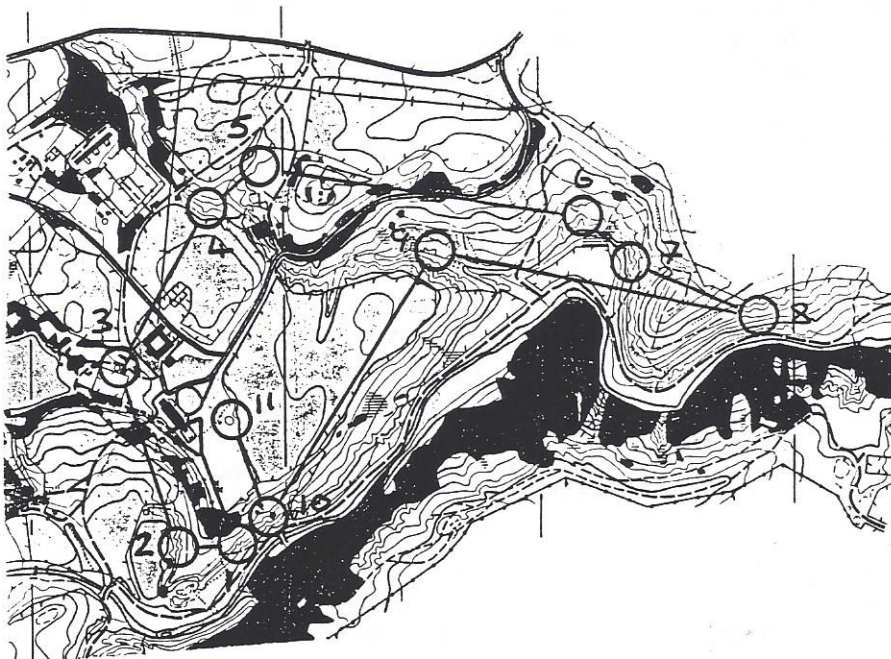


## Sunday 22nd February ESOC Sprint Challenge Penicuik Estate

I thought it was about time I embarrassed myself and tried one of these. I'm feeling fairly fit and confident for a change. My lack of experience and naivety is made clear in my failure to ask for a specific start time. Old hand Mrs Hartman gleefully tells me she's 2 minutes behind me putting me under intense psychological pressure before we even start. Sure enough I muck up by 6 and she's caught up with me so I'm chasing after her for the rest of the way. I'm not last though! There are four people behind me. This is when you start thinking, "I wish I'd done the Short Race!" I have the target of Bill Stevenson one minute ahead of me for the second leg. I'm encouraged when I catch him up by 3. Mistakes are made again but they're not so critical this time. There's a real battle through some grot to 7. I stay ahead of Bill but blow it on the last leg making a wrong route choice and end up one second behind him. Heather stays ahead of me, as does Barry. Eades (male) fixes the first race so he's chasing Eades (female) in the second just to show off. Tobias goes round twice in not much more time than it took me for one leg. Lots of Interlopers in the top 5 in both races.

Long Race		1st Leg		2nd Leg		Overall	
Tobias Andersson	23.24	1st	25.29	1st	48.53	1st	
Gordon Riemersma	27.07	6th	25.55	2nd	53.02	3rd	
Rob Lee	27.16	7th	26.01	3rd	53.17	4th	
Dave Godfree	26.14	3rd	27.18	8th	53.32	5th	
Colin Eades	33.43	15th	29.51	10th	63.34	11th	
Lorna Eades	33.36	14th	31.05	12th	64.41	14th	
Barry Owen	38.50	20th	37.55	19th	76.45	19th	
Heather Hartman	39.00	21st	38.39	21st	77.39	22nd	
Colin Inverarity	41.34	25th	39.06	22nd	80.40	24th	

Short Race						
Jane Ackland	25.32	3rd	22.20	3rd	47.52	3rd
Ian McLean	24.39	2nd	23.47	7th	48.26	4th
Gillian Matthews	26.37	6th	22.45	5th	49.22	5th



## Sunday 1st March LOL6 - Gullane Dunes and Archerfield Estate (INT)

### White 2.9km

8th	Stephen Haley	M6	52.43
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### Orange 3.4km

2nd	Donald Kettrick	M21	34.36
7th	Ruaridh Inverarity	M12	43.25

### Light Green 3.9km

5th	Niall Inverarity	M14	50.00
15th	Heather Walton +1	W10	75.04

### Green 4.7km

1st	Charlie Walton	M35	42.31
2nd	Hilary Quick	W40	43.49
15th	Graham Haley	M21	62.09
16th	Jane McIntyre	W21	62.25
20th	Ray Heyworth	M65	63.41
39th	Careen Sinclair	W55	83.56
49th	Ronnie Sinclair	M60	100.22
	John Barrow	M50	ret'd
	Chalmers Smith	M45	ret'd
	Karen Dobbie	W21	inj'd

### Blue 6.9km

5th	Heather Hartman	W21	61.54
7th	Ann Haley	W21	62.50
9th	Colin Inverarity	M45	63.52
14th	Tim Brand	M35	67.36
15th	Bill Mason	M50	67.47
22nd	Mark Davies	M21	70.36
25th	Pat Squire	M50	74.33
28th	Anita Sinclair	W21	75.03
29th	Barry Owen	M50	75.06
35th	Martin Sinclair	M50	78.24
48th	Morag McIntyre	W35	89.56
	Fiona Weir	W21	ret'd
	Helen Murray	W35	No 7

### Brown 7.9km

1st	Tobias Andersson	M21	48.00
9th	Graham McIntyre	M40	67.10
10th	Ken Daly	M35	67.30
13th	Ian McIntyre	M35	68.30
17th	Peter Dymoke	M35	73.19
24th	Dave Simmons	M21	84.32
27th	Alastair Matthewson	M21	93.39
33rd	Brian Barbour	M40	105.57
34th	Brad Connor	M21	106.05

## Sunday 8th March Scotlandsgaloppen 1 Coille Nathais (CLYDE)

This was the place where the British Relays were held a few years ago and we had that incredible parking system. We found ourselves at the furthest point away from the assembly field with about a 45 minute walk. I was only running for about 30 minutes! The parking isn't quite so bad this time but we still have a trek to the start. We're lucky the event is on because most of the country has been covered in snow for the past few days. We're treated to some magnificent views of Ben Cruachan with a dusting of snow on it. No wonderful start to M45 for me. I think I'm put off by having to use a 1:10 000 map. Well that's my excuse! Not going far enough for 3. Drifting off too low for 6. Graham has a really bad fall in front of me on the next leg but he's OK. A climb over a ridge and across a gorge to 9. Pulled off to far to the left on the downhill run. Spend ages looking for 11. I get into a group and knock off the last 6 controls with no problems but it's a bit late now. Tobias continues his unbeaten run. A good win for Hilary and a competitive looking M35L.

M12A	Ruaridh Inverarity	3rd
M14A	Niall Inverarity	4th
M21E	Tobias Andersson	1st
	Gordon Riemersma	2nd
	Dave Godfree	ret'd
M21L	Alastair Matthewson	5th
	Brad Connor	8th
	Paul Caban	10th
M35L	Ken Daly	3rd
	Phil Smith	4th
	Ian McIntyre	7th
	Brian Barbour	10th
M35S	Graeme Ackland	1st
M40L	Graham McIntyre	6th
M45L	Colin Inverarity	11th
M50L	Barry Owen	2nd
	Pat Squire	12th
W21E	Heather Hartman	2nd
	Angela Mudge	9th
	Jane Ackland	10th
W21L	Hilary Quick	1st
	Ann Haley	2nd
W21S	Jane McIntyre	6th
	Fiona Weir	7th
W35L	Morag McIntyre	5th

## Sunday 22nd March LOL7 - Eildon Hills (RR)

A surprisingly big turn out of Interlopers! Riemersmas and Galloways crawling out of the woodwork. Gamesmanship from McIntyre as he starts 2 minutes after me. He has me in his sights as I start the first long uphill stretch of our 470m climb. He catches me up on the long traverse to No.2 and we joust away with each other for the rest of the course. I cross the line ahead of him but not far enough. Where did that guy Connor come from? As usual, none of us remembered it was the LBOA Inter Club Event but this time we actually won it beating ESOC by 8 points, courtesy of some dubious wins on Green and Blue.

### White 1.7km 35m climb

3rd Stephen Haley M6 38.12

### Orange 3.5km 135m climb

4th Ruaridh Inverarity M12 44.47

### Light Green 3.5km 135m climb

10th Anita Sinclair W21 44.17  
18th Eva Riemersma W50 60.57  
20th Heather Walton +2 W10 63.25

### Green 4.5km 235m climb

1st Robin Galloway M21 37.24  
2nd Martin Sinclair M50 53.32  
5th Rudolph Riemersma M50 54.57  
8th John Barrow M50 55.49  
9th Graham Haley M21 57.27  
14th Ray Heyworth M65 67.55  
18th Jane McIntyre W21 75.09

### Blue 5.7km 225m climb

1st Graeme Ackland M35 41.02  
3rd Heather Hartman W21 48.19  
8th Bill Mason M50 50.40  
10th Ann Haley W21 54.09  
13th Steve Ambler M50 56.03  
19th Donald Ketrick M21 57.54  
24th Pat Squire M50 61.20  
29th Jane Ackland W21 64.45

### Brown 7.4km 470m climb

4th Brad Connor M21 70.32  
5th Ian McIntyre M35 71.15  
6th Colin Inverarity M45 72.51  
Barry Owen M50 dnf

## Lothian O League Final Placings

What a useless bunch we are! No LOL winners at all this year. The participation of many of us has been rather irregular this year which may partly explain it. The other possible reason is we're just crap! No, that's not the case. Some of us little old ladies managed to rack up considerable points totals and often on only three events. There are six Interlopers with certificates, so John Barrow tells me. They are: Ruaridh, 3rd overall in Orange (22 points behind the leader). Niall, 1st in Junior Men in Light Green (12 points behind 1st place). Heather 1st in Senior Women in Blue (22 points off 1st). Ann, 2nd in Senior Women in Blue. Andy, 2nd overall in Brown (40 points behind the winner) and Ian, 4th overall Brown. Well done all of you! Your certificates should be on their way soon. And the rest of you had better pull your socks up next year or there'll be trouble!

### Orange

3rd Ruaridh Inverarity M12 459

### Light Green

2nd Niall Inverarity M14 469

### Green

7th Graham Haley M21 457  
9th Ray Heyworth M65 429  
13th Martin Sinclair M50 402  
14th Karen Dobbie W21 392  
21st John Barrow M5 364

### Blue

3rd Heather Hartman W21 486  
4th Ann Haley W21 476  
11th Bill Mason M50 443  
15th Steve Ambler M50 399  
16th Pat Squire M50 397  
21st Paul Jackson M35 365  
25th Mark Davies M21 343

### Brown

2nd Andy Spenceley M35 497  
4th Ian McIntyre M35 454  
6th Brad Connor M21 409  
9th Colin Inverarity M45 380  
12th Brian Barbour M40 341  
14th Paul Caban M21 335



# Lothian & Borders Orienteering Association

## Summer Orienteering Series 1998

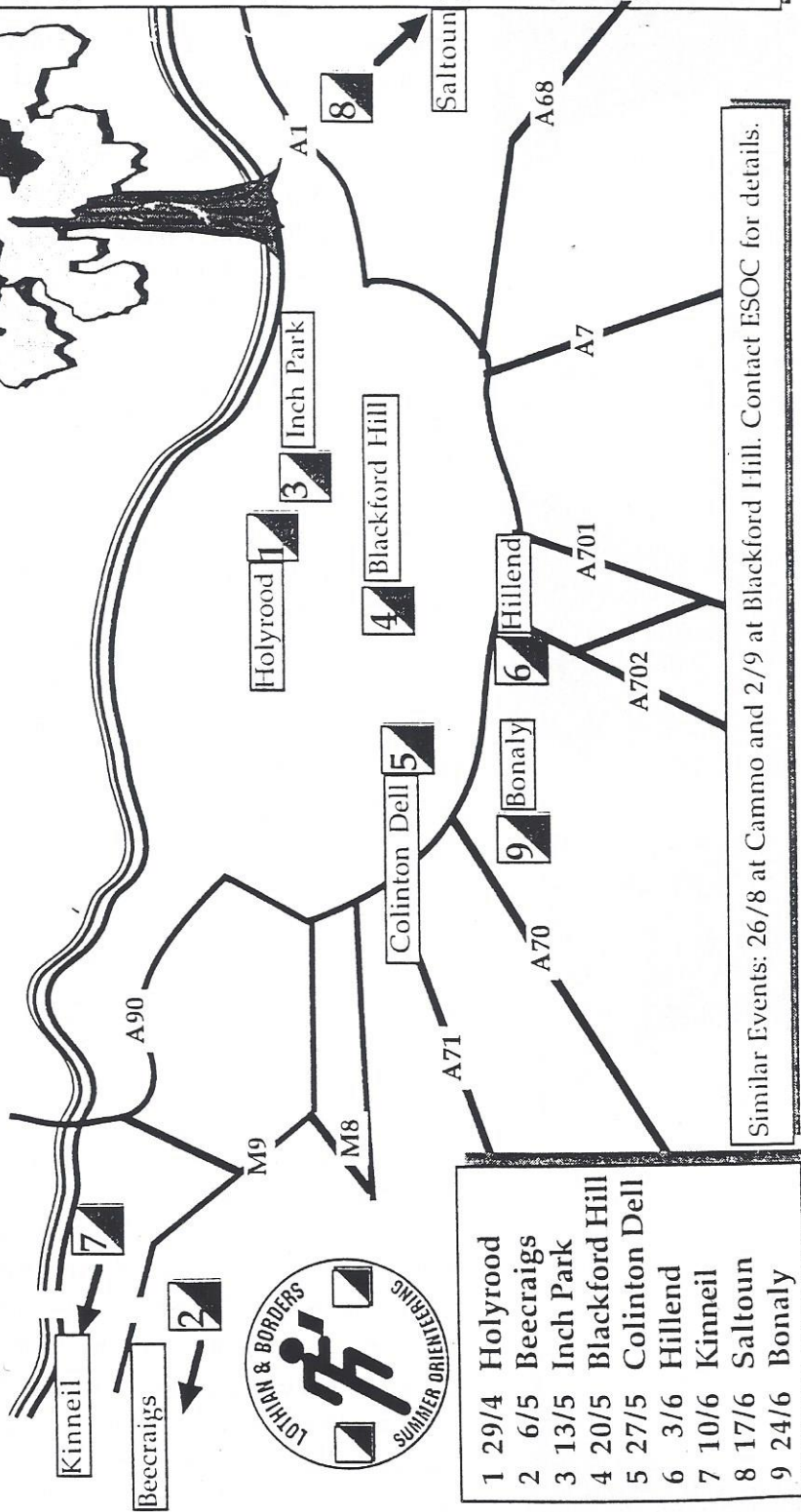
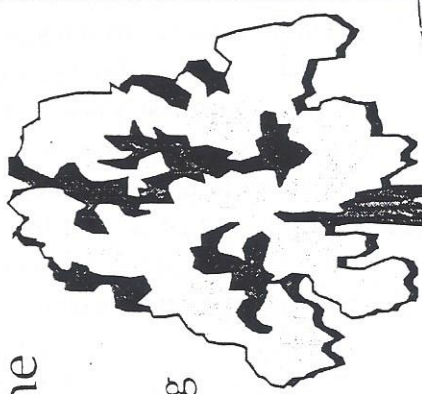
Every Wednesday from 29th April to 24th June

Starts from 4.30 pm to 6.30 pm

Courses available for beginners and experienced

All you need is £1 entry, a red pen and an A4 clear plastic bag

Schools Competition included - just turn up and enter



- |   |      |                |
|---|------|----------------|
| 1 | 29/4 | Holyrood       |
| 2 | 6/5  | Beecraigs      |
| 3 | 13/5 | Inch Park      |
| 4 | 20/5 | Blackford Hill |
| 5 | 27/5 | Colinton Dell  |
| 6 | 3/6  | Hillend        |
| 7 | 10/6 | Kinneil        |
| 8 | 17/6 | Saltoun        |
| 9 | 24/6 | Bonaly         |

Similar Events: 26/8 at Cammo and 2/9 at Blackford Hill. Contact ESOC for details.

- |   |
|---|
| Lothian & Borders<br>Orienteering Clubs<br>& Contacts                       |
| Edinburgh<br>University<br>Sian Challacombe<br>0131 229 6404<br>Event 1     |
| East Lothian<br>Orienteers<br>Trina Rogerson<br>01368 864922<br>Event 8     |
| Edinburgh Southern<br>OC<br>Janet Clark<br>0131 225 7771<br>Events 4, 6 & 9 |
| Interlopers<br>John Barrow<br>0131 440 2136<br>Events 3, 5 & 7              |
| Linlithgow OC<br>John Biggar<br>01506 845084<br>Event 2                     |

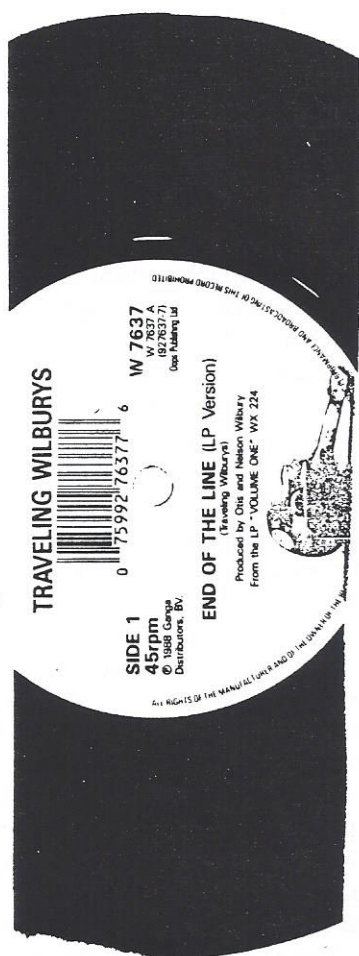
# The Time Machine



Carol McNeill in her pursuit of optimum performance was exhorting club members that "Failure to warm up properly can result in injury and premature tiredness (physical and mental)." Her 45 minute warm-up schedule had me exhausted just reading it. John Mitchell was an M17! Our relay team of Carol, Frances Ashmole and Hilary Smith won the JK Relay in deepest Yorkshire. Steve Terry was distressed that Interlopers had such a meagre supply of mappers (and maps? - Ed.). There was a prospect of 2 teams entering the Combined Harvesters 7 Man Relay Trophy. In the end, 4 went. Individuals that is - not teams. The AGM and Dinner was in the Trade Winds at Leith. Robin Sloan was Chairman, Scott Balfour the Secretary (JB had resigned from the job after ? years), Susan Mustard took over as Newsletter Editor and one of the ordinary members was Gordon Ross. Susan found that all the articles promised in a fervour of alcoholic goodwill at the dinner dance had not materialised. Carol won the Scottish Championships at Loch Ard by 17 minutes. Best man was Ian Millar in 12th. Both Senior Relay teams were disqualified but our W15/17 and W12/13 teams won. John Barrow "broke his duck and finished an event for a change" in the BOF Championships at Tentsmuir. ESOC beat us heavily in an impromptu game of football after a joint barbecue. Steve Terry bought a new car and the Barrows had bought a new house in Roslin prior to their departure for Australia. Carol and Geoff Peck were selected to represent GB in the World Championships in Norway in September. Carol was determined we should have a Club Hut. "£8,000 limit - property under £3,000 favoured." What do you say to that, Steve Ambler? There was a Canoeing Evening at Craiglockhart for 20p. Keen types could join in a hill race afterwards!

In the 'oldsletter', BOF were trying to encourage clubs to introduce orienteering to local groups / youth clubs, etc. Sounds familiar. Pat was offering to assess body fat, grip strength, lung capacity, mobility, muscular endurance and estimated oxygen uptake for £2.50 per person. Newsletter Editor Steve Terry said you wouldn't catch him within 500 miles of Dunfermline College. Sounds like a cue for a burst of The Proclaimers "And I would walk . . .". The Harvester was in the Deep South (Aldershot). Ken Ovens was in charge of the Club Championships at Selm Muir. Main event officials for Day 6 at Glen Tanar in Royal Deeside 83 were Roger Van Der Steen, Ian Lamont and John Mitchell. Social Secretary Spenceley organised a Night Street Score Event starting from his house on Liberton Brae. Graham McIntyre was seen heading off the map but still managed to win. There was a crossword. (Why does no one send me any? - Ed.). Where have all the lexicographers gone? The post AGM Meal was at the Dragon Pearl. The club boasted 81 individual members and 7 family units.

*Much better than any naff Saturday night BBC series with out of work Eldorado actors. Perhaps we could get Terry Wogan to do a televised version of this periodic trawl through the club archives.*



Mrs. Cherry was now in charge of this august publication. New club t-shirts were on the way to go with the new o-suits which could be purchased from Scott. In the spirit of enterprise of the Thatcherite times orienteering clubs were being encouraged to produce forward plans. A fairly radical idea for Interlopers as most club members had little concept of either going forward or planning. Scott had devised a competition and someone had actually bothered to reply. Janet and Charlie won the competition to devise amusing and wacky alternatives to INT1, INT2, INT3, etc. for our relay teams. Pah! You wouldn't catch us having anything to do with that trendy sort of nonsense these days. Spotted in the Help Wanted Column - LOL1989 - "We hope to be able to use Archerfield in February. Anyone fancy organising or planning? SE Area Champs - We need an area, an organiser and a planner soon. Loch Lomond 89 - Planners, organisers, controllers needed now. Scottish Champs 91 - This may seem a long way off, but . . ." Ah, those giddy carefree days! Fat Sam's was the venue for this year's meal.



The recession was really beginning to bite. Times were especially hard in the Eades household as Lorna was forced to take in ripped o-suits and torn lycras for repair to make ends meet. Martin wrote a somewhat tongue-in-cheek letter to The Scotsman bemoaning the 'lack' of tourist development at Cairn O'Mount. Meanwhile, back home in Edinburgh, Cathy Tilbrook and Historic Scotland were trying to make Holyrood Park more 'wild'. Charlie was M21 Scottish Score Champion and Anthony won M15. Blairadam was the venue. Anthony was also our only British Champion, winning at Brown Clee Hill, scene of our CompassStrop cup success the other year. John Barrow was officially made a Grade 3 Controller despite the event he was controlling at Tentsmuir being cancelled. Yet another batch of new o-suits arrived. The de luxe Swedish ones retailing at £34 a shot from Eva. Is it time for a new design? The Six Days was back on Deeside. Andrew Bankhead got fed up at the lack of response to his efforts for Socials and departed for Leicester after a Historical Trail, German Evening and Skittles at the Sheep Heid where Jenny Squire won and M9, Niall Inverarity, managed to get his fingers trapped between some returning bowls. An x-ray at Sick Kids confirmed a chipped bone. The editor is surprisingly trying to recover from a knee injury and after the Easter break he's in a psychological trough lacking any sense of purposefulness and urgency. In other words, he's late with the newsletter again. He is helped out a lot by a fairly regular column from mystery contributor, Pete Saik. Phil Smith finally relented and decided that living in Wigtown he really should join SOLWAY. Plans were afoot for the Hilary Smith Woodland Trust and the Archerfield saga continued.

# M fortysomething



# 112

The boys both managed similar runs again. No tent today as Eades couldn't be bothered lugging it up the hill when he found out they weren't running so assorted Balfours, Squires and Inverarity's just lolled about on a ground sheet. We managed to save some time by blagging a lift on a bus back to the car park and then headed off north to have a look at Harlech Castle.

Day 3 - The Relays. Another early start. We're just outside of Dolgellau today parking at a camp and caravan site. Heavy overnight rain suggests that the fields could turn into a bit of a quagmire with the number of vehicles involved. Sure enough there's a morass of mud from the traders in the lower field to the assembly in the upper field which has made the track virtually impassible. Me and the boys opt for the less muddy but steeper shortcut up to the tent. The big boys are away by the time we get there but a list of runners and legs has been left for us by the Chair. On with the sunglasses so I can see what's happening. Rob, leading INT1 off, comes back in 9th place about two and a half minutes down on the leaders, CLARO. Lorna romps home about 3 minutes ahead of her nearest rival in the Womens' Trophy. We get a bit excited when we find out that Anthony's run a blinder and has brought us into the lead at the end of the second leg by

about 20 seconds. He hands over to Andy. Gail runs well but stronger opposition have overtaken her and we fall to seventh place. Andy has a good run also but he finishes in 3rd place about a minute behind. By this time I'm getting a bit worried, as is Graham, at the non-appearance of Morag on the first leg of the Mixed Ad Hoc. She's due to hand over to Ruaridh and it's now four seasons in one day as the hail and snow pelt down. Jane manages to consolidate our position and the ladies finish 7th. The field is beginning to take on the aspect of Glastonbury. Back at the tent, Morag has returned having retired after a rough time out there. The excellent PA system keeps us informed of what's happening out on the course. There's a group of 4 runners in contention on the Mens' Open. Unfortunately, Daniel can't make up the leeway and OK Tyr come home first despite a blistering final leg by Jamie Stevenson for SYO. Warrior come in 3rd and we finish 4th just over 2 minutes behind the winners. I'm getting a bit cold by now so reckon that a cup of coffee from Wilf's might be a good idea. I'm heading gingerly down the slope as Ruaridh is coming up. "Try over there, Dad. It's easier," he says, helpfully. "I'm trying to keep my balance, Ruaridh. I'm stuck here just now." And just then my feet give way beneath me and I

crash onto the ground right on my left elbow. "Ouch," he said. I struggle to my feet and try to gain the safety of less slippy ground to the left but I haven't taken two paces when I'm down again. By this time I'm in agony and just decide to slide down on my backside, which perhaps I should have done in the first place and lie there in a crumpled heap, gently sobbing to myself. Sounds familiar!

Full results and more on the JK in the next issue. After 5 weeks without running I'm back. A bit heavier and slower but working my way back to fitness. I was running with Mrs. Ackland at the Meadows on Tuesday. Being somewhat warm I took my sweatshirt off for the second run. "Have you taken a couple of layers off?" she enquired. "No, just the one," (She must have been impressed by my turn of pace!) "It could be interesting if you took a layer off after each run." "What? Strip Intervals! And you a married woman!" "Is it not more fun for married people?" and on it went. And you thought her husband was bad! Anyway not much space left for wittering on so don't forget the CompassStrop Cup, the Scottish Champs, The AGM and Meal, the Water Sports Evening, the Summer Series, et al. El bow seeing you soon!

**Interlopers**  
**Annual General Meeting**  
**Thursday 4th June**  
**7.00 p.m.**

**The Meeting Room**  
**Dept. of Physical Education**  
**46 Pleasance**  
**Edinburgh**



All club members are formally invited to attend our annual general meeting. If Barrow's done his job properly you should all have been informed within the statutory six weeks of the meeting. Apologies if you weren't. You still have plenty of time to submit your motions or throw your hat into the ring for some prestigious committee post. Or just come along and have a good old gripe! The outgoing chair is keen to open up a debate on junior development and possible future course of action for the club so if you feel strongly about this or just generally would like your views to be heard, do come along. STOP PRESS - Fears have arisen that Interlopers may be the target of a premier-style buy out by a mystery duo. If you are worried about the future of the club be there. Rumours abound that these shadowy men are behind the planned developments at Archerfield.