

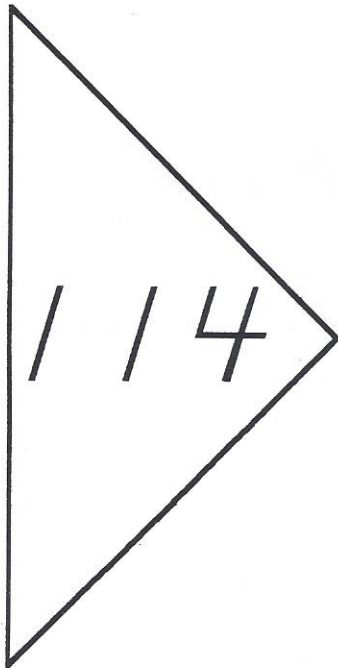
# INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 114

October 1998



## The Long Wet Summer

It might as well rain until September. It practically did! Where did the summer go to? Where did you go to? Were you one of the fortunate few to find the sun at all? Lots of tales from abroad in this issue, especially of an American flavour.

The weather of late has brightened up with a particularly good spell around the Edinburgh weekend when we had our warmest temperatures of the year. For some people though the orienteering wasn't quite so hot. Hostilities with the forests, crags, re-entrants, moors, rivers and boulders have commenced in earnest again. Nowhere more so than at the Trossachs - (a once in a lifetime experience) closely followed by a really dreich and miserable day at the National Event at Unpronounceable. Sometime before these two events though in August, a nice time was had by all at the new area of Drumashie at the top end of Loch Ness.

Not everybody had a nice time at Lossie Forest the next day, however. More about that inside.

What have we too look forward to. The CompassSport Cup Final! Yes, we did it! Much to the surprise of FVO after their 41-6 thrashing of WFO in the previous round. So let's see if we can manage an extra large club turn out for this event at Slaley, near Hexham on Sunday 18th October. Then there's the LBOA Championships which we are responsible for but not actually organising. It's being held in conjunction with the Tinto Twin, so any help club members could give here would no doubt be appreciated. The Scottish Night Championships at Gleneam is looming over the horizon. Dust down your headlamps and check your bulbs and batteries. After that it'll be EventsRUs in 1999 as the full force of Ackland's return to power becomes apparent. You know what New Interlopers<sup>sm</sup> mean - Tough on events, tough on the poor b\*\*\*\*\* who have to organise them!

### Never Been So Late Issue

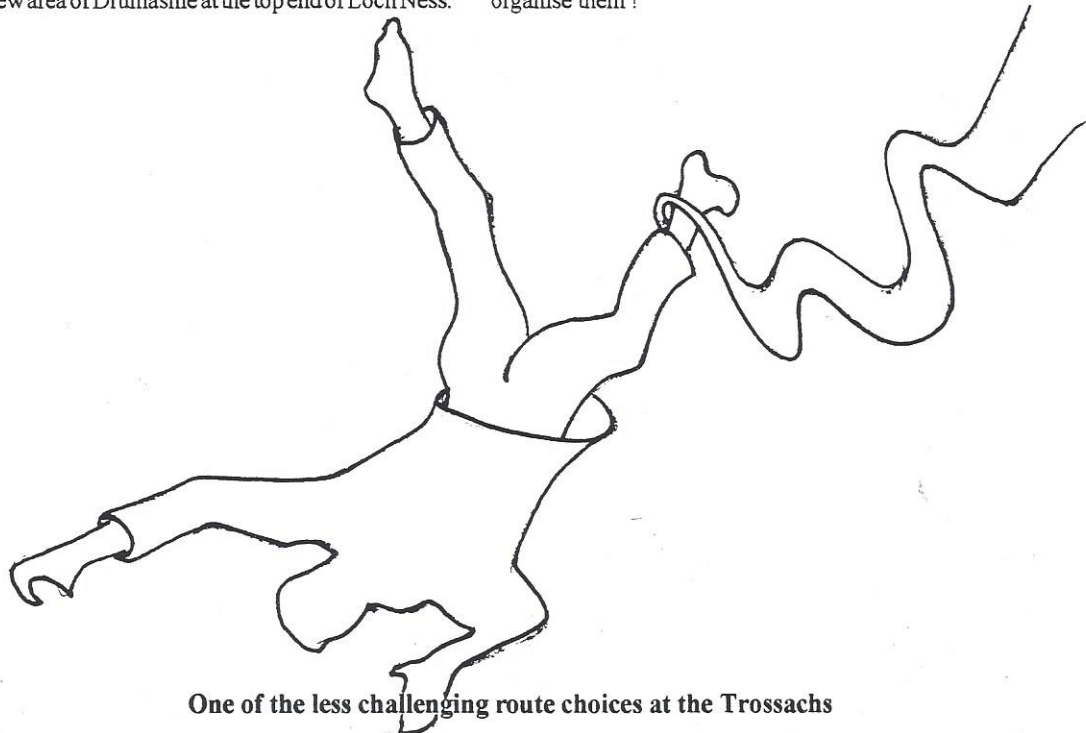
*Back In The USA*

*Going Dutch*

*CompassSport Cup Final - Here We Go, Here We Go . . . .*

*Great Planned Legs Of Our Time*

*and some of that boring orienteering stuff as well!*



One of the less challenging route choices at the Trossachs

## In the Club

Only one 'official' new member to announce. A big welcome to Kim Buckley, formerly of SYO, now working in Fife and resident in Edinburgh. Colin might not have to put up with Lorna chasing men all the time now that you've joined. Kim's address and telephone number are below.

Kim Buckley  
Flat 2R, 263 Dalkeith Road, EH16 5JT  
0131 668 2238

## On the Move

Well who hasn't moved since the last issue? Barry has moved again. Obviously keeping one step ahead of his creditors. He's now moving into Deliverance Country where they sit on their front porch playing banjos and firing shotguns. I should know. I used to deliver milk to Slamannan. Darina now has a fixed abode. Some of us were even invited to the housewarming where we were impressed by her brother James's encyclopaedic knowledge of pop music lyrics. Gillian and Finlay have headed south and Alastair northwards, presumably in search of gainful employment. Guy is still not a paid-up member yet and Tim moved just after John Barrow printed the address labels. Tobias has headed home to Sweden but has left his address for those wanting to stay in touch and down at the bottom are some e-mail addresses which need updating according to Caban.

Barry Owen  
4 Blackstone Road, Avonbridge, Falkirk, FK1 2NB  
01324-861-371

Darina Cunnane  
29/4 Prestonfield Avenue, EH16 5EG  
0131-662-8972

Gillian Dobbie and Finlay Ross  
10 Moorland Road, Harpenden, Herts. AL5 4LA

Alastair Matthewson  
40 Fountainhall Road, Aberdeen, AB15 4DT

Helen Murray and Guy Gobourn  
1A Lauriston Gardens, EH3 9HH  
0131-229-5020

Tim Jordan  
100 Upper Shirley Avenue, Southampton, SO15 5NN

Tobias Andersson  
Drottningatan 44 A  
371 33 Karlskrona  
+46 455 120 21 fat\_tob@hotmail.com

JHAILEY@srv1.med.ed.ac.uk  
peter\_dymoke@email.msn.com  
David.Godfree.at.KPMG\_Edinburgh\_02@kpmg.co.uk  
Brad.Connor@infab.com

*If you have any snippets of interest for general dissemination, malicious gossip, something you want to find out - get in touch with the editor and it may end up here!*



## Interval Training

Tired, listless, bored, and nothing to do of a Tuesday evening?  
Feeling sluggish, losing that legendary turn of pace?  
Why not come along here and make yourself really ill?

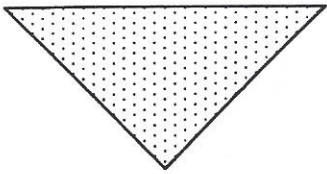
Oversen by our very own Martin Hayman,, a motley crew of orienteers, triathletes, duathletes, hill runners, road runners, track athletes, posers and some surprisingly normal people as well gather at the east end of the Meadows around 7.50p.m.

The purpose? Sharpen up your speed for that sprint to the line, simulate the demands of racing between controls, provide a change from monotonous one-pace long training runs or just to have fun and socialise.

What does it involve? Running round various parts of the Meadows as many times as you want in 30 minutes. Most people opt for five 1000 metre runs but the big boys with better powers of recovery generally run 1200 metres

Depending on how you feel or how fit you are you can do whatever you want - 4, 6, 8, 10 or 1200's, in any combination you want and as many times as you can be bothered.

There's guaranteed to be someone of your standard there to act as a guide or target for you and be the object of intense loathing and hostility ever after. You can even come along and just chat and go over what happened at the weekend and there's usually the promise of free soup somewhere nearby afterwards. Go on - give it a try!

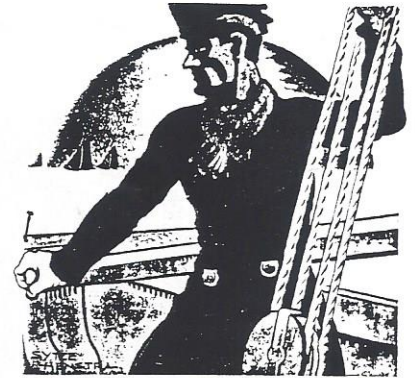


# Going Dutch

You wondered what was going to happen on a ferry bound from Hull to Rotterdam on the evening Holland were playing Brazil in the World Cup semifinal. Round about 7.30 every Dutch lorry driver on board seemed to congregate in the foyer where we were sitting. There was a television there! There was a lot of confusion and uncertainty as to whether we would actually see anything. About five to eight one of them suddenly appeared from a trip to the deck below and shouted something which precipitated a mad rush of cigarette smoking, Heineken swilling, orange garbed, clog wearing madmen with inflatable plastic hammers down the stairway. They needn't have bothered for a couple of minutes later our previously lifeless television came on and we had the pick of the seats. It soon became fairly obvious from the audience reaction as to who were the English and German passengers on board. The Dutch seemed intent on throwing it away but managed to grab a late equaliser only to throw it away in penalties. For me, the best team in the tournament were out. It would have been fun in Holland if they'd won. We had a smooth crossing and arrived in Europort early next morning. I was a bit wary of driving off the ferry into the dock area of the busiest port in the world in the most densely populated and urbanised country in Europe. Driving in Denmark and Northern Spain tended to be fairly quiet and peaceful. Another thing worrying me was the 32 page book given to us in Hull courtesy of the Rotterdam City Council outlining all the roadworks and restrictions from June to September. After poring through it all I was glad to find that none of them would affect us. Can you imagine Edinburgh Council informing motorists so far in advance? We were out of Rotterdam surprisingly quickly, despite the fact that I was religiously sticking to the speed limit unlike many of the drivers around me. One thing you notice quite quickly is how easy it is to get from one place to another in the Netherlands. It is a small country and there is an excellent road network, though they are keen on long roundabout interchanges. Anyhow, within no time we were at our first destination - Chaam a small village south west of Breda near the Belgian border. We had a quick look round the shops and stocked up on food and then tried to find the youth hostel. That's when our problems started. There was a big environmental improvement / landscaping programme going on with the usual red brick

*the first of the 'what we did on our holidays' articles in this issue. It's yours truly and the rest of the tribe and our adventures sur le continent. Apologies to the Riemersma family for any inaccuracies, untruths or malicious slandering of their country and people*

roads, parking bays, bollards, architects trees, etc. and almost every road in the town was being dug up somewhere so there were diversions everywhere and could we find the right road? We actually ended up in a little bit of Belgium at one time. I'd forgotten all about enclaves. I remember studying them in Political Geography. Baarle-Nassau is about 3 miles away from the Belgian border proper but is actually in Belgium! We found the right road eventually and enjoyed a few days walking in the woods, visited de Efteling (Holland's answer to Alton Towers) and de Tongeldrip, a huge new leisure pool in Eindhoven. Finding somewhere to eat proved difficult in the country areas though we did find a chip shop in a nearby village. The Dutch seem to like their chips, consuming them by the kilo with a jar of mayonnaise on top. My running was confined to a few leisurely runs along the Red Trail in the ChaamseBos. Unfortunately I must have snagged my trainers on a trailing branch and so had a nice big tear in them. From the forested south we then headed up to the dunes and polders in the north west between Haarlem and Alkmaar. The youth hostel this time was in a place called Bakkum. The area seemed popular with Germans and weekend Amsterdammers. Walks in the dunes this time, a bit of culture in Haarlem and Leiden and a visit to the Zuyder Zee Museum and the Space Expo at Noordwijk. Ruaridh by this time had decided he wanted a Holland away strip. We saw one in Haarlem but thought we could get one later. Big mistake! Not many Riemersma's in the telephone directory here! Running here was a bit boring - it was extremely flat and once you left the shelter of the houses and hedges, very windy. The Dutch are fairly helpful in most areas though because they have these little markers along the roads at theoretically 100m intervals which makes it easy to time and pace yourself. There were a lot of serious cyclists around here so I had to watch out and a rollerblader as well, though I suspect he was a speed skater doing some off-season training. Next it was Den Haag, the seat of government and centre of many things European. A city experiencing lots of change. Much of the central area seemed to be in the process of being pedestrianised. The boys were glad to be there as they had the first Big Mac of the holidays there. The Youth Hostel was near the centre on the edge of the Red Light District. "Mum, what are those



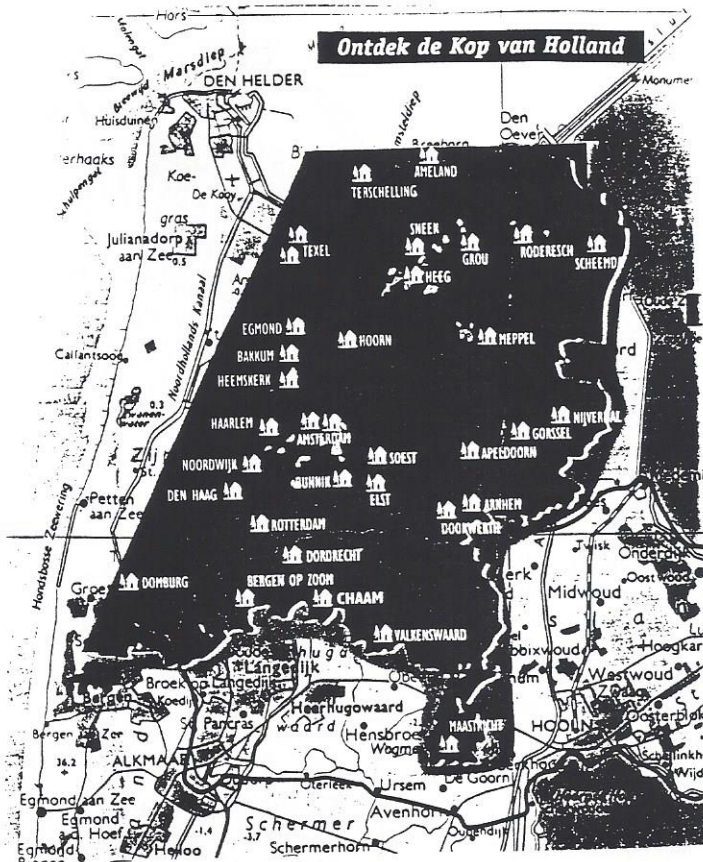
ZUIDERZEE MUSEUM  
HAARLEM



NEDERLAND



# ddoouubbbleedduuttchh



women in the window doing?" asked an innocent eight year old. I'd forgotten that earlier on my wife had managed to navigate us into the one street which must constitute the red light area of Alkmaar. Running was difficult here because of all the roadworks and the trams but I did manage to reach one of the main parks, the Haagse Bos and devise a run which included a royal palace, the main train station and the red light district.

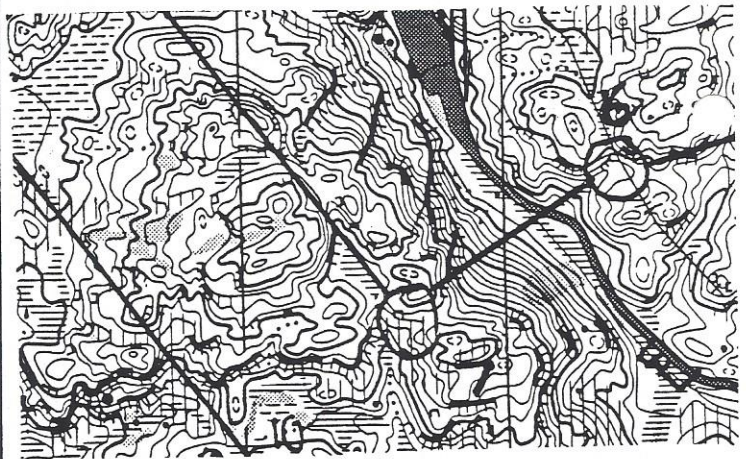
Now some 20 or so sports shops later, we were arriving at the conclusion that there were no national football strips left in the Netherlands, not in Ruairidh's size anyway. A serious miscalculation by Nike here, underestimating demand for their product.

Last stop for the Inverarity tribe was Soest to the south east of Amsterdam, between Hilversum and Amersfoort. A fairly wealthy part of the country judging by the number and size of mansions here. The main attraction appeared to be the huge expanse of wooded dunes in the area which seems to have attracted lots of military establishments and the KNVB as well. (The Dutch soccer academy was nearby). We hired bikes and had a great time here once Calum got the hang of actually staying on the bike while he was pedalling. We also took the train into Amsterdam a couple of days for some shopping and more culture. The Van Gogh Museum, the Stedelijk, Anne Frank Huis, the obligatory canal tour et al. If you're ever tempted to spend some time in Holland and are looking for somewhere to eat I can thoroughly recommend Vroom and Dreesmann department stores found in most cities. Excellent, natural, wholesome food at reasonable prices. It was back into the woods and the nature reserve here on my runs but I did run past the rugby ground (!!!) and had fun racing the trains to the level crossing. In conclusion, it is a bit flat in places but the vistas can be impressive. It's a country on a manageable scale. 90% of the people speak English. You won't find much serious hill training. The Dutch in the main seem fairly cosmopolitan if somewhat direct with their observations and brusque in manner sometimes. They seem to have a lot more pride in their homes and their towns than we do and in matters of style and design the Dutch seem light years ahead of us. Maybe you should go Dutch sometime!

## Great Planned Legs Of Our Time or Route Choices ESOC Might Have Planned

*a forlorn attempt to stimulate some reader response and involve club membership. What's the worst leg you've had to run recently? Let us know so that this series lasts for longer than one issue*

You're not enjoying yourself. You've slogged uphill on the first leg and then have a steep, slippery descent to the control. You blast through the marsh behind Barry and are thankful that you don't sink into it waist deep like he does. Another climb awaits you to number 2. You then have to skirt warily along the crags to 3. It's then precipitous descent time, all the while thinking of that broken elbow you've had. After you've crossed the river and climbed another 80 metres you get to cross a marsh and then climb another 80 metres and thrash about in the man eating bracken looking for number 4. 10 minutes later you find it isn't in the bracken anyway. You then get to make a long detour to avoid the sheer drop en route to 5 and after you cross another marsh you manage to lose yourself completely. Finding 6 is a dawdle once you know where you are and you're looking forward to your run downhill to the road after having been out for an hour already and then . . .



160 metres straight up, I ask you! Was there any need for a leg like that! And we then had to go through a whole lot of kak to 8 where even Rob Lee fell over, 30 seconds after encouraging me to stick in!

NB Roped Crossing

*oh! and we had this control later on, too!*

12 103 Island E end

NB Roped Crossing



- Sunday 18th October  
**CompassSport Cup Final**  
**Slaley, Hexham**  
 (NX853990)  
 Information from  
 John Barrow (0131-440-2136)
- Sunday 18th October  
**SOLWAY Colour Coded Event**  
**Drumlanrig, Thornhill**  
 (NX853990)  
 Information from  
 Diana Turner (01848-330814)
- Sunday 25th October  
**WOSOL4**  
**CUNOC Colour Coded Event**  
**Dalry Moor, West Kilbride**  
 (NS216523)  
 Information from  
 Stewart Durham (01294-601322)
- Sunday 25th October  
**INVOC Colour Coded Event**  
**Keppernach, Nairn**  
 (NH916428)  
 Information from  
 John Anderson (01667-452796)
- Saturday 31st October  
**Tinto Twin Night Badge Event**  
**and British Night Champs**  
**Newcastleton, Langholm**  
 (NY493882)  
 Organiser and Enquiries  
 Marjory Foreman (01555-665346)  
 Seniors £7.50 / Juniors £4.00
- Sunday 1st November  
**Tinto Twin Day Badge Event**  
**Newcastleton, Langholm**  
 (NY493882)  
 Organiser and Enquiries  
 Marjory Foreman (01555-665346)  
 Seniors £7.00 / Juniors £3.50  
 Pre-entries on SEF to  
 John Graham  
 3 Gillbank Avenue  
 Carluke, ML8 5UW  
 (01555-751726)  
 CD 14th October Ltd EOD  
 Combined Entry £13.50/£7  
 Cheques payable to  
 Tinto Orienteering Club
- Saturday 7th November  
**ESOC Small Event**  
**Bonaly, Edinburgh**  
 (NT212675)  
 Information from  
 Janet Clark (0131-225-7771)  
 Starts 13.00 -14.30 hrs Entry £1
- Saturday 7th November  
**Scottish Night Championships**  
**Glenearn and Berryknowe (INT)**  
 (NO133127)  
 Organiser and Enquiries  
 Paul Caban  
 50 Buckstone Road, EH10 6UE  
 (0131-445-3098)  
 Seniors £6.00 / Juniors £3.00  
 Closing Date 26th October  
 Ltd EON Late Entries £7/£3.50  
 Cheques to INTERLØPERS OC
- Sunday 8th November  
**WOSOL5**  
**CLYDE Colour Coded Event**  
**Mugdock Country Park**  
 (NS547781)  
 Information from  
 George Wilkinson  
 (01475-540431)
- Saturday 14th November  
**MAROC Night Event**  
**Ballogie, Aboyne**  
 (NO600975) not Car Park  
 Information from  
 Evelyn Hall (013398-84332)
- Sunday 15th November  
**MAROC Day Event**  
**Ballogie, Aboyne**  
 (NO600975) not Car Park  
 Information from  
 Andrew Carruthers  
 (019775-62004)
- Sunday 15th November  
**LOL3 - RR**  
**Cardrona Forest, Peebles**  
 (NT292384)  
 Information from  
 Dick Warren  
 (01573-440537)
- Sunday 22nd November  
**Scottish Score Championships**  
**Creag Vinean, Dunkeld**  
 (NO002446) WFO  
 Organiser and Enquiries  
 Alan Shields  
 (01383-824487)  
 Entries on SEF to  
 Les Smithard  
 150 Langton View, East Calder  
 West Lothian (01506-494360)  
 Seniors £6.00 / Juniors £3.00  
 Closing Date 6th November  
 VeryLtd EOD  
 Cheques payable to  
 West Fife Orienteers
- Saturday 5th December  
**INT Small Event**  
**Corstorphine Hill, Edinburgh**  
 (NT203747)  
 Information from  
 John Barrow (0131-440-2136)  
 Starts 13.00 -14.30 hrs Entry £1
- Sunday 6th December  
**LOL4 - INT**  
**Somewhere !**  
 Information from  
 God Only Knows

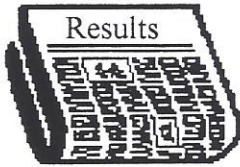
# Events



# dnf

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

- The Treasurer might still be looking for payment of Relay fees and accomodation at Woodlands. Stay away from Paul if that is you !
- We are ready to map Mortonhall. All we need now are suitable mugs volunteers who have a keen interest in going out there and doing the donkey work. Paul (445-3098) would seem the most likely person to offer your services to.
- We forgot all about the 11 Person Relay. No we didn't! We just didn't bother. Apologies to anyone looking forward to it. The committee, for once, took an executive decision. In the light of Culzean Castle being a National Trust property, that wonderful organisation charged with protection of the nation's heritage see fit to charge every adult who visits it £3 and every child £2.40. On top of the entrance fee we didn't think it was worth it.
- It hasn't taken him long ! Ackland going crazy I mean. As if we haven't got enough with the LBOA Champs, the Scottish Night Champs, our LOL and Highland 99 to think about he's gone and signed us up for Scotlands galoppen 2 on March 28th. It's to be held on a new area, Uath Lochans, which I'm told is in the vicinity of Inshriach. Take one step back all those who want to plan, control, organise . . . He's also thinking of having a Short Race on the day before using E-mit. Did I mention he thinks we should do the British Elite Championships in 2000 too ?
- The LBOA AGM is coming up and you're all invited. Hosting this prestigious event is Alan Robertson of ESOC at his home, 12 Swanston Avenue, Fairmilehead on Tuesday 27th October at 7.30 p.m. Phone him on 445-1103 if you want to find out anymore
- With the LBOA Championships coming up now is the time for anyone holding one of their pots to give them back. Janet Clark of ESOC is collecting them in (225-7771). The prizegiving will be three weeks after at the Scottish Score Championships at Creag Vinean.
- We had one applicant for the post of Junior Development Officer. Cliff White of ESOC, a recently retired Outdoor Education teacher. Unfortunately, he has now found himself in demand for other activities and won't have enough time for the job so we're back to square one. Do you know anyone who might be capable and interested in this post ? John Barrow (440-2136) might be happy for some suggestions.
- Interested in controlling ? There's a Grade 3 Controller's Course on Saturday 14th November probably at Kinnoull Hill, Perth. The tutor is Ted Finch of FVO. There will be a fee but there may be some help from SOA coffers. If you're interested get in touch with Evelyn Hall (013398-84332). If you want to upgrade to Grade 2 there's a course for you on the same day at Ballogie Forest, Aboyne. The tutor here is Derick Nisbet. Once again, Evelyn is the person to contact. For those aspiring to the giddy heights of Grade 1 Controller it's a more intensive 2 day course on the same weekend at Achray Forest, Aberfoyle. If you're interested in this you have to contact BOF for more details.
- Don't get ill or have an accident in Kirkcaldy is the advice given by a high ranking club official. The reason - Gordon's working there just now ! Best wishes and we hope your sentence passes quickly. Someone has to work in Fife !
- I believe best wishes are in order to Lucy and Robin too ! Unfortunately my brain has turned to mince and I can't make head or tail of my notes and can't remember if number 3 is on the way or has arrived. Can someone keep me right, please !
- On the baby front, young Isobel Conway-Fitt was spotted at the Meadows the other night but still no sign of Dad orienteering yet ! He should take a leaf out of Fergus Smith's book. 12 days old and dragging Phil and Judy to the National Event at whatusedtobecalled Allean. Mucho congratulations to the Smiths ! (Weren't they a popular beat combo of a few years ago ? - Ed.)
- Congratulations are also in order to Ian McLean, 77th, in big field, in the World Rogaine Championships in the USA this summer. Well done, Ian. And closer to home up in the Culter Fells to Kirsty Balfour and friend for winning the Silver category in The Lothian Mountain Challenge. Nice to see your orienteering skills are still sharp. From what I gather I believe you're doing rather well in your swimming also these days. You must get it from your mother ! It was a stationary car your Dad ran into on his bike, wasn't it ?
- The bells will be ringing on July 23rd for Gillian and Dave. All your cheapskate friends in the club will be buying your presents in the January sales now. Congratulations to both of you from all your fellow Interlopers
- Next committee meeting is supposed to be Wednesday October 28th at Dave Godfree's, 30 Blackwood Crescent (667-9747)



## Saturday 15th August Scotlandsgaloppen 4 Drumashie (INVOC)

The Highland Fling Weekend. A nice way to end the holidays. Wife and youngest son are left behind as the 'men' of the Inverarity family head up for Aviemore youth hostel. A spot of window shopping in Inverness before we head down to the top of the loch. There have been ominous warnings about 'bad weather alternatives' in the arrangements. Although it's nice on the day it had been raining earlier in the week. We arrive at the forest gate to find a notice saying starts delayed 40 minutes. That means I'll be off at 3.10 p.m. And I haven't got a head torch with me! It's a bit soul destroying being the last one off. There's always the worry there'll be no one around to help you when you get lost. As it happened, my mistakes were minimal (by my standards anyway) and I had what could be considered a good run. Though I still know I could have done better! Lots of 1st and 2nd places suggest other Interlopers enjoyed it to. Galloway returns to orienteering shock horror. He was all doom and gloom as I passed him going to the start, he having already finished, but he still managed to beat Caban. There were lots of big boys and girls there as well but they were playing with their electronic punching system and wouldn't give us a shot.

M12A	Ruaridh Inverarity	2nd
M14A	Niall Inverarity	5th
M21E	Rob Lee	1st
M21L	Robin Galloway	8th
	Paul Caban	9th
M35L	Phil Smith	2nd
	Ian McIntyre	6th
M35S	Tim Brand	7th
M40L	Graham McIntyre	12th
M45L	Colin Inverarity	6th
M50L	Pat Squire	ret'd
W21E	Heather Hartman	9th
W21L	Hilary Quick	1st
	Ann Haley	2nd
W21S	Darina Cunnane	1st
	Fiona Weir	2nd
	Jane McIntyre	9th

### Light Green

3rd Ben Hartman M21 59.52

## Sunday 16th August Bull Trophy Badge Event Lossie Forest (Moravian)

I didn't have such a good run here though judging from the results I was in the minority. Some people fairly whizzed round and quite a few M50's included. I encountered a pair of rather disgruntled sons on my return. Despite starting at nearly 11 o'clock, controls were missing from their courses. 6 on M12A and 4 on M14A and from what I could see, all within 500 metres of the Assembly. I thought it a bit off having travelled up all that way and stayed on for youngsters to experience that. I eagerly awaited the results to see what apologies would be offered but I wasn't really satisfied. The controller - "We also had a problem with some control markers at the start of the event. This affected some of the shorter courses. It was quickly dealt with but again we must apologise to those concerned. We sincerely hope this didn't affect too much the enjoyment of your day." The planner - "... No excuses are offered but the demands of some competitors were distracting at a crucial time." There seemed to be more concern over the fact that M21E had to be voided because some competitors didn't realise the second part of their course was on another map back to back with the first and ran back to the finish to find out what the score was! I'm sorry folks, small club or not, I think one of the basic points of organising an event is to make sure the controls are out there in position on time. Or am I being too unsympathetic? No refund was offered to the boys either. I have to admit that I did enjoy my run, poor though it was. It looked like the women had a better day than the men!

M12A	Ruaridh Inverarity	5th
M14A	Niall Inverarity	6th
M21L	Paul Caban	16th
M35L	Phil Smith	5th
M35S	Tim Brand	2nd
M40L	Graham McIntyre	8th
M45L	Colin Inverarity	16th
M55L	Ben Hartman	8th
W21E	Lorna Eades	1st
	Heather Hartman	11th
W21L	Ann Haley	2nd
W21S	Darina Cunnane	1st
	Fiona Weir	3rd
	Jane McIntyre	4th
W35L	Hilary Quick	7th
W35S	Morag McIntyre	2nd

### Yellow 1.9km 20m climb

15th Stephen Haley M7 48.49

## Saturday 6th September Scotlandsgaloppen 5 Craig A'Barns (ESOC)

A big turn out here. Mrs Walton goes round for the first time in a while. Darina continues her winning ways and a straight 1-2-3 in M21E from Daniel, Rob and Andy. I'm going through that phase where my weekly mileage is going up, I'm running faster but I can't navigate for toffee. I flung in a 25 minute control halfway through and things didn't get much better from then on. I had been running reasonably well along the ridge but convinced myself I'd reached my attack point of the clearing much too early and then floundered about for ages. I was really chuffed to find I'd actually ran about 20m past it a couple of times. Still, I didn't seem to be the only M45 who had a stinker but I don't think this will be a counter!

M12A	Ruaridh Inverarity	5th
M14A	Niall Inverarity	5th
M21E	Daniel Marston	1st
	Rob Lee	2nd
	Andy Kitchin	3rd
	Dave Godfree	7th
	Anthony Squire	8th
	Colin Eades	13th
	Gordon Riemersma	ret'd
M21L	Paul Caban	9th
M35L	Phil Smith	2nd
	Charlie Walton	ret'd
M35S	Tim Brand	6th
M40L	Bob Cherry	7th
	Andy McLeod	8th
M45L	Colin Inverarity	10th
M50L	Barry Owen	3rd
M60L	Ronnie Sinclair	9th
M65L	Ray Heyworth	m8
W21E	Lorna Eades	2nd
	Kim Buckley	3rd
	Heather Hartman	6th
	Gillian Matthews	9th
W21L	Ann Haley	2nd
	Hilary Quick	5th
W21S	Darina Cunnane	1st
	Janet Walton	3rd
	Fiona Weir	6th
W35L	Chris McLeod	3rd
	Helen Murray	7th
	Morag McIntyre	ret'd
W55L	Careen Sinclair	7th

### Yellow 2.0km 90m climb

Stephen Haley M7 m7

### Blue 4.5km 250m climb

6th Donald Kettrick W21 102.54

## Sunday 20th September LOL1 (FVO) The Trossachs

It was a nice day ! I can't deny that. I'm told the scenery there is lovely, but I didn't really have much time to enjoy it. Looking at these results on the screen we seem to have had a fairly skeletal team out but the boys and girls 'done good'. The fact that Lorna started 4 minutes after Heather may have some bearing on the latter's time. Macca's well on the way to old duffer status being out even longer than I was but then he had the FVO 25th(?) anniversary bash the night (and morning) before as an excuse. I thought my course was so bad it made my previous worst nightmare experiences in the grot of Glentress and Blairadam look good !

### White

1st	Stephen Haley	M7	24.22
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### Orange

2nd	Ruaridh Inverarity	M12	41.42
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### Light Green

2nd	Niall Inverarity	M14	57.55
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### Green

13th	Karen Dobbie	W21	107.56
26th	Ray Heyworth	M65	139.12
	Eva Riemersma	W50	dnf

### Blue

1st	Lorna Eades	W21	82.34
3rd	Heather Hartman	W21	86.41
8th	Barry Owen	M50	104.31
12th	Ann Haley	W21	118.04
18th	Darina Cunnane	W21	125.58
19th	Colin Inverarity	M45	126.00
	John Barrow	M50	dnf
	Jane McIntyre	W21	dnf
	Helen Murray	W35	dnf
	Rudolph Riemersma	M55	dnf

### Brown

1st	Andy Kitchin	M21	76.05
2nd	Rob Lee	M35	77.39
4h	Dave Godfree	M21	86.29
5th	Graeme Ackland	M35	87.56
8th	Anthony Squire	M21	94.09
20th	Ian McIntyre	M35	126.17
	Brad Connor	M21	dnf

Let us not forget our gallant elite orienteers who operate on a higher level from the rest of us mere mortals and go places and do things we can only dream of. As they're usually well away from the general riffraff like me who frequents LOL's their praises are not often sung in these august, september and now october columns. No wonder anyhow ! A bunch of namby-pamby slackers who prance about in their flash o-gear and do courses in a third of the time it takes us and do they ever do the car parking ? Seriously, though, we seem to be gaining quite a lot of representative honours these days which must reflect well on the club.

Gordon Riemersma and Daniel Marston were recently selected to represent Great Britain in the World Cup events recently in Poland. Gordon was one of five Britons to reach the A Final and came in 57th in 93 minutes and 59 seconds. The 'youngster' did well after his fairly long lay off through injury and completing his medical studies. As an indication of the quality of runners he was up against, the winning time by Yuri Omelchenko of the Ukraine was 74 minutes and 59 seconds.

Daniel Marston ran in the B Final and finished a very good 5th in 73 minutes and 19 seconds. Both of them ran for GBR2 in the Relay and they finished in 17th position, 4 places behind GBR1.

The whole shebang moved onto Slovakia a few days later and from what I can gather from Lorna's gleanings from the internet, both of them made the A Final this time with Dan coming off the better this time finishing 45th in 89 minutes and Gordon, 64th, in 104 minutes and 20 seconds.

Also running for Great Britain just now are Mrs. Eades and Mr. Kitchin. Some of the former's performance is mentioned in the next column. Andy and Lorna were running in Finland but I have no official results as yet, although Lorna seemed quietly pleased when I saw her at the Meadows on Tuesday.

And what with Barry Owen and Hilary Quick running for Scotland in the Senior Home Internationals down in South Wales (I think) and probably a few others that I don't know about, aren't we doing well !

Hiya,

Some more results..including the relay one this time by popular request, modesty put to one side this time:

The 1998 World Cup In Orienteering  
Report from Event #6 IN Krakow, Poland

The final and very much decisive last three weeks of this year's World Cup started with a relay. And, a little bit surprisingly, it was the Nordic countries who dominated in quite extreme Polish terrain. Very hilly, tough physically, and the technical part of the orienteering was quite easy. In that kind of terrain you would expect the Eastern and Central European countries to be able to challenge the Nordic stars.

In the womens' class the first leg was 5.5 km, while the last two legs had two more kilometres to run. One of the favourites, Sweden, fell behind quite early in the relay and were never able to fight for a podium position. After the first two legs, it was Great Britain and Switzerland who had the lead. Great Britain had Heather Monro and Yvette Hague running the opening legs. Unfortunately Lorna Eades did not manage to hold the lead on the last leg. Mistakes already in the beginning sent Great Britain down to fifth place. For Switzerland Vroni Koenig Salmi and Sabrina Meister were in the lead after the two first legs. Birgitte Wolf had about one minute lead to Finland and 1.20 lead to Norway who had Hanne Staff on the decisive leg.

And as most people expected, Hanne secured a Norwegian win. It did not take more than a couple of kilometres before Norway was in front. The race seemed to be all over, but not quite. Hanne Staff showed that she actually can make mistakes- towards the end she almost threw away her lead. The winning margin in the end was only 40 seconds ahead of Switzerland, with Birgitte Wolf just 10 seconds ahead of Finland.

### Results Women

1. Norway 129.48
2. Switzerland 130.26
3. Finland 130.38
4. Sweden 136.25
5. Great Britain 136.51 ( HeatherM, YvetteH, Lorna E)
6. Finland 2 138.47



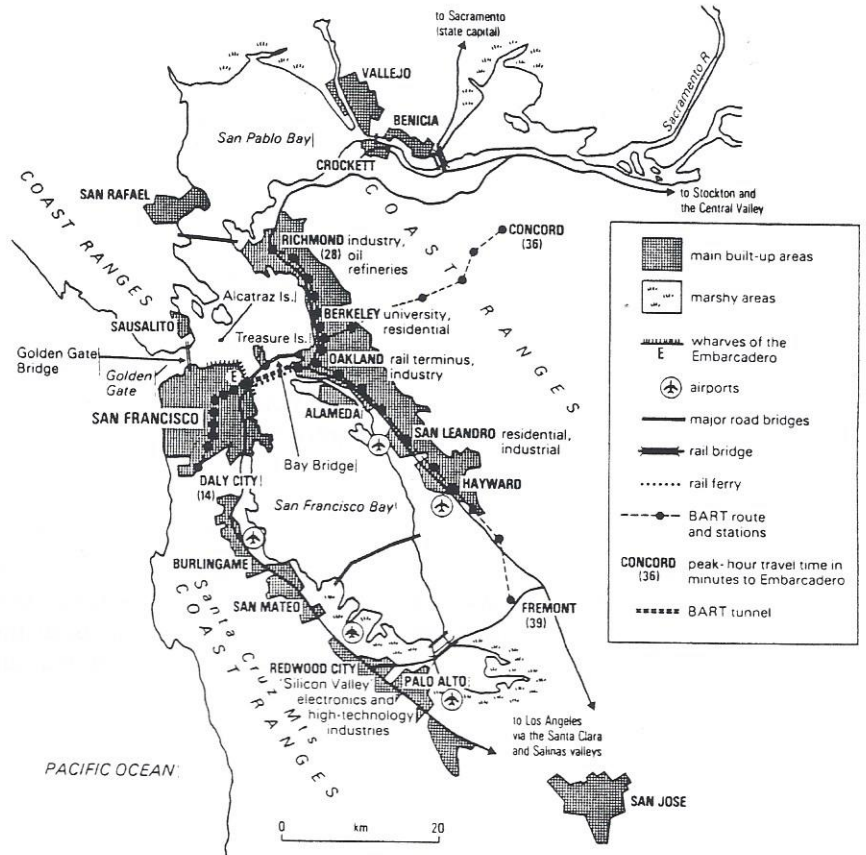
# If You're Going . . .


*it's the first of our INTO twin articles on the USA. Kicking off under the Golden Gates is young (but not for much longer) Caban*

The conversations all started the same way. "Going anywhere nice this summer, Paul?" "Oh, you know, a couple of weeks on the West Coast ..." I would answer, leaving people to think wistfully of damp Highland campsites with cold showers, a surfeit of English tourists, and the odd zillion midges, before adding ".....of the US".

Now I have to admit that this wasn't supposed to be an active holiday, but as Ian McLean and Dr. and Mrs Dr. The Chair were all planning to run on various bits of North America, I thought I'd see what California had to offer. A quick trawl on the web one Tuesday pre-Meadows turned up a Bay Area OC event in The Presidio, a park in San Francisco on the Sunday that I would be there. Great. A foreign map to add to the collection - Wales doesn't really count - plus I could at least join in, though probably not hold my own, when all The Usual Suspects produced maps of various pieces of Scandinavia and Middle Europe, and had those what-I-did-on-my-holidays conversations. Packing a compass, whistle and O-top into hand-luggage was easy (tip - never trust Heathrow with anything important), and even selling my brother the idea that he'd quite like to sit around for an hour or so while I went out for a run was easy too. Thought I might struggle on the transport front - I'm sure most of the club has tales of me phoning up on Saturday evening looking for a lift somewhere; however, when I mentioned to our tour leader what I wanted to do, she tweaked the day's program a little, and offered to drop me off at the event. I also found out a little about the terrain too. The Presidio was formerly a military complex, with roads, housing, parade-grounds and some concrete defences along the Pacific coast. There'd also be a wide beach, the odd freeway, the Golden Gate bridge too, but mainly rough scrub and trees. I thought of it as Colinton Dell without the unpleasantness, which in the event turned out to be a pretty good guess.

Sunday arrived. Most of the tour group was packing cameras and guide books; I had a rucksack full of Walshes and lycra, and of





Week	Week
1	5 SAN FRANCISCO—McKenzie (CBS)
2	1 ALL YOU NEED IS Beatles (Parlophone)
3	4 SWIAT BEZ CIEBII! *Woitek Gassowski
4	— WE LOVE YOU—Rolling Stones (Decca)
5	2 GROOVIN'—Young (Atlantic)
6	8 RESPECT—Aretha Franklin (Atlantic)
7	3 DZIWNY JEST ...

*Scott McKenzie or Paul Caban is less folliclely challenged days. You decide!*

# The Man (and Woman) From Laramie

*I couldn't even find a photo of the Virginian never mind the Man from Laramie so Ackland escapes lightly here with just a map of the geographical features of the Montane States to go with his article*

O! O! on the range, where dear old auntie lopes splay...

This year's Ackland family holiday saw us off to the state of Wyoming in the sunny US of A for a spot of jogging around the prairie in the much-advertised and little-attended Rocky Mountain 1000 day. In total about 300 people took part.

The event consists of a whole series of races: a Norm no-pardners relay (just like our Kinneil LOL) to start, a JOK-style Chasing Sprint, a night race, a long-O, a relay and a four-day cumulative time race. They reckon that with thin altitude that gets you through as much air as a conventional European 5 or 6-Day.

Laramie is a new orienteering location, and mapping enough new areas for the event was a big hassle. The solution was to map only the bits without trees on, leaving a series of extremely fast, complex, easy open areas. The perfect antidote to a Lakeland brackenfest or Sitka-spruce six-stage. And it's still surprising how easy it is to make mistakes if you run hard in the thin air. In future years they'll be able to map the extremely fast, complex forests.

The standard is pretty low, and we were able to collect a number of high placings: second man and second lady at the NNP relay, second lady and third man in the multi-day. Graeme also managed the fastest time in the long-O and chasing sprint, but sabotaged

any chance of pots by arriving an hour late for the mass start and running off the map in the sprint prologue (in each case together with Jane, of course).

The night-O was a memorable experience. The open area was crisscrossed by beaver-infested streams, their dams leaving strips of fight and open water across the map. Crossing these in the dark was quite an experience - the ponds are only waist deep in most places, or with good balance and good fortune you can tiptoe along the branch-dam itself. It is also important not to be worried about the splashing, scurrying and chomping noises the beavers make going about their business.

The organisation is extremely low key: about half a dozen officials ran the event each day (most events had only one course). The friendly attitude is infectious - most competitors ended up helping somehow on one of the days - and when one of the controls was misplaced the affected competitors simply had the time they claimed to have lost returned.

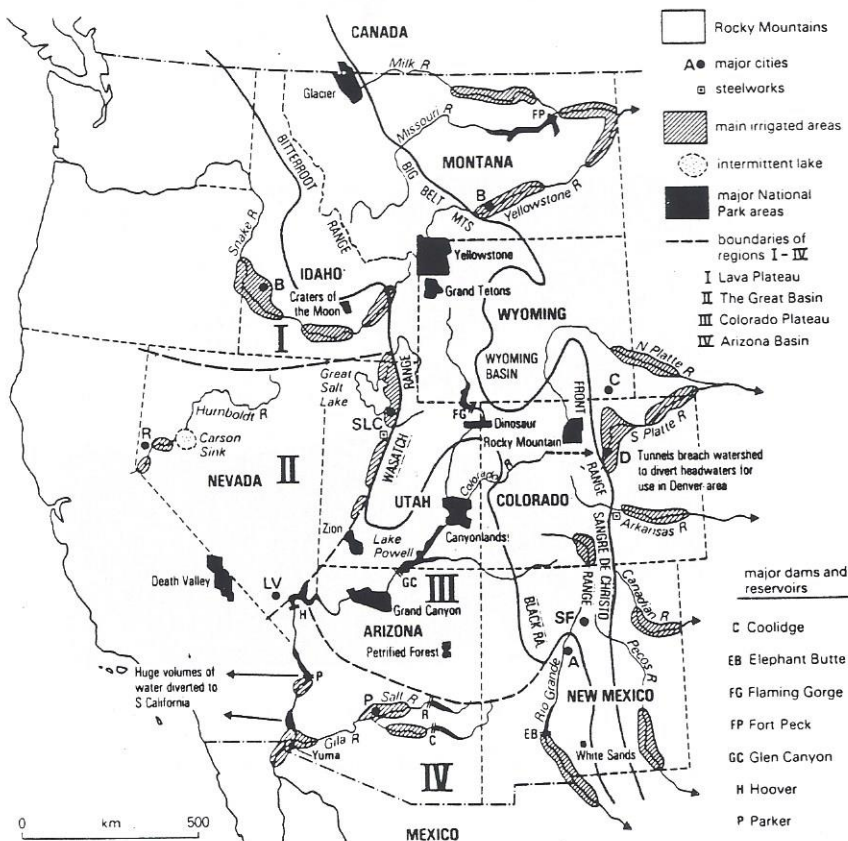
So when thinking of summer holidays, our advice to y'all is Go West.

## Laramie USA

Market town on the Laramie River in a timber, mining and stock-raising area of south-east Wyoming, about 35 km north of the Colorado border and 69 km WNW of Cheyenne at a height of 2,180 m. It was founded in 1868 as a depot by the Union Pacific Railroad. It is the seat of the state's university and a tourist centre.

**Population (1987) 25 300**

*Editor's Note: While Robert Fuller took the lead in the television series, the actual lead in the film was James Stewart who according to the publicity blurb 'came a thousand miles to kill someone he'd never seen' - The planner of LOL1 at the Trossachs ?*



# ... To San Francisco

course the Interlopers T-shirt. After a place-dropping walk on The Bridge, my brother and me got dropped off right by assembly. I registered for the longest course, Long Orange, about 8 km, left a brochure for Highland99, and wandered off to the start to collect my pre-marked map - this at a low-key local event too! The map had lots of brown and out-of-bounds, was quite hilly; there was not too much green, and quite a reasonable path network. I figured it shouldn't be too hard.

Wrong. I soon discovered that a lot of the undergrowth wasn't mapped, including thick brambles and other random stuff. Thinking fondly of ESOC, much to the surprise of the bloke I overtook early on. Things were going well, though often the controls were a wee bit hidden. Then disaster. Number 8 just wasn't there. The description was 'Building, E side', and it was marked on the map on the W side. Eventually after crawling and climbing over this former gun-emplacement type structure, and then doing a sweep search of the surrounding area, I found the control mis-located on the next building along. Sigh. Full of enthusiasm reckoning (rightly) that everyone else would lose a lot of time too, I ran off to number 9. Disaster again. This was a knoll marked in the middle of a map correction, and there were a whole host of people looking for this one some of whom had been there a long time. Taking the initiative, I started crawling again, and it appeared under a thicket about ten feet from where everyone was milling around. Saying a silent thank-you for every Bill Gauld course I've ever run a Hillend, I belted downhill to number 10. Pier, E side in the middle of a crowded beach is the sort of control that would struggle to last five minutes at Portobello, or even five seconds at Inch Park. San Francisco - no problem. There it was sitting in a laid-back sort of way behind a sand-castle.

The rest of the course was no problem, and I ran into the finish at just over an hour, for a time that was then the fastest of the day. Ninety degrees plus heat had left me a little tired, so I staggered around chatting to people, as you do. One guy walked over, said

"Ah, Interlopers. I did my doctorate in Edinburgh", and walked off again. The guy I'd overtaken early on came over and said he was going to follow me, but not through the Poison Oak. I asked him what Poison Oak was, and he told me I'd find out soon enough. A couple of other people asked me what Scotland was like, and even where it was. I tried to sell the Six-Day idea to them; a couple of people seemed genuinely interested. Lots of people were commenting about number 8. It turned out that this was the planner's first time, which also explained all the low-hung kites. I asked about results envelopes, and was told that the results would be on the web if I wanted them. Of course.

A couple of weeks later, the results were there. I'd come third, which I was pretty pleased about. I'd had a fun couple of hours, and got to meet some 'real people'. For anyone else trying to find out about events abroad, I can recommend the web as a great way to do it, particularly so the US which has full schedules and lots of information about all the clubs, with <http://www.baoc.org/> a good place to start is. Finally, that Interlopers cure for jet-lag in full.

Wednesday 18:00 - Get home after thirty hours awake, a desperately turbulent flight, and Heathrow losing my luggage. Go straight to bed.

Wednesday 22:00 - JB phones with the opening conversational gambit "have I just woken you up?"

Thursday 06:30 - Jane and Graeme arrive to pick me up so I can bring their car back from the airport. Go to work, feel awful, no idea what I did.

Thursday 18:00 - Get home, go straight to bed.

Thursday 22:00 - JB phones. "Have I just woken you up?" he says. Agree to organise the next two events if he doesn't phone again.

Friday 07:30 - Darina phones inviting me to her party. Go to work. Feel worse. Thanks guys. I'll do the same for you some time.

*And you thought  
Bart was just a  
Simpson!*

San Francisco is still the Bay Area's main cultural, commercial, business, entertainment and technology community. Traffic problems are heightened by the limited number of access points to the city. As traffic volumes increased, freeways began to appear as they had in Los Angeles. San Franciscoans, however, were concerned that the new highways, and the inevitable torrent of cars, would do irreparable damage to the special character of their city. So they voted in favour of building BART - the Bay Area Rapid Transit System.

Fully operational since September 1974, BART is the world's most advanced passenger train service and the first completely new rapid transit system in the United States for over 60 years. It was designed by Californian aerospace companies, and has been acclaimed as a 21st century concept - the product of ultra-modern electronic technology. Its electrically powered computer-controlled trains run at speeds of up to 130kph with only 90 seconds between trains at peak periods. Every junction, from the opening and closing of doors to speed and

BART - A NEW TRAIN SERVICE



# M fortysomething



# 114

Sorry ! This issue is a bit late in appearing. Apologies if you've missed the first two LOL's and you weren't able to take part in the CompassSport Cup and haven't been given enough warning about the Final this weekend. I'm worse than the planner and controller at Lossie ! Four 1st Year and Four Second Year classes are keeping me busy with homework. 100 Bedroom Maps, 100 Maps of Treasure Islands to correct. 100 exercises on Mt St Helens and another 100 on Mount Etna. Time for the newsletter seems to be shrinking. Bear with me or persuade someone else to take it over. My pathetic current form has been discussed elsewhere. What else of any note or consequence has been happening ?

There was a Cycle-O during the summer thanks to John Mitchell. A combined effort with his friends from his volleyball club. Me and Darina turned up to save the honour of Interløpers. We didn't do too badly with Darina winning the short course and me coming second on long. It was good fun cycling round about the centre ignoring all basic rules and regulations covering the Queen's highway. [ even ended up, wrongly, in a bingo hall asking some puzzled staff what their star prize was. I should have gone to the garage further down Fountainbridge. Well done, John. One of my sons has pinched

the water bottle but I kept the Smarties. John was also responsible for a Treasure Hunt as well. This year he took us to West Lothian. Maybe the roads were a bit busier here and we risked life and limb a bit more slowing down and slamming on the brakes for clues but our brain cells were certainly well exercised again. The weather was a bit ominous and right on cue, as we approached our intended destination of Beecraigs, the heavens opened. As we had slept in earlier and had to make a mad dash to the start at the Barnton Hotel we were not prepared for wet weather. Various foolhardy souls braved the elements and attempted to enjoy the barbecue but we headed on home. Once again, thanks for dragging us to places we've never been before John and who won it anyway ? Presumably it wasn't us !

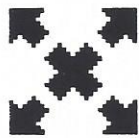
Watching some episodes of the X-Creatures on television recently put me in mind of some other mythical beasts which legends tell us about and are said to exist in the East Central Scotland area. Not spotted for many months and believed to be extinct, Scott Balfour has reappeared. Juliet Vickery has been approached to confirm this rare sighting after her documentary on Tasmanian Tigers. He's fully recovered from his flying dive through the back window of the car he hit. It doesn't seem to have affected him

judging by the speed he's flying round the Meadows at. Now that the nights are drawing in we are also being treated to sightings of the rare, shy and elusive Dave Simmons. They only come out at night, no doubt embarrassed by the cut-off O-bottoms they run in.

My two eldest have been running and training at 'higher' levels. Niall with Scotjos and him and Ruaridh for LBOA. Niall didn't make the Junior Home International team but his form is improving. He and Ruaridh helped LBOA to 2nd place in the Junior Inter-Districts at Faskally and Craig A'Barns but not that far behind a strong North team.

I haven't had the chance to speak to her but nice to see Karen Dobbie back orienteering again. When are you coming back, John Kenworthy ? Remember that any gossip / scandal / items of maximum public embarrassment on club members is greatly appreciated by your newsletter editor. Keep those articles rolling in !

Don't forget the Hallowe'en Party, Chez Eades. Do try and come along and help the club at Slaley this weekend. There is a post event celebration / wake planned which Ackland might be able to tell you about. Hopefully I'll see you in the forest sometime soon so you can help me relocate ! Happy Trails !



## CompassSport Cup Final

NATO

Colour Coded Event  
Sunday

18th October

Slaley, Hexham

NY955554

Information from  
John Barrow (0131-440-2136)



## Be Afraid Be Very Very Afraid

### Interløpers Hallowe'en Party

Thursday 29th October

22 East Preston Street

7.30ish onwards

(by kind permission of Mr and Mrs Eades)

Fancy dress is obligatory

Bring your turnip/pumpkin lanterns  
and a selection of sparkling wines and  
cheesy comestibles with you and be

prepared to make a total fool of  
yourself in the usual party games