

INTERLOPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 116

March 1999

116

Infinity and Beyond !

A long, long time ago in a galaxy far, far away It ranks alongside some of the greatest orienteering mysteries of our time: like why can you only find one 0-sock when you empty the washing machine? Is Ackland on a percentage or a flat rate from BOF for the number of events he gets us to organise? Why is it always Interlopers who get an LOL in December/January/February and freeze their b***s off? Isn't there anyone faster than Rob Lee over an SG series? Will we ever run on Archerfield again? How is Barry in the Scottish Vets Squad? Why is there only one CompassSport Cup match for the whole of Scotland? Is that a doughnut or a meringue? Is it not about time for a new newsletter editor?

The excuse for all this mindless tosh is the remarkable cartographic breakthrough by some of Britain's brightest boffins. Using complex mathematical models it took them 10 years to produce this 3-D map which

charts 15,000 galaxies and covers an area so large that it would take 500 million years for a light shone on one side to reach the other. Apparently, though, it only represents about one-ten thousandth of the cosmos so we may still have to wait a while for their infra-red telescopes to accurately plot the position of the pit in Blairadam or the ESOC thicket.

Some sceptics in the club might find this hard to accept, as many of history's greatest maps have proven to be wildly inaccurate (Cardrona?). No names will be mentioned but there are some who still believe the Earth to be flat and don't place much faith in those new fangled ideas from Ptolemy and Mercator. Others believe it's a gigantic hoax and think it's just a scan of Caban's stomach after he's had a curry. Certainly, there will never be another map like this in our lifetime. Maybe if they're not busy just now they could give us a hand with Mortonhall and Colinton Dell?

Special Annual Issue

**The President's
Pieces !!!**

**Have Your
Renewed ?**

**CompassSport Cup
Here We Go Again !**

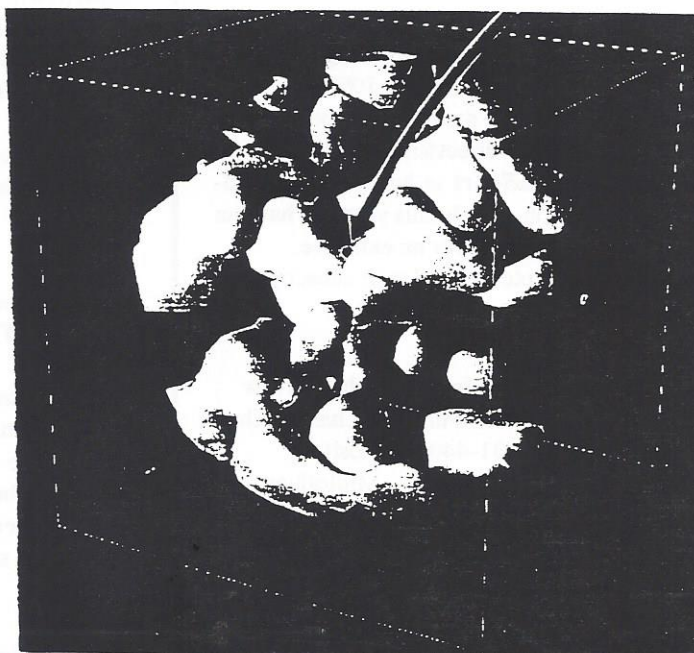
PCI

Club Age Profile

**Welcome Back
Junior Corner !**

**and our up to the
minute events and
results service**

This is the largest ever map of the
universe and you are here (give or take a million
miles or so...)



In the Club

A warm welcome to the Dawson Family who have been to a few LOL events already. Also to Kate Hofman (W21), Mary Ker (W21), Rob Peacock (M21), Jen Leonard (W21) and Pascal Lardet (M21). Oh, and Guy's finally joined as well ! Sorry the newsletter is a bit late in arriving. Watch out for socials, training events, etc. when you can get to know some of us a bit better. Happy orienteering to you all !

The Dawson Family

Keith (M40), Jane (W40), Luke (M16), Sarah (W12)
13 Brockwood Avenue, Penicuik, Midlothian, EH26 9AJ
01968-672218

Guy Gobourn

1A Lauriston Gardens, EH3 9HH, 0131-229-5020

Kate Hofman

Flat 14, 105 Causewayside, EH9 1QG, 0131-668-2449

Mary Ker

1F1, 3 Comely Bank Place, EH4 1DT, 0131-332-8806

Jen Leonard and Pascal Lardet

2F1, 13 Rochester Terrace, EH10 5AB, 0131-228-8857

Rob Peacock

1F2, 53 Belford Road, EH4 3BR, 0131-220-1827

On the Move

Hi Colin,

A happy new year to you. This is just a quick message to make your life more complicated, but save the club some postage, if you so choose. Until the end of June, my address is c/o Montillier, 7 rue Guenegaud, Paris 75006, France. Thereafter, until after the Scottish 6-day, it will then change to 4 Atholl Crescent, Aberfeldy, Perthshire PH15 2AX. Then it will be Ottawa again. You could also just ignore this, as I'm having my mail redirected from Canada. I'd tell you more, but this line seems to keep closing down on me.

Cheers,

Donald Watson

dfwatson@hotmail.com

Steve Terry

28 Deanswood Park, Deans, Livingston, West Lothian, EH54 8NX
01506-490477

Grumpy letter from Steve bemoaning the fact that he hasn't had any newsletters since May. He should be so lucky ! Sorry Steve, there must be something wrong with the post 'cos your letter of February is the first we've heard of it. I've been sending your newsletters to West Calder so perhaps the new resident hasn't been sending them on to you.

It's still here ! How many of you haven't renewed yet ? Get in touch with John Barrow or BOF now !



Membership Renewals for 1999

Full members should already have received their BOF membership renewal forms for 1999. If the SOA adopt the same arrangements as for last year, renewals of Associate membership should be sent to the Club Secretary, who will forward the information to the SOA Membership Secretary. The Full (BOF+SOA+Club), Associate (SOA+Club) and Club-only fees for 1999 are:

Category	Full	Associate	Club-Only
Junior (Born 1979 or later)	£5.70	£3.20	£1.00
Senior (Born 1978 or earlier)	£20.75	£11.00	£5.00
Family	£30.60	£16.50	£7.00
Group	£22.00	£14.00	£2.00

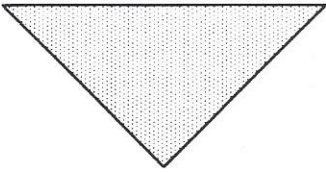
Note that Juniors aged 19 or 20 are expected to be Individual members; Juniors included in families may be aged up to 18 only. Ages are taken as at 31st December 1999.

If you intend renewing your BOF membership, please send the entire form and subscription direct to BOF. Note that (a) the subscription to **CompassSport** is handled independently of the BOF subscription, and (b) this year you have an option to receive the Ranking List for an extra fee.

Would Club-Only members please send their subscriptions (payable to INTERLØPERS O. C.) for 1999

John can also handle conversions from Club-only to either Associate or Full membership. Please phone 0131-440-2136 for answers to any queries.

John Barrow
3 Charlton Grove
Roslin
Midlothian
EH25 9NY



the president's pieces

can you say this in a family newsletter ? And when did Ackland become 'President' anyway ? Power has gone to his head. His thoughts and some from the SOA Development Officer also. What do you think ?

Hi Colin,

Another treasure of delight for the newsletter from Donald Petrie. I dare not make further comment for fear of being trampled underfoot in the rush of volunteers.

Graeme

The 6-Day Company are looking towards the possibility of the 2003 6-Day Event taking place on the Moray coast with possibly Elgin, Forres, Burghead, Lossie, etc, etc as the event centre. They have explored other possibilities and reckon this is the best option available.

The clubs in the north are obviously heavily involved in this year's event and there is no way they can cope with another 6-Day so soon.

The 6-Day Company would like to provide the central organisation from the central belt using clubs that have never been involved in the central organisation before, and were wondering if Interlopers would be interested along with ELO and WFO. I have not approached them yet as obviously Interlopers would be the main player in this. I have however spoken informally to Steve Smirthwaite and Eddie Harwood and they and Moravian have no objections to this proposal and would be keen to help with some of the ground work. I would be the Assistant Co-ordinator as usual (if I haven't cracked up by then!)

I would like the opportunity to attend the next Interlopers Committee Meeting to discuss the matter in more detail if required. We do need to announce this by May at the SOA AGM, so a reasonably quick decision has to be made.

Please phone me or Dick Carmichael the Company Chairman if you wish to discuss this further.

Donald

Grovelling Apologies

Who did I offend last time ? Barry Owen. How could I miss that he won the National Event at Leachdann Unpronounceable. Sorry Bazza ! Mrs Ackland was mightily miffed that I neglected to mention her stunning win at the Scottish Night Championships in a field of I don't know how many but it must have been in single figures. She was so upset that she immediately went and got herself pregnant. Perhaps that might be the reason why someone's website now has the strapline "Interlopers - A family club for a family sport". And finally, while I haven't annoyed the SOA Development Officer, he is a bit concerned that he has seen no mention of the part he played in winning some sort of Open Relay at the British Championships with Interlopers never mind seeing the trophy. Come on lads, hand it over and give Donald a shot before it has to go back.

Date: Wed, 3 Mar 1999 19:11:44 GMT
From: G Ackland (graeme@holYROOD.ed.ac.uk)
Subject: Presidents Piece

Quite a lot has happened since the last newsletter, so here's a bit of an update of what you may have missed and what is coming up. First of all, I'm guilty of using the e-mail a lot to communicate club stuff. I know some people aren't on it, and I know I could use the phone, but I don't have the time or inclination to do that. So please, if you see stuff on the interlopers list, pass it on to anyone else you meet who may not get it.

The main thing that's been and gone is the arrival of sponsorship. After long negotiations we passed up the chance to be INTERLOPERS: Team Nuclear Waste Disposal, INTERLOPERS: Team Serb Militia, or INTERLOPERS: Team Genetically Modified Tomatoes and opted instead for INTERLOPERS: Team CompassPoint. This will be printed on the back of our new lightweight yellow & green club O-kit which should arrive some time in April. If anyone wants kit but hasn't ordered it yet then we may put in a second order later this year. The kit is about 25 pounds a suit: a 'significant discount', and there's a choice of O-bottoms, tights or naked-from-the waist. Also, we soon need to enter teams for the British Relays in the Lake District and the Scottish Relays in the South West. Let me know if you want a run and I'll try to enter an appropriate number of teams. And don't forget to come to Dalkeith Park on April 18th for the CompassSport Cup qualifier from where you could win an expenses-unpaid weekend in Oxfordshire, the 'bramble capital of England'.

No doubt you're all looking forward to our Scotlands galoppen at Uath Lochans, presented by the expert team of Ken and Brad. There is club dormitory accommodation available at Woodlands in Kingussie for the Saturday night - contact Paul or Pat to reserve a bed.

Cheapest entries for the 6-day have now past, but more expensive entries are available. Highland 99 made a late decision to use electronic punching, which will reduce the number of helpers needed to just one person trained to say "sorry, the computer's ****ed" in seven different languages. And that means you can run on our day if you want, and enter for it (Day 6) at the cheapest rate. Why you might want to do courses planned by Jane and I is another question. I can confirm that our technique of throwing darts at the map has produced some interesting courses. Our ESOCian controller was less impressed, last seen muttering something about "not enough thickets".

Finally, we're still on the prowl for planners and organisers for JK2000 (perhaps on Rannoch and Drummond Hill), BEOC2000 (Perhaps on the WOC relay area), LOL2000 (Glennearn) and assorted summer series events. So step forward all you willing volunteers, and scupper all those club members whose only training is to run a mile when asked to help !

Season's Greetings,
Graeme

PCI - an introduction

So are they not banned? Aren't they the things in fridges that destroy the ozone layer? Or maybe it's MFT's new computer superstore offshoot. Whatever it is, Ian Maclean is the man responsible. Read on.

PCI is the Physiological Cost Index Of Gait. It has been used in clinical practice to estimate the efficiency of gait of patients with physical disability such as rheumatoid arthritis or cerebral palsy. It could be used however, as a simple field fitness test for athletes and is especially useful for those who cover hilly, uneven ground. It is calculated using the equation:

$$\text{PCI} = \frac{\text{Heart rate during exercise (beats/min)} - \text{Resting Heart Rate (beats/min)}}{\text{Speed (M/min)}}$$

The units of the Index are beats per metre. The equation may be more useful in this form:

$$\text{Speed} = \frac{\text{Heart rate during exercise} - \text{Resting heart rate}}{\text{PCI}}$$

There is no need to use a heart rate monitor. Checking your pulse during the fifteen seconds immediately after exercise is valid. I have calculated my own PCI for a variety of slopes and underfoot conditions.

Each point was achieved by running or walking for at least 3 minutes on a uniform gradient. If the terrain was firm and smooth it was classed as easy, if undergrowth was ankle deep, moderate and if knee deep, rough.

In addition to distance covered, height gain, time taken and heart rate immediately after finishing, I also recorded the number of double paces taken to allow cadence and stride length to be worked out.

PCI combines fitness and efficiency. Either or both of these have improved if PCI goes down. There are two key areas to focus on to make the greatest improvements in PCI - the peaks of the curve and the transition between walking and running. The most rapid changes may be made by improving running technique. The runner

should concentrate on:

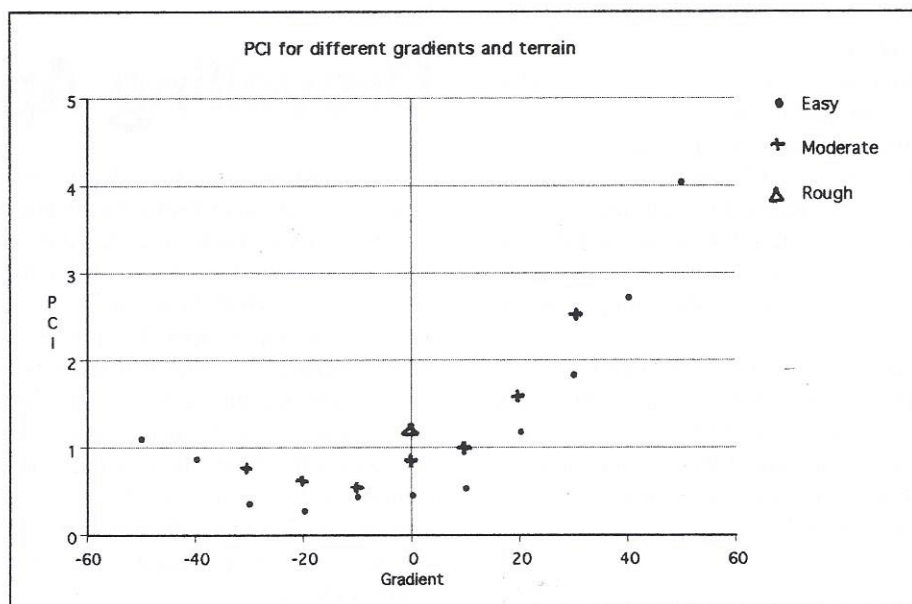
1. What the foot on the ground is doing
2. What the swinging leg is doing
3. How the trunk is balanced.

The ratio between PCI for different sorts of terrain allows more rational route choice and course planning. For example, from my graph, below, it is apparent that I find going up a 30% slope through moderate undergrowth nearly 6 times harder than running on a flat road. Going down a 30% slope through moderate undergrowth is 1.6 times as hard as the flat road. A route round which is less than 3.8 times the distance straight over a uniform 30% hill should, therefore, be quicker for me ($3.8 = (6+6)/2$). On a short course an even longer route round would be better because I am unable to run fast enough down a steep hill to achieve a heart rate equal to that on the flat.

PCI can help runners to realise that more is not better. As an immediate fitness test it should provide reassuring evidence that fitness and efficiency do not deteriorate after several days' rest. Conversely, a short term increase in PCI is an early indicator of overtraining.

If one is to train less, that training will need to be of good quality. PCI demonstrates clearly that there is a wide range of running (and walking) skills that should be practised for successful off-road competition. Long, steady distance runs on the flat are of little physiological or technical benefit.

PCI makes it clear that off-road running has complexity, variety and interest that are sorely lacking in track and road running. It is a simple tool that can add greatly to the appreciation of our sport. It makes each day an experiment. Training can be a voyage of discovery, not a sea of pain.



Ian Maclean















- **Sunday 21st March**
LOL8 - WFO
Benarty Hill, Ballingry
(NO159969)
 Enquiries to
 Jim Moffat (01337-870425)
 Seniors £3.50 / Juniors £2
- **Sunday 28th March**
Scotlandsgaloppen2 (INT)
Uath Lochans, Kingussie
(NH836038)
 Organiser and Enquiries to
 Brad Connor (0131-620-0655)
 Pre-entries on SEF to
 Brad Connor
 3FL, 15 Royal Park Terrace
 Edinburgh EH8 8JB
 Seniors £7 / Juniors/OAP £4
 CD 14th March Very Ltd EOD
 Late Entries - Surcharge £1
 Colour Coded EOD only
- **Thursday 8th April**
Second Closing Date
British Championships
Lake District
Entry Fees
Senior £12.50
Junior £4.50
- **Sunday 11th April**
WOSOL2 - CUNOC
Irvine Beach Park, Irvine
(Grid Ref ?)
 Information from
 Stewart Durham (01294-601322)
- **Sunday 11th April**
PO Local Event
Craig a Barns, Dunkeld
(NO027447)
 Enquiries to
 Rhys Stanwix (0828-670228)
- **Sunday 18th April**
LOL8/CompassSport Cup Play-
Off - ESOC
Dalkeith Park
(NT334678)
 Enquiries to
 Ros Beck (01506-650212)
 Seniors £3.50 / Juniors £2
- **Saturday 24th April**
MAROC Colour Coded Event
Bogendreip, Banchory
(NO670910) - NOT car park !
 Enquiries to
 Trish Coombs (01330-822745)
- **Sunday 25th April**
Scotlandsgaloppen3 (GRAMP)
Glen Dye, Strachan
(NO651891)
 Organiser and Enquiries to
 Jayne MacGregor (01224-638906)
 Pre-entries on SEF to
 Jayne MacGregor
 135 Desswood Place,
 Aberdeen AB15 4DP
 Seniors £7 / Juniors £3
 CD 13th April Ltd EOD
 Late Entries - Surcharge £2
 Colour Coded EOD only
- **Wednesday 28th April**
LBOA Summer Series (EUOC)
Holyrood Park, Edinburgh
(Grid Ref ?)
 Starts 16.30-18.30 Entry £1
- **Friday 30th April**
Second Closing Date
Highland '99
Entry Fees Per Day
Senior £9.50
1st Junior £4.50
2nd Junior £3.50
- **Sunday 2nd May**
WOSOL3 - SOLWAY
Fleet, Gatehouse of Fleet
(Grid Ref ?)
 Information from
 Tim O'Donoghue (01556-610235)
- **Wednesday 5th May**
LBOA Summer Series (ELO)
Carberry, Musselburgh
(NT345698)
 Information from
 Marion Moir (0131-452-8789)
- **Weekend 7th-9th May**
British Championships
Southern Lake District
 Enquiries to
 Sue Birkinshaw
 221 Hale Road, Altrincham,
 Cheshire, WA15 8DN
 (0161-980-5068)
 Fax (0161-980-3978)
 e-mail:
 ianbirkinshaw@compuserve.com
- **Saturday 15th May**
SOA AGM
Perth
- **Sunday 16th May**
LBOA Championships (ELO)
Cademuir, Peebles
(NT235380)
 Organiser and Enquiries to
 Trina Rogerson (01368-864922)
 Pre-entries on SEF to
 Trina Rogerson
 6 Marine Road
 Dunbar
 East Lothian EH42 1AR
 Seniors £6 / Juniors £3
 CD 1st May Ltd Badge EOD
- **Weekend 29th-30th May**
Scottish Championships
Keir Hills, Dumfries
(NX830890)
 Entries on SEF to
 Tim O'Donoghue
 Maidenholm House, Barhill Road,
 Dalbeattie, DG5 4HT
 (01556-610235)
 Seniors £10 / Juniors £4.50
 Parking £1 CD 30th April
 Late Entries - Surcharge £2
 Ltd Colour Coded
 Cheques Payable to
 West Area Orienteering

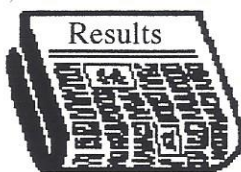
Events



dnf

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

-  Lots of stuff to get through this time, partly the result of me taking so long to get around to doing something about this issue. General rubbish first. The SOA are responsible for JK2000, based possibly in the Aberfeldy area. They need Planners and Organisers for each of the 3 days. Anyone interested ? Jim Heardman is the co-ordinator. If you haven't got a contact number for him I'm sure John Barrow (0131-440-2136) or Graeme Ackland (0131-667-7718) would oblige.
-  We're also down to organise the British Elite Championships next year too, so be prepared to have the squeeze put on you to do something for it. Volunteer now before you find yourself on latrine duty.
-  We're in the money ! Well relatively speaking ! Despite attracting a mere 47 competitors, the Scottish Night Championships made £233, of which around £100 is expected to be profit after expenses and the dreaded BOF levy is paid. (More musings on that from Caban in a letter in SCORE if you are interested). Archerfield raised £322 and made about £200. Things were a bit confused with young Eades mixing up the money from Corstorphine Hill from the day before's event and Caban selling 4 t-shirts also. Was it that cold ?
-  On the sartorially elegant front don't forget that new o-suits are on the way. Place your orders with Graeme now (0131-667-7718). Expected cost is around £25. See the back page for the winning design. And don't blame me - I didn't vote for it. You can never please everyone ! Paul still has some club t-shirts left if any of our new members are interested. I think they are predominantly XL Tent size but phone him on (0131-445-3098) to check.
-  While that phone number is in your head, Paul is also trying to co-ordinate relay entries for the British and the Scottish Championships. So if you fancy a run, Paul needs interest in the Brits before Monday 22nd March and the Scots by Sunday 25th April.
-  On the event front, if you're going up to SG2, Uath Lochans, and you want a run but haven't entered yet (which is more than likely knowing most of you incompetent lot) get in touch with Organiser Brad Connor asap on (0131-620-0655). Let him know which course you want to run and if you have a preference for starts or he'll just bung you where he sees fit. Control cards will probably be available at Woodlands on the Saturday. If any club member is willing to come up and help on Sunday and doesn't want a run I'm sure you won't be turned away either.
-  Colin Eades is intending organising some training events soon, probably in the Stirling area. Nag him or get more details from him on (0131-668-2822).
-  The Summer Series is upon us. I have all the venues but not the room to include them in the Events page. Every Wednesday, 4.30 to 6.30 starts, from 28th April to 23rd June. It starts at Holyrood Park then goes Carberry, South Park !!! (It's in Peebles, apparently), Colinton Dell, Davidsons Mains, Yellowcraigs, Mortonhall, Craiglockhart Hill and Beecraigs. Barry is down to plan Colinton Dell and there were suggestions that Gordon might like to do Mortonhall because it's near his Mum and Dad's or perhaps Lorna because it's about time she did something. Well that's what her husband said !
-  Late breaking just checked the address list changes - Pat Bartlett and Sue Twissell are now at 17 Lussielaw Road, EH9 3BU and their new phone number is 0131-667-7943 and we know where Ken Daly is living now. He's moved to 17 Waverley Park, EH8 8ER and you can reach him on 0131-661-4089.
-  Those of you in proud possession of an LBOA Champs trophy watch out. You'd better get it engraved soon and ready to hand back because ELO have decided to get it out of the way in May rather than November this year. Cademuir is the venue.
-  On the social front, Darina might be organising a bowling / skittles night soon. Keep your ear to the ground and you'll be whacked by a big ball. If you want more information or have any suggestions yourself for events ring her on (0131-662-8972).
-  So after me urging you not to enter our Day at Highland 99 in accordance with club policy it now appears that you can, unless I've got hold of the wrong end of the Roman legionary's toilet brush again. But what do you do if your entry form is already in ? Sod it - I'll probably be too exhausted to run by the end of the week and it's only Graeme planning after all.
-  Mrs Ackland is due in June. Graeme's already put him down to plan SG1 in 2024. Don't forget the Godfree / Matthews tryst in July. My moles also tell me that there is another wedding planned but they don't want a lot of fuss made. (So why tell the newsletter editor ?) Graeme alluded to it at the last committee meeting and everyone seemed to know apart from me so I just played dumb but the Eades's couldn't resist a bit of gossip-mongering at the Meadows one night. So if you don't know - they both have the same letter at the beginning of their surname and they live in the same flat - Shock horror scandal !
-  Next committee meeting has been rescheduled for Wednesday, March 24th at Darina's, 29/4 Prestonfield Avenue (0131-662-8972) so that we can discuss Six Days 2003 with Donald Petrie.



Sunday 22nd November Scottish Score Champs (WFO) Creag Vinean

These results were a bit late in coming out, I managed to misplace them for a while and Hilary's article still hasn't materialised. The editor let down again. For some reason score events don't seem to appeal to many of you as the numbers present show. I quite like them. I don't have to go the way some stupid planner expects me to go and as I probably run twice as far as I need to in a normal event the time limit is usually no problem for me. I was going well until the climb up to the highest control and I contoured round to fully appreciate the meaning of impassable cliff. I treaded gingerly as I'm still not confident with my elbow. The descent was through unremitting knee deep, greying brashings. Real ankle twisting stuff. I only struggled with one control and was reasonably happy with my performance. Ruaridh might have managed better if he had remembered his watch and hadn't incurred 56 penalty points. Otherwise he would have won. Well done Ms Quick, our only Scottish Score champion!

M12	Ruaridh Inverarity	2nd
M14	Niall Inverarity	3rd
M45	Colin Inverarity (ESOC !)	8th
M65	Ray Heyworth	3rd
W21	Heather Hartman	4th
	Darina Cunane	4th
W35	Hilary Quick	1st

Monday 28th December Festive Frolic (ELO) Yellowcraigs

Another favourite event of mine. The opportunity to escape the claustrophobia of a present strewn home, pathetic TV programming and also to try and divest myself of a surfeit of turkey, trimmings, mince pies and more chocolate than is good for me. The fact that it's usually mind numbingly cold, blowing a gale and chucking it down just adds to the event's appeal.

It was the usual mind over mentality affair this year and after the first two cryptic clues

my poor wee brain just couldn't cope and so I concentrated on getting all the controls. It's enough of a struggle for me to do that never mind working out Christmas carols as well. Interlopers did well. Mr and Mrs Hartman bagged 1st Senior Man and Woman prizes and Darina came in 2nd. I managed to get 25 of the 26 controls in 45 minutes to tie with Murray for the most controls. Not bad for an old goat. I'm telling you I would have got them all if I hadn't had to go back and repunch one of them which had a faulty punch. A fun time again thanks to the efforts of the Strain family and their ELO colleagues.

Sunday 9th January LOL5 (FVO/LINOC) Kinneil Wood

Things were going well. Something had to happen and something went as I speeded up round the corner of Dalkeith Road towards Savacentre. I hobbled back home. Rats! Kinneil on Sunday. One of my favourite woods. Common sense dictated that this twinge in my knee said don't run. I did take the tribe out though to gain some points. This time we managed to drag along Junior. The deal being if he wanted to give up gymnastics he would have to do more orienteering. Everyone organised, I tootled off behind him. At least I thought I was going to! 1.9 kms in under 14 minutes. I was struggling to keep up with him. Arriving back so early, temptation got the better of me and I had to run. I did have enough sense to curtail my activities to Green. I managed to amble around reasonably well, being a bit vigilant when I came to the ditches and looking for routes around rather than my usual steeplechasing. And Hartman still beat me! First it was his wife, now him. Lots of Interlopers turned out here. A good run from Stephen Haley, (more of which in Junior Corner). The Mason Familie out for the first time in a while. Mrs Walton continues her fight back to fitness. Where was Charlie? Nice to see the Sinclair Family out and about again. Steve Ambler returns apparently getting a bit fed up of hanging around waiting to be winched up for paragliding or so I have been led to believe. The things people do to give up orienteering. A steward's enquiry was called for when Dave's time was posted. And that was after zooming past me going in the other direction along the steep, muddy, slippery slope to the north only to return to the control I was looking for. Going too fast and

overshooting again. His mistake pales into insignificance compared with a fairly local resident who started on Brown and somehow ended on Blue and did not appear in the results at all. We won't embarrass you, Ian McIntyre, formerly of Interlopers and now of FVO. That'll teach you to become a club-only member.

White

3rd	Stephen Haley	M7	12.34
4th	Sarah Dawson	W12	13.30

Yellow

1st	Calum Inverarity	M10	13.49
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Orange

2nd	Emma Mason	W12	43.09
3rd	Penny Mason	W45	43.27

Light Green

4th	Ruaridh Inverarity	M14	45.51
8th	Jane Dawson	W40	53.14
	Sue Twissell	W21	m11

Green

1st	Ben Hartman	M21	40.32
4th	Colin Inverarity	M45	43.09
5th	Rob Peacock	M21	47.42
10th	Niall Inverarity	M16	52.35
17th	Janet Walton	W35	56.15
19th	Jane McIntyre	W35	57.27
23rd	Ray Heyworth	M70	59.48
38th	Morag McIntyre	W35	69.10
44th	Careen Sinclair	W60	85.01

Blue

3rd	Heather Hartman	W21	50.10
8th	Bill Mason	M50	55.36
13th	Ann Haley	W35	58.03
18th	Tim Brand	M35	59.53
27th	Kate Hampshire	W21	66.47
29th	Steve Ambler	M50	69.30
31st	Pat Squire	M50	74.53
38th	Ronnie Sinclair	M60	89.41

Brown

1st	Dave Godfree	M21	46.25
3rd	Tim Lenton	M21	48.25
6th	Nigel Wright	M21	53.24
9th	Graham McIntyre	M40	60.18
11th	Paul Caban	M35	62.44
14th	Brad Connor	M21	63.32
15th	Pat Bartlett	M21	66.50
16th	Barry Owen	M50	69.40
17th	Gillian Matthews	W21	71.30

Sunday 7th February LOL6 (EUOC) Holyrood Park

Thanks to the Holyrood Road Projects I have to drive halfway round Edinburgh via Duddingston and Jock's Lodge to get to the Park. I could walk it in about 15 minutes. I passed Darina going the other way, turned back and went home because I'd left the compasses and still got there before her. A bit out of practice at organising everybody I find that I haven't given myself much time to get to the start so it's a bit of a rush. Ruaridh's worse because he's left his gloves in the car. He makes it back just in time but hardly the ideal preparation for him. By 2 I'm plooting about in the gorse and Barry has overtaken me already. It's one of these days when the sun is making it impossible to see when you're heading south. Fortunately Barry makes a mistake and heads down instead of up to the re-entrant at 7. I'm in front now but can I stay ahead? Coming down from St Margaret's Chapel I skite on a patch of ice at the bottom and come a cropper. Ouch! Up towards the crags and back down into the Bog and up again. I pass Niall who seems to be very cold and in distress. I've forgotten to pick up the second control descriptions. I'm surprised Rob Lee hasn't caught up with me yet. He was coming to the second master maps as I was leaving. I soon realise why as Mr Galloway passes me instead. Barry leads me into 13 and I start pulling away and try hanging on to Robin. The sun makes me lose time at 16 so then it's a wild dash down to the loch and past Haggis Knowe and hope that I've put enough distance between me and Barry. I have, just!

Wins at both ends of the spectrum for Stephen and Tim. The present and the future of Interlopers. Jane confesses to being a bit out of puff with the extra weight she's carrying. Karen Dobbie was spotted earlier at the start. Niall returns almost in tears and so it's zoom back up the road to heat him up as soon as possible. Now if he'd taken his thermal top like he had been told to.

Woodlands

For those of you who haven't been to Kingussie before

White

1st Stephen Haley M7 12.42

Yellow

3rd Sarah Dawson W12 30.53

Orange

Liam Dawson M16 wrong 6

Light Green

4th Ruaridh Inverarity M14 50.14

9th Sue Twissell W21 56.43

17th Jane Dawson W40 75.17

Green

2nd Ben Hartman M21 45.26

3rd Mary Ker W21 50.49

8th Karen Dobbie W21 59.37

10th Janet Walton W35 62.41

11th Jane Ackland W35 63.20

12th John Barrow M50 64.16

25th Niall Inverarity M16 75.15

40th Ray Heyworth M70 99.59

Blue

4th Heather Hatman ! W21 60.24

10th Ann Haley W35 67.08

11th Bill Mason M50 67.29

13th Keith Dawson M40 69.15

19th Steve Ambler M50 73.18

25th Pat Squire M50 81.10

32nd Hilary Spenceley W40 102.46

Brown

1st Tim Lenton M21 58.12

2nd Nigel Wright M21 60.32

4th Pat Bartlett M21 65.13

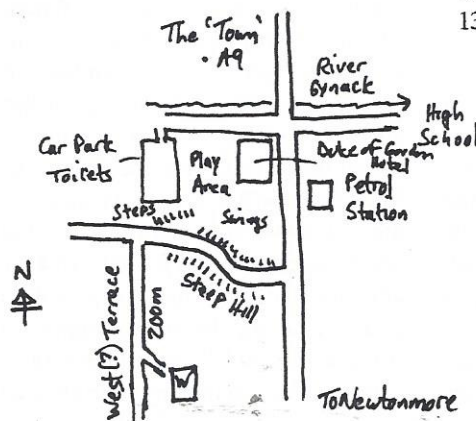
10th Robin Galloway M21 68.34

11th Brad Connor M21 69.09

15th Colin Inverarity M45 77.56

16th Barry Owen M50 78.28

19th Hilary Quick W40 87.45



Sunday 14th February WOSOL1 (CLYDE) Bar Hill

My first time here. A bit like Corstorphine Hill, I thought, in places with steepish slopes covered by a carpet of slippery leaves and plenty of briars and other jaggy things. Where it is different is having a bit of the Antonine Wall and a Roman fort on it and the Forth and Clyde Canal at the bottom of it. A few fellow Interlopers have been persuaded to go west also. I started off fairly steadily and didn't seem to be making any mistakes, conscious of the fact that Brad and Paul were behind me. My first real mistake came at 10 and sure enough Brad passed me just after, only to go flying as he found a rather large hole open up in front of him. He sped away and I got so disoriented after 11 that Paul caught up with me by 13. We ran more or less together for the rest of the course though I did make a mental note "Don't always expect Caban to pick the most suitable route choice". I didn't think my mistakes had been that time consuming but there were some long slogs uphill. Barry got the better of me this time. Dave couldn't get enough orienteering and went out round blue as well. Try that McIntyre! Pat - Where were you? I didn't see you!

Blue 5.0km 250m climb

1st Dave Godfree M21 45.56

5th Gillian Matthews W21 76.00

10th Pat Squire M50 86.22

20th Rob Peacock M21 108.3

Brown 6.0km 315m climb

3rd Dave Godfree M21 53.54

8th Brad Connor M21 76.36

10th Paul Caban M35 76.50

12th Barry Owen M50 84.17

13th Colin Inverarity M45 86.05

It's a big sprawling villa with dormitories of various sizes and bunk beds. Bring your own sleeping bag / sheet sb / duvet / pillow cover.

There will be a communal meal on Saturday evening.
Phone Paul Caban (0131-445-3098) if you haven't booked yet.

Sunday 28th February LOL7 (Scotjos) Hedderwick Hill

Niall's helping today in his capacity as a Scotjos member so it's an early start for us this morning. Calum does the "I'm going to be sick!" routine as he opens the car door. Perfect timing. Feigned or real? He's a devious little toerag but he had been a bit off colour on Friday. We head off without him. It's a bleak looking day but there is a glimmer of blue. It is predicted to get brighter later. Ruaridh's desperate to help even although he isn't in the Squad. He just loves taking part. A change of organisers due to illness has led to some confusion in the allocation of jobs. First of all we're doing registration and then we aren't. I'm not complaining about that - it certainly isn't wind the car window down weather today. Ruaridh goes to help set up the Finish and Niall to help at the Start. I hide in the car as the weather is taking a turn for the worse and we seem to have more than enough helpers and parents assisting. I finally brave the elements and head off to the start, do some stretching, jog and stride about for a few minutes and come up to the start box. It's only when I've finished prancing about that I notice no compass on the end of my wrist. Hell's bells! Here we go again! I've planned courses for the kids here before so maybe I can get away without it. I copy my controls down quickly and I can still see Brad en route to 1. How did I manage it? Can I find that depression? Headless chicken time already. Over 9 minutes when I press my watch. To the post and number 2 in no time. Up over the small ridge of dunes, I'm heading across the marsh and I can see Hilary, 4 minutes behind me, in front and I'm not at 3 yet. D'oh! Well it makes a change from chasing Paul, Brad, Barry, Robin.... Despite eventually drawing level I decide on a crazy route from 7 and there I am crossing the marsh again to 9 with Hilary in front again. Double D'oh! Out to the top end of The Spike again and Hilary is beginning to struggle a bit and I pull away. The rest of it goes fine and I'm fairly chuffed with under 8 minute kms despite my clanger at the beginning. Until Caban shows me the results on Tuesday at the Meadows. Dave wasn't there but his wee brother Chris was and he went round in 45 minutes. Those of a suspicious bent might start thinking that

the pair of them must have been genetically modified in some way to be running so quickly. Stephen romped round white again. Ruaridh managed to beat my colleague Chalmers who was moonlighting on Light Green. That'll teach him to keep more fit! Niall didn't bother running. The heavens had opened by the last starts. Bill seems to be running well these days and Ann is giving him a run for his money on Blue. Phil posted a good time considering the fragile state he seemed to be in. No one was hanging about back at the car park. No stubs were put up. People were getting changed fast and heading off. I made a futile gesture of showing willingness to do something but was grateful when Bill Stevenson said just go off. And we did with a grateful Tim and a dismantled bike in the back of the car. It certainly wasn't cycling weather by that time.



White

2nd	Stephen Haley	M7	20.31
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Light Green

3rd	Ruaridh Inverarity	M14	45.23
4th	Chalmers Smith	M45	46.13
8th	Sue Twissell	W21	64.30

Green

2nd	Rob Peacock	M21	42.28
26th	Ray Heyworth	M70	71.04

Blue

2nd	Bill Mason	M50	51.10
8th	Ann Haley	W35	55.53
13th	Tim Brand	M35	58.22
25th	Jennifer Leonard	W21	64.51
26th	Pat Squire	M50	65.51
27th	Steve Ambler	M50	66.23
31st	Kate Hampshire	W21	69.19
33rd	Fiona Weir	W21	72.40

Brown

2nd	Nigel Wright	M21	51.37
7th	Phil Smith	M35	54.42
9th	Paul Caban	M35	56.10
10th	Pat Bartlett	M21	58.22
11th	Brad Connor	M21	60.48
12th	Colin Inverarity	M45	61.24
13th	Hilary Quick	W40	64.45
14th	Kim Buckley	W21	65.53

LOL Placings After 7 Events

White

1st	Stephen Haley	M7	709
5th	Sarah Dawson	W12	291

Yellow

6th	Calum Inverarity	M10	184
9th	Liam Dawson	M16	157
18th	Sarah Dawson	W12	103

Orange

11th	Ruaridh Inverarity	M14	108
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Light Green

2nd	Ruaridh Inverarity	M14	584
7th	Kate Hofman	W21	278
8th	Sue Twissell	W21	275

Green

4th	Niall Inverarity	M16	507
5th	Rob Peacock	M21	503
7th	Ray Heyworth	M70	491
25th	Ben Hartman	M21	308
31st	Karen Dobbie	W21	241
34th	Janet Walton	W35	223
43rd	Morag McIntyre	W40	186

Blue

1st	Heather Hartman	W21	650
4th	Ann Haley	W35	591
13th	Bill Mason	M50	442
18th	Steve Ambler	M50	375
20th	Pat Squire	M50	355
22nd	Darina Cunnane	W21	338
35th	Kate Hampshire	W21	270
38th	Jane Ackland	W35	238
41st	Keith Dawson	M40	218
47th	Lorna Eades	W21	192
55th	Fiona Weir	W21	160
57th	Barry Owen	M50	151
69th	Kim Buckley	W21	133

Brown

5th	Brad Connor	M21	475
6th	Nigel Wright	M21	457
10th	Graeme Ackland	M35	415
12th	Pat Bartlett	M21	401
13th	Colin Inverarity	M45	343
15th	Paul Caban	M35	314
16th	Andy Kitchin	M21	311
18th	Dave Godfree	M21	299
20th	Tim Lenton	M21	250
21st	Barry Owen	M50	241
28th	Rob Lee	M35	183
29th	Hilary Quick	W21	175
33rd	Anthony Squire	M21	151

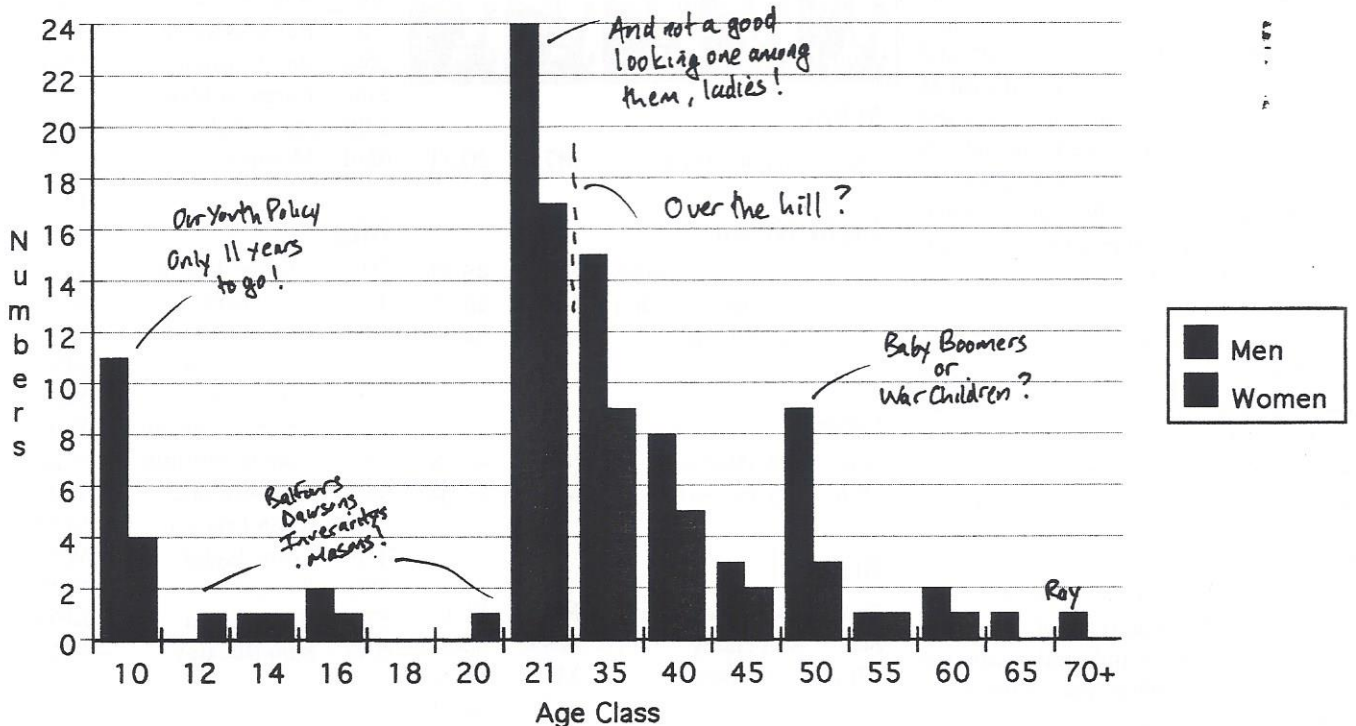
the times they are a-changin'

what did you do over the festive period? Go visit the relatives, play with the children, watch television, get drunk at Hogmanay. Not Barry. His idea of fun over Christmas was to pore over an Interlopers address list and enter them all into a spreadsheet to work out the club's age profile. Sad or what? But it helps fill a page. Now, if only he had waited a couple of months he could have used the new address list with the change in age categories. So guess what sad git actually went and did just that?

Gleaned from the latest BOF mailing. How do we compare?

Totals	Under 20	20-34	35-44	45+	Total	
	21	42	37	24	Male	Female
% INT	16.9%	33.9%	29.8%	19.4%	78	46
% BOF	23.2%	16.7%	25%	35.3%	Not enough sad old gits!	

Interlopers Age Profile (March 1999)



On the subject of age changes who can we embarrass this year. Caban! There's a good start. Other aging men include John Kenworthy and Andy Spenceley. We now have a lot more mature women which is more than can be said for some of the men. Mrs Balfour, Mrs Haley, Mrs McIntyre (both of them!), the Honorary President, Mrs Walton, my wife and Mrs Ackland (if I dare mention it). Undisputed Father of the Club is Ray who keeps on running round those green courses year after year. A landmark

year for him as he becomes our first ever (?) M70. And just to show his brain is as keen as ever he has noted that with our ever-expanding membership list that JB is having difficulty containing you all onto 2 sides of A4 paper. Armed with the most up to date Postal Guide for the United Kingdom, Ray set about ruthlessly pruning all the unnecessary and outdated postal addresses and succeeded amongst others in wiping out Hertfordshire, which some might say wouldn't be a bad thing. When he tried to remove

Midlothian though John reacted most vehemently against this and asserted that there was no way he was ever going to live in Dalkeith no matter what the Post Office says. Me, I was just getting accustomed to writing to my mother in Clydesdale when all of a sudden it becomes South Lanarkshire. Thanks to Ray then for all of his industrious effort but we think we'll just probably use a smaller point size for the type and give everyone a free magnifying glass.

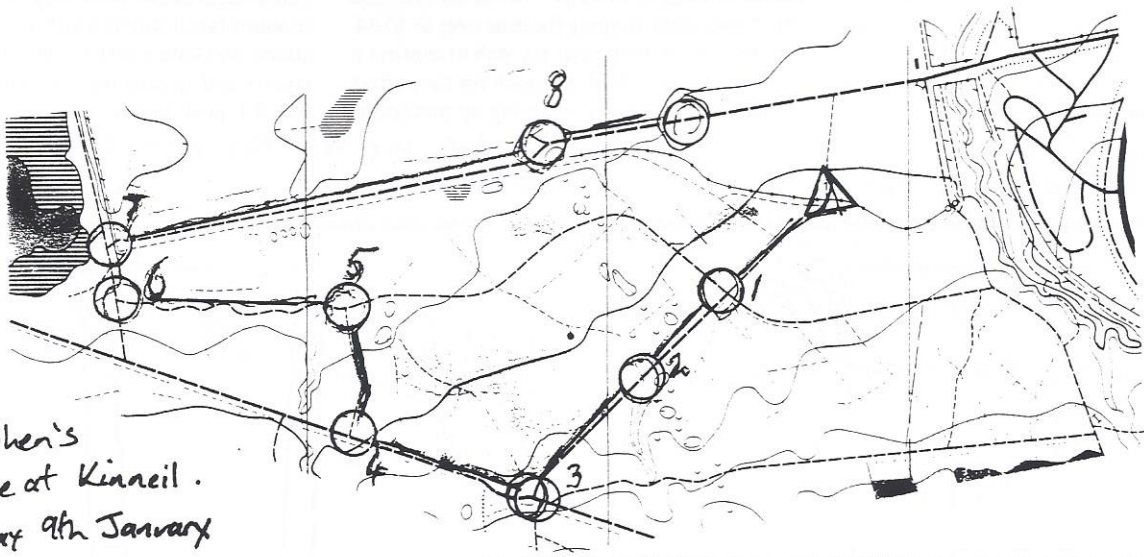
junior corner

congratulations to young Stephen on his first successful solo mission. This contribution is from a very proud mother, as is the yellow spider (colour it in yourself!) which apparently should mean something to all those who attended last year's AGM - but for the life of me I have no recollection of it!

Here's a 7 year old writing an article for the newsletter.
When did you last write anything?

17.1.99

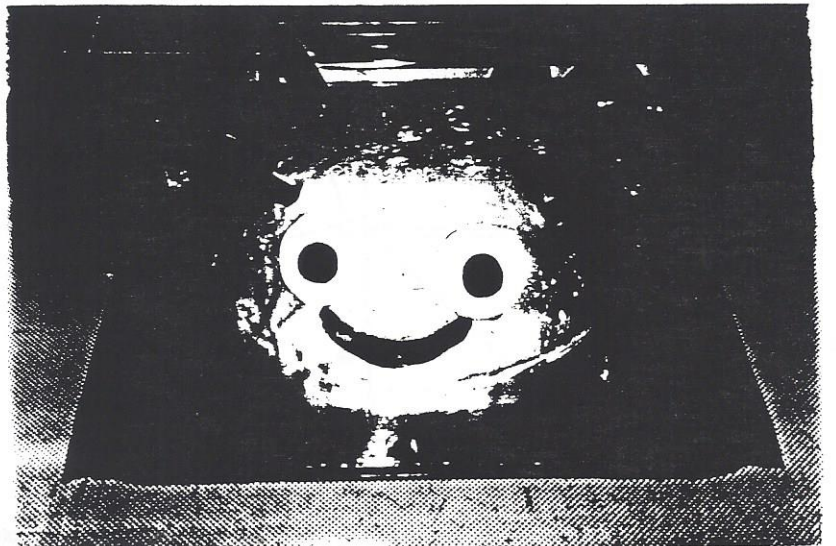
Junior Corner
On Sunday I went to Kinneil Wood. I did the White course all on my own. It was 1.1 Km and 8 controls. I took 12 minutes. It was great fun.
Stephen Halley



Stephen's course at Kinneil.
Sunday 9th January

Any other contributions for Junior Corner will be gratefully accepted

Ed.



M fortysomething



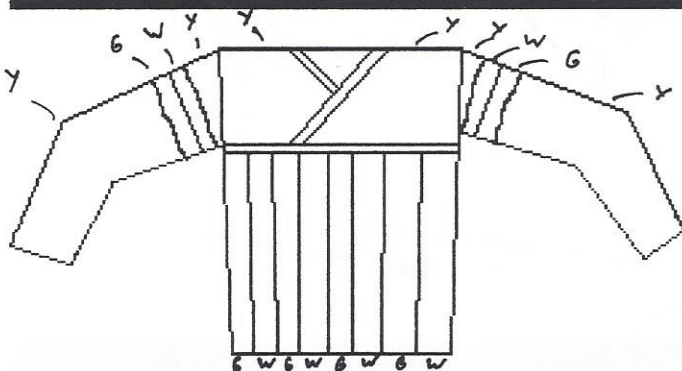
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You've been nagging at them all Saturday evening. If you do that now there won't be such a rush in the morning. Kit, packed lunch, change of clothes, warm and wet gear, something to amuse themselves with. You've given a departure time of 30 minutes earlier than you need to because they know now that you usually give a time 15 minutes before you really want to go off. You're in a reasonable state of preparedness but next morning the inevitable happens and there's a blazing row. So you storm out of the house with screaming weans tearing after you. It's when you're going past Tranter that a nagging doubt creeps into your head, eating away at you. "Did I pick up my gloves off the kitchen table?" There's traffic behind you and you can't really pull in. "I'm sure I did," you say to yourself. By Longniddry you can't stand it anymore and you stop the car, open the boot, turn everything upside down, all to no avail. Back into the car, cursing and muttering loudly, "This wouldn't have happened if . . ." So you make it to Archerfield and the next concern is "Can I keep the car on the track with all this ice about?" Gingerly moving along we spy Hilary going the wrong way. Eventually in to the car parking field and there seem to be few of us about. Paul suggests we put a tent up. You've done it

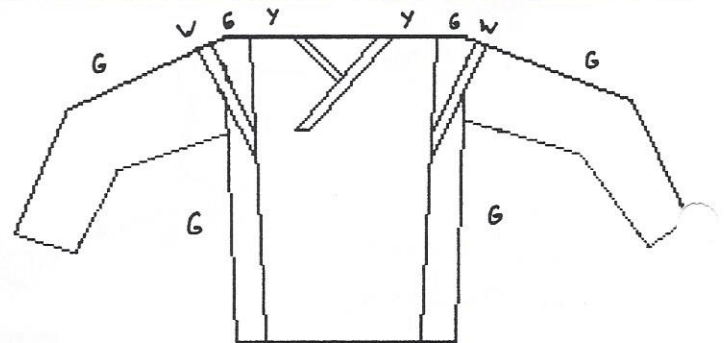
countless times but it's been many months since you last did it and for the life of you, you just can't crack it. These poles are pretty cold too without any gloves. Fortunately your friendly neighbourhood o-kit franchise operator is there and she has some cheap gloves. So off in to the car to find the bag with the wallet, compasses, pens, transpaseal, etc. Yes, you can picture it sitting in the hall by the front door. A rummage through my pockets and a 50p from my eldest son scrapes up enough to purchase the said pair of gloves. Tent eventually up, what do we do now? Colin seems to be single-handedly dealing with registration so Niall is delegated to help there. Paul suggests I go out for an early run. I ask Colin for a start time which ends up being a bit too soon because I've still got to get changed, blag a compass off of him and I don't even know where the start is. "Are there pens at the start?" I ask Paul. "There should be," is his reply. Sprint off to where I think the start might be and find Brad and Ken in a state of we're almost in control of the situation - maybe! I'm glad I've made it with a couple of minutes to spare. "What time are you off?" asks Brad, flipping the time over to 10.34. "10.36," I reply looking at my stub to confirm it is in fact 10.34! Well, so much for the correct mental preparation and warming up procedure.

On the whistle, off to the master maps and there's no pen at the Brown. I manage to get a rosy felt pen which I can barely operate because my fingers are so numb despite Darina's gloves. Sheila Strain, our efficient controller, observes my plight and takes pity and gives me a loan of her pen. I'm off at last. Going in a different direction from normal. It makes a change when different planners bring fresh ideas to familiar areas. Things are going alright until I notice that the felt pen is slowly being wiped off and I'm having to guess where I put the circles. I hit the dunes and then into the forest and I seem to cope quite well. I'm heading back towards the dunes against the wind and in fairly confident mood when I go to check my control descriptions and "Where did they go?" Now as you know, a 100m circle at Archerfield contains a lot of depressions, knolls and re-entrants so it was pot luck after that as to whether I was actually visiting the right site. Caban was amused by my progress. It's easy laughing at people making parallel errors, whatever they are, when you know what you're supposed to be looking for. Anyhow, just to annoy him, I stayed with him for the rest of the course and took a better route choice to the last control and crossed the line before the smarmy git. A typical Sunday!

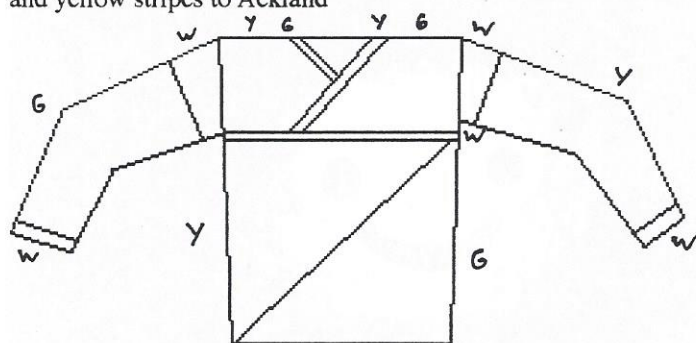
*And I had better squeeze in a warning about the AGM due late May/early June.
If you have any motions start thinking about them now!*



The one I voted for although I suggested a white yoke and green and yellow stripes to Ackland



The winning design. Many thanks to Tim Lenton for his time, effort and sartorial doodlings



One designed by Ruairidh and Niall after the choice had been made

Green Yellow White

colouring corner