

# INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 118

October 1999

118

## Interløpers First Across Line In Eleven Person Relay

but were disqualified for only having ten persons and making one of them run twice. I thought that I had better start this issue on a high note as it's been so long since you last received a copy that you may have forgotten there actually is a newsletter. According to the constitution I am charged to produce at least 5 newsletters a year to keep club members regularly informed. Unfortunately regular seems to be becoming a bit elastic. Sorry ! Anyway this year we were determined to carry off the prize that has so long eluded us. The competition where we inevitably finish second (and sometimes third, or fourth, or even lower !). STAG can organise more events than us, ELO have got more maps than us, LINOC have got fewer members than us, almost every other club is nicer than us and ESOC are so bent on total world domination that they don't even bother about us. Well we don't care ! What we do care about is getting our noses rubbed in it as GRAMP walk off with the Eleven Person Relay again. Never mind that invariably their team fails to have any members of the fairer sex or that they have M21's running Orange or lower and that their interpretation of the rules tend to very flexible, this year we were going

to show them. So a meticulous and carefully thought out strategy was planned on the back of an envelope a couple of days before the event when we remembered it was actually on. E-mails from Barrow and Caban produced the expected nil response and so it was with no expectation of success and no idea if they had a full team that our gallant and disparate bunch made their way northwards to Braemar too late for the Gathering and the chance to heckle Tony Blair and be shot at by Phil. And what happened ? Even with the help of some renegades from CUNOC and FVO and Caban running Orange with a sore head we still didn't have the requisite number to form a team. Cue the appearance of split personality expert C or is it D Eades with his wife, the internationally famous World Champs star leading off and young Ben Hartman bringing us home it was not to be. Needless to say GRAMP won but unlike the Caffrey's we are bitter. Think of all the extra publicity Rick would have gained. Think of the improved standing our club would have had in Scottish orienteering. (Well, anywhere's better than bottom ! - Ed.) Think how much more rubbish like this there is inside. Read on !

### Special Relaunch Issue

*Caban / Lee Love Nest Shock Horror*

*How To Plan A Six Days Event*

*Helsing fra Norge*

*ESOC Advert Shock Horror*

*Events To Go To, Results To Laugh At*

*and sorry if you've missed any !*



L to R: Back Row: Phil, Jane, Niall, Steve C, Colin, Ben,  
Front Row: Anthony, Colin, Lorna, Paul, Barry,

# On the Move

It being such a long time since the last newsletter there have been a few change of addresses and e-mails.

Interlopers first World Championships competitor (only because Hong Kong were quicker than Great Britain in announcing their squad) has moved.

Geoff Peck, 11 Greenpeak, Wong Chuk Shan, Sai Kung, Hong Kong Telephone: (852) 27927064 Fax: (852) 27923525 New e-mail address: joff@glink.net.hk

He was also wondering if the Honorary President has got an e-mail address yet so he can reminisce about 'the old times' with her. Have you, Carol ?

Young Brand has moved already. That didn't take the neighbours long to hound him out. He's forsaken Dunbeg for the bright lights of the big city. He's now at

Tim Brand, 20 Creran Gardens, Oban, Argyll, PA34 4JU (01631 564060)

Also on the move,  
Mary Ker, 27 Collins Place, EH3 5JD

Rob Peacock, 3 Brougham Place, EH3 9HW (229-5766)

Wired up and ready to go now

Barry Owen	br.owen@virgin.net
Gordon Riemersma	griemersma@yahoo.com
Phil Smith	phil@clara.net

Donald Watson ! Have you changed your e-mail address ? Caban keeps sending you things which bounce back to him.

Alastair Matthewson is back in Edinburgh - somewhere ! And you may have noticed on the front page, Lee has finally been turfed out of Summerhall Square and is now ensconced with Paul for the moment. Well that's what Paul thinks, anyway !

## In the Club !

We have a new member. A resounding Interlopers whimper of a welcome to Lisa Frith (W20) who is resident at the Marston abode c/o 7 Viewforth Square, EH10 4LP, (229-2443). Welcome to the club, Lisa. It may be the biggest mistake you've ever made in your life.

Many of you are probably aware that the club membership has expanded again with the arrival of James Ackland in June and Callum McIntyre in September. Congratulations to Graeme and Jane and Graham and Morag on the safe arrival of their sons.

*all the boring change of address stuff and some miscellaneous ramblings from Ackland. Enjoy ! It doesn't get much better than this.*



Dear All,

(There was some irrelevant tosh to begin with which the editor decided to dispense with), so

Also of note:  
Keith Dawson has agreed to plan the JK. Interlopers' own Dave Simmons, Tim Lenton and Graeme Ackland were top team at the Caerketton Hill Race, immediately after Ann Haley's rather splendid CATI.

SG5 was ESOCian heaven, the entire map being a bracken thicket.

And don't forget:

East of Scotland O-League 3: 24 October 1999  
Gleneam & Berryknowe (we hope !) NO133127  
Planned by Timothy Lenton and organised by me (I think).

And for those who believe in shorts in winter, the 20th November 1999 Blackford Hill event will also incorporate a technical(ish) short distance race.

The SOA 4-year plan was up for discussion sometime ago and as no one else could be bothered I sent the 'club' submission in. If you're remotely interested in what I said, let me know.

Graeme



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# great esoc controls of our time



*yes it's that time again when the editor attempts to get a cheap laugh out of our city rivals for no reason whatsoever. There's absolutely no justification for all this vilification which they receive, but it's fun ! Every club must have its own ESOC !*

This is an all time classic !

202 Banana Thicket, middle of

This is from an event held some time ago at Clunie West (Indies). The sheer brilliance of the planner here is breathtaking. Not only is the inexperienced or less than careful orienteer liable to be caught out here and end up spending 5 or 10 minutes locating the actual control but when he or she does eventually find it they then spend the next 10 minutes slipping and falling about all over the place.

## ESOC Night Event

**When:** Wednesday 3rd November

**Where:** Davidson's Mains Park  
East Barnton Avenue

**Time:** 7.00 - 7.30 pm

**Cost:** £1

**Mulled Wine Chez Lessels After**

**All Welcome**

## East of Scotland Orienteering League

1999-2000 Series

Sept 11	Barry Buddon	} SORRY!!!	PO
Oct 3	Beecraigs		FVO
Oct 24	Gleneam & Berryknowe		INT
Nov 21	Penicuik Estate		ESOC
Dec 5	Corstorphine Hill		EUOC
Jan 16	Blairadam		WFO
Feb 6	Hedderwick Hill		ELO
Feb 27	Pentlands North		ESOC
Mar 19	Bowhill		RR

for more details of the events see  
ESOA web site at

<http://www.ndirect.co.uk/~rstrain/ESOA.htm>

or

phone Robin Strain on 01875-611014





- Saturday 16th October  
**LBOA Saturday Series**  
**BraidBurn Park, Edinburgh**  
 (NT242695)  
 Information from  
 John Barrow (0131-440-2136)  
 Starts 11am - 12.30pm Entry £1
- Sunday 17th October  
**Scotlands Galoppen7 (RR)**  
**Fauldshope and Bowhill**  
 (NT432281)  
 Organiser and Enquiries to  
 Lindsey Knox (01450-377383)  
 Pre-entries on SEF to  
 Bill Bruce  
 45 Pumpherston Road  
 Uphall Station  
 West Lothian  
 (01506-432222)  
 Seniors £7.50 / Juniors £3  
 CD 2nd October Ltd Badge EOD  
 Late Entries - Surcharge £1
- Sunday 24th October  
**ESOL3 (INT)**  
**Glenearn & Berryknowe**  
**Glenfarg (NO 133127)**  
 Information from  
 John Barrow (0131-440-2136)
- Saturday 30th October  
**ELO Saturday Series**  
**Carberry Tower, Musselburgh**  
 (NT365698)  
 Information from  
 Trina Rogerson (01368-864922)  
 Starts 14.00 hrs Entry £1
- Weekend 30th-31st October  
**Tinto Twin Trophy**  
**Dreva Craig, Broughton**  
 (NT1136)  
 Organiser and Enquiries to  
 Pat and Lambert Allan  
 (01899-308029)  
 Pre-entries on SEF to  
 Lorna Young  
 7 St Ninians  
 Lanark ML11 7HX  
 (01555-661955)  
 Night - Seniors £7.50 / Juniors £4  
 Day - Seniors £7 / Juniors £3.50  
 Combined - £13.50 / £7  
 CD 15th October  
 Very Ltd EOD/N  
 Late Surcharge £1
- Wednesday 3rd November  
**ESOC Night Event**  
**Davidson's Mains Park,**  
**(East Barnton Avenue)**  
 Information from  
 Janet Clark (0131-225-7771)  
 Starts 7-7.30 pm Entry £1
- Saturday 6th November  
**LBOA Saturday Series**  
**Craiglockhart Hill, Edinburgh**  
 (NT235707)  
 Information from  
 Janet Clark (0131-225-7771)  
 Starts 11am - 12.30pm Entry £1
- Sunday 7th November  
**INVOC Colour Coded Event**  
**West Docharn, Carrbridge**  
 Information from  
 Caroline McCarthy  
 (01540-661371)
- Sunday 7th November  
**WOSOL7 (STAG)**  
**Chatelherault, Hamilton**  
 (NS736539)  
 Information from  
 Jackie Riley (0141-778-3127)
- Saturday 13th November  
**Scottish Night Championships**  
**Barrwood, Stirling (FVO)**  
 (NS796866)  
 Enquiries to  
 Rona Molloy (01506-842857)
- Sunday 14th November  
**FVO Chasing Sprint**  
**Plean Country Park, Stirling**  
 (NS827868)  
 Enquiries to  
 Rona Molloy (01506-842857)
- Saturday 20th November  
**LBOA Saturday Series**  
**Blackford Hill, Edinburgh**  
 (NT258605)  
 Information from  
 John Barrow (0131-440-2136)  
 Starts 11am - 12.30pm Entry £1
- Sunday 21st November  
**ESOL4 (ESOC)**  
**Penicuik Estate, Penicuik**  
 (NT217594)  
 Information from  
 Peter Coutts (01968-674514)
- Sunday 28th November  
**Scottish Score Championships**  
**Birnam Hill, Dunkeld (ELO)**  
 (NO0240)  
 Organiser and Enquiries to  
 David Northcott (01368-863503)  
 Pre-entries on SEF to  
 Jenny Simons  
 1a Rosslyn Crescent  
 Edinburgh EH6 5AT  
 (0131-555-5149)  
 Seniors £7.50 / Juniors £3  
 CD 11th November  
 Ltd EOD Ltd Colour Coded  
 Late Entries - Surcharge £2  
 Parking £1
- Saturday 4th December  
**LBOA Saturday Series**  
**Victoria Park, Edinburgh**  
 (NT254764)  
 Information from  
 Janet Clark (0131-225-7771)  
 Starts 11am - 12.30pm Entry £1

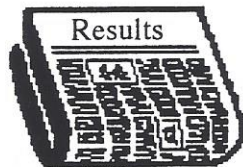
# Events



# dnf

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

- £5951. That's how much we're worth thanks to a £1450 'Awards For All' Lottery Grant. Though as soon as Dave Peel gets his finger out and does some mapping there'll be a lot less left.
- CompassStrop Cup no more ! Well not in the meantime anyway ! Thanks to our burgeoning family membership we are now a large club and liable to have to travel long distances for each round and get thrashed in the process by the likes of LOC and MDOC. Apparently family units count as 3 members though according to John our 20 'families' only contribute 42 members. So that's it - SICK here we come !
- Has anyone got any Archerfield maps? We think there are some hiding somewhere. Current favourite resting place is the Squire's attic. Is this the case ?
- Paul Caban would like to point out that he is still the current trophy holder for the JOK Women's Chasing Sprint ..... !
- Some of you may have a debt to society (or Interlopers) which you would like to pay off before you are dragged through the humiliation of debtor's court and warrant sales. Cough up your relay fees, folks ! Especially our Norwegian member who apparently deserves to pay double for the run he had according to one committee member
- Did you miss out on the new O-suits first time round ? Fear not, another order is in hand. You have three weeks from reading this tosh to place your order so do it now. If you're not sure of your size try someone else's kit but make sure you don't get arrested for it. There are 'options' for the tops - short / long sleeves and mesh / non-mesh on the back. The bottoms may be a bit on the tight side for those long of leg. Ask John Barrow about this. Prices for suits are £25 for Seniors and £12.50 for Juniors. Tops retail at £18 and £9. Remember that these prices are subsidised by the club. All orders to Paul Caban in the first instance (0131-445-3098)
- Lindsey Knox gave the Club Secretary two packs of 20 Highland '99 coasters, to be distributed around Club members who helped at Day 6. If you haven't yet got one, and would like one, please let JB know, (0131-440-2136) and he'll try to get it to you.
- So fare thee well then Little Old Lady League. Apologies for the delay in producing this newsletter. Some of you may as a result have missed the debut of the Almost ESOC League as the ESOL may be referred to. Never mind, you can help debutante planner Tim Lenton for the next one on October 24th at Glenearn. Tell Ackland (0131-667-7718) what you want to do
- Caban has the following lost bits after Cawdor & Dallaschyle: Silva rucksack & seat thingy, containing grey fleece top, thumb compass and ankle tape. Also formerly containing five bananas which went to a good home as finder's fee. Probably belongs to an elite-type orienteer. Plastic mug with Mickey Mouse design. Probably doesn't belong to an elite ..... Hey that's ours ! - Ed. Hand it over. We gave a loan of that to some McIntyre or Haley. Item 1 was in Caban's car when everyone else had left.
- As a reward for her good efforts at WOC, club superstar Lorna Eades has been given the task of planning the Veteran Home Internationals sometime soon at Docharn even although she can't remember volunteering to do so.
- If you missed out on Highland 99 and are unsure about what electronic punching is all about there's an excellent introductory guide available at:  
<http://www.altotek.demon.co.uk/Orienteering/ident/index.htm>
- Darina is active on the social front although no dates are available as yet. There is a skittles or bowling evening planned. There will be a Hallowe'en / Guy Fawkes celebration. A trip to Dynamic Earth has been mooted and does anybody want to host the Christmas Party ?
- You might not get this in time, you might not be bothered but the (LBOA) / ESOL AGM is to be held on Tuesday October 12th at The Steading up at Hillend. A blatant attempt to entice orienteers by holding it in a pub for a change. I don't know the time, probably after the Meadows, but John Barrow should know (0131-440-2136).
- Don't forget the Saturday morning events coming up - details from JB (0131-440-2136). Darina's organising BraidBur.. Park. Phone your offers of help to her at 0131-662-8972. Graeme is responsible (if I can say that) for Blackford Hill. (0131-667-7718). And don't forget The ESOC Night Event in November. You're all invited back to Alastair Lessells' place for mulled wine afterwards.
- East Area as LBOA is now known are responsible for the 2001 Scottish Championships - an Orienteering Odyssey as one committee member reflected. With only 3 areas now instead of 4 the duties come around quicker. So do we offer to organise the Relays or do we ask for the Individual and get told we're doing the Relays ? Watch this space !
- Next committee meeting is Monday December 6th but I don't think a venue was conclusively decided upon. It'll probably involve some arm wrestling between me and Paul to decide.



## Saturday 19th June Scotlandsgaloppen 4 (MOR) Roseisle Forest

It's about time I dragged my wife away from the kitchen sink and drove her 150 miles north and had her sitting on her own in a car in a forest in the middle of nowhere while the male section of the family lose themselves for a couple of hours. Do I know how to treat her or what? Anyway once we'd done a couple of laps of Inverness and actually worked out how to get to the youth hostel things began to look a bit better. If we take no regard of mine host behind the counter who gave us the traditional warm Highland welcome of mumbling in mono-syllabic grunts, telling us what we couldn't do and not smiling once. Off into town for a reconnoitre / dry run for the Six Days on the sights and attractions of Inverness. Back to the hostel to find the toilet next to us overflowing and a tide of water slowly but inexorably making its way towards our door. Fortunately more due to good luck than the actions of our smiling warden the flow stops just in time. In the morning we make a small detour via Fort George en route to Roseisle. And very worth a visit it is too! A magnificent fortification, tons of memorabilia for those into that and lots of gulls dive bombing you if you go anywhere near their young. I'm going to hazard a run even though my leg is still niggling me a bit. I survive but I'm a bit disappointed having made some silly and avoidable errors. Nice to see Kenworthys orienteering again. Lesley was going fine until she saw me but she still managed to win.

M10A	Calum Inverarity	2nd
M14A	Ruaridh Inverarity	7th
M16A	Niall Inverarity	5th
M21E	Rob Lee	4th
	Colin Eades	5th
M21S	Ben Hartman	1st
M35L	Ken Daly	6th
	Phil Smith	7th
	Paul Caban	12th
M45L	Colin Inverarity	11th
W21E	Heather Hartman	3rd
W21L	Hilary Quick	3rd
	Darina Cunane	4th
W35S	Lesley Kenworthy	1st

## Sunday 20th June INVOC Badge Event Achilty

This event isn't too far away from where we'll be staying in August, somewhere between Dingwall and Strathpeffer. I'm not going to run today. I'll just toddle round the last controls of the course with my camera and see if I can get anything worth putting in the newsletter. I walk round with the boys to the start and on cue the rain comes down. It had been nice and sunny until then. Maybe it's just a passing shower! With the last of the boys away I grab a map and start looking for a likely vantage point. There are some crags and boulders just off the track ahead which could be a good spot. The sun is back out now and I position myself by a boulder amidst the bracken but I soon find out it's midge city there and move on a bit to a crag in the open. I'm quite pleased with my choice. I can catch them at the control, coming towards me from the forest, running over the bare rock or crossing the marsh below me. I get some good shots and head back to the finish after I snap Mrs. Hartman. Unfortunately the marsh is marshy and I'm soon up to my knees in it and I'm not really dressed adequately for it. That'll please my wife when we get back. I hang around the last control for a while in the hope of my team appearing but then the rain returns with a vengeance and I decide to cut my losses and head back to the car. Some forlorn looking orienteers are returning. Calum had another good run but Niall and Ruaridh were out for a while although their placings improved. Ben did the double and so was a Highland Fling winner and Heather did enough to win overall as well. Junior Inverarity did well but that is discussed elsewhere. And the photos? A combination of a film in the camera for too long and forgetting to put the lens hood on for the wide angle shots put paid to most of them!

M10A	Calum Inverarity	2nd
M14A	Ruaridh Inverarity	3rd
M16A	Niall Inverarity	5th
M21E	Colin Eades	4th
M21S	Ben Hartman	1st
M35L	Ken Daly	3rd
	Paul Caban	9th
	Phil Smith	dnf
W21L	Heather Hartman	2nd
	Darina Cunane	6th
W40L	Hilary Quick	2nd

## Sunday 27th June WOSOL5 (TINTO) Carmichael

It's late June, the term is almost over, the weather is getting warmer and sunnier. It's a nice day to go and see your mother. Dump the wife and head off with the weans (minus the one playing rugby) a few miles along the road for a pleasant romp around Carmichael. You can tell it was a big crowd puller! Anyway, gammy leg or not, I enjoyed it. I looked at the course distances and reckoned I could last the advertised 6.1kms on Brown. Even if there is some windfall there is a lot of runnable terrain there. Not long after the start and puffing up my first hill I spy another Interløper only she's not running, she's controlling. I mutter a few oaths at her and plod on. It's a steady run. I don't make any mistakes till near the end and I'm not really surprised at my time given my physical condition until I'm told that the course lengths were calculated for 1: 10 000 rather than 1: 15 000 and I've actually ran another 3kms further than I thought I was going to. My time seems a bit better suddenly!

### Yellow 2.0km 30m climb

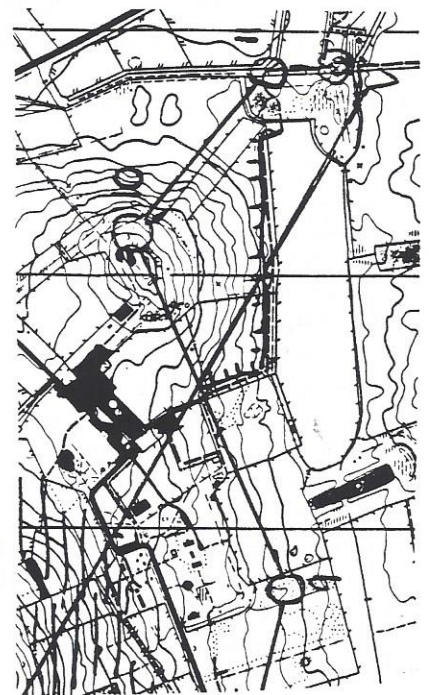
4th Calum Inverarity M10 28.05

### Green 5.35km 195m climb

3rd Niall Inverarity M16 60.54

### Brown 9.15km 265m climb

5th Colin Inverarity M45 83.54



## Some Evening Towards The End Of July BraidBurn Park

1.	Tim Lenton	16.15
2.	Pat Bartlett	18.30
3.	Dave Hubbard	18.34
4.	Colin Inverarity	21.26
5.	Heather Findlay	21.54
6.	Pascal Lardet	22.21
7.	Darina Cunnane	22.44
8.	Roger Scrutton	22.48
9.	Jane Ackland	23.04
10.	John Barrow	24.21
11.	Barry Owen	24.53
12.	Jen. Leonard	26.15
12.	Robert Findlay	26.16
14.	Niall Inverarity	26.21
15.	Ruaridh Inverarity	26.56
16.	Janet Clark	27.16
17.	Adrian Williams	28.34
18.	Su Twissell	31.35
19.	Gordon & Kirsteen	42.10

It's the old ploy. It never fails. Promise them a run and food afterwards and you've got a captive audience for some trestle drilling. At least that was the idea. The smarter club members of course missed the run and came directly for the food. Guess which category I came into! Have I told you that I'm still hobbling a bit? That aside I fancy my chances having been here a couple of weeks earlier with some kids from school and savoured the delights of 'running' on Ackland's map. Perhaps we should put it in for the Chris Bonnington (or is it Brasher?) Trophy.

Caban has done the unspeakable. At a futile attempt at bonhomie he has invited members from . . . . ESOC (there I've said it). Registration as usual is a carefully organised shambles. I'm waiting ages for some opportunity to start, I turn my back and suddenly I'm about last to go off. I have the target of Barry ahead of me. I pick off the first control and as I'm heading for No. 2 I see the old goat has completely overshot it. He isn't savvy enough on finding it to realise it's probably a better idea to use the bridge here rather than wade across the burn, although some of the more masochistic club members might disagree with this. It's quite entertaining with people running in all directions as the staggered start unwinds. I'm going fairly well till the 2nd master map when I foolishly follow Adrian instead of

## A Wednesday Evening In August Hillend CATI

Thanks to everybody for their help at the Hillend CATI (John Barrow for putting out controls, Ray Heyworth on Registration, Roy Rogers on Trigger, (That's a fib! - I put that in - Ed.) Graham Haley for helping to assess control sites, numerous visits to the start and collecting controls along with Graeme Ackland, Dave Godfree and Gillian).

Also thanks to those who came and supported the event. The event was made interesting by the participation of the 1st Light Infantry, 5 of whom ran straight off the edge of the map, only to reappear some 30 minutes or so later running over the top of Caerketton!

Ann Haley

actually looking at the map. I'm over the other side of the burn from where the crag actually is and Caban's wetting himself on the other side at my predicament. I half-heartedly look at the nettles and reeds and instantly put that idea out of my head and opt for the bridge by which time Tim (faster than an ITCP relay member) Lenton zooms past me. I see glory slipping away from me again. (In your dreams! - Ed. to Ed.). My task now is to try and catch up on Pascal all the time I've lost here. As I'm doing so I see the characteristic gait of Pat loping in my direction and see myself falling another place down the leader board. But it was fun! Well done, Paul even although it's not a shallow spur, it's not much of a crag and it's probably in the wrong place anyhow! Needless to say I've neglected to mention the fact that all during this my wife has been lying comatose in the car with a migraine while we've been enjoying ourselves. We drop the boys off at Buckstone and I rush her back home and get her to bed. The barbecues are almost ready by the time I get back to Paul's. There's no signs of any ESOC members and no attempt at any trestle drilling either. A few veggie burgers and beers later and some people shuffle about a bit realising we really should do something about these 60 (?) trestles but not really knowing what to do and reluctant to be the first one to make a pig's ear out of it. Even-

## Saturday 4th September Short Race Clunie North (ESOC)

### Long 4.1km 150m climb

1st	Tim Lenton	M21	29.08
2nd	Dave Godfree	M21	31.44
9th	Rob Bloor	M35	35.44
19th	Carol McNeill	W50	43.01
30th	Gillian Godfree	W21	48.54

Success for Interløpers again. Obviously the practice at BraidBurn Park has paid dividends for Tim, finishing 2 and a half minutes ahead of Dave. Married life must be taking its toll. The Honorary President makes a fleeting appearance up north and finishes quite well up the results. There's life in her yet!

Me and the tribe headed up on the Sunday but I was just in chauffeur mode because strangely enough my leg is bothering me. I'm determined to get some of the photos I thought I was going to take at the Six Days but as usual never found the time or inclination to do. I take Junior up to his start and leg it off as swiftly and gently as I can back past the power station towards the finish to find a suitable snapping point. I have a race with a tandem en route. I win on the slopes but

tually Ackland and Caban bite the bullet and Hilary and John and Barry and Darina take leading roles in the disassembly, scraping off old control codes, unscrewing one punch from the t-bars, drilling the required holes with the template provided and fixing the baseplate for the electronic punching gizmo. I've supplied my Black and Decker state-of-the-ark-did-they-actually-look-like-that-gosh-isn't-it-heavy model but refuse to operate it for fear of maiming someone, mainly me, and content myself with some of the more menial chores. Eventually the plucky Interløpers we'd better get it over with spirit takes hold and everybody is mucking in so we can go home before the cows do. Much to most of our surprises we finish. Another epic Interløpers social is over. Thanks to Paul for organising and hosting again and which one of you gannets wolfed down my second veggie burger when I wasn't looking and what happened to all the coleslaw?



## Sunday 5th September Scotlandsgaloppen 5 Clunie East (ESOC)

am soon left behind on the 'flat'. I find a likely spot amongst the ruins of an old sheiling where with some judicious craning of the neck and stretching I can see 6 controls and wait for Calum or anyone else worth photographing to appear. Time passes and I become a bit apprehensive as he hasn't appeared and it's just a follow the power lines course he's on. Mind you I don't think he's done one of them before. Then I see him coming down the track. I'm standing just above the control on the path bend but he dithers about 100 metres back up the path. He decides that's not it and hares downhill but goes for the boulder to the left. No, that's not it! My strong sense of fair play prevents me from shouting "It's over here!" so he immediately decides to run back up the hill again. A few minutes later he's treading warily back down the slope and eventually he decides it's probably by me. "Why didn't you tell me it was there?" he moans. I hang around for a while in case any of the other two should appear. I've seen Ruaridh earlier heading across the marsh and figure he'll probably be coming over the rise soon. Sure enough he appears on cue. Although I've got the choice of a few controls and a lovely view I don't think many of them will make stunning photos because of the distances and angles involved but we'll see. I catch up with Ruaridh and we're joined by Stephen on the way back. He can't be that much behind Calum! Our hall cupboard now has a lot more space as various bits of orienteering impedimenta which we inherited from the Balfours have been passed on earlier in the car park to the Haleys.

Niall arrives back a long time later. It's been a bit heavy going on his course and comments from other runners seem to be less than complimentary. Lots of bracken and marsh to contend with. Despite that we seemed to do pretty well in the results with wins for Liam, Dave, Keith, Barry, Ray, Karen and Ann and lots of other good places too on what most people would have called Linn of Tummel rather than Clunie East.

M10A	Calum Inverarity	5th
	Stephen Haley	7th
M14A	Ruaridh Inverarity	3rd
M16A	Niall Inverarity	6th
M16B	Liam Dawson	1st
M21E	Dave Godfree	1st
	Tim Lenton	3rd
	Graeme Ackland	5th
M35L	Ian McIntyre	6th
	Paul Caban	7th
	Rob Bloor	8th
M35S	Graham Haley	8th
M40S	Keith Dawson	1st
M55L	Barry Owen	1st
M70L	Ray Heyworth	1st
W12A	Sarah Dawson	4th
W21E	Gillian Godfree	2nd
W21L	Hilary Quick	2nd
	Mary Ker	3rd
	Darina Cunnane	6th
W21S	Karen Dobbie	1st
	Fiona Weir	ret'd
W35L	Ann Haley	1st
	Jane Ackland	2nd
	Jane McIntyre	ret'd
W40S	Jane Dawson	2nd



## Saturday 11th September ESOL1 (PO) Barry Buddon

Why does no one go to events in areas where the Inverarity's have relatives? It's up to Monifeith this weekend to see the wife's brother and family only he's been asked to oversee changes in the company's refinery in Antwerp so he isn't there but the rest of them are. I like Barry Buddon. It's flat and you can run fast and once you get in tune with the dunes it's great. There are obviously other attractions on today because only the Dobbie/Davies family are there. I decide to accompany Niall on Blue feeling 10.5kms is probably a bit too much for me and my injured leg. Of course I forget to leave enough time to mark on the 8 out of bounds areas the Army have decreed on to 4 maps and have forgotten to ask how far the Start is away (10 minutes) so it's another mad rush to get there in time. In the orange tent it's rather difficult to make out the controls in the light and the intricacies of the contours catches me unaware but soon I'm casting caution to the wind and drawing circles the size of 10p pieces and hoping I'll find them. I'm catching up with Niall on the long run to the first control. I don't realise he's got it and am hanging about the depression hoping to catch his attention and wave him back. What a plonker! It's Control 5 by the time I catch him up again. We run together for most of the rest of the run until Dad rushes ahead to the second last control, heads off up the wrong cleared area, gets stuck in some semi-fight, runs back, relocates and finishes 3 minutes behind his son. It's that momentous day! The first time I've been beaten. On retelling this at the Meadows Caban and Barry and Darina show great sensitivity towards my feelings and assure me it's downhill all the way now. But I had a sore calf. Wait till I'm fit again!

### Yellow 2.5km

1st	Calum Inverarity	M10	23.23
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### Green 4.8km

1st	Mark Davies	M21	39.24
7th	Karen Dobbie	W21	56.36
19th	Ruaridh Inverarity	M14	70.29

### Blue 7.8km

8th	Niall Inverarity	M16	80.25
10th	Colin Inverarity	M45	83.49

# Norway For Novices

*the first issue of the year inevitably contains a 'what I did on my holidays' piece and it's almost always from Paul. Don't any of the rest of you ever go anywhere exciting? Give the poor boy a break!*

Norway For Novices - though take one or two elite types too . . . After being big and brave at events in the US last summer, I went for broke this year with a week in Norway. The whole week was tremendous, and can be recommended to anyone of any standard - even punters like me. Having been too disorganised to sort out a week's sunshine at the French Five Days, Ben and Heather mentioned that they were going to Drammen for the Three Days there, and perhaps a day's training beforehand too. All the info was on the web, and it looked to be ideal. A reasonably low key event, and also "the nicest area in all of Norway" to quote Dave Godfree. Plus, I found another event in Voss easily accessible by public-transport that I could go on to, and then have a few days walking afterwards too. Perfect! Ben knew of a campsite we could stay in, but to prove we weren't slumming it completely, we decided to hire a car for the four days we were all there. Oslo Airport, 11:30 at night. There we were, driving an enormous car round the multistorey car-park practising driving on the right-hand side of the road, and trying to guess what the road-signs all meant. Heather drew the short straw, and off we drove into the night at the unfeasibly (low? / high? - There's a word missing here, Caban - Ed.) speed limit. A few minor traumas later (including having to reverse back from a motorway tollbooth when we didn't have the exact money, and Ben forgetting where the campsite was), we turned up at a completely silent site and pitched the tents in the dark at about 2:00 am. Easy. The next day had been designated 'training day', though we were all a tad tired after the travelling and late arrival. We had no plans, but I remembered Colin saying that the forests around Kongsberg were nice. We had a car, it was only about an hour away, so off we went. We went to the Tourist Information Office, and asked where we could buy orienteering maps. The nice lady opened up a cupboard which was stuffed with them. She then proceeded to show us a location map - the town was

surrounded by areas, about twenty within a 15 km radius. Another nice feature is something called TurOrientering. Basically, clubs put out kites in a couple of areas, and then sell pre-marked maps with suggested courses. Being the cheapskates, we bought three blank maps, and copied down all the controls. So far, so good. We got directions to somewhere good to park, and off we went. The forest was absolutely tremendous. Better than that in fact. It was a combination of all the best Scottish areas ever; a mixture of Anagach and Rothiemurchus, with a hint of Glen Dye and Devilla. Absolutely runnable open birch/pine forest, no brashings, no unpleasantness, just perfect. We did a few legs together (so that the novice didn't get too lost too quickly) where I learnt very quickly to read the contours (because there was nothing else), and then started doing a few legs separately, meeting up every so often. Against all expectations, I was OK. I worked very hard to keep in contact with the map, and it was fine. Until . . . I relaxed a wee bit too much, lost the plot, and suddenly there was no Mr. Control. Lesson number two: all the hillsides look very similar, and once you lose it, you lose it big-time. Lesson number three quickly followed: learn how to relocate - I had a feeling that I was going to be doing a lot of this. Next day; the real thing. The Assembly area was exquisite. There's no other word for it. A hut in a clearing surrounded by forest that was even better than the day before. There were flags out for each nation's competitors: Scottish, not British, for us, Spanish/New Zealand for Greg and Encarna, a big Norwegian one, and a very, very small Swedish one. There was e-punching to try (Emit, not SportIdent), and as the three of us had all entered classes doing the same course, we could compare splits. The first day was a short-race. I'd decided to be realistic in what I could achieve for the three days. My best expectation was not to be last on every day. I started only a couple of minutes behind Heather, and caught her by No. 2. I was well chuffed. We



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**MOTORING** A bore in most countries, a joy in Norway, as every bend in the road opens up new vistas. There's no need to hurry, you're not tearing down a motorway, and there's so much to stop off and see, as well as superb natural camp sites on your way.



**PTARMIGAN** A mountain game bird, whose plumage changes from summer brown to winter white. Served with cream sauce and cranberries ptarmigan will provide a meal you'll remember.



**REINDEER** These Christmas-card animals are to be found in large numbers on the Hardanger moors and in the Jolunheimen range. Venison, often served at fjord and mountain hotels, is a very tasty dish.



**SHOPPING** Hand-knitted sweaters, rugs, wood carvings, silverware, enamel, pewter, ceramics, sports equipment are all excellent buys, and Norwegian design is world-famous. Shops everywhere carry a wide selection of these articles.



**SPORTS** From water-skiing on the fjords to a competition on glacier snow there is a range of exhilarating outdoor sports: bathing, sailing, tennis, badminton, horse riding, fishing — to mention a few.



**WATERFALLS** Norway possesses countless waterfalls of great beauty, each an attraction in its own right. Many of these have been harnessed to provide the basis for industry, and to ensure that towns are free from the curse of belching, ugly smoke.



**WALKING TOURS** For the hiker the Norwegian Touring Club runs a chain of chalets, conveniently situated a day's walk from one to another.

## WHAT CAN WE DO?

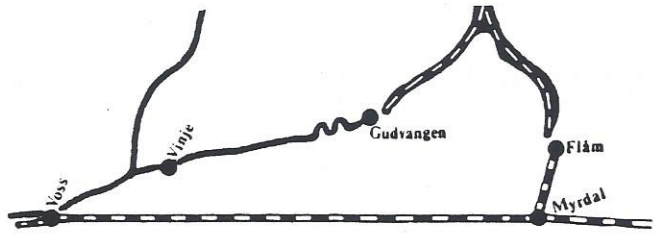
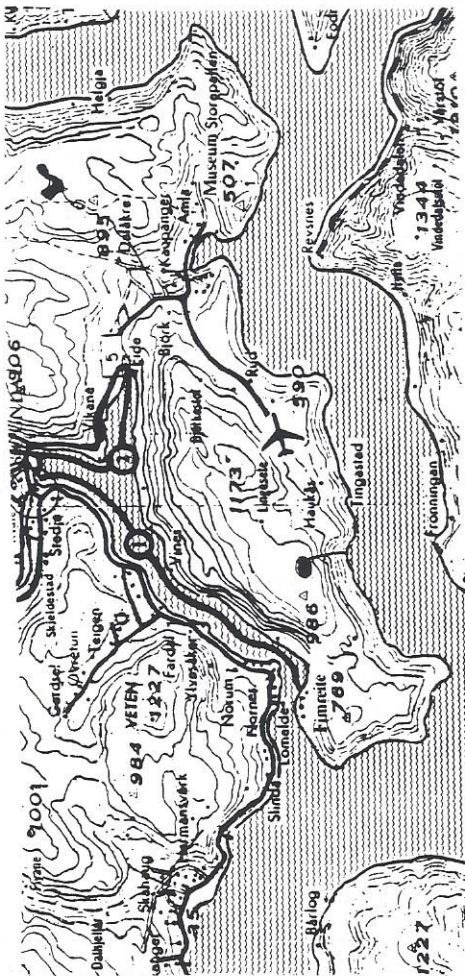
In recent years Norway has imposed strict rules governing emissions from national industries. Efforts to reduce this pollution continue. But we cannot solve Norway's problems on our own. We are dependent on pollution control measures introduced by the governments in other countries.



Ministry of Environment,  
Myntgaten 2, Dep.,  
Oslo 1, Norway.



**OUR LAKES ARE AS CLEAN AS YOUR INDUSTRY**



were together for the next few, then I decided to do ignore the contours and that was it. Random boulder on boulder-strewn hillside didn't want to be found, and I was last (though only a couple of minutes behind the next-to-last person). There was hope. Day Two. The same area, but a longer course. Day One had been nice; Day Two was even better! I was starting to get the hang of tactics, i.e. run from open marsh to open marsh whenever possible. It was all going well again. Even the long diagonal, downhill leg with the chance of overshooting into infinity. And even better, I caught up someone (technically brilliant, but by his own admission twenty kgs overweight). (Impossible - Ben hasn't got a spare 20 kgs! - Ed. again). Then I ran away from him - it was uphill, and I was getting cocky. Suddenly it didn't work any more. This one was only an eight minute error (yesterday's had been a fifteen minuter), but that was the end of being competitive. Still I wasn't last. I'd beaten two people, and I'd just scraped into the chasing-start by 30 seconds. And more importantly, I felt I was starting to orienteer at least half-decently. Day Three. Ben and Heather had earlier starts and were dashing off to the airport. I was starting just eight minutes after Mr. 20 Kg, and just ahead of all the EOD people. I was feeling positive, and the weather was superb again too. And unexpectedly, it all worked. Everything. I had a couple of pieces of luck when things were about to crash and burn, but mostly I knew exactly where I was the whole time. I was leading (!) a small pack for a while, then two of us ran away from the rest. Right near the end, we caught sight of the guy eight minutes ahead, but despite achieving the fastest run-in, I didn't quite catch him. Still, I was well chuffed, and the guy was surprised that I'd managed to do that, as he hadn't made any mistakes. It would have been nice if Ben and Heather had been there (they admitted to having been completely astonished when they looked at the results on the web), but I was still well chuffed. Voss - I was awful. On the second day

there, I was worse. Ho hum! Still, I'm completely sold on the idea of Scandinavia again. It's fantastic, and you don't have to be elite to get a lot out of it. We (B&H and me) are already planning next summer. Either a fortnight in Norway taking in the O-Festivalen, NordVestGaloppen/SorlandGaloppen, or alternatively, a fortnight in Finland for the Fin5. When we have more plans, we'll let everyone know, but expressions of interest already are welcome.

Paul



**AREAS WITH AFFECTED FISH POPULATION:**

-  Virtual Extinction
-  Strongly Affected

**THE SØRLAND LINE**

is the colloquial name for the 364 mile long line from Oslo to Stavanger.

Drammen is the first stop on our long journey. The Vestfold line branches southward here, to Tønsberg, Sandefjord and Larvik. From Drammen we follow the river, Drammenselva, through a district which is a blend of farmland and industry. At Hokksund the Randsfjord line branches to the north, while we continue southward. We see two lakes, Fiskumvatnet and Eikeren, and down by the water we can see the old Olavs Church, built in the early 1200's.

At Skollenborg the line swings northward again, and soon high mountains appear behind the hills. These are the Skrim mountains, and we are now approaching Kongsberg - renowned for its silver mines and for its magnificent church, built about 1750. From Kongsberg the Numedal line leads northwards to Rødberg.

# M fortysomething



# 118

Orienteers do it in the forests was a car sticker I can remember from less politically correct times. Generally you would think that as a group deriving our enjoyment from the countryside that we would show more concern than other members of society for our environment. In the main we probably try our best and minimise the impact on areas where we've been. We avoid SSSI's, we heed farmer's instructions, we tidy up pretty well after us. In return, as well as the benefits to ourselves in terms of health, fitness and sheer enjoyment ( You're really raving this time ! - Ed.) many small rural economies benefit from the extra trade and custom brought their way. So is he going to get to the point ? Why the serious tone ? On a couple of occasions now I, and obviously several other orienteers, have been maligned by organisers in results and publications for using envelopes with reuse labels. Apparently it would be better if we used self-seal envelopes which would save their tongues when they have to lick in bulk. Pardon me, but I think using 3 new envelopes every time I enter an event is a bit wasteful. Not so long ago the City of Edinburgh Council received a 'Green Apple' award from some body for their commitment to recycling. Since then I can no longer recycle plastic. It then became uneconomic for them to recycle cans. Falling prices meant it wasn't worth their while ! Excuse me, but what is the conscientious council tax payer who is deliver-

ing this resource to them at his or her expense for their capital gain getting from them in return. Now, if I want to recycle my cardboard I can no longer pop along to Craigmillar and deposit it there. The collection has been 'centralised' so I now have to make a longer journey to Seafield, using more petrol and emitting more exhaust fumes in the process. How can a county like Devon with a large land area have recycling centres in practically every large village and town and a densely populated compact urban area like Edinburgh finds it uneconomic ? And then I'm told that they can only take newspapers and magazines. So I can't take all the old units of work left behind in my class when pupils leave despite it being high quality paper which I was always led to believe was in great demand. Perhaps this money the council is saving is being well spent in other areas though, like street cleaning and refuse collection. But didn't they take the litter bin away from the bus stop outside my door so that now the hole in our hedge has been enlarged so that we can get more cigarette packets, beer bottles, fish suppers and banana skins dumped into our garden. And now I'm told that I'm a penny-pinching skinflint. What do you think ? Am I making a mountain out of a landfill site or are they ? By myself I know I can't do very much but obviously some people haven't got their heads round the idea of thinking globally and acting locally and that we should be reducing

the waste we produce and reusing more materials before we even consider recycling.

This diatribe all came to a head when I eventually got a copy of the Highland Fling results from Paul this weekend. It was in June but for some reason I never received my results. I put it down to the respective clubs having so much on their hands with Highland 99. Maybe someone had a dry tongue and got fed up when they came to mine and didn't bother. Maybe it was lost in the post. So after being irritated by the comments from the organiser imagine my feelings when I found that Calum had won M11 at SG4, a class that was discontinued a number of years ago. I think he was 2nd in M10 really, as he was the next day at Achilty. Then looking at the Highland Fling results where the times from both days are aggregated I thought he might have done quite well. But no sign of Calum in the M10 list until I look across and see he's won W10. So the first day he's run M11, the second day he's run M10 and he's won W10 with a name which many people in the Highlands should not be unfamiliar with. Am I getting paranoid ?

Anyhow, lots of events for us to organise coming up soon. Offer your services where you can and when you can to the relevant people. Many hands make light work as old Chinese proverb say. You may see me in the forest some time. I'll probably be the one hobbling about a bit !  
Hoppy Trails !

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