

# INTERLØPERS

ORIENTEERING CLUB

EDINBURGH

NEWSLETTER NO. 119

December 1999



## It's A Wonderful Life !

It's that time of year when we look back and reminisce about what has past, what we enjoyed, what made us sad, what we achieved, what left us disappointed, what we wish we had done differently and what we're going to do better on next year. This year seems to be getting special prominence for some reason but I'm siding with one of my colleagues in the History department who's telling all that the millennium doesn't start /end until January 1st 2001. Never mind the change from the Julian to the Gregorian calendar and when was Jesus actually born anyhow. Call me a kill-joy but it's just a date to me. Anyway, that aside, it is a wonderful life ! Where would we be without Interløpers ? John Barrow might have a life if he wasn't club secretary and had to deal with the endless pieces of paper sent to him by BOF. We wouldn't have had the company of many weird and wonderful orienteers over the years who we've run with, competed against and socialised with. Who knows when they met but would Colin and Lorna, Jane and Graeme, Charlie and Janet, Dave and Gillian, John and Lesley, Graeme and Morag, Lucy and Robin

and many others be if it hadn't been for orienteering or Interløpers. Donald Petrie wouldn't have a lead club for Moray 2003, but there again he might not have a lead club anyway if we perform to our usual incompetent standards. All the other clubs in Scotland wouldn't have us to moan about. Martin would have a lot fewer people at intervals on a Tuesday. We wouldn't have experienced the pride of club members like Carol and Geoff and Lorna and Andy running at the highest level for their country in world events. Various poor souls wouldn't have had the thankless task of being Social Secretary. The Riemersmas wouldn't have a new carpet on their living room floor. There wouldn't be as many areas mapped for orienteering ? You wouldn't have had to put up with my disjointed ramblings over the past years. We'd all have to be members of ESOC - (aargh ! ) So there is a lot to be thankful to Interløpers for. Like the Christmas Party / Club Champs Double Whammy this weekend. If I don't see you, festive greetings to all Interløpers present (and past) and may all your Christmases be green, yellow and white .

**Special Bumper  
Not The  
Millennium Issue**

**Lee Love Child  
Shock Horror**

**A Belated Highland  
99 Report**

**Tim The Planner**

**Cammo(n),  
Cammo(n)**

**And our usual com-  
prehensive events  
and results service**

**And listen, another  
angel just got its wings!**



**The First Interløpers Christmas Party**



# On the Move

Rob Lee's new address is  
13 Briery Bauks, Edinburgh, EH8 9TE

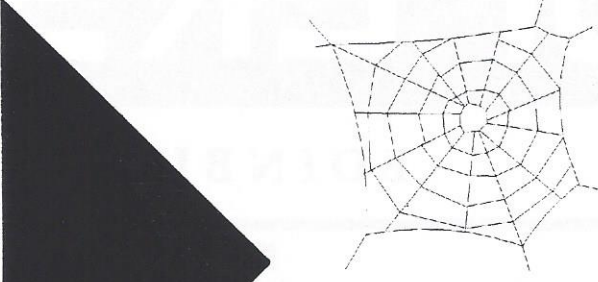
Telephone number 0131 667 4419

Alastair Matthewson is back !  
2F1, 98 Mayfield Road, EH9 3AF

Wired up and ready to go now

Mike Robinson  
Jane Rosbottom  
John Mitchell  
Tim Brand  
Barry Owen  
Gordon Riemersma  
Phil Smith

Mike.Robinson@ee.ed.ac.uk  
J.Rosbottom@sms.ed.ac.uk  
johnmitchell@bennevis.fsnet.co.uk  
TDBR@wpo.nerc.ac.uk  
br.owen@virgin.net  
griemersma@yahoo.com  
phil@clara.net



*some webby type stuff received from Paul and Barry which might interest some of you and a warm winter welcome to all our new Interlopers. May all your controls be red and white !*

----- Forwarded message -----

Date: Fri, 5 Nov 1999 08:54:49 +0000

From: Alison Laws

To: Paul.Caban@ed.ac.uk

Subject: Hearts (not the football variety!)

Hi there Paul

Through the EUHare&Hounds I was contacted about a study by a guy called Graham Mackenzie (mackedg@hotmail.com) at the Western General. He's looking at the hypertrophy of hearts of runners, weightlifters and cystic fibrosis patients using a painless technique called echocardiography. This requires about 1 hour of a volunteer's time, and you get to see lovely coloured pictures of your heart at the end ! He needs about 40 more runners, preferably doing at least 35-40 miles per week. I was wondering if you could pass this message round Interlopers?

Cheers

Alison



Hi Colin

Seen on breakfast TV earlier this week (11.11.99):

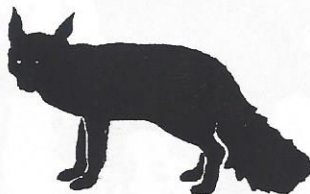
Interviewer - "Can you explain the difference between fox hunting and drag hunting ?"

Expert - "Fox hunting means chasing a fox and drag hunting involves chasing a member of the local orienteering club."

(!!? - Ed.) Perhaps Tim Lenton (KIMM winner A class) and Tim Brand (KIMM winner B class - a bit of sandbagging there?!) could be part of Interlopers first tentative steps into this alternative winter training regime ?

Tally Ho!

Bazza



Courtesy of Mr.Caban a provisional fixture list of major orienteering events for next year is now available at:

[http://www.cs.man.ac.uk/arch/watson/orient/BOF/advance\\_fix.html](http://www.cs.man.ac.uk/arch/watson/orient/BOF/advance_fix.html)

# In the Club !

A whole clutch of new members who have struck fear into the first half of the alphabet committee. Perhaps they sense a shift in the balance of power in the club. Enjoy your orienteering folks and don't be shy about getting in touch, asking for help, transport, etc.

Mike Robinson (M21), 14 Roxburgh Street, EH8 9TA  
Jane Rosbottom (W21), 2F1, 171 Dalkeith Road, EH16 5BY  
Keith Turner (M21), 67 Restalrig Road South, EH7 6LF  
Neil and Susanne Turner (M/W21), 25a London Street, EH3 6LY

If you've stumbled across this, are new to orienteering and interested in finding out more about the sport or our club phone one of the following friendly committee members below. If you're from ESOC the next page is just a joke, honest !

John Barrow - (0131-440-2136) The Secretary - The Man !  
General all-round great dude !

Graeme Ackland - (0131-667-7718) The Chairperson - Polymath, organiser of many events and what he doesn't know about thickets is legendary !

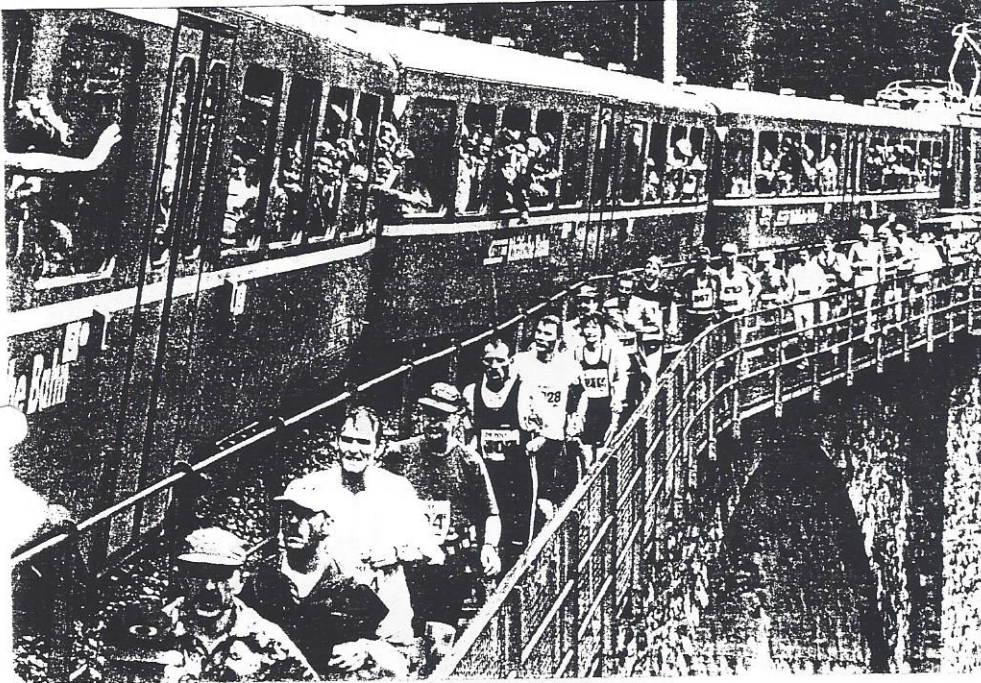
Paul Caban - (0131-445-3098) The Treasurer - He has hardly any hair, lives on Rice Krispies, plays with computers for a living and is incredibly helpful !

Colin Inverarity - (0131-668-2170) The Newsletter Editor, subject of many a libel suit and Club Goat !

Darina, Colin, Dave and Tim, the other committee members, are also friendly but there isn't enough room for the poison pen portraits here. Maybe next issue !



# great esoc controls of our time



*this feature proved so popular, (no one made any comment about it) that I decided to continue it. Well truth be told Paul and Jane did smirk a bit*

Another typical ESOC control with a difference !

202 Thicket, other side of railway viaduct

This one is probably inspired from a Six Days at Airds Park years ago when we had to run backwards and forwards across the Glasgow-Oban railway line. ESOC incorporated this idea into their recent event at Clunie South East (Davos). The technical difficulty of this leg was enhanced by careful scheduling of the Start List so that all participating Interlopers hit the viaduct just as a train load of ESOC family members crossed it thus enabling them to hang out of the windows and jeer at our predicament.



## Interlopers Club Championships



**When:** Sunday 19th December

**Where:** Barry Buddon, Carnoustie  
(NO 541315)

**Starts:** 11.30am - 12.30 pm

**Courses:** Orange, Green,  
Blue, Brown

Complex open sand dunes with some  
woodland

## Saturday Morning Series

Come And Try Orienteering In 2000

Jan 15	Cammo	ESOC
Jan 29	Braidburn Park	INT
Feb 12	Craiglockhart Hill	ESOC
Mar 4	Craigmillar Castle	INT
Mar 18	Bonaly	ESOC
Apr 1	Mortonhall	INT

Cost £1 Starts 11am-12.30pm

for more details of the events contact the club secretaries  
Interlopers - John Barrow - 0131-440-2136  
Edinburgh Southern - Janet Clark - 0131-225-7771



# Cammo(n) Over To My Place ?

*septagenarian star, undoubted 'father' of the club (Interlopers answer to Ted Heath ?) and local resident, Ray Heyworth, extols the virtues of his backyard. You can try it out at the Saturday event on January 15th. Unfortunately ESOC are organising. Watch out for thickets !*

This year I searched out and cleaned the permanent orienteering markers within Cammo Estate. Some are not visible and some are not accessible during the period of maximum growth, so it is necessary to check their usefulness at that time.

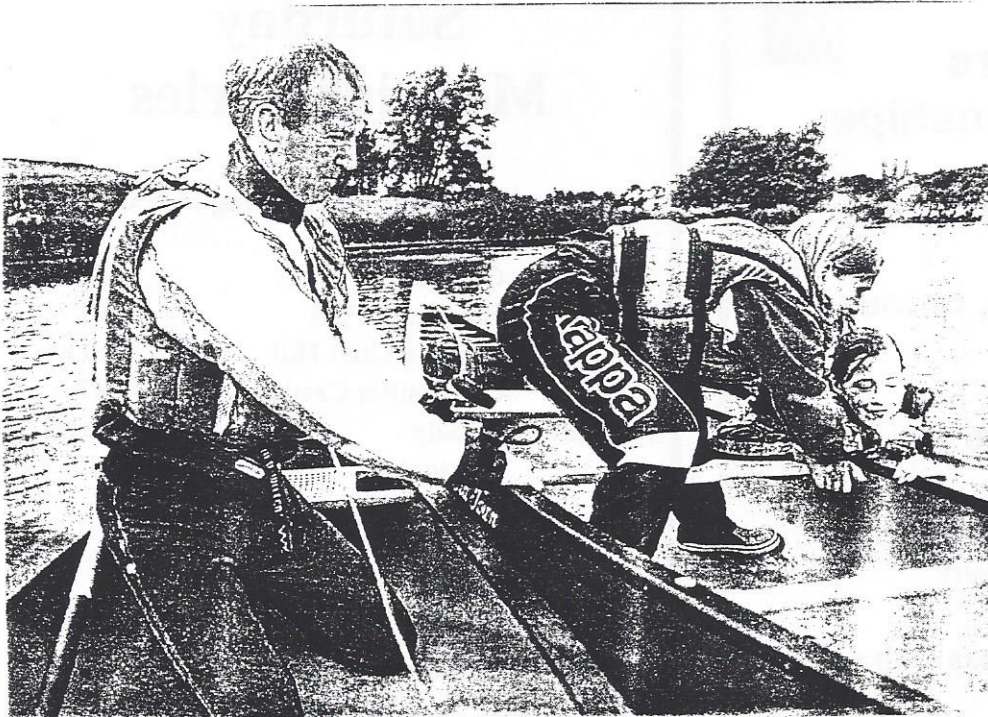
I have plotted 41 sites onto a 1995, 1:5000 Harveys map. Each control marker has impressed codes both in letters and in numbers and I have a record of these together with site descriptions.

These could be useful for organisers of introductory and training exercises, without the need to provide temporary markers and punches and site descriptions.

The area is attractive for training due to the variety of terrain, paths, walls, fences, ruins, water features, visibility and gentle contours. Orienteering has been written into the social and educational aspects of Cammo in a recent study commissioned by the National Trust for Scotland and the City of Edinburgh Council, particularly its history and ecology, for future management of the Estate.

The maps are held by Cliff White of ESOC. The grid reference on it is wrong ! Please respect that the southern fields on the map, (without any markers), are not part of the Cammo Estate.

Ray Heyworth (0131-339-5634)



Last issue he was shackled up with Caban. Now he seems to be with child. What has happened to this man's moral fibre ? Why are the gutter tabloid press hounding him ? Has he withdrawn from the mayoral race ? What is the child's name and is it Lee's ?

**Gillian !  
Don't Forget the  
Saturday Morning  
Events !**

**Would you let your daughter go out in a canoe with this man ?**





- **Sunday 19th December**  
**Interløpers Club**  
**Championships**  
**Barry Buddon, Carnoustie**  
**(NO541315)**  
 Information from  
 Ken Daly (0131-661-4089)  
 Starts 11am - 12.30pm
- **Monday 27th December**  
**Festive Frolic (ELO)**  
**Yellowraigs, Dirleton**  
**(NT518856)**  
 Information from  
 Sheila Strain (01875-611014)  
 Mass Start 11.00 am  
 £3 (including soup)  
 Sportident may be used
- **Saturday 15th January**  
**ESOA Saturday Series**  
**Cammo, Edinburgh**  
**Cammo Walk Entrance**  
 Information from  
 Janet Clark (0131-225-7771)  
 Starts 11am - 12.30pm Entry £1
- **Sunday 16th January**  
**ESOL6 (KFO)**  
**Blairadam Forest, Kelty**  
**(NN 950880)**  
 Information from  
 Alan Shields (01383-824487)
- **Saturday 29th January**  
**ESOA Saturday Series**  
**BraidBurn Park, Edinburgh**  
**Comiston Springs Avenue**  
**(NT242695)**  
 Information from  
 John Barrow (0131-440-2136)  
 Starts 11am - 12.30pm Entry £1
- **Sunday 6th February**  
**ESOL7 (ELO)**  
**Hedderwick Hill, Dunbar**  
 No information available
- **Saturday 12th February**  
**ESOA Saturday Series**  
**Craiglockhart Hill, Edinburgh**  
**Craighouse Road**  
 Information from  
 Janet Clark (0131-225-7771)  
 Starts 11am - 12.30pm Entry £1
- **Sunday 13th February**  
**WOSOL1 (STAG)**  
**Calderglen Country Park.**  
**East Kilbride (NS654526)**  
 Information from  
 Jackie Riley (0141-778-3127)
- **Sunday 20th February**  
**ESOC SprintO Challenge**  
**Beebraigs Country Park,**  
**Linlithgow (NT998741),**  
 Entries and Enquiries to  
 Douglas Gray  
 5 Cathlaw House, Torphichen,  
 West Lothian, EH48 4NW  
 Phone/Fax 01506-630216  
 e-mail: sprinto@agamik.co.uk  
 Seniors £4.50 / Juniors £2  
 CD18th February No EOD
- **Sunday 27th February**  
**ESOL8 (ESOC)**  
**North Pentlands, Edinburgh**  
 No information available
- **Saturday 4th March**  
**ESOA Saturday Series**  
**Craigmillar Castle, Edinburgh**  
 Information from  
 John Barrow (0131-440-2136)  
 Starts 11am - 12.30pm Entry £1
- **Sunday 5th March**  
**Scotlands Galoppen 1**  
**Dunrod Hill, Greenock**  
**(CLYDE) (NS227740)**  
 Enquiries and Pre-entries on SEF  
 to John Emeleus  
 Flat 1/1, 11 Gray Street  
 Glasgow G3 7TX  
 (0141-357-4433)  
 Seniors £7 / Juniors £3  
 CD19th February  
 Late Entries - Surcharge £1  
 Ltd Badge EOD (+surcharge)  
 Colour Coded and String  
 Supply SportIdent Card Number  
 Cheques to Clydeside Orienteers
- **Saturday 18th March**  
**ESOA Saturday Series**  
**Bonaly, Edinburgh**  
**Public Car Park**  
 Information from  
 Janet Clark (0131-225-7771)  
 Starts 11am - 12.30pm Entry £1
- **Sunday 19th March**  
**ESOL9 (RR)**  
**Bowhill, Selkirk**  
 No information available
- **Saturday 1st April**  
**ESOA Saturday Series**  
**Mortonhall, Edinburgh**  
**Garden Centre Entrance**  
 Information from  
 John Barrow (0131-440-2136)  
 Starts 11am - 12.30pm Entry £1
- **Sunday 2nd April**  
**WOSOL2 (FVO)**  
**South Achray, Aberfoyle**  
**(NS?)**  
 Enquiries to  
 Rona Molloy (01506-842857)
- **Weekend April 21st-24th**  
**JK2K**  
**Breadalbane**  
 Information from  
 Jim Heardman (0131-441-2335)  
 14 Bonaly Road, EH13 0EB

# Events



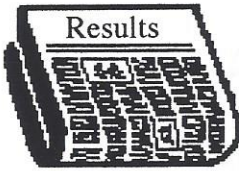


# dnf

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

- So what do we get for our money from BOF is a question you may have asked. Value for money some say ! There may be moves afoot to end the somewhat iniquitous burden which Scottish clubs face regarding the levy which may yet defuse the moves to break away. Anyhow, for anyone interested there is A Club Development Conference in Yotrk on January 29th and a Personal Improvement Day somewhere in the Lake District on April 1st. If anyone is interested, John Barrow (0131-440-2136) has the details.
- And a big welcome to the latest interløpini, James Charles Walton. I'm afraid I've lost my note of the vital details, birth, etc. but mother and father are doing well
- The old chestnut of the Club Watch was raised at the last meeting and the enquirer was reminded of its dead parrot like nature. It is no more. It has ceased to exist. It is an ex-watch. This prompted a debate about headlamps which seemed to be in demand around the time of the Tinto Twin. It was suggested, if I remember correctly, that if anyone organises a night event then the club would be willing to purchase a headlamp for the use of club members and also battery packs as well which some suggested are perhaps the most vital parts of the units. Any volunteers ?
- Dave Peel has produced draft maps of Colinton dell, Craigmillar and Mortonhall which various club members are checking just now for obvious errors and omissions before they go on a proper print run. Hopefully, they will be ready for our Spring Saturday Morning Events.
- Do come along and run or help out at these events if you can. Paul (0131-445-3098) is down to do Braidburn on January 29th. Ben (0131-447-9121) is doing Craigmillar on March 4th at which we are apparently organising the Scottish University Relays. There is scope for Interløpers teams to compete if they wish. And Colin Eades (0131-668-2822) has volunteered for Mortonhall on April 1st.
- We're down to do the Scottish Champs in 2001. ESOC are doing the Relays, probably at Crag a' Barns. Do we hold the Individual near there, do we go somewhere further afield which is more pleasant (Glen Affric ?), should we persuade ESOC to reconsider their venue ? What do you think ?
- We are down to do the String Courses at the JK next year on both days. Signs are that Ann Haley (0131-445-4833) has been coerced into organising. I'm sure that she would appreciate any offers of assistance you can give in preparation and on the day
- Also at the last committee meeting much discussion was generated about the Summer Series Events which are traditionally held on Wednesday evenings from 4.30p.m. This scheduling is theoretically designed to fit in with schools and encourage their attendance and participation in our sport. The main bugbear for the hapless organisers is that it inevitably involves them having to take time off work to set up the courses and for very little return some might say in the numbers of children joining the club as a result. Others argue that it would be folly to completely give up on the early starts as it would deprive the number of avenues open to schools to learn about the sport. Although the uptake is small we have a duty to publicise our sport to as many as we can. What do you think ? What would you like to see ? The status quo 4.30-6.00p.m. ? A longer time span till say 7.00p.m. to allow more 'workers / club members' to come along and run also with more technical courses provided for them ? A later start from 5.00p.m. catering more for existing orienteers ? Please, please, please give some thought to these ideas. They all have their advantages and drawbacks. If you have any alternative suggestions we would be happy to hear about them. Pass on your thoughts, comments, observations to anyone on the committee.
- On the social front we have the Christmas party and the Club Champs to look forward to this weekend. Remember to phone Ken (0131-661-4089) to check the event is proceeding and to book for the meal in the evening back in Edinburgh. Darina has booked the Sheep Heid in Duddingston for a Skittles Evening on Thursday 20th January. Burns Night on the following Tuesday, January 25th, may be celebrated at Caban's with soup and haggis (vegetarian provided) if no one else will organise it. Although there may be a counter offer of a StreetO from Ackland on the Thursday 27th. Watch this space or better still, check with Darina (0131-662-8972).
- Paul Caban has received an invitation from Carnethy Hill Runners. Colin Pritchard is organising another 'Mystery Pentland Score Event Thingy' over the Hogmanay holiday, and is extending the invitation to anyone foolish enough to want to go for a run/navigate on the Pentlands. So - details. Tuesday 4th January, Bonaly Car Park, 11:00am. Please bring a small, wrapped present to place into a communal pot. More details from Paul (0131-445-3098) about last year's event, though there's no guarantee that the format will be the same this year.
- The Treasurer is looking for money. Have you paid for your O-kit yet ? Get the money to him before he sends the boys round !
- Next committee meeting is I don't know when or where because I went to the toilet when the meeting ended and someone realised we hadn't fixed a date and no one bothered telling me what was agreed.





## Sunday 26th September Scotlandsgaloppen 6 (WFO) Devilla

I'm getting mucked off with this leg of mine. There's no sign of any improvement. Undoubtedly the Six Days didn't do it much good but there seems to be no progress at all. I want to run but I know I shouldn't. What the hell! I've hardly been running, I'm piling on the pounds, I'm overshooting by the second control. I make one other mistake. I think I've been plodding round and I finish in 4th place! A minute off my time and I would have been 2nd. There's no rhyme or reason to my performances. Needless to say my leg hurts after it all. Calum wins because his rival has already sown up M10 and is running M12. Ray and Hilary post wins again and what is the competition like in the not quite as young as they were class (or as others refer to it - M35L)?

M10A	Calum Inverarity	1st
	Stephen Haley	4th
M16A	Niall Inverarity	4th
M21E	Rob Lee	2nd
	Tim Lenton	7th
	Graeme Ackland	11th
	David Eades	14th
	Anthony Squire	16th
M35L	Phil Smith	2nd
	Ken Daly	3rd
	Rob Bloor	4th
	Paul Caban	6th
	Ian McIntyre	7th
M40L	Bob Cherry	12th
M45L	Colin Inverarity	4th
M50L	Barry Owen	5th
	Steve Ambler	14th
M50S	Pat Squire	3rd
M70L	Ray Heyworth	1st
W21E	Lorna Eades	2nd
	Gillian Godfree	3rd
	Lisa Frith	9th
	Jane Ackland	11th
W21L	Hilary Quick	1st
	Darina Cunane	3rd
	Kate Hampshire	5th
W21S	Karen Dobbie	5th
W35L	Ann Haley	2nd
	Jane McIntyre	6th

## Sunday 3rd October ESOL2 (FVO) Beecraigs

Encouraged by last week's performance I persist with my complete refusal to see sense and not run. Not too many Interlopers here today. Ruaridh's playing rugby, Calum can't be bothered getting out of bed and so it's just me and Niall. I have enough sense (No you don't - Ed.) to run Blue rather than Brown. Only because the Brown is a bit on the long side today. If I'm lucky I might manage to beat Niall today and gain revenge for Barry Buddon. As we're limbering up at the Start, Gillian appears and psyches me out by telling me she's running Blue today, 4 minutes behind me. A wee bit of a shaky start but I catch up with Niall on the way to 4. After that when the long legs start my route choice goes a bit haywire and I run out of 8 with Gillian coming in from a much more sensible approach. I continue to make stupid decisions and it's not long before she's ahead of me and we aren't even at the second master maps yet. The worst was still to come though when I forsook the longer track route for a short-cut through the kak. Of course matters weren't helped much by me poking out a contact lens. A good run from old Chalmers Smith today

### White

6th	Fraser Smith	M6	26.40
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### Yellow

4th	Stephen Haley	M8	27.06
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### Light Green

2nd	Chalmers Smith	M45	59.36
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### Green

8th	Mark Davies	M21	64.39
9th	Jennifer Leonard	W21	65.06
16th	Karen Dobbie	W21	73.10
21st	John Barrow	M50	74.40
28th	Ray Heyworth	M70	82.25

### Blue

4th	Gillian Godfree	W21	68.58
7th	Ann Haley	W35	73.54
17th	Colin Inverarity	M45	81.43
24th	Pascal Lardet	M21	92.34
25th	Niall Inverarity	M16	94.04

### Brown

15th	Lisa Frith	W21	98.36
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## Sunday 17th October Scotlandsgaloppen 7 (RR) Fauldshope and Bowhill

Last SG of the year. I want to do it but finally I'm getting proper sports physiotherapy. I can tell because it's expensive and that's only for a 20 minute session. I've had a more accurate diagnosis and judging by the pain I'm in with the massage, the correct one. But I'm under instructions not to run. There aren't a lot of people here today, never mind Interlopers. Another silly fell running race or a National Event somewhere. A chance for the second string to shine and gain some glory. It's a hike and a half as I take the boys up to the Start. I'm intending to cut across country and hopefully be back at the Finish in time for Calum. I am, just! He has absolutely hared round. Niall, too, benefits from absent rivals and records his first win for a while. Well done to Liam too. Phil wins the battle of the 35's and it's success also for Karen and Ann. Back at the cars a check of the results from SG6 unfortunately show that despite his late surge, Calum's 1,000 points today is going to see him 8 points short of 2nd place overall. My wife has had a nice time strolling round the forest picking up woodland artefacts for her children and class. Only one thing left to do - Coffee and cakes in Selkirk and then off home.

M10A	Calum Inverarity	1st
	Stephen Haley	3rd
M16A	Niall Inverarity	1st
M16B	Liam Dawson	1st
M21E	Anthony Squire	2nd
M21S	Pascal Lardet	6th
M35L	Phil Smith	1st
	Rob Bloor	2nd
	Ken Daly	5th
	Paul Caban	6th
M50L	Steve Ambler	9th
M65L	Ray Heyworth	2nd
W21E	Lisa Frith	5th
W21L	Jen Leonard	2nd
W21S	Karen Dobbie	1st
W35L	Ann Haley	1st
W40S	Jane Dawson	5th

### Green 3.9km 130m climb

3rd	Pat Squire	M50	56.31
5th	Heather Hartman	W21	59.17

### Blue 6.9km 300m climb

1st	Ben Hartman	W21	71.38
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## Sunday 24th October ESOL3 (INT) Glenearn and Berryknowe

My leg is finally getting better but I still resist the temptation to run. I'll just do my good club member bit and help out on the Start. Club personpower is very stretched today but we bumble along with out many major mishaps. Bonus of the event was that someone managed to persuade John Mitchell to come and help. A man who has not been orienteering for a while and one who didn't on the day either. Steve Terry managed to cadge a lift up to traipse round the area he originally mapped way back in 1977. Map corrections are needed already because one of the farmers has put up more fences would you believe! Tim's mounds received a fair number of comments. The young lad did well with his return to planning. The only hiccup was when hordes of Strathclyde University types arrived en masse wanting to do the Light Green. They seem to be taking over STAG's mantle of most active group in the universe. Quick snatching of a set of control descriptions from a finisher and nifty use of a biro for written descriptions saved the day.

### White 1.7km 40m climb

3rd Susanne Turner W21 26.13

### Yellow 2.5km 50m climb

4th Calum Inverarity M10 27.38  
7th Stephen Haley M8 32.26

### Light Green 4.0km 110m climb

7th Neil Turner M21 55.18  
15th Mike Robinson M21 72.05

### Green 5.7km 150m climb

16th Pat Squire M50 64.45  
21st Ray Heyworth M70 67.55  
23rd Fiona Weir W21 68.37  
26th Rob Peacock M21 70.55

### Blue 7.9km 260m climb

7th Bill Mason M50 75.00  
13th Niall Inverarity M16 84.02  
15th Ann Haley W35 85.52  
23rd Steve Ambler M50 114.20

### Brown 9.9km 370m climb

9th Paul Caban M35 78.03  
Barry Owen M50 No14/15

## Weekend 30th -31st October Tinto Twin Rachan and Dreva

A rare occurrence - Ruaridh persuaded to go to an orienteering event. Even then it was touch and go. I fear he is being lost to the dark side of the force - Rugby! Not even the glamour of representing ESOA seemed to appeal much to him but he did relent. From accounts he and Niall relied on that trusted night-time technique of waiting for a whole gang to come and then run along together. Thanks are due to Rob and Colin for the loan of their headlamps. Caban was outstanding in a field of one!

M14A	Ruaridh Inverarity	3rd
M16A	Niall Inverarity	3rd
M21L	Graeme Ackland	5th
	Colin Eades	8th
	Dave Godfree	ret'd
M35L	Paul Caban	1st
W21L	Lisa Frith	2nd
W35L	Jane Ackland	1st

This was Sunday School Picnic area for me when I were a lad. I enjoyed my run, unspicacalar though my performance was. Paul and Jane managed to pick up Tinto Twin trophies. Hartman was too late getting his entry in again and what was Kitchin's performance on Blue like?

M10A	Calum Inverarity	1st
M14A	Ruaridh Inverarity	3rd
M16A	Niall Inverarity	10th
M21L	Graeme Ackland	7th
	Colin Eades	8th
M35L	Paul Caban	1st
	Ken Daly	2nd
	Rob Bloor	3rd
M45L	Colin Inverarity	4th
W21L	Gillian Godfree	1st
	Lisa Frith	5th
W35L	Jane Ackland	1st

### Yellow 2.6km 5m climb

1st Susanne Turner W21 28.17

### Green 4.5km 220m climb

2nd Pat Squire M50 51.15  
5th Neil Turner M21 56.59  
6th Rob Peacock M21 57.37

### Blue 6km 250m climb

1st Andy Kitchin M21 37.47  
3rd Ben Hartman M21 48.04

## Sunday 21st November ESOL4 - (ESOC) Penicuik Estate

Not much to say here. I went down with the dreaded lurgi on Friday evening and was in no fit state to think about orienteering never mind do it. Notable point is the appearance in the results of one Scott Balfour.

### Yellow 2.4km 65m climb

3rd Stephen Haley M8 33.26

### Orange 3.1km 110m climb

4th Sarah Dawson W12 48.56

### Light Green 3.3km 135m climb

9th Keith Turner M21 53.18

### Green 4.2km 320m climb

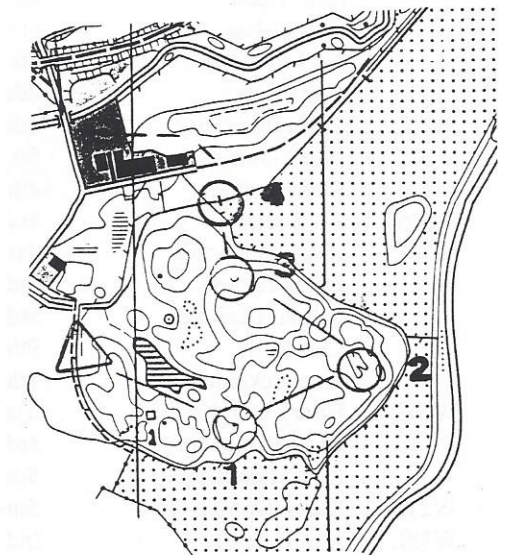
1st Heather Hartman W21 41.31  
6th Neil Turner W21 46.23  
20th Scott Balfour M50 54.24  
22nd Pat Squire M50 54.38  
29th Chalmers Smith M45 59.16  
41st Jane Dawson W40 71.26  
46th Ray Heyworth M70 75.22

### Blue 7.0km 240m climb

4th Keith Dawson M40 82.41  
5th Bill Mason M50 82.45  
8th Ann Haley W35 83.23  
27th Fiona Weir W21 107.54  
29th Steve Ambler M50 109.08

### Brown 8.4km 320m climb

6th Ben Hartman M21 77.2  
10th Barry Owen M50 104.10





## Sunday 28th November Scottish Score Champs Birnam Hill (ELO)

It rained and it rained. It actually rained more heavily after we finished so I suppose we shouldn't complain. It certainly made the event challenging. The terrain was obviously a lot heavier going underfoot. We seemed to manage a bigger turnout than we have had at this event for some time. Calum was unfortunate not to share victory in M10A. Niall had a good run. The big boys had decided beforehand that they were going to get all the controls no matter what time they took. That led to some interesting results. Dave still managed to finish 2nd despite having 159 penalty points. As for Eades (the male one) - 353 in penalties! I presume poor Pascal must have injured himself. Helen finished as our only Score Champion. That made it worth the £10 (?) late entry Helen, or did it? I was pathetic. I got to the open area and the fence and had to think which way I was going. Slogging up a sodden moorland to the first control. Running down to where I thought the boulder should have been but wasn't. Having to run way back to get it. Was it on the right boulder? Then a slog up through knee deep heather to the spur then up into the forest for yet another boulder in some indistinct area with no discernible catching features. I didn't get it and then it was ever decreasing circles until I stumbled across a track and worked out where I actually was. Most of my control descriptions should have read a boulder amongst many in a bit of green that has changed considerably since it was mapped somewhere along the slope. I capped off a stupendous run by heading for the Start instead of the Finish.

M10	Calum Inverarity	200	2nd
M16	Niall Inverarity	239	3rd
M21	Dave Godfree	381	2nd
	Tim Lenton	321	8th
	Ben Hartman	289	12th
	Rob Lee	262	14th
	Colin Eades	187	23rd
	Pascal Lardet	-190	n/c
M35	Paul Caban	260	8th
	Ken Daly	178	10th
M45	Colin Inverarity	112	13th
M70	Ray Heyworth	120	2nd
W21	Heather Hartman	260	5th
	Jenifer Leonard	208	10th
	Lorna Eades	123	14th
W35	Helen Murray	138	1st

## Sunday 5th December ESOL5 (EUOC) Corstorphine Hill

I can't persuade any of them to come out today. There's been a spot of snow overnight so that could make Corstorphine even more hazardous than normal. I wonder if Big John will make an appearance? Arriving at the event it's nice to see they're not digging up Queensferry Road anymore. They're now digging up Drum Brae so parking spaces are going to be at a premium. I draw up behind Paul and Barry. We have a natter before going over to register and as we do so I feel that old not alot in there feeling in my anorak pocket which tells me you've left your wallet on the kitchen table again. My friends see me alright though. But I can't remember now which one actually paid my £4. I've also forgotten that it's a Score Event. We have a time limit of 45 minutes so we won't be out for very long. I decide to head south and am moseying along fairly nicely hitting the controls fairly well. When I get over to the eastern side of the hill decisions have to be made and I opt wrongly, perhaps, to go for the ones at the foot of the slope. The slippery conditions made it difficult climbing back up and I used up too much time for what I gained. Back on top though I manage to completely lose myself which and headed inexplicably to my first control again. So while I ended up with needless penalties I reckon I could have scored 350 fairly comfortably. I have the first sighting of young Callum McIntyre. Morag has her first run since the birth.

### Light Green

1st Keith Turner M21 190

### Green

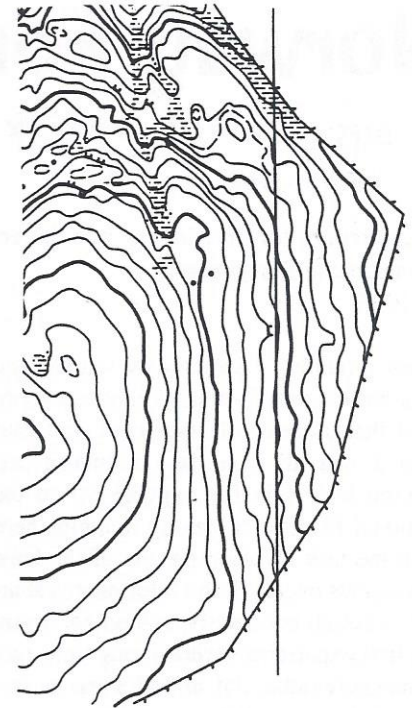
11th John Barrow M50 230  
16th Morag McIntyre W40 170  
17th C. McIntyre+Dad M1 160

### Blue

5th Bill Mason M50 340  
10th Jane Ackland W35 300  
11th Colin Inverarity M45 290  
13th Steve Ambler M50 250

### Brown

3rd Paul Caban M35 390  
7th Barry Owen M50 300



contours	
form line, pit	
earth bank	
small earth wall	
knoll; large, small	
depressions	
cliff, impassable cliff	
boulder	
group of boulders	
cairn	
loch, pond	
stream, ditch	
marsh	
seasonal marsh	
narrow marsh	
parking area	
open land	
rough open land	
rough open, scattered trees	
forest: run	
forest: slow run	
forest: walk	
undergrowth: slow run	
undergrowth: walk	
minor road	
dirt road	
vehicle track	
footpath	
small footpath	
building, ruin	
major power line	
wall, fence	
ruined wall	
crossing point	
high fence	



# Norway For Novices

*oops - I forgot to change the title from the last issue - Ed.*

Event report for Interlopers newsletter:  
Glenearn and Berryknowe,  
24/10/99

"New mounds", I judiciously worded the map corrections. I wouldn't like anyone to think that Glenearn offers piles of crap. But crap it was all over the chairman's car, serving him right for bogging off to the National Event and leaving muggins here with the task of planning one of the least prestigious events in the Interlopers calendar. Though not strictly a planning virgin, my first experiences were a long time ago, somewhere rather flat, and a lot less messy. I could almost smell the area calling to me as I bumbled up the M90 in the capable hands of Mrs Godfree, who was the first to introduce me to the pleasures that lurk behind the Berryknowe. After an ambitious bout of armchair planning, Rob kindly assisted me in decorating the area with the club colours (of tape), and was able to verify that one perfectly positioned spur in the light green was akin to the hides on a Norfolk map, i.e. it is up to the planner to construct the feature which is merely a figment of the mapper's twisted imagination.

The farmer seems keen on the notion of constructing a few new features, but alas not in the right places. The temptation to put a control on top of one of the new mounds was difficult to resist, conjuring up images of a perverse round of "It's a Knockout". Oh to have watched the little old ladies attempt to scale a 20ft manure heap. I settled with offering the orange course a dirty crossing or a clean circumnavigation. I almost forgot to rustle up a light green course and what an omission that would have been, because it enjoyed unprecedented popularity. After carefully calculating expected numbers on the basis of prior events I completely failed to print enough control descriptions.

Out on the course, Mike Robinson showed impressive Interlopers membership credentials, losing his compass and a pen that he didn't know he had within yards of the start. Here, surely, is a man fit to chair our noble club. Sporting the de rigueur ripped leg wear

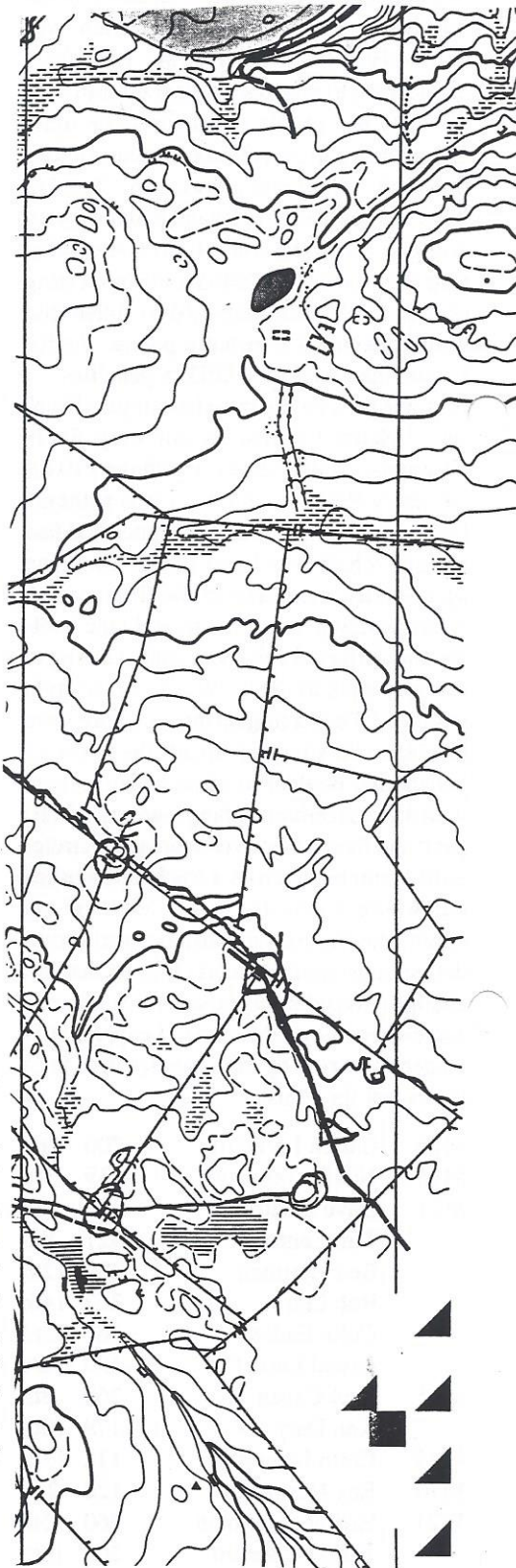
he cheerfully brushed off concern over the multiple injuries he had sustained in the not-so-light green. Out on the aptly coloured Brown, "Bazza" Owen was caught by "Captain" Caban before making a gallant dash towards the bright white and orange electric fence sign that proved the perfect decoy for the last control. Now, I know some of the controls were visible from half a mile away, but they weren't that visible. In fact, "What's all this hiding the flag behind a lump of bracken?" quizzed Fiona after the Green course. The controller (QC, with expensive Saab now covered in crap) was particularly careful about shuffling flags by as much as two feet in a vain attempt to conceal them, but the placement in question I can truly claim as my own. It seems that like most things, the white and yellow courses have been dumbed-down since my day. You even get to draw them on your map before you start. Calum nobly forgot to do so, whilst also avoiding the map corrections. He then proceeded to run up one of the new fences in completely the wrong direction. Good effort lad, you're the future of the club, remember that.

Back at the start there was dismay at the news that a certain G. Ross is considering joining our club. Never heard of the bloke myself, but the editor looked as if a very large pin had just been stuck in his voodoo doll.

The mist dithered quietly on the hillier bits of the area offering a little extra technicality. The herd of rampaging bullocks that had terrified Rob into manning the finish all day were on their best behaviour. Repeated sightings of a short-eared owl made me feel that there were some advantages to spending hours on end lugging our chunky aluminium controls around the area. All in all, the event wasn't total chaos and hence was totally out of club character, a tribute to the finely honed organisational skills of secretary John Barrow and the wonderful band of helpers that ran the day.

Tim Lenton (planner)

*Young Tim Lenton remembers what it's like to plan as most of the rest of the club swan off to fell running relays or something namby-pamby like that and leave the old, the infirm and the incapable to organise our ESOL event*

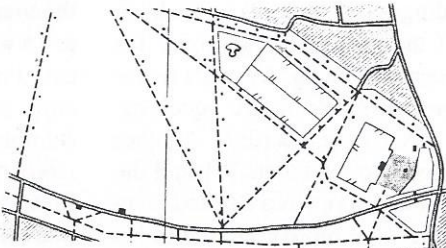






# nottheendofthemillenniumquiz



*more fill up some space with a load of trivia and tosh for sad orienteers who've nothing better to do than quibble about the answers*

- 1) Is this man ?
- Interløpers club secretary
  - Ian McIntyre
  - The reigning club champion
  - Destined to become an Interløper for sins committed in a previous existence
- 2) Which club member was once 36th in the Edinburgh Marathon in a time of 2hrs 47mins 56secs ?
- Scott Balfour
  - Ian Miller
  - John Mitchell
  - Pat Squire
- 3) Perusal through old newsletters show that a current club member once drew a map of Cramond Island. But who ?
- Ann Haley
  - Graham McIntyre
  - Anthony Squire
  - Steve Terry
- 4) Who ran under a pseudonym at Penicuik?
- James Ackland
  - Claire McIntyre
  - Fraser Smith
  - Heather Walton
- 5) Why didn't we enter the CompassStrop Cup this year ?
- No one likes us
  - We forgot
  - We couldn't be bothered
  - We would have been thrashed
- 6) Who didn't join the club in 1984 ?
- Lorna Boyd
  - Hilary Fairlie
  - Graham McIntyre
  - Ken Ovens
- 7) Where?
- 
- Colinton Dell
  - Craigmillar
  - The Meadows
  - Mortonhall
- 8) How many Interløpers finished first at the Scottish Championships ?
- 0
  - 1
  - 2
  - 3
- 9) Who hasn't stumped up for his relay fees yet ?
- Graeme Ackland
  - Andy Kitchin
  - Daniel Marston
  - Gordon Riemersma
- 10) Who is the odd one out ?
- Galloway
  - Matthews
  - Peel
  - Smith
- 11) Which club member was out the longest at Cawdor ?
- Liam Dawson
  - Colin Inverarity
  - Penny Mason
  - Steve Terry
- 12) Who pedalled for Lepra this year ?
- Scott Balfour
  - Steve Ambler
  - Niall Inverarity
  - Pat Squire
- 13) Who is the odd one out ?
- James
  - Callum
  - James
  - Samuel
- 14) Who planned our Blackford Hill event with great skill and cunning ?
- Darina
  - Graeme
  - Paul
  - Tim
- 
- 15) Who is this person ?
- 
- A young Boris Karloff
  - Brad Pitt's handsome older brother
  - Lily Savage without the makeup
  - The editor

**Less than 5:** Take heart ! If you read your newsletter you won't know any more next year !

**5-10:** A fairly well rounded individual

**10-14:** Are you taking this seriously ?

**15:** You should get out more, Caban !



ok - it's late, I know ! Apologies to anyone who doesn't get a mention/been omitted. My recall isn't what it used to be but it's the best I can do. Hopefully it'll stir some happy memories.

## Day One - Docharn and Deishar

Day One usually involves a leisurely drive up the A9, a wander around the traders at the Event Centre and then off to the cottage ready for the next day's race. Not this time. Bombing up to Aviemore because we're actually running on the Saturday. When we arrive it's the usual mixture of uncertainty and trepidation not knowing how long everything is going to take. As everyone seems to be just sitting around dithering it's up to me to inject some urgency into the proceedings and storm off in the huff. You wonder whether if the club tent is up and if it's actually worth trying to locate it. Things are made worse this time with the innovation of electronic punching. Where do I pick up my SPORTIdent cards ? Another urgent requirement is where are the toilets ? I find the tent but no real assistance there. I run into Bill and relay my fears to him. He seems a bit more collected in his thoughts than I am. At the Registration Tent things seem just above chaotic levels but I manage to obtain the plungers/dobbers or whatever people want to call them. The next problem is the toilets aren't in the car parking field never mind the assembly field so it's a long trudge down the hill and back up again. At the car things still don't seem to be progressing. Access to the relevant stuff is made difficult by the addition of two bikes on the back this year thanks to a friend who gave us his carrier because it didn't fit his new car. I decide to adopt the standard procedure of getting myself ready and if the others are late then that's their lookout ! Caring, sensitive Dad that I am ! It's a 2.5km slog along the hill to the Start as well. En route we pass some of the Swiss Mens' World Champs team loping along stripped to the waste in the blazing sun. It's going to be hot in the forest today. At the Start it's rather busy. Obviously lots of people not quite sure about this electronic punching lark. Clear it on the way to the Start, then check it at the Start also. I've been getting massage on my leg for the past few weeks to help my calf stand up to the rigours of the week but it's debatable whether I'll survive. I have a reasonable if unspectacular run until the control three from home when I convince myself I'm looking for a spur rather than a shallow re-entrant. I tend to do this sort of thing towards the end of my courses. I can feel my leg hurting as I finish. Despite my mistake I'm comfortably positioned midway in the 170 or so competitors in my class which is quite encouraging. Back at the tents things are now a bit busy with the extra space being much appreciated by the increasing number of Interløper families. No real hanging about afterwards for us though. With our afternoon starts it's now getting on a bit and we've got to drive up to Dingwall to get to our cottage. We've struck lucky again. A very spacious modern bungalow, tastefully decorated with a huge garden for the boys to play about in. What will my leg be like tomorrow ?

### 1. Inconvenient Conveniences

The Day 1 Team apologises that the toilets for today are in the Parking Field. The Loo Contractor was unable to negotiate the narrow track to the Assembly Field.

## Day Two - Craig Leach

Day Two isn't too far away, just along the road from the campsite and the event centre. Usually the second day has shorter courses with less climb. It's ESOC organising so of course my course is longer and steeper. Thanks lads ! I start off reasonably well and it's quite pleasant running actually up towards the north and west but I completely blow No.5 and am all over the place. A 25 minute leg from which I don't really recover. The rest of the course is a bit of a plod. There is a rather steep descent to 15 which sees me switchbacking to lessen the gradient. I'm still a bit wary with all those metal pins in my arm. As I gingerly make my way down I fortunately stumble upon the control without having to navigate to it. It is of course a thicket but that as you can imagine is open to interpretation. My leg is hurting even more today but I've managed to stay below treble figures for my run. I know I could have done better but everyone else seems to be running better as well. Thankfully I've arranged a massage with a lady in Inverness courtesy of my masseuse back home. Off we go to savour the delights of Inverness.

There are so many interesting things to see and do in the Highlands that your time here will pass all too quickly.

Det finns så många spännande saker att se och göra i de skottiska högländerna så tiden räcker inte till

## Day Two(b)

At least we're going to have two rest days this year to fit in with the World Championships programme. We forgo heading up Glen Affric to see the elite in the Classic Qualifying for a day at the shops, having a massage and splashing about in the Aquadome. When we stop off there we have a laugh at the split times for Day 1 up on the wall outside the Event Centre. I appear to be Mr. Inconsistency. From 13th fastest on Leg 7 I ended up 162nd on the next. Afterwards we head off to Culloden for a bit of cultural enlightenment for the boys and have a traipse around the battlefield before we make our way back towards Strathpeffer.



WORLD  
ORIENTEERING  
CHAMPIONSHIPS  
1999



5. We received more complaints yesterday about adult orienteers spoiling the concentration of other runners by asking for help. Please only ask for help in an emergency.

### Day Three - West Guisachan

It's a longish drive up Glen Affric to Guisachan. We're promised really challenging technical terrain today. That should have been enough to scare me off. There's a lot of us about and no tent so we book a space in anticipation of its arrival. Something which has been bothering me finally clicks. It's strange being at a Six Days without club stalwarts Pat and Scott about. Where were you guys then? It's a bit midgy today so we toddle off down to the traders to purchase some repellent. It's another 2km hike to the start today. The programme hasn't really stressed that sometimes depending on where you are in the car park here may well be another couple of kms extra added hauling stuff to the tent in the Assembly Field and then hauling yourself back to the start. I start fairly optimistically, refreshed by my massage but today is my make an absolute mess of the first control day. I'm still looking for it when Ruaridh passes me and he was off almost twenty minutes after me. Once I eventually locate it I get into a rhythm although I find it heavy going in the undulating terrain with all the bracken and heather. To me it's virtually verging on kak but what do I know about orienteering? A group of us are keeping pace with each other as we make our way along the ridge but then we hit the water station. Only the water station isn't where it's supposed to be and that throws my concentration such that I throw another wobbly on Control 8. After another 25 minutes I've had it and decide to call it a day. I look at the map and head for the road. I decide to pick off 14-17 on my way back and as could be expected I hit them all spot on without any problems at all. The 500 metres to the Finish seems endless today and I can't work up enough enthusiasm to break into a sprint. A day to discard. I'll need a rest tomorrow, If they think I'm coming back tomorrow to spectate they're mistaken.

### SI Card Details

Entry form number: 201

SI Card No	Start No	Name
20331	968	Niall Inverarity
20332	674	Ruaridh Inverarity
20333	94	Calum Inverarity
33987	5090	Colin Inverarity

### Day Three(b)

What did we do on our second rest day? Well we ambled along to Cromarty and had some coffee and cakes and then headed back to Fortrose and out to Chanonry Point where we thought we might see the dolphins. We weren't disappointed. A whole school of them were performing on and off for a captivated audience. As we're sitting having our lunch back in the car by the lighthouse, Tim and Zoe Griffin of GRAMP arrive on their bikes. You wouldn't catch me cycling miles on my rest day. Caban is probably up a hill somewhere I think as I watch them.



### Day Four - Plodda

Day Four of course is actually Day 6 and we're at the stage of not being quite sure what day it is! It's Thursday and we're back up Glen Affric at the same car park and assembly but running on the other side of the valley at Plodda. A name which will probably reflect my performance today. I have to admit the scenery is gorgeous here. The course is longer than yesterday with slightly less climb so I do not have any great expectations as regards my performance. I'm going at a fairly pedestrian rate (and my splits afterwards confirm this) but I'm not making any mistakes. There are only 9 controls today so less opportunity for me to screw up. I cope with the longer legs quite well and am really chuffed when I manage to hit No.5 spot on after a 1.8km leg over 5 ridges en route. 61st on the splits. I'm pleased when I finish even although I'm into treble figures I place higher than Sunday. I must not be the only one beginning to feel the strain

### Day Five - Rogie

We're at Rogie 5 miles along the road from where we're staying so it's nice and accessible but the physical and mental torture continues. 7.2kms and 345m of climb. My toughest day. We've arrived a bit earlier than we should so I can catch some of the Short Race Qualifications. I've got my calculations wrong and it's winding down by the time we arrive. I'm a bit wary of dragging my poor wife out unnecessarily early to these events sometimes. We have a while before the forest is declared open to us mere mortals so time to decide whether to buy a Highland 99 t-shirt or a World Champs one with a nice seascape and a dolphin on the back. I opt for the latter. So how did today's run go. Well I overshot 1. Came across what seemed to me a perplexed looking Calum and apparently proceeded to tell him to go the wrong way along the burn with the result that he had his worst run of the week. I promptly lost the plot and overshot 2. Could not for the life of me find 3. Things improved, relatively. I was glad to reach the drinks station before No.7. Only 11 controls to go all the way along the hill and back. Super! Eight to Nine was a nightmare. Crag and boulder city. I could have been anywhere. 35 minutes and 44 seconds! When I eventually found it I decided to slip into leisurely mode so it didn't take much to distract me when I heard a loud and piercing wailing from some female up above me somewhere. The terrain was quite rocky so me and a few others surmised that she had probably fallen and hurt herself, maybe even broken her ankle. As the budding Sir Galahads got closer to the damsel in distress it became clear that we were mistaken. "Sh\*\*e! Sh\*\*e! Sh\*\*e! I hate this f\*\*\*\*\*g forest!" And on the tirade went for about another two minutes solid, all at 120 decibels. That cheered me up to find out that someone else shared my opinions too. It was even better when I noticed she had a SW Junior Squad top on so presumably she was reasonably competent. The rest of the course must have been completed on autopilot because not a lot of it registers as I look at the map 4 months later. This time I've managed to break 2 hours comfortably. Things can't get any worse. I just want to curl up and die when I reach the tent. I can't face driving over to Cawdor and setting up stuff for our day tomorrow but thankfully there's not much we can do because we're hampered by the World Champs holding the Short Race Finals there as well so we have to wait until they've finished playing in the forest again.

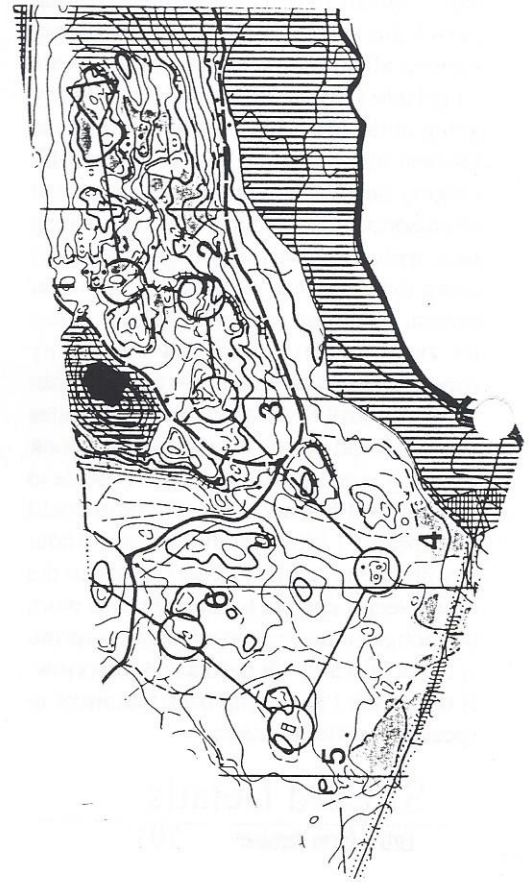


## Day Six - Cawdor and Dallaschyle

Imagine trusting us to organise the last of the Six Days. You'd think Donald Petrie would have known better. When we arrive there's an air of uncertainty about what we should or could be doing so we just forget about it and watch the Short Race. Graeme is wandering around in a rather bemused state probably thinking what else can go wrong after what he's been through in the past few weeks (see last newsletter). Lorna qualified 7th in her heat yesterday so we're rooting for her as she comes into the field. She's only been out for 30 minutes but by the way she seems to be dragging herself up the finish funnel you can tell she's given her all. Unfortunately we can't stay to see the climax as an advance party has to go up to the start (unofficially, of course) and start preparing. Just before we go Steven Hale comes in and takes over the lead. Can he hold on to it? We seem to have quite a band of willing helpers up at the start but we're going to be stretched by the demands of SPORTident and having a separate chasing start for the elites as well. We probably won't get much respite once we start going. Thankfully it's brightened up a bit after a dreich start to the morning. We've had glorious weather until our Day. Typical! A few officious World Champs types come round and seem to think we shouldn't be there. Our job is hampered by various elite, nonrepresentative types winding their way up from all directions to have a free run round the World Champs course. Caban is the overall supremo. I'm at the actual start boxes with Hilary and friend. Just before the official start Tobiass comes up. He's been romping away with M21E (3 wins out of 5) but for some reason he's decided to go to Lewis and has to be in Ullapool to catch the ferry. He thought he wouldn't be able to run but he's decided to come up early and see if he can post a time to compare with the actual winner. Did he? Perhaps someone can tell me because he's not in the official results. 1 o'clock arrives and we're off. Dare I say it - I think we coped rather well. By 5.30p.m. though I was getting a bit tired of saying "You might just be able to see the start triangle 50 metres through the trees there if you look carefully. 10 seconds to go. Step over the line. Go on the long beep, the fifth beep. Enjoy your run!"

Although I hadn't entered for the Day I hoped I might get a run and so I was feeling fairly enthusiastic when I got the opportunity. 35 minutes later my feelings were somewhat different as I still hadn't found the bloody crag. I took heart from the fact that there was another poor sod experiencing the same frustration as me. In the end he found it just before me but he had started some time earlier. Although my times improved over the next 6 controls my splits didn't and by No. 6 I had done it. I finally had the worst split for a leg - 167th. I had now been out an hour and six minutes for just 1.2kms. I just couldn't get my head round the map at all. All sense of direction had deserted me. Of course you can guess what happened next. I started flying. My splits improved with every control but I was so far behind now that I wasn't picking up many places. But just before the end my concentration goes again. So by the time I break through the forest it's getting a bit dark, the field is rather bare and they're almost on the verge of dismantling the finish. There's a forlorn cheer from my family as I struggle round the field towards them. Well at least I wasn't last! I did manage to go round the 5.2kms and 11 controls faster than the first 6. The only problem is my stuff is in my rucksack which was up the Start and can not be found anywhere in the tent. After much searching and me almost driving up to the Start it appears and I can change into some warm gear. Calum finished 6th today so there is something to cheer in the Inverarity family. I also find out that Yvette Hale has won the Womens' Short for Britain by over a minute. A great achievement! She'd just missed out in the Classic finishing 4th in it and where our own Kim Buckley came in a very creditable 21st. Lorna apparently had finished 33rd in the Short Classic and was pleased with that result, although she needless to say wasn't around to congratulate by the time I arrived back in the field. It's been a long, long day! Interlopers and ELO and Roxburgh Reivers have pulled it off. Well done Graeme and Jane for all your hard work and effort and thanks to all the club members who turned out to help as well.

They think it's all over! It isn't yet! Normally that would be the end of things but we've still got Day 9. The World Champs Relays are on tomorrow. We've vacated our nice cottage and now have to bomb off to Inverness before our typical Highland landlady gives our room in the Bed and Breakfast away. Rooms are somewhat scarce in the Inverness area this week for some reason. Sure enough when we get there our hostess tells us that she had been getting worried that we hadn't appeared and had phoned Edinburgh to see if we were coming. After the luxury of the past week it's a bit of a comedown. Things don't improve when we end up in the Deep Pan Pizza Company, an eaterie which various Interlopers have frequented in the past. The service is appalling. We wait an age for everything and they get Ruairidh's pizza wrong when it does arrive and they refuse to admit their mistake. What an end to a very long day!





## Day Nine - Loch Vaa

Back down the A9 to Aviemore. There's a real buzz about the place. We've missed the start but we're told to expect the first runners to reappear fairly soon. The course planning is superb. I presume it was rough figure of eight. The competitors emerged from the forest to a spectator control at the junction, headed off to the ridge, ran along the far side and then double back along it into our view and hare down from the last control to the changeover / finish. On the first leg for the women, our very own Kim Buckley appears in the leading pack and hands over just 8 seconds behind in 4th place. Heather Monro is off next. Soon there's runners coming from every angle as the races develop. The excitement is relayed to us by 'Whispering' Jonathan Musgrave somewhere out in the forest three controls from home, presumably trying to resist the temptation of saying "It's over there!" Jon Duncan has had a stormer and is two seconds down on the Finn. Heather has also run a blinder and comes home a minute and a half in the lead. A surge of xenophobia is discernible as countless Britons see medals appearing. But it was not to be. When Jenny James returns we're down to 4th, 21 seconds behind the Swedes. Yvette on last leg runs the second fastest time but it's not enough to grab Bronze. She's six seconds behind. The Norwegians in both races have ground their way to the front. The men end up in 5th place with the Swiss recovering from a drastic 19th first leg to take 4th, 50 seconds ahead of Steven Hale. It was without doubt the most exciting orienteering events I've witnessed. The only thing left was for me to queue at Wilf's for that bowl of chilli I had been promising myself all week and never got round to. So final observations - The whole experience - superb. The orienteering (\*\*\*\*unprintable)!

M10A	Calum Inverarity	12/32
	Stephen Haley	21/30
M14A	Ruaridh Inverarity	55/80
M16A	Niall Inverarity	68/75
M16B	Liam Dawson	18/20
M21E	Tobias Andersson	1st
	Rob Lee	19th
	Dave Godfree	50th
	Anthony Squire	54th
M21L	Colin Eades	67/245
	Pat Bartlett	136
M21S	Ben Hartman	85/255
	Graeme Ambler	127
M35L	Graeme Ackland	14/150
	Ken Daly	39
	Ian McIntyre	70
	Phil Smith	74
	Paul Caban	84
M35S	Graham Haley	67/113
	Ian Maclean	79
M40L	Graham McIntyre	35/182
	Andy Spenceley	61
	Bob Cherry	64
M40S	Keith Dawson	18/113
M45L	Colin Inverarity	155/199
M50L	Bill Mason	125/231
	Steve Ambler	189
	Steve Terry	212
	Barry Owen	219
M70L	Ray Heyworth	30/48
W12A	Sarah Dawson	32/36
W14B	Emma Mason	19/27
W21E	Carol McNeill	49th
	Gillian Godfree	62nd
W21L	Heather Hartman	7/97
	Mary Ker	27
	Darina Cunnane	33
W21S	Karen Dobbie	55/230
	Lucy Galloway	119
	Fiona Weir	138
	Sue Twissell	180
W35L	Hilary Quick	10/71
	Ann Haley	11
	Jane McIntyre	53
	Helen Murray	65
W35S	Jane Ackland	6/83
	Lesley Kenworthy	60
W40L	Hilary Spenceley	87/94
W40S	Morag McIntyre	32/93
	Jane Dawson	64
W45S	Penny Mason	91/100

Well done - the under-age competitor.

First year in class.

Full marks for persistence

Chasing Start

After 5 events Rob 16th Anthony 44th

See below

Where was David?

Going strongly for 3 days.

Injury - work?

Cleared off to America before he could help on our day.

Battle of the brothers-in-law

Good to see you competing, Graham.

Getting the runs in before parenthood.

A rare sighting!

This man should be running Long

Enough said!

The old board.

Biggered off after 2 days

Still going strong.

The Hon Pres picks up

After 5 days - 13 places in the Chasing Start - 36th overall

On our parking all day with her husband.

Top pants scorer 3574

Managed to beat Celine Dione!

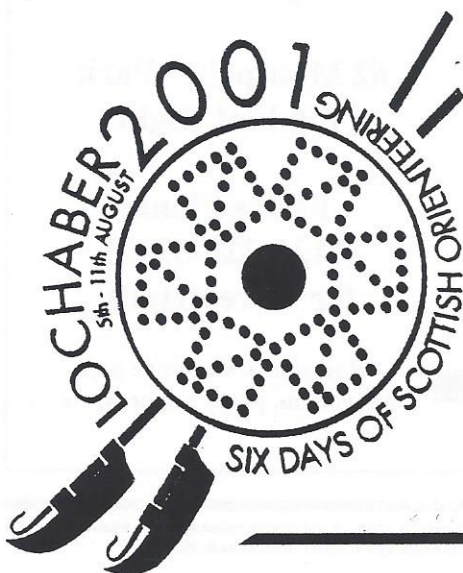
Husband ran the first day and then left it to her

Running up to give Ann some competition.

John just up for the holiday and looking after the kids.

Hilary - you were out even longer than me sometimes!

and Charlie was there as well but he came a croaker one day. Rob Blair made an appearance as did JB. Simon managed to finish 98th in the M21E chasing start and if there is anyone I've overlooked make sure I don't in 2 years time





# M fortysomething



# 119

What's he going to moan about this time ? Broken elbow - Done that. Tick. Injured calf muscle - Done that. Tick. Possession of very small brain. Got that. Tick. How about ticks ? Yes, those small nasty black things we sometimes find sticking to various parts of our bodies after orienteering events. I had some of them a while back. I wasn't even competing either. I was hobbling about Clunie Whateverpointofthe compass they want to call it this week trying to take photos of my offspring. I had complete body cover on - warm bags, tundra jacket, fleecy hat - but still the little buggers managed to get to me. I noticed them when I had my shower on returning home and prised them all off - or so I thought. Next week I competed at Barry Buddon and being a bit unsure of foot clattered against some branches on some of the few trees there are there. I wasn't surprised when Calum said "That's a nasty bruise you've got under your arm" when I emerged from the shower this time. Only on closer inspection it seemed more like a rash and there was an ominous small black thing in the centre. Somehow the little bleeder had managed to leap almost right up under my armpit. Now let me reassure you loyal readers that I do thoroughly wash myself in the aforementioned region - it's just that I don't always look at what I'm doing. So I dug the little varmint out but unfortunately a few days later this blotchy red rash showed no signs of abating. Headlines of Ori-

teer killed by rare disease flashed before my eyes as the spectre of Lyme Disease was thrown up in my mind. Well that's one way of getting out of editing the newsletter. For those of you who may not be aware it's a particularly virulent disease spread by ticks, first recorded in Lyme in Connecticut in 1975. It can result in arthritis, meningitis and other neurological disorders. It was reassuring then when I phoned the Dalkeith Road Surgery, six doors up the road from me, on the Friday to find that because of their super, new, recently introduced, computerised appointments system that there weren't any available till the next again Monday. I could be dead by then ! Anyhow the Monday comes around and I'm still alive and I have a stroke of good luck because Dr. Huby is off. Not that there's anything wrong with him, but because his locum is an attractive blonde woman and is from Finland so is not particularly surprised when I recount my story and straightaway looks up her encyclopaedia for what to give someone who may have Lyme Disease. Antibiotics. 2 capsules twice a day for the next fifteen days until the bottle is finished. I'm a bit alarmed as nothing seems to happen for the first 5 days but then it slowly begins to disappear. There is still a trace of it by the end of the programme but it has eventually cleared up now. Saved ! I can now return to orienteering safe in the knowledge that I'll still be as much mince as I was before. Hallelujah !

So what else is new ? They're 'cheating' my youngest son again ! Scottish Score - Birnam - in the car. "I hope Calum Coombs isn't here. I never beat him !" Reassuring dad reminding him that he has beaten him a couple of times, be positive, blah, blah, blah. At the end, Junior has ended up with a better score than his dad but the weather is so atrocious by that time that we head off home. Patiently wait for the results to be posted on the web. Calum Coombs 200 points. Calum Inverarity 200 points. Calum Coombs champion because he went round in 38.02 and Calum went round in 38.39. I ask you ? Is that in the spirit of score events ? How do you explain that to a wee 10 year old ? What was wrong with them sharing it. What's worse is that he's got to put up with the fact that his big brother, Ruaridh won it and he didn't and he's going to be constantly reminded of it.

Anyhow, enough of my meanderings. Don't forget the Christmas Party, The Club Championships, the Meal afterwards in Edinburgh. Make your New Year Resolution to volunteer to help out at an event, turn up and support it even if you're not participating, get someone to join the club. Look out for more socials from Darina. Laugh at England's group in Euro 2000. Wear something bright at night ! Be Young ! Be Foolish ! Be Happy ! Gillian - Remember ! Merry Xmas Everybody ! Are you hanging up your stocking on the wall ?

## COMPASS POINT



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### Interlopers Christmas Party

Saturday 18th December

7.30pm onwards

62 Montpelier Park  
Top Flat Right

Phone Fiona  
(0131-229-3942)  
for more details

bring your own mince pies,  
babycham, party poppers, etc