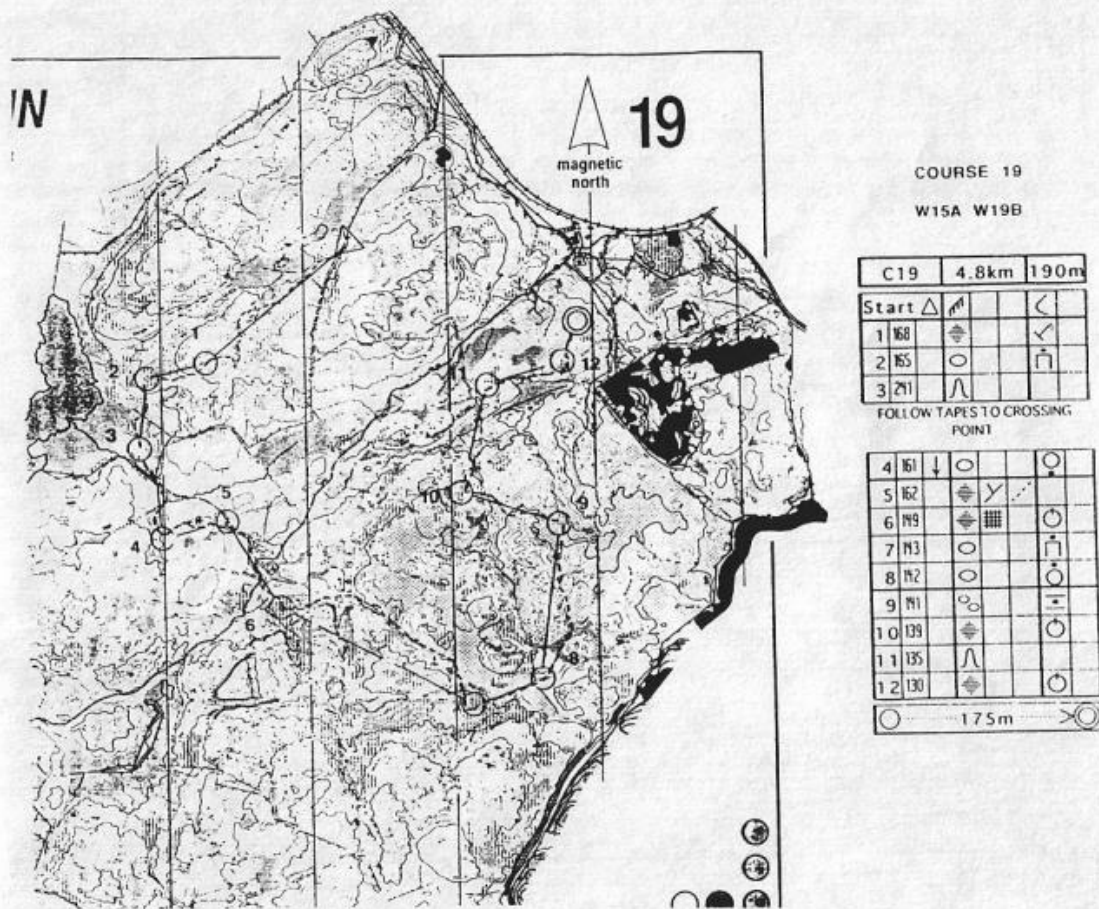


WFO NEWS

September 1994



Creag Mhic Chailean
Lorna's Course at the Scottish Championships

EDITORIAL

Evening (and Saturday morning) events - what happened this year?

This season's Club evening and Saturday morning events had mixed success in terms of numbers of people attending. The annual BBQ event at Lochore was well attended and received. Some fifteen or twenty attended each of the Cairngreen and Ladybank evening dos, at which there were training sessions, in addition to the usual beginner's courses. At Ladybank, Rab laid on a course in which you could compare your time for the direct route against the one around the paths (An analysis in the next WFO NEWS). At Cairngreen, I provided a course with a map with contours only, which, in the flat area, meant a bearing and pacing job. They started felling the forest next day, so that will be the last event there for some time, I think. (I must have a curse; after spending several hours on several days running around Pitmedden Forest, near Auchtermuchty, and having decided it was suitable for mapping, we have heard they are going to fell that as well, now.) Unfortunately, the Saturday events were less populated; you could count the numbers on one finger. This was very disappointing for the organisers, who had hoped to attract local schools.

We have a bit of a problem in WFO that our members are widely spaced, and there are relatively few sites. However, these low key events are very enjoyable. They are particularly useful for trying your hand at planning and organising; if you are keen to have a go (or at any other of our events), please contact one of the committee, who will welcome your initiative and encourage your enthusiasm. Also, please let us have your comments and views, positive and negative, about evening events for next year.

Again, many thanks to all those who have contributed to this edition of WFO NEWS.

Dave Ellison

FIXTURES

01	Oct	MORAV	SG 6	Roscisle, Forres	R.Climie	
02	Oct	INVOC	Badge	Battan Beaully	S.Robertson	
09	Oct	ESOC	LOL 2	Hill End, Edinburgh	C.Howie	
15	Oct	INVOC	Night	Dalreoch Inverness	D.Summers	
16	Oct	INVOC	N O League 6	Lethen Nairn	CANCELLED	
29	Oct	MAROC	Night Colour	Ballogie Aboyne	G.Graham	
30	Oct	MOR	N O League	Stuie	B.Climie	
05	Nov	TINTO	Night Badge	Dalmacallan, Moniaive	R.Taylor	
06	Nov	TINTO	Day Badge	Dalmacallan, Moniaive	R.Taylor	
12	Nov	RR	Scot. Night	Bowhill, Selkirk	D.McGarva	
13	Nov	MOR	N O League	Redburn, Aboyne	M.Duncan	
13	Nov	WFO	LOL 3	Devilla, Kincardine	R.Philp	
04	Dec	STAG	Scot Score			
11	Dec	GRAMP	Colour	Crathes, Banchory	A Mitchell	

Congratulations to Lorna and Graham Philp for coming first in their LOL Categories; and to Lorna being W15 Scottish Champion.

SCOTTISH CHAMPS

being a personal description of Lorna's winning run
by Lorna Philp

It finally arrived. No! I'm not talking about study leave nor the Tetley Tea Mug I sent away for. It was the day of the Scottish Champs, a beautiful day, perfect for orienteering, with the sun shining and a cool breeze. We arrived at the car park in the morning, looked over the loch, with the sun glinting off the water. Do I really have to go out and run, I thought? Well, the answer was inevitably "YES". So off we set on the long walk to the start, but not before a quick glance at the start list. Shock, horror! The JK winner, Amy Willis, was starting after me, with only a six minute gap.

Following no one but the coach

At the start, everyone was warming up. Half the people there were wearing GB tour suits. You could not see the last-minute box nor which way everyone was going to the start flag. This was great, as nobody could see your standing looking at the map for ages, whilst you planned your route to the first control. At every coaching session and before every race, all the coaches tell you to take the first control slowly and get it spot on; if you mess up the first one, concentration goes and you will muck up the rest of your run. I followed their advice, took it slowly and still messed it up; luckily for me, my mistake was not too bad.

I planned to go along the side of the marsh, but running on the hills there was very tiring. At the end of the marsh, I kept going, but not far enough, as I stopped almost 250 metres short of the control. Looking back now I do not know why, as the area looks nothing like the one where the control was. I guess it must have been nerves. After a minute, I relocated on the big hill in the open area, quickly ran down to the marsh and along it to the left, but this time I had gone too far, losing thirty second relocating on a control on another course.

Five easier controls

The next five controls were much more straightforward. 1 to 2 was just a case of

running down the re-entrant and when you reached the thin strip of open land, you could see the control on top of the knoll. All you needed to do then was to dodge past the sheep who were doing a good job guarding the control site.

From 3 to 4 I followed a taped route to the fence, then along the stream until its 90° bend. Then it was a trudge up the hill, before going along the line of knolls till I reached my control.

6 was a run along the new path and up the hill to what looked to be a copse with a marsh in it. This was the control description that no one I asked in the car park seemed to know - the vertical and horizontal lines crossing one another.

Knackered

6 to 7 was the main route-choice control, though when I was out on the course I only saw the one route: NE along the side of the hill until I passed the large crags and then all the way down the stream to the large open marsh. Across the corner of the marsh and up a couple of contours. I went up too soon, but only lost twenty seconds at the most. Halfway to 7, I caught Claire Teesdale, who started nine minutes before me; this gave my confidence a good boost.

At 7 I was totally knackered, as I had been running as hard as I could to avoid being caught by Amy. All the way round I was looking over my shoulder expecting her to sprint out from behind a knoll and overtake me. At 7 she still had not overtaken me and I was determined to finish before her.

I took my first and only compass bearing going to eight. I was going well but forgot to look at my compass at the open area; lucky there was only one knoll in that area!

Running to nine was physically very hard, as the marsh was wet and there were loads of tussocks.

All the features here were quite distinct, and the hills were easy to navigate by. The control came up quickly and I might have missed it, had I not seen someone leaving it.

The Flying Scotsman

The only problem I had with 11 was being knocked over by a flying James Esson. The last control was easy because of all the streams of people converging on it. And then, finally, I saw it - the finish, but with an up-hill run-in. There were many people standing around, so I decided I had to make an effort to run up. I just made it, and after collapsing with my drink, I waited for Amy to finish, to see by how much she had beaten me. Six minutes and she was still not in;

I had to wait twelve before she came. I couldn't believe it; I had beaten Amy and not by just a few minutes but by nearly seven.

A well planned course

I thought this was a well planned course, hard technically, but not impossible, and much better than the JK, maybe because it was on a Scottish area. It suited me as there was little path running, a major factor in my winning. I was very pleased with my orienteering and got most controls spot on, but I was also lucky to see many people leaving some controls. I should also thank the organisers for starting Amy just behind me. Had it not been for her, I would not have run so hard and probably not have won!

RECENT RESULTS

Saltoun and Humbie 24 April 1994

LOL 7

White	K Balfour INT	W10	11.22
6	Douglas Moir	M10	17.08
Yellow	N Condy CUNOC	W11	17.30
7	Katherine Muir	W10	22.57
15	Suzanne Williamson	W11	39.50
21	Craig Moffat	M10	54.03
Orange	S Clelland CUNOC	M11	37.41
14	Graham Philp	M11	53.53
15	Stephen Smithard	M13	57.17
LGreen	S Gall SOLWAY	M15	39.24
n			
18	Matthew Ellison	M15	78.10
Green	D Godfree EUOC	M19	30.44
5	Heather Smithard	W45	58.06
6	Liz Mills	W50	60.00
36	Alan Shields	M35	85.08
Blue	A Squire INT	M17	48.33
10	David Ellison	M45	70.02
19	Fran Loots	W35	76.10
43	Bob Duguid	M45	103.06
50	Lorna Philp	W15	113.15
Brown	R Lee INT	M21	53.15
8	Grant Carstairs	M35	63.12
19	Rab Philp	M45	73.08
27	Jim Moffat	M40	88.01
35	Ken Muir	M35	97.39

Linn of Tummel May 1 1994

Scotlandsgaloppen 3

W15A	J Stevenson ESOC	35.00
2	Lorna Philp	37.53
W35L	Carol McNeill LOC	47.54
	Fran Loots	66.02
W40L	Ros Evans CLYDE	53.18
11	Heather Smithard	83.34
W50L	Liz Mills	59.06
M11A	A Brunton INVOC	29.38
4	Graham Philp	34.19
M13A	D Porteous ELO	38.50
12	Steven Smithard	61.49
M15A	C Heppenstall LOC	39.34
22	Matthew Ellison	83.16
M21S	M Kipling DUOC	55.39
18	Steve Linton	104.38
M35L	M Patterson CLYDE	62.08
20	Michael Hall	110.14
M40L	E Harwood MOR	52.17
3	Grant Carstairs	58.29
26	Les Smithard	95.45
M40S	Jim Moffat	54.51
M45L	P Gorvett SYO	50.39
9	Rab Philp	61.05
19	David Ellison	70.41

Glen Fearnar 15 May 1994

Scotlandsgaloppen 4

STRING	Katriona Carstairs	26.00
W13A	E Coon ESOC	30.03
4	Carol Smithard	40.52
W15A	Lorna Philp	55.45

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W35L	Carol McNeill LOC	54.14
	Fran Loots	Miss 3
W40L	Ros Evans CLYDE	53.22
16	Heather Smithard	106.21
W50L	Liz Mills	59.06
M11A	A Brunton INVOC	29.04
2	Graham Philp	39.21
M13A	C Nisbet ESOC	40.26
10	Steven Smithard	66.35
M15A	J Williams ESOC	53.31
13	Matthew Ellison	96.18
M21S	G Ackland INT	52.31
16	Steve Linton	128.28
M35L	M Patterson CLYDE	62.08
20	Michael Hall	110.14
M40L	Grant Carstairs	63.23
M40S	R Elder MAROC	53.13
3	Jim Moffat	55.30
M45L	M Evans CLYDE	50.19
10	Phil Smithard	64.50
14	David Ellison	71.19
15	Rab Philp	71.29

Creag Mhic Chalen 28 May 1994 Scottish Champs Individual Champs

STRING	Craig Moffat	11.00
W13A	R Elder CLOK	30.41
8	Carol Smithard	45.46
W15A	Lorna Philp	49.43
W35L	Carol McNeill LOC	56.18
11	Fran Loots	83.54
W45L	H Palmer NOC	51.33
22	Heather Smithard	84.12
W50L	J Powell WRE	63.31
5	Liz Mills	69.42
M11A	R Jackson WCOC	23.50
4	Graham Philp	34.40
M13A	C Hodgkinson NOC	43.50
21	Brian Wotherspoon	89.28
22	Steven Smithard	98.22
M15A	E Nash LOC	53.21
25	Matthew Ellison	129.59
M40L	E Harwood JOK	70.38
11	Grant Carstairs	85.02
M40S	R. Elder MAROC	68.03
4	Jim Moffat	71.14
M45L	T. Thornley AIRE	55.00
42	Phil Smithard	83.43
47	Rab Philp	85.20
51	David Ellison	87.56
M40S	G Roberts COBOC	60.01

8	Bob Duguid	80.15
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29 May 1994 Scottish Champs Relay Champs

M40	FVO 5	120.07
8	WFO 2	146.31
12	WFO 3	154.46
W35	CLYDE 4	112.06
7	WFO 1	149.53
Int Ad Hoc	AUOC BAA	90.44
26	WFO 4	140.19
Jun Ad Hoc	NOC Outlaws	90.35
2	WFO 5	107.09
9 nc	WFO 6	152.20

TEAMS:

WFO 1: Liz Mills, Heather Smithard, Fran Loots
WFO 2: Grant Carstairs, Phil Smithard, Rab Philp
WFO 3: Dave Ellison, Les Smithard, Jim Moffat
WFO 4: Lorna Philp, Bob Duguid, Matt Ellison
WFO 5: Graham Philp, Steven, Carol Smithard
WFO 6: Brian Wotherspoon, Graham Philp,
Craig Moffat

DrummondHill 18 June 1994 Scottish Schools Champs

W13A	L. Brown ALLO	36.15
2	Carol Smithard QAHS	38.34
W15A	J Stevenson STEW	40.20
2	Lorna Philp BELL BAX	43.43
M11A	Graham Philp LADY	37.00
M13A	D Fraser PERTH	37.43
12	Steve Smithard QAHS	61.36
14	Brian Wotherspoon	101.58

DrummondHill 19 June 1994 L & B Champs

W13A	L Brown FVO	32.42
4	Carol Smithard	38.04
W15A	Lorna Philp	47.08
W35L	Fran Loots	50.38
W40L	S Strain	67.05
3	Heather Smithard	82.09
M11A	Graham Philp	34.12
M13A	S Porteous ELO	57.06
6	Brian Wotherspoon	138.34
M40L	R Carnett ESOC	70.46
3	Grant Carstairs	77.32
13	Les Smithard	118.46
M40S	A McGregor GRAMP	53.22

2	Jim Moffat	61.36
M45L	Rab Philp	66.58
5	Phil Smithard	74.19
7	David Ellison	81.50

6	Heather Smithard	W45	313/4
16	Alan Shields	M35	228/5
20	Matthew Ellison	M15	201/3

Lothian O League Results 1994

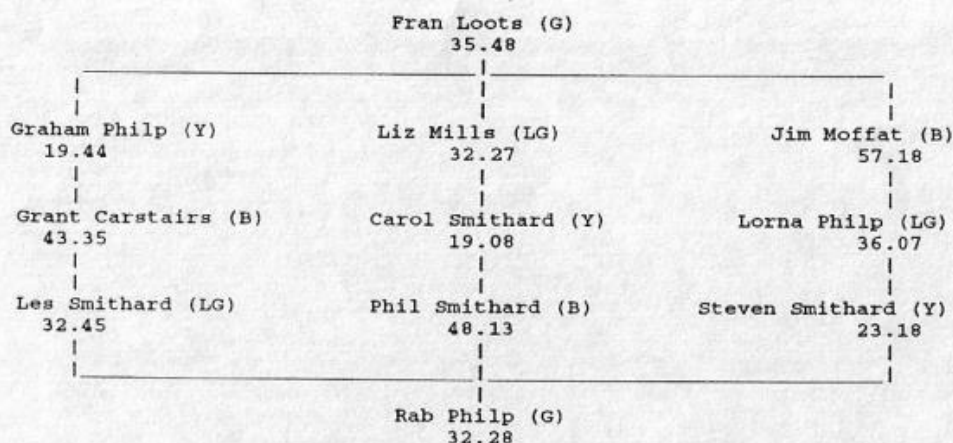
Course	Competitor	Age	Pts/ Evnts
Orange	Graham Philp	M11	364/7
L Green	M Sinclair INT	M45	367/4
21==	Matthew Ellison	M13	128/2
Green	Lorna Philp	W15	324/6

Blue	J Morris ESOC	M45	390/4
4	David Ellison	M45	349/5
5	Rab Philp	M45	339/5
23	Jim Moffat	M40	235/3
45	Steve Linton	M21	115/2
49=	Phil Smithard	M45	100/1
Brown	D Nisbet ESOC	M35	362/7
28	Grant Carstairs	M35	172/2
38	Les Smithard	M40	119/2

11 Person Relay by Rab Philp

This year's relay was held at Achray. The timing of it, just after the the holidays, always makes it a bit difficult finding out who may want to run. I entered only one team, hoping there would not be too much difficulty in finding eleven members to make up a competitive team. There was one change due to a last minute illness, but I left the final decision on who should run which leg until we met in the Assembly area, which was clad in bracken and heather. The 11 person relay is an event where the total team time depends on achieving the right balance in the team for legs 2, 3 and 4: the leg 5 runner cannot start until all three leg 4 runners finish. The following are the team times and individual performances:

1	GRAMP 1	177.39	
2	INT	179.01	
3	RR	181.57	(15 teams entered)
4	ESOC 1	183.13	
5	WFO	184.59	



If I had known these times before the race and based the team selection on them, the overall team time would have improved to 177.09. However, I'm sure all the other teams could improve their times likewise.

I'm not certain I would have wanted to sprint down the heather covered run-in in a close finish; the tumbles taken by competitors were the subject of cheers from spectators.

This is always a good relay, so as soon as the date of next year's event is announced, find out who is organising the Club team and let them know you want to run.

Rab

Veteran World Cup
31 July - 5 August 1994
Speyside
by Liz Mills

It was a great event, one I'll remember for a long time. Even the weather played its part - sunny and warm with the only rain coming on the Rest Day. The format of the week was:

Sunday	Training Event	Anagach
Monday	Model Event	Skye of Curr
Tuesday	Qualifying Race 1	Rothiemurchus
Wednesday	Qualifying Race 2	Inshriach
Thursday	Rest Day	
Friday	Finals Day	Deishar and Docharn

The forests were all excellent, with the Finals Day being absolutely superb. I can't wait for next year's 6-Days when I'll get another chance to run in them. Each of the three competition areas was different in character and demanded a different style of orienteering.

Rothiemurchus is a mixture of deep heather in the open areas to the North, and fast running forest with less fierce heather to the South. Technically this was the easiest day and lots of people recorded fast times.

Inshriach was the place where many came to grief. The map had been extended so that there is a bigger area of very complicated contours (moraine), mostly in slow run forest with reduce visibility. The orienteering here is made even more difficult by the presence of lots and lots of old extraction lanes which look very like the few mapped narrow rides. It was very easy to follow an extraction lane (thinking it to be a ride!) and get totally lost. Once that happened it was NOT EASY to relocate - just ask one or two of the many competitors who lost 20-25 minutes at one or more controls. On the whole, my tactic of not using the rides and substituting careful compass and pacing to back up not too detailed map reading for most of each leg seemed to pay off.

Docharn and Deishar was simply fantastic - all forest (mainly white or light green), lots of contours, rock features higher up and very few manmade line features. Courses were very well planned (apart from mine being a bit long for my level of fitness), with lots of challenging legs. For example, my longest was from 1 to 2, 800 m in length. I went straight, aiming for the highest part of a bigish hill (600 m + away) with various distinctive crag and contour formations, so that I could relocate myself precisely. In between, after 120 m, was the bottom of a narrow marsh; a vague flattish area for the next 350 m; and then a definite uphill section, before reaching the relocation area. The alternative track route to the right involved going 250 m uphill away from the straight line; had an attack point about 350 m from the control; and did not look as if it would be faster. Not surprisingly, the Scandinavians felt very at home in this forest and walked off with most of the medals.

So, how did the West Fife orienteers do? In my opinion, very well. Fran Loots, Grant Carstairs, Heather and Les Smithard, Jim Moffat and myself were all there. Everyone's aim (except for Les, who ran only the Finals Day) was to reach the A Final and then to do as well as possible. The A Final was made up of the



top 80 from the two Qualifying Days; the B Final from the next 80; and so on. In my class (W50A) there were 214 competitors in all. For the Qualifying Races, we were split into three groups: W50A, W50B and W50C, and we ran similar, but not the same, courses. The top 27 in each group after two days qualified for the A Final, and so on.

Inshriach unfortunately put paid to Heather, Grant and Jim's chances of making the A Final, but both Fran and myself made it, much to our delight. Everyone's results on the Finals Day are given below. We all enjoyed the week and I know I've come home vowing to do better the next time; maybe Russia 1994 or Spain 1995 or even Minnesota 1996 - but where will I find the money?

OUR RESULTS

Fran Loots	W35	A Final	34th (lost 15 mins at one control by misreading her control code)
Liz Mills	W50	A Final	25th
Heather Smithard	W45	B Final	17th
Grant Carstairs	M40	B Final	19th
Jim Moffat	M40	B Final	69th
Les Smithard	M40	D Final	8th