

THE FORTH COLUMNIST

Issue No:111 November / December 1995

Editorial: -

I hear we may have offended one or two people this year through our non-appearance at the Compass-Sport Cup?

From independent reports it would seem that the area was indeed very poor, and hardly worth the travel!

It remains to see if we will be excluded from this year's event as a result (I suppose it depends just how miffed the organisers really were!)

Congratulations to ESOC who did go down, on their win!

The organisers must surely take some pride in the standards for this competition, if it is to survive and not become a laughing-stock?

Maybe it's time for a thorough review of where the Competition is heading, in the interests of ALL orienteers.

Speaking of Competitions, I hope you're remembering the

Club Championships,

which will be run at S.Achray on SATURDAY 25th November

(SAME DAY AS THE DINNER DANCE).

I've got some lovely BIG maps now, so there'll be no excuse for missing details!

See you then, and at the Dance.(Hope I can still get into my suit!!)

Sandy

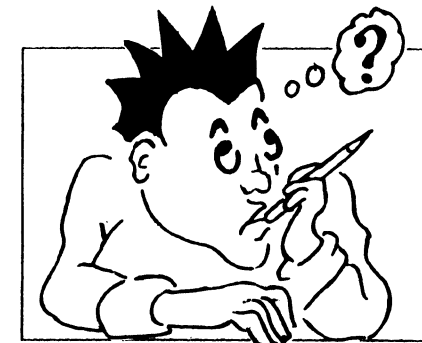
FVO COMMITTEE 1995

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PRESIDENT'S COLUMN



Our inaugural event at Pleau Country Park went well, and with it the 1995 Central Schools Championships. For results of the inter-schools competition, see the article later in this issue.

Our Wednesday Evening Series has now closed, and I hope you will agree that they have provided a variety of pleasant orienteering experiences. I think we were lucky with the weather, but our organisers deserve a large vote of thanks for their efforts in making the evenings so enjoyable. Thanks also to Caroline Smillie who again made sure everything went smoothly.

As most of you will be aware, we took the decision not to take our place in this year's CompassSport Cup Final. The decision was not taken lightly, but having spoken to many members, Fraser was rapidly forming the opinion that we would be lucky to field any more than a single car load of competitors. In our opinion (and that of the organiser), the area chosen for the final was not really suitable for a CompassSport Cup Final: all fields and open ground were out of bounds; there had been 4 small and two large fires affecting the area; one third of the area was prone to vandalism, and organising officials would do their best to patrol the area. Whilst the organiser of the event itself appreciated our decision, the organiser of the CompassSport Cup was slightly annoyed. We hope you understood and support our decision.

Once again, we have an action packed calendar of events for you. Skiing has resumed at Fir Park, with coaching for both beginners and the more experienced. Fraser has organised a series of night events this Winter: the series is analogous to our Summer Wednesday evening events, and starts very gradually to allow those of you more used to daytime navigation to find your feet in the dark.

Finally, our Annual Dinner-Dance is fast approaching: the day starts with the Club Championships (catering for all), and rounds off with prizegiving, dinner, and an evening of entertainment. Do not miss out on this superb evening - contact Claire Allison, or me for tickets.

Jonathan

AUTUMN NIGHT EVENTS 1995

DATE	Venue	Car Park
Nov.1	Hermitage Woods, Stirling University	Gannochy
Nov. 8	Plean Country Park, Plean	Entrance
Nov.15	South Achray, Aberfoyle	Old Wayfaring Start
Nov. 22	Barr Wood, Bannockburn	Usual Place
Nov. 29	Touchmolar, Cambusbarron	Filter Station

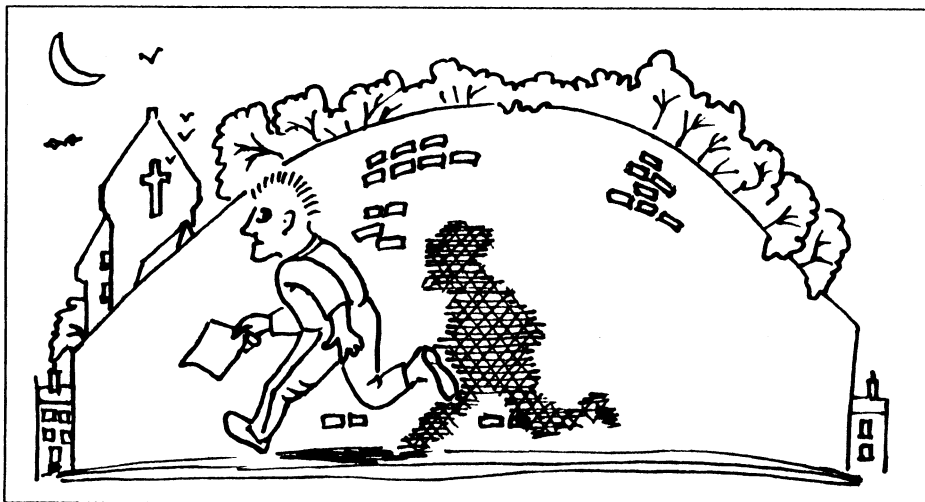
**COME ALONG AND TRY NIGHT 'O'.
NO EXPERIENCE NECESSARY, BUT DO BRING A TORCH!!!
GREAT TRAINING FOR SCOTTISH NIGHT CHAMPS.**

COURSES Short, Medium, Long

FEE: £1.00 - FVO Members
 £2.00 - Everybody else

Times: Starts 6.30 - 7.00 pm

Officials: Organiser / Planner / Controller
 Fraser Purves (Tel 01259 750 264)



Central Region Schools Orienteering Championships 1995

This, the last Schools Champs held under the auspices of Central Region, took place a little later in the year than normal. Whilst this did give some of the schools a slight problem (start of a new academic year), it enabled FVO to combine the event with the last of our Wednesday Evening Events, which in themselves were specially extended to allow us to make use of our new area at Plean Country Park. Without FVO's intervention, the event would not have been held this year.

We were blessed with good weather, and an enthusiastic and accommodating team of helpers - thanks to the Sinclair family and Caroline Smillie whose perseverance was second to none. With hindsight, the start triangle and start boxes should have been in the same place, since this caused a little bit of confusion, but many pupils coped without too many problems.

Primary

1. Stenhousemuir P.S.

Secondary

- | | | |
|-----|-----------------------|--------|
| 1. | Alloa Academy | 11 pts |
| 2.= | Woodlands High School | 15 pts |
| 2.= | Alva Academy | 15 pts |
| 4. | Falkirk High School | 20 pts |

Forth Valley's Neil and Lisa Brown took first place on the Senior Boys and S3/S4 Girls courses respectively; Ross Wood won the S1/S2 Boys course and Stephen Porteous the S3/S4 course. Kenneth Preston and Megan Perez also ran well to collect vital points for their schools.

JUNIOR TRAINING

There will be a coaching day for Juniors, at PLEAN COUNTRY PARK (Scene of the Central Region Schools Event). This will take place on SATURDAY 2nd December

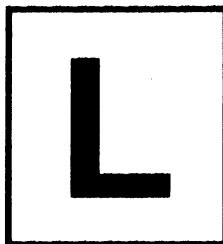
All juniors (or would-be juniors) are welcome.

The main theme of the session will be the use of the Compass.

Chief coach is Gareth Bryan-Jones.

You should arrive at the car park in time to start at 11.00 am. Finish will be mid-afternoon, so bring a picnic!

All those intending to come, please phone Maureen Brown (01259 - 213683) as soon as possible.



JUNIOR INTER AREA WEEKEND

Lanark, 28/29 October

The Coach's View:

This year's Midlands Team of 11 included 7 FVO members - Neil, Lisa, Simon, Fiona, Kenneth, Scott and Meghan. Also Carol, Lornal & Graham from WFO and Douglas from PO.

As usual, the main purpose of the Weekend was a junior get-together, with the competition being of lesser importance. Around 50 juniors plus coaches spent the Saturday night at New Lanark Youth Hostel and a few keen types made it a 3-event weekend by taking part in the night event. Midlands Area came 3rd over the 2 days (don't they always?) with Lothian and Borders narrowly beating North, and West coming in 4th place. The Midlands Girls (Lisa, Lorna & Carol) did well on Saturday at Corehouse, winning the Relays by over 15 minutes. Lisa and Carol took 1st & 2nd places in the W15 Individual. The boys did well too (considering the complete lack of M17's) and came 4th and 6th in the Relay.

The Coach's Wean's View (ghosted)

10.30, Saturday, Alloa.

Kenneth was a bit late and Scott and Meghan were a bit slow off the mark, so we got good seats on the minibus.

12.00 Corehouse, Lanark

An hour to go to the Relays and 3 hours to kick-off at Easter Road (Which are we most keyed up about??)

15.30

Relays over. Girls won by miles. Why did Douglas come back so quick on the second leg, and me not ready for him?

Hibs 2 - Kilmarnock 0 ---YES!!

Evening, New Lanark

Disappointingly, no lecture on Robert Owen's great social experiment.

Great social experiments don't have pubs, MacDonalds, Video Shops or Chippies.

New Lanark Youth Hostel - 9 out of 10.

Sunday, Fir Park, Carnwath

Where did all those English squaddie types come from?

Fortunately they're not in our competition.

Girls did us proud once again in the Individual.

Why are Carol and our Bus Driver (Phil) looking so tired - as if the'd been up all night!

(Well, they both won their classes in the Tinto Twin!)

Have to go back home via the Youth Hostel - someone's forgotten their jacket!

5pm, Alloa

Oh No! Dad's made the tea - no carry-outs!

The Coach's Husband's View

Alloa, Saturday, 11.30

Well, that's them away - straight into the extra cup of coffee.

Seemed quite impressed that I've bought some bulbs to plant. 15 minutes should see that done, then off to EASTER ROAD!

Easter Road.

Bought a Programme - that's one wean happy!

HIBS 2 - Kilmarnock 0

DAZZA was BRILLIANT!

Alloa, evening

Antique Bacon from the freezer for tea, and telly-watching in peace!

Sunday morning, ALLOA

Coffee, Sunday papers, feel I ought to be doing something?

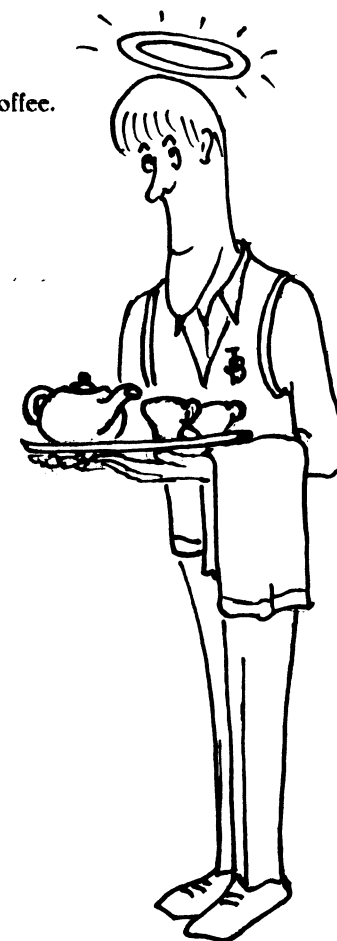
Feeling passes

Taped highlights of HIBS 2 - Kilmarnock 0

Short jog in afternoon, but Coach returns too late to be impressed (i.e. AFTER I've showered!)

5pm. ALLOA

Coach & Minibus return to disgorge very tired looking cargo to be greeted by relaxed husband impressing madly with already organised tea - much to disgust of Phil!





FVO CALENDAR of EVENTS - WINTER 1995



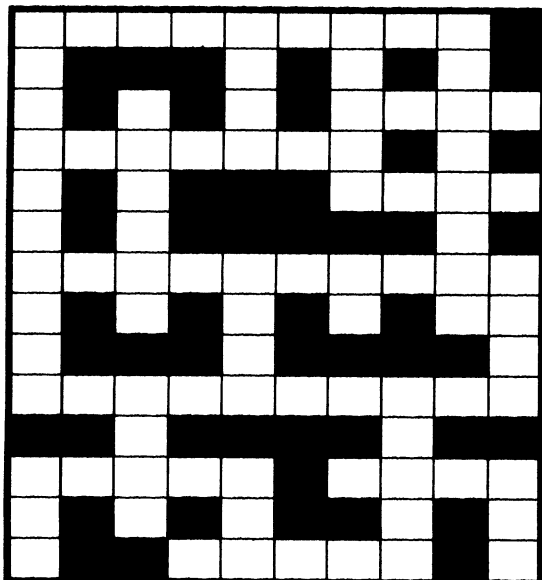
08 Nov	Wed.	6.00pm	Night O - Plean Country Park - Fraser Purves 01259 750264
09 Nov	Thurs.	6.30pm	Evening Training Run from Stirling University
10 Nov	Fri.		
11 Nov	Sat.		ESOC Scottish Night Champs - Beecraigs, Linlithgow - Alister Aitken 01313344918
12 Nov	Sun.	10.30am	FVO Colour Coded Event - Dollar Bank - Jon Cross 01786 471270
13 Nov	Mon.	8.00pm	Skiing - Firpark Tillicoultry - Fraser Purves 01259 750264
14 Nov	Tues.	6.00pm	Indoor Training at Lornshill Academy Gym
15 Nov	Wed.	6.00pm	Night O - South Achray - Fraser Purves 01259 750264
16 Nov	Thurs.	6.30pm	Evening Training Run from Stirling University
17 Nov	Fri.		
18 Nov	Sat.		
19 Nov	Sun.		GRAMP Colour C. Cullerlie, Banchory NS728018 - Rebecca Jonson 01224580394
20 Nov	Mon.	8.00pm	Skiing - Firpark Tillicoultry - Fraser Purves 01259 750264
21 Nov	Tues.	6.00pm	Indoor Training at Lornshill Academy Gym
22 Nov	Wed.	6.00pm	Night O - Touch - Fraser Purves 01259 750264 BARR WOOD
23 Nov	Thurs.	6.30pm	Evening Training Run from Stirling University
24 Nov	Fri.		
25 Nov	Sat.	10.00am	FVO CLUB CHAMPS - South Achray - Sandy Sinclair 01259213310
25 Nov	Sat.	7.00pm	FVO CLUB Dinner Dance - Sword Hotel - Claire Allison 01259761310
26 Nov	Sun.		
27 Nov	Mon.	8.00pm	Skiing - Firpark Tillicoultry - Fraser Purves 01259 750264
28 Nov	Tues.	6.00pm	Indoor Training at Lornshill Academy Gym
29 Nov	Wed.	6.00pm	Night O - Barr Wood - Fraser Purves 01259 750264 TOUCH
30 Nov	Thurs.	6.30pm	Evening Training Run from Stirling University
01 Dec	Fri.		
02 Dec	Sat.		
03 Dec	Sun.		INT. C.C. LO League 3 Saltoun & Humble, Pencaitland - D. Simmons 01316684203
04 Dec	Mon.	8.00pm	Skiing - Firpark Tillicoultry - Fraser Purves 01259 750264
05 Dec	Tues.	6.00pm	Indoor Training at Lornshill Academy Gym
06 Dec	Wed.	6.30pm	Evening Training Run from The Meadow Park - Bridge of Allan
07 Dec	Thurs.	6.30pm	Evening Training Run from Stirling University
08 Dec	Fri.		
09 Dec	Sat.		
10 Dec	Sun.		PO Local Event Muirward Wood, Scone NO147273 - Felicity Martin 01786684454
11 Dec	Mon.	8.00pm	Skiing - Firpark Tillicoultry - Fraser Purves 01259 750264
12 Dec	Tues.	6.00pm	Indoor Training at Lornshill Academy Gym
13 Dec	Wed.	6.30pm	Evening Training Run from The Meadow Park - Bridge of Allan
14 Dec	Thurs.	6.30pm	Evening Training Run from Stirling University
15 Dec	Fri.		
16 Dec	Sat.		
17 Dec	Sun.		
18 Dec	Mon.	8.00pm	Skiing - Firpark Tillicoultry - Fraser Purves 01259 750264
19 Dec	Tues.	6.00pm	Indoor Training at Lornshill Academy Gym
20 Dec	Wed.	6.30pm	Evening Training Run from The Meadow Park - Bridge of Allan
21 Dec	Thurs.	6.30pm	Evening Training Run from Stirling University
22 Dec	Fri.		
23 Dec	Sat.		
24 Dec	Sun.		
25 Dec	Mon.		CHRISTMAS DAY
26 Dec	Tues.		BOXING DAY



Competition Time

Try fitting the 22 words shown below into the 'WordSquare'. Although shown below, hyphens do not go into the 'WordSquare'! The first correct entry drawn out of the hat will win a £5 voucher for a meal at 'All-That-Jazz', or a £5 voucher for Our Price Record stores. Entries should be sent to the editor before 15 November.

Good Luck!



bin	leg	belt	relation
elf	lamentable	data	embed
baste	navigation	to	anul
mask	ornamental	re-live	note
offal	orienteer	anemone	no-go
banal	gain		

SOCIAL SCENE

SKIING

There are still a few places available on the Tillicoultry Piste on Monday nights at 8.00 pm.

Instructors are on hand and boots and skis are also available all for the incredible price of £3.00 per night for adults and £ 2.00 for children! All level of ability are welcome, so if you are interested, please contact Fraser on (01259 750264)

Remember the Club Championships are this month. They will take place at South Achray, using the new PC Map for the Permanent Course.
Starts at 11.00 am at the old Wayfaring start

Have you got your tickets for the Dinner Dance?



You'd better hurry, as they're going fast this year!

THE FVO COOKBOOK

When you are injured, what can you do to help yourself?

A recent leaflet from the Sports Injury Clinic gives the following advice:

R REST:

The most important thing is to prevent any further damage to the injured part, whilst waiting for an expert assessment and treatment.

I ICE

Apply ice or a cold compress to the injured area until the skin turns pink (NOT RED!) This helps reduce the amount of internal bleeding and the build up of inflammation. Wrap the compress in a wet cloth. DO NOT put cold plastic straight onto the skin!

C COMPRESSION

Put a firm bandage around the injured area. This will help contain any swelling

E ELEVATION

Wherever possible, support the injured part in a raised position, a little above the horizontal. This will help the blood flow and reduce fluid pressure, and thereby the swelling, in the injured area.

By following these simple steps, you can positively influence the severity of the damage and hence the length and quality of the recovery period.

REMEMBER, The risk of strains and Sprains can be reduced if you follow a sensible warm-up routine BEFORE undertaking any strenuous physical activity.

While still on (roughly) medical matters,

CONGRATULATIONS to Joey Inch on being probably the first FVO member to feature in COLOUR photos on pages 1 and 5 of the **SUN** newspaper.

I'm not sure what she was doing to that chap in the shorts, but he had a VERY strange expression on his face!



ADVANCE
NOTICE

FVO AGM

ADVANCE
NOTICE

Friday
January 19th
1996

Venue: *Dumyat Leisure Centre,*
Main Street East,
MENSTRIE

Leisure Centre open from 7.00 pm
!!! AGM Starts at 7.30 pm!!!

Contact Claire on (01259) 761310 for further details.
Offers of help with FOOD / COOKING much appreciated
(Contact me in January!)

FVO Colour-Coded Event at DOLLARBANK

Sunday 12th November 1995

Starts from 10.30 am

Parking : in a field above Brewlands Cottage at the top of the Glen Road

Full selection of Courses

Organiser: Jon Cross 01786 471270
Planner Cathy Tilbrook

CHILDREN at PLAY!



MUMMY?

