

THE FORTH COLUMNIST

Issue No: 114 May/June 1996

Editorial:

Summer's officially here - the clocks have changed, the grass is already needing cut, and it seems like it hasn't stopped raining for weeks!

Also, just in case you hadn't noticed, our Wednesday evening events have started, so fight off that winter lethargy and exercise your alveoli!

The long-running (or non-running) saga of the permanent course at South Achray is nearly at an end - the Start boards are being built near the Visitor centre, and it should be being inaugurated in the near (hopefully!) future. Forest Enterprise can't give me a date yet, though, and we'll no doubt be in touch as soon as we know what's happening, to drum up some support for the launch. This is half the story, however - the Visitor centre start is really aimed at first timers and juniors - there will be another start for the more adventurous, sited just inside the entrance to the forest Drive, but that'll have to wait a wee while till the effects of the winter 'production' cycle have been assessed - there's been a lot of clear felling and 'thinning' taking place - particularly in the North of the area - Oh Well....

Finally, Rod sent in a wee poem Gwen wrote shortly after that FVO Dinner dance - we re-print it inside in fond memory of happier times. It's not often words fail me.....

Ed

FVO COMMITTEE 1996

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President's Column

The time has passed quickly since I last compiled my President's Column for this erstwhile publication. We already have our series of Wednesday Evening Events in place, and not without some considerable head scratching, I can tell you! We are planning to stage what I believe will be the inaugural Forth Valley Schools Orienteering Championships, providing the schools in the region formerly known as 'Central' (to follow a well known pop singer) are willing to support the event.

The committee are also in the throes of examining recent applications to the National Lottery for funding for sports (orienteering) based projects. We are considering the possible survey/re-survey of a number of small areas suitable for orienteering in and around the communities in Forth Valley.

The club are also on the look-out for possible areas to map with a view to holding a National Event (or similar), in the next 2-5 years. We currently have areas such as the Trossachs, South Achray, Touch, and Birnam which would be suitable for such an event. The Trossachs were used for the 1995 SG2, South Achray this May for the Scottish Champs, and Birnam in 1997 for the Scottish Six Day. This leaves us with Touch, which we have deliberately tried to ease pressure on over the last 12 months. If you have any ideas, we're listening.....

Preparations for the 1997 Scottish Six Day are proceeding apace. We have now filled a few more positions, including: Trader Liaison Officer, Socials Convenor, Information Officer, and half of the roadside sign erectors. We still have a number of posts to fill in the coming months, including: Results Photocopiers, $\frac{1}{2}$ Roadside Sign Team, and last, but not least,

Event Co-ordinator

If you wish to discuss any of the posts, please do contact me!

The recent events at Dunblane Primary School brought with them an overwhelming and profound sadness for us all. As many have said before, words are simply inadequate.

The Club extends its heartfelt wishes to Rod and his family.

Jonathan

Meet Our Newest Committee Member. . . .



Martin Light M35

Started orienteering 2 years ago after I saw an FVO poster at work and my wife Valerie saw a TV programme about orienteering at almost the same time. Our 2 children aged 2 and 3 are now avid string orienteers.

My greatest orienteering achievement so far was completing the mens course at last years club championships after not finishing the womens the previous year!

During the week I work for BP Chemicals at Grangemouth looking after computer systems while trying to avoid our president's latest PC.

IMPORTANT.... READ THIS NOW... IMPORTANT...

(This message will self destruct in 5 minutes.....)

Wednesday Evening Events

These start very soon - 1st May, at Kinneil Wood.

See map enclosed.

So.. now you have been told, you have no excuse not to turn up.

As always, there will be a gathering in the Westerton in Bridge of Alan, later in the evening (usually at about 9pm)

You have been warned!

Now That's What I Call Food !

OK, so you've digested (*sic.*) the contents of the last issue of The Forth Columnist extolling the virtues of fluid intake before, during and after exercise. What next?

Although you can survive for considerably longer without food than you can with water, it really isn't that long; well, not if you're taking sustained exercise, anyway.

So what are you going to eat? A nice joint of beef? Maybe. Maybe not. Under virtually all circumstances you need a balanced diet. Top athletes need carbohydrate, and we do too! Most of our energy comes from carbohydrate. Often a liquid intake of energy is the most convenient form, particularly during or immediately after exercise.

Boxers and weight-lifters are reputed to eat steak and eggs and other high sources of protein to increase their intake of amino-acids and improve their muscle bulk. Research shows that, although athletes often have a slightly higher dietary requirement for protein, this is usually satiated by their current diet, and that includes the vegetarians amongst you. Muscle strength is most effectively improved by employing a heavy resistance training schedule, together with a high carbohydrate intake.

A well balanced diet comprises:

- Lots of cereals, grains and starchy vegetables
- Lots of fruit, vegetables and salad
- Moderate, but regular amounts of meat, fish, poultry, eggs, pulses, nuts and seeds
- Regular portions of milk, milky products, cheeses and yoghurts

Where's my Fat?

Fat is stored in huge quantities in even the most lean people, so fat depletion is not normally a problem. Indeed, a small intake of fat is essential in providing a source of fatty acids, and fat soluble vitamins.

These essential fatty acids are particularly prevalent in foodstuffs such as milk, cheese, oily fish and nuts and seeds. Consume regular, moderate amounts of these, and then complement your diet with carbohydrate rich foods and fruit.

A sports diet should obtain somewhere between 15% and 30% of calories from fat.

Preparing for Competition

For all sports bar endurance events (e.g., marathon, triathlon, KIMM, and some bad orienteering events), you should aim to start tapering your training, whilst consuming plenty of carbohydrate. Meals immediately prior to the competition should be high in carbohydrate and relatively low in fat and protein. Try to leave about four hours to digest a large meal, and 1-2 hours for a high carbohydrate snack. However, try to maintain your fluid intake until warm-up time; this could be simple water, or a formulated sports drink. For exertions lasting more than 30 minutes, you should take advantage of drinks stations to top-up your fluid intake.

Scooby Snacks

Ideal pre-event carbohydrate snacks include:

Bowl of cereal	Toast	Banana or jam sandwich
Muffins	Pancakes	Baked potato
Beans on toast	Scones or buns	Pasta

If you finish late at night, you could find carbohydrate solace in some of the following Take-Away meal choices:

Chinese	Chicken Chow Mein or chicken with rice Rice with Tofu or vegetables
Indian	Chicken Tikka with rice and/or Naan bread Tandoori Chicken with rice and/or Naan bread Tarka dal or chana bhaji with rice and/or Naan bread
Italian/	Deep Pan Pizza (NOT Deep Fried Pizza!)
Other	Pasta Jacket Potato Filled Baguette



"What a Load of Carbohydrate"

For prolonged events (greater than 2 hours), carbohydrate loading provides an advantage. It involves building up the stores of glycogen in the body muscle to compensate for the loss of carbohydrate in the forthcoming event.

Body Weight (Kg)	Old Money (Stone/lbs)	Carbohydrate Intake Range (g)
40	6.2	360-400
50	7.8	450-500
60	9.4	540-600
70	11.0	630-700
80	12.5	720-800
90	14.1	810-900

Training should gradually be decreased the week prior to the event, and carbohydrate intake increased to 10 g per Kg body weight about 3 days before the event.

Ideally, you should also aim to consume 30-60g of carbohydrate per hour during the course of the event; this can consist of fluids, solids, or a mixture. Bear in mind, the quantities are for CARBOHYDRATE, not for your total food intake: read the nutritional information on your next crunchy cereal bar!

Before early morning training or events, aim to take a little toast or cereal, or a banana to augment your carbohydrate intake before setting off. Try to drink some fluid as well.

You'll find 50 g of carbohydrate in:

FOOD	DRINKS
3 bananas	3/5 litre of Isostar
3 tbsp raisins	600 ml fruit juice
$\frac{3}{4}$ tin Heinz finest beans	500 ml soft drink (e.g. Coke)
5 slices of bread	1000 ml milk
1 large baked potato (jacketed)	
3 oz rice or pasta (dry weight)	
50 g cornflakes (e.g., 2 variety packs)	
2 Isostar Sports bars	
1 Mars bar	

Stomach Problems - No Problem

If you suffer from stomach and digestive problems, then choose white bread in preference to brown or wholemeal, avoid fruit juices and beans, and take low fibre cereals in place of Kelloggs "All-Board".

Avoid stitches and stomach cramps by drinking a little a lot. Over loading your stomach with fluids in a hurry will throw it off balance, and you with it!

You must try to eat after training or competing, even if it is late at night. If you regularly have problems with indigestion or acid reflux, then choose soup, sandwiches, or a little pasta washed down with some yoghurt to provide a less confrontational source of energy. Even if you go straight to bed, your depleted muscle glycogen stores will gradually be replenished.

I Want to Lose Weight...

It is possible to lose weight whilst maintaining your high carbohydrate diet:

- Maintain high carbohydrate intake
- Reduce fat intake to below 30% of calories (but no lower than 15%)

You should be able to continue training, whilst losing up to 1 Kg per week.

Calorie Level	Carbohydrate (g)	Fat (g)
1500	225	50
2000	300	65
2500	375	85
3000	450	100
3500	525	117
4000	600	133

Yes, but What About the Beer.....?

Well OK, after all that effort, you deserve a drink, and if you are over 18, I am not talking about Irn Bru. Bear in mind, however, that it will take some time before your body begins to return to its equilibrium hydration state (i.e., replaced all the lost fluid), even if you have taken a lot of post-event fluid on board.

The real die-hard competitors amongst you should try to alternate alcoholic with non-alcoholic drinks, and keep the alcohol to a minimum if you are competing the following day. However, you might find that hundreds of Six Day competitors have a better run the day following alcohol. Or perhaps it just feels like it.....

No responsibility accepted for any inaccuracies in this article, or matters arising thereof. You are advised to consult your doctor before taking part in strenuous exercise for the first time. Your home is at risk if you do not keep up repayments on a mortgage or other loan secured on it. Do not feed the lions. Please use the Postcode. Look before you leap. And a variety of other well known small-print phrases or sayings.

RESULTS... RESULTS... RESULTS...

JK '96 - Cleveland Hills, 6/7/8th may

FVO individual results :

		overall	day1	day2
M 17 A	57 Neil Brown	164.16	96.41	67.35
M 19 A	33 Richard Matthews	186.42	96.57	89.45
M 21 E	Steve Nicholson		75.27	
M 21 L	31 Jon Cross	156.21	71.04	85.17
	36 Fraser Purves	158.59	81.33	77.26
M 35 S	10 Derek Allison	116.45	62.59	53.46
	37 Keven King	153.45	87.11	66.34
M 50 L	91 John Brown	161.13	86.13	75.00
M 55 L	52 David Cooke	154.07	85.43	68.24
W 15 A	7 Lisa Brown	77.15	38.27	38.48
W 21 L	48 Claire Allison	180.46	102.07	78.39
W 21 S	14 Peggy Chambers	112.28	62.52	49.36
W 45 L	32 Maureen Brown	136.48	76.24	60.24
	47 Mary Matthews	148.00	79.58	68.02
W 55 S	1 Tricia Cooke	91.44	55.07	36.37
W 65 L	2 Hilda Astbury	102.05	46.43	55.22

FVO were represented by 3 relay teams (results not yet known):

Mens Open - Jon Cross, Fraser Purves, Richard Matthews, Ben Stansfield
 Womens Short - Peggy Chambers, Mary Matthews, Maureen Brown
 Mixed Ad-hoc - Claire Allison, John Brown, Neil Brown

WELL DONE to all of you who competed

COMING TO A FOREST NEAR YOU...

SCOTTISH INTER CLUB CHAMPIONSHIPS

This event is the SOA equivalent of the Compass Sport Cup, in which we will find the best small and large clubs in Scotland.

For this event, FVO is a large club. The first round will take place on **Sunday, 12th May '96, at Darnaway Forest, Elgin.**

The scoring is similar to the compass sport cup, except 3 runners score points.

Unfortunately I will be unable to attend, however, Cathy Tilbrook will be co-ordinating.

COMPASS SPORT CUP - ROUNDS 1 and 2

We have been drawn against INTERLOPERS in the first round. The winners will meet CLYDE in the second. I have arranged for both ties to be played at **Devilla Forest, Kincardine, on Sunday, 28th April, '96.**

P.S. This years Compass Sport Cup final is to be held near Birmingham.

BRITISH ORIENTEERING CHAMPIONSHIPS '96

The Relays - 5th May '96, Oban

The following 7 relay teams have been entered for the BOC '96 relays:

1 Mens Open	1 Medium Open
1 Womens Open	2 Short Open
1 M35	1 Mixed ad-hoc

The committee has agreed to subsidise the entry fees for those taking part.

Entry fees are now Seniors £5 Juniors £2.50

For further details, call Fraser on (01259) 750264

SCOTTISH ORIENTEERING CHAMPIONSHIPS

The Scottish Champs take place on Saturday 25 and Sunday 26 May, at Dounan's Camp Aberfoil. FVO are the organising Club, and are looking for help on the day.

If you can help, please contact Jonathan on 01324 - 718428.

(Depending on the number of helpers, only juniors will be permitted a relay run.)

SOCIALS...

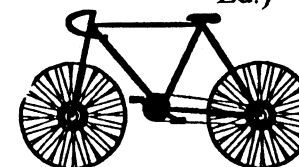
(cause all exersize, and no play, makes us unfit folk, a bit unhappy - Ed.)

FVO Mountain bike day

Date - Sunday 16th June '96

Start point - Callander Coilhallan Car Park
time - 10 am

Route - To either Aberfoil or Balquidder - **Everyone welcome**
For further details, call Fraser.



FVO Pitch and Put (and pub night!)

Date - Friday 14th June '96
Venue - Stirling University, Pitch & Put
Time - 7pm

For further details call Fraser.

A QUICK REMINDER . . .

Remember our evening training sessions on a tuesday evening.

There is track training / speed training or just a leisurly run round Stirling University. The training is organised for all abilities, with everyone going at their own speed.

All are welcome. We meet at Stirling University, Gannochy Carpark at 6pm.



PLEASE WE NEED YOU . . .

We are still looking for a planner for our colour coded event on 15th September 96, at Airthrey Castle (Stirling University).

If you weren't happy with the last course that you did, and you would like to try to do better, then this is the perfect opportunity.

Contact Susan Sinclair if you are interested.



Marilyn Hill Runs . . .

Jonathan and Linda Woods are planning to do various hill runs, in Forth Valley, over the coming weeks, and have asked if anyone would like to join them. If you are interested in running/walking up Craig of Monievreck, Meall Gainmheich in the Trossachs, or Meikle Bin, Carleatheran in the Fintry/Campsie Hills on a Summer evening (hopefully), then contact Jonathan Oxely for further information on (01324) 718428.



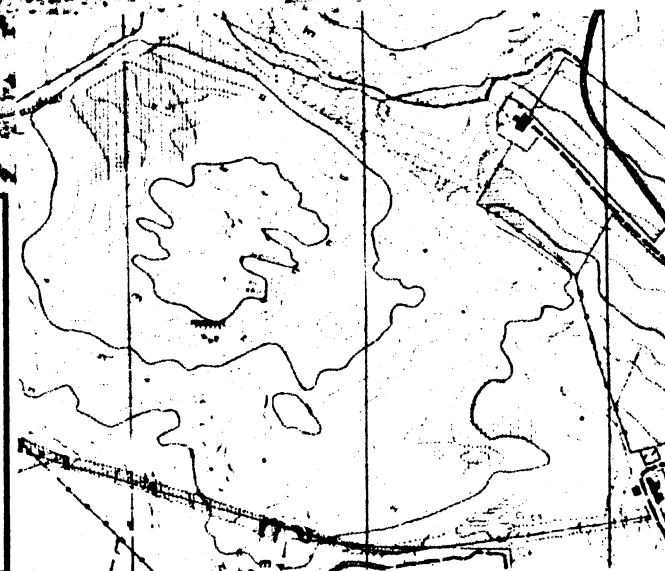
**It's
Competition
time again.**

Can you pinpoint
where on the map
this photo was
taken?

AND.....can you
guess which area
is?

Answers in the
usual brown
envelope to:
Ed. at the usual
address.

If anyone has any
Photos/ News items/
Information/Gossip of
any kind that we could
use the please send
them in as all contribu-
tions to the newsletter
would be most
welcome. Ed.

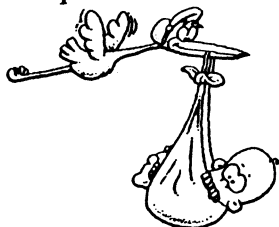


We welcome....

- Martin Light as our new committee member
- The Porteous family (returning to the fold!)
- New Members Ben Stansfield & Josie Evans.

....and congratulations to

- London based Ben Finch, who has pledged his allegiance to FVO!!
- Charles Howie who won the recent WordSquare Competition.
Charles elected to receive a year's social membership of FVO in place of the £5 Our Price gift voucher.
- The Tytler Family, who have had a new baby!



Notice Board

SOA have informed us that all members of Scottish clubs can now compete in the Scottish Champs., whether BOF members or not.
So go on get out there!

SOA have informed us that they are having a few hiccups with the new membership scheme, so if you didn't get a copy of the last SCORE (March-April) let Susan Sinclair know ASAP.

Gi's a Break!

(Or how a young man swept a (not so young)
woman
off her feet!)

Some folk break limbs when orienteering,
Others while out mountaineering,
Scuba diving, paragliding,
Pot holing or bare-back riding -
Sports of daring, skill and chance -
NOT ME, I broke mine at a dance!

The slippery floor, the high-heeled shoes,
The lack of space, surfeit of booze!
The reason really doesn't matter -
Though most folk claim it was the latter!
At 'one pot' meals I am adept.
You'll not believe the ways I've slept!
Folks have been kind - I'm so impressed
With offer to help me get dressed!

But now I am no longer plastered
And all these skills that I have mastered
Will surely not go to waste,
If in future I'm encased.
At next years dance I may be nervous,
But only if my partner's PURVES!

By Gwen Mayor

What's On in and Around FVO

APR	21	C3, MAROC, Scotlandsgalopen No2, Inchmarnoch, Ballater	(NO 410975)
MAY	1	FVO, Wednesday Evening Event, Kinneil Wood, Bo'ness	(983805)
	4	C1, ESOC, British Ind.Champs, Craig Mhic Chailein, Oban	(NN4947338)
	5	R1, ESOC, British Relay Champs, Coille Nathais, Oban	(NM 072322)
	6	C3, ESOC, Badge Event, Airds Park, Oban	(NM 998321)
	8	FVO, Wednesday Evening Event, Barrwood	(796866)
	11	SOA Annual General Meeting, Dewars Rink, Perth	
	12	C4, MORAVIAN, Colour Coded, (inc. Scottish Inter-clubs Champs Northern Prelim), Darnaway, Forres	(NH 987549)
	15	FVO, Wednesday Evening Event, Gartmorn Dam, Alloa	(912940)
	22	FVO, Wednesday Evening Event, Callander Park, Falkirk	(895795)
	25	C2, CLYDE, Scottish Individual Champs& National Event 4, South Achray	
	26	IU, FVO, Scottish Relay Champs, South Achray,	(NS 527013)
	29	FVO, Wednesday Evening Event, Touchmolar, Cambusbarron	(748916)
JUNE	5	FVO, Wednesday Evening Event, Dollar Bank	(963993)
	8	C3, Invoc, Scotlandsgalopen No3, Docharn & Deishar	
	12	FVO, Wednesday Evening Event, Plean County Park	(827868)
	14	FVO Pitch & Put, 7 pm, Stirling University	
	16	FVO Moutain Bike Day, 10 am, Callander	
	19	FVO, Wednesday Evening Event, South Achray	(518014)
	23	C3, GRAMP, Scotlandsgalopen No4, Glen Dye	
	26	FVO, Street O, Dunblane Cathedral Carpark	
AUG	28	FVO, Wednesday Evening Event, Abbey Craig, Causewayhead	(808958)
SEPT	4	FVO, Wednesday Evening EventPlean County Park	(827993)
	8	C3, SOLWAY, CUNOC, Scotlandsgalopen No5, Pulnagashel	
	11	FVO, Wednesday Evening Event, Minewoods, Bridge of Allan	(793978)
	15	FVO Colour Coded, Airthrey Castle	
	18	FVO, Wednesday Evening Event, Hermatage Woods, Stirling.	(806963)
	23	C3, ESOC, Scotlandsgalopen No6, Inshriach	
OCT	27	C3, TINTO, Scotlandsgalopen No7, Dalmacallan	