

# THE FORTH COLUMNIST

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Editorial:

Not much of note to Editor about this month !

The long-running saga of the Achray Permanent course is nearly at an end. The facility was formally opened last month along with all the enhancements to the Visitor Centre. We didn't actually use the courses, mainly due to the fact that it was absolutely p\*\*\*\*\*g down!

However, reaction has been favourable so far, even taking into account that even at this early stage in its life, some of the posts have been removed by the socially deprived!

We have now used it for a Royal Bank of Scotland Management Training Day, helping some of the desk-bound to savour the delights of a gut-wrenching climb from the river, up the old waggon-way! So far as I know everyone enjoyed it!

Anyway - summer holidays beckon - sod the orienteering - I'm off to Gairloch, courtesy of our eldest - to do some serious sitting around and maybe even bag the odd munro, in between coffee stops!

Have a good time wherever your feet may take you!

Ed

## FVO COMMITTEE 1996

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### CONTENTS

- 3- Presidents Column
- 4- Event News
- 5- Accounts - Scottish Relays
- 6- Results
- 7- Socials
- 10- From our Golfing Correspondent
- 11- More things to do

## President's Column

I have had to chain myself to the desk to write this piece for The Forth Columnist. It's a quarter to six, the sun is shining, and the temperature must be close to 20C! If only I could be out training....

The British and Scottish Championships are over for another year. We had notable successes from several FVO members, including our very own Scottish and British Men's Elite champion - Steve Nicolson. On the relay side, Gareth Bryan-Jones, Steve Barratt and Brian Bullen swept to victory in the Medium Open at the British (the other Medium Open team had me as a handicap!). Official results are not yet out, so there are bound to be a few other good results I have omitted, for which you have my apologies.

The Scottish Relays passed off without too many untoward incidents. Unfortunately, due to last minute course changes, additional overprinting, and a multitude of team changes, my grand master plan to inform everyone of their duties in advance fell by the wayside - thanks to Cathy Tilbrook who stepped in to organise manpower. I have included a set of provisional accounts in this edition of the newsletter, which I hope will be of interest to one or two.

Well, there is certainly life out there. I have had one reply about possible areas for re-mapping. I am sure there are a few other suggestions out there. Among current favourites are: Muiravonside Country Park, Falls of Leny (dreaded SSSI status), Gillies Hill (Cambusbarron), Laigh Hills, Dykedale (Dunblane). Any other suggestions will be gratefully received. Please bear in mind that we are interested in areas ranging in size from Wednesday Evening (1-2 km<sup>2</sup>) to Badge event (4 km<sup>2</sup> +).

Other committee business ongoing currently includes the organisation of the 1996 FVO Dance, Lottery Submissions, 5 year mapping plan (see above), Lazerquesting, recovering outstanding debts, and how to erase Fraser's 3 recently acquired penalty points!

Lastly, I say it often enough: this is your club; the committee is here to serve you. If you have anything to tell us please just pick up the 'phone, or a good writing pen. Anonymous contributions may also be welcome. Please remember we're not infallible, but constructive criticism is welcomed (usually!).

*Enjoy the weather in the heather, and the sun on your run,  
but most above all, make sure you have fun!*

Jonathan

## *Event News - Past, Present and Future*

### Scottish Relay Championships

Thank you to all helpers on the day, without whom the event would have been a trifle more difficult!

Also, thanks to Alison, Susan and Cathy for their help in bagging and rolling the over-printed maps. Dave Peel's convenient house move meant the over-printing was carried out by yours truly: I had not even seen an over-printer before, let alone used one (not that I told STAG this when I borrowed their's!). Still, the sore knees will serve as a decent excuse for a few months yet.

### Breadalbane'97 - Six Days of the Finest Scottish Orienteering!

Club allocations for next year's six are complete, with the Strathspey'95 taking pole position on Day 1 at Drummond Hill:

Day 1, Drummond Hill	- LINOC, ESOC
Day 2, Rannoch	- GRAMP, TINTO, LOCHOC
Day 3, Leachdann Tom na Croich	- Interlopers, CUNOC, Moravian
Day 4, Creag Vinean	- CLYDE, STAG, WFO
Day 5, Dunalastair	- INVOC, RR, ECKO
Day 6, Birnam	- MAROC, Solway, ELO

FVO and PO continue the Central Organising work in the background, as the other Scottish clubs identify 'willing' volunteers to fill the Day Organisers, Planners, and Assistant Day Controller positions for each day.

For the Central Organising Team, we are still looking for half a sign-posting team; we are also hoping we may have identified one or two people willing to take on daily photo-copying of results for sale in the evenings. If you are in the market for a job, please give Jonathan and Alison a call on 01324-718428.

### Airthrey Castle

Officials for our forthcoming colour coded event are in place, but a few helpers on the day would be appreciated. You can contact Mark Grant on 01259-219604.

### Scottish Relay Championships - Accounts

Any comments or queries would be gratefully received - Jonathan.

Junior relay teams @	£ 9.50	33	£ 316.50
Senior relay teams @	£ 18.00	141	£2,571.00

Item	Units	Unit £	Item £	Shared	Expense	Income
Entries				N		£ 2,887.50
Car Parking Fees Collected	408	£ 1.00	£ 408.00	Y		£ 204.00
Income from traders	4	£ 30.00	£ 120.00	Y		£ 60.00
Accommodation Income			£ 454.00	Y		£ 227.00
Dounans Camp Fees			£ 882.00	Y	£ 441.00	
Land Access (FE Fees)			£ 135.00	N	£ 135.00	
Toilets			£ 434.75	Y	£ 217.38	
First Aid Donation			£ 80.00	Y	£ 40.00	
STAG Overprinter donation			£ 10.00	N	£ 10.00	
Maps	522	£ 1.25	£ 652.50	N	£ 652.50	
O'prntng (waste maps etc.)			£ 25.00	N	£ 25.00	
Poly Bags _+ Heat Sealer			£ 29.96	N	£ 29.96	
Plastic Cups			£ 18.00	N	£ 18.00	
Race Nos			£ 143.70	N	£ 143.70	
Regnly Race Timer			£ 20.00	N	£ 20.00	
Radio Hire			£ 105.75	Y	£ 52.88	
Van Hire			£ 69.60	Y	£ 34.80	
Van Fuel			£ 21.00	N	£ 21.00	
<b>Publicity</b>					£ -	
CompassSport + SCORE			£ 200.00	Y	£ 100.00	
Mailshot envelopes	150		£ 7.22	Y	£ 3.61	
Mailshot postage	150	£ 0.19	£ 28.50	Y	£ 14.25	
Reg Forms Postage	30	£ 0.25	£ 7.50	N	£ 7.50	
Pre-event info			£ 74.00	Y	£ 37.00	
Results			£ 90.00	Y	£ 45.00	
<b>Expenses</b>					£ -	
Controller			£ 23.40	N	£ 23.40	
Planner				N	£ -	
Organiser			£ 13.60	N	£ 13.60	
Organiser other postage			£ 5.72	N	£ 5.72	

**£ 2,091.29   £ 3,378.50**

Gross Profit **£ 1,287.21**

Net Income for levy calculations (toilets & land access excluded) £ 2,535.13

BOF Levies £ 558.78

SOA Levies £ 335.27

Net Profit **£ 393.16**

## RESULTS... RESULTS... RESULTS...

### BOC individuals Oban 1996

FVO individual results :

Class	Name	Positn	Class	Name	Positn
M13B	Ross Wood	2	W15A	Lisa Brown	2
M15A	S.Porteous	19	W15B	Fiona Finch	3
M15A	D.Porteous	24	W21E	Hazel Dean	9
M17A	neil Brown	46	W21L	Joe Inch	1
M21E	Steve Nicholson	1	W21L	Cathy Tilbrook	42
M21L	Fraser Purves	20	W21L	Peggy Chambers	48
M35L	Steve Barrett	25	W21L	Alison Oxley	52
M35S	Derek Allison	4	W35S	Jen Barrett	7
M35S	Kevin King	25	W45L	Maureen Brown	27
M40L	Ted Finch	77	W45S	S.Porteous	5
M40L	M. Halliday	101	W45S	Val Finch	16
M45L	B.Porteous	54	W50L	Chris Wood	32
M50L	Doug Wood	57	W50S	Jan Bryan Jones	4
M50L	John Brown	63	W55S	Trish Cooke	3
M60L	David Cooke	39	W65L	Hilda Astbury	8

**WELL DONE to all of you who competed**

### BOC Relays

<b>Men's Open</b>	8th	<b>Women's Open</b>	9th
<b>Mixed AdHoc</b>	7th	<b>Medium Open</b>	1st & 15th
		<b>Short Open</b>	18th & 35th

## HELP

If YOU have any results to share with us, PLEASE let me know!!

Ed.

## SOCIALS...

### LASERQUEST

**ANOTHER CHANCE TO GET YOUR OWN BACK ON ALL THOSE WHO REGULARLY BEAT YOU IN THE FOREST**

**- ONLY THE CUNNING SURVIVE!.**

**THIS MENTAL MAYHEM WILL TAKE PLACE AT THE HOLLYWOOD BOWL IN STIRLING ON 2ND AUGUST**

**- CONTACT MARK FOR TIMES.**

### SPORTS MEDICINE CENTRE

Not immediately connected to the above event - We have renewed our registration with the Stirling Sports Medicine Centre  
If you've never needed to go to the clinic, and hopefully you never will, here's what you do if you do...

1. Phone Rainbow Slides in Stirling (01786-462521), and ask for an appointment at the sports injury clinic.
2. Tell them that you are a member of FVO.
3. Tell them the membership number.-  
Our Membership Number is **320**
4. They will say, "Welcome".  
Unfortunately it is not free. One session costs £6.50.  
There are only two sessions a week - Monday and Thursday.  
You have to go and see the doctor before any treatment.  
The doctor is only there on Mondays.

# COMING SOON...

## TRAINING DAYS

Just so that you can hone your skills to a fine edge before the FVO championships, two training days have been organised for you.

Date: 31 August,  
Venue: Touch,  
Meeting point: Filter Station,  
Time: 10.30am

See Fraser for more details  
(01259- 750264)

Date: 12 October,  
Venue: Barrwood,  
Meeting point: Carpark,  
Time: 10.30 am

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Here's one to remember....

(And we're giving you lots of early warning,  
so you have absolutley NO excuse to miss it)

**Club Championships -  
23rd November  
Barrwood.**

YOU HAVE BEEN WARNED!!

We're all going on a SUMMER HOLIDAY!!! (Well, I hope that you all are)

Seeing as the editorial postbag is extremely empty at the moment (SNIFFF...), I think that a request of you, the faithful orienteer should not be too great.

If you're going anywhere this summer, send the club a postcard. If you've decided to take your life into your own hands, and you're going on an orienteering holiday, then you have absolutley NO excuse not to send us something. (I'll go in the huff if I don't get anything this summer -Ed.).

So think of us when you are out sunning yourself on the beach or clawing your way through some horrible forest. Prize for the most BORING postcard!



*Ed.*

## Pitch 'n' Put - or Golf the Purves Way - Hedgetrimming for Orienteers

The Annual(?) Pitch 'n' Putt evening took place at Airthrey Castle a week ago. Some of you may consider golf a waste of a good walk, but taking part in this event is something ENTIRELY different.

Fraser had cunningly kept his golf bats in the back of his car, so didn't have to hire.

- Thought about it for a minute and reckoned that with my ability, I'd better hire some rather than risk bending his apparatus.

All of this taken care of we set off for the first tee. You can picture the scene - a balmy summer evening - not a sound to be heard but the birdsong and humming of bees - yes, there did seem to be rather a lot of bees. It was only after a short practice swing (which sent the ball in an entirely unexpected direction) that the reason became apparent - a massive swarm had attached itself to a cypress bush at the corner of the first tee. This did seem to spur things on a bit, and we soon headed erratically down the fairway (well, from side to side)

By the time I had recorded a nine at the first (I could have thrown the ball further!) I was beginning to get the hang of things. Fraser ably demonstrated his prowess, and proceeded over a number of holes to make a reasonable attempt at defoliating the course. The first target was a large cypress hedge. He lined up his shot carefully, paying attention to his grip, (How DO you get your fingers untangled?) having his feet in the correct position, addressed the ball (most professional) and let fly with a tremendous swing. From where I was standing (some way behind), the ball took off like a concorde and smashed in a flurry of leaves into the hedge, and failed to come out the other side. We searched in vain for the missile, but eventually had to concede defeat. It was a shame really, as Fraser had just minutes before given Valerie his spare ball (she was at the time wandering forlornly through a field of long grass, looking for one). After dealing with the replacement we duly completed that hole, only to have FP take the top six inches off a series of trees down the next fairway. His troubles didn't end there either - on the way to the 7th, he made a marvellous drive just as Mark, Jonathan, Cathy & Doug were leaving the next green (just to hurry them on a bit!). With such awesome power behind the club, the ball had no difficulty in reaching the green in question, and bounded well past, over the perimeter fence, through yet another tree, much to the other four's amusement.

Troubles weren't over even then - pitching (note the proper vocabulary) back to the green, gravity took over and the ball rolled back over the green and gently back downhill. The re-approach shot sadly overshot the green once more and ended up IN the perimeter fence this time, embedded soundly inside the wire netting.

After this, nothing could be serious and the round ended in disarray.

Waited for the others at the end and posed for the usual team photo, then everyone retired to the pub (In deference to my age and golfing ability, I decided to go home to bed!)

Great fun!

Results have been suppressed to protect the embarrassed!:



## TROSSACHS EVENING RUNS

Missing those Wednesday Evening Events already?

Lossen up your leg muscles with a gentle Wednesday evening run in the Trossachs.

Wed 17th July, 6.30pm : Glen Ample ( South of Strathyre)

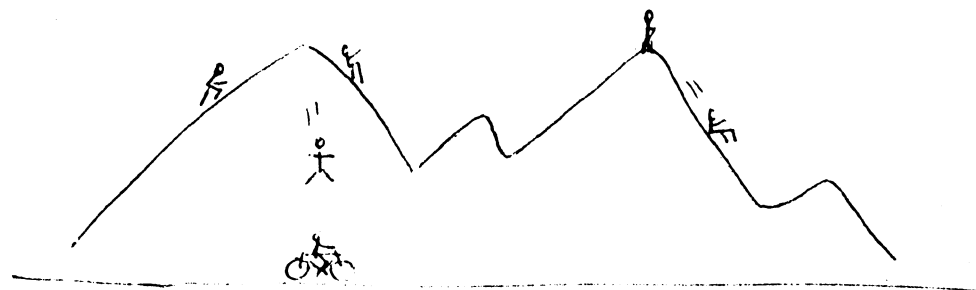
Meet at grid ref NN 585137 ( park on bridge)  
Energetic could run up Stuc a' Chroin. Mere mortals will stick to path in Glen and forest tracks. If demand permits, we could do a nifty 2-car thing and end up in Lochearnhead (and pub?) It's up to you...

Wed. 31 July, 6.30pm: Ben Ledi

Meet at Forestry car park (NN 588092).  
Again, energetic could tackle Ben Ledi (Claire and I made it last year!) Otherwise, paths in woods/Loch Lubnaig/back to Callander. (And pub??!!)

If this proves popular, we may extend the series later.

If you need further details, or would like a lift to above venues, please phone Cathy on home: 01786 445279, or work: 01786 450362



# What's On - in and Around FVO

Grid ref

JUL	17	Glen Ample - Trossaches Evening Run 6.30pm	(NN585137)
	31	Ben Ledi - Trossaches Evening Run 6.30 pm	(NN 588092)
AUG	2	FVO Social Event - LaserQuest - Hollywood Bowl	
	18	C4, GRAMP 11 person Relay Blackhall, Banchory (CD: 31/7/96)	(NO689948)
	28	FVO, Wednesday Evening Event, Abbey Craig, Causewayhead	(808958)
	31	FVO TRAINING EVENT Touch - Filter Station 10.30	(748916)
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	<b>FVO Colour Coded, Airthrey Castle</b>	
	18	FVO, Wednesday Evening Event, Hermatage Woods, Stirling.	(806963)
	29	C3, ESOC, Scotlandsgalopen No6, Inshriach,Aviemore. (CD: 11/9/96)	(NH 858065)
OCT	06	ECKO - WOSOL 7 Strathlachlan, Dunoon	(NN 043973)
	06	C4, GRAMP C-C - Balmedie, Aberdeen	(NJ 976181)
	12	FVO TRAINING EVENT - BARRWOOD - Car Park 10.30	
	27	C3, TINTO, Scotlandsgalopen No7, Dalmacallan	
NOV	23	FVO CLUB CHAMPIONSHIPS - BARR WOOD	
	23	FVO DINNER DANCE	