

THE FORTH COLUMNIST

Issue No: 116 September/October 1996

Editorial:

I hope you all enjoyed the long hot summer !

Now (hopefully) we can start thinking about running in crisp sunlit frosted forests again.

However - take care - Cathy Tilbrook's warning about Bracken spores and their potential hazard is no joke.

A recent TV bulletin reported that Bracken is encroaching on our countryside at a considerable rate, covering something approaching 7% of the countryside in Scotland & Wales. They also referred to the hazard - the spores can cause Cancer, recommending total avoidance of Bracken during the 'sporing season' (About now, and particularly when things get a bit drier.). The implications for most of the Orienteering areas I can think of are serious! Best advice offered by the Pundits is to wear a mask if you MUST go near the stuff - could this become the latest 'O' gear fashion accessory?

You'll see that the Dance is looming again. The organisers tell me it's being opened up to non-members officially this year, so you should make sure you've got your tickets in good time, and don't forget to clear out your attics - the Raffle will be offering more opportunities to get rid of that unwanted Pub Quiz prize or other bit of unfashionable memorabilia. I suppose I'll have to clear the Garage soon - Susan's volunteered to collect the potential prizes?

Oh well - off to the photocopier!

Ed.

FVO COMMITTEE 1996

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President's Column

Well, after complaining of temperatures approaching 20C in the last edition of The Forth Columnist, I've had to stomach temperatures approaching 30 C this summer (well, maybe 27 C). Still it's good training for our holiday in California!

Regarding new areas, we have positive signs from the area behind Cambusbarron (Gillies Hill?), and still have one or two other areas to investigate. We're open to suggestions for possible new areas to map. Dave Nicol is the man to speak to, but any committee member would be happy to hear your suggestions. We have started the ball rolling with a view to preparing a case for lottery funding. Only one or two clubs in Scotland have been successful (tried?) in bidding for lottery funding, but those that have been successful have provided carefully prepared plans for us to study. This fits in with what we hope will be a five year management plan for FVO areas.

Some of you may be aware that BOF have introduced new 'legislation' which requires members to register their competency and experience as organiser and/or planner. A similar scheme already exists to ensure consistent high standards from event controllers, but this is the first time this system has been implemented for the other event officials. Organisers and planners from colour coded events upwards will need to be BOF qualified from 1st June 1998. Maintenance of the qualification is dependent upon officiating in the given capacity, at a given level, over a period of time. Those registering before January 1997 will automatically be awarded a grading depending upon their past experience. After January 1997, prospective event officials (or those who have failed to register in advance) will need to attend a BOF course. For those of you who wish to register, please consult the recently issued BOF handbook, or contact Susan Sinclair.

Finally, we wish Claire and Derek Allison well, as they leave us behind to rear a new home in the bottom of the lake district.

Jonathan.

CAN ANYONE HELP???

Maureen Brown is looking for experienced orienteers to "shadow" members of the Scottish Junior Squad at the WOSOL event at Mugdock Country Park on 20th October.

The juniors range in age from M/W 13 to M/W 17 and cover a wide range in ability.

If anyone would like to volunteer their services to help then contact Maureen on 01259213683

THANKYOU

Great Wilderness Challenge 1996

No fewer than ten club members took part in the Great Wilderness Challenge on Aug 24th. Fraser & Jonathan O ran the 25 mile race (Jonathan's 1st time), whilst Linda Woods, Cathy Tilbrook, Alison Oxley, Peggy Chambers, Jane and Graham Martin and Doug Flint battled it out on the 13 mile course.

Poor Jonathan Woods was reduced to running the 7 mile course due to an outbreak of shingles ! It didn't stop him beating Linda the following day in the "Lomonds of Fife Hill Race"!!

The weather was again warm, although not quite on par with the searing heat of the 95 event. The ground was most definitely softer under foot, and the Bad Bog was able to regain its stature after last years uncharacteristic performance.

Some of the usual Race-goers were there, with Bill Gauld arriving late on Friday, having spent most of that day constructing his own waterproof cagoule, all for the princely sum of £2!

Last years victor, Martin Dean, was obviously rattled by the competition(?), preferring not to take part (rumour has it Fraser psyched him out!). Ben Preece, Vet winner last year dropped down to run the 7mile course due to injury, leaving the field wide open for an FVO "one-two" - If only our intrepid pair could have found the gate for the right field.....

The 6 km ascent to the ground above Shenavail was tiring in the heat, but the rapid descent through the rock strewn wet ground was even more testing. Veteran GWC entrants, such as Bill Gauld took it all in their stride, literally. The stiff climb to the highest point of the course again proved to be hard going for walkers and runners alike. I naively assumed that the route took us over the low coll to the right of our path, disbelieving that we could possibly ascend to the parking place of the rescue helicopter. Oh dear, how wrong can one be! Checkpoint number 2, & a welcome drink. The fast, gradual slope down towards Carnmore seemed to take ages, & then there it was. Mirror-like reflections of the surrounding hills in the water only served to emphasise the majesty of the slender causeway at Carnmore, splicing Dubh & Fionn Lochs.

The sharp descent to Carnmore again saw veterans like Bill make ground on Fraser and Jonathan, although Jonathan set off slightly ahead from the Carnmore soup kitchen. After a testing few miles of damp moor track and shingle loch shore, the going rapidly deteriorated as the route reached the Bad Bog. Fraser's choice of shoe gave him an advantage, rapidly gaining ground with his superior traction and carefully managed energy reserves (editor: lots of fat!).

Another couple of miles saw Kernsary Woods edge into view, providing a small spur for those with any energy left. A quick rise from the riverside to the final checkpoint on the 25, with sliced tomato, lettuce, chicken, & anything else you could possibly want for a picnic! Declining anything other than a cup of juice & a slice of tomato (N.B. not Fraser), the two FVO entrants set off together for the last four miles of track and road running. Alas, Fraser's choice of shoe afforded him no favours on the rough and unforgiving track forcing him to slow slightly to relieve the pressure on his rapidly expanding personal collection of foot blisters.

With the winner of this year's Great Wilderness 25 mile race crossing the line in 3hrs 8mins, our intrepid duo followed: Jonathan crossing the line 25mins later on one leg before collapsing with cramp, and Fraser following just under 10mins later. Never has a thigh massage from a middle aged man been so welcome! The 13'ers watched with not a little mirth as the president passed by on a combination of one legged hops, having finished some 1½ - 2hrs earlier. Doug Flint led the way home for FVO on the 13, and birthday girl, Cathy, made it over the line in a respectable time, despite having been completely in the dark about her entry into the race for the last 2 months. Rumour had had the pair taking off for a weekend of windsurfing, mountain biking, almost anything but for two entries into the Great Wilderness 13 mile race. All the 13'ers finished within 2½hrs, just in time to ready themselves along the finish straight to watch the winners of the 25 appear.

The usual Poolewe womens' village hall catering helped to replace the lost calories, just in time for a liquid top-up at a nearby bar. A well earned meal and one or two drinks in a local hostelry concluded the evening, with no great surprises - or were there ??

Jonathan

Notice Board

Just a quick reminder -

Our Wednesday Evening Event series is on again.

28th August at Abbey Craig.

4th Sept at Plean Country Park

11th Sept at Minewoods, Bridge of Allan

18th Sept at Stirling University (806963)

Anyone for Tenpin Bowling ?

Friday 25th October - 7.30pm - Hollywood Bowl, Stirling.

Every one welcome & the more the merrier!!

Happy Birthday (Belated) to David Cooke. Don't worry. We won't tell anyone that you are 60 SHhhhhhh! & Cathy Tilbrook.

A Bit about Bracken.

BEWARE!!!!

Bracken spores are expected to burst in their millions from plants in a few months time. These clouds of spores are so dangerous that people who spend time in rural upland areas are advised to wear masks.

These spores have been implicated in causing cancer.

The plants peculiar life cycle, coupled with long range predictions of a long hot sunny summer this year could mean that there will be a particularly heavy spore production - probably in late summer.

Bracken also harbours disease-carrying ticks. The ticks found in bracken are known to carry Lyme disease, an affliction with flu like symptoms.

So if you are out in the bracken this summer - **be careful.**

Wear full body cover, and check for ticks after.

Best of all - AVOID Struggling through dense Bracken

- Go Round it if possible!!!!

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

CROESO 96 - WELSH 6-DAY COMPETITION

Five hardy club members ventured south, accross the border into England and beyond into Wales.

The terrain varied between fast moorland simmlar to Touch to thick forest, similar to Torrie.

Like the terrain the names varied, short to long all unpronounceable.

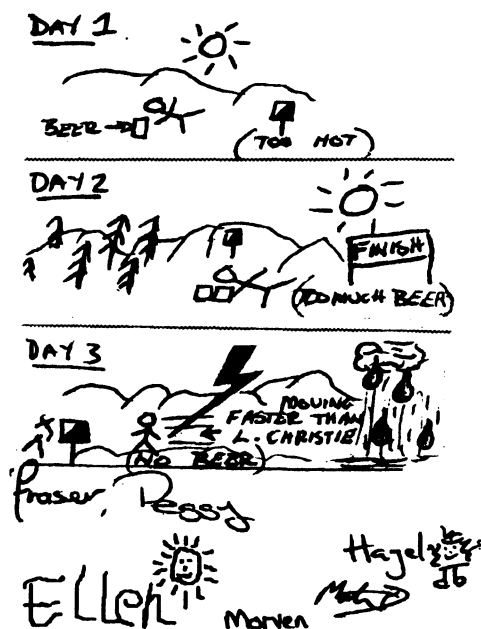
Now the results:

W21 L	HAZEL DEAN	4th
W 21 S	PEGGY CHAMBERS	2nd
W 65 L	HILDA ASTBURY	?
	(sorry Fraser forgot to look at your results)	
M 21 L	FRASER PURVES	15th
M35 L	MARTIN DEAN	1st

WELL DONE to you all.

And here is the winner of 'The Most Boring Post-card' Competition, sent in by Mr Purves.

In the editors opinion Ellen Dean's signature is the only one legible therefore she wins! Fraser will supply the necessary Prize!



FVO CAR TREASURE HUNT

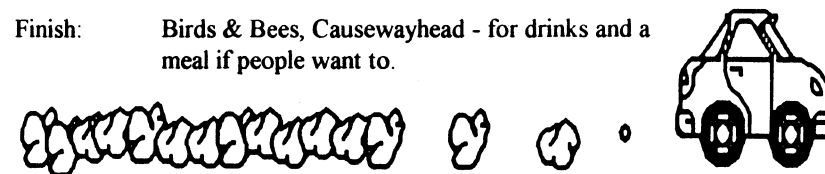
This is a chance to try out your navigational skills without having to slog round an orienteering course.

Date: Saturday, 14 September 1996

Starts From: 4 pm at Stirling University Gannochy Car Park

Duration: Approx. 2 hours

Finish: Birds & Bees, Causewayhead - for drinks and a meal if people want to.



So come along and give it a go - you are guaranteed to have fun and even might get lost (ask Fraser P about this!).

Further information from Peggy Chambers on 01786 860641.

MORE RESULTS...

From the recent evening at Laser quest...

1st	Susan Sinclair
2nd	Cathy Tilbrook
3rd	Alison oxley
4th	Mark Grant
5th	Jonathon Oxley
6th	Doug Flint
7th	Jon Cross
8th	Beccy Osborne

The most hit person was Cathy, who 'died' 36 times!
(Note from Presidodo-Alison wasn't last but she resoundingly thumped her husband though!!)

Great Wilderness Challenge

7 Mile Race

Jonathan Woods Completed.

13 Mile Race

Linda Woods	1hr 48
Doug Flint	1hr 52
Peggy Chambers	2hrs
Graham Martin	2hrs 7
Cathy Tilbrook	2hrs 10
Alison Oxley	2hrs 20
Jane Martin	2hrs 30

25 Mile Race

Jonathan Oxley	3hrs 30
Fraser Purves	3hrs 40

ADVANCE WARNING

FVO CLUB CHAMPIONSHIPS



23rd November 1996

Barrwood

Starts 10.30 to 11.30am



Further details Next issue

And just so that you can get in some extra practice...

...TRAINING DAYS

Don't forget that 2 training days have been organised, these are:

TOUCH

Date - Staurday 31st August 1996

Venue - Touch Filter Station

Time - @1000 to 1200 Hrs

BARRWOOD

Date - Saturday 12th October 1996

Venue - Car park

Time - @1000 to 1200 Hrs

INDOOR TRAINING STARTS AGAIN !!

For all you fitness enthusiasts Lornshill Academy Gym has been booked again for Tuesday evenings from 6-7pm from Tuesday 22nd October onwards (until March)

(As an added attraction, I may even turn up myself (but NOT wearing a liotard!! - - Ed))

ADVERTISEMENT

Norman No-Mates Relay

Interlopers Hagaby - Kinneil Wood, Bo'ness

(masquerading as Lothian O-League)

22nd September 1996

The Interlopers Colour Coded event will feature Brown and Blue course with a Hagaby format, as used in Word Cups. Special Selection Events, and other races of style and quality.

- Premarked maps. 1:5000 for extra-fast racing. Mass start - or individual if you prefer.
- Three lap individual race with forking, estimated winning time 50 - 60 minutes.
- Maximum Spectator Potential! Bring your Granny.
- Standard LOL colour coded courses Orange, Light Green, and Green with premarked maps.
- Beginners White and Yellow courses use master maps with course on display before the start.
- Entry fees:
 - £3.00 Seniors, £1.50 Juniors Students, Unwaged, £1.00 all white/yellow entrants
- Registration from 11.00 - 13.00
- Start times:
 - conventional courses : 11.00 - 13.00
 - Hagaby Mass Starts : **Brown - 11.30 : Blue - 11.40**

There will be Entry on the Day, but to help us get the number of maps right it would be appreciated if people who do not regularly attend LOLs contact the planner in advance.

Kinneil Wood is a small area of woodland and adjoining park. It has been described as the most runnable forest in Scotland. The ordering of the 'i' and 'e' and the number of 'i's and 'n's is a closely guarded secret.

Directions : from the junction of the A706 and the A993 in the middle of Bo'ness, go west following signs for Kinneil House, and then follow O signs. Park as directed.
Grid Reference : NS 984805

Planner: Graeme Ackland
0131-667-3485

Organiser: John Barrow
0131-440-2136

Remember It's Not All About Running !!

Whether you come out training or not you can still come to the Wednesday Evening Get Together

Meet at 8.45pm in the Westerton Arms, Bridge of Allan.

(in the lounge bar - Its nice and comfy)

Every one welcome to come along and have a drink, a chat and relax. (There's a good selection of soft drinks too)

So - why not come along and meet some of your fellow orienteers ?

Forth Valley Orienteers DINNERDANCE



Saturday night
teapot

Stirling Management Centre
Saturday 23rd November 1996
7.00 p.m 'til late!



The Knee-cracker

*Four course dinner with choice of
menu and vegetarian options.*

Dance to

The Forbes MacFarlane Band

Tickets: £15.00 each from FVO Committee

*Remember Top Hat & Tails
& thats just for the women.*



Walk like an
ancient Egyptian



The well-earned break dance



The funky dinosaur

Remember is's not all fun there will be a raffle too!!
If there is any one out there who wants to donate any prizes then
Contact Susan on 01259 213310

FVO COLOUR CODED EVENT 15th September 1996

at

Airthrey Castle

Courses white to brown

Registration 10:30 to 12:30

Starts 11:00 to 13:00

Carparking at Stirling University

Entries: Senior £3.00

Junior £1.50

Terrain: Open moorland on the hillside of Dumyat,
and runnable mixed woodland (with some uppy &
downy bits as well)

Organiser : Mark Grant

01259 219604

Planner : Beccy Osborne

Controller : Kevin King

Contact Mark to Volunteer for your valuable services. (Please)

Photo Corner

If anyone recognises this hysterical
sexagenarian, please let Trish know!

(Any resemblance between David and
the little men cavorting around the
Dinner Dance Advert is purely inten-
tional!! - Ed)



What's On in and Around FVO

AUG	28	FVO, Wednesday Evening Event, Abbey Craig, Causewayhead	(808958)
	31	FVO TRAINING EVENT - Touch - Filter Station 10.00	(748916)
SEPT	4	FVO, Wednesday Evening EventPlean County Park	(827993)
	8	SOLWAY, CUNOC, Scotlandsgalopen No5, Pulnagashel	(NX372786)
	11	FVO, Wednesday Evening Event, Minewoods, Bridge of Allan	(793978)
	14	PO CC - Barry Buddon, nr Carnoustie	(NO542337)
	14	FVO CAR TREASURE HUNT - Stirling University	
	15	FVO Colour Coded, Airthrey Castle	
	18	FVO, Wednesday Evening Event, Hermatage Woods, Stirling.	(806963)
	22	MAROC CC. & Long O - Glen Fearder & Inver.	(NO215940)
	22	Int, CC, Lothian O-Legue 1Kinneil Wood, Bo'ness	(NS 984805)
	29	ESOC, Scotlandsgalopen No6, Inshriach, Aviemore.	(NH858065)
		(CD:11/9/96)	
OCT	06	ECKO - WOSOL 7 - CC. Strathlachlan, Dunoon	(NN043973)
	06	GRAMP CC. Balmedie, Aberdeen	(NJ976181)
	12	FVO TRAINING EVENT - Barrwood - Car Park 10.00	(796866)
	20	PO Local - Kinnoull Hill	(NO262335)
	25	FVO Tenpin Bowling Night - Stirling - 7.30pm	
	26	TINTO Twin Night Event - Drumlanrig, Thornhill, Dumfries	(NS8500)
	27	TINTO, SG No7 & Tinto Twin Day Event, Dalmacallan Forest	(NX8088)
NOV	23	FVO CLUB CHAMPIONSHIPS - BARR WOOD	(796866)
	23	FVO DINNER DANCE - STIRLING MANAGEMENT CENTER	

ANYONE FOR SKIING ????

Over the last few years the number of members willing to attend the Dry Slope Skiing at Firpark Tillicoultry has dropped. The last ski let, at the begining of this year ran at a loss, due to the reduced numbers.

Anyone who is interested in skiing this year at Firpark please call Fraesr Purves on 01259 750264 (remember everyone is welcome even if you have never skied before !)

If there is insufficient interest and commitment the ski slope will not be booked.