

THE FORTH COLUMNIST

Issue No. 119 March / April 1997

Editorial:

We've now got a new Committee - details inside - however, it was interesting to hear a cry from the floor of the AGM (yes there were a few of us there) for an injection of OLD blood into the team!

Does this mean that the crumblied among us are not taking our fair share in the running of the Club? Or perhaps it's just a despairing cry in recognition that everyone moves up a class each year, and we should really move over to make room?

A foul rumour reached the editorial ear the other day (well TWO foul rumours, actually

... Rumour 1 has it that our current Snr Boys champion was not in fact eligible to compete - a small matter of not actually being a paid-up member (?) - Seems to me that the trophy allocation should perhaps be reconsidered...?

... Rumour 2 suggests that the content of the Columnist may be unsuitable for younger readers, bearing mention of alcohol and pubs - unsuitable topics for the very young.

Words like censorship have been heard echoing the valleys.

Maybe someone would like to put together a junior edition ? or maybe even contribute some articles aimed specifically at the younger set.

Or maybe just any old article ?

Not so much a rumour as a plea for justice - remember, years ago that a then very young member won a competition for design of an O-top ?

Please, committee, don't forget her when you come to order your sparkling new O-Tops from Ultrasport.

Any more rumours - please please pass them on - discretion assured

... Ed

FVO COMMITTEE 1997

PRESIDENT	Cathy Tilbrook	Balgray Cottage The Milton Comrie, PH6 2LS 01764 679747
VICE PRESIDENT	Jonathan Oxley	Polmont 01324 718428
SECRETARY	Susan Sinclair	118 Claremont Alloa FK10 2EG 01259 213310
TREASURER	Mark Grant	Alloa 01259 219604
COMMITTEE	Kevin King Beccy Osborn	Dumfermline 01383 512524 Stirling 01786 471270
TEAM CAPTAIN	Maureen Brown	Alloa 01259 213683
WED. CO-ORDINATOR	Caroline Smillie	Dunblane 01786 823708
EDITOR	Sandy Sinclair	118 Claremont Alloa, FK10 2EG 01259 213310 [e-mail Sinclairs@msn.com]

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President's Column

Greetings to you all from your new FVO President! I'm not quite sure how I ended up with the job, having been fairly determined to step-down from the Committee this year.... Still, now I've got used to the idea, I'm keen to do my best and build on all the good work Jonathan's achieved over the last two years. This year saw the retiral of three Committee Members - thanks to David Nicol and Martin Light for their contributions, and special congratulations to Fraser, who finally managed to escape the Committee after a staggering 9 years' consecutive service to the Club! I think you'll all agree that his efforts over all this time make him a very deserving winner of the Jim Heardman Trophy this year. We welcome new Committee members Beccy Osborn and Kevin King (both fairly new Club members who've already put in good stints in organising and planning FVO events). We're still hunting down the last member of our team - we have a few ideas, but there's still time to volunteer if you have a burning desire to help us run FVO! (Don't all phone at once, please)

Thanks to those who attended the AGM and Burns' Supper (although it was disappointing to see a rather low turn-out again). Luckily, those who did attend brought hefty appetites, and managed to devour most of the mountains of haggis and accompanying goodies, without too many leftovers for the Sinclairs to deal with! Grateful thanks to Susan, for co-ordinating the grub most efficiently, and to all those who brought food and helped to prepare it (particularly to Elizabeth Sinclair for ensuring the haggi exceeded E-coli breeding temperatures!) Thanks also to Caroline Smillie, who, despite terribly short notice, delivered a faultless toast to the haggis, with all her usual gusto!

So, now we can only wait for the wind, rain and blizzards to abate and allow us to enjoy some orienteering again. With Scotlandsgallop 1 only weeks away, it must be time to start training again! Breadalbane '97 looms large in August, and as lead club, we'll be heavily involved in making the week a success (beware of Jonathan & Alison approaching with a clipboard...)! Look out for details of a special FVO event at Abbey Craig in September, to tie-in with Stirling Council's Battle of Stirling Bridge 700th Anniversary celebrations. We've even been offered a special grant for this one, and hope to make it a fun day and attract some new people to the sport. More information on this as plans develop..

Finally, the usual plea... Do let us know what you want from the Committee and Club, whether it's ideas for orienteering, training, socials or anything else. We need feedback from the rest of you out there to help us feel needed, so please keep in touch with your friendly and approachable Committee!

Cheers, Cathy.

Scottish Inter - Club Competition 1997

FVO have been drawn to play Grampian in the First round (quarter finals) of this competition. The competition will take place at the Perth Orienteers Colour-Coded event at Tentsmuir (Tayport) on **Sunday 23rd March** (OS grid ref: NO479242).

Grampian are a much bigger club than us and our team will need to be up to full strength if we are to beat them, so please EVERYONE put this date in your diary now!

There are 3 runners to count in each class. These are as follows:-

<u>Team</u>	<u>Course</u>	<u>Class</u>
A	Brown	M21
B	Brown	M20, M35, M40
C	Blue	W20, W21, W35
D	Blue	M18, M45, M55
E	Green	W40-65, M60-70
F	Lt Green	W 16, W18, W 70+, M16, M75
G	Orange	W14, M14
H	Yellow	W10-12, M10-12

The scoring is more complicated than for the Compass Sport Cup. When 2 Clubs are competing, the winner gets 6 points, 5 for 2nd, 4 for 3rd etc. (3counters for each club). Pairs are allowed on orange and yellow courses but score as one person. Inexperienced competitors may choose to run down by up to two colours. However, if they run down by one colour they get 50% of the points gained for their place and if they run down two colours they get 25% of the points gained for thier place. If you're still not sure what colour to run, give me a ring. Otherwise I look forward to seeing you on 23rd March.

Maureen Brown

Forth Valley Orienteers

- SUMMER ORIENTEERING -

COME and TRY IT!

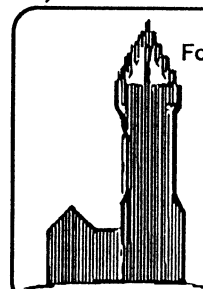
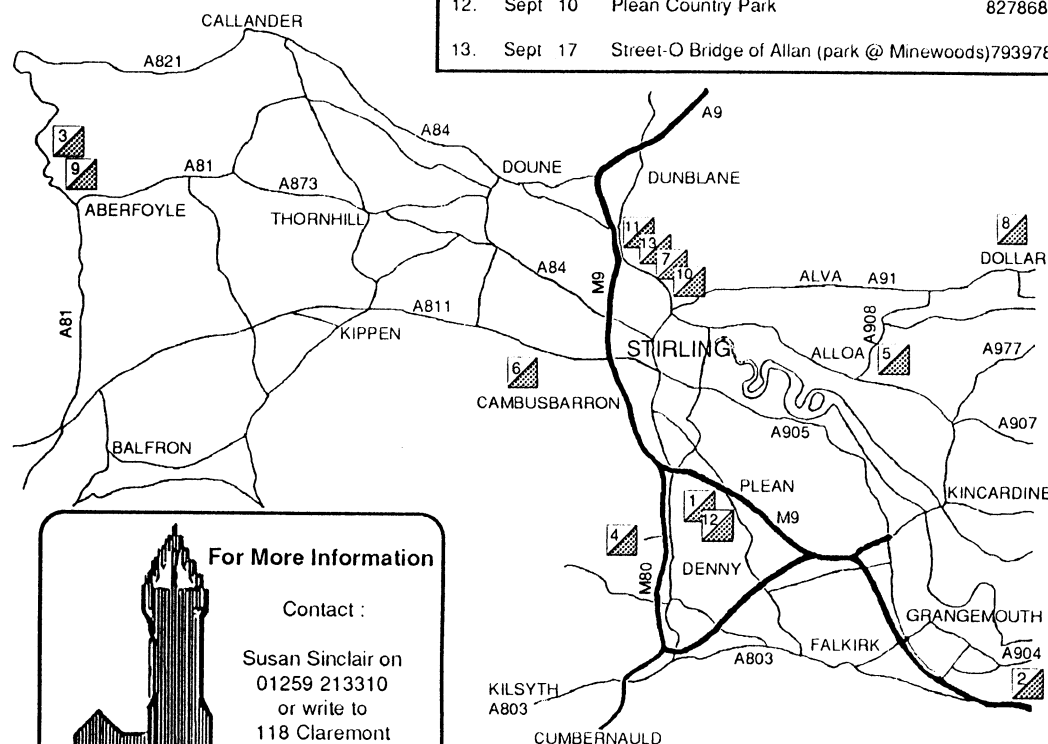
No experience necessary - just come along on Wednesday evening between 5 & 7 pm.

All you need - £1.00 for your map, a clear polythene bag to keep your map dry.

PROGRAMME OF EVENTS - 1997

OS Grid Ref.

1.	Apr 30	Plean Country Park	827868
2.	May 7	Kinneil Wood, Bo'ness	983805
3.	May 14	North of South Achray	521037
4.	May 21	Barrwood	796866
5.	May 28	Gartmorn Dam, Alloa	912940
6.	June 4	Touchmolar, Cambusbarron	748916
7.	June 11	Hermitage Woods, Stirling University - Incorporating Schools Champs	806963
8.	June 18	Dollar Bank (Castle Campbell)	963993
9.	June 25	South Achray (David Marshall Lodge)	518014
10.	Aug 27	Hermitage Woods, Stirling University	806963
11.	Sept 3	Minewoods, Bridge of Allan	793978
12.	Sept 10	Plean Country Park	827868
13.	Sept 17	Street-O Bridge of Allan (park @ Minewoods)	793978

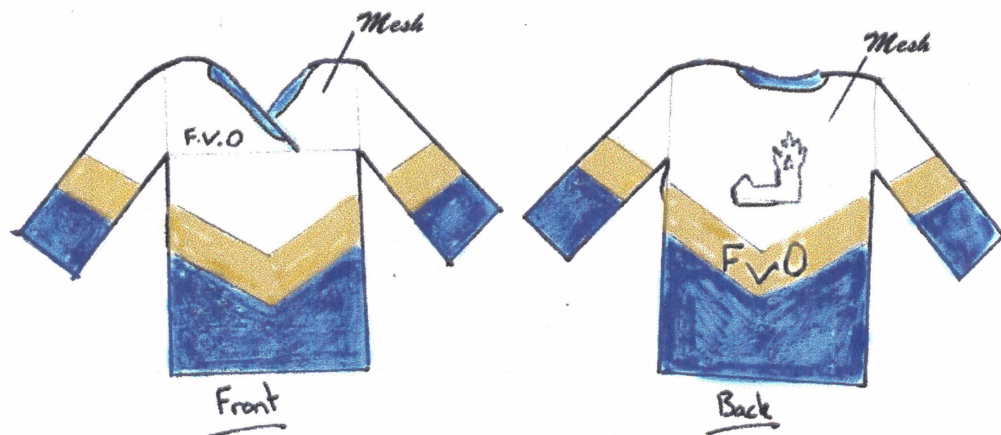


For More Information

Contact :

Susan Sinclair on
01259 213310
or write to
118 Claremont
Alloa, FK10 2EG

- 1997 Evening Events -



NEW CLUB O-Tops.

These will be produced by Ultrasport and will basically be the design shown.
(The mesh yoke and back panel are optional)

Anyone wishing to buy one should complete the form below and send it to :
Maureen Brown: 21 Alexandra Drive, ALLOA, FK10 2DQ asap and **before 21st March.**

The cost will be approx £12.00 for sizes 1- 2 and £15.00 for sizes 3 and upwards.

Payment on receipt of garment. (Don't send any money with the order!).

Note that sizes are unisex and made for 'average' athletic build.

According to the Ultrasport guide,

the 'average' slim athletic female (5'3" 8½ st, 55 kg) will take a size 3
and an 'average' athletic male (5'9", 11½ st, 75 kg) will take a size 5.



ORDER FORM

Please order the following FVO 'O' Tops

to: **Maureen Brown**
21 Alexandra Drive
ALLOA
FK10 2DQ

Size: (Chest)	0 (29")	1 (31")	2 (33")	3 (35")	4 (37")	5 (39")	6 (42")	7 (44")
No. Required (Enter Qty)								
Mesh Option (Y/N)								

Name: _____ Address: _____

Tel: _____

RELAYS..RELAYS..RELAYS..RELAYS!!

JK Relay

These will be held at Lanhydrock, Cornwall on Monday 31st March.
Unfortunately, the closing date for this is past and teams have been entered based on knowledge of those who were going. If anyone has not already told me that they would like a run, would they please contact me immediately and I'll see what I can do.

British Relays

These are being held at Chatsworth Park, Matlock on Sunday 18th May.
Anyone wanting to run in a team should phone me by 21st March at the latest.

Scottish Relays

These are on Sunday 25th May at Strathmashie, in the Aviemore area. I don't yet have the entry form, but the closing date is likley to be before the next Newsletter is due out, so please remember to contact me if you want a run. Preferably before mid-April.

Harvester Trophy Relays

This all-night event is being held at Longmoor Military Camp in Hampshire over the weekend of 21/22 June.
If there are any Night-O Stalwarts who would like to run in an FVO team, please let me know by 15th May.

Contact Maureen Brown on 01259 213683 for more details.

**Forth Valley Orienteers
LOCAL EVENT
Sunday 16th March '97
South Achray**

Starts : 10:00am to 12:00pm

Fees: £1.00

Carpark : David Marshall Lodge

Organiser : Kevin King

Come along, polish off your compass and
get back into the swing of things.

PS. Don't pay for the Carpark - FVO get in free!

Indoor Training

A reminder to you all that the Indoor Circuit Training at
Lornhill Academy in Alloa is still on.

It takes place between 6pm and 7pm in the gym at the back of the
Academy every Tuesday night - But only until the end of March.

So if you want to try some circuit training and
work up a sweat - come along!

Ochil Running Club

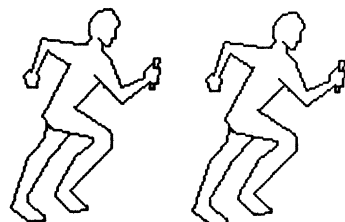
They meet on Tuesday evenings at 6pm at the Gannochy in Stirling
University and they also go for runs on Saturday mornings.

If you are interested in boosting your training and running up an Ochil
then you can contact

John Gallacher on 01259 781548 or

Mairi McIntosh on 01786 465914

for more information.



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

Congratulations to all who took part in any of the Scotlandsgaloppen
races last year. Winners of certificates in FVO are as follows :-

Lisa Brown	1st	W15A	Douglas Porteous	1st	M15A
Hazel Dean	1st	W21E	Stephen Porteous	4th	M15A
Peggy Chambers	2nd	W21L	Martin Dean	2nd	M35L
Alison Oxley	3rd	W21L			
Val Finch	2nd	W45S			
Maureen Brown	2nd	W45L			
Hilda Astbury	1st	W60L			

At the FVO AGM on 24th January '97 the trophy for Most Improved
Junior Performance was awarded to Douglas Porteous (Susan Sinclair
has the trophy to be collected) And the Jim Herdman Tropy was awarded
to Fraser Purves for his contribution to the club in past years.

Congratulations to you all.

ADVERT:

JOK CHASING SPRINT

26th April '97

(the day before National Event 2)

at Barrowfield Near Kendle

Course 1- Open

Course 2- WOpen & M18Under

Course 3- M40+

Course 4- W18 Under & W40+ & NC Short Open

Pre-Entries £4 & £2 to

Graeme Ackland, 1F1, 1 Savile Place, Edinburgh, EH9 3HB

By 12th April'97 send 1SAE.

For more information contact Beccy Osborn on 01786 471270

NOTICE BOARD

RECALL NOTICE - WE REPEAT - RECALL NOTICE

Calling All owners of Club Championships Trophies

Seriously though (?) we would like to get all the Club Trophies properly identified and engraved.

Our benevolent committee has even offered to pay, so will you please get them back to Susan, or any other committee member and we'll let you have them back just as soon as we can!

THANKYOU!!!

Orienteering Holidays

Are you are interested in going to The French 5-days ?

It is based in Dijon and is on from the 9th to 13th July.

If you are then contact Susan Sinclair for entry form.

SOA - Personal Performance Training

Coaching Conferences are all very well but most orienteers prefer to spend a sunny Sunday in an attractive forest rather than sitting and talking about it. In recognition of this, SOA aren't having a conference this year. Instead, Graham McIntyre, BOF Senior Coach, is organising a coaching day to which everyone is invited, with the emphasis on improving your personal performance..

Assembly - Strathyre Village Hall at 10.30am Sunday 13 April 97 - Orienteer in Bailefuil Forest.

There will be a variety of practical exercises, and other related activities. This is an ideal opportunity to improve your Orienteering - an informal occasion with something for everyone.

Contact Graham McIntyre for further details on 0131 668 1851

BOF - First Aid Certificate Training

The BOF Coaching Scheme now requires holders of most coaching awards to also have a current first aid certificate, & the courses already provided in conjunction with the Red Cross have received glowing reviews. It is proposed to hold 2 of these courses in Scotland on the weekends of 13-15 June & 29-31 August, based at Stirling Youth Hostel.

They will be available to members of the coaching scheme, with any remaining places for other interested orienteers. Numbers will be limited, so put these dates in your diary.

Provisionally reserve your place by calling Peter Leach on 01875 852060

Breadalbane '97 an update

The first deadline for entries is now past - thank heavens!

We've had a steady stream of entries to the Alloa PO Box since about November - however when I went down to collect the bundle at the end of January - I got more than I bargained for!

The postie grinned at me as I proffered my ID card under the serving hatch window and my heart sank as he hefted a bulging postal SACK of mail up onto the counter.

It took about 6 hours just to OPEN the mail, and Susan and I spent nearly all weekend sorting out entry forms, cheques and enquiries.

It had been quite exciting taking the cheques to the local Bank of Scotland - a few hundred pounds at a time - but the inmates fairly groaned when I left them with £30,000 of cheques to be processed - they even offered me the taxi fare to take them to another Branch!

Anyhow - the worst seems to be over for the moment and things are looking quite healthy.

We've got around 2300 entries from 21 countries, and 45 FVO members have taken advantage of the early entry cheap rates to book a run.

The Campsite looks like being quite popular (We've got about 250 campsite bookings so far.) - not least because accommodation in the area is already VERY scarce - people are being booked into Perth accommodation now, as the local vacancies dry up.

Those of you who smurf the internet will no doubt have already discovered that Breadalbane 97 has its own Web site - best accessed from the SOA home page (If that means nothing to you - don't worry!)

There has been a steady stream of enquiries to my e-mail address and it'll be interesting to monitor progress now that the event is on-line.

While on the technological bit - , Jon Oxley has already drafted a very fine FVO Home page on the Internet - this should be becoming available to the world in general very soon - so keep those phone bills climbing! (Ouch ! I've just got mine!).Sandy ;-)

What's On in and Around FVO

Mar 02	C4 GRAMP.C-C. Blackhall, Banchory.	NO 689948
Mar 07	FVO TEN PIN BOWLING NIGHT - HOLLYWOOD BOWL STIRLING	
Mar 09	C3 CLYDE. SG1. Dunrod Hill, Greenock	NS 247720
Mar 16	C5 FVO Local Event. South Achray, Aberfoyle.	NS 518014
Mar 23	C4 Scottish Inter Club Competition - Quarter Finals PERTH. C-C. Tentsmuir Forest. Tayport, Dundee.	NO 482265
Apr 06	C3 GRAMP SG2 Balmedie, Aberdeen	NJ 976181
Apr 12	C4 INVOC.C-C. Inshriach Forest, Kincairg, Aviemore.	NH 853044
Apr 20	C4 ESOC.Lothian O League 8. Dalkeith Park. Dalkeith.	NT 334677
Apr 20	FVO OCHIL DAY OUT - Alva Glen Carpark, Alva	NS 884974
Apr 27	C5 PO Local Event. Linn of Tummel North	NN 913610
Apr 30	FVO Evening Event - Plean Country Park	NS 827868
May 04	C3 SOLWAY. SG 3. Drumlanrig Woods. Thornhill.	NX 853990
May 07	FVO Evening Event - Kinneil wood	NS 983805
May 11	C4 TINTO.C-C, WOSOL. Wilsontown, Forth.	NS 950548
May 14	FVO Evening Event - South Achray (North)	NS 521037
May 21	FVO Evening Event - Barrwood Stirling	NS 796866
May 24	C2 SCOTTISH INDIVIDUAL CHAMPS Craigbuie,	NH 809038
May 25	R3 SCOTTISH RELAY CHAMPS Strathmashie	NN 584910
May 28	FVO Evening Event - Gartmorn Dam	NS 912940
June 04	FVO Evening Event - Touchmolar Cambusbarron HIGHLAND FLING WEEKEND	NS 748916
Jun 07	C3 MORAVIAN. SG4 Lossie Forest, Lossiemouth.	NJ 256670
Jun 08	S4 INVOC. Scottish Score Champs Anagach Wood	NJ 046267
June 11	FVO Evening Event - Hermitage woods, Stirling Univ.	NS 806963
June 18	FVO Evening Event - Dollar Bank (Castle Campbell)	NS 963993
June 25	FVO Evening Event - South Achray (David Marshall Lodge)	NS 518014
Aug 27	FVO Evening Event - Hermitage Woods, Stirling Univ.	NS 806963
Aug 03-09	SCOTTISH SIX-DAY BREADALBANE '97	
Sep 03	FVO Evening Event - Minewoods, Bridge of Allan	NS 793978
Sep 10	FVO Evening Event - Plean Country Park	NS 827868
Sep 17	FVO Street O - Bridge of Allan - Park @ Minewoods	NS 793978

DON'T FORGET OUR LOCAL EVENT

Sunday 16th March

SOUTH ACHRAY

Carpark at David Marshall Lodge

Starts 10am to 12pm

It will only cost you £1.00

(Dont pay for the Carpark - FVO gets in free!)