

# THE FORTH COLUMNIST

Issue No. 120

May/June 1997

Editorial:

Spring is Sprung,  
the Grass is Riz                      (Thank Goodness - we'll have a campsite  
I wonder                              at the Six Day!)  
Where my O Shoes is!

Ever seen into the future?

I did , ....I'm just sitting here on Thursday night, staring at the candle, ruminating on the Newsletter Editorial , when a call arrives from New Zealand - Can I take a faxed entry for Breadalbane? Of course! - however when it arrives I am amused to see that it has TOMORROW's Date! - Isn't geography wonderful!!!

Wonder if 30th April will bring yet another deluge of mail for Breadalbane! - you're all invited to help with bagging the programmes sometime soon, somewhere near the Editorial Mansion. If you have an aversion to mind-numbingly boring tasks, don't answer your phone during the second half of May!!

Oh well - on with the Newsletter.

Things have been exceedingly busy in the Editorial household over the last few months - and it's almost solely due to Susan and Hazel that this and the previous issue of the Columnist have been created.

My deepest thanks to both!

... 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 Steve Barrett	Dumfermline 01383 512524 Stirling 01786 471270 Dunc 01786 841931
TEAM CAPTAIN	Maureen Brown	Alloa 01259 213683
WED. CO-ORDINATOR	Caroline Smilie	Dunblane 01786 823708
EDITOR	Sandy Sinclair	118 Claremont Alloa, FK10 2EG 01259 213310 [c-mail Sinclairs@msn.com]

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## President's Column

Since my last column, Spring has definitely sprung and the Orienteering season is now in full swing again. The keen FVO members who made the long trek to Cornwall to the JK (I counted 12 of us!) were treated to balmy temperatures and some wonderfully complex sand dune terrain. I'm not sure if it was the heat or the need to be able to map-read at speed that finished me off, but luckily FVO's good name was upheld by particularly good results from Lisa Brown (W16A), Beccy Osborne (W21E) and Hilda Astbury (W70L), who all achieved a Championship time on at least one day.

Maureen Brown successfully rallied the troops for our Scottish Inter-Club Competition match against Gramp at Tentsmuir. It was by all accounts (apologies for my absence!) a close match but FVO emerged victorious and we now proceed to the next round. Hopefully there'll be an even bigger turnout now that our honour is at stake - details of the venue and date later in this issue.

Thanks also to Kevin King for almost single-handedly planning and organising our local event at South Achray in March. Sadly, Kevin has been head-hunted back down south, so we're losing a very energetic member of the committee (and now seeking a replacement.....). I'd like to thank Kevin for all the work he's done for the Club during his short time in the area, we're glad he's chosen to remain a member of FVO and has kindly volunteered to provide the odd coaching session for us on regular trips to Scotland.

Talking of Coaching - here's a plea to all FVO members for some feedback..... what kind of coaching (if any) would you like the Club to provide? We'd be grateful for any suggestions about frequency or types of events, and any particular standard or technique for which coaching is particularly needed. The committee will discuss your responses and use them to plan ahead to meet any identified needs.

We look forward to hearing from you.



Cheers, Cathy.



## Letters to the Editor



Dear Editor,

*I would like to take this opportunity to thank you for your efforts in publishing The Forth Columnist.*

*You have been compiling and producing the newsletter for the last five years (as long as I've been in the club), and I have thoroughly enjoyed reading each and every edition.*

*I particularly like the balance between some of the more serious items on orienteering, as well as the light-hearted articles tackling a diverse range of topics; I also enjoy some of the many quizzes and competitions which appear from time-to-time. It also provides a comprehensive guide to many of the forthcoming orienteering events around the country, as well as keeping us in touch with the club's own events of all descriptions.*

*I hope that your role in handling entries for this year's Scottish Six Day will not serve to impede your production of the newsletter too much.*

*Thank you once again for an entertaining and enjoyable read, and I look forward to the next editions over the next five years.*

Kind regards,

Faithfully yours,

Mr S. Spike (Senior)

Dear Editor, (note from me to me!)

FVO Hillwalking Day

*I would like to thank you for arranging such a super Hillwalking Day last weekend. You really picked some of the nicest weather! The route was not too hard (Vertically up Alva Glen, Horizontally deep into the Ochils, Vertically up the other side of Alva Glen and back around the side of the Nebit!) The scenery was tremendous. It was nice to be able to see the Glen without the usual canopy of leaves. We stopped for a bite to eat halfway (well really to let one of our party dry off his boots after failing to successfully cross a stream!) . Apart from the strenuous exercise, a really relaxing day was had by all. ... Hopefully another walk will be arranged soon so that some of the other 98 or so FVO members who couldn't make it can get a chance to view the countryside at walking pace! ....yours etc.*

## SOCIALS:

### Pitch & Put Evening (or How not to play Golf!)

Come along to the FVO Pitch & Put Fiasco, the plan is to meet at the Stirling University Pitch & Put Course at 6.30pm on Friday 30th May. For further Details Contact Beccy on 01786 471270.

### A Day at the Beach - fun for all the Family

Come along to Tentsmuir Forest & Beach from 11am on Sat 14th June. There will be a BBQ & Picnic and possibly some training for all who want to have a go (still to be organised). We will have the usual Sand Castle Competition, Paddling, Swimming!, Sun Bathing (hopefully) Cricket, Volley Ball, Rounders etc. etc. Bring your own food and drink and come and have fun.

Contact Beccy Osborn on 01786 471270 for more info.

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### Fraser & Peggy's Patio Warming Barbecue

You are all invited to Fraser & Peggy's Pation Warming Barbecue on Saturday 28th June, at 55 Abercrombie Place, Menstrie.

I've even invited the sun

In the event of bad weather (unlikely) I will provide a gas cooker.

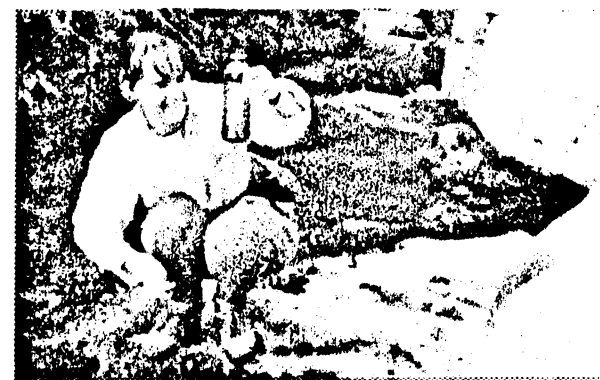
There will be a run before hand starting abot 1600hrs (4pm to us mortals) The barbecue is due to start at 1830hrs (6.30pm), bring your own Bangers (not car) and any special booze.

FRASER

p.s. B & B may be provided at a reasonable cost!!

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## Forth Coming Events

### SCOTTISH RELAYS

these will be at Strathmashie, Laggan on Sunday 25th May, the day after the Individual Championships at Craigbui.

Twenty seven people have indicated that they want a run, which conveniently divides by 3, so I've entered 9 teams. Look out for the purple Club Tent, but see me beforehand, preferably at the Individual on the Saturday, to get your control card, bib, safety pins etc. Cost will be £6 for seniors, £3 for juniors, payable on the weekend to FVO (see Mark, not me!)

### SCOTTISH INTER-CLUB COMPETITION

The first round of this (quarter final) was held at Tentsmuir Forest on 23rd March on a beautiful sunny day. As most of you will have probably heard, we beat Grampian by 82 points to 74 1/2, so well done to the large band of Club members who turned up (I counted 36), especially those who scored the points. If anyone didn't get results and would like to see them, please give me a ring. The next round (semi-final) is against either Interlopers or Clydeside (when I asked them, no-one seemed to know who had won their quarter final!) at the Bin, Huntly on Sunday 1st June. I don't have details yet, but these should be in Score, or give me a ring nearer the time. If anyone needs a lift. let me know and I'll try to make arrangements.

### JUNIOR COACHING

The Scottish Junior Squad are having a training day at Kinnoull hill, Perth on Saturday 14th June, to which other juniors, including members of FVO are invited. Meet at the Quarry car park at 10.30 for an 11.00 am start. If anyone would like to go, including non-juniors who might like to hep with the coaching, please let me know. It is hoped to organise another coaching day for juniors in September. Details will be in the next Newsletter.

MAUREEN

## ***NEWSFLASH...NEWSFLASH...NEWSFLASH...***

### Moving About a Bit

We wave goodbye to Kevin King and family who are moving back down to Nottinghamshire. Kevin has been with the club for 12 months, and has already made a significant impact on the running of the club. Thankfully, he is keen to remain a member of FVO for the foreseeable future, so we can still capitalise on his tremendous experience and enthusiasm.

Kevin's new address is : 186 Bigbarn Lane, Mansfield,  
Nottinghamshire, NG18 3LJ.  
Tel. No. 01623 640 897.

### ***DON'T FORGET...***

*The Wednesday Evening Events start on Wednesday 30th April.  
The first event is at Pleau Country park, OS Grid ref 827868.  
Starts between 5 & 7pm & it will only cost you £1.00.*

*So dust off those O-Shoes and Compass and come along.*

### NEWSLETTER COPY DATE

The Copy Date for the next issue of The Forth Columnist (July/August) is Friday 20th June 97.

So if you have any News, Views, Articles, Photos, O-Reports or Gossip then send it to :

The Ed.  
Sandy Sinclair  
118 Claremont,  
ALLOA  
FK10 2EG  
Tel/Fax : 01259 213310  
e-mail : Sinclairs@msn.com

*It's your newsletter  
and we look forward  
to hearing from you.*

## Sports Injury Clinic - What to do

What to do if you're Injured.....

1. If it happens in the forest, any expletives should be uttered under your breath to avoid disqualification...
2. Moan and groan (limping a bit helps get sympathy too)
3. Wear a bandage, or use crutches
4. Get professional help.....



VISIT the SPORTS INJURY CLINIC

Don't Know how ?? - - Well Read on.....

1. Phone Rainbow Slides in Stirling on 01786 462521.  
Ask for an appointment at the Sports Injury Clinic.
2. They will ask you if you are a member - tell them that you are a member of FVO.  
Give them our Membership Number ( 320 )
3. They will say - "welcome" This will cost you £6.75 Per session.  
(If the club was not a member of the Stirling Sports Council it would cost you £9.50)

There are two sessions a week - Monday and Thursday between 7 & 8pm.  
You have to see the Doctor first before you get treatment - This Doctor is there only on the Monday.

With the Specialist Facilities there, you should rapidly be on the way to a full recovery.

## RELAY REMINDER

### Harvester Trophy Relays

This night event is being held at Longmoor Military Camp, Hampshire on 21st-22nd June. Three people so far have said they want to run, but teams are for 7 or 5, so if anyone else fancies a trip down south, please let me know ASAP. Entries close 24th May.

*If there are any Night-O Stalwarts who would like to run in an FVO team, please can you let Beccy Osborn know by 15th May.*

*You can Contact Beccy on 07186 471270*

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

The Local Event on 16th March at South Acgray results are as follows :

Easy Course		Hard Short	
Alister & Harden	Carter 39.00	Sara De-La-Ruc	46.30
		David Cooke	50.00
Medium Course		David Allan	58.15
Keiren & Hamish	23.40	David Clarke	59.50
Sandy Sinclair	25.50	Lorna Alison	60.22
Hilda Aslbury	27.18		
Susan Sinclair	28.00	Hard Long	
Ross McPhater	33.20	Fraser Purves	36.50
Calum McDougall	33.20	Mark Grant	40.15
Michael & Kyle	33.40	Jake Gilmore	50.02
Hazel Sinclair	34.00	Mark Elder	52.50
Victoria Longhurst	52.30	Val Belton	56.56
Abby & Jessica	73.25	David Alison	61.00
Holly Orr	73.30	Maureen Brown	61.58
Rosy Wiseman	73.30	Lisa Brown	62.00
Alister & Harden	62 (DNF)	Neil Brown	62.00
		John Brown (DNF)	58.50
		Kevin James (DNF)	95.00

Thank you to Kevin King who Planned, Organised, Controlled, did Start & Finish sold the maps and put out the controls.

Also thank you to Fraser Purves and Mark Grant for helping to collect the controls in at the end.

# THE JK

A small number of FVO members ventured down to the sand dunes of the South West for the JK. The trip was well worthwhile and the weather excellent: t-shirts & shorts was the order of the day, and the sun shine made the cream teas all the better!

Penhale Sands, an area of open sand dunes was used on both individual days. It provided many areas of intricate contour detail and led to a very large number of lost orienteers.

Cathy demonstrated to the massed assembly field how tricky the area was - taking 4 minutes to find the last control - in full view of everyone!

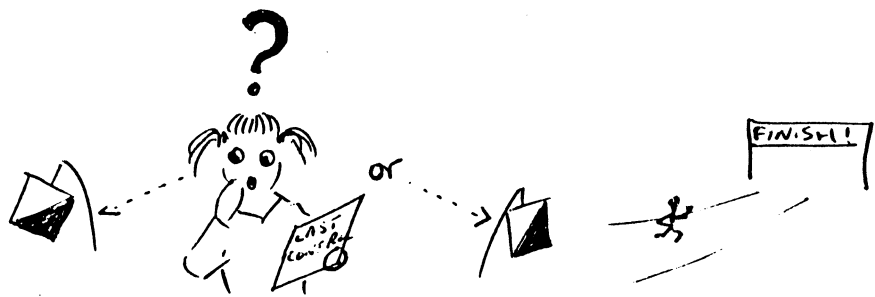
The Relay at Lanhydrock was not so enjoyable, with fast path running interspersed with thickets & brambles, and with the last few hundred metres steeply uphill in full view of everyone.

Beccy.

### Results:

Class	position	Class	position
V16A	Lisa Brown 9/58	M18B	Simon Finch 7/21
V20L	Lindsey Sinclair 10/13	M18A	Neil Brown 51/7
V21L	Cathy Tilbrook 42/83	M21L	Jon Cross 38/209
V21E	Beccy Osborne 14/37	M45L	Ted Finch 92/194
V45S	Val Finch 35/66	M50L	John Brown 93/165
V50L	Maureen Brown 47/77		
V70L	Hilda Astbury 3/5		

Relays: Women's Short (Cathy / Hilda / Maureen) 23rd



## WELL BOWL ME OVER!

A seasoned band turned out for the recent outing to the Hollywood Bowl, with most participants surviving both games one way or another. Thankfully the strains of bowling bore no ill effects on Josie!

The results of the two games are reproduced below:

	Game 1		Game 2		Total	
	Team 1	Team 2	Team 1	Team 2	Strikes	1/2 Strikes
Jon	114		73		1	4
Alison	100		58		2	2
Julian	94		105		1	6
Josie	62					1
Cathy	48			72		4
Beccy		87		59	1	2
Jonathan		132	129		4	7
Rachel		53		82		3
Ben		85			1	2
Doug		90		150	4	6

If you are interested in a ten pin bowling game with a difference, whilst raising money for a good cause, contact Caroline Smillie.

## The Cooper Cardio Respiratory Fitness Test

### What Is It ??

A test to measure the highest amount of oxygen that can be utilised by the body during hard work, by running as far as you can in a set time.

If any one is interested in obtaining an estimate of their VO2 max then contact Fraser Purves on 01259 762460 to arrange a date.

P.S. You will need to know your weight in Kilograms and your sex (Male or Female)

## NOTICE BOARD

### *1998 GBR Squad Calendar*

*You are invited to enter any suitable forest, mountain, or orienteering photo in the GBR Squad Calendar photo Comp.*

*The closing date is May 17th 97. Please do not write on the back of your photos, write on a bit of paper and stick it on. All photos which come with stamped addressed envelopes will be returned and the winners will receive a free c98 Calendar. All photos to be sent to Mrs Ann Smith, Kirkmoors, Main Street, Huby, York, YO6 1HS.*

*The 1998 Calendar will be onsale from Aug 1st 97 and they will cost £3.50 for bulk orders. All cheques made out to British Orienteering Squad.*

*Thank you for your support in 1997*

*Ann Smith*

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### **HIGHLAND FLING 97**

#### **INVOC & MORAVIAN WEEKEND**

*incorporating*

**SCOTLANDSGALOPPEN 4 - Sat 7th June**  
**at Lossiemouth Forest .**

*Badge Courses : Pre-Entry, Limited Entry on the Day*  
*Senior £6 Jun £3.*

*Entry on the Day Colour Coded Courses. Senior £3, Jun £1.50*  
*Organiser Pat Richards 01309 691 975.*

*and*

**SCOTTISH SCORE CHAMPIONSHIPS - Sun 8th June**  
**at Anagach, Grantown on Spey.**

*Courses for all normal age classes. Pre-Entry, Limited Entry on the Day Senior*  
*£6, Jun £3.*

*Organiser Bronwyn Crymble 01479 811623*

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### **Track Sessions**

*Now that the good weather is with us !? the Indoor Circuit Training has ended for the summer months.*

*But now you can train in the good old outdoors at the Stirling University Running track.*

*Come along and join in every Tuesday evening between 6pm & 7pm. Meet in the Gannochy Carpark for a warm up run at 6pm.*



## *Breadalbane '97 - an update*

The pace is hotting up for this summer's premier orienteering event. As one of the lead clubs, many of FVO's members are burning the midnight oil to ensure the successful conclusion of the event. However, there are still roles for willing volunteers - please contact Jonathan Oxley on 01324-718428.

In particular, help will be required to envelope (sic.) the programme, control cards, and campsite information for mailing to the 1000 or so entry units. Provisionally, the largest session will take place on Thursday 26 June, in the Alloa or Menstrie area. If you can spare a few hours to come along to a hall to help out, please call Jonathan on 01324-718428.

## **Situations Vacant**

### **Wanted: Information Assistant**

Val Finch is looking for volunteers to assist with the Information function at Breadalbane '97. Qualifications as below!

If you're interested, contact Val on (01383) 822629

### **Wanted: FVO Committee Member**

Enthusiastic Individual with loads of time to spare, a car (for running about the country), a keen interest in things Orienteering, who doesn't mind being left to get on with the job in hand (Euphemism for "You're On Your Own!")

Please apply in writing to the Club Secretary, marking your application "New Committee Member".

Salary - derisory

Hours - flexible

Conditions - Usually appalling

Other Benefits - Good Company and witty repartee.

# What's On in and Around FVO

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 Craigbuic,	NH 809038
May 25	R3 SCOTTISH RELAY CHAMPS Strathmashie	NN 584910
May 28	FVO Evening Event - Gartmorn Dam	NS 912940
May 30	<b><i>FVO PITCH &amp; PUT EVENING - 6.30pm Stirling University</i></b>	
June 04	FVO Evening Event - Touchmolar Cambusbarron	NS 748916
	<b>HIGHLAND FLING WEEKEND</b>	
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 14	<b><i>BEACH DAY - TENTSMUIR - 11am contact Beccy - 01786 471270</i></b>	
June 18	FVO Evening Event - Dollar Bank (Castle Campbell)	NS 963993
Jun 21/22	<b>HARVESTER TROPHY RELAYS - Longmoor, Hampshire.</b>	
June 25	FVO Evening Event - South Achray (David Marshall Lodge)	NS 518014
June 28	<b><i>FRASER &amp; PEGGY'S PATIO WARMING BARBECUE</i></b>	
Aug 27	FVO Evening Event - Hermitage Woods, Stirling Univ.	NS 806963
Aug 03-09	<b>SCOTTISH SIX-DAY BREADALBANE '97</b>	
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

## Club O-Suits

I've sent away an order for these to Ultrasport for the 26 people who asked me. hopefully we'll have them in time for the Scottish Relays. if anyone out there wants one and hasn't ordered, let me know ASAP and I'll see what I can do.

**MAUREEN**