

# THE FORTH COLUMNIST

Issue No. 121

July/August 1997

Editorial:

There are times when you're really glad you've got an enthusiastic family - not least when you're up to your oxters in envelopes, labels and start cards! If truth be known, it should really be Susan writing this - she's put the rest of this issue together!

Breadalbane takes up every waking (and some non-waking) moment. However I managed to struggle up to Lossie the other week to see the new TD9 area - a bit of an animal that one. When you sat down and costed the trip, it worked out at around £1 per minute in the forest! I'm not sure all our members would agree it was worth it - when I met one, he was fulminating about the lack of EOD Badge courses and had settled for an Orange(?) His day was made complete when he found no available pens at the Master Maps - Language Timothy! Recent correspondence in Score suggests that the natives are getting restless about EOD - why not join in the debate!

Anyway - his language wasn't nearly as bad a mine when I discovered a fault in the Start Labels for Breadalbane - after they'd been printed and bagged!

Anyway - got to go and print some more labels. I promise, your Start Cards will get to you before the Event!

If you're thinking of changing your start times - think again! It'll need a HEFTY bribe!

See you in Aberfeldy (standing room only!)

Ed.(and Deputy 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 Tel/Fax 01259 213310
TREASURER	Mark Grant	Alloa 01259 219604
COMMITTEE	Beccy Osborn Steve Barrett Rona Molloy	Striling 01786 471270 Dounne 01786 841931
TEAM CAPTAIN	Maureen Brown	Alloa 01259 213683
WED. CO-ORDINATOR	Caroline Smillie	Dunblane 01786 823708
EDITOR	Sandy Sinclair	118 Claremont Alloa, FK10 2EG Tel/Fax 01259 213310 [e-mail Sinclairs@msn.com]

### CONTENTS:

3. President's Column
4. Bredalbane '97 update
5. Tentsmuir Forest Fun Day!
6. Team News
7. Training & Socials
8. British & Scottish Champs Review
9. Wanted & Club Champs
10. Adverts
11. Evening Event Update...

## President's Column



It's been a busy few months, what with the British Champs, Scottish Champs, Scottish Score Champs, 2 Scotlandsgaloppens, a National Event and various relays. FVO had some excellent results in many of these prestige events - read all about it later in the newsletter...

Closer to home, the first batch of our Wednesday Evening Events has just drawn to an end, and as usual these were fairly well attended by club members, schools, and visitors alike. If you haven't made it along yet, then you'll have to wait until after the summer recess. Don't forget that there are always courses suitably for complete beginners, as well as aspiring club champions. Why not bring your work colleagues along for an office outing - an ideal opportunity for team "bonding" (and we might even sign up the odd new member).

We combined the recent Hermatage Woods event with the annual FVO Schools' Championships, which the Club has inherited responsibility for since the demise of Cenral Region. Sadly the turnout was not great, partly due to our failure to find an effective way to contact many of the schools, but also not helped by the fact that the event coincided with a day of non-stop torrential rain. Needless to say, this didn't help the poor control card checkers, when many cards had turned into mis-shapen lumps of papier mache. Congratulations to those who battled through these nasty conditions and were rewarded with a pile of goodies including medals, certificates, and assorted Central Region memorabilia! For the record, Strathyre Primary and Woodlands Academy took the school awards.

Since my last ramblings, I am happy to report that we have been able to sign up two new committee members to bring us back to full strength. I'm extremely grateful to Steve Barrett and Rona Molloy for stepping in to help. In case the rest of you are now feeling guilty about not volunteering your services, why not put your name down as an event official? We are currently planning FVO events for the next few years, from small local events right up to a Scotlandsgaloppen next year, and we're always on the lookout for organisers and planners. No experience is needed for the informal events, and there are always people around to give advice if you are uncertain about things. Please get in touch with a committee member if you wish to offer your services - the sooner you do, the more choice of events there will be, so don't delay!

For those club members who are in a habit of winning things, I should remind you that you might be eligible for an individual performance grant from your local sports council. FVO is affiliated to Sports Councils in Stirling and Clackmannanshire (we're trying to locate the Falkirk equivalent), and we know of several club juniors who have received grants recently. If you want to give it a try, contact Susan Sinclair for details. Please remember to let Susan know if you are applying for any such grant, as the form will have to be sent to us later for an FVO seal of approval.

Finally, to those who didn't make it to the Tentsmuir Fun Day, you missed a good time. A very pleasant run through the woods and along the beach (complete with scampering red squirrel and basking seals), was follow up by vast amounts of charcoal covered sausages and other such delicacies. All the calories were then worked off with strenuous bouts of frisbee, boules and rounders. Only baby Daniel had any complaints - that's the last time I offer to hold a seemingly quiet and contented child.... WHAAAAA!

Cheers, Cathy.



## BreadaBane '97 - the final update

We are now fast approaching the final date for entries to the 6 Days. By 30th April there were well over 3,200 entries postmarked from 21 different countries, as far afield as New Zealand, Japan, South Africa, and Canada. Almost half the entrants are coming up from south of the border, with 2 clubs MDOC (Manchester) and BOK (Bristol) sending around 150 competitors between them. The official campsite is proving popular for accommodation and the local guest houses now understand how they were taking bookings for this week almost 2 years ago!

Map Printing is now on schedule, the social events are booked, the prizes are being stored in Maureen's garage and the local Perthshire press has been providing good coverage of the event. It is hoped that the Stirling Observer and the Alloa Advertiser will pick up FVO's involvement and run some features during the month of July.

Our own club president, Cathy Tilbrook, has been hard at work organising the really important part of the week - the socials! No doubt FVO members will have plenty of energy of energy left over after supervising the campsite, manning the information desk, driving equipment around from one event to the next, etc. to get involved in at least some of what's on offer!

Like a true Yellowcoat, Cathy promises that there is "something for everyone"! For younger people there is a programme of children's films and an under-18's disco (proof of age will be required, so don't think you'll get away with it Fraser...). Those who haven't run hard enough during the day may feel inclined to enter a team in the 5-a-side football tournament, and of course there will be ample opportunity to strut your stuff on the dance floor, with two ceilidhs to enjoy. Anyone who feels nervous about how to execute some of the more subtle manoeuvres of Strip the Willow is advised to attend the specially arranged dancing classes early in the week.

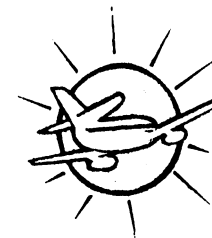
On a less energetic note, you are offered an evening of local entertainment by fiddlers and dancers, and a special performance of a Scottish play by an Aberfeldy actress who is only recently back from a tour of Canada. There will also be a presentation by the World Wildlife Fund and talks on some of the local history and environment of BreadaBane. If you've had a bad run, a guided walk by the Ranger Service is the healthy alternative to drowning your sorrows in one of Aberfeldy's hostels!

So, are you ready? I've bought my new holiday lipstick and I'm all set.... See you in Aberfeldy!

*Rona Molloy*

## Tentsmuir Forest Fun Day!

12½ souls bravely turned out for the Tentsmuir Forest Fun Day at the beach, some taking longer than others to find the venue!



The brilliant sunshine ensured that we erected the club tent to minimise heat stroke and provide a base camp which was ably (wo-)manned throughout by a trio of young Sinclair ladies.

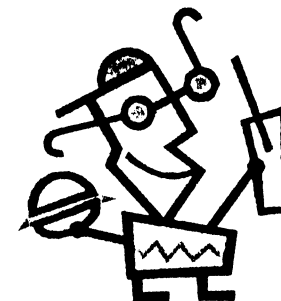


The underfoot conditions were superb for a bit of morainic terrain running on and off the paths, and it was only a short while later that we discovered that nobody had managed to bring along the right Tentsmuir map! After a brief venture through the SNH reserve, and a bit of fine Chariots of Fire beach running, the coals were well warmed ready for the feast. Kitchen implements and seating were well provided by the Martin's portable camping collection. Rumour has it they are now looking for a caravan to accommodate all their camping gear for weekends away.

Our resident aeronautical engineer was able to provide a running commentary on the Hercules flying activities at RAF Leuchars, whilst giving a nifty display of how to keep all your balls in the air at once (busy managers take note!). Obviously the necessary skills for the student union bars haven't changed a bit!

Those of you who didn't turn up missed the quickest game of beach rounders on record, some close encounters with errant frisbees, and a few nice views of normally elusive red squirrels. There was also an illuminating discussion on the shape of bottoms, particularly their weight to surface area ratio, and also about some pretty unusual anatomical stretching devices.

It is some two years since the last Tentsmuir Fun Day, and it is high time the event is repeated on a more regular basis - if only to give our President practice at relocating!



### Scottish Inter-Club Competition

Having beaten Grampian at Tentsmuir in the first round, we now have to play Interlopers in the semi-final. This was to have been held at Huntly on June 1st, but was postponed since no-one wanted to travel so far north to a not very good area on the weekend between the Scottish Champs and SG4 at Lossiemouth. The re-arranged fixture has not yet been arranged, but it won't be before the middle of September. Details in the September/October edition of the Newsletter.

### Scottish Relay Champs

Ten teams were entered for this and after some late call-offs, nine teams eventually took part. The competition took place at Strathmashie, a fairly thick and greenish forest, but much of the courses took place in the fast open area in full view of the spectators. None of our teams took first place, but there were some good results, and everyone seemed to enjoy it, most club members wearing their brand new O-suits. Best results were achieved by the Womens Open 1st team of Beccy Osborn, Rona Molloy and Hazel Dean who were 3rd, the M35 team of Steve Barrett, Martin Dean and Gareth Bryan-Jones who were 2nd, and the M18 team of Stephen Porteous, Simon Finch and Neil Brown who were 2nd.

Entry fees for those who took part are now payable to the treasurer - £6 seniors : £3 Juniors.

### Eleven Person Relay - Advance Notice

This is being held at Muirward wood, Scone (a very nice area I am told) on 21st September. We will be entering at least one team in this, so please let me know if you want a run.

### Club O-Suits - Payment is now due!

Please send cheques to the treasurer.

£14 for sizes 3 and upwards (with mesh)

£12.50 for sizes 1, 2 and for those without the mesh.

Maureen

Send all Cheques to The Treasurer :

Mark Grant  
21 Shire Way  
Alloa  
FK10 1NQ

If you have any queries then contact Mark on 01259 219604

## Training Weekend in the Lakes

Advance warning of a possible coaching / social weekend away -18/19 October 1997. BOF has arranged for controls to be hung in some of the best Lake District terrain, including Bigland, Holme Fell, Great Tower, etc. Clubs are being invited to come and create their own training events, with maps provided. Martin Dean, who told me about this event, has also kindly volunteered to coordinate the training exercises. Unfortunately, this weekend clashes with SG7 (Interlopers), but if anyone is still interested, then please get in touch and we'll look at the possibilities for arranging accommodation, transport, etc.

**Please let me know by end JULY if interested so we can make plans.**

Thanks, Cathy.

### Some Socials/Training Events

If you're wandering what to do when the FVO Wednesday Evening Events are finished, here's a few ideas.

**Date: Wednesday 16th July**

**Time: 6.00pm**

**Place: Grid Ref 656927 near Ballochleam (South of Kippen)**

**Mission: Come along and enjoy a run in the Gargunnock Hills.**

**For further information contact Beccy on 01786 471270.**

**Date: Wednesday 23rd July**

**Time: 8.30pm for 9.00pm**

**Place: Hollywood Bowl, Stirling. (over the railway from Rainbow Slides)**

**Purpose: FVO Ten Pin Bowling Evening.**

**Please can you let Beccy know if you are going by Thursday 17th July.**

### Want to get fitter for the Scottish 6-days -

#### Well you only have a month to go!

Why don't you come along to the various training sessions on:  
Tuesdays - 6pm - Stirling Uni Running Track - Track training session.  
Wednesdays - 6.30pm Meet at junct. of Kenilworth Rd & Sheriffmuir Rd (just up from Meadowpark Hotel) for a gentle!? run.  
(unless something else has been organised in advance)  
Thursdays - 6.30pm - Gannochy Carpark, Stirling Uni - 30 + minute run round University and Bridge of Allan.

## The British Championships

A small bunch of FVO members travelled down to Clumber Park in the Midlands for the British Champs. For those of us who are used to decent orienteering in Scotland, the area was a bit of a shock. Where were all the hills? Was this a running race or an orienteering race? Consequently, with this strange flat terrain and easy orienteering many FVO members did not really excel themselves. However congratulations to Hilda who won her class. Sadly the weekend ended in controversy as several courses were void due to a number label, falling off a control and exposing a wrong number below. Still, some of us didn't mind about that too much! I feel I should send my apologies to Penny, Fraser and Cathy for inviting you to stay in the JOK village hall. We didn't know that no one would be able to get any sleep! I'm certainly not staying in a village hall with young children again!

The relays were a bit more enjoyable with a few hills and some navigation and the three FVO teams did quite well. Nevertheless to sum up the weekend, if the British was in Clumber Park again, I don't think I'd be making the trip south!

Some results:

W16A (void)	4th Lisa Brown	M18A	30th Neil Brown
W21L	22nd Alison Oxley	M21L	13th Ben Stansfield
	30th Cathy Tilbrook		37th Jon Cross
	40th Penny Hicks		57th Fraser Purves
W21E	(void) 21st Beccy Osborn	M21S	7th Jonathan Oxley
W50L	20th Maureen Brown	M50L	125th John Brown
W70L	1st Hilda Astbury		

Womens Open	14th	Beccy 39.57(5), Cathy 48.58(14), Alison 51.24(14)
Mens Open	25th	Ben 49.14(23), Fraser 51.26(21), Jon 54.02(25)
Mixed Adhoc	12th	Kevin 23.53(4), Jonathan 36.49(13), Penny 30.08(12)

## The Scottish Championships

Well, everything about this weekend was an improvement on the British. The sun shone, Craigbui provided some excellent orienteering, the B'n'B I stayed in seemed luxurious compared to the previous weeks village hall and Jan and Gareth put on a super Barbeque - thanks. What's more we were able to parade our smart new FVO O-tops. The relays were also enjoyable, with good spectator value and only a few FVO members managed to mess up in front of everyone. Well done to all those who ran including the womens open team (Beccy, Rona and Hazel) who were third. Thanks to Maureen for organising the relay teams and ordering the new club tops.

## HELP! We Need You! PLEASE!

Have you ever moaned about the standard for the courses at an orienteering event or about the organisation? Well here is your chance to do better! We also need a few planners and organisers for some of our forthcoming events.

**Saturday 4th October 1997** - Colour Coded Event at Touchmolar.

We need an organiser, Beccy Osborn has already volunteered to plan.

**Saturday 15th November 1997** - Local Event at Coilhallen Nr Callander.

We need a Planner/Organiser for this event. It is intended to make it the same standard as a Wednesday Evening Event, so if you couldn't do an evening event, now is your chance.

We also need a Planner and an Organiser for a **Colour Coded Event at Beecraigs Country Park**, near Linlithgow. This event will be part of the Lothian O League, so there will hopefully be a high attendance.

The date is still to be confirmed but will be either 17th or 24th January '98.

Wanted - Planner and Organiser for 1998 **Scotlandsgaloppen 2**, to be held on **26th April '98 at Birnham**. (this area will be used at this years 6-day)

If any of you out there would even think about planning or organising one of these events then could you contact Susan Sinclair on 01259 213310 to volunteer your services.

THANKYOU

### Advance Notice

#### Forth Valley Orienteers Club Championships 1997

Airthrey Castle & Sheriffmuir

29th November 1997

Organisers/Planners - Jonathan and Alison Oxley.

Also

#### Forth Valley Orienteers Dinner Dance

29th November 1997

to be held at the Stirling Management Centre.

More Details in the Next Newsletter.

Beccy

## Join in with a little bit of History....

The 700th Anniversary of the Battle of Stirling Bridge has arrived and with it the **Wallace Challenge Orienteering Event at Abbey Craig on Sunday 14th September 1997**

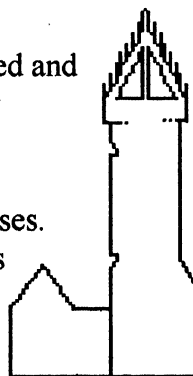
**Starts 11.00am to 3.00pm - Entry £1.00**

There will be a Score event as well as three other normal courses.

It is being held on the weekend of the main celebrations and is hoped that we will get lots of people coming along to try orienteering. It will be a 'Fun Family Day Out' and all members are welcome to come along and join in and possibly help.

FVO are getting a grant from the Celebration Organisers to help set up a new Permanent Orienteering Course in conjunction with the Rangers Service and it is hoped that we will also have a new map for this event.

This will be a very high profile event for FVO and we are hoping to get some prizes and sponsorship so if any one knows of possible sponsors or has any ideas then contact Cathy Tilbrook on 01764 679747.



## Forth Valley Orienteers

### Colour Coded Event

at

### Touchmolar

**Saturday 4th October '97**

Registration 10.00am to 12.00pm

Starts 10.30am to 12.30pm

We have been reliably informed by the planner that this event will be absolutely wonderful and that everyone in the club should come along. (hint)

Remember we do still need an Organiser for this event!

## Evening Event Update...

Well, our Wednesday Evening Event series has ended for the summer break and the will start again on August 27th at Hermitage Woods. We have had quite a good turnout to the series this year and we have also tried to set up a points scheme. Jonathan has been collecting results and compiling them so here is a provisional list of the top 5 in each course:

### YELLOW

- |                     |        |
|---------------------|--------|
| 1. Claire & Kyle    | 185pts |
| 2. Andrew Kenny     | 152pts |
| 3. The Light Family | 126pts |
| 4. Gemma & Kirsty   | 106pts |
| 5. C. Buglass       | 100pts |

### ORANGE

- |                    |        |
|--------------------|--------|
| 1. Scott McMichael | 393pts |
| 2. Fiona Young     | 334pts |
| 3. Maureen Brown   | 177pts |
| 4. Alison Oxley    | 176pts |
| 5. Ricky Cassidy   | 167pts |

### GREEN

- |                       |        |
|-----------------------|--------|
| 1. Jonthan Oxley      | 437pts |
| 2. Jon Cross          | 303pts |
| 3. Patric             | 297pts |
| 4. Mark Holiday       | 286pts |
| 5. Gareth Bryan-Jones | 285pts |

### Last But Not Least..

Our Wednesday Evening Meeting place is to change again.

It will now be at the Jaggy Thistle bar in  
the Silver Tassie Carvery,  
Causewayhead Road, Stirling.

Meet between 8.30pm & 9pm for a drink and a chat.

# What's On in and Around FVO

<b>July 16</b>	<b>Wednesday Evening Run In Gargunnoch Hills</b>	<b>NS 656927</b>
<b>July 23</b>	<b>FVO Tenpin Bowling Evening - 8.30pm, Hollywood Bowl, Strirling</b>	
<b>Aug 03-09</b>	<b>SCOTTISH SIX-DAY BREADALBANE'97</b>	
<b>Aug 23</b>	<b>INVOC Local Event, Camore Wood, Dornoch</b>	<b>NH 766885</b>
<b>Aug 24</b>	<b>INVOC Colour Coded - Carbisdale Wood, Bonar Bridge</b>	<b>NH 575955</b>
<b>Aug 27</b>	<b>FVO Evening Event - Hermitage Woods, Stirling Uni.</b>	<b>NS 806963</b>
<b>Agu 31</b>	<b>SOA Sponsored Score Event for Children 1st, South Achray</b>	<b>NN 525020</b>
<b>Aug 31</b>	<b>MORAVIAN Colour Coded - Roseisle Forest, Forbes</b>	<b>NJ 106656</b>
<b>Sept 03</b>	<b>FVO Evening Event - Minewoods, Bridge of Allan</b>	<b>NS 793978</b>
<b>Sept 06</b>	<b>GRAMP Colour Coded- Glendye, Banchory</b>	<b>NO 662911</b>
<b>Sept 07</b>	<b>SG5 - MAROC, Pannanich, Ballater. C.D. 25/8/97</b>	<b>NO 380955</b>
<b>Sept 10</b>	<b>FVO Evening Event - Plaen Country Park</b>	<b>NS 827868</b>
<b>Sept 14</b>	<b>WALLACE CHALLENGE ORIENTEERING EVENT, Abbey Craig</b>	
<b>Sept 14</b>	<b>LOCHOC Colour Coded- Strathmashie Forest, Nr Laggan</b>	<b>NN 570875</b>
<b>Sept 14</b>	<b>RR Lo&amp; Borders Champs, C.C. - Bowhill Estate, Selkirk</b>	<b>NT 433281</b>
<b>Sept 17</b>	<b>FVO Street O - Bridge of Allan - Park @ Minewoods</b>	<b>NS 793978</b>
<b>Sept 21</b>	<b>PO - 11 Person Relay, Muirward Woods, Scone, Perth</b>	<b>NO 149288</b>
<b>Sept 27</b>	<b>ESOC Scottish Short Race Champs, Cardrona, Peebles</b>	<b>NT 292384</b>
<b>Sept 28</b>	<b>SG6 - ESOC, Elibank, Peebles C.D. 12/9/97</b>	<b>NT 387374</b>
<b>Oct 04</b>	<b>FVO Colour Coded, Touchmolar</b>	<b>NS748916</b>
<b>Oct 05</b>	<b>CUNOC Colour Coded, Lilkerran, Ayr</b>	<b>NS 297052</b>
<b>Oct 05</b>	<b>MAROC Long-O &amp; C.C, Bogendreip &amp; GlenDye, Banchory</b>	<b>NO 663910</b>
<b>Oct 12</b>	<b>ECKO -Colour Coded, Stronchullin/Blairmore, Dunoon</b>	<b>NS188456</b>
<b>Oct 12</b>	<b>Moravian - Colour Coded, Quarry Wood, Elgin</b>	<b>NJ 182641</b>
<b>Oct 25</b>	<b>MAROC Night Event- The Shooting Greens, Banchory</b>	<b>N 633943</b>
<b>Oct 26</b>	<b>MAROC Colour Coded - Redburn, Ballater</b>	<b>NJ 432022</b>
<b>Nov 01/02</b>	<b>10th TINTO TWIN WEEKEND- Carmichael Est, Nr Lanark</b>	<b>NS927393</b>
<b>Nov 15</b>	<b>FVO Local Event, Coilhallen, Nr Callander.</b>	
<b>Nov 29</b>	<b>FVO CLUB CHAMPS, AIRTHREY CASTLE &amp; SHERIFFMUIR</b>	
<b>Nov 29</b>	<b>FVO DINNER DANCE, STIRLING MANAGEMENT CENTRE</b>	

Hope you all have a good Summer Holiday,  
whatever you might be doing!!