



THE FORTH COLUMNIST

Issue No. 123

November / December 1997

Editorial:

Well, Brain Rot has set in . . Editorial Apologies to Beccy for getting the Dinner Dance dates totally confused in the last Columnist - they're correct in this issue (I hope!). Apologies also to Rona & Jonathan Molloy for mis-printing their phone-no - it should be (01506) 842857!

I see that rampant apathy is starting to re-appear within the ranks - there are complaints of poor attendances at events / socials etc. within these hallowed pages.

It does sometimes seem that all the effort and enthusiasm expended by a few members on all our behalfs (behalves?) just trickles down the drain, when we organise an event and nobody comes.

However, thinking back over the years, (and I've had this debate before) this malaise comes and goes, and is part of the evolution of any voluntary organisation such as ours.

We shouldn't however get too downhearted, and say 'sod it I'm not doing that again!'. We need to reflect on what has been done and how it might be changed to make things better next time. People do want to be part of a vibrant, enthusiastic club, and ours seems (from talking to other clubs) to be among the most sociable and active around.

Demands on people's time are becoming very heavy, - I know what it's like to be in a household verging on the manic from time to time (nearly all the time?) and maybe we need to re-evaluate our approach to 'drumming up custom' - maybe advertising in the 'Columnist' just isn't enough -maybe more direct personal or telephone contacts need to be made, to drum up custom and persuade those hovering on the brink of participation, particularly for 'low key' events, when it doesn't take much to deflect us from going out on a wet Saturday, to jog round a forest!.

Well, that's the debate open - it's up to you!

Ed.

FVO COMMITTEE 1997

| | | |
|-------------------|----------------------------------------------|----------------------------------------------------------------------------------------|
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PRESIDENT'S COLUMN



Having spent the past few weeks basking in hot sunshine, paddling around in a dug-out canoe and dodging elephants, lions and hippos, it's a bit of a shock to come back to sub-zero temperatures and small mammals rampaging around the kitchen!! (Mouse traps are now in constant use....) Now it's winter, it must be time to go orienteering again - hope you all enjoyed fumbling about in the fog around Glenfarg last weekend as much as I did. Typical that as soon as the last competitor finished, the mists abated and the rest of the day was glorious sunshine!

Congratulations to Maureen for putting together a winning team for the 11-person relay, and to all those who turned out for the club. By all accounts, the FVO turnout at our recent event at Touch was less impressive. After all the hard work put in by Ben Stansfield and Beccy Osborn in organising and planning, it is disappointing that only 11 club members turned up to either run or help. I hope it'll be different for the events coming up at Coilhallen and for the Club Championships!

Back in early September, our Wallace Challenge event all went smoothly, despite the high percentage of helpers nursing hangovers after the BJ wedding! We'd catered for a possible invasion by hundreds of US travel agents, which never materialised, but we did attract a few new recruits and WE all had great fun, wrestling with the Ranger Service's playtent and racing each other round Hazel Dean's 'Wallace & Gromit' String Course. Several people worked really hard to make the event happen. Special thanks to Jonathan Oxley for mastering the new O-CAD software to digitise a brand new map, and to Steve Barrett for mapping the necessary corrections. Rona did a grand job with publicity and co-organising, whilst Susan, as well as planning all the courses, produced a wonderful set of certificates, signs and info packs - using those famed (hereditary?) Sinclair computer Skills!

We're hoping to get the new Permanent Course instaleld at Abbey Craig by next June, and will have a launch to coincide with the Schools Champs. Meanwhile, hope you're all snapping up your tickets for the Dinner Dance - Beccy says they're going like hot cakes!

See you all there. . . .

Cheers, Cathy.

Mad Map Magic!

The club's committee decided to set up a Mapping Sub-Committee (MSC) a few months back, so that the added focus could be given to our maps and map stocks.

Some of you may have encountered the odd last minute scramble to get hold of enough up-to-date maps to hold a Wednesday Evening Event, or have observed the rapid escalation of Stirling University building work, rendering our year old map out of date already!

Former committee member, David Nicol, carried out some investigative research, and came to the conclusion that a good solution would be for the club to purchase OCAD and update its own small maps (OCAD is a computer aided drawing package for the production of colour orienteering maps). Latterly, Kevin King, keen to bring his NOC mapping experience to bear, endorsed David's plans, envisaging a two-tier map system: small areas could be mapped or at least updated in-house, with larger areas being surveyed and drawn professionally.

Unfortunately both Kevin and David left the committee before they could see their plans come to fruition. Now, however, FVO have purchased a copy of OCAD, and indeed, it has been put into use with the revisions to the Abbey Craig map. This map was produced in a hurry to coincide with the 700th Anniversary of the Battle of Stirling Bridge event that we held in September.

Nonetheless, there have been several (appreciated) favourable comments, and it is the intention of the MSC to continue to update some of our smaller areas using OCAD and the help of willing volunteers to carry out the survey work. We are also actively considering the mapping of one or two new small areas using OCAD, and have yet to decide how we would progress this.

OCAD will allow us to produce small print runs of maps (50-100 maps) for use in a season, thereby minimising the number of out-of-date maps in stock. Currently for instance, the club has somewhere in the region of 3000 Minewoods maps, an area which was last surveyed in 1988. Large stocks of such maps rapidly date, and are difficult to ascribe a meaningful value to in accounting the club's assets.

Areas currently on our target list include Laigh Hills, Alva House Woodland Park, and Muiravonside Country Park. We are also checking out areas at Dunmore, Torwood, and the area behind Cambusbarron. Some of the areas may be familiar to you, and others less.

Why, you might ask, do we need new areas? A cursory glance at our Wednesday Evening Event venues would reveal that we have had precious little variation in our small areas (with the exception of Plean). However, delving back into the archives reveals that we used to regularly run with up to 18 Evening events in a season, and still not use any area more than once.

With a wider range of small areas, we will be able to relieve the pressure of over-use on both landowners and orienteers alike, hopefully inject a little more variety into members' orienteering, and perhaps attract a few new members from the locale.

Jonathan Oxley, Steve Barratt, Martin Dean

ORIENTEERING RESULTS-SCOTLANDSGALLOPEN 6

On Sunday, 19th October, Scotlandgallopen 6 was held at Glenearn and Berryknowe, near Glenfarg, Perth. The area consisted of open moorland and small areas of newly planted forest which would normally made for fasterer winning times on all courses, however, the weather on the day was extremely misty which at times reduced competitors visibility to less than 100 metres. Due to the mist the courses became very technical allowing plenty of opportunity for mistakes to be made. However, Steve Nicholson M21E, Douglas Flint M21S, Kyle Heron M10A, Peggy Chambers W21L, Josie Stansfield W21S and Hilda Astbury W60L of Forth Valley Orienteers had very good runs to win their respective classes against strong opposition.

Forth Valley's individual results for Scotlandsgallopen 6 are as follows:

| | | | | |
|------|---------|-----|------------------|----------|
| M21E | 13.2 Km | 1st | Steve Nicholson | 72 mins |
| | | 5th | Fraser Purves | 92 mins |
| M21L | 11.3 Km | 3rd | Ben Stansfield | 77 mins |
| | | 5th | Jonathan Oxley | 84 mins |
| | | 8th | Jon Cross | 103 mins |
| M21S | 7.9 Km | 1st | Douglas Flint | 88 mins |
| M40L | 9.3 Km | 2nd | Martin Dean | 64 mins |
| M18A | 7.9 Km | 3rd | Steven Porteous | 62 mins |
| | | 7th | Neil Brown | 66 mins |
| M10A | 2.4 Km | 1st | Kyle Heron | 32 mins |
| W21E | 9.3 Km | 2nd | Hazel Dean | 81 mins |
| | | 5th | Beccy Osborn | 88 mins |
| W21L | 7.9 Km | 1st | Peggy Chambers | 68 mins |
| | | 3rd | Alison Oxley | 79 mins |
| | | 5th | Cathy Tilbrook | 86 mins |
| W21S | 5.9 Km | 1st | Josie Stansfield | 70 mins |
| W20L | 6.3 Km | 2nd | Penny Hicks | 90 mins |
| W50L | 5.9 Km | 3rd | Maureen Brown | 61 mins |
| W60L | 5.0 Km | 1st | Hilda Astbury | 62 mins |
| W16A | 5.0 Km | 2nd | Lisa Brown | 41 mins |

The final event in the Scotlandsgallopen Series will be held on the 23rd of November at Linn of Tummel, near Pitlochry. The results from which will determine the final Scotlandsgallopen ranking positions and with several FVO members competing for a first place in their respective classes there is all to compete for.

HEEEIIIIIIII PPPPPP!

If you fancy lending a hand, Rona Molloy is organising LOL4 at Beecraigs on Jan 18th - contact her on (01506) 842857 to offer help.

Touch Colour Coded Results 4/10/97

and some comments by the planner!!!

| | Age | Club | Time |
|-----------------------------|-----|-------|-------|
| White | | | |
| 1. James Graham + 2 | M4 | TINTO | 33.57 |
| Yellow | | | |
| 1. Thomas Athorne | M10 | STAG | 31.40 |
| Orange | | | |
| 1. David Burke | M21 | IND | 37.04 |
| Light Green | | | |
| 1. Robin Orr | M35 | Clyde | 47.59 |
| 2. Lynn Brown | W45 | IND | 61.12 |
| 3. Christine Athorne | W40 | IND | 67.54 |
| 4. Douglas Shearer | M12 | IND | 80.05 |
| 5. Kirsty and David Shearer | W10 | IND | 82.25 |
| 6. Susan McNish | W21 | IND | Retd |
| Green | | | |
| 1. Ben Hartman | M21 | INT | 40.10 |
| 2. Jane Ackland | W21 | INT | 53.56 |
| 3. Alan Tytler | M40 | FVO | 57.42 |
| Blue | | | |
| 1. Brian Whitworth | M21 | IND | 64.04 |
| 2. Neil Kitching | M21 | FVO | 76.03 |
| 3. Donald Smith | M45 | PO | 82.56 |
| 4. Heather Hartman | W21 | INT | 90.19 |
| 5. Paul McCreel | M21 | ESOC | 94.36 |
| 6. F. Lools | W53 | WFO | 97.27 |
| 7. John Graham | M35 | TINTO | 98.31 |
| Brown | | | |
| 1. Robert Bloor | M35 | CLYDE | 85.12 |
| 2. Grant Carstairs | M40 | WFO | 86.45 |
| 3. Brad Connor | M21 | INT | 99.33 |

Thanks to Ben Stansfield for organising and Graeme Ackland (INT) for controlling, and the FVO members that helped on the day (Jonathan and Allison Oxley, Susan Sinclair, Fraser Purves, Caroline Smilie, Josie Stansfield and Jon Cross). Although I hope all those that ran did enjoy the event, I do think that if this is the kind of turnout that FVO get for colour coded events then we should seriously consider whether it is worthwhile putting on these events. A lot of time and effort goes into organising an event of this type, and as with most smaller FVO events it is the same few people that end up putting in most of the work. Although the event was not advertised extensively it was in SCORE and Compass Sport. Perhaps the fact that it was on a Saturday the day before another colour coded event to which a number of FVO members went, meant that less people turned out, although a similar colour coded event I planned last year on a Sunday at Airthrey Castle had a similar poor turn out. The turnout from FVO members was very disappointing, and including helpers there were only 11 members present, and with over 100 members in the club, and the fact that FVO only puts on 1 or 2 events of this type each year, I find this strange.

Remember the Club Champs Saturday 22nd November at Devilla

What do FVO members want? In the questionnaire that was carried out last year most members that replied stated that they could attend on a Saturday and that they wanted colour coded events. Obviously this is not the case.

On a similar note the attendance on organised socials has been poor. Again what, if anything to people want?

Any suggestions for socials or volunteers to organise events of your choice would be greatly received.

Is everyone really so busy with everything else that they have absolutely no spare time?

I am hoping that the annual dinner dance will have a higher attendance - please make the effort to attend FVO's main social event of the year, the food should be good and the excellent ceilidh band that we had last year are playing. I hope to see you there!

FVO Dinner Dance

with the Forbes MacFarlane Band

Saturday 22nd November

Dress: Black tie

Stirling Management Centre

7.00 til 12.30

Cost £18 (cheques FVO)



Tickets available from Beccy Osborn:-
Tel 01786 471270
Email: ROsborn420@aol.com
Address: First floor flat , 27 Cowane Street, Stirling, FK8 1JW

Please buy your tickets A.S.A.P. (cheques payable to FVO), and the last date for buying tickets is Friday 14th November.

N.B. The increase in price from last year is due to a slight increase in the food price and a greater increase in the band fee, who we had exceptionally cheaply last year and still have at a special rate. It should be a great evening and I hope you can make it!

Beccy

There will be a raffle (any donated prizes greatly received, either beforehand or on the night, although please let me know if you intend to bring any prizes , so dig out those unwanted Christmas/Birthday presents from your cupboards!).

The club champs prizes will also be distributed.

SCOTTISH INTER-CLUB COMPETITION

A small band of club members travelled to Binning Wood in East Lothian to take on Interlopers in the semi-final of this competition. A similarly small number of Interlopers turned up as well, but our lot did better, and so FVO are now into the final of this prestigious competition for which there is the prize of a large trophy (sorry, no money this time!)

The final results at Binning Wood were:

FVO 46 Interlopers 38

those team members who scored points were

| | | |
|--------|-----|------------------|
| Brown1 | 1st | Ben Stansfield |
| | 2nd | Jon Cross |
| Brown2 | 1st | Martin Dean |
| | 3rd | Richard Matthews |
| Blue1 | 2nd | John Brown |
| | 1st | Beccy Osborn |
| Blue2 | 2nd | Peggy Chambers |
| | 3rd | Josie Stansfield |
| Green | 2nd | Mary Matthews |



The final will take place at Ross Wood, Loch Lomond on Sunday 16th November (Parking at Sallochy Car Park - NS 370958), against INVOC.

Starts from 11.00 am - 1.00 pm. ————— COME ALONG AND SUPPORT THE CLUB!

11 PERSON RELAY - 21st September

Exactly 11 persons volunteered to take part in this event, so the team arrived (some of them eventually) at Muirward Wood near Scone on a nice sunny day, along with 14 other teams from all parts of Scotland.

Martin set off in the mass start on the "tartan" course and about 10 minutes later was seen storming through the spectator control in the lead. After a hurried change in team order (some people hadn't arrived yet!), Neil, Ted and John went into the changeover pen to start the second leg. Fortunately during this time, the delayed team members appeared, and over the course of the next 2 hours or so, there were various complicated changeovers which you can work out yourselves from the results below.

When everyone had completed their courses, Hazel set off on the last leg, 6 minutes in the lead from Grampian, who had won the trophy for the last three years. 25 minutes later, she appeared on the run-in, and FVO had won. Well done, team!!

| 1st Leg | 2nd Legs | 3rd Legs | 4th Legs | 5th Leg |
|--------------------|---------------|----------------|------------------|---------------|
| | Neil Brown(G) | Simon Finch(O) | Maureen Brown(O) | |
| | 63.22 | 25.36 | 23.46 | |
| Martin Dean(T) | Ted Finch(LG) | Jon Oxley(G) | Alison Oxley(LG) | Hazel Dean(T) |
| 20.28 | 30.04 | 47.51 | 37.28 | 26.44 |
| | John Brown(O) | Lisa Brown(LG) | Fraser Purves(G) | |
| | 22.57 | 30.27 | 50.42 | |
| Total Time 2:39:56 | | | | |

Thanks to Perth Orienteers for a well-organised and very enjoyable event.

INDOOR TRAINING

A reminder that this has started up again for the winter at

Lornshill Academy Gym, Tullibody Road, Alloa on Tuesday evenings

from 6pm to 7pm. Cost 50p per session.....

Come along and get fit for next year!



Junior Home International - Blaenau Ffestlioniog (Wales) 4/5 October

Four junior members of FVO were in the Scottish team for this event, which must be something of a record, at least in recent years. Well done to Neil and Lisa Brown, and to Douglas and Stephen Porteous, who ran well and helped Scotland into second place, narrowly beating Wales (England won!). Both the individual and relay events were held in the same area - Gorddinar, an open and very physically tough terrain. The runners had to run much of their courses in full view of the assembly area, which was in a natural bowl surrounded by hills on all sides. This was particularly tough for poor Neil, who was running third leg in the M18 relay team. He set off in fourth place, about 10 minutes behind the Irish runner, and we'd worked out that Scotland had to beat the Irish in order to beat the Welsh overall. When both Neil and the Irish boy appeared together over the brow of the hill, looking for a small ruin on the hillside, they had to contend with the shouts and screams of all the juniors watching them from about 300 metres away!. Fortunately Neil found the control first and came back about 5 minutes ahead of the Irish boy. When the scores were finally worked out, the Scots had beaten the Welsh by just 2 points. (England won by miles, but that's another story).....Maureen

FVO Christmas Outing!!

We're making a Block Booking for Merlin the Magnificent at the MacRobert Centre on Saturday 20th December at 7.30 pm

If you want to book a place,
please let Susan Sinclair know
(01259)213310

by Monday 10th November at the latest

Prices: £8.50 - adults & £ 5.50 - Children/Concessions



FORTH VALLEY ORIENTEERS LOCAL EVENT

COILHALLEN WOOD near Callander
quality terrain with courses to suit all abilities

Saturday 15th November

OS Grid Ref: NN 608 072
Courses: Long, Medium & Short
Entries: Entry on day
Starts: 11 am - 1 pm
Cost: Bargain at only £1.00
Planner / Organiser: Peggy Chambers, 01259 762460

Kid's Konfectionery Korner

Delicious Macaroon Bars Every Time

How to make delicious mouth watering Macaroon bars in 5 easy to follow steps:

Ingredients: 1 medium potato
1lb Icing sugar

1. Boil potato, (without salt!), mash when cooked.
2. Add icing sugar to potato and mix until homogeneous.
3. Place in an appropriate tin and leave to set.
4. Cut into bars, or for the more adventurous it may be rolled into balls.
5. Dip in melted chocolate and coat in roasted coconut.

Forth Valley Orienteers can accept no responsibility whatsoever any physiological repercussions from recipes featured in this journal.

Your home is at risk if you do not keep up repayments on a mortgage or other loan secured upon it.

You have been warned!

DID YE KEN? - (Or Fraser's Page)

Scotland's No 1(?) Reporter has returned with a few morsels for our readers.....

1. Steve Barrett and Derek Easton were both spotted out on a FVO Training run during 1997
2. Now that Morven Dean has reached the age of Three, she has started to cut Martin's hair.
3. Graham Martin's new address is:
"The Caravan Outside"
10 Dickies Wells
ALVA - Or has he been kicked out by Jayne?
4. Fraser Purves managed to lock himself INSIDE his car!
How? - Ask him!
5. Jayne Martin completed her first ever Triathlon and managed FOURTH PLACE!!! - almost a prize....
6. Bike for Sale
1 careful lady owner
Low Mileage
FSH, PAS - A snip at £1000!
Contact Alison Oxley, Polmont

FED UP GETTING LOST ON FOOT? - WHY NOT GET LOST BY BIKE!!!

(by our resident expert - again!!)

After the success of the last Biking Day, I have decided to arrange one - It will be considerably SHORTER)

The Date: Saturday 29th November

The Venue: To be arranged (Either Aviemore / Dunkeld)
depending on the bike hire shops and coffee shops!
The venue will be advertised at the Club Champs,
or call Fraser on (01259) 762460

Anticipated Time: 09:30 for a 10:00 Start

Anticipated Duration: 3 hours biking

What's On in and Around FVO

| | | |
|-----------|----------------------------------------------------|----------|
| Nov 01/02 | 10th TINTO TWIN WEEKEND- Carmichael Est, Nr Lanark | NS927393 |
| Nov 08 | PO Local Event, Knock of Crieff | NN867225 |

| | |
|---------------|-------------------------------------------------|
| Nov 14 | LAST CHANCE TO BUY DINNER DANCE TICKETS! |
|---------------|-------------------------------------------------|

| | |
|---------------|---------------------------------------------------|
| Nov 15 | FVO Local Event, Coilhallen, Nr Callander: |
|---------------|---------------------------------------------------|

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|---------------|---------------------------------------------------|-----------------|
| Nov 16 | Scottish Inter Club Champs FINAL Ross Wood | NS370958 |
|---------------|---------------------------------------------------|-----------------|

| | |
|---------------|---------------------------------|
| Nov 22 | FVO CLUB CHAMPS, DEVILLA |
|---------------|---------------------------------|

| | |
|---------------|-----------------------------------------------------|
| Nov 22 | FVO DINNER DANCE, STIRLING MANAGEMENT CENTRE |
|---------------|-----------------------------------------------------|

| | | |
|--------|------------------------------------|----------|
| Nov 23 | SG6 (??) Linn of Tummel, Pitlochry | NN870596 |
|--------|------------------------------------|----------|

| | |
|---------------|----------------------------|
| Nov 29 | Fraser's Biking Day |
|---------------|----------------------------|

| | | |
|--------|-----------------------------------------|----------|
| Nov 30 | STAG WOSOL 6 Palacerigg C.P Cumbernauld | NS231680 |
|--------|-----------------------------------------|----------|

| | | |
|--------|---------------------------------------------|----------|
| Dec 07 | ESOC LOL 3 Score event North Pentland Hills | NT231680 |
|--------|---------------------------------------------|----------|

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|--------|----------------------------------|----------|
| Dec 14 | PO Christmas Score Kinnoull Hill | NO135235 |
|--------|----------------------------------|----------|

| | |
|---------------|------------------------------------------------------------------------|
| Dec 20 | FVO Christmas Outing - Merlin the Magnificent - SATURDAY 7.30pm |
|---------------|------------------------------------------------------------------------|

Dec 25 Merry Christmas!

| | |
|----------------|-------------------------------------------------|
| Dec 28 1998 | ELO Xmas Festive Frolic, Yellowcraig, N Berwick |
|----------------|-------------------------------------------------|



NT515855

Jan 1 Happy New Year!

| | |
|---------------|------------------------------------------------------|
| Jan 18 | FVO LOL 4 Beecraigs - Organiser - Rona Molloy |
|---------------|------------------------------------------------------|

| | | |
|-------------------------------------|-----------------------------------|------------------------------|
| Jan 23rd or 30th (sometime?) | FVO AGM & Burns Supper | - Venue to be advised |
|-------------------------------------|-----------------------------------|------------------------------|

WARNING!!!!

FVO will be organising SG2 at Birnam early next year - the Sinclairs will be doing the Entries, but we need an **ORGANISER**.. Volunteers to El Presidente ASAP.