

THE FORTH COLUMNIST

Issue No. 125

March / April 1998

Editorial:

Ed.



Mark
(Treasurer)



Steve



Graham



Rona & Jonathan

Just think - You voted most of this lot onto your Committee!

FVO COMMITTEE 1997

PRESIDENT	Beccy Orborn	First Floor Flat 27 Cowane Street Stirling, FK8 1JW Tel: (01786)471270
VICE PRESIDENT	Rona Molloy	Linlithgow 01506 842857
SECRETARY	Susan Sinclair	118 Claremont Alloa, FK10 2EG Tel/Fax 01259 213310
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COMMITTEE	Graham Martin Steve Barrett Jonathan Oxley	Alva 769627 Doune 01786 841931 Polmont 01324 718428
TEAM CAPTAIN	Maureen Brown	Alloa 01259 213683
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VARIED!!!!

Copy date for next Newsletter 24th April 1998

PRESIDENT'S COLUMN

Those of you present at the AGM will know that I have taken over from Cathy as your new president. I would like to take this opportunity to thank Cathy for all the hard work that she put in for the club over the last few years. I would also like to welcome Graham Martin onto the committee, who takes over as socials organiser.

I hope that this will be an active year for FVO. Firstly in terms of providing events. We have a colour coded at Barrwood on March 14th, shortly followed by a Scotland gallop at Birnam Hill. I hope that as many people as possible will volunteer to help at these events, particularly at Birnam, where much assistance will be needed on the day. Bear in mind that we only put on an event of this size roughly every 2 years - so please make the effort to come along!

Starting in April we have a very full Wednesday evening event series and many thanks to all those who have agreed to organise one. If you missed out on organising one or want to do more, we are looking for a volunteer to organise our colour coded event on the Trossachs on September 20th. The Porteous family have already kindly agreed to plan this event. In the more distant future plans are already underway for the Scottish Champs in the year 2000, at which FVO is organising the individual day. If you're thinking that it wasn't that long since we last organised the Scottish champs you are right. This is because we are in the Midland Area group of clubs which is relatively small in terms of total membership (FVO, PO, WFO) compared to other groupings. We are in the process of raising this matter with SOA. We also have a full training and socials programme so I hope that I will meet most of you at various events throughout the year, especially at the Club's 25th anniversary dinner dance which is planned for September. FVO are again entering the Scottish Inter Club Champs and we will be trying to retain our title. The first round (at Gullane) will have already taken place by the time that you read this, so thanks to everyone who turned up (unfortunately I was at the National Event in southern England). I hope that we are now through to round 2. Finally, thanks to everyone who helped at our event at Beecraigs (especially Rona, Jon X and Maureen) and made this a very successful event, despite the weather, and also thanks to LINOC for lending us their area.

Beccy

Who's Who
ELLE PRESIDENTE

Beccy Osborn

I hope that by now most of you will know who I am but if not, here are a few words about myself. I started orienteering while at University in 1991, and since then have been in various university and ex-university clubs and held various committee posts including president of JOK (ex-Oxford orienteers). I moved to Stirling 2 years ago and having finished an MSc in Environmental management at the University I am now working temporarily for Scottish Natural Heritage in Edinburgh. I go orienteering most weekends along with my boyfriend Jon Cross.

Steven Barrett

Born Yorkshire 29 February 1960 (age 9 1/2 !) Started orienteering at Guiseley School in 1972, then every Sunday for the next seven years I proceeded to drag my parents the length and breadth of Britain. At the age of 19 I moved to Stirling and started work with Harvey Map Services. The next eight years went by pretty fast; got married, did less orienteering, got fatter, bought a house and got fed up with my job. In 1987, along with Pat Blashill, I started Stirling Surveys. The next ten years went by even faster than the previous eight; two children arrived (Amy & Jack), did even less orienteering, bought another house (which required even more work doing to it), worked even harder at work (but enjoyed it more!), and got even fatter. With 40 (sorry 10) approaching very fast I thought it about time to put a few things right, so I'm doing more orienteering, getting fitter (watch out Martin) and even enjoying it again.

HELP WANTED

The organisers of Alloa Half Marathon are looking for volunteers to help on Sunday 29th March from 8:30 am to 3:00pm.

Please contact Sheila Bullock of Clackmannanshire Sports Council if you are interested, on (01259) 452490

RONA MOLLOY

Hello! My name is Rona and I am the Vice President of FVO. Until the AGM in January, I was a humble Fixtures Secretary but I have now reached these giddy, promoted heights without any apparent change in my allotted duties.

It's easy money. As Fixtures Secretary, my job is to write to all the landowners seeking permission for every event we want to put on. The landowners range from Forest Enterprise, to local authorities, to Scouting organisations, to private individuals. Once the permission is received, I then have to register each event with the SOA and BOF. This ensures that we are covered by their insurance, and also means that our events will be advertised in Score.

I am married to Jonathan and am slowly converting him to the delights of orienteering. The way to convince him seems to be through gadgets - the most recent acquisition is a watch that does 'splits' and this is proving very successful. Now I've just got to get him to visit the controls in the right order....

My day job is being a Modern Studies teacher at two schools - Dollar Academy and Hutchesons' Grammar School. Being a keen observer of recent political trends, I shall be making it a priority to uphold standards in public life - your FVO Committee shall be sleaze-free!

Jonathan and I recently organised our first orienteering event. Most people start by putting on one of FVO's summer evening events, but we recklessly spurned the gentle breaking-in stage and leapt straight in to a large colour-coded event with about 280 competitors. A baptism of fire, you might say - except for the persistent January rain which soaked us all to the skin. The main thing we learned from that experience was how much the organiser depends on help from the rest of the club - thanks again to all of our merry team! (And if you haven't done so already, get on the phone to Jim McGroarty and offer your help for April 26.)

Any questions will be dealt with on receipt of a brown, cash-filled envelope....

love Rona

xxxx

Graham Martin (SOCIALS)

In his early thirties Graham is a shy, retiring sort of chap. A relative new-comer to orienteering he is keen and sometimes sociable. Recognized for his tact, diplomacy and ability to take on board constructive advice he will be a welcome addition to the Committee. A regular at the Tuesday, Wednesday and Thursday night club training sessions Graham is a mediocre runner and novice orienteer but a recognized and experienced social event practitioner.

Fact File

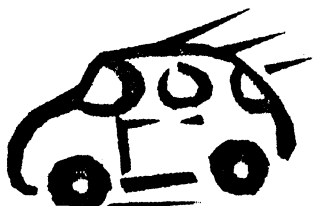
* Age:	34
* Home Address	10 Dickies, Wells Alva.
* TEL. No.	01259 769627.
* Occupation	Civil Engineer with East of Scotland Water.
* Married	Yes, to the darling Jayne.
* Favorite Event	The ones I don't finish last at.
* Other Interests	Triathlons and Cooking.

(You can tell Graham wrote this - but with a picture like the one on the front page, you have to be good at something! .. Ed)

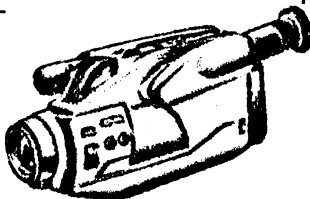
INFORMATION WANTED

We're proposing to hold a 25th Anniversary Dinner Dance in September, and we are appealing for any old photos of (or photos of old)Club Members past and present.

Also, if you know of any Ex-FVO members out there who would like to come along, please let Graham Martin or Susan Sinclair know and we'll arrange an invite.



A TV star in the making?



Susan Sinclair (Secretary)

- By Day - Civil Engineering Technician (working for a Consulting Civil & Structural Engineering firm in Alloa)

Age - 24 Single

By Night - Demented FVO secretary & part time student! (very part-time!)

Likes - Just about anything I have time to do - which also includes Orienteering!

Sports - try to go hillwalking as often as possible (not very, at the moment)

Hobbies - Sewing crafts, Cinema
Visiting parts of Scotland I haven't been to.

Secretary - I realised after I said I would keep going for another year that this will be my 4th year, - not my 3rd!

Mark Grant (Treasurer)

Occupation: Assistant Manager with the Bank of Scotland.

I work in one of the Bank's Head Office departments in Edinburgh, although previously at Inverness and Alloa

Other Interests (apart from Orienteering):

Watching Rangers every Saturday, and Playing Curling

SPONSORSHIP

SOA have been trying for some time to persuade someone to take over Rudolph Riemersma's task of obtaining sponsorship, but without any response.

Brian Porteous has many contacts, but no time to set up deals and see them all the way through.

SOA is therefore looking for someone to meet with potential sponsors, get to know them and negotiate details.

If you're even vaguely interested, please contact Lindsay Knox, Brian Porteous or Donald Petrie.

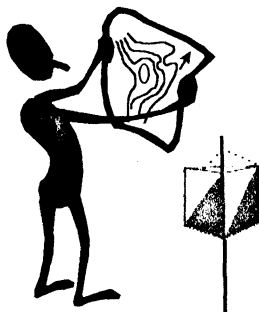
Ever Been Confused by Maps??

Thought About Learning Map-Making??

FVO is currently embarking on re-mapping some of its local areas, and we are looking for cartographers to assist with the field work.

Find your way to Minewoods on Saturday 18 April (13:00), and you could learn about surveying, and pick up a few tricks for orienteering too!

If you're interested, please call Jonathan (01324-718428).



Whose Shoes



This article highlights some of the new running shoes recently released into the market, 1998 models, if you like.

1998 has seen a plethora of newly released shoes, many of which bear a price tag only matched by their ridiculous model names! The table that follows includes shoes up to the £65

mark, with an article to follow on the £65+ shoes; remember, however, that these are list prices, so it is still worth casting your eye over the more expensive shoes, so that you will be able to identify a bargain.

Running shoes broadly fall into one of six categories: Stability, Cushioned, Lightweight Training, Motion Control, Off-Road, or Racing. We'll look at the first three in this edition of the Forth Columnist, and the remainder in a following issue.

Identify Your Feet (The things at the ends of your Legs!)

First of all, you really need to identify what sort of foot you have, or more properly, your tread. You can easily tell by the wet footprint left by your foot.

A **Normal** foot leaves a pattern that shows the front and rear parts of the foot connected by a band slightly narrower than your heel.

Flat Feet leave footprints showing the whole of the foot, with little sign of the arch.

A **High Arch** foot is indicated by a footprint bearing little sign of a connection between the fore foot and heel

Identify Your Shoes

Stability shoes provide..... stability. They are suitable for runners of normal build and having normal feet. They are not suitable for those with high arches, but are ideal for those with flat feet.

Cushioned shoes provide..... OK, so you've guessed by now. They probably don't last as long as stability shoes, but they are great for those with high arches, or a normal runner. They are not suitable for the flat footed amongst you.

Lightweight Training shoes are light in weight, though not as light as out-and-out racing shoes, but they do provide a little more cushioning.

Armed with this information (and the next article), you'll have a much better idea of your ideal shoe, and also of what's available in the market-place. Don't forget to keep your eyes peeled for a bargain though!

Manufacturer	Model	Role	Price
Brooks	Coax	Stability	£ 39.95
Asics	Gel Alamo	Stability	£ 39.99
Hi-Tec	Pontiac	Stability	£ 39.99
Nike	Air Levity	Stability	£ 44.99
Adidas	Galaxy	Cushioned	£ 49.99
Asics	Gel Wilde	Stability	£ 49.99
Nike	Air Perseus	Cushioned	£ 49.99
Saucony	Taya	Lt Training	£ 49.99
Brooks	Vapor	Stability	£ 54.95
Power	Centaur	Stability	£ 54.99
Nike	Air Terra Kimbia	Off-Road	£ 54.99
New Balance	826	Lt Training	£ 54.99
Reebok	Ariba 3DF	Cushioned	£ 59.99
Puma	Cell Venom Ultra	Cushioned	£ 59.99
Asics	Gel 130	Stability	£ 59.99
Nike	Air Streak Mission	Racing	£ 59.99
Asics	Gel 130 Lyte	Lt Training	£ 59.99
Asics	Gel XLR8	Racing	£ 59.99
Adidas	D'Fiant	Stability	£ 59.99
Adidas	Neo Response	Cushioned	£ 59.99
Brooks	Talon	Stability	£ 64.95
Nike	Air Swift Triax	Cushioned	£ 64.99
Nike	Air Myriad	Racing	£ 64.99
Asics	Gel 130 MC	Motion	£ 64.99

FVO Wednesday evening events and their Organisers

22 April	Plean	Jonathan and Alison Oxley
29 April	Hermitage	Neil Kitching
6 May	Beecraigs (with LINOC)	John Reeve
13 May	Bailefull	Jon and Beccy
20 May	Barrwood	Ben and Josie Stansfield
27 May	Touch	Fraser and Peggy
3 June	Gartmorm Dam (+BBQ)	David Nicol
10 June	Abbey Craig (Schools champs)	Cathy, Susan and Sinclairs
17 June	Dollar Bank	Brian Whitworth

26 August	Laighills	Martin and Hazel Dean
2 September	South Achray	Porteous family
9 September	Alva house estate	Graham and Jayne Martin
16 September	Minewoods	Maureen and John Brown
23 September	Street-O Alloa	Susan and Mark

Any problems with equipment please contact Caroline Smillie
tel (01786) 823708

Any other queries or problems with course planning/last minute availability
to organise please contact Beccy (01786) 471270

DON'T FORGET

We've a major Badge event on April 24th

at **BIRNAM**

If you haven't yet volunteered for a job

- contact Jim McGroarty NOW!!

Tel: (01786)841622

MORE HELP WANTED

We will be holding a Colour Coded event in the Trossachs in September
(20th, to be precise)
The Porteous Family are planning the event, but we still need an Organiser
and Controller.

If you fancy the challenge, please get in touch with Beccy
on (01786) 471270

WELCOME:

We'd like to formally welcome
some new members -

The Cuthbert Family from Kinross
Paul McGreal from Menstrie
Robin Young, a new Junior from Strathyre
the Parkinson family, from Dunblane
and the Reeve family from Stirling

We hope you will all enjoy being members of
the best club in Scotland!

Social Event Calendar

Event No.1

Its that time of year again, time for Ten Pin Bowling. On Friday the 27th march at 7.30pm. FVO will be holding their inaugural annual Ten Pin Bowling Challenge at Hollywood Bowl in Stirling. Prizes will be awarded to best male, best female, junior male, junior female and duffer of the night. Please phone Graham Martin 01259 769627 if you wish to attend as it is hoped to pre book the lanes. There is an option, for adults only, to pay £10 for two games and four drinks. So please come along - you may be a winner on the night. Prizes will be awarded at the discretion of the social secretary and his decisions are open for review afterwards at the bar.

Event No. 2

Cross training is generally accepted as the most efficient way to train with the least likelihood of injury. Mountain Biking is a great way to explore the countryside. Well why not combine the two on the Mountain Biking away day at Dunkeld on 4th April.

There are many testing and fun routes around Dunkeld with the obligatory tea shops in abundance. All levels of cyclists will be catered for, from the pannier packed novice to the suicidal downhiller.

So please come along, bring the kids. The meet time and bike check will be 10am. at the car park just north of Dunkeld (Ref. NO 024 437 Landranger 52)

Club Training Night

Wednesday night is Club Night for those of you who have forgotten. This is a perfect opportunity to improve your performance by running with others. It is also the time to teach the beginners and novices all those helpful training and running tips that you have learned throughout the years. New members and prospective new members turn up at these nights and think that there are only 10 folk in the club. When we explain that there are over 100 members the most common question asked is "why do they not turn up for club nights?" It is explained that many live outwith the area and others find it difficult to make the start time. So why not turn up? Don't wait till the Dinner Dance and then ask "who's that over there."

The run starts at 6.30pm prompt and the meet place is just up the road from the Meadowpark pub in Bridge of Allan.

Graham

SITUATION VACANT:

School Development Officer

This position would employ someone for at least 4 hours/week. They would visit local schools during school hours and take the children orienteering both on the school grounds and in the local area. It is hoped that this scheme will encourage more junior members and help bridge the gap between junior and mainstream orienteering as well as to raise the profile of orienteering in the local area. Several other clubs in Scotland (eg. MAROC) now employ a school development officer and have already had success in attracting both new junior and family members to their clubs. We are presently in the process of applying for funding of £500 from SOA, and FVO will match this funding. We will shortly be advertising the post. We are also hoping to get further funding from local businesses/companies. If anyone is able to apply for sponsorship from their company for a project of this nature please let me know. If we had additional funding it would mean that we could employ someone for longer each week and reduce the amount that FVO would have to pay.

BARR WOOD

Sunday 15th March - **This Weekend**

No-Frills Event
Courses - Yellow to Brown

Registration
10:00 to 12:00 last start 12:30

Controls may be left out after the event
if anyone fancies a training run -
contact Fraser if interested.

TEAM MANAGER PAGE

Relays - JK

I have already entered 4 teams for those who said they wished to run. However, if I failed to ask anyone who is going and wants to run please contact me and I will try and enter a late team.

British

If anyone is making the journey south and wants to run in an FVO relay team please let me know ASAP, at the latest by 20/3/98.

TRAINING:

Beccy asked me to let you know about Tuesday evening training. This will end at Lornshill on the last Tuesday of term, i.e. 24th March. After that I think we usually meet on a Tuesday at the top University car park at 6.30 but you might be better checking with Fraser or Jonathan on this, I haven't written out the Compass sport cup results although they are on the internet, but FVO beat PO by 37 points to 19. Thanks to the very good turnout of FVO members. I think we meet WFO in the next round (to be confirmed,) but I don't know when as there isn't an obvious fixture. It'll probably be in May (after the next Newsletter comes out hopefully.

cheers

Maureen

HIGHLAND '99

Breadalbane 97 has not even been forgotten, and we're already looking for offers of help with the next 6-day.

FVO are helping with Day 1, together with PO, WFO and Cleveland.

From these clubs, the Organising Committee will be looking for:

Assistant Controller

Planner

Assistant Planner

Organiser

Assistant Organiser

they are hoping to have these posts filled by 1st April 1998, so if you want the chance of a lifetime to help as one of the day organisers for an event with 600 participants, then contact Stewart & Edith Robertson - Day Co-ordinators - Highland '99 on (01463) 811520

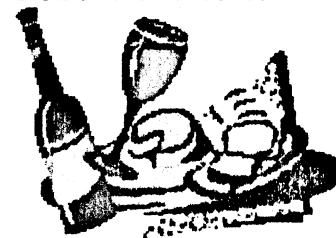
(Don't forget to let your Committee know as well!)

AGM Report

Once again the halls of Menstrie Sports Centre were filled to capacity with the enthusiastic crowds jostling to make their voices heard in the 1998 FVO AGM.

Our new Committee is headed by Beccy Osborn - Cathy having decided she wanted to spend some more time fiddling! There have been a few other moves as well - you will see the end result on the inside front page.

Once the office bearers had delivered their various reports and the trophies had been awarded, it fell to Caroline to plant her trencher deep inside the Haggis' entrails and we all got down to the very serious business of eating, drinking and talking our way through several neeps, many tatties, a few Haggis (both carnivorous and vegetarian) and several assorted containers of liquid refreshment - a good do! Roll on the next one!



What's On in and Around FVO

Mar 15	FVO C-C Barr Wood, Stirling	NS796866
Mar 21	ESOC Lothian/Borders Night Champs Cademuir, Peebles	NT250383
Mar 22	RR LOL 7 Eildon Hills, Melrose	NT570328
Mar 27	SOCIAL- Ten Pin Bowling	
Mar 29	CLYDE CATI Mugdock Country Park	NS547780
Apr 4	Mountain Biking Day - Dunkeld Area -see inside for details	
Apr 22	FVO LOCAL Plean Country Park	NS828868
Apr 25	SOA AGM Waverley Hotel Perth	
Apr 26	FVO SG3 Birnam Wood Dunkeld	NO 004410
Apr 29	FVO LOCAL Hermitage, Stirling University	NS806963
May 06	FVO LOCAL Beecraigs, Linlithgow	NS998742
May 10	SOLWAY SG 3 Mabie Forest, Dumfries	NX949711
May 13	FVO LOCAL Balefuil, Srathyre	NN558190
May 17	WFO Local Event Devilla Forest, Kincardine	NS950880
May 20	FVO LOCAL Barrwood Stirling	NS796866
May 27	FVO LOCAL Touchmolar Cambusbarron	NS748916
Jun 03	FVO LOCAL Gartmorn Dam + BBQ	NS912940
June 06	Scottish Champs, Darnaway, Forres	NH994550
Jun 07	Scottish Relays Anagach, Grantown	NJ036628
Jun 10	FVO LOCAL Abbey Craig Stirling	NS808958
Jun 17	FVO LOCAL Dollar Bank	NS963993

Just Think -

If you haven't paid your membership fee for 1998,
this will be your **LAST Forth Columnist!**