

# THE FORTH COLUMNIST

Issue No. 126

May / June 1998

Wasn't it a lovely day at Birnam?

The editorial feet didn't even get wet! - Sat in the van doing entries! We were well situated for the main entertainment of the day - watching poor souls struggling (sometimes in vain) to surmount a vicious exit from the car park - not helped by a wee shower of rain either. The main highlight was watching two 4x4s (a Honda and a LandRover) both fail abjectly - at one point three of the LandRover's wheels were spinning!

Those who helped push, shovel gravel and pacify the drivers deserve special mention.

Anyway, while sitting there waiting for an errant vehicle to visit us head on, I got to thinking about the entries we'd had.

It occurs to me that there's nothing quite so useful as a Standard Entry Form for ensuring ease of transferring the entry details.

There's only one thing less useful and that's the variety of DIFFERENT Standard entry forms in use - I did a quick count and about SEVEN variants came up, plus several 'home made' SEFs - there are BOF ones, Compass-Sport ones, SOA ones - the most helpful of all is the SOA SEF - it has a nice logo of a thistle right in the middle of the space where you want to write the ENTRY FORM NUMBER!

Still - I suppose a bit of variety never did any harm!

Yours grouseingly

Ed

## FVO COMMITTEE 1998

PRESIDENT	Beccy Orborn	First Floor Flat 27 Cowane Street Stirling, FK8 1JW Tel: (01786)471270
VICE PRESIDENT	Rona Molloy	Linlithgow 01506 842857
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## PRESIDENT'S COLUMN

*I hope everyone had a good Easter, even those who like myself travelled down to the JK to find that Sundays race was disappointingly to be cancelled. What's more this was the second week in a row with a cancelled race! However, our Scotlandsgaloppen at Birnam went ahead and went very well with an excellent turnout, and only a minor car parking problem! Thanks to everyone who helped. It was good to see so many club members there. Especially thanks to Jim McGroarty for all his effort organising; Jon Cross for planning; Jim Heardman for controlling; and Sandy and family for doing the entries and results. I feel I know the area pretty well now, having drawn up over half the maps!*

*Our last colour coded at Barrwood was also a great success with nearly 200 people turning out. Thanks to everyone who helped on the day and especially to Fraser for doing all the organising and planning. It was good to see a good number of people at the first Wednesday evening event at Plean, and I hope everyone will be able to come along to some or all of them.*

*On the social side, Graham organised a highly enjoyable and popular ten pin bowling evening, complete with prizes and medals. Don't forget too, that every Wednesday we meet for some food, drink and chat at the Cross Keys in Alva. Thanks very much to Steve Barrett, for putting on a very informative mapping afternoon at Minewood. I certainly learnt a lot and discovered that mapping is not something that can be done in five minutes!*

*Following from my comments in the last newsletter, at the recent SOA AGM, it was decided that the midland area of clubs (FVO, PO and WFO) should not be disbanded yet, but that all clubs should be consulted more widely and all the options looked into fully. It was decided that an area representative from each of the four areas should sit on the SOA executive committee, which meets 6 times a year. Most of these were elected at the AGM, but Midland area is still needing someone. If anyone thinks they may be interested in this post, please contact me initially.*

*Now a plea for some volunteers! Our next large event is a colour coded on September 20th (the day after the FVO dinner dance) in the Trossachs, and we are still looking for an organiser (and controller) to continue with the organisation of this event. At Highland 99 we will be helping on Day 1. One of the major officials is still needed (an organiser or assistant organiser for day 1). Looking even further into the future in 2000 we are putting on the individual day the Scottish Champs, on a hopefully extended Touch. This will be a large event in which the organisation process is already underway, so we are already looking for planners and organisers etc. If anyone is willing to take on any of these positions please get in touch with me. We are also now looking for a junior development officer for the club - please see the advert later on in the newsletter for details.*

*Finally, I hope everyone will turn out to the Scottish Inter club champs at Devilla on May 17th, and well done to people who ran at Gullane to win that round of the Compass Sport Cup - next round is likely to be in the Trossachs in September. Beccy*

## TEAM MANAGER PAGE

### Scottish Relay Championships

These will be held at Anagach, Grantown on Spey on 7th June.

The closing date for entries is 8th May, so please let me know by Wed 6th

May at the latest if you want a run.

As decided at the 1998 AGM, the club will fully subsidise Junior entries and HALF of the Adult fee for the Scottish Relays.

### Compass-Sport Cup

Having beaten Perth Orienteers in the first round, we now have to meet West Fife in Round 2. Due to problems in finding a suitable fixture, we've decided to hold this at the FVO event at the Trossachs on 20th September. The winner of the ESOC/Interlopers clash will compete against us at the same event. If we manage to win these rounds, then we will go through to the final which is somewhere in the North of England on 18th October.

This means not drinking too much at the FVO 25th Anniversary celebrations the night before!

### Club Coaching Day

In response to requests from beginners and others wanting to learn new techniques, or improve what they've learned before, it's proposed to hold a coaching day on Saturday 16th May - come any time between 12.30 and 3.30 pm. Exercises to suit all abilities and experienced orienteers on hand to help with the coaching - everyone is welcome.

The venue will hopefully be Barr Wood, but phone me to check, or else look out for information sheets at the Wednesday Evening events.

Maureen

### LATE NOTICE:

17th May

Scottish Inter Clubs Championships - First Round Tie

Location - Devilla Forest

Parking - Police College

Full C-C Event Starts 11.00 to 2.00 pm

## Jan Kjellström - 1998

This year's JK was held in Dolgellau, with just over a dozen FVO members making the trek to Wales for the Easter weekend.

Accommodation was at a premium in the area, with some members taking to an outbuilding of Transfryn nuclear power station for shelter, warmth and a curious glow each night!

The weather served to play its own unique role in the event, with many sunny periods during the day, followed by up to three inches of snow during the night.

Day 1 involved a 2km walk to the assembly area, and an orienteering area of open hillside with gorse, heather and grass, and some mature areas of deciduous woodland and much-feared rhododendrons.

There were few grumbles about Day 1, though the printing of the map left much to be desired: the contours and overprinting merging into one morass of colour.

Day 2 dawned clear and sunny (except in Jonathan's car, where there was a small avalanche and freezing cold rain), with the surrounding hills cloaked in white. Initially it was feared that there was a well-orchestrated and elaborate hoax in motion, but much to the astonishment of recent arrivals in the car park, all courses from the red start (longer course), were indeed cancelled due to the "bad weather". An organiser's nightmare: with fresh snow, and 6 degrees of frost overnight, they had elected to cancel all courses from the red start for fear of somebody slipping (that and the water for the drinks stations had frozen solid!). They did permit competitors to collect their map and run the least affected parts of their course non-competitively, however.

The JK prizes were awarded on the basis of Day 1 results where only one day of competition had taken place. Notable FVO results included Peggy Chambers finishing 3<sup>rd</sup> on W21L, and Hilda Astbury taking 3<sup>rd</sup> place on W70L. Steve Nicholson managed a creditable 4<sup>th</sup> place on the Day 1 short race.

Day 3 saw hot competition for places on the relay teams. In the end, the team compositions were as follows:

**Men's Open** - 23/56

Steve Nicolson, Ben Stansfield, Fraser Purves Jon Cross

**Men's Short** - 81/110 non-comp

Kevin King, Doug Flint, Jonathan Oxley

**Women's Open** - 16/35

Cathy Tilbrook, Beccy Osborn, Peggy Chambers

Penny Hicks ran solo for the Women's Short team, finishing 46<sup>th</sup> out of 63 teams.

The relay event went smoothly enough, with only a handful of controls shedding their paper control codes in the rain. Staying upright in the assembly field in a sea of mud and hailstones proved an interesting challenge for some, but those seen equipped with black suede moccasins seemed to be at a distinct disadvantage. The car park fields proved almost as slippery when wet.

*Jonathan*

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### **Just the Job!**

**SOA Area Representative**

The SOA have streamlined the Executive Committee, and are looking for an area representative from each of the Scottish Areas: East, West, North, and Midlands. FVO is incorporated in the Midlands Area along with Perth Orienteers (PO) and West Fife Orienteers (WFO). Between the three clubs, we need to provide one candidate for the SOA Executive Committee.

The role is to keep area clubs informed of developments, but also to provide areas with a strong voice in the Scottish Orienteering Association. The Executive Committee meets in Perth on six Saturday afternoons a year.

Please contact Beccy if you are interested (01786-471270).

## **SITUATIONS VACANT:**

**Wanted: Junior development officer**

Forth Valley Orienteers is looking to appoint a Junior Development Officer to promote and develop orienteering amongst schools and youth groups within the Central Region. Approximately 4 hours work per week (often during school hours). Annual salary £1000 and reasonable expenses up to £500 (post for 12 months initially)

If you are interested please contact Beccy Osborn for a full job description by 30th May. Tel 01786 471270, email: [ROsborn420@aol.com](mailto:ROsborn420@aol.com). Address: 1st Floor flat, 27 Cowane Street, Stirling FK8 1JW

### **Officials for Junior Home International.**

**Wanted: Relay Event Organiser and Planner required asap**

- also a few helpers on the day.

Date: Oct3/4th - event centre at Glenmore Lodge, Aviemore.

Contact Brian Bullen (as below) or Ian Turner - Soa Competitions Secretary.

**Wanted: Administrative Assistant for SOA Performance Committee.**

As the new Chair of the newly constituted SOA Performance Committee one of the first copted appointments which must be filled is of Administrative Assistant. Someone based in central Scotland would be idea for most meeting will be centrally located.

The tasks are main admin and communication, such as taking meeting minutes, dealing with correspondence (access to email an advantage), arranging meetings, and helping with liason with Sports Council and other organisations. It should amount to no more than a few hours a week.

Please contact Brian Bullen, 01786 467256, (email: [soa-performance@post.uk.com](mailto:soa-performance@post.uk.com)).

**Wanted: Officials for Performance Committee.**

Volunteers for two key officials are also being sought - but not specially from central region. One is an admin post, Coaching Convenor. This is suitable for anyone with a telephone ! There are a smaller number of defined tasks, which possibly attendance at a BOF coaching committee once a year.

The other requires a more active outlook, that of "National Coach" !

The person concerned should have significant experience of the sport, but we are prepared to consider a less experienced candidate with a commitment to develop their potential as a coach, or an interim candidate to help prepare the case for funding a part time post.

## Mapping Committee Report

The mapping committee are actively engaged in ensuring the club has an accurate, up-to-date set of maps, whilst with an eye to the future, identifying new areas suitable for mapping.

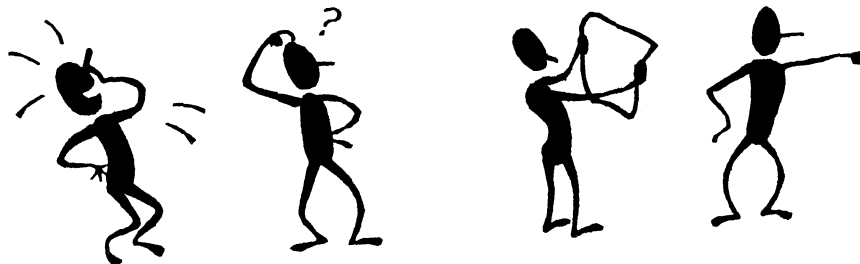
With the purchase of OCAD mapping software, many of the smaller areas are being converted into digital form. Already, Abbey Craig has been digitised and re-surveyed, whilst Callendar Park, Minewoods, Laigh Hills and Alva House Estate have been digitised, and are awaiting re-survey work.

We are also looking at possible areas for the 2000 Scottish Orienteering Championships, which may mean updating or extending an existing map, or indeed, locating a new area.

We are always interested to hear of other new areas which may be suitable for mapping. Already we have received suggestions including Bo'ness Kerse and Polmaise Wood.

The Mapping Committee also organised a short course in orienteering surveying, which took place in sunlit Minewoods recently. The course demonstrated how to check the position and size of features, and the role of artistic licence to ensure orienteers have a clear picture of the ground from their map.

*We are grateful to Stirling Surveys for the loan of some of the equipment.*



## Forthcoming Socials

### **Dinner Dance    A note for your diary**

The dinner dance has been booked for the 19 September 1998 at the Stirling Management Centre. This will be the 25<sup>th</sup> Anniversary Celebration of the founding of FVO. More details will be announced in the next newsletter.

### **German Beer Evening (Especially for Mark and JC)**

Renowned throughout the world for its beer this is the opportunity of a lifetime. With sampling notes and advice from Heike and Brian this is too good a chance to miss.

When -            Friday 8<sup>th</sup> May 1998  
Where -           The Stirling Merchant  
Time -            7.30pm

### **Another Biking Away Day -        Feshiebridge to Blair Atholl**

This time we're going further afield and a little bit harder (well a lot harder.) Leaving Feshiebridge you will cycle up the majestic Glen Feshie traverse along Geldie Burn and then amble down Glen Tilt into Blair Atholl. This is a one way route so those wanting to go please let Graham (01259 769627) know early on so that he can sort out the travelling arrangements. This will be a full day cycle and with luck a good night in Blair Atholl afterwards. Fraser - remember to bring the keys to unlock the bikes from the top of the car this time!.

When - 23<sup>rd</sup> May 1998  
Exact Location and Time to be Confirmed  
Please phone Graham.

### **BBQ**

Fraser and Peggy will be hosting the alchopop BBQ on Saturday 13<sup>th</sup> June 1998 at their pad in Menstrie (Bottom right from Mary Cram). Participants are reminded that the minimum entry is two exotically flavoured "pops". If last years bash was anything to go by it should be an entertaining evening, I can't wait to here Jonathan Oxely's impersonation of Sean Connery again-NOT.

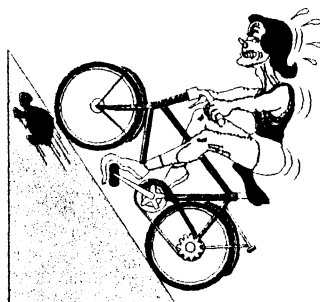
## THE DUNKELD CYCLE

One wet, stormy day in April four gallant orienteers, cleverly disguised as mountain bikers, set off from a woodland location in deepest Dunkeld, there objective to see the beautiful Loch Ordie. Undeterred by the weather they furiously cycled up hill and down hill with only the occasional stop for a snowball fight, drink of juice or just a breather. As they rode deeper into the hills, the rain lashing against their faces, they fought up the final rise to behold one of those wild sort of views all saying in unison "This would be spectacular on a lovely day". Sheltering behind a stone cairn they munched hungrily at their sandwiches before setting off on their speedy descent. Once some warm, dry clothes were donned they set off for the local coffee shop where they all had lots of hot chocolate and other goodies as they reminisced of what everyone else had missed. Look out for future mountain bike days out, they really are good fun, honest!!

*Graham*

## ALLOA HALF MARATHON RESULTS

<u>Name</u>	<u>Time</u>
Jonathan Oxley	1.26.24
Doug Flint	1.36.41
Lynda Woods	1.37.18
Graham Martin	1.37.44
Jayne Martin	1.55.11
Cathy Tilbrook	1.56.10

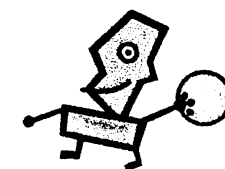


## Ten Pin Bowling Challenge Report and Results

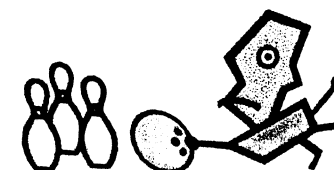
Bowls! and loads of them too. Twenty two, yes twenty two turned up on time for the inaugural Ten Pin Bowling Challenge. It seemed more like a colour coded than an FVO social. Tactical play and drinking was abundant throughout the evening. The two games and three drinks was an overwhelming success. Mark Grant made the early running (drink) closely followed by Jon Cross (drink) only to be well skelped by Fraser (bowling) later on in the evening.

The results were as follows:-

- |                             |  |
|-----------------------------|--|
| 1. Needs More practice      | <b>Elizabeth Sinclair</b>                          |
| 2. Most Original Technique  | <b>Cathy Tilbrook</b>                              |
| 3. Most Entertaining Player | <b>Beccy's Mum</b><br>(two falls and a submission) |
| 4. Best Lady                | <b>Mary Cram</b>                                   |
| 5. Best Man                 | <b>Susan's Man (Ally)</b>                          |
| 6. Overall Top Dog          | <b>Fraser Purves</b>                               |



Many thanks to all those who turned up and had really good fun.



## Feeling Fit?

Why not help out Alzheimer Scotland (Action on Dementia) Alzheimer Scotland are organising their 10th Annual Sponsored Walk along the West Highland Way and are looking for Volunteer Walkers

Dates are 9th - 14 May or 19 - 24 September.  
It may be a bit tight for the May event but give September a thought!

If interested, please contact Douglas Baird on (0131) 225 7650 or contact Susan (01259) 213310 who has a copy of the details.

# What's On in and Around FVO

May 06	<b>FVO LOCAL Beecraigs, Linlithgow</b>	NS998742
May 08	German Beer Evening - "The Stirling Merchant"	
May 10	SOLWAY SG 3 Mabie Forest, Dumfries	NX949711
May 13	<b>FVO LOCAL Balefuil, Srathyre</b>	NN558190
May 16	<b>FVO Club Coaching Day - Barr Wood</b>	

May 17	<b>Scottish Inter Club Champs</b> Devilla Forest, Kincardine	NS950880
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May 20	<b>FVO LOCAL Barrwood Stirling</b>	NS796866
May 23	<b>FVO Biking Away Day - Feshie Bridge</b>	
May 27	<b>FVO LOCAL Touchmolar Cambusbarron</b>	NS748916

Jun 03	<b>FVO LOCAL Gartmorn Dam + BBQ</b>	NS912940
June 06	Scottish Champs, Darnaway, Forres	NH994550
Jun 07	Scottish Relays Anagach, Grantown	NJ036628
Jun 10	<b>FVO LOCAL Abbey Craig Stirling</b>	NS808958
Jun 12	Scottish Schools Festival(CUNOC) Kilwinning	NS320421
Jun 13	<b>F&amp;P Alcopop BBQ Menstrie</b>	
Jun 17	<b>FVO LOCAL Dollar Bank (Last before summer)</b>	NS963993

Aug 2	AROS C-C Strathmashie	
Aug 15	INVOC SG4 Drumashie	NH651352
Aug 16	MORAVIAN Bull Trophy Lossie, Elgin	NJ262687
Aug 26	FVO Evening Events re-start Laigh Hills	NS783015

Sep 06	ESOC SG5 Craig a Barns, Dunkeld	NO027447
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Sep 19	<b>FVO 25 Anniversary Dinner Dance</b>	
Sep 20	<b>FVO C-C Trossachs</b>	

Sep 27	STAG SG 6 Leachdann Tom-na-Croich	NO490995
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