

THE FORTH COLUMNIST

Issue No. 129

November / December 1998

Editorial

Well, that's us at the fag-end of the year!

The Dance is over, the Club Champs have been run and awarded (What a smashing day it was too!) and the Scotlandsгаллоппен (never remember how many l's and p's in that **** name!) series is drawing to a close.

Look at the fixture list - nothing in sight till 1999? Where does all the orienteering go?

The picture might be bleak if we didn't belong to the best club in Scotland with a rich and varied social scene... so we're off to Glenmore next weekend for a couple of days physical masochism!!

We've even done a bit of practising - took the bikes round a water-logged course at Beecraigs -- Oh for comfier saddles!

You'll see there are three major FVO socials in December -I'll probably be at TWO of them - December's not a month for excessive exertion!

Anyway, Seasonal Affective Disorder has taken hold - I'm off to hibernate till the next Newsletter's due - If you've any party tricks, tall tales or odd odes you'd like to share with the rest of our lunatic fringe, please let me have them by 11th December for our Bumper Christmas Issue.

We're expecting a major contribution from the Social Secretariat - best wishes Jayne!

Ed

FVO COMMITTEE 1998

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EDITOR	Sandy Sinclair	118 Claremont Alloa, FK10 2EG Tel/Fax 01259 213310 [Sinclairs@msn.com]

PRESIDENT'S COLUMN

I hope everyone enjoyed the 25th Anniversary dinner as much as I did. It was good to see so many people there. Thanks very much to Graham for organising it and to Brain Porteous for giving us a very good after dinner speech.

The club champs, which this year we had in October, went very well and those that turned up enjoyed a lovely sunny morning on Airthrey castle. Thanks to Ben and Josie for organising and congratulations to all trophy winners.

Thanks to everyone who organised Wednesday evening events in the second series, which included newly mapped Laighills and Alva woods. Unfortunately, the event at South Achray had to be cancelled on the evening due to torrential rain and flooding in Aberfoyle. It was virtually impossible to get a car to the meeting place at David Marshall Lodge, although I managed it (just!). However I couldn't face driving back through the floods so left my car there and escaped with the Porteous family, across a rapidly disappearing footbridge. On driving to Stirling we met Jon broken down by the road awaiting the AA! Having eventually arrived home, we had a knock on the door just before midnight - the police had been looking for me because my car was left in the car park - oh dear!!

Anyhow, the event at the Trossachs was infinitely more successful and we were blessed with one of the hottest days of the summer. It was lucky it was dry as the first vehicle in the field a couple of days before the event (the toilet van) got stuck!! A big thank you to everyone who helped on the day and for struggling out of bed with hangovers from the dinner the night before. Especially thanks to: Brian Porteous for planning some good (and long!!) courses; Rona and Jonathan for doing the results; Susan for doing the string course and John Emeleus from CLYDE for controlling.

Events coming up include a come and try it event with the launch of the new permanent course at Abbey Craig on February 21st. It is likely we will be helping to organise the Lothian O-league at Kinneil on January 17. As usual I am on the lookout for organisers and planners for events- we are putting on the scottish night champs next November and need an organiser and planner and we are still looking for an organiser for the Scottish Champs 2000. Training has started again this time on a Monday night at Lornshill gym and there are still the Wednesday and Thursday runs (see later for details).

Beccy

Don't forget to check out our FVO WEB PAGE:
You can find us on <http://www.scottish-orienteeing.org/fvo/>

Scottish Inter- Club Competition Final 1998

This will be held at the Scottish Score Championships at Craig Vinean (Dunkeld) on 22nd November. This is a 3-way tie between FVO, ESOC and GRAMP in the large clubs competition. The small clubs competition will be held at the same time between CUNOC, STAG and MAROC.

Pre-marked maps are provided at this event and there will be no entry on the day, so if you want to run, you must pre-enter (see below of "Score" magazine) by 6th November at the latest. As this is the Scottish Score Champs and not the usual colour coded event, the rules are different:-

Team	Course	Time	Classes	No of Counters
A	A	70mins	M21	3
B	A	70mins	M20, M35, W21	3
C	B	60mins	W18, W20, W35	3
D	B	60mins	M18, M40-55	3
E	B	60mins	W40-50, M60	3
F	C	60mins	W16, W55+, M16, M65+	3
G	D	40mins	W14, M14	3
H	D	40mins	W12 -, M12 -	3

(In a Score event the map is overprinted with all the controls, which you can then visit in any order within the time limit for your course as in the above table. Each control is worth a certain number of points and the competitor with the highest score wins.)

If we're going to have any chance of retaining this trophy, then we'll need as many people as possible to run.

Please pre-enter stating your age class and enclosing a cheque (payable to West Fife Orienteers) to: Les Smithard, 150 Langton View, East Calder, West Lothian. (01506 494360) by 6th November. Seniors £6.00, Juniors/Students £3.00. Please enclose 2 SAE's.

FVO Training Evenings

Yes, once again those long winter nights are drawing in and the **Indoor Training** has started again. So for any one interested, it takes place on Monday evenings between 6 & 7pm at Lornshill Academy, Alloa. (contact Maureen for further details)

There is also the regular Wednesday evening runs from just up the road from the Meadowpark pub in Bridge of Allan starting at 6.30pm and on Thursdays from the top Gannochy Sports Center carpark at Stirling University also starting at 6.30pm.

FVO CLUB CHAMPS 1998

Winners:

Men: Fraser Purves

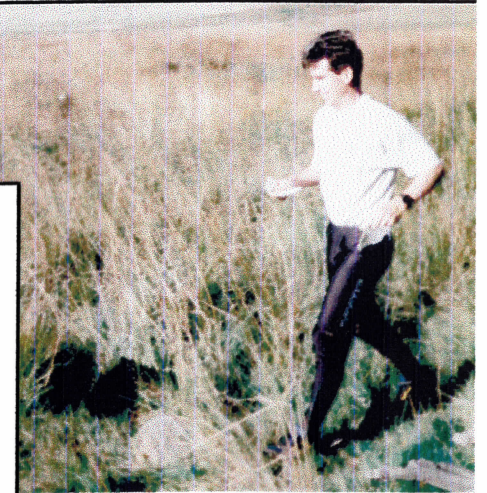
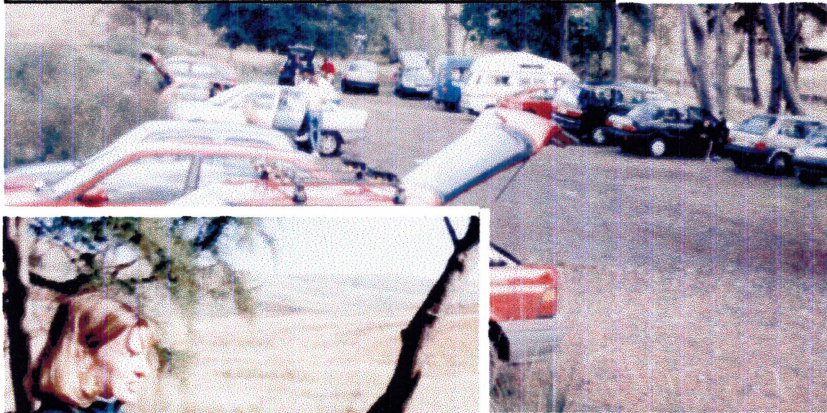
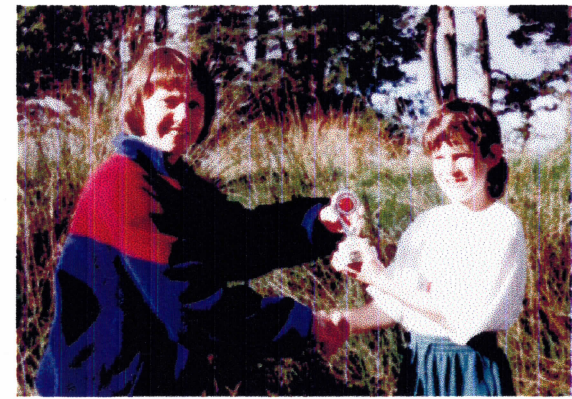
Women: Beccy Osborn

Vet woman: Maureen Brown

Vet men: Gareth Bryan-Jones

Junior Girls: Victoria Longhurst

Junior Boys: Kyle Heron



Compass -Sport Cup 1998

FVO competed against West Fife and interlopers in the competition which was held at the Trossachs on 20th September.

In spite of the disadvantage suffered by FVO members who had dined, wine and danced into the small hours the night before at the 25th Anniversary dinner dance, we did well to beat WFO by 41 points to 6 (only 3 of their members completed their course - what were they doing the night before?) However, when we scored against Interlopers, we were narrowly defeated by 32 points to 28.

They had decided that they wanted to be the first club to win the trophy twice and brought out all their big guns, so we did well to come so close. In the event, Interlopers were defeated in the final in N.E. England by CLARO (the small club with the big attitude) by the same margin - 32 points to 28. Thanks to all the FVO members who negotiated the tough courses and scored points, to Brian Porteous for planning the courses and to Mary Matthews for helping me down the precipice!!

Home Internationals

Several club members represented Scotland during the last two months at the various Home Internationals.

In the Seniors competition, held in Yoorkshire on 12/13/Sept, five FVO members were in the Scottish team - Beccy Osborn, Rona Molloy(W22), Hazel Dean (W35), Lisa Brown (W20) and Stephen Porteous (M20).

Scotland came a very close second to England, only 14 points behind. Three FVO members took part in the Junior Home Internationals on 3/4 October in Speyside - Lisa (W18) and Douglas & Stephen Porteous (Both M18).

Scotland again came second to England. Fraser Purves planned the Relay competition and the event used electronic punching for the first time, with help from Brian Bullen.

The Veterans Competition took place in Wales on 10/11 Oct. Scotland came second to England yet again, with help from Martin Dean (M40) and Hilda Astbury (W60). Lisa competed a hat-trick of Internationals when she took part in the '6-Nations Cup' - a Junior International against European countries, which took place in the SE of England on 10/11th Oct. Britain came second, only 1 point behind Switzerland.

Maureen

Club Run

Come along to Beecraigs Country Park on Sunday 6th December to the Balvormie Carpark at 10.30am for a training run.

Various routes for all abilities planned and should all be on paths and tracks.

SOCIAL SCHEDULE

FVO Christmas Meal

The festive season is upon us once more and so is the FVO Christmas Meal. This year it will be at the Cross Keys in Alva on Wednesday 2nd December starting at 8pm. If you want to come along then contact Graham ASAP to book your place on 01259 769627.

Beauty & the Beast

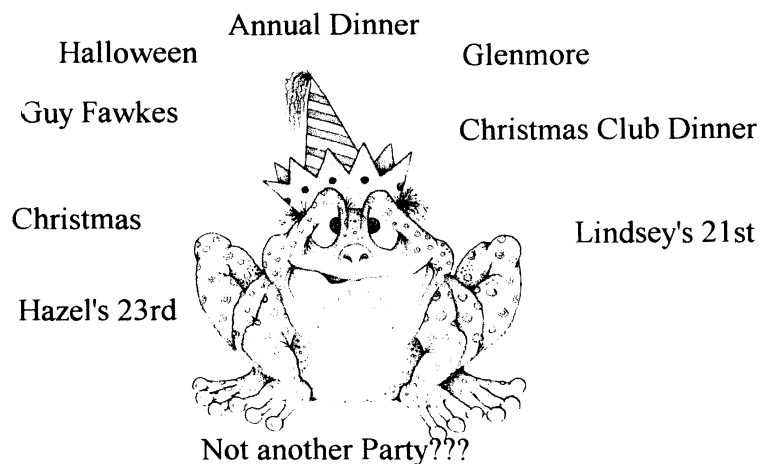
This year the MacRobert theatre at Stirling University is staging Beauty and the Beast as their Christmas show. If any one is interested in going on Monday 28th December (7.30pm) then contact Susan Sinclair on 01259 213310 before Wednesday 18th November. Tickets cost £8.50 for adults and £5.50 for concessions.

Glenmore Training Weekend

Final details will be enclosed for the 27 people who are going on the weekend of 7th & 8th November. If you have any further questions or queries then contact Graham Martin on 01259 769627.

FVO Annual General Meeting.

The AGM and Burns Supper will be held on Friday 22nd January 1999 in the offices of United Distillers in Menstrie (Thanks to John Brown). Further details in the next newsletter.



JUNK-BOX

Controllers' Courses

There are Controllers' Courses taking place on the weekend of 14th & 15th November for grades 1, 2 & 3 controllers'.

The Grade 1 course is taking place at Achray Forest with an overnight stay in Aberfoyle. The Grade 2 course is on Saturday 14th and will be near Aboyne using Ballogie Forest, and the Grade 3 course is also on the Saturday and will be near Perth and likely using Kinnoull Hill Forest.

Any one interested please contact Evelyn Hall with out delay on 013398 84332.

Heart of the Matter

The club is considering purchasing a heart rate monitor and down loading software for club members to use. However we would like to find out if any one would be interested in using this facility. If any one has any comments please contact a member of the committee with your views.

FVO Equipment Amnesty

Does anyone reading this have any FVO equipment lurking about in their garages/sheds/spare rooms etc.? If you do then please can you return it to Maureen Brown ASAP as we are in the process of making up an upto date inventory and need to know what needs to be replaced etc. Thankyou

Situations Vacant

LOL at Kinneil Woods

FVO have been asked to help with LINOC's LOL at Kinneil on Sunday 17th January '99 so we are looking for officials and helpers for this event.

Scottish Night Champs '99

It is FVO's turn to organise this event and we are looking for an Organiser/Planner to look after the event. It will be held on 13th November '99 and the area to be used will be close to the Stirling area.

Scottish Championships 2000

FVO are staging the Individual Day on 27th May 2000 and the relays are being organised jointly by WFO and PO. We are only looking for an Organiser for our day as all the other officials are in place: Controller - Jim Heardman, Planner - Steve Barrett, Entries - Sinclairs.

If you are interested in volunteering for any of the above posts then please contact Beccy Osborn or Susan Sinclair for further information.

Thankyou

What's On in and Around FVO

Nov 07/08 FVO TRAINING WEEKEND - Glenmore Lodge Aviemore
Final details enclosed (but only if you are going)

Nov 07	INT Scottish Night Champs Glenfarg	NO133127
Nov 08	CLYDE WOSOL 5. Doon Hill + Drum Wood. Aberfoyle	NS53_99_
Nov 14/15	MAROC Day/Night Double Ballogie, Aboyne	NO600975
Nov 22	WFO SCORE CHAMPS Creag Vinean, Dunkeld	NO002446

Dec 02 FVO Christmas Meal - Cross-Keys, Alva (contact Graham to book)

Dec 06 FVO CLUB RUN - Beecraigs Country Park 10.30am NS998742

Dec 28 MacRobert production of Beauty & the Beast - 7.30pm

Jan 22 FVO Annual General Meeting - Offices of United Distillers - Menstrie

Feb 21 Abbey Craig Permanent Course Launch/Local Event NS808958

OUCH!

If you're unfortunate enough to damage yourself, remember that FVO are members of the Stirling Sports Medicine Centre at Rainbow Slides Leisure Centre, Stirling, and accordingly members get discount on treatment fees.

The current rate is £6.75 for adults, and Juniors are treated free.

You can contact them on (01786) 462521.

Our Membership No is 320

*The Copy Date for the next issue of the Forth Columnist
is Friday 11th Dec '98.*