

# THE FORTH COLUMNIST



Issue No. 130

January / February 1999

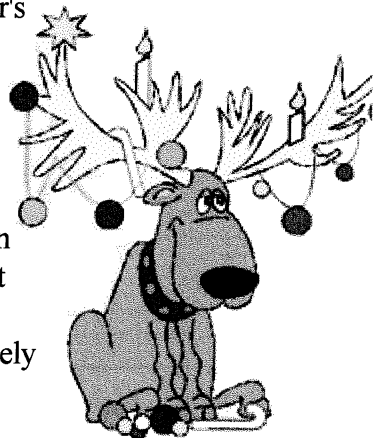
## Editorial

I've seen the future!

Up at Glenmore twenty-odd of us spent a day trying out the new Achlean map (what a smashing area!) and at the same time, trying out the new (at least to us) electronic tagging of offenders.

Once you got the hang of where to hold the Tag, all you had to worry about was how to find the next control (it was then that the difficulties started - although these were of short duration - some members found it awkward to have the Tag 'oriented' at the right angle to fit into the Trestle. Once that was mastered, the rest was easy!

I can see the advantage of eventually, our (your) BOF membership entitling you to a personalised O-Tag to be used at all events (probably in about 5 years or so when the cost comes down a bit!) although the logistics of supplying replacements on the day of the event for lost / forgotten tags will be just another organiser's nightmare! There is too, a danger that we further split the sport into the elite and 'fun' runners, isolating the fairly large number of family units or 'come and try it' orienteers from 'Big' events - That's a major danger in these days when we're fighting hard to maintain our 'stock' of juniors and transfer them to adult orienteers!! However - that's in the future, and maybe a different debate - meantime - I definitely like the system !



Merry Christmas!! - Ed

## FVO COMMITTEE 1998

PRESIDENT	Beccy Osborn	First Floor Flat 27 Cowane Street Stirling, FK8 1JW Tel: (01786)471270 [ROsborn420@aol.com]
VICE PRESIDENT	Rona Molloy	Linlithgow 01506 842857 [jonandronamolloy@email.msn.com]
SECRETARY	Susan Sinclair	118 Claremont Alloa, FK10 2EG Tel/Fax 01259 213310 [Susan@Sinclair74.freemove.co.uk]
TREASURER	Mark Grant	Alloa 01259 219604
COMMITTEE	Graham Martin	Alva 769627 [grahamandjayne@martin95.freemove.co.uk]
	Steve Barrett	Doune 01786 841931 [stirlingsurveys@compuserve.com]
	Jonathan Oxley	Polmont 01324 718428 [oxleyjc@btinternet.com]
TEAM CAPTAIN	Maureen Brown	Alloa 01259 213683 [MBrown1999@aol.com]
WED. CO-ORDINATOR	Beccy Osborn	as above (without an 'e')
EDITOR	Sandy Sinclair	118 Claremont Alloa, FK10 2EG Tel/Fax 01259 213310 [Sinclairs@msn.com]

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

## PRESIDENT'S COLUMN

Happy Christmas to everyone and I hope that 1999 will be a successful orienteeing year for you!

FVO managed to come second recently in the interclub champs despite the event being on a horrid part of Craig Vinean (well I thought it was horrid anyhow!). Thanks to Maureen for organising teams for this event and all the other relays throughout the year. Maureen is standing down as Team captain at the AGM, so if you go to most of the big events and are good at persuading people to run, why not get yourself nominated as the new Team captain.

In November Graham organised a training weekend at Glenmore Lodge and although I wasn't able to go I gather it was well attended and requests have been made for more weekends like this. If you're trying to get rid of that weight you put on over Christmas don't forget the training sessions - circuits on Monday nights at Lornhill gym (6 - 7pm) and a run on Wednesday meeting at Meadow park (6.30pm). Also, if you're out and about over Christmas and come across a nice area that isn't mapped and you think it might make a good orienteeing area don't forget to let us know.

The next FVO event is on Sunday 17th of January at Kinneil. It is Lothian O-League 5. Please phone myself or Penny Hicks (organiser) for more details and get in touch with Penny (01383 872577) if you are able to help on the day. (see advert)

On February 21st is the come and try it event with the launch of the new permanent course at Abbey Craig. Why not bring along some friends and introduce them to orienteeing.

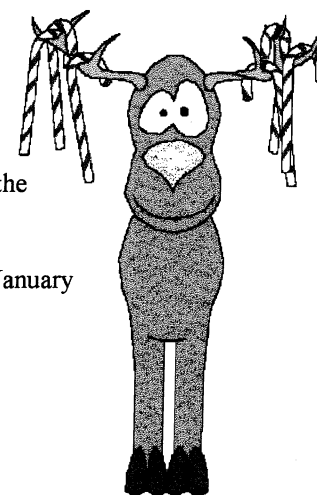
As usual I am on the lookout for organisers and planners for events- we are putting on the scottish night champs next November and STILL need an organiser and planner and we are STILL looking for an organiser for the Scottish Champs 2000. PLEASE volunteer before I have to start working my way down the membership list looking for people.

And finally, I hope to see many of you at the AGM on January 22nd. Please send all your motions and nominations to Susan.

Beccy



What's black and swings  
through trees?  
..... Tarzan's coalman!



NOTICE  
of  
FORTH VALLEY ORIENTEERS  
ANNUAL GENERAL MEETING

Friday 22nd January 1999

at 7.30pm

in the Offices of

United Distillers & Vintners in Menstrie

(thanks to John Brown & Gareth Bryan-Jones)

A copy of last years minutes is enclosed for your information.

The meeting will be followed by the usual Burns Supper to which all are most welcome.

Please can volunteers to provide food contact Susan as soon as poss.

Please bring your own drink!

We are looking for nominations for:

Post	Name	Willing to Stand Again
President	Beccy Osborn	?
Vice President	Rona Molloy	?
Treasurer	Mark Grant	✓
Secretary	Susan Sinclair	✓
Ord. 1	Steve Barrett	?
Ord. 2	Graham Martin	?
Ord. 3	Jonathan Oxley	?
Team Captain	Maureen Brown	Not standing
Newsletter Ed.	Sandy Sinclair	✓

We are also looking for nominations for the Jim Heardman Trophy which is awarded for 'outstanding contribution to the club' by an individual(s).

Please can you send your nominations (SAE enclosed) ASAP.

*How do you get four elephants in a Mini? Why do elephants wear sandals?  
....Two in the front and two in the back. ....To stop their feet sinking in the sand.  
How do you get a rhinoceros in a Mini? Why do ostriches bury their heads in the sand?  
....Chuck one of the Elephants out! ....To see all the elephants who aren't wearing sandals!!*

## CLUB CHAMPIONSHIPS

### RESULTS

Fraser Purves asked me to publish the results of the Club Champs just to prove that he wasn't the only competitor in Senior Men!!! -Ed.

So:

Category / Name	Time	Velocity (min/k
<b>Course 1 2.1 km</b>		
1. Kyle Heron (Jnr Boys Champ)	23.18	11.0
2. Susan Sinclair	23.25	11.1 N/C
3. Helen Parkinson	33.22	15.8 N/C
4. Victoria Longhurst (Jnr Girls Champ)	47.25	22.5
5. Longhurst Family	49.55	23.6 N/C

### Course 2 No Runners

### Course 3 3.1 km

1. Maureen Brown (Vet Women Champ)	34.32	11.1
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### Course 4 4.2 km

1. Gareth Bryan-Jones (Vet Men Champ)	31.33	7.5
2. Beccy Osborn (Women Champ)	41.36	9.8
3. Cathy Tilbrook	46.52	11.1
4. Gary Longhurst	50.0	N/C
5. John Brown	59.39	14.1
6. Penny Hicks	74.54	17.8

### Course 5 6.2 km

1. Fraser Purves (Men Champ)	42.52	6.9
2. Steve Nicholson	43.17	7.0
3. John Reeve	46.57	7.5
4. Jonathan Oxley	50.07	8.1
5. Neil Kitchin	56.14	9.1
6. Rupert Parkinson	57.20	9.2
7. Jon Cross	58.55	9.4
8. Paul McGreal	84.02	13.6

Thanks again to Ben and Josie Stansfield for hosting, organising ,  
planning and clearing up after - the event!!!

## Glenmore Training Weekend

The first, and certainly not the last, club-training weekend was held at Glenmore Lodge at the beginning of November and from all the comments received was a great success. A total of 26 intrepid participants took part in the various activities ranging from orienteering through to rock climbing.

Folk started to arrive at the lodge throughout Friday enjoying a pleasant drive up in the Autumnal sunshine, others less fortunate arrived later after battling their way through snow at Drumochter Summit. Some lucky members who had arrived earlier in the day had even managed an afternoon on the ski slopes.

On the Saturday morning, after a hearty breakfast, we set off for some orienteering in Achlean, an area that has only recently been mapped. A big thanks must go to Fraser Purves and Brian Bullen for organising the event so well. The forest was superb to run in and we had great fun trying out the new electronic punching. It was interesting to see the split times between controls as you could see how much time a particular mistake had cost. Traditional orienteering excuses were explored to the full.

After some well-earned sustenance in various cafes we reassembled back at the lodge for some mountain biking. The area offers routes for all standards and the local tracks and paths were fully explored. The weather was kind and the light held out for all those brave enough to try out the long course.

### 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**

By now everyone had built up a good appetite and the evening meal and glass of wine just hit the spot. Following dinner we spent the evening in the lounge reminiscing about the days events, shooting some pool and playing Jenga. One senior member found great comfort in a glass or two of double Glennfiddich's, purely medicinal of course to soothe those aching muscles.

On Sunday morning some brave souls tried out their skills on the climbing wall under the careful eye of our resident experts Heike and Brian. How can a man with vertigo scale a wall with such grace, finesse and with complete disregard for his pregnant wife!!

At 10am the relay races started and our 4 teams named originally A, B, C & D set off on their various legs. After a leisurely first run, a certain Derek Eason decided to hot up the pace a bit, initiating some frantic legs and a lot of puffing and panting. Team A raced to a well deserved victory (see results below). The course was made slightly more interesting by having to dodge the bullets of the British Biathlon Team who were indulging in a little bit of practice, they certainly were not used to moving targets in Day-Glo yellow.

That was the end of the organised events and we packed our bags and went our separate ways to spend the afternoon in the beautiful Speyside countryside.

A big thanks to everyone who took part in the weekend and I hope you all enjoyed it as much as we did.

*Graham and Jayne*

### Relay Results:

Winning Team Team A	Team B	Team C	Team D
Handicap			
B Whitworth	F Purves	S Nicholson	J Oxley
D Easton ←	B Bullen	G Martin	R Molloy
H Puchan	P Hicks	P Chambers	D Coustic
M Grant	S Clark	M Cram	D Nicol
F Clark	V Clark	S Sinclair	
40m 5s	42m 57s	41m 18s	40m 47s

## TEAM NEWS

Scottish Inter-Club Competition - Scottish Score Championships, Creag Vinean 22nd November.

Thanks to all the Club Members who come along to represent the club. I haven't seen the final results yet, so I don't know the definite scores, but we were beaten into second place by Grampian, and ESOC came third.

### JK Relays

SE England, 5th April 1999

If anyone is going to the event and would like a run, please let me know as soon as possible, as the closing date for entries is sometime in February.

### Compass Sport Cup 1999

This is one for your new diaries as the first round isn't until 18th April. It takes place at the Lothian O-League event at Dalkeith Country Park.

I'm standing down as Team Captain at the AGM, so there's a great opportunity going for anyone out there who would like the job. It's a good way of getting to know other club members. It also helps if you're not afraid of nagging people to take part in relay teams and inter-club competitions (although asking nicely works with most of them!)

Maureen Brown

### CIRCUITS:

Fight the Festive Flab! - Circuits re-start on Monday 11th January at Lornshill 6:00 - 7:00 pm. ALL WELCOME!



**Snippet** - I hear on the grapevine that the ranks of FVO will soon be swelling once more (sorry about that!) as another family unit is scheduled to arrive sometime next year!

## CONGRATULATIONS!

Special congratulations to Lisa Brown - not only did she receive the Junior Sports Award from the local newspaper, (Lisa is seen here receiving her award from Wee County News MD Graham McMurdo) but she also scooped a sizable lottery grant to help offset the costs of training next year.



Congratulations are due also to her mum, who reportedly braved the rigours of a mammoth form-filling exercise to support Lisa's application.

Well done you all!

Electric Christmas tree lights were first used in:

- A) 1944
- B) 1895
- C) 1976
- D) 1492

Which name does not belong to one of Santa's reindeer?

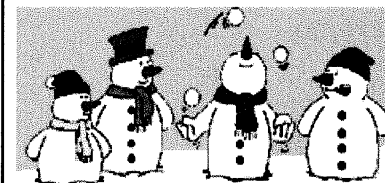
- A) Comet
- B) Prancer
- C) Blitzen
- D) Klaxon

The name of Scrooge's deceased business partner in Charles Dickens' "A Christmas Carol" was:

- A) Bob Cratchit
- B) Jerry Cornelius
- C) Bill Sykes
- D) Jacob Marley

According to the song, Frosty the snowman did not have which of the following features?

- A) A corn cob pipe
- B) A button nose
- C) A bright red scarf
- D) Two eyes made out of coal



# FORTH VALLEY ORIENTEERS PRESENTS LOTHIAN O-LEAGUE 5

on  
**Kinneil Wood**

**Date: Sunday 17th January**

Courses: White, Yellow, Orange, Light Green, Green, Blue, Brown  
and String Course

Map: 1:5,000  
Registration: 10am - 12am  
Starts: 10.30 am - 12.30 am.

Terrain: Fast runnable forest with areas of open.  
Cost: Seniors £3.50,  
Juniors and Students £2.00,  
White and Yellow £1.50.  
String Course free.

## Directions and Parking:

In Bo'ness follow signs for Kinneil House.  
The event will be signed from the A993.  
Parking at GR NS984805.  
It is likely there will be no toilets at the event.

Organiser: Penny Hicks (FVO)  
Planner: Maureen Brown (FVO)  
Controller: Doug Wood (FVO)  
Enquiries: Penny Hicks(01383) 872577  
or Beccy Osborn (01786) 471270

## JONATHAN'S JUNK-BOX

*Did you Know?*

*"The law is an ass" - do you know how this saying came about?  
Perhaps some of the following current laws will make you think....*

- \* *It is illegal for a single woman to parachute on a Sunday afternoon in Florida.*
- \* *An Englishman can still shoot a Welshman with a bow and arrow within the city walls of Chester.*
- \* *In Colorado, you need a small game licence to possess a mousetrap.*
- \* *It is illegal to eat Mince Pies on Christmas Day in one English town.*
- \* *In Kansas, if two trains meet at a level crossing, they should both stop, and neither start until the other has gone.*
- \* *The same state forbids a public exhibition of the eating (or pretending to eat) snakes, lizards, scorpions or tarantulas.*
- \* *A pregnant lady in England can legally relieve herself in public by using a policeman's helmet. (That'll be of considerable interest to more than one member in the Club!)*
- \* *Kentucky laws forbid driving whilst asleep!*

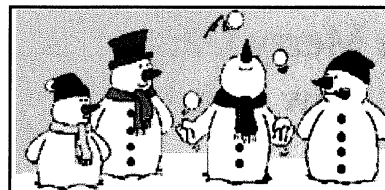
## Household accidents

*(Or - 'So you think the Roads are Dangerous!')*  
*Number of reported accidents in 1997 involving:*

Carpet	7126
Cotton buds	413
Socks	343
Photos	141
Toilet roll	22

*FOR SALE  
Pedigree Bulldog.  
House Trained. Eats anything.  
Very fond of children.*

*Answers on a postcard for the most bizarre accidents involving household items to the editor!*



*Think of the numbers two, four, seven, and eight... now shut your eyes... Dark, isn't it?!*



# What's On in and Around FVO

**Nov 07/08 FVO TRAINING WEEKEND - Glenmore Lodge      Aviemore**

**Dec 25      Merry Christmas -**  
Come and Join Fraser, Peggy and Co  
on a fun-filled festive frolic up Dumyat -  
Meet at the top Car Park at 10:30!



**Dec 27      Christmas Pudding Skaker - MAROC - Sluie, Aboyne      NO605987**

**Jan 3      STAG Festive Clue-O Pollock CP      NS563620**

**Jan 10      STAG Norwegian-O - Tolcross Park      NS638637**

**Jan 17      FVO LOL-1 Kinneil Woods**

**Jan22      FVO AGM -**  
**United Distillers& Vintners offices -**  
**Menstrie 7.30 pm**

**Jan 24      STAG Pictorial-O Bellahouston Park      NS546639**

**Jan 31      STAG Antique-O Cathkin Braes Park      NS615583**

**Feb 21      Come and Try It - Abbey Craig - Launch New Permanenet Course**

**Mar 14      CLYDE SG1 Balmaha      NS42791?**

**Mar 28      INTER SG2 - Uath Lochans Kingussie      NH836038**

**Apr 2- 5      Jan Kjellstrom Weekend**

**Apr 21      FVO Evening Events start - Plean Country Park**

