

THE FORTH COLUMNIST

Issue No. 131

March / April 1999

Editorial

Spring is here - the weather's been mild for weeks, and the evening events are about to start again. That's why, on the day of the launch of our new Abbey Craig permanent course, we had sun, then a howling gale, then hail and snow showers!!! However we disposed of a couple of dozen map packs to hardy masochists, and the event seemed to be a success. Thanks to all those who dutifully turned up on the day, both to help and to try out the courses.

I had hoped to get some photos, but the technology beat me - the camera didn't run out of film (so I can't get it developed yet) and the video camera's knackered. Still - we'll keep that for the next issue.

That started me thinking about technology - (I 'volunteered' to help with the electronic timing at the Six Days), and now, reading Jon's appeal for help on day 1, I started thinking about what'll be involved in issuing and demonstrating the 'punches' to the competitors, which'll have to happen on day 1 - our day.....I hope someone's thought out the logistics of dealing with all the first day hassles!!!

That led me to thinking about 'volunteering' - they say it's good for the soul! Anyway, my family are about to disown me - I said I would 'think' about editing Score - Oh well.....It looks like a *fait accompli* - (or maybe just a 'fate'). Anyway - hope Springs eternal (Who said that?) and that is just about where this rambling epistle came in..

Ed

FVO COMMITTEE 1999

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Don't forget to check out our FVO WEB PAGE:

You can find us on <http://www.scottish-orienteering.org/fvo/>

PRESIDENT'S COLUMN

It was good to see a number of people at the AGM including a couple of new members (welcome to the Mahoney's). The venue at United Distillers was a great improvement on the previous few years and thanks to everyone who organised the venue and brought food.

The committee has undergone a few changes. Steve Barrett and Graham Martin depart - so thanks to them for all their work over the past year. Peggy Chambers joins and her main role will be organising socials- and she already has many arranged!. However we are still one person short and are looking for someone else to stand as an ordinary member on the committee. I will be contacting a few likely suspects but if you are interested please contact me directly.

One thing that was decided at the AGM was that FVO should propose to the SOA that we definitely want to disband the current Midlands area and join the Lothian area. PO and WFO are also in agreement, so we await the verdict from the SOA.

I am now arranging organisers for our popular Wednesday evening event series and I will again be phoning round- but if you have a Wednesday afternoon you could spare and want to have first choice over an area please give me a ring- no previous experience at organising an orienteering event is necessary - help can be given! There are a lot of orienteering events coming up in the near future, including the start of the SG events, the JK (at Easter in the South of England) and Highland '99. Jon Cross has been phoning round for helpers for our day (Day 1) but if you are going and have not yet volunteered your services then please do so as the more helpers we get the more people will be able to run as well.

We now have all the major officials in place for the Scottish Champs 2000, thanks to Hugh Buchanan for agreeing to organise. However I am still on the look out for an organiser for the Scottish Night Champs (Barrwood 13th November) and for a mini chasing sprint event at Plean Country Park the day after. We are looking into the possibility of using electronic punching for these events.

I am writing this just before the relaunch event of the permanent course on Abbey Craig and I hope that we will get a good turnout and maybe recruit a few new members. The Stirling Countryside Rangers have worked hard in repainting the permanent posts in conjunction with Cathy and thanks to Susan for doing the courses and Jonathan for printing the maps.

Finally, it was good to see a good turnout at the FVO LOL at Kinneil and thanks very much to all the helpers and to Penny for organising her first event-sadly she was lying ill in bed on the day, but she had arranged everything so well that I had little to do on the day.

Beccy

E-Mails from Abroad

Dear All,

We arrived safely after our epic 23 hour flight, with our luggage only 12 hours behind (again!). The weather is wonderful, and the wine is not far behind.

The Kiwi driving leaves a lot to be desired however.

We have already swum with the dolphins - they singled Alison out in particular - apparently they have a gift for spotting large tums!

Fantastic snorkelling with myriad coloured fish.

We're off to the volcanic area today (Friday), and thereafter to the wine areas around Hawkes Bay. Alison will have a lot of fun learning how to drive an automatic as we tour the vineyards.

Sandflies and mosquitos are a real pain (literally), though again, they seem to single Alison out, this time for inattention, whilst my ankles suffer!



E-Mail No 2 Well, this is certainly a lot quicker and cheaper than sending postcards (only kidding - they're in the post).

We're in Taupo now, having 'done' the thermal area around Rotorua (nasty smells), White Island (an active volcano island), and Hawkes Bay - great wine country.

We survived one break-in of the car - they didn't get anything, and we were only yards from the car when we heard the bang, and we hadn't left anything in the glovebox, so they were a bit disappointed. Now on our second car in seven days! White Island was quite amazing, and very smelly (sulphurous). The volcano was rated at no. 2 until recently, when it became more active and was upgraded - so we decided to visit! The boat ride was pretty choppy, but Alison chose to wait until we were in the small dinghy transferring across to the island before she chose to feed the fish! It was quite fantastic to stand 250m away from this steaming crater, with the odd burst of ash and rocks being thrown into the air. We were actually quite lucky, since normally ash would rain down on the island, but White Island has ominously stopped its regular ashing, and they believe it is saving up for the big one.

Hawkes Bay (Napier) was busy, partly because of the weather (30 deg C), and partly also because of a 1 day international cricket match between NZ and India. We stayed with the Indian team in a Motel, and they even chose to join us in our Italian bistro the night before the match! We toured a vineyard - Te Mata - which is NZ's no. 1 winery, with the obligatory tasting session. Te Mata is even more scarce out of NZ than Cloudy Bay. Our tour guide was one of the two vintners who run the vineyard. We're heading for another volcano today, though it hasn't erupted since all of 1997! This one is land based and can be reached by chairlift, so Alison should be OK unless she develops air sickness.

Continued.....



E-Mail 3 -Final installment (probably)

We've returned to Hamilton after our earlier sojourns. We were set to walk the Tongariro crossing via two active volcanos, but after rising at 5:45 for the journey to the start of the walk, the cloud was down to about 800 feet, and our one-way transport bus was refusing to take any would-be walkers on such a foul day.

We have been orienteering near New Plymouth on Saturday and Sunday: 7km and 15 km for me, and a leisurely 3km and 6km for Alison. Orienteering New Zealand style seems to consist of a series of battles with obstinate creepers and electric fences every 100m or so. For those of you familiar with orienteering, Sunday's 15 km took an epic 4 hours and 34 minutes for me! My longest ever!

Feet and legs will be recovering by the beach for the next few days before the journey home, whilst I concentrate on savouring the last of the New Zealand wine for a little while. Funny, but we seem to have twice the luggage we came out with.

- Jon & Ali



COACH WORKSHOPS



Stirling Council is running a series of NCF Coach Workshops - the sessions are highly practical and last 3 hours. The courses are targetted at coaches aspiring to level 3 National Standards, and each course is supported by a handbook or home study pack

Venue:	Forthbank Leisure Stadium, Stirling (6.30 - 9.30 pm)	
Cost	£20 (payable to Stirling Council)	
Dates:	Wed 24/3/99	Coaching Children & Young Performers
	Thu 22/4/99	Fitness and Training
	Tue 18/5/99	Good Practice & Child Protection
	Wed 23/6/99	Observation Analysis & Video
	Mon 23/8/99	Injury Prevention & Management
	Tue 19/10/99	Coaching Disabled Performers
	Wed 10/11/99	Improving Practices & Skill
	Thu 2/12/99	Goal Setting & Planning

For a booking form, contact Stirling Sports Council, Community Resource Centre, Corn Exchange Road, Stirling FK8 2HX (01786) 432267

Social Event Calendar (by our New Social Secretary)

Event No.1

It's that time of year again, time for Ten Pin Bowling. On Friday, the 12th March at 7.30pm, FVO will be holding their 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 Peggy Chambers on 01259 762460 by Monday the 8th March if you wish to attend, as it is necessary to pre book the lanes. Hollywood Bowl are currently offering two games, shoe hire and three drinks (of your choice) for £10.00. So please come along - you may be a winner on the night. Prizes will be awarded at the discretion of the Social Secretary and her decisions are open for review afterwards at the bar.

Event No. 2

Following on from the popular club run held in December at Beecraigs on a beautiful sunny frosty morning when two groups enjoyed running through the snow, a further run has been planned for Saturday, 20th March at Devilla (usual car park up into the forest past the horse riding school). The run will start at 10.30 am. The event will be informal allowing those who turn up to decide whether they wish to run on the tracks, paths or at their own discretion through the forest. All running / walking (pram pushing) abilities welcome.

Event No. 3

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 Saturday, 10th 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 12 noon at the car park just north of Dunkeld (Ref. No. 024 437 Landranger 52)

Event No. 4

Another club run to put in your diaries. This run will be held on Saturday, 17

April again with a 10.30 am start. Meet at Cambusbarron Primary School for a run round Gillies Hill (its not all hilly) and for those super fit bodies out there you can even run out onto Touch. Again all abilities are most welcome - so come along and have a look at this potential new map area.

Club Training Night

And if all these club runs and mountain biking have got you in the mood for getting fit please do not forget the Wednesday night run. The run starts at 6.30pm prompt and the meet place is just up the road from the Meadow Park pub in Bridge of Allan. There is usually two or three different groups, so whatever your ability there is usually someone to run with. To round the night off, many club members meet afterwards in the Cross Keys in Alva for a bite to eat and a drink or two.

Some Dates For Your Diaries

I have spoken with the Birds and Bees pub in Causewayhead about the possibility of having a Petanque Competition in their courtyard. Provisional date is Friday, 21st May - more details will be published in the next newsletter.

Due to popular demand, the Glenmore Lodge Weekend looks set to become a yearly event. I am currently investigating availability for the weekend 6 / 7 November and will get back to you at a later date with more details.

The Dinner Dance will be back to its normal time of year this year, so please block out your diaries now for Saturday, 27th November to avoid missing the FVO social occasion of the year.

Bits and Bobs

I have volunteered to look into the possibility of getting club sweatshirts. Having done some investigation they seem to come in all sorts of colours and styles - if you have any preference please let me know and for the next newsletter I will give you an idea of costs and what the preferred style and colour would be.

And Finally if you have any ideas for future socials please let me know, I can be contacted on 01259 762460 or please speak to me at any of the forthcoming socials or orienteering events. **PEGGY**

Brian Bullen's Bits and Bobs

BoF Coach, Derek Allison, suggests date of 17/18th July for him to run a Club Coaches course in Scotland.

This is an ideal opportunity to involve someone else in helping organise the sport in Scotland, so I need a volunteer to organise the Scottish end for Derek -also in the meantime if someone can help with contacting the people not on email (Eddie Harvey, Fran Loots.. I have the phone numbers)

Suggestions etc to me asap

Also:

Several people expressed an interest in attending a coaching course

So:

- 1) Club coaches course based in Scotland
I've picked first date that looks completely free, and is just before the school hols
- 2) Regional coach - probably in Lake District with people from elsewhere in UK Possibly in the autumn ?
In addition please book in your diaries
- 3) Performance coaching study weekend - for Seniors/Vets -
Led by top Scandinavian coach.
Provisional date: May 16th
- 4) Performance weekend for Junior coaches - by arrangement with Junior Squad - May 2/3 ??
Finally, please suggest volunteer(s) for vacant Coaching Convenors post !

Brian

FVO JUNIOR DEVELOPMENT OFFICER

Hilda was appointed formally on 16th November and has spent much of her energy making contacts within various organisations. She will be organising teachers' in-service training in Clackmannan, aimed at helping with the transition from orienteering in school grounds to orienteering in a country park. It is hoped that a similar venture can be arranged for Stirling schools.

No doubt you'll be hearing more of her activities as time goes by....

SCOTLANDSGALOPPEN RESULTS 1998

FVO did well once again, with a number of highly placed runners:
(Certificates enclosed)

Lisa Brown	1st	W18A
Hazel Dean	3rd	W21E
Cathy Tilbrook	3rd	W21L
Elizabeth Sinclair	2nd	W50S
Hilda Astbury	1st	W65S
Stephen Porteous	2nd	M18A
Neil Brown	2nd	M20L
John Reeve	2nd	M21L
Steve Barrett	1st	M35L
Martin Dean	1st	M40L

STOP PRESS!!

Results Forth Valley Orienteers

Abbey Craig Come and Try It Event 21st February 1999

Short Course

- 1 Victoria Longhurst W9 FVO 35 mins
- 2 Neill Marshall M9 FVO 37 mins
- 3 Perry Family 41 mins
- 4 Douglas Shearer M14 FVO 47 mins
- 5 Ellen, Morven and Katy FVO 50 mins
- 6 Hawkhill Youth Group

Paula Kernigan W10 71 mins

Zoe Burns W12 71 mins

Mary Burns W12 71 mins

7 Christopher and Jennifer Watt and Family 78 mins

8 Peter and Sarah Holliday and Family 87 mins

Kirsty Shearer W12 FVO 55 mins (m11-13)

Long Course

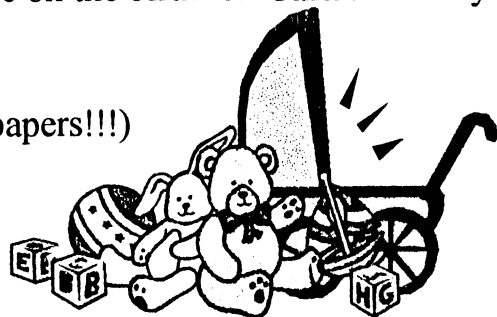
- 1 Martin Dean M40 FVO 33 mins
- 2 Andrew Hemingway M21 Ind 34 mins
- 3 Kyle Heron M12 FVO 49 mins
- 4 Paul Hicks M40 Ind 52 mins
- 5 Iain Rowe M40 Ind 58 mins
- 6 Sue Reeve W35 FVO 65 mins

Score Course

- 1 Alistair Lessels M50 ESOC 29 mins 230 pts
- 2 Tom Astbury M40 Ind 39 mins 230 pts
- 3 Martin light M40 FVO 41 mins 230 pts
- 4 David Burke M21 FVO 33mins 220 pts
- 5 John Campbell M21 Ind 45 mins 190pts

CONGRATULATIONS!

First to Graham and Jayne on the birth on Christmas Day of their son Christopher.
(What some folk will do to get their photo in the papers!!!)



Secondly to Fraser and Peggy on the announcement of their engagement. I believe they've even bought the ring at last!



Very best wishes
to you all!

FUN RUN

If you're of a mind, there is a 6K run around about Gartmorn Dam on Sunday 14th March, arranged by Carnegie Harriers.

The event starts from the Sauchie Leisure Centre at 10:30 am.

There is an entry fee of £4.00 for pre-entries or £5.00 on the day.

Susan has a copy of the entry form or you can contact Gordon McNeil, 17 Carnaughton Place Alva FK12 5BY for more details

Entry is limited to 150 runners.

TEAM MANAGER SPOT

As those of you who were at the recent AGM will know, I now have the enviable task of combining the role of Club Captain with my duties on the organisation of Day 1 of this year's 6-Day. The various items below need a response from many of you - please give me a call (01786-471270) or e-mail (JonCross1@aol.com) to let me know your reply.

- i) **JK relays, Surrey, Easter weekend.**
If you would like to run for FVO in the JK relays, then please let me know by 24 FEBRUARY. -(sorry this is late! - Ed)*
- ii) **British Champs relays, Lake District, May 8-9.**
If you would like to run for FVO in these relays, please let me know as soon as you can (i.e. I don't have the closing date to hand!)*
- iii) **Compass Sport Cup.**
I'm told that we are competing in the local stages of this at Dalkeith Park on 18 April. I don't have any specific details of the final, in case we get that far, but I'm told it is in southern England somewhere.*
- iv) **Scottish 6-Day.**
FVO's day this year is Day 1, being held near Carrbridge on Saturday 31 July with start times being in the afternoon. This year for the first time the event will use electronic punching, which it is hoped will help relieve the requirements for manpower at the finish/results areas.*

However, despite the use of electronic punching, I'm still looking for as many helpers as possible. Many thanks to those of you who have already volunteered - more volunteers are still needed so please get in touch to do so as soon as possible.

With regard to the question of FVO members running on day 1, I'm asking that people only run if sufficient volunteers are forthcoming (so you're doing everyone a favour if you do volunteer!). If you do want to run, then you should enter as normal : if you are then unable to do so as a result of helping then your entry fee for Day 1 will be refunded.

I look forward to hearing from you all shortly!

Jon

What's On in and Around FVO

Feb 26 Closing Date SG-1
Feb 28 LOL-6 Hedderwick Hill, Dunbar NY651788
Mar 7 ESOC Sprint-O Beecraigs Linlithgow NS998741
Mar 12 Closing Date SG-2

Mar 12 FVO SOCIAL - Bowling - Hollywood Bowl, Stirling

Mar 14 CLYDE SG-1 Balmaha, Loch Lomond NS420910
Mar 14 Gartmorn 6k run

Mar 20 FVO Club Run - Devilla 10:30

Mar 28 INT SG-2 Uath Lochans Kingussie NH836038

Apr 10 FVO SOCIAL - Mountain Biking- Dunkeld

Apr 17 FVO SOCIAL - Club Run - Cambusbarron

Apr 18 ESOC LOL-7 Dalkeith Park, Dalkeith(Compass-Sport) NT334678

Apr 21	WEDNESDAY EVENING EVENTS START	
	FVO Wednesday Evening Event Plean CP	NS827868

Apr 25 GRAMP SG-3
Apr 28 Closing Date Scottish Champs
Apr 28 **FVO WEE - LaighHills, Dunblane**
May 5 **FVO WEE -Beecraigs, Linlithgow** NS998742

May 8-9 British Champs Relays Lake District

May 12 FVO WEE - Coilhallen, Callander

May 21 FVO SOCIAL - Petanque - Birds n Bees

May 26 FVO WEE - Hermitage, Stirling University NS805963

May 29 Scottish Champs Keir Hills, Dumfries NX830890

May 30 Scottish Relays, Kirk Hill Dumfries NY086755