

# THE FORTH COLUMNIST

Issue No. 132

May / June 1999

## Editorial

OK - so I'm getting forgetful - It's apology time - Sorry to Peggy and Rona - got your e-mail addresses wrong again!

Sorry to Hilda - Got your Class wrong in the results last month!

Wasn't it nice to get out in good weather on SG1 - What a contrast to SG2! My persisting memory of SG1 at Balmaha was the unremitting haul up Conic hill at the start of the course and the disappointment I felt when slogging up Conic Hill again, from the other side, on the way back - with the WRONG checkpoint in view as a target - how your mind plays tricks on you when you're knackered! Never mind, it was downhill all the way back once you had found the correct checkpoint a hundred or so feet further UP! One consolation of being Slow, Unfit or whatever was the stunning views from the top - they really made the day worthwhile.

SG2 presented different challenges and despite the windy weather and the slightly unpredictable going underfoot in the extraction lanes, it turned out to be another value for money day (that's one way of justifying a long time in the forest!)

All this musing is really to bolster my resolve to shed some of the 200 lbs or so that I have to navigate up, around and through the forests of our lovely country - the revised eating plan (euphemism) started at the weekend !

I'll keep you posted on progress towards getting into my old O-gear. . . .

Yours, hungrily,



Ed

## FVO COMMITTEE 1999

PRESIDENT	Beccy Osborn	First Floor Flat 27 Cowane Street Stirling, FK8 1JW Tel: (01786)471270 [ROsborn420@aol.com]
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WED. CO-ORDINATOR	Beccy Osborn	as above
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Don't forget to check out our FVO WEB PAGE:

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

## PRESIDENT'S COLUMN

*The orienteeing season is well underway now and we've already had the JK (see later) and the first Scotlandsgallop.*

*On the 21st is the first in our series of Wednesday evening events. I hope that most of you will be able to make it along to some/all of them.*

*Thanks to all those who volunteered (or were persuaded!) to organise one. If you missed out or feel inspired to do more then I am still on the look out for organisers for the Scottish Night Champs (Barrwood) and the chasing sprint (Plean) on 13/14th November.*

*We hope to have our first use of electronic punching at the night champs.*

*In Glasgow on June 15th is Britain's first Park World Tour race in Kelvingrove Park. Donald Petrie is on the lookout for helpers (the event is in the evening and all helpers will receive a free t-shirt). If you think you might be able to help please contact me initially.*

*I'd also like to thank Gary Longhurst for volunteering to join the committee, and to congratulate Ben and Josie Stansfield on the birth of their daughter Clare Monica.*

*Hilda our junior development officer has been busy trying to encourage more juniors into orienteeing in the area. After an unsuccessful attempt at putting on a training course for teachers in Clackmannanshire - (there were no interested teachers) she held a introduction to orienteeing evening in Strathgryre with over 40 people attending, including pupils, parents and teachers. She hopes now to visit these schools in the summer and encourage some of the pupils along to Wednesday evening events.*

*Beccy*

## Forthcoming relays:

### **British Relay Championships : 9th May, South Lake District**

I have entered 4 teams for this at the moment, and am expecting the following people to fill them:

Steve Nicholson, Fraser Purves, myself, Martin Dean, John Reeve, Mark Thomson, Penny Hicks, Peggy Chambers, Beccy Osborn, Hazel Dean, Cathy Tilbrook, Sue Reeve.

Many apologies if I have missed out anyone who has told me at some point that they would like to run. If you fall into this category, or if you don't but would like a run anyway then please tell me as soon as possible.

### **Scottish Relay Championships, near Dumfries, 30 May**

Entries for this close on **30 April** so please tell me ASAP if you wish to run for FVO in these relays.

At the moment I think the only people who have told me are Fraser and Peggy, Rona and Jonathan, Jonathan Oxley, Kirsty BJ, Beccy. Again, apologies if you think you have told me, but if you are not on this list, then tell me again!

### **Harvester 7-person night/day relay, 11th Sept., Forest of Dean.**

We are thinking of sharing a coach to this event with another club, possibly Interlopers, if costs are reasonable and there is enough interest. Usually this is a fantastic event, although it could always do with more teams.

I'll be trying to drum up a bit of interest, but if you fancy the trip then please let me know.

Jon

### **STRAPPING FUN!**

Stirling Sports Council are offering a short WORKSHOP oin Strapping Techniques at Forthbank Stadium.

It takes place on Monday 24th May at 7:00 pm

Cost - £5.00 per person

(may be of interest to those of us with dodgy knees, ankles, whatever!)

Booking details and forms from Susan on (01259)213310

## Forthcoming Socials

Event No. 1



# Petanque

Yes I hear you say,  
another chance to brush up your skills  
at throwing a ball and trying to hit something  
at the other end  
(and some of us out there do need some practice!).  
(Think she's getting at me - Ed)

This time its Petanque you  
will be playing,  
and for those who have  
never played before  
tuition is included

in the cost which is £2.50 per person.

The venue is the courtyard outside the  
Birds and Bees pub in Causewayhead

(so please wrap up warm as you will be outside  
for an hour or so).

The date for the FVO Petanque Night is

## Friday, 21 May

### with a start time of

### 7pm.

Please phone Peggy Chambers  
on 01259 762460 by Friday, 14 May

if you wish to attend,

it is necessary to advise the Birds and Bees of numbers  
for the tuition.



## Pitch 'n' Putt



It's that time of year when the nights are getting longer and you wish to be out and about enjoying them. And here's the perfect opportunity for a wee stroll round a lovely prepared lawn with lots of interesting plants and animals to see on route the only thing is you have to hit a wee white ball into a very wee hole which seems like it is miles away.

Yes, Friday, the 4<sup>th</sup> of June at 7pm is the night for the Annual FVO Pitch and Putt Challenge.

Please come along to this spectacular event and enjoy the grass beating, hedge chopping and tree walloping which has become traditional at this event.

I am not sure of the exact cost (approximately £5.00) but I am told that it is cheaper if you bring your own clubs and balls

(presumably so you damage your own – if you play like me that is!).

Don't be embarrassed - even if you're not a golfer you can compete on level terms with anyone on this course!



### Dates for Your Diaries

## Glenmore Lodge

In the last newsletter I said that this years Glenmore Lodge Weekend would probably be on the 6th / 7th November - however, the centre is fully booked this weekend due to the Veteran Home Internationals, so I have now booked the 9th / 10th October instead.

Please keep this new date free in your diaries and I will get back to you in the next newsletter with more details.

## SOA CONFERENCE

SOA have set the date of a Conference to discuss their four year plan for Scottish Sports council Funding 2000-2003.

It will be held on 11th September at Glenmore Lodge National Orienteering Centre in Aviemore.

They will be looking for two delegates from each club.

If anyone is interested, please contact Susan (01259)213310 to declare that interest.

## SOA AREAS

As you will recall, there has been some discussion of the future of the Clubs formerly in the now-to-be-disbanded Midlands Area and the Committee was given a mandate at the AGM to decide.

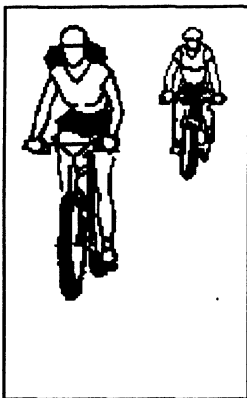
### Some Background to the Debate:

- \* We were in the '80s, members of the West Area, but were moved to Midlands to bolster the area's strength.
- \* The Committee's first thought was to join EAST area, along with PO and WFO.
- \* SOA asked us to reconsider - they would welcome a decision to join the West Area (with CLYDE, STAG, TINTO, ECKO, CUNOC, SOLWAY) as this would result in a better balance between the areas in terms of membership and strengthen the Junior Area Squad in the West.
- \* We have had a formal invitation from West Area Committee, actively encouraging us to re-join the West Area.

On balance, the Committee's view is now that we re-join the WEST area.

If you have any strong disagreement with the decision, please write to Susan Sinclair (secretary) by 30th April.

Ed.



## The Dunkeld Cycle – 10 April 1999

After last years rather wet cycle, I began to wonder why I had organised another for the same time of year and at the same venue. I spent the week before studying weather charts and praying for dry weather (nothing to do with my sisters wedding being on the Friday of course). Anyway it was with delight that I awoke to a beautiful sunny morning the day of the cycle.

Arriving at the car park at Dunkeld, I was shocked to see that it was almost full – I couldn't believe so many people had turned up for my cycle. I soon realised there was no-one there that I knew, but soon other FVO members trundled up and we managed to all squeeze in the car park.

We split into two groups, much to my amusement, we had more walkers (they all wanted to push Christopher's Bay Jogger) than cyclists. Both Groups went out for about two hours, both groups managed to loose something (Graham's bike tools and Susan's car keys) and both groups managed to find their way back to the cars (unfortunately this was when Susan realised she had lost her car keys – however luckily another group of walkers had spotted them and brought them back for her).

After a quick change of clothes we all set off for the local coffee shop where the respective groups exchanged stories of their adventures.

Look out for future mountain bike days out,  
they really are good fun,  
and you don't even have to go cycling!!

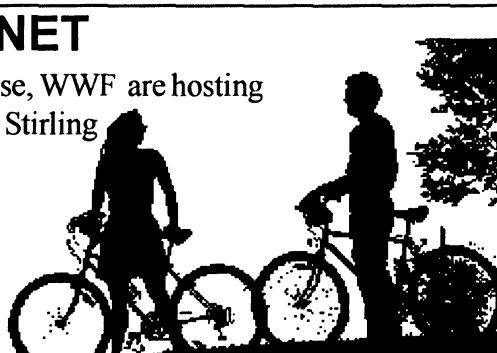
Peggy

## PEDAL for the PLANET

If you fancy Cycling for a Good Cause, WWF are hosting a sponsored Bike Ride starting from Stirling and through the Trossachs (55m) or via Thornhill (25m)

It takes place on **Sunday 6th June.**

If you would like an entry form,  
Contact Susan (01259)213310



## Ten Pin Bowling Challenge – 12 March 1999 Report and Results

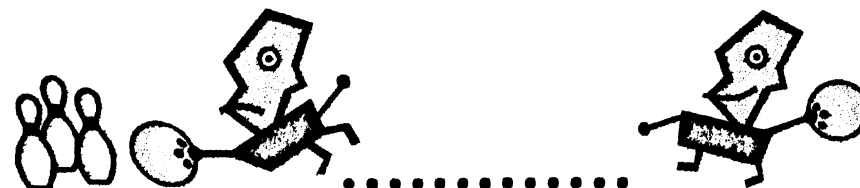
This was a Ten Pin Bowling Challenge with a difference. The first game was played as normal and then some interesting new techniques were introduced in the second round. FVO members tested out blind bowling, the two penny bit waddle, the red nose hooter (please ask me sometime for an explanation of these terms) and many more variations – photographs were taken and will be displayed at this years Dinner Dance for those who missed out (for those of you captured on camera by Graham – I think he has a fetish about bottoms, so be warned).

The results were as follows:-

- |                             |   |
|-----------------------------|---|
| 1. Best Man                 | <b>Mark Grant</b><br>(Mark managed to score more points in the second round than the first) |
| 2. Best lady                | <b>Susan Sinclair</b>   |
| 3. Most Entertaining Player | <b>Graham Martin</b>  |
| 4. Most Original Player     | <b>Alison Oxley</b><br>(aided by chute- like apparatus)                                     |
| 5. Could Do Better          | <b>Sandy Sinclair</b><br>(for managing to obtain negative points in the second round)       |

Many thanks to all those who turned up and made this a really fun evening.

Peggy

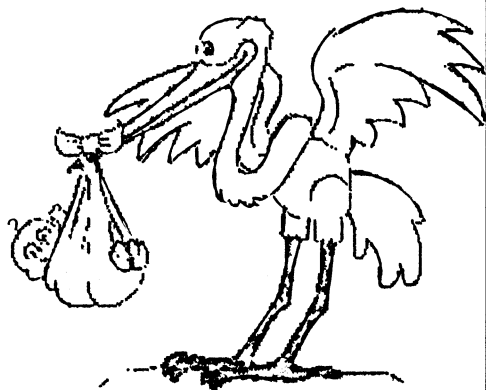


## CONGRATULATIONS!

Yet another W0 to add  
to the Club Register!

We're delighted to welcome  
Ben and Josie Stansfield's  
latest arrival, Clare.

Best Wishes to everyone concerned!!



## Club Runs

Due to the popularity of the last two Saturday runs that I have organised, I have created a mini series of runs for Wednesday evenings during the summer break from Wednesday O events. There should be at each location the option for long, medium and short runs, hopefully allowing all abilities the opportunity to come along and get out in the hills.

Each run will start at 6.30 pm sharp.

For runs further away please give me a call to discuss transport arrangements etc.

The series is as follows:

Date	Start Venue	Grid Reference
23 June	55 Abercrombie Place, Menstrie	846968
14 July	Ben Ledi Car Park	586092
21 July	Glen Ample Car Park	584137
28 July	Glendevon	997034
11 August	Alva House Car Park	899976
18 August	Ballochleam	657927

Peggy

## TEAM MANAGER SPOT

Congratulations to all those FVO members who made the effort to travel south for the JK near Dorking at Easter. (For the uninitiated, the JK is a 2-day individual race and a relay every Easter, and is on a par with the British Championships as the most important races open to all held every year in Britain). This year, the individual races were runnable but also tough and hilly, particularly on the Sunday. The most notable FVO results were Lisa finishing 3rd on W18A on Day 2 (and top Brit), and the injured Peggy beating the injured Cathy by one second on W21 Elite on Day 1. And Maureen and John Brown found themselves on the same course - I don't know what Maureen said to John after she beat him on Day 1, but he improved his result significantly on Day 2 to gain his revenge!

Monday's relays were on a flat and fast heathland area normally used for military training. The FVO team on the Men's Short was a model of consistency, remaining 56th throughout, and Women's Short team ran well, but was classed non-competitive, with a runner from another club filling in for the injured Peggy. For the Men's Open and Women's Open, the JK relay was the first of the 4 races making up the 1999 UK Relay League, where points are awarded to the top 20 clubs in each race. Both FVO teams ran strongly, the men holding on well after Steve Nicholson brought them back in the leading pack on leg 1 (9.1km in 44mins!). At the end, both teams were 14th in their respective races, and both were 2nd Scottish team : a good start to the UK relay league and one that both teams will be looking to improve upon at the British and Scottish Relays.

### JK Results (Individual)

W18L	8th	Lisa Brown	(15th Day 1, 3rd Day2)	40 started
W21E	35th	Beccy Osborn	(46th, 29th)	
	39th	Cathy Tilbrook	(47th, 39th)	
	inj	Peggy Chambers	(48th, did not start)	48 started
W50L	22nd	Maureen Brown	(21st, 29th)	70 started
M20L	7th	Neil Brown	(9th, 7th)	10 started
M21E	10th	Steve Nicholson	(6th, 14th)	
	53rd	Jon Cross	(65th, 54th)	
	65th	Fraser Purves	(78th, 57th)	80 started
M21S	DNF	Mark Thomson	(DNF, 81st)	127 started
M50S	29th	John Brown	(35th, 25th)	52 started

### JK Results (Relay)

14th Men's Open	(Steve 8th, Brian Bullen 12th, Fraser 15th, Jon 14th)	50 started
14th Women's Open	(Beccy 20th, Cathy 21st, Lisa 14th)	33 started
56th Men's Short	(Neil 56th, John 56th, Mark 56th)	84 started
non-comp Women's Short	(Penny 13th, Maureen 12th, Emily Coon 11th)	would have been 11th, 31 started.

# What's On in and Around FVO

<b>Apr 21</b>	<b>WEDNESDAY EVENING EVENTS START</b>	
	<b>FVO Wednesday Evening Event Plean CP</b>	<b>NS827868</b>
<b>Apr 25</b>	<b>GRAMP SG-3</b>	
<b>Apr 28</b>	<b>Closing Date Scottish Champs</b>	
<b>Apr 28</b>	<b>FVO WEE - LaighHills, Dunblane</b>	<b>NS781015</b>
<b>May 5</b>	<b>FVO WEE -Beecraigs, Linlithgow</b>	<b>NS998742</b>
<b>May 8-9</b>	<b>British Champs Relays Lake District</b>	
<b>May 12</b>	<b>FVO WEE - Coilhallen, Callander</b>	<b>NS608072</b>
<b>May 16</b>	<b>ELO Badge Cademuir, Peebles</b>	<b>NT235380</b>
<b>May 19</b>	<b>FVO WEE - Barr Wood</b>	<b>NS796866</b>
<b>May 21</b>	<b>FVO SOCIAL - Petanque - Birds n Bees</b>	
<b>May 23</b>	<b>PO Local - Tentsmuir, Tayport</b>	<b>NO473277</b>
<b>May 26</b>	<b>FVO WEE - Hermitage, Stirling University</b>	<b>NS805963</b>
<b>May 29</b>	<b>Scottish Champs Keir Hills, Dumfries</b>	<b>NX830890</b>
<b>May 30</b>	<b>Scottish Relays, Kirk Hill Dumfries</b>	<b>NY086755</b>
<b>Jun 02</b>	<b>FVO WEE Gartmorn Dam + BBQ</b>	<b>NS912940</b>
<b>Jun 06</b>	<b>GRAMP CC, Almedie</b>	<b>NJ976181</b>
<b>Jun 06</b>	<b>Pedal for the Planet - Sponsored Bike Ride</b>	
<b>Jun 09</b>	<b>FVO WEE + FVO Schools Championships</b>	
	<b>Muiravonside Country Park</b>	<b>NS961757</b>
<b>Jun 13</b>	<b>MAROC CC Pannanich, Ballater</b>	<b>NO380964</b>
<b>Jun 13</b>	<b>PO Local - Knock of Crieff</b>	<b>NN885235</b>
<b>Jun 15</b>	<b>SOA PARK WORLD TOUR - Kelvingrove</b>	<b>NS572663</b>
<b>Jun 16</b>	<b>FVO WEE - Dollar Bank(Castle Campbell)</b>	<b>NS963993</b>

NOTHING HAPPENS IN SCOTLAND IN JULY!

<b>Jul 31 - Aug 07 - SOA SCOTTISH SIX DAYS - Inverness</b>
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