

THE FORTH COLUMNIST

Issue No. 135

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Editorial

I was just musing while snoozing the other night, during one of Walton's more virtuosic(?) pieces at the MacRobert, that it was the little things that count - not just the rash of M/W 0's appearing on the scene - we won't reap that particular harvest for another 10-12 years, but the whole idea of making steady advances by small steps - Hilda's Civic Honour (see inside) is one such - recognition of a lot of selfless work presenting the sport in a large geographical area that would normally be deprived of much in the way of 'main stream' sporting activities. If Hilda's area's uptake had been reflected in the barren junior territory that is Central Scotland, with all its many schools, we'd have dozens of youngsters from the Forth Valley area competing in the junior classes under the FVO banner. Hilda's departure leaves a sizeable gap to fill.

Back to the little things that count - wasn't it nice to get home from Bowhill and find the competition results on the internet that evening?
How our expectations of the sport are changing!

Little things count - I had a look at the Orienteering Noticeboard at Glenmore Lodge - and was saddened to see that the brochures were out of date, there was no current fixture list and the whole thing just looked like an afterthought - a bit sad for our National Orienteering Centre?

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-orienteeing.org/fvo/>

PRESIDENT'S COLUMN

The annual dinner dance and club championships (South Achray) is fast approaching on November 27th. Please contact Peggy Purves if you want a ticket, and let Ben Stansfield know if you want to run in the club champs (01786 825024).

The night after the dinner dance is the Scottish Inter-Club and Scottish Score Championships at Birnam Hill (ELO). It would be good to have a large turnout and to try and win the Inter-clubs competition. Please see details later for the course you should run if your run is to count competitively in the competition. Entries close on 13/11/99.

Thanks to all those that helped at our ELOL event at Beecraigs, especially thanks to Rona and Jonathan Molloy for organising, and Jonathan Oxley for planning.

The next event we are putting on is the Scottish Night champs weekend on 13/14 November. We will be using sportident punching (if all the equipment arrives in time!). FVO members are welcome to run at the events - if you want a late entry, please phone me ASAP.

Offers of help on the night and day will also be appreciated.

Finally congratulations to Steve and Penny on the birth of their daughter Emily!

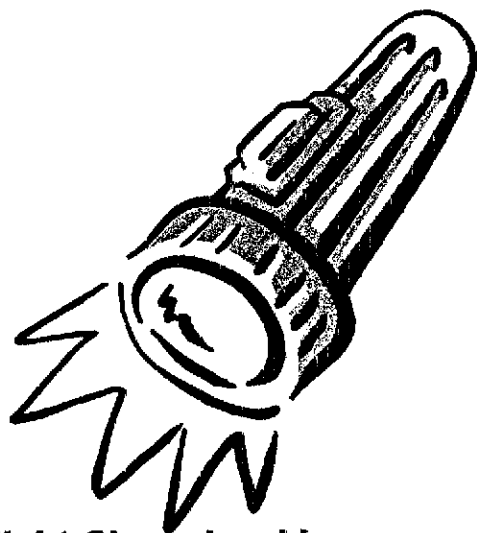
Beccy

WANTED:

If you have any amusing(?) anecdotes, puzzles, quizzes, jokes with an O-flavour, or drawings/pictures, can you let me have them by 10th Dec - for inclusion in the Christmas/New Year Edition.

All donations (VERY) gratefully received. Ed

Scottish Night Champs Weekend



13th/14th November 1999

Saturday 13th Scottish Night Championships

Venue: Barr Wood, Stirling, just off jnc 9 of M9.

Parking at GR NS796866

Terrain: Fast & challenging mixed woodland & open heath with much contour detail.

Starts: 6 - 7pm

Cost: Seniors £6 Juniors/Students £4.

Sunday 14th Chasing Sprint

Venue: Plean Country Park, near Stirling

Parking at GR NS 827868

Terrain: Fast runnable park & woodland, many paths & areas of intricate contour detail.

Format: Two loops, the second one a chasing start.

Starts: 10.30 - 11.30 (for loop one)

Courses: Long (total length 7-8km) or Short (total length 4-5km)

Cost: Seniors £5 Juniors/Students £2.50

Sport Ident Punching will be used

To help, or to scrounge a late run, call Beccy on (01786) 471270

CIVIC RECOGNITION FOR ORIENTEERING

It was with incredulity that I read the letter from the Provost's Office. I was to be presented with the Provost's Award in the Sport Category in recognition of my personal achievements and my work with the schoolchildren of the rural area in the sport of orienteering.

So it was that on the afternoon of 22nd October I rushed home from Crianlarich, where I had been coaching a group of children, to take a quick shower before changing to a more appropriate attire for a Civic Reception in Stirling Castle, where I was to be presented with the award.

The Award Ceremony was quite impressive. We were greeted by a piper and escorted to the King's Apartments where wine and cocktail snacks were served. The Ceremony itself took place in the Chapel Royal.

Seventeen awards were presented, in various categories and each recipient had a citation read out before stepping onto the platform to receive the award from the Provost - a framed Certificate and a medal.

Dinner was then served in the presence of the local nobilities and finally photographs were taken.
Fame at last!

I was even asked for my autograph!

Hilda



FORTH VALLEY ORIENTEERS

DINNER DANCE

*With the Dollarfield Band
(alias Forbes MacFarlane Band)*

Stirling Management Centre
(NS806963)

Saturday, 27th November 1999
7.00 pm til 12.30 am
£20.00



Tickets available from Peggy Purves

*Accommodation is currently available at the Management Centre
at a special rate of £25.00 per person sharing a twin room B & B*

*—
please call the Management Centre directly to book
accommodation*

CHRISTMAS DINNER

Once you've managed to loose all the pounds on the aforementioned activities now's the chance to pile them back on.

Following FVO club tradition the annual Christmas Meal is being organised for Wednesday, 15th December, venue to be confirmed. If you are interested please reserve your place with Peggy Purves who will provide you with more details.

GLENMORE LODGE

A WEEKEND AT "THE LODGE"

The second Friday evening in October saw an influx of around 30 FVO members descend (or maybe that should be ascend) on Glenmore Lodge for a weekend of training. Training for what some may ask as there are not any more imminent stag nights that I know of which require drinking practice. But did someone mention orienteering? Yes that was the focus of the Saturday and Sunday training, but there were plenty of peripheral activities, both sporting and social.

By about nine o'clock everyone had arrived, even Brian B, which left plenty of drinking time, even if the bar was a bit premature in calling last orders. Still perhaps that would be appreciated in the morning, especially as some had been in the bar since around six. However not everyone could wait until Glenmore for their first bevy of the evening; Dave N only made as far as Bridge of Allan High Street before thirst required a pit-stop.

On the sporting (?) front that evening the pool table probably saw the most activity. It looked as if Brian W and Heike had raided the local bank for a huge stack of 20p pieces, the height of which was only challenged (and beaten) by the Jenga tower.

Saturday morning we assembled at Uath Lochans where Fraser had laid on some exercises in compass work to see how accurate or otherwise we could be. Combined with E-mit electronic punching this gave some interesting training and analysis of split times.

After this most adjourned to the Loch Insh tea-room for a bite to eat before reassembling at Glenmore for a mountain bike excursion. About a dozen took part in the main ride which followed a route similar to last year. This took a forest road to Milton, along a B road almost to Boat of Garten and then via Abernethy Forest and Ryvoan then back to Glenmore. This year, with a later sunset and the incentive of a rugby match on TV, everyone made it back with plenty of daylight left. The only real incident was Dave N's puncture which took the combined resources of four of us to repair! So much for being well-prepared with good tool-kits.

On return there was not much chance for more than a quick cleanup of person and bike before the next item on the agenda. Hazel D gave a talk on sports nutrition. This gave us some useful tips about what and when to eat

and drink, like re-stoking with carbohydrates within 15 minutes of finishing activity. Bananas are of course one of the popular foods for this (maybe we should have invited the manager from Tesco's, Inverness!) It was also pointed out that the recommendation of five portions of fruit and veg. a day is not met by five portions of chips.

Dinner followed immediately, and was the one spot in the weekend which did not attract great praise. For those who do not like curry there was not any alternative and for those who do like curry there are better places than Glenmore Lodge! Still the wine, courtesy of the Fraser Purves stag night kitty (thanks to all who contributed), was a very pleasant accompaniment.

Then more pool, table tennis for the energetic, and Jenga for those with a steady (?) hand, all suitably lubricated with various substances.

Sunday provided more O-training, this time thanks to Brian B, with exercises to focus on attack points. The courses laid out turned out to be quite long but fortunately everyone got back in reasonable time for a second visit to Loch Insh tea-room. As time was getting on and much energy had already been expended, Fraser's planned mountain bike-O was replaced by a straightforward bike ride. This took in plenty of single track around Inshriach and Rothiemurcus. The award for best fall went to Fraser for a plunge into the mud. "It's all rideable," Fraser was heard to say.

Overall a great weekend and I'm sure all who attended will be keen to return next year. Challenges for next year include: beating the Jenga tower record (33 layers) and wearing the most brightly coloured pair of shorts.

Dave Coustick

CHANGE OF E MAIL ADDRESSES AT STIRLING SURVEYS

Please note that from today, their new e mail addresses are:

Steve Barrett: steve@stirlingsurveys.co.uk

David Barbour: david@stirlingsurveys.co.uk

Pat Blashill: pat@stirlingsurveys.co.uk

General enquiries: info@stirlingsurveys.co.uk

FVO CLUB CHAMPIONSHIPS

Organiser/Planner - Ben & Josie Stansfield

Location:

South Achray

on

Saturday, 27th November

Registration 10:30 - 11.30

Starts 11.00 - 12:00

Courses

			Approx (!) Standard
1.	Junior Boys/ Junior Girls	M/W 10,12,14	Orange
2.	Girls	W16,18	Lt Green
3.	Boys/ Vet Women	M16,18 W40+	Green
4.	Women & Vet Men	W20,21,35 M40+	Blue
5.	Men	M20, 21, 35	Brown

REMEMBER, REMEMBER the 27th of NOVEMBER

Can all previous Prizewinners

- a) make sure their Trophy has been engraved
- b) make sure the Trophy is in Susan Sinclair's hands by

FRIDAY 12th NOVEMBER.

ENTRIES: by TELEPHONE
by

20th November

or offers of help, to

Ben Stansfield on

(01786) 825024

CLUB RUNS

Saturday Runs

Due to popular demand Saturday club runs are back. 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 and about. Each run will start at 10.00 am sharp. Please give Peggy or Fraser Purves a call (01259) 762640 to discuss exact car parking, transport arrangements etc. The series is as follows:

Date	Start Venue
20 th November	Cambusmore, Callander
4 th December	North Third Wood
25 th December (Merry Xmas)	Dumyat (top car park)

CLUB TRAINING NIGHTS

Wednesday Night Run

And if all these club runs 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 Portcullis, near Stirling Castle, for a bite to eat and a drink or two.

Circuit Training

Also on a Monday night, 6 – 7 pm at Lornshill Academy, Tullibody you can try out circuit training. This can be as easy or as hard as you make it, there is no pressure (well, only Fraser giving abuse) to do more than you want to. ALL WELCOME!

From our W0 Correspondent
(Writes well for her age!)

Thank you !

I would like to thank all my new friends in FVO for their lovely presents and cards. I have read all the cards, and Mummy has helped me thank all those who sent nice presents.



I am also really grateful to all of you at Highland 99 who helped look after me and gave me lots of cuddles – even Mr Purves – who Daddy says was getting in some practice! I hope you will all come and see me the next time I go to an orienteering event, or even come and see me and Mummy at home. Lots of kisses and burps!

Erica

Scottish Inter-Club Competition Nov 28 Birnam Hill

Scoring is based on a possible 8 teams from the Club with 2 counters.

Team	Course	Time Allowed	Classes
A	A	70 mins	M21
B	A	70 mins	M20, M35, W21
C	B	60 mins	W18, W20, W35
D	B	60 mins	M18, M40-M55
E	B	60 mins	W40 - W50, M60
F	C	60 mins	W16, W55+, M16, M65+
G	D	40 mins	W14, M14
H	D	40 mins	W12 -, M12-

What's On in and Around FVO

Nov 13	FVO SCOTTISH NIGHT CHAMPS - Barrwood	NS 796866
Nov 14	FVO Chasing Sprint - Plean CP	NS 827868

Nov 20 Club Run Cambusmore, Callander

Nov 21 ESOC LOL-4 Penicuik NT 217594

Nov 27 FVO CLUB CHAMPIONSHIPS S.Achray

Nov 27 FVO DINNER DANCE - Stirling Management Centre

Nov 28 ELO SCOTTISH SCORE CHAMPS Birnam NO 02-40-

Dec 04 Club Run North Third Wood

Dec 05 EUOC ESOL 5 Corstorphine, Edinburgh ????????

Dec 12 PERTH Christmas Score Muirward, Perth NO125275

Dec 15 FVO Club Christmas Dinner T.B.A.

Dec 25 Fraser's Dumyat Run Top Car Park

Dec 26 MAROC Pudding shaker Glen O Dee Banchory NO683963

Dec 27 ELO Festive Frolic Yelowcraigs, N Berwick NT518856

ADVANCE NOTICE

FVO AGM - FRIDAY 28th January 2000 - Venue T.B.A. but put it in your diary anyhow!



Looking Forward to another M/W0 joining the Club next year!