

# THE FORTH COLUMNIST

Issue No. 136

Jan / Feb 2000

## Editorial

I was wondering what to talk about in my last FVO editorial, (Dave Coustick will handle the next issue).

It was a good year for most, with an excellent summer's orienteering at H'99 and a great set of Autumn training / social events.

But what will the next few years hold?

I had the privilege (I must be daft!) of accompanying 60 or so Rainbows and Brownies to Rowardennan last month - why? .... to plant trees ..... the Guide movement is attempting to meet a self-imposed Millennium Challenge to Save a Million Units of Energy, Crush a Million Cans and Plant a Million Trees. Our little contingent must have planted a couple of hundred trees on a recently felled area that had once been Spruce - but we were planting deciduous trees and Native Scots Pines - which won't reach maturity for another 30 or so years - talk about a long term view!

There's a lesson there - our stock of maps is rapidly losing accuracy as more areas we grew up with are harvested - we need more investment in people and technology so we can keep map stocks low and update them more easily, run events with fewer people, raise the profile of the sport in the media, and attract new youngsters to one of the most enjoyable sports there is..... That's OUR challenge.....

## WELCOME TO THE 21st CENTURY!



Ed

## FVO COMMITTEE 1999

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 [Molloys@1waldie.freemove.co.uk]
SECRETARY	Susan Sinclair	118 Claremont Alloa, FK10 2EG Tel/Fax (01259) 213310 [Susan@Sinclair74.freemove.co.uk]
TREASURER & WED. CO-ORDINATOR	Mark Grant	Alloa (01259) 219604
COMMITTEE	Peggy Purves	Menstrie (01259)762460 [Peggy.Purves@scotnet.co.uk.]
	Jonathan Oxley	Polmont(01324) 718428 [OxleyJC@iname.com]
	Gary Longhurst	Stirling (01786) 823295 [GLonghurst@aol.com]
TEAM CAPTAIN	Jon Cross	Stirling(01786) 471270 [JonCross1@AOL.com]
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

It was good to see so many people at the annual Dinner Dance, and I hope you all enjoyed it. Thanks to Peggy for organising. It was a shame the turnout at the Club Champs was so low, but well done to our new Club Champions Steve Nicholson and Kirsty Bryan-Jones. Our junior winners were Victoria Longhurst and Kyle Heron who both retained their trophies, and our veteran winners were Gareth Bryan-Jones and Tricia Cooke. Thanks as well to Ben and Josie Stansfield for organising again.

Following the Dinner Dance was the Scottish Inter Club champs at Birnam. Those that went produced some good runs, despite atrocious weather. But again it was a shame that our turnout was so low, which meant that we finished 5th out of 6 clubs. What has happened to our club spirit? Or was it just too much wine and dancing the night before!!

On a more successful note FVO can now claim to be the first club to have put on an event using Sport Ident in Scotland since the Six Day. And what's more we put on two events in one weekend! It was a lot of hard work leading up to the event and sorting how the software all worked, but given how well it all went at the events it seemed worthwhile! Thanks to everyone who helped over the weekend - particularly officials Paul McGreal, Fraser Purves, Doug Wood and Sheila Strain (ELO).

Plans are well under way for the Scottish Champs at Touch which FVO is hosting on May 27th. Hugh Buchanan seems to have everything well under control, but I'm sure he would be glad to hear of offers of help! We are also helping at the JK relays on April 24th. I am co-ordinating the FVO help, so please let me know if you think you will be going and can help too.

Finally I would like to thank Hilda for the work she has done over the past year as our Junior Development Officer.

Another date for your diary - on Sunday June 18th, Stirling Council is proposing to have a Come and Try it Sport Fair at the University, in which we hope to take part.

I hope to see lots of you at the AGM. Please make an effort to come along - after all, we normally spend more time eating and drinking afterwards than we do holding the meeting!

BECCY

**Forth Valley Orienteers  
LOCAL EVENT**

at  
Abbey Craig,  
Wallace Monument,  
Causewayhead  
on

Saturday 30th January 2000

Come along and support our first event in the year 2000  
Starts from 10.30am to 12.30

For more information contact Gary Longhurst on 01786 823295

**Situation Vacant:**

**(1)**

We need a planner, organiser and controller for a WOSOL  
(West of Scotland Orienteering League) that we're putting on,  
on 2nd April at South Achray.

As always, any offers of help would be gratefully appreciated.

**Situation Vacant:**

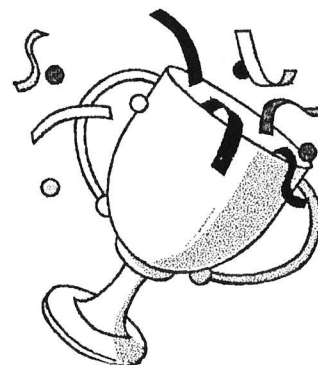
**(2)**

If you're not sure you could cope with a colour coded event, then why  
not volunteer to put on a Wednesday evening event.

No experience of planning or organising is necessary - training can be  
given!

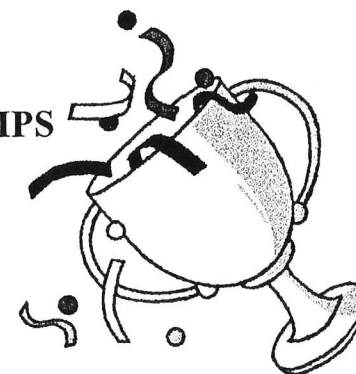
Please contact Mark Grant on 01259 219604, who will be co-ordinating  
the events next year, to book your slot.

Thankyou



**FVO CLUB  
CHAMPIONSHIPS**

1999  
at  
South Achray  
**RESULTS**



	Time	H'Cap	H'cap time
<b>Junior Girls - Orange</b>			
1. Victoria Longhurst	32.52		
<b>Junior Boys - Orange</b>			
1. Kyle Heron	18.04	0	18.04
2. Andrew McLaren	21.58	1.30	20.28
<b>Women - Blue</b>			
1. Kirsty Bryan-Jones	34.33	0	34.33
2. Cathy Tilbrook	49.03	15.03	34.00
3. Beccy Osborn	52.37	6.41	45.56
4. Peggy Purves	60.39	12.34	48.05
5. Jayne Martin	106.55	30.00	76.05
Helen Parkinson - Lt Green Course	51.31		
<b>Men - Brown</b>			
1. Steve Nicholson	34.17	0	34.17
2. Fraser Purves	37.57	7.02	30.02
3. Simon Patten	38.35	5.05	33.30
4. Jon Cross	48.17	10.20	37.57
5. Neil Kitching	71.22	15.00	56.22
6. Rupert Parkinson	77.47	15.00	62.47
<b>Senior Women - Green</b>			
1. Tricia Cooke	99.20		
<b>Senior Men - Blue</b>			
1. Gareth Bryan-Jones	39.30	8.10	31.20
2. Gary Longhurst	40.30	9.59	30.31
3. Mark Holliday	51.33	12.44	38.49
4. Dave Coustick	58.05	11.57	46.08
5. David Cooke	114.30	30.00	84.30

CONGRATULATIONS TO YOU ALL

# Forth Valley Orienteers Club Championships

## Organisers Report (shoe string)

### Planners comments

Well didn't you all feel lucky. Such short courses. A pleasant stroll in the park. I don't think so! Grotty is too pretty a word for South Achray (North) in its present half-felled state. When looking around for control sites, however, I felt that the deep heather and brashed forest offered the ideal area for a Scottish Club's Championships.

The orange course proved a bit of a challenge (in the planning sense) as the area immediately next to the car park had been felled. The youngsters, however, seemed to have no problems, unlike a number of the oldies. All light green and longer courses were planned to be hell, but short. There was no option.

### Controllers comments

I was dismayed to find that the planner intended to allow FVO club members to get away with so little at these (most prestigious) Club Championships and so had to insist that courses, if they were to be so short, should at least be a little physically challenging. Location of some of the control sites was a little suspect for the first version of the courses and had to be improved to ensure that visibility was suitably restricted from all angles to allow fairness of competition.

I was relieved that the planner was able to reduce the number of unnecessary controls out in the forest from 23 to 17. To be quite frank I felt competitors would not have wished to visit a number of the sites, particularly the 'boulder in thick forest', which would more appropriately have been described as 'boulder in brashed felled area/marsh'. I did not think that you would have been impressed.

In summary I felt that the planner produced excellent and exciting courses on a tough challenging area.

### Registration/Start/Finish Officials comments

It's so easy running the registration, start and finish at the Club Champs that I can look after two kids as well.

P.S. Offers: Two children, one slightly smaller than the other, both loud and productive.

### Handicappers Comments

Well as we all know handicappers are open to a back-hander or two, but this is of course no reflection on the outcome of the handicap race. Fraser Purves, Cathy Tilbrook and Gary Longhurst must be congratulated on their splendid above average performances. This of course mustn't be taken to mean that they are usually

hopeless orienteers and just happened to have a lucky one.

I have a confession to make. The handicaps were wrong. Well 'in retrospect..' you may be saying. But no, I made some serious omissions when calculating the handicaps and missed some critical elements out of the complex formulations used. For all of you who know that you were unfairly handicapped here are the adjusters that I'm sure you know you deserve:

### Animals

Dog on lead – small with short legs -	84mins
Dog not on lead – big bouncy dog - owner ( <i>apparently the dog couldn't navigate very well and got lost</i> )	3mins 22s
Dog not on lead – big bouncy dog - not owner ( <i>it's not a very good idea to follow a dog hoping it might know the way even if it has a good trail to follow</i> )	5mins
Large stag seen on horizon, very majestic	10mins

### Forest

Very thick forest encountered ( <i>sorry everybody had this</i> )	0mins
Section of forest in the wrong place ( <i>sorry the controller found all bits of forest still in the right place after the event</i> )	0mins
No forest	Yes

### Physical impairment

Off form (relatively dependent)	25s, 33s, 2mins 35s
Dodgy ankle	10mins 27s
Dodgy teeth	8mins 18s
Carrying extra weight	undisclosed
Dodgy eyes ( <i>depending on level of inability to see control</i> )	42min55s, 25min27s, 21min52s
Over enthusiasm ( <i>depending on degree of affliction</i> )	15mins 38s, 8mins 18s

### Others

No excuse simply lackluster performance ( <i>not in FVO!</i> )	0mins
Enjoyed the experience ( <i>difficult to believe, so have to be generous</i> )	approx 65mins
Having a sister ( <i>even is she doesn't go into the forest</i> )	14:48
Having to crawl through a forest on hands and knees following tapes ( <i>everybody else was doing it without the tapes</i> )	0mins

Of course the retrospective handicapping system is all well and good, but you will be pleased to know that even with the above additions to the regulations it will still not be possible to work out the winner. Yes that's right I'm playing the handicappers trump card. The handicappers handicap is set to 365 days and 7 minutes. So you will have to wait till next year to see who really wins!!!

Remember it wouldn't be a fair handicapping system if you understood it.

Ben Stansfield

NOTICE  
of  
**FORTH VALLEY ORIENTEERS  
ANNUAL GENERAL MEETING**

Friday 28th January 2000  
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 possible on 01259 213310. Thankyou.

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 (Publicity)	Gary Longhurst	?
Ord. 2 (Socials)	Peggy Purves	?
Ord. 3 (Mapping)	Jonathan Oxley	?
Team Captain	Jon Cross	?

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 to Susan Sinclair along with your membership renewal form in the enclosed envelope. Nominations required by Mon 24th January.

## Club Training - Fight off the Christmas Pud!!

### CHRISTMAS DAY

Why not come along to Dumyat of Christmas Morning after you have opened all your presents to build up an appetite for your christmas dinner.

The meeting time will be 10.00 am sharp at the Dumyat top carpark.

### 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.

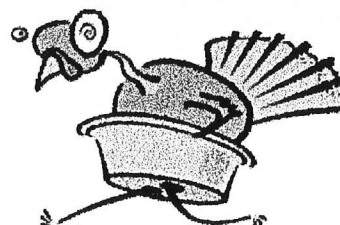
### Circuit Training

Starts again in the New Year on Monday 10th January 2000, and is on from 6 – 7 pm at Lornhill Academy, Tullibody. Come along and 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.

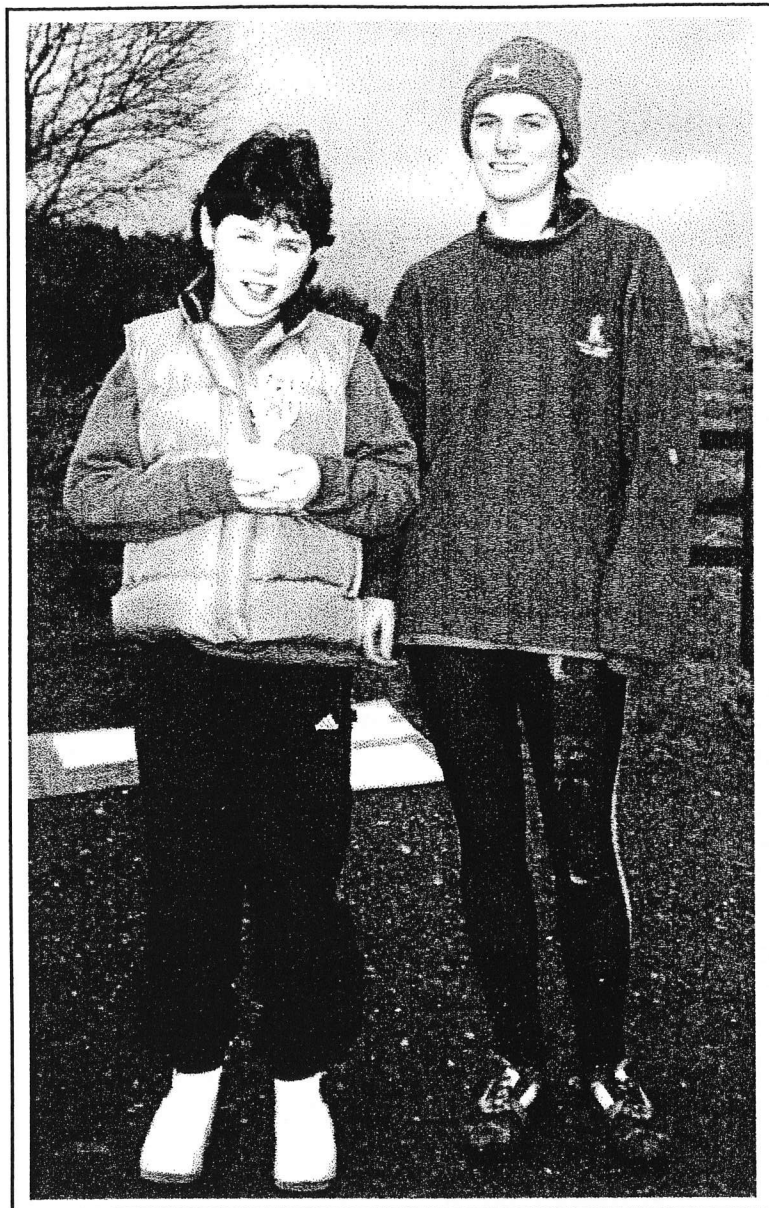
ALL WELCOME!

### CLUB COACHING MORNING

We are trying to organise an orienteering training/coaching morning on Saturday 12th February 2000. Hopefully all levels of expertise will be catered for, so if you are interested please phone Peggy Purves on 01259 762460.







VICTORIA, Junior Girls Club Champion, and Beccy modelling the latest trendy O-gear!

## TRAINING TIPS from GLENMORE:



READ THE  
ELECTRONIC  
PUNCHING  
INSTRUCTION  
MANUAL

THEN  
QUICKLY  
FIND  
SOMEONE  
TO  
FOLLOW!



Dear All

We are moving from Dalgety Bay on the 11th November. We are going to be building a new house on a 'lowland croft' in West Lothian. After the house is built we plan to re-afforest our small part of Central Scotland and will welcome contributions of bushes, trees etc.. Ben, now married to Angie, is in London; Simon is in his 3<sup>rd</sup> year of medicine at Edinburgh and Fiona has started studying anthropology at Durham.

Our new address is:

4 Bickerton Crofts  
Hen's Nest Road  
East Whitburn  
West Lothian  
EH47 8RX

Temporary Phone 01786 817555

Mobile 07909 985 829

Ted and Val Finch



# What's On in and Around FVO

**Dec 15 FVO Club Christmas Dinner      Sword Hotel, Causewayhead**

**Dec 25 Fraser's Dumyat Run      Top Car Park, Sherrifmuir**

**MERRY CHRISTMAS TO YOU ALL**

**Dec 26 MAROC Pudding shaker Glen O Dee Banchory      NO683963**

**Dec 27 ELO Festive Frolic Yelowcraigs, N Berwick      NT518856**

**Jan 01 HAPPY NEW YEAR**

**Jan 09 Stag Norwegian 'O' Drumpellier Country Park 11.30am      NS 710658**

**Jan 10 FVO Indoor Circuit Training Starts again at Lornshill Academy**

**Jan 16 WFO CC & ESOL5, Blairadam, Kincardine      NN 950880**

**Jan 23 Stag 2 Du 'O', Palacerigg Cpuntry Park, Cumbernauld      NS 787733**

**Jan 28 FVO AGM, Offices of United Distillers & Vintners, Menstrie**

**Jan 30 FVO Local Event, Abbey Craig, Wallace Monument NS 808958**

**Feb 06 ELO CC & ESOL7, Hedderwick Hill, Dunbar      NT 651783**

**Feb 06 MAROC Score Event, Sluie Woods, Aboyne, start 11am NO 605986**

**Feb 12 FVO Coaching Day, See inside for details.**

**Feb 13 Stag WOSOL 1, Calderglen Country Park, E. Kilbride      NS 654526**

**Feb 20 Stag Knoll Kollection, Faskally Woods, Pitlochry      NN 922591**

**Feb 20 MOR CC Event, Darnaway Forest, Forres      NR 989568**

**Mar 05 Clyde SG 1, Dunrod Hill, Greenock. CD19/2/00      NS 227740**

**Apr 02 FVO CC & WOSOL, South Achray, Aberfoyle**

**Apr 22-24 Jan Kjellstrom International Orienteering Festival, Dunkeld & Kinloch Rannoch**

## **THE LAST WORD:**

Sincere thanks to all who have contributed over the last few years, and particular thanks too, to my long-suffering family who have put up with the bi-monthly addressing of envelopes, folding of photocopies, and proof-reading for mistakes!.....See you in a forest somewhere..Ed