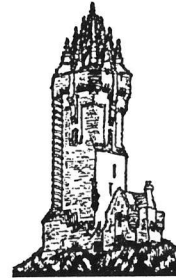


Forth Columnist



Issue 137

March/April 2000

Editorial

This is my first issue as editor of the Columnist so I must start by thanking Sandy for all his efforts over the years. No doubt I shall find out how much work is involved as I try to complete this task.

For those of you who do not know me I should give a little of my O-history. I started orienteering in the late 70's while in SE England, moving to Aberdeen in 82 and enjoyed discovering the Scottish forests and learning what contours really meant! I more or less took a break from orienteering from 86 to 99, just doing occasional evening events and Mountain Marathons. Halfway through this period I moved to the Stirling area.

A friend persuaded me to enter Highland 99 so I thought I had better do a few events before then. Fortunately orienteering is a bit like riding a bike in that you do not really forget how to do it - you just get a bit rusty and slow.

This is the time of year to look ahead to some interesting O-events. With the JK in Scotland and the Scottish Championships on our doorstep this should be a good year.

I welcome any contributions and ideas for future issues.

Dave

FVO COMMITTEE 2000

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PRESIDENT'S COLUMN

It was good to see so many people at the AGM - thanks to Susan for organising the venue and the food and to Caroline for her excellent addressing of the haggis. Some interesting points were raised especially relating to safety and first aid at events and the committee will be looking into this further.

Peggy stood down from the committee. I'd like to thank her for all her hard work in organising so many successful social events.

Our next FVO event is on April 2nd, at South Achray. This is our first WOSOL - so please try and support it. Any offers of help would be gratefully received by the organisers Sandy and Susan. (see advert on page 11)

Plans are underway for applying for a Stirling Council millennium grant to help us remap Coilhallan and set up a permanent course there. We hope to set up links with McLaren High School and the Sports Centre. If we're not successful with this grant we will be putting in a larger application for an Awards for All Lottery Grant

I would like to take this opportunity of again thanking Sandy for all his hard work in producing the FVO newsletter for many years. I would like to thank Dave Coustick for taking on the new role - I'm sure he will do a very good job.

Beccy

Check out the FVO website
<http://www.scottish-orienteeing.org/fvo/>

ACCOMMODATION WANTED

I received the following e-mail and wondered if there was anyone in the club who might be able to help.

"My name is Will Hensman and I am currently a final year student at Newcastle University. I have been orienteering for 14 or so years and am a member of Claro and UNOC. I was a GB junior squad member last year, and have run for England / GB on a number of occasions. This year I am a first year M21.

I have just got a job working for Clackmannanshire Council based at Greenfield in Alloa starting in July, but before that I have been asked to spend a few days 'getting to know' the people and the operation. As I will be up in Scotland for the JK over the Easter Weekend I thought it would be an ideal time to stop up there for the rest of that week (starting 24th April). As a result I am looking for somewhere either in Alloa or Stirling (or nearby) to crash for a few days after the JK and wondered if you, or anyone you knew could help me out. Also I'm going to need a place to live come July (probably just rent a flat to start with), so any people you know who might be able to help me out I'd be most appreciative.

Happy o'ing and I look forward to joining FVO come July."

If you feel you might be able to help in any way please let me know on 01259 213310 and I will pass details on to Will.

Thanks
Susan Sinclair

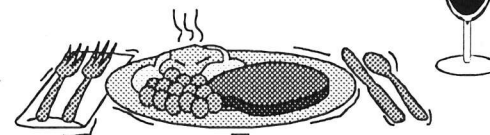
Lanzarote Gossip

Strange to see 3 very similar looking people collect certificates under names of Frasier, Freaser and Fraser.

If you go to the disco remember to have a siesta earlier as the action doesn't start until after midnight.

Annual Burns Supper & AGM

Once again we enjoyed the election(?) of office bearers closely followed by lots of haggis, neeps & tatties and general socialising.



We had a good turnout with almost a third of the membership attending. Beccy gave her report on the past years activities and some achievements that the club and its members have made: Lisa Brown gaining a place on the British Junior Squad, FVO having both their mens & womens teams finishing in the top 15 of the UK Relay League & being the first Club in Scotland to Organise an event that used electronic punching - The Scottish Night Champs & Chasing Sprint.

Trophies that were awarded were:

Most Improved Junior Performance of 1999 - Kyle Heron

Best Junior at the 6-Day 1999 - Lisa Brown

Best Vet. at 6-Day 1999 - Martin Dean

It was also decided to award a trophy for the Best Senior at 6-Day and for 1999 it went to Steve Nicholson.

The Jim Heardman Trophy was awarded to Hilda Astbury.

Election of Office Bearers: The Main Committee remains largely unchanged this year - Peggy Purves relinquishing her role as Socials Member, thank you once again for all your work.

Our new committee member is Ted Finch who has now been pressed into service on your behalf.

So watch this space in the coming months to find out what we are doing for your club.

Susan Sinclair

FVO EVENTS - 2000

COMPETITIONS

- Sunday 2 April South Achray (WOSOL). See page 11 for details
- Saturday 27 May Scottish Individual Championships. Please phone Hugh Buchanan - 01786 473776 to volunteer your help
- Sunday 18 June Stirling Sports Council Millenium Event
Details in next issue
- October
(Date to be confirmed) Airthrey Castle (ELOL)
- Sunday 5 November South Achray Mountain Bike - O
(Provisional)

TRAINING

- 6 - 8 October Glenmore Lodge Training weekend
Training and social weekend. Not to be missed so put in your diary now; more details nearer the time.

SOCIAL

The FVO Ten Pin Bowling Challenge
Friday March 24th - Stirling Bowling Centre
Meet 7.30 in the bar for a 8pm start

I have booked 3 lanes for 2 games - please let me know if you would like to go.

You can choose on the night - £7.25 for 2 games + shoe hire
or £12.99 for 2 games, shoe hire and 4 drinks

Beccy

Social continued opposite

TEAM CAPTAIN'S CHAT

RELAY RUNS

JK - URGENT !!!

I need to know ASAP if you would like to run for FVO at the JK relay (24/4/00)- the entry date for the relay is very soon - so please **ACT NOW** to make sure you get a run. (Anyone running will also have to help as well!!!!).

British Relays. These are in Herefordshire this year on May14th. If anyone is travelling south and wants an FVO relay run - then please let me know ASAP.

Scottish Please let me know if you would like to run at the relays on Devilla.

COMPASS SPORT CUP ROUND 1

19th March — Fauldshope and Bowhill near Selkirk

We have been asked to give the organisers an idea of numbers for each course.

Please let me know by 10th March if you are thinking of going so that I can organise registration

Jon Cross
tel. 01786 471270
email JonCross@scottishamicable.co.uk

SOCIAL (Continued)

MOUNTAIN BIKE DAY - SUNDAY 16 APRIL

Details and venue to be decided but within about 1 hour's drive from Stirling. Please contact Dave Coustick (01877 382833) if you're interested.

WEDNESDAY EVENINGS

Until the summer series of evening O-events starts - see below, there is a regular training run at 6.30pm (promptly) each Wednesday. These start just up the hill from the Meadow Park pub, Bridge of Allan. After that there is a social get together at the Portcullis pub near Stirling Castle.

SPRING/SUMMER EVENINGS

Events start from 5.0pm to 7.0pm. Volunteers to plan any of these events to Mark Grant please.

26 April	Alva House Estate	NS899976
3 May	Barrwood, (off A872, under M80)	NS796865
10 May	Kinneil, Bo'ness (off A905)	NS985805
17 May	Muiravonside	NS964755
24 May	Hermitage Woods, Stirling Uni	NS809968
31 May	Gartmorn Dam	NS911941
	BARBECUE	
7 June	Plean Country Park (inc FVO Schools Championships)	NS827868
14 June	Dollarbank	NS963 993
	Mid-summer Break	
23 Aug	Laighhills, Dunblane (Cathedral carpark)	NN781017
30 Aug	South Achray (D.Marshall Lodge)	NN520015
6 Sep	Coilhallen	NN609071
13 Sep	Minewoods	NS789980
20 Sep	Stirling Street-O	TBA
	+ Prize Giving	

FVO TRIP TO CLUB LA SANTA, LANZAROTE.

Who was there:

Fraser Purves, Peggy Purves, Oxley Family, Mark Grant, Dave Coustick, Graham Martin, Steve Nicholson + Baby, Penny Hicks and Seamus Cunnane.



(Who was not there ?)

On Thursday 18th January
11 members of FVO

(including 2 under 1yrs old) and one CLYDE interloper travelled to Club L Santa sports complex in Lanzarote. As with tradition we all congregated in the Coffee Shop in Glasgow Airport prior to departure.

On arrival in Lanzarote most of us found our baggage intact, except Grahah whose oversized suitcase (cunningly disguised as a bike box). had the wheel torn off by some baggage handler who could not lift it.

When we arrived at Club La Santa (CLS) it was about 4pm and after a tiring day travelling all I wanted to do was lounge around. Unfortunately lounging did not last long and before I had unpacked I was dragged out for an evening run by Steve N and Seamus C, fortunately it was slow and short.

CLS caters for most sports (except winter) and all the tuition and hire of equipment is included in the price. The Green Team, similar to "Butlins Re Coats", organise races / tuition and entertainment. Each day there are organised races / events starting at 8am lasting until 5pm. For our group the normal programme included the morning run, aerobics, stretching, swimming, mountain biking, road biking, body biking, body toning, ridge running, win surfing, surfing safari, etc.. Not all the activities were carried out in the sun day, however, some people tried.

The highlights of the week are the races where you compete against other residents (some very good). Our group entered the Duathlons (on- and off-road), Aquathlon, 10km Road Race and Mini Triathlon. Most of these start at 8am and it takes as much effort to get out of bed as it does to take part. As with all groups, these races are taken very seriously especially when apartment pride is at stake.

During the week the weather was favourable, the first 2 days saw very occasional showers, normally lasting for 30mins with the temperature being slightly cooler than normal. The remaining days saw no rain (during the day) and temperatures increase.

As with every FVO trip, industrial quantities of alcohol are consumed. Wrong, as with recent CLS trips everyone is too tired to drink and by 10pm most of us are in our bed, unless you are Graham (8pm is bed time).

The most notable points from the holiday are:

1. Graham lasting past midnight on one evening.
2. Mark and Seamus not making it to the pub every night.
3. Seamus being unable to handle his drink after the disco, however he did make the early morning run the next day.
4. Steve passing Emily over to Graham at every opportunity to avoid baby sitting.

The week flew by very fast, it felt more like a long weekend (maybe 2 weeks next year if my ageing body would last) and before we knew it we were sitting in the pool side bar spending our last pesetas on chips and burgers (we had earned it !!). Then it was onto the bus to the airport for our long trip back to sunny Scotland. Up early the next day and back to work.

By Friday lunchtime it felt as if I had never been away, I felt as if I needed a holiday. [Fraser, surely you can't keep up the CLS pace when you're at work as well can you? Ed]

Fraser

Forth Valley Orienteers

are proud to present

West of Scotland O-League:

Colour Coded Event 2

to be held at

South Achray, Aberfoyle

on

Sunday 2nd April 2000



Registration is from 10.30 to 12.30 Starts are from 11 to 1pm
Parking will be at the Dounans Outdoor Centre in Aberfoyle.

Although the jobs of Organiser (Susan Sinclair), Planner (Mark Holliday), Controller (Brian Bullen) & String Course Organiser (Rona Molloy) have already been filled, we still have a number of enjoyable jobs on offer including:- Car Parking, Start, Finish, Registration, Results etc. If you would be willing and able to come along and lend a hand please contact me ASAP on 01259 213310. Thanks once again,
Susan Sinclair (Organiser)

Six Day - Lochaber 2001

FVO is putting on day 2 with RR at Strathmashie
FVO need to provide one of the planners and one of the organisers. Ted Finch and Jon Cross carried out these for FVO's day in 1999, so speak to them if you want to know what is involved. Please let Becky or Susan know ASAP if you would like to take on one of these roles.

WHAT'S ON IN AND AROUND FVO

March - June 2000

- Mar 4 O5* CLYDE. Short Race. Mugdock Country Park. Milngavie. NS 547758
 Mar 5 C3* Scotlands galoppen 1 (CLYDE) Dunrod Hill. Greenock. NS 227740
 Mar 19 C4+ Colour Coded. (ESOL 8)+ CompassSport Cup. 1st Round.
 Bowhill. Selkirk. NT 432281
 Mar 24 SOCIAL - Ten Pin Bowling
 Mar 26 C5 TAY. Local Event. Twenty Shilling Wood. Comrie. NN 761221
- Apr 2 C4 FVO. Colour Coded. (WOSOL2) S. Achray, Aberfoyle.**
NS 518014
 Apr 16 SOCIAL - Mountain Biking
- Apr 21-24 JK - Special Entry Form required*
 Apr 21 C5 Training. Creag Vinean Dunkeld NN 9944
 Apr 22 C1+ Individual Day 1. Drumbuie Wood. Dunkeld. NO 0345
 Apr 23 C1+ Individual Day 2. Rannoch Forest., Kinloch Rannoch NN 6056
 Apr 24 R1+ Relays. Tullochroisk. Kinloch Rannoch. NN 7158
- April 26 FVO EE Alva House Estate NS899976
- May 3 FVO EE Barrwood NS796865
 May 10 FVO EE Kinneil NS985805
 May 17 FVO EE Muiravonside NS964755
 May 24 FVO EE Hermitage Woods NS806968
- May 27-28 Scottish Orienteering Association Championship Weekend*
May 27 C2+ FVO. Scottish Individual Champs. Touch Estate. Stirling
NS 750932
 May 28 R3+ KFO / TAY. Scottish Relay Champs. Devilla. Kincardine.
 NN 950880
- May 31 FVO EE Gartmorn Dam + **BARBECUE** NS911941
- Jun 2 O4 CUNOC. Ayrshire Schools Champs. Inverclyde. Largs NS 215605
 June 7 FVO EE Plean Country Park (inc FVO Schools Championships)
 NS827868
 June 14 FVO EE Dollarbank NS963993

* Pre-entry

+ Pre-entry, Sportident