

# Forth Columnist



Issue 138

May/June 2000

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## FVO WOMEN WIN JK RELAY

Congratulations to Lisa Brown, Beccy Osborn and Kirsty Bryan-Jones on their superb performance in winning the Women's Open Relay at Tullochroisk, the final day of the JK weekend. Congratulations also to Martin Dean, Hugh Buchanan and Steve Barrett who came 2nd in the M120+ relay. All six are pictured below with their awards.



Further report on the JK with FVO results, see Team Captain's Chat, page 7

## Editorial

After running my first event in a new class (M55 seems to have come round too quickly!) at Dunrod Hill I realised a snag of short courses. As the courses get shorter a mistake of the same duration is a bigger part of the overall time - this seems a bit unfair but I suppose the only way round it is to stop making mistakes!

Technique training is always worth doing so why not make a resolution to do a bit more this year? The Wednesday evening series can provide a useful opportunity to experiment a bit, though of course some of the areas are not particularly technical. Should we try and organise specific training apart from the annual Glenmore Lodge weekend in October?

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I am experimenting with an electronic version of the Forth Columnist so visit the new club website - see below. No guarantees as to how well it will work but you should be able to see any pictures in colour. Please let me know what you think and also whether you feel this would be an alternative way to receive the Forth Columnist for those of you with web access. (E-mail is not a realistic option due to the file size generated by Microsoft Publisher!)

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I think all those who braved the weather for the mountain bike day enjoyed themselves but it was certainly a bit chilly with snow lying on the ground in the forest above Aberfeldy. Three maintenance stops in the first five miles kept down the average and Fraser (right) had to pedal hard to catch up when his chain broke.



COPY DATE FOR NEXT ISSUE - 25th JUNE

Dave

Check out the updated FVO website  
<http://www.fvo.org.uk> Note new URL

## NEWS & GOSSIP

### OFFICIAL - Wednesday Evenings are Bad for your Eyesight

On one Wednesday evening first one member (no names but a vet from Dunblane) couldn't distinguish Peggy from Fraser and then another member ran into a bollard - painful!

### MAPPING AWARD for STIRLING SURVEYS

During the JK weekend, the "BOF PROFESSIONAL MAPPING TROPHY" for 1999 was presented to Stirling Surveys for their map of Glen Affric produced for the WOC'99 Classic Race.



### DOUNE FUN RUN - THURSDAY 8th JUNE

The Doune fun run will start from the Murray Park at 7.0 for 7.30pm (walkers start at 7, runners at 7.30). The run is 6km, entry £1 seniors, 50p juniors.

## FIRST AID COURSE

The last weekend of February found me at Loch Lomond Youth Hostel taking part in the first Orienteering First Aid course to be held in Scotland for five years (the last one was at Stirling Youth Hostel in March 1995). A First Aid qualification is essential for all those holding a BOF coaching award and so this course was subsidised by BOF and attended by 14 coaches or would-be coaches from various parts of Scotland.

We all met up at 8pm on the Friday evening and were introduced to each other and our "hosts" for the weekend – course organiser Brian Harrison from the Aberdeen branch of the British Red Cross and his team of casualties which included his ten year old daughter Claire. Friday evening was spent making lists of all the possible eventualities we might come across during the course of an orienteering competition or training event, followed by dealing with several fairly minor (i.e. non-life-threatening) incidents in teams of two. It's surprising how quickly you forget how to do fairly simple things such as putting on a sling to treat a broken collar bone, but the sprained ankle was fairly easy, probably helped by the fact that I've had to treat my own on numerous occasions. As we didn't finish until around 11pm there was no time for a visit to the pub and it was off to bed.

Saturday was fairly intensive as we learned how to treat bleeding, sprains, broken limbs etc, followed by exercises in the ground of the hostel in which the casualties role-played various scenarios and gave us feed-back on what we had done wrong – one of them claimed that she would by now be quadriplegic – or occasionally, right. In the evening, we got on to the more serious stuff. Our casualties had not returned from their expedition, and we all had to combine into one large team to find them and treat them until "help" arrived. This was where the fun really started. In spite of nominating a team leader and working out a detailed plan of search and rescue, most of the first-aiders then seemed to forget they were part of a team and went off and did their own thing. By now it was dark, cold and raining heavily. The four casualties were eventually found in various stages of hypothermia and unconsciousness and were then set upon by 15 (Derek Allison had appeared by this time, fresh from a teacher/leader course in Edinburgh) first-aiders who managed to relegate at least one of them into a deeper stage of unconsciousness (you have to remember to **raise** a bleeding leg after you've bandaged it up.) After all this some of us definitely needed a drink and so it was off to a very nice pub in Balloch (the Cameron House Hotel wouldn't admit people in Ronhill tracksters).

*(Continued on page 5)*

## SOCIAL

Most of the summer social activity revolves around the Wednesday evenings – chatting in the sunshine (?) after the orienteering, barbecue (31 May) but there are some ideas and dates for later in the year.

### **Pitch 'n' Putt - Thursday 15 June**

At Airthrey Castle. Start from 6.30 to 7.0pm; afterwards at the Meadowpark for food and lubrication.

### **Car Treasure Hunt - Friday 30 June**

A Car Treasure Hunt of some description will be taking place. Further details in the next Columnist or contact Jonathan Oxley nearer the time.

### **Murder Mystery Evening.**

Is anyone interested in such an entertainment at The Terraces Hotel? You get a murder theme evening such as Charlie's Angels or James Bond with three course dinner and post-murder disco for £29 (discount if we get enough takers). Date to be decided but sometime in the autumn – let Susan Sinclair know if you are interested.

### **Dinner/Dance**

Not to be missed – Saturday 25 November should go in your diary now. Location and further details nearer the time.

*(Continued from page 4)*

On Sunday it was back outside in the pouring rain to treat yet more barbed-wire-ripped casualties with broken limbs and twisted knees followed by more debriefing and a discussion about safety at orienteering events. I was interested to read in the last newsletter that this had been a topic of discussion at the recent AGM. As keeper of the club equipment, I can say that we are in need of a number of items which would be essential were a forest search necessary. In my many years of orienteering, I can only think of three occasions where a search was almost necessary (in all cases the missing orienteer turned up safe and well) but all organisers need to be aware of the possibility of something going wrong and be prepared for it, and on Wednesday evening events probably more so, when there are fewer people around and it's not long until nightfall.)

Maurcen Brown

## FVO EVENTS - 2000

### COMPETITIONS

Saturday 27 May	Scottish Individual Championships. See page 14 for more information and how to help.
Sunday 18 June	Stirling Sports Council Millenium Event
Saturday 16 Sep	South Achray Mountain Bike - O
October (Date to be confirmed)	Airthrey Castle (ELOL)
Saturday 25 Nov	Club Championships

### TRAINING (See also page for Wednesday evenings)

Mondays, 8 May - 26 June	Circuit training, Lornshill gym Lornshill Academy, Tullibody Road, Alloa (the school is on the left hand side of the road on leaving Tullibody). The gymnasium is at the back of the school on the right hand side when viewed from the road.
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.

### SCHOOLS CHAMPS - HELP REQUIRED

The Schools Championships will take place at Gartmorn Dam on Wed 31 May from 1.0pm. If anyone is available to help during the afternoon please contact Gary Longhurst (01786 823295)

## TEAM CAPTAIN'S CHAT

I'm writing this still exhausted after the Easter weekend – well done to everyone who came along and ran on some very tough areas. Also, a massive thank you to everyone who came along and helped on the Monday : a very successful JK relay event couldn't have taken place without you, and most people would never have got out of the car park to leave it without so much hard work from the car park marshals. I'd also like to add a special mention for the two cars that disobeyed instructions and tried to leave the car park via the entrance gate rather than the exit gate. One was towed out of the car park once every other car at the event had left (a long delay for the sake of trying to save two minutes!) and whilst the other was pushed out, I suspect that the driver will hope he never has to face the wrath of Fraser again!

Over the weekend, there were lots of good results by club members, but the undoubted highlight was the Women's Open relay team. With South Yorkshire and Interlopers both missing runners who were away at the World Cup races in Japan and Australia, there seemed a chance for the women's team to challenge for a place in the first three. Lisa ran a steady first leg with no real mistakes to come back in 13<sup>th</sup> place only 3 minutes down on the lead. She handed over to Beccy, and I'm not sure whether it was Beccy or Kirsty who was more surprised when the commentary team announced Beccy in the lead on the run in half an hour later! Despite an early scare when overtaken by South Yorkshire at the first control, Kirsty held her nerve and first position, finally finishing a minute clear of the British Army team for a famous victory. Many congratulations to all three on a fantastic result and (so I'm told by a quote from Kirsty in the race report on [www.britsport.com](http://www.britsport.com)) now they're targeting a repeat at the Scottish Champs relays.

Also in the relays, we fielded several teams in the veteran men's class, and the strongest of these (Martin Dean, Hugh Buchanan and Steve Barrett) produced another excellent result, finishing a close second to Grampian Orienteers. This age class ran the same courses as the women's relay and each of the old boys just managed to post faster times on their leg than the winning ladies – Hugh's comfort zone a meagre 26 seconds!

Meanwhile, in the JK Trophy relay itself, the men's team was depleted by Steve Nicholson's late decision to sun himself in Singapore. A late reorganisation saw Simon Patton run leg one and carry out successfully his plan of using his fitness to hitch a lift with the leading pack. Sharp runs from Ben Stansfield and Stephen Porteous kept us in 6<sup>th</sup> place after legs two and three,

and Fraser ran well on the last leg, losing a couple of places in a close finish to bring the men's team in for a strong 10<sup>th</sup> place overall.

On the individual days, far too many FVO members ran to mention everyone or even every good performance. Special mentions on the men's side to Dave Coustick for a brilliant (either he was very surprised or he's very modest!) 2<sup>nd</sup> place overall in M55L, to Martin Dean for 4<sup>th</sup> overall in M40L, and to Stuart Thomson for 5<sup>th</sup> place in M10A (and 3<sup>rd</sup> on day 1). On the women's side, there was a trio of 5<sup>th</sup> places in W20E, W21E and W21L for Lisa, for Kirsty and for Joey Inch, and victories in W50S and W60S for Chris Wood and Mary Gooch.

Looking forward to the next big relays up here, then we have the Scottish Relays on Devilla (the day after our event on Touch). The people I have down for this so far are Mark Thomson, Fraser and Peggy Purves, Martin Dean, Jon Cross, Beccy Osborn, Kirsty Bryan-Jones, Gary Longhurst, Victoria Longhurst, John Reeve, Sue Reeve, Mark Holliday, Steve Nicholson, Penny Hicks and Fiona Hendrie. I also have John, Maureen, Neil and Lisa Brown as possible but not definite. This is an ideal chance for everyone to come and run in a relay, whether you have done so before or not. You won't get many chances to run a relay this close to home without FVO putting it on, so seize your chance **and let me know by 4 May at the very latest if you want to run.**

I'm also looking for people who want to run in the Harvester relay, this year relatively accessible as it is being held in northern England (near Rochdale). This is a night/day relay and always a real occasion. Last year we were unable to send teams after Fraser and Peggy deciding to get married that weekend, but this year I am keen to send (at least) a men's team and a women's team. This is the final event (of 4) in the UK Relay league, which after the JK is being led by FVO on the women's side, so please do let me know if you are interested in running, and whether you would prefer a day or a night leg (or indeed would insist on a day leg!). **I need to know this by end May at the latest, but it would be very helpful to know earlier.**

So, once again well done to everyone for the JK, and I look forward to hearing from everyone soon about the Scottish and Harvester Relays. A reminder of my phone number and e-mail : phone is 01786-471270 and e-mail is jon.cross@scottishamicable.co.uk.

Jon Cross

## FVO finishers at JK 2000

Individual			
M10A	5	Stuart Thomson (3 <sup>rd</sup> day 1)	M55L 2 Dave Coustick (Gareth Bryan-Jones DNF day 1, 4 <sup>th</sup> day 2)
M14A	36	Kyle Heron	M60L 57 Roger Gooch
	39	Jonathan Porteous	W20E 5 Lisa Brown
M20E	15	Stephen Porteous	W21E 5 Kirsty Bryan-Jones
M21E	40	Fraser Purves	14 Beccy Osborn
	46	Jon Cross	25 Peggy Purves
M21L	11	Simon Patton (4 <sup>th</sup> day 2)	W21L 5 Kathleen Inch (2 <sup>nd</sup> day 2)
	32	Jonathan Oxley	W21S 25 Alison Oxley
	38	Ben Stansfield	41 Lindsey Sinclair (BOK)
	46	Rupert Parkinson	47 Susan Sinclair
M21S	36	Mark Grant	W35L 39 Jane McIntyre
M35L	36	Ian McIntyre	W40L 8 Fiona Hendrie
M35S	20	Mark Thomson	W45S 30 Shena Porteous
M40L	4	Martin Dean	W50L 23 Maureen Brown
	26	Gary Longhurst	42 Mary Matthews
	35	Hugh Buchanan	W50S 1 Chris Wood
M45L	71	Brian Porteous	W55S 4 Jan Bryan-Jones (3 <sup>rd</sup> day 2)
M50S	6	Doug Wood	W60S 1 Mary Gooch
	22	John Brown	W70L 6 Hilda Astbury (2 <sup>nd</sup> day 2)

## Relays

### Men's Open

1	UNOC	161:22
10	FVO 1	182:35 (Simon Patton, Ben Stansfield, Stephen Porteous, Fraser Purves)
27	FVO 4	215:11 (Jonathan Oxley, Gary Longhurst, Jon Cross, not Brian Bullen)

### Women's Trophy

1	FVO 2	123:46 (Lisa Brown, Beccy Osborn, Kirsty Bryan-Jones)
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### Men's short

1	MDOC	96:31
45	FVO 3	141:48 (Mark Grant, Jay Okay, J. O'okaytoo)

### Women Short

1	MAROC	94:12
36	FVO 5	126:11 (Peggy Purves, Josie Stansfield, Fiona Hendrie)
48	FVO 6	158:37 (Maureen Brown, Jane McIntyre, Alison Oxley)

(Continued on page 11)



## PRESIDENT'S COLUMN

I hope everyone enjoyed the JK – thanks to everyone in anticipation of your help. I am writing this before and feeling slightly worried about the logistics of so many people running in the relays whilst helping as well – but I'm sure it will work out on the day!!

I am very much looking forward to the Scottish Champs on Touch at the end of May. I hope as many of you as possible will support this event to help make it a success. It has been given World Ranking status and is also a National event and UK cup event, so it is definitely not to be missed and of course lots of help will be needed on the day as FVO is the only club organising. If you haven't volunteered your services please do so to Hugh ASAP. If you are also thinking of running as well – Susan would appreciate early entries!

Thanks to everyone who helped at the South Achray event at the beginning of April, especially Susan, Mark H, Brian B and Rona. It was disappointing the turnout wasn't high but unfortunately the event ended up clashing with a number of other events on that day (myself being at one of them – sorry!).

By the time you read this the Wednesday evening series will be well underway. Thanks in advance to all those who have agreed to organise. We will be having a league scoring system again this year and as well, prizes to winners!

I am pleased to say that FVO has received a £1000 grant from the Stirling Council Millennium Fund. This money will be used to remap Coilhallan (near Callander) and set up a permanent course. The course will be launched at the Wednesday evening event on 6<sup>th</sup> September, which will start in the afternoon to encourage local school children to attend and have a special historical 'millennium' theme. I would like to make this event a success and provide good publicity for FVO. If anyone is able to help at all e.g. planning the permanent course, pre-event publicity and contact with schools etc. then please let me know ASAP – thanks.

On the theme of publicity you may have noticed FVO often put articles and results in the Stirling Observer and other local papers. However – you may also have noticed that their appearance is sporadic! Would anyone be willing to take on the role of regularly sending in results/articles/photos to the local papers?

Plans are under way for 18<sup>th</sup> June at Stirling University. We are putting on an orienteering event as part of a large Come and Try It Sports day, where it is hoped to get

several thousand people. This would be an ideal event to get your friends interested in orienteering. We will also need help on the day - please let me know if you can do a shift.

My column wouldn't be complete without a plea for helpers! At the moment it often falls down to a relatively small group of people doing a lot of the work. Please try and volunteer to do something to help keep FVO a thriving club.

Importantly we need to provide an organiser, planner and assistant controller for Lochaber 2001. **See advert on back page.**

On Feb. 25<sup>th</sup> 2001 we have after some negotiation (and thanks to ESOC), got a date for an SG event combined with a UK cup race on the Trossachs. Again I am looking for an organiser and planner.

If you don't feel able to do the above – other jobs are always available!! For example at the moment we don't have anyone on the committee specifically organising socials – offers to organise and ideas will be greatly appreciated. Offers to help digitise our existing maps onto OCAD would also be appreciated.

Finally – please visit our web site, which Jonathan has recently updated– you can now access it through [www.fvo.org.uk](http://www.fvo.org.uk)

Beccy

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### JK Relay Results (cont)

#### Men 120+

1 GRAMP	106:54
2 FVO 7	108:36 (Martin Dean, Hugh Buchanan, Steve Barrett)
44 FVO 9	153:51 (Brian Porteous, Mark Thomson, Dave Coustick)
59 FVO 8	168:49 (Ted Finch, John Brown, Ian McIntyre)

#### Mixed Ad Hoc

1 OSTMARKA OK	63:42
45 FVO 11	111:29 (Alison Kempson, Steve Fisher, Emese Svab)

#### M/W40-

Results not yet available

FVO team (Jonathan Porteous, Aileen Buchanan, Victoria Longhurst)

## WEDNESDAY EVENINGS

### SPRING/SUMMER EVENINGS

Events start from 5.0pm to 7.0pm. Here are the event venues, together with the pub where we will retire to afterwards for food and drink. (From around 7.30 onwards)

3 May	Barrwood, (off A872, under M80)	NS796865	Pirn Hall Bannockburn
10 May	Kinneil, Bo'ness (off A905)	NS985805	Four Mary's Linlithgow
17 May	Muiravonside	NS964755	Four Mary's Linlithgow
24 May	Hermitage Woods, Stirling Uni	NS809968	Westerton B o Allan
31 May	Gartmorn Dam <b>BARBECUE</b>	NS911941	Cross Keys Alva
7 June	Plean Country Park (inc FVO Schools Champs)	NS827868	Portcullis Strirling
14 June	Dollarbank	NS963 993	King's Seat Dollar
	Mid-summer Break	See opposite	
23 Aug	Laighhills, Dunblane (Cathedral carpark)	NN781017	Westerton B o Allan
30 Aug	South Achray (D.Marshall Lodge)	NN520015	Covenanters Aberfoyle
6 Sep	Coilhallen	NN609071	Myrtle Inn Callander
13 Sep	Minewoods	NS789980	Westerton B o Allan
20 Sep	Stirling Street-O + <b>Prize Giving</b>		TBA

## WEDNESDAY EVENINGS (cont)

### SUMMER BREAK

Well, it's hardly a break by the look of all the activity. For all of those addicted to Wednesday evening exercise there is a series of runs on most weeks, except where there is something else specific. Here is the list; speak to Fraser or Peggy (01259 762460) for the more distant events to co-ordinate transport. Runs start at 6.30pm prompt.

DATE	START VENUE	GRID REFERENCE
21 June	KFO Evening Event, Lochore	NT 1796
28 June	55 Abercrombie Place, Menstrie	846968
5 July	Ben Ledi Carpark	586092
12 July	Tillicoultry	914975
19 July	Glen Ample Carpark	584137
26 July	Glendevon	997034
2 August	North Third	771907
9 August	Devilla	969871
16 August	Ballochleam	657925

### CLUB SWEATSHIRTS, FLEECES & T-SHIRTS

See enclosed leaflet to order.

## Scottish Championships 2000

Major orienteering events sometimes seem like buses - they come along in groups. Just when you are savouring FVO's part in the J2K, the Scottish Night Championships, Highland 99 and the World Championships, here comes the Scottish Individual Championships 2000.

As you probably already know, the Scottish Championship weekend 27-28 May comprises 2 events: the Individual Championship held on the Saturday, and the Relay Championship held on the Sunday. FVO are organising the Individual Championship at Touch, about 3 miles west of Stirling, just south of the A811 to Drymen: the Relay is being organised by Tayside and Kingdom of Fife at Devilla, by Kincardine.

So, the entries are pouring in to Susan Sinclair, Steve Barrett has planned some wonderful courses, the portable toilets are booked, and I've been on the phone to most of you asking if you can help. Soon, I'll be matching people to jobs and getting back in touch to let you know. Hopefully, helpers will be able to run as well. If I haven't spoken to you about helping, and you are able to lend a hand, then let me know.

Hugh Buchanan  
01786 473776  
hugh.buchanan@iname.com



SCOTLAND

Once again the World Wildlife Fund are holding their annual Bike Ride through the Trossachs, starting from Stirling, with a shorter alternative to Thornhill. Its guaranteed to be fun, and only as competitive as you want it to be with around 500 riders entering either the 25, or the 55 mile routes

Entry forms have been included with some copies of the Columnist but as there are not enough for everyone it's a bit of a lottery. If you want to enter but did not receive a form tel 01887 820449 or email hmacbeth@wwfnet.org

## FVO COMMITTEE 2000

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## WHAT'S ON IN AND AROUND FVO May-August 2000

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	<i>Scottish Orienteering Association Championship Weekend</i>
May 27 C2+	<b>FVO. Scottish Individual Champs. Touch Estate. Stirling NS 750932</b>
May 28 R3+	KFO / TAY. Scottish Relay Champs. Devilla. Kincardine. NN 950880
May 31	FVO EE Gartmorn Dam + <b>BARBECUE</b> NS911941
Jun 1	Clyde EE, Croy (nr Kilsyth)
June 7	FVO EE Plean Country Park ( <b>inc FVO Schools Championships</b> ) NS827868
June 8	Doune Fun Run
June 8	Clyde EE Mugdock
June 11 +	Scotlandsgaloppen 2, Loch Vaa
June 11	WWF Bike Ride, Stirling
June 14	FVO EE Dollarbank NS963993
June 15	SOCIAL - Pitch 'n' Putt
June 21	KFO EE Lochore
June 23/24+	Scotlandsgaloppen 3/4, Cannich
June 30	SOCIAL - Car Treasure Hunt
July 8/9 +	HARVESTER TROPHY

+ Pre-entry, Sportident

## 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 Beccy or Susan know ASAP if you would like to take on  
 one of these roles.