

# Forth Columnist



Issue 141 November / December 2000

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## FVO MTBO WELL RECEIVED



The club's first Mountain Bike Orienteering Event was held in Achray Forest on September 16th and seemed popular with most of the 60 or so competitors. Here a contingent of the Barrett family is seen lining up for the start.

All being well a similar event will be held in September next year.

## Editorial

I am writing this as the Scotlands galloping series for 2000 comes to an end. The last event I did before the grand finale at Newcastleton (the Tinto Twin) was at Leachdann Tom na Croich, near Pitlochry and I have to say I was not impressed with several aspects. Whilst not a great forest more could have been made of it. Many of the legs encouraged road/ride running but with small changes this could have been reduced. There were other aspects of the planning which were not great either. The best part, the open moorland could easily have been used more extensively on my course; as it was the course was distinctly on the short side. Had I not made a five minute (plus!) error I would have got round in about 45 minutes yet I think the recommended winning time is around 55 minutes.

Not only was the planning poor. The results arrangement was strange. If you sent off the normal two SAE's you had the second returned with the final details telling you to purchase results for £1 on the day. Personally I did not bother - partly because it was not obvious on the day but also because I felt the system was not a good one. If we've been using SAE's for years why change? Where it's a huge event and the results booklet is large there is perhaps some justification for making a charge to reduce unnecessary multiple copies but for an SG event it's only a few pages.

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With this issue (paper version only) you will find a club membership list, which is included at popular request. Maybe this will help in members getting together to share transport for example and do our bit for the environment - and save money!

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Let's get some more views from club members other than just from the committee. It was most encouraging to receive contributions from junior members in both this issue and the previous one. Can that be an example for the seniors? Please take a bit of time during your Christmas break to write a few words for the Columnist.

Copy Date for the next issue is 29th December.

Dave

## REMINDER!!

If you have not already done so please return the questionnaire, sent out with the last issue, to Rona. If you've lost it please contact Rona or Dave for a copy.

## President's Column

I hope that most of you will be able to make it to the club champs and the Dinner Dance. The club champs is at Twenty Shilling wood - a delightful runnable oak woodland nr Comrie and TO have let us use their area. Weather permitting we will have the prize giving for the Wednesday evening series at the club champs - so I hope all the prize winners can make it! Tickets for the Dinner dance are on sale now - contact one of the committee to get one.

Congratulations to Lisa Brown who was recently selected to run for GB in the euro meeting in Denmark and her first senior international!

With the help of Fran Loots (our junior Development Officer) we are in the process of putting in an 'Awards for All' Lottery Application with the aim of increasing opportunities for youngsters to participate in orienteering. If successful this will include money for mapping of school grounds, in service training, coaching and a 'festival' of orienteering.

The permanent course at Coilhallan was launched back in September. Thanks especially to Martin Dean for his efforts in planning the course and putting in the posts and to those that helped on the day including Caroline Smillie Rona and the Cookes - some of you may have seen coverage of it the Stirling Observer. Sadly, the turnout on the day was a little disappointing. Maps are now available from McLaren Leisure Centre so why not go and try the courses!

Congratulations to all FVO members who did the Karrimor (my excuse for not doing it was being in Bolivia!) - the only prize winner I'm aware of is Ben Stansfield - at least his fourth KIMM prize (Jon X says- 'do a proper course next time!')!!

Finally, after 4 years on the committee (3 as president) I will be standing down at the end of the year. I hope that someone will be willing to take over! I promise to help with events sometimes!!

Beccy

Tel. 01786 860301 (H) 01786 825666(W)

Email: beccy.Osborn@tinyworld.co.uk

## NEW FVO CLUB O-SUITS

Don't say we are not good to you – we have just solved the problem of what to buy all your loved ones for Christmas ! Just what every orienteer wants – a new FVO O-Suit !

We have a new design (see opposite) – sorry its only black and white if this is a paper copy but for full colour see the FVO website [www.fvo.org.uk](http://www.fvo.org.uk)

As the quality of the last o-tops wasn't great we have opted to try the new Silva range from Compass Point.

You have two options of o-top:

- Long Sleeve / no mesh
- Short Sleeve / mesh back

### Sizes available:

1 (120/130), 2 (140/150), 3 (160/XS), 4 (S), 5 (M), 6 (L), 7 (XL), 8 (XXL)

NB - Numbers roughly equate to Ultrasport sizes (I take a 4 with Ultrasport and take a S with Silva tops)

### Cost:

*Costs are not finalised*, as they are dependent on the number ordered and the exchange rate at the time the order is placed (and hopefully they should not vary too much from what I am quoting). I have worked out roughly what each item will cost.

Long Sleeve O-top (Sizes 1, 2 & 3)	£20.00
Long Sleeve O-top (Sizes 4, 5, 6, 7 & 8)	£23.00
Short Sleeve O-top (Sizes 1, 2 & 3)	£21.00
Short Sleeve O-top (Sizes 4, 5, 6, 7 & 8)	£25.00
O-Trousers (Sizes 1, 2 & 3)	£13.50
O-Trousers (Sizes 4, 5, 6, 7 & 8)	£16.00

If you wish to purchase anything please place your order with me using the order form enclosed by Monday, 27<sup>th</sup> November 2000. Any queries please call Peggy Purves on 01259 762460 or e-mail [Peggy.Purves@scotent.co.uk](mailto:Peggy.Purves@scotent.co.uk).

Please send a £5 deposit for each item ordered, as we have to pay Compass Point a deposit with the order.

We have kept with tradition and stuck with club colours of royal blue, yellow and white. The o-top will be royal blue with yellow and white stripes and the trousers will be royal blue with yellow piping..



## FVO EVENTS - 2000 & - 2001 (FIRST PART)

### COMPETITIONS

Saturday 25 November

Club Championships, Twenty Shilling Wood, Comrie  
(Followed by Dinner/Dance)

**25 March: SG2/World Ranking Event/UK Cup**

**Trossachs. Offers of help PLEASE contact Beccy asap.**

### SOCIAL

Saturday 25 November

Dinner/Dance—see advert on back page

Tuesday 19 December

Christmas meal, 7.30pm at "The Sword" (next to Wallace Monument). Please let Dave Coustick know by 7th December (or Beccy by 12th at very latest so we can confirm numbers).

## WEDNESDAY EVENINGS

As it's winter again when we meet for a run, either partly off-road if you have a high power headtorch or otherwise just around the streets. Runs start promptly at 6.30pm just up the hill from the Meadow Park pub, Bridge of Allan. Then food and drink afterwards at the Westerton.

### ***And.... Mondays and Tuesdays***

**If Wednesday is not sufficient, then there are further regular training sessions:**

Mondays 6.00 - 7.00 pm

Indoor Circuit Training Lornshill Academy, Tullibody

Tuesdays 6.00 pm

Interval Training Stirling University Top Car Park (sessions take place on track / playing fields if you arrive late)

## GLENMORE LODGE WEEKEND

FRIDAY 6TH - SUNDAY 8TH OCTOBER

As usual this was an excellent weekend of both exercise and indulgence. Nearly 30 FVO members made it for this annual event which started with a bar meal and drinks on the Friday evening. Saturday we had a couple of interesting exercises at the intricate area of North Granish put on by Jonathan Musgrave. Then, after lunch at a rather overstretched tea-room there was a mountain bike ride of two to three hours. Saturday evening dinner and lots more to drink, celebrating Brian Whitworth's birthday, which was well publicised. (Unlike someone else in the club who snuck away to Europe mountain biking for his 30th birthday!)

Sunday was a short relay competition followed by an unsuccessful hunt for Will's car keys in the heather!

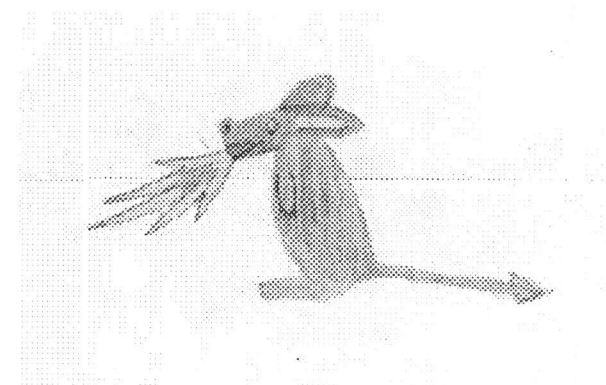
I look forward to next year's Glenmore weekend.

## WELSH 5-DAY

There was an event down in Wales called Croeso 2000. It was held from the 5th - 11th in August 2000. It was very hard to run in all the marsh and fog and a lot of people miss punched. Day 1 was misty and open and Day 2 was stoney and there were lots of rushes about. Day 3 was wet and there were quite a few gorse bushes spread about the place. Day 4 was marshie and there was the odd clump of bracken. Day 5 was probably the worst day for everyone because it was damp, wet and hard to navigate! We had a rest day on Wednesday. On day 4 we parked in the day 2 carpark and got the bus to the event. The bus took about 25 minutes. There was only a string course on the days 1,2,3+4. There was no string course on the hardest day, day 5. On day 5 when I was at Wilfs with my little sister, Morven I overheard a lady who worked there and a nother lady saying they have ran out of maps for the yellow course! Each course you win you would get a badge for winning the day after. Or if you ran the string course you would get a badge that day. If you came 2nd or 3rd over all you would get a dragon coaster but, if you came 1st you would get a CLASS WINNER t-shirt. It was good FUN!

Ellen Dean

W10B (9YRS)



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**CompassSport Cup 2001**

18 March

First round; we are competing against CLYDE, ESOC, INT and SOLWAY. Venue: Cademuir, Peebles. Please keep yourself available for this.

## From our European Correspondent.

"Well we are successfully installed down here in the South of France, and avid watchers of the UK weather reports for comparison purposes! The latest weather has even caused problems down here though, with flights northwards cancelled as London and Paris airports succumbed to the tempest.

We are now very good customers of the local DIY store – Leroy Merlin – where we seem to spend a lot of time and money! For those of you into DIY and garden equipment, it is a veritable paradise of selection and quality, and I am afraid, almost all at lower than UK prices.

Our house is a four-bedroom affair, with a large sun lounge at the back of our garage, which we have only just got around to cleaning. The only compromise was the steeply sloping driveway, which meant my brother-in-law and I had to undertake some concrete repairs to the roadway to allow the Audi access to the garage. We've also acquired a second car, which, quel surprise, is another Polo.

Erica has adapted well, and her head is gradually hardening to the tiled floors. We now know where the local Casualty department is, thanks to Erica's forward roll down the stairs complete with stair gate. No serious damage, just some blood from her teeth going through her lip, and a rather bruised face for a day or two.

Our house is in a small village of around 50-60 houses about 8km from Martigues. The countryside around is quite rocky, with a lot of pine trees, and the ubiquitous vines. Our first runs have been fairly tame "on-road" affairs, since the hunting season is in full swing. There are no access restrictions during hunting, and we are assured it is quite safe, but our other excuse is that we have not yet obtained a 1:50,000 or similar map to confirm all the various mountain paths and tracks nearby. The council are busy installing more kilometres of cycle paths along the road through our village, and cycling is definitely the sport around here, though there are a surprising number of runners too.

The only facilities in the village are a primary school and a wine cave, oh and a pizza van each evening, but so far we have only got around to sampling the local wine. The beaches are around a 10 minute drive from the house, and at this time of year are not overly busy, despite the 20-25°C temperatures in the sun. Some of the locals do in fact sport jumpers and fleeces when promenading along the coastal path, whilst we sport shorts and sandals!

We've tried to contact the local orienteering club in Aix-en-Provence, though they obviously don't have a very efficient webmaster or equivalent, since they have not yet replied. Perhaps, of course, it was my French! There was an event in the forests around our village during May this year, so we should have some progress on this front before too long we hope.

Our visitors have been and gone. They arrived a week after we moved in, though there were extenuating circumstances: Alison's sister's husband is a

policeman with fixed holidays. They used BA's Go ([www.go-fly.com](http://www.go-fly.com)) to travel to London Stansted, and then KLM's Buzz ([www.buzzaway.com](http://www.buzzaway.com)) to fly from Stansted to Marseille. Buzz advertise fares as low as £29 to Marseille from London, so it can be a fairly cheap trip!

You can see where we are by clicking on:

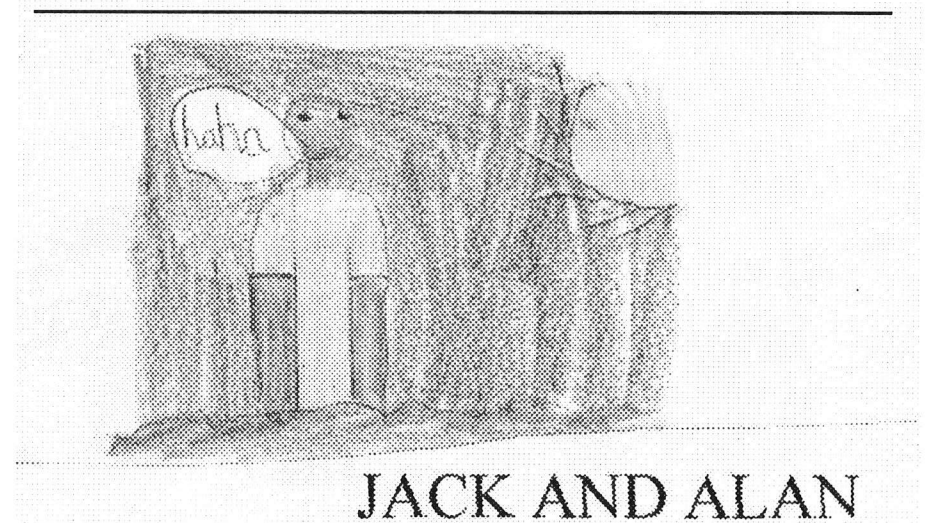
<http://uk2.multimap.com/map/browse.cgi?scale=10000&gride=&gridn=&gwidth=700&gheight=400&coordsys=mercator&client=M4&db=w3&X=567000&Y=5338000&width=700&height=400&multimap.x=368&multimap.y=154>

- our house is on the south side of the C in Cabanes.

We are still hoping to make it to the FVO Dinner Dance this year, so we will hopefully bump into many of you there (literally!).

Otherwise regards from the (currently not so sunny) South of France."

Jonathan & Allison



JACK AND ALAN

Jack . Age 7 . I thort the orienteering in calnder was grat.

The esy one is herd so the herd one is esy and Alan wune to be mudyisd.

Alan . Age 7 . I like the dichs and liked the trees but if you want to get mudy that is a fun adveture.

## FVO CLUB CHAMPS – 25<sup>TH</sup> NOVEMBER 2000

### TWENTY SHILLING WOOD, NEAR COMRIE

Car Parking: Caravan Park (Grid Ref. 761221)

Registration: 10.30 am – 11.30 am

Starts: 11.00 am – 12 noon

(This will be slightly flexible to allow parents wanting split starts – but 1<sup>st</sup> parent must be ready to start at 11 am)

Courses: Course 1 Jnr Boys & Jnr Girls (M / W 10, 12 & W14)

2 - 2.5 km

Course 2 Boys, Girls & Vet W (M14, MW16, 18 & W40+)

3-4 km

Course 3 Women & Vet M (W 20, 21, 35 & M 40+)

4-5 km

Course 4 Men (M 20, 21, 35)

5 km +

Entries: Pre-entries preferred to Peggy Purves (Tel: 01259 762460 or e-mail [Peggy.Purves@scotent.co.uk](mailto:Peggy.Purves@scotent.co.uk)) but there will also be entry on the day too. *Those who have pre-entered will be given a handicap to allow them to take part in the handicap competition as well as the normal first past the post race.*

Cost: Free to Club Members

£1.00 per map for non FVO Members

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#### AGM

The FVO Annual General Meeting will be held on Friday 26th January so put this date in your diary now. Venue to be announced in the next issue.

## FVO COMMITTEE 2000

**PRESIDENT** Beccy Osborn 1 Moray Place, Gargunnoch, Stirlingshire, FK8 3BT

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**TREASURER &**

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## WHAT'S ON IN AND AROUND FVO November 2000—January 2001

Nov 11+ Scottish Night Championships, Ballater  
 Nov 19 WSOL Colour Coded, Balmaha  
 Nov 19 ESOL Colour Coded, Binning Wood, East Lothian  
 Nov 25 **FVO CLUB CHAMPS and DINNER DANCE—See advert**  
 Nov 26+ Scottish Score Championships, Inshriach, nr Aviemore  
 Dec 3 WSOL, Gleniffer Braes, Paisley  
 Dec 3 Tayside Local event, Aberfeldy  
 Dec 12\* 2nd Glasgow Parks Championships  
 (details 0141-770-718, terry@stag-oc.freemove.co.uk)  
 Dec 19 **FVO Evening Xmas Meal—see inside for details**  
 Jan 14 ESOL, Dalkeith  
 Jan 18-25 FVO Winter Training, Lamzarote  
**JAN 31 first closing date (for cheapest entries) for LOCHABER 2001**

\* Pre-entry  
 + Pre-entry, Sportident

## MAJOR EVENTS 2001

Mar 18 CompassSport Cup, Round 1, Cademuir, Peebles.  
 Mar 25 FVO Badge event, SG and World Ranking, Trossachs  
 Aug 5-11 Scottish Six-Day LOCHABER



### DINNER DANCE

25 November at Cochrane Hall, Alva from 7.pm to 12.30am

Tickets £20 from Susan Sinclair or any Committee Member

Come and enjoy a five course dinner and then dance to the Dollarfield Band into the Wee Small Hours.