

# Forth Columnist



Issue 142 January/February 2001

**AGM & Burns Supper**

**Friday 26<sup>th</sup> January 2001**

**at 7.30pm**

**in**

**Alloa West Church Hall**

Do not miss this important event! Full details on  
separate sheet enclosed.

## Editorial

Firstly my apologies for any problems with the layout of this issue of the Forth Columnist. I have just got a new PC and have not yet managed to incorporate all the features that I had before but as time is getting on it is important to get this issue out to you all.

2001 is the year for another biennial Scottish Six-Day, this time in Lochaber. FVO are organising and planning day 2 (Monday 6<sup>th</sup> August), in conjunction with Roxburgh Reivers; this day is at Strathmashie, just west of Newtonmore. As usual we will need plenty of manpower on the day and immediately beforehand. I am the FVO organiser and Fraser is the FVO Planner.

We have the advantage that we should be able to set up much of the equipment on Saturday 4<sup>th</sup> August which is before the event starts. I shall therefore be asking for helpers to come along on the Saturday. There should be no problem for everyone who wants to get a run on the Sunday (Day 1) so you can safely put in your entry for that day; some help will be needed later in the day. On the Monday we will need as much help as we can get so I'll be asking for your help nearer the time.

Don't forget that entries to Lochaber 2001 get more expensive after the end of January!

A key event coming soon, as advertised elsewhere with this issue, is the AGM. This is particularly important this year, as several committee members are not standing for re-election. New blood is needed!

Copy date for the next issue is 24<sup>th</sup> February.

Dave

### Helpers Needed for SG2/UK Cup/WRE event Sunday 25<sup>th</sup> March

The following team leaders are needed:

- Running of Sport Ident (help and training can be given if needed)
- Start
- Finish
- EOD Registration
- String Course
- Other on the day helpers are also needed.

All offers of help will be very gratefully received. If enough people help then the majority of people should be able to run as well.

Please contact Beccy on 01786 860301 or [Beccy.Osborn@tinyworld.co.uk](mailto:Beccy.Osborn@tinyworld.co.uk)

Letter to the Editor.

Dear Dave

I strongly disagree with your comments in the Columnist regarding the event at Leachdann Tom na Croich. Perhaps your course was badly planned, but it is hardly fair to generalise. I have no complaints at all about my course nor about the only other one I saw – M14A. Both were entirely suitable for the competitors for whom they were intended. Had you discussed the reason for the less extensive use of the moorland, as I did, with Terry O'Brien, you would know why the course was planned in this way.

As for the results system used, I feel this is a great improvement on the old fashioned SAE system. The main advantage from my point of view and that of the juniors with whom I travel to events is the speed with which the results are available. [Previously we had to wait for up to two months for results. Now we can access them on the Internet and print out for those without access. A further advantage is that the cost of entry can be reduced by charging only those who require results. Under the old system we all had to pay for their production.

Yours sincerely

Hilda

*[Editor's reply: I could not find Terry at the event, but I maintain my view on my course; I did not intend to imply that every course was unsatisfactory. As for results, the Internet is indeed a great way to access the results but for those who do not have access it does not cost £1 to produce a few sheets of A4. This is penalising those without Internet access.]*

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### FVO Results

#### **Scottish Night Champs**

M21L

3<sup>rd</sup> Fraser Purves

M40L

1<sup>st</sup> Martin Dean

#### **Scottish Score Champs**

M20L 1<sup>st</sup> Stephen Porteous

M40L 3<sup>rd</sup> Martin Dean

W35L 1<sup>st</sup> Hazel Dean

W65L 3<sup>rd</sup> Hilda Astbury

### Compass Sport Cup

18<sup>th</sup> March 2001. Cademuir, Peebles.

Please remember that this is the Scottish round of the Compass Sport Cup.

### President's Column

As I said in the last newsletter, I will be standing down at the AGM. I would like to thank everyone for all their support over the last 3 years.

Please remember that club activities, events and committees don't happen automatically. It requires a lot of people putting in a lot of time and effort. If this doesn't happen then neither will the majority of club activities. I hope that there will be enthusiasm from club members in 2001 to help with the running of the club. Not only do we need people on the committee we also need many enthusiastic volunteers to ensure the full and active running of FVO throughout 2001. The AGM and Burns supper is on Friday 26<sup>th</sup> January in Alloa.

Congratulations to our new club champions Steve Nicholson and myself!! Also Hugh Buchanan and Mary Mathews in the Vets, Kyle Heron in the Intermediate Boys, Jack Barrett and Aileen Buchanan in the Juniors. Thanks to Peggy for organising and to Tayside for letting us use Twenty Shilling Wood. Thanks also to Susan for organising the Dinner Dance. Despite having a slightly lower turnout than normal the evening went very well and I'm sure everyone that was there enjoyed themselves.

We have now put in our lottery application for almost £5000 funding towards in service training for teachers, coaching of juniors and mapping of school grounds and parks. We are still waiting to hear the outcome, which hopefully will be by February.

In December Stirling Council held their annual Sports Awards Evening. Although no one in FVO received a prize there were two nominations. Caroline Smilie was nominated for an award for her services to FVO over many years, which has included being newsletter editor, Wednesday evening Co-ordinator and event organiser. The Women's relay team (Kirsty, Lisa, Beccy) was nominated for Team of the Year for their excellent results in winning the JK relay and coming 3<sup>rd</sup> in the Scottish relay.

There have been some changes made by SOA concerning SG events for 2001 and beyond. Full details are to be printed in the next edition of SCORE. Please read these and give the FVO committee any feedback on them, as it is likely FVO will wish to respond as a club to these. We won't be following the new guidelines in full for our SG event in the Trossachs on March 25<sup>th</sup>. This is partly because it is a World Ranking Event and also because the guidelines weren't published in time.

Plans are well underway for the event in March. Please see the larger advert and let me know if you are able to help in any way – thanks.

Happy New Year and Best wishes for 2001

Beccy

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### **FVO CLUB CHAMPIONSHIPS - RESULTS**

**25 NOVEMBER 2000 - TWENTY SHILLING WOOD, NEAR COMRIE**

<b>Course 1</b>	Junior Girls	
<b>1st</b>	Aileen Buchanan	36.12
<b>2nd</b>	Victoria Longhurst	39.20
<b>3rd</b>	Amy Barrett	49.28
	Junior Boys	
<b>1st</b>	Jack Barrett	50.26
<b>Course 2</b>	Boys	
<b>1st</b>	Kyle Heron	49.39
<b>2nd</b>	Alasdair Nicol	84.54
	Veteran Women	
<b>1st</b>	Mary Mathews	73.00
<b>2nd</b>	Trish Cook	102.58
<b>Course 3</b>	Women	
<b>1st</b>	Beccy Osborn	63.20
<b>2nd</b>	Cathy Tilbrook	65.25
<b>3rd</b>	Rona Molloy	66.05
	Veteran Men	
<b>1st</b>	Hugh Buchanan	44.00
<b>2nd</b>	Steve Barrett	45.33
<b>3rd</b>	Gary Longhurst	48.40
<b>4th</b>	David Nicol	66.16
<b>5th</b>	Mark Holliday	70.20
<b>6th</b>	David Cook	107.39
<b>Course 4</b>	Men	
<b>1st</b>	Steve Nicholson	51.00
<b>2nd</b>	Fraser Purves	51.46
<b>3rd</b>	Jon Cross	68.34
<b>4th</b>	Jonathan Oxley	71.04
<b>5th</b>	Rupert Parkinson	71.14

## TRAINING & COACHING

### 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 Meadowpark hotel, Kenilworth Road, Bridge of Allan. Then food and drink afterwards at the Meadowpark Hotel (**NOTE CHANGE OF VENUE**)— We are trying out the Meadowpark for a change but this may be reviewed at the AGM so if you are just coming to the pub and not running (shame!) check out with a regular (such as Fraser, Dave C) or committee member.

### 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 Lornhill Academy, Tullibody

Tuesdays 6.00 pm

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

There are also two specific coaching sessions arranged in February.

### Saturday 3<sup>rd</sup> February, Devilla Forest.

A coaching day is planned for Saturday 3<sup>rd</sup> February at Devilla (subject to permission), covering basic as well as more advanced techniques. The planner is Bill Stevenson of ESOC (better known as Jamie's Dad) and is aimed at local members of the Scottish Junior Squad as well as FVO. Club members of all standards welcome, either to help coach or be coached. I will e-mail everyone on the FVO e-mail list nearer the time with final details such as time and exact parking venue. If you're not on the list and would like to come along, please either e-mail me or give me a ring.

Maureen

(tel. 01259 213683 e-mail: [MBrown1999@aol.com](mailto:MBrown1999@aol.com))

### Sunday 11<sup>th</sup> February, Coilhallen.

A small club coaching session will be held at Coilhallen on 11 February, provisionally put on by Steve Nicholson. This is intended for both beginners and more experienced orienteers. To confirm details please contact Rona nearer the time, e-mail: [Molloys@1waldie.freemove.co.uk](mailto:Molloys@1waldie.freemove.co.uk) or telephone 01506 842857

## FVO COMMITTEE 2000-1

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WHAT'S ON IN AND AROUND FVO  
**January - March 2001 (Plus later major events)**

Jan 14 ESOL, Dalkeith

Jan 18-25 FVO Winter Training, Lanzarote

Jan 26 AGM & Burns Supper - See inside for details

**JAN 31 first closing date (for cheapest entries) for LOCHABER 2001**

\* Feb 18 Sprint-O, Kinneil Wood, Bo'ness – see Score for entry details

Mar 4 ESOL, Eildon Hills, Melrose

+\* Mar 11 SG 1, Garelochhead, Helensburgh

+ Mar 18 CompassSport Cup, Round 1, Cademuir, Peebles.

\* Mar 24 ESOL, Archerfield & Gullane – see enclosed flier

+\* **Mar 25 FVO Badge event, SG and World Ranking, Trossachs**

**Note entries close 26 February!!! – see enclosed flier**

**APR 30 Second closing date for LOCHABER 2001**

+\* May 13 SG3, Inver, Braemar

+\* May 26 Scottish Champs, Rogie, Contin

+\* May 27 Scottish relays, Daviot, Inverness

Aug 5-11 Scottish Six-Day LOCHABER

\* Pre-entry

+ Sportident

For anyone new to the area abbreviations are as follows:

ESOL: East of Scotland O League

SG: Scotlandsgaloppen

WSOL: West of Scotland O League

It has been suggested to me that members may have orienteering shoes which juniors have outgrown, and which could be of use to other juniors. I have a pair size 3/4, as new, for sale, price £5.00. Does anyone else have shoes for sale?  
Hilda Astbury , Tel 01877 384681. e-mail [Hilda.Astbury@tesco.net](mailto:Hilda.Astbury@tesco.net).