

# Forth Columnist



Issue 143

March/April 2001

## MEMBERS ENJOY WINTER TRAINING



Fraser, Will and David Nicol pursue one of the more relaxing activities in Lanzarote. Report and more pictures inside.

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***REMINDER: If you've not paid your subs for this year this is the last issue of the Forth Columnist you will receive!***

This has been a busy period for FVO, at least behind the scenes. The first major news is that we have been awarded a lottery grant of approximately £5000, which is to be used to help with junior development and for new maps of Callendar Park, Falkirk and Gartmorn Country Park, Alloa. This should give us the opportunity to get more youngsters involved in the sport and build some strength for the future.

Personally I have been busy planning, with Brian Bullen, the courses for the Trossachs Event (Scotlands Galoppen and World Ranking). This promises to give some challenging courses in one of the most interesting and technical areas in Britain. The map will be a new one, produced by Stirling Surveys, with financial assistance from Scottish Amicable and Stirling Sports Council. If you have not entered please get in touch with Susan very soon as entries have officially just closed.

You will find this is a bumper issue with plenty of photos; these come from the winter training trip to Lanzarote, from Susan's flat-warming party as well as a group mugshot of the new committee. There are also several inserts - results of the survey, a synopsis of the club development plan and a poster for the Wednesday evening series. What's more, if you did well last season, you'll find a certificate for the Scotlands Galoppen.

By now many of us are beginning to think about this year's Scottish Six-Day, Lochaber 2001. (The first deadline has now passed so if you have not yet entered it will cost you a bit more). I have certainly been thinking about the event, as I am one of the two joint organisers for Day 2 (Monday 6<sup>th</sup> August). FVO are running this day, at Strathmashie, near Newtonmore, together with RR and we need as many helpers as possible on the day. Providing we get enough people to help most of you should be able to run; if you enter for Day 2 and are unable to compete due to helping you will get a full refund (at the rate you paid).

Please let me know if you are available on the day (thanks to those of you who have already done so.)

As well as help on the day some work will be needed on the Saturday and Sunday. Much of the preparation will be done on the Saturday so that members can run on the Sunday, Day 1. Any work on the Sunday will be arranged to allow you to run first. I'll contact people nearer the time about availability for those days.

Copy Date for the next issue is 27th April

Dave

### **MOUNTAIN BIKE DAY—SUNDAY 8TH APRIL**

Now a regular day in the FVO calendar we will be having a mountain bike day on 8th April. Meet in the main carpark in Aberfoyle at 11.00am. Contact Will to confirm nearer the day.

Phew! That was close! Yes, here I am, duly elected to serve as your President after several recounts and a Supreme Court ruling. I am happy to report that so far I have found no evidence of Beccy granting official pardons to anyone disqualified for mispunching during her time in office, unlike her counterpart, Bill Clinton. I am delighted to be President and have bought myself a new pen and a new folder in anticipation. Beccy is also delighted that I am President - or, in fact that anyone is President instead of her. I would like to thank Beccy for the huge amount of work she has undertaken during her time as President and for the continuing work she is doing as Organiser of the imminent Trossachs Scotlands Galoppen event.

Beccy has also been working closely with Fran Loots, our Junior Development Officer on a wide range of initiatives. One of these was the submission of a lottery application and we have just been informed that our bid was successful. This is wonderful news and means that we will receive £4794, to go towards in-service training of teachers and the cost of new maps of Gartmorn Country Park in Alloa and Callendar Park in Falkirk. Congratulations to Fran and Beccy for securing this fantastic sum of money!

The season of orienteering is now getting underway. We have already had a training event at Coilhallen which I am grateful to Steve Nicholson for organising. Only a few club members came along, but they were rewarded with excellent courses and the chance to use Emit punching. Elsewhere in this newsletter you will find details of all the events which the club is putting on this year and beyond. Please make a note of these and try to come along and help - the more people who get involved, the less work there is for us all to do!

As an incentive to encourage people to help, the committee has decided to offer reduced entry fees to anyone in the club who helps at an event and who also wishes to run on the day. This will amount to a 50% subsidy and will apply to Colour Coded events and above, until the AGM in 2002, when we will review the position. Anyone who has entered to run in the Trossachs event on 25 March and who also helps on the day will have 50% of their entry fee refunded. I hope this idea will prove successful. (Digression: there seems to have been an outbreak of baby girls in the club recently, so if we are to achieve our Development Plan target of being successful in the UK Relay League for men and women, it would be helpful if we could have a few baby boys now please - thanks.)

Furthermore, the financial bonanza doesn't stop there. To encourage you all to come and run in relays, the committee has decided that the club will pay the full cost of all juniors competing in FVO teams in any of the UK relay events and 50% of the costs for seniors. Wow! Generous, or what? Successful relay teams are important for the prestige of the club and good for morale, so I hope you'll take up these offers and come along to run for the club.

Thanks to everyone who came to the A.G.M., especially to Caroline Smillie for her word-perfect Address to the Haggis, and to the Sinclair family for arranging and decorating the venue.

I look forward to meeting you soon if you are new to the club. Please get in touch if there's anything you want to ask me about!

Rona

## FVO EVENTS - 2001 (& Beyond)

### COMPETITIONS

**25/3 Scotlandsgaloppen 2 / UK Cup / Future Champions Cup /**

**World Ranking Event** Trossachs, Aberfoyle

Helpers please contact Beccy Osborn (01786 860 301)

**6/8 Day 2, Scottish 6 Days** Strathmashie

Helpers please contact Dave Coustick (01786 831463)

**15/9 Mountain Bike O**

Achray, Aberfoyle

Organiser & Planner: Dave Coustick (01786 831463)

Asst. Organiser: *position vacant!!*

**16/9 11 Person Relay**

Beebraigs Country Park, Linlithgow

Organiser: Rona Molloy (01506 842857)

Planner: Ted Finch

**11/11 Colour Coded event (part of East of Scotland O League ESOL,  
and West of Scotland O League WOSOL)**

Coilhallan, Callander

Organiser: *position vacant!!*

Planner: *position vacant!!*

**June 2002 Scotlandsgaloppen Badge Event**

Touch, Cambusbarron

Organisers: Jan & Gareth Bryan Jones

Planner: Will Hensman

**2003 Scotlandsgaloppen Badge Event**

Trossachs, Aberfoyle

Organiser: *position vacant !!*

Planner: *position vacant!!*

Anyone wishing to volunteer for any of the vacant positions, please phone Rona Molloy (01506 842857). If you're not confident about organising or planning an event yourself for the first time, why not 'shadow' one of the people named above and see what's involved? It's not as scary as you think!

## Scotlandsgaloppen winners 2000

Steve Nicholson 1st M21E

Stephen Porteous 1st M20L

John Reeve 2nd M35L

Martin Dean 1st M40L

Dave Coustick 2nd M55L

Hazel Dean 1st W35L

Ellen Dean 3rd W10

Elizabeth Sinclair 1st W50S

Hilda Astbury 1st W70L

## SECRETARY'S SCRIBBLES

### MEMBERSHIP RENEWALS

A Reminder for you all – If you have not renewed your FVO Membership then this will be the **last newsletter** that you receive, so please get in touch if you need another membership form or any other information. (tel: 01259 222759)

### *WELCOME – WELCOME – WELCOME - WELCOME*

On a happier note we would like to welcome Some New(ish) members to the club:

Angela Gilmour from Tullibody who joined us in the Autumn last year, and Nick Barrable who is joining us from all the way Sweden this year.

At the recent AGM we awarded two trophies – The Jim Herdman Trophy was presented to Beccy Osborn our retiring President for all her hard work on the committee, for organising many high profile events as well as applying for a lottery grant for our JDO.

The Most Improved Junior of 2000 Trophy was awarded to Stephen Porteous. (Stephen – I will get the trophy to you asap)

*Congratulations to you both.*

If you have anything that you would like the committee to discuss or look into then please let me know. You can e-mail me at [susansinclair@beeb.net](mailto:susansinclair@beeb.net) or contact me at the address in the contacts list.

*Susan Sinclair*

## WEDNESDAY EVENINGS

While it's still winter 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 Meadowpark.

From April the Wednesday Evening event series starts. See enclosed poster and opposite for more details. It is hoped some training will be included in the Wednesday evening events. Please contact Will if you can include any training in the event you are organising or to run a training exercise at someone else's event.

### And... Tuesdays

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

Tuesdays 6.00 pm Interval Training Stirling University Top Car Park (sessions take place on track / playing fields if you arrive late)

Note that the Monday Circuit Sessions are now cancelled due to lack of interest

### Club O Suits - Progress

Just a short note to let you know the progress on our o suit order.....

They have now travelled from Sweden across to England and are currently at the printers (they will be better travelled than I am by the time they arrive).

I have to arrange collection from Compass Point, hopefully I will pick them up in Wales at the beginning of March and I should be in a position to give O-suits out by SG1 (SG2 at the latest).

Any queries please give me a call or e-mail.

Peggy

## Wednesday Evening Events

I have listed below this years Wednesday Evening Events. If you would like to volunteer to organise one of these events can you please let me know either by telephone on 01259 762460 or e-mail at [Peggy.Purves@Scotnet.co.uk](mailto:Peggy.Purves@Scotnet.co.uk). I have had a few people already volunteer and I have included their names on the table below so that you have a feel for what is already taken. If you would like more information on what's involved in organising a Wednesday Evening Event before you volunteer please also give me a call.

GROUP 1			GROUP 2		
Date	Area	Organiser	Date	Area	Organiser
25 April	Plean Country Park	Jon Cross & Beccy Osborn	2 May	Minewoods Bridge of Allan	Hugh Buchanan
9 May	Alva House Estate, Alva		16 May	Barrwood, Stirling	John Reeve (to confirm)
23 May	Hermitage Woods, Stir. Uni. (Inc. Schools Festival)	Fran Loots (Schools Festival) / David Nicol (Evening)	30 May	Beecraigs Country Park, Linlithgow	
6 June	Gartmorn Dam, Alloa (+BBQ)		13 June	Muiravonside Country Park, Polmont	
20 June	Touch, Cambusbarron	Fraser Purves	27 June	Dollar Bank, Dollar	
SUMMER BREAK					
22 Aug	Coilehallen, Callander	Jan & Gareth Bryan-Jones	29 Aug	Callander Park, Falkirk	
5 Sept	Abbey Craig, Stirling		12 Sept	Laighills, Dunblane	Gary Longhurst
19 Sept		Street-O, Bridge of Allan	Dave Coustick		

You should also have found enclosed with this newsletter a copy of the Evening Event Poster. I would be extremely grateful if you could arrange to have it displayed in a prominent place, for example you local sports centre, library, community centre, shop etc. If you would like more to put up, please give me a call. Numbers attending our Wednesday Evening Events have decreased over the last few years so it is important that we use all avenues to promote our events.

Thanks for your help.

Peggy

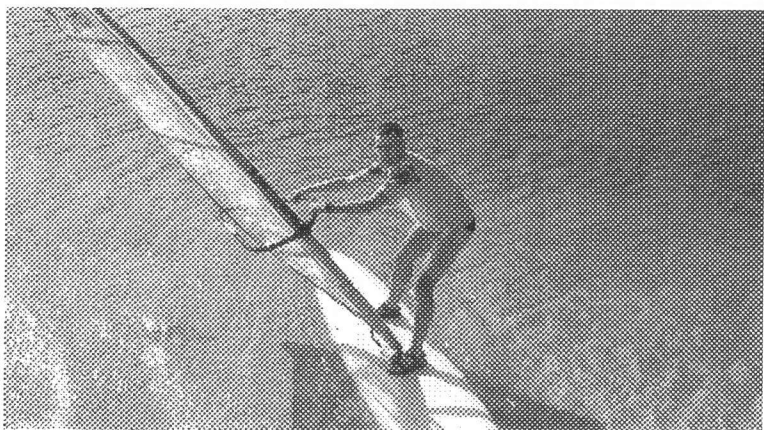


## PHOTO GALLERY

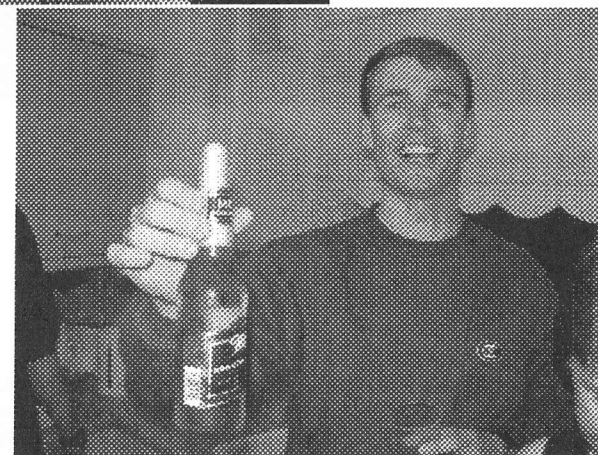


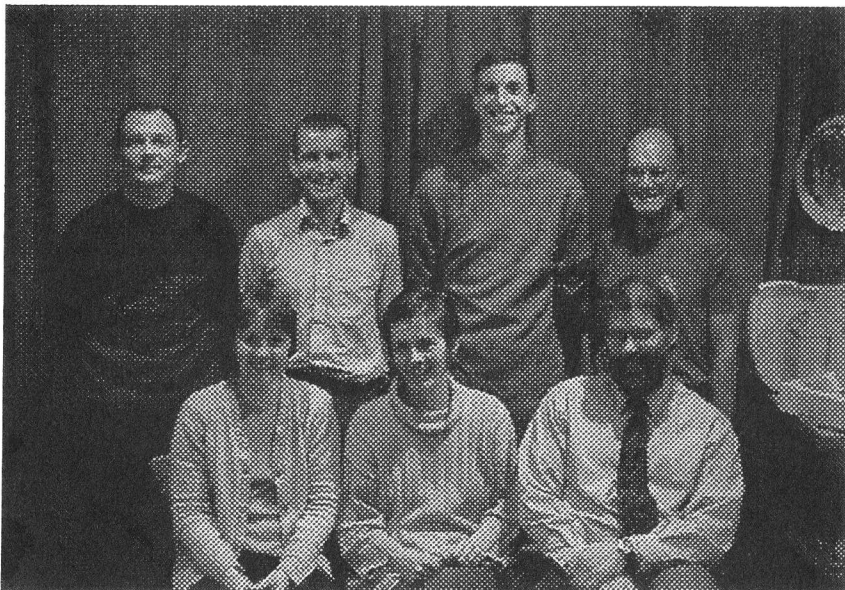
### LANZAROTE.

Above: the group enjoying an after dinner drink.  
Below: Fraser playing on the water.



### SUSAN'S PARTY!





FVO Committee. Left to right.  
Standing: Mark, Hugh, Will, Dave Sitting: Susan, Rona, Ted

### Committee Biographies.

Not room for all this month; the rest to follow.

#### Rona Molloy. - President

I am 32 years old, married to Jonathan and we have a baby girl called Grace who is 10 months old. I am a teacher of Modern Studies by profession but currently I spend my time being a mother. This is exhausting as those of you have tried it will know, but is excellent stamina training and I'm sure I'll be sprinting round the Wednesday Evening events starting at the end of April.

#### Mark Grant. - Treasurer

I started orienteering at the age of 10 with my first ever event being an evening event at Dalcross wood. I got involved in the sport through school where I then went on to join INVOC. My favourite orienteering area has to be Carse wood Ard-ersier and my least favourite is west Guisachan.

I have worked for the Bank Of Scotland for 11 years, I previously worked in Inverness and Alloa branch and for the last 4 years I have worked in the banks mortgage department in Edinburgh as an Underwriting Manager.

My other interests include going to watch Rangers, curling and biking

## FVO COMMITTEE 2000-1

**PRESIDENT: Rona Molloy** 1 Waldie Avenue, Linlithgow, West Lothian, EH49 6BA Tel: 01506 842857

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**VICE PRESIDENT: Ted Finch** 4 Bickerton Crofts, Hens Nest Road, East Whitburn, West Lothian, EH47 8RX. Tel: 01501 740901

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**Will Hensman** Tel 01786 474671

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### OTHER OFFICIALS

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### WEDNESDAY EVENING CO-ORDINATOR:

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e-mail: [Peggy.Purves@scotnet.co.uk](mailto:Peggy.Purves@scotnet.co.uk)

## WHAT'S ON IN AND AROUND FVO Mar-May (+ later major events)

Mar 1	Ten Pin Bowling evening. Contact Heike, 01786 825867
Mar 11	SG1, Garelochhead.
Mar 18	CompassSport Cup, Round 1, Cademuir, Peebles.
Mar 24	ESOL and UK Cup, Gullane
<b>Mar 25</b>	<b>FVO Badge event, SG2 and World Ranking, Trossachs</b>
Mar 30	Senior Scottish Schools O-Festival, Beecraigs
Apr 1	Tay local event, Craig a'Barns
<b>Apr 8</b>	<b>FVO Mountain Bike day, Aberfoyle</b>
Apr 22	ESOL, Devilla
Apr 25	FVO Evening event, Plean
Apr 30	Second closing date for LOCHABER entries
May 2	FVO Evening event, Minewoods
May 9	FVO Evening event, Alva House estate
May 16	FVO Evening event, Barrwood
May 23	FVO Evening event & Schools Festival, Hermitage Woods
<b>Aug 5-11</b>	<b>Scottish Six-Day LOCHABER</b>

NOTE POSSIBILITY OF CANCELLATION DUE TO FOOT & MOUTH—CHECK  
SOA WEBSITE FOR LATEST INFO.

### GLENMORE LODGE WEEKEND

Some time away but make a note in your diary now that the annual Glenmore Lodge Training weekend will be 28-30th September (subject to final confirmation). Further details in next issue.

### STIRLING SPORTS MEDICINE CENTRE

For any of you unfortunate enough to have a sports injury, you may want to take advantage of the Sports Medicine Centre at the Rainbow Slides Leisure Centre. As FVO is an affiliated club members are entitled to reduced treatment charges (£10 instead of £15) - just tell them you are a member of FVO. To make an appointment telephone Rainbow Slides on 01786 462521.