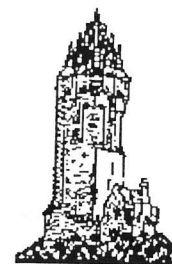


Forth Columnist



ISSUE 147

NOVEMBER/DECEMBER 2001

FVO WIN 11-PERSON RELAY



Above is most of the winning team from the 11-person relay at Beecraigs. Read more about it in Club Captain's Chat on page 5.

EDITORIAL

Although there has not been a huge number of orienteering events since the Scottish Six-Day it is good to see some notable FVO successes at those there have been, and at associated events (like KIMM and Mountain Bike events).

Our, now regular, Mountain Bike Orienteering event on September 15th was blessed with mostly good weather (until it was time to collect controls) and a respectable entry. The following day was the 11-person relay. Both events are covered in more detail in both Rona's and Jon's reports, and also featured prominently in CompassSport.

At the British Champs, held in the intricate dunes on Newborough on the Island of Anglesey there were some good performances by FVO including class winners for Hazel Dean (W35L), Stuart Thomson (M10A) and Maureen Brown (W50S).

The KIMM (Karrimor International Mountain Marathon) was held in the notoriously mountainous area just east of Largs, which offered the one benefit of being only a short drive from Stirling. Congratulations to Nick Barrable and Pernilla on coming 2nd (and first mixed team) in the A class.

Also a success, for all who attended, was the annual Glenmore Lodge weekend. The exercises laid on both on Saturday and Sunday by Niall Urquhart of BASOC were excellent; it's a shame the weather broke on Saturday morning so that few ventured out for the third exercise. Saturday afternoon once again saw a good turnout for the 3 hours plus of mountain biking by which time the weather had improved dramatically giving some fantastic views, but I don't think anyone had a camera. Thanks to Mark for organising the weekend.

One of the topics currently under discussion, again, is the format for Scotlandsgaloppen. If you did not receive details of the various proposals on offer then please contact Rona for this information. Input is required by the Scottish Club Delegate Conference on 24th November so make sure you have your say - let Rona know what you think.

Copy date for next issue is 2nd January - plenty of time over Christmas for you to get scribbling.

Dave

PRESIDENT'S PIECE

Already it seems a long time ago, but in the middle of September, FVO hosted what must rate as the best weekend of orienteering that Scotland has seen this year. On the Saturday we had the Mountain Bike event at Loch Ard which attracted a good mix of 'mountain bikers who can read maps' and 'orienteers who can ride mountain bikes'. The former proved to have the edge in the final rankings, but all who took part deserve great credit for surviving the three-hour score event! A few tender posteriors after that, I would imagine... My thanks to Dave Coustick who, up until the actual day, organised and planned the whole event by himself. On the day he was assisted by Brian Whitworth and Heike Puchan, so thanks to them too. Steve Barrett, winner of the Men's Veteran class, has agreed to take over next year, so it looks like this event is now firmly fixed on the FVO calendar.

On the Sunday we put on the Scottish 11 Person Relay, an annual event which rotates around the clubs in turn. The organisation and planning side of things went extremely well, greatly helped by the trusty army of FVO helpers, and the unexpected sunshine; but more importantly, we also managed to snatch a victory! Interlopers looked the stronger team on paper, but consistent runs by all our first team members and excellent strategic management by team captain, Jon Cross, meant that we crossed the finishing line a good 10 minutes ahead of them. Smug doesn't begin to describe it....!

We also fielded a good second team, demonstrating continuing strength in the club. Well done to everyone involved in any way, but in particular to Ted Finch whose enthusiasm and innovation brought new life to this event. We look forward to defending our title somewhere in Solway-land next year!

As if that wasn't enough for September, we then all took ourselves off up the A9 for a weekend at the National Orienteering Centre, at Glenmore Lodge. I've lost count of how many years we've been going here - four or five? - but it always seems like an excellent weekend. This year we had two very thorough mornings of training at Inschriach and Loch Vaa, followed by lots of mountain biking, coffee shops, and pool playing for the grown-ups, and swimming and soft play for the toddler members! Thanks to Jan Bryan-Jones for booking an excellent lunch for us on the Saturday - the café coped marvellously with 22 wet and hungry adults and 3 busy little girls all arriving at once!

Finally, the middle of September saw the conclusion of this year's series of Wednesday Evening Events and I would like to say a sincere thank you to Peggy Purves for her excellent co-ordination of the programme. Thanks also to all the people who put on one of the events - your efforts are much appreciated. Given the bleak outlook back in March when Foot and Mouth was first taking hold of the country, it is remarkable that we managed to run the whole series, with only one change of venue required. This really is the best way to dip a toe into the world of organising and planning events if you've tried before - it would be nice to have some new names on next year's list of volunteers, so please think about it.

October has been a quieter month, thankfully, but a fair contingent of members made their way down to Anglesey for the postponed British championships. We recorded a number of excellent results, which are reported in more detail elsewhere. As I write, the Karrimor Mountain Marathon is about to take place and there are several FVO pairs entered, so good luck to all of them. May your rain be vertical rather than horizontal....

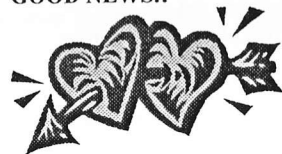
Looking ahead at what's coming up before Christmas, we are putting on a colour coded event at Coilhullan wood in Callander on 11 November. Please come along and help if you can – there should be plenty of time for everyone to have a run too! Then, it's the annual Club Championships on Saturday 1st December at Devilla, nr. Kincardine. A generous (some might say, arbitrary!) handicap system is used, so please don't stay away just because you think you won't win. Come along – it's low key and good fun. This is followed by the annual Dinner Dance on the same evening – again, we really want this to be a chance for all FVO members to get together, so please get a ticket and come to the Royal Hotel, Bridge of Allan.

You may be interested to know that, following on the success of this year, we are about to submit a second application to the Awards for All Lottery scheme. The money requested is to build on the work started this year, with coaching courses in schools and in-service training for teachers. The main new aspect is a request for money to upgrade and extend our network of permanent courses.

And lastly, January is AGM time and the committee will be looking for new members. If you think you might be able to do a stint, please let me or Susan know. We'd love to hear from you!

Rona

GOOD NEWS!!



Congratulations to Cathy Tilbrook and Doug Flint on finally getting engaged! 18 months of living at high altitude in Bolivia has obviously brought them to their senses and made them realise that it's about time they had a few Le Creuset casserole dishes to fill up their kitchen...

Cathy and Doug have now left Bolivia and are travelling home via the Galapagos Islands, New Zealand and Australia. They intend to be home by Christmas and we look forward to welcoming them back into the folds of FVO!

Club Captain's Chat

There may not have been much orienteering over the early part of the year, but FVO members have been making up for it over the past few months, in both team and individual events. Accordingly, I'm pleased to say that my ramblings for this edition of the Columnist consist mainly of congratulations – but don't forget to read the last paragraph about the Scottish Interclub Champs.

First of all, I'd like to thank everyone who turned up and ran in the two FVO teams at the Scottish 11-person relay at Beecraigs. I think the day as a whole provided a fine sense of occasion and offered spectator involvement, and was a significant success in re-establishing the 11-person relay as a worthwhile competition. From an FVO point of view the success of the day was obviously helped by the fact that one of our teams won – well done to all!

In terms of individual success, then slightly belated congratulations to Lisa Brown on her selection for the Junior World Championships, and on being the only British girl to qualify for the 'A' Final of the Short Race. Subsequently Lisa also ran for Britain in the Junior European Cup in September. Well done to Lisa, and (as she moves into W21) many congratulations on a consistent record of success at u21 level over the past few years.

FVO members have also been busy representing their country in the Home Internationals, 6 of them for Scotland and 1 for England. All 7 put in good performances, and particular congratulations to Kyle as I think this is the first time that he has been selected to run for Scotland. The full roll of honour is:

Kyle Heron (6th M14)
Kirsty Bryan-Jones (2nd, women's open)
Hazel Dean (10th, women's open)
Nick Barrable (7th, men's open – for England!)
Lisa Brown (1st, W20)
Martin Dean (3rd, M40)
Gareth Bryan-Jones (1st, M55)

Most recently, we have had National Event 6 at Macclesfield Forest and then the delayed 2001 British Championships, eventually held at Newborough Warren in Anglesey. The National event saw wins for Stuart Thomson on M10A and Maureen Brown on W50S, and both repeated this success in Anglesey. There was one other FVO winner at the British, Hazel Dean making the ladies of W35L wish that she had run the W21E course instead!

A number of other FVO runners showed up well at the British Champs, with Lisa 2nd on W20L, Ellen Dean 4th on W10A, Dave Coustick 5th on M55L and Martin Dean 6th on M40L. Top FVO performances on the two elite courses were Nick Barrable 13th on the men's course and Beccy Osborn 16th in the women's race. Further down the men's elite, Will Hensman finished some minutes ahead of Fraser Purves, despite some dubious claims to the contrary coming from the Purves camp on the day!

In general then there is rather less success to report from the FVO members who took part in the 2-day Karrimor International Mountain Marathon (the KIMM) at Muirshiel regional park over the last weekend in October. However, as I didn't even make it to the start line at all, then all the more reason for me to congratulate those who successfully completed – particularly Mark Grant, who went straight from the finish line to hospital! Star from an FVO perspective was Nick Barrable, over from Sweden for a week to take in the British and the KIMM, who with his partner Pernilla Karlsson was 2nd overall on the very demanding A course (and only 2 minutes down on day 1), taking the prize for first mixed team. Other FVO members to take part were Fraser Purves/Will Hensman (A course), Dave Nicol/Mark Grant (B course) and Heike Puchan and partner (also B course, with a particularly strong run on the 2nd day – I'm sure Heike would want me to point out as well that they were well ahead of Dave and Mark...).

I also have an event to advertise - another opportunity for you all to represent FVO. The Scottish Interclub Championships are taking place at the Scottish Score Championships at Lossie Forest on the Moray Coast on 25 November. Individual entries close for the event on 10 November (details of how to enter, costs, etc. are on the SOA website). Those of you who have been to Lossie before will know that it is an intricate sand dune forest, but very pleasant for orienteering. If you find this a little far to travel for some of you, then I hope many of you will find the time to come along for a run at the club championships in Devilla the following week.

Hope to see many of you at the club champs or dinner dance, or both. In the meantime I'm off to the Canaries for some warm weather training. And some red wine!

Jon Cross
Jon_cross@tinyworld.co.uk
01786 860301

New Competition Format

There is a new idea for a competition which transcends classes (could this be the answer to all the debate on the SG????). Hilary Quick has set up an O-Ladder, similar to a squash ladder, where you can challenge anyone above you which a view to overtaking them. To find out more the easiest way is to visit <http://www.hilaryquick.co.uk/oladder.html>. If you don't have web access then try asking one of the committee.

WEDNESDAY EVENING EVENTS

I am delighted to say that our Wednesday Evening Events went ahead as usual this year despite the foot and mouth crisis. We only had to change one venue due to permission being refused, with all other landowners welcoming us. We have had an excellent turnout at all 15 events with over 450 competitive runs being made. Thank you to you all for supporting these events.

League positions have now been calculated for the series and are as follows:

On the Short Course, Ceana Heron, Strathyre Primary following in her brother's footsteps did very well to finish in first position. In second position, winning two events during the series was Neill Marshall also from Strathyre Primary. In third position was Dan Reeve who had consistent runs throughout the series showing he is a contender for the future.

The Medium Course was dominated by Kyle Heron who won nine events during the series. Fiona Young and Angela Gilmour both ran well to finish in second and third positions respectively. Maureen Brown finished in a very respectable fourth position overall and claims the title of first veteran female. Sandy Sinclair takes the honours for the veteran men and Victoria Longhurst also did very well to finish first female junior.

The Long Course was a highly competitive event with just 31 points separating the top three positions. Steve Nicolson, winning six events, fought through to win overall. In second place was Fraser Purves with four wins to his name and just 20 points down. Martin Dean finished in third position overall but also claims the first veteran male title. First female in the long course and finishing a very respectful seventh position overall is Beccy Osborn with Rona Molloy and Peggy Purves battling it out for second and third female positions. First veteran female position goes to Mary Mathews.

Full league results can be found on the FVO web site at www.fvo.org.uk. Certificates will be issued to all course winners at either the Club Champs or the Dinner Dance on Saturday, 1st December.

I would like to take this opportunity to thank all the event organisers, for giving up their time to put on some great events, without you the series would not be possible. THANK YOU !

Hope to see you all at next year's events.

Peggy

**Proposed constitutional amendment for AGM
.... or "Hugh quite enjoys mixing with politicians these days"**

Those of you who were at the 2001 AGM on Burns night (January for the culturally challenged among you) may recall that we discussed a tidying up amendment to the club constitution to clarify who could vote on the Club Committee. Those of you who have ever been on the committee will know that this is pretty much an academic discussion, since we always manage to agree without a vote. However, a constitution is a good thing to have (and is essential when you ask anyone for a grant etc), and if it has any useful function, it is to act as a rule book in case we ever disagree with each other.

The current position is that the constitution says that members who are co-opted onto the committee do not have the right to vote. The reason for that is to ensure that the Annual General Meeting of the Club, which elects the committee, is electing the decision makers (good democracy). Co-opted members can be drafted onto the committee by the committee, for any reason, and are not entitled to vote.

So far, so good. The tidying up that is needed concerns what happens if the AGM fails to elect a full committee, or if someone leaves the committee mid-year. The custom is that the committee find someone else in the club to fill the vacancy, and that the new member can vote as if they had been elected at the AGM, but the constitution doesn't mention this situation.

The proposed amendment (see below) spells this out.

We are letting you know now, since the constitution also says that amendments to the constitution need to be notified at least 21 days before the meeting, and this may be the last Newsletter that fulfils that requirement.

Hopefully, this is not controversial. See you all at the AGM to agree this. Give me a ring if you want to know more

Hugh Buchanan, (01786 473776)

(See opposite for details of proposed change)

New Members - New Members - New Members

We would like to extend a warm welcome to three new members to the club:

Jason Inman from Edinburgh, Paul Anderson from Kippen and John Ogilvie from Gargunnock.

We hope to see you all at O-events soon.

Proposed amended Clause 4 of Constitution

4. COMMITTEE: A Committee shall be elected at the Annual General Meeting of the club to manage the business of the club.

The Committee shall consist of seven voting members: President, Vice-President, Secretary, Treasurer and three general members. If there is a vacancy on the Committee during the year, the Committee can fill that vacancy from the membership as they see fit.

The Committee shall have the power to co-opt members for specific purposes. Co-opted members shall not have voting powers.

Forth Valley Orienteers

AGM & Burns Supper

on
Friday 25th January 2001

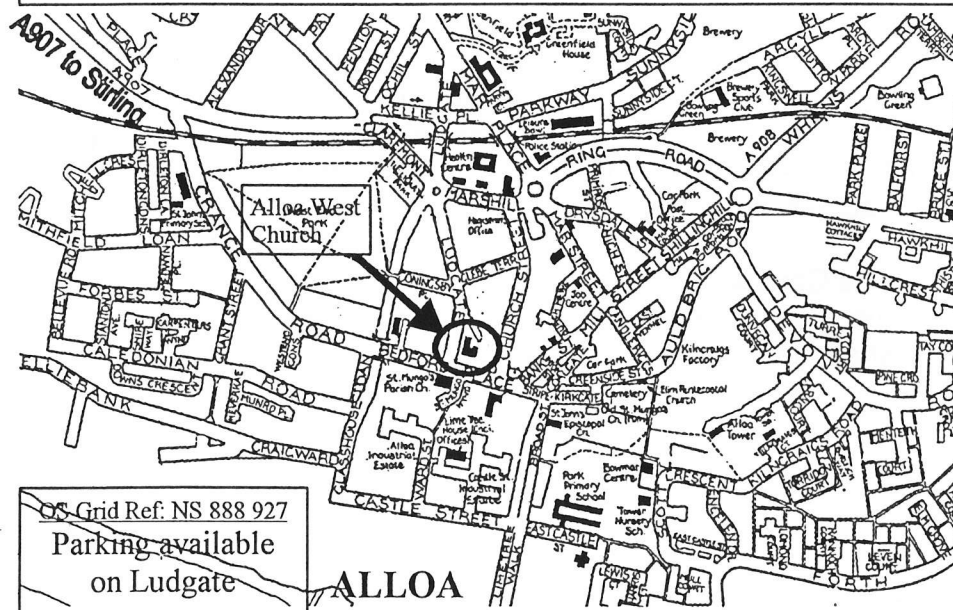
at 7.30pm

in

Alloa West Church Hall

(see location plan below)

The **short** meeting will be followed by the usual
Burns Supper at about 8.15pm
to which all are invited – families too.
(Please bring your own Drink)



Please Can Volunteers to provide food and those wanting further
information contact Susan Sinclair on 01259 222759

SECRETARY'S SCRIBBLES

Again this year it falls to me to let you all know about the AGM and much more enjoyable burns supper(see advert), and also about whether or not your committee members are willing to stand again for 2002. We are looking for volunteers to fill some places this year as we are losing some of our committee so if you feel that you would be willing to give up some of your time to help with the general running and organisation of the club and would be able to attend 5/6 meetings a year then please let me know.

We are looking for nominations for:

Post	Present Incumbent	Willing to Stand
President	Rona Molloy	NO
Vice President	Ted Finch	Yes
Treasurer	Mark Grant	NO
Secretary	Susan Sinclair	Yes
Member 1	Dave Coustick	Yes
Member 2	Hugh Buchanan	Yes
Member 3	Will Hensman	Yes
Team Captain	Jon Cross	Yes

We are also looking for nominations for the Jim Heardman Trophy which is awarded for 'outstanding contribution to the club' by an individual(s)

On another subject I have also enclosed an FVO Membership renewal form. I would appreciate if all renewing club members, be it BOF, SOA for Social only, could return it to me in the enclosed envelope (also for your Committee nominations by 21st January 2002).

If you have any queries please don't hesitate to give me a call on 01259 222759 or e-mail susansinclair@beeb.net

That's all from me for now and I look forward to seeing you all at the Burns Supper or at an O-event in the near future.

Thanks, Susan Sinclair

FVO Dinner Dance

1st December 2001
Royal Hotel, Bridge of Allan
*7.30pm til late

Tickets are now on sale for the Dinner Dance.
These can be purchased from any
committee member for £25.00.

Come and enjoy a fine meal and
then dance to the Dollarfield Band
into the Wee Small Hours of the morning.

Donations of raffle prizes will be gratefully received.
*Note change of start time

Scottish Inter Clubs Championships 2001

The competition will be held in conjunction with the Scottish Score Championships on Sunday 25th November at Lossie Forest.

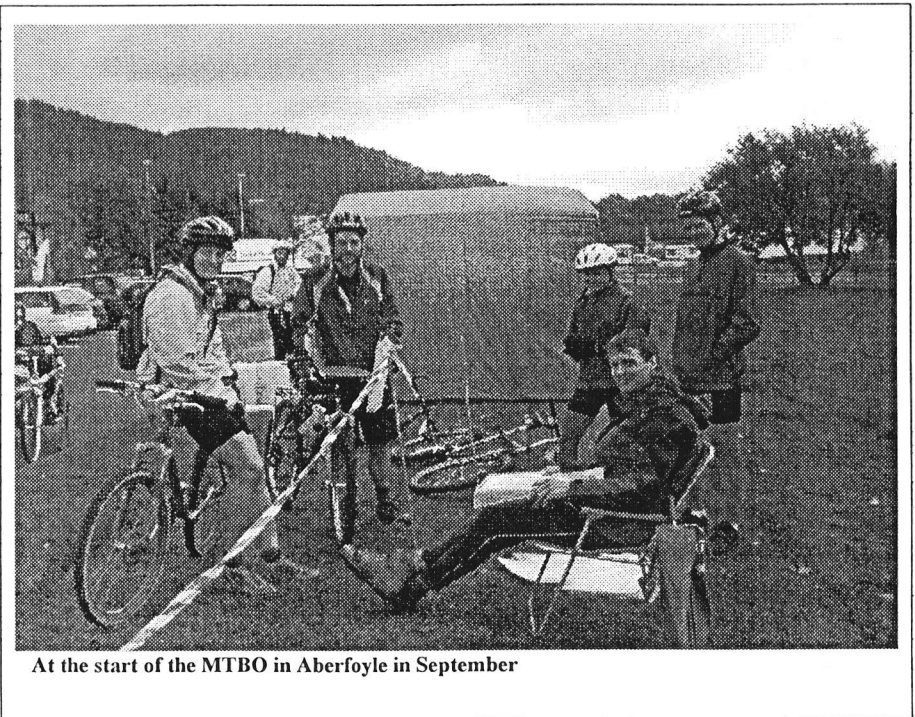
FVO will be entered in the Large Clubs Competition and need 3 people to run in the following teams to qualify:

Team A – M21,	Team E – W40 > W50; M60
Team B – M20, M35, W21	Team F – M/W16; W55+, M65+
Team C – W18, W20, W35	Team G – M/W14
Team D – M18, M40 > M55	Team H – M/W12-

FVO CHRISTMAS MEAL

Wednesday, 19th December at 7.30 pm
Venue to be confirmed.

Interested ?..... please let Peggy Purves know
if you wish to attend by Wednesday, 12th December either by
telephone on 01259 762460 or by e-mail on
Peggy.Purves@scotent.co.uk



At the start of the MTBO in Aberfoyle in September

FVO COMMITTEE 2000-1

PRESIDENT: Rona Molloy 1 Waldie Avenue, Linlithgow, West Lothian, EH49 6BA

Tel: 01506 842857

e-mail: Molloys@lwaldie.freemove.co.uk

VICE PRESIDENT: Ted Finch 4 Bickerton Crofts, Hens Nest Road, East Whitburn
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Will Hensman Tel 01786 474671

e-mail: whensman@clacks.gov.uk

OTHER OFFICIALS

TEAM CAPTAIN: Jon Cross Tel: 01786 860301

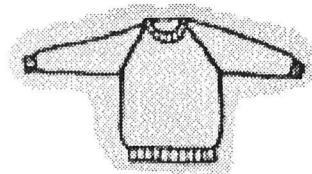
e-mail: jon.cross@scottishamicable.co.uk

WEDNESDAY EVENING CO-ORDINATOR: Peggy Purves Tel: 01259 762460

e-mail: Peggy.Purves@scotent.co.uk

FVO CLUB CLOTHING

I have been recently asked if I could put in another order for sweatshirts, fleeces, t-shirts and poloshirts. So if you feel you would like top up on club clothing or purchase some early Christmas presents now is your chance. Please note that the fleeces now come in junior sizes too. If you wish to purchase anything please place your order with me using the order form attached by Monday, 19 November 2001. Any queries please call Peggy Purves on 01259 762460.



Royal Blue Raglan Crew-neck Sweatshirt
(45% Acrylic / 40% Cotton / 15% Polyester)

Sizes	Price
24", 26", 28", 30", 32"	£10.00
34"	£11.50
Small, Medium, Large	£14.50
X Large	£15.00
XX Large	£16.00

Teal Polar Fleece Tunic
(100% 300 gsm anti-pill fleece)

Sizes	Price
24", 26", 28", 30", 32", 34"	£12.00
Small (36"), Medium (38"), Large (40-42") & X Large (44")	£17.70

Navy Blue T-Shirt
(100% Cotton)

Sizes	Price
Age: 3/4, 5/6, 7/8, 9/11, 12/13	£4.30
Small, Medium, Large	
& X Large	£8.20
XXLarge	£9.35

Navy Blue Pique Knit Polo Shirt
(65%/35% Polyester Cotton)

Sizes	Price
Age: 3/4, 5/6, 7/8, 9/10, 11/12, 12/13	£7.00
Small, Medium, Large & X Large	£11.75
XXL	£13.55

FORTH VALLEY ORIENTEERS CLOTHING ORDER FORM

NAME:

ADDRESS:

TELEPHONE:

NO. REQUIRED	STYLE / COLOUR	SIZE	PRICE
		TOTAL	£

*Please return this form by **Monday, 19 November 2001** enclosing a cheque made payable to Forth Valley Orienteers for the total amount. Forms to be sent to Peggy Purves, 55 Abercrombie Place, Menstrie, Clackmannanshire, FK11 7DE.*

FORTHCOMING EVENTS - 2001

Nov 11	FVO, ESOL & WSOL, Coilhallen
Nov 18	STAG WSOL, Cumbernauld Park
Nov 24	SOA Club Conference
Nov 25	Scottish Score Champs, Lossie
Dec 1	FVO Club Champs - see below
Dec 1	FVO Dinner Dance
Dec 2	ESOL West Lomond

2002

Feb 10	FVO Local Event, Venue and Details TBA
Feb 17	ESOC Sprint-O, Penicuik
Mar 10	CompassSport Cup, Peebles
Apr 6	INT Hagaby event
Apr 7	FVO Badge event, SG and World Ranking Event, Trossachs
May 4-6	British Champs, Northern Ireland
Jun 1/2	Scottish Champs

FVO Club Championships, Devilla, Saturday 1st December

Starts 11-12:30, registration 10.30 onwards

Parking on forest tracks (signed posted from the A985, east of Kincardine village. Watch out for signs as exact location still to be finalised)

4 courses: from 2k to 9.1k