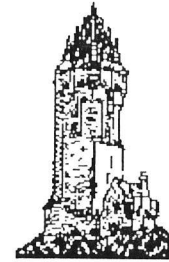


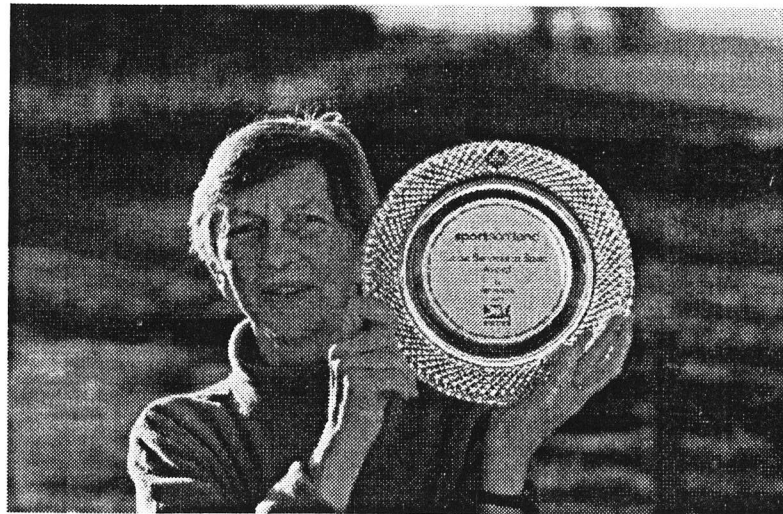
Forth Columnist



ISSUE 148

JANUARY/FEBRUARY 2002

CONGRATULATIONS, HILDA



At the recent Stirling Sports Council awards for Sports Personality of the Year, Hilda Astbury received the above trophy for her long standing services to orienteering - Well Done!

EDITORIAL

Another year and maybe some resolutions to train harder, compete at more events or maybe just not to over-indulge as much. How about doing something to help FVO grow from strength to strength (apart from just producing W/MO's!). I know many of you help out a lot, but we seem to be seriously short of a president as from the AGM. Many thanks to Rona for doing this for the last year.

As you will read elsewhere the main series of Scottish Badge Events, formerly Scotlandsgaloppen, has been revamped and will now be known as the Scotlands Orienteering League (SOL). Full details of what these changes mean will be in the next issue of Score.

A brief editorial this time as there's so much to squeeze in. Just to add the copy date for the next issue which is 26th February.

Dave

FVO WEBSITE

The FVO website has been up and running for quite a time now and the current webmaster, Jonathan Oxley, has decided to give this task a break. Many thanks to Jonathan for producing an interesting and informative site over the years. Will Hensman will be taking over this role so if you have anything to be included on www.fvo.org.uk please pass to him at whensman@clacks.gov.uk

NEW E-MAIL LIST

Because of the difficulties with Coolist, I will host an email list for FVO from my computer network at home. At present the email will usually be downloaded and resent on to FVO members automatically every hour. To use FVO mail, send an email to: FVOMail@nicol.cix.co.uk

Joining, leaving and other commands can be carried out automatically by sending email to: listserv@Nicol.cix.co.uk with a blank subject, and the text of the message as either

subscribe FVOMail
unsubscribe FVOMail

If you are having problems, just drop me an email personally on nicol@cix.co.uk, and I can edit the list by hand.

Mails will automatically be scanned for viruses using my ISP, who also do some spam filtering. At present I have set the maximum size of post to 500kB (no more big scanned pictures from Will then!). I will start the mailing list off, by subscribing all current members from the Coolist list.

David Nicol

Club Captain's Chat January 2002

I hope that you all had a good Christmas and New Year and managed to keep the occasional bit of training going in amongst the festivities. I wish I had!

Anyway, I'm sure you're all keen to make up for last year's aborted orienteering season, and desperate to know which events are going to offer you the chance to run for FVO in 2002. Well, the good news is that there are two of them in March. First of all, our round of the Compass Sport Trophy is at the colour-coded event on 10 March at Cademuir near Peebles. Not too far to travel, and a format where a good turnout is essential if we are to have enough runners to contribute points for the team on the day. This year we are drawn against Interlopers, Edinburgh Southern, Clyde and Solway, with the final in the south of England later in the year.

The second one isn't really in March at all, you just have to start travelling in March to get there in time! It is of course the Jan Kjellstrom event over Easter, with 2 day individual race on 30 and 31 March, and then the JK Trophy Relays on 1 April. The event is being held in the Forest of Dean, and I'm looking for FVO to field as many relay teams as possible, with a particular interest for us being the women's team defending the Women's Open title they won in 2000. If you are going to this event and would like to run in a relay team, then please let me know as soon as you can.

In terms of recent results, then congratulations are due to the overall Club Champions : Beccy Osborn as Ladies Champion and Hazel Dean as Open Champion, just ahead of Fraser (!). Congratulations also to Hazel for being the Women's Open winner at the Scottish Score Championships.

Finally, the GB ranking list at the end of 2001 shows a number of FVO members riding high, with Martin Dean (M40L), Lisa Brown (W20L) and Maureen Brown (W50S) each top of their respective age classes - well done to all three of them.

A reminder to let me know if you are looking for a run in the JK relay, and to come along to Cademuir on 10 March. Whether there or elsewhere, hope to see you all at an orienteering event somewhere soon!

Jon Cross
01786 860301
jon_cross@tinyworld.co.uk

HELPERS FOR GUIDES

The Guide Association is looking for experienced orienteers to help with an initiative to introduce more girls to orienteering. We are wanting help at two different levels. Initially we are looking for people willing to become trainers. For someone who is not already a BOF coach, this would involve two weekends (one is booked in March down south and a second is scheduled for September) and assessment of organising a fun event, which could be simply a string course, for example.

These trainers would then put on a weekend for teachers or warranted Guiders with Level 1 or more of the walking Scheme or equivalent at the end of which they would have the BOF Teacher Leader Award. These Guiders would then be able to deliver orienteering type activities to the girls at unit or district level - this is the second level.

Would you be interested in helping at either level?

If so, please get back to me and I will see that you get more information.

Mary Matthews
01259 730821, mary.matthews@betula.ision.co.uk

President's Column

Happy New Year to you all! I hope you've allowed yourselves a brief period of indulgence and are now feeling ready to lace up the trainers and get back out in the fresh air.

We've had two events since the last newsletter, held in somewhat contrasting weather conditions. The first was our colour coded event at Coilhallan on 11 November. To attract maximum competitors we cunningly decided to register this as both a 'WOSOL' and an 'ESOL' – in other words, the event counted as part of the West of Scotland O League, and the East of Scotland O League so would gain points for anybody taking part in either of these leagues. The plan worked well, as we had an excellent turnout, despite the unrelentingly dreary rain which poured down all morning and then dried up just about the same time as the last car left to go home. Congratulations and thanks to Susan Sinclair (organiser), Will Hensman (planner), Maureen Brown (controller and control hanger), and Fraser Purves (control checker) for putting on such a first class event. The features perhaps most appreciated by the competitors were the hard-standing car park and the immediately adjacent facilities of Callendar Leisure centre (hot showers, swimming pool, tea and bacon rolls!) Many thanks of course to all of you who came along and supported the event, and helped out in any way.

Our other event of a physical nature was the Club Championships, held at Devilla forest on 1st December. This was a cold but beautifully sunny day, perfect for orienteering. As last year's champion, it fell to Steve Nicholson to plan this year's courses and an excellent job he did too. The results are published in full elsewhere in the newsletter – well done to Hazel Dean on assuming the crown for 2001, and to all the other category winners. Thanks to Steve and his family, and to Brian Bullen for all their work beforehand and on the day.

As if this wasn't enough exercise for one day, we were all reassembled in the Royal Hotel, Bridge of Allen by 7.30 the same evening. Normally we only see each other wearing wet, dirty and slightly smelly lycra outfits, so it always takes a while to recognise the people clad in black tie and gorgeous evening dresses... however, once the initial shyness had worn off we all had a wonderful dinner dance. Particular highlights were the attendance of the FVO Far South branch (the Kings and the Thomsons from Nottingham) and Will's kilt. The young lad from Yorkshire was so obviously delighted with his own appearance that the rest of us could not help but be similarly impressed! I hope everyone who came enjoyed the evening as much as I did – it was a great night, and many thanks to Susan Sinclair and Dave Coustick for making all the arrangements.

A few nights later I found myself in the Albert Halls in Stirling for the Stirling Sports Council Awards Evening – rather like a sporty version of the Oscars. It was a very glitzy occasion with clubs and athletes representing a whole range of sports taking part. There are 6 award categories (Junior Athlete, Senior Athlete, Coach of the Year, Team of the Year, Endeavour Award and Local Service to Sport). All the nominees in each category receive a small plaque, and the overall winner gets a big cup or plate. I'm delighted to tell you that our own Hilda Astbury was chosen as the overall winner in the Local Service to Sport category for her work with the pupils of Strathyre Primary School – truly a worthy winner! Another winner was Derek Easton whose work with junior athletes earned him the title of Coach of the Year. Well done to both! The final social gathering of 2001 was the traditional Pub Christmas Meal, held in the Sword Hotel in Stirling on 19th December. No less than 30 club members appeared for this – an amazing number on the last week before Christmas – and some had to battle heroically against the best efforts of Scotrail delays to get there. I managed to restrain myself from making yet another speech, but couldn't resist just a few words, mainly to thank Peggy Purves for booking the meal and keeping us all informed as to the arrangements.

Just in case you think it's all meals and fun, I did actually attend the SOA Club Conference at Glenmore Lodge at the end of November. This was a full day meeting, mainly discussing the future shape of the Scotlandsgaloppen series. Many recommendations were made, one of which was that the events will no longer be called "Scotlandsgaloppens", – a great relief for those of us

who don't really know what this term means and can never spell it properly. The recommendations went forward to a meeting of the SOA executive for approval. As yet, I have no news on the final outcome, but will keep you informed of any developments. Any changes that are announced will not affect our big event in the Trossachs on 7th April – this is being permitted to run as it would have done in March last year, if it hadn't been postponed by the foot and mouth outbreak.

Also, we have now submitted our application to the Awards for All Lottery fund and are hopeful that this will receive a favourable response. Fran Loots, our Junior Development Officer, put a huge effort into preparing this submission and I am very grateful to her for all the time spent on it.

Finally, as this is the last newsletter before the AGM, I'd like to take this opportunity to publicly thank all the committee members for their hard work this year on behalf of the club. Thanks also to all those people who aren't on the committee but who do valuable and often time-consuming jobs – your efforts are sincerely appreciated.

Let's look forward to another successful year and best wishes to all members of the (literally) ever-expanding FVO Pregnant branch!

Rona Molloy

WANTED!

We need a new Club President from 25 January – please read on!!

First of all, here are some things which are **NOT** required:

- (1) being good at orienteering (although those who are should not feel excluded);
- (2) being female (the last three Presidents have been, but boys are welcome!)

Perks of the job:

- (1) you get some important-looking letters in the post addressed to 'The President'
- (2) you get to go to other committee members' houses and eat their biscuits
- (3) you get to indulge your passion for standing up and making speeches at every opportunity (if you like that sort of thing)

Seriously, it may look like a lot of work, but those noble people who are staying on the committee have volunteered to take on a lot of the things which I have been doing, to lighten the load of any incoming President. Susan has offered to take over the 'Fixtures' remit, and Hugh will be responsible for all the liaison with our Junior Development Officer. Without these tasks, the role of President becomes very tempting – all we need is someone who can:

- (1) go to most of the FVO events and be a friendly presence
- (2) go to the committee meetings (six per year)
- (3) write a wee column for the newsletter (six per year)
- (4) pick up the odd jobs which crop up throughout the year, or skilfully persuade others to do these!

PLEASE consider this carefully – we need someone currently not on the committee to rise to the challenge. If you think you're the one, please phone me (01506 842857) to discuss more fully, or come along to the AGM and put your hand up – thanks!!!

Forth Valley Orienteers

AGM & Burns Supper

on
Friday 25th January 2002

at 7.30pm

in

Alloa West Church Hall (see location plan below)

A copy of last years minutes is enclosed for your information
and enjoyment!!

The **very short** meeting will be followed by the usual

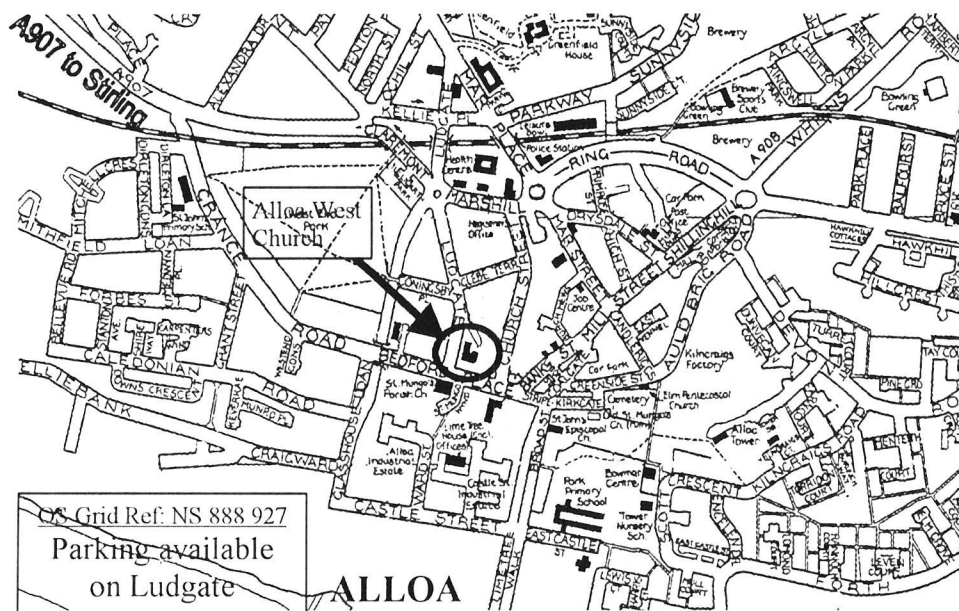
Feast of traditional Scottish fare at about 8.15pm

to which all are invited –

families too – lots of room for kids to run around...

Please bring your own Drink. If you are volunteering to provide food
or you want more information contact Susan Sinclair on

01259 222759 (H), 01259 216280(W), susansinclair@beeb.net



SECRETARY'S SCRIBBLES

Happy New Year to you all.....

Just thought I would give you all a small reminder about the Burns Supper that is being held on Friday 25th January 2002, (Burn's night). There will be lost of Food to be eaten (if someone will volunteer to prepare it!) - (the usual haggis, neeps & taties and something else for the less adventurous among you), Drink to be drunk (BYO), & Conversations to be had.... Oh and we have the small matter of the AGM to go through first!!

If any volunteers to bring food can give me a call that would be great.

As for the AGM we are looking for some new committee members this year and require 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 | Will Hensman | Yes |
| Member 2 | Dave Coustick | Yes |
| Member 3 | Hugh Buchanan | Yes |
| Team Captain | Jon Cross | ? |

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

Another reminder is for your FVO Membership renewals – Please can all FVO/SOA & FVO Social members return their forms and money to me (also with your Committee nominations) by Monday 21st January. BOF Members should get a renewal form direct from BOF.

If you require another form or information please give me a call on 01259 222759 or e-mail susansinclair@beeb.net

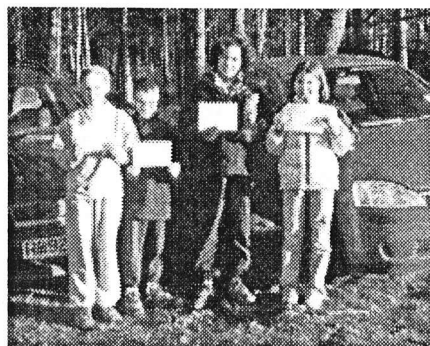
That's all from me for now and I look forward to seeing you all at the Burns Supper or at an O-event in the near future.

So Best Wishes to you all for 2002

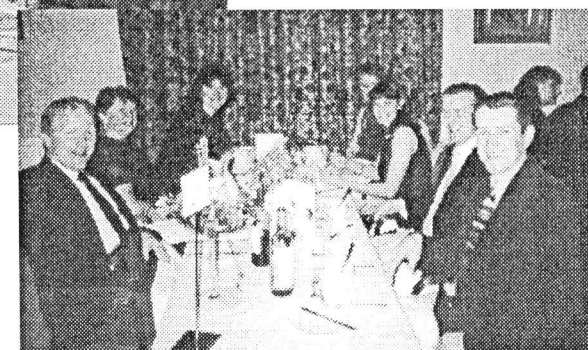
Susan Sinclair

FVO Club Champs - Devilla 1 December 2001

| Course 1 | 2.2k Class | Time | | Min/KM | |
|----------------------|------------------------------|-------|---|--------|--------------|
| Victoria Longhurst | Junior Girls | 24.15 | * | 11.0 | |
| Abigail Longhurst | Junior Girls | 37.45 | | 17.0 | |
| Amy and Jack Barrett | Junior Girls/ Junior Boys | 39.00 | | 17.7 | |
| Karen Thompson + 1 | N/C | 58.30 | | 26.5 | |
| Aileen Buchanan | Junior Girls | 71.33 | | 32.4 | |
| Course 2 | 3.3k | | | | |
| Maureen Brown | Vet Women | 47.42 | * | 14.4 | |
| Mary Matthews | Vet Women | 58.05 | | 17.6 | |
| Kyle Heron | Boys | 61.00 | * | 18.5 | |
| Susan Sinclair | Women | 64.04 | | 19.4 | |
| Hilda Astbury | Vet Women | 87.09 | | 26.4 | |
| Course 3 | 5k | | | | |
| Steve Barrett | Veteran Men | 33.51 | * | 6.7 | Fastest |
| Hugh Buchanan | Veteran Men | 39.46 | | 7.9 | |
| Gary Longhurst | Veteran Men | 41.17 | | 8.2 | |
| Beccy Osborn | Women | 42.16 | * | 8.4 | |
| Dave Coustick | Veteran Men | 50.31 | | 10.1 | |
| Mark Thompson | Veteran Men | 52.30 | | 10.5 | |
| Rona Molloy | Women | 53.00 | | 10.6 | |
| John Brown | Veteran Men | 61.17 | | 12.2 | |
| Don Matthews | Veteran Men | 65.03 | | 13.0 | |
| Kevin King | Veteran Men | 68.00 | | 13.6 | |
| Malcolm Mahony | Veteran Men | 69.03 | | 13.8 | |
| Jen Barrett | Women | 69.08 | | 13.8 | |
| Peggy Purves | Women | 76.05 | | 15.2 | |
| Course 4 | 7.6k | | | | |
| Hazel Dean | Women | 57.57 | * | 7.6 | 2nd fastest |
| Fraser Purves | Men | 58.14 | * | 7.7 | 3rd fastest |
| Mark Grant | Men | 95.15 | | 12.5 | |
| | | | * | | Class Winner |



Amy and Jack Barrett, Victoria and Abigail Longhurst at the Club Championships in Devilla Forest.



Above are a some of groups enjoying their evening at the Royal Hotel, Bridge of Allan at the annual FVO dinner and dance. Sorry if you're not featured!

We have booked Saturday 30th November this year so put the date in your diary now; more details nearer the time.



**FVO World Ranking Event, SOL 2 Badge Event, UK CUP, FC CUP
Sunday April 7th 2002,**

Trossachs, near Stirling GR NN 505 066 (OS Map 57)

Courses: All Badge courses, UK Cup/WRE enter: M/W 21E (include D.O.B), FC Cup 18s run 18A, 20s run 21E or 20L (specify). All courses use SI (hire available 50p on day). Ltd CC Courses EOD £4.50/2.50, String Course free. Prizes for elite and other competitors.

Registration 9.30 - 12.00, **Starts** 10.00 - 12.30

Fees: Seniors £8.50 (£10 Late/EOD), Juniors £4.50 (£6 Late/EOD)

Closing Date: Postmarked 20th March

Terrain/Map: Quality area, extensive areas of intricate contour detail with few line features. Area previously used for World Cup Race. A new updated map by Stirling Surveys.

Parking: Space is very limited, please share. Overflow/bad weather parking on forest tracks.

Enquiries: Email: beccy.osborn@tinyworld.co.uk, Tel 01786 860301 or Visit www.fvo.org.uk

Event Sponsored by Scottish Amicable

Interlopers UK Cup Hagaby Race Saturday 6th April 2002

Gullane & Archerfield, nr Edinburgh. GR NT 479 831 A multiloop race with a mass start.

Two UK cup courses: indicate M or W. Ltd EOD. EMIT. Fee: £6.00/4.00, Late 7.00/5.00.

See www.ed.ac.uk/~graeme/hag.html for more details.

Terrain: Highly technical sand dune area, a mixture of woodland and open.

Enquiries please contact: Ben Hartman Tel. 0131 447 9121

ben.hartman@btopenworld.com

Entries for both events to: Sandy Sinclair, 118 Claremont, Alloa, FK10 2EG

Wanted: String Course Organiser for this event. Please contact Beccy as above.

National Orienteering Week, 8-16 June

The week is designed to encourage newcomers to orienteering. There will be one of our regular Wednesday evening events mid-week and some sort of event on the final weekend. The committee are looking for your ideas. If you are a member of another sports club maybe they could be invited along to compete, for example a match between a swimming club and a rugby club? Please contact any committee member with any thoughts and offers of help.

FVO COMMITTEE 2000-1

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

Tel: 01506 842857

e-mail: Molloys@1waldie.freemove.co.uk

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

e-mail: Ted@Finchfamily.freemove.co.uk

SECRETARY: Susan Sinclair 17 Colville Gardens, Alloa, FK10 1DU

Tel 01259 222759

e-mail: susansinclair@beeb.net

TREASURER: Mark Grant 21 Shire Way, Alloa, FK10 1NQ

Tel: 01259 219604

e-mail: MarkGrant@tinyworld.co.uk

NEWSLETTER EDITOR: Dave Coustick 12 Hopetoun Drive, Bridge of Allan, FK9 4QQ

Tel: 01786 831463

e-mail: Dave.Coustick@virgin.net

COMMITTEE

Hugh Buchanan Tel 01786 473776

e-mail: Hugh.Buchanan@iname.com

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

FVO Forthcoming Events

NEW Sun 24 Feb Local Event at Barrwood Grid Ref. 796 865. - **NEW**
- Starts 10.30 – 12.30
- Short, Medium (easy), Medium (hard), and Long courses available. FVO coaches on hand to give advice to new and experienced orienteers.
Please bring along your family and friends – this is an informal, relaxed event in a beautiful wood!
- Phone Rona Molloy for directions / details (01506 842857)

Sunday 7 April - **BIG, MEGA EVENT!!!!** (postponed from last March)
Scotlands Orienteering League event (formerly known as Scotlandsgaloppen) in the Trossachs; also a World Ranking Event and a Future Champions Cup race
- Organiser Beccy Osborn will be phoning you soon to ask for helpers (why not phone her first?) – please keep this day free as we need everyone;
- if you want to run, make sure you enter in the normal way

Wed 24 April - first of our Wednesday evening events, at Plean
Country Park

Full details of the Wednesday Evening Series will appear in the next newsletter at the end of February!

Saturday 14 September – Mountain Bike Orienteering

Sunday 6 October - Colour Coded Event (as part of the WOSOL and ESOL series
of events) on our new map called Dumyat (incorporating Stirling University, Hermitage Woods, Sherrifmuir and Dumyat)

Saturday 30 November – Club Champs and Dinner Dance!

Other (Non-FVO) Events:

| | |
|-----------|--|
| 10 Feb | ESOL, Holyrood Park |
| 17 Feb | ESOC Sprint-O, Penicuik |
| 10 Mar | CompassSport Cup, Cademuir (Peebles) |
| 24 Mar | SOL 1, Clyde |
| 21 Apr | SOL 3, Maroc; Sluie, Deeside |
| 8-16 June | National Orienteering Week - see page 10 |