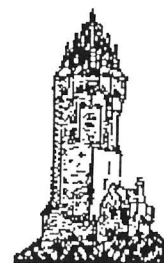


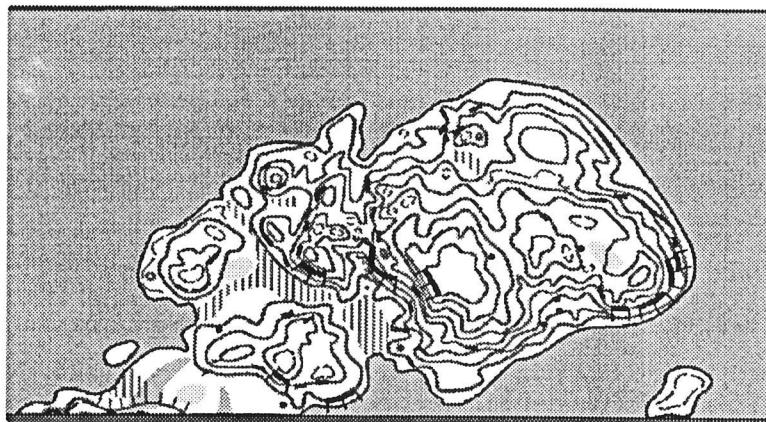
Forth Columnist



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TROSSACHS BADGE EVENT COMING SOON



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Here's a sample from an unused part of the area shortly to be used for FVO's World ranking Event at the Trossachs on 7 April. If you have not yet entered remember that entries close on 23rd March.

EDITORIAL

The last couple of months seem to have been busy with demanding activities such as the club training week in Lanzarote with all that sun! Since then the forthcoming Trossachs badge event has taken a lot of time, despite Brian Bullen and myself planning most of it pre-Foot&Mouth. Anyway I hope most of you can make it to the event on April 7th. Offers of help to Beccy please, though I may be in touch with some of you about control hanging.

I have received some comments about the size of print used in the Columnist so as a trial this editorial is in 2 sizes and 2 typefaces. Please let me know how you find the legibility. (I often have to adjust the size to fit the space but I do not want to make it too small.)

There is plenty coming up with the Wednesday evening events starting in April and the Schools' Festival in May. More details of these and other events inside. Enclosed with this issue is a flier for Compass-Sport. If you are not familiar with this magazine and want a preview the club receives a copy; contact Susan for more information.

The club has recently purchased the latest version of Condes (version 7) which offers a lot of useful new features. If you want to install on your PC I have on CD or you can download from www.finn.arildsen.com. The club registration code is available from me and club name Forth Valley Orienteers.

I mentioned the club training week in Lanzarote in my opening paragraph and this has become a regular fixture in the calendar for some years now. While we were there it was commented that the terrain running was a bit limited. Also there was an article in a magazine about some other training venues in France, Spain, Italy etc. While these venues are generally not suitable for mid-winter there are certainly opportunities in early spring or in autumn. What do members think about the idea? I have some information on these or you can check yourself at www.activepeople-uk.com or www.axarsport.com

I'll finish by adding that the copy date for the next issue which is 26th April.

Dave

PRESIDENT'S COLUMN

Ok, so I see that Tony Blair has set a compelling precedent about having babies while holding office and that the FVO membership has taken this to mean it is perfectly acceptable for their leader to follow suit. So despite my best efforts to find a replacement, here I am again – your President for another year – but don't be surprised if I disappear off the face of the earth for a couple of months around May / June time and please don't expect sensible answers to any adult-type questions when I reappear. On the bright side, since childcare issues look set to become a top policy issue for our club this year, perhaps I can be of some use after all...!

Only one committee post changed hands at the AGM, with Mark Grant stepping down as Treasurer and Penny Hicks taking over. Mark has been on the committee for 6 years and I would like to express our sincere thanks to him for being a truly reliable custodian of our finances, and for all the many other ways in which he has helped with the running of the club. Good luck to Penny as she takes up her new post! I would also like to say a public thank you to Jonathan Oxley for setting up and developing the excellent FVO website over the past few years – no doubt it will continue to flourish under new webmaster Will Hensman! Finally, thanks to the Sinclair family for organising the AGM, to Caroline Smillie for her address to the haggis, and to everyone else who came along on what was a less-than-inviting night!

It doesn't seem long since the last newsletter, but as usual, a lot has been going on behind the scenes and it is rumoured that some people have even been orienteering! Most notably we put on our own event at Barrwood yesterday and were delighted with the huge number of people who came along. The most popular courses were the Yellow (lots of families and newcomers) and the Blue (experienced orienteers keen to get some practice in before the JK!), reflecting a healthy mix of participants. Sincere thanks to Maureen Brown for volunteering to plan the courses and taking on much of the organisation too, and to all the other people who helped out on the day with hanging out the controls, selling maps, operating the start / finish, and producing the results. Well over 100 people took part in what was pitched as a very low-key, local event – our new Treasurer is no doubt very happy with this unexpected little boost to the coffers!

We now have our big event in the Trossachs on 7th April to look forward to, followed by the start of the Wednesday Evening Events on 24th April. Please make sure your diaries are up-to-date with all the forthcoming dates. Another date to note is Wednesday 22nd May, when we are holding our second Schools' Festival of Orienteering. Anyone who could come along either in the morning or the afternoon (or all day!) would be most welcome. If you've got a spare holiday stored up, why not take a day off work? We all got great tans last year! Phone Hugh Buchanan if you can help out.

New maps of Gartmorn Dam, Callendar Park and our new area called Dumyat are all either complete or nearly complete, ready for use this year. One big issue we need to address this year is the Permanent Courses. We have decided to form a dreaded 'sub-committee' to look at this, so if anyone wants to be involved please let me know as soon as possible.

BOF has decreed that the week 9 – 16 June shall be known as National Orienteering Week and clubs are being encouraged to come up with some ideas for raising the profile of the sport in their local area. Ted Finch is leading our efforts in this respect, so please contact him if you have any good ideas or want to get involved in any way – we need your help with this please!!

CONGRATULATIONS!!

The following trophies were awarded at the AGM:

Best Junior at the Six Days: **Lisa Brown, W20**

Best Senior at the Six Days: **Kirsty Bryan-Jones, W21E**

Best Vet at the Six Days: **Martin Dean, M40**

Most Improved Junior for 2001: **Kyle Heron**

The Jim Heardman Trophy: **Dave Coustick**

Kyle Heron had an excellent year in 2001, culminating in his selection to run for Scotland in the Junior Home Internationals, where he came an excellent 6th out of 16. He has now been invited to join the Scottish Junior Squad as a regular member, as has Victoria Longhurst – so congratulations to both of them!

Dave Coustick took on a number of big jobs for the club last year, including joint planner of the Trossachs World Ranking Event, organiser of our day at the Six Days, organiser of the Mountain Bike O event as well as newsletter editor and mapping representative on the club committee. No wonder he needs to disappear off on so many holidays.....!

That's all for now! Looking forward to seeing lots of you at our events in April if not before!

Rona Molloy

SECRETARY'S SCRIBBLES

Unfortunately if you are reading this and you still have not renewed your FVO membership then this will be the last newsletter that you will receive. If you would like a membership form you can find it on the FVO web site : www.fvo.org.uk , or you can contact me and I will post one out to you. If you're not sure if you have renewed then give me a call and I will let you know.

See you O-ing soon.

NEW MEMBERS..... NEW MEMBERS.... NEW MEMBERS....

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

Graham Newport from Stirling who has just joined us & who came along to the very successful event at Barrwood. (and even offered to help!)

Hope to see you orienteering again soon.

MORAY 2003 – 6 days of Scottish Orienteering

We have just learned that FVO has been allocated DAY 4 of MORAY 2003 to take on the organising/planning for the 6-day event along with the northern club Moravian Orienteers.

Day 4 will be on Thursday 31st July 2003 & the area will be Phorp, near Forres.

We are being expected to supply at least 65 helpers on the day & need to find (between FVO & MOR) 2 Day organisers, 2 Planners & 1 Assistant Controller.

The Central Organisers are keen to get the planning & controlling teams up to visit the areas during July & August this year so that they can see the terrain in the same state as it will be during the competition. We have been asked to try and fill the main positions by the end of June at the very latest to enable this.

So if you feel like a challenge and would like to volunteer your services for any of the above posts please can you let me know ASAP.

Thanks

Susan

CLUB CAPTAIN'S CHAT

A lot of reminders from me this month, plus updates on the first couple of big events this year (that's if Dave doesn't get bored of waiting for my text and go to press without me - sorry Dave!). First of all, by the time you read this then we will have taken part in the Scottish round of the Compass Sport Trophy at Cademuir near Peebles, and I'll know whether I have to start trying to persuade people to travel to Southern England for the final.....

After that we will be into the major event season, with the three big relays of JK, British and Scottish. I have entered some FVO teams for the JK but at present still have one space, so if you will be there and haven't yet told me you want a run then please let me know. We will of course be defending the Women's Open Trophy at this event, and best of luck to our team of Beccy, Cathy and Lisa.

I also need to enter teams for the British (entries close soon!) and the Scottish relays, and at present I have the following names:

Jon Cross (both)
Beccy Osborn (both)
Martin Dean & Hazel Dean (both)
Jason Inman (both)
Steve Nicholson & Penny Hicks (both)
Nick Barrable (British)
Fraser & Peggy Purves (British)
Maureen & Lisa Brown (British)
Mark and Stuart Thomson (British)

If you are going to either of these events, aren't on the list, and want a relay run then please let me know soon. One or two of you may be noticing a pattern here - if you tell me in the pub or at an event I don't remember to put you on the list, whereas if you email me I (usually!) do remember. If I have forgotten you then apologies, please don't feel slighted, and tell me again. Looking further ahead then a date for diaries is the weekend of 31 August/1 September. For some reason the fixture secretaries have allowed the Scottish 11-person relay to be scheduled for the Sunday, with the Harvester overnight relay (the 4th and final event in the UK Relay League) scheduled for the Saturday night. After our glorious triumph at Beecraigs last year, we are the defending champions in the 11-person relay, but we also should seek to send a team to the Harvester.

I guess it is possible that one of the two events may change its date, but otherwise then I will be looking to persuade some of you that it is quite normal and rational behaviour to run an overnight relay at Dipton near Hexham starting at midnight on the Saturday night, and then travel to Drumlanrig near Dumfries to run a short leg of the 11-person relay on the Sunday morning. You have been warned!!

As well as asking people to sign up to run in things, then there has also been a little orienteering to report. In particular, the first national event of the year took place at Burnham Beeches in Hertfordshire in February, and a weekend extravaganza of races in London and Sussex in the first weekend of March. Some FVO runners did journey to these races, and some even did well! Star FVO performers at the National Event were Jason Inman (13th M21E) and Will Hensman (1st M21L, but run a proper course if you want a mention in the newsletter next time!).

The March weekend consisted of 3 UK Cup races : a park race in Battersea Park, the British Night Championships and a UK Cup short race on the Sunday. Pride of place goes to Nick Barrable, who was 2nd in the park race, 3rd in the British Nights, and then showed everyone a clean pair of heels to win the short race by a minute. This excellent set of results mean that Nick leads the men's section of the UK Cup after three of eleven races - congratulations to Nick and all the best for continuing to show this form when the GB selection races come round later in the year. On the women's side, then Beccy Osborn placed between 12th and 18th in all three races (and placed 12th in the park race without finishing as high as 12th on any individual leg - it pays not to make mistakes!). Others of us didn't fare quite so well - Jason Inman mispunched in the park race and did well to finish the night race after his torch failed 4 controls from the end, and I found myself at last able to run (just about) for the first time since October, but this appeared to coincide with total memory loss in terms of how to navigate. Walking the second half of the second and third races did provide good spectator value though!

Hope to see you all at an event soon,

Jon Cross
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jon.cross@tinyworld.co.uk

NEWS SNIPPETS

Congratulations to Fraser and Peggy on the birth of their son, Euan. At last a boy to join the growing ranks of young FVO girls. Is it true Fraser's already bought Euan running shoes and a headtorch?

If you are going to the British Champs in Northern Ireland there is half price ferry travel available. Check the BOC website for details.

As advised in the last Forth Columnist we have a new webmaster, Will. Please note his new email address is will.hensman@virgin.net

Some advance dates for your diaries

The regular Glenmore lodge training weekend is scheduled for 27-29 September; dates to be confirmed in due course. Please confirm your interest to Penny (pennyhicks@aol.com)

The annual Dinner & Dance will again be at the Royal Hotel, Bridge of Allan, on Saturday 30th November, preceded by the club championships. His year the band will be the Jack Delaney band, following experiencing their excellent performance at a ceilidh in Ashfield.

LADIES ONLY

So, who let the cat out the bag?

I snuck off on a ladies only orienteering training weekend at Glenmore Lodge with those nearest and dearest to me sworn to secrecy. It's not that I had anything to hide its just that I didn't want anyone thinking - she's been on a training weekend - perhaps we'll see her out orienteering! Anyway - now everyone knows so its time to come clean.....

I have been involved (sometimes reluctantly) in orienteering for over 20 years. Firstly with my parents and then with my dear husband (who, incidently, I met at the French Five Days in 1984) and most recently with my children. For a dozen or so years I have had the perfect excuse for NOT orienteering - my need to look after the kids / shadow them round their courses.

During Lochaber 2001 it became apparent that mum was no longer needed. It's really not cool to be seen hanging about with your mum. On day six I was sharing this thought with friend Liz from Clyde and the two of us in panicked whispers shared our fears that this might mean having to go solo, no kids for moral support, no ready made excuses for not attempting anything more difficult than an Orange. So, you can imagine the relief when on returning to the car there, stuck to the windscreen by the rain, was a flier for a ladies only training weekend. I didn't need to think twice - "this is what we need" I said to Liz and the course was duly booked.

Word got out around our friends that Louise and Liz were getting to go away for the weekend without children or husbands. "Can we come too" asked two naive orienteering virgin friends. This had the makings of a great girls weekend oh yes, and the chance to learn some orienteering techniques.

Husbands were requested to return promptly from work on the Friday and off we set on our girls' weekend. A lovely meal was had on the way up the road before arriving at Glenmore lodge in time to down a wine or too - not sure if that's allowed on a training weekend- but what the hell no one will know.

Saturday morning dawns and a large cooked breakfast is consumed - we'll need the energy after all. The ladies congregate to meet our trainer and my worst fear is confirmed - they are wearing Ronhills- the uniform of runners, so they must be fit!

The day commenced with a jog around Badaguish with a map - oh no, Ronhill ladies will see that they have a non runner in their midst. Actually, I think I got away with it and our afternoon session at Inshriach confirmed that the lack of Ronhills was not a major disadvantage. I had a wonderful time and learned some new skills into the bargain.

After all that hard work a little celebrational drink was called for before pasta loading at the local Italian (which is to be recommended). Breakfast on day two was slightly less substantial - the rational being that less food would improve the running skills - anything's worth a try.

Another great day was had at Inshriach - learning orienteering things (you would only laugh if I told you the details). Training over, and deemed competent to go solo. Can I now go on a confidence building course?

Louise Longhurst

SCHOOLS FESTIVAL

FVO's largest annual event is coming

The second Forth Valley Schools Festival is taking place on Wednesday 22 May 2002, at Callendar Park in Falkirk, and we're going to need people to help. The event is being co-ordinated by Fran Loots, our Junior Development Officer, who has enlisted the help of the education teams in Clackmannanshire, Falkirk and Stirling Councils in publicising the event. Fran has also enlisted Falkirk College students to help on the day.

Because of the large numbers of pupils and schools that we are expecting to participate (we had about 300 last year), the day is going to be divided into two sessions: morning and afternoon. What we need are people who will take charge of teams for either morning or afternoon, or both. The teams are the usual orienteering ones: start, finish, results, string course, star course and information. The Falkirk college students will provide team manpower, but will only have limited knowledge of orienteering. Team member helpers from FVO are also welcome, but the key need at the moment is to identify team leaders.

So if you're having problems using up your flexitime, or just fancy a day in the sun watching the future of orienteering rush around in front of you, get in touch with me (01786 473776) to volunteer yourself as a team leader - I'm acting as Fran's gopher for this.

This event will follow on from last year's very successful event which was held at Stirling University campus on one of the hottest days of the year. The festival is one of the annual highlights of Fran's activities as our Junior Development Officer: her role has an enormous impact in raising the profile of orienteering among schools throughout our catchment area. Come and join in the fun.

Hugh

WEDNESDAY EVENING EVENTS

It won't be long before the Wednesday Evening Events are back. At the moment I am looking for volunteers to organise the events. I have already had one or two people volunteer but I am still looking for organisers for the following events:

24 April	Plean Country Park
15 May	Barrwood, near Denny
22 May	Callendar Park, Falkirk
29 May	North Achray, near Aberfoyle
12 June	Beechraigs Country Park, Linlithgow
4 September	Coilehallen, Callander

If you would like to volunteer to organise one of these events please let me know either by telephone on 01259 762460 or e-mail at peggy@purves-fvo.freemove.co.uk. 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.

You should also have found enclosed with this newsletter a copy of the Evening Event Poster. In order to better promote our events, I would be extremely grateful if you could arrange to have it displayed in a prominent place, for example your local sports centre, library, shop etc. If you would like more to put up, please give me a call.

Thanks for your help and looking forward to hearing from you soon.

Peggy

See also page 12 for full list of events.

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FVO FORTHCOMING EVENTS

- Sunday 7 April - **BIG, MEGA EVENT!!!!** (postponed from last March)
 Scotlands Orienteering League event (formerly known as
 Scotlands galoppen) 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

Wednesday Evening Events (See also poster and page 7)

24	April	Plean Country Park	827868
1	May	Muiravonside Country Park	964755
8	May	Hermitage Woods, Stirling University	809968
15	May	Barrwood, near Denny (off A872 & Under M80)	796865
22	May	Callendar Park, Falkirk (Callendar House) including Schools Orienteering Festival	897795
29	May	North Achray, Near Aberfoyle	513054
5	June	Touch, Cambusbarron	748916
12	June	Abbey Craig, Stirling (Wallace Monument)	808958
28	Aug.	Beecraigs Country Park, Linlithgow + BBQ	998742
4	Sept.	Coilehallen, Callander	609071
11	Sept.	Gartmorn Dam, Alloa	911941
18	Sept.	Minewoods, Bridge of Allan	789980

Saturday 14 September – Mountain Bike Orienteering

Sat/Sun 28/29 September (date subject to confirmation) Glenmore Lodge Training
 weekend. . Please confirm your interest to Penny pennyhicks@aol.com)

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:

24 Mar	SOL 1, Clyde
21 Apr	SOL 3, Maroc; Sluie, Deeside
8-16 June	National Orienteering Week