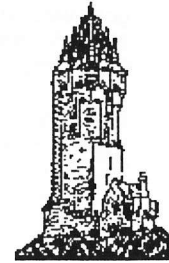


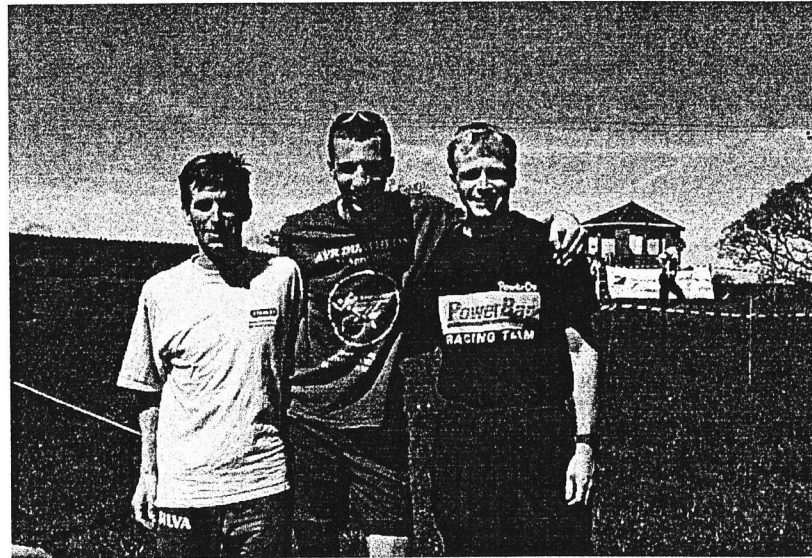
Forth Columnist



ISSUE 150

MAY/JUNE 2002

GREAT RELAY PERFORMANCE AT THE BRITISH



Pictured above is the FVO 1 Men's relay team - Steve Nicholson, Will Hensman and Nick Barrable - who came 2nd in the British relay Championships in Northern Ireland at the Mayday weekend. More details of FVO performances in Club Captain's Chat inside.

EDITORIAL

I was most relieved that our event at The Trossachs was blessed with such good weather. It's a great area but quite exposed in places and with, inevitably, some long times could have been less than pleasant had the weather turned nasty.

It was certainly an interesting area in which to plan. Bering a World Ranking Event dictated long courses for elite, with recommended winning times of 60-70 minutes (women) and 75-90 minutes (men). Actual winning times were 72 and 84 respectively so not far off! To have got the majority of badge times into the recommended range would have meant having most of the courses only two-thirds of their actual length, with M21L only 60% of M21E. This apparent anomaly arises because we had a World Ranking Event which was not a National Event, but merely a Badge Event. Is this not rather a strange situation?

However if courses had been shortened then certain classes would have been too short. In particular M16A where times were impressive, not merely for the winner but for a large part of the field.

Going back to the weekend before Trossachs the JK Trophy weekend was held in the Forest of Dean. As the UK's premier event there were a few things which did not create the best impression. For example the start lists were only in the order of entry which is of little use. At a small event it is easy enough to find a name but with several hundred in many of the classes this is hopeless. Another niggle was that a set of control descriptions was not provided; you had to write out your own. What sort of impression does this create for overseas visitors? (I've just received control descriptions for a National event in the Lake District and again it's do-it-yourself so maybe that's the norm in England).

As you may notice from the front page this is issue 150 - maybe that should mean a special bumper edition? However lack of time means it will just be a normal issue. I'll leave the special for issue 200, when I still hope to be orienteering but certainly do not plan to be editor then!

Copy Date for next issue is 30th June.

Dave

NEW MEMBERS.

Welcome back to orienteering to new member David Mumford from Linlithgow.

Julie and Kirsty Bryan-Jones have produced new M/WO's in the last few days. Julie had a boy, called Dougal last Saturday. Kirsty (and Simon, but mainly Kirsty!!) had a girl, Ellen Louise, who weighed in at 8lb 9oz at 2am this morning.

PRESIDENT'S COLUMN

What a difference a decent spell of weather makes! And it doesn't get much better than manning the string course on a picture-postcard type day in the Trossachs: the skies were blue, the sun was hot, brave people were wearing shorts and the ice cream stand up at Loch Katrine was doing a brisk trade. Almost as brisk as the Children's Hospice stand located in our assembly field - these good people came along at the request of club member, Hilda Astbury, and judging by their empty van, heavy money box and large grins as they bumped out of the field on their way home, they obviously had a very worthwhile day!

After all the preparations and hard work, it was no surprise that our event was such a huge success. The officials should be very proud of what they achieved and we can all bask in the reflected glory of yet another FVO triumph. Congratulations and many thanks to Beccy Osborn (organiser), Dave Coustick and Brian Bullen (planners), Eddie Harvey (Controller), Ted Finch (IOF controller) and Sandy Sinclair and Jon Cross (entries and Sport Ident operation). In addition, many thanks to all of you who came along to help on the day - as usual there was a great camaraderie and a feeling of a club in good heart!

Ok before I get carried away, back to other matters. The Wednesday Evening Events series is now well underway, with two excellent events at Plean and Muiravonside already complete. Good weather has once again favoured us the attendance has been superb. Peggy has taken on a new assistant (Euan, aged 3 months) to help her this year and we must thank them both for getting all the organisers in place and arranging all the equipment. Please do come along and use the events as an opportunity to practise some finer skills of orienteering, stretch your legs or just chat in the car park to people like me! We are hoping to see a few more school groups around this year with the advent of our new Schools' League - please do make these groups feel welcome and if you see any lost souls out in the forest, put them on the right tracks again.

You should all know by now about our next big event, the Schools' Festival of Orienteering on 22nd May in Callendar Park, Falkirk. The success of this will once again depend on your support - many helpers are needed so if you are available and haven't already given your name to Hugh Buchanan, please do so at once! The Lord Provost of Falkirk has agreed to come along to open the event, and this should bring some well-deserved publicity for what is now a major fixture on the calendar. We will also be using our brand new map of the area, paid for by last year's lottery award.

I have sent out a plea on the FVO email list which I will repeat here for a couple of volunteers to go to the SOA AGM on behalf of the club. It's on 11 May at Glenmore Lodge, which may be too late by the time you get this newsletter, but should anyone be keen to go, please let me know. One issue that has arisen recently and will be debated concerns the annual Club Coaching Day. This year the date is October 6th, which is also the date we had hoped to have a large colour coded event on our new map of Dumyat. However, it appears that SOA policy dictates that no actual events should take place on that day, so that all clubs can concentrate on putting on coaching for their own members - any thoughts on this, anyone?

That's it for now - should have news of a new baby Molloy by the time of the next newsletter! (See elsewhere for details of other new tiny club members!)

Rona Molloy

FVO Men Strike Silver at British Champs!

It has been a busy couple of months since I last wrote a few paragraphs for the newsletter, and FVO members have been running well at events all over the UK in the intervening period.

Early March saw the Compass Sport Cup Scottish round at Cademuir near Peebles, and many thanks to all those club members who made the effort to come along - both those who ran early in snow/hail and those who ran late and enjoyed the bright sunshine and glorious views! Particular congratulations to those club members who won their courses: Jason Inman on Brown and Stuart Thomson on Orange. In the end we finished third in our match and will not be at the final this year - if Will Hensman and the master maps had been at the start at the same time, and if Dave Coustick had copied down the correct course then we would have challenged hard for victory. Next year maybe!

The Easter weekend saw club members travelling to the Forest of Dean for the annual Jan Kjellstrom event, a two day individual with a relay on Easter Monday. Around 20 club members made the journey, and Hilda Astbury produced the only FVO prizewinning performance, winning W75L by just 6 seconds over the two days. On the elite courses then the leading FVO runners were Nick Barrable in 11th place and Lisa Brown in 16th place.

Relay day at the JK saw a return to the nicest parts of the Day One forest, and some very fast times. In the men's relay Will Hensman showed the benefits of resting up on the Sunday by producing an excellent run, coming back 5th on the first leg. Fraser Purves and Jason Inman both lost time and the team slipped back to 18th, but another fine run by Nick Barrable on the 4th leg brought the team up to 13th place. The women's team went three places better, Lisa Brown coming in 14th on leg one, Cathy Tilbrook holding position, and Beccy Osborn coming through to 10th on last leg. These places represent a steady start in terms of UK Relay League points for this year, but both teams were a little disappointed and left the event promising to do better at the British Champs.....

After the JK, both Nick and Lisa ran well on the elite courses at the World Ranking Event that FVO hosted at the Trossachs (Nick 6th and Lisa 9th). This event was also well covered by the local press, most reporting the details and results, and some carrying a photo of Lisa running through the terrain. Lisa was successful again the following week on another FVO area, finishing a close second for Glasgow University in the individual event at the British Student Championships held on the Touch Estate.

This flurry of important events was rounded off by the British Championships, held over the May bank holiday weekend. These were in Northern Ireland for the first time ever, and the entire weekend was blessed with magnificent sunny weather, showing off the crags of the short race, the sand dunes of the classic race and the parkland of the relay all at their best. In the elite short race on the Saturday, Steve Nicholson showed that he is starting to return to fitness with 14th place, just behind Nick in 12th and ahead of Jason in 27th. For the women then Beccy was 21st and Lisa 27th.

The terrain for the classic race was open dunes with detailed contours and plenty of spiky vegetation! Hilda completed a British/JK double in W75L, and Hazel Dean, Beccy and Lisa all ran strongly in the women's elite, placing 13th, 17th and 21st respectively. For the men then, amidst accusations of pot-hunting, Steve Nicholson placed 2nd on M21S and Jason tied for 1st on M21L (having won M21S last year - the commentary was certainly suggesting this meant he was favourite for M21E next year...). Meanwhile Stuart Thomson was just out of the prizes in 4th on M12A, and father Mark was a good 2nd on M35S. On the men's elite then top FVO runner was once more Nick Barrable, who ran well after early mistakes and placed 15th, just 3 minutes from the top 6. This result secured Nick's position in the 2002 UK Cup as 6th overall, so many congratulations to him on a fine series of results this year.

Plenty of FVO members had made the journey across to Northern Ireland and so we were able to field a good number of relay teams. In the Ad Hoc, Stuart Thomson ran strongly round leg one to hand over in 3rd place, and the team held on well to finish just inside the top 20. On the Women's Short, then Peggy Purves, Maureen Brown and Penny Hicks all ran well, with Penny bringing the team up from 13th to 9th on the final leg. However, just as at the JK it was the men's and women's open teams that showed up the best. For the women then a late change of running order saw Beccy run first and hand over to Lisa in 11th place. Lisa ran the same time but pulled the team up to 7th place, and a flying leg from Hazel brought the women home in an impressive 6th place.

In the men's race (for three rather than four as it is at the JK), the FVO team was reinforced by the return of Steve Nicholson, and Will handed over to him for leg 2 in 14th place, less than 3 minutes down. Steve ran very strongly on leg 2 to move all the way through to 8th place, and send out Nick around two and a half minutes behind the leader, Tim Lenton from Interlopers. A fantastic run from Nick round the first part of the course meant that at the spectator control on the far side of the valley he had moved all the way through to 2nd place. He continued to close round the final loop, but Interlopers hung on to win, with Nick running the second fastest time of the day to bring the FVO team home in the silver medal position. Many congratulations to Will, Steve and Nick on a great performance!

Meanwhile FVO second team (Fraser Purves, Martin Dean and Jason) weren't doing so badly themselves, and worked their way through the field to finish in 13th place - one place behind Interlopers second team(!), and quite a few UK Relay League points for the second team too! Clearly another crack at beating Interlopers is needed, and what better opportunity than the Scottish Championships relays, part of the Scottish Championships weekend near Inverness on 1/2 June. There is still time to sign up and run in the FVO teams, but if you do want a run then please tell me **by 13 May** please. I'm also still looking for people to run in the Harvester night/day relay near Hexham on 31 August/1 September [*Note this is the new date for the Harvester, Score is out of date stating May. Ed*], followed by the Scottish 11-person relay near Dumfries on 1 September, so if you are interested then please let me know.

See you all at a Wednesday evening event somewhere sometime soon
Jon Cross

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NORWAY HOLIDAY?

Good day there! My name is Mike Down. I hope many of you know who I am, through Orienteering sport, Fell-running, the Anglo-Norse Society, the Welsh-Norwegian Society, and the Civil Service Motoring Association.

I used to work at Kvitaavtn Fjellstoge, an Outdoor Pursuits Hotel in the Telemark Fjell of Norway. It was begun around 1970 by an ex- UK Royal Marine Major: Rod. Tuck. These days the Stoge is owned by a Danish Co-operative who organise skiing vacations for themselves and their business, all winter. It is nearly always fully booked from Christmas to Easter. In summer there is self-catering accommodation at the traditional craft village (haandverkstun) around the Hotel.

I am now involved in marketing activities and tourism at and from Kvitaavtn Fjellstoge, to utilize the facilities of the Hotel between May and October. 2002 is the first attempt.

Below I shall set out what I want to arrange (this year):

There is a ferry sailing from Newcastle-upon-Tyne to Kristiansand on Friday September 6th at @ 15.00. There is a ferry sailing from Kristiansand to Newcastle-upon-Tyne on Sunday September 15th. Kristiansand is @ 4 hours car trip up Numedal & across the mountains to Kvitaavtn near Rjukan in Telemark.

I am circulating most of the Orienteering Clubs in GB; and using magazines and the internet to contact Fell-Runners in Athletic Clubs; and the regular newsletters of the Anglo-Norse Society, and Welsh-Norwegian Society; to propose a "package deal" for @ 120 people to holiday from Kvitaavtn Fjellstoge for the week between September 7th and 15th..

Essentially the accommodation is in the hotel, but we will arrange our own catering. The rooms sleep from 2 - 6 people each. There is also a group room; and superior accommodation could be arranged as an upgrade. For hotel see <http://www.kvitaavtn.no>

We will also arrange our own transport (in our own cars): "but" since there will be around 30 cars I will endeavour to get a group booking and favourable terms with DFDS Ferries for the return trip. Obviously this will need earlier commitment from the participants. I will also arrange for a chef, and trainers, and guides, for the outdoor pursuits: such as Orienteering training (at various degrees of difficulty); Fell-running; and also Kayaking & Sail-boarding (bring your own) and fishing (local licences available). For those who only wish to tour mostly by car: Rjukan was the site of "The Heroes of Telemark"; there are Silver Mines at Kongsberg; the famous Stavekirke at Heddal; Lake Mosvatn leading into the Hardangervidda; the Telemark Boat Canal; and many Museums, and other local tourist attractions; such as the cable-car.

There is also a 5 star hotel next door to Kvitaavtn Fjellstoge called Gaustablikk Høyefjellshotell, with tennis and swimming pool, together with shopping and a restaurant.

I expect to cater for three Orienteering Clubs: 12 people from each; using 3 cars per club.
I expect to cater for @ 32 Fell-Runners: ie in cars of 4 passengers that makes for 8 cars & @ 8 rooms accommodation.
I expect to cater for @ 32 members of the Anglo-Norse Society; on a similar basis.
I expect to cater for @ 28 members of the Welsh-Norwegian Society; "

Roughly then I hope to organize 10 days holiday for around 100 - 120 guests; at favourable self-catering rates; but with our own chef and perhaps shared domestic services; with organized activities for Orienteering and Fell-running; local advice and guidance available for less formal activities.

mikcdown@csma-netlink.co.uk or mikcdown@btinternet.com

MORAY 2003 NEWS

Next summer sees the next Scottish 6-Day event, in Moray. It may seem a long time off but things need doing a long time ahead!

Firstly FVO is asked to provide an co-organiser (with Douglas Murray of Moravian) and assistant controller to assist Jim Heardman for Day 4 at Phorp, near Forres. Contact Susan to volunteer or find out more. Steve Nicholson has already volunteered to be one of the planners.

Secondly a note from the event committee:

I am trying to put together a list of who might be going abroad to international events and whether they would very kindly take a few Moray 2003 brochures with them in their luggage. More importantly, who might be driving to an event and could take a load. Do you know of Orienteers from abroad coming to Scotland who could take them back?

The following are the events I have listed but I am sure there are more:

1-2 June Scottish Championships, Rogie - launch of the brochure - anyone able to pick up brochures for going abroad.

1-7 Jul Italy
6-14 Jul Asia Pacific Champs, APOC, Canada
7-12 Jul Sorlandsgaloppen, Norway
15-20 Jul Fin 5
20-26 Jul Öringen, Sweden
21-25 Aug European Masters, Kiev, Ukraine
24-26 Aug White Rose, Yorkshire
Sep Australian Champs
6-11 Oct World Masters, Australia

Please get in touch with me by Email: marion@moir.freeserve.co.uk or by phone: 0131 452 8789.

Many thanks

Marion Moir

 **Forth Valley Orienteers present....**
....The inaugural Strathspey Championships in

MOUNTAIN BIKE ORIENTEERING

INSHRIACH FOREST, AVIEMORE

JUNE 3RD, 2002

(As part of the Scottish Championships weekend)

A cross country style race with two courses (25Km and 15Km)
EOD only but please contact me in advance if you intend to compete

Starts from 10:30am until 1pm.

Classes for Men, Women, Veterans, and Juniors

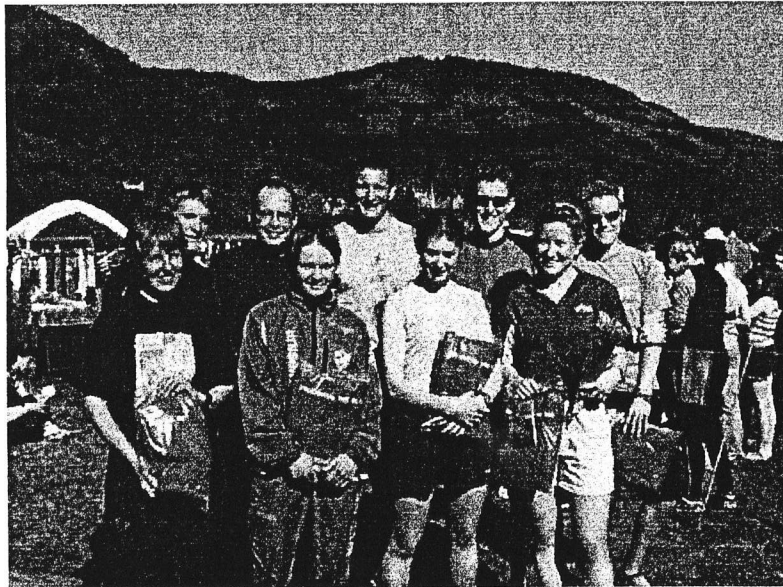
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TROSSACHS BLESSED WITH SUNSHINE



The prizewinners, together with Jon Cross representing our sponsor, Prudential, at the prize-giving for our World Ranking Event at the Trossachs on 7 April. The weather was glorious which added to the superb terrain made for a great day. More pictures opposite.

And, from the organiser...

"A big thank you to all the FVO members who helped at the recent Trossachs event. The event went very well and we had over 500 competitors. I hope that you enjoyed it and that those of you who ran found your courses suitably challenging.....! I still can't believe how lucky we were with the glorious sunny weather!"

Beccy



Above: Lisa Brown leaving a control on W21E in the northern part of Trossachs.

Below: Nick Barrable taking a drink at the same control, on his way to 6th place.



WEDNESDAY EVENING EVENT'S

As I write this the first evening event at Plean Country Park has been successfully held. Thanks to John and Sue Reeve for organising an exciting event.

The school's league proved popular with a minibus of kids arriving from St Mungo's Primary in Clackmannanshire, and car loads from Doune, Strathyre and Dunblane Primaries. Please bring along your own kids and their friends to take part in the league – all that is required is that three children from the same school attend three events. For more details on the School's league, please contact Fran Loots on 01383 880813.

The remaining programme of events is as follows:

1 May, Muiravonside Country Park, Polmont
8 May, Hermitage Woods, Stirling University
15 May, Barrwood, near Denny (off A872 & Under M80)
22 May, Callander Park, Falkirk
29 May, North Achray, near Aberfoyle
5 June, Touch, Cambusbarron
12 June, Abbey Craig (Wallace Monument), Stirling

Starts as usual are between 5pm and 7pm.

Hopefully see you soon.

Peggy

OLD COMPASSES?

If anyone has an old compass they can spare why not donate it to a club pool so that we can lend out to newcomers for Wednesday evening events? If you can help please bring along to a Wednesday event, or contact any committee memebre.

LADIES ONLY

Continuing on from the Louise's article in the last newsletter – this is also just for the ladies in the club. I know I shouldn't be promoting other Wednesday Evening Events but this one is for a good cause.

On Wednesday, 29th May 2002 at 7pm the Stirling Race for Life is being held at Stirling University. This is a ladies only run / walk, 5km in length and aims to raise money for Cancer Research UK.

To enter please call 08705 134 314.

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FVO FORTHCOMING EVENTS

Wednesday Evening Events (See also page 7)

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	See Note below
5	June	Touch, Cambusbarron	748916
12	June	Abbey Craig, Stirling (Wallace Monument)	808958
28	Aug.	Beeccraigs Country Park, Linlithgow + BBQ	998742
4	Sept.	Coilehallen, Callander	609071
11	Sept.	Gartmorn Dam, Alloa	911941
18	Sept.	Minewoods, Bridge of Allan	789980

Note: Car parking on forest road, leave main road at 512056, change from published information.

Monday 3 June (Bank Holiday) - Mountain Bike Orienteering, Inshriach

8-16 June National Orienteering Week. We hope to have events on Saturday/Sunday 8/9 June based at Stirling University. Check website or committee member for an update.

Saturday 14 September – Mountain Bike Orienteering, Achray (location to be confirmed)

Sat/Sun 28/29 September (date subject to confirmation) Glenmore Lodge Training weekend. .

Sunday 6 October - Colour Coded Event, Dumyat/Sheriffmuir (new map)

Saturday 30 November – Club Champs and Dinner Dance!