

Forth Columnist



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BUMPER ATTENDANCES AT 2002 WEDNESDAY EVENING EVENTS



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A scene from this year's Wednesday Evening Event at Beecraigs. Our Junior Development Officer, Fran Loots, spreads the orienteering gospel to pupils from St Mungo's Primary, Alloa. This year's Wednesday evening series has been the best attended for many years. More inside....

EDITORIAL

So, Dave Coustick has popped off for his own version of a long weekend away – 7 weeks in Australia – leaving me as temporary editor.

My own orienteering activity can best be described as sporadic (string courses not withstanding). I aim to maintain my ongoing career record of orienteering more during every Scottish Six Days than in the two years in between! I will not therefore be troubling you with my top Orienteering tips. However, the editor's role is made easy by the numerous excellent contributions received from club members that fill this issue. I hope you enjoy reading it - any comments would be most welcome.

This club is run by members for members - many hands make light work. So, don't be shy – get involved. Read on to learn about the many current opportunities to become a club hero!

I hope to see many of you at the Club Champs or the Dinner Dance. Mine's a G&T thanks.

Yours in Sport,
Jonathan Molloy.

Club Champs

Saturday 30 November 2002

South Achray – NEW MAP!!

Registration: 10:30 to 12:30
Starts : 11:00 to 1:00

Car Parking : Visitor Centre (David Marshall Lodge)

Cost: Adults £2, Juniors £1

Courses

One: 1.1km (M/W10 and novices); **Two:** 2.0km (M/W12);
Three: 3.8km (M/W14/16/18, W35+)
Four: 5km (W20/21, M40+); **Five:** 7km (M20/21/35)

IN BRIEF

A reminder that FVO is a member of the Stirling Sports Medicine Centre. This is based at Rainbow Slides and you need to quote our membership number (320) when phoning for an appointment – telephone 01786 462251.

The revised date for the hotly anticipated Equipment Sort Out Night in Maureen Brown's basement is confirmed as Monday 2nd December. Please contact Rona Molloy with offers of help and to get full details.

Don't forget that FVO's excellent website can be located at www.fvo.org.uk - learn about the club's history, view photos of the stars (!) and see all the latest event results. The site also offers links to other sites such as the Six Days site and the SOA, together with the web sites of our recent club sponsors.

To stay bang up to date with the club goings on, you need to be registered with the FVO email mailing list. If you are not already enrolled, simply send an email to listserv@nicol.cix.co.uk with subject "subscribe FVO mail". David Nicol will then weave his magic and do the rest! What a star.

Forth Valley Orienteers Annual Dinner Dance 2002

On
Saturday 30 November
At

The Royal Hotel, Bridge of Allan
7pm to 12.30am
Tickets £25

Tickets available from Rona Molloy. If you already have tickets, please pay up! Send cheques, made payable to FVO, to Rona or Penny Hicks asap.

There will be a Raffle! – prizes gratefully received.

PRESIDENT'S COLUMN

This edition of the newsletter contains lots of things in boxes. The purpose of the boxes is to grab your attention and to encourage you to read what is inside, so let's hope you all feel suitably grabbed and encouraged! We have a lot of things coming up before Christmas – the Club Champs, the Dinner Dance, the equipment sorting night and the Christmas Meal. All of these afford excellent opportunities for meeting members of the club in frankly much more civilised circumstances than crashing around in a forest looking for orange and white markers – so please do come along to as many events as you can manage.

Hazel Dean has planned some top-notch courses for us all, ready for the Club Champs on 30th November. Traditionally this event has not been particularly well supported so I would urge you to put the date in your diary and make a commitment to come along – there are courses to suit all ages and abilities and an incredibly complex handicap system to ensure that everyone has a chance of becoming a champion. See box for details!

A lot of you have Dinner Dance tickets by now and some of you have even paid for these. If you haven't paid, please do so as soon as possible and if you haven't got tickets but would like some, contact me soon. Again, see box for details!

In terms of orienteering past, there are two major items to report. The first is the conclusion of the highly successful Wednesday Evening series, with record attendances at some events and a particularly delicious BBQ at Beecraigs (cooked by my husband!) We must all thank Peggy Purves for once again supervising this series of events in her usual quiet, calm and efficient manner, and David Nicol for keeping on top of the results each week. Thanks also to all the people who took on one of the individual events and had to cope in some cases with unexpectedly large numbers of participants. The numbers were certainly boosted by the creation of a Schools' League, one of the initiatives of our Junior Development Officer, but there were also many individuals and families coming along who'd read about the series in the paper or on our Website – all very encouraging. Peggy has written a piece giving more details about these events which you can read elsewhere, but there are two points I'd like to make:

- (1) in many ways, the WEE series is the most important thing the club does each year and I feel really optimistic about the future of orienteering when I see the number of people who came along this year;
- (2) there were 12 events in this year's series and 12 more are planned for next year – wouldn't it be nice if the 12 people who organised this year's events didn't have to be called upon again next year? Let's share the workload!

In early October, FVO laid on an excellent colour coded event on Dumyat. The credit for this lies mainly with the organiser, Cathy Tilbrook and planner, Jon Cross. Thanks to both of them for all their work beforehand and on the day, and to everyone else who helped out in any way. The most popular courses seemed to be the String, White and Yellow, with lots of families and newcomers coming along to try orienteering for the first time. There were lots of favourable comments from all the participants so let's hope they'll all come back with some friends next year when we have our SOL event on the same area.

In terms of orienteering future, there are already several dates planned for 2003 and we are also thinking beyond this to 2004. We are keen to make use of the areas which have recently been re-mapped or newly-mapped, and to earn some income from these maps.

You may recall that I asked for suggestions as to how we might 'refresh' the AGM and perhaps encourage a wider range of people to come along? The conclusion of a few discussions is that we are going to try having the AGM followed by a quiz night, with questions suitable for all ages and covering a broad range of topics. I hope this won't upset anyone who would rather stick with the Burns Supper, but I think we should try something different and see how it works out. Again, see box for details!

There is one final pressing issue to mention. We need (desperately) an organiser for Day 4 of the Scottish Six Days 2003. There is already one organiser in place from our co-host club, Moravian, but FVO is obliged to supply someone to work alongside him. I nearly had someone lined up to do the job, but it now seems that this has fallen through, so PLEASE – if you think you could be persuaded, let me know as soon as possible and I'll be your best friend forever. Thanks!

Rona Molloy

CLUB COACHING – Glenmore No More?

At the end of September we had another excellent weekend at Glenmore Lodge with 2 half day coaching sessions laid on by freelance coach, Niall Urquhart. Thanks are due to Penny Hicks who took on the less-than-straightforward job of making all the necessary bookings. However, the club has been doing this for a number of years now and it seems like it's time for a change. Here are some ideas we came up with at our recent committee meeting:

- Glenmore Lodge every two years rather than every year;
- Coaching sessions closer to home with no 'weekend away' element;
- Teaming up with neighbouring clubs, KFO and TAY to arrange joint coaching exercises.

Do you have any suggestions? Do you want coaching? Let us know!!!!

TEAM CAPTAIN'S CORNER

Kyle and Victoria help Scottish Juniors to first-ever success

It may be a relatively quiet part of the orienteering year at present, but even so there are still a number of noteworthy FVO performances for me to highlight for you this month.

First of all, pride of place must go to Kyle Heron and Victoria Longhurst, both selected to run in the Scotland team for the Junior Home International, and part of a Scotland team that ran very well on both the individual and relay days to score outright victory, the very first time that Scotland have ever beaten England in this competition. Many congratulations to both of them.

Another junior performance of note came from Stuart Thomson in mid October, when he showed up well in the British Schools Score Championship, with a close third place in a strong field for Year 7 boys. Another good result for Stuart, whom I seem to mention every time I write this column!

Meanwhile, another FVO member who seems to feature in this column an awful lot is Nick Barrable, this time for two different reasons. Nick ran for Great Britain in the final set of World Cup races in late September and early October, with particularly good performances in the relay and with 5th place in the B final, following on from a couple of narrow failures to qualify for the A finals earlier in the week. Nick's good performances over the season, including in the later sets of World Cups, have been rewarded with a place in the British Squad selected in late October for the build up to the 2003 World Championships.

Nick also gets a mention for his performance in the Karrimor International Mountain Marathon on the last weekend in October, when he and his partner blitzed the opposition on the A course, winning by over an hour on the first day (5hrs 17mins against 6hrs 24mins for second) and eventually finishing an hour and a half clear. This must surely be the biggest winning margin ever, and equally surely must mean that Nick must at last graduate to the Elite course: with wins on the C, B and A courses all now under his belt then there can't be many excuses left!

One thing to pick up on from the last newsletter is to say that the men's team was indeed reinstated in the Harvester relay, and hence were confirmed in 2nd place in the UK Relay League. Next year the target has to be to beat Interlopers and claim the position as number one in both Scotland and in the UK!

In terms of future events, then two are on the immediate horizon. The first of these is the Scottish Inter-Club championships, which are being held in conjunction with the Scottish Score Championships at Dunrod Hill on 24 November. FVO has entered for this, and the details of which course you

should run for your age group are elsewhere in this newsletter. I cannot attend this event myself, but please do turn up and represent FVO if you can - thanks.

The second event, and one which has not been particularly well attended in recent years, is the annual FVO Club Championships. This is being held on a brand new map of South Achray on Saturday 30th November, and is intended for **ALL members** of FVO, so please do turn up and take part - not only is it good fun, it is also an excellent way to work up an appetite and a thirst for the FVO dinner dance that same evening.

I look forward to seeing all of you sometime soon, and as many of you as possible at the club champs and dinner dance.

Jon Cross

2002 Scottish Inter-Club Championships

The competition will be held in conjunction with the **Scottish Score Championships on Sunday 24th November at Dunrod Hill, Greenock.**

Classification of Clubs is:

LARGE: ESOC, FVO, GRAMP,INT, INVOC, MAROC

SMALL: BASOC, CLYDE, CUNOC, ECKO, ELO, KFO, LINOC,
LOCHOC, MOR, TAY, RR, SOLWAY, STAG, TINTO

Team Details : Large Clubs 3 per team ; Small Clubs 2 per team.

	Age Classes	Time Limit	Course
Team A	M21	70 minutes	A
Team B	M20 M35 W21	70 minutes	A
Team C	W18 W20 W35	60 minutes	B
Team D	M18 M40 > M55	60 minutes	B
Team E	W40 > W50; M60	60 minutes	B
Team F	M/W16; W55+ M65+	60 minutes	B
Team G	M/W14-	40 minutes	C

Please note that due to the nature of the area, a dispensation was requested and granted because in the opinion of the planner & controller, the "easiest" course ("C") was still far too demanding for M/W12s and below. As a result Team H (M/W12s) - will not count in the Inter Club Championships. Should parents wish to run their children on Course C they may count in Team G.

Finally please note that in the event of bad weather the time allocated per course may be reduced. This decision will be left to the Controller on the day of the event.

JUNIOR NEWS

Several of our top juniors spent the summer honing their o-skills across the forests of Europe. Victoria Longhurst and Kyle Heron were recruited as junior newshounds to tell you what went on....

Scotjos Summer Tour

This year I was lucky enough to go on the Scotjos (Scottish Junior Orienteering Squad) Summer Tour. I think my Mum and Dad thought that they were paying to improve my orienteering skills and for me to get the experience of running on technical Scandinavian terrain. They definitely got their money's worth but I also got a whole lot of fun along the way.

The tour consisted of a week training in Halden, Norway and a week at the O-Ringen in Sweden.

For the first week we stayed at the Halden Hut which was deep in the middle of the forest. Luckily we were not attacked by the bears which we were told lived in the forest and had been spotted a few days before we arrived. The hut was like luxury because we had beds (well the girls did – the boys had to sleep on mats on the floor) and a sauna. We cooked our own food and have all lived to tell the tale.

Running on the Norwegian terrain was great and really technical. The coaching was brilliant as not only did we have our usual coaches (Maureen Brown and Bill Stevenson), we were lucky enough to have some youngsters, including two people from the British Squad. During the first week we went swimming in nearby local lakes every day which was super cross training.

For the second week we moved to Skovde in Sweden to compete at the O-Ringen. The accommodation wasn't quite as posh as the first week. We stayed in the village hall and slept on a wooden floor, which was not quite so comfortable.

I had heard of the O-Ringen but didn't know quite what to expect apart from that there would be loads of people. I had been told that because of the numbers there would be lots of different starts and finish lanes which I thought would be quite scary. I now don't know why I thought that because it was no trouble at all. Each of the starts / finishes was sponsored by a different company so you just had to follow their logo and you couldn't go wrong.

I'm glad I didn't know about the showers before I went as that would have been really scary. The showers were open plan, communal, and definitely not my type of thing. It was either them or stinking and as I am not into B.O. the showers won.

On our rest day we still did something linked to orienteering. We went to watch the Park World Tour – that was impressive. It was just like being at the Olympics because you could watch the competitors at each control on a massive TV screen. Alternatively you could watch them out on their course if you went for a short walk to the controls.

My two weeks in Scandinavia was a brilliant experience and I can't wait to go again (let's hope I get selected).

Victoria Longhurst
(W14, Age 12)

Lagganlia Camps & The Lakes 5 Days

When I had returned from the SCOTJOS tour to Scandinavia I still had another two weeks of orienteering left. First of all was BOF tour "Lagganlia" which is a week of training at Lagganlia Outdoor Centre near Avimore. I was driven to Stirling Station where I met up with others going on tour and we travelled by train to Avimore.

On Day One we did some small exercises on Inshriach North to get used to the terrain. We continued with these on Day Two and also had a one person relay in the afternoon on Strathmashie. Day Three took us to Craighui for some exercises including an odds and evens relay. Day Four was a rest day before tour champs.

Thursday was short race champs held in Anagach Wood in which I came third and then Friday the classic in Inshriach at which I was second. I really enjoyed this week and would strongly recommend other juniors in the club to try and be selected for this. On the Saturday morning we cleared up and left to get the train to Penrith for another week of orienteering at the Lakes-5-Day.

When we arrived at Penrith I was picked up and taken to the event centre campsite as that is where I was staying for the week. Day One presented a bit of confusion as some people were sent away with the police saying the event had been cancelled when it was not. There was a very steep climb to the start for about thirty minutes as there was on Days Three and Four with courses being on hill tops. Day Two was not quite as steep but the lengths of the courses made up for it with mine being 7km long. Day Five was around a smaller hill with less climb but was still technical. The prize giving was that night with winners receiving either a water bottle or a pen knife. I finished in 7th place, which I was pleased with after four weeks of orienteering.

Kyle Heron
(M16)

WEDNESDAY EVENING EVENT RESULTS

Well done to everyone who took part in this year's Wednesday Evening Events. The top schools and individuals are shown below, but for a full copy of the results, see www.fvo.org.uk, or contact Peggy Purves on 01259 762460.

Schools League

1. Strathyre Primary	820 pts
2. St Mungo's	781
3. Dunblane Primary	608
4. Doune Primary	602
5. Newton Primary	441

Short

1. Scott Ratcliff	510 pts
2. Siobhan Lennon	498
3. Michael Scally	464
4. Rachel Keenan	440
4. Rosie Keenan	440
6. Abigail Longhurst	419

Medium

1. Andrew MacPherson	482 pts
2. Nigel Potter	455
3. Zoe Kemp	327
4. Victoria Longhurst	308
5. Hugh Buchanan	300

Long

1. Will Hensman	586 pts
2. Kyle Heron	479
3. Martin Dean	478
4. Mark Holliday	406
5. Jonathan Woods	405

New Members - New Members - New Members

We would like to extend a warm welcome to two new junior members to the club. They are Christopher Duncan and Nathalie Ratcliffe, both from Strathyre. We hope to see you both at O-events soon.



Susan Sinclair & Will Hensman
42 Kirkside Crescent, Stirling, FK7 7JZ
Tel: (01786) 469824

Cathy Tilbrook & Doug Flint
Hawthorn Cottage, The Ross
Comrie, PH6 2JU
Tel: (01764) 679786

FVO COMMITTEE 2002

PRESIDENT:

Rona Molloy, 1 Waldie Avenue, Linlithgow, West Lothian, EH49 6BA
Tel: 01506 842857
e-mail: molloyr@1waldie.freesserve.co.uk

VICE PRESIDENT:

Ted Finch, 4 Bickerton Crofts, Hens Nest Road, East Whitburn, EH47 8RX.
Tel: 01501 744070
e-mail: Ted@Finchfamily.freesserve.co.uk

SECRETARY:

Susan Sinclair, 42 Kirkside Crescent, Stirling, FK7 7JZ
Tel 01786 469824
e-mail: susansinclair@beeb.net

TREASURER:

Penny Hicks, 6 Halketts Hall, Limekilns, Fife, KY11 3HJ
Tel: 01383 872577
e-mail: pennyhicks@aol.com

COMMITTEE:

Hugh Buchanan Tel 01786 473776 ; e-mail: Hugh.Buchanan@iname.com
Will Hensman Tel 01786 469824; e-mail: will.hensman@virgin.net
Dave Coustick Tel 01786 831463; e-mail: Dave.Coustick@virgin.net

OTHER OFFICIALS

TEAM CAPTAIN:

Jon Cross Tel: 01786 860301; e-mail: jon.cross@tinyworld.co.uk

WEDNESDAY EVENING CO-ORDINATOR:

Peggy Purves Tel: 01259 762460; e-mail: peggy@purves-fvo.freesserve.co.uk

NEWSLETTER EDITOR (temporary!):

Jonathan Molloy, e-mail: molloyr@1waldie.freesserve.co.uk

AGM & QUIZ NIGHT - FRIDAY 24 JANUARY 2003

Venue : To Be Confirmed. Time : 7.30pm

Committee Posts Available :

President, Vice-President, Treasurer, Secretary, plus three other Committee members.

If you are interested in finding out more about any of these posts, please contact Rona Molloy. We would welcome new volunteers!!

Quiz:

This will be a team event with questions covering a wide range of topics. Fun for all ages - teams will be arranged on the night. Bring your own refreshments!

FVO & OTHER LOCAL FORTHCOMING EVENTS

Saturday 30 November – Club Champs and Dinner Dance – see inside for details!

Monday 2 December – Equipment Sort Out Night

Sunday 15 December – TAY Event – Christmas Score, Pitlochry

Wednesday 18 December – Christmas meal, Sword Hotel, Causewayhead

Date and venue are provisional. If you would like to come along, please phone Susan Sinclair on 01786 469824 to book your seat. Also watch the FVO website www.fvo.org.uk and the FVO e-mailing list for more details.

2003

Friday 24 January – AGM and QUIZ NIGHT!!!!

Sunday 2 March – Limited Colour Coded event, Callendar Park, Falkirk
Organiser/Planner required!

Sunday 16 March – TAY Event - Colour Coded and Compass Sport Cup, Moncrieffe, Bridge of Earn

Wednesday 30 April - Wednesday Evening Event Series will commence at South Achray with the launch of the completely revised Permanent Course

Sunday 28 September – Scottish O League (SOL) event, Dumyat/Sheriffmuir
Organiser and Planner required!

2003 Holiday Destinations

If you are thinking about a foreign holiday next year how about adding in some orienteering... If you would like details on any of the following events please contact Susan Sinclair. Previous French 5 Days have proved popular with FVO members. If enough people are interested in attending next July, we could book accommodation jointly.

7th - 9th June – Belgium 3 day, Eifel Nature Park, Ardennes

7th - 11th July – French 5 Day, Aquitaine

26th July – 2nd Aug- Tour O Swiss

3rd – 9th Aug- Swiss O-Week, Lake of Zurich