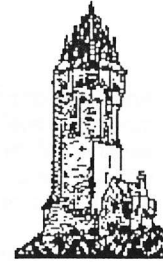


Forth Columnist



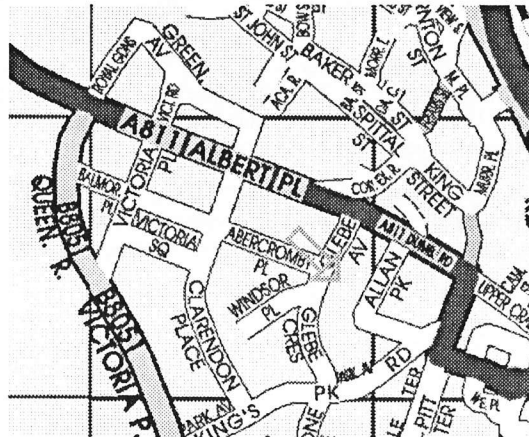
ISSUE 154

JANUARY/FEBRUARY 2003

NOTICE OF FVO AGM (& QUIZ)

Friday 24th January, 7.30pm

Stirling Guide Hut, Glebe Avenue



Bring your own food and drink.

EDITORIAL

Another year passes and I reflect on the ups and downs of the previous twelve months. I have orienteered in Scotland, England, Northern Ireland and further afield in Italy and Australia. Success seems to have been a bit elusive however with just the odd good run. Too many mistakes – especially in the big races, but I have had some enjoyable orienteering.

Perhaps the personal highlights of the year were the Trossachs event which I jointly planned in April and controlling the Lowe Alpine Mountain Marathon in June. My most recent competition was the World Masters near Bendigo in Victoria, Australia in October. The qualification races were in fast forests with lots of spurs and reentrants all looking a bit similar but basically straightforward. The final was a very different matter with intricate rock detail and poor visibility. I never really got fully to grips with the map and the area and struggled even to keep on a bearing for the final 100m or so from an attack point. Let's hope for better performance in the coming year.

My own main O event planned for 2003 is the French 5-day in Bordeaux which takes place from 7 to 11 July. It would be good to get a group from FVO staying in the same area. (Several members have already entered). If you're interested please let me know and maybe I can co-ordinate accommodation.

The year of course also sees the Scottish 6-Day at which FVO are organising Day 4. Please read Gareth's article in the issue for details and how to volunteer your help.

In order to reduce costs of the Columnist multiple copies to one address will generally be discontinued (except for juniors). It has also been suggested that many of you would be happy just to receive electronically in future; this latter change will only follow after you have been emailed and agreed.

I have now been editing the Forth Columnist for 3 years and have decided on a break from this; thanks to all of you who have contributed. Will Hensman will be taking over this role so please keep your contributions rolling in to him – before the end of February for the next issue.

Good orienteering for 2003.

Dave

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 member.

SPORTS INJURY?

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 (initially with a doctor on a Monday) - telephone number 01786 462521

NEW MEMBERS

Welcome to:

David Bennet from Falkirk and
Zoe Kemp from Stirling

CONGRATULATIONS

Maureen Brown has recently been awarded the title of Coach of the Year at the Stirling Sports Council Awards ceremony! Congratulations to Maureen, who thoroughly deserves this accolade for all her work with the Scottish juniors. The title also brings reflected glory to FVO and is an excellent boost for the profile of orienteering in the Forth Valley area.

The FVO Juniors were nominated for Team of the Year and Scott Ratcliff from Strathyre Primary was nominated for the Endeavour Award. They didn't win overall but their nominations underlined the strength of our sport at junior level.

RELAYS etc

There are as usual several relay events during the course of the year. Please let Jon Cross know which you are intending to attend so he can organise our best teams. The major events are:

16 March, Compass-Sport Cup (Individual not relay but still please contact Jon), near Perth
21 April, JK, High Wycombe
18 May, British, Sheffield
25 May, Scottish, Kingussie
14-15 June, Harvester, Sheffield
TBA 11-person relay

PRESIDENT'S COLUMN

Firstly let me wish you all a very happy, healthy and peaceful new year!

There are lots of good things to look back on in 2002 and many more to look forward to in 2003. Most recently, many of us enjoyed an excellent Club championships at South Achray, despite truly awful weather. The courses laid on by Hazel Dean were first-class – anyone hoping for a gentle walk in the woods would have been sorely disappointed. One by one we returned, dripping wet, muddy and dishevelled. Indeed, many of us had no feeling from the knees down, after wading bravely through the river! Fortunately most people had managed to reacquaint themselves with their feet and toes in time for the dinner dance that night. A big thank you to Hazel for all her hard work and attention to detail, and thanks to Dave Coustick for his assistance with putting out controls. Thanks are also due to Dave for organising the dinner dance again this year. I hope everyone who came (50 of us in all) enjoyed the evening as much as I did. What a glamorous bunch we are, when we all scrub up and put on our party outfits!

As usual the committee has been working hard behind the scenes to put together a programme for next year and beyond. The biggest event for us in 2003 is going to be on the weekend of 27th/28th September, when we are hosting the Veteran Home Internationals. This is in conjunction with the Scottish O League event (SOL) which we are doing on Dumyat, on Sunday 28th September. No doubt you will hear much about this weekend as the months go by, but you might as well get the date in your new diary now – many helpers will be required. Most of the officials are already in place, with Dave Coustick taking on the overall co-ordination of the weekend - thanks Dave!

All the provisional dates for 2003 are included in the fixtures list at the back so please study this carefully. Apart from the VHI weekend, other notable dates are:

- 2nd March – Colour coded event at Callendar Park;
- 23rd April – start of Wednesday Evening Events, with special event to re-launch Permanent Course at South Achray;
- 21st May – Schools' Festival at Plean Country Park (all day – lots of help needed)

Fran Loots, our Junior Development Officer for the past two and a half years, is moving on and I would like to take this opportunity to thank her for the very professional and enthusiastic way in which she has approached this job. As a direct result of her efforts, literally hundreds of children in the Forth Valley area have been exposed to orienteering who otherwise might not have been. These children have all had a very positive experience and we must hope that in the long term this will feed back in to our sport, in the form of greater awareness and more participants. As yet, no successor has been appointed to replace Fran but it is the committee's intention to continue with the Schools' Festival and Schools' League, and also with the residential weekend for juniors at Glenmore Lodge for which we have been awarded Lottery money.

Finally, as announced at the dinner dance, I too will be vacating my post at the AGM. It is my great desire to do a lot more actual orienteering and a lot less writing of newsletter columns next year, so look out for me sprinting athletically round a forest somewhere – as long as (a) it's not raining; (b) or snowing; (c) or even cold....

Good luck with your own orienteering ambitions in 2003 however lofty or lowly they might be. I hope being in FVO will help you achieve these and just as the club can help you, so you can help the club! Please do what you can – this is a thriving club and long may it remain so!

Rona Molloy

My Broken Ankle

Lying there staring into the blue sky with white fluffy cloud I wonder to myself what does this mean? What are the implications, whilst five very pleasant ladies tend to my aching wound? My hands are white; I am shivering convulsively and I just want to get out of here.

This was early May and I was on the final part of the descent from Ben Lomond, competing in a fell race. I suddenly slipped on a rock, landed awkwardly and heard a sharp snap. Ouch! When I tried standing up an overwhelming sense of nausea engulfed me, so I sat down and declared to the young girl spectator 'I think I have broken my ankle!'

One moment fierce competitor, next real life victim for the mountain rescue to do, as they will. They were close to hand so I had no worries of having to call any one out. Sadly I was near to the finish so a rescue helicopter was not necessary. They strapped me into a basket and at their mercy I was walked off the mountain and piled into the back of an ambulance. There were a few spectators enjoying the spectacle of a runner and for me the humiliation of being carted off to hospital, in Alexandra, an undulating 40 minutes drive away.

To add more misery to my predicament my football team Ipswich Town were getting well and truly stuffed by Liverpool and during the ambulance journey the final result of 5-1 and regulation summed up my day. It was the 11th May 2002, the final day of the season in more ways than one, a day I will not forget in a hurry.

So what were the implications? At first I had to forego a precious night out to Glasgow with my wife, but worst was a leg plaster up to the knee. I had to return to the hospital the next day for further X-rays and a final massage to ease the bone back into position. The pain of this is still the most vivid part of the whole ordeal. No amount of drugs or 'laughing gas' could drown the feeling. I left the hospital exhausted, and my pride sorely wounded. So in plaster and totally helpless I could no longer drive, go to work, exercise, and sleep or play cricket with the kids in the garden. This was serious, my normal life had stepped changed to a new dimension – one of inactivity.

I am by no means the first or will I be the last to suffer a spiral fracture of the fibula, a classic twist and break of the ankle. There is plenty of information on the Internet and I had plenty of time to research it. So I took refuge in cyber space – to seek out the answers to all my questions.

So once the ankle is broken the process of recovery starts. Recovery came in stages with little achievements and milestones here and there. The six weeks in plaster went from two weeks unable to walk and will probably never walk again. Followed by the next two weeks of getting out into the garage and practising on my climbing wall with the feet still firmly on the ground. To the final two weeks where life was returning to normal with cycling on the turbo

trainer and trips to the park with the boys. The regular phone calls from work and the world cup was beginning to interfere with my routine.

Probably the second worst experience of the ordeal was when the hospital phoned me to postpone the removal of the plaster by seven days. Did they not know how important that day had become to me. I was totally devastated, as I had become so focused on it and my nature reaction was to emotionally fall apart. Sue renegotiated the appointment to the following day, early Friday a.m. right in the middle of the England and Brazil football match. It was a small price to pay.

The plaster finally did come off. One minute I was in the wheel chair getting pampered by the NHS. The next I was shown to the door unaided without plaster or crutches. The doctor's parting comment was 'lots of cycling and swimming and maybe consider running next year but don't push it! Next!!'

It then took three months to finally pluck up courage and venture back into the wood. My first event was Dalayschyle a very rough wood with lots of brushings and I can tell you I was nervous. There is a saying 'put your best foot forward'; the bad foot didn't want to know. I finished and the following day there were no side effects. That surprised me and my confidence swelled. Life was looking up.

My next event was at Dumyat on the brown course, which I also finished. Again there were no side effects the following day and so I now believed that normality was around the corner. What is next, well it's about getting fit again and I didn't appreciate how hard this was going to be. Has anyone got any advice?

A few things to ponder;

- Never run alone without map, compass, whistle and ideally mobile telephone. They only get down the mountain on their own in the movies, unless you are Joe Simpson.
- Give into it and accept your predicament. You cannot fight it you will only get frustrated. It helped having the kids around. "Hey dad, watch me I can hop just like you".
- Get a routine and try and be very nice to your partner else you are going to starve.
- I always thought that mountain rescue teams were full of old grey haired men with large bellies. How wrong I was.

See you in the woods.

John Reeve

MORAY 2003 DAY 4

You may have already picked up the news that FVO are involved in the organization of Day 4 of next Summer's Scottish 6-day event – Moray 2003.

For those of you familiar with the 6-Day event this is self –explanatory. However for those who are less familiar, here is a brief explanation. At each 6-day event the responsibility and work of organising the event is shared between the Scottish orienteering clubs. Several take on the central organization – for Moray 2003 the central organizing clubs are Interlopers (INT) and East Lothian (ELO). All the other Scottish clubs share out the responsibility of organizing the individual days of orienteering.

FVO are sharing responsibility for Day 4 with Moravian (MOR).

The venue for Day 4 (Thursday 31st July) is Phorp – about 4 miles south of Forres. The main officials for the day are :

Organisers

Jan and Gareth Bryan-Jones	FVO
Douglas Murray	MOR

Planners

Steve Nicholson	FVO
Paul Rogan	MOR

Controllers

Jim Heardman	ESOC
Chris Spencer	MOR

Douglas, Jan and Gareth have agreed that each of the clubs (MOR and FVO) will take responsibility for specific roles for the event. The only role so far decided is the String course organization, which will be led by the Beverly and Mark Ellis and their family. As Moravian are the local orienteering club it will be easy for them to visit the area to design a map and plan the string courses.

We have still to allocate the other roles in the event to the clubs. We shall do this in the next month or so and let you know in the next Forth Columnist which are FVO responsibilities.

For information the main roles are:

- Setting up the assembly field site, finish, starts, car park etc. (on either Tuesday or Wednesday evening)
- Dismantling same and clearing up. (on Thursday late afternoon).
- Car parking team (including handing out daily newsletter)
- Assembly area team (emptying rubbish bags, manning information point, etc.)
- Starts teams (we will have two starts for Day 4)
- Finish team
- Results display team
- Finish drinks team (water)
- Drinks stations team

Additionally the planners will be seeking people to assist with their role of placing, checking and collecting control units.

The same central team who managed equipment for Lochaber 2001 are taking on the same role for Moray 2003 – led by Jackie Riley, Graham McFadyen and Gregor McFarlane (all of STAG). Jackie told me they are seeking 2 volunteers from each day to join them for the 24 hours covering from the set up of the day to the completion of the dismantling. The objective is to spread the knowledge of how the equipment supply is organized and managed to wider group of Scottish orienteers. If volunteering for this role appeals to anyone please let Jan or Gareth know.

Gareth and Jan

CLUB CHAMPS 2003 - RESULTS

Course 1

Abigail Longhurst	W10	8.35
Jack Barrett	M10	10.08
Scott Ratcliffe	M10	18.17
Christopher Duncan	M19	19.12

Course 2

Natalie	W12	42.00
Christopher Martin and family	M4	45.00

Course 3

Kyle Heron	M16	32.32
Victoria Longhurst	W14	45.03
Louise Longhurst	W35	54.43
Maureen Brown	W50	56.44
Thomsons x2		67.14
Zoe Kemp	W21	73.35
Susan Sinclair		DNF
Penny Hicks		DNF

Course 4

Steve Barrett	M40	44.20
Hugh Buchanan	M45	54.31
Gary Longhurst	M40	54.40
Dave Coustick	M55	63.02
Neil Kitching	M35	67.03
Doug Flint	M35	67.45
Cathy Tilbrook	W35	68.36
Beccy Osborn	W21	69.15
Rona Molloy	W21	73.40
Rupert Parkinson	M35	74.10
Kevin King		101.23
John Brown		DNF
David Nicol		DNF

Course 5

Jason Inman	M21	65.27
Fraser Purves	M21	68.24
Will Hensman	M21	70.36
Jon Cross	M21	76.24
Caleb Gould	M21	76.26
Graham Newport	M21	156.36
Steve Nicholson	M21	Disq. (missed out No.12) 58.00

FVO COMMITTEE 2002

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
West Lothian, EH47 8RX. Tel: 01501 744070

e-mail: Ted@Finchfamily.freemove.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

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 469824

e-mail: will.hensman@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.freemove.co.uk

FIXTURES LIST FOR 2003

- January 24 AGM and Quiz night at Stirling Guide Hut – details enclosed
- March 2 Limited Colour Coded event, Callendar Park
Organiser: Susan Sinclair; Planner: Will Hensman
Phone 01786 469824 for details.

WEDNESDAY EVENING EVENTS (*provisional*)

- April 23 South Achray (to launch new permanent course – special event,
prizes, etc.)
- April 30 Barrwood
- May 7 Gartmorn
- 14 Alva Woods
- 21 Plean Country Park (Schools' Festival)
- 28 Touch
- June 4 Muiravonside
- 11 Abbey Craig
- 18 Dollar
- BREAK
- Aug. 13 Beecraigs + BBQ
- 20 Minewoods
- 27 Laighhills
- Sept. 3 Callendar Park

Scottish Six Days – Moray 2003

- August Day 4 at Phorp – this is FVO's day for helping. Our organisers
are Jan and Gareth Bryan-Jones, so contact them with offers of
help. 01786 472758

FVO hosts Veteran Home Internationals weekend

- Sept. 27 Colour coded event at Devilla, Kincardine (in conjunction with
the VHI Relays)
- Sept. 28 Scottish O League event at Dumyat and Sherrifmuir (also
incorporating the VHI individual event)
- Nov. 29 Club championships at Barrwood
Dinner dance afterwards!