



Forth Columnist

Issue 155

March/April 2003

Forth Valley Orienteers

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The Winning School (Strathyre Primary) from last years School's league, presented by Hazel Dean

**Copy date for next
issue is Friday April
25th 2003**

Editorial

This is my first bash at producing a newsletter so I hope you like the new format. Thanks must go to Dave Coustick our retiring newsletter editor (who is now the club president) for all his sterling work. If you have any comments or suggestions please feel free to let me know. I am always open to helpful criticism!!

When I moved up to Scotland a couple of years ago I vowed that I would try and move away from orienteering and try new and different activities. Despite trying, I somehow seem to be in the position of newsletter editor, webmaster and committee member. How I fit this all in with the travel to work and the training for an Ironman triathlon I'll never know—ask Susan about time management!! It just goes to show that orienteering is a sport for life, for all ages, and once hooked you just can't escape!! And why would you want to? FVO is an exciting and energetic club, with many committed and dedicated members, and thanks must go to all of them. Long may this continue.

At the beginning of the year Tony Blair gave a bleak preview of the year ahead, and I think for FVO it will be a year of consolidation. However, with the prospect of a great Scottish 6 days to look forward to in the summer, and the Veteran Home international in our back yard (Dumyat) organised by club members, I'm sure that FVO will have a very successful year both orienteering wise and hopefully financially!

Following the AGM it was decided that in order to cut costs the newsletter would now be available in electronic format, and would become the preferred option for information distributed. If you would like to receive this newsletter as a pdf (Adobe Acrobat Reader) attached to an e-mail and you have not already done so, please could you e-mail me as soon as possible **will.hensman@virgin.net**. Alternatively you can read the newsletter on the website at **www.fvo.org.uk**

Will

New Members....New Members....New Members....

FVO would like to extend a warm welcome to Ewan McQueen of Bridge of Allan and Eric Roller from Sweden who have just joined the Club.

Membership Renewal for 2003

Just a quick reminder that if you have not renewed your membership then this will be the last FVO newsletter that you will receive. If you need a membership form you can down load one from our website **www.fvo.org.uk** or contact Susan Sinclair for a paper copy.

Secretaries Scribbles

Your committee has had a busy time over the last few months - two committee meetings and the AGM, so we thought that we would update you. The FVO AGM was held on 24th January this year in the Stirling Guide Hall, Glebe Ave, Stirling.

Rona Molloy our president of the past few years stood down and the rest of the committee presented her with a bouquet of flowers to say a big thank you for all her hard work and help. The vice president, Ted Finch also stood down so thanks also to him for all his help. The new committee now looks like this:-

President - Dave Coustick

Vice President - Gary Longhurst (JDO & Schools festival stuff)

Secretary - Susan Sinclair, Treasurer - Penny Hicks

Mapping - Caleb Gould (Caleb who joined the club last year & works for Harvey Maps, takes over from Dave to look after all the mapping issues for the club)

Fixtures Secretary - Hugh Buchanan (Hugh has taken over the job of getting the permissions for the club and looks after the dates of events which Rona had been looking after as well as the presidents job)

Newsletter Ed & Web Master - Will Hensman

Becky Osborn has taken over from Peggy Purves as our Wednesday Evening Events Co-ordinator this year - Thanks to Peggy for all her work in the last few years.

And lastly, Jon Cross has volunteered to continue as our Team Captain.

A set of accounts for the last year were presented and in Penny's absence the committee answered questions from the floor. The club has spent quite a bit on junior development and mapping over the last year and we have now found ourselves needing to tighten the purse strings. As a result of this it was voted at the AGM to raise the club membership fees for the first time in many years. So next year (2004) a senior club membership goes up from £5 to £9, a junior membership from £1.50 to £2 and a family membership from £10 to £20. We also agreed to raise the entry fees for Wednesday evening events to help cover the cost of printing the maps. A senior entry fee will be £2 but the junior entry fee will remain the £1. In order to help cut the newsletter production costs it was agreed that we should now offer club members the opportunity to receive the newsletter in an electronic format. And lastly on the cost cutting front we agreed that the club would not subsidise any relays this year as club members at the AGM didn't think that this would stop people running at relay events.

On a happier note the trophy for the Most Improved Junior Performance of 2002 was awarded to Kyle Heron for the forth year running. There is a profile on Kyle on page 9 so have a look as our rising star! The Jim Heardman Trophy which was unanimously agreed upon and was awarded to Rona Molloy our retiring president.

The minutes of the AGM will be appearing soon on the FVO website but if you don't have web access and would like to see a copy please let me know and I will send a paper copy out to you. We will also be putting the minutes of the FVO committee meetings on the web site and the same applies.

Lastly before I go....We are your committee elected by you and here to work for your club so if you want anything raised at an FVO committee meeting then please drop me or any other committee member a note, an e-mail or even a phone call.

Susan

President's Column

Well, somehow I ended up as President! Anyway first of all I must thank Rona for doing a great job over the last two years. Only now am I beginning to realise what's involved, and Rona also did the fixtures bit which is now being looked after by Hugh.

As many of you will know, FVO has run into a bit of a financial nightmare. We have invested quite heavily in mapping projects over the last couple of years and supported a lot of work on junior development, including both our Junior Development Officer and the Schools Festival. The outcome of all this is that we are suddenly very short of cash. This year we will therefore be unable to subsidise relay entries and with effect from next year there will be an increase in subscription costs. Other measures to try and restore our situation include encouraging as many of you as possible to receive your Forth Columnist electronically.

Hopefully we will get good attendances at our events throughout this year, including the Wednesday evening series which was so successful last year. If all this occurs and we do not experience any unforeseen problems then we should be in a much better position by the end of this year. However we still need to be prudent and to do what we can to attract sponsorship and grants etc. so that we can look at items such as new areas to map in the future. If anyone has any ideas or contacts with potential sponsors then please contact me or any member of the committee.

This time of year always tends to be a bit quiet on the orienteering front but there is plenty coming up in the months ahead. By the time you read this we will have had our colour-coded event at Callendar Park, Falkirk, the results will no doubt be included elsewhere in this issue, and then there is the Compass-Sport cup first round in mid-March.

As well as the series of Scottish O-League (SOL) badge events throughout the year there is of course the biannual Scottish 6-Day at the end of July. Here FVO are making a significant contribution, not only as one of the Day organisers but also supplying a number of other officials. Then at the end of September we are hosting the Veteran Home International weekend which will comprise a relay at Devilla on the Saturday and the individual at Dumyat on the Sunday. We will also have some sort of open event at Devilla immediately after the VHI Relay and Dumyat will be used for our round of the SOL, again immediately following the VHI.

There will also be a good FVO presence at the French 5-day in early July and I'm sure there will be some other overseas events for some of us. So I hope you all have a successful competitive year.

Dave

Compass Sport Cup Match 16th March

This years Compass Sport Trophy event is at Moncreiffe Hill, Bridge of Earn near Perth (Grid Reference NO148204) on 16 March. We are up against CUNOC and INTERLOPERS.

Please note details of the correct course for you to run in order to score points for FVO (you can also score points on a longer/more difficult course, but not on a shorter one!). However, if you were thinking of going along but would like to run a shorter course than allocated, don't be put off - there is no reason not to do so if you prefer, plus the description of the terrain makes the area sound very pleasant!

Course	Classes Eligible	Technical Difficulty	Length Ratio
A	Open	5/5*	1.00
B	O20-; O35+	5/5*	0.85
C	O18-; O45+	5/5*	0.70
D	W Open	5/5*	0.60
E	W45+; M60+	5/5*	0.50
F	W18-; M16-	4	0.30
G	W14-; M14-	3	0.30

Terrain:- Moncreiffe Hill is one of the most varied areas to have been mapped for orienteering in Scotland. It encompasses runnable grassland, heather moorland, open birchwood and mature policy woodland with specimen trees, as well as the more visible conifer plantations.

The well-known south face of the hill may appear daunting - a long cliff face tops a steep wooded escarpment - but other parts of the area are quite different. Only those who visit on foot will discover the less dramatic, but delightfully runnable mix of open ground and copses on the gently sloping north side.

The start and finish will be located in the attractive terrain of the north side and only the longer courses will visit steep ground. Rock and contour features abound and there are superb views, especially from the two Pictish hill forts.

The central area of the map is owned by Woodland Trust, who are gradually removing non-native species of tree and encouraging more natural woodland to develop. This can be seen in the maturing Scots pine stands at the west end of the hill and in many other places where the forest has been opened.

Scottish Orienteering League Winners of 2002

Morven Dean 2nd JW1	Penny Hicks 1st W35S	Gary Longhurst 2nd M40L
Ellen Dean 2nd JW2	Maureen Brown 2nd W55L	Steve Barrett 1st M40L
Abigail Longhurst 3rd JW2	Hilda Astbury 1st W65L	Martin Dean 1st M45 L
Victoria Longhurst 3rd JW4	Peter Holliday 2nd JM1	John Brown 2nd M55S
Hazel Dean 2nd W21L	Kyle Heron 2nd JM5M	
Peggy Purves 1st W21S	Mark Thomson 3rd M35S	

Congratulations to you all—Your certificates are enclosed with your newsletter.

Lanzarote - O

It was a long way to go for the Park-O, about 3200km south by south west, and then it was entries on the day. But hey, electronic punching (doesn't everyone take precautions and carry an Emit in their hand-luggage), a week of training before the event in glorious sunshine, a photocopied map of Club La Santa, and a steely determination not to be put off by spectators at the Pool bar, and we were all enjoying the first Club La Santa Park-O (winning time around 7 minutes). However, Jason's claim for expenses as organiser were turned down!

It was FVO, Interlopers and interlopers enjoying the annual January bash in Lanzarote. Some twenty of us all together, all ages from not quite one (Ewan) to retired. The warm January sunshine, and the longer southern days are an antidote to dreich January weather.

We enjoyed all the usual activities, biking, running, swimming, windsurfing, stretching and exercise classes, the ridge run, as well as some new ones. Fraser going round in circles in kayaks, Penny was seen at the Tae Bo (practising moves to use on anyone in the club trying to spend money unwisely this year - see photo) and the body toning was particularly tough. After discovering that Fitball isn't the same as fitba, we all joined in at the Fitball classes. Each of the three classes were quite different -- one focussed more on balance, with another physically very hard.

The fun races were well subscribed as usual - the Duathlon, the triathlon, the aquathon with our team making up over half the entries in the Duathlon. Perhaps I should leave the last word in contentment with Ewan, caught by the camera content in the sunshine (see photo), while Peggy took part in one of the exercise classes, and perhaps dreaming of fun to come that afternoon in the leisure pool with all the other wee kids, Em, Zoe, Katy, Mark ...

David N

Park - O Results - Distance 0.95km

Men

1. Mark Chapman 7:29
2. Steve Nicholson 7:38
3. Chris Poole 8:25
4. Fraser Purves 8:32
5. Geoff Hensman 11:31
6. Dave Nichol 13:27
7. Mark Grant 14:32

Women

1. Janine Hensman 8:34
2. Peggy Purves 9:10
3. Lorna Eades 10:14
4. Lindsey Hensman 14:26
5. Penny Nicholson 15:35

DSQ Scott Fraser 6:49 (missed No 7)

DSQ Colin Eades 7:19 (missed No 7)

FVO Relays 2003

It's that time of year again when I start harassing you all to come and run for FVO in the major relay events of the season.....in particular then please tell me **by SUNDAY 9 MARCH** if you would like to run in the JK relays. These are on Star Posts near Bracknell on Monday 21st April.

People I already have down as wanting a run are:

Nick Barrable, Ted Finch, Kyle Heron, Mark Thomson, Stuart Thomson, Jon Cross, Beccy Osborn

I'm sure there are a number of you already planning to go down for the individual events, or thinking of it - please do make the effort to run for FVO in the relay as well if that is the case.

Also, the British Relay championship are near Sheffield on Sunday 18 May, and the Scottish Relay Championships are near Kingussie on Sunday 25 May. The people listed above have already told me their plans (Kyle, please confirm yours when you are sure), but if anyone else is a definite at this stage then please let me know.

The Harvester Trophy day/night relay is near Sheffield on 14/15 June - please put this in your diaries too as I would like to field a minimum of a full men's team and a full women's team, and hope to also have a further team.

look forward to hearing from lots of you.....

Jon



Penny practicing some new techniques.....



Ewan looks on contently

Major Events for 2004

FVO will have a role to play in 2 major events during 2004: a Scottish O League event on 7 March at Touch, and the Scottish Championships on 29-30 May at Errochty by Loch Tummel. This is to flag up the need for major officials for those two events, and ask any volunteers to contact either Dave Coustick, or Hugh Buchanan. (Contact details at the back of the Newsletter)

Scottish O League, Touch 7 March 2004

This event will be organised by FVO alone, and so we need to provide an Organiser (must be a member of BOF) and a Planner (Grade 2 at least).

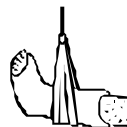
Scottish Championships, Errochty, by Loch Tunnel, 29-30 May 2004

This weekend is being organised by the West Area of the Scottish Orienteering Association, which in addition to ourselves includes CLYDE, CUNOC, ECKO, SOLWAY, STAG and TINTO. Some main officials have already volunteered, but vacancies still exist for:

- Individual (Saturday 29 May) - joint planner (with Blair Young of STAG)
- Relay (Sunday 30 May) - Planner and Organiser

Sports Injury??

A reminder the 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 night) Tel: 01786 462521

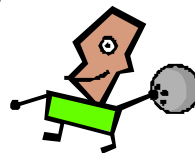
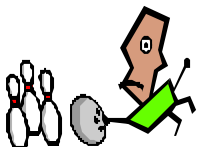


Plea for Spare maps

If you have any spare maps lying about, say in a box if you've just moved house, please can you return them to Beccy Osborn ASAP so we can audit our map stock more thoroughly

Social 14th March 2003—FVO Bowling evening

We are planning to hold an FVO bowling night on Friday 14th March in Stirling. Hugh Buchanan has kindly volunteered to organise this, so if you'd like to go please contact him beforehand on 01786 473776 or at hugh.buchanan@iname.com



Club Member profile

A new feature in the newsletter will be a profile of a club member. Each issue a face of FVO will be profiled. And this time it is Kyle Heron, winner of The Most Improved Junior 2003—again!!

Kyle started orienteering with Hilda at Strathyre Primary and just over a year ago was running light green courses. He started running Green courses at the very end of 2001 and quickly progressed to Blue; he generally now finishes at the top of these. He was selected for the BOF tour to Lagganlia last summer and won their tour champs. He also went on the Scotjos tour to Scandinavia last Summer, winning the younger boys champs and in the process beat Duncan Coombs who is arguably the best at that age group in Britain.

Kyle is now performing much more consistently than he did a year ago and is also training regularly and has joined Central Athletics. Last year he also won the Jim Doig medal for the most improved Scottish junior . Watch out for this young whipper snapper as he passes you In the forest—he is the face of FVO for the future.....no pressure!!

FVO Helpers for Schools festival

FVO are holding a schools festival again this year, which Gary Longhurst is organising. It is during the day on Wednesday 21st May at Plean Country Park.

He will need a significant number of helpers as we are running a number of different courses and are expecting a high turnout (last year it was 900). If you could assist him please could you contact him on 01786 823295, even if it is only for the morning or afternoon.

Wednesday Evening Event Helpers Needed

Beccy is still looking for organisers for a Wednesday evening event for the following dates;

May 7th	Gartmorn Dam, Alloa
June 4th	Muiravonside Country Park
Sept. 3rd	Callendar Park, Falkirk

Very little experience is necessary and help can be provided for novice planners. Let her know on 01786 860301 or beccy.osborn@tinyworld.co.uk if you can do one. If you are unable to put on an event but think you may be able to offer your services on the night (registration, helping beginners etc) please let Beccy know, similarly if you are able to plan and hang controls but think that you could do with help on the night with registration etc get in contact with her ASAP.

Is it possible to compete in 100 orienteering events in one year? (and stay married)

.....only just.

Two years ago I was creating a database of old orienteering results and discovered that most years I was running between 60 and 70 orienteering events a year. I wondered if it would be possible to run 100 events in 1 year. So in 2001 I started to run as many events as possible checking the fixtures list and the internet to get my, at least, twice weekly fix, I planned to run every Saturday and Sunday and do as many summer league events as I could find. January came and went, 10 events so far, well on target. Three weeks and 8 events into February disaster struck as foot and mouth hit Britain and I realised there was no way I would make it, not that year anyway, having said that I managed 69 events in 2001. So 2002 came and I started planning again, January 9 events, February 10, March 12 and April 13 so a third of the way through the year and 44 events, looking good. May brought 18 events and June I had planned 30 (one a day on average, I bet that's never been done!). June started well with an event every day for the first 5 days and 2 on the 4th but then another set back, a sickness bug and the 4 events planned for the 9th were off as I spent all day in bed, they were to have been Jacksons Bank WCH followed by Markeaton Park DVO, then in the afternoon Holmebrook DVO and finally in the evening Memorial Park OD. Many more had to be missed due to work commitments and June finally totalled 15 events. Half way through the year and 77 events, well on target for the 100 so I decided just to go for as many as I could. July saw 10 events and August 10 with multiple nettle stings and bramble cuts to prove it. I completed my 100th event on September 4th at Cracks Hill (OD). September turned out to be a hard slog, not so much the orienteering, but the driving!, the first weekend Nottingham to Hexham, the second up to Aviemore, (2 days after I drove to Glasgow with work, quite handy as I pulled in 2 more events in the evening's) the third down to Newquay, the forth back up to Inverness and the final weekend in September down to Cardiff. Total miles covered 4,100 miles. By the end of September I had done 110 events and still three months to go. October started in Hamsterley Forest and another fantastic weekend, but how would I cope, seven weeks camping on the trot and no more until the spring! (Well at least the old bones get a rest from lying on hard ground). Nine events in October and 12 in November by which time I was up to 131. I looked at the calendar and discovered only a handful of events to go in December (well 9 actually) By now I'm getting fed up of the travelling as I do quite a lot with my job as well. So by the end of the year the total was 140, I have only missed 10 Saturdays and 5 Sundays all year. If I add on the amount of events I had planned to go to but could not for various reasons the total would have been 171.

Total miles travelled, far too many, approximately 22,000

Total amount spent on accommodation, far too much.....

Total amount spent on entries, no idea but far too much

Top ten events of 2002

- 1 Trossachs – Fantastic event, superb terrain and a gorgeous sunny day.
- 2 Rogie – Tough terrain but well worth the long drive North.
- 3 Deishar – One of the best areas in Scotland.
- 4 Docharn – Fantastic terrain.
- 5 Dallaschyle – Fantastic terrain.
- 6 Little mill – Fantastic new area.
- 7 Penhale – A fantastic sunny weekend with no travelling after you arrived.
- 8 Grizedale – Best of the lakes on tough terrain.
- 9 Bigland – Tough terrain in the lakes.
- 10 Magilligon strand – Another fantastic sunny weekend on brilliant terrain.

The Trossachs event in April was the best, by far, of the year, a fantastic area on a beautiful spring day, well organised and planned with parking in a fantastic setting. If you have never run at the Trossachs, make sure you do before you leave the sport it has to be the best area in Britain. The most expensive event in 2002 was BIGLAND, LOC, 28th April £10.00, can we really justify this, I know it is one of the best in England but when you consider maps cost approx 50p to produce!. Having said that it seems to be coming all too common in 2003, prices are going crazy, this is the main reason people including juniors are put off the sport, BOF need to look at entries and levies before it is too late. The cheapest event was BURGHFIELD COMMON, BKO, 15th May, FREE, well done BKO, more clubs should follow your lead and maybe we could attract more people to the sport. It was a great event on a fantastic sunny evening.

SOME RULES (if you want to try and beat 140 different events in one year)

1. Events must be registered and use maps and controls, Street events, permanent courses and training runs do not count.
2. Only 1 run/event i.e. running white, yellow and green at same event is only 1 event (it's the events you go to, not how many runs you do).
3. No Permanent courses unless registered in fixtures list i.e. summer league event.
4. Running a night and day event on same area counts as 2 events.

Someone asked me if I would do it again, well yes, I would, I enjoyed every minute of orienteering and I have run on some fantastic terrain. I'm not sure if my wife would let me though, the decorating needs some attention and the weeds in the garden are taking over. Maybe I will get that done this year and in the future, when I've saved up enough, have another go. Why not see if you can get near or even better 140 events, but speak nicely to your wife first.

I ran at events in all our regions and I would like to thank the clubs, organisers, planners, controllers and the many helpers at every event I have been too. The orienteering was fantastic but without you it would not have been possible to achieve this, once again many thanks.

Mark Thomson

Callendar Park, Falkirk Limited Colour Coded—RESULTS

Yellow 1.8km 45 m climb

1. Libby Thomas	W11	CLYDE	21.45
2. Lynsey Thomson	W14	STAG	22.15
3. Mark Haley	M8	INT	23.14
4. Abigail Williams	W8	TAY	23.59
5. Ellie Thomas	W8	CLYDE	24.04
6. Catherine Cherry	W9	CUNOC	25.18
7. Scott Ratcliffe	M10	FVO	26.28
8. Nathalie Ratcliffe	W12	FVO	26.30
9. Valerie Rourke	W21	Ind	28.40
10. Karen Maxwell	W7	RR	30.22
11. Dan/Tom Reeve	M4/M6	FVO	31.04
12. Morven Dean & Gemma Petrie	W10	FVO	31.35
13. Laura Hendrie	W10	FVO	32.35
14. Dickson Family		TAY	33.03
15. Emma Young	W10	TINTO	34.43
16. David Blackburn	M3	CLYDE	38.43
17. Ewan Mahoney		FVO	42.58
18. Alasdair Kitching		FVO	44.25
19. Calum, Jonathan & Anthony	M8/9	Ind	44.58
20. Arran Williams	M7	TAY	45.39
21. Ellie Williams	W4	TAY	46.04
22. Lewis Mahony		FVO	46.20

24. William Parkinson FVO 74.30

Orange 2.9km 75 m Climb

1. Jackie Riley	W21	STAG	15.23
2. Philippe Langan	W12	MAROC	26.43
3. Patrick Low	M12	MAROC	27.39
4. Jessica Orr	W12	CLYDE	28.42
5. Stephen Haley	M12	INT	29.18
6. Alan Chery	M12	CUNOC	29.46
7. Ellen Dean	W12	FVO	32.50
8. Kirsty Coombs	W12	MAROC	33.28
9. A Thom	W50	ESOC	33.44
10. Douglas Oliver	M12	MAROC	35.05
11. Abigail Longhurst	W12	FVO	37.13
12. Lynn Young	W12	TINTO	38.07
13. Kistin Maxwell	W12	RR	38.12
14. Mark McLeod	M12	ESOC	39.53
15. Lisa Petrie	W12	CLYDE	41.34
16. Sarah Tullie	W12	RR	41.20
17. Ellie Bate	W12	ESOC	41.55
18. Amy Barrett	W12	FVO	42.12
19. Drew Sommerville	M70	CLYDE	44.34
20. Ceana Heron	W12	FVO	45.06
21. Young Family		Ind	52.23
22. Calum Kitching		FVO	70.10
23. Imogen & Ros Beck		ESOC	72.30

Organisers Comments: As a limited colour coded event it was always meant to be very low key and despite having a few problems with start times on the day, I hope that everyone who came along to the event enjoyed getting back to basics.

I would like to thank my happy helpers..... David N, Mark, Penny (& Zoe), Sandy, Peggy, Fraser (& Ewan), Jon, Beccy & Hugh most of whom managed to get a run as well as help out.

I would also like to thank Ted for his help and Will for planning the courses and putting out the controls and all of you for coming along and making it all worth while.

Susan Sinclair

Planners Comments: Well, I hope you enjoyed the courses. Callendar Park has only recently become available as a good little Orienteering area having previously been covered in impenetrable rhododendrons. Now that it has all been cut back, the area is fast and quite runnable (hence the 6 mins per km for the winner on the Blue). With a complex path network and open area around the House it makes for quite interesting planning with a lot of variety. Despite the fact that the area is not really up to technically difficulty 5 (as required by Green & Blue) with a second master map you can still make a decent length course. All of the course times were about right, so I was happy that you all rose to the challenge

We had no trouble with controls being moved or stolen at the event which is a great credit to the general public who were out in force in the nice weather. It was interesting that the last event I planned at (a full colour coded at Coillhallan in Nov 2001) required the same number of controls as this event. It seems that often a local event is as much work for the planner (and organiser) as a normal colour coded. Thanks must go to Ted Finch (the controller) for checking sites early on Sunday morning, and to John Cross, Fraser Purves & Hugh Buchanan for collecting control at the end, my job was made a lot simpler.

Thanks to everyone else who helped, and to my other half Susan for organising me so efficiently!

Will Hensman

Green 4.6km 120 m Climb

1. Lorna Eades	W35	INT	36.24
2. Calum Coombs	M14	MAROC	37.33
3. Colin Inverarity	M50	INT	40.16
4. Christina Condy	W14	CUNOC	40.58
5. Stuart Thomson	M12	FVO	41.23
6. Peggy Purves	W21	FVO	42.36
7. Andrew Berrow	M14	ECKO	43.03
8. Ann Haley	W35	INT	43.43
9. Derek Blackburn	M50	CLYDE	43.47
10. Mark Thomson	M35	FVO	44.27
11. Denise Wright	W35	MAROC	44.29
12. Alasdair McLeod	M14	INVOC	46.16
13. Julian Thomas	M40	CLYDE	46.21
14. Campbell Morrison	M45	ESOC	47.32
15. John Barrow	M55	INT	48.25
16. Dick Carmichael	M55	TINTO	49.00
17. Beccy Osborn	W21	FVO	50.35
18. Vicky Campbell	W16	CUNOC	51.16
19. Les Dalgleish	M50	ESOC	51.59
20. Hazel Wright	W14	MAROC	54.36
21. Ray Hayworth	M70	INT	54.50
22. Andrew Tullie	M14	RR	54.58
23. Chris Fitzsimons	M35	Ind	55.00
24. Malcolm Mahony	M50	FVO	55.42
25. Susan Reeve	W35	FVO	56.02
26. Margaret Dalgleish	W50	ESOC	57.00
27. Lucy Smirthwaite	W14	MOR	57.13
28. Norma Coultts	W60	ESOC	57.17
29. Kate Thomas	W40	CLYDE	57.19
30. John Anderson	M50	TAY	58.41
31. P Carmichael	W55	TINTO	59.02
32. W Simpson	M65	TAY	60.12
33. Rick Richardson	M45	TINTO	64.43
34. Kate Lessells	W55	ESOC	70.11
35. S Twissell	W35	INT	74.39
36. Suse Coon	W50	ESOC	78.45
37. Anne Groat	W55	ESOC	81.50
Louise Longhurst	W35	FVO	RTD
Liz Orr	W35	CLYDE	RTD
Andrew Rogan	M14	MOR	RTD
Hollie Orr	W14	CLYDE	RTD
Phoebe Langan	W16	MAROC	RTD
Rachel Smirthwaite	W16	MOR	RTD

Blue 8.0km 180 m Climb

1. Roger Coombs	M45	MAROC	49.28
2. Oleg Chepelin	M18	GRAMP	49.34
3. Donald Petrie	M45	CLYDE	51.40
4. James Tullie	M18	RR	54.28
5. John Reeve	M35	FVO	54.40
6. Kyle Heron	M16	FVO	55.19
7. Jon Cross	M35	FVO	55.31
8. Duncan Coombs	M16	MAROC	55.35
9. Andrew Dalgleish	M21	STAUOC	58.50
10. Andrew Brunton	M18	CLYDE	60.35
11. Douglas Tullie	M16	RR	61.34
12. Fiona Berrow	W18	ECKO	61.43
13. Pat Bartlet	M35	INT	62.03
14. Ewan McQueen	M40	FVO	62.45
15. Robin Orr	M40	CLYDE	62.50
16. Scott McKendrick	M21	CUNOC	64.31
17. Bob Chery	M45	CUNOC	64.38
18. Alistair Lessells	M55	ESOC	68.13
19. David Kerrman	M50	ESOC	69.45
20. W Clelland	M40	GRAMP	70.43
21. Kirsten Strain	W18	ELO	70.46
22. Hugo Grant	M40	ESOC	71.08
23. John Coon	M50	ESOC	71.37
24. Andy Oliver	M50	MAROC	72.10
25. Elaine Campbell	W18	CUNOC	72.46
26. Andy Paterson	M35	CLYDE	72.51
27. Allan Downie	M45	TAY	73.35
28. Robin Strain	M50	ELO	75.02
29. Jim Campbell	M45	CUNOC	75.48
30. Jillian Elder	W18	MAROC	76.09
31. Pat Squire	M55	INT	80.27
32. Helen James	W40	TAY	80.28
33. Danny Oliver	M18	MAROC	82.22
34. Tommy Begley		CUNOC	84.44
35. Gerry Thomson	M45	STAG	87.31
36. Patricia Woodward		CUNOC	95.40
Fraser Purves	M21	FVO	Wrong 3

Controllers Comments: The event today at Callender park was billed as a low key event. In spite of this Susan and Will managed to present a high quality event. Will's courses seemed to be the right length. When I left the event the finish times were in the correct range. Susan managed to organise the event with little of the bureaucracy we some times see at events. Low key events can bring the fun back to orienteering, As controller I checked courses and controls then put up tents, acted as starter and encouraged juniors as they started. I had a good day. I hope you did too.

Ted Finch

Events March/April 2003

Wednesday Evening Events

April	23	South Achray (special event to launch new permanent course)
April	30	Barrwood, near Denny
May	7	Gartmorn Dam, Alloa
May	14	Alva Woodland Park
May	21	Plean Country Park (Schools' Festival during the day)
May	28	Touch, near Cambusbarron
June	4	Muiravonside Country Park
June	11	Abbey Craig (Wallace Monument), Stirling
June	18	Dollar Banks (Castle Campbell), Dollar
BREAK		
Aug	13	Beecraigs Country Park. Linlithgow (+ BBQ)
Aug	20	Minewoods, Bridge of Allan
Aug	27	Laighhills, Dunblane
Sept	3	Callendar Park, Falkirk

Other FVO Events

July	31	Scottish 6 Days, 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
Sept.	6	Mountain Bike O event – Inshriach
Sept.	27	Colour coded event at Devilla, Kincardine (in conjunction with the VHI Relays)
Sept.	28	Scottish O League (SOL) event at Dumyat and Sherrifmuir (also incorporating the VHI individual event)
Nov.	29	Colour coded event & Club championships at Barrwood - Annual Dinner Dance afterwards! - so put the date in your diary today!!

Calling All FVO Juniors - West Area Junior Squad

West area juniors who have competed at Yellow/Orange standard are invited to join CUNOC for O Training - Sat 15th March at Beach Park, Irvine. We are holding an all day session for CUNOC juniors and local cadets. There will be three similar 2hr sessions starting at 10.00, 12.00, & 14.00 (Sth Carpark)

Each session will include:

Warmup Fartlek Map walk/jog

Compass work Star Course/Relay

Please let us know if you can join us for one of the sessions. For more information please contact Tricia Woodward on Tel. 01563 538215 or Brigid Flanagan on Tel. 01292 267063 (West area Junior Squad Coordinators)

FVO Committee 2003

PRESIDENT - Dave Coustick

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Tel: 01786 831463

VICE PRESIDENT: Gary Longhurst

Tel: 01786 823295

SECRETARY - Susan Sinclair

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MAPPING - Caleb Gould Tel: 01786

TEAM CAPTAIN - Jon Cross

Tel: 01786 860301

WEDNESDAY EVENING EVENT CO-ORDINATOR - Beccy Osborn

Tel: 01786 860301

The Cowal Way - Open Day

The Cowal Way, is a new overland walk which runs from Portavadie on the shores of lower Loch Fyne to Arrochar Argyll. We have been asked by the Colintrave and Glendaruel Community Council to promote their official launch on the 10th May with Jimmy MacGregor, they think it would be a good opportunity to get in some fitness training and possibly a chance to raise club funds by way of a sponsored walk/run. There are 6 different sections of the walk which covers 75.2km and several different courses from a short, easy route for children, to a more challenging 14km section.

There will be a full program of entertainment on the day in Glendaruel village, With music and attractions laid on, culminating in a Ceilidh Band in the evening.

If you are interested in finding out more about the day, please contact Alan MacLeod on amacleod@fusionmarine.co.uk or Fiona Hamilton on achnagarron@supanet.com. Or check out the web site www.colglen.co.uk

The O World is not enough

For those of you who are interested in the world outside of Orienteering this section will be a regular feature on what's going on. Whether it be charity races, road races, fell races, or even triathlon's this bit will have news & views from non-orienteeing events that club members go to so make sure you keep me up to date with what you're doing.

To kick things off an advertisement for this years Stirling Triathlon on 1st June. Entry forms are now available from the Tri club website <http://www.stirling-tri.demon.co.uk/>.

This year's Stirling Triathlon comprises four events:

- Junior Triathlon - 200m pool swim 4k bike 2k run on grass & traffic free!
- Novice Triathlon. - 400m pool swim 11k bike 2.5k run
- Relay Triathlon (1 person does each discipline) - 750m pool swim 20k bike 5k run
- Sprint Triathlon - 750m pool swim 20k bike 5k run

It is recommended that you enter soon as the race is very popular. And with so many different race disciplines and lengths.....THERE CAN BE NO EXCUSES!!

Please send articles, pictures or gossip bits to:

Will Hensman
42 Kirkside Crescent
Stirling
FK7 7JZ
will.hensman@virgin.net



We're on the web.
Check out www.fvo.org.uk

Equipment Sort Out—Amnesty !!!

FVO is having an equipment sort out afternoon at Maureen's - 21 Alexandra Drive, Alloa on Saturday 15th March @ 2.30

Please can you go and check your spare rooms, your garages, your sheds, your out houses or even your barn for any FVO equipment that you may have and return it to Maureen ASAP on or before the 15th March

We are also looking for volunteers to help so if you are able to come along and lend a hand—the more the merrier—then please can you phone Maureen on 01259 213683 or Susan on 01786 469824 to let us know that you will be there.