

## Events May/June 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	Beechcraigs Country Park, Linlithgow (+ BBQ)
Aug	20	Minewoods, Bridge of Allan
Aug	27	Laighhills, Dunblane
Sept	3	Callendar Park, Falkirk

### FVO Events

July	31	Scottish 6 Days, Day 4 at Phorp – this is FVO's day for helping. See elsewhere for details
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 Champs at Barrwood - Annual Dinner Dance afterwards! - so put the date in your diary today!!

### Other events in the Area

May	14	Hillend, Edinburgh (ESOA evening event) NT250670 (ESOC)
May	24/25	<b>Scottish Champs, Kingussie</b>
May	28	Elibank Forest, Walkerburn (ESOA) NT387373 (RR)
June	15	Scottish O League 4 (SOL) Badge event, Tullochrouisk, Kinloch Rannoch CD 1 June <a href="http://www.taysideorienteers.org.uk">www.taysideorienteers.org.uk</a>
June	25	Glentress Forest, Peebles (ESOA) NT286402 (ESOC)

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We're on the web.  
Check out [www.fvo.org.uk](http://www.fvo.org.uk)



## Forth Valley Orienteers

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Copy date for next issue is Monday  
23rd June 2003

# Forth Columnist

Issue 156

May/June 2003



Members of Strathyre Primary School enjoying the South Archray Permanent Course relaunch

## Editorial

Well I hope you all enjoyed my first bash at producing a newsletter. It was nice that there were so many contributions and I didn't have to write it all myself. Keep these coming in please, and they don't just have to be about Orienteering. What else (sporting wise) have people been up to?

I feel it's my duty to mention the weather somewhere in this newsletter so here it is....wow! Nothing like a bit of sunshine to cheer folk up and get them out and about. Over the last 2 months you can have had no excuses not to have been Orienteering, or at least out in the great outdoors. There have been many events over the last couple of months attended by many club members, especially the Compass Sport Cup in March. What a fabulous day, and we did just enough not to have to travel to the final — which is miles way! More on that elsewhere in this edition. Over the next 2 months there are many great events. The continuation of the Wednesday Evening Events series, the first one was in Archray Forest on 23rd April (see report) another glorious evening, the British & Scottish Champs weekends for the more serious, and also local evening event leagues in Edinburgh and Glasgow. Again more on that elsewhere.

Also in the newsletter are several pleas for help. Orienteering is run by volunteers for the benefit of all, and without these volunteers events would not take place, so if you can spare some time please put your name down to help for the Scottish 6 Days, the Veteran Home internationals, and the SOL on Dumyat in September to name but a few. FVO is a big club but it does tend to be the same people helping again and again, so if you've not volunteered before, now is your chance.

On a lighter note, I hope you enjoy this edition and I look forward to seeing you over the next few months at events (whether Orienteering or otherwise) and socials.

*Will Hensman*

## New Members....New Members....New Members....

FVO would like to extend a warm welcome to Marcus Pinker from Stirling, Nigel Potter from Dunblane, Aimee Astbury from Strathyre and Chris Fitzsimons from Causewayhead who have all joined the Club in the past few months. We hope to see you all at an event soon!

## Club success at British Student Champs

Well done to Lisa Brown - third place in the women's race at the British Student Champs near Sheffield on 26th/27th April, a tantalising 19 seconds behind the winner....congratulations!



## FVO Committee 2003

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### **WEDNESDAY EVENING EVENT CO-ORDINATOR - Beccy Osborn**

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## The O World is not enough

So have you done any races in the last 2 months???...NO well why not there have been plenty, The Gartmorn 6, Alloa Half Marathon, London Marathon, and Cupar Triathlon to name but a few.

There are plenty of non Orienteering races out there throughout the year. The Stirling Triathlon (01/06) - I hope you've got your entries in, Lowe Alpine Mountain Marathon (14/06), Edinburgh Marathon (15/06), Highland Cross (24/06) — a personal favourite of Fraser's, The West Highland Way Race (21/06), Hebridean Challenge (23/06), Corryarick Challenge (05/07), Crieff 10k (20/07), Great Wilderness Challenge (23/08), Karrimor (25/10) — maybe not, and of course the Stirling 10k on 14th Sept. Whatever other races you're planning to do, even if it's a sponsored swim, let me know and I'll give you a mention.

## Spring Cup, Denmark, March 2003

Some of you may well have ventured to the Northern part of Denmark for this competition which marks the start of the International Orienteering season in the northern hemisphere. Several thousand Orienteers descend on the area hoping for sun (which we got by the truckload this year), O babes, Danish pastries, beer (?) and for some, a chance to race their first O race of the year. Competitors come from all over Europe, many Swedes and Norwegians drive down to Helsingborg and take the ferry over from Sweden to Denmark.

Competition is thus, always fierce. There are three elite courses for the classic, with Elite 1 giving World Ranking Points. This year, most Brits made it onto Elite 1. There was a British Squad group, including a Junior Tour (as usual) as well as a Gordon Ross organised Scottish group, along with various Brits based abroad turning up. Accommodation is commonly YHs and bunkhouses in the area. Our YH in Fredenborg (home to the Danish Queen's summer residence - large palace - was just around the corner) contained the Scottish group and various O stars like Simone Luder, Vronig Konig-Salmi and Troy de Haas.

The classic on the Saturday is preceded by a night short race on the Friday evening. Fewer people run this, and I found the forest and map not so inviting as the previous year. Even so, Sarah Rollins managed a solid win on the women's course (Jenny Whitehead won last year!). On the men's course, Marius Mazulius, the Lithuanian, now in Finland, won for the second year running.

In the classic, I managed 19th and top Brit in a race which Michael Mamleev (Russian running for Swedish club OK Orion) won. Jamie Stevenson should have been second, but managed to mis-punch the second control. Underneath the circle was a wet ditch, where the Elite 2 control was. Jamie punched that rather than the clearing 50 metres away.

Sunday arrived with a relay. Jamie S lost out to Mamleev again in the sprint for victory, although he had caught him up 2 minutes! The men's open relay is somewhat devilish in that the leg lengths were roughly 10, 10, 8, 14kms! I ended up running last leg, but you don't feel fresh after 12km flat out the day before! The terrain, all weekend, was not unlike southern England, but with more detail, although each race got faster, 'whiter' and hence, quicker.

If you have not been to the Spring Cup, it is well worth a visit. Try and pick a year when it doesn't snow - it has been known! - and look out for the special "Spring Cup, orienteering wake up!" song, which you may not be able to get out of your head the whole way round your course!

*Nick Barrable*



## President's Column

For me this has been a quiet couple of months on the orienteering front - at least as a competitor. I think I've been to as many committee meetings as events! However not quite as sad as it sounds since I have managed to get away a lot with a couple of ski trips as well as hill-walking and even sea-kayaking! So hopefully I am fit for the coming season, just as long as I can still navigate with an O-map.

The year's calendar is looking fairly full as usual, with our Wednesday Evening Events kicking off immediately after Easter (so the first few will have happened by the time you read this). The first event is a little earlier than some years as it coincides with the opening of a new permanent course at South Achray; thanks to Rona and Beccy and to John Ogilvie of Forest Enterprise (also an FVO member) for establishing this facility.

We've made a good start to the year with a successful Colour Coded event at Callendar Park at the beginning of March. This received a large number of entries so this has helped us get the club finances moving in the right direction. Thanks to Susan, Will and Ted for organising, planning and controlling. If the remainder of the season continues well we hope we will be able to resume some of our bigger projects (such as re-mapping or new maps of bigger areas) next year.

Permanent courses are something we are intending to concentrate some time on during the coming couple of years. One of the problems that has occurred with permanent courses in the past is that they fall into disrepair without anyone being aware of it. So the plan is that each permanent course be adopted by a club member who will visit from time to time. He or she would then report back any problems to the committee for remedial action. If there is a permanent course near you (current or projected) and you feel like volunteering please let me know. Visits need only be a couple of times in a season so it should not prove too onerous.

*Dave*

## Any Old Compasses??

If anyone has an old compass they can spare why not donate it to go in the club evening event kit so that we can lend it out to newcomers at events? If you can help please bring them along to a Wednesday Evening Event, or contact any committee member.



## Wednesday Evening Events

You will find a copy of the Wednesday Evening Event poster along with this newsletter. We are asking for your help to advertise these events. If you have a notice board at work, are a member of another sports club or even regularly attend a sports centre or library please could you ask if you could put up one of these posters. All publicity is good publicity as they say.

## Moray 2003 — Day 4 Progress report

In the last Forth Columnist we gave you some information on the day of the Scottish Six Day event – Moray 2003 – for which FVO is one of the organising clubs. As you will recall FVO are sharing responsibility for Day 4 with Moravian (MOR).

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

**Organisers :** Douglas Murray (MOR) and Jan and Gareth Bryan-Jones (FVO)  
**Planners :** Steve Nicholson (FVO) and Paul Rogan (MOR)  
**Controllers :** Rob Hickling (GRAMP) and Chris Spencer (MOR)

There has been a change since the earlier information – Rob Hickling of GRAMP has taken over from Jim Heardman as the main controller.

Jan and Gareth have met with Douglas Murray and visited the area to look at parking, access for vehicles, assembly field, starts, and drinks points. The car parking and Assembly are in the same field, with a large overflow parking area in an adjacent field. The access is via an estate road and the entrances to the fields will have some extra hardcore laid before the event. The starts are 1 km (Red/Blue) and 0.8 km (White) from the Assembly area.

We have split up the areas of responsibility between FVO and MOR shown in the table opposite.

FVO member's main responsibilities will be the starts, finish and drinks stations in the forest. Whilst FVO will take the lead on the finish there will be people from both clubs helping. We plan to organise rotas so as many people as possible who wish to run on Day 4 can do so. The number of people listed above is based on one person covering a job throughout the event – so rotas will mean needing more people than above. People working on the start would be able to have a later run and those working on the finish would run early on. People on the drinks station would be able to go directly from there to the start for their run.

Jan and Gareth will be getting in touch with all FVO members by e-mail or phone during May to find out who is going to be at Moray 2003, who wants to run on Day 4, and any preference people have for their job at Day 4.

## FVO Helpers for Schools Festival — Reminder

Just a quick reminder that our Schools festival this year is on Wednesday 21<sup>st</sup> May at Plean Country Park. We are expecting a high turnout (last year it was 900) so if you can come along and lend a hand during the day at any point please contact Gary Longhurst on 01786 823295.

## Club O Suit order

Due to popular demand, I have been asked to put in another order for club o-suits. So if you missed out last time, now is your chance to catch up with the latest club o-gear. As you will probably have seen, the o-top's are royal blue with yellow and white stripes and come in either long or short sleeve versions. The trousers are royal blue with yellow piping.

### Sizes available:

1 (120/130), 2 (140/150), 3 (160/XS), 4 (S), 5 (M), 6 (L), 7 (XL), 8 (XXL)

Please ask those who already have o-suits if you need help with the sizes or give me a call.

### Cost:

*Costs are not finalised*, as they are dependent on the size of the order and the exchange rate at the time the order is placed (but hopefully they should not vary too much from what I am quoting). I have worked out roughly what each item will cost.

Long Sleeve O-top (Sizes 1, 2 & 3) £22.15

Long Sleeve O-top (Sizes 4, 5, 6, 7 & 8) £25.68

Short Sleeve O-top (Sizes 1, 2 & 3) £21.66

Short Sleeve O-top (Sizes 4, 5, 6, 7 & 8) £25.10

O-Trousers (Sizes 1, 2 & 3) £15.53

O-Trousers (Sizes 4, 5, 6, 7 & 8) £18.25

If you wish to purchase anything please place your order with me using the order form enclosed with your newsletter (or download from the website) by Monday, 19<sup>th</sup> May 2003. Any queries please call Peggy Purves on 01259 762460. Please send a £5 deposit for each item ordered, as we have to pay Compass Point a deposit with the order.

## New Permanent Course at South Achray

The new summer evening programme got underway on April 23rd with a special event at South Achray. The event was organised jointly by the club and Forest Enterprise and saw the launch of a brand new Permanent Orienteering Course set in the forest around the David Marshall Lodge. The previous course had fallen into disrepair and the extensive harvesting operations in the forest had rendered the area virtually unusable for a while. However, with the harvesting now much reduced we felt it was safe to have the area resurveyed and a new map produced. Forest Enterprise kindly agreed to take in all the old posts, restore and re-paint them and then put them back out in the new locations.

The behind-the-scenes work was done by Beccy Osborn, John Ogilvie (club member and also Recreation Manager for Forest Enterprise at South Achray!) and Rona Molloy. Beccy planned the new courses and arranged for the maps to be produced, John did all the hard labour with the posts and Rona did the other bits (like write articles for the local papers and the club newsletter!) I should add that the actual cost of setting up of the course has been entirely carried by Forest Enterprise and that we are very grateful to John for his support and encouragement to get this project off the ground.

Maps are available from the Visitor Centre shop and there are three recommended courses to choose from: Short/Easy (1.4 km); Medium (2.0 km); and Long (3.6 km). The routes pass through some of the most beautiful woodland in central Scotland and offer stunning views of the waterfall and other famous Trossachs scenes. Many people already come to walk in this area and it is hoped that the new facility of the orienteering course will prove an added attraction to outdoor enthusiasts. Please use the course yourselves and tell all your friends about it!

Blue skies and warm sunshine were the backdrop for all those who attended the inaugural event. Alongside regular club Orienteers, a large number of pupils from Strathyre, Lochearnhead, Buchanan and Buchlyvie Primary schools all took part and enjoyed the challenge of finding the markers out in the forest. In the hotly-contested Short course, Rosie Keenan of Strathyre Primary and Gordon Hamilton of Lochearnhead were joint winners with a fast time of 19 minutes. Gavin Skipper won the Medium course, taking just 19 minutes to visit the 12 controls, and in the battle of experience versus youth, Jason Inman blasted round the Long course to win in a time of 29 minutes, only fractionally ahead of young rival Will Hensman.

FVO's summer evening events take place every Wednesday from 5 - 7 p.m. at a variety of locations throughout the Forth Valley area. There is a full list of events and grid references on a separate sheet with this newsletter or see [www.fvo.org.uk](http://www.fvo.org.uk), or contact the co-ordinator, Beccy Osborn on 01786 860301. Everyone is welcome and no previous experience is required, so please bring your friends and family along.

*Rona Malloy*

Team	Role	Club responsible	No. of People	Comments
<b>Set Up</b>	Setting up assembly field, starts, finish, car park etc.	FVO and MOR		Tuesday or Wednesday evening
<b>Car Park</b>	Car Parking	MOR	8	
	Newsletter distribution	MOR	3	
<b>Assembly Field</b>	General	Day organisers	4	On going emptying of rubbish bags etc.
	Information	MOR	3	
<b>Starts</b>	2 combined	FVO	16	2 locations :
<b>Finish</b>	General	FVO (and MOR)	10	People who are used to working with computers
	Results – splits	FVO (and MOR)	3	Handing out splits
	Results – display	FVO (and MOR)	2	Pasting up results
	Water	MOR	3	
<b>String/Off</b>		MOR	5	
<b>Drinks Stations</b>	In the Forest	FVO	6	There are 2 stations – on
<b>Planners'</b>	SI unit placing, control	Planners and co-	7	
<b>Clear Up</b>	Dismantling and clearing up	FVO and MOR		Thursday as and after event

## Scottish Champs get together

We are planning to have "afternoon tea" in Newtonmore after the Scottish Champs Individual event on Saturday May 24th. The format will be similar to that after Day 3 of the Scottish 6 Days in 2001. Look out for more details nearer the time. We are also planning to have a get together later in the evening as well for those people who don't have to get to bed early!



## Recent Results

### Compass Sport Cup Match — Moncrieffe Hill, Perth

**Course A:** Steve Nicholson (3), Jason Inman (6), Will Hensman (9), John Reeve (12), Fraser Purves (13)

**Course B:** Jon Cross (6), Hugh Buchanan (7), Ewan McQueen (20), Doug Flint (24)

**Course C:** Martin Dean (1), Neil Kitching (21), Mark Grant (28), Dave Coustick (36)

**Course D:** Hazel Dean (3), Rona Molloy (5), Beccy Osborn (9), Peggy Purves (10), Cathy Tilbrook (12), Susan Reeve (24), Susan Sinclair (25)

**Course E:** Gary Longhurst (1), Louise Longhurst (15), John Brown (19), Maureen Brown (25), Pascal Lardet (30), Penny Hicks (38)

**Course F:** Kyle Heron (1), Victoria Longhurst (6)

**Course G:** Abigail Longhurst (3), Ellen Dean (5), Peter Holliday (mp)

**Yellow:** Sarah Holliday (7), Scott Ratcliffe (16), Nathalie Ratcliffe (17)

**White:** Morven Dean (2), Laura Hendrie (3), Rachel Hendrie (4), Calum Kitching (5), Alasdair Kitching (6)

### Jan Kjellström International Festival of Orienteering (JK)

M10A Craig Thomson (11), M12A Stuart Thomson (5), M16A Kyle Heron (8), M21E Nick Barrable (5), Eric Roller (24), M35L Jon Cross (19), M35S Mark Thomson (15), M40L Gary Longhurst (31), M50S Ted Finch (15), M55S Jon Brown (29)  
W12A Abigail Longhurst (9), Ceana Heron (19), W14A Victoria Longhurst (10), W21E Beccy Osborn (20), W35L Penny Hicks (20), W35S Louise Longhurst (17), W50S Val Finch (27), W55L Maureen Brown (18)

JK Trophy (6) - Eric Roller, Marcus Pinker, Steve Nicholson, Nick Barrable

Women's Trophy (Rtd) - Beccy Osborn, Louise Longhurst, Penny Hicks

Men's Short (13) - Garry Longhurst, Caleb Gould, Kyle Heron

(34) - Mark Thomson, Ted Finch, David O' Donovan

M/W Total Age 40- (6) - Stuart Thomson, Abigail Longhurst, Victoria Longhurst

Mixed Ad Hoc (27) - John Brown, Maureen Brown, Craig Thomson

## Social — BBQ and Pitch & Putt

Fraser & Peggy Purves are having a BBQ on Saturday 10th May at 5 Colsnor, Menstrie. The fire will be lit at 5pm sharp. Bring some food and a bottle, and enjoy a feast experience. There will be a run up Dumyat the following morning (Sunday) for those folk who aren't too tired after the Ben Lomond fell race, and there is plenty of room to stay over on Saturday night. Contact Peggy (see above) for more details and to confirm attendance.



There will be a Pitch & Putt evening (weather permitting) at the Airthry Castle course (Stirling Uni.) on Friday 13th June at 7pm. Everyone is welcome no matter what their ability. Again contact

## Club Member profile

I started orienteering in the late 1980s after my older sister became interested for her Duke of Edinburgh Award. To start with my younger brother Siggy and myself went around the longest course available at each local event with our dad. My first event on my own was in 1988, on a black and white map with no contours, on the edge of Dartmoor. I ran off the edge of the map! I started going to major events in 1991 with the JK at Clumber Park and joined the SW junior squad.

I have always enjoyed orienteering on technical areas where it not just down to running. One of my best results was at the Graythwaite British Champs where I was 6<sup>th</sup> on M21L. Having said that, the one event that I always remember as being most enjoyable to finish was the Harvester relays in 1995 where I finished 2<sup>nd</sup> on the 1<sup>st</sup> leg of the popular B class.

I have also been involved with organising, planning and O club committees but mainly as a junior back in Devon. This included planning the Caddihoe Chase two-day event badge. I also coached the SW Junior Squad for a number of years until moving north.

After studying and working in Oxford and Reading for a number of years I moved to Scotland in June 2002 to work for Harvey Maps in Doune. I was then 'dragged' onto the FVO committee this year to cover the mapping role.

I am currently thinking of what challenge I can give you all at the Wednesday Evening Event at Touch, so I hope you are all coming!

Caleb Gould M21 (New Committee Member)



## Glenmore Lodge Training Weekend 18/19 October

This year's annual trip to Glenmore Lodge will be the weekend of 18/19 October (accommodation for Friday 17th and Saturday 18th). There will be a slightly different format this year as there is a BASOC Colour Coded event at Loch Vaa on the Sunday. Therefore we will just have a training session (organised by Jason Inman) on the Saturday morning with mountain biking on Saturday afternoon.

Accommodation is either in twin rooms or 6-person chalets. The cost is £40 per person in a twin room or £175 for a chalet. This includes breakfast on Saturday and Sunday for the twin rooms but no breakfast for the chalet option; this can be arranged for a small extra charge. Dinner is not included as last year people preferred the flexibility of having a bar meal.

Please sign up now and let Penny (Tel: 01383 872577 e-mail: pennyhicks@aol.com) have a deposit of £10 per person for a twin room or £40 per chalet so we can get accommodation finalised.