



# A Weekend of Orienteering in the Forth Valley

**Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> September**

(in conjunction with the Veteran Home Internationals)

Saturday 27<sup>th</sup> **Short Race**, Devilla Forest, Kincardine NS950880

Sunday 28<sup>th</sup> **SOL 6 & Colour Coded**, Dumyat, Stirling NS809968

*Come early and cheer on your team in the Veteran Home Internationals*

## **Saturday 27<sup>th</sup> – Short Race at Devilla Forest – Closing Date 14<sup>th</sup> Sept**

Signposted from A985, East of Kincardine

Courses: Men's/Women's Open, Men's/Woman's Vets, Junior

Seniors £6, Juniors £3.50, limited EOD £7/4.50

Starts from 13.00 to 15.00

Electronic Punching – Please supply SI Number (SI Hire available for £1)

## **Sunday 28<sup>th</sup> – SOL6 at Dumyat, Stirling – Closing Date 14<sup>th</sup> Sept**

Signposted from A9 at entrance to Stirling University.

Starts 11.30 – 13.30

Courses: JM1 - JM4, JM5 (S/M/L), M/W21L, M/W35-M/W75 (L/S)

Seniors £8 Juniors £4, limited EOD £9/£5.

Colour-Coded - no pre-entry, £5/£3.50

String course: Free.

Electronic Punching – Please supply SI Number (SI Hire available for £1)

No dogs please in University Grounds or on the hillside

**Entries** for both Short Race and SOL6 to Susan Sinclair, 42 Kirkside Crescent, Stirling, FK7 7JZ. Separate SEF for each day please.

Cheques payable to FVO. e-mail: susansinclair@beeb.net Tel: 01786 469824. Closing Date 14<sup>th</sup> Sept.

### **Organisers:**

Short Race: Beccy Osborn, email: beccy.osborn@tinyworld.co.uk Tel. 01786 860301

SOL6: David Nicol, email: sol@nicol.cix.co.uk Tel: 01786 832123



## Forth Valley Orienteers

### Inside this issue:

Secretaries Scribbles	3
Pitch & Putt	4
Lanzarote 2004	5
Wednesday Evening Events - results so far	5
Captain's Chat	6
Schools Festival 2003	8
Glenmore Lodge Training weekend	9
FVO Juniors Crowned "British" Mini Relay Champions	10
Runners at risk from too much water	11
A "Magic" Day Out	12
FVO's Big Weekend	13
The O World is not enough	15



Ellen Dean, Craig Thomson & Stuart Thomson  
celebrate their British Championship relay win

Copy date for next  
issue is Monday  
25th Aug 2003

## Editorial

By the time you read this I should be just about packed up and ready to go on my first Orienteering summer holiday of the year (the second is the Scottish 6 days!!). This year's trip to the French 5 Days on the Atlantic Coast looks like being a mass exodus of FVO members. So if you're not venturing to 5 days of what I hope will be glorious weather and some great Orienteering I hope you have a good summer...If you are then I'll see you there, and if you went early and have just got back then I hope you had a great time.

The last 2 months have been very hectic with the British Champs, Scottish Champs, Schools Festival, and Harvester Relays to name but a few. This issue of the Forth Columnist is packed with articles on individual successes and club achievements as well as pleas for help and commitment. I hope that you can all take time out of your busy lives to respond to the various pleas. The main event for FVO is of course the short race & SOL6 on 27th/28th Sept. (details of that on the back page). Lets hope the weekend is a great success.

On a less successful note, I have to apologise for not updating the website recently. I had hoped to have done it before now, but somehow with the good weather and the hectic lifestyle/training have never quite got round to it. Hopefully I will rectify this shortly and put photo's and up to date details of club information. If you have any photo's you'd like me to put in the newsletter or on the web, just send them to me at will.hensman@virgin.net and I will put them on (eventually).

As usual I hope you like this edition and I hope you have a good summer and look forward to hearing all about it come the autumn.

*Will Hensman*

## New Members....New Members... & CONGRATULATIONS

Congratulations to Jennifer Leonard & Pascal Lardet.

Pierre Raphael Lardet was born on, Sunday 15 June, at 13h01 in the birthing pool at St Johns Hospital Livingston, weighing 7lbs 11. He came home the same evening and both doing grand.

Pierre looks rather like Pascal and is (also!) mostly rather hungry... Big sister Eloise is adjusting to her new role. She belatedly told us that she would have preferred a baby sister...however agrees that her new baby girl dolly means she gets the best of both worlds.

*Jennifer, Pascal and Eloise*

We would also like to welcome the rest of the Quin Family, Karen, Anthony & Bethany from Dunblane who have recently joined Catriona in becoming members of the club.

## The O World is not enough

Excluding Wednesday night events I have been to more road races this year than orienteering events, the first being the Gartmorn 6. The Gartmorn 6 is a 10K cross country race around Gartmorn Dam and the woodland trails. However, this turned out to be a non-event thanks to me receiving last years race information and missing the start by half an hour (the organiser forgot to change the start time on the information sheets that he sent out from his works computer). I think he did me a favour anyway, as everybody came back drenched and covered in mud.

Next was the Alloa half marathon, I had no intention on doing this as I had not run 13 miles since I ran the race last year, however it was a nice morning on the day of the race and in my wisdom I decided to enter on the day. The race starts at Lornshill Academy and then heads out to Tillicoultry and then along the hillfoots to Menstrie and back up to Tullibody. I completed the race in 1.55 hours, 5 minutes quicker than last year.

Next was the Black Rock 5 on 13th June, if you only do one race in the year I would recommend it to be this one. The Black Rock 5 is a 5-mile race starting on the Fife coast at Kinghorn. The race starts at the bottom of a steep hill which takes you up to a road that leads you down to the beach, the next 1.5 miles are along the beach, round the "Black Rock" and back along the beach into Kinghorn, where the finish is on top of a hill outside a pub. At the end of the race you hand in your number at the pub in exchange for a large bottle of beer. I finished the race in just over 37 minutes (and the beer in about 37 seconds).

The week later was the Highland Cross; the Highland Cross is a 50-mile coast-to-coast Duathlon (20 mile run / 30 mile cycle). The race starts in Kintail at Morvich Outdoor Centre and finishes in Beauly. The first 4 miles of the run is flat and along a rough land rover type track, although at points it resembled more of a river. The next 2 miles however are steep and up a narrow rocky path climbing to over 1,000ft. The following 2 miles are then along a rough boggy indistinct path to Camban Bothy, the remainder of the run is then along an undulating track to the changeover at Loch Affric. I finished the run in 3.45 hours, however I then took cramp at the changeover and struggled to get on my bike and lost a lot of time. The first part of the cycle is fast and along a narrow single-track road with steep down hill sections, I struggled along it, however after about 10 miles the cramp eased and I finished the race in 5.37 hours, 3 minutes slower than last year. I had expected to be a lot longer, as due to work commitments I had done little training, and had only managed 2 long runs since the Alloa half marathon in March.

*Mark Grant*

## FVO Committee 2003

### **PRESIDENT - Dave Coustick**

12 Hopetoun Drive Bridge of Allan FK9 4QQ  
Tel: 01786 831463

### **VICE PRESIDENT: Gary Longhurst**

Tel: 01786 823295

### **SECRETARY - Susan Sinclair**

42 Kirkside Crescent Stirling FK7 7JZ  
Tel: 01786 469824

### **TREASURER - Penny Hicks**

6 Halketts Hall Limekilns Fife KY11 3HJ  
Tel: 01383 872577

### **NEWSLETTER EDITOR - Will Hensman**

42 Kirkside Crescent Stirling FK7 7JZ  
Tel: 01786 469824

### **FIXTURES - Hugh Buchanan**

Tel: 01786 473776

### **MAPPING - Caleb Gould** Tel: 01786

### **TEAM CAPTAIN - Jon Cross**

Tel: 01786 860301

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

Tel: 01786 860301

## Events July/August 2003

### **Wednesday Evening Events**

Aug	13	Becraigs 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. Contact Jan and Gareth Bryan-Jones 01786 472758
Sept.	27	Short Race at Devilla, Kincardine ( in conjunction with the VHI Relays). See back page for more info.
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!!

## Secretaries Scribbles

I have a few items to tell you about in this issue.

### **Child Protection Policy**

SOA have published their Child Protection Policy which states that all orienteers associated with SOA activities having substantial access to children, are required to have a Police Disclosure carried out on them to check their suitability for working with children. This will cover all BOF Coaches, Junior Squad Management and helpers who have substantial access to children.

FVO has decided to sign up to this policy so any club activity for children which involves substantial access to children i.e. One—to—one contact, regular contact with a child or group of children or unsupervised contact, will require the adults to have a Police Disclosure carried out. The SOA will provide this service free of charge. Contact me for further details.

### **Strathcarron Hospice Fun Run**

I have received some information regarding the Sponsored Strathcarron Hospice 10K fun run and Children's 2K fun run on 5th October. If you would like further information please let me know and I can send you a copy of the sponsor / application form.

### **Forest Fun Day**

The Forestry Commission at Aberfoyle's Queen Elizabeth Forest Park are having a forest fun weekend during the 23rd & 24th August 2003 as part of their 50th anniversary celebrations and we have been asked if we could put together some orienteering on the Saturday and are planning on using the permanent course that we re-launched at the beginning of the evening event series. At present due to people away on holiday I don't have any more details but please look out for e-mails on the FVO e-mail list and the FVO website in the next month.

### **FVO SOL Event 2004—Volunteers Needed**

We are looking for volunteers to take on the roles of Organiser and Planner for the clubs proposed SOL badge event to be held at Touch, Cambusbarron on 7th March 2004. If any club member out there would be interested in taking on either role please contact myself, Hugh Buchanan or Dave Coustick for more details.

### **Moray 2003 — Day 2 Afternoon Tea**

As Dave mentions in his Presidents Column, after the success of the afternoon tea that was organised at the last Six-day and more recently at the Scottish Champs this year, We thought that we should try the winning formula again.

The plan is to book somewhere for an afternoon tea get together on the after noon of Day 2's event at Roseisle, Forres. So watch out for more details nearer the time.

That's all from me for now - Hope you all have a good summer....

Susan



## President's Column

This is a bit rushed as I'm off to the French 5-Day in a few days - along with half of FVO it seems - a great turn out from the club and hopefully some good results to report next time. And then suddenly I have that rare (for me) activity called work which has reared its ugly head.

The last couple of months have seen the club put on two events for youngsters. Firstly there was the very successful Schools' Festival at Plean and a few weeks later we organised an event for the Scouts at Arndean Estate near Dollar. Many thanks to Gary Longhurst and Roger Gooch respectively for organising these events and to all who helped them.

This year we managed to field one team for the Harvester, despite it clashing with just about everything! Congratulations to the team of Kyle Heron, Ted Finch, Marcus Pinker, Mark Thomson, Fraser Purves, Lisa Brown and Will Hensman, and many thanks to them for making the journey and bringing us in in 9th place. Thanks also to Lisa for agreeing to run in the men's team. This has put FVO in 8th and 6th positions in the Men's and Women's UK Relay League respectively. Well done to all who have contributed to these results.

The Scottish Six Day is now only about a month away so if you are going and have not yet contacted Jan or Gareth about helping on our day (Day 4) please do so. The week will be a good chance to catch up on what we've all been doing and to help that Susan and Will are organising afternoon tea on Day 2 - check for details nearer the time.

Later on in the year is the regular training and social weekend at Glenmore Lodge. This year we are co-ordinating it with an event at Loch Vaa on the Sunday. Penny needs to get your commitment ASAP together with a deposit of £10 per head, so please send without having to be chased!

*Dave Coustick*

## Pitch & Putt

There will be another Pitch & Putt evening (weather permitting) at the Airthrey Castle course (Stirling Uni.) on Wednesday 6th August at 6.30 pm. Everyone is welcome - families too!!

Come along before for the Wednesday Evening Events start up again and the weather draws in!!

Contact Dave C for more details and let him know if you can make it



## FVO's big weekend

Remember to keep the last weekend in September free – Sat 27<sup>th</sup> and Sun 28<sup>th</sup> September. It's FVO's big weekend of orienteering. There will be plenty of opportunities to run and plenty of opportunities to help out as well.

Over the weekend we will be putting on two events: a Short Race at Devilla on the Saturday and the SOL6 at Dumyat on the Sunday either of which can be separately entered (see details on back page). Additionally, both events will form part of the Veteran Home Internationals which are being co-ordinated by Dave Coustick.

The Short Race on the Saturday is being planned by Fraser and organised by Dave Coustick. The Saturday will be used as the relay day for the VHI with starts from 10.30, with the Short Race entries open to all from 13.00. There will be five courses: Mens Open, Womens Open, Mens Vets, Womens Vets and Juniors.

Steve Nicholson started the planning for the SOL6 on the Sunday, but since his injury Marcus Pinker has now offered to be joint planner. Thanks Marcus. I am organising the Sunday event. Sunday is the Individual day for the VHI with starts from 10.00. The SOL6 starts will be from 11.30. The usual SOL classes will be available.

Susan Sinclair is bravely undertaking the entries for both events. If you would like a run on either day, please put your entries into Susan ahead of the closing date of 14<sup>th</sup> September. Prices are Seniors £6, Juniors £3.50 for the Saturday, and Seniors £8 Juniors £4 for the Sunday.

It would be helpful to get an early indication of volunteers for both days. For central coordination, can you please email me your availability, and whether you intend to run on either day (either by entering the events or by being selected for the VHI) to David Nicol at sol@nicol.cix.co.uk

Full details of all the events are available of the FVO web site. (*Ed - They will be soon!!*)

*David Nicol*

## Club Development Plan

We are currently updating the Club Development Plan. If you have any ideas for this please let me have these. One addition we shall be including concerns sponsorship of juniors. Juniors selected for National Training (i.e. SOA or BOF) may apply for a contribution to the costs they have to pay. Subject to the state of club funds FVO will pay one third of the individual's contribution. You can see a copy of the current Development plan on the FVO website; [www.fvo.org.uk](http://www.fvo.org.uk)

*Hugh Buchanan*

## A "Magic" Day Out

It didn't look promising on the Sunday morning - the rain was coming down in stair-roads, bouncing off the pavements. However, when we arrived at Vicar's Bridge, everything was (more or less) dry. Roger Gooch had arranged a Score course for the final day of the Scout Camp (Magic '03) at Arndean Estate near Dollar, and he and Maureen had spent a fair bit of time the previous day setting out controls. A last minute change (the farmer had put cattle into one of the fields) meant that there had to be some very hasty muddling of maps on Saturday evening!

By about 10:30 we had nearly 150 people crammed into a (large) tent and Roger gave them an explanation of what was to come. David Nicol and Gary Longhurst were there to provide the muscle and try to put some kind of order in to the chaos of registration.

The Scouts were going off in patrols of four, against the clock, with 45 mins to get the most points they could. I opted for the soft job of doing starts - what a hope! I no sooner got sat down than I was besieged by groups of scouts wanting start times. Eventually found a pen that worked and set a few off in various directions - to stop them following Indian-file round the same course!

After the 33rd team had been started off (at 1 -min intervals), we had about four minutes before the first teams came hurrying into finish! Many took the relatively easily accessible checkpoints and sauntered around, but a couple of teams fairly hared round and amassed quite respectable scores (160 points was the best, I think). The winner (but don't tell anyone) - had been privately coached by Longhurst Enterprises in advance of the Camp. One poor group ended with a negative score through time penalties - think they were secretly quite pleased with the notoriety that gained them!

Trying to register the finishers, check their control cards, calculate their points and times became another logistical nightmare - no computers! Anyway it all worked out in the end.

The final verdict was that the event had been a success and our only casualty was one young lad who decided to take a direct line on a control through a thick stand of nettles - but forgot he was wearing SHORTS - the blisters were spectacular!

All in all it seemed a good way of introducing a large number of youngsters to the sport, and even if only a small percentage turn up again at local (or bigger) events, it will have been well worthwhile, and in some very small way repays the kindness of the Scout movement for allowing us to use Barr Wood!

And thanks too for the Badge we all got for participating!

*Sandy Sinclair*



## Lanzarote 2004

The annual exodus by FVO folk to Lanzarote is happening again in January 2004. The dates for next year's trip are Thursday January 22nd to 29th. This is a week later than usual but this will not detract from the prospect of a weeks training in the warm sunshine (and an International Duathlon if you want!!)

Confirmed attendees from FVO so far are Will Hensman & Susan Sinclair, David Nicol, Dave Coustick, Mark Grant and Jason Inman. There is also a whole host of other people flying out that week.

There are a whole range of accommodation and catering options to suit everyone and charter flights out there from Glasgow are only around £150.

David Nicol is coordinating FVO members, so if you are interested in coming along please contact him on nicol@cix.co.uk or Tel: 01786 832123

## Wednesday Evening Event Results — Summer Break

The WEE events have stopped for the summer break (they restart on Weds. Aug 13th at Beecraigs Country Park Linlithgow with a BBQ as well).

Results at the half way stage are as followed;

### Short

1	Scott Ratcliffe	Strathyre Primary	569 points
2	Catriona Quinn	Dunblane PS/FVO	533 points
3	Bethany Quinn	Dunblane	528 points
4	Christopher Duncan	Strathyre Primary	498 points
5	Megan Priestly	Dunblane PS	483 points

### Medium

1	Abigail Longhurst	Newton Primary	434 points
2	Helen Randfield	IND	428 points
3	Ceana Heron	McLaren High/FVO	347 points
4	Susan Sinclair	FVO	344 points
5	Nigel Potter	FVO	332 points

### Long

1	Marcus Pinker	FVO	539 points
2	Kyle Heron	FVO	485 points
3	Will Hensman	FVO	462 points
4	Caleb Gould	FVO	417 points
5	Jason Inman	FVO	396 points

## Captain's Chat

There is only one place for me to start this article really, and that is with a big THANK YOU to all those people who have turned out to run for FVO over the past couple of months – well done to all of you!

During May and June we have had the British Championships, the Scottish Championships, and the Harvester Trophy, as well as other individual successes.

Most of all, very many congratulations must go to FVO's British Champions from Sheffield in May. These were Martin Dean as winner of M45L in the individual, and the junior team of Stuart and Craig Thomson and Ellen Dean, winners of their class (12 and under) at the British Relay Championships, courtesy of some dramatic overtaking by Craig on the final run-in! (*Ed.. see article*)

From the British Champs, mention should also be made of Stuart Thomson's second place on M12A, Hilda Astbury's second place on W75L and Hazel Dean's third place in the UK Cup women's elite race. Well placed also were the Women's Open relay team of Hazel, Kirsty Bryan-Jones and Peggy Purves, who all ran well for 5<sup>th</sup> place overall.

The following weekend then large numbers of FVO runners made the journey up the A9 for the Scottish Championships, and again the women's relay team ran well, the team of Hazel, Kirsty and Rona Molloy taking second place behind Interlopers. The relays were "blessed" with some very wet weather but this did not seem to bother FVO teams, with a number of high finishes. Again one of our junior relay teams (this time made up of Stuart Thomson with Abigail and Victoria Longhurst) saw a Thomson in a sprint finish for first place, this time Stuart unluckily losing out after racing his rival most of the way round the final leg. Hard luck story of relay day went to FVO men, Martin Dean and Steve Nicholson setting off Nick Barrable in the lead, but although Nick ran the fastest time on his particular gaffle by over a minute, a combination of an early mistake and an extra half kilometre to run on last leg relative to the other leading teams saw the men eventually finish 5<sup>th</sup>.

Other FVO teams also placed well, notably third places from the Medium Open team of John Reeve, Caleb Gould and Gary Longhurst, and from the Ad Hoc team of Susan Sinclair, Derek Allison and Louise Longhurst. After third place two years in a row, I am unreliably informed that Louise and Susan are keen to make the step up to run the women's open next year....!

The previous day at the individual then many FVO runners were highly placed in their class – particular congratulations to Craig Thomson, Martin Dean, and Hilda Astbury on defeating all comers to win their classes, Kyle Heron, Nick Barrable and Abigail Longhurst on their fine second places (Nick on the men's elite), and to Jack Barrett, Victoria Longhurst and Kirsty Bryan-Jones for their top three finishes. And many apologies to anyone I may have missed!

Three weeks after the Scottish Championships, and intrepid band made their way back down to Sheffield to represent FVO in the Harvester Trophy Relay. Ensuring FVO had a team for this relay was undoubtedly the most challenging task I have had as club captain, so extra congratulations and thanks are due to the team of Kyle Heron, Ted Finch, Marcus Pinker, Mark Thomson, Fraser Purves, Lisa Brown and Will

## Runners at risk from too much water

Long-distance runners could be risking their health by drinking too much water, experts have warned. Most people are aware of the dangers of dehydration, and the need to keep drinking during exercise. But drinking too much water, plus a loss of sodium, can cause a potentially fatal condition called hyponatraemia, or water intoxication. It is the keen amateur who is most at risk.

Elite runners such as Paula Radcliffe move too fast to drink too much. People who do an hour or two in a gym or go to an exercise class are not likely to develop hyponatraemia - because they are exercising for a relatively short time and are unlikely to drink too much.

But experts say the need to keep drinking water during work-outs has been "over-stressed". Concerns over hyponatraemia have led USA Track and Field, the body which governs athletes and running in America, to issue new guidelines for long-distance runners. Dr David Martin, an exercise psychologist from Georgia State University, who studied joggers' drinking habits, said the change was overdue. He examined the causes of illness in fun-runners since 1985 and found 70 cases of hyponatraemia, many more than from dehydration. He told a national newspaper: "We are very worried about the increasingly large group of people who are taking up running for the first time and who are told the party line make sure you drink, You can't drink too much. Carry water with you or you will get dehydrated. Don't worry about the heat, just drink more'. "But that's just wrong, wrong, wrong."

Dr Dan Tunstall-Pedoe, a cardiologist at St Bartholomew's Hospital, London and medical director for the Flora London Marathon, told BBC News Online: "In a marathon, you should drink about half a litre of water an hour. "But in the gym, it's a totally different situation." Dr Tunstall-Pedoe said: "Hyponatraemia is not a problem if you're only exercising for an hour. "The need to keep drinking water has been stressed a bit too much." He said people may lose a couple of pints of water while working out at the gym or an exercise class, but they can replace that straight away once they had finished. However, any exercise over an hour may lead to problems.

*Taken from the BBC web site: <http://news.bbc.co.uk/1/hi/health/2965008.stm>*

## Congratulations

*Congratulations must go to Kyle Heron, for not only winning M16 at the Scottish Champs but also being selected to the BOF World Class Start Programme in the M16 class.*

*Also Congratulations to Victoria Longhurst for being selected for the BOF tour to Lagganlia in the Summer...Well done (Ed - And I expect full reports for the newsletter on your summer activities from both of you!!)*



*Kyle Heron with the M16*

## FVO Juniors Crowned "British" Mini Relay Champions

Twenty five nervous juniors stood on the start line, including Stuart Thomson, fifteen minutes before the start whistle. Ivor Noot (EPOC) tried to take their minds off waiting by getting them to do some warm ups, Ivor jogging around the start box followed by a line of juniors was quite a sight. The whistle finally went and they all charged up hill, across the field, towards the forest, the start triangle lay 15m into the forest over a ruined wall. Stuart reached the wall in 2<sup>nd</sup> behind Robin Tett (SYO) but leapt it and took the lead, seconds later he stopped to look at his map and so did all the others!. Stuart led the pack into the forest but by control 3 he was 1 second down on Daniel Fopma (TVOC) but he stayed with him only a few seconds behind. Several minutes later they appeared at the last control, the run in was long and uphill at first but Stuart handed over to Ellen Dean in 2<sup>nd</sup> place, Daniel slipped making Stuart first as a stream of juniors started to follow them home. Ellen had a fantastic run, 9.49 for 1.4Km, pulling the team up to first place with a mighty 11 second lead (the most all day), the pressure was really on Craig Thomson now. Craig got to the start banner and stopped to check his map setting off just in front of the 2<sup>nd</sup> place team and by the time they got to number 1 Craig was 30 seconds down.

Stuart and Ellen watched and waited anxiously to see if Craig would have a good run and keep their lead. Craig managed to stay with him and was 15 seconds down by the time they appeared running towards the last control. I was really pleased 2<sup>nd</sup> place was a great effort but the first guy seemed to pause at the final control and started the up hill run in very heavy legged, Craig punched and spurred on by my shouting, the FVO tent shouting and Stuart, Ellen and mum shouting started to catch the guy in front. Then disaster, not for Craig but for the leader, he fell and Craig was into first with the whole assembly field clapping him in. I think I stood open mouthed as Craig passed the lad when he fell, I didn't think he could do it but he proved me wrong and made me feel really proud, in fact all three of them did, they were fantastic, it was a great performance, real British Champions. All the juniors completed the same course, 1.4Km with 45m climb, fastest time was 8.03 with Stuart 8.04, Ellen 9.49 and Craig 9.32 beating Stuart on the run in by 3 seconds (watch out Nick at the Scottish 6 Day, both Thomson boys trying to beat you on the run in this year!) Stuart Ellen and Craig were presented with their trophy, a medal and mug each containing a voucher for a free pair of X socks (Sponsors of BOC03). After they collected their prizes they all rushed off to collect their socks, never mind the trophy they just wanted their free X socks!.



Mark Thomson

Hensman, who finished a highly respectable 9th.. Additional thanks to them as I understand all competitors at the event were eaten alive by midges, and special thanks also to Lisa for agreeing to complete the men's team when it became clear we were unable to raise a team to compete in the women's race.

As a result of all this activity, FVO women's high finishes at the British and Scottish relays mean that they finished 6th in the 2003 UK Relay League for women, two places ahead of the 8th place finish for the men! Both of these are very worthwhile achievements, and so many congratulations to everyone who has run for FVO in these relays – it is worth pointing out that FVO is also one of only 4 clubs with the strength in depth to finish in the top 10 of both the men's and women's competitions.

Congratulations are also due to Nick Barrable, who has consistently placed highly in the UK Cup races this year, including top 5 finishes in the short and classic at the recent British Elite Championships, and as a result finished an excellent 2<sup>nd</sup> in the men's 2003 UK Cup competition. I am sure too that we all wish him well in the forthcoming selection races for the GB team for the World Championships in Switzerland in August.

You may well feel (whether you ran all those races, or have just read this far!) that there has been quite enough orienteering for a while (and don't forget the 6-day soon!). However, I am already trying to assess the level of interest for the 11 person relay in September. In both 2001 and 2002, we have been (gloriously) victorious in this event, and it would be nice to continue that!

The relay is on Saturday 13 September at Crathes Castle near Banchory (in the afternoon), and to help you make a weekend of it then the following day is the SOL5 badge event, at Inver near Braemar.

I am keen to get at least two teams for this event, and it is always a challenge to make sure that the numbers of people wanting to run is a multiple of 11 (!). So, if you are intending to go to the event then please let me know as soon as possible - if not then please think about it. Similarly, if you are definitely NOT going, then please also tell me as this may well save me (and you) a phone call later on to check.

And finally, a new trophy has been launched in Scotland. It is for Juniors only and is the Jamie Stevenson Trophy, with the first running of the competition being at Kinnoull near Perth on 31 August. This event is open to all juniors, and is for Scottish clubs only. Following the fine recent junior relay performances, and with the number of keen juniors we have coming to Wednesday evening events, then I am sure that we can do very well at this event – again, please do come along and take part (to help tempt you, I am told that there may be a barbeque for all runners afterwards)

Speaking for myself, I'm off crutches but not running yet – can't wait to get back to a bit of orienteering and so am really looking forward to the Scottish 6-day. At the last count there were well over 50 FVO members entered for the event, so I look forward to seeing lots of you then if not before – please do not wait until then to tell me about the 11 person relay though!

Jon Cross  
01786 860301  
jon.cross@tinyworld.co.uk

## Schools Festival 2003

Earlier this year FVO decided to once again organise an orienteering festival for local school children and I (was) volunteered to organise it!

Invites were duly sent out to all schools in Stirling, Falkirk and Clackmannan, and nineteen schools decided that they had enjoyed the two previous festivals of orienteering and that they would like to attend again. Dave Fox, of Falkirk Council processed the applications and made arrangements for 550 primary school children to arrive at Plean Country Park on Wednesday 21<sup>st</sup> May.

On arrival the children were sent out in groups on a 'map walk' to stretch their legs and to become familiar with the area on which they would later be orienteering. The walk took them on a short circular route around the main track of the Track.

To continue the warm up Hazel Dean (of Stirling Council and FVO) organised orienteering games, which not only allowed the children to warm up further, but also introduced them to the hardware of orienteering – punches, control kites, maps, etc.

For the main event the children were set off in pairs on one of three short courses (1.3km) or a long course (2.2km). They all returned to the finish but with mixed success along the way and not always with the partner that they started with.

Fortunately, helpers were positioned at strategic points around the courses to point wayward children in the correct direction. This proved to be invaluable in preventing the permanent loss of children.

My main aim for the day was for the children to have fun whilst orienteering and to do so safely. St Andrews Ambulance thankfully had a very quiet day with the few patients that they saw having only minor scratches. The weather was kind to us and the children all appeared to be having a great time in the outdoor setting of Plean Country Park. They took part with great energy and enthusiasm, with widely varying levels of ability.

As is always the case with events such as this, the success is due to the hard work of a number of helpers. I would particularly like to thank.

- Alan Stirling for making us very welcome at Plean Country Park
- Dave Nicol for printing the maps
- St Andrew's Ambulance for 1<sup>st</sup> aid support
- Louise Banks and her students from Falkirk College for their valued assistance
- Dave Fox and Jane Jackson from Falkirk Council
- Hazel Dean from Stirling Council
- Lisa Kilgannon from Clackmannan Council
- The helpers from FVO: Dave Coustick, Nick Barrable, Rona Molloy, Hugh Buchanan, Gareth Bryan-Jones, Hilda Astbury, David Cooke, Trisha Cooke, Caroline Smillie

and all my family for hours spent in preparing courses/maps, collecting equipment, bagging maps, results, etc...

Sponsorship was kindly provided by: BP, Scottish Power Transmission and Distribution and Falkirk Sports Council

*Gary Longhurst*



Michelle McIntyre, Jennifer Russell, Gavin McBride (all from St. Margaret's Primary School, Polmont) and Gary Longhurst at the 2003 Schools Festival

## 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