

# Forth Valley Orienteers Dinner Dance & Club Championships 29<sup>th</sup> November 2003



## Club Championships 2003

to be held in  
Barr Wood, Denny  
OS Grid ref: NS796866  
Starts from 11 to 12.30

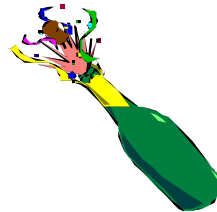
Organiser: - Jason Inman  
Tel: 0131 229 6404 or  
E-mail: [jason.inman@ic24.net](mailto:jason.inman@ic24.net)

## FVO Dinner Dance

to be held in  
Royal Hotel  
Bridge of Allan  
7.30pm to 12.30am

Tickets £26.00  
Available **NOW** from Susan Sinclair  
Tel: 01786 469824 or  
e-mail [susansinclair@beeb.net](mailto:susansinclair@beeb.net)

Come and enjoy a fine meal and  
then dance to the Jack Delaney Band  
into the Wee Small Hours of the evening.



## Forth Valley Orienteers

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Copy date for next  
issue is Friday 24th  
Oct 2003

# Forth Columnist

Issue 158

Sept/October 2003



Crathes Castle, Banchory — Venue for this years  
11 person relay (and Scottish 6 days 2005)

## Editorial

Yes, I know it's late this time around...but I've got a really good excuse. I was away at the end of August (no not on holiday — I don't do holidays only training camps!!) down in sunny Dorset (Sherborne to be exact) competing in the UK Half Ironman Triathlon Champs. That's a 1.9 mile open water swim (in a cold lake) then a 56 mile bike ride and finish up with a Half Marathon (13.1 miles) - full article at the back of the newsletter...suffice to say I'm suffering a wee bit now!!

Thanks again to all the people who've contributed to this edition, it's a bumper one this time around. There was an abundance of events in July and August including the French 5 Days and Scottish 6 Days and I'm pleased to say we've got articles on them all. September/October will be another busy month for FVO members with the 11 person relay next week, SOL 6 and Short race as part of the VHI weekend and the Glenmore Lodge training weekend, so expect no let up from the pleas for help.

I've updated the website (finally) and put a bit more up to date info. on, but if anyone wants anything added, just let me know, and now I've got some free time (while I recover) will be happy to oblige.

Hope you like this edition, and thanks for everyone who contributed. Sorry it's a bit late.

*Will Hensman*

## Change of address

John & Susan Reeve have finally moved house, up to Aberdeen. Their new address is;  
30 Wyness Place  
KINTORE  
Aberdeenshire  
AB51 OSU

E-mail: [suey-johnny@stirling-reeve.fsnet.co.uk](mailto:suey-johnny@stirling-reeve.fsnet.co.uk) or [reevej@bp.com](mailto:reevej@bp.com)

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

me exit the water in 213 place just under 30 mins — I was on target. Running into transition there were marshals everywhere waiting to give you your kit bag, then into the change tent — help someone had tied up my bag. Desperately I tried to undo the knot, before breaking my nail and just ripping the bag open. (I found out later that if I'd just pulled the cord the knot would have undone itself!). Out of transition and onto the bike. Then disaster again, my shoe (which was clipped to the pedal) got caught on the ground as I ran out of transition and pinged off into the crowd. 30 secs of faffing later trying to get it back and on my foot and I was away.

The bike course started with a 2 mile up-hill, but after that it was quite undulating until the far end of the course where there was an 6 mile up hill slog before a steep downhill section (I reached 53.6 mph) to start the second lap. I raced back towards transition and completed the bike course in 2 hrs 32 mins (averaging 21.8 mph).

The run was also 2 laps and now in the heat of the late morning (the weather was great all weekend — hot and sunny) I was starting to suffer. The first lap was OK, I was passing people, and not feeling like I was going to die, but at 11 miles I'd had it. I'd needed the loo since the bike course and decided I was going to stop — big mistake...I couldn't get going again. I walked a bit before seeing the 12 mile sign up ahead. Only 1 mile to go I thought. I started running again, and with a sense of renewed energy passed most folk who had overtaken me when I was walking. I finished quite strongly in a time of 4 hrs 35 mins 36 sec to place 147th overall (out of 1304 finishers) and 6th in my age class (18-24).

Overall it was a great experience but it was one of the hardest races I've ever done. Thanks must go to Susan for being a great supporter and looking after me all weekend.

*Will Hensman*



## The O World is not enough — Half Ironman Special

Many of you I'm sure know that I compete regularly in triathlon's and have done since January 2001 when Foot & Mouth kicked in and everywhere was closed.

Up till now I have only been doing relatively low key triathlon races and only ones in Scotland (unless you count Lanzarote). This year I decided that I would venture further and compete in a Half Ironman Triathlon (that's 1.2 miles swim, 56 miles bike & 13.1 miles run), and what better one to do than the UK Half Ironman Championships held in Sherborne, Dorset.

My entry went in almost a year ago, and my training started then as well. Many a time did I see FVO folk running through Cambusbaron on a cold dark Wednesday night as I was sitting in the village hall on my bike on a turbo trainer before a quick run around Causewayhead. A week in Majorca in March saw my biking come on leaps and bounds (well cycling 486 miles in a week would make anyone improve) and since then I've been in the pool at least twice a week, cycling twice a week and running at least 3 times a week (about 9-11 hours in total).

For two weeks before the race on 31st August I cut down on my training and only swam and cycled a bit, and Friday morning saw Susan and I head off down the M74/M6 towards Bristol. Nine hours later we had arrived, and attended the customary pasta party (with around 1000 other folk), but by that time I was feeling nervous and could hardly eat a thing (which is very unusual for me). Saturday started early (couldn't sleep due to nerves) and a quick 10 mins jog saw the stiffness in my legs from the journey ease. In the morning we drove around the bike course (all 56 miles of it) and inspected the quality of the water in the lake (Okish). The afternoon saw the compulsory pre-race briefing (attended by all competitors - about 1400) and a look around the EXPO, where I was like a little boy in a toy shop...before heading back to the house where we were staying to get out kit ready and hand everything in (inc. all kit and bike) to the officials on Saturday night

Race day came and we were up at 5am (it was still dark) as the race started at 7. Getting to the race proved a nightmare with traffic jams everywhere, and we ended up walking about 1 mile to the start. A quick check to make sure my bike was OK after a night in the open, and a smothering of baby oil (to help get the wetsuit off of course) before finally getting ready to race. As I was walking down to the lake with about 1500 other people an announcement came over the PA system. "Due to the mist on the lake the race is delayed by 1 hour..." Now what was I going to do?? Cold and hungry I sheltered in the marquee with the other competitors shivering before the sun came out at 8am and we were finally allowed in the water — not the greatest of race preparations it has to be said.

The start hooter went off a little after 8:30am and I was away. Confusion reigned as I was swimming directly into the sun and so couldn't see where I was going due to the glare. At the turn point that all changed and a steady second half swim saw

## President's Column

The Six-Day has now come and gone and was well attended by FVO members. It was a pretty successful overall, though I was disappointed with the final day. Some courses were better planned than others and mine was not one of the better ones. The club picked up quite a few good results; no doubt Jon Cross will detail some of these in his Captain's Chat. Thanks to all who helped out on "our day" at Phorp on Day 4, or on any other day.

FVO also had excellent representation at the French 5-day in Bordeaux, with around a couple of dozen members taking part in the scorching heat. I'm sure this must have been one of the best turnouts from any non-French club.

There has been more promotion of orienteering with other groups. Ted Finch introduced the sport to a group from the Women's Institute recently and by the time you read this two more events will have been put on. .

Our big event of the year is now very close. The final weekend of September sees us hosting this year's Veterans' Home International with a relay at Devilla on Saturday 27th September followed by the individual at Dumyat on the Sunday. There is also an open short race after the relay and of course the SOL badge event after the individual. Please get your entries for both events into Susan as soon as possible. We are also in need of volunteers to help on both days. David Nicol is organising the Sunday event but will co-ordinate helpers for both days so please volunteer your services to him (tel 01786 832123).

The regular training and social weekend at Glenmore Lodge is getting nearer. It is on the weekend 18-19 October and there are still some places left. 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!

Next year's calendar is beginning to take shape. So far the only firm date is 7th March for our badge event at Touch for which we urgently need a Planner and Organiser. Please contact me (or any committee member) if you are interested.

*Dave Coustick*

P.S. Just a reminder concerning next year's World Masters. It is in Asiago, Italy and based on last year's Italian 5-day areas, so should be a fantastic event. It is on 3rd-10th July and more info can be got from me or at [www.wmoc2004asiago.org/indexeng.html](http://www.wmoc2004asiago.org/indexeng.html)

## Captain's Chat

This time another busy couple of months for orienteering to report on, with the World Championships in Switzerland and the Jamie Stevenson Trophy for the junior teams of Scottish clubs, as well as FVO on tour at the French 5-days south of Bordeaux in July and a vast FVO turn-out for the Scottish 6-days on the Moray Coast.

Maureen has written elsewhere in this newsletter about the Jamie Stevenson Trophy – by all accounts this was a fantastic event, and a hugely successful effort to create a competitive and fun event specially designed for juniors. Many thanks to Maureen for arranging the FVO team and managing the team on the day, and a big WELL DONE to the whole FVO team for their fine effort in finishing third. Special mentions for Amy Barrett for being the winning girl on the yellow, run-in king Jack Barrett for finishing third boy on the yellow, and to Victoria Longhurst as second girl on the light green.

Also at the Jamie Stevenson Trophy event was Jamie himself, newly crowned World Sprint Orienteering Champion from Switzerland earlier in the month. In the last FVO newsletter I wished Nick Barrable luck in the GB selection races for the World Championship, and I am delighted to say that Nick won the sprint selection race (beating Jamie in the process!) and was picked alongside Jamie as Britain's other representative for the Sprint race. Nick ran a fine race on the day to fully justify his selection and finish in an excellent 21<sup>st</sup> place (less than a minute off the silver medallist – close run things these sprint races!). With the World Championships now moving to an annual basis, preparations for Nick and the British team are already underway for 2004, when the races are in Sweden, just an hour or so away from Nick's house in Stockholm.....- see Nick's article elsewhere in this edition.

From the serious business of World Championships to the slightly less intense business of holiday orienteering, and a good number of FVO members made it to the French 5-days in the lovely sand dune forests (and blazing sunshine) south-east of Bordeaux. Star performers were Dave Coustick, 8<sup>th</sup> in M55, and Victoria Longhurst, 10<sup>th</sup> in W14, although it is fair to say that Dave's performance was not down to his judgement of distance (if Dave tells you that a restaurant is "just down the road, 10 minutes walk", prepare yourself for a 2 mile walk there to work up an appetite, followed by 2 miles back in the dark!). Peggy Purves on W21B, Louise Longhurst on W35B and some fat bloke on one ankle on M35B were other FVO finishers inside the top 10 on their courses. Meanwhile, on the vitally important holiday aspects, Steve Nicholson managed to palm off all his orienteering duties on to Mark Grant and instead concentrate fully on cycling and windsurfing, whilst Beccy Osborn proved herself FVO champion at table-tennis (despite the best efforts of the Longhurst girls to manipulate the draw!).

## FVO Committee 2003

### **PRESIDENT - Dave Coustick**

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

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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

## Local Events Sept/October 2003

- |              |           |   |
|--------------|-----------|---|
| Sept.        | 13        | GRAMP 11-person relays. Crathes Castle. NO734967. Contact Jon Cross for a place in an FVO team.   |
| Sept.        | 14        | MAROC SOL5 badge event — Inver, Braemar. NO232938.  |
| Sept.        | 21        | ESOC East of Scotland O League 1 — North Pentland Hills, Edinburgh NT227680   |
| <b>Sept.</b> | <b>27</b> | <b>FVO Short Race at Devilla, Kincardine NS950880</b>   |
| <b>Sept.</b> | <b>28</b> | <b>FVO Scottish O League (SOL 6) at Dumyat and Sherrifmuir, Stirling. NS809968</b>  |
| Oct.         | 19        | BASOC colour coded event — Loch Vaa, Aviemore NH905169  |
| Oct.         | 26        | TAY East of Scotland Champs — Kinnoull Hill, Perth NO145236   |
| <b>Nov.</b>  | <b>29</b> | <b>FVO Limited colour coded event &amp; Club championships Barrwood - Annual Dinner Dance afterwards! - so put the date in your diary today!!</b> |

## BOF Junior Tour — Halden 2003

After a long journey back from the 6-day prize giving on Saturday night, it was straight to Glasgow Airport on Sunday morning. Most of us met up there, and the rest met us in Stansted. We then flew from Stansted to Gothenburg, and that's when Halden 2003 had officially started. Once in Gothenburg airport, which was not much more than a corrugated iron shed and a runway, we put our bags into the hired people carriers and started the drive to the Gimle Club Hut, just outside Halden. It was near midnight when we arrived and so it was straight to bed, which for the boys was a foam mattress on the sports hall floor.

The next morning we were allowed a long lie -till 9- and it was up for breakfast then off to Hoiias for our first days training. It was only a short walk away and so we went back to the hut for lunch and then out again for more training. We started our daily routine of shower's and sauna's before dinner when we got back that afternoon. It was then a debrief and free time before bed at 10 o'clock.

We were up at 8 every day after that and for the rest of the first week, training on different area's around Halden. Saturday brought a longer drive to Fredrikstad for the training day of the Hovedlopet (Norwegian Junior Champs) which we were competing in the next day. This is an unofficial event but is taken seriously enough for foreigners not to start until the event is over, and commentary. The next day was the classic race at the Hovedlopet and was great fun even although I had a bad run. The next week was back to training with the tour champs short race on Tuesday. Due to a few people owning up to not visiting a control which was not working I managed to come 2<sup>nd</sup> in this.

Thursday brought probably the best part of the tour which was the Hovedlopet Relays. The atmosphere was great as the girls relay was over by the time the boys started and so there were always people to cheer each other on. Also the fact that the courses were reasonably short with one un-gaffled caused chaos in the forest. I even managed to find myself running through peoples gardens and hedges before I was helped out by a team-mate. There was commentary and some teams in fancy dress all adding to the atmosphere as well. All the squad teams did well and we were each given a framed picture to keep as a memento of the event.

Friday was the last day and also the tour champs classic. This turned out to be a bit of a disaster for myself but it was still good fun. We then went back to the hut and finished off the tour with a hash which was great. Throughout the week after training we would go swimming in lakes, or the sea (until someone was stung by a jellyfish), playing marsh football or visiting towns and tourist attractions like Svinesund, a bridge separating Norway and Sweden. That night was spent packing as we were up at 5 the next morning but there was still a little free time before bed.

On the whole the tour was brilliant and I would strongly recommend all juniors to aim for BOF tours as Halden helped me immensely and at the same time was great fun. If anyone has any questions feel free to ask and I look forward to seeing many FVO juniors on BOF tours in the future.

*Kyle Heron (M16)*

And then there was the Scottish 6-days. As ever, this was a very good week, with lots of excellent orienteering and the chance to catch up with friends from all over the country as well. I do not have full results to hand so many apologies to anyone I have missed, but certainly the veteran FVO men were out in force for prizes, with Martin Dean, Steve Barrett and Gareth BJ all placing in the top 3 of their age class. Hilda Astbury was placed 3<sup>rd</sup> in W75L, and on the junior side Craig Thomson fought out a close race all week at the top of M10, finishing in an excellent 2<sup>nd</sup> place, and a fantastic run on the last day by Victoria Longhurst gave her a clear victory on the day and 3<sup>rd</sup> place overall in W14.

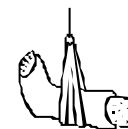
Of course, at the 6-days the age group competition was a mere secondary contest relative to the main event of the week, the FVO run-in competition. This competition was a knock-out event based on people's splits for the run-in each day, and generated some serious competitive spirit! Two long run-ins (and I mean long!) on the last two days played into Will Hensman's hands and he came out a clear winner over Caleb Gould, although rumours that an M65 and two W10s were treated by St Andrews ambulance after Will's final day run-in are not yet confirmed. Congratulations to Will, and honourable mentions to Abigail Longhurst as top junior in making it to the quarter-finals and to Gareth BJ as the top "50+" in getting all the way to the semi-finals.

And finally.....as I write this then it is a little more than a week before the 11 person relay at Crathes Castle near Banchory. Next time I hope to be reporting on FVO's completion of a hat-trick of victories in this competition!

*Jon Cross*  
01786 860301  
[jon.cross@tinyworld.co.uk](mailto:jon.cross@tinyworld.co.uk)

## 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



## Jamie Stevenson Trophy — A Coach's View

The inaugural event for this new trophy was held on Sunday 31<sup>st</sup> August at Kinnoull Hill in Perth. It is an inter-club competition for juniors only. Any number of juniors can enter one of 4 courses – yellow, orange, light green or green, with the best 6 in each team to count.

Jamie Stevenson, winner of the sprint gold medal at the recent World Orienteering Championships in Sweden, came especially from his home in Gothenburg, Sweden, to present the prizes. The event began in World Championships manner with a parade of all the teams, then Jamie was the first starter, running the green course. (Special prizes were to be awarded to anyone who could beat him on any split). Jamie did not have his usual perfect run, however, and Murray Strain, M20 from EUOC came within 20 seconds of beating him. Kyle Heron, who also ran the green course, did not come quite so close, but did manage to beat Jamie on one split!

Eleven clubs entered teams with a total of around 100 juniors taking part. FVO fielded 11 runners and in a close competition came 3<sup>rd</sup> equal. All the FVO juniors ran well, best results coming from Amy Barrett who won the girls yellow course, Victoria Longhurst 2<sup>nd</sup> on the girls light green, and Jack Barrett, who came 3<sup>rd</sup> on the boys yellow.

### Results:

Boys Yellow:	Girls Yellow	Girls Orange
3 <sup>rd</sup> Jack Barrett	1 <sup>st</sup> Amy Barrett	5 <sup>th</sup> Ellen Dean
12 <sup>th</sup> Scott Ratcliffe	8 <sup>th</sup> Morven Dean	6 <sup>th</sup> Abigail Longhurst
13 <sup>th</sup> Christopher Duncan	12 <sup>th</sup> Catriona Quin	9 <sup>th</sup> Ceana Heron

Girls Light Green	Boys Green
2 <sup>nd</sup> Victoria Longhurst	5 <sup>th</sup> Kyle Heron

Overall Results:	1 <sup>st</sup> MAROC	592 points
	2 <sup>nd</sup> INVOC	582
	3 <sup>rd</sup> FVO	578
	= GRAMP	578

*Maureen Brown*

PS The team all enjoyed themselves and are determined to win the trophy next year! No problem, we just need some regular junior coaching sessions. A possibility would be Saturday mornings say once a month. Any club member with any comments, offers of help etc should please contact mbrown1999@aol.com and we'll see what we can do.

## 5 Jours de France

The summer of '84 was a summer to remember! I had recently graduated and was taking the summer off before starting my first job. My parents were driving to the French 5 Days in Bombannes and there was a spare seat in the car, so I went along for the ride. It turned out to be a week that was to change my life for ever! I met Gary.....and the rest is romantic history.

So, when we heard that the 5 Days was returning to the Aquitaine Region, we had to attend. Holiday plans were made – we would fly to Bordeaux and spend a week in Bombannes before moving down the coast for the 5 Days.

Bombannes is an idyllic location for a family holiday. We stayed in a lodge in the forest and went for walks and training runs in the most amazing forests. Victoria and Abigail learnt to windsurf on the Lake and we were battered by the Atlantic breakers on the beach. We wondered why it had taken us 19 years to return!

With the warm weather acclimatisation over it was time to travel south to the little town of Lit et Mixe and the largest forest in Europe to begin 5 days of orienteering. I wasn't sure how I was going to cope with orienteering for five days without a break especially given that the weather was forecast to get warmer and warmer. Day 1 was an early start at around 8am (thought this was meant to be a holiday) and although hot it was not unpleasant. As the week progressed and the start times got later and the sun got hotter we learnt to drink more and avoid the sunny rides and survived the heat quite happily and even began to wonder how we could ever return to cold, wet orienteering in Scotland. The last day was quite another story ..... We had mid-day starts and blistering temperatures! At that point I was thinking - give me cold, wet Scotland, please.

The five days of orienteering was brilliant. The forests were beautiful (sorry, that's as technical as I get), my courses were delightful and I did better than I could ever have hoped.

We'll be back!

*Louise Longhurst*

As well as the Longhurst family there was a large number of FVO folk who made the trip south this year, including the Thomson family, Fraser, Peggy & Ewan Purves, Steve Nicolson & Penny Hicks (and of course Zoe & Emily), Will Hensman & Susan Sinclair, Mark Grant, Dave Coustick, Chris & Doug Wood, Ted & Val Finch, Jon Cross & Beccy Osborn, and John & Maureen Brown...a good time was had by all!

## Thanks to all FVO helpers at Phorp — Day 4 of Moray 2003

Thank you to all the people from FVO who helped at Phorp and made our job as organizers very easy.

Sorry if a few who expected to help on the finish found their roles had been gazumped by Moravian members – we had agreed with the organizer from MOR that if MOR had any spare people they would help on the finish – unfortunately he had neglected to tell us that he had allocated some MOR people to jobs on the finish. Thanks to those who went and helped on the White start instead of the finish.

From the comments received from competitors at Moray 2003 it seems the expectation was that Phorp would be the poorest day – however Phorp far exceeded people's expectations – so congratulations to the planners – and of course the on the day helpers.

*Gareth and Jan Bryan-Jones*

## FVO at the White Rose

Several FVO members ran at this years White Rose held at Barns Cliff and Langdale during the Aug. bank holiday weekend.

Results;

Martin Dean M45L 1st  
 Stuart Thomson JM3 1st  
 Marcus Pinker M21L (1st day 1 then 5th on the Bike 'o' on day 2)  
 Craig Thomson JM2 2nd  
 Hazel Dean W21L 3rd (1st on day 2 beating Jenny Whitehead)  
 Alison Oxley W21S 3rd  
 Karen Thomson RED 4th  
 Morven Dean JW1 5th  
 Jonathon Oxley M21L Retired (bad cold)

## Jamie Stevenson Trophy — An FVO Junior's View

On Sunday 31<sup>st</sup> September, eleven clubs came together to an event called The Jamie Stevenson Trophy 2003 at Kinnoull Hill, Perth, the event was named after Jamie Stevenson, winner of the World Sprint Championships held in Switzerland from August 3<sup>rd</sup> – 9<sup>th</sup>. It was a junior inter club event organised by Suse Coon. Clubs from all over Scotland came to take part even as far as The Borders and Inverness.

Forth Valley took 11 juniors to take part in courses from Yellow's right through to Light Greens. The children's names were Victoria and Abigail Longhurst, Kyle and Ceana Heron, Amy and Jack Barrett, Ellen and Morven Dean, Catrina Quin, Christopher Duncan and Scott Ratcliffe, all invited by Maureen Brown.

In the end FVO came joint third with Grampian Orienteers, just behind INVOC in second place and with MAROC in first. Every body ran well and we all hope to be back next year with more experience and have just as much fun.

*Amy Barrett (W12)  
 Representing FVO juniors*



Member's of the FVO team with Jamie Stevenson

## BOF Junior Tour Report — Lagganlia 2003

Lagganlia is the BOF training week that all second year 14's that know their stuff want to attend. The first hurdle is to be nominated by your regional coach (thanks Maureen!). You are then in the hands of the BOF selectors..... One morning sitting eating breakfast, the official BOF letter arrives on the breakfast table you wouldn't believe the scream I let out. I was delighted to see that four other Scots had also been selected and was desperate to phone my friend Hollie (Clyde) but realised that 7:30am was too early to call. We spoke for ages after school though.

Finally after weeks and weeks of waiting the day eventually arrived. I was so nervous I could hardly eat my lunch and I had huge butterflies in my stomach. I got on the 2:45 train from Stirling and was greeted by a coach named Jo and then sat down next to a girl called Anne Edwards who I had never met before. Some of them had been on the train from very early in the morning. My two Scottish friends Hollie and Christina (CUNOC) got on at Perth and an hour and a half later we were in Aviemore. In Aviemore we were greeted by the rest of the group who weren't on the train with us and were led to the minibuses but not before taking us up and down a few sets of stairs and over a fence – it was the best route choice. When we got to the Lagganlia Outdoor Centre we were shown to our rooms and told to meet out on the football pitches with our compasses. We thought - training already! We've only been here five minutes! When we got there we were told to find a partner and go stand next to a coach. I went with Christina and our coach was Andrew (more commonly known as Wonderboy). The exercise was a compass and pacing exercise where you have a blank sheet of paper with a shape on it and all you have to do is to go along the edges of these shapes taking the instructed number of paces and try and get back to the same place. Our training had begun! We had a dinner of slightly undercooked rice with a sweet and sour sauce and then played a few games and then lights were out at 10:30.

The rest of the days followed a pattern of; waking up early and having breakfast, then a briefing of what we would do that day. A morning session was followed by lunch then an afternoon session followed by afternoon tea. There would be a mad dash for showers before tea then an evening session, supper and 10:30 lights out.

The morning and afternoon sessions were a mixture of training and races. At the evening sessions we discussed what we did and analysed our courses. One of the exercises I really enjoyed was the Simplification activity. The night before doing that exercise we were given a blank sheet of paper with a course marked on. What we had to do was only draw on what we thought was most relevant. I thought this exercise would be very difficult and I would get lost but I found it easy and fun. Another exercise I really enjoyed was like a game and it was called Boulder Dash. I was paired in a team with my Scottish friend Christina. We were taken to an area which had 32 boulders but only 9 had controls on them. The first person went out and visited up to three controls and came back and told

## FVO's big weekend

As I'm sure you are aware by now the club is organising events over the last weekend of September

Saturday -- Short race at Devilla,  
planned by Fraser, organised by Dave Coustick

Sunday -- SOL at Dumyat,  
planned by Steve Nicholson, organised by myself

Both days -- Veteran Home Internationals  
co-ordinated by Dave Coustick

We would like you to run and we would like your help over both days.

1. If you want to enter -- pre-entries to Susan please by 14th September.
2. We would like your support. If you can help on either or both days, please email myself (indicating whether you intend to run or not) - and then I will liaise with Dave C
3. On the Saturday night there will be a ceilidh for the VHI folk at the Sword Hotel. There will be limited extra spaces for club members. If you would like to come along - it will be first come first served. Emails on this one to Dave C please. (His new email address is [dave@coustick.co.uk](mailto:dave@coustick.co.uk), though for now his old one works as well).

## Glenmore Lodge 2003 — Update

All is set for the annual FVO training weekend at Glenmore Lodge on 18th/19th Oct. Jason Inman is organising a training morning in a new area beside Loch Vaa (near Aviemore), with the usual choice of activities planned for Saturday afternoon (bike is available from a number of nearby places). On Sunday there is a colour coded event on Loch Vaa run by BASOC which should be good.

We have only 3 twin rooms left in Glenmore Lodge for Friday and Saturday night, priced at £18 per person per night bed and breakfast.

If you require Glenmore Lodge accommodation please contact me ASAP on 01383 872577 as there are only 6 beds left and send me £10 deposit per person.

*Penny Hicks*



## Scottish 6 Days — A Personal Account By Peter Molloy, Aged 1

I am just back from my summer holidays. Holidays, I have discovered, involve being taken away from my own nice cot and toys and having to sleep in a travel cot, with only a very small number of toys. This is a barely tolerable situation, and I made sure my Mummy and Daddy were aware of my concerns by crying loudly for 2 hours every night. On the plus side, holidays mean that Daddy is around a lot and Mummy doesn't shout as much, so this is good.

Granny and Grandpa were also with us on this holiday which was particularly good as they think I am very cute and I have pretty much got them wrapped round my little finger.

Every day we went to a big field and sat on the jaggy grass beside a big red tent and lots of little tents. I spent a lot of time investigating the contents of other people's bags and pilfering the interesting bits of their picnics as my Mummy was too lazy to make any sandwiches. I also enjoyed pulling out tent pegs and seeing what they tasted like. (Good, especially when coated with a fine layer of sand or mud.) Another amusing game was to kick my football onto the bit where all the grown-ups were running in at the end of their race, and then to look completely surprised about how the ball could have got there.

My very favourite pastime of all was to wait until the Big Children had got all nicely organised with their crayons and stickers and stencils, and to then 'accidentally' walk right through the middle of their little encampment. This produced an excellent response of howling protests and I liked to do this several times each morning!

Every day we did a different String Course. Grace got to run around on her own, but I had to go in the backpack, which invariably resulted in jaggy branches brushing across my face and nearly poking my eyes out. But at least Mummy couldn't get at me to wipe my nose up there! Also, after six days of looking at trees and bushes, frankly I was beginning to find this a bit dull. Not once did anyone think of doing the String Course round the car park, which would have been TOTALLY GREAT! All those hundreds of cars to look at and touch – I shall be suggesting this for the next event in 2005.

Anyway, that's what I did on my holidays and I'm looking forward to the next time when I will be aged 3 and a bit and I can do string courses all by myself.



their partner which controls had been found, then the second person went out and got the same three controls and up to three more. The first person went out again and got the three controls their partner got and the last three controls. (Are you still with me?) Lastly the second person went out again and just got the three controls their partner got. The winning team is the first team back with all nine controls. Also there was a bonus control that was a coach and that took a minute off your time. Christina and I came 2<sup>nd</sup> by only 30 seconds.

Over the course of the week we did four races and a relay. One of the races was a One Person Relay which is where there is only one leg and one person running it. It is an exciting race to run as there is a mass start and the controls are gaffled so sometimes you run the same leg as others. I came 3<sup>rd</sup> in that race. We did a Sprint Race with the group from Glenmore (the training camp for 1<sup>st</sup> year 16's) and I was the 3<sup>rd</sup> Lagganlia girl. The Tour Champs consisted of a Short race and a Classic race. In the Short race I was 2<sup>nd</sup> but only 2 seconds in front of Catherine Taylor (CLOK) – she's the one that normally wins W14! In the Classic race I was 2<sup>nd</sup> again but this time 10 minutes behind Catherine Taylor!!

Overall I had an amazing week and I would seriously recommend it to any juniors younger than me.

*Victoria Longhurst (W14)*

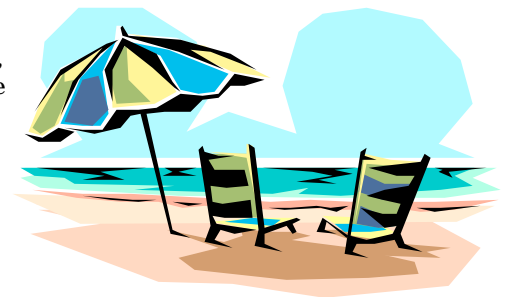
## Lanzarote 2004

The annual exodus by FVO folk to Lanzarote is happening again in January 2004. The dates for next years trip are Thursday January 22<sup>nd</sup> to 29<sup>th</sup>. 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



## 20<sup>th</sup> World Orienteering Champs, Switzerland, 4-9<sup>th</sup> August

As usual, the selection races for the GB team for WOC were held in the country the WOC is to be held in. I went to Richterswil, near Rapperswil in Switzerland with some in-trepidation and mixed feelings. This year the sprint race was to be round a town. Just like a the Stockholm City Cup Races I compete in every year.

In the Sprint selection race, I had a reasonable run, not the best, but you never do when you win! I won by 2.8 seconds from Ewan McCarthy and 10 second ahead of Jamie Stevenson in third. Dan Marston was the other Sprint distance pre-selected athlete, as well as Jamie and he was 45 second behind me. Luckily Dan however ran well in the Classic selection race and so I got his Sprint race place and he ran the classic.

The GB team arrived Friday 1<sup>st</sup> August and it was hot. The whole week was to be characterized by being over 30 degrees whenever the sun was out, reaching close to 40 on many days. I spent the three days before my race acclimatizing and training a little. I ran the Swiss Sprint selection race course, a model event course and some line courses on the model map. Proper IOF specification Sprint maps are a little special. I was looking forward to racing!

My race was the first final of WOC. The week started with everybody qualifying for the Final of the classic distance. We had three men and three women running in every discipline, except the Sprint, where we had two. Next year in Västerås Sweden, the Sprint will have three competitors like the other disciplines, along with a qualification and final.

The format of the qualification races are three heats and the top 17 go through. Some heats are harder and longer than others, but we were ones of only three nations to get all our athletes qualified.

And so to my race, which was to start at 1658 and we had to be in quarantine from 1330. This made for a long day, so a CD player and a good book were needed. In the morning I had gone for a short jog and run some strides from our hotel earlier in the day. It was 5 star air-conditioned luxury the other side of the lake from Rapperswil. We were to finish in the Ice Rink/Stadium where the opening ceremony had happened earlier in the afternoon. The race was to first run round the Old Town, twisting and turning, lots of route choice and then cross the railway and through the university campus back to the Ice Rink.

One person who had helped me a lot with coping with the race was GB Squad psychologist Steve Sylvester, whose Mastery theory I hope to tell you about soon. I think it was important in my performance to stay very calm and relaxed, and keep everything focused on the map, the terrain and myself. Pretend it was my 150<sup>th</sup> VM. It was also important to really believe that my Best was good enough- NOW!

So off I went into the start boxes. The start was like a Skiing baton barrier start. Off I went and No. 1 was really easy. No. 2 and I lapsed concentration for a second and thought I had passed a street I hadn't. I looped round a building I did not need to. My first error, but I knew even WOC champions made errors on the way to their Gold medals, so I put it behind me. I had caught up a Latvian at no 2 who had started two minutes ahead! The next few controls we were together, choosing the same route choices until no. 7, he disappeared and I never saw him again.

Control No. 8 was at the back of the castle. I stopped to check I could jump down a

wall (any black lines you cross lead to DQ). It was grey, I was OK. I went low and cut up to both controls along the back wall of the castle, overshooting one control by 5 meters. I then took the flat round option which Jamie took to no. 11. This was the decisive route-choice for those getting medals. Few people took it, and even though I did, I was still 15 seconds slower than Jamie over the 2 and a bit minute leg! I guess I was getting tired! The heat was immense, and I missed running in the shade of the trees by the seafront I realized later. It was in the middle of this long route choice leg I caught sight of my one-minute man who had taken the straight route choice, up the steps and over the top of the Castle Hill. He came out into the square 50 meters ahead of me. On the way to control 13 we drew level and as he went right, I took the straighter route choice and never saw him again.

At control 14, I was in 16<sup>th</sup> place and then I took the left/road option. Asphalt I thought would be faster than an overgrown grassy field. However, I was 20 secs slower than the fastest time, which was done going right. By now, I was swimming in lactate acid and my legs ached. The last legs were short and straight forward and then into the ice-rink where the crowds were wild! They had built a mini forest and put wood chippings on the floor. 100m later and I had made it. 5<sup>th</sup> place at the moment, but by the time everybody had finished I was 21<sup>st</sup>. It was a great result and although I was initially disappointed that I could have done better, I soon realized that it could have been much worse and I had achieved so much with my 21<sup>st</sup> in the World.

Inside, the Ice rink was like a sauna, there was no fresh air and really high humidity. After sprinting so hard, you just wanted to faint, and it was hard to calm down, get water onboard and stay cool. My head felt so hot. There were also some pretty persistent people who wanted you to draw your route on a map, except everybody was just sweating so much! I went out the back of the arena eventually to get some air and stick my head in a sink, except the sink I found must have had the remains of the Hong Kong or Chinese runners last meal of noodles in the bottom.

Highly unpleasant!

Eventually Jamie came in and won, followed by all the women. It was great listening to the British National anthem being played and we all screamed and shouted at the prize-giving until we could no more. It was then back to the hotel for showers and champagne!

The format of the relay on the Sunday was three runners, with leg lengths of Short – Long – Medium, producing a winning time of 2 hours. I think Sweden knew the importance of running fresh athletes in the relay (i.e. who had not run the Middle Distance). They won the Men's Relay. The same was true of Finland who came second. It was great, nevertheless, to see GB win Bronze.

The final firework display was amazing. Very long and impressive and happened over the Lake Zurich just after the relay medal ceremony. It must have cost a lot. We then moved on to an open air party venue around the university buildings. The final night was combined with the Seenachtfest, so the whole of Rapperswil was full of people partying. And the GB team certainly had a lot to party about!

*Nick Barrable, Team GBR (& FVO)*