

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

What's On Nov/Dec 2003

Nov.	8	GRAMP Scottish Night Championships. Balmedie CP, Aberdeen
Nov	9	MAROC CC event. Shooting Greens, Banchory. NO633944
Nov	9	CUNOC Local Event. Muirshiel Country Park. NS312633.
Nov	16	INT CC & SOSOL 4. Kinneil Woods, Bo'ness. NS983805.
Nov	23	ESOC Scottish Score Champs. Devilla, Kincardine. NS953881. Incorporating the Scottish Inter Club Championships.
Nov	29	FVO Club Championships at Barrwood, Near Denny
Nov	29	FVO Annual Dinner Dance Royal Hotel Bridge of Allan Put the date in your diary today!!
Dec	10	FVO Christmas Meal, The Golden Lion, Stirling
Dec	14	TAY Christmas Score Event. Kings Seat & Dunkeld House, Dunkeld. NO/012426.



Forth Valley Orienteers

Inside this issue:

Editorial	2
President's Column	3
Secretaries Scribbles	4
AGM Notice	4
FVO Dinner Dance & Club Champs	5
VHI 2003—It's nice to be young again!	6
Wednesday Evening Training alternative	7
New Club Development Plan	8
Captain's Chat	10
Certificate Winners	11
Inter Club Champs	11
Junior Training at Plean Country Park	12
The O World is not enough - KIMM 03	13
FVO Committee	16
What's On Nov/Dec	16

Forth Columnist

Issue 159

November/December 2003



The Mass Start at the 11 Person Relay at Crathes Castle, Banchory

Copy date for next issue is Monday 5th January 2004

Editorial

Well, the nights are drawing in, the days are getting shorter, it's the end of British Summer time, and it's cold and dark for most of the day...what better excuse do you need to get started on your winter training programme ready for the new season in 2004 (or alternatively turn up the fire and snuggle down with a good book (or newsletter) for a few months)!!???

Traditionally this time of year is quite active as far as Orienteering is concerned and the last two months have proved this. We've had the Veteran's Home Internationals (including the Short Race at Devilla and SOL 6), Glenmore Lodge Training/Social Weekend, 11 Person Relay, Children's Training day, as well as the Karrimor International Mountain Marathon...a favourite for some FVO members!!! Additionally the next two months and into 2004 appear to be just as active. See separate adverts on the Christmas Meal, Club Champs and Annual Dinner Dance weekend, the AGM in January (and Susan's 30th birthday!!!) and SOL 1 at Touch in March.

The next newsletter will be out early in the new year, which is a busy time for all. However we need to get out details of the AGM as soon as possible in January so some prompt reply's to my pleas will be appreciated. Well I'm looking forward to receiving rave reports from folk on everything that's going on in the next two months what with Christmas & Hogmanay and all that so until then happy O'ing.

Will

Please send articles, pictures or gossip bits to:

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



Day two dawned far too early as always, but we managed to strike camp in time to avoid missing our start time (something of a first for me!). The times on day one were so long that we had been given the bad weather courses – it wasn't that the weather on Sunday was bad (it was actually pretty pleasant) it was simply sympathy, or the planner's desire for the event to finish before dark on Sunday!

With a later start than on the first day, there were more people about as we progressed round the second day. The first part of the course was quite good underfoot, but there were still the inevitable rough sections, and a glance at the bad weather course showed that it wasn't too generous – only one control of seven was missed off, removing about 2km of the planned 25km, and only about 100m of the planned 900m climb. We were going OK, but decided it could be another long day.

We had beaten Heike and her partner, Jody, by around half an hour on the first day, but on the second day we saw them just behind us a couple of times and then on the way to control 4, Heike ran UP A HILL (this is close to cheating in my book) and caught us up. They had taken it a bit easy on the first day and were feeling strong, and they slowly pulled away from us. They were still close in front halfway to number 5 but then we took a different route and never saw them again. I couldn't understand this as they should have been just ahead of us on the climb to the control, and was constantly looking at the map to work out where they might have gone, but in fact they had got separated, losing about 10 minutes before they rediscovered each other. This was enough for us to sneak a win over them on day two as well – but it was close!

The last climb up towards control 5 was a low point for us – Pete had been leading me for the previous hour or so but suddenly flagged badly and had to be 'helped' up the hill with a combination of lots of energy food and lots of refusing to show any sympathy. This seemed to work and he didn't even protest when my not-strictly-true chat of "no more climb after this" turned into "back over the top is the best route to the last control". We made good time on the last leg and ran strongly into the finish, just getting in under 6 hours for the day, and just getting in before our legs gave out on us completely.

So how did we do? We finished 13th and felt we had done pretty much as well as we could have done, along the lines of 'not bad for two blokes only doing any running at weekends'. The times were pretty long relative to many KIMMs, and as a result the drop out rates were quite high (on the B course only 109 of 225 actually completed).

And most importantly, we overtook our friends the groom and best man on both days. I think they owe us a glass of wine!

Jon Cross

weeks of warm weather it had just turned much colder. Pete did the dirty on me and bought a tiny 20 litre rucksack, followed shortly by the line "I can't get the tent in my rucksack, you'll have to carry it!"

Saturday morning was bright and cold (having been minus 8 degrees the night before – not much fun for those who chose to camp on Friday night). At the start we met Heike, who was doing our course and Brian, who was holding her coat. The start was (of course) uphill, and we headed off looking at our maps and seeing that our day 1 course was 28km with over 1000metres of climb, and 8 controls. We started off pretty well with a couple of good routes, and overtaking teams steadily, but it was already becoming clear that a lot of the terrain was fairly rough and that some of the progress would be slow. Leg 3 to 4 was an 8 kilometre leg and we chose a good route dropping off a long ridge and into a valley through a forest, with a big long track run. We made good time but the climb back up to the control at the end seemed to take ages!

By the time we got to the road crossing at control 5, then we had already been out for 4 hours and there were still three long legs to go – what a temptation it was that the planner had chosen to take us past the finish and campsite at this point! We resisted temptation and pressed on. Halfway along the route to control 7 we contoured instead of running along the valley and lost a bit of time, and on the climb into the control then it was clear that Pete was tiring on the climbs. Because of this we ignored the obvious route for the last leg, which had another big climb, and instead took a circuitous route way round to the left, avoiding the climb but adding several kilometres to the distance. There wasn't much in it but this probably cost us five minutes and it let the leading ladies team (who had started 6 minutes behind us) sneak past and finish a minute before we did. We got to the finish after 7 hours and 8 minutes, pretty weary and very keen to get the tent up, lie in our sleeping bags, and get some hot food in as quickly as possible.

Mission accomplished for us, for day one at least, and as early starters who had enjoyed decent weather, we were able to watch people gradually drift in, we were able to watch a huge rain/hail storm drift slowly across the area, drenching later starters and removing the hills from view for a while, and then as darkness fell we were able to watch the head torches of the slower teams head down the hill from the last control towards the finish and sanctuary.

When all the teams were in, we were pleasantly surprised to find ourselves in 14th place overnight, out of 225 teams that started, and also pleasantly surprised to find ourselves outside the chasing start, which meant we had an extra hour to sleep. We were less pleasantly surprised to find ourselves completely knackered. A common question about the KIMM is "if you finish about 3pm on the Saturday and the clocks go back overnight, how do you pass the time at the campsite?". In my experience, the answer is that you only have one pan so it takes 2-3 hours to cook enough food for two extremely hungry people, and that you are always so tired that you can fill all the rest of the time with sleep!

President's Column

The last two months have seen our major weekend of the year, with the Veterans Home International events at Devilla and Dumyat. All went smoothly and the only minor problem (which was quickly overcome) was a shortage of maps for the unprecedented number of entries on the day. Thanks to all those who helped out and especially organisers Gary Longhurst and David Nicol, planners Fraser Purves and Steve Nicholson, and the entries team of Susan and Will with support from Jon and Becca.

Glenmore Lodge training was another successful weekend in mid-October. Jason had laid on four exercises at the small but intricate area of Avielochan, just across the road from Loch Vaa. The weather was cold but dry and some 15 to 20 club members tried out several of the exercises.

After a light lunch at Inverdrue various activities were on offer with some choosing mountain biking, others went for more map interpretation and some went hill-walking. But it was not over then, as Jason and Marcus had mapped the lecture theatre at Glenmore Lodge and set a head to head knockout competition. This



Some Club members at Glenmore Training Weekend

involved race around a varying selection of 8 out of a possible 13 Emit controls. It all got rather confusing and there was plenty of mis-punching! In the end Becca managed to keep a cool head and win the final. Even after dinner we had to keep brains engaged with a set of map extracts to try and recognise. Many thanks to Jason & Marcus for laying on an interesting day.

Coming up we have the Club Championships, Dinner/Dance and the Christmas meal. Then, in the New Year we have the AGM (see elsewhere for formal notification of this). This means it is time to think about next year's committee. A number of key posts need to be filled. Susan is taking a well earned break after nine years as secretary - this must be a record. Also I am not intending to stand again as I only ended up as president after having my arm twisted last year! There will also be a committee post vacant as although Will is planning to continue his newsletter and webmaster jobs, he will do so from outwith the committee.

Dave Coustick

Secretaries Scribbles

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

Clackmannanshire Sports Council Jubilee Celebration

Clackmannanshire Sports Council have asked all affiliated sports clubs to send in photos of their sports for a display at their celebration evening. If anyone has any photos that they think would be of use please send them to me ASAP. (all photos will be returned)

FVO Dinner Dance 29th November 2003 - Raffle Prizes Required

Tickets are now available for the Dinner Dance (see advert) and are available from me. We also present the senior trophies from the club championships earlier in the day and have a raffle. We do however need some prizes for the raffle. If anyone is willing to donate a prize please hand it to me or any other committee member before hand or bring it along with you on the night.



FVO AGM & Membership Renewals

As Dave has already mentioned, I have decided to hang up my Secretary hat for good after 9 years in the post. I think the club needs a change and so do I. So we are looking for a new Secretary (any volunteers???)

However I have agreed to continue acting as the membership contact for the club so I will still be pestering you all to send me money!!

As you will see I have enclosed the new FVO membership renewal forms for 2004 and I would appreciate if ALL renewing club members, be it BOF, SOA or Social could return them to me before the AGM on 30th January (BOF will be printing their renewal forms out from 6th Nov). This helps us to check that we have your up-to-date address, telephone & e-mail addresses.

If you have any queries regarding any of the items please don't hesitate to give me a call on 01786 469824 or e-mail me at susansinclair@beeb.net

*Thanks,
Susan Sinclair*

FVO AGM - Friday 30th January 2004

Venue — Queen's Hotel, Bridge of Allan

The AGM will start at 7:30pm and will be followed by a Buffet and social gathering (to help Susan celebrate her 30th Birthday !!...*will*) so put the date in your diary now. There will be a small charge of £4 per person for food which will be collected on the night. Could you let Hugh Buchanan know if you can attend, so we can finalise numbers for the buffet.

The O World is not enough

The 2003 Karrimor International Mountain Marathon ("The KIMM")

What is the KIMM? Very simple really, it is a two day mountain orienteering event, run in pairs. You run a course on the Saturday, finish, and then run another course on the Sunday. The catch is that you have to be completely self-sufficient from the start on Saturday morning until the finish on Sunday afternoon. This means that you and your partner each carry a rucksack and between you have sleeping bags, tent, stove, waterproofs, food for two days, and not a lot else. If the weather is good and the courses not too far then most teams finish (well over 1000 team do the KIMM, spread over three score courses and four 'normal' courses). If one or both of these are not the case then some of the teams complete Day 1 in the dark, and a lot of teams give up before they make it to the finish on Day 2!

I used to do the KIMM regularly. In 1992 in the Lake District then I did the B course for the third time in a row (with Ben Stansfield) and it snowed A LOT. It snowed enough overnight that the KIMM was featured on the national news. The KIMM is never cancelled though, all that happens is that you are given shorter 'bad weather' courses on the Sunday. We were given the bad weather courses on Day 2 and we needed them! However, we did well enough to finish 2nd on our course and win a prize. The problem was that we had taken 6 hours on Day 1 and again on Day 2 (even with the shortened course), and that once you have won a prize then you have to do a longer course the next year. We thought 12 hours was a long enough time. We decided then and there that we did not fancy moving up to the A Course, and did not enter the following year.

Fast forward to July 2003. In May I had an ankle operation, and by early July I had just begun running a little bit again and thinking about what I might do to get a bit fitter. I went to a wedding reception in Worcestershire and met one of my friends, Pete. It came up in conversation that the groom and best man had just entered the B course for the KIMM. We all drank some champagne. It came up in conversation that Pete was short of a KIMM partner. We all drank some wine. It came up in conversation that the groom and best man thought they could beat Pete and I if we did the KIMM. We all drank some more wine. The best man and I bullied Pete into entering the B course on the KIMM with me as his partner. I drank some more wine and thought no more about it.

Late July 2003. I met Pete at the Scottish 6-day. Pete said "I have entered us for the KIMM". Then I remembered!

And so it was that on the last Friday evening of October 2003, I collected Pete from Edinburgh airport and we headed down towards the Langholm hills, east of Lockerbie, ready to find out what the 2003 KIMM had to throw at us.

At registration on the Friday night there were a lot of familiar faces from the world of orienteering, and a lot of people buying a lot of last minute kit – after

Children's Training Day at Plean Country Park

On Saturday the 25th of October, there was a small children's coaching event at Plean Country Park. There were four adults to coach, which were Maureen Brown, Louise Longhurst, Hilda Astbury and Steve Barrett. The six children being coached were Amy and Jack Barrett, Abby Longhurst, Jessica, Richard and myself. My mum was also getting some help.

We met in the main car park, and then went to the tent, which Maureen had already pitched in a nearby field. Jack, Richard, my mum and myself started off with some basic training on thumbing and setting the map and using a compass. I started off doing a yellow course with my mum, with Louise helping us, but I left them behind at the second control, and went on to finish the course, while being shadowed by Hilda.



Amy, Jack, Abby, Richard, Jessica & Catriona

Meanwhile, Amy, Abby and Jessica practised compass bearings and pacing in the field. I tried this when I got back from my first course and coped better than I thought I would. I think Jack and Richard started by practising with the compass, and then doing a yellow course.

When the two boys and my mum got back, we split into three teams, which were Jessica and Richard, Abby and Jack, and Amy and myself. We did a relay, using a short course. Jack got back first, then myself, then Richard, and in the second leg Abby finished first, then Jessica, then Amy. There was a small prize giving at the end. The prizes were mars bars (one for everyone except the adults), and the winning team (Abby and Jack) got a can of juice each.

We all learned a lot from the experience, and are looking forward to the next time, though the date has not yet been confirmed, but is planned for December. Thank you to Maureen who organised the event, and also to Louise, Steve and Hilda for helping out.

Catriona Quin

Forth Valley Orienteers Dinner Dance & Club Championships 29th 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

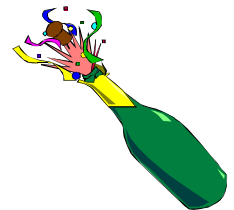
FVO Dinner Dance

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



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

Veteran Home Internationals 2003 - It's nice to be young again!

There are benefits in getting older and reaching M40, one is that if you're lucky enough to get selected to run for Scotland in the VHI you suddenly become the 'baby' of the team – a refreshing feeling when your growing children make you feel really old.

Apart from myself, FVO had three other team members in the VHI, another youngster in the shape of Hazel Dean W40, an old man in the shape of Martin (looks as though he can't be far off his pension now) Dean M45 and Dave (I've been drawing my pension for 20 years) Coustick M55.

After months of intense training (that's lots & lots of rest and as many cold and flu cures as I could find) Saturday arrived and the relays in Devilla Forest. As befits an event where most of the competitors are retired and obviously have too much time on their hands, a suitably complicated set of rules is produced to make team selection an interesting exercise. With each leg a different length and each team allowed to choose the running order the final result is unclear until the last leg runners arrive home. I was teamed up with Hazel, Meryl Marshall and Eddie Harwood. After an excellent 1st leg by Hazel, a very steady 2nd leg by myself and good runs by Meryl on 3rd and Eddie on last leg Scotland 1 came in first to take the honours for Scotland. Unfortunately with England finishing 2nd, 3rd and 4th Scotland came 2nd overall yet again with Wales and Ireland battling it out for 3rd and 4th.

The real competition of the weekend came on Saturday evening with the celidh at the Sword Hotel. After a warm up of starter, main course and pudding it was straight into the dancing. The Scottish team hit the dance floor running and quickly built up an impressive lead over the Irish. After only 1hr of dancing the English team threw in the towel and were ushered back to their beds by a worried looking team manager muttering something about another race tomorrow.



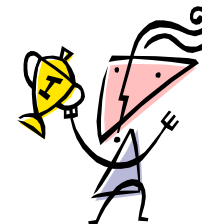
Scotlands No 1 VHI Team—Meryl, Eddie, Hazel & Steve

Certificate Winners

I have a number of certificates to give out from Moray 2003 and the 2002-03 ESOL series. Congratulations to you all! (you should find them within your newsletter)

ESOL 2002—2003 - Certificate winners

Calum Kitching - 3 events on White course
 Scott Ratcliffe - 5th on Yellow
 Christopher Duncan - 7th on Yellow
 Ceana Heron - 10th on Yellow
 Abigail Longhurst - 2nd Junior woman on Orange
 Victoria Longhurst - 1st Junior woman on Light Green
 Kyle Heron - 1st Junior on Blue
 Lisa Brown - 2nd Senior woman on Blue
 Cathy Tilbrook - 5th Senior woman on Blue



Moray 2003 Certificate winners

(List not complete as I believe some were collected at the event)

Laura Hendrie Day 3 - 2nd on White, Day 4 - 3rd on White
 Stuart Thomson - 3rd M12A on Day 6
 Beccy Osborn - 2nd W21S on Day 6
 Eric Roller - M21S - 3rd on Day 2, 2nd on Day 4 & 1st on Day 6.
 Steve Nicholson - M35S - 1st on Days 1, 2, 3 & 6.
 Kirsty Bryan-Jones - W21E - 2nd on Day 2
 Steve Barrett - M40L - 3rd on Day 1 & 2nd on Days 5 & 6.
 Chris Wood - W55S - 1st on Days 1, 3, 4 & 6
 Dave Coustick - M55L - 3rd on Day 5

2003 Scottish Inter-Club Championships

The competition will be held in conjunction with the **Scottish Score Champs on Sunday 23rd November at Devilla Forest, Kincardine.**

FVO has entered the large clubs competition and are up against ESOC, GRAMP, INT, MAROC & INVOC and we require 3 people per team to count.

	Age Classes	Time Limit	Course
Team A	M21	70 minutes	A
Team B	M20 M35 W21	70 minutes	A
Team C	W18 W20 W35	60 minutes	B
Team D	M18 M40 > M55	60 minutes	B
Team E	W40 > W50; M60	60 minutes	B
Team F	M/W16; W55+ M65+	60 minutes	B
Team G	M/W14	40 minutes	C
Team H	M/W12-	40 minutes	C

Captain's Chat

Club Captain's Chat for this newsletter has not quite turned out as planned two months ago – I had hoped to be writing about how FVO had put the cocky students from Edinburgh University in their place at the 11-person relay at Crathes Castle.

However, as things turned out, the 11-person relay did not go at all according to plan, with an early disqualification for our top team and some subsequent switching of runners between our two teams. This probably deprived Fraser of the chance to take over on the final leg with a small lead to defend over GB team member Ewan McCarthy for Edinburgh – might have been interesting! Instead, all I will say is thank you to everyone for turning up and running, congratulations to Marcus on coming back with a clear lead on the first leg, and that we will do better next year!

Aside from the 11-person relay, there is the usual plethora of FVO individual successes to report on. The Home Internationals for Veterans (aged 40+) were (very successfully) held in conjunction with the FVO races on Devilla and Dumyat at end September, with four club members representing Scotland. These were Dave Coustick, Steve Barrett, Hazel Dean and Martin Dean – well done to all of them. All ran well, with both Steve and Hazel in the winning Scottish relay team, and on the Sunday both Hazel and Martin winning their age classes.

Two weeks after the Veteran Home International, the Senior Home International (for the open classes) was held in North Wales. For this one then further congratulations are due to Hazel, who was once again selected in the Scotland team and finished a strong third in the women's race, whilst Nick Barrable flew in from Sweden to run in the England team and similarly finished third in the men's individual. Nick was also recently a very impressive 4th in the Swedish Night Championships, just seconds behind the winner, and in late October was Britain's only representative in the Park World Tour (PWT) Final. This is a series of three races in successive days as the culmination of the PWT series, with the top sprint racers from all countries taking part, and points scored by the top 15 in each race. Nick built on his 21st place in the World Championships sprint race with an excellent set of results, finishing between 16th and 21st in each race, a tantalising few seconds away from the points on each occasion.

It is not just the seniors who have been excelling these past few months though, and on the junior front then particular mention must go to Kyle Heron and Victoria Longhurst, who have both been selected as members of the British Junior Squad (doubtless with matching kit to pose in!) – this is a great reward for all the hard work both of them have put in and for the improvement they have shown this year. I'm sure everyone in FVO joins me in congratulating them - and looks forward to seeing them win lots of races for FVO in 2004!

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

The individual followed on Sunday with the Scottish team keen to make amends for their defeat in the relay. Those unfortunate (or fortunate) to be allocated an early start suffered from low cloud and mist reducing visibility to 50m. Unfortunately for me the cloud cleared before my start so I could clearly see all the hills I would have to walk and crawl my way up. The final part of the course took us through Hermitage Woods and my chance to make up some time as local knowledge saved me from having to read the very detailed 1:15,000 map! Unfortunately I couldn't make up enough time and I finished a distant 4th behind Tim Tett of England.

There was better news for the other members of FVO, Hazel Dean 1st, Martin Dean 1st and Dave Coustick 6th rounded off a successful weekend for FVO at the VHI even if England did win again.

Steve Barrett

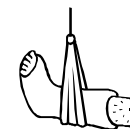
FVO Wednesday Evening Training

Wednesday evening training has been poorly attended so far this season so to try and kick start things we are making a small change to the venue but a bigger change to the format.

From mid Oct we will meet at 6.30pm on Stirling University Campus (sorry no dogs) at the main visitors car park. (up past swimming pool/sports centre to mini roundabout, straight on for 50m then first left and immediate right into car park) The new venue gives more opportunity for different training and this can be either on or off road. The intention is to try different things but with the main objective of making things more sociable. There may be some interval work, fartlek, hill sessions or running round some shortish routes so that the slower and fast runners keep meeting up with one another. If anyone has any particular ideas or wants to put on something specific on one or more evenings please do so. Lets hope for a good turn out and have some fun!

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



Annual Christmas Meal - 10th December 2003

As usual we will be having a pre-Christmas meal this year on Wednesday 10th December at The Golden Lion, Stirling. There will be a selection of dishes available at moderate prices. Dave Coustick will have more details nearer the time but put the date in your diary now and let Dave know if you wish to go.



New Club Development Plan

Where are we going?.....FVO has a development document which describes our goals and aspirations. The committee has recently revised and updated the document to reflect progress over the last couple of years. The following is a summary - the full version is available from the club website, or as a paper copy from Hugh Buchanan. As well as being useful for forming our own thoughts about what is good and what could be better, a development document is also something that grant-making bodies, such as the local Sports Councils, expect to see in a well run club. *Hugh*

Competitions & Events

- Organise Scottish Six Day and other "National" events in conjunction with other Scottish Clubs
- Hold a badge event and colour coded in even years and two colour coded events in odd years
- Hold at least one Come and Try It (CATI) event per year
- Hold at least one alternative format event per year (SprintO, Score, BikeO, TrailO, LongO, NightO etc.)
- Hold annual Forth Valley Schools event
- Use Sport Ident electronic punching for all events of badge status and above and other events where appropriate
- Encourage participation and competition for club members at all levels
- Organise internal Club Championships annually
- Provide a contact point at events either information boards or a noticeable person

Training & Development

- Provide at least 2 technique training events per year
- Support all levels of development within coaching activities
- Provide regular fitness training for members of all abilities throughout the year
- Continue Wednesday Evening Event series, providing a more technical training option where feasible
- Support National Orienteering Centre (Glenmore Lodge) through regular events
- Aim to have 10 coaches for club training
- Provide a SportIdent training course for club members
- Provide training for Mappers, Planners, Controllers and Organisers

Mapping & Access

- Develop a rolling programme of re-mapping small areas, such as Minewoods, Hermitage, etc., on a 1.5 per year basis
- Digitise (OCAD) existing non-badge event maps by end 2004 and existing badge event areas by end 2005
- Produce an annual mapping report and review map stocks on a rolling basis
- Ensure all new maps are OCAD based
- Develop plans for and map one new badge event area and 2 training areas by the year 2006
- Maintain current Permanent Courses and develop two new courses by 2004
- Provide single point of contact for landowners of FVO areas and liaise closely as appropriate

Organisation

- Operate the club within the constitutional framework
- Improve links with youth groups (e.g., Scouts, BB, Guides, etc.) and schools across Forth Valley
- Introduce new member liaison with local club contacts to provide support and advice on all aspects of orienteering
- Ensure up-to-date membership list available annually
- Use email and the FVO website as a communication tool where appropriate
- Review development plan on a 3-yearly basis
- Ensure good practice in Child Protection policy
- Pursue Charter Club status

Financial

- Remain cash positive, but don't accrue any unnecessary cash surplus
- Develop costing plans for sale of FVO maps to different organisations
- Define and publish proposed levels of support for Relay events, CompassSport Cup, 11-person relay, etc., annually
- Define expense levels for event officials, etc.
- Pursue sponsorship and other sources of funding
- Provide financial support to juniors in representative squads and teams in accordance with club policy

Equipment

- Maintain capability to use electronic punching equipment
- Review equipment status annually and purchase new/replacement equipment as appropriate
- Maintain and control existing stocks of maps and ensure a realistic valuation

External Relations

- Pursue permanent and temporary sponsorship options with local industry/organisations
- Improve publicity of club in local area, particularly through press
- Regularly attend Stirling Sports Council meetings and appropriate events
- Pursue Falkirk Sport Council
- Attend Clackmannanshire Sports Council Meetings.
- Create links with other sports clubs

Membership Activities

- Provide a wide ranging series of social activities to meet the demands of club members
- Define level of financial support for social events on an annual basis
- Issue 6 newsletters to club members (+ complimentary recipients) annually
- Improve communication of organisational matters and committee business with club members
- Provide benefits to club members attained through, e.g., sponsorship or membership of local sports councils
- Develop awards Scheme of annual trophies etc.