

FVO Committee 2003—for the last time!**PRESIDENT - Dave Coustick**

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What's On Jan/Feb/March 2004

Jan. 18 ESOC Sprint O at Hopetown House, South Queensferry
Jan. 30 FVO AGM—The Queen's Hotel, Bridge of Allan
 Feb. 8 RR SOSOL Colour coded at Elibank Forest, Walkerburn.
 Feb. 15 STAG Winter Score Event at Faskally, Pitlochry
 Feb. 22 GRAMP Colour Coded Event at Kirkhill South, Aberdeen
 Mar. 7 FVO SOL 1 Touch Estate Stirling. **Helpers required.**

Please send articles, pictures or gossip bits to:

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

**Forth Valley Orienteers****Inside this issue:**

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Forth Columnist

Issue 160

January/February 2004

FVO AGM

Friday 30th January 2004

Venue — The 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 approx £4 per person for food which will be collected on the night.

Please let Dave Coustick know by Mon 26th January if you can attend, so we can finalise numbers for the buffet.

Thanks

Copy date for next issue is Monday 16th February 2004

Editorial

Welcome to the first newsletter of 2004, though by the time you read this it may be 2005 with the amount of hassle I've had to get people to send me stuff. Hence the newsletter being very thin and very late. Please could I ask those who know that they have to write something (or who would just like to contribute something themselves) to try and do it earlier as it is quite a task trying to nag folk all the time. We are all busy folk so I do appreciate all articles that get sent, so keep them coming, just make them a little earlier!!!

On a cheerier note, I'm sure you are all aware that Susan and I are getting married this year (one of the reasons she is giving up the Secretaries job). Just to say thank you for all the cards and best wishes we've had....and make sure to put 18th Sept. in your diary's!!!

Will

President's Column

The last two months have included the Club Championships, Dinner/Dance and the Christmas meal, but not so much in terms of events. We have kept up the regular Wednesday evening training based at the University Campus and these will continue until the spring when evening events start up again in late April. Full details of these events will be in the next issue.

Thanks are due to Jack Barrett for digitising the Barrwood map (with a bit of help from dad) - he is obviously following in dad's footsteps.

After last year's busy calendar, which included the Six-Day and the VHI, this year promises to be a bit less frantic. We have our major event of the year as SOL1 on 7th March at Touch. The remainder of the year is at present relatively quiet. However we are helping at the Scottish Championships Individual day at Blair Atholl on 29 May.

There are of course plenty of other things going on apart from events. The committee is currently discussing our ideas and strategy for mapping, coaching etc. and we are trying to increase publicity.

However the committee cannot work in isolation and we want your ideas too. So make sure you come along to the AGM on 30th January and have your say. If for any reason you cannot make the AGM then please make one of the committee members aware of any ideas you have.

We are still looking for a replacement treasurer, as Penny will be standing down at the AGM as will two of the other members of the committee Caleb Gould who has been our mapping co-ordinator for the last year and Will Hensman (although he will still be acting as the web and newsletter person).

Dave Coustick

Club Captain's Chat

I hope you are all looking forward to another year of orienteering, and with it a whole set of new opportunities for everyone to run for FVO! Many thanks and well done to everyone who did so in 2003, with particular congratulations to our British Championship winners in the junior relay, and indeed to all our juniors for their success in being named "Team of the Year" at the Stirling Sports Council 2003 Awards evening.

This month the main thing I need to do is to bring a succession of dates to your attention, and to ask you to put them in your diaries and decide now that you will come along and run. The key dates you need to be aware of are:

7 March FVO Scottish O League at Touch

Remember to volunteer to help so that the Team Captain (who is organising) has as easy a job as possible.

14 March Compass Sport Cup Scottish Final, Glentress Forest nr Peebles

Will this be the year that FVO regains its title.....?

21 March No longer the British Relays

The British Relays event has been postponed – new date yet to be arranged. This means our junior get to keep their trophy for extra time!

9-12 April (Easter) Jan Kjellstrom Trophy, Graythwaite Estate, S. Lake District

The Relays are on Easter Monday. The area was used for the World Cup races in 1998. Ted Finch is the Controller. See you there.

1-3 May "Triple O Severn" weekend

Relay is on the Monday, for teams of 5 (I think). It is part of the UK Relay League along with the other four main relays listed. The rest of the weekend includes a National Event and World Ranking Event.

14-15 May Harvester Trophy relay. Ashdown Forest, Sussex

Night/Day relay for teams of 7 (men) and 5 (women). Usually turns to day on Fraser's leg. A long way to travel but cheap flights are available to Gatwick and Nick Barrable has offered his parent's house (which is very close to the area) for BBQ and accommodation etc.

I am keen to send an FVO team to this one and will co-ordinate booking cheap flights etc as needed – please let me know ASAP if interested.

29-30 May Scottish Championships, Errochty, Blair Atholl

The Scottish Relay Championships are on Sunday 30th. Last year we had lots and lots of teams, and it would be nice to do the same again – please?

That seems like quite a long list – so we'd all better get training....

Please do let me know if you are planning to attend some or all of these events – it would be good if we could ensure that FVO fields a team in all the races (particularly as it is rumoured that CLYDE have made one or two signings to strengthen their men's team!).

Hope to see many of you at the AGM, always a good place to volunteer for things!

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

Club Champs 2003, Barr Wood — Results

Orange			Blue		
1. Stuart Thomson	Jnr Boys	12:58	1. Steve Barrett	Vet Men	46:42
2. Abby Longhurst	Jnr Girls	14:57	2. Gary Longhurst	Vet Men	55:09
3. Ellen Dean	Jnr Girls	17:08	3. Kirsty Bryan-Jones	Women	55:30
4. Jack Barrett	Jnr Boys	17:10	4. Gareth Bryan-Jones	Vet Men	01:04:54
5. Craig Thomson	Jnr Boys	17:36	5. Hazel Dean	Women	01:08:45
6. Ceana Heron	Jnr Girls	21:27	6. Beccy Osborn	Women	01:08:50
7. Morven Dean	Jnr Girls	22:22	7. Mike Goldthorpe	Tay	01:22:33
8. Catriona Quinn	Jnr Girls	23:00	8. Mark Thomson	N/C	01:24:15
9. Grace Molloy+1	Jnr Girls	37:25	David Nicol	Vet Men	Rtd
Light Green			Brown		
1. Victoria Longhurst	Girls	40:00	1. Marcus Pinker	Men	50:44
Green			2. Steve Nicholson	Men	52:57
1. Kyle Heron	Boys	26:30	3. Fraser Purves	Men	57:08
2. Maureen Brown	Vet Women	58:16	4. Caleb Gould	Men	59:51
Louise Longhurst	N/C	Rtd	5. Martin Dean	Men	01:02:13
Gillian Swan	ESOC	Rtd	6. Jon Cross	Men	01:03:45
			7. Matthew Goodyear	ESOC	01:44:00

Just a short note to thank Jason Inman for organising the club champs last year, and well done to Marcus for volunteering?? to organise in this year.

I hope folk had a good time at the dinner dance and enjoyed themselves. The general impression I got was that maybe for this year we will change the venue. Any thoughts on this and where else would you suggest would be welcome. Just contact a committee member.

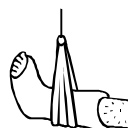
Scottish O League event at Touch - Sunday 7 March

FVO is staging the first Scottish O League event of the year at Touch on Sunday 7 March, and preparations for the event are well under way (Jon Cross is organising, Steve Nicholson is planning, and Jonathan and Rona Molloy are taking the entries).

A flyer for the event is included as part of this newsletter, and everyone is welcome to run if they wish to – just send off your entry in the normal way. Everyone is welcome to run, that is, IF we get enough volunteers to help at the event!

In particular, a volunteer is needed at this stage to co-ordinate the running of the string course by drawing up a map in advance and dealing with all the eager participants on the day itself, so if you feel able to volunteer for this then please let Jon know ASAP.

All other offers of help to Jon as well please, on 01786 860301 or jon.cross@tinyworld.co.uk. If for any reason you are unable to help then please let Jon know that as well – it will probably save him a phone call later!



Scottish Junior Orienteering Squad (ScotJOS)

Four FVO juniors have been selected for this years' Scottish Junior Orienteering Squad. They are:

Kyle Heron M18 - 3rd year in the Squad
 Victoria Longhurst W16 – 3rd Year in the Squad
 Stuart Thomson M14 – 1st year in the Squad
 Abigail Longhurst W12 – 1st year in the Squad, running as W14

They can look forward to five training weekends and hopefully selection to run for their Country at the Junior Inter Regional Competition in June and the Junior Home Internationals in September. They will also be looking forward to the ScotJOS Tour to Sweden this summer which includes one week of training on Scandinavian terrain before competing at the O-Ringen.

Louise Longhurst

Scottish Orienteering League 2003 - Winners

I have a number of certificates to give out from the Scottish Orienteering League 2003. Congratulations to you all! (you should find them within your newsletter)

Winners

Kyle Heron - 3rd in JM5M	Morven Dean - 3rd in JW1
Fraser Purves - 3rd in M21L	Abigail Longhurst - 1st in JW3
John Reeve - 3rd in M35L	Ellen Dean - 9th in JW3
Gary Longhurst - 3rd in M40 L	Victoria Longhurst - 3rd in JW4
Martin Dean - 1st in M45L	Hazel Dean - 3rd in W21L
Dave Coustick - 2nd in M55L	Louise Longhurst - 2nd in W35S
John Brown - 2nd in M55S	Hilda Astbury - 1st W75L



London Marathon Contender — Sponsorship Required

I am running the London Marathon on April 18th and I am raising money for two charities.....Children 1st and Child Friendly Health Initiative. All sponsorship would be gratefully accepted.....Cheers

Penny Hicks (01383 872577)



Secretaries Scribbles — one last time....

20th January 1995 seems like a very long time ago now. That was the date that I started as the new Secretary of Forth Valley Orienteers and now 9 years later I am writing up my Secretaries Scribbles for the last time! I have worked with over 25 different committee members over the 9 years and I would like to say a very big THANK YOU to them all.

As I have mentioned before 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!! So can I remind you all if you have not renewed your FVO membership now is the time to do it. Can ALL renewing club members, be it BOF, SOA or Social return the FVO membership forms to me before the AGM on 30th January 2004. This helps us to check that we have your up-to-date address, telephone & e-mail addresses.

I would also like to ask you to try and come along to the AGM this year on 30th January 2004 as we are trying a new venue and format for the Social gathering afterwards (which you may be aware, as Will keeps reminding everyone he sees, that it is my 30th Birthday Party too). See Advert on front page. There are 4 out of the 7 committee members standing down this year so we need some support from you.

Well that's about all from me only to say that yes I do have a good excuse for standing down as secretary.... Will & I are getting married on 18th September 2004 so don't ask us to help at any o-events that weekend!

*Best Wishes & Thank you,
Susan Sinclair (soon to be Hensman!)*

Stirling Council Sports Awards 2003

On Thursday 4th December some of the junior members of FVO went to the Stirling Sports Awards in the Albert Halls. We had been nominated for the team award for the second year running. We didn't win last year but it had been a good night so I was looking forward to going back this year.

The night started with a talk by a rugby player who was trying to be funny but wasn't really.

We then moved on to the awards. There were about 8 different categories including best coach, best junior and best senior. When it came to the team award none of us were that confident of us winning it but when they announced Forth Valley Orienteers Juniors we were all shocked.

After the awards there was a buffet but while all the food was getting put out all the winners went for a photo which was put in the Stirling Observer.



*Stirling Sports Council
Best Junior Team Trophy*

Abigail Longhurst

Glasgow Parks Race

Some of Squad friends last year told me what great fun the Glasgow Parks Race is and that I should try and go. So when I saw it on the fixtures list I was determined to make sure that I got to join in the fun too. My parents weren't that excited themselves but kindly offered to take me along and even entered themselves.

The basic idea is that you run in three parks in Glasgow all in one day and add up your times to find the winner. The only information we got before the day was that we were to turn up at Glasgow Green at 10am on 7th December ready to run.

On a very cold Sunday morning we turned up ready and raring to go. I jumped out of the car with my millions of layers on had a look around at the green expanse of flat parkland and thought – this is going to be very fast.

About half an hour later I was dressed in just my o-kit (but wasn't cold as I had warmed up and stretched) and jogged to the start. Unfortunately I was first start, on the ladies open, and everyone came to see which way I went – I briefly thought about going the wrong way to confuse them. My run wasn't too bad but with a couple of small errors I ended up 2 minutes down on the leader - my squad friend Hollie (Clyde).

Once everyone had finished and gathered in the warm Winter Gardens we were given a clue to the next park. Once we had solved it we headed off to the next park which was.....

.....Linn Park wasn't quite like Glasgow Green as it was more of a country park. The starts at this park were reversed so I was starting last. I thought this time I would have the chance to watch all of them go off before me, but as luck would have it I couldn't see anything as the start was round a path bend! My run was a bit slower here because I could feel my thighs hurting going up the hills. Surprisingly I was again only two minutes down on the winner who was yet again Hollie. Once again we met to get the next clue and it was off to.....

.....Pollock Park. The set up for this race was different again as it was a reverse chasing start. Basically, the winner started last so if you catch the person in front you are guaranteed of beating them (I think!). I started out in 4th place with two people only seconds in front of me. I was determined to try and catch them. As I crossed the finishing line I was exhausted as it was the furthest and fastest I have ever gone. I hadn't picked up any places but I hadn't lost any either (Beccy beat me to 3rd place, but only by seconds)

I am delighted that my friends told me about the Glasgow Parks Race as it was a great fun competition and a great social. I'll be back next year and I'll get you then Beccy.

Victoria Longhurst