

The 'O' World is not enough

Now that the 'non' Orienteering season is beginning to kick in (that is unless you were racing in cross country as the season is nearly at an end) the new season of races have begun. For those of you who want to supplement your Orienteering with a few other races, here is a cross section of alternatives for the next two months.....

14th March - Round the Houses 10k Road Race/Fun Run, Grangemouth Stadium

21st March - Alloa Half Marathon, Lornshill Academy, Alloa

28th March - Stirling Tri Club Junior Aquathon, Stirling Uni

3rd April - Belhaven Best Dunbar 10K Halhill, Dunbar

4th April - East Fife Sprit Triathlon, Cuper

29th April - Shettleston Harriers **Ladies only** 5K Road Race, Glasgow Green

1st May - Stuc a'Chrion 5000 Hill Race, Strathyre

8th May - Ben Lomond Hill Race, Rowardennan, Loch Lomond

12th May - Dumyat Hill Race, Stirling Uni



Forth Valley Orienteers

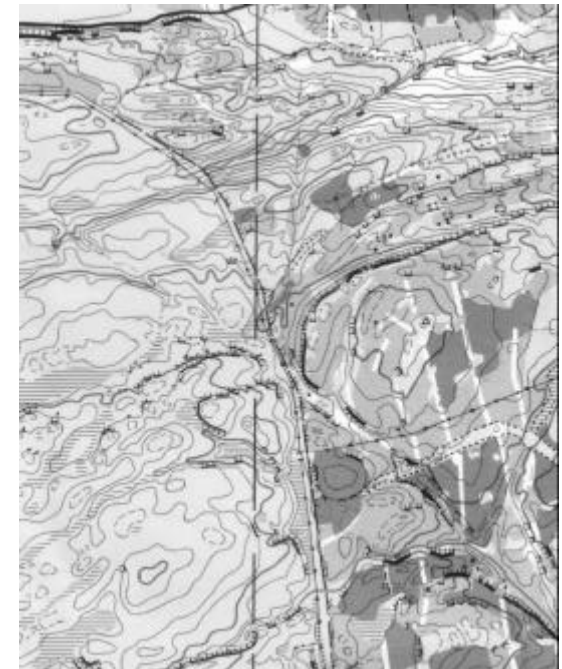
Inside this issue:

Editorial	2
President's Column	3
Secretaries Scribbles	4
Wednesday Evening Event Schedule	5
Pleas for help	5
Captain's Chat	6
New committee members	7
The 'O' World is not Enough	8
What's on Mar/April	8

Forth Columnist

Issue 161

March/April 2004



Can you tell where it is yet????.....see you there!!!!

**Copy date for next
issue is Sunday
25th April**

Editorial

Well I finally get to have the computer all to myself after 2 years of being pushed off, as the Secretary's job is (allegedly) more important than editing the newsletter or website. With Susan retiring from being Secretary I get free reign (well almost) of the computer, so expect some quicker updates to the website and more punctual newsletter (articles permitting).

Another quite thin newsletter again this month. I know it seems I pester you every month, **but** I need your articles to make this newsletter so keep them coming in.

Hopefully you will receive this before our SOL event on Touch at the weekend. Jon has promised to let everyone know what they are doing, and details/info., and even results will all be on the website (maybe even before you get home from the event!!!!).

A reminder about relay money from 2003. If you've not sent in your money to Elizabeth Sinclair (our new Treasurer) please do so ASAP. Also if you've not renewed your FVO membership from for 2004 then get in contact with Susan (who is still the Membership Secretary).

Enough Secretary bits from me....

Hope you enjoy this issue and see you at Touch.

Happy O'ing

Will

P.S The Dinner Dance for 2004 is on Saturday November 13th at the Stirling Management Centre at Stirling University.....put the date in your diary now!!!

Please send articles, pictures or gossip bits to:

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

FVO Committee 2004 — Full of fresh new faces!!

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Captain's Chat - A British Champion for FVO already in 2004!

We have now had the first big races of the season, with the Future Champions Cup and UK Cup series getting under way during February. Alongside these at the end of February was the British Night championships, and FVO already has its first British Champion of the year! On a cold night at Crich Chase in Derbyshire, Martin Dean ran through the bracken the quickest on M45L, and as a result is presently the holder of the British M45L title in both night and day orienteering – many congratulations.

A number of other important events are coming up and so please make every effort to come out and run for the club. Many thanks to those of you who have made the effort to let me know your plans for these events already where needed – if I haven't yet heard from you and you do want a run then please let me know.

Sunday 14 March - Compass Sport Cup Final, Glentress Forest, Peebles

No need to pre-enter, just turn up and run the relevant course for your age group. If you are worried that FVO may win and that the final is on an area in Southern England that you don't want to travel to, then perhaps you need to 'remember' a prior commitment to run the Grangemouth 10km on the same day!

Sunday 4 April - Elite Test Relays, Barr Wood, Stirling

Despite the name, these relays are open to all, and this is the best time of year to run at Barr Wood. Come along and watch the Senior Home International and Scotland v Lithuania relays, and compete at the same time. Could be a really fun event – if you want to get a run in an FVO team please let me know ASAP.

9-12 April (Easter) - JK Trophy, Graythwaite Estate, South Lake District

I already have 25 FVO people looking for a relay run, so should be a good FVO turn out at this event (better than at many Scottish events!). Relay entries close very soon so please let me know if you need a run.

1-3 May - "Triple O Severn" weekend including British Relays

This event now includes the British Relay Championships on the Monday, and all in all it promises to be a fun weekend in the sunny south of England, with a National Event/World Ranking Event thrown in for good measure. Again, please let me know if you need a relay run (I have 24 so far for this one!).

Saturday night 15 May - Harvester Trophy relay. Ashdown Forest, Sussex

We have no women's team as Lisa, Kirsty and Hazel are all selected for Scotland and disappearing off to Lithuania to run in the international match instead – congratulations to them. However, we do have a men's team making the long journey and so thanks to all for agreeing to travel. A strong team it is too – Nick Barrable, Steve Nicholson, Marcus Pinker, Will Hensman, Brian Bullen, Caleb Gould and Jon Cross. On the last count at least two of these people were neither ill nor injured, and in full training!

Sunday 30 May - Scottish Relay Championships, Errochty, Blair Atholl

FVO is due to provide some man power help at the Individual on the Saturday, so what better way to relax on the Sunday than by running in a relay with some friends?

Another date for your diaries is the second running of the Jamie Stevenson Trophy. This is the team event for juniors that was launched with great success last year. Early warning this year is that the event will be on 26 September.

One other thing I would like to mention is that at the end of May we will be holding a 3-day event with a difference. The difference is that the event will be in the evenings! Starting on Wednesday 26th May, we will have events on three successive evening, leading up to the Scottish Championships that weekend. The exact format of the event will be announced just as soon as I get round to deciding on it, but overall positions, prizes, etc, will be determined by total time across the three events. Watch this space (and the FVO email list) for more information!

Jon Cross

President's Column

The main news this time concerns the changes to the FVO committee. It may not be the most exciting news, but it is nevertheless significant, especially as more than half the committee comprises new blood. We welcome David Nicol as secretary, Elizabeth Sinclair as treasurer and Steve Barrett and Hazel Dean as ordinary committee members. Gary Longhurst as vice-president and Hugh Buchanan both remain on the committee to help me provide some continuity!

Thanks to the retiring members of the committee - Penny Hicks (treasurer), Caleb Gould and Will Hensman and a special thanks to Susan Sinclair who has served nine years as secretary. Susan will continue to handle membership enquiries and Will is continuing with editing the Forth Columnist. Additionally Jon Cross as Club Captain and Beccy Osborn as Wednesday evening co-ordinator will carry on their good work.

However the committee cannot work in isolation and we want your ideas too so please make one of the committee members aware of any ideas you have.

There is also a demand for helpers and this time it is for the Scottish Championships near Blair Atholl on Saturday 29th May - please contact Hugh (01786 473776), and for many of the Wednesday evening events - please contact Beccy (01786 860301).

We are also focusing a bit more on publicity this year and have effectively outsourced this to a Stirling University post-graduate student as part of a media studies project. The student in question is Fiona Finch (Ted and Val's daughter) so she should have a good starting background in orienteering! Gary will act as the committee liaison with Fiona so any information on achievements etc. should be passed to him.

Thinking about publicity it was interesting to read the current issue of CompassSport. I agree with the need to make the image of orienteering more exciting; so many of the pictures and reports we see do not manage to convey this. There appear to be two problems. As I see it the main one is that we are trying to combine everything from elite orienteering to a string course and present this as a single sporting activity. Maybe this is the wrong approach. For bigger events how about pushing the competitive nature of the event - this can apply not just for 21E runners but should emphasize the levels of fitness and demands of the sport? We should make it clear that the sport is Fast, Challenging and Competitive. That is not to say we do not have string courses or beginners courses available but these should be considered as an adjunct (though still at the same time and place).

A problem which exists in most events is that we are racing against the clock so the winner only becomes apparent at the end. This problem of course applies to some other sports, such as cycling time trials. Relays and chasing starts do not have this limitation so can improve the excitement at the event.

We are never going to compete with football or rugby, but we need to up the profile of our sport.

Dave

Secretaries Scribbles

Then the sage spoke:

And the years of the Forth Valley Orienteers were numbered thus: BSSS – Before Susan Sinclair was Secretary, and ASSS – After Susan Sinclair was Secretary.

And the junior men and junior women asked, “But were there really such times – the years before Susan was secretary. Surely its only legend and myth?” And the sage said, “Yes, these were real days – but there is a darker secret still to uncover”.

It was innocent of such matters that I agreed to take on the role of club secretary. A daunting thought. Pickfords was hired for the job; a small team descended upon Sinclair-Hensman towers; the secretary's boxes were removed; Susan and Will decided they didn't need an extension after all; and I was in post.

Thinking over the sage's words, I mused. There isn't a year zero. It may be disturbing to the mathematically minded, but just as 1BC is followed by 1AD, so is 1BSSS followed by 1ASSS. Fortunate, I thought, that we don't follow Mr Pot's example in having year zero. My mind wandered at a tangent. *What was the last leap year that wasn't divisible by four?* 1BC. Could be a good pub trivia question?

But the question nagged. What was the true meaning of the absence of the year zero? I found the boxes piled high by Pickfords, and started my hunt in the secretary's archives at 1ASSS. What was this? Susan was secretary, but here is Sandy Sinclair on the committee as newsletter editor, and the year before, and the year before, and the year before that. And so to 4BSSS; where's Sandy? No he was just resting by organising Day 2 of the Six Day, this in the year after he was president, which was the year after he was secretary.

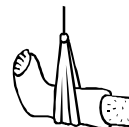
So at last, I had discovered the truth. Sandy to Susan to Elizabeth. Forth Valley Orienteers wasn't an independent club, it was just a part of the Sinclair family franchise. Family members strategically placed to exercise control and influence over its destiny.....

My warmest thanks to Susan for her years as secretary, and even now still toiling as membership secretary – and I look forward to working with Elizabeth as treasurer.

David Nicol

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



Wednesday Evening Events (WEE's) 2004 (provisional)

28 April 2004	Hermitage Woods, Stirling University	NS809968
5 May 2004	Plean Country Park	NS827868
12 May 2004	Gartmorn Dam, Alloa	NS911940
19 May 2004	Muiravonside Country Park,	NS964756
26 May 2004	Minewoods, Bridge of Allan	NS789980
27 May 2004	Barr Wood, near Denny	NS796865
28 May 2004	Touch – North, (26/27/28—Jon's extravaganza 2 day event)	NS744937
2 June 2004	Abbey Craig, Stirling (Wallace Monument)	NS808958
9 June 2004	Barr Wood, near Denny	NS796865
16 June 2004	South Achray (with barbeque)	NN518014
Summer Break		
18 August 2004	Callendar Park, Falkirk(Callendar House)	NS897795
25 August 2004	Touch – South, Cambusbarron	NS746916
1 Sept 2004	Laigh Hills, Dunblane (Cathedral Car Park)	NN781014

Organiser & Help Needed please

Will you be free in June. FVO needs an organiser to help the scouts with an informal beginners event at Barrwood on Sunday 6th June. This would be similar to an informal event we helped them with last year - when Roger Gooch, Sandy Sinclair, Maureen Brown and David Nicol helped them one Sunday morning.

Since the scouts continue to be helpful to the club in granting access to Barrwood, this request has high priority. All offers to Dave or Hugh please.

also.....

Stirling Sports Council are running the "Olympic Festival" which will be held at the University campus on 20th June. We hope to put on some sort of orienteering event and are looking for someone to organise/plan this please. The exact format is open to ideas but basically some sort of Come-and-Try-it event

Junior Inter Regional Relay Champs come to Forth Valley

The Junior Inter-Regional Relays will be held on 27th June at Callendar Park, Falkirk. Suse Coon has put out a general request (i.e. wider than FVO) for organisers. If you feel you could help, please contact Suse via Ted Finch.