



Forth Columnist

Issue 162

May/June 2004

Forth Valley Orienteers

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FVO winning the Compass Sport Cup Trophy 2004

**Copy date for next
issue is Sunday
27th June**

Editorial

Firstly can I say apologies for the late arrival of this edition of your newsletter a combination of things but mainly everybody being so busy.

On that note what a busy time we've had in the world of Orienteering, what with the British Champs, JK, Triple O Seven, (inc. the British Relay Champs) and the Compass sport cup final. The club (and individuals) have had some phenomenal success most of which you can read about in this edition of the newsletter. With the Scottish Champs coming up at the end of May, lets hope we can continue to build on a very successful year for the club.

Thanks to all those people who have sent me stuff, whether pictures or wee snippets of info. Hopefully I will get around to adding all the new photos and this months news onto the website very shortly.

Happy O'ing

Will

Please send articles, pictures or gossip bits to:

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

What's On May/June 2004

May 2004

16th SOLWAY Regional Event & SOL 4. Troston Forest & Shambellie Wood, Dumfries. NX/950680.

19th FVO Local Event. Muiravonside, Linlithgow. NS/964756. o5 Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

20th CLYDE Local Event. Auchengillan. NS/519803. o5 Andrew Macpherson, 01413 349548 andrew.macpherson@syngenta.com

26th FVO Local Event. Minewoods, Bridge of Allan. NS/789980. o5 Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

27th FVO Local Event. Barr Wood, Stirling. NS/796865. o5 Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

28th FVO Local Event. Touch North, Stirling. NS/744937. o5 Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

29th/30th Scottish Individual & Relay Championships. Errochty, Blair Atholl. NN/768638.

June 2004

2nd FVO Local Event. Abbey Craig, Stirling. NS/808958. o5 Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

3rd CLYDE Local Event. Rouken Glen Park. NS/547587. o5 Andrew Macpherson, 01413 349548 andrew.macpherson@syngenta.com

9th FVO Local Event. Barr Wood, Stirling. NS/796865. o5 Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

10th CLYDE Local Event & BBQ. Mugdock Visitor Centre. NS/547780. o5 Andrew Macpherson, 01413 349548 andrew.macpherson@syngenta.com

12th MOR Regional Event & SOL 5. Culbin Forest, Forres. NH/988603.

13th SOA MOR District Event. Lossie Forest, Lossiemouth. NJ/207671. C4 Douglas Murray, 01309 672545. dougmurray@zetnet.co.uk £5.00/£2.00. EPS-Emit. Dogs on lead. www.moravianorienteers.org

16th FVO Local Event & BBQ. South Achray, Aberfoyle. NN/518014. o5 Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

FVO Committee 2004

PRESIDENT - Dave Coustick

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President's Column

The event that sticks in my mind from the last two months has to be the British Championships on that wild day in March. One certainly has to have sympathy for the organisers to have to cope with the appalling weather.

That said, there were a few things which were not due to the weather but that should have been done better at what is one of the premier events in the UK. When it is a long way to the start there should be signs at intervals indicating the distance still to go. No-one wants to arrive late at the start, but it is also not a good plan to arrive too early if the weather is bad, and have to hang around too long. How about a guideline to say that any start more than 1 km from assembly should have a sign at least every 1 km indicating distance to the start?

The lack of clothing transfer was also unanticipated; surely the bad weather meant that was even more important. I know we had to carry or wear cagoules, but I ended up carrying round my over trousers which I needed for the walk to the start.

My final comment is on the map bags, which were not properly sealed. I had to wash my map in a stream after slipping in some mud and was lucky that the map survived as I had not realised that the bag was not properly sealed. Checking afterwards, this was not a one off occurrence, as everyone seemed to have an unsealed bag.

Other events in the past couple of months included our SOL at Touch, which was a great success. I was sorry to be away that weekend but having test run some of the courses I know they were interesting and challenging. Thanks to Organiser - Jon Cross and Planner - Steve Nicholson and Rona for pre-entries as well as Controller - Graham Ackland and all the others who helped on the day and beforehand.

By the time you read this the series of summer Wednesday Evening Events will have started. We have the usual full programme so I hope to see most of you at some of these events least.

Dave Coustick

Secretaries Scribbles

1. Plan ahead for 2005

FVO has two major commitments in 2005. We are organising the SOL on the 6th March 2005 which will be holding the Trossachs, and we have been allocated the last day of the Scottish 6 Day at Royal Deeside. This will be on 6th August at Glen Dye. We are partnered with ECKO. While ECKO are a very small club, it is likely that they will come up with their full share of planners and organisers for the 6-Day.

So, what are the jobs on offer: ---

Trossachs - Planner

Trossachs - Organiser

6-Day - Planner

6-Day - Organiser

6-Day - Assistant Controller

Offers please, to myself, David Nicol (ASAP)- as I will need to co-ordinate with ECKO, and Donald is looking for answers by June. Now, to tempt you ...

Gareth organised our day at Moray in 2003. He commented that organising one of the 6-Days is actually easier than organising a SOL, because so much is already done for you by the central organising committee. Why not phone Gareth to find out just how easy it is to organise a 6-Day. So, if you have been tempted to do a bit of organising before -- here's your big chance.

Now, for the Planners amongst you. You all what a great area the Trossachs is. "But what about Glen Dye?", I hear you cry. Well, the blurb say: "A great orienteering area; intricate moraine lower down and a surrounding ring of higher, steeper and, in places, rocky slopes. Good runnability in most of the area, though in some places heather or soft marshy ground can slow progress.

Mostly covered in very mature plantation that has been thinned in places to allow natural regeneration to occur, thus reducing visibility and making the technical challenge even greater.

Exciting opportunities ahead -- so sign up now.

2. Not the Glenmore Lodge Weekend?

In previous years, we have running an autumn training weekend based at Glenmore Lodge. Recently, attendances have been dropping. I am currently investigating other potential venues - to see what the club could put on. Offers of a really good venue, suggestions, comments would all be welcome as I hunt out the possibilities.

FVO win Compass Sport Cup Trophy

BIG congratulations to the Forth Valley team who travelled to Lincolnshire for the Compass Sport Trophy final yesterday and came away as Trophy winners! Ten years since we last contested and won the final, we are again British Club Champions!

A very close contest in a very fast forest (the winner on the Brown ran 4.7 mins/km!) saw FVO claim the lead towards the end of the event and then see that lead gradually whittled away as late finishers from SARUM posted fast times. A lead that had been around 80 points at one stage was eventually reduced to just 18 points, but we had done enough to take the trophy from last year's winners, with a final score of FVO 522 to SARUM 504 (and the rest nowhere!). To put this into context then on some of the courses every position is worth 12 points.....

FVO won 4 of the 7 courses, through Stuart Thomson (Orange), Kyle Heron (Light Green), Gareth Bryan-Jones (Men's Green) and Jason Inman (Brown). The other scoring runners were Abi Longhurst (a W12 running W20 and under, and finishing very high up!), Maureen Brown, Gary Longhurst, Ted Finch, Kirsty Bryan-Jones and Simon Patton. Well done to all of them, and also to the other FVO runners for providing backup on most courses - without exception everyone ran well on the day.

So, last week the men were British Relay Champions, this week we are British Club Champions....

Jon



Park World Tour 2004-1st Round-S. Italy-March 2004

The Park World Tour of 2004 kicked off in southern Italy with a week of activities. Primarily there was a qualifying race of four heats (one of which being open, the other three being national selected runners - up to 5 men and 5 women). Around these races were various other training opportunities in forests and in more urban locations. GB sent a team of 10 athletes and 4 extras and we did very well! Matt Crane and myself were the only men to qualify however and after a 14th place in Ginosa, PWT race 1, I managed a third place around the flat historic streets of Lecce. This is no doubt the most successful result of my career to date and I beat numerous notable stars! The navigating was reasonably straight forward, it was just a case of quick decisions and running hard. I was nice and relaxed when I started and ended up beating fourth place by 2 tenths of a second!



This means I am through to race in Czech and Slovakia in May and all being well, I'll qualify to run in Japan and China in November. Follow the tour by checking out www.pwt.org.

Nick Barrable

3. Forthcoming Socials

This year's committee is nothing but Original -- so we will try for some of the tried and true events.

Tuesday 18th May from 6.30. Pitch & Putt at Stirling University. Contact Dave Coustick for more details (or if the weather is looking iffy on the night).

Saturday 29th May - We will organise a club get together following the individual day of the Scottish Champs. Watch this space.

Wednesday 16th June -- WEE Event + BBQ at David Marshall Lodge, South Achray. we are looking for a volunteer to run the barby at South Achray on 16th June. No doubt an arm will get twisted, but lets start off by asking for volunteers.

4. Stirling Sports Council

FVO is a member of Stirling Sports Council. There are various benefits to the club, including the provision of up to 50% grants for equipment. If you are a "Charter Club", this increases the size of the grants that the club can bid for. Currently, Elizabeth Sinclair is pursuing this on behalf of FVO.

Additionally, it is possible to book various bits of equipment -- including a mini bus which is available for hire at 30p/mile (which includes the cost of fuel). This provides possibilities for travel to further away events.

David Nicol

Help needed at Olympics!!!

Hands up who wants to help me at Stirling University on Sunday 20th June? Stirling Sports Council is hosting a Mini Olympics, with all sorts of sports on offer on a Come and Try It basis. FVO has agreed to do some orienteering and I am in charge of this.

However, I need some helpers. It runs from 9 a.m. till 4 p.m. and I am probably going to do a string course, a White course and an Orange course. We have also been asked to have a qualified coach on hand to give instruction to beginners. So if you could spare an hour or so at any point on the day, or could help to set up or dismantle the courses, please let me know. Also, would any of our coaches be free to come along for a while? Looking forward to your replies!

Rona Molloy

Congratulations

Well done to Kyle Heron who has been selected for the British team tour to Uppsala this summer (for M/W 18s), and to Victoria Longhurst who has been selected for the British team Glenmore tour (for M/W 15s).

Congratulations also to both Kyle and Victoria on being selected into the GB Junior "Start" Squad for 2004/2005.

Both of them have put in a lot of hard work and training which has led to their good results through the year - congratulations on two very well deserved selections!

Scottish Champs BBQ

It is proposed to have a barbecue at the Faskally campsite on Saturday 29th May, after day 1 of the Scottish Champs. This is a variant to previous year's afternoon tea as we will be helping at the event so may not be finished in time for the afternoon tea option. I hear that accommodation will be a problem due to a Highland Show in the area so maybe a few more of you will risk camping! Further details of the barbecue nearer the time, and it will of course be weather dependent.

Dave Coustick

Help needed

The weds evening event that I am doing at Muiravonside on 19th May is being targeted at schools, and is starting at 3 pm, with a couple of extra courses laid on. I would like a couple of helpers from 3 pm to 6 pm.

Also I am organising an event at Barr Wood on Sun 6th June for the scouts and would like a couple of helpers from 10 am to 12:30.

Your help would be greatly appreciated

Gary Longhurst

FVO are British Relay Champions

A fantastic race by the FVO men's team in the Forest of Dean today gave them the British title in the open class ahead of South Yorkshire and Octavian Droobers.



Martin Dean (a winner for FVO in this relay some 20 years ago!) came back close behind the leaders on the first leg, handing to Steve Nicholson. Steve ran a very fast last section of the course after the spectator control to close the gap on the leaders and send Nick Barrable out together with Sheffield University on the final leg. Nick, winner on M21E the day before, pulled out a clear lead by the spectator control and came home a winner by some 3 minutes.

Many congratulations to all three of them - a well deserved trophy!

Other FVO relay results of note - medal positions for the mini-relay team of Craig Thompson, Morven Dean and Abigail Longhurst and also (we think) for the short open team of Gary Longhurst, Caleb Gould and Jon Cross.



Craig Thompson, Morven Dean and Abigail Longhurst collecting their prize at the British Relays