



# Forth Columnist

Issue 163

July/Aug 2004

## Forth Valley Orienteers

### Inside this issue:

|   |    |
|---|----|
| Editorial                                 | 2  |
| President's Column                        | 3  |
| Forth Valley hit Croatia                  | 4  |
| Wednesday Evening Events — Results so far | 6  |
| Scottish Champs 2004                      | 7  |
| Junior Inter-Regional Champs              | 8  |
| What's On                                 | 10 |



L to R: Martin Dean, Beccy Osborn, Cathy Tilbrook, Hazel Dean, Rona Molloy & wee Craig Thomson at the Scottish Relay Champs

Copy date for next  
issue is Monday  
27th August

## Editorial

Every 2 years this is the quiet period in the Scottish domestic Orienteering scene (the other years it is the Scottish 6 Days of course!) with many folk either enjoying a well earned break from Orienteering or alternatively competing in the multitude of foreign races scattered throughout the globe. We have our first (of many I hope) report from a race overseas represented by FVO members and I know for a fact that other major competitions will be well attended by other club members. I hope for full reports on your return.

For those of who are taking a break from Orienteering remember you can still get out and about in the nice (ish)??!! weather as those light late nights won't last for ever.

A reminder that the Wednesday evening event series starts again on the 18th August at Callendar park in Falkirk so see you there.

*Will*

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

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## What's On

### July

31st STAG Local Event. Kelvingrove Park, Glasgow. NS/567663.  
Terry O'Brien, 0141 7707618 terry@stag-oc.freeserve.co.uk

### August

14th ESOC Local Event. Blackford Hill, Observatory Car Park, Edinburgh.  
NT/258706.  
Janet Clark, 0131 225 7771 janetclr@aol.com Start times 2- 3pm,  
Entry fees £2.00/£1.00.

18th FVO Local Event. Callenar Park, Falkirk. NS/897795.  
Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

22nd ESOC Score Event. N. Pentland Hills, Edinburgh. NT/227680.  
Janice Nisbet, 0131 667 8464. janicefnisbet@blueyonder.co.uk  
£4.00/£2.00. Parking £1.00. Dogs on leads in car park.  
Starts 11 - 12. www.esoc.org.uk

24th TAY Local Event. St Magdalene Hill, Perth. NO/108218.  
Donald Smith, 01764 655842 donald@dasmith.fsworld.co.uk  
Starts 5pm - 7pm, £2/£1.

25th FVO Local Event. Touch South, Stirling. NS/746916.  
Beccy Osborn, 01786 860301 beccy.osborn@tinyworld.co.uk

## President's Column

It's been a great couple of months for FVO. In that time we have won the British Relays, the Compass-Sport Cup, and the Sutton Park Trophy at the Harvester. Thanks and well done to all those who helped to gain this achievement.

There have also been plenty of other competitions such as the Scottish Championships, a couple of SOL's and the British Elite Champs, all with good participation from FVO members, both as competitors and in the case of the Scottish Champs, as helpers also.

At the other end of the scale we have done much to help at the introductory level of the sport, with special events being put on for the Scouts, Balfron School and also, at the Olympic Festival Day at Stirling University. All of these were well received, even though the turnout at the last of these was not too large.

The Wednesday evening series has now reached its mid-session break and has attracted a reasonable turnout, including a few new faces who hopefully will continue to take part in orienteering.

So thanks to everyone who has been involved in helping out on any of the above (or anything else I've overlooked).

Most of the action now moves to holiday events, with plenty of club members off to the World Masters in Italy, the Swedish O-Ringen and the Welsh 6-Day, and quite possibly some other multi-day events. So let's hear from some of you about these events so we can have a bumper issue next time. Good luck to everyone taking part in these and other events.

*Dave Coustick*

## Forth Valley hit Croatia

FVO hit Croatia at the end of June, with 2 representatives at the Alpe Adria Cup. Janine and I went out to Croatia for a 'normal' holiday, supposedly our one non-orienteering related break of the year, but just happening to be at the same time as this lovely little 3 day event of which 2 days were World Ranking Events! So we just had to go!! Having sunned our way round the tourist region of Istra and Plitvice Lakes National Park for a week (gorgeous!), we hit the hills near Delnice – fairly steep but runnable forests absolutely everywhere! The terrain was really technical, with limestone features such as sinkholes and crags dominating the scenery.

The event was a bit like a classy White Rose; there were great sponsors meaning nice goodies such as ice creams and yogurt drinks when you finished, Euro-pop playing over the loudspeakers and a proper podium with all the nations' flags flying, including Scotland! Over half the competitors were non-Croats, mainly coming from Italy, Hungary, Slovenia and even a couple from Serbia, so the common language was English, hoorah!



M21E medium race course



Janine on the podium accompanied by God Save the Queen!

all was to play for in the relays.

8.45 Sunday morning and the atmosphere was starting to build in front of Callendar House. The girls' relay started at 9.15 and the boys' at 9.25. The courses were well planned for spectating with all courses having at least one spectator control and the 18's having 3. Courses started off in the fast parkland before entering the forest for the majority of the course. They then returned through assembly before another short section in the forest and back to the parkland for the last loop. Hollie Orr kept up her form from the individual day coming back in 1<sup>st</sup> as did Douglas Tullie coming in 2<sup>nd</sup> only 30 seconds down. Abi had a great run on 2<sup>nd</sup> leg only 3 minutes down on the fastest time as did Stuart who caught up 8 places after an injury to his first leg runner. Stuart then handed over to me, who had arguably my best run of the season posting the fastest time on last leg but could still only pull the team up to 11<sup>th</sup>. The Scottish girls' team managed to hold off some good teams to take 2<sup>nd</sup> and the boys just missed out on the podium taking 4<sup>th</sup> place.

So how did this affect the overall results? Unfortunately North West with 1<sup>st</sup> and 3<sup>rd</sup> in the boys relay took the title by only 7 points ahead of Scotland. This was a big disappointment for us as we thought this was going to be our year, but with the number of injuries to the team many were surprised that we managed to put up such a good fight. I think that as we are only going to lose one of the runners that counted for us this weekend, next year has got to be ours for the taking as we will all be a year fitter and more experienced with other regions losing their big name runners. A great weekend was capped off with competitions and prizes being given out by Nopesport and the weather being hot and sunny added to the enjoyment.

A good turnout by FVO juniors representing Scotland shows that our junior team is perhaps better than ever and later this year we will be bringing the Jamie Stevenson trophy home.

*Kyle Heron*

## Junior Inter-Regional Championships

FVO were represented by Abigail Longhurst, Stuart Thomson and myself all running for Scotland at this years Jircs. They were being held by Scotland this year with the individual race being on Gullane Dunes and the relays on Callendar Park. Scotland's chances were played down quite a bit by other regions as we were missing quite a few good runners through injury, none less so than Victoria Longhurst. We knew though that if we gave it our best shot we still would have a great chance of winning.

The individual day on Gullane Dunes brought the worst weather of the weekend with persistent rain and in general what was described by most as 'typical Scottish weather'. However, this did not have an effect on the great opening ceremony in which each region paraded its runners before it was time for the first to set off along the beach to the start. The courses started off in the tricky light green with people losing a lot of time. One of these being me – Abi to the rescue as I casually ask where the control she is punching is on the map and I realise I am only 300 metres away from where I am supposed to be at the wrong side of the path. The courses then went out to the sand dunes with the longer ones having a loop in the open forest and then back to the dunes for the majority of the course. There was a mix of difficult vague controls and simpler ones which you could see from quite a bit away but it was by no means easy. All courses then re-entered the light green for a short time before the section of 'find the right path' through the buckthorn on the way to the finish. The courses were only marred by a control being stolen late on in the longer courses and so the decision was made to take the times from the control before the stolen one as the final times, which didn't have a major change on any of the positions.

Scottish runs of the day came from Hollie Orr, Douglas Tullie and Duncan Coombs all of whom won their classes, but there were impressive runs by all FVO juniors with Abi getting 12<sup>th</sup> running against girls 2 years older than her, Stuart getting 11<sup>th</sup> in M14 and myself 4<sup>th</sup> in M18.

It was then off to Falkirk and Graeme High School, the event centre for the weekend. We were staying in the sports complex of the school and a well planned night was ahead. After dinner – back to school meals only the day after the summer holidays officially began is not going to be the best memory of the weekend – we were given a master class on running relays by WOC Bronze relay medallist Jon Duncan who was later presented with a token of the weekend by Victoria who came along for the free food and banter as she still could not run. It was then time for the Prize Giving and a video of footage from the day taken by Nopesport who were providing the entertainment and commentary over the weekend. So at the end of the day Scotland sat on equal 1<sup>st</sup> place with West Midlands and only 2 points ahead of the North West in 3<sup>rd</sup> the current holders, so

The orienteering was really technical, and having been to an event in similar terrain in Slovenia a couple of years ago, I knew that the secret was to take it steady but stay in contact. Looping round big sinkholes, ticking off 20 foot high crags – excellent stuff. The first day was a 'medium' race with quite short distances but around 10% climb!! Janine started a couple of hours before me so was able to tell me all about it, particularly about control number 33, a really tricky tiny crag on the side of a depression amongst loads of contour and rock detail where she had lost a good 5 minutes! We both finished high up as technique rather than fitness was the key (phew!), Janine 3<sup>rd</sup> and myself an amazing 5<sup>th</sup>! I got loads of world ranking points for that day as I beat quite a few well ranked athletes who had messed up!! The second day was a classic although Janine's course was nearly half the distance of mine – not fair!! The first half was much flatter and faster than day 1, and going into some of the controls was a bit vague so you had to be careful to slow down (well not in my case!). We then hit a big steep hill and the course started to get more technical with short sharp legs. Janine had almost last start and stormed round her course, making a few bananas in the shorter technical legs but with no big mistakes like day 1 – and discovered she had thrashed the opposition and taken the World Ranking Event title and the overall Alpe Adria Cup title!! I suffered on the steep hills the planner kindly took us up, twice, but hung onto a top 10 overall. The highlight of the day was Janine standing on the podium with her gold medal, clutching a box of 12 yogurt drinks whilst the national anthem was played!! The main competition of the 3 day event was the club competition but unfortunately there were only 2 of us compared to the maximum of 24 needed, plus we weren't doing the relay! So if you fancy a club trip away, I can totally recommend an event like this – the atmosphere is great, the orienteering is technical and they love Brits coming over (even though England beat them in the football!).

*Jason Inman*

|                   |                 |       |              |                          |
|-------------------|-----------------|-------|--------------|--------------------------|
| W21A              |                 | 2.6km | 5.2km        |                          |
| 1. Janine Hensman | OS Forth Valley | GBR   | 39:25:00 (3) | 50:54:00 (1) 90:19:00    |
| 2. Renate Fauner  | AAT Veneto      | ITA   | 36:00:00 (1) | 55:01:00 (2) 91:01:00    |
| 3. Helga Bertoldi | AAT Veneto      | ITA   | 38:44:00 (2) | 58:55:00 (4) 97:39:00    |
| M21E              |                 | 3.6km | 10km         |                          |
| 1. Thomas Krejci  | AAT Steiermark  | AUT   | 46:59:00 (2) | 82:39:00 (2) 129:38:00   |
| 2. Péter Vonyó    | AAT Baranya     | HUN   | 48:42:00 (3) | 83:07:00 (3) 131:49:00   |
| 3. Petar Deliaë   | AAT Hrvatska    | CRO   | 44:52:00 (1) | 89:39:00 (5) 134:31:00   |
| 10. Jason Inman   | OS Forth Valley | GBR   | 50:27:00 (5) | 102:38:00 (15) 153:05:00 |

(OS is for Forth Valley Orienteers – Scotland!!)

## Wednesday Evening Events

At the half way stage of the Wednesday Evening Events it is very close at the top on all courses . The top 5 are as follows....

### Short Course

|    |                  |                    |
|----|------------------|--------------------|
| 1. | Scott Ratcliffe  | 523 pts (6 events) |
| 2. | Jamie Stevenson  | 470 pts (5 events) |
| 3. | Richard Francis  | 415 pts (5 events) |
| 4. | Steven Smart     | 383 pts (5 events) |
| 5. | Danielle McGrath | 301 pts (4 events) |

### Medium Course

|    |                   |                    |
|----|-------------------|--------------------|
| 1. | Abigail Longhurst | 458 pts (5 events) |
| 2. | Ceanna Heron      | 362 pts (5 events) |
| 3. | Susan Sinclair    | 361 pts (5 events) |
| 4. | Nigal Potter      | 277 pts (3 events) |
| 5. | Jack Barrett      | 241 pts (3 events) |

### Long Course

|    |                  |                    |
|----|------------------|--------------------|
| 1. | Marcus Pinker    | 586 pts (6 events) |
| 2. | Patrick Walder   | 294 pts (3 events) |
| 3. | Andrew McPherson | 276 pts (5 events) |
| 4. | Fraser Purves    | 254 pts (3 events) |
| 5. | Jon Cross        | 249 pts (3 events) |

The next events are....

|               |   |          |
|---------------|---|----------|
| 18th August   | Callendar Park, Falkirk (Callendar House) | NS897795 |
| 25th August   | Touch (South) Cambusbarron                | NS746916 |
| 1st September | Laighills, Dunblane (Cathedral Carpark)   | NN781017 |
| 8th September | Sherriffmuir                              | NS815986 |

## Scottish Championships 2004

Congratulations and thank you to everyone who came out to run for FVO in the Scottish Relay Championships today. Positions of all FVO teams today are listed at the bottom of this article.

Particular congratulations to the Women's Open team of Hazel Dean, Kirsty Bryan-Jones and Rona Molloy, on their second place today.

Particular commiserations to the M/W 40- team of Craig Thomson, Stuart Thomson and Victoria Longhurst, which was in the lead on the final leg when Victoria hurt her ankle and had to retire.

Well done also to everyone who has run for the men's and women's first team in relays this year - the performances in the four major relays over the past two months have meant that both men and women finished in third place overall in the UK Relay League for 2004.

There were also a large number of FVO runners who collected prizes for the Scottish Individual Championships, so yet more congratulations are due - Craig Thomson (M10), Kyle Heron (M18) and Martin Dean (M45) all won their age groups, and Rona Molloy (W35) and Hazel Dean (W21) were both also Scottish Native Champions for their age class. Well done as well to Amy Barrett, Beccy Osborn, Cathy Tilbrook and Susan Sinclair, all of whom were the winners on their respective age group short courses.

### FVO relay team positions

Men's Open: 7th, 9th, 13th

Women's Open: 2nd

Medium Open: 9th

Short Open: 8th

BOF 165+: 10th

M/W40- : 6th and DNF'd

Ad Hoc 7th and 10th

*Jon*