

**Forth Valley Orienteers
Dinner Dance &
Club Championships**
13th November 2004



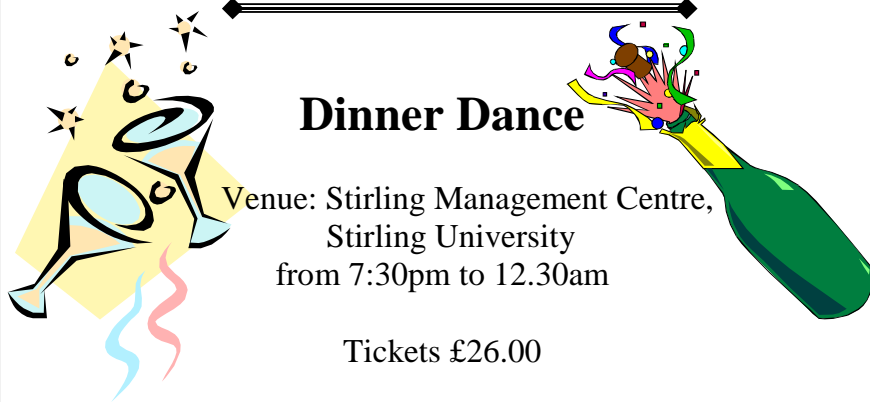
Club Championships 2004



to be held at
Callendar Park, Falkirk

Contact the Organiser
Marcus Pinker, for more details
Tel: 01786 472001

Dinner Dance



Venue: Stirling Management Centre,
Stirling University
from 7:30pm to 12.30am

Tickets £26.00

Available **NOW** from David Nicol
Tel: 01786 832123 or
e-mail: secretary@fvo.org.uk



**Forth Valley
Orienteers**

Forth Columnist

Issue 164

Sept/Oct 2004

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The winning 11 person relay team
L to R: (top) Martin Dean, Steve Barrett, Gary Longhurst, Will Hensman, Marcus Pinker,
L to R: (bottom) Hazel Dean, Beccy Osborn, Jon Cross, Steve Nicolson, Fraser Purves, Jason Inman

Copy date for next issue is Wednesday 27th October

Editorial

Well where did the summer go??? It's September already and we're only just seeing some of the nice weather in Scotland this year....I hope it lasts.

Having spent all of the year being injured it was great to get out in the fresh air and do some orienteering again at the 11 Person Relay, and what a great day it was, nice weather, nice area, good food, and a stunning winning performance by FVO.....but more on that later.

I had hoped to get the final Wednesday Evening Results in this edition, but as we go to press they are still being calculated. However I will endeavour to put them and other updates on the web as soon as I get time (in between wedding arrangements!!)

The Scottish calendar is jam packed for the rest of the year with an accessible event most weekends till Christmas (only 15 weeks now) so there is no excuse for opting out of some Autumn training/competing.

On that note there is again a January trip to Lanzarote next year. Speak to me if you'd like to know more.

Will

Please send articles, pictures or gossip bits to:

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

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What's On

September

- 12th **BASOC Regional Event & SOL 6.** Inveruglas, Kingussie. NH/819019. Organiser: Marion MacCormick, 01479 810807.
- 14th TAY Local Event. Belmont Centre, Coupar Angus. NO/287438. Donald Smith, 01764 655842 Starts 5pm - 7pm, £2/£1.
- 18th ESOC Local Event. Corstorphine Hill (Clermiston Rd N.), Edinburgh. NT/202747. Janet Clark, 0131 225 7771 Start Times 2-3pm, £2/£1.
- 19th ESOC District Event & SoSOL 1. West Lomond Hill, Falkland, Fife. NT/227062. Janet Clark, 0131 225 7771. £4.50/£2.00. EPS-SI. String course. Dogs on leads. www.esoc.org.uk
- 22nd INT Local Street-O Event. Kings Buildings, Edinburgh. NT/266711. Pat Bartlett/Su Twissell, 0131-667-7943 gillian@thirtyblackwood.freeserve.co.uk Starts 18:30-19:30, Entry £1.00.
- 25th INT Local Event. Holyrood Park (Dunsapie Loch), Edinburgh. NT/281730. John Barrow, 0131 440 2136 jbw@roe.ac.uk ESOA Autumn Sats. series Starts 14:00-15:00 Entry £2/£1.
- 26th ESOC Jamie Stevenson Trophy. Deuchny Wood, Perth. NO/145236. Organiser: Anne Stevenson, 0131 332 3045. stevews@compuserve.com

October

- 3rd **GRAMP Regional Event & SOL 7.** Balmedie Country Park, Aberdeen. NJ/976181. Organiser: Richard Oxlade, 01224 640729. EPS-Emit. String course. Lim CC courses.
- 10th CUNOC District Event & SoSOL 2. Loch Doon East, Dalmellington. NS/477031. Pat Flanagan, 01292 267063. £4.00/£2.00. EPS-SI. String course. Dogs on lead in car park only. www.cunoc.org.uk
- 16th ESOC Local Event. Cammo Estate (Cammo Road), Edinburgh. NT/177749. Janet Clark, 0131 225 7771 Start Times 2-3pm, £2/£1.
- 17th ELO District Event & SoSOL 3 & ESOA Champs. Gullane Dunes, Gullane. NT/479831. Trina Rogerson, 01368 864922. £4.00/£2.00
- 24th TAY District Event & SoSOL 4. Pitmedden Forest, Abernethy, Perth. NO/200140. Donald Smith, 01764 655842. www.taysideorienteers.org.uk
- 30th ELO Local Event. Newhailes, Musselburgh. NT/325724. 01875 611014
- 31st INVOC Scottish Score Championships & Scottish Inter-Club Champs. Drumashie, Dores, Inverness. NH/608329.

President's Column

Summer is just about over (if it ever arrived?). Over the summer period club members participated in the World Masters in Italy and the Swedish O-Ringen. Hopefully someone will report on the latter but I can say something about WMOC.

This was held around the town of Asiago in Northern Italy. There were some training areas, two qualification races and also some other events not part of the main competition but open to all (including those too young to run in WMOC). The first of these other events was on the Sunday and was in a tricky area with a map that left something to be desired. Some of the controls were also a bit dubious - we had one in the middle of green forest which was described as a gully end though no such feature appeared on the map! It was a real bingo control and I was a bit concerned that WMOC might be similar. However the maps and courses were much better.

The areas were quite fast and of moderate rather than great technicality. Qualification was based on the sum of times for the two semi-final races, with a total of 80 runners in the A final. My class was the biggest with five heats and although I ran fairly well I just missed the A final as my heat was much more competitive than the others - the luck of the draw.

The outstanding British performance was by Hazel Dean who picked up the silver medal in W40. This was a superb result so many congratulations on this. Hazel later featured in an interview on Radio Scotland.

I have just returned from a week at the Welsh 6-day which turned out to be very fast, with most days not especially technical - but good practice for running flat out. The weather was a bit mixed with plenty of rain about but I was lucky and only got rained on while running for about ten minutes on one day. The total attendance was about half a Scottish 6-day with very few representatives from Scotland, no doubt partly as most schools had returned.

Moving forward to what is coming up, we are nearly at the end of the Wednesday evening summer events - the final one being at Sheriffmuir on 8th September. From then on we will meet for regular training runs each Wednesday at 6.30pm. The meeting place will be as last year - the main visitors car park on the University campus.

Then it is not that far in the future that the annual club championships take place with the dinner-dance taking place in the evening. The date for those two activities is Saturday 13th November - a bit earlier in the month than in recent years. The dinner and dance will be held at Stirling Management Centre - details see advert elsewhere in this issue.

Dave Coustick

Mapping – I need your help

Now that nearly all FVO's maps are drawn digitally and stored in the 'FVO Map Library' they are only printed when required for an event. Amongst other things this gives us the opportunity to keep maps up-to-date so that map corrections can be a thing of the past – this is especially important for newcomers and juniors who can't always compensate for inaccuracies in mapping.

One way in which I intend to keep our map stock up-to-date is to collect and collate information on changes and inaccuracies to our maps such as forest thinning/clearing new fences/roads etc. Therefore I would ask everyone who has run/planned (especially Wednesday evening events) on one of our maps to send me a copy of any changes they notice by either email or post. I can then ensure that each time a map is printed it is up-to-date as possible.

Hopefully the next Forth Columnist will contain details on our new mapping strategy which is currently under review.

Please send map corrections to:

steve@stirlingsurveys.co.uk

Or Steve Barrett, Earn Farm, Doune, Perthshire, FK16 6AX

Thanks for your help.

Steve B

FVO's latest arrival

Congratulations to Fraser & Peggy Purves on the birth of a healthy baby boy on Sat 28th Aug. His name is Robin and he weighed in at 10lbs.

Mother, Robin and Ewan are doing well.....not sure on Fraser though!!



FVO District Event & SoSOL – Advanced Warning

FVO is organising a District event and South of Scotland O League (SoSOL) at Birnam, Dunkeld on Sunday 28th November. This is a date for your diary as I'm sure there will be pleas for help very soon...!!!

Organiser — Steve Nicholson steve.nicholson@office.hazellcarr.com

Planner — Martin Dean & Kyle Heron

Controller — Fraser Purves

Saturday Morning Coaching

There are moves afoot to introduce some Saturday morning coaching sessions. This will be informal sessions run by a member of the club, and will be open to all ages & abilities. If you are interested please contact Gary Longhurst on 01786 823295

It is not just the juniors who are running for Scotland – Hazel and Martin Dean and Gareth Bryan-Jones are all off the veteran home internationals in Ireland at the start of October (Hazel of course fresh from her fantastic silver medal in the veteran World Championships over the summer). In addition both Dave Coustick and Steve Barrett are on the shortlist for the team and will know whether they have made the team after a “selection decider” race in their age classes at SOL6 near Aviemore on 12 September. So good luck to Dave and Steve for that, and good luck to the whole FVO contingent for the races in Ireland!

And finally, there is the small matter of the World Championships taking place in Sweden in mid-September. Commiserations to Nick Barrable on narrowly missing a place in the GB team following their selection races, but congratulations to Marcus Pinker on making the Irish team, and the very best of luck to Marcus for World Champs week. And for those of you who have not discovered this already on previous occasions – following live progress of the races on the internet is an ideal way of passing the time at work!!

Jon Cross

jon.cross@tinyworld.co.uk



Gary finishing the last leg with the rest of the winning team behind him

Club Captain's Chat

Today I went orienteering for the first time since June. I ran an Orange course, which was over ten kilometres shorter than the last course I ran. Today I am not sure I could have managed another three kilometres, far less another ten (I have not done much training since June either!).

But I did enjoy my run, and lots of other things helped make the event very enjoyable – the area was pleasant, the sun shone, there were lots of FVO people there to chat to, and there was a barbeque for all competitors afterwards.

There was one other thing that helped with my enjoyment of the event as well – it was the 11-person relay and **FVO WON!** It was great to see Gary Longhurst appear at the final control on the last leg, and to have the rest of the team run down the finish chute behind him carrying the club banner in celebration.

Nothing showed up better how well the team had done than the prize giving – as well as receiving the trophy, we were also far enough ahead to win the handicap prize, and a large number of the prizes for individual course winners seemed to be handed out to FVO runners!

And this is not to forget that we did have two teams at the event rather than just one. The 11-person relay is particularly messy for me to co-ordinate, so many thanks to everyone who made the effort to come and run for their club (or in the case of the two CLYDE members who filled in to complete a team for us, to run for another club!)

So in 2004, we are now the British Champions, Compass Sport Trophy Winners, and 11-Person Relay Winners. So we now hold the British elite club prize plus the Scottish and British club prizes for strength in depth. A fantastic performance, one that should not be underestimated, and one that feels all the better as it is one that has been achieved by the whole club with contributions from numerous club members.

And there is still one more trophy to be contested this year, this one for juniors only. At the end of September, we are sending a team to the second running of the Jamie Stevenson Trophy, a competition for the junior sections of Scottish clubs. We did well in this last year, and I would like to wish our juniors the very best of luck as they try and do even better this year.....

While on the subject of juniors, then congratulations are due to Kyle Heron and Stuart Thomson plus Victoria and Abi Longhurst, all of whom were selected to run for Scotland in the junior home internationals in the Lake District (with Abi, still a W12, being selected to run as a W14). In the races themselves then Victoria was second and Kyle was third, both of them showing just why at the start of September they were re-selected into the British Junior 'Start' Squad for the next twelve months.

October Training/Coaching/Social Weekend

We have booked 24 places for an October training weekend at the end of the month.

Accommodation:	Fri/Sat 29th/30th October 2004
O Training Sessions:	Sat morning & Sunday morning
Other:	Biking etc ...
Eating:	Fri evening — own arrangements Sat evening — communal dinner at youth hostel
Alcohol:	BYOB
Cost:	£30 - adults £15 - juniors £10 - (non training children)



Book your place with me, £10 deposit please by Mon 27th September

David Nicol

FVO Secretary mailto:secretary@fvo.org.uk

Wednesday Evening Training Run's/Session

Now that the Wednesday Evening Events have come to an end, Winter training has started. The session is on a Wednesday night at 6.30pm from the main University Car Park.

Training is a mixture of sessions ranging from steady runs, to hills & Intervals.

All ability & ages are catered for.

See you there from 15th September

Junior Home International Success

Congratulations to FVO junior members Victoria & Abi Longhurst, Kyle Heron and Stuart Thomson on their success running for Scotland at the Junior Home Internationals held in the Lakes.

Victoria was 2nd on W16, Kyle was 3rd on M18, Abi Longhurst was 7th on W14 and Stuart Thomson was 7th on M14

Trip to Lanzarote — January 2005

The annual week long trip to Lanzarote will again take place next year on 20th January. There are already around 12 people booked to go. If you are interest please contact me on 01786 469824



Will

Swedish Orienteering Champs

You know how the British Championships work (! -although things seem to be changing all the time), but just what do they do in Sweden – the so called motherland of orienteering?

In Sweden, the "Swedish Champs" (SM = Svenska Mästerskap) is just for the 18's 20's and 21's. I had never heard of a veteran's SM and neither had many of the Swedes I asked, but apparently there is a Riksmästerskap – for older types – a short and classic on the same weekend. Note no relay! There is also a Junior SM for M/W15s and 16s which does receive a bit more press and consists of a classic and relay, I guess like our Junior Inter-regionals (JIRC). There is also a "School SM" which at the moment is a sprint and a classic, with a team competition worked out from these results – so kind of like our BSOA champs.

I could hear the M/W40+ reading this crying out with complaints of 'elitism' and 'never' and I'd leave the sport' if BOF adopted this format of Championships. In Sweden there is a much greater focus on the 18 – 21's, indeed especially the 21's. They are the best and the top will represent Sweden in internationals. The media and nation are more interested in this cohort of orienteering populace than any other. Your typical orienteering Swede can probably name all the World Champs Team - whereas most Brits can probably manage just Jamie S and Heather M. However, this article is not meant to be about the orienteering in the UK and it's mindset.

Sweden's orienteering SM is in two parts I would say. Long and Sprint SM seem to be fairly flexible and moveable feasts. Although the Sprint has only been around since 2002, both were held at the end of May this year on the same weekend. The second part contains the main SM-week. The programme looks like this:-

Discipline	Day
Classic – Qualification	Saturday
Classic – Final	Sunday
Night	Tuesday
Short – Qualification	Friday
Short – Final	Saturday
Relay	Sunday

This is usually in the middle of September, but this year, 2004, because of the World Champs they have brought it forward a month to the middle of August. As you can see if you want to run everything, you must take the week off work, although you maybe lucky enough to have the races close to home. This year, SM week was based in Ångermanland, some 6 hours drive north from Stockholm.

To run in any individual SM you must be ranked. In Sweden you join a club by paying a membership fee. The club then affiliates itself to the regional association and national association (SOFT). Ranking is not included and you must apply and pay for one each year for about 11.50GBP. The ranking is only for M/W18, 20, 21. As a general rule you have to have a good ranking to run. In the sprint, classic and short 160 may run. Heats contain 40 people, so there are 4 of them, and 10 from each qualify to the final.

There are prizes for the top ten which includes a medal and something. Last year when I was 4th in the Night Championships, we all got hand woven tableclothes made by a nearby factory.

SM moves around the country every year, kind of like our JK and BOC. The races are taken very seriously by many and many clubs give life membership to SM champions and bonuses in the form of training grants. Directly giving cash would involve paying tax.



I have included a picture here of Gunilla Svärd, one of the Swedish stalwarts of the team who won the classic this year. She is about 33(?) and had a baby a few years back too and is still running WOCs very well for Sweden!

I ran the classic this year and did not qualify in 18th place and was 35th in the night. The night I should add is mass start and gaffled (individual start next year) and is a straight final of 75 runners. Each region in Sweden nominates 8 runners to compete and some more "extras" run too. I was 31st in the Long Champs this year which is also mass start and gaffled loops, with the third loop being common.

My final point is that SOFT rules state you can only run in one National Championships. So if you are good enough to qualify to run an SM, you can't compete in say the SM classic if you have run the BOC classic. As regards the Scottish Champs – that is a bit of a grey area I guess!

Nick Barrable