

**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](mailto:secretary@fvo.org.uk)



**Forth Valley  
Orienteers**

# Forth Columnist

Issue 165

Nov/Dec 2004

**Inside this issue:**

Editorial	2
President's Column	3
Club Charter Status	4
SoSOL at Birnham	4
FVO Xmas meal	5
Another FVO arrival	5
GB Debut for Kyle	5
A Short Trip to Ireland	6
Captain's Chat	8
Membership 2005	9
What's On	10
FVO Committee	11
Club Champs/Dinner Dance	12



Mr & Mrs Hensman (aka Will Hensman & Susan Sinclair)  
at their recent wedding in Alloa

Copy date for next  
issue is Friday 31st  
December 2004

## Editorial

Phew...what a busy time the last couple of months have been and that's not just Susan and myself, although the days and weeks before and after our Wedding seemed awfully hectic. Just to say thanks to everyone for their gifts & kind words, and to all those who didn't make it hope you liked the photo's.

Traditionally the start of the autumn/winter months brings renewed impetus in the Orienteering calendar (both sports wise and socially) and this year is no exception. The club put on a good weekend of training in Aviemore at the end of October which many people attended....though no offers of a report...yet, and the Club Champs/Dinner Dance next weekend is always a high point in the club's Calendar. Looking ahead we've got a SoSOL event at Birnham at the end of November, the Club meal in December (see advert) and the AGM at the end of January — so a busy time ahead.

I hope to see you all in the next few weeks at the various club gatherings, but until then keep the photo's & articles flooding in. (in between writing Christmas cards)!!

*Will*

P.S. just a reminder that I have changed my e-mail address to [will@hensmanfamily.co.uk](mailto:will@hensmanfamily.co.uk) so if you want to send me anything please use this one (though the others still work!!)

### **FVO AGM - Friday 28th January 2005**

Venue — Queen's Hotel, Bridge of Allan

The AGM will start at 7:30pm and will be followed by a Buffet and social gathering so put the date in your diary now. There will be a small charge of £4 per person for food which will be collected on the night. Could you let Dave Coustick know if you can attend, so we can finalise numbers for the buffet.

## **FVO Committee 2004**

### **PRESIDENT - Dave Coustick**

12 Hopetoun Drive Bridge of Allan FK9 4QQ  
Tel: 01786 831463

### **VICE PRESIDENT - Gary Longhurst**

Hillside Farmhouse, Kier, Dunblane, FK5 9NT  
Tel: 01786 823295

### **TREASURER - Elizabeth Sinclair**

118 Claremont, Alloa, FK10 2EG  
Tel: 01259 213310

### **SECRETARY - David Nicol**

16 Upper Glen Road, Bridge of Allan, FK9 4PX  
Tel: 01786 832123

### **FIXTURES/EVENT CO-ORDINATOR - High Buchanan**

### **MAPPING COORDINATOR - Steve Barrett**

### **COMMITTEE MEMBER - Hazel Dean**

### **NEWSLETTER EDITOR - Will Hensman**

42 Kirkside Crescent Stirling FK7 7JZ  
Tel: 01786 469824

### **TEAM CAPTAIN - Jon Cross**

Tel: 01786 860301

### **WEDNESDAY EVENING EVENT CO-ORDINATOR - Beccy Osborn**

Tel: 01786 860301

### **MEMBERSHIP - Susan Hensman**

42 Kirkside Crescent, Stirling, FK7 7JZ  
Tel: 01786 469824

**Nov.**

- 10th STAG Night Event 6. Pollok Country Park, Glasgow. NS/548618. Terry O'Brien, 0141 7708671. 7.30pm start, £1.
- 13th ESOC Local Event. East Craiglockhart Hill, Edinburgh. NT/235207. Janet Clark, 0131 225 7771. Start Times 2-3pm, Entry fees £2/£1.
- 14th STAG District Event & SoSOL 5. Allean Forest South, Pitlochry. NN/864598. Terry O'Brien, 0141 7708671. £4/£2. EPS-SI. String course
- 17th STAG Night Event 7. Hogganfield Loch & Lethamhill Golf Course, Glasgow. NS/637670. Terry O'Brien, 0141 7708671. 7.30pm start, £1
- 21st INT District Event & SoSOL6. Dechmont Law, Livingston. NT/032693. Mary Ross, 0131 668 2757.£4/£2 String course. www.interlopers.org.uk
- 24th STAG Night Event 8. Drumpellier Country Park, Coatbridge. NS/704664. Terry O'Brien, 0141 7708671. 7.30pm start, £1
- 27th ELO Local Event. Carberry, Musselburgh. NT/363698. Trina Rogerson, 01368 864922 trina@rogerson.info
- 28th FVO District Event & SoSOL 7. Birnam, Dunkeld. NO/015418. Steve Nicholson, 0797 435 0866. £5.00/£2.00. EPS-SI.**

**Dec.**

- 5th STAG 6th Glasgow Parks Championships - 3 parks in 1 day!. Glasgow Organiser: Terry O'Brien, 0141 7708671. www.stag-orienteeing.co.uk
- 12th TAY Local Event. Scone Palace, Perth. NO/114266. Donald Smith, 01764 655842 donald@dasmith.fsworld.co.uk
- 26th MAROC Local Event. Glen Davan, Ordie. NJ/442019. Stephen Spencer, 01330 823566 sspencer@pjl-aberdeen.com
- 28th ELO Festive Frolic. Yellowcraig, Dirleton. NT/519855. Sheila Strain, 01875 611014. £4.00/£2.00. EPS-SI. String course. Parking £1. Mass start 11 am. Soup and prizes.

**Jan. 2005**

- 1st INVOC Festive Frolic 1. Darroch Wood, Dores, Inverness. NH/610380. Ken Davidson, 01463 239511. £2./£1. EPS-Emit. www.invoc.org.uk
- 2nd INT Festive Frolic 2. Inshriach North, Aviemore. NH/853045. Ken Daly, 0131 661 4089. EPS-Emit. www.interlopers.org.uk/
- 30th EUOC District Event & SoSOL 8. Holyrood Park, Edinburgh. NT/270737. Murray Strain, 01314469270. captain@euoclegends.co.uk £5/£2 EPS-SI.

**President's Column**

Another two months have past and seemingly very quickly. It's been a busy time for me, though I've not done too much orienteering during the period. I did a double badge event in The Lakes in September as a warm up for the Veterans' Home International in Ireland; I've reported separately on this elsewhere in this issue.

Then I had a long weekend in Lithuania which was not a great success. Not only did I not do that well in the two day Lithuanian Cup, but as many of you will know, I got mugged in Vilnius on my last night there. As a result of that I'm still feeling a bit concussed and so am not yet running in competitions, though hope to be soon.

Wednesday evening training! Yes - Wednesday comes every week which is more than can be said for our attendance which has averaged about 1.2. I think at least two weeks there was nobody there (as that includes me I can't be 100% sure!). Those days when I have been there it's more often than not been two, once reaching the dizzy heights of four runners. I cannot make 3 or 10 November but hopefully some of you will be there. But it does raise the question of whether we should continue these sessions. Would a different evening, or different format make any difference? Please make your views known.

Technical training was the focus of the Aviemore weekend at the end of October. For a change from Glenmore Lodge we stayed at Aviemore youth hostel which worked out well. We had nice meals out on both Friday and Saturday nights with a fair amount of liquid refreshments to accompany the food. The training exercises took place at Uath Lochans, which was the National Centre's "Map of the Month". There was plenty of emphasis on contours with several exercises taking place using brown only maps.

Looking ahead I shall be away for five months this winter, as I'm spending the ski season in Argentiere, near Chamonix. I have rented a small apartment there and hope to see some of you out there for some skiing. One result of that is that I shall not be attending the AGM in January. I had in any case intended to stand down as President and from any committee post this year, although I still intend to be doing things behind the scenes. Also standing down from the committee is Hugh Buchanan, who has done a great job in the last couple of years with handling fixtures and permissions. So we are looking for some new blood on the committee - please don't be shy!

*Dave Coustick*

## Club Charter Status

FVO has been a member of Stirling Sports Council for many years. They have developed a scheme of "Charter Clubs". Stirling Sports Council's aim for charter clubs is to:

"Encourage the establishment and operation of structured, safe sports clubs, with the potential to develop and expand accordingly".

So, what's in it for FVO?

Being mercenary, improved support from Stirling Sports council, than if we were not chartered. Apart from non-financial support offered by the council, monetary grants to non-chartered clubs are reduced by 50%

Sounds good, so what do we have to do?

In many ways, the requirements to become chartered are to show that the club is well run, and to develop many of the administrative developments that the club has taken on in the last few years. For example, did you know that the club has a development policy? It's there on our web site. The SOA has a child protection policy, which we have adopted as club policy. We will have to develop a few similar guidelines. We will put details on the club website.

Is that it?

We will see when we put our application form in shortly.

*David Nicol*

## FVO District Event & SoSOL

FVO is organising a District event and South of Scotland O League (SoSOL) at Birnam, Dunkeld on Sunday 28th November. *See flyer in newsletter*

Steve Nicholson is looking for helpers. If you'd like to volunteer your services please contact him on Tel: 0797 435 0866 or 01383 872 577

## 2005 Membership Renewals

As you will see I have enclosed the new FVO membership renewal forms for 2005. BOF will be sending their renewal forms out from early November and BOF/FVO members should send their renewal payment direct to BOF. FVO/SOA members need to send their renewals back to me to be processed.

It would be helpful if ALL renewing club members, be it BOF, SOA or Social could return them to me (preferably before the AGM on 28th January) as it helps us to check that we have your up-to-date telephone, postal & e-mail addresses. Thanks

*Susan Hensman  
Susan@hensmanfamily.co.uk*

(Steve Nicholson and Marcus) and a 1-2-3 finish in the women (Beccy Osborn, Peggy Purves and Laura Bullen). There were also second places in their age class for Louise Longhurst, Brian Bullen and even for me (I have done *some* orienteering this autumn!). This event was also the Scottish Inter-Club championships and we were rather swamped by the number of runners fielded by INVOC and GRAMP, but the high points scored by most of our runners were enough to secure us a highly respectable third place.

The Scottish Night Championships were held at Newcastleton Forest - in the Borders and also in the pouring rain. The courses were perhaps rather less than technical, but this did not deter Steve Nicholson from taking the open title, nor Martin Dean and Ted Finch from winning their age classes – Martin appearing at the event to general astonishment as most people thought he was still in his sick-bed!

Finally, I am very pleased to be able to report that the tremendous year that both the club and so many individuals have had is being recognised by Stirling Sports Council. On Wednesday 10<sup>th</sup> November a number of us will be at their annual awards ceremony, where there are FVO nominations in many of the categories – Abi Longhurst and Kyle Heron for young sports person of the year; Hazel Dean for senior sports person of the year; FVO for team of the year; and Hilda Astbury for coach of the year. Wish us luck!

*Jon Cross*

## Club Champs, Callendar Park, Falkirk

**Venue:** Callendar Park, Falkirk. Grid Ref: NS 897 795 (main car park for Callendar House)

**Registration:** Opens at 10.30. Last start 12.30pm (unless you're really nice to me and volunteer to collect controls).

**Courses:** On offer (information not yet finalised)

Orange: 2.8km (junior girls and boys)

Light Green: 3.3km (Senior Girls)

Green: 4.0km (Veteran women and Senior Boys)

Blue: 6.7km (Women's Open and Veteran men)

Brown (?) 7.6km (Men's open).

Starts will be run as the SoSOL events are – you will not be timed in copying your course down, but must start as soon as you have completed doing so.

Any help with starts/registration/finish would be appreciated.

Any further questions please ring me at: 01786 472001.

See you all on Saturday.

*Marcus Pinker*

## Captain's Chat

Until I sat down to write this article, then I thought that there had been hardly any orienteering since the summer and that I would have relatively little to say this time. However, it turns out that much has been happening and it is more that I have not been doing much orienteering myself (I discovered this when I was greeted at an event this weekend with the words "what are you doing here, this is an orienteering event!"!)

I do have an excuse for not going to many of the events I talk about though – you had to be good enough or young enough (or both) to get selected for them!

One of these was the junior competition for Scottish clubs, the Jamie Stevenson Trophy in September. Our junior team put in a fantastic performance to try and improve on last year's third place, and so nearly improved all the way to first place. In the end just 2 points out of nearly 600 separated our team from the winners, MAROC, and all our juniors should be very proud of the team effort they put up and the team spirit they showed. Special mention should go to Victoria Longhurst and this year's newcomer, Jamie Stevenson, both of whom won their courses.

And he may not have won his course at the Jamie Stevenson Trophy (next year...), but also very good news for Kyle Heron in October, when he was a late call up to the GB team for the Junior European Cup races in southern England, making his full international debut. Kyle ran particularly well in the sprint race and the relay, in a competition which is for M20s as well as his age class, M18 – some of the FVO senior men had better watch out at the club champs as Kyle is apparently bidding for the senior trophy this year!

Other international races saw Marcus Pinker running for Ireland in the World Championships, where a really good run in the middle distance qualifier left him a tantalising one place short of qualifying for the final, and where his second leg in the relay pulled the Irish team up a number of places.

In the Veteran Home International in Ireland, no fewer than five FVO members were in the Scotland team – Steve Barrett, Martin and Hazel Dean, Dave Cous-tick and Gareth Bryan-Jones. Congratulation in particular to Martin and Hazel, both of whom won their courses, and commiserations in particular to Gareth and Hazel for the unfortunate disqualification of their relay team after Gareth had brought the team through to win the race on the final leg.

International congratulations also to Nick Barrable, who has been selected in the recently announced GB squad for 2005 (unlike this year's British Champion!), and is headed off to Japan and China for a training camp in preparation for the world championships in Japan next year.

We have also most recently had the Scottish Score Championships and the Scot-tish Night Championships. At the first of these (which concluded a very enjoyable FVO training weekend based in Aviemore), FVO took a 1-2 finish in the men



## Forth Valley Orienteers

### Christmas Meal

*Wednesday 15<sup>th</sup> December 2004,  
7.00 for 7.30 pm at the  
Golden Lion Hotel, Stirling*

*Come along and join us for a pre-Christmas get together!*

*Cost: Adults £16.95  
(includes 4 course meal & glass of house wine)  
Under 14's - £7.00 (smaller portions)*

*Please Contact:  
Susan Hensman on 01786 469824 or  
at [Susan@hensmanfamily.co.uk](mailto:Susan@hensmanfamily.co.uk) to book your place.  
Final numbers needed by 4<sup>th</sup> December 2004*




## FVO's latest arrival

Congratulations to Simon and Kirsty Paton on the birth of their new son. A baby boy - Euan Patton. Born 20th October and weighing in at 10lb 2oz.



## Wednesday Evening Training Run's/Session

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.**

## GB Debut for Kyle

Congratulations to Kyle Heron, who was a late call up for the GB team for the Junior European Championships held in Epping Forest and Hatfield Forest. This was Kyle's first full international as a member of the GB team and he did himself proud.

## A Short Trip to Ireland

As the rain started came the first mistake; no, not on the course but driving into Glasgow. Both Steve B and I saw the sign indicating delays at roadworks but did not interpret it correctly. Soon after an unnecessary diversion through Cumbernauld to avoid Auchenkilns we arrived at the roadworks where the holdup really was. Fortunately this was not too long and we continued through the worsening rain and on to the A77 via Ayr to Cairnryan.

Just a few miles before the ferry port the truck in front of us put its rear wheels in the ditch and skidded sideways. Don't block the road we thought; it's a long way round. Luckily the truck regained the road and we arrived in Cairnryan with time to spare – time to spend in the car with rain lashing down.

A two hour crossing and we were in a much brighter Larne, heading south along the racetrack to Belfast and then south to Newry. We drove into a dead end road to be greeted by Hilary from the car behind us. 'I thought you knew where you were going,' she said. 'We do,' I replied. 'We're parking for that pizzeria.' Hilary and her group were going straight to the event centre before eating so as not to be late for our team meeting. The four of us – Chris Macleod and Norma Coutts were also in the car – were soon joined in the restaurant by four more of the Scottish team.

After eating we drove the final six miles into the Republic though there was little to indicate the change of country apart from the occasional unusual road sign. 'Welcome to Tain Holiday Village' the sign proclaimed; this was where we were staying and it sounded pretty grand. However reality was rather different – Club Med has nothing to worry about! Ten bunks to a room and each bunk equipped with a plastic coated mattress, thin duvet and even thinner pillow.

Time for the team meeting, but where was our team manager? So much for rushing on from Newry. After a none-too-good night's sleep we feasted on muesli and soggy toast before venturing out into the morning chill. By the time we had driven up the hill to the car park it was all of 7°C and windy. The relay seemed to be going well when our first relay team finished in the lead after the last leg, only to be disqualified when Gareth could not find the backup punch on a non-working SI unit. However several English teams came in before our next teams, so England would still have won the relay competition.

The attraction of Tain Holiday Village being less than that of a compass needle in a weak magnetic field, the afternoon was to be tea-room time. Martin's ability to find tea-rooms in Scotland is on a par with his finding controls. However while he succeeded in the latter in Ireland the same cannot be said of the former. The first one he rejected was later found to be the best in the area and the next place was full. So on to Dundalk where he turned off into a housing estate just before the tea-room which we eventually did find, with monster scones to fill us up.

A nice meal in the evening with a ceilidh to follow and it was time for another disturbed night's sleep. The individual event was in an area adjacent to the relay but much more technical. Steep and craggy, it was not a place to get lost, as I discovered to my cost towards the end when I spent a very long time relocating – though not as long as one of the Irish team. This time it was England's turn for disqualification when one of their top runners, Tim Tett, forgot to visit the final control.

Congratulations to Martin and Hazel who, as is quite common, won their respective classes and thus made a major contribution to the final result. Unfortunately Pauline MacAdam fell just before her penultimate control. She limped the last two controls thinking she had a bad ankle sprain. However it turned out she had broken her leg so it was very impressive that she finished to help Scotland to clinch the individual trophy but we had to be content with second in the combined competition.

An enjoyable weekend for most of us. Our best wishes to Pauline for a speedy recovery.

*Dave Coustick.*

## FVO South of Scotland League Event 7 Birnam Hill, Dunkeld Sunday 28 November 2004

GR: NO015418 (entrance to forest), OS Landranger Map 52

Venue: Birnam Hill, Scale 1:10000

Terrain: Coniferous working and native woods. A very big hill for the Brown course.

Directions: Sign posted from A9. Follow A9. At Birnam, take the A822 west. 2 miles west of Birnam, turn south onto forest tracks. Overflow car parking above Inver.

Registration 10:30 to 12:30

Starts 11:00 to 13:00

Car parking on forest tracks, with distance to registration / start between 10m and 1km. No clothing transfer.

Courses – White to Brown

Fees £5 seniors, £2 juniors

SportIdent punching will be used, 50p SI Hire

Organiser Steve Nicholson (telephone 0797 435 0866 or 01383 872 577)

Planner Martin Dean

Controller Fraser Purves