

## What's On Jan/Feb 2005

### January

- 9th STAG Winter Score 1 Event. Pollok Country Park, Glasgow. NS/548618. Terry O'Brien, terry@stag-oc.freereserve.co.uk £4.00/£2.00. 60 min Score. Mass Start 11am. Registration from 10.30am.
- 15th ESOC Local Event. Davidson's Mains Park (East Barnton Ave), Edin. NT/201755. Janet Clark, janetclr@aol.com Start times 2-3pm, £2.00/£1
- 16th STAG Local Winter Score 2 Event. Dawsholm Park & Garscube Estate, Glasgow. NS/554703. Terry O'Brien, terry@stag-oc.freereserve.co.uk £4.00/2.00. 60 min Score. Mass Start 11am. Registration from 10.30am.
- 30th EUOC District Event & SoSOL 8. Holyrood Park, Edinburgh. NT/270737. Murray Strain, 01314469270. captain@euoclegends.co.uk £5.00/£2.00. EPS-SI. www.euoclegends.co.uk/sosol

### February

- 5th CLYDE Sprint Race & SUSF Sprint Championships. Auchengillan Outdoor Centre, Milngavie. NS/519803. Kate Thomas, kateslaven@aol.com www.millipede.demon.co.uk/clyde/
- 6th CLYDE District Event & SoSOL 9. Mugdock and Craigalleen, Milngavie. NS/547780. Lynn Easton & David McNeish, clydesosol@yahoo.co.uk www.millipede.demon.co.uk/clyde/
- 12th INT Local Event. Braidburn Park (Comiston Springs Avenue), Edi. NT/242695. Paul Caban, 0131 445. Starts 14.00-15.00. £2/£1.
- 13th ESOC Sprint-O. Penicuik Estate, Penicuik. NT/217594. Fiona Findlay fionafindlay49@hotmail.com
- 26th ESOC Local Event. Blackford Hill (Observatory Car Park), Edin. NT/258706. Janet Clark, janetclr@aol.com Starts 2-3pm, Entry £2/ £1
- 27th **STAG Compass Sport Cup - Scottish Heat.** Faskally Woods, Pitlochry. NN/916603. **Contact John Cross in advance.**

### March

- 5th JOK Chasing Sprint 2005. Touch Estate, Stirling. NS/749934. Jon Cross, jon.cross@tinyworld.co.uk
- 6th **FVO SOL 1 and Future Champions Cup.** Trossachs, Aberfoyle. NN/505070. Elizabeth Sinclair, 01259 213310. elizabeth\_sinclair@hotmail.com



**Forth Valley  
Orienteers**

# Forth Columnist

Issue 166

Jan/Feb 2005

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## FVO AGM - Friday 28th January 2005

Venue — Westerton, Bridge of Allan (**please note change of venue**)

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 David Nicol know if you can attend, so we can finalise numbers for the buffet.

**Copy date for next issue  
is Sunday 20th February**

## Editorial

Happy New Year to you all.....

Another year and another hectic one for FVO. Slimmed down version of the Newsletter this time as there's never much going orienteering wise over Christmas.

Better late than never I have managed to track down the club champs results. Apologies for not getting those in the previous newsletter.

This is the last Newsletter before the AGM (see advert) so enclosed is a copy of the minutes & Constitution. See you all on 28th at the Westerton.

*Will*

## President's Column — from Argentiere (Chamonix)

Well I've been out here for just over two weeks now and getting settled into the life. When I arrived everything was green with none of the white stuff to be seen. However I needed a couple of days to sort a few things out and then it was off to Val d'Isere for a week where I met up with Steve Nic. There was snow there and got plenty of skiing in though using my old "rockhopper" skis. By the time I drove back to Argentiere at the end of that week there was lots of snow, making the journey interesting. So while we could certainly do with plenty more snow there is plenty of skiing to be had.

By the time you read this it will not be long until the AGM, for which I hereby send my apologies. It is hard to realise I've been on the committee for four years, the last two as pres. I will still be helping out with various things but as I said previously shall not be standing again for any committee post next year. Please give your support to the new committee and we will of course need some new committee members so please don't be shy!

I would like to thank all the current committee for their work during the year; there is a lot that goes on behind the scenes in order to make FVO successful. It is always difficult to single out people but I would especially like to thank Hugh, who is standing down at the AGM. Hugh has done a lot of work on fixtures and permissions, despite not orienteering very much himself these days. Thanks also to our Club Captain, Jon Cross, for motivating so many people to participate in relays and thus put FVO in the position of winning so many trophies. I still check my emails (no change of address) from time to time but my mobile number is now 0033 68511 6335. I'll wish you all a happy and successful New Year, and see you in May.

*Dave Coustick*

## SOL1 and Future Champions Cup Event, Sunday 6<sup>th</sup> March

Venue: Trossachs MapRef: NN505070

Parking: Loch Katrine Pier Car Park

Details: SI punching

All normal Courses/Classes + String

Entries: Senior: £8.00/Junior £4.00

Ltd EOD: Senior £9:00/ Junior £5:00

Limited C/C: Senior £4.50/Junior £2.50

Organiser: Elizabeth Sinclair

Planner: Brian Bullen

Controller: Peter Halling

Entries to: Sandy Sinclair  
118 Claremont  
Alloa  
FK10 2EG  
Tel: 01259 213310  
Email: Sinclairs@msn.com

Cheques Payable to: Forth Valley Orienteers

**Closing Date for entries: 20<sup>th</sup> February 2005**

## Helpers Wanted

All the usual jobs are up for grabs...

So book your preference early.

Remember to let me know if (and when) you want to run!

Thanks

*Elizabeth Sinclair*  
(01259 213310) or email [Elizabeth\\_Sinclair@Hotmail.com](mailto:Elizabeth_Sinclair@Hotmail.com)

## Wednesday Evening Training Run's/Session

Winter training is still on going . 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.** Usual numbers are around 8 – 12

## FVO Club Championships - Results

### Junior Girls (Orange)

1. Abi Longhurst 17:30  
2. Ceana Heron 27:27

### Junior Boys (Orange)

1. Jack Barrett 20:42  
2. Craig Thomson 21:40  
3= Scott Ratcliffe 29:30  
3= Richard Francis 29:30

### Girls (Lt Green)

1. Victoria Longhurst 25:12

### Boys (Green)

1. Stuart Thomson 38:42

### Women (Blue)

1. Lisa Brown 56:53  
2. Cathy Tilbrook 69:28  
3. Beccy Osborn 70:52

### Men (Brown)

1. Steve Nicholson 50:25  
2. Fraser Purves 52:07  
3. Kyle Heron 56:57  
4. Jon Cross 58:26  
Will Hensman DNF

### Veteran Women (Green)

1. Louise Longhurst 40:05  
2. Maureen Brown 59:00  
Elizabeth Sinclair DNF

### Veteran Men (Blue)

1. Steve Barrett 42:40  
2. Hugh Buchanan 47:30  
3. Gary Longhurst 52:19  
4. Dave Coustick 70:10  
5. David Nicol 73:07

### Non-competitive

Mark Thomson (Blue) 63:30  
Andrew MacPherson (Blue) 66:30  
Claire Longmuir (Lt Green) 40:43  
Karen Thomson (Orange) 22:50  
Susan Hensman (Orange) 24:35  
Rona and family (Orange) 54:20  
Ewan, Peggy and Robin Purves  
Doug Flint

## Secretaries Scribbles

The AGM this year will be at 7.30pm in the upstairs room at the Westerton on Friday 28th January.

The room is available from 7pm and the AGM itself will start at 7:30pm. It will be followed by a finger buffet and social gathering so put the date in your diary now. There will be a small charge of £4 per person for food (half price for Juniors) which will be collected on the night.

If either you wish to stand for the committee please feel free to let yourself be nominated, or alternatively please feel free to nominate someone else [check with them first ...]

If you don't want to stand for the committee there are other useful positions that need to be filled round the club e.g. publicity or social secretary. There are a number of smaller jobs like these are a great way to help even if you don't want to stand for the main committee. Give me or one of the current committee a call if you would like to explore this further.

Please let me know by Monday 24th January if you can attend (email preferably), so we can finalise numbers for the buffet.

Thanks

*David Nicol*

## Captain's chat

Happy New Year to you all - I hope you are all filled with good intentions and resolutions to get fitter than ever (harder for some than others...) and to run in lots of events for FVO this year!

I have three main things to plug this time. These are

- i) lots of 'opportunities' to compete for FVO this spring
- ii) an event I am organising for JOK on one of FVO's best areas, Touch Estate
- iii) club training on Wednesdays.

### i) Opportunity Knocks

Listed below are a number of team events where I am looking for volunteers to run for FVO. These events are the usual suspects for this time of year, plus an additional one in the Devil's Burdens relay. Feel free to make a New Year Resolution to get in touch with me as a result of this newsletter article rather than waiting for me to issue a subsequent plea by email!

One particular thing to note is about the event at Faskally on 27 February. **If you are thinking of attending this event then you need to tell me in advance.** This is because it incorporates the Scottish round of the Compass Sport Trophy, and to control the start list then the organisers have decided that members of clubs entered in the Compass Sport Trophy competition must pre-enter, with entry via Clubs only.

The events are

Sunday 27 February, Faskally nr Pitlochry - Compass Sport Trophy, Scottish qualification round

Monday 28 March (Easter), Hopwas nr Lichfield - JK Relays

Sunday 17th April, Penhale Sands nr Newquay - British Relays

Sunday 29th May, Tentsmuir Forest nr St Andrews - Scottish Relays

Also

Saturday 29th January, Falkland, Fife - Devil's Burdens Relays, Hill running relay .

And don't forget that FVO are the title holders in both the Compass Sport Trophy and the British Relay Championships!

### ii) Shameless plug for non-FVO event

I would also like to plug the JOK chasing sprint event (which I am organising) on Saturday 5th March. This legendary event in the UK calendar has now reached its 10th anniversary and has only once previously been staged in Scotland. The format is a prologue (winning time 20-25mins) followed an hours or so later by a chasing start (winning time 16-20mins). This is the day before our SOL event in the Trossachs and gives the chance for everyone to come and run in the nicest parts of Touch, as well as to cheer on our top juniors in what is a Future champions cup race. Rest assured I will be circulating entry details to the FVO email list in due course, but please do come along for a run and support the event!

### iii) That thing about getting fitter than ever....

Since November, club training on a Wednesday has been based around an interval session. The idea of doing this was to create a session that allows all members of the club to come along, regardless of ability or fitness, and still keep everyone together rather than split into a number of smaller groups.

This has been working fairly successfully, and we are now regularly getting 12/15 people coming along. It would still be great to see more of you there (the more people, the better the interval session works) so please do come along if you can - we meet at the top car park in Stirling University at 6.30pm on a Wednesday.

*Jon Cross*  
*jon.cross@tinyworld.co.uk*  
 01786 860301