

What's On March/April 2005**March**

- 12th INT Local Event. Corstorphine Hill, Edinburgh. NT/203747.
Paul Caban, 0131 445 3098 Start times 2-3pm. Seniors £2 Juniors £1.
- 13th ESOC Long-O. Pentlands Regional Park, Edinburgh. NT/228680.
Organiser: Ron Nolan, 0131 453 1497. ron.nolan@hulley.co.uk
- 20th RR District Event & SoSOL 10. Eildon Hills, Melrose. NT/56X32X.
John Tullie, 01450 850217. john_tullie@bowanhill.demon.co.uk £4.50/
£2.00. EPS-SI. www.roxburghreivers.org.uk/

April

- 10th ESOC Regional Event & SOL2. Newtyle Hill, Dunkeld. C3
Organiser: Ewart Scott, 0131 332 9108. ewartscott@supanet.com
Entries: Ron Nolan, 17 Viewfield Road, , Edinburgh, EH14 5BE, 0131
453 1497. ron.nolan@hulley.co.uk CD: 21/03/05. £8.50/£4.00 (inc Studs).
- 16th ESOC Local Event. Bonaly (Car Park beyond Scout Centre), Edinburgh.
NT/212675. Janet Clark, 0131 225 7771 janetclr@aol.com Start times 2-
3pm, Entry fees £2 adults, £1 Juniors.
- 16th AYROC Training Event. Muirshiel Park, Lochwinnoch. NS/312632.
Andrew Armstrong, 01292 440007 andrew.armstrong@hp.com 12:00pm.
- 18th ECKO Local Event. Kilmun Arboretum, Nr Dunoon. NS/163824. Lynne
Walker, 01369 702607. www.ecko.org.uk.
- 20th STAG Local Event. Springburn Park, Glasgow. NS/613684. Terry
O'Brien, 0141 7708671 Terry@stag-oc.freereserve.co.uk
- 21st AYROC Evening Event. Fullarton Woods, Troon. NS/344303. Andrew
Armstrong, 01292 440007 andrew.armstrong@hp.com Starts 18:00-19:00.
- 27th RR Local Event. Bowhill Estate, Selkirk. NT/432281. Lindsey Knox,
01450 377383 lknox46426@aol.com Starts from 17.00 to 18.30
www.roxburghreivers.org.uk/.

**Forth Valley
Orienteers****Forth Columnist**

Issue 167

March/April 2005

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Victoria receiving her prize at the 2005 JOK chasing sprint

**Copy date for next issue
is Sunday 24th April**

Editorial

Another slightly late edition this time, but I've got a really good excuse...SOL 1 at the Trossachs. And what a great day it was, sunshine and all. Hope to get more info. in the next newsletter, but for now just enjoy reading about the Devil's Burden relay and our Compass Sport Cup win (well sort of).

Will

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 Success

The new Scottish Junior Squad for 2005 has just been announced and FVO is very well represented with four members of the squad.

Congratulations are due to Abigail Longhurst, Stuart Thomson, Victoria Longhurst and Kyle Heron - well done to all of you and best of luck for 2005

Martin dean won M45 at the British champs last night and Jon Cross was third on M35. Congratulations

Nick Barrable was also 2nd on M21 at the interland match in Belgium, running for England against Belgium, Germany and the Netherlands

FVO Events

The main events organised by FVO this year are.....

Date	Event	Organiser	Planner
06-Mar-05	SOL1 Trossachs	Elizabeth Sinclair	Brian Bullen
12-Jun-05	Scouts Barr Wood	Gary Longhurst	??
06-Aug-05	Day 6, Scottish 6 days Glen Dye	Steve Nicholson	Dave Coustick
20-Nov-05	FVO Clubs champs	??	??
Autumn 05	SOSOL	??	??
2006	No SOL allocated	??	??
2006	Junior Home Internationals	Louise Longhurst	??

New FVO Committee 2005

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

MAPPING COORDINATOR - Steve Barrett

COMMITTEE MEMBER - Hazel Dean

MEMBERSHIP - Susan Hensman

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

TEAM CAPTAIN - Jon Cross

Tel: 01786 860301

PERMISSIONS—Hugh Buchanan

19 Clarendon Place, Stirling, FK8 2QW
Tel: 01786 473776

NEWSLETTER EDITOR & WEBMASTER - Will Hensman

42 Kirkside Crescent Stirling FK7 7JZ
Tel: 01786 469824

WEDNESDAY EVENING EVENT CO-ORDINATOR - Neil Kitchen

Tel: 01786 824595

EQUIPMENT - Maureen Brown

21 Alexander Drive, Alloa, FK10 2DQ
Tel: 01259 213683

Captain's chat

Many thanks to everyone who came out to run for FVO at Faskally in the Compass Sport Trophy (I may have mentioned once or twice that we are the current holders!).

The provisional results on the web show us winning the Scottish Final by 2 points from Edinburgh Southern - however before you mention that to your ESOC friends then I am afraid that I am expecting a correction to these results to show our total reduced by 2 points so that we both have the same points. Under the countback rules we will then be placed second rather than first.

Nevertheless, with two clubs qualifying from the Scottish Final for the UK final later in the year, then I am delighted to tell you that we are safely through to the UK final.

So, well done to everyone who ran - and look out for me trying to sign up as many people as possible to come and help us defend the Trophy in the final later this year!

Individual results for today and the provisional team results I referred to are at http://www.rstrain.ndtilda.co.uk/results_05/cst05/ or via the results page of the British Orienteering Federation web site.

The split times analysis is available on the Winsplits Online site at <http://www.obasen.nu/winsplits/online/en/default.asp?ct=true>

Any questions or problems with the results then please let me know

Jon

Harvey top of the charts — reproduced from Stirling Observer

HARVEY Maps of Doune won first prize in the best folded map competition of the International Map Trade Association in the awards announced at the IMTA European division annual conference in London.

The award winning Harvey map — Pennine Bridleway South—covers the 74-mile southern section of the national trail on one map sheet. This saves riders having to carry half a dozen conventional maps.

Receiving the award in London, Sue Harvey (*a long time FVO member — Ed*) said “I am honoured to receive this much coveted award. It is industry recognition of the technical know-how and exceptional care put into the research and design of these maps”.



“It is a great reward for our team of cartographers, (*including FVO member Marcus Pinker — Ed*) who are themselves enthusiastic walkers and cyclist.”

President's Piece

Having declined the last couple of years the time has finally come to agree to take on the role of President, particularly as my family and I get so much out of the sport (not because I was elected at the AGM whilst away on business in China)

I am very conscious that the club, and the sport in general, depend so much on the effort of volunteers and I would like to thank everyone who has helped the club in the last year and those that have offered to assist this year. In particular:

- Dave Coustick and Hugh Buchanan who are standing down from the committee
- Beccy Osborn who is passing on the role of Wednesday event coordinator
- Those remaining on the committee or in other roles
- Neil Kitchen who has taken on the role of Wednesday event coordinator
-

I would also ask that everyone offers to help wherever they can. There will no doubt be plenty of opportunities throughout the year - I believe Neil still needs one or two organisers for the Wednesday evening events.

By the time you are reading this we will probably have held our first big event of the year, Scottish O League 1 at the Trossachs. Our other big event this year is being one of the main clubs for day 6 of the 6 days in August, which will also require a lot of support.

Last year was a very successful year for the club, with many team victories, including the British Open Relay and the Compass Sport Trophy, and many individual victories, including Hazel Dean's 2nd place at the World Masters in Italy. I am looking forward to this year being just as successful — perhaps including the Jamie Stevenson trophy?

Recent months have also seen the revitalisation of Wednesday evening training, with a session on the track at the university followed by a session in the Westerton arms. I would encourage everyone to attend the training, which is geared to all levels of ability, or to just pop into the Westerton for the social.

We have also had a number of new members at the training and as we go into 2005 one of the areas I am keen to develop is to increase participation in the sport and to attract more people. To this end I will be looking at ways to promote the clubs activities, and to develop coaching and social events — all suggestions welcome.

Wishing everyone an enjoyable year of orienteering in 2005.

Gary Longhurst

The Devils Burden Relay — By Louise Longhurst [With comments from Victoria]

You may remember in early January Jon Cross sent a mail to *FVO distribution* asking if anyone was interested in doing the Devils Burden (hill race) Relay. In a weak moment I replied saying that perhaps Victoria and I might be interested. [she didn't think to consult me though-VL] Well that was us in a team!

Jon put together two teams of six people; a 'pure' FVO team and a JOK team which was strengthened by a couple of FVO members. There were four legs to be run with two of the legs being run in pairs. Victoria and I got leg 1 – starting at Falkland and 6.5k later handing over at Holl Reservoir, with the small matter of East Lomond Hill (424m) en route.

My pre race nerves started on Monday! [Yeah I know how bad it was I had to live with her for the week- VL] Why did I ever volunteer for this? It will be a good experience, I kept telling Victoria (and myself). Saturday arrived and the weather was forecast to be cold and clear – so no mist to get lost in, that's a relief. Standing on the start line, I was actually quite looking forward to it. [At this point I still wasn't that sure what I had let myself in for- VL]

The first half is all up hill; on the road out of Falkland, through the woods and out on to the moor and a final steep section to the top of East Lomond Hill. Heading out of Falkland I felt good – had listened to advice and was taking it steady. The old legs began to ache as we went up the steep section through the woods and then out on to the moor and you could see the top - a heck of a long way up. Plodding on up I got very welcome words of encouragement from Victoria who would look back once in a while and tell me I was doing fine – I didn't feel fine! [She didn't look it either- VL] The final pull to the top was hell but Victoria was there already so there was no stopping. [I don't know what kept her- VL]

The second half of our leg was mainly down hill – that should be easy!?! [It was-VL] Well no, actually it wasn't as easy as it sounds. Legs were telling me that they had had enough and I got the mother of all stitches. Mind over matter and some small words of encouragement from Victoria [it's the least a daughter can do-VL] and it's amazing what you can achieve. With a few more ups and downs (and that's just the terrain, not my mood) we made it to the finish in 57 minutes, 11 minutes slower than Jon and partner for the JOK team. We were pleased to break an hour but we left our team mates with some catching up to do if we were going to beat JOK.

Jason flew along his leg (which had more downhill than up!) catching a number of teams as he went (registering the same time as Gary, running for the JOK team) before handing over to Fraser and Marcus who had the hard third leg to complete. They too overtook some more teams before handing over to Kyle on the last leg, 8 minutes behind the JOK team. Could he catch Sandy, an FVO member running for JOK? Nearly, is the answer. He was one place and 7 seconds behind him - although there is a rumour going around that he didn't visit all of the controls. An exciting end to a great day.

So next year when Jon asks 'are you interested in the Devils Burden Relay?' you should reply that perhaps you might be interested.



Gary Longhurst—FVOs new president — running at the Devils Burden Relay