

What's On July/Aug 2005**July****Jul 31st-Aug 6th SOA Scottish 6 Days****31st - Day 1 Regional Event.** Cambus O'May, Ballatar, NO398980.**1st - Day 2 Regional Event.** Scolty Hill, Banchory, NO688947.**2nd - Day 3 Regional Event.** Glen Feardar, Braemar, NO217940.**4th - Day 4 Regional Event.** Alltcailleach, Ballater, NO357957.**5th - Day 5 Regional Event.** Bogendreip, Banchory, NO662907.**6th - Day 6 Regional Event.** Glen Dye, Banchory, NO662907.

www.scottish6days.com

August

- 17th FVO Local Event. Callendar Park, Falkirk. NS/897795. Starts 5 to 7pm. Cost £2 adults, £1 children.
- 21st ESOC Score Event. Hillend, Edinburgh. janetclr@aol.com £4.00/£2.00. Long and Short Score Courses. www.esoc.org.uk
- 23rd TAY Local Event 8. Camperdown Park, Dundee. NO/371327. Angela Dixon, 01383 738631 adixon@watt64.freemove.co.uk Starts 17.30-19.00.
- 24th FVO Local Event. Barr Wood, Denny, Stirling. NS/796865. Starts 5 to 7pm. Cost £2 adults, £1 children.
- 27th ESOC Local Event. Blackford Hill, Edinburgh. NT/259706. Janet Clark, janetclr@aol.com Observ. car park, Starts 2 -3pm, Entry Fees £2/£1.
- 27th EUOC Purple Thistle - Day 1. Arisaig, Mallaig. NM/687873. Andrew Brown, brooner@nopecartel.co.uk www.purple-thistle.co.uk.
- 28th EUOC Purple Thistle - Day 2. Arisaig, Mallaig. NM/687873. Andrew Brown, brooner@nopecartel.co.uk www.purple-thistle.co.uk.
- 30th TAY Local Grand Prix Series Event 9. Pitmedden Forest. NO/188139. Angela Dixon, adixon@watt64.freemove.co.uk Starts 17.30-19.00.
- 31st FVO Local Event. Alva Woods, Alva. NS/899975. . Starts 5 to 7pm. Cost £2 adults, £1 children.

**Forth Valley Orienteers****Inside this issue:**

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Forth Columnist

Issue 169

July/Aug 2005

Special Scottish 6 Days edition
Royal Deeside 2005**Copy date for next issue
is Sunday 28th August**

Editorial

A very much delayed copy this month, mainly due to holidays, but I'm hoping you all get this before the Scottish 6 Days. This plans to be another great event with 63 FVO members having entered. Various mentions throughout the pages, but I hope you all know what jobs you're doing on Day 6 (see Steve Nicholson if you don't!!!)

The next newsletter (Sept/Oct) will be my last one as I'm planning on having my hands full come November with a new baby. Hopefully I will have managed to cajole someone else into editing the Newsletter (and the website) so any takers???

Thanks for the big articles sent in by Gareth and Marcus and the other snippets that have been contributed..... I will put the photos on the web.

Enjoy the 6 days and see you there

Will Hensman

Please send articles, pictures or gossip bits to:

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

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Scottish 6 Days 2009 — Continued

FVO together with Tay have been asked to be the main organisers of this event. [Possibly some help from Terry O'Brien]. The chosen location is Perthshire. Although they have been used before, event centres could be Pitlochry or Aberfeldy. Biggest problem could be Capercaillie!

FVO are asked to commit in enough time so that an announcement can be made at the SOA June AGM.

Very basic overview

FVO responsibilities

1. 2005 – 2007 FVO/Tay would need to provide (or get from outside) enough members to staff the central organising committee ...

Co-ordinator — to work with volunteers

Assistant Co-ordinator — (Donald) tends to work with outside agencies

A Six Day Company Director — [One of George Essen, Heather Hartman, Lyn Walker, John Emelius]

Treasurer —

Technical Co-ordinator — responsible for overall technical standards

Day Co-ordinator — keeping day formats looking same

Mapping Co-ordinator

Publicity Person

Webmaster

In that time frame, sorting out areas, obtaining all permissions, agreeing event centre, getting publicity in gear

2. From 2007, and in time frame running up to event – pool of people will widen to include ...

Event Centre Manager

Computer Manager

Equipment Manager and team

Programme Editor

Campsite manager

Results Co-ordinator

Information Co-ordinator

Entries Team

String Course Co-ordinator

Social Convenor

By about 1½ years out – mapping contracts to be let, so that all maps are ready by year ahead, with all Day Clubs allocated. [Clearly, you are not a “Day Club” if you are central organisers]

David Nicol

President's Piece

After a busy spring it has been relatively quiet since the Scottish Championships at the end of May. It was good to see so many people at this event (we had 15 relay teams!) and a number of trophies being won.

The Wednesday evening events have also now stopped for the summer with the BBQ at Gartmorn. There have been a number of new faces at these events that have hopefully enjoyed them and will be back when they resume on 17th August at Callendar Park.

A number of us made the trip south in June to the Harvester, with the girls team getting the best result – finishing 3rd, after having been leading at one point. A number of juniors were also at the Inter regional competition in June, in which Scotland came second.

Now that the summer is here, a few of us have been abroad. The family and I went to the Swiss 5 days earlier this month, which was run in conjunction with the Junior World Orienteering Championships and made the event more exciting. The areas were predominantly hilly, rocky and quite intricate, but one day was a town race and the last day was alpine terrain that was still very technical but superb to run on – a great finish to the event.

The main event now is of course the Scottish 6 days, with FVO being the main club for the last day, which I know that Steve and Dave have been working hard in preparing for. Let's hope that the good weather continues!

There are 63 FVO members competing at the six days and others coming along to help on day 6, which is a great turn-out and as usual we will be arranging afternoon tea on one of the days. With such a large number it is good that we have now purchased a new, larger, club tent. It is a blue tunnel tent with FVO on the side – you can't miss it. We will be also sporting our new Trimtex O suits, which if you have not ordered but would still like to there are a few spares.

Gary Longhurst

Scottish Six Days - Day 6

FVO and ECKO are organising Day 6. Steve Nicholson is the organiser. He has emailed everyone on the FVO mailing list giving jobs and timings. If you are going and did not receive the email then please seek out Steve at one of the earlier days to find out your job. All helpers will have punching starts.

Afternoon tea at the Six-Day

We are trying to book an afternoon tea, with sandwiches/cakes/tea/coffee/juice for the Thursday of the 6 day (Day 4). Location is likely to be Ballater or Aboyne - reasonably near to Thursday's event, for a time suitable for most folk in the club. Details next week in the club tent.

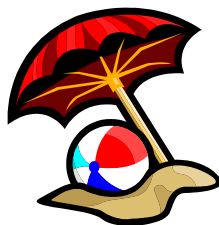


FVO Warm weather training 2006 @ Club la Santa, Lanzarote

Discussions have started on the annual FVO trip to Lanzarote. At present there is a split in the ranks as a break away group has formed advocating a later than usual date of 23rd February (because of the expected birth of FVO's newest member in November).

At present there are 2 possible dates; 19th January and 23rd February. Prices are the same (as is accommodation costs) and the flights are available NOW from flyglobespan.

Contact Will Hensman for more info.



Club Training Weekend

We are trying to put together a club training weekend for the 24th/25th September to tie in with the 11 person relay at Tentsmuir on Sunday 25th. Training on the 24th, and overnight stay at the hostel in St Andrews on the Saturday night, and join the club to take part in the 11 person relay on the Sunday.

Full details next week at the Six Day.

NEW FVO kit

The new kit has arrived from Trimtex. I will bring them along to the 6-Days, or you are most welcome to come and collect them from me.

The cost is significantly less than previously quoted, as due to the great response I only had to order a few extra to get a substantial discount.

Short Sleeve Tops	£22 (juniors £18)
Long Sleeve Tops	£23 (juniors £18)
Long Trousers	£15 (juniors £12)
Elastic Trousers	£18
Cut-offs Trousers	£13.50
Lycra Trousers	£19

Please can you give me a cheque, payable to 'Forth Valley Orienteers'.

If anybody has not ordered, and would now like one, there is some spare stock. Please let me know what you want- it's first come first served!

Looking forward to seeing you all next week in your new kit.



Louise Longhurst

Scottish 6 Days 2009

As our thoughts turn towards this year's Scottish Six Day, leave a space for the Six Day 2009. FVO have now agreed with Tay to be the two central organising clubs.

At this point, FVO and the committee give a huge vote of thanks to both Jan and Gareth Bryan-Jones. They have agreed to take on the huge task of being the main central Co-ordinator for the event. But the event will require support from a wide range of people across the club. The additional article in Forth Columnist, and the programme for this year's Scottish Six Days (p5) together give an idea of the range of activities required to organise the event.

Keep an eye on this year's organisation, and remember *your turn will come*.

– and was actually starting to feel better. We were caught by two girls (ladies) who get about 400m ahead and then we more or less keep up with them. Steve noticed someone had removed the power line shown on the map – and then built a totally new one on the other side of the valley.

Soon start the descent to a place called Blar a Chaoruinn, which is the last access by road (and our supporters) before Fort William and realize we were now comfortably back on the less than 24 hour schedule. One more climb to go. It is getting dusk and as the path goes into the forest we have to get the torches out. We are now on the last uphill – and when we get to the top it is only 4 miles to go. The uphill seems endless – Steve comments that the map only shows the path crossing one contour (100ft) and we are sure we have crossed at least 4 – Steve decides another map correction is needed.

Eventually get on the descent – we can see the lights of Fort William – the end is in sight and I start to have a new lease of life. We can hear voices as we near the road in Glen Nevis – 2 miles to go. Jan, Wilma and Julie are waiting – and tell us there are four very tired runners not far ahead. The first one we catch is Brent – now back to the way he was the first time I passed him – and soon we are in Fort William – the roundabout – with the sign marking the end of the WHW, round the corner and there is the Leisure Centre – and it is only just after half past midnight – so I have nearly half an hour to spare – feel euphoric.

Collapse in a chair – mutual congratulations exchanged between all the runners and support teams who are still in the leisure centre. The first runners had finished 4 hours earlier and were long away. My legs were working fine on the last few miles but within 5 minutes of stopping they appear to have become completely ineffective. After about an hour start to recover enough to think of going to our bed and breakfast – 200m away – I decide walking there is a more attractive prospect than trying to get into (and more particularly out of) a car.

A violent thunderstorm has started – later heard runners still on the course at 3am or later had been stopped at Kings House or Kinlochleven as the mountain rescue decided it was too dangerous to continue because of flash floods.

Next morning my stomach is still not behaving – so I watch the others enjoy a big fry up for breakfast and then we go to Nevis Sport and sit in the café swapping stories with other competitors and their support teams. We feel we had made a few dozen new friends in the last 24 hours – the race generates a tremendous camaraderie. From the Nevis Sport door a flight of about ten steps descends to the pavement. As I start down the steps a lady in a wheelchair is helped to her feet and assisted down the steps. An elderly gentleman with a pronounced limp also starts down the steps with a walking stick. They both comfortably beat me to the pavement!

I now have 6 weeks to recover for the 6 days. This slow running appeals to me and I am tempted to think it may be a good strategy for the 6 days – could just help eliminate those mistakes. Lastly I must thank Jan, Julie, Steve and Wilma without whose help and support I would not have got anywhere.

Gareth Bryan-Jones

Treasurer's Tales

What a brand new image FVO is going to have at the Six Day!

I have recently had the pleasure of spending a large amount of the Club's cash on a new Tunnel Tent (collected personally from the Agent at a layby off the A1 near York!) and David N. is kindly bringing this to Day 1. Look out for a bright blue 4-section tent with our Club name on the side. We have also bought new kites, punches and other bits and bobs, as we seem to be getting to a situation where kit is needed by two or three people for separate events on or near the same dates (WEE, Scouts, Schools, etc) so hopefully this will help avoid the need for hasty transfers of equipment and allow for checking and replacement at a convenient opportunity, rather than at the last minute.



The biggest cheque by far, of course, is for our new O-tops, which are really cool - having tried mine on as soon as I got it at the committee meeting. A big THANK-YOU to Louise for taking orders, sending them off, delivering the goods, and collecting the money from everyone. Hope everyone has terrific runs wearing them - I'll be pleased if I'm fit enough to start walking round courses by the end of this year! Great too that they will cost less than expected - do remember your Cheque books for DAY1. The committee has also agreed to award a 50% grant to one of the club youngsters to help with the cost of attending Laganlia - this is the first step towards getting into the junior training squads, but unfortunately youngsters do not get funding from the same sources as the older ones. On the relays front, I am collating the entries details as the year progresses, and am hoping to e-mail all relay entrants with the cost of their entries to date, with 5 competitions now past. I'm sure you will be in touch if I've made any mistakes..

See you at the 6-day.

Elizabeth Sinclair.

11 Person Relay 2005

This years 11 person relay is on 25th Sept. at Tentsmuir South near Leuchars. As defending Champions (again) we must **ALL** make an effort. We need a another good turnout to regain the title as best Scottish club. Further details to follow but let Jon Cross know ASAP of your availability before he starts chasing you with a big stick. Nearer the time see www.kfo.org.uk for more info

Nordic Championships

With WOC this year being so far away (in Japan), in an expensive country and with no opportunity for training, many of the regulars on the Irish team instead decided to travel to Norway at the end of May for the Nordic championships. Although this competition is organised primarily as a competition between the Nordic countries; Norway, Sweden, Finland and Denmark, with up to ten athletes allowed from each nation per class, the rest of the world is allowed to tag along. Unfortunately with most countries using their budget on WOC, this year the foreign contingent only consisted of us, the Estonian team and a few other individuals, mostly living in Scandinavia.

With the number of Scandinavian runners and Nordic terrain, it is perhaps the toughest competition to get a decent result Making it even more of a challenge is the format, with four races (Long, Short, Middle and Relay) over just four days.

Long

The event kicked off with the Long, 12.km in tough Norwegian forest for the M21's and 7.8km for W21's. It looked as if Norway's Holger Hott-Johansen was going to take his first Nordic Gold in the race until his late starting team (and club) mate Anders Norberg put in a truly exceptional run in win by three minutes, completing the course in 87.06. Anders caught the Estonian Olle Kärner in the early part of the course; the two pushing each other - though often taking different routes - witch gave the Baltic runner the silver medal, just one second in front of Holger.

In the women's race, it was the Swiss who dominated, pushing the best Scandinavian Jenny Johansson of Sweden down to third, nearly four minutes off the pace of the back to form Vroni Salmi-König. Vroni ran 8.3mpk in the physical terrain to give her a time of 65.17, giving her a rare victory over her more illustrious team mate, Simone Niggli-Lüder, who lost over four minutes in the final part of the race.

Scott Fraser from Edinburgh put in a very creditable performance in the men's junior class, finishing 11th behind a top class field of Scandinavian juniors.

Short

With tired legs we all headed south to the coast the following day for the Short race, held in the Olympic bidding town of Brevik (strangely they didn't get very far in the process). This small old town perching on sea side rocks had plenty of steep lanes and small alleys making it an enjoyable location for the event. With the town centre closed to traffic we all set off for a ferocious sprint. Norway's Anne Margrethe Hausken took the victory in the women's races completing the 2.48km course in 13.35, just six seconds ahead of Simone Niggli-Lüder, who had to settle for her second silver. Sweden's Lena Eliasson completed the podium, a massive 47 seconds further back.

me. A light lunch of rehydration sachets and rice pudding solves the cramp problem. Race rules say if you are not a leading runner (I am not, being I think 17th at this stage) you can have companions run with you from Tyndrum onwards. So Julie joins me for the next two sections to Kings House in Glencoe.

We meet up with Jan, now joined by a friend Wima, from Mallaig, who took the train south to Bridge of Orchy – the super support team. More rice pudding and gavascon tablets – seem to temporarily solve the nausea – and we speed slowly up the hill and then down to Loch Tulla. Take a few welcome short breaks to admire the spectacular views. We start to meet the Great Caledonian Challenge runners/walkers coming south. There are 1500 of them and we shall be passing them for the next 15 miles. The path is quite rocky though it often has narrow smoother bit – which we were trying to use as much as possible – as were the southbound walkers. Most of them generously step aside to allow the northerly bound runners priority. For those who do not seem inclined to give way Julie acts like a human snowplough shouting “make way for this old man who has run from Glasgow” and clears our path.

We arrive at a Kings House as crowded as Princes Street at New Year. Southbound walkers, their support teams and northbound runners and their support teams. The general public and casual tourists must have wonder what has happened to the remote and peaceful grandeur of Glencoe.

At Kings House feast again on rice pudding – it seems to be the only thing my stomach will accept. Julie finishes her stint (20 miles no less) and Steve Barrett takes over as my companion for the last 23 miles. Map and pen in hand I think he plans to revise the map as we go and count it as work time – so the conversation changes from grandchildren to the map and how much had changed over the years. I say conversation – it is a bit one sided as by now my responses are largely reduced to yes or no.

As we get to the top of the Devil's staircase we leave the last of the southbound walkers. I need a stop to recover from nausea after a high energy drink – Steve decides we need to dilute it – seems to help. Manage to keep going – and as I slowly plod down to Kinlochleven, a runner comes storming past – it is Brent whom I had last seen apparently on his last legs south of Derrydarroch – now it was me feeling I am on my last legs. At Kinlochleven my brain says I have had enough. I am all for packing in. Jan, Julie, Steve and Wilma are very patient with me. They feed me rice pudding – with a teaspoon as one would a baby in a high chair - sips of water and introduce jelly babies onto menu. Jan points out that I had also said not to bring them – I just agree that she knew better.

Eventually Julie says “just get up and start walking and see how you feel – we'll wait here incase you turn back”. I began to think I was slipping too far behind the 24 hour schedule – we have 4 and a bit hours to do the last 15 miles. About half way up the hill from Kinlochleven Julie phones to say they were now going – so I am now committed to go on

M60 very Long

As I get older I find I can still run fine and, though I get slower and slower, distance is no problem. However as I move up the orienteering classes the courses get shorter and shorter. I feel I would be much better suited by longer and slower courses.

Now I think I have found the solution. A competition that won't get shorter as I get older and where I can happily go as slowly, or nearly as slowly, as I like. So at 1 o'clock one Saturday morning in June I lined up with around 100 other intrepid hopefuls outside Milngavie Railway Station. The objective is to reach Fort William on foot. A lesser objective to get there as fast as possible – there is a 35 hour time limit set. My personal challenge is to get there by 1 am Sunday morning – 24 hours later.

I'm told one secret of success is to start off slowly, really slowly – my current forte. I saunter along to Drymen chatting to Cath Worth – older (i.e. in the club longer) FVO members will remember Bob Worth – Cath is his wife – and she completed the course in less than 23 hours in 2004 – so her pace should suit me fine. This part involves some navigation – it is dark – signposts are not easily seen. However no errors and soon can watch the dawn as we climb the Conic and have wonderful views of Loch Lomond whilst descending to Balmaha – though I am finding the heat a problem. It is hot and sweaty – not your typical June night in Scotland.

Meet Jan at Balmaha for breakfast – its 4.30 am – and then meet her again at Rowardennan to continue breakfast. I have been told the second key to success is eating and drinking – more or less continuously. Have a third breakfast at Inversnaid at 7.30 am – can hardly move for all the “gerrys” piling on to their tour buses – get some funny looks. The race organisers have brought my bag of goodies here for me – this is not a personal service, they do it for everybody. Jan is on the other side of the loch at Ardlui in a phone window waiting for a progress report – Inversnaid is my matching phone window – mobile phones are useless up most of Loch Lomondside.

Soon leave Loch Lomond behind, thankful to be past the rocky stretches north of Inversnaid. At the wigwams (if you've walked the West Highland Way you'll know where I mean) pass a runner (called Brent) who looks beyond running – don't expect to see him again – I'm feeling strong and confident.

At Derrydarroch (the headquarters of the most virulent brigades of midges I have every encountered) meet Jan again to take on more liquid and calories – am starting to have a problem eating – a feeling of nausea – so start to skimp on my calorie and salt laden drink. Still sweating a lot in the heat and descending to the A 84 near Tyndrum start to get cramp in my calves.

Get to Tyndrum and meet Jan again – she has rehydration sachets – which she brought despite my saying they weren't necessary – thank goodness she ignored

The men's race was a bit closer, Norway again tasted victory with the young sprint sensation Øystein Kvaal Østerbø running 13.53 for the 2.93km, 5 seconds ahead of the equally talented young Finn, Márten Boström. Sweden again took the bronze with Martin Johansson 19 seconds off the lead.

Middle (with Micr-O)

This was my main reason for wanting to do the event, middle distance is my favorite discipline anyway, but with the added challenge of ‘micro orienteering’ it proved an irresistible draw. This was the debut for the format at a major event and was a major talking point, especially at team leader meetings. The idea behind it was to try and allow both the media and spectators to get more involved in what an orienteer actually does when competing. Basing it on Biathlon (a winter sport when skiers have to come into the stadium to shoot targets, for ones that they miss penalty loops must be skied, hence adding extra distance and time). Though we weren't given guns, we were given plenty of extra dummy controls (with the same codes) and a very detailed map. In theory, it was possible, using the extra detail and control descriptions, to identify the correct flag of the half dozen or so scattered around the control circle. There were a few rules to try and take luck out of the equation, for example, if on a point feature, no two flags could be closer than 180 degrees, so if a boulder was used, there may be a flag on the north side, when you want the south, but there couldn't be one on the east or west side. Unless on a point feature, flags also had to be at least 10m apart, which may sound like a lot but can suddenly become very close when you're tired and approach from the wrong angle. Of course this was all televised with cameras throughout the course and a big screen at the finish, so if you punched the wrong control the watching crowd could immediately see a little red control appearing next to your name (green for correct) and know that you had to do a penalty loop. The race started on a standard 1:10,000 middle map with normal controls, at about two thirds of the distance there was a map exchange which was the start of the Micr-O section. Here you picked up a 1:5,000 map with 2.5m contours, which is quite a hard adjustment to make in the middle of a race. This is where it gets difficult to explain as you don't actually have to punch any of the controls... However, with six controls in this section (plus a compulsory control with no dummy flags), this would mean six penalty loops, and at about 20 seconds a loop (up and down a hill in front of all the spectators!), it was preferable not to have to do them. For the 6 controls, you are only allowed to punch six times in total, so there is no point in running into the circle and punching everything you see, as any extra punches equate to penalty loops (a maximum of 6). So if you punch the wrong one and immediately realise, you then have make the decision to either punch the correct unit (which would mean an extra punch, so you'd have to completely skip a control later on to avoid going over 6) or to carry on. At the end of the Micr-O section there was a download unit, upon punching this, a number flashed on a screen indicating the number of penalty loops to be run. Once these were complete, a further map exchange back to 1:10,000 and a final few controls finished the race.

In the men's race, two of the protagonists from the Long race again battled in out, with Anders Norberg again getting the better of compatriot Holger Hott-Johansen. Anders was once of the few competitors to keep a clean sheet in the Micr-O, whereas Holger missed three and lost 51 seconds to the winner running his loops, finishing exactly a minutes behind Anders time of 29.55 for the 4.7km. Jörgen Wickholm of Finland took the lowest step of the podium just a few seconds further behind and with only one loop to run.

Emma Engstrand of Sweden headed a trio of Swedes to take the bronze in the women's race, with one penalty loop she completed the 4.1km in just over 32 minutes. A few small mistakes in the early part of the course and then two penalty loops meant that it was the third time in three days that Simone Niggli-Lüder picked up the silver medal. However it was the young Finn Minna Kauppi who took her first major title in a time of 31.20 thanks to some very strong running, as like the Swiss runner, she lost time early in the course and also had to run up and down the hill two times.

Relay

After a somewhat timid banquet (finishing at 10.30), weary legs were once again dragged out for the relay. With so many high class runners it was always going to be a close run affair, however in the men's class Norway's first team put in three superb runs to take victory by nearly four minutes. Behind things weren't quite so spread out, with the second to fourth teams finishing just 15 seconds apart, Finland beating Sweden for the silver by just one second. A thrilling final leg in the women's saw Finland's Mina Kauppi repeat her previous day's performance, going out third and overhauling both the Norwegians and Swiss (who finishing second and third respectfully) to become Nordic champions.

Full results, maps with route choices (and the location of the dummy controls for the Micr-O) can be found on the Nordic Championships website: <http://www.noc2005.org/>

Marcus Pinker

Compass Sport Trophy — The FINALS

The prestigious Compass Sport Trophy Finals will take place at Clowbridge, Burnley (GR820280) this year on 16th October. As defending Champions we need to have a good team. Plans are to take a minibus down for the weekend (like last year) with accommodation (and a BBQ/meal out???) provided.

As last year, everyone's performance and scores will count so everyone is needed. We'll be up against ESOC, INT, Eryri, SOS, GO, HALO, WCOG, SARUM and SWOC, so it's all to play for.

More info near the time from Jon Cross but put the date in your diary now.

WEE Events 2005

The Wednesday Evening Events kick off again in a fortnights time. Details below;

17th August - Callendar Park, Falkirk (Callendar House) - NS894795
 14th August - Barr Wood, Denny (A872 & under M80) - NS796865
 31st August - Alva Woodland Park - NS899976
 7th September - Sherriffmuir - NS815986

Currently the leading competitors on each of the 3 courses are

Short

1 St. Mungos A St. Mungo's Primary	534
2 Richard Francis McLaren	435
3 St. Mungos B St. Mungo's Primary	433

Medium

1 Abi Longhurst FVO/Dunblane H	287
2 Jamie Stevenson FVO	257
3 Jack Barrett FVO	230

Long

1 Gary Longhurst FVO	539
2 Will Hensman FVO	524
3 Caspian Richards FVO	416

Calling all FVO Juniors

This years Jamie Stevenson Trophy is being organised by FVO at Pitmedden Forest near Perth. Having come 2nd the last 2 years, it must be our year. We need ALL juniors to come along to make sure home advantage counts.

Entries for the event are via the club so you'll need to contact Jon Cross on 01786 860301 or jon.cross@tinyworld.co.uk if you'd like to go.

There is a BBQ afterwards with as much food as you can eat and it's strictly **NO ADULTS !!**