

Forth Valley Orienteers

Dinner Dance & Club Championships

19th November 2005



Club Championships 2005



To be held in
Polmaise Woods,
Campusarron
OS Grid ref. NS777916

Starts 11 to 12.30
Organiser: Gareth Bryan Jones

Tel: 01786 472758 or
E-mail: janandgareth@ntlworld.com

FVO Dinner Dance

to be held in

Stirling Management Centre
Stirling University
7.00pm to 12.30am

Tickets £26.00/£13
Available NOW from David Nicol
Tel: 01786 832123 or
e-mail: secretary@fvo.org.uk

Come and enjoy a fine meal and
then dance to the Jack Delaney Band
into the Wee Small Hours of the evening.



Forth Valley Orienteers

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Forth Columnist

Issue 170

Sept/Oct 2005



FVO members showing off their new club O tops on
Day 5 of the Scottish 6 Days

Copy date for next issue
is Sunday 29th October

Editorial

This is the last newsletter that I'll be editing, as I am standing down a few months early just in case I have my hands full with a wee one before 7th Nov...!!!! I've been doing the newsletter for 3 years and it's been quite a lot of work over a small number of days every 2 months. Mostly it is cajoling, bossing and down right demanding info. and articles from people as a lot of it does go out by e-mail and is just repeated. However, we have to cater for all technologies, so long may the newsletter (in whatever format you receive it in) continue.

Hopefully you've all recovered from you summer excursions (especially the 6 days) and are looking forward to the autumn/winter training programmes you've all put in place, ready to come out fitter and better Orienteers next year...No?!?!?.. Well why not?!?!?

Mark Thomson has kindly offered to do the next 2 issues before the AGM in January, so thanks to him. It's just left for me to say it's been a pleasure and happy O'ing

*Cheers
Will Hensman*

Please send articles, pictures or gossip bits to:

Mark Thomson
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Wollaton Park
Nottingham
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markthomson55@yahoo.co.uk

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

What's On Sept/Oct 2005

September

- 10th ESOC Local Event. Davidsons Mains Park, Edinburgh. NT/201755. Janet Clark, 0131 225 7771 Start times 2 - 3pm £2/£1
- 11th SOA Jamie Stevenson Trophy. Pitmedden Forest, Perth. NO/188139. Organiser & Entries: Louise Longhurst, Hillside Farm house, Keir, Dunblane, Perthshire, FK15 9NT, 01786 823295.
- 13th TINTO Local Event. Lanark Racecourse, Lanark. NS/900427. Marjory Foreman, 01555 665346 Starts from 18:00.
- 17th AYROC Scottish Score & Inter-Club Champs. Loch Doon Dalmelling ton. NS/477031. Organiser: Brigid Flanagan, 01292 267063
- 18th **AYROC Regional Event & SOL 5.** Loch Doon Dalmellington. NS/477031. Organiser: Brigid Flanagan, 01292 267063.
- 25th KFO 11 Person Relay. Tentsmuir South, Nr Leuchars. NO/498242. Organiser: Phil Smithard, 01383 722416.

October

- 2nd ESOC District Event & SoSOL1. Corstorphine Hill Edinburgh. NT/203747. Anne Stevenson, 0131 332 3045. £4/£2.
- 5th STAG Local Night Event. Victoria Park, Glasgow. NS/543674. Terry O'Brien, 0141 7708671
- 8th **INT Night Event & Scottish Night Champs.** Drummond Hill, Ken more. NN/770457. Organiser: Paul Caban, 0131 445 3098.
- 9th **INT Regional Event & SOL 6.** Drummond Hill, Kenmore. NN/770457. Organiser: Fiona Weir/Barry Owen, 01506-848824.
- 12th STAG Local Night Event. Alexandra Park, Glasgow. NS/625657. Terry O'Brien, 0141 7708671
- 15th ESOC Local Event. Holyrood Park, Edinburgh. NT/280732. Janet Clark, 0131 225 7771 Starts 2-3pm £2/£1 Dunsapie Loch
- 19th STAG Local Night Event. Linn Park, Glasgow. NS/588596. Terry O'Brien, 0141 7708671
- 22nd EUOC Edinburgh Relays. Blackford Hill, Edinburgh. NT/259705. Organiser: Murray Strain, 01875 611014.
- 23rd EUOC District Event & ESOA Championships. Dalkeith Country Park, Dalkeith. NT/335678. Organiser: Fiona Berrow, 07876 520377.
- 30th FVO District Event & SoSOL. South Achray, Aberfoyle. NN/526007. £4.00/£2.00. Starts 11:00 to 13:00. Caspian Richards 01786 860712

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

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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

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42 Kirkside Crescent Stirling FK7 7JZ
Tel: 01786 469824

WEDNESDAY EVENING EVENT CO-ORDINATOR - Neil Kitchen

Tel: 01786 824595

EQUIPMENT STORE - Maureen Brown

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

President's Piece

The summer is just about over, but what a great summer it has been; with a fantastic 6 days, which saw the appearance of the new FVO kit and our new, larger club tent. Thanks are due to Steve Nicholson who so calmly organised us all and to Dave Coustick for planning wonderful courses as a fitting end to a great 6 Days. It will be our turn to be one of the central organising clubs in 2009 and I know that Gareth and Jan are already beginning to make plans - watch this space!

It was a summer of orienteering for three of our juniors who were selected to attend BOF Summer Tours - Stuart went to Lagganlia the week before the 6 Days and Kyle and Victoria to Uppsula and Halden, respectively for the fortnight following the 6 Days.

With the Wednesday Evening Events nearly over it is time to think about 'winter training'. I attended a good number of the interval sessions which Jon organised last winter and enjoyed them. We usually went on to the Westerton in Bridge of Allan for something to eat (and drink!) afterwards, which turned it in to a very sociable evening. So when that email comes from Jon, don't ignore it and come along.

There is a lot of orienteering happening over the few months, including a number of inter-club competitions (Jamie Stevenson trophy, 11 Person Relay and Compass Sport Trophy Final), which it will be good to see as many people as possible at and hopefully we can also take a few trophies. Leading up to our club champs and dinner dance in November.

Will is stepping down from editing the newsletter - he thinks that he is going to be busy for the next wee while!? Thank you to Will for all his hard work and good luck to him and Susan on their imminent arrival.

Gary Longhurst

Congratulations

Stuart Thomson has been selected on to the Start Squad. M/W14s are selected at this time following the summer tour to Lagganlia.

SoSOL

The club is organising a SoSOL (South of Scotland O League) at South Achray on 30th Oct, which Caspian Richards is organising and Beccy Osborn is planning. They are looking for a few helpers who will be needed on the day. Please contact Caspian at caspian@spiritsincorporated.co.uk or 01786 860712 to volunteer your services

Secretary's Scribbles

Dinner Dance

After the club champs, dance the night away at FVO's annual dinner dance. This year we are back at Stirling Management Centre for a repeat of last years successful event. To maintain the success, we are again promoting our successful Juniors at half price deal, with ticket prices maintained for 2005. So there is no excuse for anyone failing to come to the dinner dance to collect their trophies!!

Tickets £26/£13 from myself.....(see advert on the back page.....ed)

Club Training weekend

We have arranged for club training for Saturday 24th September, to coincide with the 11 person relay at Tentsmuir on Sunday 25th September.

Details:-

Sat — club training:- Tentsmuir North

Sun — 11 person relay: Tentsmuir South

Exact timings to follow. Steve Barrett will be putting on the training, and once we have sorted out everyone who is going, he will try to provide training to suit the participants.

Accommodation: — I have booked hostel accommodation in St Andrews for the Saturday night. (see www.hostelsaccommodation.com). For those who want to join a club group, I will make a suitable booking for dinner in St. Andrews for the Saturday night. Breakfast- do it yourself in the hostel.

Price: — Cheap the room price is £14 per night, and there may be a small extra charge for the maps for the Saturday. Confirmed names in respect of the hostel accommodation by this **Friday, 9th September** please. I need to confirm numbers two weeks before.

Dinner booked for 7.30 pm at "The Grill House" in St Andrews, just a stones throw away from the hostel. The place is both friendly and non-smoking. Details at <http://www.grillhouserestaurant.co.uk/>. I need to confirm the numbers for the restaurant about a week before. Please indicate whether you are coming along or not.

*David Nicol
FVO Secretary*

PS: Jon is separately handling club entries for the Sunday.

the peaceful scenes we passed had experience such mayhem, but the War Memorials and roadside graves of resistance fighters were a regular reminder.

Day 3 – Abbeville to Beauvais. 72 miles. Another pleasant days cycling, enjoying the countryside and the company. In the evening a group of Israeli cyclists entertained everyone by singling folk songs.

Day 4 – Beauvais to Paris. 64 miles. The first half of the day followed the normal pattern of rural France and cycling at my own pace. Fun and games after lunch as we cycled in groups of about 50 through the outskirts of Paris. Traffic lights and cars absolutely everywhere with the occasional cycle path. Inevitably the groups got broken up. Six of us went bombing round the Arc de Triomphe, down the Champs Elysée and along the Quai Dorsay to finish at eh Eiffel Tower. The “wow” couple of miles of the tip, mainly at high speed (well, 20 mph) on cobbles. Very challenging on the backside at the end of four days cycling.

A crowd of cyclists, friends and families met us at the Eiffel Tower. The organisers had laid on Champagne from plastic cups. I celebrated by trying to get two cups whilst another was turning cartwheels.

186 cyclists left London. One man withdrew at the end of day 1 because of Angina – he finished up in hospital. Another cyclist fell off and badly grazed his arm and leg as well as spraining his wrist on Day 1. He finished the trip, with the help of the medical team travelling with the organisers.

Day 5 – The Tour de France was due to enter Paris and do seven circuits up and down the Champs Elysée at 3.45pm. I walked there from our hotel at 10:00am and the street was already closed and the pavements mobbed, mainly with the Lance Armstrong fan club. The noise was amazing. There was only one large screen TV for everyone to watch – not nearly enough. Unfortunately we didn't see the race arriving because the peloton seemed to have decided the last day was to be a procession with Armstrong leading. We had to leave at 4:15pm after only seeing the parade of sponsors and support vehicles. Eurostar trains wait for nobody.

The train was very efficient but the catering was poor – worse than GNER or Scotrail! We arrived in Water loo at 9:00pm. Our bikes had been brought back by the support vans and were waiting for us at the station. I stayed overnight in London but I would have had time to cycle to Euston to get the sleeper north. I caught the train the next morning.

The purposes of the exercise were to see the end of the Tour de France (failed), to raise over £1000 for Action Medical Research (achieved) and to survive (achieved). My sponsors have been very generous and I have raised £1200. I paid my basic travel and accommodation costs myself (£99 + £485) so it was not an inexpensive trip, but it was great fun and very well organised.

Many thanks to everyone in FVO who sponsored me – you have been very kind.

Donald Macleod

PS. If anyone fancies the trip next year, AMR's phone number is 01403 327 444

London to Paris by BIKE

My bike ride of 300 miles from London to Paris fundraising for Action Medical Research (AMR) cannot match the endeavours of Marcus Pinker and Gareth Bryan-Jones recounted in the July/August issue of the Forth Columnist. My bike ride did, however, have its highlights.

Departure from London was planned for 8:00am on July 20th. Accordingly I travelled by train to London the previous day. Cycling from Kings Cross to AMR's Blackheath hotel base with my heavy rucksack was a serious challenge, dodging Central London traffic while trying to follow an "A to Z". Sweaty, scary work!

Fortunately my 186 fellow cyclists and I only had to carry a small day-bag while cycling – a puncture repair kit, inner tube and water. AMR had laid on excellent support facilities throughout the trip. Cycling followed the same pattern each day, everyone travelling at their own speed, varying the time spent having snacks or at lunch. The organisers had signposted the entire route – a sign at every junction. We started cycling at 8:00am each morning. The really fit on super bikes completed the days mileage by early afternoon, the middle group (including me) by 5:00pm and the slowest group by 6:30pm or so. Snacks were available from a support van every 2 hours or so, with lunch at approximately 2:00pm. Dinner was at 8:00pm. The snacks, light lunch and dinner menus were energy rich with lots of carbohydrates and fruit. Our accommodation was two star hotels, in twin rooms. I shared with a 63 year old London Architect. The oldest man on the trip was 70 years. The majority would be in their thirties.

Day 1 – London to Dover. 83 miles on a very hot day with three long, steep hills in the last 15 miles. Shattering! I had to walk up part of each of these climbs – I was not alone. They were the only hills that defeated me during the trip. Dinner in Dover proved to be the only totally inappropriate meal of the trip – soup followed by roast beef and Yorkshire pudding. I avoided the cheesecake.

Day 2 – Dover to Calais by ferry, and then to Abbeville. 82 miles. We had to have our bags loaded in the support van by 5:00am, followed by cycling to the Sea France ferry terminal at 6:30am. A very early start. Loading the bikes onto the ferry was an exercise in adjusting gears, pedals and handlebars into the smallest possible space – like a 3 dimensional jigsaw. The journey across the Channel was uneventful.

Cycling across northern France, avoiding all the main roads, was great. Cyclists are treated with more respect than in the UK. Every village and small town had cyclists of all ages, 95% plus not wearing helmets.

We cycled through the rolling agricultural landscape that had been the site of intense battles in the First and Second World Wars. It was hard to believe that



My Trip to Lagganlia

This summer a group of 23 juniors, including three from Scotland, Alan Cherry from Ayroc, Jessica Orr from Clyde and myself were selected to go to Lagganlia. My journey got off to a good start when my Dad dropped me at Nottingham station. After a couple of train changes we were on time and heading for Edinburgh. 10 minutes outside of Edinburgh station we came to a grinding halt. The train then started rolling backwards. (Even to the inexperienced train traveler such as myself this didn't seem quite right). After my initial panic, of a good 2 seconds, an announcement was made to say the train had broken down and we were to be towed into the station. This took several hours causing us to miss our connection to Aviemore. We finally arrived at our destination over 5 hours late.

Upon arrival we were introduced to the coaches and other juniors. We went out at least twice everyday. We went to Inshriach North, South and Middle, Strathmashie, Craig Bui, Uath Lochan and Achlean. We did training exercises such as attack points, relocating, compass and pacing and contour only. The evenings were spent discussing what we had done that day.

On Tuesday evening we were told we had 30 minutes to draw a simple map of Craig Bui for the course the following day. Either I was very lucky or my cartography skills are excellent. (It was luck), but this exercise went very well. Wednesday was the sprint race. After lunch we met up with the Glenmore group for a game of rounders and a BBQ. Nobody knows who won as both sides bent the rules but everyone had a great time.

Thursday was the middle distance race of the tour champs. I was pleased with my run and came a respectable third just behind second by 30 seconds.

Friday was the last day and the second part of the tour champs. This was the classic race held at Inshriach North and Middle. I was determined to do well and everything I learnt over the week came together. I performed well and came second.

I enjoyed everything about Lagganlia and performed to the best of my ability. I would like to thank FVO for its support.

Stuart Thomson

Club Captain's chat

Congratulations to all on some very fine performances this summer, both at the 6-day and at various other multi-day events elsewhere in the world! And congratulations in particular to the club as a whole for an amazing turnout at the 6-days, it was great to see so many people there - I had never heard so many orienteering excuses gathered together in one place until I came to the FVO tent that week!!

As ever, as we move into the autumn there is ample opportunity for people to come along and run for FVO in some team events. I am really keen for a good turnout at some of these as we have trophies to defend - the tables at this year's dinner dance will look a lot more empty if we have to surrender them!

First up is the Jamie Stevenson Trophy at Pitmedden Forest on 11 September, being organised by Louise Longhurst (who I am sure will be grateful for any offers of help...). This competition is for juniors only, and FVO juniors have finished 3rd and 2nd in the two years of the event so far. Maureen Brown is co-ordinating the team and has had a great response - it is brilliant to see everyone turning out to run. So GOOD LUCK to the juniors - I hope to be reporting on a glorious victory next time!

The following weekend is the Scottish Score Championships on Saturday 17th September in Ayrshire. This event is the Scottish Inter-Club championships, an event which as far as I know FVO has never won. I blame the team captain. Anyway, for this event all you have to do to support your club is enter your normal age class, turn up and run, and the organisers will work out the team score. Easy! There is a SOL event on the Sunday on the same area (if you are not dashing back for the Stirling 10km road race on the Sunday), so why not make a weekend of it and score some points for FVO into the bargain?

And the fun is only just beginning by then.....the next weekend is the 11-person relay on Sunday 25th September. For this event FVO ARE THE HOLDERS, it is at Tentsmuir Forest near St Andrews which is a LOVELY AREA, and so I am hoping that AS MANY PEOPLE AS POSSIBLE will sign up to run. I have already had quite a good response, but if you have yet to tell me whether you can make it then a reply either way would be appreciated please. Soon! It is also my birthday that day so think how disappointed I will be if we don't win!

The 11-person relay can be combined in any case with a fantastic weekend of FVO fun, with training on the Saturday and then a meal out in the evening - well worth signing up for, full details from David Nicol.

One weekend after that is the Senior Home International races in Northern Ireland. As I write, the Scottish team has just been announced, and all three of Hazel Dean, Kirsty Bryan-Jones and Janine Hensman are selected for the W21 team, with Kyle as the travelling reserve in M20. Good luck to all of them.

And then - October 16th - time for FVO to defend its trophy in the Compass Sport Trophy final! This is down near Burnley and once again I have already had a good response on this, but would like more runners if possible please. Under the scoring system, all runners from a club are allocated points, and this means that everyone can influence the outcome by pushing down the points scored by runners on opposing clubs. The plan is to travel down on the Saturday, do some training, and find somewhere suitable to stay near the event. Please let me know if you are interested in coming along for all of this, or even just for the Sunday.

It is apparently the case that no Scottish club has ever sent a team to the final of the Compass Sport Trophy and come away without the trophy. This year both ourselves and Interlopers have qualified for the final, and we are both sending a team - so someone is going to spoil that record - I would like it to be them not us please!

And if lots of you come along and run these races, I am sure that the dinner dance will have a fine display of silverware once again!

See you all soon

Jon
jon.cross@tinyworld.co.uk
07803 796773

New O kit

Our new O'tops arrived in time for us to show them off at the Scottish 6 Days. We looked great and there was no missing us in the forest and on the run in. Of the 50 ordered, there is one left (long sleeved, medium). If you missed out first time round, don't worry, more can be ordered. There have already been a few enquiries so with just a few more, an order can be placed. Let Louise know (longhurstl@aol.com) if you would like to place an order and you too can look gorgeous in a new FVO o'top.

