

## 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 - Mark Thomson**

55 Hawton Crescent, Wollaton Park, Nottingham. NG8 1DD  
Tel: 0115 9132633

### **WEBMASTER - David Nicol**

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

### **WEDNESDAY EVENING EVENT CO-ORDINATOR - Neil Kitchen**

Tel: 01786 824595

### **EQUIPMENT STORE - Maureen Brown**

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



# Forth Columnist

Issue 171

Nov/Dec 2005

## Forth Valley Orienteers

### Inside this issue:

|                                   |    |
|-----------------------------------|----|
| Editorial                         | 2  |
| President's Piece                 | 3  |
| Renewals/Club Champs              | 4  |
| Christmas Meal                    | 5  |
| Club Captain's Chat               | 6  |
| Other News                        | 8  |
| Inter Area Junior Championships   | 9  |
| Victoria's Halden report          | 10 |
| Lucy Elizabeth Hensman            | 12 |
| What's on Nov/Dec                 | 13 |
| Jamie Stevenson Trophy            | 15 |
| Puzzle Corner                     | 16 |
| Last WEE / Soup of the Day recipe | 17 |
| FVO Committee                     | 18 |



Jamie Stevenson with the winning FVO junior team show off the Jamie Stevenson Trophy at Pitmedden. See Abi's report on page 13.

**Copy date for next issue is Sunday 25th December** - yes I know it's Christmas day so you better get your articles in early! Hope you all have a good one (even though it's several weeks away)

## Editorial

This is my first attempt at editing the FVO newsletter so please be patient. The publisher software I am using is great but it takes time to get used to all the features! Twenty years ago I did the NOC newsletter, one fingered, on a type writer!! The younger FVO members will have to ask Mum or Dad what a type writer is. The main problem I had back then was getting anything to put in the newsletter, so I have come up with a few ideas, having said that this month I have been inundated! Thank you to all contributors, keep it coming.

I had an idea of putting a version of Sudoku in the newsletter but having just received SCORE it looks like other clubs are already doing this. Would members like a puzzle in their newsletter? Louise Longhurst has also sent in a recipe for her excellent soup, as tasted at the last WEE, could this become another regular feature?

Hopefully you all know by now that the FVO juniors won the Jamie Stevenson Trophy and FVO won the CompassSport trophy for the second year running at Clowbridge.

Still to come this year is the Club Champs, Dinner Dance and Club Christmas meal. The Club Champs will take place at Polmaise - FVO's new area. If you are planning to come along please drop Gareth Bryan-Jones an email. ([janandgareth@ntlworld.com](mailto:janandgareth@ntlworld.com)) The annual FVO Dinner Dance is on **Saturday 19th November** at the Stirling Management Centre. The evening will start at 7:00, for dinner at 7:30 followed by dancing to the Jack Delaney Ceilidh band until 12:30. Tickets cost £26.00 (£13 for juniors) and you can reserve yours by dropping Louise an email ([longhurstl@aol.com](mailto:longhurstl@aol.com)) or give her a call (01786 823295).

Hope to see you all there and please can you ladies mind my toes!

*Mark Thomson*

PS Hope the first edition I have edited is not too bad, sorry it's late!

Please send articles, pictures or gossip bits to:

Mark Thomson  
55 Hawton Crescent  
Wollaton Park  
Nottingham  
NG8 1DD

[markthomson55@yahoo.co.uk](mailto:markthomson55@yahoo.co.uk)



## The last WEE

Following the last Wednesday Evening Event at Dumyat about 40 FVO members (and one holidaying American) visited the Longhurst's for a bowl of soup. Bob who was visiting Scotland from Ohio was delighted with the welcome he got from FVO and sent the following note:

*"Thank you for your hospitality at the final Wednesday "O" meet. Your club members made me feel like a special guest. The after "O" party was great. The soup, interesting old estate and conversation added to my trip's highlights. Running through the sheep meadows was a new orienteering experience. Tough running."*  
*Bob Huebner*

For those of you who enjoyed Louise's Lentil and Coconut Soup, she has kindly agreed to share her recipe:

### Louise's Lentil and Coconut Soup

1 onion  
1 lge leek  
2 sticks celery  
Oil  
1 lge sweet potato  
½ ts chilli powder  
250g red lentils  
600ml vegetable stock  
400ml tin coconut milk

Chop the onion, leek and celery and fry in oil until beginning to soften. Add the sweet potato and chilli and continue to cook for a couple of minutes. Add the stock and lentils and simmer for about 20 minutes until vegetables are cooked. Add the coconut milk and blend until smooth.

*The soup is great Louise (Ed)*

## Puzzle Corner or



-Sod-u! loosely based on Sudoku

Without wishing to offend anyone these puzzles are based on Sudoku. Using the FVO Juniors who took part at the Jamie Stevenson Trophy instead of numbers. The rules are simple. Enter the following names into the blank spaces Abi, Victoria, Morven, Jamie, Craig, Jack, Laura, Ellen and Stuart. Every row must contain one of each name, so must every column, as must every 3x3 square. Looks like other clubs beat me to the idea! after reading SCORE.

|          |       |        |        |          |       |       |        |          |
|----------|-------|--------|--------|----------|-------|-------|--------|----------|
|          |       |        |        |          |       |       | Morven | Jamie    |
| Victoria |       |        | Abi    |          |       | Ellen |        |          |
| Craig    |       |        | Stuart |          |       |       |        |          |
|          | Abi   |        |        | Morven   |       |       | Stuart |          |
|          | Jack  |        |        | Stuart   |       |       | Laura  |          |
|          | Ellen |        |        | Victoria |       |       | Craig  |          |
|          |       |        |        |          | Jack  |       |        | Victoria |
|          |       | Stuart |        |          | Jamie |       |        | Morven   |
| Abi      | Laura |        |        |          |       |       |        |          |

This one has the rest of the children from the JST + Kyle (who was else where), Maureen (Team Manager) and Louise (Organiser) to make up the numbers. So enter the following names into the blank spaces Simon, Kyle, Rachel, Ceana, Richard, Frances, Amy, Louise and Maureen. Every row must contain one of each name, so must every column, as must every 3x3 square.

|         |         |         |         |         |         |         |         |         |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Simon   |         |         | Maureen |         |         |         | Amy     |         |
| Richard |         |         |         |         |         |         | Frances |         |
|         |         |         | Kyle    | Rachel  |         |         | Richard |         |
|         |         | Maureen |         |         |         | Louise  |         |         |
|         |         | Kyle    | Frances | Simon   | Richard | Ceana   |         |         |
|         |         | Ceana   |         |         |         | Richard |         |         |
|         | Amy     |         |         | Maureen | Louise  |         |         |         |
|         | Frances |         |         |         |         |         |         | Maureen |
|         | Maureen |         |         |         | Ceana   |         |         | Rachel  |

If anyone wants another copy of the puzzles I can email you one, just send me an email to [markthomson55@yahoo.co.uk](mailto:markthomson55@yahoo.co.uk)

## President's Piece

FVO have had a most successful couple of months, adding two club trophies to our collection. Our juniors successfully held off all the Scottish clubs to win the Jamie Stevenson Trophy at Pitmedden in September. It was great to see so many juniors representing FVO and enjoying an event which is designed specifically for juniors. A month later we managed to have the same success at the Compass Sport Trophy final, when we retained the Trophy against stiff competition from clubs from across Britain. Well done to all that made the journey – it was worth it! – and thanks to Jon for organising the team.

An impressive number of FVO members have represented their country in various events over the last few weeks. Four of our juniors represented Scotland at the Junior Home Internationals in South Wales where the team came second to England. The following weekend eight FVO members travelled to Ireland for the Senior Home Internationals, seven representing Scotland and Marcus for his home country of Ireland. The Scottish contingent helped Scotland to a historic win - the first Scottish team to win a home international away from home. Janine Hensman represented Great Britain at the World Mountain Biking Orienteering Championships in Slovakia and was part of the girls relay team that took a superb 4th place. Well done to all our internationalists!

As the club events this year approach an end, having just organised a very successful event at South Achray last weekend, there is one more major event for us to look forward to – that is the Clubs champs on Saturday 19<sup>th</sup> November at our new area, Polmaise Woods. Later in the day we have our major social event of the year - the Dinner Dance.

Winter training is now well underway, meeting at the university on Wednesdays. It has been good to see a number of people coming along regularly and also going to the Westerton afterwards.

Congratulations to Will and Susan on the arrival of their baby daughter, Lucy. I understand from Louise (who knows more about these things than I) that she is “as cute as a button”. Now that Will is otherwise engaged Mark Thomson has taken on the role of Newsletter editor and David Nicol, the role of webmaster. Many thanks to both of them. To help make their job a lot easier, I would urge everyone to send them any items of news that may be of interest to others. It is important that we keep the FVO web up to date and interesting as it is a key part of the image of the club and a useful source of information for members.

After many years on the committee, Hugh Buchanan is stepping down from his role as Permissions Co-ordinator. Hugh has been our link with the landowners of our mapped areas and we are grateful to him for all his hard work. Hazel Dean has kindly agreed to take over this role.

I look forward to seeing a great many of you at the Dinner Dance.

*Gary Longhurst*

## FVO Membership Renewals for 2006

Yes, it's that time of year again!

As you will see, your new FVO membership renewal form for 2006 is enclosed.

BOF will be sending their renewal forms out from mid November and BOF/FVO members should send their renewal payment direct to BOF.

I would appreciate it if ALL renewing club members, be it BOF, SOA or Social could return their forms to me, along with the correct fees for SOA/FVO & Social members, by the end of December 2005.

This does help us to ensure that we have all your correct contact details including up-to-date e-mail addresses.

If you have any queries please let me know.

Thanks

Susan Hensman

[Susan@hensmanfamily.co.uk](mailto:Susan@hensmanfamily.co.uk)

## 2005 Club Championships - Saturday 19<sup>th</sup> November

**Polmaise Woods, Cambusbarron. Map Ref NS 777916.**

Parking will either be at Cambusbarron Primary School (turn left at Foresters Arms and take 2<sup>nd</sup> right) or at the top of Quarry Road Cambusbarron (exit Cambusbarron towards Touch, first turn on left is Quarry Road).

|                            |             |                          |
|----------------------------|-------------|--------------------------|
| <b>Courses and Classes</b> | Orange      | Junior Boys/Junior Girls |
|                            | Light Green | Girls                    |
|                            | Green       | Boys/Veteran Women       |
|                            | Blue        | Women/Veteran Men        |
|                            | Brown       | Men                      |

**Starts 11.00 to 12.30**

Please pre enter by informing Gareth Bryan-Jones of your intention to run. This will ensure you get a pre-marked map – bring your own map case.

Email [janandgareth@ntlworld.com](mailto:janandgareth@ntlworld.com) or phone 01786 472758.

## Jamie Stevenson Trophy

The Jamie Stevenson Trophy had come round again for the third year running. If you are not sure what this is, it is the Scottish inter club competition for juniors. Both of the previous years MAROC had won but this year FVO were determined to stop them winning again.

The area for this year's event was Pitmedden near Perth and I personally think it a really great area. It has lots of paths (great for the shorter courses), some really nice woods and some fast open fields (with a bull!) for the longer courses.

We had a team of sixteen juniors and had at least one person on every course – except the green men (we were let down by a star member of our team – Kyle, who had other plans for the weekend. *(some lame excuse about being on a Uni trip! More like on the town... who is she, what's her name? Ed)* We weren't going to let that put us off tho'). We all did really well and as the results started to go up we knew that we were in with a good chance of winning. We had four 1<sup>st</sup> places, one 2<sup>nd</sup> place and two 3<sup>rd</sup>'s.

When it came to the prize giving and we heard that FVO had won we were all so happy. Our own mini Jamie Stevenson accepted the trophy on behalf of FVO and we all got a mini o'kite as a prize. We will definitely be back again next year to defend our title and hopefully Kyle will join us this time.

*Abi Longhurst*

### Results

|                     |                      |     |     |       |
|---------------------|----------------------|-----|-----|-------|
| Green(Girls)        | 1 Victoria Longhurst | W16 | FVO | 48:55 |
| Light Green (Boys)  | 2 Stuart Thomson     | M14 | FVO | 35:16 |
| Light Green (Girls) | 1 Abigail Longhurst  | W14 | FVO | 35:32 |
|                     | 7 Ceana Heron        | W14 | FVO | 55:10 |
| Orange (Boys)       | 1 Jack Barrett       | M12 | FVO | 29:34 |
|                     | 3 Jamie Nicol        | M16 | FVO | 32:36 |
|                     | 4 Craig Thomson      | M12 | FVO | 33:20 |
| Orange (Girls)      | 4 Ellen Dean         | W14 | FVO | 36:35 |
|                     | 5 Amy Barrett        | W14 | FVO | 38:19 |
| Yellow (Boys)       | 1 Jamie Stevenson    | M14 | FVO | 16:25 |
|                     | 5 Richard Francis    | M12 | FVO | 23:53 |
|                     | 24 Simon Brown       | M12 | FVO | 42:27 |
| Yellow (Girls)      | 3 Laura Hendrie      | W10 | FVO | 27:53 |
|                     | 8 Frances Brown      | W10 | FVO | 31:53 |
|                     | 10 Rachel Hendrie    | W10 | FVO | 37:33 |
|                     | 12 Morven Dean       | W12 | FVO | 40:35 |

30th STAG Local Night Event. Pollok Country Park, Glasgow. NS/548618.  
Terry O'Brien, 0141 7708671 terry@stag-oc.freemove.co.uk

## December

3rd ESOC Local Event. Glentress, Peebles. NT/287402.  
Janet Clark, 0131 225 7771 janetclr@aol.com Starts 2.00 - 3.00pm, Entry fee  
£2/£1, Buzzards Nest car park.

4th STAG 7th Glasgow Parks Championships - 3 Parks in 1 day. TBA, Glasgow.  
Organiser/Entries: Terry O'Brien, 257 Warriston Street Carntyne Glasgow G33  
2LF, 0141 7708671. Terry@tobrien1.wanadoo.co.uk CD: 28/11/05. £6.00/£3.00.  
Chq: STAG.

4th GRAMP Local Event. Bennachie, Inverurie. NJ/697216.  
John Reeve, 01467 634953. suey-johnny@stirling-reeve.fsnet.co.uk £2.00/£1.00.  
EPS-Emit. Lim CC courses. www.grampoc.com

11th TAY Local Event. Black Spout Wood, Pitlochry. NN/947575.  
Angela Dixon, 01383 738631 adixon@watt64.freemove.co.uk Christmas Score  
event.

18th ECKO Local Event. Castle Gardens, Dunoon. NS/175763.  
Niall Urquhart, 07776 237646 niall.urquhart@argyll-bute.gov.uk Christmas frolic;  
starts 11am - 12 noon; fun & prizes; entry fees junior £2, senior £2.50 plus 'Lucky  
Dip' donation; S. I. punching; for more details see www.ecko.org.uk.

27th ELO Festive Frolic. Hedderwick Hill, Dunbar. NT/364679.  
Sheila Strain, 01875 611014. £4.00/£2.00. EPS-SI. String course. Mass start 11  
am. Soup, and prizes.

## January 2006

1st INVOC New Year Score Event. Gallowhill, North Kessock. NH/479504.  
S5 Ken Davidson, 01463 239511. ken.lil@tesco.net £4.00/£2.00. No dogs.  
www.invoc.org

2nd INT New Year Score Event 2. Inveruglas, Kingussie. NH/820015.  
S5 Kenneth Daly, 0131 661 4089. kennethdaly@beeb.net £4.00/£1.50. EPS-Emit.  
Mass start 1100 hrs + late starts accepted.

## FVO Christmas Meal - 14<sup>th</sup> December 2005

We have again organised a pre Christmas get together at the Golden Lion Hotel in Stirling on Wednesday 14<sup>th</sup> December and I hope that many of you will be able to come along. As I expect to be a bit busy in the next few weeks so please can you contact Louise Longhurst to let us know if you will be able to come.

Thanks.

*Susan Hensman*



# Forth Valley Orienteers

## Christmas Meal

Wednesday 14<sup>th</sup> December 2005,  
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 - £8.00 (smaller portions)*

*Please Contact:*  
*Lousie Longhurst on 01786 823295 or*  
*at [LonghurstL@aol.com](mailto:LonghurstL@aol.com) to book your place.*  
*Final numbers needed by 5<sup>th</sup> December 2005*






## Club Captain's chat

Now it is November, and colder/darker/wetter in the evenings, it is that much harder to be disciplined and get out training. It is proving that way for me anyway! But we must have lots of people in FVO who have been disciplined enough to train through the summer and autumn, because September and October have brought some fantastic results.

First of these results is the brilliant news of our victory in the Compass Sport Trophy final, where a strong turnout from club members saw us win comfortably in the end ahead of Sarum and South Wales and keep the trophy we won last year. (See photo on page 8)

A whole host of people ran very well on fast courses across open moor land, with Nick Barrable, Steve Barrett, Janine Hensman and Kyle Heron all winning their courses. In addition, on the men's and women's blue courses we had the top two, with Martin Dean just a few seconds behind Steve Barrett and Hazel Dean similarly close behind Janine. Our other scoring runners were Simon Patton, Jason Inman, Gary Longhurst, Victoria Longhurst, Stuart Thomson and Jack Barrett, with Stuart and Victoria both scoring high points despite running a course at least one age class higher than normal.

Equally impressively, FVO juniors had a clear victory in the Jamie Stevenson Trophy at Pitmedden Forest in September. After finishing third and then second in the past two years, this was a very well deserved win – congratulations to all the many juniors who took part for their role in the success, including Jack Barrett, Abigail and Victoria Longhurst, and Jamie Stevenson, all of whom won their courses.

There was so nearly a third team triumph to report, after the 11-person relay at Tentsmuir Forest. All through the race, it was very close between FVO and Edinburgh University, and in fact Will Hensman set out on the final leg with a lead of a few seconds. However, Edinburgh had a very strong runner on the final leg and Will was unable to stay with him, but nevertheless still brought us home in an excellent second place ahead of Clydeside in third.

From an individual perspective then large numbers of FVO members have been selected to run for Scotland this year (and in Marcus Pinker's case, for Ireland). Jason Inman team managed the Scottish senior team to only their third ever win in the Senior Home International, particularly noticeable as this was the first ever outside Scotland. The team had a strong FVO flavour, with congratulations due to Jason himself, Fraser Purves, Janine Hensman (who was second on W21), Kirsty Bryan-Jones, Beccy Osborn, Hazel Dean and Kyle Heron: all of whom made the successful journey to Ireland as part of the team– and all of whom can be seen in the celebratory team photo smiling out from the home page of the SOA

## What's On Sept/Oct 2005

### November

12th INT Local Event. Mortonhall, Edinburgh. NT/262683.  
Paul Caban, 0131 445 3098 Paul.Caban@ed.ac.uk Starts 2:00->3:00  
from Caravan Park, Frogston Road.

13th MAROC District Event. Inver, Braemar. NO/193922.  
Jeff Dickens, 01330 850306. jeff.dickens@btinternet.com £4.00/£2.50. EPS-Emit.  
www.marocscotland.org.uk

16th STAG Local Night Event. Dawsholm Park, Glasgow. NS/557696.  
Terry O'Brien, 0141 7708671 terry@stag-oc.freemove.co.uk

19th ESOC Local Event. Bonaly, Edinburgh. NT/212675.  
Janet Clark, 0131 225 7771 janetclr@aol.com Start times 2 - 3pm £2/£1  
Car park beyond Scout Centre.

19th RR Local Event. Bowhill Estate, Selkirk. NT/432281.  
Judy & Alan McNeilly, 01578 730 209 Adults £2, Juniors £1. 10.30am -12.00  
noon, Yellow and Orange courses. Follow signs from Generals Bridge off A 708.

20th MOR District Event. Culbin, Forres. NH/997614.  
Eddie Harwood, 01343 843294. o@eddie.go-plus.net £5.00/£2.00. EPS-Emit.  
Dogs on lead. www.moravianorienteering.org

20th TAY District Event & South of Scotland O League (SoSOL) 3. Deuchny  
Wood, Kinnoull Hill, Perth. NO/160234. David Sloan, 01382 541657.  
dsloan@computing.dundee.ac.uk £5.00/£2.00. EPS-SI. String course. Parking  
£1.00. Parking/assembly location is at Northlees Farm, NOT Jubilee Car Park  
as originally indicated. No dogs. www.taysideorienteers.org.uk

20th ECKO Local Event. Benmore, Dunoon. NS/138855.  
Andrew Berrow, 01369 703092 Starts 11am - 12 noon; entry fees £2 junior, sen-  
ior £2.50; yellow & red courses; EPS-SI. see www.ecko.org.uk.

23rd STAG Local Night Event. Garscube Estate, Glasgow. NS/554702.  
Terry O'Brien, 0141 7708671 terry@stag-oc.freemove.co.uk

26th ELO Local Event. Barn's Ness, Dunbar. NT/718772.  
David Northcott, 01368 863503 davidnorthcott@aol.com Starts 2:00->3:00.  
27th GRAMP District Event. Scolty, Banchory. NO/690953.  
Jayne MacGregor, 01224 638906. secretary@grampoc.com £4.00/£2.50. EPS-  
Emit. www.grampoc.com

## Congratulations

Congratulations to Will and Susan on the birth of their new baby. Susan gave birth to Lucy Elizabeth Hensman at 14:08 on 26th October.

Lucy weighed in at 5lbs 9oz. (not 7lbs 9oz as first thought by Will) Mother and baby are both doing fine, Will is not doing too bad either!



website. Kyle was also in the Scotland team which journeyed to Wales to finish second to England in the Junior Home International, along with Stuart Thomson and both Victoria and Abigail Longhurst – Abi finishing second on the W14 course.

Next weekend is the veteran's turn for the home internationals, and again FVO is well represented, with Martin and Hazel Dean, Steve Nicholson, Steve Barrett, Gareth Bryan-Jones and Dave Coustick all running in the Scotland team (Steve N making his Scotland debut after many years of living up here but running for England.....). Good luck to them all!

At GB international level, Nick Barrable was selected to run in the final round of World Cups in Italy in October, and ran well in the individual races, making it safely through qualifying in each of sprint, middle and long distance and placing well in the A final for each. Nick's performances were rewarded with a place for the first time in the GB 'A' team for the World Cup relay, where GB finished 10<sup>th</sup>, as well as subsequently with reselection in the GB senior squad for 2006.

We have also had four FVO members taking titles at the two Scottish Championship events in the past two months, with Martin and Hazel Dean winning at both the Night Championships and the Score Championships (Hazel running as a W21 on both occasions). At the Night Championships it was Ted and Val Finch who also won their course, whilst at the Score it was Steve Nicholson and Louise Longhurst who also came away with trophies.

All this success has seen FVO recognised again with a place on the shortlist for the Stirling Sports Council Team of the Year Award, which we won last year. Her performances throughout 2005 mean that Abi Longhurst is also shortlisted - for the Junior Sports Person of the Year that she won last year. The results are announced at the awards evening on Wednesday 16<sup>th</sup> November – so fingers crossed! The awards evening is open to all, with a buffet meal after the awards and it would be nice to see a healthy contingent from the club there. If you can make it along then please let me know and I will arrange a ticket for you (tickets are free).

And finally, not long until the FVO Club Championships and Dinner Dance. We are using a new area for the club championships, just behind Cambusbarron near Stirling, and it would be great to see lots of people there – normally there are a lot of people who seem to be able to make the dinner dance but don't show up to run the club championships beforehand.....

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



FVO at the CompassSport Cup Final, not sure how Craig ended up with the Champagne bottle but in my defence he does take after his Mother!

## Other News

Hazel ran in the World Vets Mountain Running near Keswick in September and finished a hugely impressive 5th in her age class.

Dave Coustick is the author of a book called "The Backpacker's Cookbook". This sells steadily and is successful enough that a new edition was published earlier this year. This could be an ideal stocking filler for those awkward to buy for husbands! Or households that don't already have a copy.

Nick Barrable is taking over at Compass Sport from February 2006.

wonderful food and last but not least our coaches (lead by Sian Roberts and Ben Chesters) provided us with great training.

I am going to train hard in the hope of being selected for Tour next year – it is an experience not to be missed.

*Victoria Longhurst*



## Halden

The morning after the Scottish 6 Days I headed off to Halden in Norway for two weeks training on the 15's Start Tour.

I was headed to the Halden hut (which I had stayed at 3 years ago on a Scotjos tour) which is in the middle of the forest surrounded by mapped orienteering areas. You might think that because I had been there before it would give me an advantage and make things easier – well it didn't! You have to see these areas to believe it and they all looked the same to me – marshy, rocky, quite a lot of brown lines and the odd lake. They are so different from anything in this country but amazing and a brilliant experience.

Having arrived late on the Sunday night (after a very early start, after 6 Days of orienteering) it was straight in to training on the Monday morning. The first couple of days were spent getting used to the terrain doing the kind of exercises I was used to from Scotjos training. Throughout the two weeks we did lots different stuff I hadn't done before such as a distractions course, a race testing whether we looked at our control descriptions, (which didn't go that well as I managed to mp 5 controls – oops!), hare and hounds and many others. In the second week, races were included in the training programme with a tour league and we attended a local competition. The league consisted of Classic, Middle Distance, Sprint (with a qualifier), an Ultra Sprint and a local event. The ultra sprint was a crazy race and was based in the grounds of the hut on a map with no scale! In the local event we competed against some Norwegians – I'll not comment on my performance and to make matters worse they put all the Scots down as English on the results! All of these races were taken very seriously and the results gave us our position at the end of tour. I was delighted with my 2<sup>nd</sup> position.

We had a great group of coaches who trained us hard – we trained every day with just the odd afternoon off. In the small amount of spare time we had, when we weren't exhausted, we managed to find lots to do to keep ourselves entertained. We of course played cards and when we felt a bit more energetic we would get the Frisbee out and some members of the group made up lots of new weird group games – that I don't think we will choose to teach you! We of course played marsh football – a must if you go to Halden – and then a swim in the lake. One night we had a Karaoke and I along with the other Scots (Hollie, Calum) ,through persuasion, did a wonderful performance of "I'm gonna be" by the Proclaimers as well as getting to watch everyone else, including the coaches, making complete fools of themselves.

I had a brilliant time in Halden made even better by having to miss the first week of school. Our Tour Manager (Toni O'Donovan) was brilliant, our cook (Dave Morsley) with help from Trevor, who was there to learn to cook, produced

## Inter Area Junior Championships

Several FVO juniors represented the West area in the Inter-Area Junior Championships at Faskally and Drummond Hill on the weekend of 8<sup>th</sup>/9<sup>th</sup> October.

The West dominated the relays with a clean sweep in the girls teams coming 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> with the boys teams 1<sup>st</sup> and 3<sup>rd</sup>. Craig and Kyle helped the boys to 1<sup>st</sup> while Morven and Victoria helped the girls to 1<sup>st</sup> Results below:

Relay Championships      Saturday 8<sup>th</sup> October

## Results Boys

|                       |     |       |           |      |       |           | Total |       |              |           |
|-----------------------|-----|-------|-----------|------|-------|-----------|-------|-------|--------------|-----------|
|                       |     |       |           |      |       |           | Time  | Score |              |           |
| <b><u>1 West</u></b>  |     |       |           |      |       |           |       |       |              |           |
| A Cherry              | (O) | 23.07 | C Thomson | (Y)  | 10.48 | K.Heron   | (LG)  | 17.45 | <b>51.40</b> | <b>24</b> |
| <b><u>2 North</u></b> |     |       |           |      |       |           |       |       |              |           |
| K McLeod              | (Y) | 9.56  | A McLeod  | (LG) | 20.17 | R.Hendry  | (O)   | 22.09 | <b>52.22</b> | <b>20</b> |
| <b><u>3 West</u></b>  |     |       |           |      |       |           |       |       |              |           |
| C Aitkenhead          |     | 9.52  | S Thomson | (LG) | 24.42 | J Barrett | (O)   | 23.06 | <b>57.40</b> | <b>16</b> |

## Results Girls

|   |             |       |   |                |       |   |                |       | Total |       |
|---|-------------|-------|---|----------------|-------|---|----------------|-------|-------|-------|
|   |             |       |   |                |       |   |                |       | Time  | Score |
| 1 | <u>West</u> |       |   |                |       |   |                |       |       |       |
| M | Dean (Y)    | 10.17 | L | Young (O)      | 26.29 | V | Longhurst (LG) | 22.38 | 60.24 | 24    |
| 2 | <u>West</u> |       |   |                |       |   |                |       |       |       |
| C | Condy (LG)  | 25.09 | E | Young (Y)      | 19.35 | L | Petrie (O)     | 21.45 | 66.29 | 20    |
| 3 | <u>West</u> |       |   |                |       |   |                |       |       |       |
| L | Thomson     | 35.16 | A | Longhurst (LG) | 25.18 | A | Barrett (Y)    | 9.51  | 70.25 |       |

The **overall Results** for the Inter-Area Junior Championships are:

West: 142  
East: 92  
North: 89