

## 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 172

Jan/Feb 2006

## Forth Valley Orienteers

### Inside this issue:

Editorial	2
President's Piece	3
Club Captain's Chat	4
What's on Jan/Feb	7
FVO AGM Agenda	9
FVO Club Constitution	10
Secretary's scribbles	11
6- Day 2009	12
Mapping News	13
Czech Club Champs	14
Vote on 6-Day future	15
Sports Massage	16
CompassSport	18
FVO Committee	20



Nick and his team mates at the Czech Clubs  
Championships (see page 16)

## Club AGM—Friday 3rd February 2006

The AGM will be held on Friday 3rd February 2006, at 7:30pm, in the upstairs room at the Westerton Arms, Bridge of Allan. Formally, nominations for any of the committee posts should be sent to David Nicol, as secretary. (see page 9 for Agenda and 11 for more details)

Copy date for next issue

is Sunday 26th February

## Editorial

Wishing you all a Happy New Year. Hope you all had a Merry Christmas and are looking forward to orienteering in 2006. There are plenty of events on the horizon like the BNC at the end of January, SOL's at Dalbeattie and Mill of Fortune in March and the JK and British in April. Don't forget the club AGM on Friday 3rd February at the Westerton Arms. (see page 9 and 11 for more details) Sorry for the delay in getting this issue out but the printer was on holiday until the 9th January, Jon Cross was also away and then I was working away from home for a few days! Excuses over, don't forget the next issue has a copy date of 26th February (that's 2006 Jon!!)

Thank you to all contributors, please keep it coming although it may not be me who is doing the next issue! I will, however, pass anything you send me onto the next editor. Having said that I will not be at the AGM, so it may be me who gets elected to the post!!

*Mark Thomson*

PS I wrote this in December and Christmas now seems a long time ago! Don't forget to let Jon know about the relays you wish to run in.

Please send articles, pictures or gossip bits to:

Mark Thomson  
55 Hawton Crescent  
Wollaton Park  
Nottingham  
NG8 1DD

markthomson55@yahoo.co.uk



If you wish to set up a standing order, please do so on the form below - send the whole A4 form to us and **NOT** to your bank! We will send on the bottom half to your bank for you.

### Standing Order Form

To the Manager of (Name of Bank or BS) \_\_\_\_\_

(Address of your Bank or Building Society) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Name \_\_\_\_\_ Account Number \_\_\_\_\_

Please pay the sum of £\_\_\_\_\_ (write appropriate Sub fee here)

now and annually on the same day thereafter until further notice to: -

CompassSport, Barclays Bank Sort Code 20-88-13

A/c number 30904813

Quoting Reference \_\_\_\_\_ (Please enter Surname & Initials as ref)

Signed \_\_\_\_\_ Date \_\_\_\_\_

Note: Some banks and Building Societies may not be able to set up Standing Orders from certain accounts. If in doubt, please check before sending in your completed Standing Order Form

When Completed, please send this form **MUST** be sent in its entirety to the Subscriptions address: - CompassSport, 1F1, 42 Dalkeith Road, EDINBURGH, EH16 5BS

We will then post this form to your bank, as detailed above.



*CompassSport* continues into its 28th year in 2006 with a few changes. It is now 52 pages of FULL-COLOUR news, maps, reviews, reports, previews, competitions, profiles, fixtures, photos, coaching tips and advice, including coverage of MTBO, Trail-O and much much more.

For example, David Peel, Senior GB Team Coach will be providing you with a regular feature on Coaching. "Know your Class Leader!" will take a look at some of the individuals at the top of different age groups. So don't miss out! See [www.CompassSport.com](http://www.CompassSport.com) for more....

UK £24.00 / Europe £28.00 / World £32.00

(BOF Member Discount of £1.00 - please state BOF number and pay relevant amount!)

Cheques Payable to "CompassSport" (Existing Direct Debit Subscribers need do nothing.)

Subscriptions address: - 1F1, 42 Dalkeith Road, EDINBURGH, EH16 5BS

Name: - \_\_\_\_\_ BOF No. \_\_\_\_\_

Address: - \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: - \_\_\_\_\_ (Or pay online at [www.CompassSport.com](http://www.CompassSport.com))

## President's Piece

As we start a new year - a happy new year to you all! - It is a time to reflect on the previous year and to make plans for the coming year.

2005 was another great year for FVO; with a number of individual successes; and with team success in the Jamie Stevenson Trophy and the Compass Sport Trophy. This was acknowledged when were awarded the Stirling Sports Council Team of the year trophy.

We also put on our usual share of events, including a very successful SOL at the Trossachs, a SOSOL at South Achray, and the last day of the Scottish 6 Days at Glen Dye. Concluding the year with the club champs, on a great new area, and with a very enjoyable dinner dance.

All of this was only possible due to the efforts of many of the club members; organising, planning and "helping on the day". Many thanks to all of you, who are too numerous to mention, but included some new faces. I would however like to acknowledge Hugh who is stepping down from the role of arranging permissions and Will who has stepped down from the role of newsletter editor and webmaster.

Thanks also to Hazel Dean, Mark Thomson and David Nicol who have now taken on these roles. We are already seeing some new items in the newsletter and a revamped web-site, which very much contributes to the image of the club. Please help Mark and David to make these a success by contributing material and suggestions for what to include.

It was very heartening to see a large turnout of FVO members at so many events in 2005, with 15 relay teams at the Scottish Champs, large teams at the Jamie Stevenson Trophy and the Compass Sport Trophy, 70 running at the Scottish 6 Days (in our new O-Suits and with our new tent) and over 70 at the dinner dance. I hope to see many more in 2006 and that the club continues to grow.

Looking ahead to 2006; our main event this year will be the organising of the Junior Home Internationals (Individual and Relay) in September, along with our usual programme of Wednesday evening events. We are also looking at organising the FCC (Future Champions Cup) short race final in May and putting on some Saturday training over the next few months. This year I will be looking to publicise these events as much as possible, with a view to attracting some new members.

With the main club roles filled and with organisers and planners in place for the major events this year, I am fortunate in that I do not have to cajole anyone at present to take anything on. However the committee is still short of one general member and if someone would like to get involved they would be most welcome.

We will, of course, be looking for volunteers for evening events, other ad-hoc events and for helpers at our main events, so do not hesitate to respond when the requests come out (it makes life a lot easier for those of us that are organising things). The smaller events are also an ideal opportunity for people to do things for the first time.

I hope that 2006 is yet another successful year for FVO and that everyone achieves the results they are looking for this year. Hopefully the winter training has been going well and you are looking forward to the Weds training sessions at Stirling University (or, if not running, in the Westerton afterwards).

*Gary*

## Club Captain's chat

I hope you all had a great festive holiday and have come back either fit and refreshed by lots of exercise, or alternatively determined to take lots of exercise to overcome recent excesses!

Luckily I have a few suggestions for possible exercise for you....

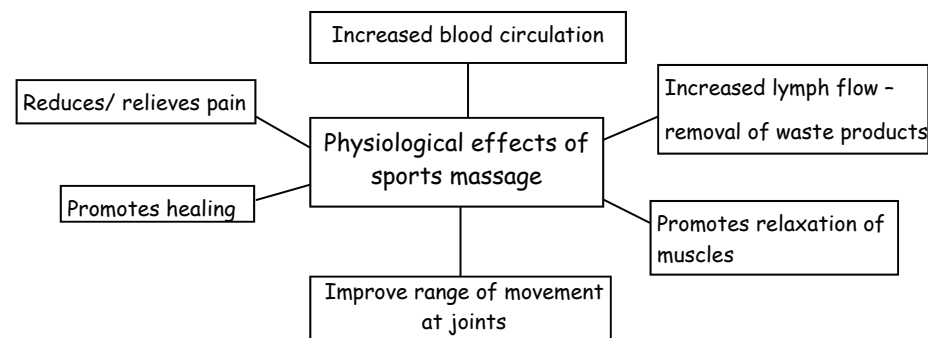
First of all then please remember FVO training every Wednesday night at Stirling University, starting at 6.30pm from the top car park. All standards welcome!

Next then on Saturday 28th January it is the Devil's Burdens relays, starting and finishing at Falkland in Fife. Last year we had a couple of FVO teams and an exciting race between the two! The race is a fell-running relay for teams of six rather than an orienteering relay, but there is some navigation involved, particularly when the mist is down! The format is

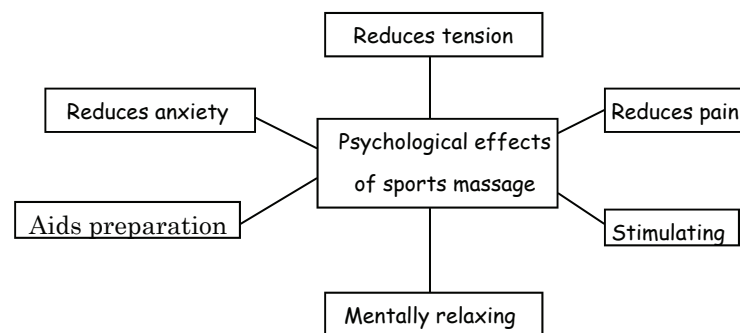
- leg one from Falkland over East Lomond hill to Holl Reservoir, run in pairs
- leg two is shorter, up Bishop's Hill and then down to Scotlandwell, done solo
- leg three is longest and trickiest, run in pairs over Bishop's Hill and then West Lomond to Strathmiglo
- leg four is about 9km and is largely flat on roads and tracks, done solo back to Falkland.

I thought it would be worth entering some teams again if there is enough interest - so please drop me an email if you would like to run.

### Physiological effects:



### Psychological effects:



### The Sales Pitch:

I'm now a practicing sports massage therapist, offering a mobile service and work from a variety of locations in the Stirling area. If you are interested in getting a massage then give me a shout - I may even make an orienteering event this year!

If you're unsure about the benefits of massage then ask Jon Cross (one of my guinea pigs during my training) what his verdict is.

Angela Mudge

Member of the Sports Massage Association

Mobile: 07765570503

E-mail: [sportsmassage@beeb.net](mailto:sportsmassage@beeb.net)

## Sports Massage

### What is sports massage?

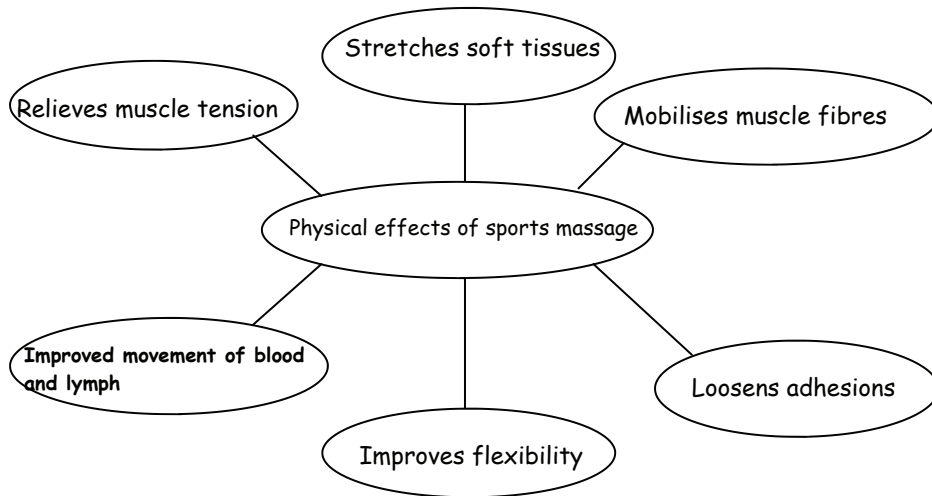
Sports massage is the term applied to the discipline of using massage for the specific benefit of all sports participants. It covers the management, manipulation and rehabilitation of the **soft tissues** of the body i.e. muscles, ligaments and tendons. For joint and skeletal problems a physiotherapist should be consulted.

### Do I need sports massage?

Sports massage speeds recovery, helps maintain healthy muscles, aids in the prevention of injury, relieves muscle tension, promotes healing, keeps the muscles healthy, can be used for relaxation purposes and is used as a therapy for soft tissue injuries. It's a great way to speed up recovery after a race and can be incorporated at any stage of training (or detraining!)

### Benefits of sports massage:

#### Physical effects:



After that then we need to start thinking about some orienteering as well! Please remember to enter the British Champs in SE England on 1/2 April (near several airports with cheap flights) and the JK in Yorkshire at Easter. If you are planning to go and would like to run for FVO in the relay then please let me know.

I am keen to get as many FVO relay teams as possible out at these events and get the year off to a good start. In addition, both of these relays are part of the UK Relay League - which this year includes five events. Two of the remaining three are in Scotland (Scottish Champs and Harvester) and so we should be looking to put out very strong teams in these. The final event is part of what looks like an enjoyable long weekend in southwest England over May bank holiday with the relay on the Monday - this is apparently a Harris Relay so by next newsletter I hope to be able to tell you what that means!

The Scottish Champs are on 27/28 May and the Harvester is on 10/11 June so please get these dates in your diaries now (no 'longstanding prior commitments' please Louise!).

I also have one final extra special opportunity to offer you - the Jukola and Venla relays in Finland!

In 2005 I had a great trip to these Finnish relay races with my 'other' club JOK. We had both a men's team (7 men) and a women's team (4 women). It is a fantastic experience and one I would highly recommend. This year the races are on the weekend of 17 and 18 June, about 110km west of Helsinki (and hence not far from the airport).

The format is that the women's race is on the Saturday afternoon (about 800 teams last year) and the men's race starts in the dark that night and finishes in the day (about 1300 teams last year). The assembly field has big screens with results display from the radio controls on each leg, plus each leg also has several video controls, so the whole thing is well set up for spectating when you are not running.

The JOK teams were 203rd (women) and 495th (men) last year so the standard is good but not too high!



This year JOK have agreed to offer prizes for British teams if there are enough of them, and we are aiming to get a good number of JOK teams to try and win our own prizes! It would be great to try and get an FVO team as well (and there is also the option of mixing and matching with JOK if we have partial teams).

There are a number of options which can be combined as people like!

go just for the weekend

combine with the 'phone games' sprint race nearby on the Thursday evening beforehand (which is excellent)

take in the Suunto Games two day the weekend before

stay on and combine with a trip to JWOC in Lithuania

Website for more information is <http://www.jukola2006.net/index.php?lang=en>

I am happy to arrange any FVO teams and car hire etc for Jukola and Venla, plus

I am happy to look at the Phone Games and Suunto Games if people tell me they want to do them too. So please let me know if you would like to come along - it

really is a fantastic weekend and this is a good year to do it.....!

It all sounds great, I am looking forward to it already - just a shame I am in the camp of those who have some seasonal excesses to remove first!

Best of luck to all of you for 2006

*Jon*

[jon.cross@tinyworld.co.uk](mailto:jon.cross@tinyworld.co.uk)

07803 796773

## Vote on 6-Day future

### Possible Changes to Scottish Six Day Organisation

*This affects everyone in the club who attends the Scottish 6 Days.*

Currently the clubs provide help for one particular day of the event. For example, in 2005, FVO were teamed up with ECKO for the last day. Ahead of the day – we provided day planners and organisers. On the day – we provided the labour for starts, finishes, results, car-parking ...

The proposal is that for a better spread of labour and resources – a club would take responsibility for one particular feature, eg car-parking – and run this for the entire week. *Seems madness to me, if it works now why change it! Ed.*

Our proposed response to this possible change is NO.

One reason is this: -if you are on holiday for the week you would only want to be bothered with helping on one day.

On [www.fvo.org.uk](http://www.fvo.org.uk) you will find links to the *proposal* and our *draft response*. Please feed back to me whether you support our draft response or not – and I will amend it as necessary to reflect the views of the club.

*David Nicol*

## Congratulations

Jack Barratt, M14, has been selected for the the Scottish Junior Squad in 2006. Other Juniors in FVO selected for the Scotjos squad are Victoria Longhurst W18, Stuart Thomson M16 and Abi Longhurst W14.

## Membership renewal forms

Please can you send back your membership renewals to  
Susan Hensman  
42 Kirkside Crescent  
Stirling. FK7 7JZ.

## Czech Clubs Championships, 25<sup>th</sup> September 2005

The Czechs do not have a CompassSport Cup exactly. Instead, they have what they call "The Clubs Championship", which is in fact a relay. Traditionally towards the end of September, it is the day after the Czech Relay Champs. The normal Relays Championships look similar to ours in the UK, with single sexed teams of three competing over a variety of age classes. The Clubs (Relay) Championships, however, is unlike anything we have in the UK - except maybe the Peter Palmer Relays in a way? There are different age classes but what I think makes the event and gives it the high spirits and a great atmosphere, is the fact that the teams are mixed.

In the main open category, this means there are four Men and three Women, with a running order of M/W/M/W/M/W/M. The ladies legs are naturally a little more petite and leg 5 is a bit longer compared with 1 and 7; leg 3 is shorter. 47 Teams finished and 4 didn't.

The age categories are MW14 (8 runners), MW175 (5 runners), MW18 (7 runners), MW21 (7 runners), MW235 (5 runners), HD265 (5 runners). So in teams of 5, you need 2 female runners. There are only 6 categories, which makes for simple event organisation. Some may say the day lasts quite a long time, nevertheless, it seems that support for the teams and the involvement of team members is very strong.

This year's race was in North Czech, beyond Hradec Kralove and beside the Polish border. In fact, the warm-up map backed onto Poland and I was able to run in Poland for a bit before running off to the start of the races. The forest was quite hilly, but generally quite runnable, with lots of rock features and a long rocky ridge, which we crossed over several times. Sunny weather and some good results made for a successful weekend. I wonder if it could be a successful format here in the UK too? Certainly in Czech, the Championship medals they award at the prize giving are much sought after.

My Czech Club has very strong men and women so we often do rather well. We were pleased to finish second, quite a way behind the unstoppably good Lokomotiv Pardubice Team. I have attached a picture of the team on the run in.

*Nick*

## What's On Jan/Feb 2006

### January

14th ESOC Local Event. East Craiglockart Hill, Edinburgh. NT235707. Janet Clark, 0131 225 7771 janetclr@aol.com Start times 2-3pm Entry fee £2/£1, from Craighouse Road.

15th ESOC Sprint-O. Hopetoun House, South Queensferry. NT/090789. Organiser: Roger Scrutton, 01968 674257. rascrutt@glg.ed.ac.uk Entries: Andrew Dalglish, 7 Silverburn Drive, Penicuik, Midlothian, EH26 9AQ, 01968 675737. dalglish@gmail.com CD: 11/01/06. £6.00/£3.00, £3 Yellow Course. Lim EOD. Chq: ESOC. CC - Yellow only. Two separate races with chasing start for second; Long or Short courses.

22nd STAG District Event & SoSOL. Palacerigg Country Park, Cumbernauld Park & Vault Glen, Cumbernauld. NS/787733. Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5.00/£2.00. EPS-SI. String course. No dogs.

28th INT Local Event. Dalkeith Country Park, Dalkeith. NT/336677. Paul Caban, 0131 445 3098 Paul.Caban@ed.ac.uk Starts 2:00->3:00.

28th **British Night Championships** Hawley & Hornley SU/827585.

29th **NATIONAL** Cold Ash, Hermitage, Newbury. SU/521734

29th STAG Winter Score 2. Strathclyde Country Park, Motherwell. NS/726579. Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £4.00/£2.00. No dogs. Mass Start 11am. 60 minute Score. www.stag-orienteeing.co.uk

### February

5th ELO District Event & SoSOL 5. Duns Castle, Duns. Sheila Strain, 01875 611014. s.strain@ndirect.co.uk £4.00/£2.00 +SI hire 50p. EPS-SI.

5th MAROC Local Score Event. Cambus O'May, Ballater. NO/404983. Stephen Spencer, 01330 823566 spencers\_banchory@btinternet.com

11th ESOC Local Event. Mary Erskine School & Ravelston Woods, Edinburgh. NT/221740. Janet Clark, 0131 225 7771 janetclr@aol.com Start times 2 - 3pm, £2/£1, Car park in Craighouse Rise, off Ravelston Dykes.

12th STAG Knoll Kollektion 4. Faskally Wood, Pitlochry. NS/922591. Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5.00/£2.00. No dogs. Mass Start 11am. Competitors may pre-enter & pre-order Map @ 1:5000 or 1:7500 by email before 7th Feb 2006. Only 1:7500 available on day.

18th ECKO Local Event. Glenbranter, Dunoon. NS/111977. Lynne Walker, 01369 702607 info@ecko.org.uk Training day for planning & organising 'local' events; for more details see www.ecko.org.uk after 1st January 2006.

19th ECKO Local Event. Glenbranter, Dunoon. NS/111977. Lynne Walker, 01369 702607 info@ecko.org.uk Starts 11-12 noon; entry fees £2 junior, £2.50 senior; yellow, orange, red & green courses; for more details see www.ecko.org.uk

19th CLYDE District Event & SoSOL 6. Balmaha, Drymen. NS/421910. Liz Orr, 0141 9562434. liz\_orr60@hotmail.com £5.00/£2.00. String course. Dogs on leads.

19th MOR District Event. Darnaway, Forres. NH/995532. Mia Armstrong, 01343 549018. mia\_armstrong50@hotmail.com £5.00/£2.00. EPS-Emit. Dogs on leads in Assembly only. www.moravianorienteering.org

19th MAROC Local Event. Glen O'Dee, Banchory. NO/684964. Denise Wright, 01330 860391 dew@ceh.ac.uk

25th ELO Local Event. Levenhall, Musselburgh. NT/358735. Trina Rogerson, 01368 864922

26th INVOC Local Score Event. Craig Leach, Inverness. NH/603411. Sue Nicolson, 01463 238492 www.invoc.org.uk.

26th INT District Event & SoSOL 7. Norman's Law, Luthrie, Fife. NO/305202. Paul Caban, 0131 445 3098. paul.caban@ed.ac.uk £4.50/£2.00 (inc Studs/Unwaged) EPS-SI. String course. Dogs only in car park on lead.

## March

5th SOLWAY Regional Event & **SOL 1**. Dalbeattie Town Wood & Barhill Plantation, Dalbeattie, Nr Dumfries. Organiser: Derek Kennedy (in the interim), 01389 270930. derek.kennedy@tesco.net

26th TAY Regional Event & **SOL 2**. Mill of Fortune, Comrie. NN/787195. Organiser: Fiona Downie, 01764 653669. f-downie@quista.net Entries: Donald Smith, 7 Ritchie Place, Crieff, Perthshire, PH7 3SL, 01764 655842. donald@dasmith.fsworld.co.uk CD: 10/03/06. £8.00/£3.00. Lim EOD + £1.00. Chq: Tayside Orienteers. EPS-SI. String course. www.taysideorienteers.org.uk

## Mapping – Revising the Old and Bringing In the New

After several comments from some of our Wednesday Evening Event Organisers, the Committee have decided to embark on a rolling programme of revision of our smaller areas. We are starting with Plean (we are setting up a new permanent course there in association with Stirling ranger Service), Callendar Park and Bantaskine in Falkirk. Some re-surveying has been carried out at Trossachs and S. Achray, in response to pleas from Brian and Beccy, planners of the most recent events in these two areas. Thanks to the joys of OCAD and Condes, it takes very little time for these changes to be incorporated into existing maps. A new shed and paths were marked onto the Barr Wood map to be used at a Scouts event earlier this year, surveyed the day before the event and new maps printed for the event with the changes made!

There is no doubt that maps of new areas are really welcome. (Was there anyone who didn't enjoy their run at Polmaise?) Thank you Gareth, for all the hours of hard work you put in on your map, and for taking on all the administrative work involved in registering it.

The Club NEEDS more new areas, and in particular, needs volunteers to look over potential locations to assess their suitability for different types of event. Is it big enough for a SOL or a Colour-Coded, or is it suitable for an Evening Event?

Are there enough features? – Could you plan a Brown or Blue course on it? Is there Car Parking nearby, and for how many cars? Is the forest of a suitable age – mature enough to run through, but not imminently scheduled for felling! Remember too – you don't need to look for a forest! Open ground with plenty of contour detail and features is just as challenging! We had an initial look at our Area and think there are a few possibilities which may be worth a look:

Carron Bridge	NS 733 832	East end of Carron Valley
Loch Rusky	NN 629 041	Near Coilhallen
Glendevon	NN 996 053	NE of the Youth Hostel
Bullie Burn	NN 791 100	West of Braco
Leckie Burn	NS 689 937	South of Gargunnoch

The map references are approximate – just to get you started.

If you would like to take one of these areas 'under your wing' – just to have a look, or can suggest other areas worthy of examination, please contact any Committee Member.

*Elizabeth Sinclair*



## 6-Day 2009 Progress Report Dec 2005

As you will probably all now know FVO and TAY are the central organizing clubs for the 2009 6-day event. To keep all club members up to date with what is happening in the organization of this event - and so you see where you can contribute - we will be providing regular news and reports.

The current focus is on identifying possible areas for the events, and then to decide which are the best 6 areas and so to identify the optimum location for the event centre. The orienteering areas we are considering range as far north as Dalnainein just south of Drumochter, to Barry Budden in the east, to Aberuchill Castle and Dunira between Comrie and Loch Earn in the west and as far south as Sheriffmuir.

No venue for the event centre has been chosen and possibles include Creiff, Pitlochry, Perth and out of town venues such as Glenalmond or the old Rannoch school. As far as event areas are concerned a long list of possible areas has been compiled and rated from what we know. A number of new areas remain to be assessed. A major issue we have to resolve in finding areas is the constraints imposed by Capercaille protection legislation. The next stage is to review all the possible areas with the RSPB through Donald Petrie's contacts to define the exact parameters of any Capercaille restrictions for each area.

If anyone wants to see the areas we have reviewed and selected, or rejected, as possibles so far let Gareth know by e-mail ([janandgareth@ntlworld.com](mailto:janandgareth@ntlworld.com)) and you can have a copy of the information. If you have any additional ideas or knowledge of areas then we would love to add that to the information.

Some roles for the organizing team have been allocated to early volunteers. Volunteering early gives you the chance of choosing a role you would like. Gareth and Jan are coordinating, Dave Coustick (FVO) is taking on Technical Coordinator, Terry O'Brien (STAG), who has a lot of knowledge of Perthshire forests, is taking on Mapping Coordinator, Dave Prentice (TAY), is providing a huge input on area information, access and assessment of areas. David Sloan (TAY) Tayside is going to set up and manage the website and the Molloy's (FVO) have provisionally taken on String Course Coordination and Maureen Brown (FVO) organizing prizes.

One role we would like to fill fairly soon is Treasurer. So if anyone feels able and willing to take on this role, please get in touch with Jan or Gareth.

*Jan and Gareth BJ*

# Forth Valley Orienteers

## Annual General Meeting

Friday 3<sup>rd</sup> February 2006

Upstairs at the Westerton Arms, Bridge of Allan

### Agenda

1. Approval of Minutes of 2005 AGM
2. Matters Arising
3. President's Report
4. Treasurer's Report
5. Matters Arising
6. Election of Committee
  - a) President
  - b) Vice-President
  - c) Secretary
  - d) Treasurer
  - e) 3 General Members
7. Confirmation of post holders
  - f) Team Captain
  - g) Wednesday evening event coordinator
  - h) Newsletter Editor
  - i) Web Master
  - j) Membership Secretary
7. Presentation of Trophies:  
The Jim Heardman Trophy
8. Membership fees for 2007  
General Charges for 2006
9. Any Other Business

## FORTH VALLEY ORIENTEERS

### CONSTITUTION

1. **TITLE:** The club shall be called FORTH VALLEY ORIENTEERS.
2. **OBJECTS:** The club shall be devoted to the promotion and development of orienteering in particular within the Forth Valley area and according to the rules and objects of BOF.
3. **MEMBERSHIP:** Membership shall be open to anyone who participates in or is interested in orienteering.
4. **COMMITTEE:** A committee shall be elected at the Annual General Meeting of the club to manage the business of the club.  
The committee shall consist of seven voting members: President, Vice-President, Secretary, Treasurer and three general members.  
If there is a vacancy on the Committee during the year, the Committee can fill that vacancy from the membership as they see fit.  
The Committee shall have the power to co-opt members for specific purposes. Co-opted members shall not have voting powers.
5. **ANNUAL GENERAL MEETING:** This will be held before the end of February and at least 14 days prior notice shall be given.
6. **FINANCE:** The financial year of the club shall be from 1st January to 31st December.  
The Treasurer shall be responsible for presenting audited accounts to the AGM.
7. **MEMBERSHIP FEES:** These shall be fixed annually at the AGM for the forthcoming year starting 1st January.
8. **RESPONSIBILITY:** Members shall be jointly responsible for any deficit in the finances.

**ALTERATIONS TO THE CONSTITUTION:** These shall be made at the AGM or at an Extraordinary General Meeting, which may be called by the president or by one third of the membership of the club.

Amendments to the constitution shall be lodged with the secretary at least 21 days prior to the AGM or EGM at which they are to be considered and shall be included in the agenda and notice of the meeting.

10. **QUORUM:** A quorum at the AGM or EGM shall be 30% of the total paid-up membership.
11. **DISSOLUTION:** In the event of the dissolution of the club, no funds shall be disbursed to members but shall be used for the objects set above as directed by the Executive of the Scottish Orienteering Association.

### **Secretary's Scribbles**

The AGM will be held on Friday 3rd February 2006, at 7:30pm, in the upstairs room at the Westerton Arms, Bridge of Allan. Formally, nominations for any of the committee posts should be sent to me, as secretary.

But, anyone wishing to help in the running of the club either on the Main committee - or through a co-opted/delegated post - is more than welcome to step forward. Please note that these additional co-opted/delegated posts are not set in stone. Over the last couple of years - we have re cut the jobs of membership secretary, web master and newsletter editor.

If you would like to help - either on the main committee, or taking responsibility for an agreed post - either a formal nomination, or please speak to either myself or Gary.

*David Nicol*