

FVO Committee 2005

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Forth Valley Orienteers

Forth Columnist

Issue 173

Mar/Apr 2006

Inside this issue:

Editorial	2
President's Piece	3
Secretary's Scribbles	4
British Night Champs	8
Congratulations	9
Wednesday evening events	10
Tales from the	11
Fantasy UK cup	12
CompassSport Cup Final	15
Scotjos Training weekend	16
The Bermuda event	17
What's on Mar/Apr	21
FVO Committee	24



Jack in the new Scotjos O-Top at the training weekend.
Photo Ali Robertson

**Copy date for next issue
is Sunday 30th April**

Editorial

First of all an apology: somewhere between leaving me and getting to Gary the text in the last issue seemed to change dramatically! I'm not sure how this happened and hopefully it will not happen again. Obviously everyone must be impressed with my editorial skills (can't think why!) or there were not enough members voting against me at the AGM! As I appear to have taken over the job from Will on a permanent basis! I was told it was for two issues, maybe that was code for decades!! Contributions have been thin on the ground this time which maybe due to a quiet period in the fixtures after Christmas. Therefore several articles have been written by the Thomson's this time. In the last few days I have had several articles come in, late!, swelling the newsletter to 24 pages!!

Hope to see you at the British or JK if your going although I'm not running as I was not prepared to pay £13 to run. Is it me or has anyone else noticed that the British entry seems to go up by £1 a year now! It's not just the BOC either some badge events are now £9 and up to £6 for juniors, no wonder competitor numbers are dropping.



Marcus at the Carnethy 5. Photo Will Hensman

Mark Thomson

Please send articles, pictures or gossip bits to:

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Wollaton Park
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NG8 1DD

markthomson55@yahoo.co.uk

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

26th SOA RR Local Event. Bowmont Forest, Kelso. NT729288.
Carol Boyd, 01434 250 422 Starts 17.00-18.30, Yellow, Orange and Light Green courses.
£2.00/£1.00. Park at sawmill, off B6401 to B6352 minor road.

26th SOA FVO Local Event. Hermitage Woods, Bridge of Allan. NS809968.
Neil Kitching, 01786 824595. secretary@fvo.org.uk Starts 5 to 7pm. £2 / £1 children.

27th SOA AYROC Local Event. Fullarton Woods, Troon. NS345302.
Theresa Perry, 01294-847242 tptheresa@hotmail.com

29th SOA INVOC District Event. Drumashie, Inverness. NH608329. June Teesdale, 01667 462042. £4.00/£2.00. EPS-Emit. Dogs on lead in car park only. www.invoc.org.uk

29th SOA ELO Local Event. Yellowcraig, Dirleton. NT519855.
Trina Rogerson, 01368 864922

29th SOA TINTO Local CATI Event. Lanark Loch and Racecourse, Lanark. NS898429.
Marjory Foreman, 01555 665346 CATI, Starts from 1000 hours.

29th SOA GRAMP Local Event. Countesswells, Aberdeen. NJ870044.
Neil McLean, 01888 560241 leenaneil@hotmail.com Start times 1-2pm, www.grampoc.com.

30th SOA ESOC District Event. Dalmeny, South Queensferry. NT163779.
Margaret Dagleish, 01968 675737. Margaret@dagleishfamily.net £5.00/£2.00. EPS-SI.
String course. Parking £1.00. Incorporating launch of the new Access Agreement between the SOA and the SRPBA. www.esoc.org.uk

30th SOA BASOC District Event. Glen Gynack, Kingussie. NH756006.
Bill & Caroline McCarthy, 01540 661371. william_patrick.mccarthy@virgin.net £4.50/£2.00.
EPS-Emit. Dogs on lead in car park only. www.basoc.org.uk

30th SOA MAROC Local Event. Balnagowan, Aboyne. NJ518003.
Denise Wright, 01330 860391 dew@ceh.ac.uk

May

3rd SOA FVO Local Event. Plean Country Park, Plean. NS827868.
Neil Kitching, 01786 824595. secretary@fvo.org.uk Starts 5 to 7pm. £2 /£1 children.

6th-7th SOA Future Champions Cup Final & JWOC Selection

14th SOA CLYDE Regional Event & SOL 3. Dunrod Hill, Greenock. NS247722.

27th-28th SOA NATIONAL EVENT & SCOTTISH CHAMPIONSHIPS & UK CUP

22nd SOA GRAMP Night Event. Crathes Castle, Banchory. NO735968.
Jonathan Musgrave, 013398 84447 jon@big-jon.demon.co.uk

25th SOA ELO Local Event. Vogrie, Gorebridge. NT374631.
Trina Rogerson, 01368 864922

26th SOA TAY Regional Event & SOL 2. Mill of Fortune, Comrie. NN787195.
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: /06. £9.00/£4.00. Lim EOD + £1.00. Chq: Tayside Orienteers. EPS-SI. String course.
Lim CC courses. www.taysideorienteers.org.uk

April

2nd SOA KFO District Event & SoSOL 9. Devilla Forest, Kincardine-on-Forth. NS950880.
Phil Smithard, 01383 722416. phil.smithard@virgin.net Fees TBA. EPS-SI. String course.
www.kfo.org.uk

8th SOA INT Local Event. Holyrood Park, Edinburgh. NT270737.
Kenneth Daly, 0131 661 4089 kennethdaly@beeb.net Starts 2->3 from Dunsapie Loch CPark.

8th SOA GRAMP Local Event. Bennachie, Inverurie. NJ697216.
Neil McLean, 01888 560241 leenaneil@hotmail.com Start times 1-2pm, www.grampoc.com.

9th SOA MAROC District Event. Sluie Woods, Banchory.
Steve Spencer, 01330 823566. spencers_banchory@btinternet.com £4.00/£2.50.

22nd SOA ESOC Local Event. Bonaly, Edinburgh. NT212676. Janet Clark, 0131 225 7771
janetclr@aol.com Start times 2 - 3pm £2/£1, Car park beyond Scout Centre.

22nd SOA INVOC Local Coaching Event. Achnasoul, Muir of Ord. NH482524.
Ann Walder, 01463 226445 Coaching also available - www.invoc.org.uk.

22nd SOA TINTO Local CATI Event. Burnbraes Park, Biggar. NT039380.
Marcella McLennan, 01555 664 165 marcella47@btinternet.com CATI, Starts from 1000

23rd SOA GRAMP District Event. Crathes Castle, Banchory. NO735968.
Carolyn McLeod, 01224 867297. imcleod10@hotmail.com £4.00/£2.50. www.grampoc.com

25th SOA BASOC Local Evening Event. Achlean, Kincaig. NN843997.
Mike Atherton, 01540 661069 mike@atherton.go-plus.net

25th SOA ECKO Local Event. Castle Gardens, Dunoon. NS174765. Alison Duncan, 01369
705796 EPS-SI. 3 x very short courses & street score; starts 18:00-19:00; £2.50/£2

Club Captain's chat

Sorry but Jon missed all three deadlines!!

President's Piece

At the beginning of February FVO held its AGM; and I am delighted that Kyle Heron volunteered to join the committee. As a junior member of the club Kyle will bring a younger viewpoint to the committee and I know he has some great ideas which are aimed specifically at our junior members. I think they can look forward to being well represented by Kyle and if you want him to feed anything in to the committee take the chance to talk to him at an event.

At the end of February many of our juniors enjoyed a training weekend with the Scottish Junior Orienteering Squad (ScotJOS). They were based in Stirling for their first training weekend of the year. In addition to the squad members a number of our juniors were invited along to join in the training, spending two intense days at FVO's Touch and Callendar Park. It was a very successful weekend, by all accounts.

The ScotJOS weekend unfortunately clashed with the Scottish round of the Compass Sport Trophy and meant that most of our juniors (and some coaches) were not available to run for the club. Given the strength of our juniors, we were concerned that this might mean that we would not qualify for the final, to defend the trophy we have won the last two years. After a lot of cajoling by our inimitable Club Captain, Jon Cross, a small team was assembled who ran superbly and came a very respectable second, thus qualifying for the final.

Jon has already begun to make plans for us to travel to Greenham Common in October for the final. It should be a great weekend including some training, a social gathering and not forgetting the defence of the Compass Sport Trophy.

As the evenings start to get lighter, it will not be long before the Wednesday Evening Events start again (after Easter). We will be returning to some of the old favourites but also have a newly mapped area Bantaskine, just along the canal from the world famous Falkirk Wheel.

Before that, there are still the Wednesday evening runs from the University and also a number of social events being organised – see the web for details, sign up and come along!

Gary Longhurst

Secretary's Scribbles

SOA

The SOA has now formally adopted the new logo which has previously made its appearance on items such as clothing....

If you need to use it, I have put a Word document in the Admin section of our web site [bottom of the links at the left] which contains the logo in three different sizes - they can be grabbed and used.

I have also put two other items of possible use

- (i) Slightly updated version of our FVO notepaper
- (ii) "With compliments slips" (OK - so you'll have to change my name to yours .. but hey, that's not so difficult)

Spey 2007

Our Six Day allocation is as follows and volunteers are needed now. The club allocation to days for the Spey 2007 6-Days has been decided as follows

Day 4, Thursday 9th August, Culbin Forest, Forres - FVO, LINOC & MOR

In conjunction with the other clubs, we should provide 2 Planners, 2 Organisers and 1 Assistant Controller. Our Day has two volunteers to plan, one from MOR and one from inside the club. But - hey we could auction the post! They are also looking for a Grade 1 Controller or an experienced Grade 2 Controller who might be interested in taking on the Main Controllers job on one of the other days.

It would be helpful if offers could be co-ordinated back through myself.

What's On Mar/Apr/May 2006

March

11th - MTBO Middle Race & UK MTBO League & Scottish League. Blairadam Wood, Nr Dunfermline. NT128943. 12th - MTBO Ultra Long Race & UK MTBO League & Scottish League. Achray Forest, Aberfoyle. NN519036.

Organiser & Entries: Janine Hensman, 10 (2F3) Leven Street, Edinburgh, EH3 9LG, 0131 229 6404. janine.hensman@lycos.co.uk CD: 01/03/06. Lim EOD. Starts 11th, 1300 - 1400, 12th 1030 - 1130. Fees - see TCA website for further details. www.trailquest.co.uk. www.fvo.org.uk

11th-12th SOA BUSA Championships

O3X 11th - BUSA Individual Championships. South Achray, Aberfoyle. NN529025.

R3X 12th - BUSA Relays. Kinneil Wood, Falkirk. NT984805.

Organiser: Ross Sanderson, 0131 4772168. sanderson_ross@hotmail.com

Entries: Marie Atkinson, BUSA 'Orienteering', 20-24 King's Bench Street, London, SE1 0QX, 020 76335080. marie@busa.org.uk CD: 09/02/06. Individual: £6.00, Guests £10.00. Relays: Student teams £15.00, Guest teams £20.00. No EOD. Chq: BUSA. EPS-SI. Limited entry. For entries see BUSA website www.busa.org.uk/orienteering. ALL ENTRIES MUST BE MADE THROUGH BUSA (including guest entries). www.euoclegends.co.uk

12th SOA TAY Local Event. Muirward Wood, Scone near Perth. NO125275.

David Sloan, 01383 738631. adixon@watt64.freeseve.co.uk Parking £1.00. No dogs.

15th SOA MAROC Local Night Event. Sluie, Nr Banchory. NO618988.

Jonathan Musgrave, 013398 84447 jon@big-jon.demon.co.uk

18th SOA GRAMP Local Event. Kirkhill South, Aberdeen. NJ849110.

Neil McLean, 01888 560241 leenaneil@hotmail.com Start times 1-2pm, www.grampoc.com.

19th SOA AYROC District Event & SoSOL 8. Three Parks, Kilmarnock. NS434392.

Dougie Condy, 01292 318190. dougiecondy@aol.com Fees TBA. EPS-SI. www.ayroc.co.uk

19th SOA INVOC District Event. Revack, Grantown on Spey. NJ031259.

Rhona Fraser, 01463 248388. rhonabifraser@tiscali.co.uk £4.00/£2.00. EPS-Emit. Dogs on lead in car park only. www.invoc.org.uk

19th SOA MAROC Local Event. Tilquhillie, Banchory. NO714947.

Denise Wright, 01330 860391 dew@ceh.ac.uk

19th SOA ECKO Local Event. Atlantis Centre, Oban. NM860305.

Ross Lilley, 01866 822475 EPS-SI. Starts 11:00-12:00; £2.50/£2.00; 2 courses, incl. street score; www.ecko.org.uk.

And Finally

We were all far too sensible to support Ken's proposal for the *Bermuda Event*. So, all you eager organisers, planners and controllers will have to content yourselves with more local events.

And what about my route choice in my own personal score event. Under severe time pressure I rushed from work, to the SOA Modern Sport Symposium, to a 21st Birthday Ceilidh in Glasgow - missing out on a tasty 30 point control in Edinburgh. The lesson is clear - even under severe time pressure in a score event, be wary of missing out 30 point controls, and *don't sell the rugby tickets!*

David Nicol



The photo shows me and Stirling Ranger, Mandy Cook with one of these dual purpose posts.

New permanent course at Plean

The 21 new posts are more centrally located within the park than the old posts.

I am pleased to unveil our new permanent course at Plean Country Park. I have spent two days in early March helping to install the new posts.

In partnership with Stirling Ranger, we have managed to remap Plean. This was timely, as much of the woodland at Plean has been opened up with both clear felling and substantial removal of rhododendrons. The remapping was done by our good friends at Stirling Surveys. Some of them are dual-purpose, and are not only used on the Orienteering Course - but on the "Biodiversity Trail" as well.

Unfortunately, there can be no prizes for guessing the word spelt out by the letters on 12 markers of the biodiversity course.

David Nicol
FVO Secretary

Club Captain's chat

Ok so I was only joking about not putting Jon's article in. Jon did manage to get his article in by the greatly extended last deadline!! Skin of his teeth though.....

Hi everyone

Now that we are in March, we are starting to see the first serious competitions of the year, so I hope you are all feeling fit! The onset of serious competition does of course mean that I have the task of juggling lots of relay teams, so please do keep signing up to run in the teams.

Already this year we have entered 7 teams in the British Championships relays for 2nd April and 9 teams for the JK relays at Easter - it is great to see so many FVO people turning out at these big events, so many thanks.

And that is not to forget that we have already had the first big team event of the year, the Compass Sport Trophy Scottish Final. (Although we should not also forget the FVO people who ran so well in the Devil's Burdens hill relay earlier this year, very well done to them).

For various reasons, the Compass Sport Trophy could not have fallen on a worse weekend for us, with large numbers of people away and unable to run. As a result it was a real team effort to get the right number of runners out there on the right courses, and finish a close second to ESOC - which means that we qualify for the final in October - a chance to make it a hat-trick of victories!

Particular thanks to all the people who made it along, as had we managed only 12 scoring runners rather than 13, we would have finished only in third place (behind TAY) and would not have made the final.

Special mentions to Jamie Nicol, Peter Holliday, Janine Hensman and Doug Wood who all signed up in the last few days before the event and finished high on their course to score points for the team.

The team was very different from the team we fielded at last year's final (only three people scored points for us on both occasions), and shows the strength in depth we have as a club. And we will need that strength in depth this year for the final on October 15th - so if you have not already signed up to come along, please do so! (see separate info elsewhere in this newsletter for more details).

Membership and Volunteers

The third strand of the symposium was about membership and volunteering. No magic bullets here to increase participation but some of the thoughts included:

- ◆ Change members' understanding of volunteering. Generate a culture in which everyone is contributing to the work behind the sport.
- ◆ Training / development officer in each club, linking together in a network, providing training, proactively seeking volunteers from club members
- ◆ Experienced volunteers mentoring new ones
- ◆ Defined jobs, tasks, time limits, expectations for each volunteer role. Work smart.
- ◆ Recognition of volunteers - link to individual motives for volunteering (status, experience, social, loyalty)
- ◆ Share recruitment successes between the clubs

The Way Forward

We all came away with learning points about how to organise ourselves better. At the Executive level, expect to see some changes proposed by the SOA Executive in their structure and in the way they run the sport in Scotland. Dry constitutional changes will be needed to support this. At the club level, it is up to the delegates to take the lessons and implement them themselves in their clubs to make us more effective.

At the procedural level, work is needed between the clubs and the SOA. Expect Hilary to take a lead in this, but ask yourself whether your club has implemented a privacy policy. A draft proposal was circulated over a year ago.

So, that concluded a very successful 24 hours in Perth.

Were the executive or members to behave negligently or irresponsibly, they could still be pursued individually should failure to take proper precautions lead to a serious incident. *So the Orienteering route you planned over the cliffs didn't quite work out Yes, we have insurance via BOF - but have you checked that you have complied with all its terms? It will catch claims against you or your club where you have properly planned and organised an event. But it may not, were you to have acted irresponsibly.*

So, the first line of defence is to have and to enforce in the SOA and in the clubs a sensible set of procedures which members both know about and follow. It may not be why we all started orienteering - but it is one of the necessary overheads of participating in sport in this day and age.

Committee Structure and Responsibilities

A second major part of the workshop was spent looking at Committee Structure and Responsibilities. If you have been part of any committee you'll know the syndrome. Hours of time spent agonising over details - second-guessing the organiser or planner of this event or that. Should the team manager be booking Easyjet or Ryanair flights for the trip to Vilnius?

Tim's view was that the SOA Executive (like many of our club committees) was currently too focussed on operations, for example competitions and fixtures. Matters such as these should be delegated, so that the Executive could become at its highest level more proactive, rather than reactive and responding to issues as they arise.

But that doesn't mean that the Executive should lose sight of operational matters. It is a question of having an appropriate reporting structure - so that interventions can be made when matters don't go right.

The delegates agreed. In our breakout sessions we spent some time trying to redesign the SOA Executive - and the different groups came up with similar questions. The role of the Areas? The role of the direct ops people currently on the Executive?

me would not be complete without more than one plea for people to run in relays, and for now I have two more requests:

I am looking for names for the Scottish Relays on Deeside on the last Sunday in May. Over the last few years we have managed to put out a large number of teams at this event - let's make sure this year is no different!

On the weekend of 10/11 June, it is the Harvester relay near Langholm in the borders. This is a day/night relay and is one of the most fun events on the UK orienteering calendar. The event moves around the UK and has not been in Scotland since the early 1990s. So we need to take full advantage this year! Roxburgh Reivers are staging a SOL on the same area on the Sunday morning, so there is the chance to make a real club weekend of it. Please let me know if you are able to run - and rest assured I will be looking closely at the SOL start list to check no-one has entered that without signing up for the Harvester too.....

All that remains is for me to wish you all good luck in the races over the coming weeks, particularly those of you travelling to the British or the JK - may all the controls be where you expect!

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



Fraser at the Carnethy 5. Photo Will Hensman

British Night Champs

It was a dark, dark night! Well actually it was still light (grey dark!) when I started at 5:53. We started on fast open heath land on a fantastic, clear, cold, crisp starry night, am I selling it to you yet?

The Thomson's had travelled to the Lake District, two weeks before, for some last minute, night, training on Black Beck. Unfortunately I slipped near the end on some wet rocks and landed on my bum! It was more than my pride that was bruised that night.

When I started at Hawley and Hornley it was my first run for two weeks so I set off at a steady but slow pace. The old coccyx was still tender and I didn't want to push it so I had changed to the short course, thinking I would probably not get round anyway.

I was doing ok until just after number 4 where I twisted my ankle! Jogging down hill trying to avoid hurting my bum!! I tell you what though after badly twisting my ankle the pain in my bum completely disappeared, amazing how something hurts less when you injure something else worse!! **I hobbled around the rest of the course with my ankle still 'smarting' only to find the next day that I had come last by 39 seconds! Well second actually as there were only two of us on my course. (Thanks Jon for pointing that out!)

Stuart made a couple of mistakes and finished 5th, on M16, as did Jon Cross on M35L. Nick Barrable was first on the M21L course, by 2 seconds, after 10.5K to win the British Night Championships.

The Sunday morning was another fantastic sunny, clear day for the National event at Cold Ash but I didn't see much of what looked runnable forest as I hobbled between car, start and finish. My rather green and swollen ankle put paid to my run! But Karen more than had her monies worth pottering around the red course although I'm not sure why her arms were hurting when she had finished. Perhaps that is why she took over two hours to do 6K I too would find it difficult going around on my hands! Nick and Stuart both finished 4th on M21L and M16 respectively with Jon Cross in 13th on M35L.

** It is not recommended to go out and injure yourself again to try and relieve the pain of your original injury. Stay at home and take some pain killers, it's safer!!

Mark Thomson

The Bermuda Event

The Bermuda Event - one of the less serious suggestions put forward at the excellent *Modern Sport* symposium jointly organised by the SOA and SportScotland on the 25th/26th February. Donald Grassie had invited the SOA Executive, the Professional Officers and representatives of each of the clubs to this workshop. I was delighted to be invited, and in retrospect very pleased to have attended - despite perhaps not making the optimal route choice in my own personal Score event over a busy few days. [I personally missed out a 30 point control - but more on my route choice at the end].

All weekend, the focus was on the governance and administration of the SOA. But at every stage, there were immediate and obvious parallels to the running of the individual clubs. Tim Pickles' easy but incisive style disarmed us at the beginning when he presented a health check** pulled together from questionnaires that we had filled in before attending the workshop. His verdict - a few green traffic lights, the rest at amber. Tim has run these workshops for some 25 other sports before. Unusually, Scottish orienteering had avoided any "reds". It soon became clear that we couldn't rest on our laurels.

So what were the main points that I learnt, and the way forward for the SOA and the clubs?

Governance

Currently the SOA is an unincorporated body. It has no separate legal personality. Perhaps six years ago, the majority of sports governing bodies were such unincorporated bodies - but there is a growing trend to change them into companies limited by guarantee. The Scottish Six Day Company has such a status. If the Six Day went disastrously wrong financially, the limit of the members' liabilities would be the £1 guarantee. However, there is a cost in terms of legal formalities and company obligations which would come with this status.

As an example of the dangers, readers may remember some of the details of the legal fight between Dianne Modahl and the British Athletics Federation. This went on till 2001, some four years after the BAF went into administration (bankrupt). A company status would prevent the officers and members of an association being pursued for their personal wealth in such an (extreme) example.

However, the legal status is not fool-proof, and should only be the last line of defence against any claims after the two primary defences: proper procedures and insurance.

**The health check and other outputs from the symposium are available on www.fvo.org.uk. Click on Admin.

Scotjos Training Weekend

Stuart and I travelled to Maureen Brown's on Friday afternoon and after a good nights sleep and a hearty breakfast we set off to collect various other members of the Scotland squad. We then drove to Touch where we encountered savage dogs and an angry farmer who was a bit upset at not being told we were coming. After the excitement we were put into groups and given different exercises such as corridor work, compass and pacing etc.

After the training we got back on the mini bus and travelled to Stirling youth hostel where I opted for macaroni for tea, that was a mistake as it was like soup with hardly any macaroni in it.

The next day Louise told me that some naughty boys, I don't know who!! Got up at 11pm to watch live boxing. (Not me Mum, honest!) *he's a little angel!! but that Louise, what a tell tale! Ed*

After a great breakfast we set off for Callendar Park and the older ones did a race, relay race and sprint. I did a relay with Hazel Wright but lost a shoe near the finish when Amy Barrett trod on my heel. I had the last laugh when Amy fell in the ditch! Somehow we still managed to come 4th and I really enjoyed the weekend. *Hazel must have been running really fast! Ed*

We got a lift back to Louise's to meet up with Mum and Dad who had been at the CompassSport cup, at Norman's Law, where my Dad scored on the Brown! *Cheeky wee monkey! Ed* We then had a 5 hour drive home and I slept for 4.5 hours of it. *Thought it was quiet Ed*

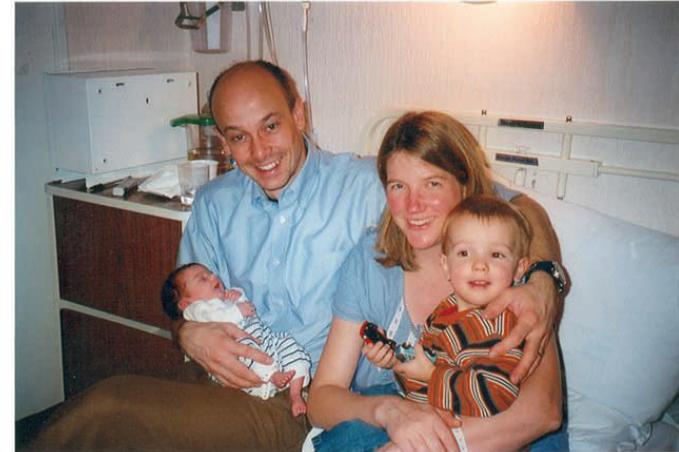
Craig Thomson



Scotjos squad in their new Scotjos O suits.
Photo Roger Coombs

Congratulations

News and photos of FVO's latest addition (and her proud family)...



Kirsty Morvern Tilbrook Flint arrived (following a rapid 4 hour labour and speedy journey to Stirling Royal Infirmary) at 10pm on 15 January, weighing just 6lbs 1oz (2.75kg). As the photos show, Kirsty has a fantastic head of hair, so the paediatrician took some convincing that Doug was the dad! *Cathy's words not mine Doug!* Ru's delighted to have a "tiny baby sister" (apparently he's her "big bugger!"), and we're all doing fine apart from lack of sleep.

Kirsty got a mention in latest edition of Compass Sport but we'd like to correct the mistaken identity of her big brother.... Ru is definitely short for Ruaridh, rather than Rupert!!!!

Cathy



Forth Valley Orienteers

Wednesday Evening Events 2006

PROGRAMME OF EVENTS - 2006

OS Grid Ref.

1.	26	April	Hermitage Woods, Stirling University	NS 809 968
2.	3	May	Plean Country Park	NS 827 868
3.	10	May	Barr Wood, Denny (A872 & Under M80)	NS 796 865
4.	17	May	Dollar Bank, Dollar (Castle Campbell)	NS 963 994
5.	24	May	Minewoods, Bridge of Allan	NS 789 980
6.	31	May	Abbey Craig, Stirling (Wallace Monument)	NS 808 958
7.	7	June	Bantaskine, Falkirk (on B816)	NS 871 789
8.	14	June	Gartmorn Dam, Alloa + BBQ	NS 911 940

SUMMER BREAK

9.	23	Aug	Callendar Park, Falkirk (Callendar House)	NS 897 795
10.	30	Aug	Muiravonside Country Park	NS 964 756
11.	6	Sept	Laigh Hills, Dunblane	NS 780 015
12.	13	Sept	Sherriffmuir, Bridge of Allan	NS 815 986

Directions and interactive map to all of the above on www.fvo.org.uk

COME AND TRY IT!

No experience necessary - just come along on Wednesday evening between 5 and 7pm.

All you need is a clear polythene bag to keep your map dry and a red pen.

Cost - Adults £2 Juniors, Students £1.

For more information on Evening Events please contact Neil Kitching on 01786 824595 or neil.kitching@scotent.co.uk

CompassSport Cup Final

We have qualified for the final of the Compass Sport Trophy once again and have a chance to make it a hat-trick of victories at Greenham Common in Berkshire on Sunday 15th October. The intention is to try and take as large a team as possible and have an enjoyable club weekend away. Remember that everyone who runs has an impact on the final result so it is important to have as many people there as possible - many thanks to those people who have already signed up. We are trying to make a decision on how best to sort out the arrangements for the weekend, hence the questions below. If you have not already replied then please tell Jon (jon.cross@tinyworld.co.uk) your answers as soon as possible.

The provisional plan is

- people to travel to Berks on the Friday evening or on Sat, whichever suits them better.
- FVO accommodation arranged for the Friday and Saturday nights
- FVO hires transport for people during the weekend
- flexible entertainment arranged during the Sat (likely to include some training)
- a club meal on the Saturday night
- attend the Final on Sun and complete a great weekend by defending our title successfully
- travel home post-race on Sunday

It is likely that FVO will look to fund the accommodation and minibus/hire cars, leaving just the travel to the venue as self-funded (and we are also looking into what grants may be available to help support travel costs). So....eventually to the questions!

- 1) Are you interested in running in the FVO team?
- 2) Would you be interested in FVO accommodation for the weekend?
- 3) Would you be likely to fly to the event? (currently around £45 return)
- 4) Would you want to share hire transport for the weekend?
- 5) Would you be interested in the training/meal/etc planned for the Saturday
- 6) If you are not planning on attending, would it make a difference if we could find a way to fund travel?
- 7) Would it make any difference to your decision if we decided to travel there and back by coach?
- 8) If you are not planning on attending, would it make a difference to your decision if another FVO member who was not attending 'offered' to look after your children that weekend??

We have the opportunity to plan things so that we can combine the final with an excellent club weekend, whilst making everything suitably affordable. The more people we have, the better we will do, the more fun the weekend will be, and the cheaper the costs will be!

So - please reply as soon as you can, and thanks for your help

Jon

List of orienteers

Men

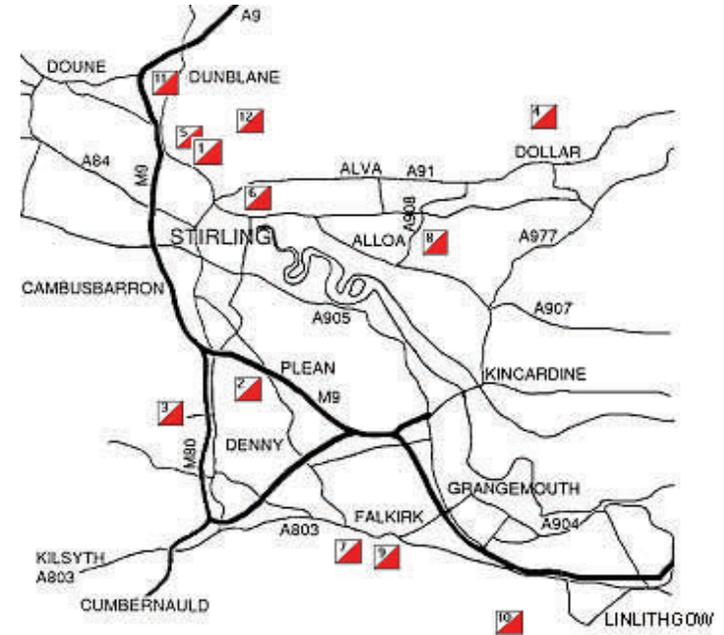
Ranked 1		Ranked 2		Ranked 3	
Code	Name	Code	Name	Code	Name
101	Nick Barrable	201	Duncan Archer	301	Alastair Buckley
102	David Brickhill-Jones	202	Rob Baker	302	Ben Chesters
103	Matt Crane	203	Allan Bogle	303	Neil Conway
104	Jon Duncan	204	Edward Catmur	304	David Godfree
105	Scott Fraser	205	Oleg Chepelin	305	Andrew Kitchin
106	Graham Gristwood	206	Duncan Coombs	306	Robert Little
107	Dan Halliday	207	Jeremy Edwards	307	John Musgrave
108	Oli Johnson	208	Roger Goddard	308	Ed Nash
109	Dan Marston	209	Andrew Middleditch	309	Ian Nixon
110	Ewan McCarthy	210	Neil Northrop	310	Stephen Palmer
111	Mark Nixon	211	Michael Sprot	311	Clive Parry
112	Matt Speake	212	Murray Strain	312	Marcus Pinker
113	Jamie Stevenson	213	James Tullie	313	Andrew Preston
				314	Chris Sellens
				315	Tim Tett
				316	Patrick Walder

Women

Ranked 1		Ranked 2		Ranked 3	
Code	Name	Code	Name	Code	Name
151	Aislinn Austin	251	Lizzie Adams	351	Christine Currie
152	Helen Bridle	252	Alice Bedwell	352	Hazel Dean
153	Rachel Elder	253	Becky Carlyle	353	Sarah Dunn
154	Mhairi Mackenzie	254	Helen Gardner	354	Heather Gardner
155	Alison O'Neil	255	Janine Hensman	355	Gillian Godfree
156	Helen Palmer	256	Karen Heppenstall	356	Alison High
157	Sarah Rollins	257	Clare Leventon	357	Rachael Holmes
158	Claire Ward	258	Cerys Manning	358	Niamh O'Boyle
159	Jenny Whitehead	259	Heather Monro	359	Toni O'Donovan
160	Pippa Whitehouse	260	Sarah Noot	360	Amy Sarkies
161	Helen Winskill	261	Michelle Spillar	361	Jo Stevenson
162	Hannah Wooton	262	Cath Wilson	362	Abi Weeds

Also Note:

Men Ranked 4		Women Ranked 4	
Code	Name	Code	Name
400	Anyone else	450	Anyone else



Membership renewal forms

Please can you send back your membership renewals as soon as possible to

Susan Hensman
42 Kirkside Crescent
Stirling, FK7 7JZ.

Tales from the Treasury or Treasurers Tales!

Reminders have been sent to those members who still have outstanding relay fees from 2005.

I will be sending a cheque to Interlopers for the entries for 26th February at Norman's Law. If you entered and paid on the day, please e-mail me asap or you will be charged again later this year!

On the Mapping Front Gareth is currently mapping North Third and Sauchie Crags while Marcus has had a look at Torwood. Thanks to both. Any more ideas Folks? Anyone else with time to go out?

Elizabeth

Fantasy UK Cup 2006

Check out our website www.ednash.com/ukcupdb/fantasy.php

Fantasy UK Cup for 2006

Support the British Squad by taking part in the Fantasy UK Cup. The British Orienteering Squad support fund offers small grants to athletes with World Class potential who come up with their own plan for self-organised training camps. This fund has in the past helped young orienteers to push themselves further, contributing to the medal-winning success of our current team. In 2005 several potential stars received grants, and applications are currently being considered for 2006. To maintain the ability to help our athletes, the support fund is running the Fantasy UK Cup.

What is the Fantasy UK Cup?

Fantasy UK Cup is an orienteering game in a similar vein to games run in newspapers such as Fantasy Football. You choose a team of 10 orienteers then sit back and let them rack up points for you. At any point during the game you can make transfers if your team isn't performing as well as you would like, and at the end of the season, the team with the most points wins. But remember - some of the top runners may live abroad or not go to all the races - so use all your knowledge and choose your team wisely. You may find some valuable information in CompassSport. You will be able to follow your team's progress on the web and in CompassSport. There will also be updates sent out by email after each race.

Why should I enter?

Your £3 entry fee will go towards improving the future of British orienteering. There will also be prizes for the top 3 teams and the top junior.

Any donations for prizes will be gratefully accepted.

How do I enter?

Just choose your team in accordance with the rules either enter online (from 1st February) or complete the entry form below. All entrants must send a cheque to the address below made payable to "British Orienteering Squad Support Fund". If you have any queries please email me at fantasyukcup@gmail.com (NB please do not email entries). Entries will only be recognised on receipt of payment.

Rules

- Orienteers ranked between 1 and 4, based on last years UK Cup, current Ranking Lists and the current British Squad
- You must choose a team of 5 men and 5 women
- The total rank of your team must be 22 or more
- Scoring based on UKCup scoring system During the season, you may make 2 changes to your team (eg. If one of your team gets injured), but the total rank must still be over 22 (changes can be made online)

The first races are on the 18th and 19th of March, but please enter early. You will start scoring points as soon as I receive your entry. Full list of events on the UK Cup website (<http://www.ednash.com/ukcupdb>)

Entry form - send with cheque for £3 made payable to "British Orienteering Squad Support Fund" to Graham Gristwood, Fantasy UK Cup, 97 Highland Road, Earlsdon, Coventry

Name _____

Team Name _____

Email address _____

Junior? Yes No

Men			Women		
Code	Name	Rank	Code	Name	Rank

Total Rank _____

See over page for List of orienteer's.