

Forth Columnist

ISSUE 175

AUG/SEP 2006

FORTH
VALLEY
ORIENTEERS

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**Copy date for next issue
is End October**



Morven Dean running at the Italian 5 Day in Subiaco
(see report on page 16)

Editorial

You may have thought you were not getting July/Aug newsletter, well you were right! Aug/Sept is now looking like it might not make it either so by the time you get it this it will be Sept/Oct edition! Better late than never.....

May and June saw the Scottish Championships and Harvester relay complete with millions of midges. I have only ever seen that many on the West coast before, when I finished my arms were black! Nice to see so many club members at these events with some excellent results. FVO were also represented by five juniors at the Junior Inter Regional's in June and managed a very creditable 2nd place overall.

The FVO juniors were very unlucky at the Jamie Stevenson Trophy on 3rd September at Kinnoull Hill. We had the same points as Maroc but came second on the count back.

Several members were orienteering abroad in the summer in Italy, Sweden, and Switzerland to name a few. Hope you all had great holidays and ran well at which ever event you went to over the summer season. We went to Sweden for the 5 Day which was tough and we did the first weekend of the Lakes 5 Day (I didn't have enough holiday left to stay for the week!)

After several months of hassle with our phone company, we have decided to get rid of our home phone line. You can now phone us using skype, which is free (see www.skype.com for download details). My username is markthomson55 or phone my mobile on 07977 229452.

Mark Thomson

Please send articles, pictures or gossip bits
to:

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

President's Piece

It has been a while since the last newsletter, but there has certainly been plenty happening and there is a busy period over the next few months.

At the start of the summer we had a large turnout at the Scottish champs, with a very sociable high tea after the individual; and also three teams taking part in the Harvester night relay. The Wednesday evening events also finished for the summer break with a BBQ at Gartmorn Dam. A few of us also went to various multi-day events over the summer, including the World Masters, the Italian 5 Days, the Swiss O Week, the O-Ringen, and (closer to home) to the Lakes 5 days. I was at the Swiss O Week, which was really amazing, staying in Zermatt and travelling each day by mountain railway and cable car to the various venues.

Over the summer there were also a number of impromptu runs organised, including the "Ochil's 2000s", which was from the Sheriffmuir Inn to the Tormaukin in Glen Devon, taking in all the peaks over 2000m. At just under 3 hours this was the longest I had ever run for. Only the month before I also had my longest ever orienteering run having gone to the Jukola Relay in Finland, which you can read all about in my article in CompassSport.

Congratulations also to all the juniors that went on various summer tours including the ScotJOS tour to Sweden and BOF tours to Glenmore and Lagganlia. Congratulations also to Marcus Pinker on winning M21E at the Irish Orienteering Championships and to Janine Hensman on winning the Middle Distance race at the British Mountain Bike Orienteering Championships.

As you receive this newsletter, the Wednesday evening events will have started again and there are number of major competitions coming up that we hope to do well at, having done so in the past. These include the Jamie Stevenson Trophy, the 11 person Relay and the CompassSport Trophy final. Let's get a good turnout and some good results.

The club are also organising the Junior Home Internationals in September, which is an important event for us, and on the social front we have a training weekend arranged in October and the social event of the season, the club Dinner Dance, is on the 18th Nov.

Gary Longhurst

Club Captain's chat

FVO Club Championships - Saturday, 18th November 2006

Barr Wood - NS 796 865

Start times: 11.00am - 12.30pm

Cost: Free

Courses:

Orange - Junior Girls (W10/12/14) and Junior Boys (M10/12/14)

Light Green - Senior Girls (W16/18)

Green - Senior Boys (M16/18) and Veteran Women (W40+)

Blue - Women (W20/21/35) and Veteran Men (M40+)

Brown - Men (M20/21/35)

Please pre enter (by Tuesday, 14th November) by informing Martin Dean (Email: mhdean@talk21.com or phone 01786 825123) of your intention to run, detailing which course. This will ensure you get a pre marked map. Bring your own map case and SI card - hope to have electronic punching!

Trophies - Could last years holders return trophies to Martin Dean in advance or on the day.

Coaches Courses

Active Stirling are running a number of coaches courses which are free to sports council affiliated clubs, as follows:

Good Practice and Child Protection Mon 25th Sept 6.30-9.30pm

Coaching Children and Young People Thurs 23rd Nov 6.30-9.30pm

Emergency First Aid Mon 4th Dec 6pm-10pm

These courses are also very useful for anyone organising Wed Evening Events as well as coaches.

Anyone wanting to book onto a course contact Hazel Dean on 01786 432323 or deanh@activestirling.org.uk

Wine and Wiener Schnitzel

How was it that I found myself in a garage trying to explain orienteering in German? Well, I was tasting wine in Austria's premier wine growing area which was an hour's drive from the World Masters. It was taking place in the tasting room - aka a garage - at the small wine producer I had located and I was trying to tell him why I was in the area. What his final understanding of orienteering was I am unsure of.

The day after this I arrived in Wiener Neustadt, the town which hosted WMOC, and tracked down the hotel I'd booked for a group of ten. This was notionally a South Ribble group though in the end half of the group were from other clubs! The hotel was between the aircraft factory and a garden centre; it was a bit like being in Springkerse Retail Park, though it turned out to be a good hotel. No dinner was served but we could get a bus into town (taxi back) or there was an excellent restaurant across the road, which became our local.

The first day of competition was a warm-up race, not strictly part of WMOC. Hilly terrain with plenty of straight and steep versus long and round choices. There were also many gullies and ditches, often two metres deep with paths in the bottom, which appeared to be remnants of wartime activity. It was best to avoid running along these paths, as there was no view of the surrounding forest. I'd chosen a long course but had not anticipated being out quite so long (90minutes) and hoped this was not going to be typical of the WMOC races. At least, being a typical European event, there was refreshing cold beer on sale. Less usual was the fact that cigarettes were also on sale - first time I've seen that at an O event! (Well it was based at a football ground). Smoking seems to be a big thing in Austria (though it's to be banned in the near future) and hardly a day passed without someone at the hotel smoking at breakfast - not pleasant.

The first qualification race saw us driving into the car park field alongside a truly uncrossable fence. Four metres high with razor wire on top, four strands of what appeared to be high voltage wire at intervals inside and then a space of five metres to another fence with frequent CCTV cameras between the two fences! And if you wanted to get out the field on the other side were major anti-tank constructions. So we stuck to the signed route. From here an impressively large fleet of buses took round the back of the local B&Q, through a housing estate to the forest. Then a rest day.

I returned to the area where I had been wine tasting which also boasted a fantastic lake for windsurfing. The Neusiedlersee is unusual as despite its large area (approx 15km x 5km) it is never more than 2m deep and mostly nearer 1 to 1.5m which meant it was very warm. Winds were quite light that day, unlike the previous week, but I managed some windsurfing and quite a bit of lazing about and reading.

Back to Wiener Neustadt to meet friends for dinner at an interesting restaurant. The restaurant was attached to a "Vinothek" which is the Austrian version of an (upmarket) off-licence. So the wine list said just go and look in the shop and choose what you want! (A small extra corkage charge was levied).

So that was my preparation for the final. Start times were arranged so that the higher you finished the later you started so I had a late time of 1407. I gave a lift to the other late starter in our group, Monika Cooper of SYO. As we were late we found ourselves in a parking spot far from the event so had a long ride on the shuttle bus. After a while the bus stopped and everyone got off, but as we were leaving Monika realised something was wrong. We still had to cross the motorway according to the programme. The driver had stopped at the main parking area, even though there was no-one waiting there and had said nothing to people as they got off. So everyone got back on the bus and we were taken to the correct drop off point, from where we had a 1km walk to assembly.

The final itself was again in an area of contour detail but with quite a lot of major tracks. The area near the start had some recent forest operations which were potentially confusing but things went smoothly for me until about two-thirds the way round. I got put off by someone I'd caught and lost confidence near the control (in a depression). After a suitable faffing period I relocated at a road though was still not completely sure where I was along that road! I soon found myself back at where I'd earlier decided I was lost. However this time I knew where I was and had just to move a short distance down a re-entrant into the depression. The controls tended to be tucked away so you had to be close to see them. Had I had confidence the first time I would have gone further and saved five minutes. Five minutes is a big mistake in the final and dropped me from around 10th to 28th. I was second Brit out of five in the A final so overall I had a better result than I had expected though that mistake was a disappointment.

Dave Coustick

Secretaries scribbles

As the summer winds down, and the autumn domestic orienteering season advances upon us - so too, I am afraid, does the new beaurocracy season. So, after you have booked your places for both our dinner dance and our club training weekend [adverts elsewhere in this newsletter] - both of which promise to be superb, spare a quick thought for administrative overheads.

Membership

Orienteering membership is changing. BOF will now require all club members to be BOF members. There will be two classes of members

- * BOF National Members - corresponding to existing BOF members
- * BOF Local Members - a newer, and slightly cheaper category.

It appears that all members will be issued with a membership card and that this card will be a key to a discount of £2 off of various events. As details emerge we will put them on our web site. A first paper from BOF can be found in the Admin section of our web site. *Is this the best idea they could muster to attract new members! Ed*

Child Protection

The rules on this are changing, and becoming even more formal. The upshot is that the club has had to appoint a Child Protection Officer - thank you Hazel for stepping forward. We are trying to develop appropriate policies to match. There is a draft one in the Admin section on our web site along with the other policies the club has had to adopt over the last two years. As we learn more, the Admin section will be the place where it is all documented.

Now, back to the orienteering...

On top of the O World

One of the highest orienteering events that has been held, at least in Europe, was the effective description of this year's Swiss O-week based at Zermatt. The early information recommended going to altitude two months before the event, to acclimatise. Did that mean spending the whole two months altitude training? Anyway I did spend a bit of time the week before walking at around 2000 to 2500m in the Bregaglia region of eastern Switzerland which I hoped would help.

As at the World Masters I had elected to stay in a hotel rather than camp. My experience of event campsites has discouraged me from using them, although I will use a commercial campsite if the region lends itself to that (such as Bordeaux where next year's French 5-day is being held). Anyway, Zermatt was a special case as camping would have to be in Täsch with a daily commute by train to Zermatt. It was definitely preferable to be in Zermatt itself. For those unfamiliar with the area, Zermatt is a car-free resort and Täsch is effectively a giant car park. So I left my car in the main multi-storey car park, where the event had negotiated a special deal. This worked very well as I was able to load a trolley directly from my car in the car park, take it on the train and push it along Zermatt's main street to the hotel.

I arrived in Zermatt Friday lunchtime, collected the training map and went for a run - well more of a walk. Then back to the hotel which was right in the centre of town, where I met up with Gary and Louise. Also at the event, but at a different hotel, was Nick, so we had a small but select FVO presence.



Saturday gave me the chance for some more acclimatisation so I bagged a 3400m peak, the Mettelhorn. Maybe this was a bit over energetic for the day before the first race as it involved 1800m of ascent! It was however a great viewpoint being close to the Obergabelhorn, one of the many 4000m mountains in the vicinity. I was back down in time to spectate in the prologue race, which was a sprint race in the town for elite runners only. This was entertaining as we found a location where we could see three controls and plenty of confusion among many of the runners.

Most days of the competition took place at altitude and involved taking a mountain railway or cable car to the start. The entry fee included a week's lift pass for all these, which was good value, as it probably cost less to enter the event than buy such a pass. The first day we took the rack railway, along with hundreds of Japanese tourists. As most orienteers wanted to get out at the assembly area, one stop before the end, this caused a bit of a bottleneck as we all tried to squeeze past to get out. Then a bit later we took a later train to the top where the start was located, at nearly 3000m above sea level. The race itself was all in the open with the first part being very rocky and quite rough. A so-so run but not great as I mistook one valley for another and wasted four or five minutes.



The next day we used the same train but the operators had modified the procedure a bit. The result of this proved to be a bit shambolic and it took us an hour to do the journey that should have been 25 minutes - very un-Swiss! It turned out they had tried to squeeze too many carriages into a passing loop and could not get the trains past one another. For Gary, Louise and I there was no problem as we had lots of time, but for others, including Nick, time was rapidly vanishing. Final changing in the train and a sprint to the start was not quite enough and Nick was late for his start, as were quite a number of competitors. I had a good run this day and managed to beat Gary. I'd decided to run H45 to add a bit of interest by having splits to compare. This turned out to be a good choice as there were a lot of Brits running this class.



Day 3 was in a different part of the mountain and using a bubble lift meant everything went smoothly as far as transport was concerned. The area was very detailed in parts, though shorter courses did not visit the trickier bit; I was glad I'd not run my 'correct' course of M60 as I would not have gone into this interesting area. I managed to avoid any major errors although I did try and climb up a large crag which was uncrossable; then I realised I was one terrace too high and did not need to go up! This was the day of Gary's disaster run so now the heat was on as I'd taken the lead over the three days. It was only later that evening that I realised (along with plenty of others) that this was a 1:7500 map.

The rest day was an opportunity to take advantage of our free lift pass and bag the nearest 4000m peak, the Breithorn, which must be the easiest 4000er. It is only 300m vertical from the top of the cable car and about 2km of a snow plod. However there are crevasses around and although I'd initially thought of going solo in the end ended up with a team of seven including Gary and a number of SLOW members. We used a rather thin cord rather than a climbing rope as I'd not brought a rope and Zermatt prices for such things were excessive. We split into two groups, of three and four, and making an early start were among the earlier parties on the summit, with hundreds of folk snaking up behind us. A quick traverse to the lower east summit and we were back at the cable car within about three and a half hours.



Day 4 was a straightforward area and apart from a slightly poor route choice on leg 1 my run was fairly good. There was a bit of a killer at the end however, with four index contours climb over the final two controls.

Day 5 was more or less a town race on a 1:4000 map. I say more or less as the first part was through woods and meadows but on the edge of town so still plenty of settlements to navigate round. We all had late starts, so were able to watch some of the action from our hotel. Indeed we could sit on our terrace with a coffee (*I'm sure Louise would rather have had wine! Ed*) and see runners coming on to the terrace and running up the steps to the rear of the hotel. I had a fairly clean run but lacked the speed of many 45's so was about half way down the day's

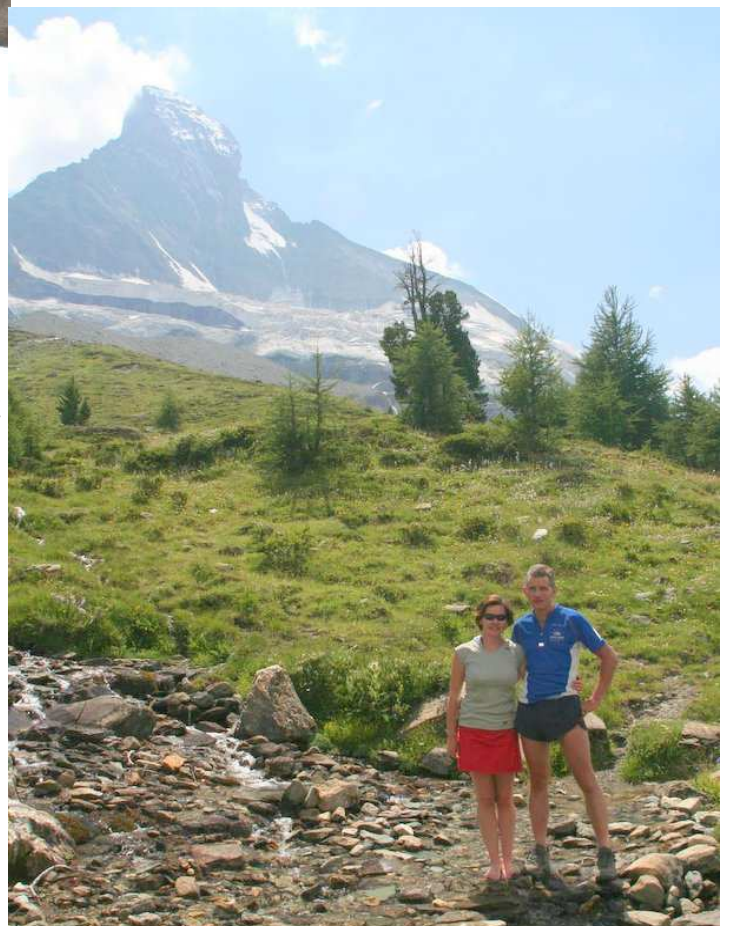
results compared to a third way down on other days. Gary had now moved ahead of me so all to play for on the final day.



The final day was the hardest technically and after a good start I had a major problem with control 4, losing about nine minutes. I was probably not helped by knowing that Gary had started just three minutes behind me. After that things went from bad to worse and I managed to lose a further five minutes on a 200m leg. So at the end of the week Gary had beaten me by ten places. However overall I was about a third of the way down, so given I was running up three classes, I felt it was not a bad result.

Zermatt provided a wonderful week of orienteering; it would be hard to beat the spectacular setting with fabulous views of the Matterhorn and other major mountains on every day.

Dave Coustick



CLUB TRAINING

The club is organising a training weekend for the end of October. Last year we had some superb exercises set up for us by Steve Barrett at Tentsmuir and we are delighted to have retained his services for this year as well :-)

Dates: Fri 27th - Sun 29th Oct

Accommodation: Two nights Fri/Sat at the School House, Ballater. It looks lovely

www.theschool-house.com



Saturday: Training at an area local to Ballater

Saturday evening: Optional Scottish Night Champs

Sunday: SOL 7 at Cambus O May

Price: £30/per person for the two nights (includes breakfast and training)

Optional: If there is demand for it, we can organise for dinner at the School House for the Saturday.

Bookings to me ASAP, by phone or by email. Places will go fast at this excellent hostel.

David Nicol
<mailto:secretary@fvo.org.uk>

Forth Valley Orienteers

Dinner Dance & Club Championships

18th November 2006

Club Championships 2006

To be held at

Barr Wood

OS Grid Ref: NS 796865

Starts 11 - 12.30

Organiser: Martin Dean

Tel: 01786 825123

Email: mhdean@talk21.com



FVO Dinner Dance

To be held in

Stirling Management Centre, Stirling University

7.30pm - 12.30am

Tickets £27/£13.50

Available now from David Nicol

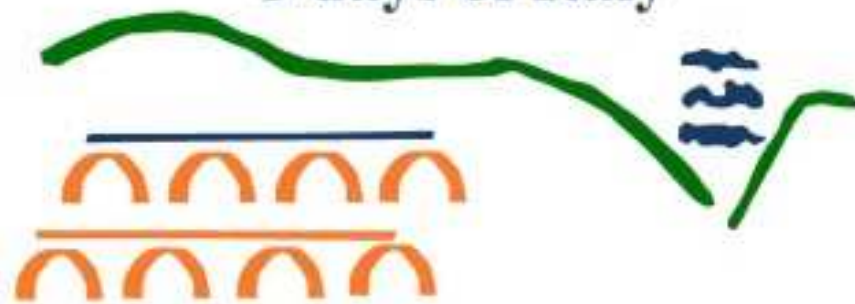
Tel: 01786 832123 or Email: secretary@fvo.org.uk



Come and enjoy a fine meal and then dance to the Jack Delaney Band into the wee small hours of the evening.



5 days of Italy

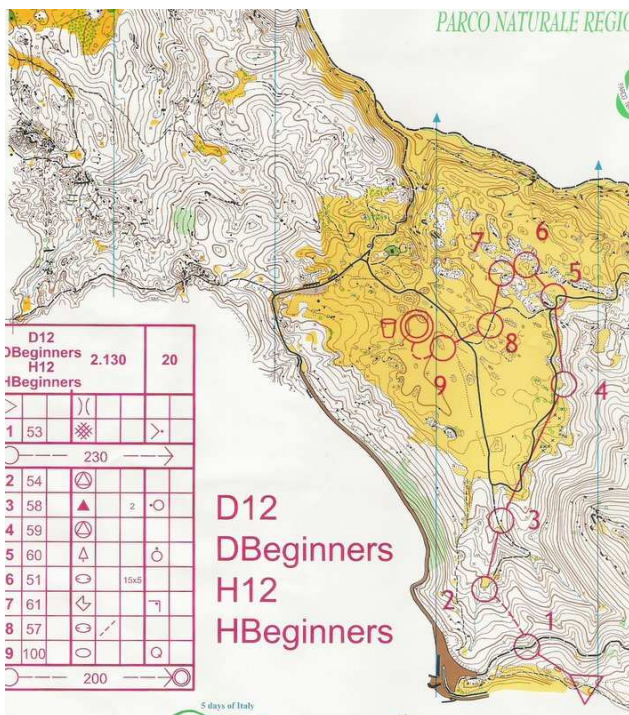


10/16 July 2006 - Subiaco - Rome - Italy

The 5 days of Italy is a multi day event that moves around the country each year. This year the event was based in Subiaco, a town in the mountains to the east of Rome. The event was from the 10th - 16th of July. From FVO there was me and my family, and Chris and Doug Wood. The orienteering was in nice open beech forests with lots of clearings and rocks. Most days were held up on top of the mountains. My mum and dad were both 1st overall. I would have come 4th, but my dibber did not register at one control on day 2. Chris finished 8th and Doug finished 7th. We all enjoyed the orienteering and it was a great competition.

Morven Dean

D12 map from day 2



Martin has recently set up a blog which can be found at

<http://odean-deano.blogspot.com/> It has maps and brief comments from recent events - notably the World Masters and the 5 Days of Italy. Martin said the terrain at the latter was absolutely fantastic - mature beech forest at 6,000ft with leaves on the forest floor.

Scotjos Sweden Tour 2006

My journey began with a five hour drive from Nottingham to Glasgow Prestwick airport, with Mum, Dad and Craig, where we met the rest of the Scotjos squad at 4:30pm. The flight was due to depart at 6:30pm but was delayed over three hours and we finally took off about 10pm after seeing Italy win the World cup.

We arrived at Stockholm Skavsta airport at 2am on Monday morning and after a three hour drive we finally made it to Uppsala where we would stay in the same accommodation as this years Uppsala tour. We had a quick look around the hut and no one was really tired but after milling around we decided we were tired after all. When we woke we had lunch (thought I missed a meal!) and then went on a map walk in groups, mine was led by Lisa Brown. Over the first week we did a lot of training in lots of different technical areas. We did activities like simplification, line courses, bearings and pacing. For a lot of us this did not quite come together with only three of the eight boys finishing the tour champs.

The second week and we were off to the Worlds biggest orienteering event called the O-Ringen where five days of competition on technical areas took place against some of the best orienteer's in the World. I didn't start very well on day 1 ending up 119th out of 240 runners 18 minutes behind Patrick Low in the Scotland Squad. Over the next 3 days I had much better runs and was top Scot managing to gain 23 minutes on Patrick's time and this gave me a 5 minute lead in the chasing start, on the last day. I had a fairly good run and maintained my 5 minute lead putting me in 59th place overall. I was a little disappointed as I had hoped to be in the top 50.

My favourite part of the week was when I came back in 1st place, briefly, and was interviewed by Radio O-Ringen about my race, where I finished in 35th place, that day. The disco was also very good on the last night but did mean we had very little sleep for the journey back. *I wondered why he slept until 2pm on the Sunday! After sleeping most of the five hour journey home. Ed*

It was a great two week tour and my orienteering and fitness are both improving but I think I will sleep for a week! Which is not good as my tour to Glenmore starts next Saturday and then the week after I have two days at the Lakes 5 day!

I would like to thank Maureen and all the coaches who were on the tour.

Stuart Thomson

The Coast to Coast Challenge

The Royal college of Surgeons of Edinburgh is currently celebrating its quincentenary. This College is one of the oldest medical organisations in the World and one of the largest in the British Isles. It was established by Edinburgh Town Council on 1 July 1505 when it was awarded a "Seill of Cause" as an Incorporation or craft guild of Barber Surgeons. The status of the Barber Surgeons was confirmed the following year by James IV, King of Scotland, on 13 October 1506. Over the following two centuries, the prestige of the Incorporation steadily developed and it was formally recognised as a Royal College by a Charter awarded by King George III of the United Kingdom in 1778.

One aspect of the celebration is fundraising for The Children's Hospice Association for Scotland (CHAS) and Voluntary Services Overseas (VSO). Two teams entered the 2006 Coast to Coast Challenge - three retired surgeons including yours truly and four surgical trainees.

The team of three older men set off from Kintail Lodge on Friday morning 12 May and reached the beach at Montrose on Thursday afternoon, 25 May. We enjoyed 1.5 days rest during the walk. Our route, mainly following Scottish Rights of Way tracks, passed through Glen Affric, across the Corrieyairack Pass into the west Cairngorms and Glenmore. We crossed Tomintoul and down to Ballater before heading south east to Glen Esk, via Mount Keen in a blizzard. The highest peak we scaled was Sgor Gabith, above the cliffs of Glen Einich at 1118 metres. The total distance we walked was 330 kilometres and the total climb 8450 metres. We carried our requirements for the trip but opted for B & B accommodation.

The surgical trainees set out from Kintail at 11pm on Friday 12 May having completed their professional duties earlier in the day. One of the team had sat his surgical exams in Edinburgh that afternoon. They arrived at Balmedie Beach, north of Aberdeen, on Sunday afternoon 21 May and headed back to their various hospitals. Their route followed the north ridge of Glen Affric and then down Glen Urquart to Drumnadrochit. One of the team played his bagpipes, which he just happened to be carrying, while they crossed Loch Ness in a small open ferry. There after they crossed the Monaliath mountains to Aviemore, the cairngorms to Glen Avon and Cockbridge. They followed the River Don to the sea. Most nights they camped but one night they managed to attend black tie dinner in Strathdon - their kilts had been sent in advance. In total they walked over 280 kilometres and climbed 10,000 metres in 9.5 days - a remarkable achievement.

Three hundred and two individuals set out on the challenge from different starting points on the West Coast, with 10% out because of bad weather and minor injuries. The challenge is promoted by The Great Outdoors (TGO) magazine, supported by Berghaus, and organised by a remarkable man called Roger Smith. It has been held annually since 1980.

I am most grateful to everyone who has given sponsorship. If you want to make a contribution, please contact me or visit the college website www.rcsed.ac.uk, clicking on the C5K icon, or send a cheque to C5K Challenge, Finance Department, The Royal College of Surgeons of Edinburgh, Nicholson Street, Edinburgh, EH8 9DW.

Many thanks

Donald Macleod

Guess Who?

Martin Dean has kindly sent in these two photos which appeared in The Orienteer magazine in 1974. Any ideas who they are?

If anyone else has any old photos of orienteer's then please send them in. This could become a regular laugh, sorry feature.



What's On Sep / Oct 2006**September**

16th BASOC District Event. Beachen Wood, Grantown-on-Spey. NJ023267.

Norma Atherton, 01540 661069. norma@atherton.go-plus.net £4.50/£2.00. EPS-Emit. Dogs on lead in car park only. Starts 1.30 - 3.30 pm. NEW AREA.

17th MOR District Event. Achlean, Kincaig. NN843997.

Margaret Dearman, 01343 830 860. margaret@dearman.go-plus.net £5.00/£2.00. EPS-Emit. Dogs on leads in Assembly only. www.moravianorienteering.org

21st TINTO Local Score Event. Lanark Loch, Lanark. NS898429.

Blair Young, 01555 661955 Score Event with meal afterwards.

23rd -24th Junior Home International

O3X 23rd - JHI - Individual. Dumyat, Stirling, NS815916

R3X 24th - JHI - Relay. Polmaise Estate, Stirling, NS776924

Louise Longhurst, 01786 823295. longhurstl@aol.com

I'm sure Louise will be looking for helpers for various jobs over the weekend, why not make it slightly easier for her and volunteer your services.

October

1st MAROC District Event. Pannanich, Ballater. NO380962.

Steve Spencer, 01330 823566. spencers_banchory@btinternet.com £4.00/£2.50. EPS-Emit. www.marocscotland.org.uk

1st ESOC District Event & SoSOL. Dalkeith Park, Dalkeith. NT334676.

Janet Clark, 0131 225 7771. janetclr@aol.com £5.00/£3.00. EPS-SI. String course. Dogs on leads in car park. www.esoc.org.uk

7th RR Local Event. Gala Hill, Galashiels. NT492357.

Judy & Alan McNeilly, 01578 730 209 Starts 10.30am-12.00 noon. Yellow, Long Yellow and Orange. Adults £2.00 Juniors £1.00. Signed from entrance to Gala Academy, Elm Row, Galashiels.

8th BASOC District Event. Docharn, Aviemore. NH923192.

Norma Atherton, 01540 661069. norma@atherton.go-plus.net £4.50/£2.00. EPS-Emit. Dogs on lead in car park only. www.basoc.org.uk

Pentlands Double-Header

14th - ESOC/BAOC Team Night Harris Relay. Pentland Hills. NT227680.

15th - ESOC District Event. Pentland Hills, Edinburgh. NT227680.

Janet Clark, 0131 225 7771. janetclr@aol.com Fees TBA. EPS-Emit.

14th GRAMP Local Event. Foggieton, Aberdeen. NJ867040.

Neil McLean, 01888 560241 leenaneil@hotmail.com Includes Beginners/Improvers and Junior Training Start times 1-2pm www.grampoc.com.

14th INT Local Event. Cammo, Edinburgh. NT177749.

Paul Caban, 0131 445 3098 Paul.Caban@ed.ac.uk Starts - 2:00->3:00.

22ndRR District Event & East of Scotland Championships. Bowhill and Fauldshope, Selkirk.

NT432281. Ian Maxwell, 01835 863268. Ian.C.Maxwell@btinternet.com £6.00/£3.00. String course. Parking £1.00. No dogs. Competitors should run the appropriate colour for their age class to be eligible for a trophy. EOD, but email entry details in advance if possible to: Lindsey Knox: LKnox46426@aol.com.

22nd GRAMP District Event / Long-O. Glen Dye/Bogendreip, NO662911. Paul Duley, 01467 643569. duley.hunt1@virgin.net £4.00/£2.50. EPS-Emit.

28thMAROC Scottish Night Championships. Ballogie, Kincardine O'Neil. NO607973. Organiser and entries: Jonquil Nicholl, Wester Davoch, Tarland, Aboyne, Aberdeenshire, AB34 4US, 013398 81507. jonquil.nicholl@tiscali.co.uk CD: 16/10/06. £6.00/£3.00. Lim EOD +£1.00/50p. Chq: MAROC. EPS-Emit. No dogs. Online entries at www.oentries.com. www.marocscotland.org.uk

28th SOLWAY Local Event. Dalbeattie Town Wood, Dalbeattie. NX836600.

Ian & Seonaid Robertson, 0155 665 0328 Saturday Morning Series & Schools League, 10am, £1.50.

29th MAROC Regional Event & SOL 7. Cambus O'May, Ballater. NO405982.

Organiser and entries: Hilary Quick, 19 Maitland Walk, Inverurie, Aberdeenshire, AB51 4ZY, 01467 629022. hilary@scottish-orienteeing.org CD: 16/10/06. £8.50/£3.50. Lim EOD +£1.00/50p. Chq: MAROC. EPS-Emit.

Yellow_boys (36) 2.1 km

1	Christopher Galloway	INT	M12	10:27
2	Harry Nichols	MAROC	M12	13:52
3	Christopher Bendall	TAY		14:28
4	Jack Cartwright	FVO	M12	15:05
19	Alasdair Kitching	FVO	M10	19:01
31	Calum Kitching	FVO	M12	1:00:39

Yellow_girls (24) 2.0 km

1	Evelyn Mason	MAROC	W10	14:20
2	Rhona McMillan	MAROC	W12	14:32
3	Hannah Moody	MAROC	W14	15:59
4	Frances Brown	FVO	W12	16:17

Orange_boys (20) 2.8 km

1	Sasha Chepelina	GRAMP	W16	23:22
2	Craig Thomson	FVO	M12	28:27
3	Joab Mathews	MAROC	M14	31:37
6	Richard Francis	FVO	M14	35:11
16	Graham Fox	FVO	M14	58:22

Orange_girls (17) 2.8 km

1	Rona Lindsay	ESOC	W12	26:55
2	Emma Rutledge	BASOC	W14	28:47
3	Heather Martin	MAROC	W14	31:13
7	Morven Dean	FVO	W12	35:23

Light Green_boys (14) 3.2 km

1	Jack Barrett	FVO	M14	28:02
2	Tim Gomersall	GRAMP	M14	31:02
3	Jamie Nicol	FVO	M16	36:57
8	Jamie Stevenson	FVO	M14	1:02:42

Light Green_girls (12) 3.2 km

1	Kirstin Maxwell	RR	W14	33:41
2	Abigail Longhurst	FVO	W14	34:09
3	Joanna Shepherd	INVOC	W14	35:34
8	Cenna Heron	FVO	W16	46:34

Green_boys (8) 4.0 km

1	James Tullie	RR	M20	24:06
2	Douglas Tullie	RR	M18	26:12
3	Alastair McLeod	INVOC	M16	27:48
7	Stuart Thomson	FVO	M16	39:10

Green_girls (6) 4.0 km

1	Hollie Orr	CLYDE	W18	31:45
2	Victoria Longhurst	FVO	W18	38:27
3	Hazel Wright	MAROC	W16	42:43

Jamie Stevenson Trophy

FVO's Juniors were very unlucky at the Jamie Stevenson Trophy after finishing with the same points as Maroc. MAROC win the Trophy because their 7th counting runner had a higher score than FVO's. Mind you they did have a much bigger team! Well done to all the Juniors who took part especially the prize winners Craig, Jack, Jamie Nicol, Abi and Victoria. (see results on page 22)

Congratulations

Strathyre Primary School won the Scottish Schools Orienteering Festival at Scone Palace on 2nd June. P7 boys team were 1st, P7 girls 3rd and P5/6 girls 2nd. Jack Cartwright P6, who was running the P7 course to complete the team won individual 2nd, the result being that Strathyre were the overall winners of the Primary School competition.

Jack has been running well in the Wednesday Evening events and we are hoping he will join Forth Valley in time for the Jamie Stevenson Event.

We have Moved....



Susan, Will & Lucy Hensman have moved to
3 Coats Crescent, Alloa, FK10 2AQ

Tel: 01259 721966

E-mail addresses remain the same.
House Warming Party/BBQ date TBC...

FVO Committee 2005

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