

FVO Committee 2005

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Forth Valley Orienteers

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Forth Columnist

Issue 176

Nov/Dec 2006



The Thomson's at Oxford City race getting last minute instructions before the start. Funny thing, he never mentioned do not enter any Kitchens! It was a great day in a beautiful City.

Copy date for next issue is
Sunday 7th January 2007.

Editorial

After nearly 30 years in the sport I have decided not to renew my BOF membership. It is not a decision I have taken lightly as I love the sport but I feel BOF have lost the plot on the membership issue. It seems crazy to me that if we increase prices we will attract more people! I will still be seen at events as I will continue to bring Stuart and Craig to events and just go for a run. Looking at the fixtures list for next year there are colour coded events at £9 and more worryingly £12! Are people really going to pay £12 to run an orange course? I doubt it. Even if you take the £2 off I still think it is excessive. If you look at event results the numbers are dropping dramatically, at the Malvern Hills badge event (Oct 28th) there were 3 people on M40L, I have never seen so few competitors on my course.

Anyway moan over!

There has been plenty going on since the last newsletter, the FVO juniors were very unlucky not to win the Jamie Stevenson Trophy after tying with MAROC and FVO were just beaten into 2nd place at the CompassSport Trophy final. FVO also planned the JHI in September and I still get people coming up to me in event car parks thanking FVO for putting on such a great event. Comments like great food/sandwiches and fantastic celidh are common (although I'm not sure Louise's floor has recovered from all the flour that dropped off the rolls yet!)

Hope to see everyone at the club champs and dinner dance.

Mark Thomson

Please send articles, pictures or gossip bits to:

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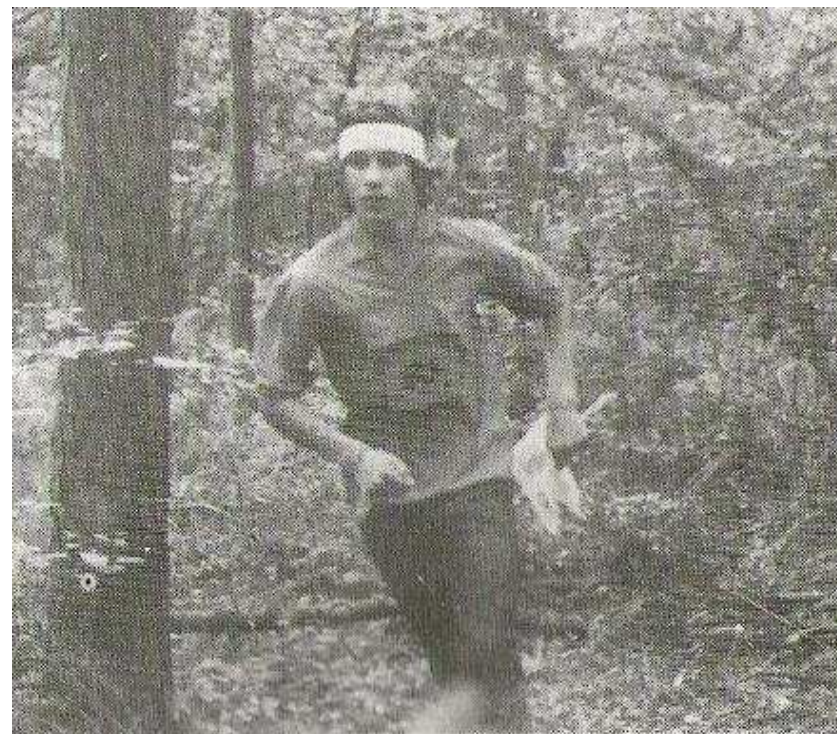
We're on the web.

Check out www.fvo.org.uk

Guess Who?

Last months winner was Sue Harvey who correctly identified Brian Bullen and Doug Wood. Sue was the only entry! I believe there is a prize of free entry to FVO's next colour coded event. Sue asked me to donate the prize to a deserving youngster of my choice so I put all the FVO juniors in a hat and came out with Jack Cartwright.

This photo appeared in The Orienteer magazine in 1976. Any ideas who it is?



If anyone else has any old photos of orienteer's then please send them in.

White Rose 2006

The Thomson family and Nick Barrable were running at this years White Rose at Wykeham Forest in North Yorkshire. Alison Oxley also competed in the Bike O, on Monday, when the foot O had finished. Nick was first on M21 and Stuart was first on JM5M over the two days. The forest was steep on day 1 and very green on day 2, almost the whole map was green! The team score on Monday used both maps and the Thomson family of Mark, Stuart and Craig came home in first place to win class C, one parent and 2 children. After several minutes at the start deciding which controls to pick up we set off, there was a loop of 4 controls that we all had to visit then it was a score event for the rest. Craig and I got all our controls but Stuart missed out 3 controls including the 50 point control at the bottom of a steep hill. However we were back within the 45 minute time limit and all punched together at the finish control. No one knew who had won until the results were announced several hours later.



PS Despite being alone on the podium we were not the only team! Second and third had already left.

President's Piece

After a busy couple of months we are now entering a quieter period for events, but with plenty happening on the social side.

In September and October we competed in three major competitions, the Jamie Stevenson Trophy, the 11 Person Relay and the Compass Sport Trophy, where despite some very good performances we were narrowly beaten into 2nd place in each of them by some very strong competition. It was a great effort by everyone who took part, and a lot of effort for the team captains to organise, which is appreciated.

Over the next couple of months, our social events include a club training weekend (27th/28th Oct), the club champs and dinner dance (18th Nov) and a Xmas meal (13th Dec). Martin has kindly offered to plan the club champs and I am sure there will be some great courses, followed of course by the dinner dance, which is shaping up to be as good as previous years, so make sure you have got a ticket.

There is also a couple of Saturday runs planned to check out areas for mapping and with the Wednesday events finished for the season, Wednesday evening training is now back on at the university (meet at 6:30).

In September we organised the Junior Home International, which is huge task involving 2 days of competition, along with accommodation, meal, celidh, prizes etc. Feedback from the teams was very complimentary, not just on the competition, but on all the other things that went on to make it a great weekend. It was great to see so many juniors enjoying to themselves and it is thanks to Louise and everyone who helped that it went so well.

The JHI results on our web page also saw our first use of Route Gadget, where competitors were able to draw on their courses and compare with others. This is one of many developments to the web site over recent months, which has been getting many more hits recently and got hundreds in the week after the event.

I am now looking at plans for 2006, with FVO organising 3 main events, for which some people are still required for the main roles. If you can help with any of these please get in touch:

11 th Feb	Colour Coded	Callendar Park	Organiser and planner required
9 th Aug	6 Days, Day 4	Culbin	Organiser required
30 th Sep	SOL	Dumyat	Organiser and planner required

Elizabeth has also indicated that she would like to step down from her role as a treasurer, so if anyone is able to take this on please let me know.

Looking forward to seeing lots of you at the various social events over the next couple of months.

Gary Longhurst

Oxford City Race

We left Nottingham on a cold, crisp, sunny day and drove down to Oxford for the Oxford City Race. After parking up at the Park and Ride we took the short bus ride into Oxford. As we had early starts there were not many people about at assembly so we collected our numbers and headed for the start.



Craig, Stuart and I had the same start time and as we stood in the start box we got last minute instructions which nearly took the whole minute! Keep off the grass in the colleges, do not enter any private grounds, keep out of gardens, watch out for pedestrians, buses, cars and especially cyclists etc, etc, etc. Funny thing was he never said do not enter kitchens which most people did to try and get through one of the buildings! The porter was not too pleased but I think he saw the funny side by the end of the day.



The courses were well planned but you had to keep in contact with the map as it was 1:5,000 and the streets and alleyways seemed to come up really quickly. As I ran around I kept getting glimpses of

the many fantastic buildings (It was my first visit to Oxford). At each control there was a marshal in a bright orange T shirt which you sometimes saw before the control! Although sometimes it did not help as the control was still tucked away behind a hedge or wall. Some of the streets were so narrow that the sun had not got to street level and several of the helpers looked very cold and bored!



After our runs we spent several hours looking around Oxford at the fine buildings in the autumn sunshine.



3rd STAG 8th Glasgow Parks Championships - 3 Parks in 1 Day!. Glasgow Parks, Glasgow.
Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk
Entries: Terry O'Brien, 257 Warriston Street, Carntyne, Glasgow, G33 2LF, 0141-770-8671. Terry@tobrien1.wanadoo.co.uk CD: 28/11/06. £7.00/£3.50, All Social Entries £3.50.
No EOD. Chq: STAG. EPS-SI. Start 10am in first park.

3rd MAROC District Event. Dess, Kincardine O'Neill. NJ566008. Steve Spencer, 01330 823566. spencers_banchory@btinternet.com £4/£2.50. EPS-Emit.

9th NATCEN SOA Coach Education Day. Stirling University and Dumyat, Stirling.
Ross McLennan, 01555 664165 rossmclennan@hotmail.com

10th TAY Christmas Score Event. King's Seat, Dunkeld NO019426. David Sloan, 01383738631. adixon@watt64.freemove.co.uk £4/2 Mass Start 11am.

30th ELO Local Festive Frolic Event. Vogrie Country Park, Gorebridge. NT380630. Sheila Strain, 01875 611014. £4.00/£2.00. EPS-SI. String course. Mass start 11 am. Soup and prizes.

31st INT New Year Score Event. Inshriach South, Aviemore. NH858032.
Ken Daly, 0131 661 4089. £4/£2 EPS-Emit. No dogs. Starts 11-12. 2 courses only (Adults/Novices) - EOD only. www.interlopers.org.uk

January 2007

2nd SOLWAY Local Knoll Bagging Event. Mabie Forest East, Dumfries. NX950710.
Derek Kennedy, 01387 270930. Derek@marchfieldplace.wanadoo.co.uk 11:00 Mass Start.

7th STAG Winter Score 1. Pollok Country Park, Glasgow. NS555621. Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5.00/£2.50. 11am Mass Start - pre-marked maps - email pre-entries appreciated.

21st STAG Winter Score 2. Cumbernauld Park, Crow Wood & Vault Glen, Cumbernauld. NS773759.

Advance Notice

March 2007

4th ESOC Regional Event & **SOL 1**. Baluain & Banvie Woods, Blair Atholl. NN827660. Janet Clark, 0131 225 7771. janetclr@aol.com Fees TBA. EPS-SI. String course. Dogs in car park on leads.

25th INT Regional Event & **SOL2**. Archerfield, Gullane.
Pat Squire, 0131 445 4830. pat.squire@ed.ac.uk Fees TBA. EPS-SI. CC courses White-L.Green, String course. Dogs allowed only in dunes near carpark.

What's On Nov/Dec 2006

November

12th TAY District Event & SoSOL. Dalguise, Dunkeld. NN990478.
David Frame, 01738 710614. davieframe@yahoo.com £5.00/£2.00.

18th SOLWAY Local Event. Cally Wood & Deer Park, Gatehouse of Fleet 606561. Ian & Seonaid Robertson, 0155 665 0328 Sat Morning Series 10am, £1.50.

18th ESOC Local Event. Craigmillar Castle, Edinburgh. NT281708. Janet Clark, 0131 227771 janetclr@aol.com Starts 2-3pm £2/1 Park Old Dalkeith Road (A7).

19th STAG District Event & SoSOL. Dalnamein, Calvine. NN755696.
Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5.00/£2.50. EPS-SI. String course. Venue adjacent to the A9: special travel directions MUST be adhered to by competitors for everyone's safety. www.stag-orienteeering.co.uk

19th GRAMP District Event. Scolty, Banchory. NO688948.
Anne Hoy, 01224 640729. annehoy@btinternet.com £4.00/£2.50. EPS-Emit.

19th ECKO Local Event. Lochgoilhead, nr Arrochar. NN199013. Lynne Walker, 01369 702607 info@ecko.org.uk EPS-SI. Start times 11am - 12 noon.

25th STAG Local SMILE 3 Event. Glasgow Green & Flesher's Haugh, Glasgow. NS600643.
Organiser: Terry O'Brien, 0141 7708671. Entries: Terry O'Brien, 257 Warriston St, Carn-
tyne, Glasgow, G33 2LF. Terry@tobrien1.wanadoo.co.uk CD: 21/11/06. £3.00/£1.50. Lim
EOD + 50p/50p. Chq: STAG. Saturday Morning Introductory Local Event. Starts from
10.30am. Training for Adults.

25th INT Local Event. Mortonhall, Edinburgh. NT266681. Paul Caban,
0131 445 3098 Paul.Caban@ed.ac.uk Starts - 2-3 Entrance from Frogston Road.

26th LINOC Scottish Score and Inter-Club Championships. Beecraigs, Linlithgow.
NT001741. Organiser: John & Doreen Biggar, 01506 845084. Entries: Paul Caban, 50 Buck-
stone Road, Edinburgh, EH10 6UE. Paul.Caban@ed.ac.uk CD: 13/11/06. £7/£3.50. Lim EOD +
£1/50p. Chq: Interlopers. Dogs in Country Park only.

26th ECKO Local Event. Sutherland's Grove, nr Oban. NN966422.
Niall Urquhart, 07979-364904 EPS-SI. Start times 11am - 12 noon.

December

2nd ESOC Local Event. East Craiglockhart Hill, Edinburgh. NT236708.
Janet Clark, 0131 22 7771 janetclr@aol.com Start times 2-3pm £2/£1 Parking at Napier
University on Craighouse Road.



It was a great day in a beautiful city and I would recommend street races to anyone. Having said that it is not easy, I didn't need my compass but you do have to keep in contact with the map or you miss a narrow street or some stairs and maybe the odd kitchen!! Craig was 1st on MM, Beccy was 15th on OW, I was 27th on VM and Stuart and Jon both miss punched.



Part of the map, straight line is not an option! 13 to 14 shows a passageway but it was actually stairs and the door people were going in led to the kitchen!

Some of the Kitchen staff hard at work at the JHI's. Not sure about the hats!



Kyle pipes in the JHI competitors and coaches to the church hall.



Mapping Update

The rolling programme of maintaining our Wednesday Evening area maps continues with the revision of 3 of our existing areas scheduled to take place over the winter - these will be complete in time for next years series.

We are constantly looking for new areas, or ways in which existing areas can be improved, both for Local events and especially for Regional or National events. With this in mind and following on from our successful (at least as far as the post run meal went!) exploratory run around Torrie Forest in the summer, we are planning two more club runs this Autumn to look at the possibility of mapping/ extending two new areas.

They are:

11th November - North Third/Polmaise/Sheilbrae/Touch, Stirling

Meet at GR NS 770 907 Start time 10.30 am

16th December - The Forrest, Clackmannan

Meet at GR NS 943 932 Start time 10.30am

Runs will typically last between 45mins and 75mins - maps will be provided. If you intend to come along then please let me know so that I can prepare sufficient maps.

If you know of any new areas, which may be worth mapping, then please let me know and I will add them to our list.

Thanks.

Steve Barrett

Email: steven.barrett@virgin.net

Tel: 01786 841931



The more people who help with this, the less time it will take so that you don't have to give up all of your rest day to help and can spend time exploring the Moray coast. As the event winds down at the end of the day, help will be needed in dismantling and packing up so that equipment can be delivered to the Day 5 organising team in good time. As the event gets nearer, the organiser (yet to be identified - all offers to Gary please!) will put out requests for help so please be ready to volunteer.

Trevor Hoey (Assistant Controller)

Treasurer's Take

Many thanks to all the Wednesday Evening Event organisers who sent money back to me so promptly - it does make the Treasurer's job much easier.

One of the biggest jobs is to sort out who owes what for relay entries and then send out invoices. Expect these by the end of October if I can manage it. As previously, if you don't agree with the invoice, send me a note/e-mail to explain why, and send a cheque for the Balance. If you want to pay on-line, the account name is "Forth Valley Orienteers", the account number is 00371118, the Bank is Bank of Scotland, and the sort code is 80 05 28.

I am pleased to report that we were able to support two of our Juniors this year, by awarding grants to help with the cost of Training at Lagganlia. The recipients were Stuart Thomson and Abi Longhurst and we look forward to seeing improved performances from both of them in forthcoming fixtures.

I am standing down as Treasurer at the next AGM, so I will take this opportunity to say "Thank You" to all those of you who have helped me out over the past three years, and to wish my successor (whoever he or she may be) good Luck!

Elizabeth Sinclair

Spey 2007 Progress Report

We have been allocated to co-organise Day 4 (Thurs 9th August) at Spey 2007, along with MOR and LINOC. Day 4 will be held at Culbin, first used for the 1976 World

Championship relays and only occasionally used since due to access

constraints. We have to provide the main day organiser; the planners are Kevin King (FVO) and Steve

Smirthwaite

(MOR) with Rob Hickling (GRAMP) as the main controller (we are also providing the controller for Day 3, Ted Finch and the road signage co-ordinators for the whole event, Jan and Gareth Bryan-Jones). There are advantages to these arrangements - Day 4 follows the rest day and so we will be less pressured for time in getting things organised - and disadvantages - Culbin is the furthest event area from the event centre. Culbin is a fantastic forest - open and fast in most places, with technically challenging forested sand dunes. It is more complex than Tentsmuir, Lossie or Roseisle and will provide a high-speed challenge for everyone, with no significant climb or undergrowth and guaranteed sunshine.

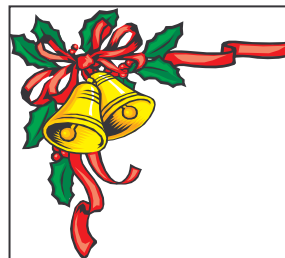
Day 4 has also been designated as the day for the elite chasing start (moved from the last day). It is hoped that this will create press interest in the event, and we hope to have a spectator control. Everyone who has been to previous 6-days will know that there are a lot of important jobs for the organising clubs to do on the day of the event. At previous 6-days there has been a large central team responsible for event equipment - this team has organised most of the set-up and dismantling of the assembly area, start and finish equipment. At Spey 2007 this arrangement is changing and the day organising clubs have to take on more of the set-up and dismantling tasks.

We will therefore need help from as many FVO members as possible on the rest day to assist with setting up the assembly area, starts, routes to starts etc.



Culbin from the air. See

<http://www.dearman.org.uk/Moravian/Aerial%20photos/index.html> for some great photos of MOR areas.



Forth Valley Orienteers

Christmas Meal

at

Clive Ramsay's Restaurant

in Brucefields Family Golf Centre, Stirling,

Wednesday 13th December 2006

at 7pm.

Cost £19.95 per person.

To reserve your place

please contact Susan Hensman at

susan@hensmanfamily.co.uk

or on 01259 721966

(before 9.30pm please)

by Monday 4th December



Congratulations

Congratulations to Jamie Stevenson who won the U14 boys race quite comfortably at the British and Irish Junior Mountain Running Championships, which were held at Slieve Gallion in Northern Ireland.

Results at <http://www.nimra.org.uk/results.asp?rID=285>

There's also an article on Scottish Athletics site about it:
<http://www.scottishathletics.org.uk/index.php?p=17&itemType=news&itemId=2438>

Secretaries scribbles

Child Protection Policy

Carrying out our activities in accordance with child protection legislation is now part & parcel of the way we have to work. Following advice from the SOA, we have confirmed, a new FVO child protection policy which broadly adopts the SOA policy.

Hazel Dean has accepted the role of club Child Protection Officer. This means that she will handle the paperwork. Thanks Hazel.

There is a seminar on Child Protection being organised by Donald Petrie in November [3 hours of an evening in Perth] to which he is making invitations. Hazel may have a course available early next year as well. Anyone interested please contact me.

Christmas Day run - Meet 11am at the car park on Sheriffmuir Rd.

AGM - Provisionally Friday Jan 26th 2007.

Christmas Competition

Design the new club feather banner

Its time that FVO had a feather banner. You've seen other clubs with them at events. In the true spirit of competition we would like one even taller than the competitions - but will no doubt have to settle for the standard size.

Here is a small template - but you can download a larger template from the club web site. The prize for the winning design—two free meals at the FVO Christmas night out in December.

So, get your entries to me please a week before the Christmas meal.
Happy designing.

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

