

FVO Committee 2005

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Forth Valley Orienteers

Forth Columnist

Issue 177

Jan/Feb 2007

Inside this issue:

Editorial	2
President's Piece	3
Expedition Greenland	4
FVO Events 2007	6
AGM Agenda	7
6 Day 2009 Report	8
My time in FVO	10
APOC 2006	11
Callander Park Flyer	14
Night Events	15
What's on Nov/Dec	16
Callander Crags	18
Secretaries Scribbles	19
FVO Committee	20



A few FVO members before the Callander crags hill race. They were a lot muddier afterwards!

Copy date for next issue is
Sunday 11th March 2007.

Editorial

Hope you all have a Happy New Year and lang may yer lum reek.

Hope you all had a great Christmas and are now ready for the new season. The New Year is bringing some great fixtures. FVO are putting on a night series of events which should be great. (see fixtures pages for more details) If you enjoy the night events you might fancy the British Night Champs which are in East Anglia this year at Sheringham Park & Weybourne Forest. Anyone who thinks East Anglia is flat beware, this is a great area for a night event. FVO's District Event & SoSQL is at Callendar Park, Falkirk the day after! Don't forget the British and JK (cheap entries close 31st Jan), get your name into Jon if you want to run in the relays. Also do not forget the Scottish 6 Day (cheap entries close 31st Jan). It should be a fantastic event and I am looking forward to the Culbin (one of the best forests in Scotland)

Mark Thomson

Please send articles, pictures or gossip bits to:

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Wollaton Park
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NG8 1DD

Email: markthomson55@yahoo.co.uk

Skype username: markthomson55

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

Secretaries scribbles

The AGM will be held on Friday 26th January at 7.30pm upstairs at the Westerton. An Agenda, minutes of the last AGM and the FVO constitution can be found at www.fvo.org.uk

Club Laptops

The SOA has just purchased six laptops for use by clubs. They are to help to improve the quality of events and to raise the skill levels of club members, and to be used as development tools. For FVO, if we go ahead with the proposed purchase of our own SI equipment - their availability would be well worthwhile.

The laptops are being made available on a shared basis between clubs for orienteering purposes. FVO is in a group with TAY and KFO for use of one of them. I would expect standard software such as Condes, a free version of OCAD, SI software, Adobe Acrobat and open source software such as OpenOffice to be available on the machines.

David Frame of Tay has been nominated as the "Commandant" to look after the machine on behalf of FVO, Tay and KFO. We will need to work together to make the sharing of this machine work.

David Nicol
FVO Secretary

<mailto:secretary@fvo.org.uk>

Just a quick reminder - Please can members send back their membership forms to Susan in the stamped addressed envelope that was provided. We would like to have them returned even if you are not intending to renew. Thank You.

Susan

11th SROC NATIONAL EVENT & UK Cup, FCC & Junior Selection Race. Whitbarrow Scar, Kendal. SD468865. David Hargreaves, 01772 628026. dave@hargreaves2793.fsnet.co.uk EPS-SI. String course. No dogs. Pre-Entries are currently closed. www.sroc.org

15th FVO Night Event Barr Wood NS796866

Organiser Jon Cross - jon.cross@tinyworld.co.uk or 01786 860301

24th TNS Scottish Sprint Championships. Heriot Watt University, Riccarton, Edinburgh. NT178702. C4S Stewart Caithness. wattok@nopesport.com

25th INT Regional Event & **SOL2**. Archerfield, Gullane. NT476832. Organiser: Pat Squire, 0131 445 4830. pat.squire@ed.ac.uk Entries: Richard Webb, 6 Hawthornbank Crescent, Cockenzie, East Lothian, EH32 0HZ. entries@sub3000.plus.com CD: 11/03/07. £10.00/£3.50 less £2.00 discount for BOF senior members. Lim EOD +£1.00/50p. Chq: Interlopers. EPS-SI. CC courses - White-L.Green, String course. Dogs allowed only in dunes near carpark. www.interlopers.org.uk

Callander Crags Hill race

Results as follows of FVO members at the Callander Crags Hill race.

2nd John Stevenson	24:48 - 1st Vet (over 40)
3rd Jamie Stevenson	24:49 - 1st Junior (nearly beat his dad)
8th Caspian Richards	27:04
9th Gary Longhurst	27:09
16th Brian Bullen	29:40 - 1st super vet (over 50)
17th Jon Cross	29:46

(total number of runners was 55)

Guess Who?

Well nobody correctly identified the last guess who photo of Martin Dean. Maybe it was the long hair!

President's Piece

Happy New Year to everyone - I hope you had a good Christmas, and are fit and refreshed for some great orienteering in 2007

In 2006, FVO was not quite as successful as usual in the major competitions, with us just being beaten into second place in the Jamie Stevenson Trophy, the Compass Sport Trophy, the 11-Person Relay, and the Scottish Score Competition. Hopefully we can regain some of these this year. As well as our usual programme of various events, we also organised the FCC Short Race final at Gannavan and the Junior Home International at Polmaise, both of which were very successful and received favourable comments from the competitors. This success is due to the efforts of David and Louise as organisers, the great courses planned by Marcus, Fraser and Steve [Nicholson], and to everyone else who helped. Towards the end of 2006, Steve [Barrett] instigated a series of maps runs to help us find new areas, and Martin also organised a couple of Night O events, with a series now established for the New Year. The full programme of events this year are detailed elsewhere in this newsletter, with one of the main events being organising Day 4 of the 6 days. Organiser and planners are in place for most of these events, but I am still looking for an organiser for our SOL on 30th Sept. Full details of these events and other activities are, of course, on the website - www.fvo.org.uk -, which has been developed significantly in the last year.

After a couple of years as Treasurer, Elizabeth Sinclair is stepping down from the committee, and on behalf of the committee I would like to thank her for all her hard work. Fortunately I have had a volunteer to take on this role, which will be ratified at the AGM later this month, but there is still a place on the committee for a general member, so this is the chance for someone to get a bit more involved in the running of the club.

On a personal note, 2006 was a year in which I did a lot of different events for the very first time and went to some new places to Orienteer. This included the Jukola in Finland, a long-O in Glen Dye and the Swiss O week in Zermatt. All of these were great experiences and I am looking forward to doing more of this in 2007.

Looking forward to seeing you at the AGM on 26th Jan

Gary Longhurst

Expedition to Disko Island, Greenland 2007

With British Schools Exploring Society

I have been successful in attaining a place on a six week expedition to Greenland in summer 2007 with the British Schools Exploring Society (BSES). BSES is a



registered charity that organises expeditions all over the world to "provide young people with an intense and lasting experience of self-discovery in a demanding and natural wilderness environment."

I will be going to Disko Island, half way up the west coast of Greenland. I will investigate climate change and will study dynamic processes affecting the landscape and the wildlife that inhabits it and will carry out research projects in areas such as Meteorology, Botany and Glacial Geomorphology.

To finance my expedition I need to raise £3, 600. I am organising a variety of fundraising activities including a night orienteering event, selling homebaking at orienteering events, a ceilidh and selling items at a car boot sale. I am also writing to various trusts, charities and companies and have got myself a part time job at a local hotel to help contribute to the total.

I would greatly appreciate any help whether this comes in the form of donations, prizes for raffles, unwanted stuff to sell at a car boot sale or advice on fundraising. I will be sending out details of my activities nearer the time.

10th NOR British Night Championships. Sheringham Park & Weybourne Forest, TG139412. C2N Organiser: Alan W Bedder, 01603 424589. alan.bedder@virgin.net Entries: Pam Jermy, 84 Bush Road, Hellesdon, Norwich, NR6 6UD, 01603 482773 (7:00 - 9:00 pm only). pamjmy@hotmail.co.uk CD: 31/01/07. £7.50/£3.50. Combined fee for both days (10th & 11th) £13.00/£4.00. EOD +£1.00/50p. Chq: Norfolk O Event. EPS-SI. No dogs.

11th FVO District Event & SoSOL. Callendar Park, Falkirk. NS894795. C4 Louise Longhurst, 01786 823295. Longhurstl@aol.com £7.00/£2.50. £2 less for senior BOF members. EPS-SI. String course. www.fvo.org.uk

14th FVO Night Event Abbey Craig: NS 808958 Organiser: Martin Dean mhdean@talk21.com 01786 825123

17th ESOC Local Event. Davidson's Mains Park, Edinburgh. NT203753. o5 Janet Clark, 0131 22 7771 janetclr@aol.com Start times 2-3pm £2/£1 Parking in East Barnton Avenue.

18th STAG Winter Score 3 - Boulder Bonanza. Allean Forest, Pitlochry. NN858599. S5 Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5.00/£2.50. 11am Mass Start - email pre-entries appreciated. www.stag-orienteering.co.uk

24th STAG Local SMILE 4 Event. Tollcross Park, Glasgow. NS635638. C5 Organiser: Terry O'Brien, 0141 7708671. Entries: Terry O'Brien. Terry@tobrien1.wanadoo.co.uk CD: 20/02/07. £3/£1.50. Lim EOD + 50p/50p. Chq: STAG. Wh-Ye-Or + Tartan. Starts from 10.30 Training for Adults. E-mail pre-entry by 20/2/07.

25th District Event & SoSOL Pressmennan & Lothian Edge, Stenton. NT655723. Trina Rogerson, 01368 864922. £7.00/£2.00 less £2 for senior BOF. EPS-SI. String course. No dogs on courses.

28th FVO Night Event Touch (South): NS 746916 Organiser: Martin Dean mhdean@talk21.com 01786 825123

March

3rd NATCEN SOA Personal Performance Day. Faskally o5c Ross McLennan, 01555 664165 rossmclennan@hotmail.com

4th ESOC SOL 1, FCC & Junior Selection Race. Baluain & Banvie Woods, Blair Atholl. NN827660. Organiser: Anne Stevenson, 0131 332 3045. stevews@compuserve.com Entries: Crawford Lindsay, 8 Stanhope Place, Edinburgh, EH12 5HH, 0131 337 2198. crawford.lindsay@hotmail.co.uk CD: 19/02/07. £11/£4, £2 less for senior BOF members. Lim EOD +£1.00/50p. Chq: ESOC. EPS-SI. String course. Dogs in car park on leads.

What's On Jan/Feb/Mar 2007

January

17th **FVO Night Event** Polmaise Woods: NS772923 (top of Quarry Road, Cambusbarron)
Organiser: Jon Cross - jon.cross@tinyworld.co.uk or 01786 860301

21st **STAG Winter Score 2**. Drumpelier Country Park, Coatbridge, NS704664.
S5 Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk £5.00/£2.50. 11am Mass
Start - pre-marked maps - email pre-entries appreciated. www.stag-orienteeing.co.uk

21st **GRAMP Local Deeside Night League Event**. Glen Dye, Banchory. NO650892.
o5n Jon Reeve, 01467 634953 reevej@bp.com

27th **INT Local Event**. King's Buildings, Edinburgh. NT266706.
o5 Colin Ledlie, 0131 667 4813 Starts - 2:00-3:00; entry by Gate 2.

27th **SOLWAY Local Event**. Barhill Plantation, Dalbeattie. NX834617.
o5 Derek Kennedy, 01387 270930 derek@marchfieldplace.wanadoo.co.uk 10:30am, £1.50.

28th **INT District Event & SoSOL**. Calder Wood, Livingston. NT071660.
C4 Paul Caban, 0131 445 3098. Paul.Caban@ed.ac.uk

28th **MOR District Event**. Darnaway North, Forres. NH988550.
C4 Mark & Bev Ellis, 01309 674466. mb.ellis@tiscali.co.uk £7.00/£2.00, less £2.00 for
senior BOF members. EPS-Emit. Dogs on leads in Assembly only.

31st **FVO Night Event** Laighills: NN 787023 Note: - not usual location
Organiser: Tori Longhurst Torilonghurst@aol.com 01786 823295

February

3rd **ESOC Sprint-O**. Dalmeny Estate, South Queensferry. NT154776. C5S Organiser:
Martin Quirke, mobile 07981 988472. martin.quirke@gilberts.co.uk Entries: Andrew
Dalglish, Flat 3F3, 80 Slateford Road, Edinburgh, EH11 1QU. dalglish@gmail.com CD:
27/01/07. £7.00/£3.00 +SI hire 50p. Lim EOD +£1.00/50p. Chq: ESOC. EPS-SI. CC course
- Yellow only: £3.00. Parking £1.00. Dogs on leads in car park only. Two separate races with
chasing start for second. Long or Short courses. Email entry preferred. www.esoc.org.uk

4th **EUOC District Event & SoSOL**. Arthurs Seat, Edinburgh. NT270737. C4 Ross
Sanderson, 0131 4772168. captain@euoclegends.co.uk £5.00/£2.00. EPS-SI. String course.

Just to let you know about a Night O that I am organising at the Laigh Hills on the 31st January. This is the first of a number of activities I will be organising to raise funds for my trip to Greenland next summer with BSES. The night O will be suitable for all ages and abilities, with the short course not requiring a head torch. I'll also be supplying soup and rolls. See flyer giving full details. Hope to see you there.

If you wish any further information or can be of any assistance please do not hesitate to contact me at:

Email: torilonghurst@aol.com
Tel: 01786 823295

Victoria Longhurst



FVO Events 2007

The club are putting on the usual range of events in 2007, including a SOSOL, a SOL, the Weds evening series, and the club champs

This year we are also joint organisers of day 4 at the Scottish 6 days and we are continuing the series of Night events that Martin has been coordinating. We are also assisting with the Scottish champs, which are being organised by the west area.

On the social side we have the AGM in Jan, the dinner dance in Nov, and will be organising the occasional training day/weekend and other ad-hoc activities.

We will also, of course, be entering teams in the major relays - JK, British, Harvester, 11 person -, and will be entering the major inter-club competitions - Compass Sport Trophy and Jamie Stevenson Trophy.

Full details of the event programme are on the website - www.fvo.org.uk - with a summary below;

-  Night O Series: Every 2nd weds from Jan 17th to Feb 14th. Martin Dean Co-ordinating
-  SOSOL (colour coded): 11th Feb, Callendar Park. Louise organising, Maureen planning
-  Weds evening series: Apr-June, Aug/Sept. Neil Kitchen coordinating
-  Scottish Champs: 16th/17th Jun, Loch Doon
-  Scottish 6 days, day 4: 9th Aug, Culbin. Organiser Dave Coustick. Planner Kevin King
-  SOL 6: Dumyat, 30th Sept. Organiser TBA, Planner Trevor Hoey
-  Club champs (and dinner dance): 25th Nov

Preparations are also underway for major events in 2008 and 2009, with a bid made for a SOL in 2008 and the Scottish Sprint Champs, Steve Nicholson organising the British Champs in 2008, and Gareth organising the 6 days in 2009.

Night Orienteering Series 2007

Now's the time to fine tune those O skills ready for the big events in the Spring - and there's no better way of doing just that, than by a bit of Night O! Please see fixtures page or FVO website for more details of upcoming night training in quality areas (-using pre marked maps) near Stirling. The format is mass start at 18.30. (except Laigh Hills - see below for more details) One course with cut off, no standard controls, but reflective tape (which is very effective). Bring a head torch. (e mail or phone organiser by 10pm on Monday before event for a map - NO CONTACT = NO MAP! These are great fun and can be enjoyed by all. Remember These are Night events - so you take part at your own risk. See fixtures page for more details. NOTE: Please do not contact organiser more than 2 weeks before event!) Cost £1.50 for adults and £1.00 for juniors - payable on the night. Courses close at 8pm. Please note that events are subject to permissions!

Forth Valley Orienteers Night Orienteering

Laigh Hills, Dunblane

Wednesday 31st January 2007

My name is Victoria Longhurst and I am organising this event to help raise funds for an expedition I am going on to Greenland with BSES in the summer of 2007.

Parking: the cemetery car park- Grid Ref. [NN787023](#) (Note: different parking from usual)

Starts: from 6pm-7pm.

Courses: Long/Medium/Short (suitable for beginners, no head torch required)

Entry Fee: Senior £3 / Junior £2

Includes soup and roll following your run. Home baking will be on sale.

Please email me at torilonghurst@aol.com to secure a pre-printed map.



FVO are organising a South of Scotland O' League (SoSOL) at Callendar Park on Sunday 11 February. Below is a copy of the flier giving information about the event. I will be looking for club members to come along and help so please drop me a mail to volunteer and save me phoning to hassle you.

Louise

**Forth Valley Orienteers
South of Scotland O' League
Callendar Park, Falkirk**

Sunday 11 February 2007

Callendar Park is a mix of open parkland and mixed woodland with a good path network. Scale 1:10,000 Resurveyed Jan. 2006

Directions: From M9, Junctions 5 or 6, follow signs for Falkirk and Callendar Park. Parking signed from A803. Parking in public carpark (NS894795).

Registration (in car park) 10:30 to 12:30

Start (1km from parking) 11:00 to 13:00

Public toilets en route to the start

Courses

Colour Coded, White to Brown and red String Course (en route to start)

Entry Fee

Senior £7 (£2 reduction for BOF members)

Junior £2.50

SportIdent punching will be used, 50p SI Hire

There will be hot soup and home baking for sale in aid of Victoria Longhurst's BSES expedition to Greenland

Organiser: Louise Longhurst (FVO)

(email: longhurstl@aol.com phone: 01786 823295)

Planner: Maureen Brown (FVO)

Controller: David Kershaw (ESOC)

Annual General Meeting

Friday 26th January 2007

Upstairs at the Westerton Arms, Bridge of Allan

Agenda

1. Approval of Minutes of 2006 AGM
2. Matters Arising
3. President's Report
4. Treasurer's Report
5. Matters Arising
6. Election of Committee
 - President
 - Vice-President
 - Secretary
 - Treasurer
 - 3 General Members
7. Confirmation of post holders
 - Team Captain
 - Wednesday evening event co-ordinator
 - Newsletter Editor
 - Web Master
 - Membership Secretary
7. Presentation of Trophies:
 - Most improved junior performance for the last year
 - The Jim Heardman Trophy
8. Membership fees for 2008
General Charges for 2007
9. Any Other Business

Congratulations

To the FVO Juniors selected for Scottish junior squad, Scotjios. They are Victoria Longhurst, Abi Longhurst, Stuart Thomson, Craig Thomson, Jack Barratt, Amy Barrett and Jamie Stevenson. Is this a Club record?

6 Day 2009 Progress Report December 2006

During the last few weeks there have been exciting developments in the 2009 6-day organisation. This report is to keep members of TAY and FVO up to date with progress.

First the **Event Centre** and **Campsite** will be Perth Racecourse (look at www.perth-races.co.uk for more information and pictures). The racecourse is on a very scenic, riverside, site immediately north of Scone Palace. It has good vehicle access and flat areas for the campsite. There are also toilets. It has extensive facilities which we can use including cafes (fish and chips), a restaurant, several bars and function rooms. The Racecourse management is keen to have the event there and we think the facilities are nearly ideal.

The orienteering plan is:

- Day 1 Persie
- Day 2 Kinnoul and Deuchney
- Day 3 Tullochroisk
- Day 4 Tentsmuir
- Day 5 Barry Buddon
- Day 6 Logierait.

Reserve areas Creagvinean North and Loch Ordie.

The name of the event will be "Tay 2009"

Our next milestone is to have all the permissions confirmed by the end of April 2007 to enable publicity in the Spey 2007 programme and on the web site.

There has also been good progress in filling roles in the Central Organising Team for Tay 2009.

The Relay assembly the next day was at the top of the sprint map. Starts were delayed an hour as the organisers did not have all the stuff they needed at the start. 3 courses and about 8 (?) classes, (3 people per team), it was an interesting relay on two sides of a steep hill basically. Lots of path running and deviation into the green was hazardous. Two Brits, including my first leg running came back without their maps and numbers. Without a map, they were unable to finish the course and we were disqualified.

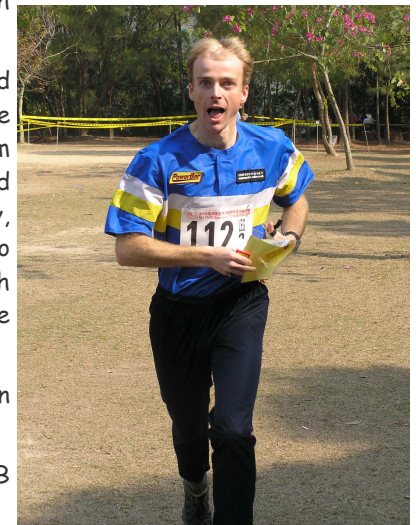
One Japanese competitor fell and got trapped down an unmapped hole. Luckily, they were rescued and the TV crew that came to record the relay, got the rescue all on tape and that is what they showed on the news that evening!

The Long and Middle were on high open areas on the island of Lantau. The weather was very warm (20 plus but breezy) and the areas exposed with great views and long walks with 200m+ climbs to the start. The maps looked a bit like open fell lake district maps, although the runnability was horrendous, with long grass and hidden rocks. In some areas the vegetation simply ate you! I suffered from a migraine, early on which lasted the rest of the course, so I ended up 9th, in 2 hours 18, having slowed down a lot. The slowest runner I heard took 7 hours, but he was Dq'ed. The slowest runner in the results as finishing was over 5. It was a long tough race and probably a km too long - but it was a major champs and a world ranking event. The middle I managed to avoid a migraine till the last few controls to come 4th again. I don't generally get migraines but maybe the diet and high amount of monosodium glutamate started me off after a few days in Hong Kong, having one most days I was there, which somewhat detracted from my enjoyment.

Overall, the Hong Kong guys put on a good show. You can tell they were quite new to the sport and there are several things that I am sure they will learn from and improve. I would certainly recommend a trip to somebody, although I am not sure I am in any hurry to rush back, now I have been there. Although APOC was there 10 years ago, maybe it will be there in another 10 years!?

Next APOC is in 2 years time in Taiwan (Chinese Taipei).

Nick B



The Middle provided our first taste of wooded Hong Kong Terrain - steep - and steer clear of the green at all costs. The paths were invaluable and provided much faster progress across the area. So we had various contour or climb up/down to a path, run along it, and then back down/up to take the control, route choice options. I had a good run to take second sandwiched between a couple of the newly arrived good Finns.

The Night was the biggest adventure of the week and was in the centre of the city and surrounded by those infamous high rise tower blocks which look terrible to live in. The area was green, hilly and where it wasn't green it was very rough open. It proved to be many peoples worst nightmare. Not least for Victoria Stevens of AIRE who ran off the map, ended up at the top of a cliff, and was rescued by the fire brigade. The biggest annoyance of the night was the mapping of the paths. They were either nicely way-marked concreted tracks or overgrown bushy drainage channels which were hard to see even in the daytime. On the map they were marked as the same! Straying off these near invisible paths and into the green was suicide and left you thrashing for minutes, if not hours!

After a rest day when I went and saw a large bronze Buddha at the end of a newly built cable car, the model day came. Another steep, spur gully map with concreted paths and great views of water, bridges, docks and high rises.

APOC then started in earnest with a very good sprint which was quite forested on an interesting map in the grounds and surrounding forest of our accommodation - with a control visible from our window. An OK run produced a 4th from me and quite a few medals for various Brits in attendance - although with more age classes than in the Hong Kong Champs and some Brits running B courses in very small classes, this was inevitable!



Roles filled

Co-ordinator	Jan and Gareth Bryan-Jones (FVO)
Assistant Coordinator	Donald Petrie (CLYDE)
Assistant Coordinator (local contacts and access)	Dave Prentice (TAY)
6 day Company Rep	Lynne Walker (ECKO)
Mapping Coordinator	Terry O'Brien (STAG)
Technical Coordinator	Dave Coustick (FVO)
Day Coordinator	Steve Nicholson (FVO)
Treasurer	Elizabeth Sinclair (FVO)
Equipment Team coordinator	David Frame (TAY)
Sponsorship	Fraser and Peggy Purves (FVO)
Event Centre Manager	Ged Keane (TAY)
Entries	Susan and Will Hensman (FVO)
Programme	Simon Patton (FVO)
Web Site and Results	David Sloan (TAY)
String Course Coordinator	Rona and Jonathan Molloy (TAY)
Prizes	Maureen Brown (FVO)
Traders Contracts	Martin Dean (FVO)
Enquiries Team leader	Moiria Laws (TAY)

Roles still vacant - though for some of these potential volunteers are actively considering taking them - so they are "under offer".

Marketing and Publicity
Computing (SI system management)
Campsite Manager
Campsite Bookings
Bus Coordinator
Police Liaison
Training
Road Signs
Social Programme
Daily Newssheet editor
Merchandise

Again if you fancy taking on any of these contact either Jan and Gareth BJ or David Sloan.

Gareth and Jan

My Time in FVO

I have, with a heavy heart, decided that I shall be running relays next year for SYO as FVO's quality of Mens Open team has declined for one reason or other in recent years. I still want to compete at International level for a good few years yet and gaining domestic relay experience at the sharp end battling against my British Squad peers is rather important to me still. Some may wonder, as I have never lived in Scotland, or worn a kilt why I am in FVO!

I joined FVO in 2000 after spending some time with the fastest runner in the club, Jack Nicholson, a fine 4 legged athlete whose owner has been known to orienteer at a World Class level. His owner was in need of some quality orienteers to boost the FVO Flyers (When do we get a new name?!?) as FVO were struggling at that time to get a good third runner out. I had left my teaching job in Birmingham and Harlequins, my club then, were rather weak on quality M21s, so I was looking for a good club with potential to join! So it was Steve Nicholson with the likes of Jon X and Beccy O helping who cagouled me into joining - and I certainly don't regret it.

When I joined I had just started to run Senior Home internationals for England and get quite good domestically, but I knew to get to the next level, I needed to go to Scandinavia. So I moved to Stockholm for 4.5 years in August 2000. In August 2002, I got my lucky break and ran my first World Cups and in 2003, got into the World Champs team for Switzerland. In 2004 I had a great PWT result and 2005, everything was good (GB World Cups, Italy World Cup Final, World Games, GB Sprint Champion) except I didn't make the World Champs team, again. 2006 I suffered from Achilles problems and have not progressed as I would have liked but 2007 will be better. All of this I had experienced and achieved (plus much more), running for FVO.

To list a few things that come into my head - Harvester at Pippingford Park, Ashdown forest a few years ago when the team had dinner at my parents house, Swiss O week this year with Dave Coustick and Gary and Lousie Longhurst, winning the British Relay Champs in the Forest of Dean, Second in Northern Ireland, winning 6 days run in split competition in 2001? (*Wasn't that the year you tied with Stuart as an M10. or shouldn't I mention that! Ed*) 2nd overall in the UK Relay League (I think), one year.

I see FVO as a strong club in many ways. There is a wide variety of members who add a lot to the overall running and atmosphere of the club. I really can't complain about the club in any way, except the one main reason why I need to run relays for a stronger team! It maybe that I move to Sheffield, but at the moment, I really am unsure what I will do actually. However, I do know I want to be back at the top of my O game in 2007 and I need to get myself in a position where I can achieve this.

I am not ruling out changing back to FVO for 2008 if it gets some good M21s from somewhere, giving us a good chance to win medals at BOC/JK etc.!?)

So thanks so far FVO for everything.

Nick Barrable, Great Britain Orienteering Team

PS - Keep buying CompassSport ;-)

Sorry to hear that Nick, I'm sure everyone at FVO wishes you Good Luck in the future. Ed

Asia Pacific Championships 2006 Hong Kong

Asian & Pacific Orienteering Championships 2006 - Hong Kong

These took place along with the Hong Kong Champs over Christmas and New Year. 29 Brits took part in at least one race in the whole carnival - I managed them all and kept the Scottish flag flying (if I had one!?) as I was the only person from a Scottish Club - although Fiona Forrest from AIRE is a Scot by birth.

If you were able to manage to break away from the usual ties of Xmas in the UK, relatives, etc. etc. then you would have had 10 days of warm temperatures between mins of 10 and maxes of 24 degrees and predominantly hilly terrain. If it is flat, they have generally built on it, so what is left is hilly or high up.

The carnival kicked off with a Sprint, Middle and Night as part of the Hong Kong Champs spread over Xmas eve/day and Boxing Day. The Sprint was to be the only win of the week for me as I powered round the only flat area of the week around a city park with nice ornate water features and children's play areas.

A fall on some slippery paving stones near by the antepenultimate control where they had been re-hydrating the grass left me with blood dripping down my right knee and flash backs to the World Cup in Battersea Park in 2005.