

## FVO Committee 2007

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## Forth Valley Orienteers

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Issue 179

May/Jun 2007



Amy, Craig, Jack and Stuart on the run in at Pwll Du.

Copy date for next issue is  
Sunday 22nd July 2007.

## Editorial

There is a little bit more in this issue than the last one. Thanks to Gareth and Jan for sending something in and to Nic for the photos.

There have been some great events recently with the JK, BOC, Scottish and British sprint races all held in fantastic weather. Well done to Martin Dean M40+ Scottish sprint champion. At the British Martin was 2nd in M50, Gareth Bryan-Jones 2nd in M60 and Kirsty Bryan-Jones 3rd in W21E. I also think Jack Barrett should get a mention for coming 4th in M14A.

Sorry this edition is late but I didn't have much copy and have just returned from holiday. See you at the Scottish Champs or the Scottish Six Days.

*Mark Thomson*

### Late News:

Well done to the FVO team who finished third at the Harvester relay.

Please send articles, pictures or gossip bits to:

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Nottingham  
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20th GRAMP Local Event. Scolty, Banchory. NO688948. [www.grampoc.com](http://www.grampoc.com).  
Anne Hickling, 01224 323855 [hickling4@aol.com](mailto:hickling4@aol.com) Summer League. Start times 6:30-7:30pm

20th SOLWAY Local Event. Dalbeattie Town Wood, Dalbeattie. NX836600.  
Derek Kennedy, 01387 270930 [Derek@marchfieldplace.wanadoo.co.uk](mailto:Derek@marchfieldplace.wanadoo.co.uk) Starts 6pm.

23rd ELO Local Event. Hedderwick Hill (and BBQ), Dalkeith. NT364679.  
Trina Rogerson, 01368 864922

24th MAROC Local Event. Glen O Dee, Banchory. NO684964.  
Alastair Marshall, 01330 811101 [alastair\\_marshall@yahoo.co.uk](mailto:alastair_marshall@yahoo.co.uk)

26th BASOC Local Event. Gaich Wood, Dulnain Bridge. NJ001249. Mike Atherton,  
01540 661069 [mike@atherton.go-plus.net](mailto:mike@atherton.go-plus.net) 1730 - 1900 hrs. Fees £4/£3/£1.50.

27th GRAMP Local Event. Balmedie, Aberdeen. NJ976181. [www.grampoc.com](http://www.grampoc.com).  
Anne Hickling, 01224 323855 [hickling4@aol.com](mailto:hickling4@aol.com) Summer League. Start times 6:30-7:30pm

27th ESOC Local Event. Lauriston Castle, Edinburgh. NT203758. Janet Clark,  
0131 225 7771 [janetclr@aol.com](mailto:janetclr@aol.com) Starts 6 - 7.30pm £2/£1 Entrance Cramond Road South.

27th SOLWAY Local Event. Mabie Forest, Dumfries. NX750710.  
Derek Kennedy, 01387 270930 [Derek@marchfieldplace.wanadoo.co.uk](mailto:Derek@marchfieldplace.wanadoo.co.uk) Starts 6pm.

29th - **WOC Selection Race** - Sprint Distance & UK Cup. Stirling University Campus,  
Stirling. NS803967

30th - **WOC Selection Race** - Classic Distance & UK Cup. Creag Leach, Inverness.  
NH604411.

1st - **WOC Selection Race** - Middle Distance & UK Cup. Carse, Inverness. NH795562.  
Organiser: Lorna Eades, 01875 835338. [lorna.eades@ed.ac.uk](mailto:lorna.eades@ed.ac.uk) Online entries only available  
through [entries.curries.org.uk/event/2](http://entries.curries.org.uk/event/2) Entry queries: Jon Cross, 01786 860301.  
[jon.cross@tinyworld.co.uk](mailto:jon.cross@tinyworld.co.uk) CD: 18/06/07. £12.00/£6.00 per day (BOF Sen £10.00),  
£31.00/£15.00 (BOF Sen £25.00) all 3 days EPS-SI. Green course on Day 2. Lim EOD Day  
2 only. [www.britishorienteering.org.uk/asp/makepage.asp?PID=CALENDAR1](http://www.britishorienteering.org.uk/asp/makepage.asp?PID=CALENDAR1)

### July

8th CLYDE Glasgow City Race. Glasgow West End, Glasgow. Organiser: Alastair Brunton,  
0141 342 5941. [info@simplyexcited.co.uk](mailto:info@simplyexcited.co.uk) Entries: Alastair Brunton, 7/1 74 Old Dumbarton  
Road, Yorkhill, Glasgow, G3 8RE, 0141 342 5941. [info@simplyexcited.co.uk](mailto:info@simplyexcited.co.uk) CD: 25/06/07.  
£6.00/£3.50 Students - £3.00. No EOD. Chq: Clydeside Orienteers. EPS-Emit. Middle  
distance ~6km. Pre-entry only. Brand new map. Online entry preferred and is cheaper.  
[www.oentries.com/event/details/40-glasgow-city-race](http://www.oentries.com/event/details/40-glasgow-city-race)

3rd ESOC Pentland Hills Long-O. Pentland Hills at Castlelaw, nr Edinburgh. NT230637.  
 Organiser: Margaret Dalgleish, 01968 675737. margaret@dalgleishfamily.net  
 Entries: Andrew Dalgleish, Flat 3F3, 80 Slateford Road, Edinburgh, EH11 1QU, 07703 491 543. dalgleish@gmail.com CD: 25/05/07. £8.00/£4.00. £2.00 deduction for all seniors - BOF members or not. Lim EOD +£1.00/£1.00. Chq: ESOC. EPS-SI. 0930 - 1100. No dogs on courses. 10, 15 or 20km courses, competitors must be over 18 on 01/03/07. Also a course for walkers. www.esoc.org

5th INVOC Local Event. Gnoc a' Breachaich, Dingwall. NH540600.  
 Iain Shepherd, 01463 871289 Evening Event. www.invoc.org.uk.

6th FVO Local Event. Polmaise, Cambusbarron, by Stirling. NS775923.  
 Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5 to 7pm. £2 / £1 children.

9th SOLWAY Local Event. Troston Forest, Dumfries. NX650680.  
 Derek Kennedy, 01387 270930 derek@marchfieldplace.wanadoo.co.uk Saturday Morning Series & Schools League, 10am, £1.50.

9/10 MDOC Twin Peak Regional Events High Dam

10th GRAMP District Event. Glen Dye, Banchory. NO662911. www.grampoc.com  
 Oonagh Grassie, 01224 744393. donald.grassie@grampoc.com £6.00/£2.50. EPS-Emit.

12th BASOC Come and Try Orienteering Event. Nethy Bridge, NJ000205.  
 Mike Atherton, 01540 661069 mike@atherton.go-plus.net 1730 - 1900 hrs. Fees £1/£0.50.

13th FVO Local Event. Gartmorn, Alloa. NS911940.  
 Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5 to 7pm. £2 / £1 children.

16th - **NATIONAL EVENT & Scottish Championships**, Individual. Loch Doon, Dalmellington. NS477027. www.ayroc.co.uk  
 17th - **Scottish Relay Championships & UK Relay League**. Loch Doon, Dalmellington. NS477027. Organiser: Dougie Condy, 01292 318190. dougiecondy@aol.com  
 Entries: Pat Flanagan, 47 Arrol Drive, Ayr, KA7 4AL, 01292 267063. pfayr@tiscali.co.uk  
 CD: 02/06/07. Fees £12.00/£6.00, £2.00 less for senior BOF members. Chq: AYROC.  
 String course. Lim CC courses - Wh-LG, + Red. EPS-SI. Parking £1.00. Dogs in Car Park only.

19th TAY Local Event. Crombie Country Park, Dundee. NO528402.  
 Chris Reid, 01382 641110. chris@cgreid.freemove.co.uk £4.00/£1.00. Starts 17.30-19.00.  
 3 Courses: White/yellow, Green short, Green. www.taysideorienteers.org.uk/

19th INVOC Local Event. Battan, Kiltarlity. NH540390.  
 Marsela McLeod, 01349 830502 Evening Event. www.invoc.org.uk.

## President's Piece

The last few months have been busy with something on most weekends and the regular programme of FVO Wednesday evening events.

Major events have included the Jan Kellstrom Trophy (JK) and the British Championships, which both saw a reasonable turnout from the club. Notable performances at the British Champs included: - Kirsty Bryan-Jones 3rd on W21E, Martin Dean 2nd on M50 and Gareth Bryan-Jones 2nd on M60. At the JK Jason Inman was 2nd on M35.

FVO is also through to the Compass Sport Trophy final after the Scottish heat at Pitmedden; so mark 14<sup>th</sup> Oct in your diaries now so we can get as good a turnout as possible at the final and reclaim the trophy.

Before the summer we have the last of the weds evening events on 14th June at Gartmorn Dam, which includes the BBQ, and the Scottish Champs on 16th/17th June, at which FVO is manning the relay start/finish.

It also looks as if a number of people will be fairly active over the summer, with 26 of the club having entered the French 5 days near Bordeaux in July, and 56 having entered the Scottish 6 days in August.

I am certainly looking forward to these events which will have some excellent orienteering, but also for the social which I am sure will be just as good.

*Gary Longhurst*

## Secretaries Scribbles

I have been slowly catching up after a hectic few months - working in Ireland and various domestic circumstances. But, hey - the WEE events league is now up to date on our Web site, and various other updates are in progress.

Things to look out for on our web site soon.

We are hoping to arrange an afternoon tea after the Saturday during the Scottish, as we have done in past years. Look at the web site and FVO mail for details.

There is an update on the way that Stirling Council supports its athletes. Now the club will have to apply on behalf of young athletes and coaches. If you are looking for any support, please send me relevant details now.

In the summer after the WEE season I hope to get a programme of runs in place - perhaps alternating longer further a field runs, with more local runs - say from the University. Details on the web site ASAP.

Enjoy the WEE season - but I won't be there :-)

*David*

## Congratulations

Congratulations to Jack Barrett and Jamie Stevenson for being selected to go to Lagganlia and to Abi Longhurst for being selected to go to Badaguish, Glenmore.

Also to the FVO Harvester relay team who came 3rd at Penhale. Congratulations to everyone involved - Duncan Francis, Jon Marsden, Steve Nicholson, Jon Cross, Fraser Purves, Hugh Buchanan and Will Hensman.

## What's On May/Jun 2007

### May

23rd FVO Local Event. Minewoods, Bridge of Allan. NS789980. Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5 to 7pm. £2 / £1

24th SOA TINTO Local Event. Shaw Hill, Biggar. NT026338. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

27th **INVOC/MOR Regional Event & SOL 4**. Rogie, Contin. NH443592. Organiser: Keith Slater, 01667 493594. slatercairds@dsl.pipex.com Entries: J&J Laird, 35 Ross Avenue Inverness IV3 5QJ, 01463 233225. Chq: INVOC. EPS-Emit. Jacquieandjamres@fastmail.co.uk White-Lgreen. Dogs on lead in car park. Online entries via website. www.invoc.org.uk

29th BASOC Local Event. Glen Gynack, Kingussie. NH756006. Mike Atherton, 01540 661069 mike@atherton.go-plus.net 1730 - 1900 hrs. Fees £4/£3/£1.50.

29th ECKO Local Event. Ganavan, Oban. NM862327. www.ecko.org.uk. Niall Urquhart, 07776 237646 EPS-SI. Starts 6 - 7pm; yellow, orange, red or green course

30th FVO Local Event. Lough Hills, Dunblane. NN781014. Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5 to 7pm. £2 adults, £1 children.

31st TINTO Local Event. Carmichael, Biggar. NS948379. Marcella McLennan, 01555 664 165 marcella47@btinternet.com

### June

1st TINTO Scottish Schools' Orienteering Festival. Carmichael Estate, Biggar. Organiser: Blair Young, 01555 661955. blair.young@talk21.com Entries: Lorna Young, 7 St Ninians, Lanark, ML11 7HX, 01555 661955. leyoung@talk21.com CD: 21/05/07. Junior £2.00. EOD + £2.00. Chq: SSOA. EPS-SI. No dogs. Limited entry. Special Entry form available to download from. www.scottish-orienteering.org

2nd CLYDE Local Event. Mugdock Country Park, Milngavie. NS547780. David MacRitchie, 0141 5869764 Starts 11-12 am £2/£1 Visitor Centre.

3rd MAROC District Event. Bogendreip, Strachan, Banchory. NO686917. Alastair Marshall, 01330 811101. alastair\_marshall@yahoo.co.uk £6.00/£2.50. EPS-Emit. www.marocscotland.org.uk





While on the topic of areas here are another couple of photographs of Dalrulzion, the other totally new area for Tay 2009.

Two views of Dalrulzion

You may be asking where is Dalrulzion? In earlier reports we called this area Persie, however we will now call it Dalrulzion which is the name the Forestry Commission use for the forest .



#### Central Organising Team.

Since the December update several more roles have been filled.

Jennifer Williamson (TAY) will lead on Marketing. Jon Cross (FVO) will be the Daily News sheet Editor and Dave Nicol will be Computer and SI system Manager.

#### Roles still vacant

Campsite Manager	Campsite Bookings
Bus Coordinator	Police Liaison
Training	Road Signs
Social Programme	Merchandise

If any of these roles appeal to you please contact either Jan and Gareth BJ or David Sloan.

*Gareth and Jan*

## FVO Ranking List

Class	pos	Name	points	events
M20L	25	Kyle Heron	2149	2
M21L	11	Marcus Pinker	7356	12
M21L	251	Jon Cross(M40)	994	1
M35L	1	Steve Nicholson	7603	6
M35L	4	Jason Inman	7453	10
M35L	7	Fraser Purves	7270	13
M35L	20	Jon Cross(M40)	6498	8
M35L	54	Brad Connor	3127	3
M35S	54	Steve Nicholson	1322	1
M40L	15	Jon Cross	6886	8
M40L	43	Trevor Hoey	6208	14
M40L	66	Mark Thomson	5515	6
M45L	2	Martin Dean(M50)	8077	13
M45L	12	Duncan Francis	7511	9
M45L	26	Gary Longhurst	7127	14
M45L	104	Steven Barrett	5131	4
M45L	218	Brian Bullen(M55)	1971	2
M45L	301	Kevin King(M50)	536	1
M45S	14	Steven Barrett	6912	5
M45S	156	Kevin King(M50)	790	1
M50L	2	Martin Dean	8103	7
M50L	108	Ted Finch(M55)	5403	5
M50S	119	Mark Holliday	2365	2
M55S	137	Brian Porteous	847	1
M60L	166	Dave Coustick	2516	2
M60L	200	Gareth Bryan-Jones	1270	1
W20L	19	Victoria Longhurst(W18)	945	1
W21L	10	Hazel Dean(W40)	7250	15
W21L	16	Janine Inman	7021	8
W21L	91	Beccy Osborn(W35)	3112	3
W21L	135	Kirsty Bryan-Jones(W35)	1193	1
W21L	139	Lisa Brown	1134	1
W21S	16	Beccy Osborn(W35)	6321	5
W21S	39	Peggy Purves(W35)	4545	4
W35S	4	Peggy Purves	7292	6
W35S	6	Alison Oxley	6959	8
W35S	44	Penny Hicks(W40)	1042	1
W40L	22	Louise Longhurst	6614	10
W40L	116	Penny Hicks	796	1
W40S	70	Penny Hicks	2250	2
W45L	122	Jennifer Barrett	1162	1
W45S	2	Jennifer Barrett	7501	10
W55L	78	Val Finch	4316	5
W55L	137	Maureen Brown(W60)	958	1
W55S	40	Maureen Brown(W60)	2216	2
W60S	8	Maureen Brown	6436	5
W65S	20	Lucile MacLeod	1032	1

## British Championships - Pwll Du

British Championships 2007 Pwll Du 5th May 2007 Results for FVO

M14A	4	Jack Barrett	33:43
	11	Craig Thomson	40:59
M16A	16	Stuart Thomson	62:22
M16B	6	Richard Francis	66:36
M35L	8	Simon Patton	88:21
	dsq	Jason Inman	90:02
M40L	12	Jon Cross	81:47
M45L	10	Steven Barrett	69:10
	14	Duncan Francis	70:41
M50L	2	Martin Dean	59:33
M55L	32	Brian Bullen	76:45
M60L	2	Gareth Bryan-Jones	60:05
W16A	26	Amy Barrett	66:20
W21E	3	Kirsty Bryan-Jones	67:12
W60S	7	Jan Bryan-Jones	87:18



## Tay 2009 Progress report



### Orienteering Areas

Verbal agreements are now in place for all 6 orienteering venues, parking and assembly areas, and work is progressing on written confirmations. The venue for Day 6 has been changed from Logierait to Loch Ordie.



### Two views of Loch Ordie

As shown in the photographs of Loch Ordie, the area is mostly open with scattered trees. It has a series of parallel ridges giving very good orienteering terrain.



The reason for the change was uncertainty over the future use of Logierait after felling planned for late 2009.

This felling will leave Logierait short of good, challenging terrain on the lower slopes. We did think

it might be possible to use access through Ballechin Wood, to the west, to use the higher slopes in the future. However further exploration showed this was not a viable option.





The final produced an interesting dilemma at the last control around the path above the beach (slightly longer) or down the steps, through the sea and along the beach! As the first competitor reached the steps the tide was still well in and as he jumped off the last step the water was almost waist deep! Not sure if that was quicker but as time passed the water ended up ankle deep and it probably became quicker to run across the sand.

The Final on south bay was 2.9km with Jon Cross finishing 54th in a time of 23:12 and Stuart Thomson finishing 4th in 21:03. Craig Thomson ran the final only and finished 5th in 22:38.



Stuart finishing



British Relay run in. Photos taken by the Thomsons



Martin Dean on the run in, at the British relays. photo taken by CompassSport.



## Scottish Sprint Championships - Riccarton

The 2007 Scottish Sprint Championships were held at Riccarton Campus, Herriot Watt University, Edinburgh on the 24th March on a fantastic sunny morning. The early starters had to contend with a misplaced control (number 2 on the map below) which had been placed on the thicket to the South. Apart from that the event ran smoothly and I think it was a great success. The qualifier was split into two courses using the same controls but different loops.

Course 1 2.9 km 45 m

1	Murray Strain	INT	Mens Open	16:38
6	Martin Dean	FVO	Mens 40+	19:28

Course 2 2.9 km 45 m

1	Jonathan Musgrave	MAROC	Mens Open	17:10
8	Stuart Thomson	FVO	Mens 18-	20:45
9	Hazel Dean	FVO	Women Open	20:49
12	Mark Thomson	FVO	Mens 40+	21:46
16	Jack Barrett	FVO	Mens 18-	23:56

Martin won the M40+ final

Final 3.3 km 50 m

1	Scott Fraser	EUOC	Mens Open	16:44
7	Martin Dean	FVO	Mens 40+	19:31
22	Hazel Dean	FVO	Women Open	22:35
24	Stuart Thomson	FVO	Mens 18-	23:24
27	Jack Barrett	FVO	Mens 18-	24:34
29	Mark Thomson	FVO	Mens 40+	25:23



Jack just after the start.



The North Bay map showing the waves in the sea!



Leg 15—16 was an interesting route choice (see map) Straight down the steps or the zig-zag path and then through the under pass. The Cliff lift was OOB!

The finish was a run along the path above the beach with plenty of spectators including members of the public.

It would have been a good opportunity for a come and try it as the beach was packed.

Only two FVO members ran in the qualifier at North bay.

In the B heat Jon Cross was 20th in a time of 17:58 and in the C heat Stuart Thomson was 21st in 17:30. Only the top 20 qualified for the A and B final so Stuart was just outside.



Craig at the start



### British Sprint Championships - Scarborough

The assembly area was on the beach at Scarborough and with the sun shining it made for a great spectacle. Scarborough seemed to be surrounded by a har (sea mist) except for the assembly area.



The qualifier meant a walk along the sea front through all the tourists! And then a climb up to the castle to the start.



The qualifier meant a walk along the sea front through all the tourists! And then a climb up to the castle to the start.



After the start runners passed through the castle walls.



The first eight controls were on

the side of the hill which became quite slippery at times in trainers and then into the streets above the tourist area.



Martin crashing through the trees



Stuart after the start.

A planners nightmare: Which wall, what side!





## JK Sprint Race UWE and Relay Caerwent

Another fantastic weekend for the JK in the South West. The JK sprint race was held at the University of West England, Bristol. The individual days on Sallowvallets and New Beechenhurst and the relay on an interesting area near Carewent. FVO results at the sprint race:

Results for Class MOpen Length 2.9km, 20 controls (course 1)  
 112 Jon Cross (M40) FVO GBR 16:52 5.8

Results for Class MVet Length 2.4km, 19 controls (course 3)  
 11 Gary Longhurst (M45) FVO GBR 12:38 5.3

Results for Class MJunr Length 2.4km, 18 controls (course 2)  
 20 Stuart Thomson (M16) FVO GBR 15:01 6.3  
 36 Craig Thomson (M14) FVO GBR 19:15 8.0

Length 2.4km, 18 controls (course 2)  
 58 Beccy Osborn (W35) FVO GBR 15:42 6.5  
 76 Victoria Longhurst (W18) FVO GBR 17:00 7.1

Results for Class WVel Length 2.1km, 19 controls (course 4)  
 29 Louise Longhurst (W40) FVO GBR 17:41 8.4

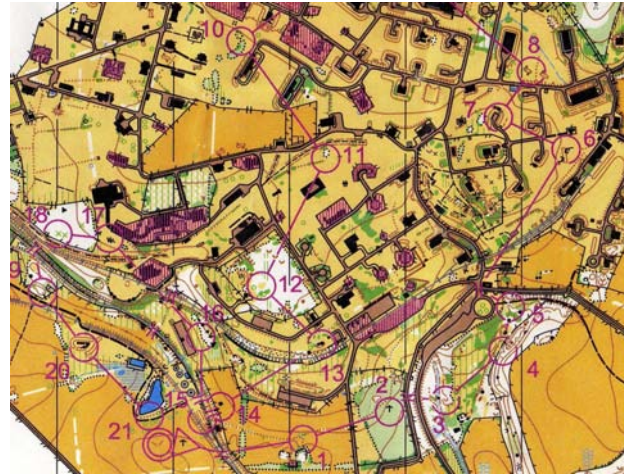
Results for Class WJunr Length 1.7km, 14 controls (course 5)  
 4 Abi Longhurst (W16) FVO GBR 11:54 7.0



Part of the Junior map



Top tip from Craig: Sprint O is easy just follow the arrows!



Part of the Caerwent map.

Caerwent is an interesting area at its height it was the largest ammunition supply depot in Western Europe, storing over 80,000 tonnes of conventional munitions.

Caerwent is now a major training area covering over 1,500 acres (6 km<sup>2</sup>). There are not only over 400 buildings and bunkers on the site, but also an operating

railway and a comprehensive road system. Parts of the site have also been let for civilian usage and has been used as a secure storage area for holding surplus locomotives and rolling stock that might be returned to use. Most courses passed under one of the trains!

Two FVO teams had great runs at the relay and just missed out on podium places.

### Women's Short

Pos	Time	Team	Lap 1	Lap 2	Lap 3
5	75:41	FVO Fast Finishers	25:07 (8)	24:15 (5)	26:19 (5)
			Victoria Longhurst, Amy Barrett, Abi Longhurst		

### Men Total Age 120+

Pos	Time	Team	Lap 1	Lap 2	Lap 3
4	109:00	FVO	39:20 (15)	31:26 (6)	38:14 (4)
			Gary Longhurst, Steven Barrett, Jason Inman		