

## FVO Committee 2007

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### **TREASURER - Penny Hicks**

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16 Upper Glen Road, Bridge of Allan, FK9 4PX  
Tel: 01786 832123

### **MAPPING COORDINATOR - Steve Barrett**

### **COMMITTEE MEMBER - Hazel Dean**

### **COMMITTEE MEMBER - Kyle Heron**

### **COMMITTEE MEMBER - Steve Barrett**

### **MEMBERSHIP - Susan Hensman**

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### **WEDNESDAY EVENING EVENT CO-ORDINATOR - Neil Kitchen**

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# Forth Columnist

Issue 180

Aug/Sep 2007

## Forth Valley Orienteers

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FVO Winners at the Scottish Championships, 2007

Copy date for next issue is  
Sunday 14th Oct 2007.

## Editorial

FVO had a large turn out at the Six day this year which was a fantastic event, again. Highlight of the week had to be the Culbin Forest and what a glorious day, shame about the mosquitoes eating us all at the start! I think all in FVO deserve a pat on the back for a job well done.

The FVO tea was another great success (Thanks to Louise for organising it) which was also very well attended. Another success story was the Kingussie street race which was great and very well attended. Registration struggled to cope with the large entry on the night and maps had to be recycled. If you have not tried these street races yet give it a try they are fantastic. It is very different to running through Speyside forests but it keeps you on your toes

I am looking forward to the Venice street race in November so look out for reports in later issues. Sorry for the delay in getting this issue out. Good luck to FVO in the CompassSport cup final.

*Mark Thomson*

Please send articles, pictures or gossip bits to:

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NG8 1DD

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Skype username: markthomson55



27th SSOLWAY Local Event. Dalbeattie Town Wood, Dalbeattie. NX836600.  
Ian & Seonaid Robertson, 0155 665 0328 Saturday Morning Series & Schools League, 10am.

28th ESOC District Event & SoSOL. Cademuir, Peebles.  
Janet Clark, 0131 225 7771. [janetclr@aol.com](mailto:janetclr@aol.com) EPS-SI. String course. [www.esoc.org.uk](http://www.esoc.org.uk)

28th ECKO Local Event. Inveraray. NN095093.  
Lynne Walker, 01369 702607 [lynne.walker@ecko.org.uk](mailto:lynne.walker@ecko.org.uk) Yellow, orange, green courses; starts 11am - 12 noon; SI & pre-marked maps; further details <http://www.ecko.org.uk>.

31st STAG Local Night Event 2. Garscube Estate & Dawsholm Park, Glasgow. NS554702.  
Organiser: Terry O'Brien, 0141 7708671. [Terry@tobrien1.wanadoo.co.uk](mailto:Terry@tobrien1.wanadoo.co.uk)  
Entries: T.O'Brien. CD: unknown. £2.00/£1.00. Lim EOD. Chq: STAG. EPS-SI. Start 7.00pm. Pre-entry by email 10pm Monday 29th October 2007. Limited EON.

### November

3rd-4th SOA Tinto Twin Regional Event & SOL

3rd - Night Event & Scottish Night Championships. Rachan and Dreva, Broughton.  
NT129349.

4th - Tinto Twin Regional Event & SOL 7. Rachan & Dreva and Altarstone, Broughton.  
NT129349. Organiser: Marjory Foreman, 01555 665346. [marforeman@aol.com](mailto:marforeman@aol.com)  
Entries: Lorna Young, 7 St Ninians, Lanark, ML11 7HX, 01555 661955. [leyoung@talk21.com](mailto:leyoung@talk21.com)  
CD: 20/10/07. £11.00/£4.00. Combined Night and Day: Seniors - £17,  
Juniors and Students - £7. Lim EOD. Chq: tinto orienteering club. EPS-SI.

11th MAROC Scottish Score and Inter-Club Championships. Pannanich, Ballater. NO376958.  
Hilary Quick, 01467 629022. [hilary@scottish-orienteering.org](mailto:hilary@scottish-orienteering.org) Fees TBA. EPS-Emit.

17th-18th SOA Veteran Home International

17th - Veteran Home International Relays. Dalnamein, Calvine. NN755696. Terry O'Brien,  
0141 7708671. [Terry@tobrien1.wanadoo.co.uk](mailto:Terry@tobrien1.wanadoo.co.uk) Fees TBA. EPS-SI. String course.

18th STAG NATIONAL EVENT & Veteran Home International Individual. Errochty, Calvine.  
NN767637. Terry O'Brien, 0141 7708671. [Terry@tobrien1.wanadoo.co.uk](mailto:Terry@tobrien1.wanadoo.co.uk) Fees TBA. EPS-SI. String course. [www.stag-orienteering.co.uk](http://www.stag-orienteering.co.uk)

23rd INVOC District Event. Gallowhill, Inverness. NH604495.  
Lesley Campbell, 01463 731171. campbells27@lineone.net £6.00/£2.00. EPS-Emit. Dogs allowed on lead in car park only. All adult runners (BOF members or not) will receive a £2.00 discount. www.invoc.org.uk

23rd MAROC Local Event. Tilquhillie, Banchory. NO714947.  
Alastair Marshall, 01330 811101 alastair\_marshall@yahoo.co.uk

29th TAY 11 Person Relay. Kinnoull Hill, Perth.  
Steven Clelland, 07903 682553. stevencllland@hotmail.com .

30th FVO Regional Event & SOL 6. Dumyat, Stirling. NS803962. Gary Longhurst, 01786 823295. glonghurst@aol.com EPS-SI. String course. Dogs on lead in car park only.

### October

6th BASOC Middle Distance Race. Inshriach South, Feshiebridge. NH858032.  
Marion MacCormick, 01479 810807. clachmhor@tiscali.co.uk Fees TBA. EPS-Emit. Orange only. Dogs in car park only. Starts 1330 - 1530 hrs. www.basoc.org.uk

7th BASOC District Event. Inshriach South, Feshiebridge. NH858032.  
Marion MacCormick, 01479 810807. clachmhor@tiscali.co.uk £7.00/£2.00 £2.00 less for senior BOF members. EPS-Emit. Dogs in car park only. www.basoc.org.uk

14th CompassSport Cup Final Blidworth

21st INVOC District Event. Craig Leach, Inverness. NH603441.  
Jonathan Warde, 01349 863636. warde@supanet.com £6.00/£2.00. EPS-Emit. Dogs on lead in car park. All runners (BOF members or not) will receive £2.00 discount.

21st TAY District Event & SoSOL. Culteucher Hill, Bridge of Earn. NO082159.  
Liz Fraser, 01738 828219. liz.fraser@strathord.net £7.00/£2.00. EPS-SI. String course.

24th STAG Local Night Event 1. Victoria Park, Glasgow. NS543674.  
Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk  
Entries: Terry@tobrien1.wanadoo.co.uk CD: unknown. £2.00/£1.00. Lim EOD. Chq: STAG.  
EPS-SI. Start 7.00pm. Pre-entry by email 10pm Monday 22nd October 2007. Limited EON.

27th STAG SMILE 3. Drumpellier Country Park, Coatbridge. NS704664.  
Organiser: Terry O'Brien, 0141 7708671. Entries: T.O'Brien.  
Terry@tobrien1.wanadoo.co.uk CD: unknown. £2.00/£1.00. Lim EOD. Chq: STAG. EPS-SI.  
Registration 10am. Mass Start 10.30am. Training opportunity for Adults available. Pre-entry by email by 23/10 with payment on the day appreciated. www.stag-orienteeing.co.uk

## Club training weekend

Join us for the weekend of club training over the last weekend of October. We are returning to the excellent School House at Ballater where we went last year. www.school-house.com.

Over the Saturday/Sunday we would aim to have one day of training, and another day for walking/mountain biking.

As last year, we will organise dinner in the hostel on the Saturday night.

Names/interest to - David Nicol as soon as possible.

### Late News

Congratulations to the FVO juniors who won the Jamie Stevenson Trophy at Faskally.

### Please Note

The Wednesday evening event on 12 September has been changed from Touch to Callander Park, grid reference NS897 795.

## Scottish 6 Day 2007 Thanks

Many thanks to all of you who helped at Culbin. Whether you were breaking off bottle caps, picking up litter (not that there was much to pick up) or heading up a team, you all contributed an important part of the FVO effort and helped to make our day a great success. We were of course even lucky enough to have the sunshine to complement a great forest.

I've taken on the role of Technical Co-ordinator for Tay 09 so would appreciate any thoughts anybody has on the technical aspects of Spey 07, such as course planning. We are always striving to make the 6-Day better, though that is becoming harder as the standard is now very high.

*Dave Coustick*

Also a big thank you to Louise for organising the afternoon tea during the Scottish 6 Days at the Ben Mhor Hotel. I think we all enjoyed the tea, coffee, sandwiches and cakes. *Ed*

## JIRC's Malham/Danefield

Six FVO Juniors helped Scotland to 2nd place at the Junior Inter Regional Champs held at Malham and Danefield on the 23rd/24th June.

M14	M16	W16
Jack Barrett 10th	Stuart Thomson 7th	Abi Longhurst 11th
Craig Thomson 26th	Jamie Stevenson 8th	Amy Barrett 17th

Jack was in the team that came back in third place to take bronze, Craig's team were 5th and Stuart and Jamie's team 10th. In the girls relay Abi was in the 4th team and Amy the 14th.

## What's On Sep/Oct 2007

### September

5th FVO Local Event. Muiravonside, Linlithgow. NS964756.  
Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5 to 7pm. £2 / £1 children.

6th AYROC Local Event. Fullerton Woods, Troon. NS345302.  
Dougie Condry, 01292 318190 dougiecondy@aol.com Score Event, Starts 18:00.

6th TINTO Local Event. Corehouse Estate, Lanark. NS877415.  
Marcella McLennan, 01555 664 165 marcella47@btinternet.com Start times from 1800

8th GRAMP District Event & Junior Inter Area Relays. Crathes, Banchory. NO735968.  
Audrey Wilson-Hay, 01224 746841. awilsonhay@btinternet.com £6.00/£2.50. EPS-Emit. Starts 1400 - 1600. Junior Inter Area Relay closed to Scottish Juniors, with starts at 1300. www.grampoc.com

9th MAROC Regional Event & SOL5. Fungle, Aboyne.  
Jonquil Nicholl, 013398 81507. Fees TBA. EPS-Emit. www.marocscotland.org.uk

10th AYROC Local Event. Dean Castle, Kilmarnock. NS437395.  
Dougie Condry, 01292 318190 dougiecondy@aol.com Score Event, Starts 18:00.

11th TAY Local Event. Perth Parks, Perth. NO123233.  
Matthew McCullach, 01738 445683. matthew.mccullagh@sqa.org.uk £4.00/£1.00. Four separate parks. Parking Bellwood Gardens carpark. Dinner after event for all interested.

12th FVO Local Event. Callendar Park, Falkirk. NS897950.  
Neil Kitching, 01786 824595 kitching.family@tesco.net Starts 5 to 7pm. £2 / £1 children.

13th TINTO Local Event. Carmichael Estate, Biggar. NS927393.  
Marcella McLennan, 01555 664 165 marcella47@btinternet.com Start times from 1800

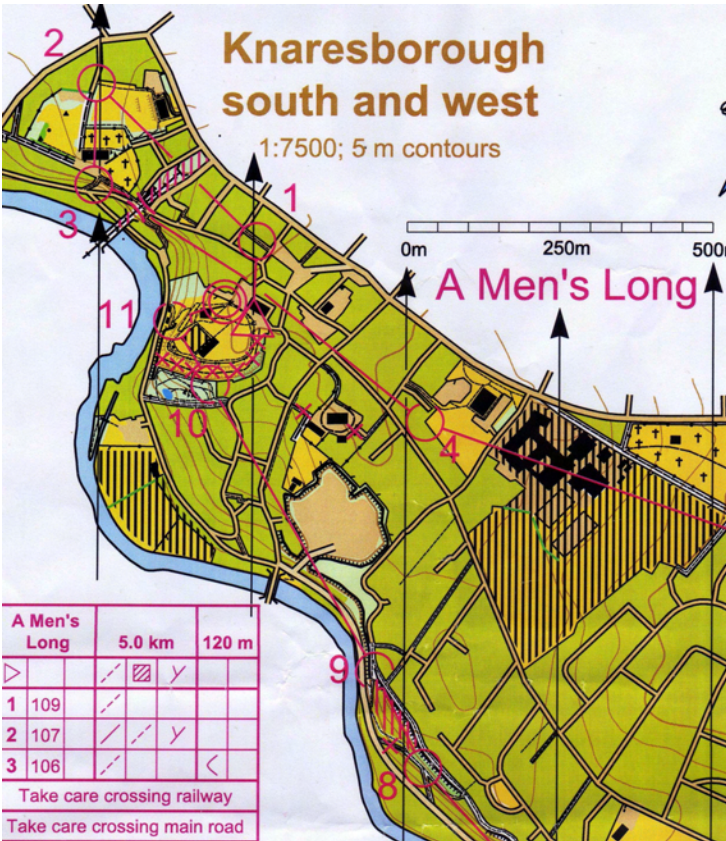
16th BASOC District Event. Inveruglas, Insh. NH819019.  
Norma Atherton, 01540 661069. norma@atherton.go-plus.net £7.00/£2.00 EPS-Emit. Dogs in car park only. www.basoc.org.uk

19th GRAMP Local Event. Templars Park, Aberdeen. NO846999.  
Anne Hickling, 01224 323855 hickling4@aol.com Summer League. Start times 6:30-7:30pm

22nd AYROC Local Event. Eglinton Country Park, Kilwinning. NS319418.  
Dougie Condry, 01292 318190 dougiecondy@aol.com Score Championships. Starts 11:00.

## Claro Sprint Race - Knaresborough

While Stuart and Craig were at the JIRC's Karen decided she would like to run at the Knaresborough Street race! If it was dry. The forecast was for heavy rain all day! (some things never change!) so it looked like she would not be running. When we got up in the morning the sun was shining and we arrived at Knaresborough castle early as we had camped just down the road. Shortly after looking around the castle grounds the organiser and helpers turned up. It turned out we had parked next to the finish with the start less than 50m away, which was ideal. Karen had decided to run as it was dry! As I left number 3 and



crossed the railway Jenny Johnson was coming down hill. I looked at my map and decided she would overtake me sometime after number 4. The only problem I had was between 8 and 9 which on first glance at the map looked OOB and the steps had an X on them so I turned right and headed up hill then turned left but the runners who were behind me at 8 had gone! On second longer look at my map I saw the path just below the OOB but I was already heading along the top path to 9. (Still

no sign of JJ but maybe she had overtaken me between 8 and 9) As I left 9 and dropped down onto the road I saw Jenny heading up towards it. After 11 it was straight up hill to the castle, 25m climb in about 75m! The legs were burning as I walked! the last steps into the finish. Karen was 8th on the short and I was 15th on the long only 3 minutes behind Jenny. (She must have been ill or injured!)

## Forth Valley Orienteers

### Dinner Dance & Club Championships

24<sup>th</sup> November 2000



### Club Championships 2007

to be held at North Third

This is another new area mapped by Gareth who is also organising  
Details to follow

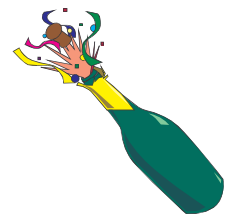
### FVO Dinner Dance

to be held in Stirling Highland Hotel from 7pm to 12.30am

Tickets £28.00

[Juniors half price]

Available NOW from David Nicol  
Tel: 01786 832123



Come and enjoy a five course dinner and then dance to the Jack Delaney Band into the Wee Small Hours of the evening.

## British Mountain Bike Championships, Cannock Chase

The British Champs in Mt Bike Orienteering was held on 23 & 24 June on Cannock Chase, and Steve Nicholson and I made the trek down from FVO-land. Following the severe wet weather the week before, it was expected that conditions would be muddy, but this was an understatement! Normally fast and furious, Cannock Chase had turned into a puddley mud bath - often the single tracks were quicker than the main tracks as they had been sheltered from the rain and were less churned up by Jo Public!

Saturday was the Long Distance race. Route choices were abundant throughout the course and it was hard to decide which way was going to be quickest in the muddy conditions. Often a path shown as 'fast riding' on the map was puddle and mud-tastic, and you had to keep wiping the map board clean from mud splats! I had a good ride and felt pretty strong on the hills. Most of the route choices I chose seemed ok, although one or two I decided to go a more direct route when round the fast forest tracks turned out to be quicker. Having had a late start, once I downloaded I was really chuffed to find I had won, and by 6 minutes too! Steve had a great ride to finish 7th, outwitting many competitors on one of the long legs where he spotted the fastest route; a long way round but much faster than the more direct muddy single track route!



Sunday was the Middle Distance race, with expected winning times of between 50-60 minutes. The area was on the more hilly and steep part of Cannock Chase, and the course involved some serious ascents (and running with the bike!) and loose stony descents. There were less route choices than on Saturday although it was definitely more physical. I was again happy with my race, only choosing one dodgy route this time - wimping out of a severe hill climb to go round on the way to number 1! With an early start I had an agonising wait until everyone had finished but was really pleased to win again - double British Champion!! Steve also had another great ride finishing 8<sup>th</sup>, and is now being tempted by next year's World Champs in Poland!

This rounds off a great season for me - getting 12th in the Sprint and 18th in the Long Distance at the European Champs in Italy in early June, and then becoming double British Champion. The only downside - cleaning the bike!

Steve and I are organising the MTBO event on the morning of the rest day at the Scottish 6 Days; Inshriach & Uath Lochan. 3 courses are on offer so you can choose how much of a "rest" you actually want!! Hope to see you there!

*Janine Inman*

## Tay 2009

Very brief bit of news re TAY 2009 - the web site is now live and is at [www.scottish6days.com/2009/](http://www.scottish6days.com/2009/)