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Forth Valley Orienteers

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Forth Columnist

Issue 181

Oct/Nov 2007



The FVO team at Blidworth with the CompassSport trophy.

Copy date for next issue is
Sunday 2nd Dec 2007.

Editorial

Well done to the FVO team who made the long journey, South, to taste the delights of Blidworth, in the CompassSport cup final, or as some wag on Nopesport called it "Bloodworth".

Thanks to everyone who has contributed this time, it certainly makes the job a lot easier.

Congratulations to Janine Inman and Victoria Longhurst FVO's representatives, for Scotland, at the SHI's.

Janine was 5th in the Classic scalping a number of British Squad standard athletes in the process. Victoria was 7th one of two scoring, Scottish, W20's for the individual and the only scoring W20 in the relays.

Marcus Pinker and Nick Barrable also represented Ireland and England.



Victoria with Holly Orr at the start of the SHI. *Photo Nick Barrable*

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

26th MAROC Local Event. Dess, Kincardine O'Neil. NJ572003.
Jon Musgrave, 013398 84447



Open Up a Copy of CompassSport...

For Your Bi-monthly Fix of Orienteering News,

Pictures, Articles, Races, Maps and Reports...

CompassSport is the National Orienteering Magazine for the United Kingdom. It is 52 pages of full-colour news, maps, reviews, reports, previews, competitions, profiles, fixtures, photos, coaching tips and advice, including coverage of MTBO, Trail-O and much more.

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We produce a professional and action packed magazine, full of maps and orienteering excitement which any orienteering enthusiast would appreciate. We cater for everyone from the beginner to the expert, with ideas to improve, inspire and intrigue.

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17th-18th SOA Veteran Home International

17th - Veteran Home International Relays. Faskally, Pitlochry. NN916603.

18th STAG NATIONAL EVENT & Veteran Home International Individual. Errochty, Calvine. NN767637.

Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk

Entries: Terry O'Brien, 257 Warriston St, Carntyne, Glasgow, G33 2LF, 0141 7708671.

Terry@tobrien1.wanadoo.co.uk CD: 09/11/07. £13.00/£5.50. No EOD. Chq: STAG. EPS-SI.

String course. CC - £7.00/£4.50. Start times: VHI 9.30 - 10.29; National 10.30 - 12.30pm.

parking £2.00. Electronic Entry preferred via Oentries.com. www.stag-orienteeing.co.uk

21st STAG Local Night Event 5. Glasgow Green, Glasgow. NS600643.

Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk

Entries: T.O'Brien. 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 19th November 2007.

Limited EON. www.stag-orienteeing.co.uk

24th FVO Club Championships North Third (see page 11)

Organiser: Gareth Bryan-Jones 01786 472758

28th STAG Local Night Event 6. Pollok Country Park, Glasgow. NS555621.

Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk

Entries: T.O'Brien. 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 26th November 2007.

Limited EON. www.stag-orienteeing.co.uk

December

1st ESOC Local Event. Glentress, Peebles. NT284397.

Janet Clark, 0131 225 7771 janetclr@aol.com Starts 1-2pm, £2/1, Signed from The Hub,

2nd STAG 9th Glasgow Parks Championships - 3 Parks in 1 Day!. Glasgow.

Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk

Entries: T.O'Brien, As above. CD: 27/11/07. £7.00/£3.50. All Social Entries £3.50. Chq:

STAG. EPS-SI. Start 10am/12 Noon/2pm. Various competitions within the event with ELT

for races 1& 2 of 10x12 mins. Race 3 chasing start with ELT now 20x25mins.

2nd TAY Christmas Score Event. Glenalmond school, Perth. NN976283.

Dave Prentice, 01738 583345. dave_prentice@btinternet.com £4.00/£1.00. No dogs.

Score event with prizes. www.taysideorienteeers.org.uk/

9th GRAMP District Event. Bennachie, Inverurie. Allan Rae, 01467 621142. raealln@aol.com

£6.00/£2.00. EPS-Emit. Dogs allowed under owner's control. www.grampoc.com

President's Piece

As the 2007 season draws to a close it is a good finish with FVO having regained the Compass Sport Trophy, thanks to everyone made the trip to the event and to Jon for organising us all.

We also recently organised SOL6 at Dumyat, which went well. As organiser I was quite relieved that with Brad and Will looking after the SI system, that both Susan and Beccy waited until after the event to give birth. Congratulations to both of them on their new arrivals.

As we move into winter the night series is now underway, with our new SI kit being used; and we have the club champs and dinner dance to look forward to, with new venues for both of them

There is also an active programme of evening training thanks to Jason who is organising it all. It is great to have such an experienced coach in the club, which was duly recognised when he was recently awarded the Stirling Councils Sports award for coaching.

It is now time to start looking forward to 2008, with the main events for FVO being the weekend of 10th/11th of May (get it in you diaries !) when we are organising the Scottish Sprint Champs on the Saturday and a SOL on the Sunday.

Plans are progressing well to use Stirling Old Town for the Sprint Champs and we intend to use Touch for the SOL, possibly extending the map. For both of these events we need planners and organisers, and I will be looking for volunteers shortly.

Gary Longhurst

Warwick Street Race

The organisation and planning was great, the map excellent and we really enjoyed our runs. Climbing in and out of the castle moat six times made the legs burn though.

There was some confusion over crossing the main grassed area in the castle which was in pristine condition. I kept off even though it was allowed, despite the signs saying not, as per the final details. Despite this the castle section was amazing and really made you think.



A lot of runners mistook number 25 as being on top of the castle wall! personally I had no trouble with this control as I'd already seen it on the way into the castle to number 23. I did hear however that the view from the top of the castle tower was very nice especially of the control 40ft below!

Stuart and I both made the same mistake at number 27 thinking the control was inside the castle wall when it was outside. The control description is paved area, S side. The only visible paved area in the circle is inside the castle walls. After a quick look around I gave up and tried outside the castle walls, which is where the flag was.

What's On Nov/Dec 2007

November

3rd - Night Event & Scottish Night Championships. Firpark, Nr Carnwath NT025469

4th - TintoTwin SOL 7. Rachan & Dreva and Altarstone, Broughton. NT129349.

Organiser: Marjory Foreman, 01555 665346. marforeman@aol.com

Entries: Lorna Young, 7 St Ninians, Lanark, ML11 7HX, 01555 661955. 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.

3rd GRAMP Local Event. Glen Dye, Banchory. NO650892.

Anne Hickling, 01224 323855 hickling4@aol.com

3rd RR Local Event. Gala Hill, Galashiels. NT492357.

Judy McNeilly, 01578 730 209 Start times 11.00am til 12.30pm, Seniors £2, Juniors £1.

CATI event: Yellow and Orange courses.

7th STAG Local Night Event 3. Drumpellier Country Park, Coatbridge. NS704664.

Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk

Entries: T.O'Brien. Terry@tobrien1.wanadoo.co.uk CD: unknown. £2.00/£1.00. Lim EOD.

Chq: STAG. EPS-SI. Start 7pm. Pre-entry by email 10pm 5th November 2007 Limited EON.

10th ECKO Local Event. Sutherland's Grove, Oban. NM965422.

Andy Dale Bike-O & yellow x-c course; starts 11am - 12 noon; SI & pre-marked maps; further details <http://www.ecko.org.uk>.

11th MAROC Scottish Score and Inter-Club Championships. Pannanich, Ballater. NO376958.

Organiser and entries: Hilary Quick, 19 Maitland Walk, Inverurie, Aberdeenshire, AB51 4ZY, 01467 629022. hilary@scottish-orienteering.org CD: 03/11/07. £9.00/£3.00.

Lim EOD +£3.00/£1.50. Chq: MAROC. EPS-Emit. Score event means no long/short courses - just enter your age class. Enter by post or e-mail. Closing date will be strictly applied.

Yellow course also available for pre-entry: £2, no late fee.

14th STAG Local Night Event 4. Hogganfield Loch & Lethamhill Golf Course, Glasgow.

NS638671. Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk

Entries: T.O'Brien. 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 12th November 2007. Limited EON. www.stag-orienteering.co.uk

17th ESOC Local Event. East Craiglockhart Hill. NT236708. Janet Clark, 0131 225 7771

janetclr@aol.com Start Times 2 - 3pm £2/£1 Craighouse Road (Napier University).

UPDATED MAP. <http://www.esoc.org>.

My Life of Lyme

Most orienteers are aware of Lyme Disease, caused by an infection from a tick bite. In case you're not, since I've just had a dose of it, I thought it might be useful to remind you.

I've always got a lot of tick bites, and as a consequence never thought too much about them. I've become adept at picking ticks out with my thumbnails, and almost always they come out cleanly. The 6 Days brought its usual crop, and I thought little of it until one morning 3 weeks later when I found a circular red rash around the site of a tick bite. After that, my suggestible, middle-aged hypochondriac brain clicked in, and various things from the preceding couple of weeks fitted - a run where I never got going and simply felt leaden, a run where I did get going but seemed to be going half my normal speed.

So off to my GP, who knew immediately why I was there, couldn't confirm the diagnosis without a blood test, but on the balance of probabilities prescribed 14 days of antibiotics there and then. After 3 days of antibiotics, I was feeling a lot better, and 5 days later ran an interval session feeling a lot better. 3 weeks later, a phone call from the surgery confirmed the diagnosis from a positive blood test.

So, what lessons are there to learn? Firstly, having caught it early, there are likely to be no lasting effects. I don't expect to change what I do, but I will keep an eye out for future ticks. Most ticks do not carry the disease, and apparently the bacterium only gets transferred to you if the tick stays in for 24 hours. So, keep checking for ticks and taking them out - this one was on my back near my waist - not one of the usual dark crevices!

Finally, in a strange way, it's nice to know you're not just being a hypochondriac - don't ask about my "heart condition" or my "bowel cancer"!

Hugh Buchanan

Some people said they would have liked separate control descriptions so they didn't have to keep unfolding the map to check them. Think of the size of the descriptions for 43 controls! You would have needed 2 description holders on each arm!!



Control 34 was described as a cave which was down several steps, on running into the cave it suddenly went pitch black and it took a few seconds for my eyes to adjust. FVO results are course A, Length 7.1km, 43 controls

6 Stuart Thomson 52:38

11 Jon Cross 54:12

And course C, Length 4.1km, 23 controls

10 Craig Thomson 36:33

FVO Night Series 2007-2008

Programme: 2007

31 October Polmaise Wood Car parking grid reference: NS772923
Organiser: Ross McLennan rossmclennan@hotmail.com 07734319079

21 November Dumyat West Car parking grid reference: NS810968
Organiser: Trevor Hoey Trevor.Hoey@ges.gla.ac.uk 01360 440287

28 November Barr Wood Car parking grid reference: NS796865
Organiser: Gary Longhurst glonghurst@aol.com 01786 823295

12 December Mine Woods Car parking grid reference: NS789980
Organiser: Martin Dean mhdean@talk21.com 01786 825123

2008

9 January Hermitage Woods Car parking grid reference: NS810968
Organiser: Steve Barrett steven.barrett@virgin.net 01786 841931

23 January Abbey Craig Car parking grid reference: NS807957
Organiser: Jon Cross jon.cross@tinyworld.co.uk 07803796773

6 February North Third Car parking grid reference: NS771908
Organiser: Brad Connor brad.connor@gmail.com 01786 823171

20 February Dumyat East Car parking grid reference: NS849971
Organiser: Fraser Purves fraser.purves@tiscali.co.uk 01259 762460

5 March South Achray (1:5000 map) Car parking grid reference: NN519015
Organiser: Jason Inman jason.inman@tiscali.co.uk 01786823094

Format:

E mail or phone organiser by 10pm on Monday before event for a map. Include SI number! NO CONTACT = NO MAP!

Meet at grid reference shown above.

Cost: Adults £2 Juniors £1 - Payable on the night only!

Mass start at 6.30pm. Courses close at 8pm.

Pre-marked waterproof maps.

One technical (green +) course of ca 5k - with short cut for those wanting to do less!

Controls are SI and/or reflective tape.

Bring o-kit + SI card, head torch, whistle and cagoule if on hills/inclement weather.

Note: Participants take part at their own risk!

Martin

FVO Club Championships - Saturday 24th November 2007

Sauchie Crags (North Third)

Start times 11.00 am to 12.30 pm

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)

Also a **White** course

Please pre-enter (by 22.00 Monday 19th November) by informing Gareth Bryan-Jones (Email janandgareth@ntlworld.com or phone 01786 472758, or 07801057315) of your intention to run and stating on which course. This will ensure you get a pre-marked map. Map will be printed on waterproof paper. Plan to use punches/control cards.

Could last years holders please return trophies to Gareth in advance or on the day.

A reminder from David

Dinner dance at the Stirling Highland Hotel. 7pm for 7.30pm. Carriages at 12.30.

Names to David Nicol ASAP.

Compass Sport Trophy Photo's



Richard, Abi, Dave, Jack, Maureen and Steve on the run in at Blidworth.



FVO New members

Will and Susan Hensman have had another baby girl, Katie Jane Hensman, born at 7.53pm on Tuesday 2nd October in Stirling, weighing in 5lbs 15 oz (2.7kg). Big sister Lucy is very excited to have a real baby in the house!!

Oh dear Will that's 3 against 1, don't fancy your chances much! Ed



Beccy and Brad were delighted by the arrival of their son Jamie, on Friday 12th October. Weighing in at a healthy 8lbs 3oz, Connor Jr showed his Dad's orienteering prowess by taking a wayward route to the finish, but got fastest



split on the run-in. Hopefully he'll take after his mum when he actually picks up a compass in anger!

Jon needs one more to make up an FVO mini relay team in 2017! Ed

Six Day Photo's



Cathy at the Scottish 6 Day.
Photo Nick Barrable CompassSport



Peggy at the Scottish 6 Day.
Photo Nick Barrable CompassSport



Janine at the Scottish 6 Day.
Photo Nick Barrable CompassSport



Penny at the Scottish 6 Day.
Photo Nick Barrable CompassSport