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## **Forth Valley Orienteers**

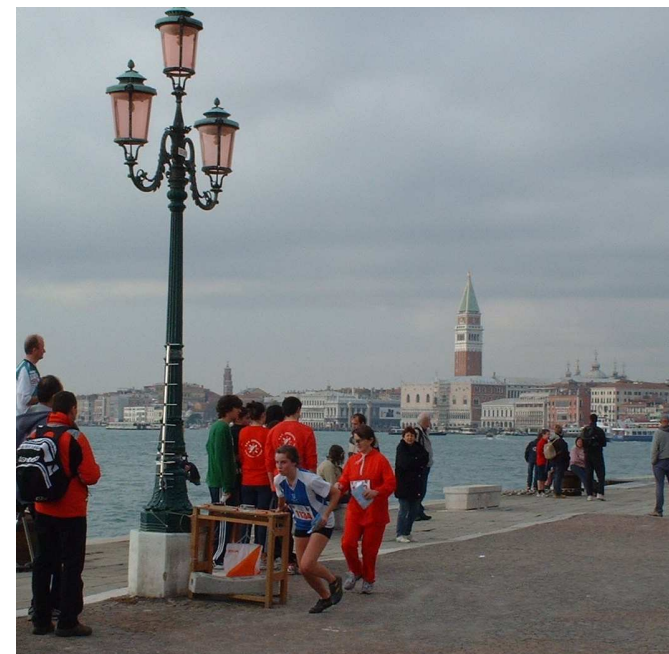
# **Forth Columnist**

**Issue 182**

**Jan/Feb 2008**

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Ellen Dean finishing the Venice sprint race with St Mark's square behind.

**Copy date for next issue is  
Sunday 2nd March 2008.**

## Editorial

Hope everyone had a great Christmas and are looking forward to the new orienteering season.

Sorry this edition all seems to be about what the Thomson's have done. If you can send anything else for the next edition that would be great.

Since the last issue Karen and I, the Dean family, Jon Cross and Marie-Claire spent a few days in Venice, which is a fantastic city (Jon flew out straight after the Oxford Street race!!) and enjoyed an absolutely amazing couple of street races. The narrow streets, many turns, steps, canals and tourists all enhanced this wonderful venue for a truly memorable experience. If you enjoy street races this is one you have to do!

Two weeks later while you were all enjoying the delights of Sachie Craggs, Jan's soup and the Dinner Dance the Thomson family were 600 miles South at the Orient-Show in Lille. This was the most fun I have had orienteering for a long time and all for 5 euros! It worked out at 35p per run, which is like late 70's entry fees! We had to do four qualifiers, a quarter final (although we did three as we were having such a great time), a semi final, final and a relay to finish.

This maybe my last editorial (don't all cheer!) as I am hoping someone else will take over the newsletter at the AGM.

Happy New Year to everyone.

*Mark Thomson*

Please send articles, pictures or gossip bits to:

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## March

1st CLYDE Local Event. Mugdock Country Park, Milngavie. NS547780. David MacRitchie, 0141 5869764 [davemac24@ntlworld.com](mailto:davemac24@ntlworld.com) Local event £2/£1, Visitor Centre.

2nd SOLWAY Regional Event & **SOL 1**. Drumlanrig Woods, Thornhill, Dumfries. NX852993. Dave & Jane McQuillen, 01387 261741. [dnjmcq@tiscali.co.uk](mailto:dnjmcq@tiscali.co.uk) EPS-SI. String course. Dogs allowed in parking area - must be under control - lambing time. [www.thai.od.dsl.pipex.com](http://www.thai.od.dsl.pipex.com)

5th FVO Local Night Event. South Achray, Aberfoyle. NN519015. Jason Inman, 01786 823094 Single (green) course. Mass start 6.30pm. £2 / £1 juniors.

9th INT District Event & SoSOL. Dalkeith Park, Dalkeith. NT334676. Paul Caban. [Paul.Caban@ed.ac.uk](mailto:Paul.Caban@ed.ac.uk) EPS-SI. String course. Dogs on leads in car park.

16th ESOC CompassSport Cup Scottish Round. North Pentland Hills, Dregghorn, Edinburgh. NT228680. Margaret Dalgleish, 01968 675737. [dalgleish.margaret@gmail.com](mailto:dalgleish.margaret@gmail.com) £11.00/£4.00. EPS-SI. String course. [www.esoc.org.uk](http://www.esoc.org.uk)

### 21—24 JAN KJELLSTROM ORIENTEERING FESTIVAL 2008

21st Sprint Race. University of Surrey, Guildford

22nd DAY 1 INDIVIDUAL RACE. Leith Hill

23rd DAY 2 INDIVIDUAL RACES. Pippinford Park and Broadstone Warren

24th Relays. Eridge Park

## April

19th - **BRITISH CHAMPIONSHIPS 2008** - INDIVIDUAL. Culbin East, Forres.

20th - British Championships 2008 - Relays. Culbin East, Forres. NH998610.

Co-ordinator: Jon Musgrave, 013398 84447, [jon@big-jon.demon.co.uk](mailto:jon@big-jon.demon.co.uk)

Relays: £36.00/£18.00 per team. EPS-SI.

Entries: OEntries [www.oentries.com](http://www.oentries.com) [www.boc2008.co.uk/](http://www.boc2008.co.uk/)

10th STAG Winter Score 4 & Knoll Kollektion 5. Faskally, Pitlochry. NN916603.  
 Organiser: Terry O'Brien, 0141 7708671. Terry@tobrien1.wanadoo.co.uk  
 Entries: T.O'Brien. Terry@tobrien1.wanadoo.co.uk CD: unknown. £5.00/£2.00. Lim EOD.  
 Chq: STAG. EPS-SI. Mass Start 11am. Competitors may pre-enter by email and request map  
 scale of 1:5000 or 1:7500. Only 1:7500 available on the day. www.stag-orienteeing.co.uk

10th MOR District Event. Darnaway, Forres. NH995532.  
 Douglas Murray, 01309 672545. douglas.murray9@btinternet.com £7.00/£2.00. EPS-Emit.  
 Dogs on leads in Assembly only. www.moravianorienteeing.org

14th EUOC Local Event. Craigmillar Castle, Edinburgh. NT288709.  
 James Tullie, 07739191882 captain@euoclegends.co.uk 1900-1930, £1.50,.

16th ESOC Local Event. Bonaly, Edinburgh. NT212676. Janet Clark, 0131 225 7771  
 janetclr@aol.com Start Times 2 - 3pm £2/£1 Car park beyond Scout Centre

17th RR District Event & SoSOL. Elibank, Walkerburn. NT387373.  
 John Tullie, 01450 850217. john\_tullie@bowanhill.demon.co.uk £8.00/£3.00. EPS-SI. Dogs  
 on leads in assembly only. www.roxburghreivers.org.uk/

20th FVO Local Night Event. Dumyat East, Stirling. NS849971.  
 Fraser Purves, 01259 762460 Single (green) course. Mass start 6.30pm. £2 / £1 juniors.

23rd ESOC Night Regional Event & Scottish Night Championships. Kinneil Wood, Bo'ness.  
 NS984805. Janet Clark, 0131 225 7771. janetclr@aol.com Fees TBA. www.esoc.org.uk

23rd STAG SMILE 4. Tollcross Park, Glasgow. NS635638.  
 Organiser & Entries: T.O'Brien. As above Pre-entry by email by 19/02 with payment on the  
 day appreciated. www.stag-orienteeing.co.uk

23rd SOLWAY Local Event. Mabie Forest, Nr Dumfries. NX950710.  
 Derek Kennedy, 01387 270930 derek.kennedy@tesco.net 10am, £1.50.

24th ELO District Event & SoSOL. John Muir Country Park, Dunbar. NT651787.  
 Terry O'Brien, 01875 833253. £7.00/£2.00 £2.00 less for senior BOF members. EPS-SI.  
 String course. www.elo.org.uk

28th EUOC Local Event. The Mary Erskine School & Ravelston Wood, Edinburgh. NT218741.  
 James Tullie, 07739191882 captain@euoclegends.co.uk 1900-1930, £1.50,.

## FVO AGM

I hereby give notice that the next Annual General Meeting of Forth Valley Orienteers will take place on Friday 25th January at 7.30pm, upstairs in the Westerton Arms.

Papers for the meeting are available on the front page of www.fvo.org.uk

Nominations for any post may be made either to me before hand, or in person at the meeting.

After the meeting, we propose to serve a light supper of haggis, neeps and tatties...

*David Nicol*  
*FVO Secretary*

## Congratulations

Congratulations to Stuart Thomson for finishing first, in year 12, at the British Schools Championships, held at Bovington, Dorset, on 18th November 2007.

Stuart has been picked as a reserve for the World Schools in Scotland.

## Venice Street Race

I knew I was going to have a few problems when I struggled to find our hotel! We were staying at a hotel which was down a very narrow alley and we had to stop in a cafe to ask directions. We spent several hours on Thursday night and all day Friday walking the many streets, narrow alleys and climbing steps over the canals as we walked around Venice. By the Friday night my feet were killing me!

On the Saturday morning Karen and I walked to St Marks square got the ferry to a small island just off Venice where we had a fantastic view of the Island with the mountains behind. We then took the boat to Murano, where the glass is



made, which is smaller and quieter than Venice but very similar. We arrived back on Venice had some lunch and walked around the model event which was more in the parkland to the East. The crowds started to gather for the Park race which was around the streets (see map)

The MM Park-O map. 24 canals to cross with many steps!



## What's On Jan/Feb 2008

### January 2008

23rd FVO Local Night Event. Abbey Craig, Stirling. NS807957.  
John Cross, 07803796773 Single (green) course. Mass start 6.30pm. £2 / £1 juniors.

### 25th FVO AGM Westerton Arms

26th EUOC Edinburgh City Race. Edinburgh, Edinburgh. Organiser: James Tullie, 01316203789. j.tullie@sms.ed.ac.uk Entries: Kirsten Strain, 1F2, Thirlestone Road, Edinburgh, EH9 1AS. secretary@euoclegends.co.uk CD: unknown. £5.00/£2.00. Lim EOD. Chq: EUOC. EPS-SI. Starts 1400 - 1500. www.euoclegends.co.uk

26th SOLWAY Local Event. Barhill Plantation, Dalbeattie. NX834617.  
Derek Kennedy, 01387 270930 derek.kennedy@tesco.net 10:30am, £1.50.

27th EUOC District Event & SoSOL. Edinburgh, Edinburgh. NT275729.  
Organiser: James Tullie, 0131 620 3789. j.tullie@sms.ed.ac.uk  
Entries: Kirsten Strain, 1F2, Thirlestone Road, Edinburgh, EH9 1AS.  
secretary@euoclegends.co.uk CD: unknown. £6.00/£2.00. EOD. EPS-SI. String course.

31st EUOC Local Event. Hillend Park, Edinburgh. NT245665.  
James Tullie, 07739191882 captain@euoclegends.co.uk 1900-1930, £1.50

### February

2nd CLYDE Local Event. Pollok Country Park. David MacRitchie, 0141 5869764  
davemac24@ntlworld.com Local Event £2/£1 Park at Burrell.

3rd ESOC Sprint-O. East Craiglockhart Hill, Edinburgh. NT236708.  
Organiser and entries: Fiona Findlay, 58 Nether Currie Crescent, Currie, Midlothian, EH14 5JG, 0131 538 2597. R.H.Findlay@hotmail.co.uk CD: 26/01/08. Fees TBA. Lim EOD. Chq: ESOC. EPS-SI. New format. Two separate races with chasing start for second.

6th FVO Local Night Event. North Third, Stirling. NS771908.  
Brad Connor, 01786 823171 Single (green) course. Mass start 6.30pm. £2 / £1 juniors.

9th RR Local CATI Event & Club Champs. Bowhill Estate, Selkirk.  
Robin Sloan, 0189 682 2548 robin\_sloan@roseisle.demon.co.uk Start times 11.00am till 12.30pm, Seniors £2, Juniors £1. Yellow and Orange courses. Park at top car park. Follow signs from General's Bridge, 3 Km west of Selkirk on the A708 Moffat Road.

## Coach of the year.

British Orienteering's Junior Lead Coach Jason Inman was the deserving winner in the Coach of the Year category at the Club Sport Stirling Awards in November.

The Scottish Institute of Sport has its headquarters in Stirling, and as a result the standard of these awards has become hugely impressive in recent years.

Alongside this the ceremony itself has grown in stature into an increasingly glitzy and well attended evening, and several hundred people were there to applaud Jason's success ahead of a number of other strong candidates.

Jason has been coaching orienteering for 20 years, having started at age 17 during the time when he was also the dominant force in British junior orienteering (British Champion four times in a row from M17-M20). Injury in the early part of his senior career saw him get more involved in coaching as a way of giving something back to the sport, and he has contributed significantly to the development and success of many British athletes who have come through the junior ranks since the mid 1990s. This year saw him as Lead Coach at his 10th Junior World Championships (JWOC), and many of those who have progressed to the senior team owe much to his coaching skills.

His success as Coach of the Year was in recognition of his contribution at local level as well as at international level. Recently based in Edinburgh and now near Stirling, he has worked with the pool of talent at Edinburgh University and successfully managed the Scottish Senior Team to success in the home internationals in 2005 and 2006. Alongside this he is currently personal coach to Doug Tullie (Britain's top performer at this year's JWOC) and also to highly promising FVO junior Jamie Stevenson, already a Scottish international hill runner as well as orienteer. This year he has established a full weekly training regime for Forth Valley Orienteers, and his energy and enthusiasm has helped ensure high levels of attendance right across the range of age classes.

As well as his impressive list of coaching success, the judging panel were particularly impressed with his commitment to helping athletes at all levels, and that wherever he has lived he has involved himself in the coaching side locally. The Scottish Orienteering Association would like to join Forth Valley Orienteers in congratulating Jason on his well-deserved award, thanking him for all his efforts on their behalf, and wishing him much more coaching success in the future.



The Park race was great and so was the weather, if a little cool.



Martin with the Naval base behind.

Martin finished 21st, I was 72nd and Hazel was 5th. Morven and Ellen did not run and Jon Cross was running in Oxford! Martin, Hazel and myself all thought it was a great event.

Sunday was basically a similar event except the courses were longer, there were more people running and more tourists blocking the narrow alleys!!

I found it quite frustrating at times and seemed to be constantly shouting "scusio". Maybe I was shouting the wrong thing as not many people moved out of the way!! At one point I had to hurdle a dog as tourists were taking photos on a canal bridge and the only space to get past was over the dog standing in the middle!!

All this after Saturday night out with the Dean's and boy do those girls put the wine away!



Hazel near the Park-O finish



The walk to the start took about ten minutes and the streets were busy already. The area around the start was busy with people warming up and tourists watching what was going on. I was quite lucky on my course as my number one was near our hotel, which I had just walked from, to get to the start!

I had been warned that the area around St Marks square and the Rialto bridge were very busy and should be avoided if possible. Not always easy as there are only three bridges over the canal and one is the Rialto! We had also walked over it on Friday and boy was it busy, market stalls line the route to it and there are loads of shops on both sides of the bridge with many tourists looking in the windows. I had noticed that there were paths down the back of the shops which were slightly quieter so my plan was to use them when I crossed. My leg from 7 to 8 took me over the Rialto bridge and it was packed so were the streets either side. It is a strange feeling running past people eating their lunch at the street cafe's. I nearly collided with a waiter who turned away from the table as I ran past.



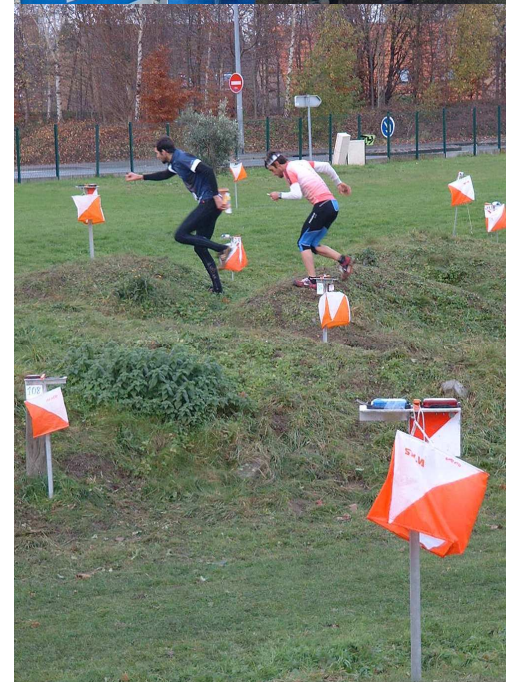
Busy street with Rialto bridge behind.



Part of the M40 / W21E course



Craig with Thierry  
(his new best friend)



Thierry gets some last minute advice, before the start, from Craig!



Thierry, leading by 1 second, on his way to winning the final.



Sunday's quarter final was as far as we went but Stuart was only 33 seconds behind Thierry (but his 4 penalties! Added on two minutes) He would have been 5th but ended up 13th. I also finished 13th but Craig finished 9th.

We then ran the semi final (which we did three times as we were having such a great time) and the final after the main competition. The final was amazing with several butterfly loops, two in the maze of fences and two in the knolls, I seemed to be punching controls every few seconds! My longest split was 29 seconds my shortest 4 seconds.

The last event was a relay which was also great fun. You didn't have to wait long for your incoming runner as each leg was between 600 and 700 metres. We finished 15th out of 30 teams. All in all it was a fantastic weekend even great fun for the spectators.

Relay mass start. You had to get into the changeover straight after this or miss your incoming runner.



It got worse near the end as I approached St Marks square which was also very busy. Two or three times I had to stop and wait for people to move so I could get past.

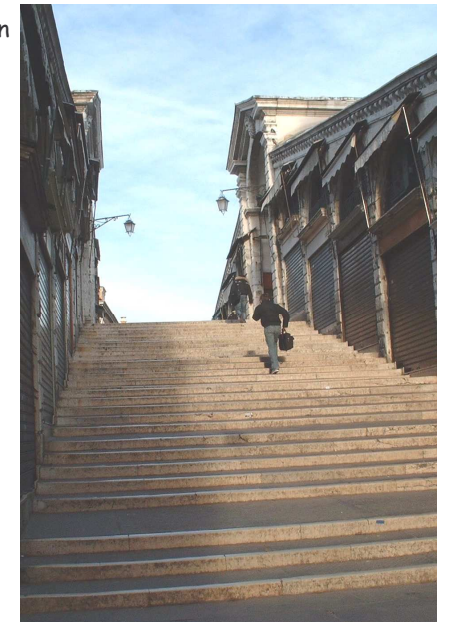
All in all it was a fantastic day and a large crowd had gathered at the finish to watch the runners coming in. Soon after finishing Karen and I had to shoot off as



we had to walk back across Venice to get the boat back to the airport. We made it with 30 minutes to spare!

Jon Cross was 15th and I was 44th on M40. Martin was 3rd on M50. Morven was 44th on W13/14 Ellen was 28th on W15/16 and Hazel was 13th on W Elite.

Mark at the last control, St Marks square in the distance.



The Rialto bridge at 7AM. If only it was that quiet when I crossed it on my run!

## The Orient-Show

The Thomson family were not at the club champs or the Dinner dance as we were 600 miles South at the Orient-Show in Villeneuve d'Ascq, near Lille which is twinned with Stirling. This event was the most fun I have had orienteering for a long time and all for 5 euros! We had an early start to get the 7:40 channel tunnel crossing and arrived in France at 9:25 local time. It took about an hour and a half to get to Lille and the area had been set up. It looked amazing, hundreds of fences and more controls than you could imagine. Every knoll, at each corner, every flag pole and several plastic trees all had controls on them. There were also two areas of fencing full of controls!



We had to do four qualifiers and be in the top 64 to progress to the quarter final. The four qualifiers had to be run any time between 2 o'clock and 5 o'clock but no one wanted to go first. Craig and I decided we would go first but the start officials would not let us start as there were four start lanes and they wanted four people to start at the same time. Eventually after some shouting to the waiting crowd and Stuart finishing his warm up we had four people and were led through the tent to the start. The reason the start is in the tent is so the next four competitors can not see which control you go to first. I set off on course A which was 800m with 40 controls, the first of which was about 20m away and as I passed it I thought hang on that's it, stop punch and off to the next control

which was a little further away but came up really quick. There was no time to look at a compass you just had to run, punch and keep running. As I approached number three Craig asked me where he was! He had over shot number one and was blown away by the number of controls and the scale. I pointed him in the right direction and carried on. The larger maze of fences did not have a middle which threw me as I was relying on that to relocate! I made my way through slowly at first until I got the hang of turning and punching. The rules are you can not lean across the fences you have to go around. Stuart finished first but had 2 penalties for bad punches which added 30 seconds each then I finished with no penalties and Craig had one. He made a mistake at the first control but then really enjoyed it, so much so we were on our second run before most people had started their first.



A 1st Thierry Gueorgiou 4:26, 46th Mark 6:55, 48th Stuart 7:03(2 pens), 49th Craig 7:06  
 B 1st Thierry Gueorgiou 4:07, 33rd Craig 5:31, 37th Mark 5:48, 41st Stuart 5:59(2 p)  
 C 1st Thierry Gueorgiou 3:52, 30th Stuart 5:12(1 p), 36th Mark 5:38, 54th Craig 6:55  
 D 1st Thierry Gueorgiou 3:41, 25th Stuart 4:54(1 p), 42nd Mark 5:48, 62nd Craig 8:45(1 p)

After we had run all four we waited for everyone to finish to see if we had made the quarter final. When the start lists appeared we were all on! Stuart was drawn in the same quarter final as Thierry Gueorgiou, I was with Duncan Archer and Craig had the easy quarter final!! The quarter final, semi final, final and relay were the next morning.