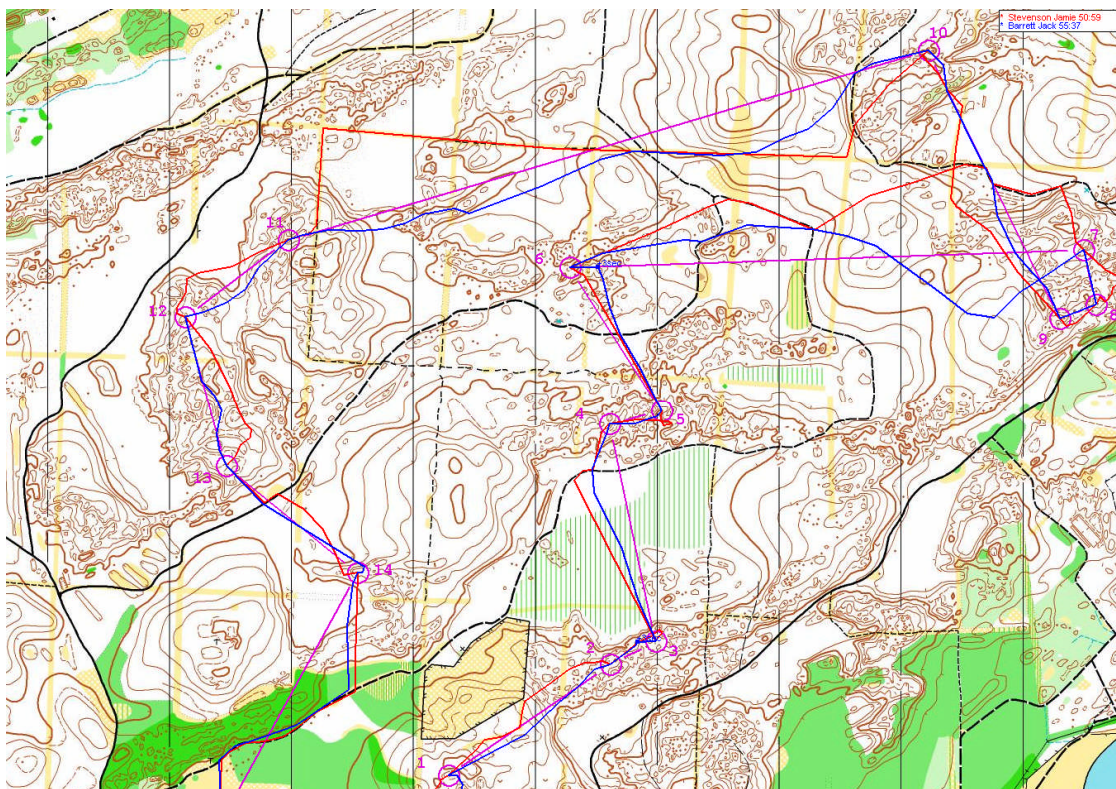


Forth Columnist

Issue 183

A p r i l 2 0 0 8



Awesome Culbin Terrain for the M16 British Champs Course

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Forth Valley Orienteers (www.fvo.org.uk)
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Editorial

By Ross McLennan

A long time ago, in a land far far away (the dark lands of Lanarkshire), I used to edit another sports magazine and Tinto Talk was its name. Being a young lad, fresh-faced and keen to impress, I used many long words, like pneumonoultramicroscopicsilicovolcaniosis, to prove my worth. You will be happy to learn then, that I now know less is more. Nevertheless, although my rose-tinted specs told of my previous enjoyment of editorship, it was with some surprise that I found myself volunteering for this task. A move I hope I do not live to regret.....

Enjoy the mag!



Martin's Caption Competition

The editor at the Carnethy5. Send witty captions to rossmclennan@hotmail.com



President's Piece

By Gary Longhurst

At the time of the last newsletter the orienteering "scene" was relatively quiet, apart from the Night O series, although the regular training sessions continued and were well attended.

Since then it has really taken off, with the AGM at the end of January and numerous events.

At the AGM there were a few changes to key officials, with:-

- Roger Goddard taking over from Penny Hicks as treasurer
- Beccy Osborn taking over from Neil Kitching as Weds Evening Event Coordinator
- Mark Thompson retiring as Newsletter Editor and Ross McLennan becoming the first guest editor (volunteer needed for next issue)

Many thanks, to those people standing down, for all their efforts over recent years, and also to those taking on roles for volunteering. Not forgetting everyone who has remained in a role.

Recent events have include the Scottish Night Champs (with a number of FVO runners winning their class), the conclusion of this year's FVO Night series (which I am sure has helped us all improve our night orienteering), a SOL at Drumlanrig, and a training weekend on the Moray Firth which included the District event at Darnaway.

Personally I thought the training weekend was fantastic, with lots of interesting exercises in great terrain, and lots of good banter. The effort that various people put in to plan exercises, hang controls, organise accommodation/food, etc. made it a great weekend. After over 2 hours a day of orienteering for 4 days in a row, I was well and truly exhausted!

The coming weeks and months are also quite busy with a Compass Sport Trophy qualifier and the JK in March, the British Champs in April and the Scottish Champs in May. I know a number of folk are training hard for these and I hope they and everyone running does well. Hopefully we will also field a number of relay teams and some of these will do well. If you have not done so already, do let Jon cross know if are able to run in the relays.

April/May is also quite a busy time for FVO, with the club providing a number of key officials for the World Schools Championships (which are being held in Central Scotland) and also for the British Champs, both of which are at the end of April; and then we are organising the Scottish Sprint Champs and SOL2 on the weekend of 10th/11th May. Key officials are in place for these events, but will be dependant on help from club members to run the events on the day, so please put the dates in your diaries now.

Wednesday Evening Events 2008

COME AND TRY IT!

No experience necessary: just come along on Wednesday evening between 5 and 7pm.
Cost: Adults £2 Juniors, Students £1.

Prizes for series senior and junior winners

For more information on Evening Events and location maps please visit www.fvo.org.uk
or contact Beccy Osborn on 01786 823171 or beccy.osborn@gmail.com

PROGRAMME OF EVENTS

			OS Grid Ref
1.	23 April	Abbey Craig, Stirling (Wallace Monument)	NS 808 958
2.	30 April	David Marshall Lodge, Aberfoyle*	NN 517 014
3.	7 May	Plean Country Park	NS 827 868
4.	14 May	Sauchie Crag, nr Cambusbarron*	NS 770 907
5.	21 May	Callendar Park, Falkirk (Callendar House)	NS 897 795
6.	28 May	Minewoods, Bridge of Allan	NS 789 980
7.	4 June	Barr Wood, Denny (A872 & Under M80)*	NS 796 864
8.	11 June	Gartmorn Dam, Alloa + BBQ	NS 911 940

SUMMER BREAK

9.	20 Aug	Hermitage Woods (Stirling University)	NS 809 969
10.	27 Aug	Killlearn Glen & Kirkhouse Wood, Killlearn	NS 523 859
11.	03 Sept	Polmaise Wood, Cambusbarron	NS 775 923
12.	10 Sept	Laigh Hills, Dunblane (Cathedral Carpark)	NN 780 015

** Event will use sportident electronic timing*

Adventures on the Way to the Carnethy 5 Hill Race

By Ross McLennan

That crisp clear morning Rosco awoke rather later than intended. Snug in his bed, as a babe in a womb, a bullet in a gun, it was quite some time before he mustered the enthusiasm to peek out from under the covers and then finally throw them back and slip into his favourite old dressing gown. With the sun streaming into the living room, he enjoyed a leisurely breakfast of cereal, toast, fruit and some truly excellent mocha while anticipating that day's fine racing.

Suddenly he realised he was late! Bradc was meant to pick up him now! Right now! Rosco pulled on jeans and a jumper. It was now after the appointed hour! And Bradc, normally so punctual, had a temper that was definitely not to be provoked...

However, after throwing some running gear – trainers, shorts - in a bag, Rosco began to wonder at Bradc's non-appearance. Deciding to take the time out from hastily packing to

ensure that he had the arrangement right, he located his mobile telephone, which was still in his work bag and found he had a message. From Bradc. "Hib Roscob. (cough) Amb guttedb bub amb nob goinb to mabe theb rabe asb lb habe theb colb. (cough) You'll habe to fibre ub the bimmerb. (cough)" The unfortunate Bradc was going to be missing his third Carnethy 5 in a row – this time due to an unexpected cold. Yet Rosco was more concerned with Bradc's last sentence "You'll have to fire up the bimmer." This was all very well were the aforementioned BMW not sitting in the garage. As in the mechanic's....

Rosco turned on the spot and strode out of the room, turned, strode back in the room. Then he looked at his phone. None of these actions served any purpose - Rosco was a bit panicked. "Right Rosco," he said to himself, "You are a bit panicked." He reminded himself of the power of logical, analytical thought. He was, after all, an engineer. First therefore, he packed all the items he had forgotten in his previous haste – T-shirt, drink, socks, compass, whistle, bum bag, waterproofs etc. This menial task served to calm him down: Rosco was easily bored by such duties.

With his senses sharpened through nervous energy, but newly becalmed, Rosco considered the problem. Objective: get to school in Penicuik, in time for registration, in less than 2 hours. Options: 1. Public transport. No chance/he's having a laugh. 2. JonX. Might have already gone, but more importantly, don't want to cramp his style. Fall back. Therefore it must be 3. Courtesy Car.

With nervously heightened senses, the details stand out in incredible focus for Rosco, to this day. The girl from the garage uncertain about the possibility of a courtesy car. Knowing the exact location of the insurance documents. The man from the insurance company requiring every life history detail before confirming they could insure Rosco. But only if he knew what type of car he would be driving. The printer in the garage not having any paper. The girl not being able to reach the paper. The guy wanting the top box although he could only reach the second from top. The box being sealed. The paper going in the wrong way round. The location of the keys uncertain. The location of the car uncertain. Although Rosco could see it. The guy not remembering which car he was checking to see if the keys were in even though Rosco had calmly told him twice. The insurance guy wanting every life history detail, even though Rosco had just spoken to him. And then wanting every detail of the car. Including how much it was worth. And the garage. And whether Rosco wanted breakdown cover. And what Rosco's new card details were since the old one was no more. And what the phone number was of Rosco, the garage, the PM, the queen. The car having no fuel in it. The petrol station not being en route. Parking on the wrong side for the fuel filler. The filler cap only opening with the internal lever. The hose not quite reaching. The fuel spraying everywhere. The fuel going in impossibly slowly. Finally realising the nozzle wasn't in properly. The wheelspin but little acceleration. The plastic, vague controls. The vibration at 80. The lack of vibration at 100. The sweat on the steering wheel. The fear of the traffic jam. The stoical determination in the face of roadworks. The rallying the car up the kerb without a care. And finally, getting the last two pins at race registration.

Where Are They Now?

(Guess the location of Brad and Janine)



Job Advert

Editor Required

An exciting opportunity has arisen for a suitably qualified person to take a well established, internationally renowned sports magazine in a completely new strategic/creative direction. Our client, a blue chip organisation, is seeking someone, anyone, to take the editorial reins for as long as possible, or even just one month.

An excellent track record in change management, with obsessive attention to detail, an ability to work under time and resource pressures, within tight financial constraints and on their own initiative, with a strong determination to succeed would all be desirable characteristics. But let's be honest: we'll take anyone.

Please apply in writing to the company secretary at secretary@fvo.org.uk. Or you could just go up to David Nicol the next time you see him and say "I'll do it!"

Letter from Australia

By Dave Coustick

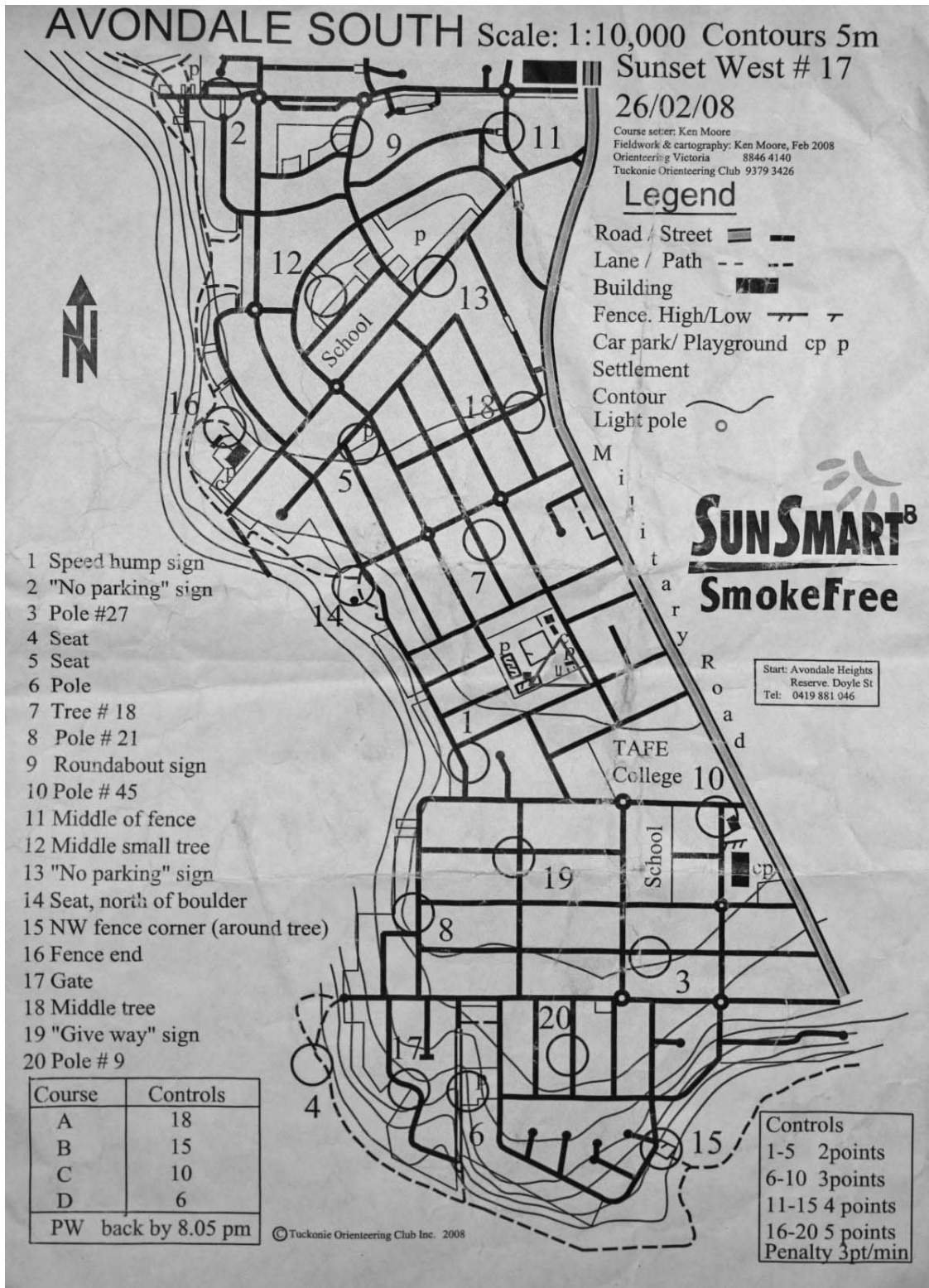
I'm on a short family visit to Oz but am managing to find the odd event to go to. I started with one of the many street-O's in Melbourne. There are four each week, with each day from Monday to Thursday being in a different sector of the city (see www.street.orienteering.com.au). The series runs for 20 weeks (maybe there is also a winter series) and there are also other urban events. Turnout for this event was in the region of a hundred or so which is fairly normal.

Although the number of events sounds a lot, you need to bear in mind that Melbourne is as far across the city as from Glasgow to Edinburgh and with a population not far off Scotland's! So given that the one I tried was on the other side of the city the hardest orienteering was driving through the rush hour traffic to the event.

I've included a map; the format is known as 'Scatter O', which is similar to a score event, but you have to get a fixed number of controls from the 20 or so set out. Different courses require different numbers of controls. Given that A was said to be about 10km and target time not more than an hour I went for B, though my feeling was that distances were probably less than mentioned. I enjoyed the run which was straightforward and fast; unfortunately although I know my position, no times were recorded.

There is also provision for Power Walkers but they have a score event, using the same controls.

I'm off to a weekend of bush orienteering (i.e. a normal event) this weekend comprising relays on Saturday and individual on the Sunday so hope to have some interesting maps to show on my return.



Tay 2009 Progress Report March 2008

An update for members of TAY and FVO by Jan and Gareth

General progress

The lack of an SOA Professional Officer has meant extra work for several people to keep everything on schedule for Tay 2009. Lynne Walker, chairman of the 6-day committee has expressed her thanks to the Tay 2009 Organising Team for managing through the period without the Professional Officer.

All mapping contracts have been placed, with Stirling Surveys and DOLM. As you will have read in Score, Tullochroisk is being used for the Scottish Championships in 2008, and the draft map is complete.



The photos show a view across some of the newly mapped terrain at Tullochroisk and part of the forestry plantation newly added at the SW end of the map.





The Tay 2009 brochure design is on schedule for launch at BOC 2008 and is a folded A3 brochure with one side giving details of the orienteering and one side highlighting tourist attractions close to the events. Dave Prentice is seeking sponsorship for the brochure from tourist attractions.

We have quotations for hot showers for the campsite at Perth racecourse obtained – so all mod cons to be provided.

The allocation of Clubs to days has been completed and clubs notified and given basic information on areas and we have a good number of volunteers to be Main Controllers.

An application for funding has been made to Event Scotland under Homecoming Scotland 2009 project, and discussions have been held with Perth and Kinross council on possible funding from them.

Dave Nicol is busy discussing on-line entry systems with several potential suppliers. The objective is to get a more modern looking and easier to use system than the one used previously.

The Tay 2009 Technical Manual is ready for issue and can be seen on the website www.scottish6days.com/2009/ctfg6394mamg8016/admin_index.htm

Central Organising Team

Since the last update to FVO and TAY members (May 2007) there have been a number of changes in the Central Organising Team.

Steve Barrett (FVO) is going to organise the training areas.

Louise Longhurst (FVO) is organizing socials.

Kevin King (FVO) will do Road signs.

Marieke Dwarshuis (TAY) will do campsite bookings.

David Combe (TAY) will do police liaison.

Fraser and Peggy Purves have decided they are not able to do sponsorship. Gareth and Dave Prentice have been covering this for the moment and talking with Penny Hicks (FVO) about her possibly doing some of the role later on.

Will and Susan Hensman have decided not to do entries. David Nicol has taken over the on-line entries as it fits well with the computing role he is already doing. Gareth is liaising with Jane Anderson (TAY) about the possibility of her taking on the paper entries and organizing EOD at the event.

Roles still vacant

Campsite Manager
Bus Coordinator

Event Centre Manager
Merchandise

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

Have SI card, will travel...

By Trevor Hoey

What's the best way to use a couple of spare hours on a warm Sunday morning in Mallorca? As it happened to be the day of the monthly O event, the obvious answer was to join the small throng heading into the woods as opposed to the rather larger group of Brits running a 'Sport relief' mile nearby. And, the small matter of getting a break from shepherding 105 students for a week (note to any students reading this, the problem here is '105' not 'students').

Having established that the event was happening, two things remained – enter it, and find it. Entering wasn't too hard – all on-line, with an instantaneous e-mail acknowledgment. Finding the event was harder – the area was announced as Cala Figuera, and the fixture list noted that this was near Santanyi. A quick check of a map revealed the location – a nice looking bay with sand dunes at the back and some forest. A few days before the event the final details appeared on the web with a location map ('map' is a rather over-stated description; what was clear is that the event was 50km away from where previously advertised, although the name of the area was correct). On the day, the event was not too hard to find – based around some old military buildings in a compound marked by a colourfully painted, and hopefully not live, shell. There were

about 50 competitors – we all turned up and entered at the organisers table located in the -2 start box. Ten minutes before the first start, the organisers cleared the start box and produced a loud-hailer. A briefing followed which tested my Spanish – in essence it was introducing SI to newcomers, explaining where there is a drinks station, and warning that green crosses on the map meant old, dead fallen trees rather than living fallen ones.

And so we all set off at 2 minute intervals. In the interests of training I entered the senior mens course, rather than Veterano, which was 6.1km + 200m. Leaving the start triangle, I set off in the direction of a marked fence crossing and ran straight to the top of an unmarked 3m high crag. The terrain was very pleasant – rocky underfoot with little undergrowth and easy running. Rather too runnable as I overshot the control by 50m. The 2nd and 3rd controls both took us into the light green and then some ominous forest with a green undergrowth screen. The light green was actually ok, but the undergrowth was quite rough, especially the solid-looking grass which was anything but solid and invariably had a rock underneath. Overshooting controls became a bit of a habit, and with good visibility several runners ended up close together. Then came control 8 – it was on one of those green crosses in a light green patch of forest. By the time I got there, I could see at least 4 other runners hunting the elusive control and we were soon joined by a couple more (at least half the field were all looking for it). After a couple of minutes 'bingo' was called (actually someone said something in Spanish that I didn't understand, but the sudden rush of people towards this particular fallen tree amongst many others made the control location clear). Off we all chased to 9 and then back up a long hill to 10. This was another green cross (actually just beside this on a vegetation boundary), and led to similar bingo hunting. Visibility was not so good this time, and the hunting group became very spread out. Fairly quickly I bailed out to a road beyond the control, took a bearing and pace-counted back in straight to it (all those FVO night events coming to good use). This had taken me 15:44 for 600m – hunting in thick undergrowth is a slow business, but I was 5th on this leg and one runner took 43:57! The remaining 6 controls were all rather more straightforward and pleasant running – crossing the army's disused barbed wire fence caused a bit of a hold-up.

I eventually reached the finish in 81:57, which felt rather slow. This was good enough for 2nd place, 1:27 down and ahead of the local club champion who had a problem hunting for #10. As everyone finished we compared routes and split times, once the printer started working, and enjoyed the sponsor's biscuits and lemonade. It was hot (22C according to the car thermometer) and thirsty work. This event was a throwback to how events used to be in many ways – an old map of variable detail and quality, a small field, some bingo controls on obscure vegetation features, and everyone waiting around at the end to compare notes. The terrain in Mallorca is not too bad in places, with good rock detail and some dune areas around the coasts. Undergrowth is a significant problem, especially as it hides some really rough limestone underneath. For anyone planning a visit, events are held roughly monthly – details can be found at www.fbo.es/index.php.

West Area Junior Training

Ever wondered why FVO keeps winning the Jamie Stevenson Trophy? It has something to do with Maureen's coaching – Frances Brown explains.

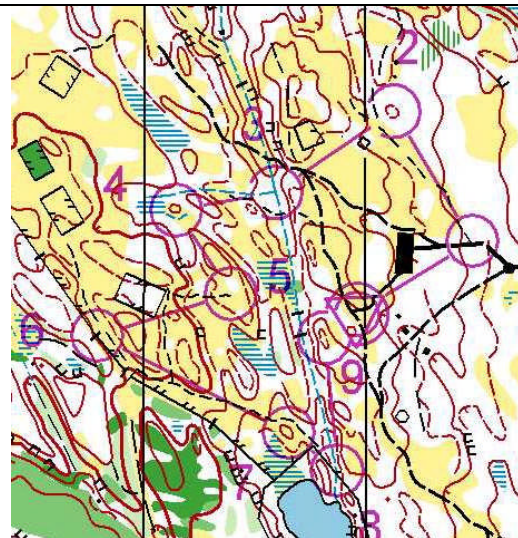
We had three training sessions for the West Area Juniors over the winter (CLYDE, AYROC, FVO). The first event was in Plean Country Park (November). We learned pacing and catching features. The second event was at Calendar Park (December) and we learned compass bearings and finished off with hot chocolate in the café as the snow started outside. The third and final place was Barr Wood on a very cold day (January) where we learned attack points and contours. The juniors were split into two groups one doing yellow and the other doing orange to light green. There were about 20 juniors each time. Each session started at 10:00 and finished at 1:00/12:30 on a Saturday morning. In each session we did about 6 short exercises and finished off with a timed race.



A cold day at Barr Wood. (Photo: Maureen Brown)



A contour exercise for the older group.



The race at the end of the day at Barr Wood.

Thanks to Maureen Brown and Christine Patterson (CLYDE) for organising the training, and to all the parents who transported us and helped.

The Road

By Ross McLennan

The road, was a river
The path, was a stream
The sky; a glowering cloud
The wind whistled fiercely through the cowering tree
Whilst the rain lashed down
Unremittingly

Yet four intrepid runners set out from Dunblane
Each and every one of them
Completely insane

Jon was the leader, though not his idea
Becks left her babe, for the first time that year
Roge chased his formerly faster self
Whilst Rosco just wished he had had one

The specs; rain splattered
The shoes; mud covered
The white socks that no more will be
The essential thermal and smart running coat
Tight fitting leg hugging lycras:
Trendy?

Flickering torchlights reflect on rain drops
Senses bombarded feeling dead yet
Alive.

Membership Renewal Reminder

If you have not yet renewed your membership then unfortunately this will be the last newsletter that you will receive.

Both National & Local BOF members should renew direct through BOF.

FVO Social members should send their renewals to Susan Hensman, 3 Coats Crescent, Alloa, FK10 2AQ.

Membership renewal forms are available on the FVO website (www.fvo.org.uk) or BOF members can renew by contacting BOF (www.britishorienteering.org.uk) directly.

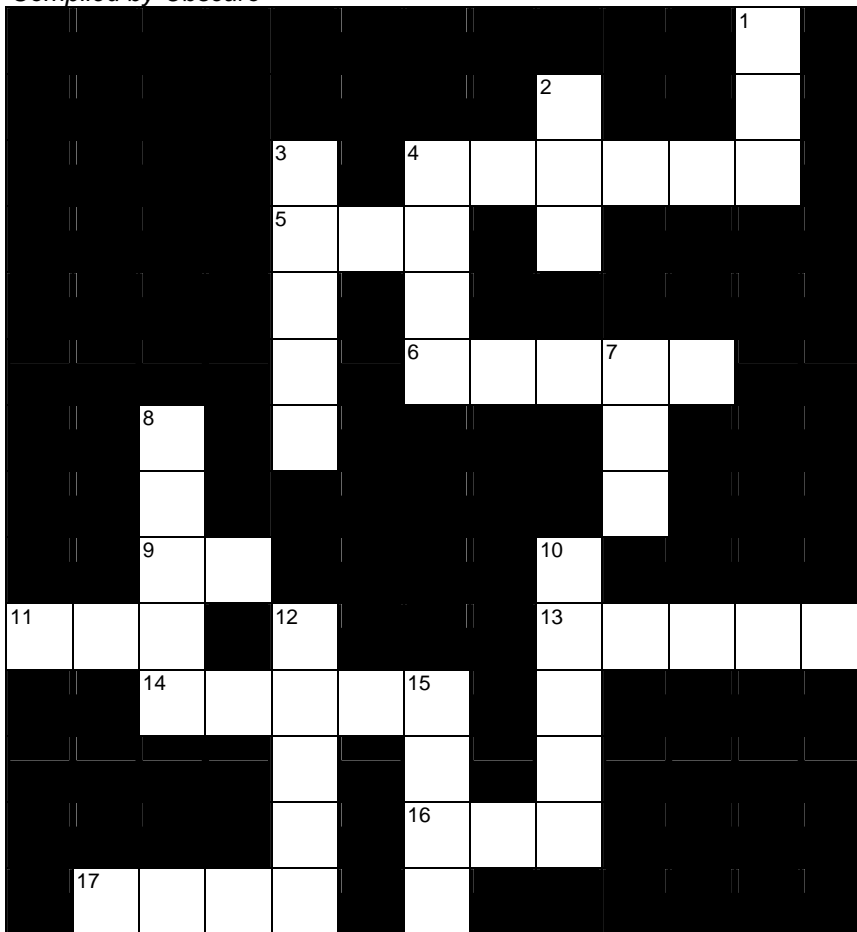
A Few Photos From Fabulous February Training Camp

Roseisle, Lossie, Darnaway, Carse, Loch Vaa



Crossword

Compiled by Obscuro



This space is sponsored by:
Forth Columnist – the
magazine for the discerning
orienteer

Hint: the answers are all concerned with Scottish club orienteering

ACROSS

- 4 They're nearly aye slow and confused (6)
- 5 Almost a very good Italian football side (3)
- 6 They are all rather old in this club (5)
- 9 The Rolls Royce of Scottish Orienteering (2)
- 11 The start very often comes after the start of the finish? (3)
- 13 They've all got jobs (5)
- 14 You would be wet if you were in it (5)
- 16 Initially kings fought overseas (3)
- 17 They have very smelly feet (4)

DOWN

- 1 Jumbled positive thanks, shortly (3)
- 2 Proof that old rock groups never die (3)
- 3 Useful for your kitchen floor, see? (5)
- 4 In the autumn they grow horns and can be rather aggressive (4)
- 7 They can't get enough of it (3)
- 8 These strange highland people are rather possessive of their stones! (5)
- 10 One character in the Wizard of Oz would probably have ten of them (5)
- 12 Indefinite year ends near part of California (5)
- 15 They always repeat everything you say (4)