

Forth Columnist

Issue 185

October 2 0 0 8

FVO RETAIN COMPASSSPORT TROPHY



The successful FVO team at Sutton Park.

Photo courtesy of: www.CompassSport.co.uk

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Editorial

What a great couple of months it's been on the orienteering scene for FVO and Scotland. Silverware (or rockware!) for the CompassSport Trophy for the club was our fifth win (I think) and the second consecutive success in the event. There were trophies for both the VHI and SHI for Scotland, with contributions in both events from FVO members (even if not always for the Scottish team!).

Then the training weekend at Rothiemurcus Lodge organised by Jason (training) and Louise (food and accommodation) – thanks to both of them. There is a full report of this by Janine later in this issue. This ended with the SOL at Anagach, just one of four SOL's in two months and all at great technical areas – Loch Vaa, Anagach, Inshriach and Craig a Barns.

In the middle of writing this I put on the news to hear the (distorted) story of the OMM, in which a number of our members took part. As is so often the case the mainstream media blow things up out of all proportion. I'm still unclear as to who forced the organisers to cancel – why should the police do this if there was no major problem? And surely the real problem arose only because it was cancelled rather than letting competitors get on with it? The nanny state wins again! (If you want to read the true story check out

http://www.planetfear.com/news/OMM_The_Inside_Story_2267.html)

And now we're coming to the social season with the Dinner-Dance on 22nd November at the Stirling Highland Hotel. Tickets are £28 adults and £14 juniors; please contact Louise (longhurstl@aol.com) to put your name down. This of course follows the usual format of dinner followed by ceilidh and is preceded earlier in the day by the Club Champs – see elsewhere for details.

Just before Christmas will be a meal at the Sheriffmuir Inn on Thursday 11 December (Shame – I'll not be able to make it!). £21 per head – please let David Nicol (david@thenicols.net) know if you're coming. As it's out in the country in mid winter make sure you leave word of where you've gone and contact details in case the weather turns bad. Full emergency kit should be carried. The mountain rescue may need to be called in!

Well, having done my stint as editor as a one off please pass any articles for next time to Will (will@hensmanfamily.co.uk).

Dave

President's Piece

As the 2008 season draws to a close it is good to finish with FVO having regained the Compass Sport Trophy - thanks to everyone who made the effort to travel to Middle England to represent the club, and also to Jon and others who helped organise it.

I know there have also been a number of other recent successes, including a number of FVO members in the Scottish team that won the VHIs and a number of juniors having represented GB at EYOC recently.

Meanwhile our active programme of evening training is back underway, thanks to the effort of Jason, and now also includes a well attended Pilates class on Mondays (not that I have been yet!) and we also had a very successful training weekend recently at Aviemore

As we move into winter the night series, organised by Martin, is now underway, and we have the club champs and the social event of the season the dinner dance shortly.

Looking forward to 2009, the main events for FVO are being a lead club for the Scottish 6 days in August and organising the British Age Class Sprint Champs on 4th May at Stirling University

The Sprint Champs will be combined with a National Event on the Sunday organised by TAY, which also be a junior selection race, so it should be well attended. I have had offers to plan the Sprint Champs and also to do SI/Entries, but I still need an organiser so if anyone is able to do this please let me know.

Gary



Well, nobody came up with a caption for last month's photo of Jon so let's see if anyone can do better with this photo (courtesy of Compass Sport). What is Abi saying?

Suggestions please send to will@hensmanfamily.co.uk

My Gap Year with Project Trust

By Abi Longhurst



Many of you may already know, but for those of you who don't, next September I am going to be venturing to South America to the fascinating and diverse country of Guyana. Guyana is about the size of the United Kingdom but has a much smaller population, of less than a million. Most of its population is located along the Caribbean coastal strip, while the interior of Guyana is largely uninhabited. As a former British Colony it is the only English speaking country in South America, making things some what easier for me!

Guyana, however, has a shortage of teachers - especially in Mathematics and the Sciences - so that is where I come in! I will be teaching in a Government run secondary school in the rural part of the country. The pupils will range from about 12-18 years old and I will be teaching them the equivalent of Standard Grade/GCSE level. But teaching my class will be the least of my problems! As I will be in rural Guyana, the standard of living will be basic - to say the least!

One thing stands in the way of me and my exciting trip to Guyana, the huge sum of £4660! This is where you can help, as I will be organising a number of fundraising activities. Any support will be more than welcome, including donations for a raffle or if you know of any charitable trusts that I can apply to. I hope you will all be coming to the Club Champs? I plan to be there selling soup and cakes after you have all worked up an appetite, so don't forget to bring money!! But my main fundraiser will be my Ceilidh in February. Any of you who attended Victoria's last year will know that the Longhursts definitely know how to organise a great Ceilidh! So be sure to get the 6th of February in your diary, I can assure you it will be another night to remember!



Abi Longhurst, one of the class winners in the CompassSport Trophy competition, holding the Trophy.

My First Orienteering Course by Myself

SOL 6 - Inshriach South, 12th October 2008

By Eloise Lardet, aged 8



I was at the start feeling a bit nervous, then it was my start time and I went off. Luckily I had already talked through the course beforehand with my Mummy because you can have your map before you start on the White course.

I was going towards the first control – it wasn't that far away from the start so I found it easily following the big path. I had heard that there was a capercaillie on the loose in the forest but I wasn't scared about it because it wasn't on my course and should stay deep into the forest.

So when I got to control #2, there was a junction and I had to decide whether to go left or right with my compass and my map. When I was heading towards number #3, I saw the control so I ran to it. From control #3 to #6, there was a big yellow ribbon on the map, which Mummy had told me was a ride. I followed it and it was very very easy to follow because it was straight between two lines of trees. I ran the whole way.

When I got to control #6, I decided that I was going to go left after looking at my map and compass. At the start, Mummy had told me control #7 was the hardest, but I didn't find it hard at all. I followed the small path to control #8 and then it was all downhill to the finish. I was very proud of myself when I had finished because I was 10th with 12 minutes 51 seconds.

After I had done my course, I went to help my friends build a den near the string course. Here is a photo of me and my brother Pierre in the den. It was a great day!

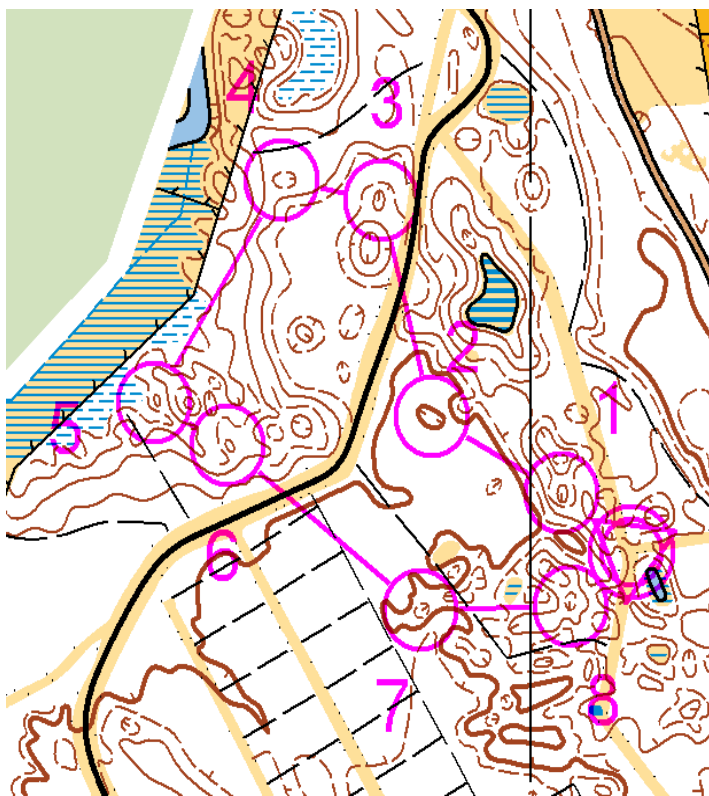
Speyside Club Training Weekend

26-28 September 2008

By Janine Inman

The last weekend in September saw the club's first training and coaching weekend run by our resident GB Junior Coach, Jason Inman. With a quality Scottish League event on the Sunday at Anagach, it was a perfect opportunity to get some technical training in on the Saturday in the detailed moraine-strewn forests of Speyside. Thanks to Duncan Francis and Louise Longhurst, we were able to stay at Rothiemurchus Lodge, a fantastic self-catering venue with small bunk rooms and views across the Cairngorm slopes. Most club members made the journey north on the Friday night, allowing plenty of time for socialising and catching up before things got more serious the next morning.

Coach Jason started the day with a talk on the orienteer's toolbox, with particular emphasis on compass and visualisation. We then hit the forests! Achlean was the morning's terrain; fairly flat pine woodland but with intricate contour detail. Two short 1km loops with lots of controls got people using their compass and thinking about attack points and visualisation. Everyone was



Achlean

divided into small groups, each with their own coach/mentor, so there were plenty of chances to chat about techniques before and after each exercise. Shadowing by coaches and pairing up allowed further coaching opportunities. The third course, if people were keen, increased the distances between controls, aiming to extend the skills already practiced on the short loop exercises to longer legs.

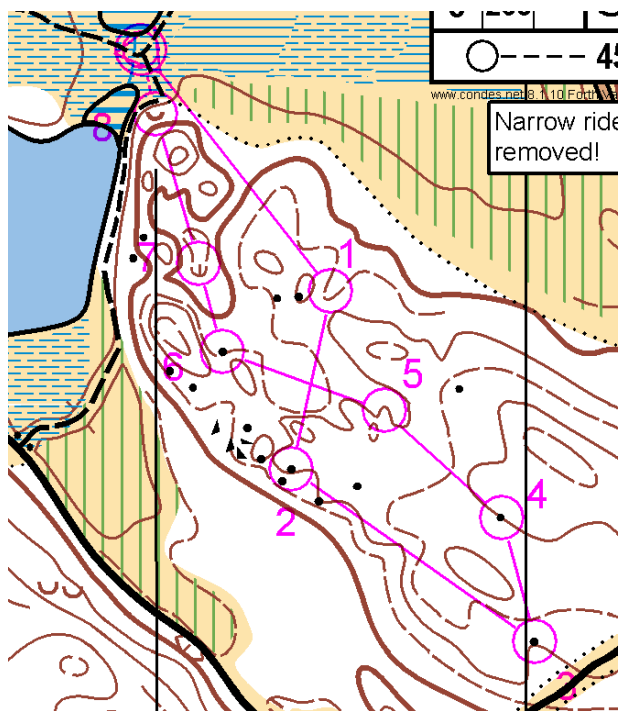
For lunch the club visited Loch Insh Watersports Cafe to analyse routes and techniques over soup, tea and cake. It was then back up the road to Uath Lochans for the afternoon's exercises. Again 3 exercises were on offer, this time with slightly longer legs than the morning. Less intricate detail meant that use of the compass was crucial, and those who chose to try a few controls without this tool realised just how crucial! The third exercise was a mini 'race'; a 1km course with 8 controls. GB international Ewan McCarthy set the fastest time of the day, with Cathy Tilbrook, Steve Barrett and Louise Longhurst scooping the rest of the lavish prizes.

Education continued into the evening, with the topic being the next day's Anagach competition and how best to approach the event. This included discussion on hypothetical legs and different route choices (some turned out to be not so hypothetical!). Janine had arranged a visit from a 'Lucozade Sport' Sports Scientist to give a presentation and Q&A session on fuel and hydration in sport. Pre, post and during exercise were all discussed, with the differing requirements of electrolytes, carbohydrates and protein for each (check out their website if you want to know more). Free samples were handed round, along with a variety of multi vitamins to try. Certainly the hydration sachets were appreciated the next morning after Louise's wonderful meal, a few

beverages and full evening's worth of chat.

Sunday was a great opportunity to put all of the previous day's training and learning into practice at the Anagach SOL, followed by another tea shop visit to analyse routes and round off a top weekend. Thanks in particular to Jason for organising the training and Louise the food and accommodation.

The plan is to have another club training weekend in early Spring to perfect techniques before the start of the 2009 season. Watch this space!



Uath Lochan mini 'race'

A Flying Finish to WMOC 2008

By Dave Coustick

Go to start (in Nazaré) with John; he gets away from me here as I don't have a map showing the second control and have to spend time programming my satnav. Short leg first and pick up others in team for a long leg to the second control where manage to catch up John despite a slight mistake at big junction. Leave bag at control LIS and then to refreshment control – all going to schedule. Time to go to G25 (gate) – an easy control this one but slightly delayed leaving here on the first long leg, where we make up a bit of time. It only takes about 2.00 (hr.min), about 20 minutes less than expected. We've gone for the long course with map exchange, unlike some club members who chose a direct course planned by either that Irish guy or the Greek chap; we stuck with the British planner as the start and finish were more convenient.

Transfer buildings for new map at control T5 and another refreshment control. Told that next control will be a bit late being put out. I manage a glance at the big scoreboard to see what's happening but this fails and we have to listen to the PA instead. Then we hear that the planner could not put out control 1452 in heavy rain and has left the control at Luton, so we have to do a short sprint course round the building before finding a revised second set of descriptions.

The sprint is a Norwegian course, with manned controls; when you get to a control someone should be there to tell you which is your next control. But at several controls there is a wait as the officials either don't know what to do or have a line of competitors to deal with. Sprint goes ok but seems to involve going to some of the same places I've just been to and a lot of zig-zagging between tapes. An official even checks my ident again at the crossing point. Have to pick up bag again before they'll give me a new set of descriptions; then when I get these I can leave bag again.

I had hoped I could get 1454 instead of 1452 but it's fully allocated so I have to been given 1458, which means an even longer course. Still I can go back to a refreshment point before this one. 1458 is delayed in being ready but we should be ready to start about an hour later than planned. However there a lot of people ahead of us wishing to use the wide tarmac track which lets us into the final part of the course and we have to wait a further hour and a half for our turn. So the organiser has decided he will feed us a so-called meal before leaving the control (big glass building, south side). Our time has nearly come but the controller is worried by a security "situation" and we are not allowed to move away from the control. Another hour passes, but when we do get going we sprint the final 400 miles in just 52 minutes. This means that the second half of the course only takes six hours twenty minutes – about five hours longer than the planner said it should.

And when I came to download at the finish my bag was not there!

European Junior Championships, Switzerland

Over the weekend of 10-12 October 2008 Doug Tullie (EUOC & RR), Hollie Orr (EUOC & Clyde), Hazel Wright (EUOC & Maroc), Jamie Stevenson (FVO), Kirsty Coombs (Maroc) and Abi Longhurst (FVO) represented Great Britain at the European Youth Championships and European Cup Junior Match.

The competitions, over three days, began with the **Classic Distance**. In M16 Jamie Stevenson placed 38th and in W18 Hazel Wright placed 37th. In W16 Kirsty Coombs placed 41st whilst it was Abi Longhurst who coped best of the young Scots with a solid 27th place. In the European Junior Match Doug Tullie (M20) placed 20th whilst Hollie Orr (W20) achieved a solid performance in 12th place. No athlete was entirely satisfied with their run but it gave them real insight into what is required of them to reach the top on a World stage – and there were still 2 competitions to go!



Abi Longhurst, Classic, EYOC. (Photo courtesy of EYOC)

In the **Relay** the following day, Abi Longhurst learnt a lot about dealing with the pressures of 1st leg in a major relay but that's why she was there. Abi handed over to Kirsty Coombs who had a good run and was able to climb 7 places with the team eventually finishing in 16th place. Jamie Stevenson ran second leg in the M18s class – a step up for him. Kris Jones put real pressure on Jamie by coming back with the lead pack in 4th place! Jamie coped well with a tough 10k course and posted a very solid time handing over to a Finish athlete to finish in an unofficial 13th place out of 33 teams. In the Junior Match the 20s were also running against 21 Elites as this was the Swiss National Relay Championships. Hazel Wright ran up for the 20s on their first leg and Hollie Orr brought the team home as anchor in 5th place in the Junior Cup. In the men, Doug Tullie ran well

on 1st leg and came back within sight of the leading Swiss teams to give his fellow team members a chance – this ended in a sprint finish on the final leg where Great Britain gained the Silver medal in the Junior Match and 4th place overall in the Swiss Relay Champs – an excellent result!

On the final day it was the **Sprint** competition. Great Britain saw its first ever Gold medal at these Championships when Kris Jones of Wales won the M18 class with a large margin (12 seconds)! In W16 Kirsty Coombs placed 58th and Abi Longhurst 73rd. In the Junior Match, Doug and Hollie had strong performances to finish in 17th and 19th place. But best Scottish performance of the day came from the young Jamie Stevenson. Having being out of the limelight all weekend due to outstanding performances from other team members, it was Jamie's turn to hit the spotlight with Scotland's best result of the weekend. In the M16 class Jamie raced strongly round the old town of Solothurn. He unfortunately took a fall on a slippery pavement rounding a corner on his way to control 15, losing him valuable seconds. Despite this he kicked for home and was cheered in by a large British crowd desperately shouting for him as he was seconds off the medals, but it was a near miss on this occasion as Jamie finished in a fantastic 7th place (7th in the European Champs!), just 1 second off the podium and 2 seconds off 5th.



Jamie Stevenson – 7th at European Youth Sprint Championships 2008 (Photo: Jason Inman)

The competition proved to be a real eye-opener for our 16s – the first time ever GBR have thought to expose the youngsters to this international competition. All came home with some invaluable experiences and we look forward to them returning to the World stage next year seeking better results and more success.

Jason Inman (GBR Team Coach)

FVO Night Series 2008-2009

Programme:

29 October Touch Estate (open hill) –

See next page for what this event had to offer!

12 November Sauchie Crag Car parking grid reference: NS771907

Organiser: Gareth Bryan Jones janand.gareth@virgin.net 01786 472758

26 November Mine Woods Car parking grid reference: NS790980

Organiser: Janine Inman janinehensman@hotmail.com 01786 823094

10 December Abbey Craig Car parking grid reference: NS807958

Organiser: Will Hensman will@hensmanfamily.co.uk 01259 721966

7 January Stirling Old Town Car parking grid reference: NS790935

Organiser: Ross McLennan rossmclennan@hotmail.com 07734319079

21 January Polmaise Wood Car parking grid reference: NS772923

Organiser: Jon Cross jon.cross@tinyworld.co.uk 07803 796773

4 February Barr Wood Car parking grid reference: NS796865

Organiser: Trevor Hoey Trevor.Hoey@ges.gla.ac.uk 01360440287

18 February Dumyat East Car parking grid reference: NS849971

Organiser: Fraser Puves FraserPurves@scottishwater.co.uk 01259 762460

4 March Touch Estate (wood) Car parking grid reference: NS744937

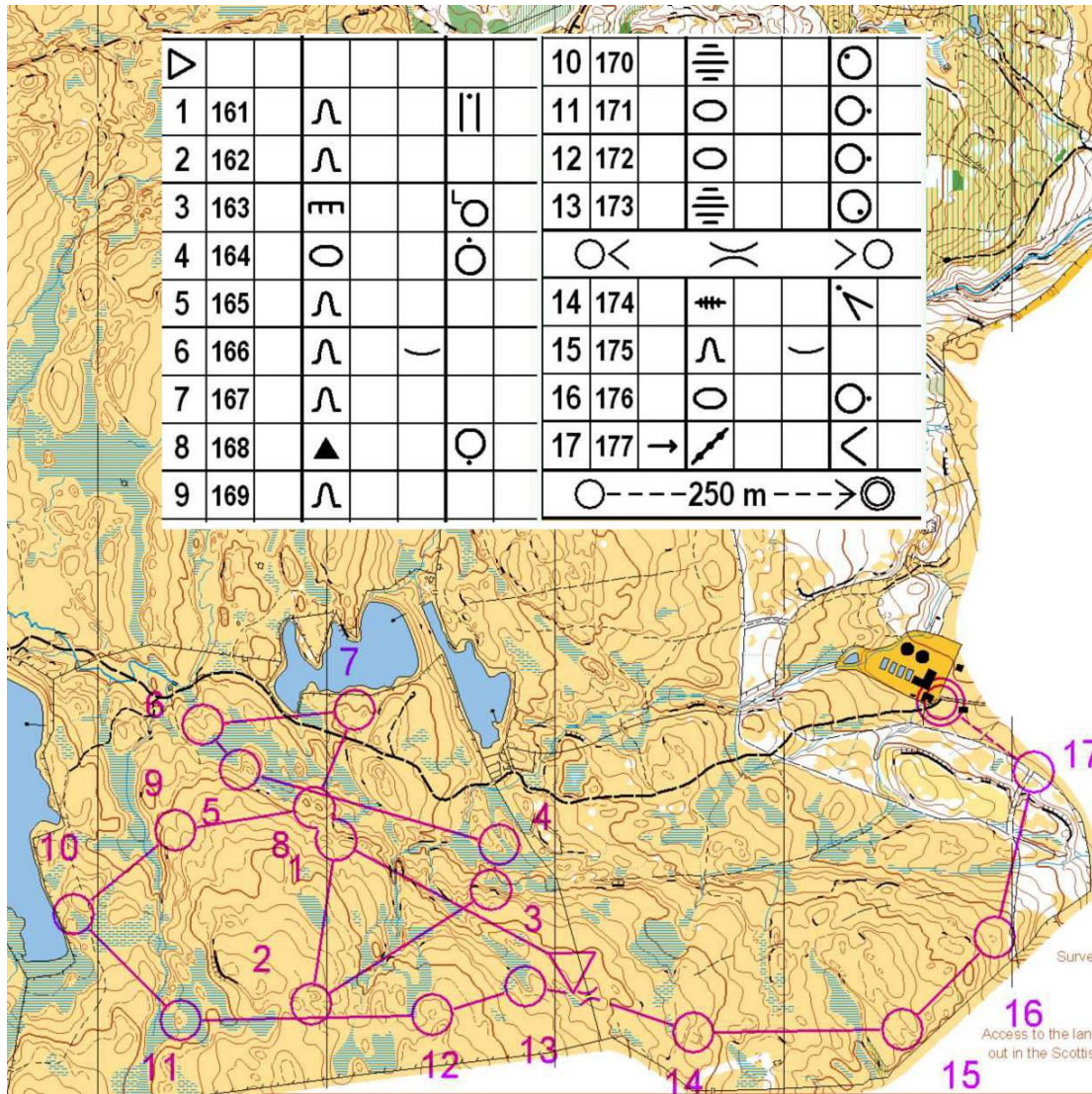
Organiser: Steve Barrett steven.barrett@virgin.net 01786 841931

18 March South Achray Car parking grid reference: NN530004

Organiser: Jason Inman jason.inman@forestry.gsi.gov.uk 01786 823094

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!



This looks confusing enough to me sitting at home so it must have been an interesting challenge in the dark!

Forth Valley Orienteers Club Championships 2008

Barr Wood
22nd November 2008

This years Club Champs will take place at Barr Wood, south of Stirling, on the morning of Saturday 22nd November.

Parking at GR 797 864, signed off A872

Courses:

Orange – Junior Girls (W10/12/14), Junior Boys (M10/12/14)

Light Green – Senior Girls (W16/18)

Green – Senior Boys (M16/18), Veteran Women (W40+)

Blue – Women (W20/21/35), Veteran Men (M40+)

Brown – Men (M20/21/35)

There will also be a White/Yellow course.

Entry is free, but please pre-enter by Wednesday 19th November to guarantee a pre-marked map. Entries to Steve Barrett, email: steven.barrett@virgin.net or tel: 01786 841931

Refreshments: post race soup and cakes will be provided by Abi Longhurst who is raising funds for her gap year trip to South America.

Prizes: there will be prizes and awards for all junior classes. Senior awards will be presented at the Dinner Dance later in the day.

You Know You Are An Orienteer When... (cont).

51. You, your wife and your kid (who isn't even potty trained yet) all feature regularly on attackpoint logs
52. A few days later you dream about a course you recently ran (I won't say whether for better or for worse!)
53. You've abandoned clothes in a hotel room after the meet.
54. You think nothing of driving for 16 hours in order to run around in a strange place for 90 minutes.
55. Your child can read the IOF symbols before they can read the "beginner" clue sheets.
56. The squares in the quilt on your bed look like control markers.
57. When you babysit, you often take the child(ren) orienteering. Bonus points if it's on a map you made.
58. The squares in the quilt on your bed ARE control markers.
59. You have removed moss and/or ferns from between your butt-cheeks
60. Taking a communal dump with people you don't know no longer seems weird
61. Taking a communal dump with people you do know no longer seems weird
62. You know that 'orienteer' is a person who participates in orienteering sport not some distant object. And you know how to spell both!
63. You have a whole set of orienteering undies - that brown stain from sliding down a hill will never come out! And let's not talk about the colour of the socks!
64. A weather forecast of storm, wind, and flood for the weekend reminds you of a fun time you once had in the woods.
65. "mins/km" replaces mph as your standard unit of speed. For everything.
66. When you selected your honeymoon trip destination, the selection was based purely on O-maps and terrains.
67. You wear Lyrca when you really shouldn't.
68. You don't immediately think it's a Clown Hunt when you see hundreds of people in bright coloured clothes running around the fells in the rain.

69. You have to harvest the plants that grew in your backyard from the burrs
you picked off your clothes.
70. You found out how to get your revenge on stinging nettles.
-Boil them & eat them like spinach
71. You are preoccupied with intricacies of World Ranking Event statistical
calculations most of your day time. And during night you would wake up
with eureka scream finding one more genius scheme how to trick it.
72. My fantasy is that my wife will wear a thumb compass when we make
love
73. When all the shirts you own are from O-meets
74. Your son isn't even 1 year old and you take a photo of him by a marker
and say he's in the M-0 category.
75. You read all of the above and find it funny, not disturbing.

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More to follow in future issues – if you have any of your own additions let the
editor know.