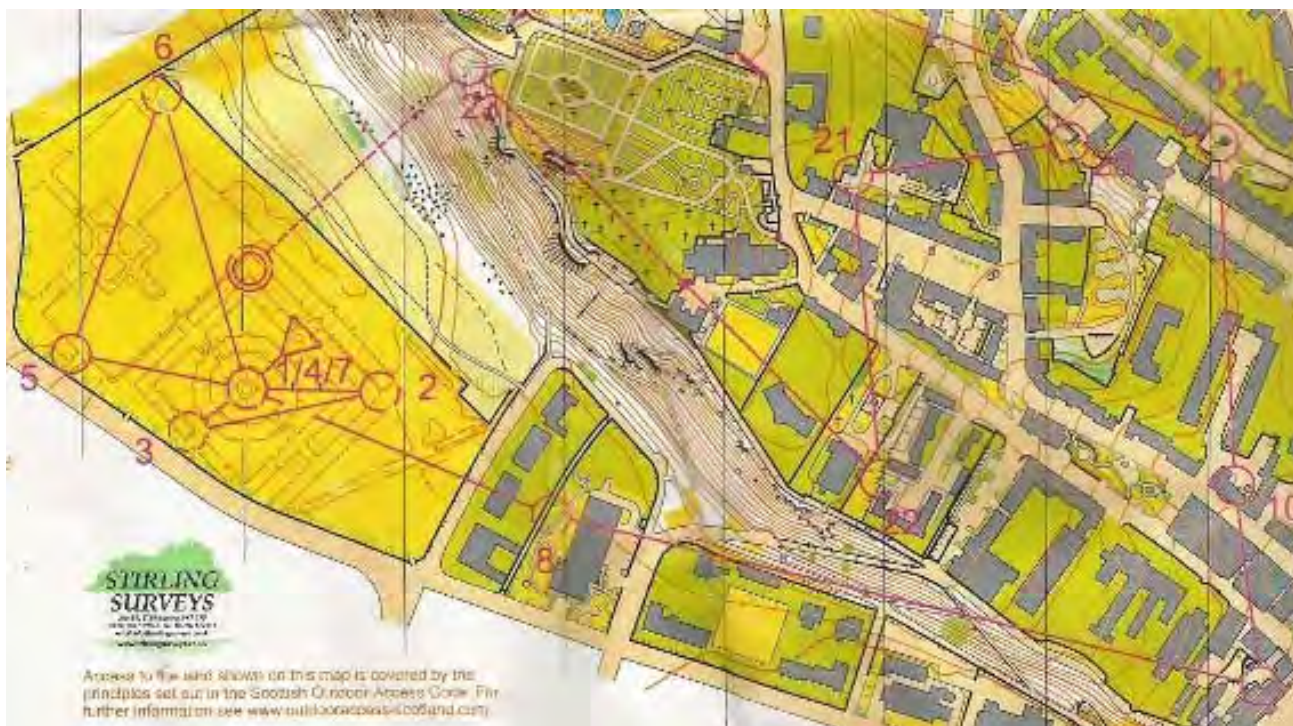


Forth Columnist

Issue 186

Jan/Feb 2009



FVO Night Event at Stirling Castle – 1st FVO event of 2009

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Editorial

By Will Hensman

It doesn't feel that long since I was typing my last editorial and hanging up my "editors" hat for good, but back by popular demand?? (or should that read no-one else volunteered and I had my arm twisted) I have taken over as club newsletter editor again. Thanks to Ross & Dave for standing in with the last few issues.

Action packed as ever the newsletter still adds to the ever increasing communication that is done by email and through the website. Feel free to put pen to paper (or should that be fingers to keyboard) and send me stuff whenever you feel like it and I'll be happy to include it

Happy O'ing and here's to a successful 2009 (oh and don't tell anyone but I'm 30 this year – the day before the FVO organised British Sprint Champs!!)

Caption Competition



Only 1 entry this time for the picture, which was from Claire Allison....

What is Abi saying?

"They're not Ross's; they're mine!"

This month's offering.....

Any suggestions/entries to
will@hensmanfamily.co.uk



President's Piece

By Gary Longhurst

I hope you all had an enjoyable break over Xmas and the New Year, and are ready for an active year of orienteering.

Looking back on 2008; it was great to win the Compass Sport Trophy again and to see a number of club members running at National and International level (most notable was Jamie Stevenson coming 7th in EYOC Sprint)

We also had a very successful weekend of events in May, organising the Scottish Sprint Champs in Stirling Old Town and SOL2 at Touch. These events are only possible through the efforts of everyone involved and I am grateful to everyone who assisted.

Our night series, run by Martin, is now in its second year and well established; and our regular training programme, run by Jason, is still going strong. We also had a club training weekend in Sept in Aviemore, which was very enjoyable. A few individuals, in particular Jen Leonard, have also been doing work with Schools, which is encouraging newcomers into the sport.

I would encourage everyone to attend the training and other regular events as they include something for everyone and are very sociable. There is also plenty of scope for anyone to organise something as part of this, e.g. a club run to check out some local terrain that might be worth mapping?

We had agreed to organise a colour coded event in the autumn, but with no-one volunteering to organise or plan this had to be cancelled. It has also taken a lot of effort to get an organiser and planner for the Sprint Champs this year, with these now being done by individuals who already do a lot for FVO.

The club needs to do these events to play our part in supporting Scottish Orienteering and to generate income to fund our various activities. The forthcoming events organised by FVO are mentioned below and it would be great if individuals could volunteer before I have to ask.

Looking ahead to 2009, we have a number of FVO activities and will be participating in the usual major competitions for which Jon will be organising relay teams:

- ❑ 30th Jan: AGM + Supper. Everyone welcome, do come and have your say
- ❑ 13th Mar: Training Weekend, Aviemore – great value for money, great training, great social!
- ❑ 4th April: British Sprint Champs, Stirling University – prestigious event, helpers needed
- ❑ August: Scottish 6 Days, Perth, FVO joint organising club with TAY
- ❑ Autumn: SOSOL (Colour coded), possibly Polmaise and North Third

❑ November: Club Champs and Dinner Dance.

❑ Mar 2010: SOL, Trossachs

More on most of these activities are elsewhere in this newsletter.

2009 also sees a couple of changes in club roles; with Will Hensman taking on Newsletter Editor. Please make his job easier by sending him lots of interesting articles before the copy date; and Alison McQuillen taking on the role of co-ordinating the Weds Evening Programme. Please volunteer to organise one.

After 5 years as club president, I have decided that it is time to take a less active role and to give some else the opportunity, and ideally I would like to stand down at the AGM. If anyone feels they could take on this role, please get in touch.

Also in 2009 we are planning to get some new club kit, retaining the old colours but with a more modern style and fabric. With a large increase in the price of kit in recent years, this has only been possible by securing sponsorship from Prudential, which will enable us to offer them at a huge discount. More on this is also elsewhere in this newsletter.

2009 also sees a number of changes to the event structure. These are detailed on the BOF and websites, and I have put together a brief summary which is elsewhere in this newsletter

And finally.. the other event which I am sure most of you are going to, is Abi's Ceilidh on 6th Feb – See you there!

FVO AGM

Friday 30th January 2009

at 7:30PM

upstairs in the Westerton Arms, Bridge of Allan

The AGM will start at 7:30pm and will be followed by a short social; with haggis, neeps and tatties available

Minutes of last year's AGM, and a copy of the club constitution are currently available online at:

<http://www.fvo.org.uk/Minutes.shtml>

Club Captain's Chat

By Jon Cross

Remember 2008: FVO winning the 11-person relay?

Remember 2008: Hazel, Kirsty and Janine winning the Scottish Women's Relay title?

Remember 2008: our men's vets team finishing a tantalising 2nd, 3rd and 4th in the JK/Scottish/British relays last year?

Now for 2009: Will this be the year that the FVO Fairies show what they can really do in the junior men's relays??

Now for 2009: Let's defend our trophies!

Now for 2009: Can we field more teams than ever before??

Yes, it's that time of year again - the time to plan how FVO can make an impact on the big orienteering races in the spring. I hope many of you are planning on helping us do so!

First up are the British Champs in the New Forest (28 Feb/1 March) and the JK in Northumberland (10-13 April) - I hope we have lots of people planning to attend!

I need to start thinking about our teams for these event and I would like to try and enter the teams before the late January deadlines - so please let me know by TUESDAY 20th JANUARY if you currently plan to come and run for us. If you decide to go at a later date, please tell me know ASAP - there will still be a run for you but it will just cost a little more.....

Secretary's Scribbles

By David Nicol

It's time to renew your club membership

Social & Second Club members: Old fashioned. Can you please fill in the form and send a cheque to Susan our membership secretary. All the details on the enclosed form.

If you want to send monies & form electronically - our Bank Account Details are:

Forth Valley Orienteers, Bank Sort Code 80-05-28; Account No 00371118;

Tell both Susan susan@hensmanfamily.co.uk & Roger Roger.goddard2@virgin.net so they know you have paid and reconcile the monies. And I am sure you can then confirm the membership details to Susan by email.

Local & National BOF members: You should have had the renewals from BOF. Please fill in and return to them ASAP

FVO Spring Training Weekend 13th – 15th March

Following the success of our training weekend in September we are returning to Speyside in March for another fun weekend of training. This will be a sociable weekend aimed at developing TD4 and 5 standard orienteering ability, primarily. But we are looking to encourage our families and youngsters along and hope to provide some fun and games and some basic orienteering for everyone that comes.



We will be staying at Rothiemurchus Lodge (near Glenmore) which provides bunk bed accommodation in 4 or 6 bedded rooms and a large open plan lounge / dining area for socialising, with the added delights of a sauna and pool table.

The cost of the accommodation for the weekend (Friday and Saturday night) will be £20 per person (£10 for under16's) and a communal meal will be provided on the Saturday night for which there will be a small extra cost.

There will be two training sessions available on the Saturday and Sunday and we'd be hoping that everyone would be able to come up Friday and stay until Sunday, to enjoy the social side (there'll be some fun and games in the evening too!).

We will be training in local forests working on a variety of technical skills. There will be a fun team session on the Saturday afternoon and the chance to put everything in to practice with a middle distance race late Sunday morning.



Email Louise (longhurstl@aol.com) if you would like to come and to book your place at Rothiemurchus Lodge (places are limited so don't delay!).

If anyone has any questions about the weekend don't hesitate to ask Louise or Jason (jason.inman@wirepost.co.uk).....

Here's hoping for a really big turnout!

Fundraising Ceilidh

In aid of Abi Longhurst's gap year to Guyana with Project Trust

Dance the night away with the Fraser

McKinnon Ceilidh Band

at the

Victoria Halls, Dunblane

Friday 6th February

8.00-Midnight

Licensed bar

Tickets: £8.50

Family Ticket: £25



You can reserve your ticket by emailing abilonghurst@aol.com

or by calling 01786 823295.

Invite your friends!



FVO Members (and associated hangers on) on top of Dumyat on Christmas Day

New Club Tops

Sponsored by **PRUDENTIAL** 

By Louise Longhurst

FVO have a new club top which is laser printed with our own unique design and incorporates the colours and style of our current top. It will be produced in a coolmax polyester fabric, with a zip neck.



We have held off buying new club tops for a couple of years as the prices had gone up significantly, but with sponsorship from Prudential we are able to substantially reduce the price, allowing us to sell them even cheaper than we have previously. Adults will get a reduction of 50% on the cost and juniors 65% with adults paying £22 and juniors just £15.

Tops are available in unisex sizes xxs, xs, s, m, l, xl and xxl (which roughly translates to chest sizes 32", 35", 38", 40", 42", 44" and 46"). Note: The tops are made of stretch fabric and designed to be worn "fitted" so if you prefer a more "roomy" fit you may wish to buy a larger size. If you would like the fit to be similar to the current FVO Trimtex top I would suggest buying one size larger.

If you would like to order a top, please send me an email (longhurstl@aol.com) or call me on 01786 823295.

I need your orders by **Friday 23rd January**

FVO Night Series 2009

Programme:

- 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 Purves 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!

Attackpoint

By Will Hensman

Have you heard of or are you using AttackPoint as THE place for Orienteering social networking???

No, then let me enlighten you. Basically it's an online training log/journal to record you sporting life, with the ability of others to comment. Some FVOers (not me though!) spend hours updating their training, commenting on what others are doing and generally motivating each other (oh and taking the mick), since it helps introduce structure and accountability to your training. Fancy a gander at the FVO page, just click onto http://www.attackpoint.org/group.jsp/group_63 and start logging those miles/hours!!

Changes to Event 2009

By Gary Longhurst

Some of you may be aware of the various changes to events in 2009, but for those who are not here is a brief summary. More details are on the BOF/ websites and in Score.

The Event structure has changed from 5 levels to 3, and events are registered on-line by region/club, rather than by BOF, as shown in the following table.

Old Level	Event	New Level	Registration
Level 1 – Championship Level 2 – National	JK	Level 1 - National	Registered by regional fixtures secretary - send forms to Paul Caban and Moira Laws at fixtures@scottish-orienteeing.org
Level 3 – Regional	SOL	Level 2 - Regional	
Level 4 – District Level 5 – Local	SOSOL Weds Eve	Level 3 - Local	Registered by club - send forms to Gary Longhurst – Glonghurst@aol.com

There are also no longer any ER1S forms, that were used to register a series of local events like the Weds Evening programme or the Night Series, but I just need a list with area, date, grid ref and organiser.

There are also a number of issues still being discussed, including:

- The requirement for a controller for all events, whereas previously level 5 did not. It is likely that events, like the Weds programme and Night Series, will need a controller to overview them.
- Old level 4 events requiring a £2 surcharge for non BOF members, whereas level 5 did not, with them both now being classified as local events
- Embargo of 1 year for local events (I think it is more for other levels)

All events below Level 1 will be “ageless”, with anyone eligible to run one of a range of colour coded courses.

This applies to the SOLs in 2009 (but not the Scottish Champs or the 6 days), with additional colour classes added, like short green, short blue, etc. to give a range of course virtually identical to previously.

The table below shows how the old SOL course numbers map to the new colour coded course. For most age classes the recommended course is unchanged. The only differences are for some of the older classes and for M/W 18 & 20, as shown in the notes below the table.

1	White	4	Light Green	9	Green	12	Short Brown
2	Yellow	6	Long Orange	10	Short Blue	13	Brown
3	Orange	8	Short Green	11	Blue	14	Black

Note: course 5 was never used and course 7 has been removed, with W75 now on short Green and no short courses available for W50+ and M70+, which traditionally had almost no entries

W18/20 now recommended to run Blue which is same as for JW5L previously (which some did)

M18/20 now recommended to run Brown, which is a course higher than JM5L previously

It will be interesting to see the M18/20s running against M35/40s!

The main reasons for this change was because of low numbers on some courses, which seems to be borne out by the data, and to make the structure more understandable, which seems reasonable

As I originally understood it, the new “ageless” structure would also offer more TD3 and TD4 courses, for novice adults, but this does not seem to have been delivered.

SOL points will be calculated for each colour course, using a new system similar to that used for 6 days, which reflects the competition at each event. Trevor can explain this better and it is on the website, but it seems much fairer. Age class awards will also be continued, for those who run the recommended course.

BOF levy has changed from having various charges for adults/juniors depending on event level, to charges that are the same for adults and juniors and independent of event level, but vary with number of competitors. There is no levy on the first 75 competitors at an event, a charge of £1.70 per head from 76-150, and then £2.50 per head above 250.

This has the advantage that there is a higher threshold before charges are payable, helping to cover overheads; and the higher charge only applies only when entries are high and a reasonable profit has already been made.

Disadvantages are that the cost of running a local event (e.g. a SOSOL) are similar to those for SOL and the cost incurred is the same for juniors and seniors. In practice we will still charge less for a SOSOL and for juniors, and still make a similar income if we do one of each level of event each year.

◀ ... DIPLOMA ... ▶

3



triathlon running duathlon aquathlon halfmarathon football tennis swimming aerobic golf playing billiards
 halfmarathon football minitriathlon running step duathlon windsurfing squash table tennis badminton beach volleyball walking adventure windsurfing walking tennis aquathlon halfmarathon football tennis halfmarathon
 triathlon running duathlon aquathlon halfmarathon football tennis swimming aerobic golf playing billiards

FAMILY BEACH DAY - EGG THROWING

DO YOU DELIVER WELL DONE!

30-11-08





GREEN
TEAM

◀ ... ▶

Congratulations to Ross McLennan and Jason Inman (Team “Do You Deliver”) for a particularly notable result at the Club la Santa (Lanzarote) egg throwing competition. The aim of the game is simply for one person to throw the egg and the other to catch it; the pair with the longest throw and no breakages wins. Ross and Jason managed a magnificent throw of 0m to gain a fantastic 3rd place out of 3. Congratulations! Keep up the training boys, if you work hard you might just possibly improve on this next year!

By Janine Inman

You know you are an orienteer when... (cont)

- 67) People at work no longer need to ask "What happened to you?" when you come to work covered in scratches/gashes/bruises on Monday... because they already know
- 68) You keep a map in your car in order to explain to strangers about orienteering
- 69) When you finally finish your own o-web page and are updating it constantly.
- 70) When you buy shoes without trying it.
- 71) When AttackPoint is your browser home page.
- 72) When a teacher calls home or asks you directly if everything is all right because of all the gashes you have on your arms.
- 73) if you always have AttackPoint or other o-ing web sites up and have gotten yelled at by teacher for checking them in class.
- 74) When the nurse doing your history is concerned about the scars near both wrists. She accepts the O' explanation when she notices, "You have scars all over your arms."
- 75) When you get criticized by a student for paying too much attention to O-sites during class :)
- 76) you actually use the split function on your watch
- 77) the biggest celebrity you know is Marc Lauenstein
- 78) when meeting new people, learning their name is not as important as learning their AttackPoint handle
- 79) your friends say "that's for sure" in a passable Pers Forsberg impersonation, having picked it up from you
- 80) you are really good at seeing orange things in your peripheral vision
- 81) ...when you know who Pers Forsberg is...
- 82) On the spur of the moment you show up at a local meet across the country in a place you've never been, and the first ten people you see are all people you know.
- 83) When you go to IKEA and 1. you never get lost and 2. you find at least 5 things that reminds you of orienteering.
- 84) When you decorate your Christmas tree you use mini o-controls.
- 84a) When you decorate your Christmas tree you use control punches.

- 85) When your wife stops asking people on the street for directions instead relying on you and a copy of the map printed off the Internet. Actually it is, probably, the best sign that you moved to "elite" orienteering category :)
- 86) You get a cramp in your neck while driving south because you had to turn your head upside too many times to read the city names. (Or you're too good for that and don't have to read the city names to know where you are)
- 87) ...you draw an O-map (using OCAD) of your house and yard. Then you teach your five-year-old to use the map to find baseballs hidden around the property. Extra credit if the map is ISSOM-compliant.
- 87a) ...you draw an O-map (using OCAD) of your house and yard. But your 10-year-old ignores that map and draws one freehand, so he can set a course for your 5-year-old (using the pint-sized training controls you picked up last spring).
- 88) When running in shoes with couple holes is fine if outsole is still intact (especially if it is wet outside since everything you are wearing will be wet soon anyway). Just put a couple of layers of duct tape on and off you go!
- 89) When running in the woods during rain does not seem strange anymore. Contrary you found some pleasure in pre-soaking before venturing into woods.
- 90) You aren't exactly afraid of ticks, but they do concern you... on a regular basis.
- 90b) You've looked into getting vaccinated for Tick-Borne Encephalitis (TBE), even though neither the disease nor the vaccine exists on your continent.
- 90c) On second thought, maybe you ARE afraid of ticks.
- 91) The only shoes you own are those you use for orienteering
- 92) You have more clothes you run orienteering in than you have other clothes
- 93) You would rather run across open land or through forest than on a perfectly usable road (not in a race)
- 94) you aren't that afraid of "getting lost" anymore; all it will do is slow you down.
- 95) You can't hold back any longer and design a "Tan" (Brown length / White level) course for the local high school Cross Country team, for a leisurely workout the day before a race. But it backfires because you're out of town and your 9th-grade son runs the course to set the controls, then runs it again with his friends, giving him over an hour of running on the day before the last league meet of the year.....

Events

January 2009

21st STAG NIGHT 3. Kelvingrove Park, Glasgow. NS570665.
www.stag-orienteering.co.uk

24th - Burn's Weekend - City Race. The Meadows, Edinburgh. NT256727.
25th - Burn's Weekend Local Event & SoSOL. Holyrood Park, Edinburgh. NT271737.
www.euoclegends.co.uk

28th STAG NIGHT 4. Hogganfield Loch Park& Lethamhill Golf Course, Glasgow. NS637670.
www.stag-orienteering.co.uk

31st SOLWAY Local Saturday Morning Series & Schools League. Bar Hill Plantation, Dalbeattie.
www.thai.od.dsl.pipex.com/

31st ELO Local Event. Yellowcraig, Dirleton. NT515855.
John Ramsay, 01620 845542

February 2009

1st ESOC Local Event & SoSOL. Dalmeny, South Queensferry. NT152777.
www.esoc.org.uk

4th STAG NIGHT 5. Linn Park, Glasgow. NS588596.
www.stag-orienteering.co.uk

7th RR Local Event. Bowhill Woods, Selkirk. NT432281.
Rob Cranston, 01450 372095

8th INT Local Event & SoSOL. Norman's Law, Luthrie, Fife. NO302188.
www.interlopers.org.uk

11th STAG NIGHT 6. Palacerigg Country Park, Cumbernauld. NS787733.
www.stag-orienteering.co.uk

14th ESOC Local Event. Corstorphine Hill, Edinburgh. NT202747.
www.esoc.org.uk.

15th STAG Winter Score 3 - Boulder Bonanza. Allean Forest, Pitlochry. NN858599.
www.stag-orienteering.co.uk

21st MAROC Scottish Night Orienteering Championship. Birsemore, Aboyne. NO534968.
www.marocscotland.org.uk/

21st RR Local Event. Eildon Hills, Melrose.
Ian Maxwell, 01835 863268

28th ESOC Sprint-O. Hopetoun House, South Queensferry. NT091790.
www.esoc.org.uk

FVO Committee 2008

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