

# Forth Columnist

Issue 187

Mar/April 2009



FVO Juniors (Grace, Peter, Lucy, Jessica, Eloise & Jamie) at the FVO Training Weekend

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## Editorial

By Will Hensman

This edition is a bit late (and short), so apologies, mostly due to me (and others) being very busy.

I for one have been doing lots of non O'ing races (Devil's Burden Relays, Carnethy Hill Race, National XC Champs, Highland Boundary Races, Alloa ½ Marathon), which just goes to show that there is a lot going on outside the Orienteering world if you fancy a change or some extra training/races.

The 2009 season has already kicked off with the British Champs, and next weekend is the Compass Sport Cup trophy. The following week is the British Age Class Sprint Champs (at Stirling Uni – more about that inside) followed by SOL 1 and then the JK and SOL2. If you need a rest, I think there is a weekend in June free!!!

Anyway thanks for all the contributions and see you at an event very soon.

## Caption Competition

There was 1 entry this time for the picture, which was from ....well I would tell you if I knew, but as the computer died and I lost the email.....doh!

However, this month's offering might get a reaction.....



Any suggestions/entries to [will@hensmanfamily.co.uk](mailto:will@hensmanfamily.co.uk)

## President's Piece

By Gary Longhurst

Normally at this time of year most Orienteers are just coming out of their winter "hibernation" (apart from a few keen fit ones) but we have already had the British Champs and a great training weekend at Aviemore.

The training weekend was most enjoyable, with some exercises that I have never done before including "trains" and a "clock relay" and it was great to see a good turnout. Many thanks to Louise, for organising the accommodation; and to Jason for organising the training

The Night O series and regular training sessions have also continued through the winter and are now well established. I would encourage everyone to attend the training (I know that it can sound daunting when it says intervals, hill sessions, etc but it really is very sociable and is designed to cater for all abilities) and also the post training refreshment.

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

At the AGM the committee was unchanged – but this is definitely my last year! – and as mentioned previously Will has taken on the role of newsletter editor and Alison has taken on coordinating the weds event programme

Looking ahead to the rest of the year it is not long now until the British Sprint Champs that we are organising on 4<sup>th</sup> April, and dates for most other FVO events have now been set

- ❑ 4<sup>th</sup> April: British Sprint Champs, Stirling University – prestigious event, helpers needed
- ❑ 22<sup>nd</sup> April Weds Evening Series starts, organizers in place for all events
- ❑ 2<sup>nd</sup>-8<sup>th</sup> August: Scottish 6 Days, Perth, FVO joint organising club with TAY
- ❑ Autumn: SOSOL (Colour coded), Barr Wood, Roger Planning, organiser required
- ❑ 22<sup>nd</sup> Nov: Club Champs, Will organising; and Dinner Dance.
- ❑ 28<sup>th</sup> Mar 2010: SOL, Trossachs, planner and organiser required

As always I am looking for planners and organisers and would appreciate it if people could volunteer early, before I have to start asking.



## Club Captain's Chat

By Jon Cross

### JK Relays

We have a good FVO turn out already for these relays - 12 teams - but there is always space for more people and with so many teams we will have runs suitable for everyone who wants one.

It will also be the first real chance for FVO en masse to flaunt our lovely new club o-tops, so don't miss the chance to be part of it!!

I know there are a few people entered for the JK weekend who have yet to let me know whether they want a relay run.....keen to hear from you.....

Even if not coming down for the JK as a whole, the relay is at Dipton Wood near Hexham and so quite possible for a day trip as well - the more the merrier so please let me know if I can count you in to run for us.

### Compass Sport Trophy

It is that time of year when we start thinking about defending our proud record of success in the Compass Sport Trophy.

This year's Scottish qualifier is on the area north and west of the Mugdock Country Park visitor centre just north of Glasgow (a bit not recently used for orienteering) - so not too far to travel.

The event is on Sunday 29th March and for people from clubs in the Compass Sport Trophy, the event is PRE-ENTRY ONLY centrally via club captain.

I know we already have quite a few people who are away on holiday etc that weekend, so please do come along and run for FVO if you can make it.

So that I can include you on the FVO entry, please let me know by ASAP

### British Champs

Quite a few members ventured down to the New Forest for the British Champs. Despite no champions this year notable results in the individual from Jason Inman (5<sup>th</sup> M35L), Roger Goddard (7<sup>th</sup> M35L), Dave Coustick 6<sup>th</sup> M60L, Frances Brown 7<sup>th</sup> W14A, Victoria Longhurst 2<sup>nd</sup> W20L .

In the Relay's on the Men's Premier, FVO Prudential Men (Ross McLennan, Roger Goddard, Will Hensman) were 5<sup>th</sup> and FVO Men from the Pru (Jamie Stevenson, Jason Inman, Jon Cross) were 9<sup>th</sup>. On the Women's Premier, FVO Prudential Women (Abi Longhurst, Victoria Longhurst, Beccy Osborn) were 11<sup>th</sup>. On the Men's Short, FVO Prudence Pays (Trevor Hoey, Dave Coustick, Mark Thomson) were 19<sup>th</sup>.



## Some FVO members running at the British Champs Relays







# Forth Valley Orienteers

## Wednesday Evening Events

### 2009

#### COME AND TRY IT!

No experience necessary – just come along on Wednesday evenings, starts available between 5pm and 7pm.

#### Cost:

Adults £2.00

Juniors and Students £1.00

Prizes for series winners: senior and junior categories.

For more information on Evening Events and location maps please visit

[www.fvo.org.uk](http://www.fvo.org.uk)

Co-ordinator:

Alison McQuillen, Tel: 01506-671483

[aeahome@blueyonder.co.uk](mailto:aeahome@blueyonder.co.uk)



For more information see:

[www.fvo.org.uk](http://www.fvo.org.uk)

Club secretary:

David Nicol

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01786-832123

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FORTH VALLEY ORIENTEERS  
SPONSORED BY

**PRUDENTIAL**

#### PROGRAMME OF EVENTS – 2009

1.	22	April	Abbey Craig, Stirling	NS 808 958
2.	29	April	Callendar Park	NS 897 795
3.	6	May	Touch Woods	NS 750 934
4.	13	May	Plean Country Park	NS 827 868
5.	20	May	Polmaise	NS 775 923
6.	27	May	Minewoods, Bridge of Allan	NS 789 980
7.	3	June	North Third	NS 770 908
8.	10	June	Laigh Hills + BB O	NN 780 015

#### SUMMER BREAK

9.	19	Aug	Hermitage Woods (Stirling University)	NS 809 969
10.	26	Aug	Stirling Town	NS 790 935
11.	2	Sept	Dumyat West	NS 815 985
12.	10	Sept	Dollar Bank	NS 962 994

*Note: some events may use sport ident electronic timing but are available for hire at no additional cost (unless you lose it).*

## Scottish Night Champion's

Congratulations to several FVO people who triumphed over some very technical courses at the Scottish Night Championships on Deeside last Saturday night.

FVO took all of the M35, M40, M45 and M50 titles, via Fraser Purves, Steve Nicholson, Steve Barrett and Martin Dean, with Mark Holliday completing an FVO 1-2 finish on the M50L course. M40/45/50 all ran the same course (as did the W21s), and a great run from Steve Barrett saw him with the fastest time of the night for that course, very impressive!

## School's Orienteering Festival

Hazel is holding a Schools Orienteering Festival in the Laigh Hills for all Dunblane Cluster Primary 7s on Tuesday 17th March from 9am -12.30. If anyone is available and interested in helping out please let her know . We have 6 schools involving approx 150 pupils taking part so any help would be much appreciated.

Hazel Dean, Sports Development Officer, Active Stirling, Tel ; 01786 432323

## Tay 2009

Preparations are now well advanced and we have nearly 2000 entrants. The success of the event depends on the members of FVO and TAY clubs who are already doing many roles – and also those who have not taken on a role. You may not feel you can commit to any of the main roles – however we will be depending on a lot of club members during the week to run the information point at each event and the event centre and the Entry on the Day Registration at the Event Centre on Saturday 1<sup>st</sup> and then at each event. The idea is to have rotas, so you can still contribute even if you feel you can only manage a few short slots in the rota – for details of how to volunteer see below.

### Opportunities to help

#### Road Signs

Kevin King can no longer organise and put out the Road Signs for Tay 2009. So if anyone is willing to take on road signs, or wants to know more about what is involved, please let Gareth know ([janand.gareth@virgin.net](mailto:janand.gareth@virgin.net) or 07801057315)

#### Bus coordinator

We still have not got a bus coordinator – bus booking is now being completed, however we need someone to organise the buses during the week – mainly organising checking people getting on them in the morning and after each event. Again any volunteers please let Gareth know.

#### Information and Entry on the Day teams

Moirra Laws (TAY) is organising the information team and Jane Anderson (TAY) is organising the entry on the day team. Both are still looking for people to fill slots in their rotas, the more people the better to spread the workload. This will be at the Event Centre on the afternoon and evening of Sat 1<sup>st</sup> August, at each day's event and for a spell in the evenings at the Event Centre. Again any volunteers please let Gareth know and I will pass on Moira or Jane's contact details.



# THE SCOTTISH SPRING FLING



**British Age Class Sprint Championships  
Saturday 4<sup>th</sup> April**

**-STIRLING UNIVERSITY-**

**Hosted by Forth Valley Orienteers**

**in association with**

**PRUDENTIAL** 



GR NS 802966. Fast modern campus with extensive grounds and woodland. The competition format is 2 phases, Race 1 and Race 2, with the British Sprint Champion in each class determined by combined time from both races (NB new rule for 2009!).

**COURSES** – Championship courses for all age classes except M/W21. Non-championship course offered for M/W21. See [www.fvo.org.uk](http://www.fvo.org.uk) for full details

Seniors £7.50

Juniors £4.50

SportIdent

ENTRIES; please pre-enter via [www.fabian4.co.uk](http://www.fabian4.co.uk)

No EOD

**Please note** that this event is open to National BOF members **ONLY**, but Local BOF members can race n/c after the main race

Starts for Race 1 from 1100, Championship prize giving expected about 1630

Organiser: Beccy Osborn [beccy.osborn@gmail.com](mailto:beccy.osborn@gmail.com)

**Start the new season's SOLs in style.**

**SOL1 Sunday 5<sup>th</sup> April**

**-AUCHINGARRICH-**

**Hosted by Tayside Orienteers**

\*\*\*\*\*New 1:10,000 map incorporating the old Mill of Fortune map\*\*\*\*\*



GR NN 787195. Parking at wildlife centre. Very varied area; one open hill; one wooded hill; conifer forest with a complex maze of rides; runnable larch and pine; oak woods with contour and rock features; and no brashings in the new area!

**COURSES** - In accordance with the revised British Orienteering competition structure competitors should enter the colour-coded course of their choice. You want a course? We have it. Also string course. See [www.taysideorienteers.org.uk](http://www.taysideorienteers.org.uk) for full details.

Seniors £8 (non-BOF £10) Juniors £4 Novice EOD courses £2/£3 String course

ENTRIES; please pre-enter via [www.oentries.com](http://www.oentries.com)

Limited EOD

Registration: from 10.00 to 12.30

Starts: 10.30 to 13.00

SportIdent

Organiser: Dave Prentice: 01738 583345 [dave.prentice@btinternet.com](mailto:dave.prentice@btinternet.com)

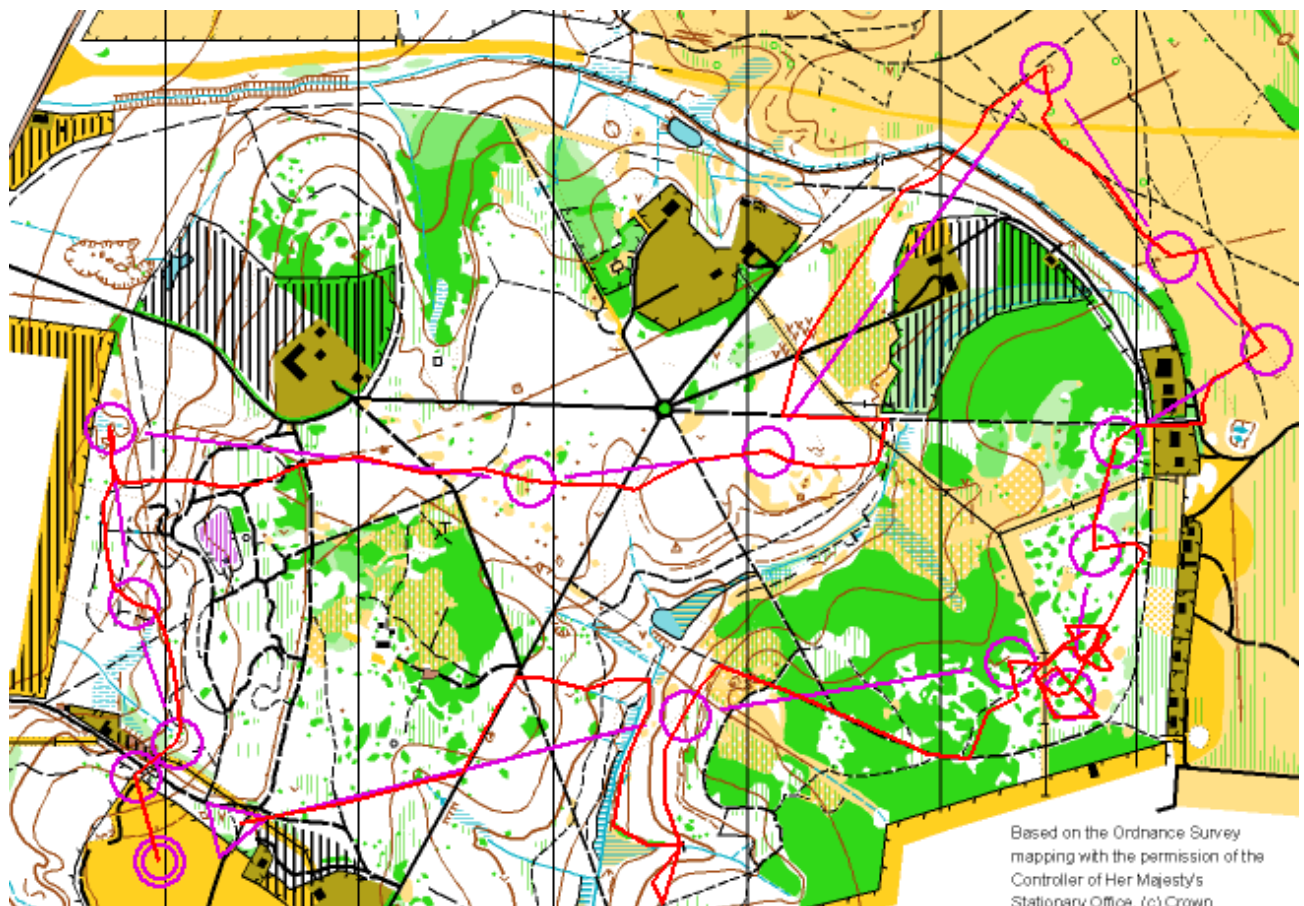
**Beccy is still looking for help. Please contact her on [beccy.osborn@googlemail.com](mailto:beccy.osborn@googlemail.com)**



## M18 at the British Relays – from a W14

By Francis Brown

I enjoyed running the M18 relay. It was good because it was difficult and hard for me. I tried to go straight there. I found the terrain was sometimes difficult especially when I did a bearing. I found the course was quite long- especially for a relay. The part I enjoyed most was the second half after being out in the open. I had good routes even though I got a bit confused. The worst part was a tiny control (3) which took most people about 30 seconds but I took just under 4 minutes. It was at a thicket and there were many thickets so I got really confused but eventually went back to the previous control and took a bearing. Over all I really enjoyed it (apart from the hill on the run in, that was evil).



Frances' route: a simple switch from being a teenage boy (numbers 1-3) to being a proper W14 (most of the rest of the course)!

# Massage

By Janine Inman

Massage involves manual manipulation of the soft tissues using a variety of techniques and pressure.

## Benefits of massage

- Relieves stiffness, muscle spasm and tightness, helping recovery between hard races/training sessions.
- Helps stretch and loosen muscles, improves mobility and flexibility and thereby can help to prevent injuries.
- Improves fluid circulation so can help remove wastes such as lactic acid (the cause of muscle stiffness).
- Oxygen and nutrients are delivered to the muscles and cells more effectively with improved circulation brought on by massage, speeding up recovery and repair processes.
- Can reduce adhesions and the formation of scarring in soft tissues, assisting in maintaining mobility and flexibility.
- Helps reduce pain and gives a feel good factor.

## Techniques for self massage

There are various techniques of massage that you can use; stroking, kneading, holds, skin rolling, friction and many others. All movements should be in the same direction as returning blood flow, i.e. towards the heart. Slow and gentle movements relax, whilst faster movements stimulate the muscles. Start off warming the muscles up gently, and then proceed to deeper tissue massage if required. N.B. It is not advisable to work too deeply directly before or straight after a hard race.

The first thing to do is warm the muscles up using a stroking movement called effleurage; this is done with the palms of your hands and pads of your fingers. This is good for relieving congestion in the tissues.

Frictioning can then be carried out; this is small circular movements using the thumbs which is done near the bones so that the muscle moves against the bone (not away). This helps break up scar tissue and adhesions, and loosens adherent skin.

Further techniques include pressing and rolling the muscles, picking the muscles up, squeezing, rolling and wringing movements. This helps accelerate blood flow, nutrient and oxygen replenishment and waste removal.

There are also techniques that involve striking the tissues rapidly, and these are good for stimulating the tissues and improving circulation, for example pre-event. Techniques include cupping the hands with palms down and 'clapping' the muscles, and hacking with the palms facing each other and thumbs upwards (karate-like). These techniques should not be done on bony areas.



Finish off with effleurage, the same technique used to warm the muscles up.

A tennis or golf ball and rolling pin can also be used to assist in self-massage.

Low back pain; stand against the wall and place your tennis ball in the soft muscular areas on either side of the spine and above the bony edge of the pelvis. Take one knee to your chest and use this as a lever to press your back gently onto the ball. Press the ball into all the tight spots in your back to loosen the area up. You can also do this lying down with the ball between your back and the floor.

Calf pain; sitting in a chair, cross the sore leg over the other knee but stop when the sore calf rests directly on the other kneecap. Hold the knee of the sore leg with both hands, and allow the sore calf to sink into the other kneecap. Now search for the tender and tight bands up and down your calf, putting pressure on those you find. Every now and then move your foot around to help pump the blood out of the lower leg.

Heel pain; try putting a coke can in the freezer and rolling it under the arch of your foot to relieve any pain.

Hamstring pain; sitting on the edge of a bed or chair with your knees at the edge, place ball/rolling pin/equivalent under your affected hamstring. Slowly straighten out the knee until you feel the object in the sore area (make sure you don't let your pelvis roll backwards). Move the object around your hamstring and repeat.



## **NEW FVO Committee 2009**

**PRESIDENT - Gary Longhurst**

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