



The Blueprint Special Edition

Wednesday 20th March 2013

The Bargo Bushies' Bash

NSW State League Round 3
28 April 2013

Bennelong Northside Orienteers would like to invite you to attend Round 3 of the New South Wales State League series at Hill Top. Just one and a quarter hours from central Sydney and two hours from Canberra it is an opportunity that first-time bush orienteers and veterans alike should not miss. The Bargo State Recreation Area has spur gully terrain with extensive and spectacular sandstone features. Course planner Eric Morris has set some excellent courses for us on the Wattle Ridge map and teamed with Grant Bluett as controller they are sure to have set us a quality event!

Venue: Hill Top, NSW Southern Highlands

When: Sunday 28 April 2013

First start 10:00am. Courses close at 2:00pm. Time limit 3 hours.

Map: "Wattle Ridge" 1:10,000

Terrain: Spur/ gully with extensive sandstone outcroppings. Full body cover is recommended.

Facilities: Toilets and water provided. The ONSW Juniors will be fundraising with their food stall - rolls, wraps, hot soup, chilli and cakes are no doubt to feature.

Entries: Enter and pay securely online through Eventor or by completing the form under "Invitation" on Eventor and posting a cheque. Entries close at 11:59 pm on Monday 15 April 2013.

Enter-on-day: EOD available for a limited range of courses from 10:45am, including courses with easier navigation suitable for urban/street orienteers and first timers.

Course Classes

In addition to the age/gender graded courses, all at Hard difficulty level, a range of enter-on-day courses will be on offer for first-time bush orienteers and newcomers.

Very Easy is the easiest course and typically sticks nearby the event centre with controls clearly on tracks and vegetation boundaries and all clearly visible. The course is suitable for young kids who want to do the course on

their own whilst mum or dad can trail behind and keep an eye out for them. You won't need a compass but its a great course for learning map reading practising e using one on if you are learning.

Easy ventures a bit further but all controls will be on obvious features along vehicle tracks or on walking trails. Again, you should be able to make it through without a compass but it can be fun to test out your bearings.

Moderate takes things to the next level. A good example would be a MetroLeague the Division B course or the Beacon Hill summer series event. It makes use of tracks and trails for getting about, but puts the controls up on features like on boulders, in creeks and in depressions usually up to 30 metres off the track. You can make use of your compass to work out which direction to head off the track to get to the control.

Hard is the top level of orienteering. You will be expected to hold a compass bearing whilst stomping through bush for several hundred metres. Controls will be in trickier to spot places like in shallow gullies and behind boulders, meaning your navigation needs to get you all the way to the control. All State League competition classes are Hard grade, but there will also be one of the shorter hard courses available for enter-on-day.

Entry fees

Senior \$25, Junior (13-20yrs) \$16.50, Sub-junior (< 13yrs) \$12.50, Family maximum \$75. Non-orienteering club members \$3 extra. Sportident hire (if required) \$4 each.

More Information

Club website:

www.bennelongnorthside.com.au

Online entry and event details:

eventor.orienteering.asn.au

Orienteering for beginners:

www.orienteering.asn.au/newcomers

What to bring

Clothing. Comfortable outdoor clothes. If on a hard grade clothes, consider long pants or gaiters as the bush can get scratchy. Eye protection (e.g. sunnies) may also be a good idea.

Shoes. There are special studded orienteering shoes that help with traction up slippery slopes but regular jogging or walking shoes are quite ok. Don't wear your nice white 'going out' ones because they will get dirty, and maybe even a bit wet.

Safety. A pea-less whistle will allow you to signal for help should you break something or get bitten. They cost about \$3 at outdoors stores.

Sun. Don't forget sunscreen and a hat.

Water. There will be a water drop on the longer courses. If out for a stroll you may want to take your own water bottle.

Food. You probably don't need to take food on the course with you, but have a good breakfast beforehand. Bannanas and flavoured milk both are great recovery food.

\$. Don't forget to bring a your entry fee plus few dollars for spending at the NSW Juniors' fundraiser food stall!

And of course, don't forget your compass and SI stick!



Organiser: Terry Bluett 0425 847306, terrybluett46@gmail.com.

Planner: Eric Morris (BNN)

Controller: Grant Bluett (ACT)