

Blueprint

Bennelong Northside Orienteers Newsletter September 2007

A lot has happened since last Blueprint. So here are a few highlights over the last few months and the months to come.

New Members and Family Additions

Congratulations to Brooke and Wayne Pepper on the birth of Curtis, who was born on 21st August. Curtis had his first outing to an orienteering event at Lake Parramatta on the weekend.

Also welcome to Bennelong Northside to Sam and Mandy Tsang and Michael and Oliver Fisher.

Sam and Mandy have recently moved from Hong Kong. Sam was active in orienteering in Hong Kong, one of Sam's club members was a member of the Hong Kong JWOC team. Sam made the long trip to Dubbo to catch up.

I first met Michael and Oliver last year when I ran an orienteering day for the CSIRO Double Helix club. Oliver shows a lot of talent for a 10 year old going on 11. He has tackled green courses without too much difficulty and has even been on a few orange courses. I see a great future for Oliver in the sport.

Talking about talented youngsters, Bethany and Adam Halmy also show a lot of promise at orienteering. They are also talented at other sports with Adam being selected in the NSW schools cross-country team to compete in the Australian championships in Western Australia.

Summer Series

The Summer series will be starting again soon. Bennelong has been allocated 6 events. These are

24th Oct Abbotsford set by Steve Flick

21st Nov Wollstonecraft set by Rob Spry

19th Dec Balmoral set by Terry Bluett

16th Jan East Lindfield set by Wayne Pepper

20th Feb Killarney Heights set by Melvyn Cox

12th Mar Lane Cove set by Michael Halmy

At all these events we will need plenty of helpers, so please volunteer when called on for these events.

Socials

After the non-Bennelong Summer series is a good time for us to get together for a meal after the run. The first one will be on Wed 31st Oct at the Mediterranean Marsfield restaurant after the Macquarie Uni event. On the menu is veal, pasta, pizza etc and their website is www.mediterraneanmarsfield.com.au

New O tops

The new O tops are now ready and they look great. It was pleasing to see so many out and about at the Metro League final. The tops cost \$20. See Frank Assenza if you wish to purchase one of the tops. The tops are made out of Coolmax material and are light and comfortable to wear. The sizes are on the large size, so if you think you need a large size, a medium will probably be just right. It is important that you don't iron them or put them in a dryer. Many thanks to Frank for doing all the hard work in getting the O-tops made.



Here are the front and back views of the new tops. The model is anonymous. Guess who?

JWOC carnival at Dubbo

A lot of Bennelong members went to Dubbo for the 2 weekends before and after JWOC. Those of us who stayed for the midweek events witnessed a really wonderful carnival. The atmosphere was terrific, the performances by the world's best junior orienteers was outstanding, and the work done by the organisers and volunteers was truly amazing.

Bennelong was on parking duty for the whole carnival. The Dawkins and Bluett families did the bulk of the parking duties. There were certainly some interesting times on the parking, with buses being bogged on one day, emu parades clearing the parking areas of sticks, and some good viewing points for the long distance race.

The first JWOC event was at Western Plains Zoo at Dubbo. The day was cool and showery but cleared up later as the race got underway. Bennelong's duty was to see that the competitors went into the quarantine area immediately after entering the zoo and to make sure that no-one who left the quarantine area went back in. The JWOC competitors were not allowed to see any of the terrain before starting their race.

After all the runners were in quarantine, we switched to traffic duty. Immediately after the start the runners crossed a road, the zoo was open to the public and we had to stop cars whenever a runner was about to cross the road. We got a good view of how the runners tackled the first control, Most went right, some went left and some went straight across the road through some bushes. The results were close, the commentary interesting and amusing and altogether it was a terrific start to the carnival.

All the rest of the carnival was on the Sappa Bulga area. This is an extensive area of granite about 30km SW of Dubbo. The area was divided into several maps with a bit of overlap between each of the maps. Fortunately it didn't rain for the rest of the week as there was a long rough road into the assembly areas and road was wet and muddy but dried out towards the end of the week.

The next event was the long distance. There was a spectacular arena for the finish, with a rocky hillside behind the finish and the spectators had a great view of a control on a boulder high up the hillside on both the men's and women's course. As for the Bennelong parking crew, the cars had no trouble parking on the damp ground but a big bus got bogged when trying to turn around. Good work from a couple of 4WDs managed to extract the bus from the bog. We also had a great view of one of the controls just above the carpark. It was interesting to see the approach to control, the really top competitors approached straight on over the rocky hill while most others followed the fence and approached the control from the bottom.

There was the best day for Australia with a couple of talented Aussies, Simon Uppill and Vanessa Round, coming in the top 6. It was a great day for Norway with 1st and 2nd places in both men and women's races.

The next 2 days the middle qualification and final were the easiest for the parking team, we had an enormous paddock to park the cars and we didn't need to drive far into the map. I was the controller for the middle qual and was pleased that all the winning times were spot on for the 6 races, 3 heats for both men and women.

There was a common finish area for both days. The star of the competition, Olav Lundanes from Norway won the 2nd of his gold medals this day and a rising star in Jenny Lonnqvist of Sweden winning the women's race. An interesting piece of trivia is that Olav Lundanes won our Summer series event at Greenwich in January.

The last JWOC race was also on the coldest day, it was bitterly cold out in the carpark. We spent the early hours picking up sticks from the carpark, it kept us warm as well as making it easier for parking the cars. Again there was a terrific arena for watching the relay and the races didn't disappoint. Australia was well off the pace but the races for gold were very close for both men and women.

The women's race came down to a sprint finish between Norway and Sweden with Norway getting up by about a metre. The last runners for both teams were gold medal winners from the previous days, with Siri Ulvestad just holding out Jenny Lonnqvist. There is a good series of pictures of this finish in the Australian Orienteer. There was also a terrific effort by the Czech Republic to win the men's relay with a fabulous run by Adam Chromy holding out from Olav Lundanes on the last leg.

I enjoyed watching these JWOC competitions as much as any sporting events. There was a terrific atmosphere at all the races, the venues offered good visibility, there was great commentary from Jason McCrae and Andy Hogg and plenty of good orienteering.

NSW and Australian Championships

Almost lost amongst the JWOC carnival were the NSW and Australian Championships. The NSW Championships were held the day before the JWOC sprint at Tuckland Forest about 90km east of Dubbo. The terrain was traditional gully/spur with a steep ridge running through the middle. It was very hard to get amongst the winners with a big interstate and overseas contingent. Kathy Cox was our only placegetter with a 3rd in W45AS.

The Australian Championships were held on the JWOC relay map the day after JWOC finished. The hills were full of granite rocks, but the terrain was not as daunting as it appeared from the assembly area. Again there was only 1 Bennelong placegetter with Eric Morris 3rd in M21Elite. Graham Galbraith was the organiser of the Aus champs in one of his last appearances before major knee surgery.

It was great to see the tall Graham Galbraith last Sunday at Lake Parramatta last Sunday. Graham has been through a lot of pain with his operations but is making a good recovery and Graham is now 1cm taller than before the operation. Great to see you back, Graham.

The Australian Relays were back at Tuckland. Here Bennelong members fared much better with 3 of our members being in the winning NSW teams. Eric Morris was in the winning M21Elite team, Judi Hay in the winning W55 team and Bruce Dawkins in the winning M65 team. I was particularly pleased at Bruce's success, he has been a terrific worker during JWOC and throughout the year.

Lane Cove and Lake Parramatta

Thanks to Michael Halmy for setting a terrific course at Lane Cove in August. It is not always easy to set good courses in Sydney sandstone, there is a tendency to make the courses too tough or too easy. Michael got the balance just right with good courses on what was a beautiful day.

Last Sunday was another beautiful day and again Bruce Dawkins with assistance from Rod Parkin set good courses for the Metro League final. There were a lot of restrictions put on the course setting by Parramatta Council, but Bruce showed that you can set good courses in a small area.