



# Blueprint

Issue 3 / 2013 - October 2013

Bare rock  
Boulders  
Boulder field, Boulder cluster  
Stony ground, rocky outcrop  
Crossable watercourses  
Marsh  
Open land  
Open land, scattered trees  
Runnable forest (White)  
Slow run, good visibility  
Slow run, poor visibility  
Walk/fight, good visibility  
Walk/fight, poor visibility  
Impenetrable

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## President's Report

*Terry Bluett*

The last few weeks have been some of the most memorable in my orienteering career. We've had a terrific Australian Championships carnival, a great start to the Sydney Summer series, and a great weekend of Sprint orienteering.

Working backwards, last weekend's sprint orienteering in the inner city was first class with the Bigfoot Sprints at Sydney University on Saturday and the NSW Sprint Championships at Pyrmont on Sunday. Anyone walking through Sydney Uni on Saturday afternoon must have wondered what planet they were on. As well as orienteers dashing about between buildings there was a Zombie war going on. Groups of Uni students with guns that shot plastic bullets were chasing Zombies who in turn were trying to capture the very ones

shooting at them. Amongst this weird backdrop we ran on one of the best sprint maps around.



On Sunday, the NSW Sprint Championships were held in a fantastic location on the waterfront at Pirrama Park, Pyrmont. There were stairs leading to different levels, and one had to be careful in picking which stairs to take to best get to the next control. Congratulations to Steve Flick and Michael Halmy on being NSW Sprint Champions for 2013 in M65A and M45AS respectively. Mel Cox and Gordon Wilson were 3rd in M55A and M60A. Mark Robinson also had a good run to be only a few seconds behind Mel. Joel Putnam won the Hard Enter on Day course. These 2 fantastic maps will be used early next year in the Sprint Series.



The Sydney Summer series are now underway. Bennelong's first event at Forestville Oval was a good one. Many thanks to Chris Cunningham for arranging with the Forestville Ferrets Rugby League Club for our use of the oval and also for setting such a good course. It was also great to see quite a few of our new members out on the course. Our next event will be on 6th November when Pierre Francois will be setting the course starting at Manns Point, Greenwich. At all our events the organisers appreciate help from other club members.

The recent Australian and NSW championships had excellent courses on challenging bush maps. I'd encourage all members to try bush orienteering. A good chance to experience bush orienteering will be at the Christmas 5 days in Orange. You can enter all or just pick the days you wish. Bennelong is organising one of the 5 days with Darren Slattery setting his first bush event on the famous Kahlis Rocks map. The Christmas 5 days are always held between Christmas and New Year from 27th to 31st



Dec and have late starts on the 1st day then early starts on all subsequent days so we are never orienteering in the heat of the day. I hope many of you can make it.

## **AUS 2013 Championship Experience, 28/29th Sep and 5/6th Oct 2013 Canberra**

Questions to everyone

*Terry:*

### **Sprint**

I enjoyed the course around Canberra Grammar School. All was going well until I hit the spectator control. I hadn't orientated my map on the short leg so headed off at 90 degrees on the next leg. It was embarrassing to run back through the finish after correcting my mistake. The rest of the course went OK.

### **Long**

My thought when arriving at the event was what a beautiful area and one where I would be unlikely to visit unless for an orienteering event. The area was scattered with granite rocks. I call these areas friendly granite in comparison with some other areas where the granite is not so friendly. My course was pretty good except for a few errors near the end. I was surprised to be leading and ultimately finished second but was beaten by 10 minutes by a Norwegian who is living in WA. This showed that our standard in M65 is well behind international standard. When I told my son that I was beaten by 10 minutes, he replied that he would beat me by 20 minutes in Norway.

*Gordon:*

I really enjoyed the weekend. I thought they were both good areas and good courses. I struggled physically in the long but happy with my navigation in both events.

*Marina:*

Sprint was great, fast. I didn't run Long. It is still hard to manage family, kids, a strong

performance. But I plan to be in top 10 in Elite at AUS 2014.

*Fedor:*

The Sprint was a nicely planned collection of loops around and through a rather small complex of buildings -- overall very enjoyable high speed navigation.

The Long had a type of terrain I think of as very Australian. It was very physically demanding course with open but difficult forest for running due to lots of timber on the ground. Navigating through the big granite was a lot of fun, and the views in the last part of the course were very enjoyable too.

Below are the results from the championships:

### **Sprint**

M21E Eric Morris 25th of 49  
Fedor Iskhakov 41/49  
W21E Marina Iskhakova 25/37  
M50A Michael Halmy 22/32  
M60A Gordon Wilson 3/29,  
Rob Spry 24/29  
M65A Terry Bluett 8/25  
M70A Graham Galbraith 14/22  
W65A Cheryl Bluett 15/18

### **Long**

M21E Eric Morris 24/41  
M60A Gordon Wilson 6/34  
M65A Terry Bluett 2/30  
M21A Fedor Iskhakov 3/4  
M45AS Michael Halmy 2/10  
M55AS Rob Spry 1/11,  
Graham Galbraith 10/11  
WopenB Cheryl Bluett 16/27

### **Middle**

M21E Eric Morris 22/48,  
Darren Slattery 45/48  
M60A Gordon Wilson 9/29,  
Rob Spry 16/29  
M65A Terry Bluett 5/31  
WOpenB Cheryl Bluett 11/16

### **Relay (in NSW teams of 3)**

M55A Gordon Wilson 4/13  
M65A Terry Bluett 2/10  
WOpenB Cheryl Bluett 4/5  
M21E Darren Slattery 14/16

## **Dick Mountstephens Interview – Founding Member of BN!**



How did you join Orienteering and what was the main motivation to join?

I started orienteering in January 1971 at the first Sydney event which was held at Garie Beach in Royal National Park. There had been one event held the month before at Mount Hay in the Blue Mountains and having heard about that I went to the Garie Beach event which was organised by Dave Lotty. I had a reasonable knowledge of orienteering as I had been setting short courses as training exercises in the Army Reserve using John Disley's book as a guide, so when organised events began I was most enthusiastic to join. The early participants were drawn from Randwick Botany Harriers, the Hash House Harriers and a few from the cross country skiing fraternity which was how I found out about it.

The OANSW was officially formed a month or so later and since I knew a bit about orienteering already I found myself on the first committee.

What is your profession behind the orienteering and what are your other current interests beyond orienteering?

Professionally I was a dentist and have now been retired for seven years. For many years I involved myself in a number of outdoor pursuits - cross country skiing, bushwalking, mostly in the Snowy Mountains, canoeing, so orienteering complemented these perfectly. I have also sailed since I was a teenager.

Currently I enjoy the odd round of golf, still sail and belong to the West Pittwater Rural Fire Brigade as we have a house in Elvina Bay. Otherwise I am on call to collect grandchildren from school or provide transport to their various activities. My knees are still holding up but I'm reluctant to press my luck jumping off rocks or over logs.

What is your most favorable terrain/landscape and what is your the most memorable race/races?

My preferred terrain was always gully spur with plenty of rock features and was quite happy with thick vegetation as it slowed down the fast runners. I never felt comfortable in the gold mining terrain around Bendigo where I was never sure which pit I was about to fall into. At my last event during the Sydney World Masters Games I got completely flummoxed in the sprint event at Macquarie University as all the buildings looked the same and I had no idea where I was.



My most memorable race was one of the very early ones - the 1973 Australian Championships held at Fisherman's Point on the Hawkesbury upstream from Brooklyn. This was known at the time as Camp Hawkesbury and had previously been the Outward Bound Training Centre. The terrain was very steep Hawkesbury sandstone with thick scrub in the gullies and a lot of rock scrambling which was quite beyond the experience of the New Zealand team and many of the interstate competitors who were here for the Trans Tasman Challenge. I was a late starter and was fortunate to have a relatively clear round so came in to find myself with what was thought to be the winning time. For about an hour I was the Australian Open Champion!

I was photographed with Toy Martin who had apparently won the Women's Championship and we were interviewed by the media who were present. It was all too good to last and Keith Wade from Victoria who was the last starter came in with a faster time! Toy's time was also beaten by a Tasmanian orienteer so we both finished runners up. We both agreed for better luck next time. Toy Martin went on to win many championship events.

Your wishes to BN members:

I haven't been orienteering for quite a while but still keep in touch with what's going on through the BN newsletter and the Australian Orienteer. There are a lot of unfamiliar names now but I can still see many of the old names still going.

My regards to Bennelong and all the members and it's good to see the club is still one of the strongest in NSW. I think one of the great things about orienteering is that wherever you go you immediately have something in common if you meet another orienteer.

With best wishes,

Dick Mountstephens

## Brian Brannigan Interview - New Club's Member!

0. Profile: Full name, age, place of origin

Brian Brannigan in the Veteran category 45-55. Grew up near Belfast, in Northern Ireland.

1. When did you join the club? What was a main motivation to join?

Joined Bennelong in Oct 2012. Had competed casually in the Summer Series a few years ago and when I turned up to an event last year, I couldn't have been made more welcome by Bennelong members, so I joined. Primary motivation was to maintain fitness in a fun environment.

2. Do you remember when have you heard about Orienteering at the first time?

At High School, we had a week of Outward Bound activities, one of which was orienteering in Castlewellan Park, N. Ireland. I enjoyed it then as I do now.

3. Where and when have you done orienteering at the first time?

As above

4. What is your profession behind the orienteering?

After almost 30 years in the IT industry, I am fortunate to have retired and have more time to pursue hobbies that I enjoy. Orienteering is the one that I look forward to every week.

5. What is your most favorable terrain/landscape?

I tried Metro League this winter for the first time and it was a very challenging step up which I really enjoyed. I must say though that I still prefer the Summer Series because I continue to be amazed at how many hidden pathways and beautiful views of the harbour are tucked away in suburbs that I thought I knew well.

6. What are your dreams and goals in Orienteering?

I'd like to consider myself competent at Metro League one day.



7. How would you like to contribute to BN club?

I'm very slack as I don't like to commit in advance. That said, I hope to continue to just turn up as an extra pair of hands and help where I can. BN is very lucky to have a number of very committed members that do a great job organising the Club and its events.

8. What are countries you are dreaming to do orienteering in?

Scandinavia, of course!

9. What do you like in orienteering the most?

When I check my GPS, I am always surprised at how much ground I have covered without realising it. Concentrating on 400m legs makes exercise so much more enjoyable.

10. Please reveal 3 main secrets of your success at SSS?

- Planning my route - I aim for what I can pick up in 7kms (if its not hilly)

- Approaching a control, I already know what direction I will exit the control

- Look ahead to see if there is anyone coming in or out of bushes (oops is that cheating?)

11. Your wishes to BN members:)]

I'd like to say thank you to Terry Bluett for all of his guidance, enthusiasm and support. At my first Metro League, where I took forever, he came back out with me and we re-walked the course with Terry providing lots of valuable pointers. Terry is very inspirational as an individual and a competitor.

## Peter, Sharon and Tshintina Interview – New Club's Members!



### 0. Profile: Full name, age, place of origin

Peter Hopper, 51, Sutherland NSW Australia

Sharon Lambert, 48, Liverpool NSW Australia

Tshintina Hopper, 12, Manly NSW Australia

### 1. When did you join the club? What was a main motivation to join?

Our family joined Bennelong Northside in 2013, but had been orienteering for a long time before that. We'd been long-standing members of Illawarra-Kareela (IK) since 2000 after returning from a few years living in Japan. However, after many years helping bolster IK membership numbers we finally decided it was more practical to transfer to Bennelong which is closer to our home at Manly. In doing so we avoided the temptation to join Garingal despite Peter & Sharon having been members prior to our return from Japan.

### 2. Do you remember when have you heard about Orienteering at the first time?

Peter & Sharon were introduced to Orienteering in the early 1990s by Peter's sister (Elizabeth) who lived in Wollongong and was a member of Illawarra Orienteers.

### 3. Where and when have you done orienteering at the first time?

In the early days we enjoyed travelling around NSW, and even to the Australian Championships in Tasmania one year, with Elizabeth. They were great extended-family 'holidays'.

Tshintina's first orienteering event (see photo) was at the 2003 QBIII in Goulburn when she was just 22 months old!

### 4. What is your profession behind the orienteering?

Peter has a background in Mechanical Engineering, but now enjoys environmental consulting specialising in energy, transport, and waste issues.

Sharon is qualified as an Accountant, but works as a financial operations manager with IBM.

Tshintina is in her final year at primary school.

### 5. What is your most favourable terrain/landscape?

Being car-less, and since Tshintina was born, we have focussed on Summer Series events in recent years - so our urban orienteering skills are fairly finely tuned. However, Tshintina is getting older and our bush orienteering skills need refreshing so we will hopefully be going bush again soon.

### 6. What are your dreams and goals in Orienteering?

To share the skills & thrills of bush orienteering with Tshintina.

### 7. How would you like to contribute to BN club?

For the time being we are happy assisting with events on the day, although we are somewhat limited in what events we can attend and how we can help by the fact we choose to be a car-free family for environmental reasons. We have volunteered our time to a great variety of community groups and causes over the years so can be relied upon to help Bennelong when & where we can. We have good organisational skills and have acquired some experience running small events in the past.

### 8. What are countries you are dreaming to do orienteering in?

We're currently very happy orienteering close to home so have no immediate desire to travel great distances, particularly with

such a high level of competition available locally. We did however compete in one orienteering event while living in Japan in the late 1990s - the hardest part of which was working out where the start town & location was, and then reading the course information. Thankfully the compass & map reading parts were easier, although the 'bush' was different to Australia and took some getting used to.

#### 9. What do you like in orienteering the most?

It's a fun way to keep fit and healthy. The goal/achievement nature of the sport is also very appealing. Unlike many other sports orienteering allows people to participate competitively at any age.

#### 10. You are doing so great in SSS. Please reveal 3 main secrets of your big success?

Tshintá - I seem to have a natural ability to choose a route that is just right. Other than that, I do best when I'm in the mood to run.

Sharon - two factors have contributed to an improvement in my Summer Series scores. The first is that I have concentrated on getting fitter so I can run faster and the second is that I plan a course that allows me to have an escape route back to the finish if I find I am running out of time.

Peter - my Summer Series results have improved significantly since Sportident electronic timing sticks came into use. My poor eyesight is no longer the disadvantage it once was ... now that everyone has to 'visit' every control (ie. not just see them from a distance!).

#### 11. Your wishes to BN members:~!

We chose to join Bennelong because it seems to be a small and intimate club. Over the years we have come to know Terry and other Bennelong members and recognise their friendly and helpful nature. We hope to contribute to this friendliness and regard it as the most important success the club can have.

Regards,

Peter, Sharon, & Tshintá

## Quick Question to Bennelongers

"What are your goals/aspirations for coming SSS season:~?"

*Pierre Francois:*

Run faster than Joel and Darren!

*Stuart Butler:*

To do a couple & perhaps improve a little!

*Bob Morgan:*

To improve my average score and my position on the Vets table. Last season I had my best average score ever in Summer Series. However, there are many quite handy orienteers in Men's Vets and my performance was only good enough for 20th place on the table.

*Wayne Pepper:*

My goal is to attend as many events as possible. I always seem to get caught at work (or there is bad traffic) and generally get to the events just before the closing time so I don't have much time to choose my route.

Results wise I am happy if I am in the top 15 in the Mens Masters class.

I will reach my 300th SSS event at the 6th event this season.

*Gordon Wilson:*

I like to do the SSS runs just to have fun and socialise with friends while having a training run.

*Robert Spry:*

My goal for the Sydney Summer Series is to finish just within the time limit each time. This actually requires careful planning, and the ability to adjust your plan "on the run" if you are going over (or under) the time limit.

*Barry Cole:*

Well, I have been a Bennelong member for around forty years and must admit my competitive days are over, however my goal is to attend as many SSS as possible not only to run but help where required.

*Marina Iskhakova:*

This is my 4th SSS season. In 2010/11 I took 12th place in WO (18 events, 77 avr) and urban orienteering in Sydney looked weird and extremely challenging! In 2011/12 I became 4th in WO (20 events, 92 avr), In 2012/13 I took 12th place again in WO (8 events, 68 avr + baby Veronika:), but coming Season I plan for Top3 in WO!

## **Marina's experience at the World Rogaining Championship 2013 in Russia**

*Marina Iskhakova*



Photo: In a team with my twin-sister Natalia Fey at our first Rogaining World Champ, Women Open category.

I had experience of Orienteering World Champ and Adventure Racing World Champs before, but it was my first experience ever with Rogaining Champ.

After 24h of hard and challenging navigation at the finish of this Champ my main thought was: Thank you for this incredibly harsh and painful experience, this was my the first and the last champ! Never again. For sure.

WRC2013 took part in Pskov Region, that borders with Baltic states, and famous for its huge, unpassable marshes and wild endless roadless forests.

For my twin Natasha, who currently lives in China, and for me, it was probably the most fascinating and anticipated day in the year, as for 24h we left our 4 kids (ageing 10months, 3 years, 4 years and 5 years) with the supporting family and could relax

and enjoy our great teamwork and competition.

Our navigation was exceptionally well! For 24h we lost not more than 5 min on orienteering! We targeted for Top10 in WO category. But among 50 female teams in WO were so many unbelievably strong orienteer girls from Finland, Estonia, Russia that all they showed perfect navigation skills, and to add to that the leading girls keep running 22h of 24h (they run about 92k). We were not in the best shape before Champ so moved to walking after 2-4h of running. It costed us 26th place (we covered around 62 k). To say that we were disappointed it means to say nothing. But it was only the first attempt, and after couple of weeks when feets healed from terrible blisters and muscles softened after long tracks, we started to be more positive, and next WRC2014 in USA, WRC2015 in Finland or WRC2016 in Alice Springs are getting more and more attractive for us.

Rogaining never will replace Orienteering for me, but definitely it is a fantastic opportunity to test own spirit, own limits and enjoy the trust and support of your team in the beautiful tranquilizing environment.

## **ENJOY READING!**

Our next X-mas Newsletter is scheduled for December, 15th 2013.

Thank you very much for your exciting contribution and time!

We are always waiting for your news!

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