

# BENNELONG NORTHSIDE BLUEPRINT #2

15<sup>th</sup> of June 2011

## The Word from Terry Bluett:

It has been a busy couple of weeks with the Great Nosh Footrace last weekend and QB3 this weekend just concluded. First the bad news then a whole lot of good news. Judi Hay broke her arm and dislocated her shoulder on the 2<sup>nd</sup> day of QB3. Judi was rushed off to hospital in Sydney and was operated on Monday. We wish you a speedy recovery, Judi.

**Now the good news, the Great NOSH** was a terrific event, the weather was kind although the track was muddy in places and those competing really enjoyed themselves. A quote from a runner on the Cool Running website <http://www.coolrunning.com.au/forums/index.php?showtopic=31009>

*'Did my first Nosh today, great race, well organised, great great trail, friendly racers and my kid ran second in U17's! I ran 79 mins and enjoyed every minute of some technical single track with lots of mud. All up best 20 bucks you'll spend on a Sunday. Thanks to the organizers for putting on a fantastic day.'* There are plenty of other similar comments on the Cool Running website. Many thanks to Darren and Joel for organising the run and to all the volunteers who helped on the day.

**QB3 this year was a good one**, apart from the weather and Judi's injury. The format is now to have a sprint on day 1, long distance on day 2 and middle distance on day 3. The event was centred on Lithgow, not the most tropical place in winter. Day 1 was at Lithgow High School, this is the first time I've ever started an orienteering race inside a building, but the shelter was very welcome on a cold and rainy day. Days 2 and 3 were on typical Australian spur/gully areas at Mt Piper Hills and Baal Bone Junction. I thought the course setting on all 3 days was good.

There were quite a few Bennelong members competing with some excellent results. **Our winners included Gordon in M60, Frank in M75, Rob in M45AS, I managed 2<sup>nd</sup> in M65 and there were 3rds to Janet in M/W Open C, Bruce in M70 and Steve in M60.** Fedor competed well in M21AS but unfortunately took the wrong map on day 1. Marina was in a strong field in W21A against a current and a few past Australian team members managing to finish in the middle of the field. It was also good to see Graham Galbraith back out in the bush. Mel and Kathy came up just for the last day with Mel winning the middle distance in M50. All the results and pictures from QB3 can be found on the QB3 website.

<http://westernhills.nsw.orienteering.asn.au/qb3/index.php/Home>

Coming up we have a Metro League at Pennant Hills on 24<sup>th</sup> July and an event at Lake Parramatta on 18<sup>th</sup> Sept, then we are into the Summer Series from October onwards. Bennelong will be organising 6 Summer Series events and 1 event in the new Southern Series to be run on Tuesday evenings.

We have committed ourselves to do some mapping before these events. We will be making a new map around Bronte/Clovelly for the upcoming Tuesday evening series and we are extending our Balmoral map up to the Spit Bridge for our Summer Series event starting at Chinamans Beach in Dec. Also there will be some map revision before the Pennant Hills event.

I plan to have a session for those of you who are interested in doing a bit of mapping shortly, so if you are interested in mapping please let me know and I'll organise a time and place for a mapping workshop.

#### **Neswletter Structure:**

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- 3. Darren – Website announcement**
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- 5. Marina, Fedor and Ariadna's story**
- 6. Melvyn Cox – Kilimanjaro**
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#### **1. Birthdays in April, May, June, July, August:**

Sincere congratulations and best O-wishes to:

**Cheryl Bluett – 9<sup>th</sup> June**

**Ariadna Iskhakova – 11<sup>th</sup> of June (turned 2)**

**Marina Iskhakova – 12<sup>th</sup> of June**

**Rodney Parking – 26<sup>th</sup> of June**

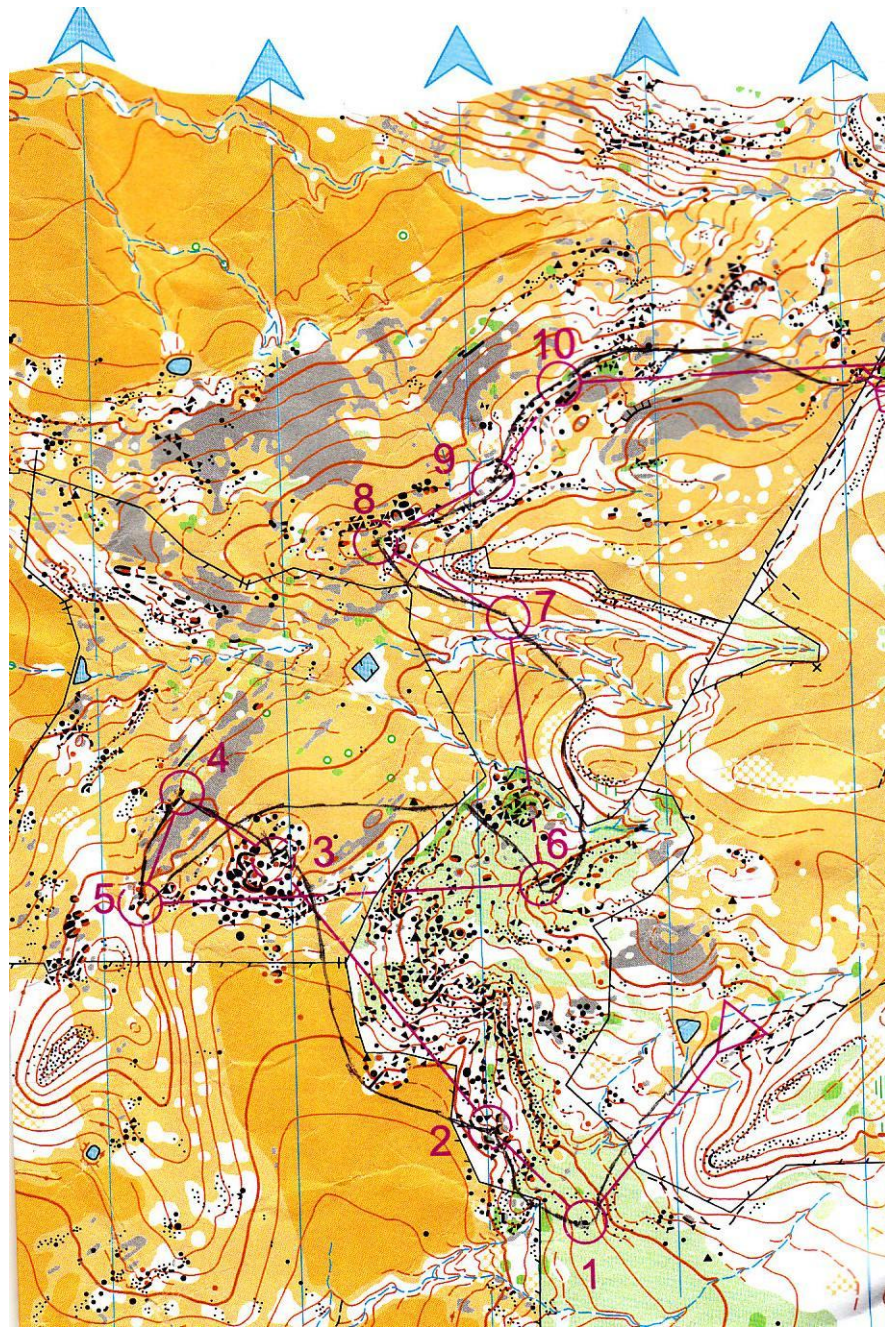
Special Events:

**Terry and Cherel Bluett celebrated their 40<sup>th</sup> wedding anniversary on June, 12<sup>th</sup>!**



#### **2. Western Australia Trip 2011**

7 Bennelong members competed in the Australian 3 days orienteering carnival in WA. Frazzle Rock was the theme of the 3 days with one big area divided into 3 maps, Frazzle Begins, Frazzled Again and Frazzled Out. The area was a mixture of complex granite and open farmland. Below is a part of my course on Frazzled Out.



The weather was hot and the ground was dry and dusty, but the courses were good and Bennelong members achieved some great results. **We had 2 winners of the 3 day competition, Rob Spry won M55AS and Cheryl Bluett broke through for her best result ever with a win in W45+B. Judi Hay was second in W60A, Steve Flick was 3<sup>rd</sup> in M60A and I finished 3<sup>rd</sup> in M65A. Gordon Wilson had a shocker on the first day but worked his way up the field with a win on day 2 and finishing up 6<sup>th</sup> in the end. Eric Morris, although eligible for much easier competition, entered. M21E and finished a creditable 7<sup>th</sup> against Australia's best orienteers.**

Some went home after Easter but most stayed for the Australian Sprint Championships and the Australian Middle Distance Championships on the following weekend. Cheryl and I went south to visit the Stirling Ranges and Albany after a relaxing day in Fremantle and Perth.

The Sprints were held around the waterfront in Mandurah. What impressed me here was the co-operation received from the local council. Local streets were blocked off with only residents being allowed to drive into the competition area and with the local mayor presenting the prizes. Here again Bennelong did well, Gordon managed to get on the podium with a 3<sup>rd</sup> place in M60 and I was 2<sup>nd</sup> in M65. Eric was 9<sup>th</sup> in the Sprint, again in a very strong field. There were no AS or B courses this day so Rob and Cheryl struggled in the harder competition, with Rob finishing 15<sup>th</sup> and Cheryl missing a control. Judi and Steve had gone home after Easter.

The Middle Distance was held on a granite map, Magenta, in the hills about an hour east of Perth. This was the scene of my only Easter 3 day win in 2003, so I was feeling pretty confident. However I came on one control that was suspect to say the least and finished back in 7<sup>th</sup> place. In fact there were no Bennelong placegetters in this event with Gordon doing best with a 4<sup>th</sup> in M60. Eric was also 7<sup>th</sup> and Rob back in 16<sup>th</sup> place

A good selection of photos of the Frazzle rock carnival including all Bennelong members can be found on the following link <http://hardingjohn.smugmug.com/Sports/Orienteering/2011-West-Australia>

After the orienteering was finished Cheryl, Rob and I headed north. We had a plan to visit many of the scenic places in the northwest and get back to Perth to put our cars on the Indian-Pacific 2 weeks later on the 15<sup>th</sup> May. Our main aim was to swim with whalesharks at **Ningaloo Reef**. We travelled north up the inland during the first week and back along the coast the second week. Our first main attraction was **Mt Augustus**, this place is remote, the nearest town is Meekatharra 344km away. Mt Augustus has the name as the biggest rock in Australia, being bigger than Uluru. Well it is bigger than Uluru but it is not as impressive.

Our next major tourist site was **Karajini National Park**, this is impressive. There are spectacular gorges, waterfalls and beautiful waterways amongst the arid landscape. We called in at Millstream National Park as well, a beautiful oasis along the Fortescue River.

In the northwest you can't help but notice the mining industry. There are huge trains hauling iron ore to the coast, modern towns like Tom Price, cities in the making in Karratha and huge infrastructure projects at Dampier, for example there are 4000 workers on the Pluton gas project. Accommodation is unobtainable for tourists as well as expensive, it has all been taken by industrial workers, lucky we had our tent.

As mentioned before, the highlight of our trip was swimming with whale sharks on Ningaloo Reef. Exmouth is the town near the NW tip of Australia, it is a growing town catering for the many tourists delights of Ningaloo Reef and a few top-secret defence establishments. Ningaloo Reef is very close to the coast, sometimes only a few hundred metres from shore. It is a snorkellers paradise. The whale shark cruise was fantastic. Swimmers are supposed to keep at least 3 metres from the sharks, this is quite difficult when the shark is

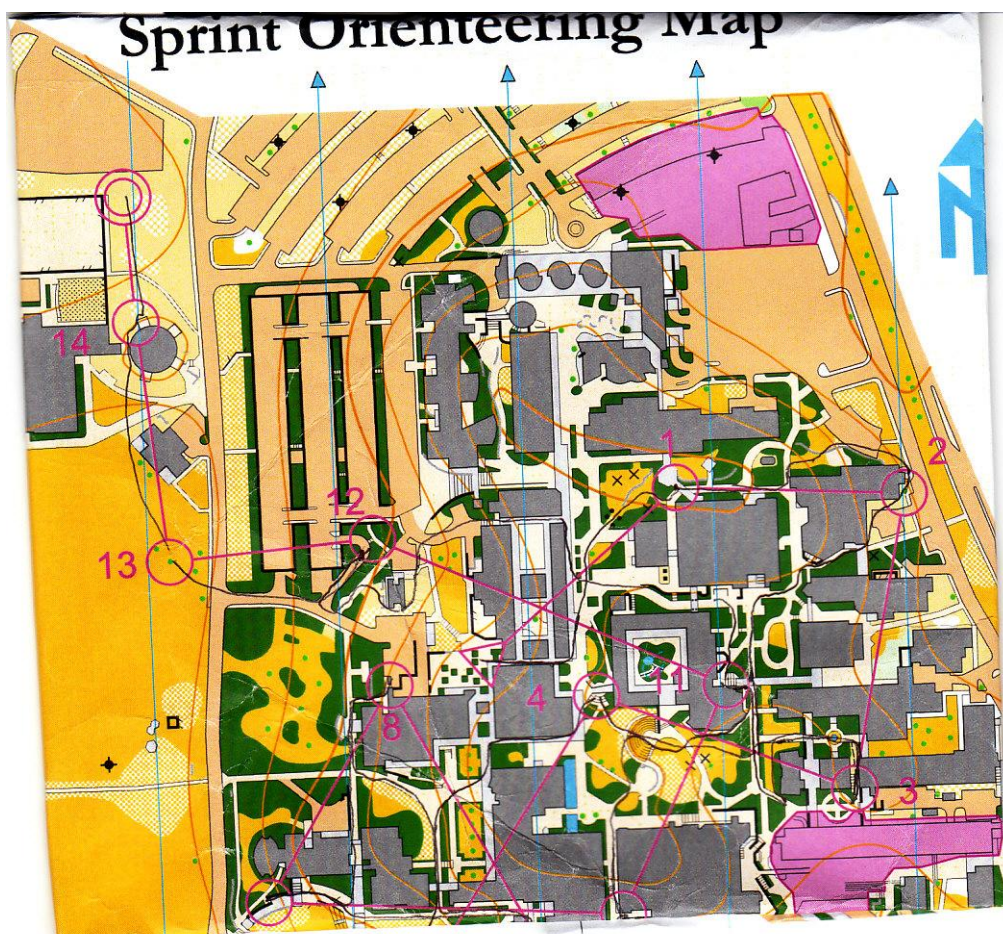
swimming straight at you. On the cruise we also saw turtles, a dugong and many beautiful tropical fish.

We were now heading back towards Perth, we called at **Coral Bay** at the other end of Ningaloo Reef, this also seemed like a good place to visit if we had more time. We also visited the Shark Bay area, another interesting area. Here we saw the dolphins of Monkey Mia, the stromatolites of Hamelin Pool, we experienced floating in the very saline waters of Shell Beach along with many other highlights.

On the way back to Perth we also called in at **Kalbarri**, with its spectacular coastal scenery and at Geraldton where there is a beautiful new memorial to the men of HMAS Sydney which was sunk off the WA coast in 1941.

On our final day we called in at the Pinnacles and drove along the newly opened Indian Ocean Drive which cuts off about 70km from the trip from the Pinnacles to Perth.

On the last afternoon before our train trip, the **WA Sprint Championships** were being held at Curtin University. We all entered and enjoyed a good course on a very complex area. Below is part of my course.



Finally, we put our car on the train and spent the next 2 days travelling across the Nullabor to Adelaide on the Indian-Pacific. This is a once in a lifetime for

me, it was enjoyable but much more expensive than flying, it was worthwhile to see the real Nullabor, the road only skirts the edge of the Nullabor. I enjoyed stopping at Cook, population of 5. My sister worked here in the hospital many years ago when the population was much larger, maybe 50 or so. From Adelaide we had to spend 2 more days driving home, we were unable to take our car all the way to Sydney as there are height restrictions going through tunnels in the Blue Mountains.

Terry Bluett

### **3. New Website announcement [www.bennelongnorthside.com.au](http://www.bennelongnorthside.com.au) from Darren**



As a lot of people will already be aware, we have recently done a major upgrade to our club website. We managed to have the new site up and running a few weeks before the Great NOSH Footrace, which brought a lot of people, orienteers and otherwise on to the site. **In fact, we were getting as many as 200 visitors each day, with the NOSH page receiving a total of 3685 hits!**

#### **Easy to add content**

The old site had to be centrally updated and required a lot of manual work to get new information online. A major aim with the new site has been to decentralise the addition of content which hopefully will mean it gets more content more often. Running on a platform called Drupal, the website allows people to log in and type up articles and add pictures using a familiar word processor-like interface, without installing any special software on their own computer. New articles are automatically displayed on the front page and posted on the RSS feed.

#### **Attract potential members**

Other orienteering clubs have been putting a lot of information on their sites which have become the defacto standard for anyone wanting to know what is up in the world of 'O'. The sites give people the impression that the clubs are quite professional and draw people to them for membership. We felt that by freshening up our own site we could differentiate our club and attract some new members of our own.

## **Orienteering guides**

We would like to put together some how-tos on orienteering, including: event types and local series, tips on navigation and explanation of symbols (with photos). This not only will draw potential members to our site, but will be an invaluable reference for our own members.

As part of the package, we also have a Twitter account, @BennelongO. On it we post notices about upcoming events, when event entries are about to close and when event info has changed. We also have a Facebook page and our first 18 fans. When we hit 25 we will get our Facebook nickname which will make it easier to direct people to the page. To become a fan, search for Bennelong Northside Orienteers on Facebook and click the 'like' button! We will also continue to host event results, photos and issues of the Blueprint on the new website.

If you have ideas for what should be on the website or would like to post a write-up on an event, please contact Darren and Marina at [webmin@bennelongnorthside.com.au](mailto:webmin@bennelongnorthside.com.au). We are really keen for everyone to be able to contribute to the site.

## **4. Members answers on the question:**

### **What do you like and don't like in Orienteering the most:)?**

#### **TERRY BLUETT**

*I was involved in many sports before discovering orienteering, I liked those sports but in each case there were little things about them I didn't like. For example, I was a keen golfer but I didn't like the slow play and I didn't like the fussy dress code. But right from the start I liked everything about orienteering, I like the challenge especially on difficult maps, I like the people who like orienteering, I like maps in general, especially orienteering maps, I like going to places off the beaten track, where people are unlikely to go except for orienteering and I like the physical and mental exercise you get when orienteering. What don't I like about orienteering is .... let me think.... nothing much.*

#### **ROBERT SPRY**

*What I like most about orienteering is travelling to other areas and experiencing different terrains, either in Australia or overseas. The differences in soils, rocks, landforms and vegetation are fascinating and constantly pose new challenges. Orienteering gives you an opportunity to visit amazing places such as medieval castles in Europe, glacial areas in Scandinavia, and rocky hillsides near Dubbo.*

*What I dislike is - nothing! Bad weather, floods, thick vegetation are all part of the challenge. Actually I don't like making navigational mistakes so I always want to improve. Even after 35 years I am still trying to avoid mistakes.*

#### **BRUCE DAWKINS**

*For me the best part about orienteering is spiking controls - although this doesn't happen as much as I would like.*

*Conversely, the worst part is being very close to a control and not finding it without a lengthy search and waste of much valuable time*

### **JUDITH HAY**

*What I like about orienteering is the challenge and being out in the fresh air as well as the friendship and camaraderie.*

*What I don't like is the smell when people haven't washed their orienteering clothes for a few days and courses that are too physical for ladies over 60.*

### **MARINA ISKHAKOVA**

*I like to win! I like a sharp and precise navigation on a challenging terrain. I don't like the courses without alternative routes. I don't like to follow other people routes as well.*

### **5. Fedor, Marina and Ariadna's story**

In spite an amazing feeling, that we feel that we joined BN at least several years ago, actually we are members of Bennelong only for last 10 months. And we are happy to be the first Russian members of BN! Many people would like to know what was a truly motivation behind a crazy idea to change hemisher and to move to opposite part of the World?

Fedor got 3 years contract with UTS as a Postdoc in Econometrics and me and our daughter Ariadna joined him. One of hidden pieces of motivation was to try Orienteering in Australia☺!

Even in spite the fact that I was a member of Russian national Orienteering Team in 1998-2001 and travelled a lot, Australia still was the most exotic and a dreamed destination ever.

After our first 10 months here we can say that Australia is an amazing continent but the most amazing thing are people. We feel so lucky to become a BN members and to leave our own small footprints in its history.





## 6. Melvyn Cox – KILIMANJARO!

### Fighting Alzheimer's disease

In September I am going on a fundraising venture on behalf of Alzheimer's Australia NSW. The aim of this article is what I am going to do and, I hope, to enlist your support. I've been making regular modest donations to Alzheimer's Australia for some time now and last December I received a brochure from them in the mail. This brochure invited me to take part in a "fundraising adventure" - to climb Mount Kilimanjaro in Tanzania. I've decided to take on this challenge - I'll be battling tropical diseases, a non-English speaking population, dangerous animals, and the inevitable petty crime which tends to be associated with western tourists in relatively poor countries, and that's before I even get onto the mountain! Once on the mountain the main issues will be the altitude (it's 19,340 feet or 5895m above sea level) and the cold (it's routinely around -15°C on the upper reaches of the mountain). After taking all that into account, the physical ability to climb 13,000 feet from the start to the summit seems a mere technical detail!

I am seeking to raise funds for Alzheimer's Australia by obtaining sponsors of my adventure - if you would like to contribute to their important work, you can make a tax-deductible donation by credit card through a secure website at <http://my.artezpacific.com/personalPage.aspx?registrationID=287754>. **Any support you can give will be valuable and very much appreciated (!)**



## 7. Melvyn Cox – Letters and Numbers

### What was the most stressful part of experience?

*I recorded my programmes back in October, and they went to air on 18, 21 and 22 March. I actually found the audition the most stressful part, as it was the first time I had "done it for real", and I was very conscious of, and pressured by, the 30 second time limit. By contrast, in the actual recording of the show I was quite relaxed. My first programme was the last of the day to be recorded, so I'd had time to see all the others being done and learnt how it all worked.*

**Your advice to other members who would like to risk?**

*My advice to other members who might be interested is: give it a go! It really was great fun and a most enjoyable experience, and the cast members are all really nice and friendly people who put you at your ease in the studio.*

Incidentally, the girl who beat me, Tamara, is on again right now in the season-ending championships - she won her quarter-final on Friday and will be appearing in the semi-finals next week.



**Mel Cox** and Richard Morecroft

Thank you very much for your exciting contribution and your time!  
ENJOY READING! Next 3d newsletter is scheduled on September 20<sup>th</sup>.

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