

BENNELONG NORTHSIDE BLUEPRINT #3

20th of September 2011

The Word from Terry Bluett:

President's Report September 2011

What a difference a week makes. Last week the State Championships were held in freezing weather. Today's event at Lake Parramatta was in 30 degree heat, it was the first hot day of the spring. Many thanks to Marina and Fedor for organising and setting this event. I heard many favourable comments about the courses. Before we run another event there, map corrections should be made and maybe we should approach Kings School to see if we can assemble on their land and use the extended map that includes the bushland of Kings as well as Lake Parramatta.

Last week the weather was quite the opposite. The maximum temp at Mount Boyce on Saturday was 7 and on Sunday was 9, but the biting wind made for a windchill below zero. They were 2 completely different events even though less than 20km apart. Saturday was a technical middle distance event among the pagodas, while Sunday had a physically tough, steep spur/gully course on a 1:15000 for all senior classes. The map was nearly all white with many brown contour lines. Congratulations to all our competitors but especially to **Wayne Pepper** and **Rob Spry** who won both days in M35AS and M55AS respectively. Our other winner was **Gordon Wilson** with a close win on Sunday in M60A on Gordon's birthday week. Other pleasing results included **Graham Galbraith**, 2nd to **Rob** in M55AS and **Darren Slattery's** first badge in M21AS on Sunday. Darren also did well on Saturday finishing 2nd with **Sam Tsang** 3rd in M21AS. Others to do well included **Cheryl** and **me** 2nd on Saturday and **Janet** 2nd on Saturday and 3rd on Sunday

Congratulations to our Division D team on winning the Metro League competition in their division. Adam and Bethany Halmy certainly strengthened the team on those days when the Junior League competed on the same course. I love seeing Adam and Bethany run they both make running look effortless, a sign of a good runner.

Over the last few months there have been quite a few Bennelong members overseas. I'm hoping we have some contributions about their trips in this newsletter. Gordon was lucky enough to attend the World Champs in France after joining Rob and Judi at the Scottish 6-days. Gordon showed me the French maps, they were unbelievably difficult. The Scottish maps didn't look so hard but the terrain was very boggy and up to your ankles in mud was the order of the day.

I love following the World Championships online. Every year the coverage gets better. This year I stayed up late following the French races. You could get live video and coverage of the events. GPS tracking (It was reassuring to see the best orienteers in the world make mistakes, but unsurprising considering the difficulty of the terrain), live blogs where anyone following the races could contribute (I saw quite a few comments from Australia) and results at several controls around the course. It was almost as good as being there, but not quite, I reckon Gordon was really privileged being there.

Soon there will be an opportunity to experience the atmosphere and facilities of the big European races here in Australia. At the Oceania Middle Distance championships in Yackandandah on 2nd Oct, the big screen will be there, with GPS tracking for the top runners as well as cameras at various points round the course. Have a look at the promotional video on www.oceania2011.com I was very impressed with what I saw.

As well as this event there are 7 great events in the carnival. It will be the best orienteering in Australia for some time. All the best for Bennelong members going to the Oceania carnival.

Closer to home the summer orienteering season will soon start. Bennelong is presently making 2 new maps. The Balmoral map is being extended up to the Spit Bridge and over to the western side of Spit Rd and a new map in the Eastern Suburbs centred on Clovelly and Bronte. Our first Summer series event will be on Oct 19th starting at Bantry Oval in Seaforth. This will be our first Summer series event using Sportident, we will not need so many people at the finish computing scores but will need extra to help with the registration.

With your latest magazine which should be out tomorrow if you have not already received it, there will be a handout with all the orienteering events over the summer. It will certainly be a feast for those of us who like orienteering in the warmer months.

All the best to our members in the coming months and i hope to see you at an orienteering event soon.

Best wishes
Terry Bluett

Neswletter Structure:

- 1. Metro League**
- 2. Members' answers😊**
- 3. Gordon Story**
- 4. Robert Spry's Story**
- 5. Judi's Story**

1. Metro league

2011 NSW METRO LEAGUE MEDALLIONS

Division 4 Premier - Bennelong Northside

- Rodney Parkin
- Bethany Halmy
- Adam Halmy
- Bruce Dawkins
- Frank Assenza
- Judi Hay
- Peter Thomason

2. Members answers on the question:

Who was the person who inspired you to try Orienteering?

Bruce Dawkins:

At the end of the City to Surf race in 1972 a friend of mine, Bill Shaw, picked up a brochure on orienteering and he suggested we should give it a try. The brochures were being handed out by Rod Dominish, the founder of Bennelong Occasional Orienteers.

Janet Dawkins:

Janet was inspired by me to try orienteering not long after we met. Her initiation took place at Lane Cove River Park on a very wet day. As she says "love the man, love the sport".

Gordon Wilson

I wasn't inspired to take up orienteering by a person. I actually got the idea from a television sports show that had a short segment about O. Found out about a local event through the O office and have been doing it ever since.

Marina Iskhakova

My parents, who were born in Siberia and started orienteering in 1963 involved me and my twin-sister at the age of 8, in 1986 when we got our first compasses as the thrilling gift for 8-years birthday☺

Fedor Iskhakov

Following the family nature of orienteering sport in Russia my Orienteering story began at the age of 7, when I was waiting for my father to finish the course...

Joel Putnam

A work colleague inspired me to try orienteering. He introduced me to the Sydney Summer Series.

Eric Morris

I started with my mother (Janet who now runs for WHO). I was about 10. I think we saw an event notice in the newspaper. But mum was the biggest inspiration in the first year I think. After that I would have pestered her to go!

3. Gordon Wilson's story

Orienteering at WOC 2011 in France

My decision to travel to Europe this year was on again, off again for some time. Finally, when my friends in London, ex Bennelong president Sheralee and her husband Dave, told me they had booked a house in France for WOC, I made up my mind to go. So flights were booked, bags were packed and off I went. WOC 2011 was held in the south east of France in the Savoie Grand Revard. The ERDF O Festival was a public event being held on conjunction with the main event and had attracted over three and half thousand entries. The O Festival shared the same arenas and used the same maps as the elites. Our week started with a trip on the train through the channel tunnel. The train is drive on, drive off and the trip takes about 20 minutes. Five minutes after you arrive in Calais you are on the motorway heading south. Once we were on the motorway we had a long drive across France in front of us.



Les Trois Balcon. Our home for the week.

The good news was that it was motorway the whole way. The bad news was that it cost us 70 Euro in tolls. The weather when we left was cool and raining but as we travelled further south the rain cleared and the temperature rose into the high thirties. It was early evening when we arrived at the event centre in Chambéry to pick up

our race packs and almost dark by the time we found our accommodation up in the mountains.



Looking at the event information prior to the event I was concerned by the short course lengths for the H60 courses. Day 1 and day 2 were both listed as "long distance" yet my course lengths were 2.8k and 3.7k respectively. I was thinking "great, I have come all this way for kiddie courses". How wrong I was. The areas were probably the most technical I have ever competed on. The contour detail was of small knolls and depressions similar to what you would see in sand dunes. Under foot the ground was covered with large areas of moss covered shattered limestone and on top of that was fallen timber and undergrowth. Finally the forest was quite thick in places limiting both visibility and progress. I considered that I had had a good run(?) if I achieved better than 20 mins per kilometre. There was

a network of small footpaths covering the areas but they were difficult to see on the map and could easily be confused with elephant trails on the ground. We soon learned to use these tracks with care.

Day 1 and day 2 shared the same arena at St-François-de-sales. Unfortunately a change had come through during the night and it was now overcast and raining. Not good for people who wear glasses (me). I managed to get around day 1 without too much problem but I did lose ten minutes on the first control due to the previously mentioned small tracks and foggy glasses. Day 2 was a disaster taking me ninety five minutes to do a 3.7k course. Much of this time was spent looking for one control which was only 150 meters from a major track. Lose contact with the map in this terrain and you're screwed. The rough ground made it impossible to just walk in on a bearing so you had to pick your way in from feature to feature. It was amazing just how quickly things could go wrong. How do the elites run through this stuff and still know where they are going? Aliens!

Day 3 saw a change in the weather with clear blue skies and temperatures again getting up into the thirties. The course setting was a little disappointing with the second half of my course being only moderate standard navigation. A highlight for me was that I managed to get the fastest split in my class for the finish chute. Following the event we headed down to Aix Les Bains for lunch and to cool off with a swim in Lac Bourget.

The arena for Days 4, 5 and 6 was at the small alpine village of Féclaz. This was also the venue for the finals of the WOC long, middle and relay events. Day 4 saw a bit of a change in the vegetation with parts of the map having no undergrowth. Just forest with a heavy covering of leaf litter on the ground. The contour detail was still very complex and I still managed to lose quite a bit of time on a couple of controls. Again the course was a bit disappointing with the last half of the course being a dead run back to the arena. Day 5 returned to the thicker undergrowth and the less said about my run the better. How can you spend twenty minutes looking for a control that is only fifty metres from a track?

I approached the last day with a little trepidation. According to the program my course was only 1.8k long with 150 metres of climb. 150 metres doesn't sound a lot but it amounts to over eight percent climb. Essentially we walked down to the start and ran back up to the finish. This was also the area where we had watched some of the elites in the middle distance final the previous day run around in circles. To quote the commentator regarding one girl's course, "she is totally lost". As it turned out though, this was the nicest area of the week with very little undergrowth and the stage where I had my best result finishing 10th. Based on the best 5 results I finished 25th overall.

All in all a very enjoyable carnival. Well organised on some extremely technical terrain in some spectacular alpine countryside. One thing that is completely different to orienteering in Australia is the amount of collaboration (cheating) that was going on in the forest. I have been to a number of major carnivals in Europe where people are talking and asking for directions but I have not experienced anything like this. Large groups of people standing around at controls, people continually asking for help or shouting out control numbers. Thankfully I didn't experience any map snatching. Most people could be dismissed with a shake of the head but a couple of times I was abused because I wouldn't help. All part of the experience.

Looking forward to my next trip. MWOC in Germany?





4. Robert Spry's story

Getting bogged in Scotland by Robert Spry

Helped by a favourable exchange rate, 44 Australians entered the 2011 Scottish 6-days, held near Oban on the West Coast in August. The 6-days is held every second year and attracts over 3000 runners, mostly from Britain but with a significant international flavor. Gordon, Judi and myself represented Bennelong Northside.

Unlike some previous years, the competitions were all held within 20 km of the event centre. This was fortunate as many of the access roads were very narrow, only single-lane with 'passing places'. Locations are chosen partly to use farm paddocks for parking and assembly. This was my fifth time and I have always found the 6-days to be very well organised. The format is more relaxed than some of the major international events, as only the best 4 of 6 days count in the final score. There is a rest day after the 3rd day which is a good opportunity for sightseeing – we went on a full day ferry and coach trip to the historic island of Mull and Iona.

The areas this time were mostly typical Scottish moorland with patches of trees, mostly broadleaf, and bracken. Areas of farmland added complexity near the Finish when you were most tired. Whilst the moorland offers good visibility it is invariably soft and boggy underfoot, totally unlike our hard earth and rock. This year there were many contour features with complex knolls and depressions so contour-reading was important.

As in many European events it is a definite advantage to be a late starter as there are trampled 'elephant paths' to follow. My worst result was on the

second day when I was the very first starter. Start times are grouped together by Club and vary across the six days so that any advantage is evened out.

My results generally got better each day, showing that I was adapting to the different. By the last day I had basically an error-free run and was satisfied with the results although at 47th, I did not quite make the middle of the field in M55AS. Judi did very well despite her injury to come 6th overall in W60S.

Interesting features from an organisational point of view were: a very efficient start procedure with 1-minute start intervals, informative SI result printouts which not only told your current position in the race but also reminded you of tomorrow's start time, and a 'compact' event program which fitted all of the necessary information on one A3 double-sided sheet.



Assembly area on the last day, with terrain in the background.

5. Judi's story

MI: In Orienteering everything can happen, it's not the safest sport. At QBIII Carnival, on day 2 at Lithgow Judi experienced that many prefer to avoid – she broke her arm. Read an exclusive interview with Judi for BNN and about her truly amazing orienteering spirit:

1. What was your first thought when you broke your arm?

My first thought when i broke my arm was probably unprintable! I first checked movement of the shoulder as I thought I had just dislocated it. Managed to get the shoulder back in place within 2 minutes of falling but then felt the crinching so knew I had broken it as well. Stopped in my tracks looked at the map and saw how close was the next control. As it was only about 300m decided to walk to it and wait for help as

realised no-one else may have been on my route choice.

2. What was the more difficult during the recovery period?

What was most difficult was being unable to work without the help of my practice nurse as my left arm didn't want to move at all and of course the pain. Because they had to reoperate my recovery has been set back a bit but I am determined to compete in the Australian Championships in September/October.

3. When did you decide, that you continue with Orienteering:)?

I don't suppose I ever considered giving up orienteering but was worried that if I did my whole future life would be different. I can retire from work but it would be much harder to give up my orienteering friends.

MI: Thank you very much Judi!

ENJOY READING!

Next 4th Christmas Newsletter is scheduled for December, 20th.

Thank you very much for your exciting contribution and time!

We are always waiting for your news and ideas!

Marina ISKHAKOVA
Bennelong Northside Blueprint Editor
Marina.Iskhakova@gmail.com
Mob. 0412 308 310
Home 8021 2251