

# **BENNELONG NORTHSIDE BLUEPRINT#1**

15<sup>th</sup> of March 2012

## **The Word from Terry Bluett:**

The Sydney Sprint series has finished now and there are only a few more weeks of the Summer Series, so it is time to look towards the winter season. Bush orienteering and weekend events are the order of the day in the winter season.

Bennelong will be entering either 3 or 4 teams in the Metro League competition. I encourage all new members to register with Joel Putnam for these events. The club pays entry fees for people representing the club in this competition. No need for experience as you will surely learn a lot by competing in these events. The details of each event in this competition are below.

### **Dates and Locations**

1. April 1 – Cecil Hills
2. May 6 – UWS Kingswood
3. May 27 – Oatley
4. June 17 – Centennial Park
5. June 24 – Pennant Hills
6. July 29 – Mt Annan

Let Joel know before 18<sup>th</sup> March if you can compete, his email is [joelputnam@qantas.com.au](mailto:joelputnam@qantas.com.au)

Also the State League is about to start with the first 2 events at Snows Hill near Braidwood on 24<sup>th</sup> and 25<sup>th</sup> March. This is real orienteering, in the bush, challenging courses, I'd encourage all members to have a go to at least 1 State League event and discover the joys of bush orienteering.

Also coming up on June 3<sup>rd</sup> is the Great NOSH Footrace, Darren Slattery and Joel Putnam are organising this event for the second year. It is a major organising event for the club and we'll be encouraging all members to either have a run or help with marshalling or at the finish on the day.

This year we will be ordering new O tops. We've run out of the present tops and would like all members to have the opportunity to run in club colours. The tops will be of the highest quality and the club will partially subsidise the purchase of these tops. If you have ideas on design of the tops please let Darren Slattery know of your thoughts. Our club colours are blue, green and white.

Best wishes and good orienteering

**Terry Bluett**

President

Bennelong Northside Orienteers

## Newsletter Structure:

1. Members' answers😊
2. Gordon Coast trek
3. Robert Lindfield SS
4. Club O-Tops
5. Darren DuO
6. Marina & Fedor's Cross Australian trip

### 1. Members answers to the question:

*“What would be your sport, if not Orienteering?”*

#### Terry Bluett

I would play golf if I didn't do orienteering. I played golf until I started orienteering, but found I played less and less golf as I increased my orienteering and eventually I gave up my golf club membership. I'd like to do running and adventure racing but my knees are no good

#### Bruce Dawkins:

My sport before orienteering was tennis and still is to a degree. I'll probably take up bowls after retirement from orienteering.

#### Janet Dawkins:

Janet's ambition is to take up cycling on a three wheeler bike with a basket.

#### Marina Iskhakova

Ballet, Chess

#### Fedor Iskhakov

Mountaineering

#### Joel Putnam

I would be playing more golf if Orienteering were not available. This is probably a good thing given that they accommodate people with handicaps

#### Chris Cunningham

boomerang

bushwalk/run

rollerblade

bouldering (ie Shelly Beach to North Head and up ladders, run back)

## 2. Gordon's Coastrek 2012



**Coastrek** is a charity walk organised by “Wild Women on Top” to raise funds for the “Fred Hollows Foundation. The walk follows the Sydney coastline and harbour foreshore from Palm Beach to Coogee. Participants take part in teams of four and can opt for the whole walk of 100km, the first half day section or the second half night section. Each team must include at least two females. Teaming up with Garingal’s Jai Di Tommaso and two other friends we took on the night section from Balmoral to Coogee.

It had been raining heavily all day and was still raining lightly when we started at 6:00 pm. After about 4 hours thankfully the rain stopped and it remained mostly dry for the rest of the night. Although the bush track sections of the walk remained very wet and muddy.

The first part of the walk followed the north side of the harbour to Milson’s Point with checkpoints at Clifton Gardens, Bradleys Head and Cremorne Point. We then crossed the bridge to a checkpoint at the Opera House then up through the Domain and then down to another checkpoint at Mrs Macquarie’s Chair. Here we met up with our support for the first time for some warming pumpkin soup and bread rolls. The next section mostly followed roads until we reached the half way checkpoint at Rose bay. From here we followed the Hermitage trail to a checkpoint at Neilson Park. This was the worst section of the trail with some very muddy sections. We met up with our support crew again at Watsons Bay for some more soup and a welcome change of shoes. From here it was up to a checkpoint on South Head and then we turned south and followed the coastal walk down to the finish just south of Coogee Beach. While walking through Dover Heights at around 4:00am we passed a lady in a 4WD drive who checked that we were all OK and gave us support. Later we found out that it was Gabi Hollows.

Very tired and sporting numerous blisters we crossed the finish line after 11 hours and 13 minutes. We were the 24<sup>th</sup> team to finish out of about 70 that tackled the night walk. In all it was

a great night out with some spectacular views and the satisfaction of knowing we had helped a very worthy cause. Thanks again to those Bennelong Members who sponsored me on the walk. One point of interest was that the checkpoints were orienteering flags and SportIdent units.  
Gordon

### **3. Last days of Summer (Series)**

Hi all,

I am organising the Summer Series event on Wednesday **21st March** at East Lindfield. It will be your second-last opportunity to score points this season. The start / finish is at Lindfield Oval, the start of the Great NOSH footrace. The Oval has a playground, for those so inclined, and a brand new toilet block.

The event will use a combination of streets and bush tracks. Tracks have been selected so that they can be negotiated even in heavy rain - not that I am expecting any ! Sunset is at 7:05 pm and it will be New Moon, so late starters (and control collectors) would be well advised to bring a torch or headlight.

As usual we will need Club members to help out on the day, with jobs such as taking entries, helping newcomers and the Start and Finish, as well as control collection. You will still be able to have a run. Those who are able to turn up early, around 3.30 pm, are especially welcome.

Robert Spry

### **4. New Club Shirts**

Our stocks have run out and we have a few new club members, so we have decide it must be time to get a new club shirt. Due to a favourable exchange rate and a special deal running at the moment we find ourselves being able to afford some swanky TrimTex shirts. These are specially designed orienteering shirts from Norway. TrimTex has designed their own orienteering fabrics not only to keep you cool and draw sweat away from your body, but also be stretchy and offer higher wear resistance to avoid snagging on trees and scrub when you venture off the trail and into the green.

#### **Rapid LZR O-Shirt**

The Rapid LZR shirt features a zip at the front for some extra ventilation and a longer tail end to keep you covered when you are running.



<http://trimtex.no/en-catalog-viewObject-5-188-205-0>

### Design:

Having our club members wearing our club shirts is one of the best things we can do to promote our club identity and identify our team when competing in Metro League, State League and national events. In the design, it's important to have our club colours, to have our logo, and to state our club name. We've also made sure we've got "Orienteers" on the back so if you wear this shirt in the City to Surf or in a triathlon you'll be spreading the word about orienteering. Our current best design has a modern feel to it and a pattern that is unique amongst the Sydney clubs.



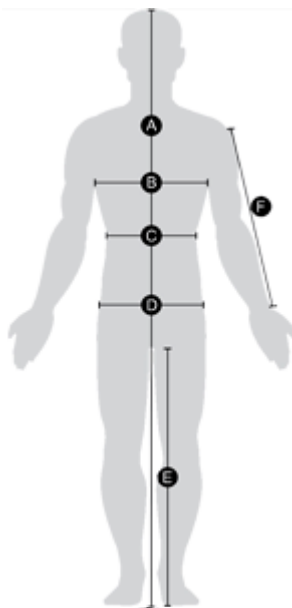
If you have some ideas of your own and want to have a go at some design work, why not head to <http://www.trimtex.eu/godesign/> and try out TrimTex's online design tool. There are 12 patterns to pick from and then you can choose what colour goes where. Our team colours are green

(paint 355), blue (paint 301) and white. You can send your ideas to [webmin@bennelongnorthside.com.au](mailto:webmin@bennelongnorthside.com.au).

These shirts normally sell for over \$93 each, but by placing a bulk order we can get the buy price down. We would love for everyone in the club to have one, so we will also be chipping in to make these more affordable. **As a result, the shirts will be available to all club members for just \$35!** That's less than a running shirt that is half as good from a sports store! We can also buy those rugged and flexible orienteering trousers for \$80, but we will need a minimum of 5 pairs to place an order.

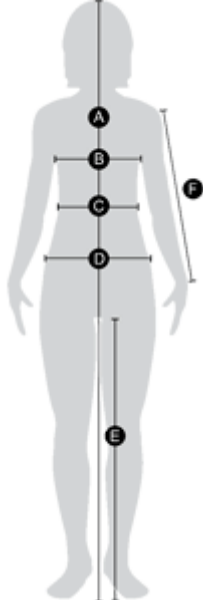
**If you would like a club shirt, and we really hope you do, please send an email to Darren at [webmin@bennelongnorthside.com.au](mailto:webmin@bennelongnorthside.com.au) with your size!**

### TrimTex sizing guide:



#### Mens

Size (cm)Measure	XS	S	M	L	XL	XXL	XXXL
Height A	158-164	164-174	174-180	180-185	185-190	190-195	195-198
Chest B	86-90	90-95	95-104	104-110	110-115	115-120	120-125
Waist C	73-78	78-84	84-92	92-98	98-104	104-108	108-111
Hip D	86-92	92-98	98-106	106-110	110-116	116-120	120-126
Inner leg E	78-80	80-82	82-84	84-86	86-89	89-91	91-93
Arm F	58-62	62-65	65-68	68-71	71-74	74-76	76-78



#### Womens

Size (cm)Measure	XS	S	M	L	XL	XXL	XXXL
Height A	158-163	163-167	167-173	173-176	176-180	180-183	183-186
Chest B	78-84	84-90	90-96	96-102	102-106	106-110	110-114
Waist C	64-68	68-74	74-78	78-84	84-88	88-92	92-96
Hip D	90-93	93-97	97-102	102-108	108-112	112-115	115-120
Inner leg E	73-74	75-76	77-79	80-81	82-83	84	85
Arm F	57-61	61-63	63-65	65-66	66-67	67-68	68-69

Kids shirts are available in Euro sizes 130, 140 and 150.



## 5. Darren's DUO on 11<sup>th</sup> February

### The Devil's DuO at Western Sydney Regional Park

When I heard about this new orienteering series I was quite interested. As a mix of mountain bike orienteering and foot orienteering, this event was sure to be like the adventure racing that got me in to orienteering. I had been keen to do some MTBO but with the events typically being north of Newcastle I never could justify travelling all the miles to get there. DuO round 2 was going to be in Sydney; I couldn't not enter!

In the week leading up to the event there was a rumble in MTB fans amongst the orienteers. We were all trying to guess what this event would be like. My memories of the area were from an M7 cycleway ride a couple of years ago. It was as a lawned park with a number of concrete cycle paths running through it. "This will be a doddle!", I was thinking. "Open terrain with easy-to-spot controls" and "a few on-the-lawn shortcuts" for the bike leg. "Don't even bother putting the nobby tyres on your bike!" I even heard.

The morning of the event I was up early. I had to check the kit I packed was all there: bike tyres inflated, spare tube, tool kit, 2 water bottles on the bike, sunscreen, some dry clothes to change into afterwards, and two energy gels. Gels are a salty, sugary syrup in a little foil packet designed to give you some electrolytes and energy during a race where you don't want anything solid sloshing around in your stomach. They are great for adventure racing where you will be running one minute, riding the next, and then swimming a moment later! Ideally you should slurp on one every 30-45 minutes during the race. It was anticipated that the time to complete the long course would be 90 minutes, meaning two mid-race gels. "Hmm," I thought, "they don't weigh much. Maybe I'll take a third just in case the race takes me a little longer...". Well, yes...



There was a good turn out at the event and we were all there early and keen. Start times were not scheduled so we all registered and had a dingo's breakfast (a pee and a look around) while the organisers finished putting out the course. All too soon it was time to start. With my bike loaded up with my water and in the transition area I queued up in the starting pen and with a "ready, set,... boop" I was off! A quick study of the map while I shuffled off across the grass had my plan set for the first two controls. Across the lawn, down the cycleway 50 metres and then on to a track marked in yellow I ran. Of course, when I got there the track turned out to be a mown section of grass amongst the metre-high grass surrounds. Shosh, shosh, shosh along the muddy track. There had been quite a bit of rain in the weeks leading up to the event. "I'm glad we aren't riding this bit", I thought.

The first leg was a scatter course. Long competitors had to collect them all in any order. I had planned out a course that rang a counter-clockwise ring around the map, with no in-and-outs. The map had a lot of runnable white, but an awful lot of dashed blue lines indicating things might get a bit wet under foot. My first control was easy; I could see it from 200 metres out. Across the lawn, jump over the narrow creek and 'boop'. "Now, just 150 metres now to a road and then

across and up the hill”, I planned. I quickly discovered that the unmown grass was a little too long to get over and had a number of mystery lumps, bumps and holes underneath, so I altered course and took the slightly longer route through the shorter grass.



Crossing the road I had to head about 500 metres up a gentle slope. It was pretty open according to the map. Through the fence and into the paddock I went. I soon discovered that bounding like a fox terrier through the tufts of scratchy grass was going to wear me out all too quickly, so I redirected myself over to the green where the canopy of the trees had kept the ground cover down. Drifting slightly further in, I then discovered that running straight up the creek was even quicker! And my shoes were now getting a wash after all of that mud! All good things come to an end though when

I hit the first barricade of blackberry bushes. Ouch! Well, can't go through it, can't go under it, can't go over it, I'll have to go 'round it! My simple dash had turned into a zig-zagging adventure across the paddock. What more was to come?!

After many ups, downs and blackberry bushes I finally had myself back at the transition area and on my bike. Looking at my watch, 55 minutes! Being two foot and two bike legs I thought each leg would only take me 30 minutes. As I gulped down half a bottle of water from my bike I was hoping that this must have been the longest leg and that the next foot would just be a couple of kilometres around the finish area... How foolish I was!

The bike leg started with a few hundred metres on the road and then took off down a mown section of the paddock. On the downhill this was okay and I got to the first control easily. Then came a big hill, on slippery muddy ground. This is when I started doubting my tyre choice for the event, and I jumped off the bike and started pushing it up the hill. Just the first of many such occasions.



*Thought this would be ok*



*went for these*



*needed this!*



Wearing an embarrassing mud-riders tail (that unfortunate brown stain of I-hope-that's-mud running from your backside to the top of your head), I eventually got through the first bike leg. Well out of water by then, and now two hours in to the race I was feeling a bit worse for wear. Under-hydrated I again took the challenge of fox terrier bounding through the grass only to be met by a major leg cramp. Not wanting to sit down with the snakes in the grass and unable to stretch my leg I just had to grin and bear it until I got to the next control. Avoiding the grass again my route out away from the control involved an enchanted forest, rocky river rapids, a scuba diving adventure off the back of a paddle-steamer and a 50 metre dive off the top of a dam wall into a pit full of crocodiles, but it was preferable to bounding through the grass again. The second foot leg was another loop of the park and this time only took about 45 minutes. Back at a transition area I filled both of my drink bottles, drank one straight away and then took off for the final b#&^dy bike leg.



It was half way back down the park that I got to learn first hand why the map was titled “The Dairy”. In a particularly slurpy spot I got bogged, stalled and tipped over sideways into a muddy puddle. “Hrm, that smells just like a dairy...”. While I swear it was like a cow had freshly left me a nice soft landing pad, it apparently is quite a while since the area has been used as a dairy. Looking around I made sure nobody could see my embarrassing fall, before slyly righting my bike and resuming my journey.

Half way through the final bike leg those threatening thunderclaps were above me and the heavens opened. While I was glad for shower to rid myself of Daisy’s blessings (my dairy mud-pack) I was now starting to shiver and my sunglasses were making it hard to see where I was going. “I’m never going to do any of this ever again!” I mumbled to myself, trying to keep warm. “This is stupid!”. With only a few controls left, roughly on the way back to my car I decided to stubbornly push on and complete the race. More perils come, and some nice single track which I couldn’t fully appreciate at the time. Then finally, the last control! 300 metres of grass, 300 metres of road and across the finish line with a scream and fist-pump in the air!

I jumped off the bike and beaten and bruised I limped sideways up the hill to the download table. ‘Boop...’, four hours!

After about a litre of water, a fruit bun and a change of clothes I was feeling shaky but a lot better. What an awesome adventure! What in real terms is a moderate-sized patch of land in Sydney on that day turned into a massive battlefield. The creeks, the gullies, the stunning hilltop views! How could this entire world fit into such a small area? The last four hours had felt like an entire week of adventuring through a wild land! **Well done to Big Foot Orienteers for putting on such a great event! Truly fantastic! And to top it off, I ended up winning the 'dinner for two' prize that Big Foot had put up for those attending all three of their events that month. Cheers guys!** The next DuO event is on 22 April at Belanglo State Forest. This time they have warned up-front that it will likely take four hours to complete the long course. The short course will likely be trimmed down a bit. I've already made my plans to go!  
Darren Slattery.

## 6. Marina & Fedor's Cross-Australian Trip



It was back to March 2010, when we lived in Maryland and Fedor worked at Maryland University, USA when he got alternative and so much exciting job offer from UTS, Sydney. Another opportunity was to stay several years in America, but for us who never touched Australia before, it was unthinkable to loose this once in a life opportunity. Yes, one of the most thrilling parts of his job opportunity was to discover real Australia, its red endless deserts and valleys, and to do orienteering along with fast-jumping kangaroos.

Only in the beginning 2012, after 1,5 year in Australia we realised that are ready to our first real Australian “expedition”. Middle of January it was not considered as an absolutely best and comfortable time for driving through the hot continent, but it was the only opportunity in our packed schedules. Ariadna stayed at home with her grandma and grandpa who came from Russia and allowed us to disappear for 7 full days.

7 days. 7000km. Main destination Uluru! It was a bit childish, but was so much important to watch this unique unimaginable red bolder by own eyes! To be home in time we had to drive around 1000km in a day, and our “the straightest” route covered Broken Hill, Port Augusta, Coober Pedy, ULURU, then Alice Springs, shortcut to Boulia, Winton, Cunnamulla, Dubbo and finally through the Blue Mountains to Sydney.

Uluru was a special experience! That day it was incredibly rainy, no sunset, no sunrise, only disappointed tourists around with useless cameras:) Many of us, tourists, knew that this is the once in a life opportunity to meet Uluru, very probable it never happens again. We did epic evening Uluru 9k walk and spend next morning at unforgettable Katja-Tutja walk.

Then Alice Spring. Bought a memorable picture to support local Aborigines. And another 3000km back. It was not easy, it were not too many diverse landscapes to see on the way back, but it was very special and very important for us to understand deeper this most amazing continent in the world.

Thank you a lot to Terry and Cheryl, as this trip was partly inspired by their Easter cross-Australian trip to Perth and back!

### **ENJOY READING!**

Next 2<sup>d</sup> 2012 Newsletter is scheduled for June, 15<sup>th</sup>.

Thank you very much for your exciting contribution and time!

We are always waiting for your news!

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