

BENNELONG NORTHSIDE BLUEPRINT#2

15th of June 2012

The Word from Terry Bluett:

A lot is happening for Bennelong at this time of year. The Great NOSH Footrace was run in very wet conditions. Many thanks to the organisers, Darren and Joel for putting on such a great event and to all our helpers on the day and to our members who competed in the race, I noticed Peter Thomason and Simon Grimes arriving at the finish, there may have been others as well. The feedback from the competitors in this race has consistently been that this is one of the best off road races around. Despite the bad weather there was a good rollup and the club will do well financially out of the event.

QB3 was on last weekend in Armidale, those of us who went missed the heavy rain in Sydney and had 3 days of quality bush orienteering on good maps. We had 6 badge winners from our contingent with Marina, Bruce and I getting 2nd places in our class and Fedor, Melvyn and Graham picking up 3rd place over the 3 days.

Bennelong is going great in our Metro League so far. We've had 8 wins out of 9 matches so far. It might be hard to keep up this record in the coming weeks. We have Centennial Park this weekend and we are organising the Pennant Hills Metro the following week. It would be great to see a good rollup at the Pennant Hills event as we will have a few regulars away and will need some helpers on the day. You will all get a run either in a team or Enter on the Day.

Also coming up on 8th July is a club event starting at Allambie Heights Oval. The courses will be set by Marina.

Our big event for the year will be on before our next newsletter comes out, so a reminder for the State Long Championships on 9th September at Gumble. Rodney Parkin is setting the courses and Rob Spry is organising the event. This is a great area last used for a State Championships in 2001. Again we will need plenty of help on the day. Even if you have never been to a State League before, this is a great place to start, with 2 quality events on that weekend. The Middle Distance Championships on the day before our event at Kahli's Rocks will be a great event too.

Talking about championships, the NSW Sprint Distance championships will be held on 14th July at UWS Hawkesbury at Richmond on a new map. This is close to Sydney for a major event and one well worth going to.

Looking forward to seeing you at an orienteering event soon.

Terry Bluett

Newsletter Structure:

1. **Members' answers**😊
2. **NOSH Report**
3. **Gordon Recovery**
4. **Pierre – interview**
5. **Chris – Interview**
6. **Other news**

1. Members answers to the question:

“Have you dream to be an Orienteering World Champion?”

Terry Bluett

I never had the dream to be world champion, for one thing I was 40 before I started orienteering, and I have to be realistic. But in age groups there are always World Masters Championships every year and I've competed in 5 of these. My best results was 4th in 2002 in M55 in Kooyoora in Victoria, that was much better than I ever hoped to do. My second best result was 24th in M50 in 2000 in New Zealand. However I have won the Australian Championships once, in 1999 in M50, with quite a few 2nd and 3rd places in other years.

Bruce Dawkins:

I have never dreamed of becoming an orienteering world champion. Such a dream would be very far-fetched but most of my dreams are even weirder than that. My most often recurring dream about orienteering is missing the start.

Janet Dawkins:

Janet says 'No way'. She has better things to dream about.

Marina Iskhakova

Yes, I had such a dream, starting to do orienteering at age of 6. My top achievements at Elite level on the way to Orienteering Queen title were 14th place on Orienteering Junior Champ in 1998 in France and 28th place on Orienteering World Champ in 2001 in Finland as a member of Russian team. That time I thought that this is a finish of my o-career. But now, after getting an incredible experience at Australian terrains, my new dream is to become a World Champ in W40, and further on till W90.

Fedor Iskhakov

I never had a dream about becoming orienteering champion because orienteering was very ordinary part of my life since childhood. I have been much more competitive in some other areas of my professional and personal life.

Pierre Francoius

It is more than a dream: a phantasm! In any sport being encouraged by the crowd gives you so much energy that gives you shivers at the end.

Chris Cunningham

No desire to be world champ, time demands and my smoking would likely preclude that!

2. The 38th Great NOSH Footrace

Well, it was quite a wet year for the NOSH. After a few weeks of dry weather in May it all turned

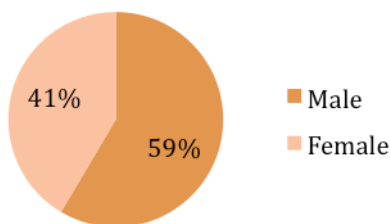


a bit damp just a week before the NOSH; It rained throughout registrations at Lindfield Oval, all through the race, and all through the BBQ and prize ceremony at Seaforth Oval. Despite all that number were actually up on the previous year. I think it is something about the damp weather that not only brings the waterfalls to life but it also brings out all the crazies - trail runners with a love for punishment. We also had a lack of injuries, with Forestville Physio and St Johns Ambulance reporting a distinct lack

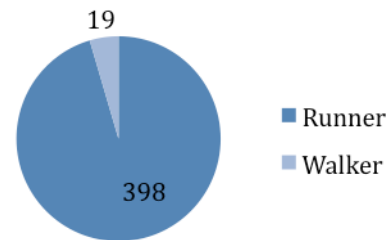
of patrons!

Having typed up all the results I have collected a few statistics on this year's event:

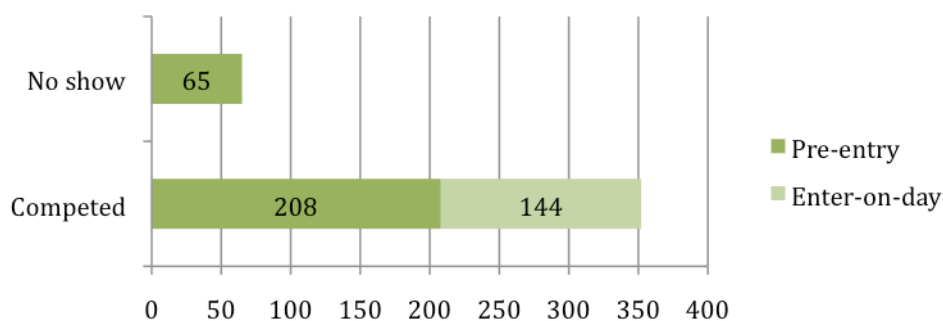
Gender Split



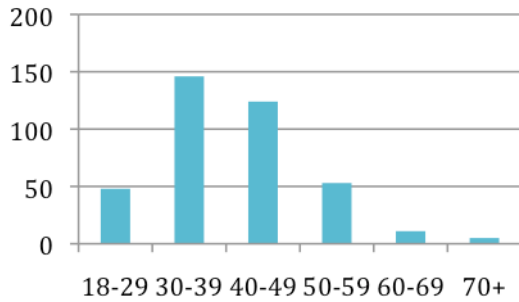
Runner/Walker Numbers



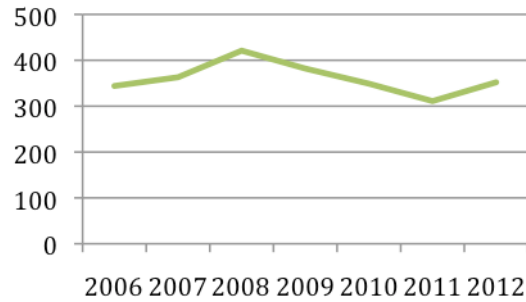
Pre-entry vs On-Day Entry



Runners by Age



Competitors by Year



A big thank you to our course marshals: Barry Cole, Graham Galbraith, Warren Staude, Mel Cox, Kathy Cox, Gordon Wilson, Jai Di Tomasso, Steve Flick, Lyn Malmgron, Neville Fathers, Ron Pallas, Kevin Williams and Lynn Dabbs. We must also thank the other clubs who came together and made the event such a success by taking entries, running drink stations and collecting finish times: Big Foot Orienteers, Garingal Orienteers, Southern Highlands Occasional Orienteers, Uringa Orienteers and the Western and Hills Orienteers. And of course, all the Bennelong members who moved equipment around, cleared the low hanging branches and sticks and marked the course (Rob Spry and Terry Bluett) and took runner's finish times. A special mention to our sweeper Bob Morgan who took in all the course markers. Ku-ring-gai Council and the National Parks and Wildlife Service were also quite supportive.



Darren Slattery

On behalf of the Race Coordinators Joel Putnam and myself.

3. Gordon's recovery

This Easter O-festival was not very happy for Gordon. But he inspires many orienteers when he comes energetic and strong to the events. But it is not as easy, as it may seem from the first sight. We wish you the fastest recovery, Gordon!

1. What is the most challenging part of your recovery now?

The most challenging thing at the moment is the frustration. Not just because of the difficulties caused by being on crutches and not being able to drive. More so the frustration of not being able to do any rehab or anything. I just have to sit and watch my right calf wither away to nothing.

2. What are your favorite exercises now under process of recovery?

Well at this stage my injury is still in the healing phase. I cannot do any exercise until the tendon grows back. It has been 9 weeks now and I still have another three weeks before I can start any rehab.

3. Can you see some advantages of not being very active in the bush?

No

4. What is the first o-event you think you can take part in?

It will be the end of September before I can walk normally again so I am hoping to be able to do a short course at the Christmas five days in Victoria.

4. Interview with a new club member: Pierre Francois



Profile: Full name, age, place of origin

Hi everyone, my name is Pierre Francois (Francois is my surname, I always have to mention what's my last name, since Francois is also a common first name in France :-), 30yo from France. I've been living in Australia for almost two years with my wife Aline. During that time we managed to visit WA, QLD, TAS, NT, SA, ACT, VIC and of course NSW ! I guess we know Australia better than Europe :-)

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

I have joined BN early this year, after my first summer series. I was impressed about the setup and the friendliness of the orienteers that day which makes me keen to be part of this little (but growing) world. I picked up BN because I live on the North Shore too.

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

Back in France my cousins had to stop playing soccer cause of multiple injuries and they fell in the orienteering world. They were organising some adventure races and set up orienteering maps and reading their stories made me keen to discover it. At that time I was still playing soccer and very much addicted but I'd made orienteering number one of my list of the sport I must try one day ...

So when I arrived in Australia I looked for this kind of activities and I did few Adventure Races such as MaxAdventure events. After few events I realised that orienteering had my preference so I had a deep look around on internet and found the great Sydney summer series.

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

I began adventure races in May last year but as long as the sprint events are concerned the orienteering skills are not so mandatory. The long events had some mini rogaine in it which is more fun. But my first summer seria was in January in Carlingford. Unfortunately, I did not do really well :-)

4. What is your profession behind the orienteering?

I am electronic engineer, working at Silanna in Olympic Park in the semiconductor industry.

5. What is your most favorable terrain/landscape?

Being an outdoor person I have to say I have a preference for bush and hilly terrain.

6. What are your dreams and goals in Orienteering?

Enjoy the bush, challenge myself with the map and strategic choices to make. In a nutshell make my brain work hard during the effort.

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

I'd been playing soccer for 20 years back in France. It was a small club, thus I'm aware that a club, whatever it is, can only work with the help of its members. So I will give any help I can. My first big challenge would be to setup one of the summer series. Wish me luck!

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

In my home country...France :-)

9. What do you like in orienteering the most?

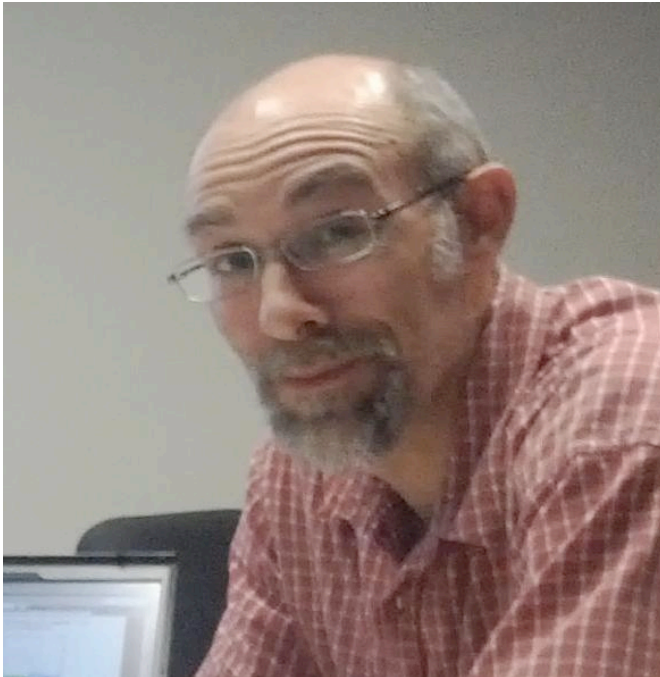
To read a map and challenge your brain. Being lost in the bush ? hmmm why not.

10. Your wishes to BN members:)

I've been impressed by the friendliness of the members I've met so far. I wish all the three teams to win their respective division in MetroLeague. I wish Bennelong members to all have a great orienteering season and represent the club as much as they can.

I hope I will have time for Orienteering because we are expecting a baby for early December. When do we setup a childcare during orienteering races ? :-)

5. Interview with a new Club member: Chris Cunningham



Profile: Full name, age, place of origin

Chris Cunningham, 47, born in Sweden to Oz parents, grew up in Sydney

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

Joined club 2011 to defray SSS costs ! ; BN because it was most local (I am at Forestville)

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

Once at scouts long ago then more recently via volunteering at rogaines and Navshield

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

Once at scouts long ago then about 2010 with SSS. Outside SSS only 2 events ever with Metro League.

4. What is your profession behind the orienteering?

IT Operations Automation specialist

5. What is your most favorable terrain/landscape?

Urban fringe and bush, undulating

6. What are your dreams and goals in Orienteering?

Improve on-the-run map reading.

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

Some general volunteering, course setting.

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

Am only a newbie - Australia is huge - but anywhere really. The Moon would be interesting one day - low G Orienteering !

9. What do you like in orienteering the most?

Planning and executing an optimal route

10. Your wishes to BN members:)

May each control be where you think it should; and always aim for the max points for your level, but plan an alternate return / route with some points too!

6. Other news

NSW cross country relays.

Congratulations to Bethany and Adam Halmy for their success in the Athletics NSW cross country relay championships. The championships were held on an undulating parkland course at Miranda Park in cold and wet conditions. Teams consisted of 4 runners.

Adam's team won the gold medal and Bethany's team the bronze in their respective age groups. Both were competing for the Sydney Striders club.

Well done. Robert Spry

ENJOY READING!

Next 3^d 2012 Newsletter is scheduled for September, 15th.

Thank you very much for your exciting contribution and time!

We are always waiting for your news!

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