



Blueprint

Issue 2 / 2013 - May 2013

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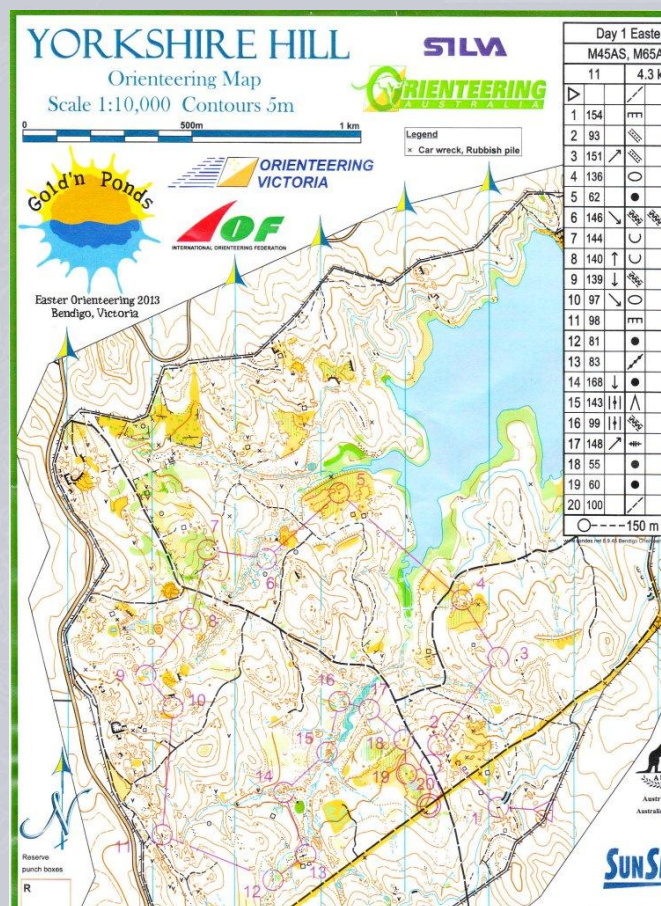
Australian 3-Days - Easter 2013

Terry Bluett

Where is Australia is the best city to live if you are an orienteering fanatic? Well, Bendigo must come near the top of the list. At this year's Gold'n Ponds based in Bendigo we had 3 events within the city boundaries and another day about 30 minutes drive away. They were all good areas and all completely different. The pick of them in my book is Yorkshire Hill, full of detailed gold mining terrain. It had never been used before, it is in a water catchment area and right on the edge of town.

The other maps included a detailed sprint map on the Latrobe Uni campus, a detailed granite map on Mount Alexander and a fast spur/gully map with a bit of gold mining at Crusoe.

9 Bennelong members made the trip to Bendigo with mixed results. Best was Gordon Wilson who finished 2nd in a field of



46 in M60A over the 3 days. Also in M60 was Rob Spry who finished 28th.

Eric Morris was a creditable 12th in M21Elite in a field of 44. In M65A Steve Flick and myself were just out of the placings, Steve was 4th and I was 6th in a field of 50. Mel Cox was 13th in a field of 39 in M55A. Graham Galbraith was 16th out of 37 in M70A. Cheryl Bluett was 15th out of 21 in W45B. Kathy Cox was injured and only managed to complete the first day in W45AS.

This was a great event, it draws people from all over Australia. Next year the Easter 3 Days will be in NSW in the Mudgee area. I'd recommend it to anyone who hasn't done it

before. There is usually a central camping area for those wishing to camp. It is a time to make and renew friendships with other orienteers from all over Australia. For me it is the highlight of the orienteering calendar.

Interview: Course Setting a Sprint Event

Marina Iskhakova and Bob Morgan



What was the most challenging for you in being a course setter?

Probably the most challenging thing for me was in deciding where to put the controls.

I had last year's Pennant Hills Sprint map as a reference but was keen to place controls at different locations than last year, as far as possible.

I was lucky to receive some excellent assistance from both Terry and Robert Spry which certainly made my task easier.

Fortunately I gave myself plenty of time to seek comment from Terry and Robert before settling on the final course layout.

What would you do differently next time?

I would maybe try to learn how to use O-Cad for plotting the controls on the map.

I produced the control descriptions and decided the positions of the controls but

Robert plotted them on the final map for me.

What will you recommend to other club members, who never set the course but dare to try?

Firstly I would definitely recommend having a go at course setting if you are at all interested as I found it a most rewarding experience.

You would not be doing it alone as there are a number of experienced course setters in the club that can advise you.

However, I would also recommend starting small if you've never set a course before.

I went for a Sprint event rather than a Summer Series because they are smaller events.

Typically Sprints draw 60-100 competitors whereas Summer Series frequently gets 200+

I figured that, if I somehow got it wrong, I'd annoy a lot less orienteers if the event was a Sprint!

Also, I'd suggest choosing a map that is fairly handy to your home if possible.

I found I needed 2 site inspections before I was happy with my course.

I definitely intend setting more courses. Maybe a Summer Series next time.



Marina and Fedor on Their UK Adventure

Marina Iskhakova

Big sincere hello from our family from the UK! Fedor's professor and supervisor from UNSW moved to Oxford and he had to come to work with him on their current research project. It looked as an amazing opportunity for our young but adventurous family to see more of the world and to explore a new culture and we undertook our 2 months UK journey. Not the last motivation was to try the taste of the British orienteering.

Probably many of you have been in Oxford, but those who have never been here still can easily imagine this small charming university town based in about 12 century. Only 2 weeks after we landed there (On April, 16th) we got a first fantastic opportunity to do Oxford city orienteering organised by Oxford University club, the analogy of SSS, but 60

min event with "simplified" and reduced info type of map (see the picture). Both of us struggled really a lot. ☺



But the main event that was anticipated by us was the British Orienteering Championship, happened on May 4-5th at Surrey near Dorking, it is about 60 miles (sorry for thinking in miles now ☺) to South-West from London.



It was our first time to do Orienteering in the UK, so we were very surprised by fantastic organisational level and the scale of event. More than 2000 participants, many members of current British Elite were presented, 3 different parkings for different types of cars were allocated, 3 different start areas allocated, special areas and notes for families with dogs, a big choice of hot food at several mobile cafes, more than challenging string course for kids with a real SI (Ariadna with some help smashed about 1k course in ...17 min ☺) and even massage tents after event (~15AUD for 10 min session, may be BNN can introduce this service at our next event ☺).

We wish we were able to run Elite, but it were too long courses with 17k for man and 12k for women, so we undertook reduced challenge in W21S and M21S. Fedor took the 7th position from about 15 and I won the group after very sharp and fast run.

It was so much great to unfold our the Northern hemisphere compasses and to enjoy very soft soil in the pine forests with a rich path network and gently slopes. Both of us didn't make mistakes and enjoyed the run so much!



6 weeks of our journey are over to the date and only 2 weeks more to go. We visited London several times, took a spectacular car trip to the Lake District where did kids friendly trekkings and visited such world famous sites as Stonehenge near Sasisbury, Windsor Palace, Beatles Museum in Liverpool and others.

The only sad thing – we realised how much we like our Australian life and how much we

miss our acquired Australian friends and warm and sunny orienteering ☺

Great and warm hello to everyone from the UK and see you soon!

Interview: Meet the Povah Family

Marina Iskhakova and Michael Povah



Who is in the Povah family?

Keith Povah (39), Michelle Povah (36), Jacob Povah (9), Daniel Povah (7)

When did you join the club?

2011

What was a main motivation to join?

We were casual members of the Sydney Summer Series and saw it was cheaper to join a club.

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

Michelle completed an orienteering course in her teens in the UK.

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

Our first family orienteering event was whilst we were on holiday in Sydney four years ago.

Keith's brother and sister law took us along to a Summer Series event.

What is your profession behind the orienteering?

Keith is a Civil Engineer. Michelle is a professional mum.

What is your most favourable terrain/landscape?

Keith and Michelle's favourite terrain is any where without steps. Jacob and Daniel like flat terrains but they do like the mud!

What are your dreams and goals in Orienteering?

Keith is to keep improving and try to get a few events in the winter. Michelle is complete an event without falling!

How would you like to contribute to BN club?

At the moment it is difficult to contribute with having the children but as they get older we hope to be more involved.

What are countries you are dreaming to do orienteering in?

To participate in the UK as we have never participated there.

Jacob wishes that there would be an orienteering course set up in Disneyland Paris. On our last trip he was pointing out places for checkpoints!

What do you like in orienteering the most?

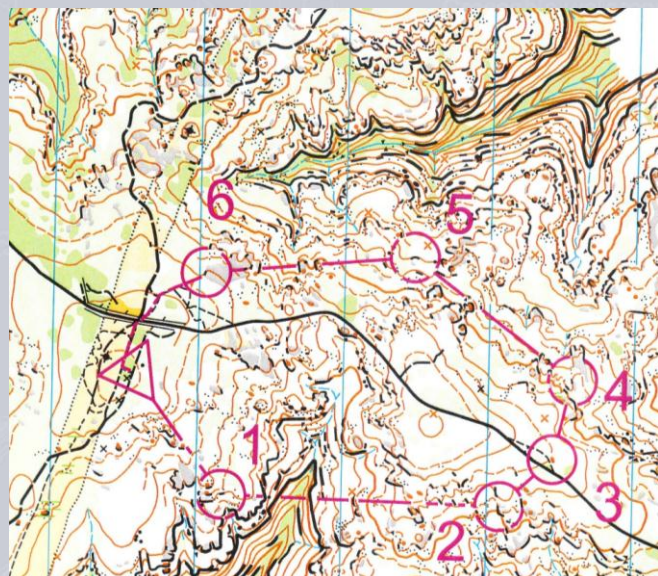
Michelle: Getting lost and the challenge of working out where you are and where you need to be. Daniel and Jacob like getting a lolly at every checkpoint!

Wattle Ridge – State League 3

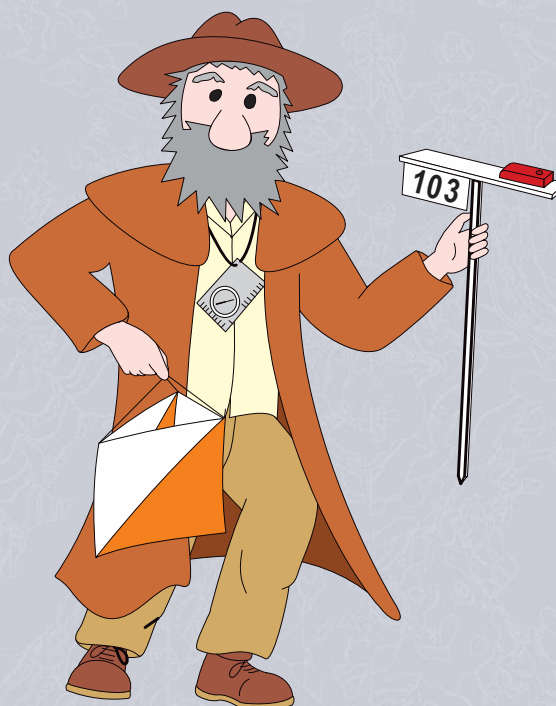
Terry Bluett

State League 3 was advertised as the Bargo Bushies Bash. It certainly lived up to its name. All courses had winning times longer than expected. The bush has not thickened up much since first use in 2008 except under the powerlines where a lot of the yellow is now green. This time the event was held on the western end of the map, where the last few events were on the eastern end, maybe the western end is slower than the eastern end.

One innovation for the 2 longest courses was to have the course in 4 loops with the first 3 loops split and the 4th loop common. Here is one loop on the Hard 3/4 course.



There were some really good performances from inexperienced Bennelong members at this event. Michael Halmy won the M45AS, it was his best performance at a State League. Clare Williams in her 1st State League won W Open B. Simon Grimes, Emily Fewster and Hugh Stodart also competed in their first State League event. It was a big learning curve for them, but this is one of the most difficult maps in Australia, so any future State Leagues should not be as challenging as this event. The Stodart boys went out on the EOD easy course with Hugh after he finished his course and they had a good win in this class.



The Bargo Bushie

Interview: With Mark Savery

Marina Iskhakova and Mark Savery



Full name, age, place of origin?

Mark Savery, 47, UK

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

I joined the club this year. The main motivation was to save on the entry fees to the summer series!

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

A guy I worked with does the summer series and he told me about it.

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

The Summer series last year was my first time orienteering.

What is your profession behind the orienteering?

I'm an engineer by training but am currently setting up my own boat charter business on Sydney Harbour.

What is your most favorable terrain/landscape?

My best times are on road routes as I'm a better runner than navigator. However, I enjoy it more being in the bush.

What are your dreams and goals in Orienteering?

Keep fit, have some fun, get into the top 3 in my age group in the summer series.

How would you like to contribute to BN club?

I've just done my first Metro series event. Hopefully I can contribute to the club by doing well in that.

What are countries you are dreaming to do orienteering in?

Being from the UK I'm already orienteering overseas!

What do you like in orienteering the most?

Coming from a running background I like the fact that you have to use your brain while running - even if mine doesn't work too well when all the oxygen is going to my legs.

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

Run, Run, Run.

Your wishes to BN members:))

All advice gratefully received!

A Quick Question to Bennelongs

Question: "What advice would you give people below you in the results to get up to the top?"

Eric Morris:

- Take advice from your kids. You will be surprised how much better they are with maps than you!
- Whatever you hate and aren't good at, do more of it,
- Spend your holidays in Scandinavia,
- Run or ride to/from work, and
- Don't worry about people above you in the results. If you do the other things this will take care of itself.

Bruce Dawkins:

- My competitive instincts tell me not to give any advice so that I stay ahead of them.
- In good nature, however, I would advise people to make sure they know where they

are on the map at all times even if this means slowing down a little.

Pierre Francois:

- Don't follow me!

Chris Cunningham:

- Get fitter!
- Constantly review map to ground even when you know exactly where you are, follow every feature as you pass it on the map - all helps in 2D to 3D and v.v.

Marina Iskhakova:

- To spend most of the time - doing trainings with map - to read maps, to memorize maps, to practise with different terrains and styles, it will speed you up hugely!

Brian Brannigan:

- As for my tip on improving Summer Series results ... I work out how far I can run in 45 minutes (about 7km); I try to find an optimal route that scores approx.. 420; I choose a direction that lets me get more adventurous or cut short depending on progress. Finally, I keep my fingers crossed until the results come out to make sure that only 1 greyhound got 600.

Bob Morgan:

- Do as many events as you can. I've found there is no substitute for experience if you want to improve at orienteering.

The NOSH is Coming!

Darren Slattery

2013 is the 39th consecutive year that the Great NOSH Footrace will be run! Together with Joel Putnam the event organisation is going well. Still 3 weeks out from the event we already have more than 70 runners entered online. Land access has been organised through the councils and Garingal National Park, The website and all the forms updated and the famous NOSH mugs are here! What colour? You'll have to come along to find out! Online entries are \$25 or you can enter on the day for \$35. The NOSH 2013 t-shirt is also available online until Friday May 17 for just \$29 with shirts available for pickup at the finish line. Full information on

the event including a course map and entry information can be found online:

<http://nosh.bennelongnorthside.com.au>



Volunteers please!

The NOSH is a great fundraiser for the BNO club and also Orienteering NSW to where the majority of the proceedings go in recognition of the support from all the clubs. Joel will be sending out some emails in the next couple of weeks to lock in clubs for registration, the two drink stations and results. BNO members typically take charge of course marking, marshalling roles (sitting in a deck chair somewhere along the course to make sure runners don't take a wrong turn, and to call for a pickup if someone is injured), recording times as runners as they cross the finish line, sweeping the course to make sure all runners have finished and collect marker tape, prize giving, clean-up and with general event management. If you have some time on Sunday 2 June we would much appreciate if you can fill one of these roles! If you want to run in the race you can still help us out at Seaforth Oval when you finish with time recording or pack-up! All volunteers get a NOSH mug! If you can help please send us an email at:

thegreathnosh@bennelongnorthside.com.au

ENJOY READING!

Our next newsletter is scheduled for Winter 2013. Thank you very much for your exciting contribution and time! We are always waiting for your news!

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