



Blueprint

Issue 4 / 2013 – December 2013

Boulders
Boulder field, Boulder c
Stony ground, rocky ou
Crossable watercourse
Marsh
Open land
Open land, scattered tr
Runnable forest (White
Slow run, good visibility
Slow run, poor visibility
Walk/fight, good visibi
Walk/fight, poor visibi
Impenetrable

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President's Report

We are right in the middle of our busiest time of the year as far as organising events. Many of our newer members have taken on the course setting role and they are all doing a good job. On Wednesday Rachael Povah set her first event, the Summer Series at Chowder Bay, it was a great event on probably our most scenic map. At the finish I heard plenty of positive comments about the course, well done Rachael.

On 28th December, Darren Slattery is setting day 2 of the Christmas 5 days on our most technical map, Kahlis Rocks, between Bathurst and Orange. This is Darren's first go at setting a bush event. As controller I've looked over Darren's work and can assure you he has set great courses as those going to the Xmas 5 days will find out. Soon I'll be asking for helpers to set up on the 27th and for help on the day.

On 1st January, the Summer Series starts again with Mark Savery setting the course at West Lindfield. Again this is Mark's first go at course setting. I've seen the course and can guarantee another good course. I hope you've all recovered from the festivities by then and can come and have a run and help out.

Looking further ahead in 2014, some of the big things coming up will be the Easter Carnival in NSW in the Rylstone area. This is the biggest thing on the Australian orienteering calendar, it rotates between the states each year and next year it will be relatively close to Sydney. This is a great opportunity for those who have never been to a major carnival to give it a go. Entries can be made through Eventor.

In 2014 for Bennelong we have the 40th QB3 is in Dubbo, Bennelong is being asked to man the start and finish for day 2 and 3. The NSW senior squad, the Stingers, are course setting and Bennelong has been asked to provide on the day administration. We also have the Metro League in April and a minor event in September to organise.

Once again it is great to have so many new course setters and willing helpers at our events.

Best wishes,

Terry Bluett

"Where does the money go?" by Robert Spry, Club Treasurer

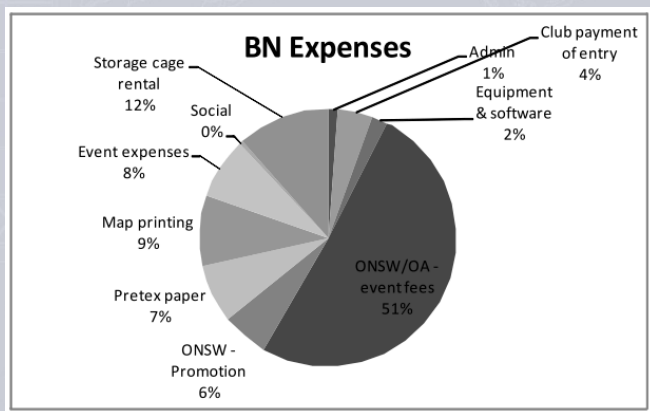
As we approach the end of the year I would like to give you a brief summary and background of the club's financial affairs. I am sure that most of you appreciate that orienteering events don't just "happen", a small army of volunteers are working behind the scenes at Club, State and indeed National level. And we always looking for more people to help !!

In 2013 both our income and expenditure will be in the order of \$31,000, including the NOSH footrace. With the help of other clubs, the 2013 NOSH generated an income of \$9,926. Expenses including NPWS permits were \$ 4,104, leaving surpluses of \$1,747 for Bennelong and \$4,075 paid to Orienteering NSW.

For the rest of this item I will exclude the NOSH. The attached graph shows a breakup of how our money is spent. Roughly half of the total is made up of payments to ONSW. Part of this money is then forwarded to Orienteering Australia. OA and ONSW get some money from membership fees and Government grants, but a large part of their income is event fees received from clubs. This money goes to provide the Australian Orienteer magazine, administration, the Elite athletes program, Public Liability insurance, and the State, National and international coordination which is necessary for our sport to develop. A further amount is contributed directly to ONSW by NSW clubs for promotion activities including the publicity work done by Ian Jessup.

and advise any newcomer to the position. For further information you can contact me on (02) 4883-6786.

Grand Story – Interview with Barry Cole



During this year BN has invested in a stock of Pretex waterproof paper for maps, which we expect to last for several years. Map printing and event expenses represent 17% of the total. We also spend a significant amount on renting a storage cage at Epping for our equipment, for this we pay near-commercial rates. Finally, most members will know that we pay the entry fees for our official club teams at the MetroLeague.

My introduction to orienteering was early 1973. Alan Duckers invited me to his event at the Duck Ponds, West Head. Amazingly I came first in the long A (red) course. The maps were free hand black and white with a 50 cent entry fee. At the time, Alan was Treasurer and Rod Dominish President (1971 – 74).

You will notice that this year there is no expenditure shown for Mapping. Mapping is a vital part of orienteering since without good maps we could not run the events that we all enjoy. We are fortunate that Bennelong has a store of previous maps, and that some new urban maps are made by volunteers (in particular, Terry) in their spare time. However, most large or complex maps are made by paid mappers and for the club to continue and grow we need to invest in new maps. We are holding reserve funds in a Term Deposit for this purpose. I hope that this gives you some idea of how the sport functions at a club level. I will be retiring as Club Treasurer at next year's AGM and I am looking for someone to take over. It is not a particularly onerous job and I will certainly be available to help

I have been a member ever since and the original name Bennelong Occasional Orienteers (BOO) is still with me as I am now an 'occasional' orienteer these days.

My first big event was in Royal National Park where various clubs competed against the Army who arrived with mobile kitchens to feed all present. My course setting activities were confined to Pennant Hills Park with Bruce Dawkins and at Lake Parramatta where Janet Dawkins gave me the title of 'Champagne Charlie' The idea was to provide bubbly to encourage volunteers to stay around to pick up controls – marginally successful !

Outside of orienteering, I have been an active member of Woodstock Runners for 25 years and still enjoy the Saturday morning 'bay run' at Iron Cove.

Regarding my background, in 1966 Marlene and I married and we are now enjoying 47 years of marital

bliss. For the honeymoon, we took a working and study 3.5 year holiday to Europe, Canada and USA and returned home to buy a house in Eastwood and here we are. We have a 42 year old son Matthew and 11 year old grand daughter Chloe.



Career wise, I am a retired mechanical engineer and was mainly involved in building services design and environmental acoustics. My highest and last academic qualification is Degree of Master of Building Science, Sydney University.

Why do I like orienteering ? Well running is enjoyable (even at 76) and there is the benefit of providing a mental challenge. Unlike contact sports, all ages can compete and there is the advantage of being in a wider environment.

The future of orienteering must be bright as I look back to 1973 and the great progress made with the introduction of Australian and International Championships, the popular Summer Series, MTBO, new clubs and the colourful Australian Orienteer Magazine.

Barry Cole
December 2013

Samuel Tsang Interview - New Club's Member!



0. Profile: Full name, age, place of origin

Samuel Tsang, 44, From Hong Kong

1. When did you join the club? What was a main motivation to join? Tell a few words about your family and your son.

I joined BN in 2007. Actually, I had sent out the application form from Hong Kong just before we moved to Sydney. Honestly, I had no idea about what the difference between the orienteering clubs in NSW. I eager to join a club because I love orienteering and wanted to run when I arrived Sydney. Luckily, I picked a nice club that all of us are orienteering lover, isn't it? My wife Mandy and I moved to Sydney in May 2007. Our lovely boy Brian born one year after our migration. He is 5 1/2 years old and ready to Kindy in Feb 2014.



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

When I was 18 years old, I attended my first elementary orienteering course in Hong Kong which held by Recreation & Sports Department like our ASC. I did Hong Kong League right after finished the course.

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

In Hong Kong, I did my first event which was HK League in October 1987, the name of place called Tsing Yi where is close to Hong Kong Airport now. In Sydney, my first orienteering was Metro League 3, held at Lapstone on 24/6/2007. I am keeping the map until now. I still remember how I took train to be there and thank you Terry to give me a ride back to central train station.

4. What is your profession behind the orienteering?

I am a full member of CPA Australia. Currently working at Corrective Services Industries (part of Corrective Services NSW) as a Business Service Manager, look after the costing and financial analysis.

5. What is your most favourable terrain/landscape?

My favourable terrain/landscape can be found in Sweden. I love their forest and marsh. Also, I like rockface/cliff terrain in NSW that always give me challenge on my navigation skills.

6. What are your dreams and goals in Orienteering?

My dream in orienteering is joining O-Ringen events with Brian. My brother-in-law is living in southern part of Sweden. It is a good opportunity to have family reunion as well. Hopeful, can comes true when Brian studying in high school.

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

Honestly, I really want to assist BN to organize events but Brian still young and need more caring by me during the week-ends or holidays. I think when he turns 7 years old then we can do it together. He is a good helper.

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

As I mentioned before, Sweden is my most favourable, then is UK and other European countries.

9. What do you like in orienteering the most?

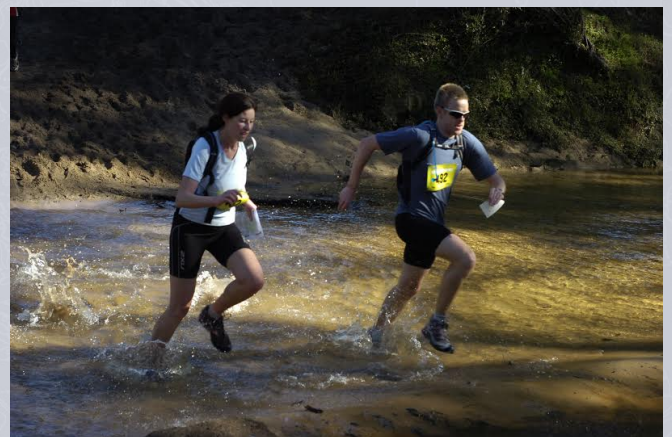
I love orienteering because it is a "Thinking" sport. I am not only need to run very fast but also make sure on the right track. Orienteering always gives me surprise even I am doing at the place that I did before. Different course setter will provide us different level of enjoyment.

10. Your wishes to BN members:!

I wish merry Christmas to all BN members and hope everyone have a healthy 2014!

Enjoy Orienteering!

Andrew and Rachel Povah Interview - New Club's Members!



0. Profile: Full name, age, place of origin

Rachael Louise Povah (a lady never divulges her age – let's just say she is in Master Women in SSS!) and Andy Neil Povah (35). We are both originally from good old Blighty. We met in London and moved to Sydney in 2007. Povah is not that common a name (outside of SSS anyway!) – anyone like to take a guess on its origins???

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

We only joined Bennelong relatively recently, on the back of the SSS price incentive move. To be honest it's a poor excuse to join a club, but we are glad we picked Bennelong as we really enjoy the club atmosphere and the people we've met.

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

Our orienteering experience before we started with Bennelong is fairly limited. Rachael has a little from her younger days in the UK (but was really a runner) and I just turned up to SSS one night in 2008 after I was persuaded it was a fun thing to do!! SSS was our first real orienteering experience. I think we started as much to meet new people in a new country as anything else, but we quickly got into it – we're pretty competitive and SSS is a nice intro into the sport from a technical aspect. From there we started adventure racing, rogaining and more recently mountain biking. In the last year Rachael has competed in the metro league for Bennelong. Unfortunately I've had Achilles issues so am not running very much at the moment.

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

as above

4. What is your profession behind the orienteering?

Rachael and I are both Actuaries. It involves sitting at a desk looking at a computer for most of the day and is probably one of the reason we like the outdoors so much! It's a fairly niche industry, especially in Australia, and it makes dinner party conversation at our place a little 'interesting'!

5. What is your most favorable terrain/landscape?

Our favourite orienteering terrain is probably open and flat – i.e. fast running. My orienteering skills are certainly less developed than Rachael's so I definitely suffer on technical/complicated courses.

6. What are your dreams and goals in Orienteering?

At this stage in our orienteering careers, our goals are pretty small. To keep participating, to stay competitive and to keep being able to stay fit in a beautiful environment. Personally I'd also like to attempt a 24 hour rogaine at some point and we'd both like to enter GeoQuest – a 48 hour adventure race. With a little one on the way in 2014 though, these may be slightly longer term aspirations!

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

Our involvement with the club to date has been relatively small. If we can build on that in any way then that's a start. Rachael is setting a SSS course this

year which she has enjoyed a great deal – let's just hope everyone else does!

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

This is a tricky question as we've never even orienteered outside of NSW!! Maybe the UK – as that is where we are from and it would be interesting to see how the sport operates over there.

9. What do you like in orienteering the most?

Our enjoyment of orienteering comes from a number of factors - we're both competitive people, we like the outdoors, it allows us to keep fit and the navigation aspect is something different that virtually all other sports don't give you.

10. Your wishes to BN members:~!

I suppose its appropriate at this time to wish everyone a merry Xmas and a wonderful 2014!

Quick Question to Bennelongers

Please share something that made 2013 year a meaningful and memorable for you!

Terry Bluett

The memorable thing for me this year was the birth of our latest grandchild, Banjo, born on 18th July. I received news when out mapping Middle Harbour Public School. Orienteering wise I was lucky to win OY this year particularly with Ross Barr and Steve Flick not competing in all events.

Steve Flick

2013 was memorable for me with a trip to London to compete in the World Triathlon Championships and the Australian Championships to look forward to on my return. Alas the plan did not turn out as expected, Anthony (my son who lives in London) and I did some warm up events, including the ponds race at Hampstead Heath where you run and then swim in all the little swimming ponds within the Heath. We also travelled to Cornwall for the Perranporth surf triathlon and finally the big one in London. My only orienteering event was to be the City of London Race, a street orienteering event.

I completed the London triathlon however ended up in Hospital with an acute urinary obstruction. The city race was on the day before we flew home and with my catheter strapped to my leg I managed 4 controls and missed the rest. Any thoughts of competing in the Aussie champs were very bleak and in fact I was operated on the same week the carnival was on. It is a mystery how I managed to win the NSW Sprint M65 event at Pyrmont Point 2 weeks after the operation, however a slow walk strategy turned into a fast walk and then a bit of a jog, just shows that orienteering is a thinking sport as well as a running sport. All is mending well now and I am looking forward to the 5 day Christmas event in Orange.

Joel Putnam:

For me it has to be helping to raising \$17k for Charity through running/trail run related fundraisers.

Pierre Francois:

For my personal life, seeing my son walking for the first time on his first birthday was a big milestone. Regarding my sport life, among all the rogaines, orienteering, MTB and adventure racing events I have done this year, my memorable experience this year was the NSW rogaining championship in October. It was my first attempt a 24 hrs rogaine and for those who don't know what happened the full story is here (https://www.facebook.com/NoDetourAdventureTea/posts/719044131438968?notif_t=notify_me). To put it in a nutshell, after 17 hours of pain I ended up to emergency with an abscess on my 5th toe, and almost lost it. I spent three nights at the hospital, had a surgery and was on antibiotics for 1 week.... Scary but I didn't affect my love of wild racing and I'll give it another go next year.

Brian Brannigan:

Walking the amazing Milford Track.

Andrew and Rachael Povah:

2013 was a special one for me as Rachael and I discovered we will be becoming parents in 2014 - the latest Bennelong junior member!!

Michelle Povah

Beating my husband's (Keith's) Summer Series score in one event, he was running and I was walking!

Memorable is that Jacob (10 years old) started to go it alone at the Space Racing events. It was scary waiting for him to return and not knowing if he could cope with the map and terrain.

Fedor Iskhakov

A week long trip with a group of kiwis and Greg Barbour to NSW and Australian mountain bike champs in Queensland, wonderful spirit of competition and solidarity, great courses and inspiring competitors.

Marina Iskhakova

- Rogaining World Championship 2013, Russia, 26th place

- 5 months trip to Oxford and Russia with Fedor, Ariadna and Veronika

- AUS Champ in Canberra

- In December I founded my business (Cross-Cultural Workshops and Consultancy) in Sydney - Orange Cultures (www.orangecultures.com.au)

ENJOY READING!

Our next Newsletter is scheduled for March, 15th 2014.

Thank you very much for your exciting contribution and time! We are always waiting for your news!

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