

Blueprint

Issue 1 / 2014 – April 2, 2014



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
Distinct vegetation bo

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President's Report

The summer season has just ended with outstanding results from our members in the Summer Series. The walkers divisions were won by **Andy and Rachael Povah**. They are expecting their first baby in May. Rachael was heavily pregnant in the last few races but still managed to pull out the necessary few wins towards the end of the season to secure the title in her division.

We also had placegetters with **Tshintia Hopper** 2nd in Sub Junior Women, our new treasurer, **Sharon Lambert** 3rd in Veteran Women, **Mel Cox** 2nd in Supervet Men and the Special Award for the fantastic work he does behind the scenes to make our Summer Series more meaningful with the Control Visits and Route Choices graphs. **Mark Savery** had a great 100 points run on the last day in the Veteran Men to secure 3rd place in a very strong field. New member **Cheryl Davies** was 3rd in Walking Women.

Honourable mentions should also go to **Gwen Sewell** 4th in Immortal Women in her first season,

Richard Morris 4th in Masters Men, **Michelle Povah** 5th in Masters Women after stepping up from Walkers last season, **Marina Iskhakova** and **Clare Williams** 5th and 6th respectively in the strong Open Women field and I'd like to give a rap for 10 year old **Clyde McGhee** who scored 100 points in his only run.

The winter season is on us now and I'd like to encourage our members to try out bush orienteering. On Sunday 13th April Bennelong is hosting the Metro League at Aquatic Reserve Frenchs Forest, it would be great to get a good turnout of club members for a run, helping on the day and supporting our Metro League teams.

Talking of Metro League, on the first match at Mount Annan we had 2 wins and 2 losses. Our 4th and 5th division had wins while our 2 promoted teams in Division 1 and 2 found it a bit harder in the higher division.

I'm also pleased to see that the McGhee family have entered Easter, this is the top event in the Australian orienteering calendar. I hope David and Clyde find the friendship we found from orienteers around Australia when we attended our 1st Easter with a similar amount of experience as David and Clyde 28 years ago.

Best wishes,

Terry Bluett

Joel Putnam – Captain Speech



I am delighted to report that Bennelong had a strong first showing at Round 1 of this season's MetrO League at Mt Annan on 23 March.

We were down slightly in outright numbers on the day, however despite this our club did what we do best and put up spirited competition to take two wins from the four teams entered (Div 1, 2, 4 and 5) with wins in divisions 4 and 5. Division 4 were clear winners in their competition with the WHO 3 team, while division 5 won by one point as WHO 4 proved formidable.

Our division 2 team from last year were upgraded to division 1 this season and managed to secure the second fastest time in their competition with WHO 1. Division 2 were also upgraded, coming from division 3 last year and despite being short two people, still managed to score the third fastest time in their competition with GO Dragons. We are grateful to Chippy le Carpentier (SH) for pitching in and running in our division 2 team to help with being short of competitors in that team.

The day itself was quite warm and continued to climb as teams set off. The combination of direct sunlight in the absence of consistent cloud cover, long grass, steep inclines and mostly open field running proved quite challenging.

Our thanks to Stephan Wagner and the SHOO crew for hosting round 1 and to Bennelong Club members for supporting our bid in the MetrO League series.

Round 2 sees us at Manly Dam where Bennelong is hosting. Many may remember the last time the MetrO was held around Manly Dam as it proved to be quite wet, with a few creek crossings turning into more of a white water rapid crossing (with white knuckles to match)! Notwithstanding the weather, the event is sure to provide great competition and challenging courses.

Mel and Kath Cox - Into Africa

On Boxing Day Kathy and I flew out for Johannesburg, destined for the Big Five-O, a five day orienteering event in South Africa. It's a 14 hour flight, all in daylight, and we were both extremely jet-lagged when we arrived – lucky we'd allowed a couple of days to get over it.

We drove down to Nelspruit, where we were basing ourselves for the next 9 days, the following day. We'd aimed to visit Blyde River Canyon on the way, but the weather was rather wet so we skipped it. The following day was fine and we did a day trip into exotic Swaziland. The next day was the last day before the competition started, so we made the trip



to Blyde River Canyon even though it was wet again. Here's the view we had, misty and raining but still very scenic. We then went to the event centre at Kaapsehoop to register. It is high on the escarpment and it was misty, wet and muddy, and altogether unprepossessing. The following day we were back for day 1, a middle distance event in a fantastic open area with complex rock right next to the town. It was misty and wet again.



I had a reasonable run except for a horrendous error on the long leg, and day 1 ended up being the score I dropped. Kathy on the other hand, as can be

BIG 5 O Week 2013/2014



Kaapsehoop Town and Rocks

Results - Open S

*	1	(314)	Kathryn Cox	0:43:33	BNN
*	2	(313)	Lesedi Chuene	0:51:32	PolokOC
*	3	(364)	Willemien van Hoepen	1:12:15	RACO
*	4	(312)	Mary Makhobotlwane	1:42:58	PolokOC
*	5	(310)	Juliet Muroa	2:06:49	PolokOC
X		(315)	Claudia Reynolds	DISQ	RACO
X		(311)	Tseke Makhobotlwane	DISQ	PolokOC
X		(309)	Diketso Kgasago	DISQ	PolokOC

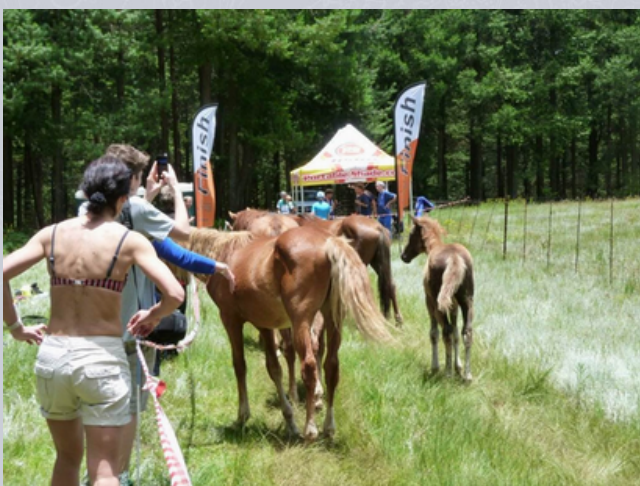
(Open S , Not Finish = 0 , * = Rank Fixed , ? = Late Start Suspicion)



seen, blew them away, although she was a bit disappointed that the navigation was a bit on the easy side.

Day 2 was in pine forest, again right next to the town, and the weather was beautifully sunny and warm, which is how it stayed for the rest of the week. Kaapsehoop turned out to be a very nice place, when the weather enabled it to be appreciated! I had a much better run and came 3rd

out of 10, while Kathy was pipped into 2nd by a local speedster. The day was distinguished by a finish chute full of the local wild horses. They escaped from the chute by breaking through the tape, causing rapid repairs to be necessary.



The following day, New Year's Day, was a rest day and we spent the day driving through Kruger National Park, where we saw elephants and many other animals.



3 and 4 were also in pine forest. Day 3 was on the highest map in South Africa, and was marked by another big mistake from me – leaving number 4 and heading most of the way back to number 3! However, nearly everyone else made mistakes somewhere and I had another 3rd place, while Kathy had another win. I went well on day 4 and came 2nd, with Kathy winning again. After 4 days I was in 4th place overall, only a fraction of a point behind 3rd and with the lowest score to drop. All I needed was a half decent run on day 5....

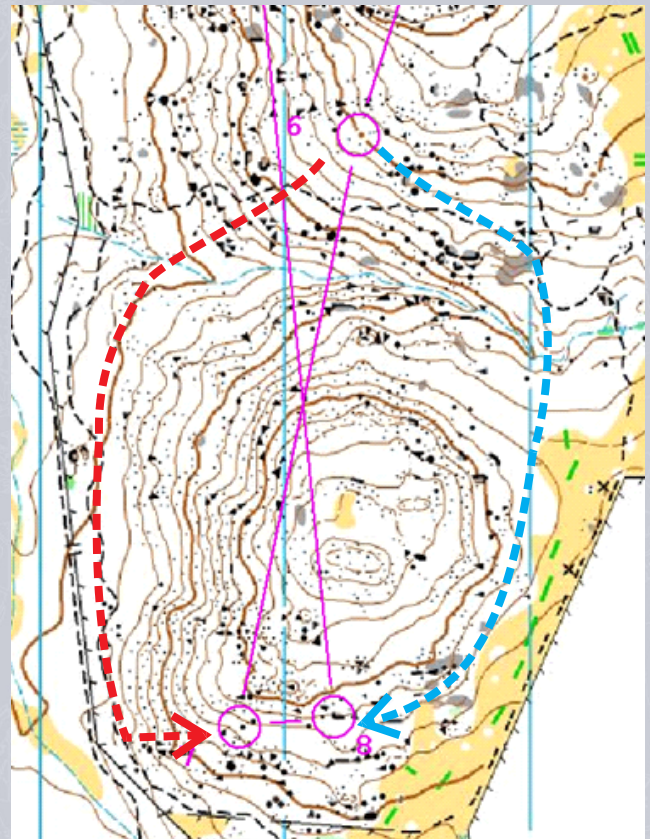
Darren on Armidale

State League 1, Control 6 to 7: Shared on several courses, this leg really tested for quick wit. With a natural tendency to run downhill from controls and looking for the salvation from rocky ground that the track might provide, I ran down the gully to the south-west of 6 and followed the contour to join the track, and then climbed alongside the boulder clusters to approach 7 from the south-west side. Terry, being the more sensible orienteer left 6 to the south-east, avoiding all the rocky ground and minimising the climb.



Day 5 was a sprint event in the botanic gardens in Nelspruit, a great spot for a sprint. Sadly I had a shocker and was condemned to 4th place. Kathy meanwhile came 2nd and won overall, claiming a box of nougat.

We both thoroughly enjoyed the week, and recommend the Big Five-O, which is scheduled to happen again in two years time. Don't be put off by the name of the event - the possibility of meeting any of the big five dangerous animals while you are out orienteering is non-existent. Apart from the possibility of snakes, seeing the wild horses is about as dangerous as it gets. As can be seen in the picture below, the forests are magnificent with no prunings littering the area and definitely worth experiencing.



Club's Member Interview - Clare Williams!



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

Clare Williams, 28, Sydney

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

This is my second year with BN. I was motivated to join by fellow BN member Bob Morgan whose enthusiasm for the club convinced me to switch from another club.

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

In my early twenties I did a few half-day adventure races and I remember one of my teammates saying we would go better if we knew how to orienteer properly, and not knowing what that meant I said 'you mean orientate?'

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

A few years ago some of the work girls I used to run with at lunch were telling me about Summer Series. So I went along with them and had so much fun that I'm the only one left who still goes, so lucky I now have my BN friends!

4. What is your profession behind the orienteering?

I work for an engineering consultancy in the water team. At the moment we're busy with work for Sydney Water.

5. What is your most favourable terrain/landscape?

I've no definite preference, but with the recent Sprint Series I've a taste for building landscapes as I enjoy the fast-paced map work.

6. What are your dreams and goals in Orienteering?

I better set some! I guess to keep learning from mistakes and to minimise running injuries.

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

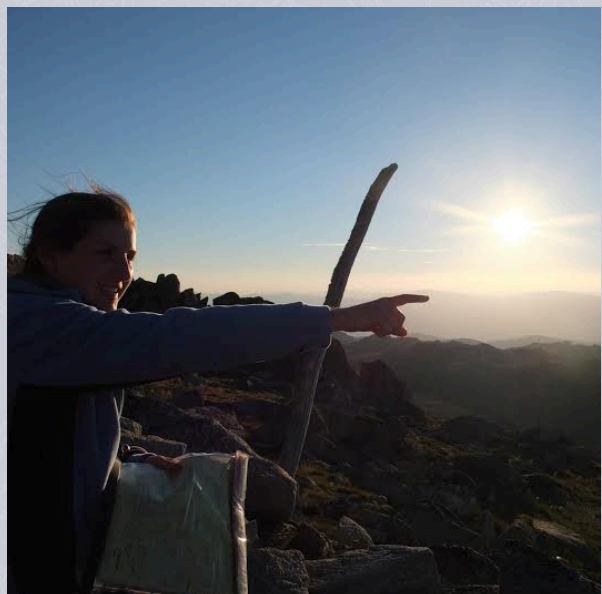
I'm not currently pulling my weight in that respect, so to help out more at club events would be a good start.

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

I'm planning a holiday to the UK next year, so to get in an event over there would be a fun experience.

9. What do you like in orienteering the most?

It's an escape for the mind. When I'm out with a map I've no room for other thoughts and to focus on only one enjoyable thing for a while is refreshing.



10. Your wishes to BN members:)!

To stay injury free and to find something in every one of your orienteering performances to be happy about.

11. What is the secret of your success in SSS?

Planning a flexible course and being conscious not to make my common mistakes.

Quick Question to Bennelongers



"What kind of SSS season it was for you?"

(few words on - did you like it /enjoy it / tired of it / hate it:)?

Steve Flick:

I really enjoyed the runs I was able to compete in, although I only managed 7 events in the legends group and a couple with my grandson Liam.

SSS always provides a challenge, usually something different crops up at each event, a wrong route choice, a dead end path blocked by blackberries and a watch stopping mid run. In a competition so competitive even the most minor set back will prove costly in the final result for the day. It is always very satisfying to finish a run knowing you have maximised the score and minimised the time penalty. I think Bar Italia at Leichhardt was a really great event and Swaines Creek Chatswood was a good event for me.

Melvyn Cox:

It was a very good season for me in Summer Series this year, as I finally managed to muster a full set of good scores in Super Veteran Men without getting injured along the way! I think the great variety of venues is one of the strongest attractions of Summer Series.

Joel Putnam:

'This season was great fun. The different maps and locations is always a highlight, as is the camaraderie as you decipher the map and the post-race banter. I would like to improve my scores and become more consistent, but more than anything the opportunity to run some great parts of Sydney with friends is what makes the Summer Series season a favourite.'

Pierre Francois:

Being out of shape with surgery at the start and busy with dad commitment for the second part I have attended less than my plan. But my highlight was definitely the one in Narrabeen with the channel crossing (it gave a sense of adventure) and my worst memory probably the one set by Greg Barbour nearby UTS Kuringai... So many hills that night!

Brian Brannigan:

I loved SSS this year. Having competed in Metro, it seemed much easier and I was able to focus on fitness and enjoying the camaraderie.

Rachael Povah:

SSS was very different for me this year, not defending Masters Women and taking on the Walking Women instead was a challenge! You have more time to navigate but don't know how far to go and being back late as a walker kills your score. By the end, I was definitely in the "Waddling Women" category. Happy to have made it a complete family affair with Andy taking out Walking Men too.

Andrew Povah:

SSS was interesting for me. Having a number of injuries meant I was forced to enter the walking category. Whilst walking isn't as much fun as running, I did enjoy the competitive nature of the class and competing for the title!!

Mark Savery:

I liked the SSS as I won a bottle of wine, although \$250 was a little expensive for a Koonunga Hill.

Peter Hopper:

Tshinta, Sharon & I enjoyed another SSS season this year. Tshinta did particularly well getting 100% in all six events she entered. Sharon also did extremely well, getting her best ever average of 90% for 13 events. And I was pleased with my consistent results, averaging 82%.

My most memorable experience was the sweaty full-body crash with Marina as we came around a

blind street corner in opposite directions at the Birchgrove event. We have been SSS addicts for over ten years now and are already looking forward to the first event of the 2014/15 season which begins in October.

Bob Morgan:

I improved a little this season - 20th place and average 77 last year against 20th place and 78 average this year. In the final SSS event I chose not to divert to Control 19 (20 pointer) near the finish and this proved costly in the end. I needed 1 more point for a 79 average and control 19 would have provided this.

I was very inconsistent this year. It wasn't uncommon for me to have a very good run one week then follow up next week with an absolute shocker. Building clusters (like boulder fields in the bush) remain a problem for me. Enjoyed the challenge though and I remain very much addicted to SSS.

I move up to "Super Vets" next season where the competition at the top is very tough but the depth not as strong as Vets so maybe a higher placing for me this time next year. I'm now looking forward to doing some bush events but in cooler weather than we got last week for MetrO League 1.

Robert Martin:

It was my first SSS and definitely won't be the last! Not only was it a great way to exercise, but I also got to discover great parts of this city I never knew about! Looking forward to the next SSS!

Marina Iskhakova:

It was my 4th season! The plan Max was to try to be in Top 3, plan Min - to be in Top 6 (in incredibly competitive this season Women Open). I managed to stay 5th. To prepare to bush orienteering, this season I limited myself with not more than 5 min to plan the course (sometimes strategy didn't work as well and turned out by big mistakes☺) But I attended 19 events and it is still fantastic opportunity for me to explore Sydney at intense speed☺ and meet great people!

ENJOY READING!

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

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

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