



Blueprint

Issue 1/2017 - March 2017

Bare rock
Boulders
Boulder field, Boulder cluster
Stony ground, rocky outcrop
Crossable watercourses
Marsh
Open land
Open land, scattered trees
Runnable forest (White)
Slow run, good visibility
Slow run, poor visibility
Walk/fight, good visibility
Walk/fight, poor visibility
Impenetrable

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President's Report, March 2017

I notice that quite a few of our members are involved with parkrun on Saturday mornings. Although I haven't run in one yet, I think parkrun is a great activity to get into. Also on Saturday morning but after parkrun is the SOS organised by Bold Horizons. These I can highly recommend, I've made a few maps for Bold Horizons and I've run in a few of their events. I support the work Barbara Hill is doing to promote orienteering to school children. The 3 maps I've made for Bold Horizons are Killarney Heights School, Mona Vale Public School and Gore Hill Cemetery. We've used Killarney Heights and Mona Vale for Bennelong events and I'm hopeful to use Gore Hill for next year's Sprint Series. If you are really keen you can do a parkrun and then a SOS event.

The winter season will soon be here. This is the season for bush orienteering and also the Metro League. Metro League courses are line courses with no prior looking at the maps,

some areas are bush areas and others like Uni campuses. Brett Sewell is compiling teams to compete in Metro League, the issue is whether to have 3.5 teams or 4.5 teams. The half team is a Division 1 team combining with WHO. If we have 3 other teams we are likely to have many runners not getting runs but if we have 4 teams there is the possibility that some teams will be short at some events. Brett and I will be talking to potential runners at Summer Series about teams and commitments to certain events. The club pays entry fees for orienteers representing Bennelong in these events.

The highlights of the winter season are the Australian 3 Days and the Australian Championships. This year both will be in NSW. The Australian 3 Days will be in Wagga Wagga over the Queen's Birthday weekend and the Australian Championships are in the Bathurst area in late September and early October. I'd encourage anyone thinking about these events to enter. There are the A classes, AS classes for those a little less fit or experienced and B classes for newcomers. I'd really like to see some of our SSS orienteers give the bush events a go.

Talking about SSS, Bennelong has organised 5 events so far this season and they have all been well received. We have our final one on Mar 30th (Thurs) at Lane Cove Country Club. This is a great venue, we have use of the golf course and the presentation night follows. We have many members doing well and I'm sure we will have plenty of prizewinners on the night. I hope to see you there.

Terry Bluett

BENNELONG NORTHSIDE ORIENTEERS

AGM

Notice of Annual General Meeting

DATE: Wednesday 29th of March 2017
TIME: 7.30pm
PLACE: 16/47 Fairlight Street, Fairlight

AGENDA

1. **ATTENDANCE, APOLOGIES:**
2. **MINUTES OF THE PREVIOUS AGM:**
 - a. Acceptance of minutes
 - b. Matters arising
3. **ADOPTION OF ANNUAL REPORTS:**
 - a. President's Report
 - b. Financial Report *
4. **ELECTION OF OFFICE BEARERS FOR 2017:**
 - a. President
 - b. Secretary
 - c. Treasurer
 - d. Public Officer
 - e. Vice Presidents (2)
 - f. OANSW Delegates (3)
 - g. Club Captain
 - h. Equipment Officer
 - i. Social Secretary
 - j. Newsletter Editor
 - k. Publicity Officer
 - l. Website Coordinator
 - m. Results Coordinator
5. **GENERAL BUSINESS:**
 - a. Metro league teams
 - b. NOSH footrace
 - c. Mapping issues
 - d. Other business

* A summary of the financial report appears later in this newsletter.

Joel Putnam - Things That Make You Go
"Ouch!"

Q. What sort of injuries have you incurred from your sporting activities?

All sporting injuries have been incurred whilst orienteering. Some have been more interesting than others. When I broke my ankle during a summer series event at Boronia Park, I hopped on my leg with the good ankle back to my car and swiftly drove myself to the hospital! Another was a metroleague event at The Claypan. That ended with a number of fellow orienteers who were kind enough to shoulder lift me to my car from the course. Another broken ankle, another trip to the hospital though this time it was the other side just to keep things balanced!

Q. What injury has impacted your orienteering performance the most?

Both ankle injuries. I have fully recovered, however I tend to think through off road tracks more than before the injuries and run a little slower, take stairs one at a time (the Boronia Park ankle break was due to jumping down a flight of stairs).

Q. What was involved in your recovery (eg. surgery, physio, timeframe)?

I attended physio 5 days a week for 3 months for each ankle injury. I embedded physio exercises into my daily life. These combined helped me reach a full recovery.

Q. What tips can you offer for your fellow orienteers to avoid injury?

Think before you step. I try to 'lock' my ankle when I'm running off road by tensing the muscles around the ankle and move the angle of attack inwards to avoid rolling the ankle. I also take steps one at a time and try to run to the conditions, which usually involves selecting a slower speed.

Lara D'Abreo - New Member Interview

0. Profile: Name, age (or running class if you'd prefer!), place of origin

Lara D'Abreo, VW, Sydney.

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

We joined late last year. There was a palpable camaraderie amongst the club members at the SSS events and we thought it was about time to commit to the sport and give back.

2. When did you first hear about orienteering?

Uni.

3. Tell us about your first orienteering event? Where and when was it?

I always thought orienteering was for wimps - the maps had all this extra stuff on them and the events were really really short. As 'real' bush walkers, we went rogaining instead. Of course, my friends and I had a great time rambling around the bush, taking in the vistas, stopping at all the coffee shops. So much so that we became known as the cappuccino rogainers. It was only much later that I discovered the summer series and realised how much fun orienteering could be. And the maps? Well those rogaining ones ... just aren't detailed enough.

4. What do you do when you're not orienteering?

Eating mostly.

5. What type of orienteering do you prefer (eg. street vs orienteering, type of terrain/landscape etc)?

A well thought out, intricate course is always a challenge and a pleasure to unravel. Wet logs, gullies and drains are my nemesis as I invariably fall over and land in the mud.

6. What are your dreams and goals in orienteering?

Win VW before I become SVW.

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

Anyway possible really.

8. Do you have any desire to orienteer overseas? If so, what countries are you most interested in?

Only in flat countries. Perhaps The Netherlands? With checkpoints on windmills?

9. What do you like in orienteering the most?

I like that it uses the brain and the legs. The planning bit is fun, the running bit sometimes less so. Regardless, every event is unique and the challenge never wains.

10. Your wishes to BN members!

You're only lost until the next event.



Lara, modelling 'next season' orienteering glasses.

Phillip Smyth - New Member Interview

0. Profile: Name, age (or running class if you'd prefer!), place of origin

Phil Smyth, soon to be in the VM class, born and raised in Chiltern (NE Victoria).

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

Joined this year. Been going to Summer Series for a few years and so decided to join ONSW and they let you pick a club. Picked BN as it seemed like the right one for where we live.

Lara is the better half. We have chickens not children.

2. When did you first hear about orienteering?

When I was in high school.

3. Tell us about your first orienteering event? Where and when was it?

Was in what is now the Chiltern-Mt Pilot National Park. It was just over 30 years ago. I had never seen an orienteering map or a compass before, I got lost and still have no idea how to use a compass or read an O map.

4. What do you do when you're not orienteering?

Am in IT. Love playing tennis and still play competition or social tennis every weekend.

5. What type of orienteering do you prefer (eg. street vs orienteering, type of terrain/landscape etc)?

Prefer any orienteering where they paint the lines on the ground showing me where to go so I don't get lost. Happy in the bush except around Baden Powell.

6. What are your dreams and goals in orienteering?

Current goals are not get lost and beat Brett Sewell.

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

Have not thought that far ahead. Maybe long term creating a course and not put flags in the wrong place.

8. Do you have any desire to orienteer overseas? If so, what countries are you most interested in orienteering in?

Never thought about doing orienteering overseas, but if I did my preference would be any country without lions, tigers, hyenas, bears, red necks with guns, quicksand, etc.

9. What do you like in orienteering the most?

What I would really like is checkpoints placed in Chocolate shops - I think my times would improve.

Doing a course without getting lost and not having to find markers hidden between rocks, behind trees etc.

10. Your wishes to BN members!

Hope everyone gets to do a perfect course at least once (I am still wondering how a course post mortem would be when there is nothing you would change because it was the perfect route).



Phil, looking for the next control

Financial Report - Summary

The overall 2016 financial results for our Club are quite similar to last year, with income fairly flat at around thirty thousand dollars and profit at one and a half thousand. What this consistent performance does not show are the interesting dynamics below the top numbers.

NOSH pre-entries were down from last year, and the Wattle Ridge State League takings were also down compared to the Gumble Event held in the previous year. Conversely the Sydney Summer Series income increased, with the Club running an extra event this year, and the \$2 rise in adult entry that was introduced by the organisers at the beginning of this

season. The Club also ran a Western Sydney Series Event for the first time which added to the Club coffers.

On the expense side, there were many small changes year to year but most significantly we made much needed new purchases to assist in the running of the NOSH such as a new PA, gazebo and safety equipment.

As a result of the above activities we continue to have a growing bank balance (currently around fifty thousand dollars) which is available for future expenses such equipment, mapping etc.

Sharon Lambert

Bennelong Northside Orienteers Inc Profit & Loss For Year Ended 31 December

	<u>2016</u>	<u>2015</u>
Income:		
Savings Interest	\$98.35	\$67.72
Term Deposit Interest	\$770.72	\$801.94
Major Event Income	\$4,341.00	\$7,049.00
Map Use Fees	\$40.00	\$0.00
Minor Event Income	\$3,148.00	\$2,054.80
NOSH Income	\$8,965.63	\$10,104.27
Other Income	\$80.00	\$25.00
Sprint Series Income	\$740.00	\$722.00
Summer Series Income	\$12,024.50	\$9,811.55
Total Income	<u>\$30,208.20</u>	<u>\$30,636.28</u>
Expenses:		
Administration	\$469.39	\$87.95
Bank Service Charge	\$120.00	\$108.00
Club Member Award Badges	\$0.00	\$150.00
Club Payment of Entry	\$1,084.00	\$1,100.00
Club Uniforms	\$0.00	\$0.00
Equipment Purchase	\$269.72	\$737.38
Major Event Expenses	\$3,157.83	\$5,552.23
Minor Event Expenses	\$2,190.22	\$1,558.17
Miscellaneous	\$395.00	\$64.00
NOSH Expense	\$6,960.79	\$4,187.31
NOSH Payment to ONSW	\$1,412.00	\$4,141.87
Printing and Promotion	\$0.00	\$0.00
Promotion & Development Contribution	\$1,301.00	\$1,356.00
Social (Travel and Entertainment)	\$70.00	\$68.00
Sprint Series Expenses	\$501.01	\$491.90
Storage Cage Rental	\$2,797.90	\$2,640.00
Summer Series Expenses	\$7,828.46	\$6,826.41
Total Expenses	<u>\$28,557.32</u>	<u>\$29,069.22</u>
Net income for Period	<u>\$1,650.88</u>	<u>\$1,567.06</u>

Gender Equality In Sport



In 1967, challenging the all-male tradition of the Boston Marathon, Kathrine Switzer, at the time a headstrong 20-year-old junior at Syracuse University, entered the race. Two miles in, a race official tried to physically remove her from the competition.



Changing Times In Orienteering

Is there gender equality in orienteering? From a male perspective there may seem nothing to complain about. But a quick web search revealed the following (see links):

[Gender Parity](#)

[Gender Equality at WOC](#)

[Proposal for equal winning times for women and men](#)

[New Look OWA Council](#)

But I'll leave the final word to my co-editor

Peter Hopper

Robin Williams joins the stunning women of the Denver Broncos' Pony Express as pro football's first male cheerleader and prances before 70,000 cheering fans in Denver's Mile High Stadium.

Gender Equality In Orienteering

Gender equality is something I have considered a lot in a work context, but not so much in other aspects of life. Given 8 March marked International Women's Day, I'm glad Pete asked me to reflect on gender equality in orienteering.

Thinking about it, I suppose I have considered gender equality loosely in relation to sport. Every January during the Australian Open I do wonder why women only play up to three sets in tennis, yet men play up to five. I am also familiar with the impressive story of Kathrine Switzer competing in the all-male Boston Marathon. Was there ever really a time when women couldn't compete in an individual running race?! By the way, Katherine did finish that marathon despite the obstacles she had to overcome.

I can't recall a time when I consciously reflected on gender equality in orienteering. I was interested to learn through one of Pete's above links that Orienteering WA is the first to have appointed a female President and Vice President. I never thought of key positions in orienteering being predominantly filled by males, and still don't (not that I've looked at any statistics).

Growing up orienteering in QLD, I thought there were plenty of strong female role models who were actively involved in the running of clubs and Orienteering Queensland. This included my late aunt, Fiona Calabro, who was the State Coach for many years. I'm not aware that my aunt faced any gender barriers in her role. If she did, it certainly didn't stop her making the great contribution she did for so many years to develop the sport in QLD.



Fiona Calabro in action!

I was also interested to learn through Pete's links that there are different expected winning times for long distance courses. I'm not an elite runner and have always felt like the distances I run in a long course are more than long enough for me, so again, this isn't something I've reflected on previously. My view is, if the general consensus amongst elite female orienteers is that they would like their courses to be set on longer winning times, equivalent to those of male competitors, than I don't see why that equality wouldn't be offered.

Here's to all those great women in orienteering who help make our sport what it is!

Alitia Dougall

Note the Dates!

Wednesday
29
March

Wed 29/3/17
AGM - Bluett House Fairlight

Thu 30/3/17
SSS Final - Lane Cove Country Club

Thursday
30
March

Running Canberra

To be a Bennelonger never can be a past thing, so even if you see us in quick black-red uniform of RedRoos, we are still deeply Bennelongers inside.

Our experience of moving to Canberra was positive and first 8 months were really intense, challenging and demanding and went like a month.

It will not be a very new thing to say that Canberra is a very special city and a very special place, where an Orienteering family with 2 little kids can



Veronica & Ariadna

do everything we only could dream about - bush orienteering several times a week during a season, technical mountain biking and road biking commute, attended several public lectures/events at Parliament house, enrolled Ariadna and Veronika in a number of classes with 10min commute time and started to feel much more as Australians



We live on this map:)



*With Pro Vice Chancellor of ANU,
Nobel laureate in physics Brian Schmidt*

being privileged to live in a capital and to join the best Australian University and being exposed to progressive and innovative events/people/initiatives that are currently changing the country and create an impact on a global scale.

And we survived the really cold winter and the hottest summer in Canberra recorded history!

But we still terribly miss Sydney and the most we miss people. We are very much looking to see all you again in a bush soon, fast moving strong Bennelongers, to see your smiles and talk with you again very soon!

Marina, Fedor, Ariadna and Veronika



After training at Stromlo