



Blueprint

Issue 2/2017 - July 2017

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President's Report, June 2017

There has been a feast of high quality bush orienteering in the last few months. In April there was the Oceania Championships and World Masters Games in New Zealand, I know it wasn't local but there was a good contingent of Bennelong Northsiders attending. Over the Queen's Birthday weekend there were the Australian Three Days in Wagga Wagga, again with a good rollup of our members attending and some very good results.

I'm pushing these quality events as I think they are the best events on the orienteering calendar. If you have only orienteered around the suburban parks and streets, I'd recommend you give bush orienteering a go. Metro League is a good way to start. We have 3 teams in Metro League but even if you are not in a team I'd recommend going along and enter on the day and give bush orienteering a go.

In July there are 2 events I'd like you to try. On 15th and 16th July there are State League events in the Newcastle area, pre-entries are now closed through Eventor but some classes have enter on the day available. Please contact me if you wish to go but are unsure of how to enter or want to know what class to enter.

Then on 23rd July Bennelong is organising the Metro League starting at Allambie Heights Oval. Rachael Povah is setting the courses. We hope for a good rollup to compete and to help with the registration, start, finish and control collection. I hope to see you there.

Finally I'd like to thank Barbara Hill for organising with Bennelong help the successful Great NOSH Footrace held earlier in June. This race has been going for 43 years now and as well as a challenge it raises funds for our club and orienteering in NSW.

There are many good photos of the above events on our website as well as on Bold Horizons, Orienteering NSW and Orienteering Australia websites.

Hoping to see you in the bush sometime soon.

Terry Bluett

Bennelong Northside Orienteers

Office Bearers for 2017

President

~ Terry Bluett

Secretary

~ Gordon Wilson

Treasurer

~ Sharon Lambert

Public Officer

~ Sharon Lambert

Vice Presidents (2)

~ Darren Slattery, Gordon Wilson

ONSW Delegates (3)

~ Darren Slattery, Terry Bluett, Alitia Dougall

Club Captain

~ Brett Sewell

Equipment Officer

~ Wayne Pepper

Social Secretary

~ Alitia Dougall

Newsletter Editors

~ Peter Hopper, Alitia Dougall

Publicity Officer

~ Darren Slattery

Website Coordinator

~ Darren Slattery

Results Coordinator

~ Terry Bluett

Mapping Coordinator

~ Melvyn Cox

Who's Who In Bennelong?

It's not always easy putting a name to a face at orienteering events. Even fellow club members are sometimes unfamiliar if they rarely attend events or are new to the club.

It would be great if we were all more familiar with each other and able to strike up a conversation without hesitation.

So I've pulled together a collection of adult member mug shots from past Bennelong Blueprint newsletters and assembled them at the end of this edition.

Over time I hope to update the photos in the collection with ones that everyone is happy with. But if you prefer to not have your photo and (abbreviated) name appear in future editions please let me know.

If you don't see yourself, or if you'd prefer a different picture, please submit a photo of your choosing to <hebejebe@tpg.com.au>.

Peter Hopper



Colin Dominish - 'New' Member Interview

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

Colin Dominish, 47, born and bred in Bennelong country.

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

I joined the club in 1974 - sort of. My father Rod started the club. I have just rejoined after 43 years as my father, brother and I reunited in our old stomping ground of Wagga Wagga (where dad founded the Waggaroos as well) to compete in the Australian 3 days championship. When I asked dad which club I should join he said Bennelong straight away.

2. When did you first hear about orienteering?

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

Upon conception. My mother often tells me about going orienteering with her before I was born. I think my first event would have coincided with my first Saturday on earth. The first event I can recall was at age 6 at Lake Talbot near Talbingo, NSW. Dad sent me out to do the kids course with a compass and a whistle. I didn't know what to do with the compass but I certainly used the whistle to good effect after about five minutes in the middle of the bush (but about 100m away from the start) when I realised I was all alone and couldn't read a map!

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

I have a very active work and family life that have kept me well away from any sport that is not practiced by my 11 and 8 year old boys. We tend to fit in a bike ride and a game of golf most weekends, alongside all their organised sports.



Colin, our newest old member.

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

I prefer free running gully spur terrain through the middle of nowhere and well off the beaten track. Hills are no longer my friend, and I never liked bush bashing through thick stuff. Any excuse to get out of the city is pleasantly considered.

6. What are your dreams and goals in orienteering?

To compete once more with my brother and father in a family event at the Australian titles. We won last time we tried (back in the 80's I think!).

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

Turn up to one of your events I hope...and bring my two boys. They have only orienteered once before and loved it.

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

In another life I would have moved to Scandinavia and become world champion. Nowadays I'd be happy to get to a local event.

9. What do you like in orienteering the most?

For me it was always about the people. In Wagga I met up with people I've known my whole life. Orienteers have a very special way of looking at life. They find enjoyment in the simplest of things - sharing a story about the control that was in the wrong place, and being happy to spend hours in the middle of nowhere looking at a piece of paper in the middle of the wilderness. They have tapped into the beauty and wonder of being at one with each other and nature. I've never met an orienteer I didn't like.

10. Your wishes to BN members!

Thanks for letting me rejoin and experience my youth all over again. I hope I can keep some form of legacy going by getting my sons involved with the club. Keep up the great work in being part of one of the best sports in the world.

Brian Brannigan - Marathon Man

If you've spoken with Brian lately you'll know he has a new-found passion for running. To hear his marathon story, as I did before the start of the NOSH, is inspiring. His modest account of it, and NOSH success, may encourage other Bennelongers to seek new running challenges.

Feeling very proud right now - 2nd in the NOSH 50-59. A glorious day and a well organized event.

I used Peter Hopper as a pacer to Roseville Bridge. He told me to go ahead, I'm sure I was too chatty. The bush was in full bloom and the harbour resplendent. Life doesn't get much better. I've discovered running in my fifties!

In October, I was so unfit I skipped Sydney Summer Series. After 5 months in Europe, I was very overweight. A few weeks slow jogging, I was scoring lowly. Still enjoying the camaraderie and summer evenings. As the kgs started to fall off, my scores improved. I was back trying to be competitive with Michael Free who proceeded to leave me for dead with a blistering Series.

To stay motivated, I toyed with attempting my first marathon and found everyone so supportive. The orienteering community is pretty special and with the level of volunteering, obviously very giving. A kiwi from another club put me on to the Marathon Talk podcast - an incredible resource for info and motivation.

I've never been a runner. There is a lot to learn. I joined a local (very casual) running club called NOLAVA. A couple of dozen oldies (like myself) that do Ultra Marathons. They too took me under their wing.

Armed with a single page training plan off the MBF website, I set out on 12 weeks of training. The long runs looked impossible, but in reality proved to be just time consuming. April came and a relatively svelte me headed for Canberra. I had set 4 stretch goals during my training as I gained in confidence - Finish,

4h30m, 4h15m, 4hrs. I was injury free and well prepared, except that I forgot my Garmin.

The generosity of the running community came to the rescue. Nigel Huband and Tony Kellner of Sydney Striders were the 4hr Pacers. I tucked in and off we set. Early pace seemed comfortable so the pacing group chatted away. Nigel had a Dad Joke for each Km! Before I knew it, the unimaginable had happened, sub-4hr (by a few seconds). Great pacing guys!



Brian's Got The Running Bug!

Since then, my wife has decided to lose weight too. We've been walking longer and longer hikes in preparation for an 80km walk around Jersey in a few weeks. She's lost 12kgs in 3 months and feeling great!

As for me, I've been running less but today's NOSH has me reinvigorated. I hope to run the 6-foot track and possibly try a 100km race next year. The Narrabeen all-nighter has always appealed. For the first time in my life, I consider myself a runner.

I've considered myself an orienteerer for a while. Though, my forays at real orienteering have been very humbling! All tips welcome. If you ever want to discuss C25K or Marathon training, please ask, I'd love to give just a little back to the amazing community that is Bennelong. Special thanks of course to our inspirational leader, Terry.

Guess Who?



Inspirational Runners

If you said, “Roger Bannister”, you’d be wrong.
It is of course our Club Captain, Brett Sewell.
But the resemblance is remarkable!

If you’d like to see what that other
inspirational runner Roger Bannister did,
click on the link below:

[Roger Bannister - Why He's Famous!](#)

Peter Hopper



Roger Bannister - the first person to break the 4-minute mile.

Australian Orienteering Carnival 2017

The Australian Carnival is less than 3 months away & Barbara Junghans asks Bennelongers to consider helping if they can



Already nearly 400 people have entered the Aus Champs Sprint/Middle/Long events and over 220 have already entered the midweek events (without the 160 schoolies). Hence, we are expecting well over 800 for our Aus Champs events and may be 550 total for our midweek School Champs/Bathurst 3'Day events.

LOTS OF HELPERS are needed.

Can you help? YOU CAN STILL run IN EVERY EVENT YOURSELF.

Whatever your level of orienteering expertise there is a course for you (they may be called 'championship' events, but, there will be everything from hard to moderate to very easy courses too). Every day is a new day. It is going to be a cracker of a carnival ... Please consider helping us at some stage

1. In Sydney the week beforehand - **people to bag items** (hired SI-sticks in envelopes, put chest bibs and safety pins in tour bags, etc). Probably weekends or evenings at mutually convenient times. Also, to go over the loaned equipment and check owner ID is clearly displayed.

2. People to be part of the **Day Gang** (erect/dismantle tents, put out signage, streamer finish chutes, etc), **Parking, Rego, Starts, Enter on Day, Beginners** etc teams
Any one, or a combination, or all, of these day(s) will help us:

- Friday 22nd September
- Saturday 23rd September
- Sunday 24th September
- Monday 25th September
- Tuesday 26th September
- Wednesday 27th September
- Thursday 28th September
- Friday 29th September
- Saturday 30th September
- Sunday 1st October

3. People willing to **collect controls** at the end of each event are also needed (GO course setters are Ross Barr Aus Sprints, Graeme Dawson Aus Middle Dist, Toby Wilson Schools Relays, Peter Annetts Aus Long, James Lithgow Aus Relays - events 1, 2, 5, 6, 7 respectively).

Email Barbara Junghans
info.auschamps2017@onsw.asn.au

if you can help in any way.

Thanks

Barbara Junghans.
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Email info.auschamps2017@onsw.asn.au
Web <http://onsw.asn.au/ozchamps2017/>
FaceBook and Instagram @ozchamps2017

Facial Recognition

How many Bennelong club members do you recognise? Names & more faces in next edition

