



Blueprint

Issue 3/2017 - December 2017

Bare rock
Boulders
Boulder field, Boulder cluster
Stony ground, rocky outcrop
Crossable watercourse
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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- Upcoming Bennelong Events

President's Report, December 2017

The next events on the Bennelong Calendar are SSS on 20th Dec at Georges Heights Oval, Mosman and our Xmas BYO barbecue at Manly Dam on 24th Dec. It is Sunday and Xmas Eve but I hope you are able to come along. We have booked Table 1, the nearest to the gate. I will set an orienteering course and there will be plenty of time for water sports, mountain biking and running or walking around the dam. I'll be there from lunchtime, I hope some of you can come as well.

We have 2 further SSS events for the season, Jan 17th at Drummoyne Oval and 14th Feb at Little Manly. We also have a Sprint Series event 11th Feb at Gore Hill Oval. I hope you can make it to these events.

I'd like to also say a few words about recent events, firstly thanks to Brett Sewell for lining up the Men's Shed for our opening SSS event at Wollstonecraft. Having this assembly area opens up the use of this popular map more regularly, it was 7 years since we last started at Smoothery Park as an assembly area. Thanks also to Michael Halmy for setting the Belrose SSS, Michael doesn't do many SSS events but volunteered to set this one, many thanks Michael.

The other recent highlight was the Australian Championship carnival at Bathurst and Hill End. Bennelong was a major contributor to the success of the carnival. We had the following members in major roles, Gordon Wilson, Rod Parkin, Steve Flick, Terry Bluett, Darren Slattery and Marina Iskhakova (Marina was a member of Bennelong when approached about her role in the carnival but has now moved to Canberra). We also had a breakthrough win and a podium finish for Clyde McGhee in M14A in the Australian Middle and Sprint Championships. A best result ever for Mel Cox in M60A with a 1st and three 2nds in the 4 Championship races. Also deserving special mention were Steve Flick and Michael Halmy 1st and Gordon Wilson and David McGhee 3rd in the Australian Sprint Champs and Alitia Dougall 3rd in the Australian Middle.

I also would like to welcome the new members to our club, Stefan Kuehn, Tim Waterson and Brian Black. I hope to see you at an event soon.

Terry Bluett

My car has been full of teddy bears and Metro League medals - prizes from the NSW Sprint Championships and from this year's Metro League. Big teddy bears for Abigail, Clyde and David McGhee and Richard Morris for their wins in the NSW Sprint Championships. Little bears for Steve and Anthony Flick for their second place in the NSW champs. Metro League medals are for Clyde McGhee and Bob Morgan as the highest point-scorers in Div 3 and 4 respectively. And premiership medals in Div 4 for Bob Morgan, Simon Nash, Julian Ledger and Kerrie Hoopell. And not forgetting those who were at the presentations, a small bear for Gordon Wilson in the sprints and medals for Tshintia Hopper, Sharon Lambert, Cheryl and Terry Bluett for Div 4 premiers. I will be at SSS events where I hope to get rid of the loot.



Gordon's Good Advice - Stay In Contact

This is not an article about keeping in touch with friends and relatives. Staying in contact with your map is a basic but important technique required for successful orienteering. Keeping good map contact reduces the chances of making mistakes and reduces the amount of time required for reading the map. This applies whether you are doing Summer Series, a sprint O, or out in the bush.

What is "map contact"? Having good map contact means being able to look at your map and instantly identify the point on the map where you are. This in turn allows you to make the important relationship between what you see around you and what is drawn on the map.

Why is this important? Consider these scenarios. Have you ever consulted a tourist information map? The first thing you usually do is look for the "you are here" arrow. Without it you can spend a lot of time trying to work out where you are. Or perhaps you are navigating your way using Google maps on your phone. That little blue dot that marks your current position is invaluable. Keeping map contact is just that. With good map contact you have a virtual "you are here" pointer.

This sounds pretty obvious and simple. The fact is most new orienteers, and too many experienced ones, do not keep good enough map contact. The longer you run without checking your position on the map the longer it takes for you to work out where you are. The less distance you have travelled since last checking off your position the less time it takes to work out your new position. With a bit of practice, if you continually look at your map you should be able to check your position without stopping. This is critical in sprint orienteering where every second counts.

A secondary benefit of keeping map contact is that you are much more likely to realise you are making a mistake. "Wait, there shouldn't be a street on the left". What's that big group of boulders doing there? The sooner you realise, the sooner you get back on track and the less time you lose.

In the next Blueprint I'll talk about a few techniques you can use to help you keep map contact and minimise the amount of time required.

Gordon

Postscript: "Do as I say not as I do!" 😞

At the recent NSW sprint orienteering champs I failed to follow my own advice.

The red mist descended and I started rushing. I was looking at the map OK and planning my route choice. What I wasn't doing was taking the time to look at my surroundings and match that to the map. That is, I didn't turn on the "you are here" pointer. The result was I made a number of significant mistakes which ultimately cost me the win.

Remember. And you will hear me say this often. It is not how fast you can run around your course. It is how fast you can navigate around your course.



Big Foot's Andy Simpson, perhaps following Gordon's advice too closely, tries a bit of pole dancing at the NSW Sprint Orienteering Champs.

Clyde McGhee - Australian Champion

Congratulations to Clyde McGhee for his win in the M14A Middle Distance at the recent 2017 Australian Orienteering Championships in Hill End.

Plac	Name	Organisation	Time	Diff	Km time	R
1	Clyde McGhee	BN N	27:41		8:24	
2	Toby Lang	BS A	28:02	+0:21	8:31	
3	David Stocks	BS A	28:51	+1:10	8:46	
4	Sam Woolford	BB N	29:35	+1:54	8:59	
5	Jett McComb	ALT	30:32	+2:51	9:16	
6	Jack Marschall	TT S	31:34	+3:53	9:35	
7	Torren Arthur	MF V	31:53	+4:12	9:41	
8	Max Grivell	TT S	34:45	+7:04	10:33	
9	Hadyn Tang	MF V	35:50	+9:09	11:11	
10	Romi Athan	YA S	36:53	+9:12	11:12	
11	Ben Poortenaar	ALT	36:54	+9:13	11:12	
12	Campbell Syme	Auckland	37:51	+10:10	11:30	
13	Oliver Edwards	Hutt Valley	38:38	+10:57	11:44	
14	Aldo Bosman	SW W	38:57	+11:16	11:50	
15	Moss Pelvin	Dunedin	39:28	+11:47	11:59	
16	Oskar Molla	NC N	39:30	+11:49	12:00	
17	Leith Soden	OH S	39:55	+12:14	12:07	
18	Joseph Wilson	BS A	40:22	+12:41	12:16	
19	Will Whittington	WR T	41:08	+13:27	12:30	
20	Mason Eves	BO W	43:02	+15:21	13:04	
21	Oscar Johnston	TJ S	43:26	+15:45	13:12	
22	William Cox	RR Q	45:24	+17:43	13:47	
23	Ryan Cates	YV V	45:27	+17:46	13:48	
24	Callum White	YV V	46:51	+19:10	14:14	
25	Matthew Greenwood	Auckland	47:30	+19:49	14:26	
26	Oliver Schubert	RR Q	49:24	+21:43	15:00	
27	Patrick Shelton Agar	AO A	49:33	+21:52	15:03	
28	Clayton Shadbolt	Peninsula and Plains	50:37	+22:56	15:23	
29	Jack Wickham	EV T	53:32	+25:51	16:16	
30	Selwyn Sweeney	WH N	1:04:29	+36:48	19:35	
31	Riley McFarlane	BO W	1:08:27	+40:46	20:48	
32	Niko Stoner	ALT	1:17:00	+49:19	23:24	
	Solomon Cameron	BG V	mispunched			
	Toby Cazzolato	TJ S	mispunched			
	Charlie Cooper	ALT	did not finish			
	Seth Sweeney	WH N	did not finish			



Eric Morris - Swedish Orienteering & Travel

Have you ever thought about orienteering in Scandinavia but never taken the plunge? Next year's Swedish 5 Days might just be the time to finally do it.

O-Ringen 2018 Örnsköldsvik

The event will be held in the coastal town of Örnsköldsvik about 500km north of Stockholm. My "other" club OK Nolaskogsarna, is one of the chief organising clubs and the terrain and scenery is amongst the best around. I've trained and competed there for many years, as far back as 1994 when Ö-vik last hosted the world's biggest orienteering event and I find it hard to think of better in all of Sweden.

If you're interested, take a look at the website:

<http://www.oringen.se/213/english/hoga-kusten-2018.html>



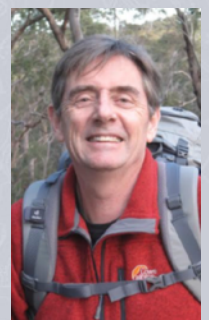
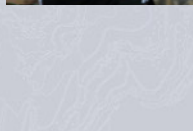
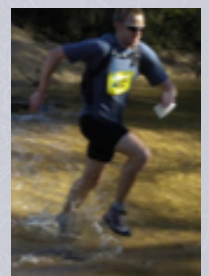
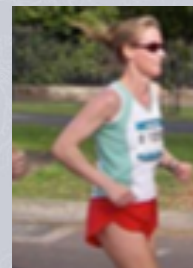
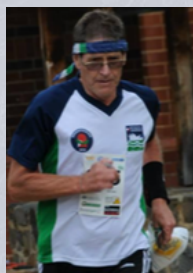
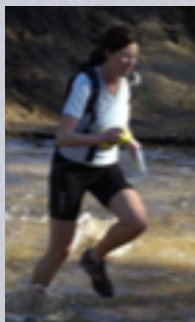
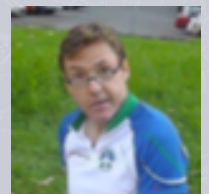
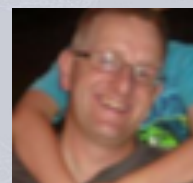
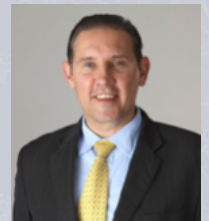
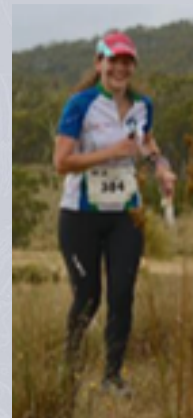
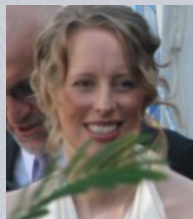
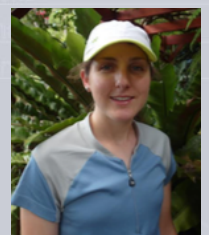
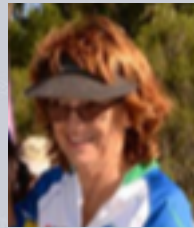
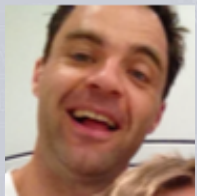
Travel In Sweden

Ö-vik isn't too far south of the Arctic Circle so there's the added attraction of roughly 20 hours of daylight in July to check out the Swedish High Coast when you're not orienteering:

<https://visitsweden.com/high-coast/>

Facial Recognition

How many Bennelong club members do you recognise? Answers next page!

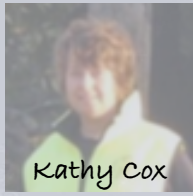


Facial Recognition

How many Bennelong club members did you recognise? See previous page!



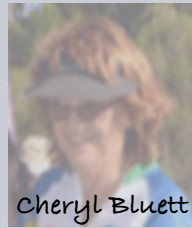
Richard Morris



Kathy Cox



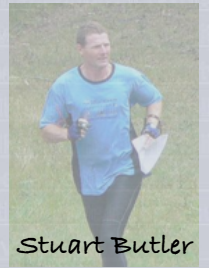
Fedor Iskhakov



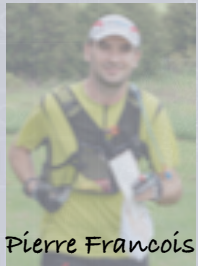
Cheryl Bluett



Joel Putnam



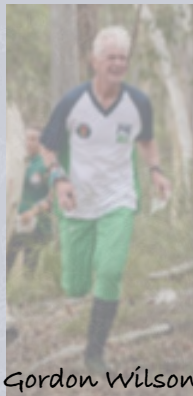
Stuart Butler



Pierre Francois



Phillip Smyth



Gordon Wilson



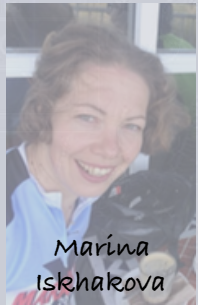
Barry Cole



Lara D'Abreo



Clare Williams



Marina
Iskhakova



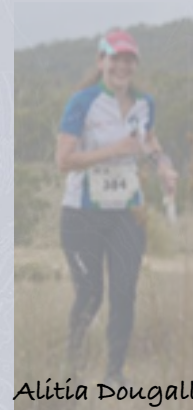
Chris
Cunningham



James
Southwell



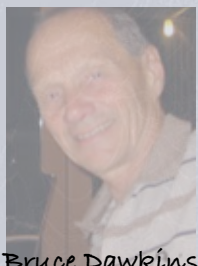
Brian
Brannigan



Alitia Dougall



Colin Dominish



Bruce Dawkins



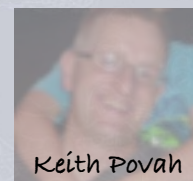
Rachael Povah



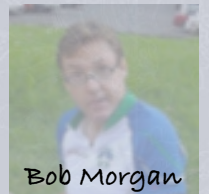
Elise Kennedy



Brett Sewell



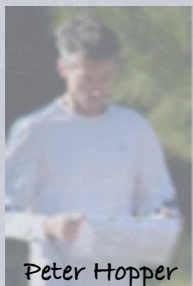
Keith Povah



Bob Morgan



Janet Dawkins



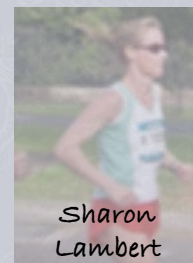
Peter Hopper



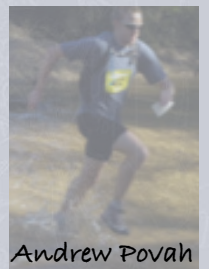
Michael Halmy



Dick
Mountstephens



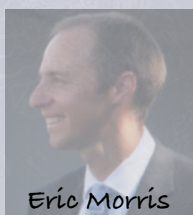
Sharon
Lambert



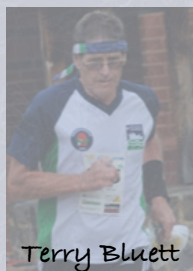
Andrew Povah



Darren Slattery



Eric Morris



Terry Bluett



Michelle Povah



Melvyn Cox

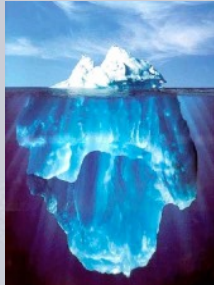


Julian Ledger

The Magical Mystery Of Map-Making

Most of us think orienteering begins when we pick up a map and start following it with a compass. But so much has already been done to produce the map that we shouldn't just take it for granted.

The much-used 'iceberg' analogy very well applies to the mapping process, with far more work having been done to produce a new map than would appear from simply looking at or using the finished product.



Those who produce new maps probably think little mystery remains, except perhaps in the use of new and emerging technology. But for the uninitiated it is like the pyramids. We think we know how they were built *'but do we really know?'* 🤖

However, it needn't be such a mystery. I've just started working with Terry to produce a new map for the Sydney Summer Series event at Little Manly in February. Having obtained the relevant 'base' map(s), Terry analysed this already-available data and provide me with a basic map and instruction to assist with the mapping process. My job, so far, has involved walking the streets and local area to identify features - mainly street furniture and other significant places where a control could be located - that could/should be added for inclusion on the event map.

For those who have worked with Terry (or others) to produce a new map the process will be familiar. But if you haven't already done so and find the idea daunting, your concerns can be allayed. Those like Terry with mapping experience and expertise are there to help. Or more to the point, they welcome the help we can give them and you'll begin to learn the magical mysteries of mapping in the process.

Peter Hopper

🤖 *If you aren't familiar with this expression, ask Brett about Howard Moon & Vince Noir.*

Upcoming Events

Organised By Bennelong

Wednesday 20/12/17 - Sydney Summer Series - Georges Heights Oval, Mosman

Sunday 24/12/17 - Bennelong Xmas BBQ Picnic - Manly Dam, Table 1 (nearest the gate). From Lunchtime. BYO. Terry is setting an orienteering course but you can also swim, mountain bike, walk, or run around the dam.



Wednesday 17/1/18 - Sydney Summer Series - Drummoyne Park, Drummoyne

Sunday 11/2/18 - Sydney Sprint Series - Gore Hill Oval, St Leonards

Wednesday 14/2/18 - Sydney Summer Series - Little Manly Beach, Manly