



Blueprint

Issue 1/2018 - March 2018

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 2018

The Summer season is drawing to a close. We've had some excellent events and excellent results. Those of us who are not competitive at the top level still enjoy seeing if we can get in our top 12 results for the season each time we front up.

What now, the season is nearly over? I'd encourage you to try bush or sprint orienteering. A good place to start is our Metro League on Sunday 25th March at Pennant Hills. Even if you do not commit to a team, there are Enter On Day courses at all levels.

Then there are State Leagues. These events usually require some travelling, for example our State League event is a Middle Distance event at Tallowa Gully in the Southern Highlands on Saturday 7th July. If you make a weekend of it you can go to our event, then

camp or stay in the Association's Hut at Belanglo and do the Sunday event in Belanglo Forest. If you are hesitant about entering State League events I encourage you to give it a go.

A quality event coming soon is the State Championships in Middle and Long in the Northern Tablelands on 21st and 22nd April. These are new maps that the mappers are raving about and those of us who are keen bush orienteers are really looking forward to.

I'm happy to talk with you about bush or sprint events if you are considering giving them a go.

On another note, I'm really pleased with the progress of our junior orienteers, I think you will see some of them in the NSW team at the Australian Championships in South Australia in September/October. Clyde McGhee showed his talent with a 1st and a 3rd in M14A at the Australian Championships. Tshintia Hopper is having great results in Summer Series and challenging her mum and dad in these events. Curtis Pepper and Abi McGhee had good results in State League events last year and I've seen them along with Jacob and Daniel Povah at the Bold Horizons Saturday morning events.

There have been quite a few requests for a club O top. Darren Slattery and Lara D'Abreo are investigating getting new tops made.

Finally I'd like more of our members to have First Aid qualifications. The club will pay for any club member completing a recognised First Aid course.

Wishing you all the best for the coming Winter Season.

Terry Bluett

Bennelong Northside Orienteers

Office Bearers for 2018

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, Alitia Dougall, Phil Smyth

Club Captain

~ Brett Sewell

Equipment Officer

~ Wayne Pepper

Social Secretary

~ Alitia Dougall

Newsletter Editors

~ Alitia Dougall, Peter Hopper

Publicity Officers

~ Darren Slattery, Lara D'Abreo

Website Coordinators

~ Darren Slattery, Lara D'Abreo

Results Coordinators

~ Terry Bluett, Lara D'Abreo

Mapping Coordinator

~ Melvyn Cox

Gordon's Good Advice - Where Am I?

In the last Blueprint I talked about the importance of maintaining map contact. That is, being able to look at your map and immediately identifying your position. This time I'll outline a couple of basic techniques that should help you to maintain that map contact. While everyone develops their own style and way of doing things, "what works for you", these techniques are widely accepted and used by most experienced orienteers.

1. Look at your map. Sounds obvious but if you watch the better orienteers you'll notice how often they look at their map. They hold their map folded in front of them and glance at it every few seconds. They usually don't slow down or even hesitate because, you guessed it, they have map contact. Newer orienteers tend to run like stink with their map flapping in the breeze then stop, work out where they are, then continue on. This is usually slower in the long run and increases the risk of making a mistake. Or running like stink in the wrong direction.
2. Orient your map. That is, always keep magnetic north on your map pointing at magnetic north. This greatly helps you maintain the spatial relationship between what you are seeing around you to what is drawn on the map. It is difficult to fully explain the advantages of this here. If you want to know more, please catch up with me at an event and I'll gladly help.
3. Look at your map.
4. Thumb the map. Holding your map so that your thumb, compass point or something is always adjacent to your actual position on the map. This helps you to quickly find your position and reduces the risk of getting "transposed" to a similar looking feature on the map. There once was an orienteer who used to paint a line down the middle of his thumbnail to point to his position. I am certainly not suggesting you need to go to this extreme.

And finally,

5. Look at your map!!!!

Happy running,
Gordon

Brian Black - New Member Interview

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

Brian Black, 33 years, Wales, UK.

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

Joined November '17 as I was keen to try more orienteering events, so it seemed sensible to join a club. Living in the Northern Beaches, Bennelong was the obvious choice.

2. When did you first hear about orienteering?

First orienteering event was at school when we did an outward bounds camp, I was probably about 15 at the time. Thoroughly enjoyed it but never revisited it until I moved to Sydney.

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

My first proper event would have been at the Sydney Summer Series and I believe this was probably "The Clay Pan" in February 2013, which I think was Frenchs Forest. I remember thinking how tricky the route was to plan and subsequently to execute. Little has changed in this regard, but it is satisfying to see improvement with time and experience. I clearly wasn't put off after that first event as I roped my girlfriend Nicola into joining me too in the 3 hour Minigaine the very week in Mosman.

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

Love to run and cycle and often plan 1-2 big triathlons each year.

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

Enjoy both street and bush, probably feel more comfortable on the street route and intimidated by the bush. The Sydney Summer Series seems to balance the street and bush well. Look forward to trying a few longer distance orienteering events this year. I haven't had a chance to try line courses but keen to give anything a go.

6. What are your dreams and goals in orienteering?

That I never get lost like I did earlier in the season and turned a 45-min run into a 1hr 30min tour of all the surrounding suburbs!

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

I'd like the opportunity to learn the skills of the sport from experienced members and pass this on to new members and/or encourage others to take up orienteering.

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

No strong desires at this stage, but perhaps orienteering back in the UK or NZ it could be timed well with a holiday.

9. What do you like in orienteering the most?

You always see and go somewhere you wouldn't otherwise. I have already seen areas of Sydney I would have never seen before.

10. Your wishes to BN members!

I wish all BN members a great orienteering season and I hope Bennelong exceeds expectations at the Metro league.



Brian, on top of the world! (well, Australia)

Lara D'Abreo - Nothing By Halves

The year is 2015, its the Canberra Half Marathon and I'm in the home stretch in agony. The finishing line is a mirage, receding with every step I take. Prams are faster than me. Everything is faster than me. I reach out and wrench myself over the line in 2:30 to collapse in a puddle next to the banana bucket. I put my head in my hands and groan "No more halves".

Anyone can run a half, but its better to run them fast not slow. Less time on the tarmac means less stress on the body. My times had taken a GFC-like dive and I was running with a lot of pain. If I was going to keep up with the VW gazelles and MM cheetahs (and beat Phil too) then I needed to train seriously.

I had a plan, but it wouldn't be easy. I would run more and eat less. I would sign up for every half marathon I could find and run them continuously for a year. SMH Half - I'm there!!! Circumnavigate Centennial Park - certainly! Sydney Half - sign me up. Central Coast - OK it's a stretch but hey it's near a beach. I'll do it. With my running calendar overflowing with events I had no excuses.

The first few were hard. The times were still slow but inching down in minutes. My legs ached from the constant training but then got stronger. I crossed the 6 min per km boundary. Hurrah! 5:30 beckoned! So close! I switched to interval training and suddenly even SSS didn't seem so intimidating. Instead of wheezing up and down the hills like a puffing billy I was getting lost faster, covering more distance and picking up more flags. Occasionally they were the right ones.

4,5, ... 8 halves passed in a gel fuelled haze. I was definitely moving now. Even my wardrobe was going through a transformation - Hokkas had replaced heels and lycra had supplanted the shirts and skirts. The end of the year of halves was fast approaching. But had it made a difference?

The year is 2017. I'm in the last km of the Gold Coast Half. The sun is painfully bright and the heat is shimmering over Broadwater. I breeze past the last water stop ... accelerating ... no need for hammer with these legs of steel I tell myself. One bridge, one bend, and I'm in the finishing chute. Not a pram in sight. I check my watch - will I make it? 1:57, 1:58 ... its close ... and I'm there!



Lara, with legs of steel!

Simon Nash - parkrunning Orienteer

I first heard about orienteering around two and a half years ago - when there was an Orienteering event at the start of our parkrun course Rhodes. A lady asked if she could do a quick intro at the pre-race briefing, and after running my 5km I decided to find out a bit more. So my wife Lisa and I went along to our first SSS event the following Wednesday night at Rodd Point, where we met Terry as it was a Bennelong event. We enjoyed the experience, running as a team, and have been competing ever since.

As mentioned, we found Orienteering accidentally through parkrun. If you don't know what parkrun is - it's a free, 5km, timed event every Saturday morning. It started over 13 years ago in the UK, from where it has now expanded into 17 countries worldwide in about 2000 different parks across those countries. Currently, every week more than 200,000 runners and over 20000 volunteers turn up to get their 5km fix.

I started to parkrun about four and a half years ago and have just completed my 200th run. Parkrun is free and run by volunteers every week. Some locations have hundreds of runners and require 15-20 volunteers. Each location has an Event Director and a team of Run Directors. Lisa and I are Run Directors at Rhodes parkrun, which means we have to organise and recruit the volunteers, set up the course markings, make sure the event runs smoothly and safely, and upload the results to the parkrun website.

While parkrun sounds like a race, it is more about community, fitness, fun, and inclusiveness. Many people come each week to push their prams, walk/run with their dog, or if you are lucky enough, race hard to beat a mate or a PB. Lisa and I have made many new friends at parkrun and introduced parkrun to many more.

Each week each event runs the same course, with minor changes only occasionally. However, every event has a unique course, some nice and flat, some with hills, others on trails,

grass, pavement, and more (one in Newcastle is 5km all on the beach!). I love to travel to other parkruns (known as parkrun tourism) and have now done 47 different courses, including 14 overseas.



Simon & Lisa in Wollongong for the Sandon Point parkrun.

I love the crossover from parkrun to orienteering. And many people are doing both now. Not just Bennelongers, but other orienteering clubs have regulars at Rhodes parkrun too. I have found my parkrunning efforts are helping my orienteering.

You may be asking, why is Simon always typing parkrun as a lower case? Well, that is the way it is! If you are interested in becoming a parkrunner you need to register at:

<https://www.parkrun.com.au/register/>

It is free, but to get a time recorded for your run you need to print your unique barcode and bring it along. You can use the same barcode anywhere in the world.

Catch up with me at an orienteering event and I can let you know more - I am a parkrun tragic!

Transitioning 'To' Bush Orienteering

With summer's urban competitions winding up for another year, winter's bush orienteering events will soon be here. The first State League and Metro League events are just around the corner.

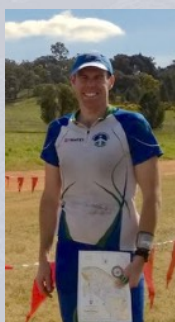
So for those making this leap for the first time, Bennelong's best 'bush bashers' were asked to reflect upon and share their experiences transitioning to the bush.

Like good orienteers, Darren and Bob have answered the question. And Julian (a rognainer) has done so with a twist!

How I Transitioned To Bush Orienteering

by Darren Slattery

I first picked up Summer Series with a flatmate when we were training for Adventure Races. The races generally followed tracks and Summer Series was a good way to get physically fit and more confident reading a map on the run.



I remember our first 'transition' event, a Bennelong event starting from Thornleigh Oval. There must have been some back burning a couple of year before the event because we were actually able to go cross country between controls. Well, the second control took us maybe 20 minutes to find, despite only being 40 metres off the trail. After that my flat mate and I paired up, with one of us running ahead and the other checking the bearing was correct, leap-frogging across the bush legs.

It was a good challenge and after that we continued to self-train at some other Metro events, including a memorable one at Picnic Point where I don't think we have been back to yet; and a Big Foot event at St Ives Showground with free cupcakes.

Eventually my AR teammates moved overseas and that's when I started State Leagues and then finally joined a club. I have been to one training day at Belanglo and the rest of my training has been in field and from all of the

tips and tricks I have picked up around the arena at the events.

I eventually got to the WOC tour in Italy and an O-Ringen in Sweden and loved every map, though my most successful run there was the sprint (in Venice - see the October 2014 Blueprint for my report). To the best of my memory I only DNF'ed once, which was at Roseberg State Forest. It was my first granite rock map and I had to skip a few controls to get back within the time cut-off. Though, technically I got the last few controls so that is probably classed as a Miss-Punch rather than a DNF?

My First (Solo) Bush Event

by Bob Morgan

My story is not so much about a transition directly from Street O to Bush O but a reflection on my first real bush event as a solo competitor.



This happened back in 2012 when I first dipped my toe in the pond of State League, on the Mitchell Park map.

I had been doing Summer Series for a few years and had made a moderately successful transition to Metro League after joining Bennelong a few months earlier.

Bush navigation was by no means new to me as I had been doing rogaining for a number of years prior to "discovering" orienteering, initially via Summer Series.

However, the contrasts between the two sports are quite significant.

The Rogaining maps were nowhere near as detailed as those used in orienteering, being basically extracts from 1:25000 topo maps.

Often the controls are at features that can, at times, be seen from some distance away such as watercourse junctions or knolls, so precise navigation isn't always necessary. No termite mounds or boulders in rogaining.

Added to this, bush rogaining is a team thing whereas this time I was on my own.

Anyway, my day at Mitchell Park didn't get off to a great start when I realized I'd forgotten my compass. However, despite being aware I could hire one, I decided to wing it as a bit of a "challenge" (how hard can it be?, I thought) which was not a good plan in the final wash up.

I made a multitude of navigational errors but, despite going out of my way to make it difficult for myself, I somehow managed to complete the 4.8km course in a little over 4 hours.

That said, about 10 minutes before I finished I encountered the 3 friends I had travelled to the event with. So late was I that they had actually started looking for me.

When I arrived at the download table there were not many people left around. I remember jokingly saying to the person on the desk that I must be nearly the last one home.

"Yes, you are" came the terse reply.

Fortunately, I have moved on from this rather cringe-worthy beginning and that was the last time I forgot my compass at a bush event!

I also pay attention to course cut-off times!

Bush Rogaining To Street Orienteering

by Julian Ledger



I came to the sport of Orienteering from Rogaining and was reminded after a recent Summer Series event that club member Lara D'Abreo is a fellow traveller.

In Rogaining, and especially the classic 24hr or 12hr events, there is plenty of bush and the time to appreciate it.

Orienteers would call it a score event on a grand scale. Rogaining is a team sport and many come to it from bushwalking. As novices they bring their friends, hefty day packs, supplies for every eventuality, and a leisurely approach - at least until they get the bug and the competitive urge bites in. An ideal rogaine has at least half the map in off track bushland with the remainder on track or in farmland to make things a little easier for less experienced teams and for nighttime navigation.

So how do you go about adjusting from walking long rogaines (why would you run in a sport where it can be dark up to half the time and the tortoise often beats the hare?) to the frantic pace of orienteering? From 1:25000 or 1:50000 maps which were traditionally off the shelf and unmodified with scant detail, to the confines of a busy 1:10000 or less orienteering map. From direct bearings over long distances to all sorts of O techniques using contours, features, attack points, and aiming off. And what about all this additional detail? You mean individual boulders are shown! No! You are having me on. Then there are those control description hieroglyphics which must mean something to somebody. And how about that you can't look at the map until you start - at least the organisers relent on that for Summer Series score events.

Needless to say with orienteering came a big upskill in my navigation and improved fitness which then benefitted my rogaining. In fact most top rogainers also orienteer.

For me, with rogaining, the duration of the events helps justify the travel to more distant, new and remote bush areas. However, after a 24hr event the following Monday at work is a write off as a useful employee and best to take a day's leave. Now maybe we all got busier,



especially if kids came along, and so orienteering and rogaining events without leaving the city grew in popularity - hence the rise of metrogainers and street orienteering. In Sydney we have so many pockets of wonderful bushland that even street orienteering can include a lot of variety. However, the constraint of sticking to the tracks means that whilst good for runners and navigation novices this is not the sport at its testing best. Everyone needs to unpack the compass and get into more extensive bush where compass work becomes essential. The Metroleague is a good start to transition.

Now this message would be incomplete if I did not disclose that our Bennelong club has been infiltrated by the former titular head of the Cappuccino Rogainers. This legendary sub group enjoyed cult status in the mid 90s. I think it formed around a group of STEM students at UNSW. Their core values were that life should be fun. It followed therefore that rogaining should be undertaken to, above all, be enjoyed. They liked the social aspect, the evenings around the fire, tim-tams, coffee and a glass of port. They competed but in a special category with other cappuccino rogainers.

When course setting they insisted on having high pointer controls at spots with the best views and a place to rest and enjoy.

You may ask what became of the Cappuccino rogainers? I think some must have hung up their runners and moved onto more sedentary activities. But not Lara D'Abreo who is now a competitive Bennelonger and running a very creditable 5th in women's vets in the Summer Series. However, she did confess to pausing at Control 30 at the recent Willoughby Sugarloaf summer series event which ticked all the boxes for cappuccino control placement with a great view over Middle Harbour. Look out for her orange cap next time we head to the Little Italy map in Leichhardt.

Upcoming Bush Events - Winter 2018

- March 17-18 - State League 1 & 2
- March 25 - Metro League 1
- April 15 - Metro League 2
- April 21-22 - State League 3 & 4
- May 12-13 - State League 5 & 6
- May 27 - Metro League 3
- June 9-11 - State League 7, 8, & 9
- June 24 - Metro League 4
- July 7-8 - State League 10 & 11
- July 22 - Metro League 5
- July 29 - State League 12
- August 13 - Sydney North Schools Champs
- August 18-19 - State League 13 & 14
- August 26 - Metro League Final
- September 22-23 - State League 15 & 16

For more events & details please refer to the Winter Orienteering booklet, or Orienteering NSW website.

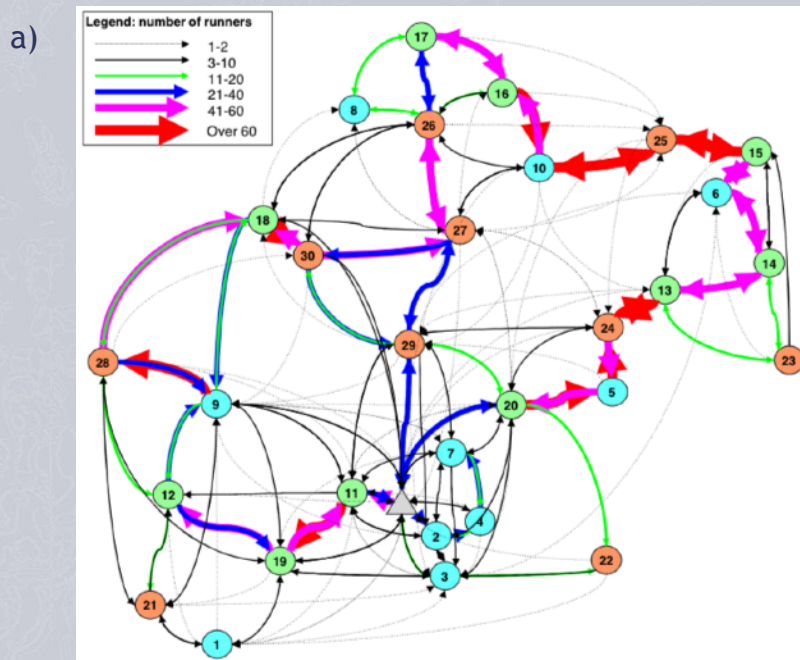
Who Cares About Results?

Even if *you* don't care whether you win or lose, go fast or slow, or even turn up in the first place, there are a few dedicated people paying close attention behind the scenes.

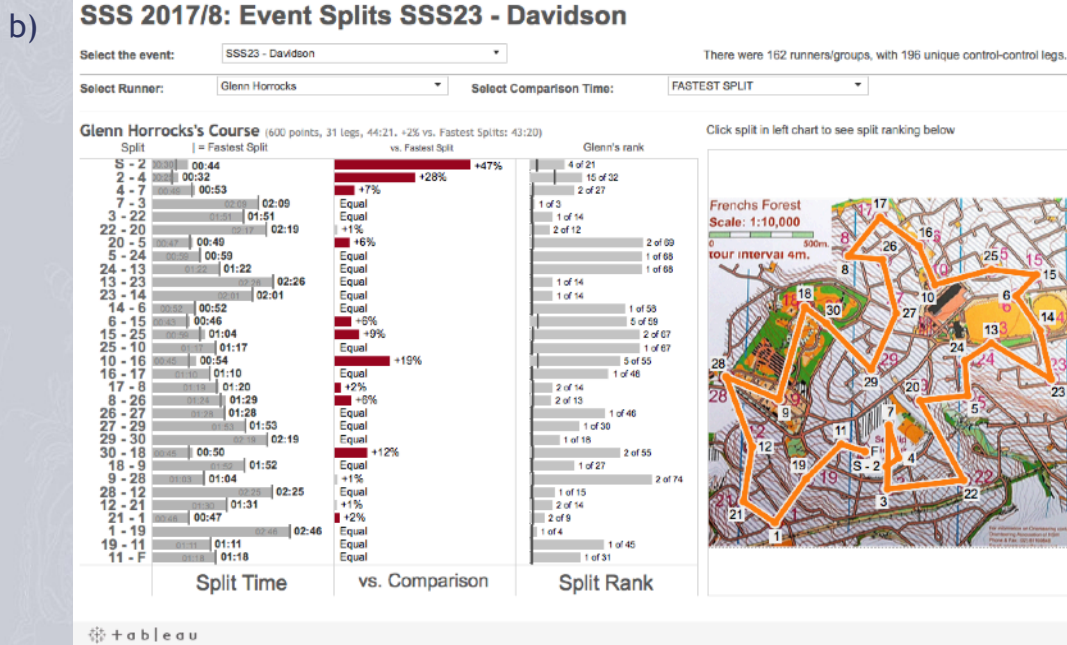
You may not know who they are, but it's likely you've seen their work. For many, pouring over post-race statistics can provide as much enjoyment as competing in an event in the first place.

Sydney Summer Series has proven a honeypot for orienteering statisticians. And two Bennelong members are probably as much recognised for their contributions to the post-race analysis as they are for their efforts on-course.

See if you know who they are from a sample of their recent handiwork [answers below]



Clue: winner of Bennelong 2017 President's Award



b) Richard Pattison

a) Melvyn Cox