



Blueprint

Spring 2018
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www.bennelongnorthside.com.au

Bare rock
Boulders
Boulder field, Boulder cluster
Stony ground, rocky outcrops
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

In This Issue

- President's Report
- Redesigned Blueprint
- Summer Season
 - ~ Sydney Summer Series
 - ~ Xmas 5-Days
 - ~ Sydney Sprint Series
- Winter Wrap
 - ~ Metro League
 - ~ NSW Champions
 - ~ State League
 - ~ NSW Schools Champs
 - ~ Australian Championships
- The Great NOSH Footrace
- Member Interviews
 - ~ Sandra & Phil
- New Club Kit
- 2018 Australasian Rogaine
- Saturday Morning Trail Runs
- Quiz Question & Answer



*Curtis cleans up at
NSW Schools Champs*

President's Report

Our new orienteering tops have arrived and I think they look great. They're all ready for the Summer Series season. I hope to see you out on the course wearing one of our new tops. For those who didn't pre-order and would like a top there are some spares costing \$40 for long sleeve, \$30 for short sleeve, and \$25 for singlet.

Congratulations to our juniors who have done great things recently. Tshintina, Clyde, and Curtis won both races in the NSW Schools Championships held last month. Tshintina has been selected in the NSW Schools team to compete in the upcoming Australian Championships in South Australia. Clyde would also have been a certainty for the team but he and the family will be off on an exciting South American holiday at the same time. I hope to hear all about the trip in an upcoming Blueprint.

It looks like the Sydney Summer Series is going to be bigger and better this season. It has been badged as 'Map Running Sydney' and Ross Barr has obtained sponsorship for the series. For those who attend most events it would probably be worth investing in a season ticket. They can be obtained on Eventor (listed on 21st November, which is the last day the season ticket is available).

Our first SSS event is on 17th October at Clontarf Reserve. David McGhee is setting the course soon after he returns from South America. The next SSS event we're hosting is at Clifton Gardens on 19th December set by Bob Morgan.

Bennelong is hosting the 4th day of the Xmas 5-Days on 30th December. We will be doing a sprint in the International College of Management Sydney (ICMS) and across the road at St Paul's Catholic College in Manly. This is a great area for a sprint with an intricate track network as well as interesting buildings to run around.

Also in December we'll have our Xmas barbeque at Manly Dam. The date hasn't been finalised yet, we'll keep you informed.

All the best to the club members about to leave for South Australia for the Australian Championships. The first 2 days look particularly interesting with intricate erosion gully detail by the Murray River near Renmark.

Terry Bluett



Terry in new kit

Redesigned Blueprint

A couple of *Blueprint* changes begin this edition

Firstly, a suggestion from Gordon 'Tips' Wilson sees the *Blueprint* reformatted as a landscape publication. Gordon was impressed with a friend's very colourful *Dartford Orienteering (UK) Newsletter*. Other aspects of the *Dartbord* may creep into future *Blueprints*.

Secondly, *Blueprint* will now be published twice a year - in Spring for the transition from bush to urban orienteering, and in Autumn for the transition from urban to bush orienteering.

Peter Hopper & Alitia Dougall
Co-editors

Summer Season

Spring signals the approach of the summer 'urban' orienteering season. Upcoming competitions include the 26-week Sydney Summer Series, Xmas 5-Days, and Sydney Sprint Series.

Sydney Summer Series

The *Sydney Summer Series* programme of weekly daylight-saving events includes five organised by Bennelong (see opposite, in bold) which need members to help on the day.

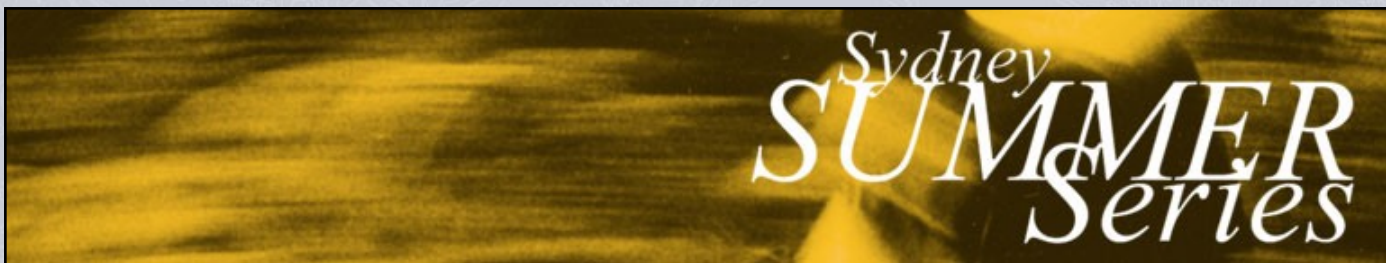
Xmas 5-Days

Escape your relatives, or bring them with you, for five days of urban orienteering on various courses around Sydney (including Manly organised by Bennelong):

Thursday 27 December - Kirribilli
Friday 28 December - Centennial Park
Saturday 29 December - TBC
Sunday 30 December - Manly
Monday 31 December - Sydney Uni

Sydney Sprint Series

Further details [here](#).



Programme of Events - October to March

3 Oct 2018 (pre-daylight-saving early starts)
- Scout Hall, Rosedale Road, Gordon

10 Oct 2018
- Reid Park, Harnett Avenue, Mosman

17 Oct 2018 - **David McGhee 0413 746 120**
- Clontarf Reserve, Sandy Bay Road, Clontarf

24 Oct 2018
- ELS Hall Park, Kent Road, North Ryde

31 Oct 2018
- Memorial Park, Bank Street, Meadowbank

7 Nov 2018
- Tantallon Oval, Tantallon Road, Lane Cove North

14 Nov 2018
- Loyal Henry Park, Shirley Road, Roseville

21 Nov 2018
- Chatswood High School, Eddy Road, Chatswood

28 Nov 2018
- Beachamp Park, Nicholson Street, Chatswood

5 Dec 2018
- Mort Bay Park, McKell Street, Birchgrove

12 Dec 2018
- War Memorial Park, Catherine Street, Leichhardt

19 Dec 2018 - **Bob Morgan 0415 916 596**
- Clifton Gardens, Morella Road, Mosman

27 Dec 2018 (Thursday!! & Day 1 of Xmas 5 Days)
- Bradfield Park, Kirribilli

2 Jan 2019
- Waterloo Park, Trafalgar Place, Marsfield

9 Jan 2019
- Burns Bay Oval, Kooyong Road, Riverview

16 Jan 2019 - **Tshintia Hopper 0481 341 853**
- Little Manly Point Reserve, Stuart Street, Manly

23 Jan 2019
- Rhodes Park, Killoola Street, Concord West

30 Jan 2019 (Line Course Option)
- East Ryde Scout Hall, John Miller Street, Ryde

6 Feb 2019
- Belmore Park, Castle Street, North Parramatta

13 Feb 2019 - **Richard Morris 0402 475 606**
- Queen Elizabeth Reserve, Bradfield Road, Lindfield

20 Feb 2019
- Bowling Club, The Outpost, Castlecrag

27 Feb 2019
- George Christie Field, Yanilla Avenue, Wahroonga

6 Mar 2019 - **Brian Brannigan 0416 154 728**
- Hews Reserve, Hews Parade, Belrose

13 Mar 2019
- Allan Small Park, Saiala Road, East Killara

20 Mar 2019
- Dee Why Beach Reserve, The Strand, Dee Why

27 Mar 2019
- West Pymble Club, Prince of Wales Drive, West Pymble

Further information about these and other upcoming events can be found via the *Eventor Calendar* (filter by date, state etc).

Winter Wrap

Spring signals the winding-down of the winter 'bush' orienteering season. Major highlights and results from the 2018 winter competition season follow.

Metro League



Congratulations to our Bennelong Division 3 Metro League team who recently won their final against SHOO-IKO at Lansdowne.

The winning team consisted of Bob Morgan, Michael Halmy, Julian Ledger, Rod Parkin, & Simon Nash (who all competed in the final) as well as Peter Thomason & Terry Bluett who ran for the team during the 6-event series.

Immediately after the finals an informal meeting was convened at which club officials made a non-binding executive decision to enter Bennelong teams in all five divisions in 2019. Having Bennelong's name once again engraved on the perpetual Frank Assenza trophy for Division 1 Champions was obviously an unspoken aim.

Thanks to Brett Sewell for organising the teams throughout the season.



Full results [here](#).

NSW Champions - Long, Middle, & Sprint

Several Bennelong members are now recognised as NSW Champions for their age class after having competed in the NSW Championships for Long, Middle, &/or Sprint distances during the winter season:

Long

M65A - Gordon Wilson
M70A - Steve Flick

Medium

M65A - Gordon Wilson
M70A - Steve Flick

Sprint

W20A - Tshintina Hopper
M65A - Gordon Wilson

Full results [here](#).

State League / Orienteer of the Year

After 16 State League events several Bennelong members finished at the top of their age class to gain recognition as NSW Orienteer of the Year:

M45AS - Michael Halmy
M65A - Gordon Wilson
M70A - Terry Bluett

Full results [here](#).

NSW Schools Championships

Representing their school rather than our club a number of Bennelong juniors are now NSW Schools Champions:

Sprint

M10A - Vincent Morris (4th)
M11A - Curtis Pepper (1st)
W12A - Abi McGhee (3rd)
M15A - Clyde McGhee (1st)
W17+A - Tshintina Hopper (1st)

Medium

M10A - Vincent Morris (3rd)
M11A - Curtis Pepper (1st)
W12A - Abi McGhee (5th)
M12A - Alexander Morris (6th)
M15A - Clyde McGhee (1st)
W17+A - Tshintina Hopper (1st)

Further details [here](#).

Australian Championships

The culmination of orienteering in Australia will be held from 29 September to 6 October 2018 in South Australia.



The Great NOSH Footrace

Not really orienteering (or more precisely, not orienteering at all, really) The Great NOSH Footrace is organised by Bennelong Northside and Bold Horizons, with grateful help from many other Sydney-based orienteering club members.

Results for 2018 can be found [here](#).



2018 organisers of The Great NOSH Footrace

Once *claimed* to be 'Australia's oldest off-road footrace' it may be more correctly described as 'Australia's oldest continuous trail-running footrace'.

In 2019 this well respected trail-running event will celebrate its 45th year.

Member Interviews

Sandra Thomas

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

Sandra Thomas, age: 50yrs, born Bankstown, grew up in Bundeena surrounded by bush.

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

Joined in 2007. In 2013 went back to part time studying to complete a masters so no time to go out and play and left the club. Now with studies completed & lots of time to play, rejoined in 2018.

Main motivation to join: just started going out with Phil and he is a member so I had to join as I didn't want to miss out. Plus I love everything to do with outdoors, so it was a no brainer to join!

My family: My parents are German, who love the outdoors, always went on camping and bushwalking holidays. My sister who lives in Orange, tried orienteering after I raved about it, and is now a very active member of Goldseekers orienteering club.

2. *When did you first hear about orienteering?*

Not quite sure but always thought it was just for runners, and I am a hopeless runner so didn't really think much about doing orienteering.

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

I think it was a summer series event which was a lot of fun, not quite sure which one it was. I can tell you about one of my first ones that I will not forget. It was a night event, the course was the Field of Mars. I was out for hours & remember floundering around in the dark in some scary mangrove with everyone long gone. Didn't think orienteering could be scary!

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

Rogaining, bushwalking, mountain biking, and working (unfortunately not in that order).

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

Love the state leagues in the bush, its like doing a rogaine on your own. I am usually out on the course for hours so get my moneys worth!

6. *What are your dreams and goals in orienteering?*

Be a bit faster, look at the detail, not make as many mistakes, take a bit more care, & maybe not come last for a change!

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

BN paid for my First Aid training so I best return the favour and offer my First Aid services for events. I'd like to do check point retrieval to get more, much needed practice.

8. *What do you like in orienteering the most?*

Get to be outdoors, exercising, and using my brain. Great feeling when I complete a course without any major stuff ups!

9. *Your wishes to BN members?*

Keep having fun.



Sandra Dee (not Sandra T)

Phil Harding

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

Phil Harding, M50, grew up on the Northern Beaches of Sydney.

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

Initially joined in about 2007. Re-joined in 2018.

Main motivation to join: Initially the summer series, MTBO, and rogaining. Realising I needed to improve my technical orienteering/navigation skills led to more orienteering events.

Have always got out and about all over the state/country and needed to read a map. Which is much easier when you have time and are not pressured by a clock and fatigue.

2. When did you first hear about orienteering?

When I was very young, but never got involved until I was about 30 and then on and off.

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

I can't remember the first event I did with Bennelong but I think it was a Metro league event. The first real event was a state league at Belanglo which took about 2½ to 3 hrs. A real epic to finish. Ironically it was the only time I have placed in a state league, helped by the very large number of DNFs and MPs. The second event was a Bennelong event at Hill Top and the thrill of a challenge hooked me.

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

Long bushwalks, rogaining, mountain biking, and kayaking.

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

Like Sandra it's the hard state leagues in the bush. The mental challenge of having to make quality decisions when you're fatigued is addictive. Hopefully in time my fitness will improve and this is reflected in the results.

6. What are your dreams and goals in orienteering?

To be competitive. Pick smart routes, not just an easy route. No mistakes. And to participate in more events around the country.

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

Happy to help out at events. I know it's a lot of work when you plan and put on an event, having plenty of helpers on the day takes a lot of pressure off and promotes the club and orienteering.

8. What do you like in orienteering the most?

The mental challenge when fatigued and getting it right. The post mortem on what I should have done or did well can be entertaining at times.

9. Your wishes to BN members?

Do your best, have fun, and remember to laugh. The course is the same for everyone.



The other famous Phil

New Club Kit



Picture yourself in one of these?

It's not too late!



If you didn't pre-order you can still be seen in the stylish new Bennelong kit (for less than cost price):

long sleeve = \$40
short sleeve = \$30
singlet = \$25

Thanks to Lara for organising the design etc. Contact Terry to purchase.

SunSEQer 2018 Australasian Rogaine

by Gordon Wilson

In late August I teamed up with Garingal's Warwick Selby to compete in the 2018 Australasian Rogaine Championship. Warwick & I had been competing regularly together in 6 hour events over the last few years but it had been many years since either of us had done a 24 hour event. There was some trepidation as to how we would go and our main goal was just to keep going for the full 24 hours. Also entered were Bennelong members Sandra Thomas & Phillip Harding.

The event was held in the Gympie area in South East Queensland with the Hash House at Manumbar Campdraft Grounds. To get to the event we flew to Brisbane on the Friday then caught the special event bus to the Hash House. It was nearly 8pm by the time we arrived so we registered and had dinner before finding a spot to pitch our tents. With a big adventure ahead we turned in for an early night. We woke to a glorious chilly but clear sunny morning and headed over to fuel-up with porridge, bacon, eggs & toast.

Maps were available at 9am and this was our first indication of what was ahead of us. The map was 60 x 70 cm and the scale was 1:40,000. The competition area was approximately 250 sq km.



After looking at the map we settled on a course that started through a series of high point controls and got us through the steepest and hilliest part of the map first. We would then head west then north to get to the remote "All Night Café" hopefully soon after midnight. The last part was not as hilly and involved a lot of track and road walking.

With courses planned and packs ready we assembled for a briefing at 11.45am and at Noon we were off. The terrain was predominantly rolling pastoral country with knee deep grass and some areas of scattered trees. The steeper and higher hills were in the centre of the area. At the briefing we were told that there were fences in the area and the best way to cross them was to remove your pack and roll underneath. Little did we expect what was ahead. We started well clearing the hilly part of our course with no mistakes & got to the first water drop just as darkness fell.



After a short stop and some food we donned our headlights and headed off into the night. Through the night we didn't make any big mistakes but were a bit scrappy in a few places. Not accustomed to the 1-in-40 scale things seemed to take an eternity to reach and we kept doubting ourselves.

It was about 2am when we finally hit the road and headed into the "All Night Café". We had been told at the briefing that rain was forecast for early morning and sure enough that rain came. They were serving soup, stew, bread rolls, tea and coffee at the ANC and the hot food was very welcome. We were planning to review our course on the way home here but spent the time huddled out of the rain or near the heater so we may not have had the best route back to the finish. The rain really put a damper on things from here on. We had already crossed about 70 fences and the rain and wearing raincoats made them twice as annoying. Wet rocks and logs under foot didn't do anything to lift the mood. Still we soldiered on and eventually got to the point where it was mostly track or road to the finish.

It was 10km back to the Hash House plus a few deviations off the road to get controls. By this time my little toes were really starting to hurt and I was struggling to walk. We weren't short of time but did need to keep moving to get some controls as we neared the Hash House. After about 22½ hours it was raining heavily and I could hardly walk so we called it quits and headed back to the Hash House. We finally arrived after 23 hours and 10 minutes. Time for some hot food and dry clothes.

Despite the rain and more than 100 fence crossings it was still a great adventure. We achieved our goal of keeping on going for the full 24 hours. Hopefully I can find a solution to my little toe issues and I'll have another go.



Results

Gordon & Warwick: 1750pts, 4th Men Ultra-Vet, 37th overall

Sandra & Phillip: 1520pts, 6th Mixed Vet, 43rd overall

Saturday Morning Trail Runs

Are you interested in a trail run on Saturday mornings?

A small group of orienteers and ultra runners get together for a trail run every Saturday morning at various locations across the lower north shore. We start at 7am and runs are usually 10-12km. Some a bit longer. Runs are always followed by breakfast at a nearby café.

If you think you might be interested in joining us, email me at gordon_w@optusnet.com.au

These are purely social runs at a relaxed pace.

Gordon Wilson

Australia's oldest continuous trail-running footrace



Quiz Question: Which photo correctly depicts the spirit of The Great NOSH Footrace?

~ see answer below



Quiz Question Answer: All of them - except you are not allowed to ride a donkey.