



Blueprint

Autumn/Winter 2019

Published: May 1

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

Contents

- In this issue
- Office Bearers
- President's Report
- How to Run Fast
- Setting a Course
- New Member Interview
- How to Run Long
- The Great NOSH Footrace
- Easter 2020
- Q&A - Leg It
- Events Calendar - Big Red Button



In this issue

Wednesday evenings are returning to normal after another successful Sydney Summer Series for Bennelong's runners and walkers. But we all seek improvement, so being privy to exclusive advice on how to run faster makes compulsory reading before summer series begins again in October.

In the meantime put your summer fitness and new-found speed to the test while navigating through some diverse NSW bushland. The winter orienteering season is ahead - in fact, has already begun with the opening State League events at Hill End.

Terry reviews what's been done and previews what's to come. Richard and Brian share their respective running expertise. Our newest member enjoys her first 15 minutes of 'fame'. NOSH gets a mention. And we're all left asking - is 'Leg It' the real deal, is the 'Big Red Button' the way to go, or is it Easter 2020 that's just around the corner? All this and a bit more. Happy reading.

Peter Hopper

Blueprint is published twice a year - in Autumn for the coming bush orienteering season & in Spring for the transition to urban competitions.

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bennelongnorthside.com.au/blueprint

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President's Report

The final round of Sydney Summer Series sounded like a good one. I missed it because I was at Molong mapping for Easter 2020. I'd therefore like to congratulate all our SSS competitors - it is a fun way to spend Wednesday evenings. Special mention should also go to club members Richard Pattison (this year's Special Award winner) and Mel Cox, both of whose statistical analysis of each event makes the whole experience even more enjoyable.

Our place-getters in SSS for 2018/19 were:

1st	Richard Morris	(MM)
1st	Brian Brannigan	(SVM)
1st	Mel Thomas & baby Ryan	(WaW)
2nd	Jeremy Butler	(JM)
2nd	Tshintia Hopper	(JW)
2nd	Peter Hopper	(SVM)
3rd	Brian Black	(OM)
3rd	Sharon Lambert	(VW)
3rd	Gordon Wilson	(LM)
3rd	Michelle Povah	(WaW)

Mel and baby Ryan were also 2nd of 700 in the SSS Cup, where all your points are added-up for the whole season - the more events you went to the more chance of a high score. It was interesting to look down the whole list as there were some famous names lower down including Martin Dent who competed in the marathon at the Rio Olympics and was a winner of the City to Surf a few years ago, and Emil Wingstedt an orienteering World Champion from Sweden a few years back.

Our attention now turns to the winter season. The opening State League events at Hill End have been run - you can see club members in action in the accompanying photos. I'd recommend these high quality events to all that have not done them yet. If



Curtis looking nervous

entering a team in most, if not all, 5 divisions. Brett Sewell will be co-ordinating, so let him know your interest in being a member of one of our teams. Bennelong is organising the (now 1st) Metro League on 26th May on the Manly Dam map. Peter Thomason is setting the courses with Rod Parkin as controller and Brett Sewell as the organiser.

Bennelong is also organising a bush sprint at Forestville as part of the State League on 13th July. I've put my hand up as either course setter or controller, but we need an organiser. So please let me know if you can help as an organiser, controller or course setter for this event.



Clyde in full stride

you are doubtful about your navigation ability try entering the "A Short" or "B" events in your age group. Or have a go at the "A" level if you don't mind being out in the bush for a while. I noticed a few SSS competitors new to bush events at Hill End - they took a while but completed their courses. There is certainly a sense of achievement in that.

Other events closer to home are the Metro League on Sundays during winter. Bennelong will be

The Saturday Orienteering Series (SOS) run by Bold Horizons starts again on 4th May. They'll be using several Bennelong maps so I recommend these events as a fun way to develop your navigation skills close to home on Saturday mornings.

Bold Horizons is also organising the Great NOSH Footrace on Sunday 2nd June. This has been a Bennelong event for many years but Bold Horizons has taken over the organisation, with Bennelong still providing many key personnel and benefitting financially from this event.

All the best and I hope to see you out at an orienteering event soon.

Terry Bluett

P.S. Congratulations Lara D'Abreo (club uniform) & Sharon Lambert (finances) - joint winners of the 2019 Bennelong President's Award.



Terry



Gordon marauding

How to Run Fast

What does it take to win Summer Series? Richard Morris knows and is willing to share his 'secrets'!

One of the great things about Summer Series and orienteering generally is it's really a sport for everyone. My Mum Janet is an inspiration for me - still tearing around each week at 81 years young - if I make it to the immortals category too I will be very happy.

So given everyone has different goals each week, these thoughts are really not 'what you should do' but more 'what works for me'. I hope you get something out of it.

Despite getting older I've managed to improve my results significantly in recent years (and no, I don't have a good chemist like Lance Armstrong!!), essentially by being smarter about training and other preparation. So here are all my secrets!

Training

Clearly fitness has a big impact and these days I have a little bit more time to train. But that said I still only run basically every 2nd day at most - so usually only 3 times a week, and not huge distances (basically what my knees can handle!). So normally around 25 kms total. In running terms, that's not much at all - hard core distance runners can run 150-200 kms a week. But, it has to be quality - at least one hard run a week - race pace. Improvement is not possible by running two or three easy 30 minute runs a week. I know - I did that for years. So in the absence of an O-event, I try to find some hills (intervals are good) and/or run at a pace to really push hard. Parkrun is good - sometimes I jog there, run a hard 5km and jog home with minimal breaks.

The other key for me has been trying to fit in something else active on each of the other three or four days a week (albeit usually less intense than running), like commuting to work by bike (over some hills) or swimming some laps. Or using that weird elliptical machine at the gym. Or stair climbing.

Anything to get the heart rate up. I'm aiming to do something basically every day. But I mix it up for variety to keep it interesting. Everything above ex-running is basically low impact, so I have been able to keep doing this as I get older.

Training every day means you burn a lot of fuel so I try to be careful about fuel intake (diet) but I don't go too crazy. I started losing weight but soon found a happy medium.

Planning

In the old days of Summer Series I would just turn up and run with barely a glance at the map beforehand, because orienteering was always about working out route choice on the run. The map and course were a mystery until you started and flipped the map over. I don't remember micro-analysis of the course ahead of time being encouraged! But I was increasingly getting beaten by people who I would normally beat at line orienteering, so I got more serious about planning. Now these days I feel like sometimes I beat younger runners who are fitter than me, so I must be doing something right.

I try to have a regular disciplined thought process. Much of this will be obvious to many. It's 3 steps really:

I plan a loop to take in every control, without too many long legs. So sometimes my loop will look like a crazy squiggle or even a figure-8. Often I start with isolating bunches of controls close together (i.e. where there is really no route choice between them) and try to link the bunches together. The problem often is how to get the controls in the centre of the map. I think through different scenarios and settle on one. Sometimes the course is so well set, nothing obvious presents itself, but mostly the geography and the course setting means you can find a solution. You normally see some commonality in

route choice amongst the faster runners. I do consider contours (i.e. hill climbing) but in talking to people I think many overestimate the negative impact of this - I don't often add distance to avoid hills.

Once I'm happy with this, I'll roughly measure the course to estimate how long it will take to run. This is hard on steep maps or maps with bush running, but you have to have a stab at it, based on my running speed. If this time is obviously over 45 minutes, I start dropping off controls - preferably isolated 10 or 20 pointers. It's rare I want to drop a 30 pointer, unless the setter has been nasty and put it miles away. Also, I'm really averse to coming back late, because the penalties are so punitive.

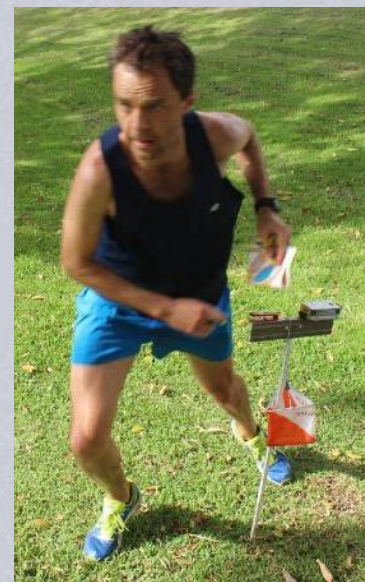
The above links to the final step - what direction am I going to run my loop? This is important, because sometimes I will poorly estimate the above. So I need options at the end, not the start of my run, in case I have to cut controls or contemplate getting extra ones. So if one side of my loop starts/ends in an obvious sequence of controls (i.e. you can't really add or drop any), that's what I do first. If not (i.e. I'm direction-agnostic), I'll go for the most lucrative direction (most points) first, in case everything goes pear-shaped (like I lose a lot of time early).

The Run

It's go time! I jog/warm up a bit and try and clear my head - focus on executing my plan, and let other worries melt away. The other thing I love about orienteering is that you can enter a mindful state mentally - you can be so focussed on navigation and other execution that you (almost!) forget the pain of running a hard race.

I'm always happy to chat on any of the above.

Richard Morris



Setting a Course ~ for Sydney Summer Series

If you're thinking of setting a Sydney Summer Series course next season, Terry and others are there to help, as Brian Brannigan explains

I would highly recommend that anyone puts a hand up to set a course. You really do learn so much and will benefit from looking at every course differently in the future. It can be a little (or a lot) intimidating for a first-timer, but Terry explains everything so well and does so much you really don't need to worry. Overall, the effort required involves: visiting the area a couple of times to pick the control locations, checking the map for obvious mistakes, then placing the controls for the event. Beyond that, a couple of hours iteratively refining the control locations and you're done.

Belrose was my second course setting, and I thoroughly enjoyed every minute of it. First time around, Terry did pretty much everything. So this time I had great intentions of preparing months in advance! But deadlines seem my only motivator and it all came together in February.

Terry had extended the map and all I had to do was decide where the controls should go. Not as easy as it seems, but you learn a lot in the process and gain a greater appreciation for what thought goes in to course setting for every event. Terry recommended a few tweaks and the event map came to life. Numbering the controls requires further thought to accommodate the wide range of competitors and their differing goals.

On the day it is rewarding to see everyone who participates have such a great time, and your fellowing club mates helping out. Bennelong really does have a great system with Terry making sure that everything is perfect in the lead-up and the team pulling together at the end to have everything wrapped-up within 30 minutes of the last competitor finishing.

Brian Brannigan

How to Run Long

What motivates someone to run all day, and all night? Brian Brannigan explains what does it for him, and how his running has gone 'off the scale' in the past two years.

Heard of Rogaining? It's essentially long distance orienteering. Pretty much Sydney Summer Series but with time limits between 3 and 48 hours. Sounds crazy, eh? And it is a little. But 400+ people of all ages and abilities attended one in Berowra recently for a 4hr/8hr event. From all reports everyone had a great time. Running longer isn't for everyone - the addiction can be time consuming but very rewarding. Two years ago I shared my 12-week journey from 10km to the NOSH and Canberra marathon. Now I'm preparing to run 145kms with a vertical climb of 9100m around Mt Blanc in August.



[Click here to see details of Brian's upcoming 145km Mont-Blanc TDS run](#)

Why?

It isn't that long ago that I was sweating and out of breath going up a flight of stairs. To help lose 20kg in weight I followed a free 9-week Couch to 5km (C25K) program that I would highly recommend. Running 5-7km became my distance and Sydney Summer Series Orienteering helped form a platform for a healthier lifestyle. But I must admit, I didn't really enjoy running the longest times - I am blessed (or cursed) with a very competitive gene from my Mum - so I found myself pushing hard with insufficient training. No pain no gain, I thought, and with every hill I'd dig deep. The perfect formula for an injury.

Beware the NOSH!

Training for a marathon I consumed many running podcasts which stressed the importance of recovery and not building your weekly mileage by more than 10% per week. Bit by bit over 12 weeks I could run further and further around Narrabeen lake. Then came NOSH which changed everything. NOSH exposed me to trail running. It's a fantastic Bennelong trail run from St Ives to Seaforth. It's on again very soon and well worth entering! Even if you don't feel like running it, please hike the track one day. I had no idea how much accessible bush is around and suddenly undiscovered gems opened up to me - Spit to Manly, St Ives, Narrabeen, Lane Cove, Hornsby etc. There are trails everywhere and I felt like Forest Gump, just running and smiling. Before I knew it I was running longer and longer (I get lost a lot).

What have I learned along the way? Seek out trails, the kms fly by. Run slower to run longer. Walk a lot. Always stay conversational. Don't dig deep up the hills, just hike. Bring plenty of hydration, nutrition, and a couple of basic safety items. Smile, it really helps. Consistency in training is key but your rest days are when you get stronger. Have one long run per week. Join group runs (plenty on Facebook) and don't worry about being slow. Keep the runs varied and get a little more adventurous bit by bit. Less repetitive striking reduces injury. All trail runners greet each other, something sadly missing in road running I now find. Your Sydney Summer Series scores will improve and you can enjoy Rogaining.

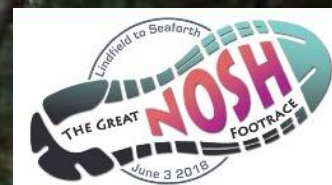
Trail running can be intimidating. What if I get lost, what about snakes? You really will be surprised how quickly you will become very confident. I'm always keen to run slowly and introduce people to their local area, so if you would like company branching out please feel free to ask me any time. Hopefully you can find your 'why'? For me, I no longer need to lose weight but running longer compensates for my terrible diet. My primary motivation is the community that I've found and the adventures that have opened up to me when I travel. Hopefully we'll see you all on the trails very soon.

Brian Brannigan



Brian & Ivan - Winners of the 8-hour Berowra Rogaine - 25/11/18 (with Tristan White, Course Setter)

Australia's oldest continuous trail-running footrace



**The Great NOSH
Footrace**
Sunday 2 June 2019
~ details here ~

EASTER 2020

Australian 3 Days ~ April 10-13
Orange / Molong



Organised by Bennelong

Contact Gordon Wilson (before he contacts you!)

www.onsw.asn.au/easter2020

www.bennelongnorthside.com.au

Question: How can we attract new members to orienteering? (clue: 2 words)

Watch Leg It* in iView, then e-mail your answer to Blueprint. All (printable) answers will appear in the next edition, along with the 'correct' answer.



* Language Warning



PLAY
5m

Leg It (2019)

IVIEW PRESENTS / ARTS & CULTURE

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Along a street of the aggressively moderate, a determined backward running woman accidentally leads an uprising.

Related
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Events Calendar

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~ filter by date, location etc ~

Use the



Big Red Button

