



Blueprint

Issue 1 / 2013 – February 2013

President's Report on Oceania Carnival and coming 2013

Terry Bluett

After a wonderful trip to New Zealand, I'm now back in the real world. After 14 events in 14 days, I thought I'd be really fit but after competing in the wonderful sprint at Sydney Uni and the Summer Series at Balmain, I found I've a long way to go.

The New Zealand trip consisted of the 8 events in the Oceania Carnival in conjunction with the World Cup followed by 6 sprints in 3 days at the Morrison family organised Sprint the Bay in the Hawkes Bay area. All the New Zealand events were high class, with tricky sand dune terrain for the first 3 days, a sprint in central Wellington, some physically tough events in the Wairarapa, finishing with some tricky farmland maps in rural Hawkes Bay. After a day's rest we stayed on for the Sprint the Bay, a series of 6 completely different sprints over 3 days, with the final event finishing in the beer garden of the local pub in Havelock North.

A few things surprised me about New Zealand, first the weather, it was great, no rain and even hot on some days. Secondly, how good the New Zealand juniors were, they beat the Aussies in all the Oceania events on all days in all the junior grades. Finally how well the Kiwis used technology. There was a bank of flat screens set up under the results shelter every day with all the competitors in all the grades on the screens. You could see who was out in the field, who had passed the various radio controls, and the finish times and placings being updated every 20 seconds, very impressive.

Marina, Fedor, Rob, Eric, Cheryl and I were the Bennelong members competing in the carnival. Eric Morris was the most successful of our club members. He is Oceania Champion in M40 for Sprint and Relay and was 2nd in Oceania in the Long Distance. In the non-Oceania races Eric competed in M21E. Marina also won a race in W21A.

Back to home territory now. Bennelong is organising 3 events in a row over the next week. Steve Flick has a set a Summer Series course at Abbotsford on Jan 30th, Bob Morgan has set a sprint at Pennant Hills on Feb 4th and Wayne Pepper the Summer Series event also at Pennant Hills on 6th Feb. We would appreciate club members to help at these events, you will also be able to run if you help out.

Our AGM will be held at Dawkins residence, 28 Sobraon Rd, Marsfield at 7.30pm on Tuesday 12th Feb. A light meal will be served. I'd encourage all members to attend to have a say in the running of our club.

Other Bennelong events coming up in the next few months are Summer Series on 20th March at Chinamans Beach at Mosman set by Marina Iskhakova. Our State League for the year will be at Wattle Ridge on 28th April. I am organising this event and our Canberra connection of Eric Morris as course setter and Grant Bluett as controller are the other officials. The Great NOSH Footrace will be on 2nd June with Darren Slattery and Joel Putnam organising the run. Our Metro League for 2013 will be at Allambie Heights on 23rd June organised by Pierre Francois.

Talking of Metro League, we hope to have 4 teams in Metro League this year. Please let Joel know if you want a run. The club pays

entry fees for this series. More details will come later about teams and venues.

Wishing you all a successful 2013.

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Robert Spry on Oceania Carnival

Robert Spry

January in New Zealand

The largest ever international orienteering event was held in New Zealand in January, combining a World Cup round for Elites, Australia – New Zealand challenge for selected teams and Oceania Carnival for the rest of us. The weather was generally fine and warm, escaping the most extreme heat that occurred in NSW. Other Bennelong Northside members seen included Terry and Cheryl, Fedor and Marina, and Eric Morris and family.

From past experience I knew that the areas tended to be a mixture of rough farmland and (mostly) plantation forest, with generally little undergrowth. This was the case with the first 3 events in pine forest on the west coast of the North Island, planted on low sand dunes. Keeping close map contact was essential as it is very hard to relocate if you lose touch. I was slow at first, with some mistakes but nothing too serious. The second and third days featured areas of macrocarpa, a small tree with stiff horizontal branches down almost to ground level. Eye protection was essential, and I wished I was not so tall so I could have crept under the low branches. Part of the Osgiliath Wood map is attached (yes, the real thing). By this stage I was (just) in the top 20 overall in M60A, while Terry was having very consistent runs around 7th place in M65A.

Next we had a couple of days in windy Wellington, where a World Cup sprint event was held in the grounds of the National Parliament. The next day was at the rather grandly named Middle Earth, near the Basin Reserve cricket ground. A short but sharp sprint event was fun, and provided Australia with its best team result. According to Blair Trewin it is the first time in many years that Australia has beaten NZ in team competition in New Zealand.



Photo: Terry Bluett running for Australia in the Sprint.

Finally we moved to the East Coast of the North Island. Being a rain shadow in the prevailing westerlies, it was warm to hot and very dry at this time of year. Four events included the Oceania Long Championships, on a rough piece of farmland bisected by what were described as 'gnarly' gorges – and they were gnarly! You did not venture into dark green without taking your life into your hands. On the whole, I thought this area was below par for a Championship as there was little route choice or navigation.

The last three events presented more navigation, leading up to the final for all runners (including World Cup) at an area ominously named 'The Slump', near Napier. It was a real challenge with random humps and hills up to 20m high. With starts at midday under a blazing sun and no wind, it was exhausting and you still had to concentrate on the intense navigation. Even Terry was heard to remark that it was hard!

Overall I enjoyed the Carnival and its mix of very different terrains, as well as

sightseeing. One could drop one day out of 7 for the overall point score, and I was satisfied with my 13th place in M60A which is a very competitive class.



Marina Iskhakova on Oceania Carnival

Marina Iskhakova

At the end of the Earth

We decided to undertake this exciting trip to New Zealand for Oceania Carnival in July 2012, half a year in advance, when our expecting family member was not yet born. Two of us had a courage to register to 21 Elite. But the reality made corrections. Veronika was born in the beginning of October, almost 2 weeks later than planned, trainings appeared much rarer, harder and less intense than planned, so when we came back home after challenging X-mas 5 days we immediately re-registered to MW21A. We took a course on rather enjoyable trip to the end of the earth with the simple purpose to get more fantastic o-experience rather than



competing for seconds and push own still weak limits. For Fedor and me it was the first time in our lives of doing Orienteering there in New Zealand.

And also it was a unique chance to feel an exciting atmosphere of Orienteering of the Southern Hemisphere. We rented a colourful hippy-style campervan, probably the smallest of existing in New Zealand, but at the same time the cheapest one, so it was a sleeping room, baby room, play-room, dining-room, kitchen, store for 2 weeks for us, that we should acknowledge wasn't the absolutely best option if your goal is to compete and to win.

Events amazed us with diversity of terrains, and especially 3 first days strongly reminded us of our native landscapes in St. Petersburg with fast runnable open pine forests, micro-contours and soft soil under the feet. Unfortunately it didn't help to be much faster than others. Everyday we were rewarded with 1-3 place in our WM21A class, but fortunately the class was much less competitive than WM60-65.

W21AS (open)				
Pos	Name	Club	Total	Diff.
1	Fern Tassas	Wakaranga	0:31	
0	Lusky Ward	South York		
0	Sabith Koch	OLV Steinb		

W21A (open) Finish				
Pos	Name	Club	Total	Diff.
1	Linnea Pauler	Skogslöper	1:22:54	+0:00
2	Marina Iskhakova	Bennelong	1:23:50	+0:56
3	Erin Paterson	Taranaki	1:25:41	+2:47
4	Katherine Reynolds	North West	1:29:36	+6:42
	Linn Rannols	Sweden	1:33:13	
	Jenny Björk	Lunds OK	1:37:13	
DNF	Katharina Rogstad	NTNUI	34:35	+0:00

W20A Finish				
Pos	Name	Club	Total	Diff.

Races were tough, but extremely enjoyable.



Fedor took part in 5 races, I took part in 3 races and rest of 2 weeks we were travelling around the North island with our 3 months old Veronika. When we returned our car,

2280km were passed. It was great trip and truly unique experience! Fedor's photo-report is available here:

<https://plus.google.com/photos/102931078661667217108/albums/5834034249919609057?banner=pwa>

Gordon Wilson on X-mas 5 Days

Gordon Wilson



The 2012 Christmas 5 Days, normally a NSW event, was this time hosted by Victoria. They promised quality orienteering on great maps and we were not

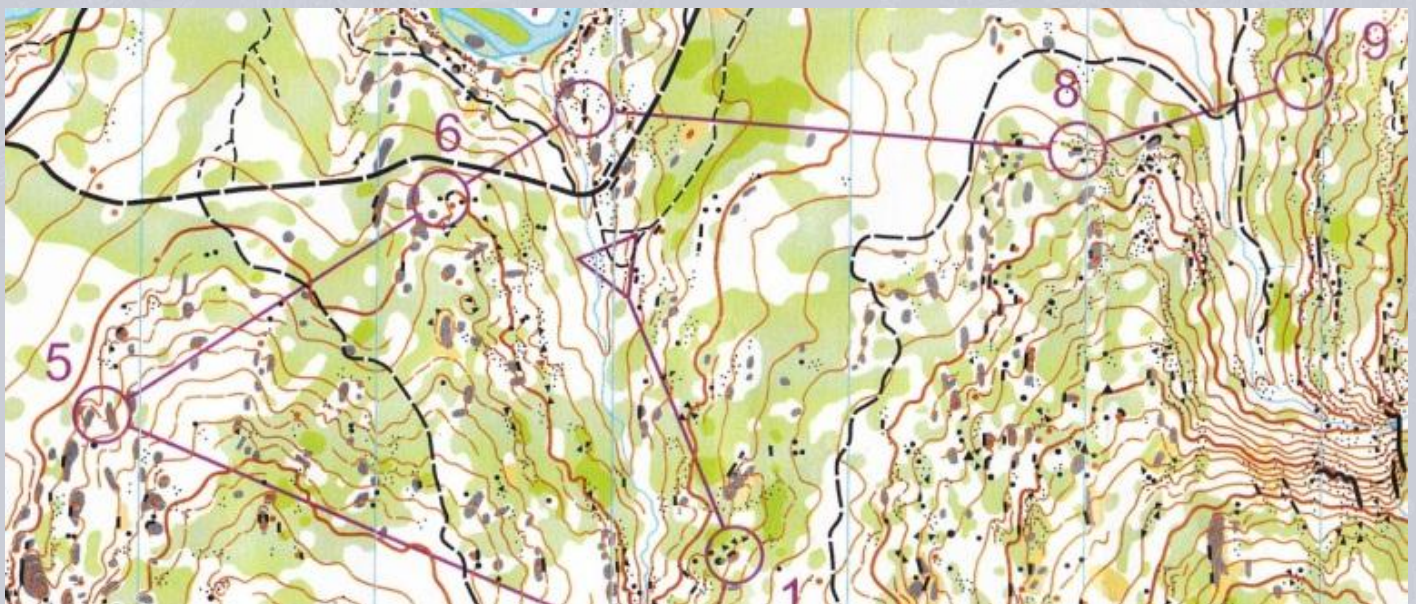
disappointed. The event was held in the area around Beechworth and Chiltern about 45 minutes south of the Border. There were over 300 entries including many international orienteers on their way to NZ or just trying to escape the cold of the northern winter. A small group of Bennelong members made the trip south. Steve Flick, Darren Slattery, Robert Spry, Graham Galbraith and I did the 5 days while Marina and Fedor Iskhakov did just two of the days. Darren and Robert also took part in the MTBO events.

Day 1 was held on "Magenta". Mainly open spur gully with a bit of scattered gold mining. Being an afternoon event the weather was hot and despite the open forest, slow and

steady was the order of the Day. Steve started off a good carnival with a win in Men's D. Also in Men's D I was 5th And Robert was 31st. Darren was running in Men's A against the elites and although well down he was happy to complete the course. Graham was 23rd in Men's E.

Day 2 brought a change of terrain to detailed granite on "Barambogie North". Although the days were hot the overnight temperatures dropped in to single figures. This meant the early morning starts gave us pleasant running weather. Steve had another good run finishing 2nd. I struggled a bit because of the terrain which was very rough underfoot finishing 13th. Robert was 26th Marina 18th, and Graham 28th. Unfortunately the Men's A course was cancelled due to a misplaced control.

Day 3 for me was the pick of the areas. "Kangaroo Crossing" provided open forest and areas of complex granite. The map appeared to be a bit on the green side but the absence of undergrowth meant runability was still OK but visibility was reduced. Steve was again 2nd, I finished 7th and Robert continued to improve finishing 22nd. In Men's E Graham was 34th. Darren was 40th in Men's A. Marina was 18th in Women's A and Fedor 20th in Men's B. Following this event many orienteers headed down to the nearby river to cool off in some of the shallow pools.



Kangaroo Crossing

Day 4 saw a return to “Rowdy Flat” one of the most technically difficult areas in Australia. The Terrain consisted entirely of complex gold mining crisscrossed with a network of small mountain bike trails. Visibility was low in many parts. Many orienteers, myself included, had previously competed here and had a lot of trouble with their courses. They were returning with the hope of beating the map this time. Not all succeeded. In Men’s D Steve was 4th, I was 6th and Robert 20th. Darren was 42nd in Men’s A. Unfortunately Graham mispunched.

Day 5 Was held at Beechworth in the Gorge area with the arena right on the edge of town at the old hospital ruins. The map was generally open forest with some granite but quite steep. This event turned out to be survival of the fittest. The course planners had misread the scale of the map resulting in all the courses being 25% longer than expected. This was exacerbated by the fact there was over 6% climb on most courses. In Men’s D Steve was 11th, I was 12th and Robert 27th. Graham was 20th in Men’s E. Darren finished outside the time and was unclassified.

Overall this was a very enjoyable carnival. Top class maps and good competition. Following my injury at Easter this was my comeback event. The first event where I was able to run. Albeit slowly. It was great to back running in the forest again and I was delighted with my results. Looking forward to 2013.

Overall results

Steve Flick – 2nd Men’s D

Gordon Wilson – 6th Men’s D

Robert Spry – 25th Men’s D

Graham Galbraith – 28th Men’s D

Unfortunately Darren Slattery was unclassified but did a fantastic job completing the Men’s Elite course on each day and the two MTBO events. He spent about 9 hours in the bush in the foot “O” events over the 5 days.



Rowdy Flat

Darren Slattery on X-mas 5 Days

Darren Slattery

The 2012 Christmas 5 Days was centred on Beechworth, Victoria; Around 30 minutes south-west of Albury. Having missed the 2011 Oceania events in the area, and my office being on Christmas shutdown it was a great opportunity to head to my first carnival! Just past NSW-Victoria border, this is probably as close as an interstate event could get and there certainly were a lot of New South Welshies competing.

Day 1 – Magenta Road, Chiltern

I spent with Christmas with family in Canowindra so the first event was just down the road and around the corner for me (422km). While Chiltern was a tiny town it had a lot of character. After making good time on the journey I made it to the event early, which gave me some time to take in the atmosphere and watch the long

precession of orienteering vehicles (predominantly Subarus) pouring off the dirt road and planting themselves between the trees and shrubs. There were a lot of familiar Sydney faces and soon the picnic blankets were set out with last minute preparations of shoe changes, and adorning of gaiters and control holders taking place.



The “warm up” event was certainly set at a warm time, 33°C. The Magenta Road map provided some pretty fast running through gentle spurs and gullies. I had entered Course 1 for all days, as it was advertised as being for my category, M21. What I found out however was that as the Christmas 5 Days was kind of linking in with Oceania 2013 in New Zealand, they were expecting a few elites to show, and they did. And, my courses were all going to be fairly long and have the controls in some unforgiving areas! While I got through Day 1 without much navigational difficulty, it still took me 84 minutes!

Day 2 - Barambogie North

Due to the expected hot weather, the C5D event starts are generally set early in the day. My start was at 8:04. Both staying at a caravan park in Beechworth, Gordon and I headed off for Day 2 at 6:45 in barmy 13°C weather.

The Barambogie map has quite a bit of flat white; runnable and featureless forest. The course's excitement was centred around the steep hills jutting out of the ground, sitting 35-75 metres proud and covered in spicks and specks of granite rock. The longest couple of courses took in the bump to the

west side of the map which added in a couple of kilometre-long legs across the vast white. Keeping direction wasn't too hard because the hills were so obvious. The trick was judging the right gully to climb up along.

Day 2 - Indigo Winery MTBO



In the afternoon we were treated to the opportunity to complete in a MTBO scatter event at the Indigo Winery. The course involved a double-sided 7500:1 map, with competitors having to finish side one before embarking on side two. Approximately half of the field managed to complete both maps in the allotted 75 minute time. It was truly an awesome thing to zip up and down between the vines. Most controls were actually half way down the rows, with the row numbers indicated on the control descriptions. It became a bit of an exercise in riding fast along the dirt tracks whilst reading the faded tags on the posts!



Day 3 - Kangaroo Crossing, Eldorado

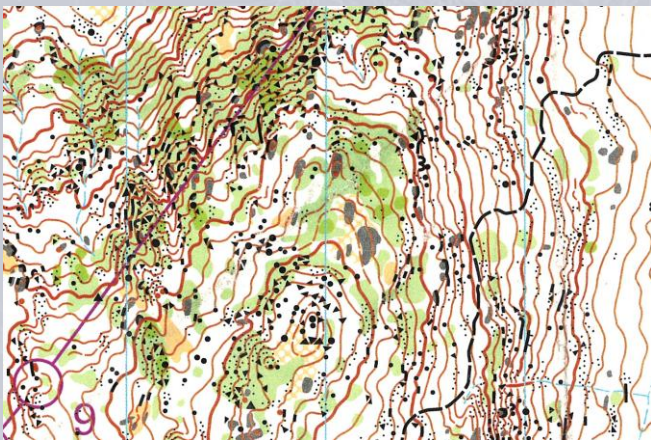
Well, this sweltering summer did it again. It was a barmy 9°C when we left the caravan parking the next morning! Fortunately the park had hot showers to help with the waking up, and on this morning I discovered a microwave in the camp kitchen, allowing me



Eldorado Gold Dredge

to heat my morning breakfast of baked beans and a bread roll.

The Kangaroo Crossing map is just outside of a little town called Eldorado. Armed (or legged) with my new gaiters I found the terrain to appear much more runnable, when not in the middle of a boulder field. The most notable thing from my course was the leg from control 9 to 10; a descent of 175 metres in one hit!



Day 4 - Rowdy Flat, Yackandandah

Day 4 was the most highly anticipated day for me. I had watched the YouTube videos promoting the map back from the Oceania 2011 carnival, and had heard the fearful mutterings of the other orienteers in the lead up to the event. Arriving at the event centre in a flat grassy paddock, there was a lot of anticipation for what lay ahead.

All too soon it was time for my start. The starter lined us up and armed us with our control descriptions. Before us was a deep uncrossable pit. "Are we going into there?" we asked. The starter stayed tight-lipped.

"Beep, beep, beep" went the starter's clock and like an SAS squad, the troupes dipped the start control and dove ahead into the abyss, some likely to never to be seen again!?!)



As promised, Rowdy Flat was an awesome playground! A complex network of fading trails ran hap-hazard around the centre region of the map, providing more of a distraction at times than anything. The gully walls were 3-5 metres high blocking a lot of vision. On some legs there was no option but to cut straight across the gullies. I quickly



gained confidence in my new rubber-studded o-shoes and ran straight up and down the walls, trying not to veer off my bearing. If you made a mistake here it was going to take a long time to relocate yourself on the map, and for many on that day that certainly was the case!

Fortunately, by taking it steadily and thumbing my way around the map I made it to the finish control with a highly satisfying non-DNF printing from the download station. The crowd cheered. There were high fives. Everyone rejoiced! I had conquered the battlefield, and felt like diving straight back in for some more fun!

Oh, and to top it off we stopped in Yackandandah for a good pie on the way home. They have a little historical museum too with a heritage dwelling, and nice homemade jams!

Day 4 - Little Rat on a Hill MTBO, Stanley

The second MTBO event had a few different rules to the first. This was a 65 minute scatter course centred in the town and with some unique traits. With a mass start, several controls would not appear for 10 minutes. Further, controls were worth 1, 2 or 3 points, with the 3-pointers only appearing well outside the town boundary and up many contours on the surrounding hillsides. Penalties were issued for every two minutes late or part thereof, and handicap points were issued based on age.



Berry and walnut plantations outside Stanley

This happened to be my worst performance of the 5-Days. While I am an enthusiastic XC mountain biker, I still have some things to learn specific to MTBO. For one thing, it is really hard to judge what is private land and

what isn't. To access one control, my first, required riding through someone's gate, past their letter box and house, and through a gate on the other side of the houseyard. This must have been some sort of easement or right-of-passage, but not being aware of that I wasted a good few minutes going up and down the road looking for the entrance, and even riding up someone else's driveway that looked distinctly more public. Another trail took me through a half open gate, though some long grass and along the side of an unfenced orchard. I'm sure with persistence I will either learn to more quickly distinguish these public access points, or at least end up in the middle of someone's back yard catching a bedsheet in the face as I ride through their clothesline. Good entertainment but not so good for my score.

Day 5 - Beechworth



The final day of the carnival started in Beechworth, behind the façade of the original hospital. The organisers had decided to end the carnival with a biggie, setting me a 9.1km course. Beechworth has a gorge to the North-West of the town centre, and this was the central feature of the map. Tracks were scarce and were rarely an option on course 1 and 2, which meant running along the steep hillside and across the gullies and some quite rocky ground. It was very difficult to judge distance and hold a bearing, and those kangaroos kept teasing me with the way they so easily flew across the landscape.

My favourite part of this map would definitely have to be a granite slab of about 200x100 metres, with a grade of about 1:2. I certainly put my shoes (and luck) to the test running



down that! There was also a nice dip down to the creek and across a road bridge which was a reassuring sign of civilisation. I eventually finished the course in just over 2.5 hours.



The Christmas 5 Days was an excellent adventure and I highly recommend the area. The maps were excellent and all the events were quite well organised, with comprehensive event information and ideas for where to visit near each town published online and at the events. Beechworth is a great town with much more on offer than its

population would otherwise suggest. They really have their tourism sorted out, with plenty of family campers, bike riders and weekend drivers in town. Personally, I plan to head back down to spend a few days on the mountain bike trails in the area, and I'll definitely have another play on the Rowdy Flat map when the opportunity arises!

Membership

Dear Club Members! A kind reminder about Renewal of your Club membership for 2013! To renew – follow the link:

<http://onsw.asn.au/membership/join-up-or-renew>

O-Tops

Dear Club Members! Limited number of new BNN branded O-Tops are still available! To buy one - contact Darren please.

ENJOY READING!

Our next Newsletter is scheduled for Autumn 2013.

Thank you very much for your exciting contribution and time!

We are always waiting for your news!

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