



Blueprint

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President's Report

You may be wondering where I've been the last few months. Well I've had my prostate removed on 13th May and since then I've been having incontinence problems. As well I've also found out that I have 2 other slow-growing cancers. So no orienteering for me for a while. However I plan to come to the next Metro League at Beacon Hill on 27th July. I won't be running but hope to catch up with many of our club members. See you there. Cheryl and I have cancelled our overseas trip, maybe next year if all goes well.

Welcome into the world to Max Povah, born on 14th May to Rachael and Andy Povah.

By all reports Rachael, Andy and Max are doing well, I'm looking forward to seeing the new baby soon.

Congratulations to Marina and Fedor on their excellent results in the Australian Mountain

Bike Orienteering Championships in Alice Springs. Fedor placed 2nd in the Sprint Distance in the top grade while Marina had 3rds in the top women's grade in Middle and Long. Marina was competing with a foot in a brace, it has stopped her running but not bike riding. Well done both of you.

Congratulations also to our 4th and 5th division Metro League teams, they are undefeated after 4 rounds. Our 1st and 2nd Division are battling away and are giving a good account of themselves despite having some of our best runners missing for several events.

Bennelong has 2 major events to organise in the next year. We are organising Day 1 of the Christmas 5 days on Dec 27th. It will be in Sydney for the first time, we are hoping to get a good roll up with many overseas competitors competing before going to the World Cup carnival in Tasmania early in January. Our event will be on a Long Sprint at Georges Heights, Mosman. The map will have to be remapped before then.

We will also be organising a State League on our Gumble map near Molong. It will most likely be in May but dates have not been finalised yet. We will need organisers, course setters and controllers for these events. Please contact me if you can help at either of these events.

Also coming up will be the Summer Series. Bennelong is likely to have 5 events. I have suggested to Ross Barr that we use Forestville, Pottery Green, East Lindfield, Tania Park and a new map I plan to make downstream from Manly Dam, taking in parts of Manly Vale and Allambie Heights. If that one comes off it will be late in the season. No dates yet until Ross gets back from

overseas early in August. Again we need course setters, please let me know if you can do one of these events, remember 100 points to course setters.

Finally thanks to the Bennelong members who helped out at the QB3 in Dubbo. Bennelong helped by ordering the badges, organising the map printing, controlling by Gordon Wilson, helping with logistics, helping at the finish and start. The event was a great success and the profits helped the Western Plains Club and the Stingers. (The Stingers are the NSW elite team who compete in the National O league events, Marina is a Stinger and we have potential Stingers in years to come with some of our Juniors.)

Bye for now and hoping to see many of you at Beacon Hill on 27th July.

Best wishes.

Terry Bluett

EASTER Feedback:

Eric Morris:

It was very nice terrain and the maps were very good too. It's unusual for areas with that sort of rock to also be so easy to run in. A great event.

I thought that (after the prologue), day 1 was the most fun. Day 2 got a bit dull on some of the longer parts and day 3 was very tough after three days of racing.

I met my goal of finishing in top half of M21E (including DNFs!) however I probably will move to my 'proper' age class next year as I'm coming too far behind the best now! Incidentally I just worked out this year was my 25th year in a row running men's elite.

Mel Cox:

Easter had three days of absolutely perfect weather and some very enjoyable terrain. I had one of those very rare Easters where I managed to put three days together without a major mistake. My only real mistake came on day 2 - an easy run down a gully to a thicket. I had travelled the right distance,

but couldn't see the control. There was a log across the way, which I jumped up on and had a look around. I didn't see the control, so I ran on until I was brought up by a track crossing the gully a little further on. I ran back and saw the flag - 15m from the log I had stood on! The biggest highlight of the event was seeing Marina Iskhakova running into the finish on day 3 at top speed, on her way to a magnificent 6th place in the elite grade.

QBIII, Behind the scenes

Gordon Wilson



This year's QBIII was a very enjoyable and successful event. We were blessed with great weather and the organisation on the day ran smoothly. Many positive comments were received about the courses. Behind the scenes a lot of time and effort is required to put on a major event like this. I was the controller for day 3 of this year's event and here is a brief account of some of the work that was required.

We faced a number of challenges in the organisation of the event. Most of which revolved around time, or lack of it. Normally the event team is determined many months in advance. I was only approached to be day 3 controller twelve weeks prior. By Easter a definite decision had not been made for the location of the arena and no overall organiser had been appointed. Thankfully Mel Cox agreed to look after Eventor and Terry Bluett agreed to look after the organisation until someone officially put their hand up to do the

job. Tracy Bluett soon agreed to take on the role. Karen and Dale Wallace from Western Plains club were also a huge help looking after the local issues like catering, landowner liaison, fence crossings, toilets etc. as well as organising Day1.

Day 1 was pretty much a stand-alone event but days 2 and 3 were on the same map and shared a common arena. Close collaboration was required between the members of the event team. Unfortunately the planners, organisers and controllers were spread living in Sydney, Canberra, Newcastle and Dubbo. Most of the communication was done by email which greatly slowed the process.

The planners, Matt Parton and Josh Blatchford were up to the challenge and Matt soon sent me the draft Day3 courses. Generally the courses looked great and after Matt addressed my few concerns we had agreed on the draft courses. I was planning a holiday to northern NSW at this time so made a detour to the area to check the arena and the easy and very easy courses. There were no insurmountable problems so we were good to go.

With the course planning complete, the next step was to check the control sites and put out the stands. This was planned for the weekend 2 weeks prior to the event. Unfortunately Matt became unavailable due to work commitments. Even on the best maps there will always be some control sites that are not suitable. Leaving this job till a week before the event was not an option. So I headed up to Dubbo with Paul and Josh. While they did their thing I went out to check the sites. As usual, nothing goes smoothly and I discovered a section of the map where the vegetation had grown up and was now too thick for older or less experienced orienteers. Matt would have to change some of the courses. I am really glad I made the trip.

During the week Matt changed the courses to avoid the thick areas and then it was off to Dubbo again the following weekend to put out the control stands. A very early start meant we got the job done in one day with about 15 mins of daylight to spare. Again we were lucky with the weather. From what I

heard the area had 50 ml of rain over the next 48 hours.

At last the courses were finalised and we could get the maps printed. I picked them up from the printer on Tuesday afternoon. They looked great and the count was correct. One last task remained and that was to prepare the SI units. This was done and a mini event on my lounge room floor confirmed they were all working and correct.

The event weekend had arrived so the car was loaded up and off to Dubbo for the third weekend in a row. There was still more to do though. After the day 1 sprint we went to the area to put out the water for the drinks control, put up "out of bounds" signs, and some streamers. On day 2 the SI units and flags had to go out. I ran my course early and then Matt and I went off to put them out. Job done, everything was ready.

The day of the event saw a very early start so that Matt and I could run around and turn on all the SI units. Once that was done and a check that the start was all organised, we could do no more. Just wait and hope we had got everything right. Eventually the finishers started to run in. No reports of missing or wrongly placed controls and lots of positive comments about Matt's courses. Yay!

The only thing left to do now was collect the controls, pack all the gear into cars and head off home.

This all sounds like a lot of work and stress but getting involved in running a major event is a rewarding experience. It's a bit like painting a room and standing back and looking at the finished job. Will I do it again? Yes definitely. Orienteering is still primarily run by volunteers. Every time we attend an event others have given up their time and chance to compete so that we can enjoy this great sport. I am happy to return the favour and do my share.

NOSH Race Report

Joel Putnam



This year the NOSH celebrated its 40th anniversary and as a welcome to the electronic age, for the first time, we had electronic timing via the use of P cards. The system proved reliable and convenient, allowing runners to observe and compare their times with other runners via a TV monitor and unlocked some volunteers from manual time keeping duties.

The NOSH was run on a cool and mostly dry day, which, beside some gung-ho mud hungry runners, was much to the relief of our brave volunteers. In all there were as many runners as days in a (non leap) year who beeped their arrival at the finish line. Total numbers were also up on last year.

There was a great sense of anticipation at the start line as runners lined up and awaited the start siren. After a briefing to the race goers by Darren, they leapt into action, charging down the track towards our ever generous volunteers / marshals, ready to assist them along the way.

This year we had established a detour route in the event of a strong downpour of rain to avoid a section of track that can become too challenging in these conditions. The detour was not needed on the day and runners continued undeterred.

The first finisher beeped their way to 66m 37s glory, a finish time that was a few minutes faster than last year's winning time of 68m 09s, though in far drier conditions. There was a great buzz and anticipation at the finish area with runners and walkers alike

engaging in conversation to understandably distract themselves from being overwhelmed by the highlight of the event; the mug and t-shirt giving ceremony. Place getters were rewarded with a NOSH t-shirt and the greatly coveted NOSH mug. For those remaining canny and devoted runners, these classic mugs were on offer if their race number was called by random selection.

In all another terrific NOSH made possible by the dedication and generous support of all our volunteers and of course the race participants, who so enthusiastically submit themselves to the camaraderie and challenge of this great event. Thank you to all involved.

Club Member Interview

Stuart Butler



Profile: Stuart Butler – 44 y.o. – Born & bred in Sydney (North Shore/Northern Beaches).

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

I joined BNN 2 or 3 years ago to get some variety in my training & get back out into the bush. I have done triathlons for a little over 10 years and like to keep fit but found the events very costly and the training a little monotonous. Back in my 20's I spent a lot of weekends up in the blue mountains (bush walking, canyoning, climbing, camping etc) so I like to take the road less travelled and greatly enjoy getting off road. Orienteering offers that perfect mix of mental agility and physical fitness in some great bush settings.

My beautiful wife is Deb & we have twin boys, Nathan & Jeremy who are 12 y.o. I am still trying to encourage them to get into orienteering but am meeting some resistance.

Do you remember when have you heard about Orienteering the first time?

Having grown up with a scouting background I have always known about orienteering, but did not do any until just recently. My cousin (Greg Barbour, a Bigfoot member) is also quite a reasonable orienteer and at family Christmas gatherings we would always be hearing about his exploits off in different parts of the world.



Where and when have you done orienteering at the first time?

I started doing some adventure races about 6 years ago as some diversity to the triathlons but always struggled to find partners to compete with. I also did some 12 hours events & a 24 hour one, which I greatly enjoyed. My first official orienteering event was one of the Christmas 5 day series up in the Hunter Valley 2.5 years ago. I took my boys to this with me & we walked one of the medium level courses. I left the boys at home a couple of days later and did a second one in the same series & quickly realised how different navigating is when you are running rather than strolling around the course.

I really enjoy the duo events as they take you out into the bush for several hours, rather than 40 or so minutes, which is always fun.

What is your profession behind the orienteering?

I own my own mortgage and finance broking business, Butler Finance, and have been self employed for 10 years this July. Do you know anyone seeking a home or car loan???? 😊



What is your most favourite terrain/landscape?

I must admit to being a little ignorant with regards to the description of the different terrains in orienteering. I simply like getting out into the bush. I am not so good in steep terrain.

What are your dreams and goals in Orienteering?

Firstly - to do more of them

Secondly - to learn to navigate whilst running, and

Finally - to complete an event without making a navigation error.

How would you like to contribute to BN club?

I am stretched a little thin on the volunteer front at the moment being the President of my children's scout Group and also on the committee of the Northern Suburbs Triathlon club. At this stage I might be able to become part of one of the Metro league teams???

What countries are you dreaming to do orienteering in?

I am not sure about orienteering in different countries, but I would love to do some adventure racing in New Zealand, maybe even compete in the Coast to Coast. I guess the ultimate goal would be to compete in an XPD someday, but perhaps that is just a pipedream.

What do you like in orienteering the most?

I love the combination of mental aptitude (map reading), with physical fitness whilst out in the bush.

Your wishes to BN members:!!

I hope to see you out on the trails and at some events this winter season.

Club Member Interview:

David and Clyde McGhee



Profile: Full name, age, place of origin

David Riddell McGhee, 42, Glasgow

Clyde Riddell McGhee, 10, Manly



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

2 years ago. I joined because I wanted a bit more of a challenge to the summer series. By signing up I would be able to participate in other events and learn from people much more skilled.

Before then, Clyde (with Lorna and Abigail [7]) had only been on a couple of summer series events when they were close by. It was a hope too, that they would be able to join with me at various events.

We are a reasonably sporty family, Lorna and Abigail play hockey and Clyde and I play football (the one with the round ball)

2. Do you remember when have you heard about Orienteering at the first time?

I was working in Chatswood with Andrew "Wiz" Wisniewski. He set a few basic runs around Lane Cove each week and he was often out orienteering. When I asked about

it, he invited me to the summer series and I attended on and off.

3. Where and when have you done orienteering at the first time?

I guess my first "proper" orienteering was a couple of years ago in Summer when I turned up to a Metro League as an Enter On the Day. I was seriously out of my depth after a few controls, puzzling over the map in deep grass on top of a hill, but I managed to complete it.

Clyde: I first went orienteering at Centennial park, Space Racing. It was really fun and a new experience.

What is your profession behind the orienteering?

During the week I work within a global Microsoft team that helps software vendors design as launch their products using our Azure "cloud" services.

Clyde: I go to school at Harbord Public and I am in year 5.

What is your most favourable terrain/landscape?

Crikey that's a tough one. I like the challenge of bush orienteering but I think I'm a bit better at sprints. I like complex city sprints the best.

Clyde: I prefer runnable forest.

What are your dreams and goals in Orienteering?

I'd like to be able to comfortably navigate a more technical bush event without hesitation or serious mistake. Don't we all?

Clyde: I want to go to the World Championships

Me: As a competitor?

Clyde: Yeah!

As a family we are planning to attend Highland 2015 which is in Scotland at the same time as the World Championships

How would you like to contribute to BN club?

At the moment we are learning the ropes. Clyde and I love going to all the events and sharing and reviewing maps and techniques. I've set one course, with Terry doing the hard yards, so perhaps helping out there and with the league events that Joel does a superb job with.

Clyde: I would like to keep going to the Metro League and have some friends join.

What are countries you are dreaming to do orienteering in?

In addition to Scotland, we would like to do some orienteering in Tasmania. I often travel to Seattle so I hope to attend another Cascade orienteering event if it coincides.

Clyde: Probably England and Scotland.

What do you like in orienteering the most?

The unique combination of strategy, technology and fitness. The best courses are line course that offer multiple route choices over different terrain. As a bit of a geek I like the stats, the retrospective analysis and any gadgets I can get my hands on.

Clyde: Navigating and running in new places.

Your wishes to BN members:!!

I've very much enjoyed meeting so many of the members – it's great to be part of the team. My wishes for the team are they have continued successes so that we can all learn and enjoy.

Clyde: Hello! I hope you have a great year.

Australian MTBO Championship in Alice Springs 14-16th July 2014

Fedor Ishkhakov



Fedor's Experience in Alice:

It was not our first trip to Alice Springs (Marina and I drove to Uluru two years ago to get a better understanding what Australia really is), but it was our first flight with two girls and two bikes.

The bikes arrived in good order and behaved very well after being fitted for the famous thorns, and so did the girls who had been taken care by a lovely local lady named Karyn.

We spent the pre-race day riding on the purposely made training map and enjoying the beautiful scenery, but out of two placed controls one could hardly be found due to a

completely invisible track (marked fast) -- it turned out many tracks around Alice are only slightly different than the general sandy ground found between very sharp granite rocks.

First racing day (middle distance) started for me with a bad fall just a couple of meters in front of first control, and a frantic search of turns and trails, for instance this one which is here, right here, where is it, for God's sake?

One of the highlights of the day was not recognizing a nice wide trail on yellow as a creek bed, and being stuck there in incredibly loose sand walking for a couple of hundred of meters.

On the bright side, the surroundings were just amazing, both for being very unusual rocky and sandy land with little vegetation and beautiful hills, and for the excitement and challenges of the rides.

I didn't do too well and got my usual 4th place (which was my best result in the previous two Australian MTBO champs), but learned a lot about what was to come and how to ride on sand.

On the second day (long distance) start and finish were near the famous telegraph station, with the elite course stretching up north into beautiful and lonely single tracks and lots of sandy roads.



Sadly I did not do well, both due to quite long and challenging course (about 40km), and several navigation mistakes in the areas with dense path network as well as a couple of bad route choices.

In the post-mortem after the race my coach also pointed out to other important mistakes, one of which was excessive attention to other riders and thus insufficient concentration on own navigation.

Therefore, the main task for the final day (sprint) was to stay focused and disregard whatever happens around.

The 10km course was set on a flat terrain with quite dense road network, the map was 1:4000.

Starting a minute after Chris Firman who won the long distance and having Alex Randal who won the middle distance a minute after me, I just tried to suppress any thoughts.

From the start the path went over a couple of dangerous ditches which luckily didn't throw me off my focus, and most of the course went fine.

The problem appeared to be Chris Firman who caught up from behind 5 controls before the finish, and broke my concentration.

That was then when I made several navigation mistakes, each no more that 15 seconds long, but overall this lead to a 32 seconds loss to Chris.

Yet, this was a second place -- quite surprising result that made me very happy and Marina very proud.

ENJOY READING!

Our next Newsletter is scheduled for October, 15th 2014.

Thank you very much for your exciting contribution and time! We are always waiting for your news!

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