



Blueprint

Issue 3/ 2014 – October, 15th 2014



Boulders
Boulder field, Boulder c
Stony ground, rocky ou
Crossable watercourse
Marsh
Open land
Open land, scattered tr
Runnable forest (White
Slow run, good visibili
Slow run, poor visibili
Walk/fight, good visibi
Walk/fight, poor visibi
Impenetrable

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President's Report

We're at the change of seasons now. By the time you read this Bennelong's first Summer Series will be over. I've seen the course that Rachael has prepared for 15th October and it is one with great views at many control points and there is a real challenge to know which way to attack the course. I hope the day will be fine and that we have plenty of helpers. I won't be there as I have a reunion in Armidale on that same day, it is 50 years since I graduated from Armidale Teachers College and 120 of us will be meeting again after 50 years.

Many thanks to Rachael and Andy, Mark, Chris, Brett and Brian for organising our Summer Series events for this season.

A highlight of the Summer season will be the Christmas 5 days. It is being held in Sydney for the first time ever. We are hoping to catch many overseas orienteers on their way to Tasmania for the World Cup carnival held in early January. Bennelong is organising day 1 of the 5 days on Sat 27th December at Georges Heights, this is perhaps the most scenic of all our maps and is sure to

impress the beauty of Sydney Harbour to our visitors. Other venues are Cockatoo Island, Pyrmont (a regular summer series format), a bush event in the lower Blue Mountains and one in Centennial Park. I'd encourage all our members to try at least one of these events. I'm particularly interested in going to Cockatoo Island, I've been out there and found that it a great place for a sprint event.

The winter season just finished, ended with the Karrak carnival in Western Australia, with all the Australian Championship events and other interesting events. 6 of our members made the trip over the Nullarbor, Marina, Fedor, Gordon, Steve, Kathy and Mel. There were some excellent results from our members in the Australian Championships. Fedor was 1st in M35A in Sprint and 2nd in the Long, Steve was 3rd in M65A and 3rd in the NSW relay team. Mel was 2nd in the M55A NSW team in the relay. Mel must be in the hottest group in Australia, I noted that the 3 placings in his group in the Long Champs were Warren Key, Geoff Lawford and Rob Vincent (3 of the best orienteers Australia has ever produced.)

All the best to all our club members, I hope to see you at a Summer Series event soon.

Terry Bluett

AUS Champ 2014 Feedback:

Mel Cox:

I had a great time in WA. The weather was fantastic, except for a few showers on the relay day and there were lots of pretty wildflowers. The terrain was mostly very open and enjoyable.

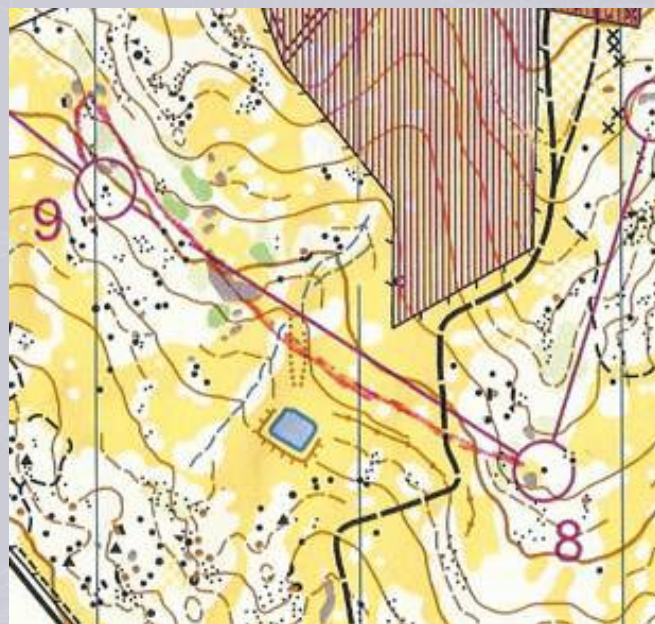
Competitively I didn't go very well in the Australian Champs - most of the course was OK but legs 8 and 9 were disasters. After making a mess of 8 I then left it as if I was leaving 9. 9-10 was the long leg, so it was a while before I realised my mistake and a while longer before I eventually relocated. The two legs should have taken 6 minutes, but took 20!

I went much better in the relay and our team came 2nd behind a very strong Victorian team.

Steve Flick

I was happy with my 2 third placings in the Aust Champs and relay. My only disappointment was making a small error on one of the later controls in my course at the Aust champs and this cost a certain win.

Feeling very confident at 8 I saw an "easy" leg between 8 and 9 and remembering saying to myself this leg will be for the speedsters and then really started to bold down the hill from 8 past the big dam across the water course, up and across the the big bare rock, what a really easy leg I was still thinking, and then powering along pass the control slightly to my left, without seeing it, and ended up in an outcrop of rocks a good 100 metres past the control. I did a quick U turn and speed back to the control realizing I had overrun it completely. I took 6.30 minutes on the leg and lost at least 3.00 minutes and ended up only 2.06 minutes behind the winner. So what was looking like a close win on the day at control 8 for me turned into a bit of a disaster by the time I reached control 9 on what I thought was an easy leg. Another hard lesson for me, always concentrate right to the end of the course and take nothing for granted.



Marina Iskhakova

Unfortunately Aus Champ 2014 didn't become the happiest event for me. Ongoing incredibly slow healing plantar fasciitis hold me back from running at this terrific terrain. Luckily I could focus on 3 other areas: to be full-time Coach for Fedor (he took 1st place in M35A in sprint), to shadow Ariadna & Veronika at very easy courses (1k long☺) and to visit my colleagues at Curtin Univeristy main campus at my new job.

Photo 1: Veronika's first O-experience in WA.



Photo 2. After being 25th in Elite among 26 competitors I had an intense and exciting day filled with 6 meetings with my new colleagues at Curtin University, main campus. (funny, that one of my meetings was from 12 till 1pm in the office that directly faced the main Event Arena, so we were constantly interrupted by announcements and by names of new and new winners☺)



restaurants are via the narrow canals, as is the garbage collection.

Arriving in the afternoon, I had a full day free to explore the city before my Sprint. Oh, and catch up on lost sleep from the flights and adjust to the 8 hour time difference! Navigating around the city with just the dodgy map in the Lonely Planet book was tricky, but fortunately there was much pizza and gelato to keep me nourished.



WOC 2014 Italy – Darren



This year in July, Italy hosted the World Orienteering Championships in the provinces of Veneto and Trentino, and I made my first venture over to Europe for me first overseas orienteering holiday. With a month of hurried training on some

of Sydney's beautiful (and rugged) harbour side trails up my sleeve and a Lonely Planet Italian Phrasebook in my hand, I boarded my flight after a full day at work, and after about 30 hours in transit landed in Venice.

Venice is not an island, but rather a collection of islets (or really, sand bars) inside the Venetian Lagoon. There are no roads in Venice other than at the car park where the bridge from the shore terminates. The canals aren't just for romantic gondola rides; All supplies in to the hotels and

Competition day. While the entries to WOC are reserved for a select number of orienteers from the *Australian team*, a tour event called the *5 Days of Italy* allowed the non-elites like me to compete on the same maps and spectate for the WOC events. I walked the 1 km from my hotel to the arena for the first event, the Prologue Long Sprint. It was at the gymnasium that I reunited with what seemed to be half of the NSW O crowd, including to name but a few: Rob Spry, the Marshes and Natalia Fey (Marina's twin sister!).

The start was away from the gym and in the deep thick of Venice. With a dip of my SI in the start control I was off and running. This was going to be an exciting run; the streets were teeming with tourists wandering about the narrow alleyways, meandering in front of shop windows and doing a bit of alfresco dining. With a few other runners out alerting the crowds to the 'something' was going on, I wove in and out of the crowds, calling out "permesso" along the way. I successfully avoided any collisions, taking the opportunity to catch my breath whenever I was caught up behind a group that didn't understand my in-flight-learned Italian. In Venice the alleys never line up, so there was a lot of direction changing and cautious

corner-turning. I ended up completing my 3.3km line course in M21AS in 4th place and 31:27, an average running pace of 5:50 despite the queues, steps and direction changes.

It was certainly my favourite ever sprint event!



In the afternoon we had the opportunity to watch the WOC sprint finals before catching the event bus up to Asiago, our base of operations for the next week.



Asiago



Asiago is the largest village in the Alto piano (high planes). The area was once part of Austria and it showed in the architecture, despite the town having been destroyed in war and rebuilt since. As part of the tour, buses to all of the events were organised to us, with most days within a 30-minute winding bus ride of our town.



The terrain was quite different to the spur-gully forest typical in Australia. The mountains here are limestone and marble, often with slippery stones hidden beneath rich green grasses and ferns, and rich brown soil. The trickiest challenge was interpreting the 'inverted' terrain. Being once glaciated, it was not uncommon to be running up a hill to find it turn into a large depression. Sometimes that saddle you were expecting or that hilltop you were going to sight a control from was simply not there! It was hard to know what was up and what was down on the map, and there were no blue (dry) creek lines to give me a clue.

With no less than 40 Aussies there was always a good gang to chat over the course with at the end of a run. There was a great carnival atmosphere, with commentary, live GPS tracking and video cameras out in the forest being presented up on big screens in the arena.





Rather than repeat all the stats, I will leave you to look up the Aussie team's *results*. I will say however that we did quite well, and I believe well enough to earn ourselves more slots for the next World Champs.

Next year WOC will be run in conjunction with the Scottish 6 Days. Maybe that will be my next big trip?

○ Far-O 2014 – Mel and Kath

In August Kathy and I went to the Faroe islands in the North Atlantic for Far-O, a three day orienteering event which doubled as NATLOC, the North Atlantic orienteering championships. To say that orienteering in the Faroes is in its infancy is an understatement – there is no orienteering club in the islands. The expertise was provided by orienteers from Iceland, with the manpower coming from members of the local athletics club.

We had spoken beforehand with Patrik Gunnarsson, who attended the event last year, and also a friend of ours whose mother-in-law had lived there for a while. Both gave us a similar meteorological horror story – rain, rain, howling winds and more rain was the likely order of the day, unless we happened to be there in the week when summer fell this year. However, while there was some rain, the weather was generally not too bad, as can be seen from this opening shot.

There are only two flights a week from London to the Faroes, Monday and Thursday, so we had to take the Monday option, giving us a couple of

days to have a look round the capital of Torshavn and familiarise ourselves. The registration and model event were scheduled for the Wednesday afternoon, and registration turned out to be a very informal affair. Almost the only thing we did there was to pay for the entry fees, which took half of all the currency we had (there had been no online payment facility available, nor any credit card option).



We went out for a walk together on the model,

which was quite a pleasant outing on a nice little bit of terrain, although the rock was significantly under-mapped.



The following day was the rest day and initially we were at a bit of a loose end, as we had hoped to go on an organised tour, which didn't eventuate, but we were able to hire a car and tour around ourselves. We went to Vestmanna and booked ourselves on the boat trip we had wanted to go on, then went on and toured around the islands before coming back to Vestmanna for the boat trip in the evening. This picture is looking east from the



island of Eysturoy.

The boat trip in the evening turned out to be very good, with absolutely superb weather, as can be seen from the following pictures.



The next day it was down to business, with the event opening and the sprint event. The original programme indicated that the event centre would open at 5, the opening remarks were to be at 5:30 with the first start at 6 and the event dinner at 7:30. Everyone dutifully turned up by 5 and here we all are waiting for something to happen. Note that an Aussie flag is being run up one of the flagpoles - we heard later how the entire country had had to be scoured for this flag – well done organisers!

The opening remarks didn't get under way until 6pm so the first starts were delayed until after 6 and the organisers decided to reduce the start interval from 2 minutes to 1 to get everyone away quicker. After a few minutes of that the start list was more or less completely abandoned, with runners being called to the start line seemingly at random. I ended up starting at the same time as another runner on the same course – see how we're both reaching for the same map.



I had an encounter with the dangerous wildlife of the Faroes while out on my course – control 5 was guarded by a swarm of very unhappy wasps. I counted five separate stings afterwards, which stayed red and swollen for several days. Kathy was the last starter and also ended up being the last finisher – it was a long course for a sprint event at 2.9k – so after an interesting chat with Gisli, one of the Icelandic organisers (see below), we headed off directly to the dinner in our sweaty gear and got there just in time. The dinner was an absolute highlight – after an entrée of traditional Faroese delicacies (including whale meat and blubber) there was a fish soup main and a rhubarb crumble dessert, both of which were absolutely delicious and made by one of the athletics club ladies. **Bravo!**

Day 2 was to be a score event on the offshore island of Nolsoy. Our discussion with Gisli had centred around his inability to convince the locals of the impracticalities of including a score event in a three day cumulative time competition, and we canvassed several methods of achieving this. It also seemed that the organisers hadn't yet decided how long the score event would be – apparently the initial thought was that those on the short course would have a longer time on the course, but it ended up being 40 minutes for everyone. The overall result method eventually settled on was to award 5 points to first place on each day, 4 for second and so on. There was a bit of rain during the morning but it stayed reasonably dry for the actual run, which was a mass start. We learnt on arrival that the start was in a different place to that shown on the map, as they'd had a call just the night before that the power was out in the building they'd intended to be the event centre. Full marks to these guys for thinking on their feet – another building was sourced in time for the event and all went off well. I picked up a second placing so had 8 points overall, but I had a very stiff calf afterwards and was in doubt about running on the last day.

The last day was the long day and was centred at Hotel Foroya, up above the town. My calf was feeling remarkably much better and I decided I would have a go. There was low cloud and the whole map area was shrouded in fog which made for an interesting event. The area was again open with rocks and knolls and marshes, which I really

liked. There was one organisational hiccup, as two controls were swapped, so when I arrived at my number 4 it had the wrong number. After satisfying myself that I was in the right place I punched and ran on, which turned out to be the right thing. The two controls were consecutive on Kathy's course, so it was immediately obvious when she arrived at the first of them. It was on this day that I made my one big mistake. I left number 5 on the short leg to number 6 and, after casting around for some time, hadn't found it. Heading east I saw a flag which I knew wasn't mine, but went and checked anyway – it was number 5 again! I'd made a complete circle in the fog without even realising – now I know how polar explorers get lost. I punched again so I would know how long I'd wasted and then ran straight to number 6. It turned out to be 7m15s – the difference between another second and coming ninth – but I had enough points in the bank to come second overall, so I am now the owner of a medal with Men 60-74 inscribed on it! (The short course, which I ran, had been "recommended" as for 60 and over, but there was no hard and fast eligibility.) Kathy also ran the short course on days 1 and 2, but asked for a swap to the intermediate course for the last day, as the courses were in general a little on the long side.

The view from near the finish on day 3:



We both had a great time throughout the week, and really enjoyed ourselves. While orienteering is really just getting off the ground in the Faroes, so the locals are still quite inexperienced in organising events, they are a very resourceful group of people and the end result was that the event went off very successfully. The country itself is a delight, uncrowded, no crime and beautiful scenery – well worth a visit!

Club's Member Interview:

Michael Halmy:



Profile: Michael Halmy. M54. Sydney & Canberra.

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

Joined Bennelong in the mid-1990s, a few years after returning to Sydney. It was a toss-up between Bennelong and Garingal. Children Bethany (19) and Adam (16) will do the odd O event when it doesn't clash with their other athletics and cross country interests. Bethany's main event is now the 400m (57.5s) and Adam is concentrating on steeplechase (6:35 for 2km - includes 23 steeples at 91cm). My wife, Roslyn, doesn't do orienteering anymore, unless you count the informal SSS events whilst taking our dog Fuzzy for a walk. They only collect about 150 points, but are handicapped by the constant stoppages for dog to pee on poles and interesting vegetation.

2/3. Do you remember when have you heard about Orienteering the first time? Where and when have you done orienteering at the first time?

2/3. My first orienteering event was in Canberra in the early 1980s, probably at Mt Ainslie.

4. What is your profession behind the orienteering?

During the week I am qualified as a CPA working as a mineral royalties auditor for the NSW government.

5. What is your most favourite terrain/landscape?

It's taken a while, but I really enjoy the sprint format now, whether that be in parklands or a campus-type environment.

6. What are your dreams and goals in Orienteering?

I am starting to do a few more State League events each season and may do some interstate events in the future.

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

I have two roles at my local little athletics club - president (2 seasons), track & field officer (10 seasons). I am also a technical official with Athletics NSW. Unfortunately I don't have the time at the moment to commit to organising events on behalf on BN.

Photo 1 2013 Athletics Nationals in Perth. Adam in the U18 steeple final.



Photo 2. 2013 Athletics Nationals in Perth.
Bethany in the U20 400m final.



8. What countries are you dreaming to do orienteering in?

I haven't given much thought to overseas O events. Roslyn and I may go to Europe when her LSL falls due in a couple of years, so I will see if I can pack some O-gear, just in case.

9. What do you like in orienteering the most?

What I like the most about orienteering is the challenge of doing a mistake-free race. I thought I was close at the SL3 sprint event at Lithgow TAFE, but completely missed the second-last control for an official MP. The 'perfect' run is still a goal.

10. Your wishes to BN members:)

I hope that everyone at BN stays healthy and can get out to the bush as often as they can.

Question to all Bennelongers:

SSS season just started, so if you could give 1 main advice to SSS organisers, what it would be:)?

Keith, Michelle, Jacob and Daniel Povah:

Make sure there is a good view or something interesting to see on the course

Julian Ledger:

Set out the controls to keep the competitors guessing on best route choice and where there's opportunity include a few trickier ones in the bush to provide the super veterans a sporting chance.

Pierre Francois :

Don't forget to place some nasty cp.... Also always put a 10pts cp far away to satisfy those running for the 600 mark.

Peter Hopper:

Start each event slowly and carefully to avoid silly mistakes while you gain an appreciation of the scale and terrain. Run solidly throughout the middle of the course. Finish with the aim of being exhausted at the end.

Bob Morgan:

If there is bush on the map, don't ignore it. I thought the course for SSS 2 was maybe a bit too easy and the average scores backed this up. There was a section of bushland at the northern end of the map with some tracks running through it. If some controls were placed in this area (none were) it could have made the course a bit more navigationally challenging.

Stuart Butler:

More controls in the bush

Mel Cox:

After attending the first 2 events, and falling foul of the same issue in both, my advice to event organisers is this: If you set a course which has a bush option as an obvious route choice, and that bush is mapped white when it is really green, MAKE A MAP CORRECTION! Otherwise it is unfair.



ENJOY READING!

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

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

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