



Blueprint

Issue 4/ 2014 – 1/2015 - February, 6th 2015

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

In This Issue

- **President's Report**
- **Sprint the South West by Gordon Wilson**
- **Club's Christmas BBQ**
- **The 2015 NSW Long Championship**
- **Xmas 5 days Experience**
- **Interview with Richard Morris**
- **Interview with Cheryl Davies**
- **Joel's Thank you!**

President's Report

On Australia Day, Cheryl and I had the privilege of attending Marina, Fedor and Ariadna's Australian citizenship ceremony at the Drill Hall in Mosman. Marina and Fedor's family has enriched our club and orienteering in general, it has been wonderful to have them as friends and club members and I welcome you as Australian citizens.



On a personal note, I have finished my chemotherapy and am looking forward to competing in orienteering events in 2016. My first runs since Easter last year were at the Xmas 5 Days, I really enjoyed the sprint at Cockatoo Island and the micro event at Kippax Lake. Bennelong organised the 1st day of the 5 Days at Georges Heights and the event was an outstanding success. The weather was kind and Gordon set some great courses with spectacular views of the harbour. I was really excited to have one of the world's orienteering superstars at the event. Tove Alexandersson of Sweden won the Women A course at our event then went on to win all 3 of the World Cups in Tasmania and since returning to Europe has won gold medals in the European Ski Orienteering Championships in Switzerland.

At the last club meeting we resolved to pay junior entry fees at all State League events this year. This is to encourage juniors to enter these events and the help the family burden of travel expenses and entry fees. State Leagues are the highest form of orienteering in NSW and I would encourage all members to give them a go this year. They are pre-entry events and often require travel to suitable maps, so they require some commitment to attend but I think it is worth it.

Coming up at Easter is the Australian 3 days near Jamestown in SA. This is the first event since Easter last year that I will be travelling to, I'm really looking forward to it and hope to go to many State Leagues as well this year.

Bennelong events coming up are:-

- Summer series at Lane Cove Country Club on 4th Feb, many thanks to Brett Sewell for setting the course and arranging to have the assembly area at the Country Club.
- Sydney Sprint at Abbotsford on Sun 1st March set by Steve Flick.

- Summer series at Mermaid Pool at Manly Vale on 11th March the course will be set by Brian Brannigan.
- NSW Long championships on Sun 17th May at Gumble Creek organised by Rod Parkin and set by Steve Flick. This part of the map has not been used for many years and is one of the best and most challenging orienteering areas in Australia. It has been used for State Championships before but is such a good area that ONSW has asked us to use it again.
- The great NOSH footrace on Sun 31st May organised by Darren Slattery and Joel Putnam.
- Metro League on Sun 26th July, we still don't have a setter for this event, volunteers are welcome and will be assisted by experienced members of the club. I think the Aquatic Reserve map should be used for ease of parking and the facilities available at the Baseball club. Please contact me if you can help.
- Annual General Meeting in the next month, Date and venue will be advised by email shortly.

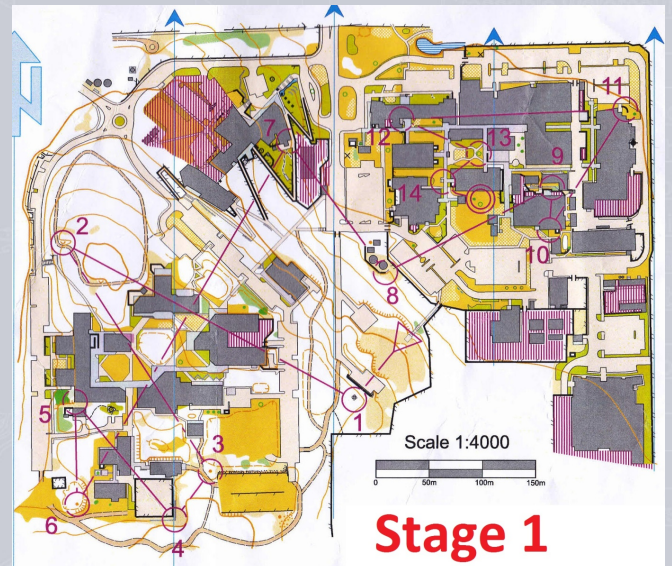
Terry Bluett

○ Sprint the South West by Gordon Wilson

Following the recent Australian Championships carnival in Western Australia, the SWOT club put on

“Sprint the South West”. A very enjoyable carnival consisting of four sprint events held over two days. The events were held in the popular Margaret River region. There is much to see and do here including scenic coastline, caves, wineries, cafes and the townships of Bunbury, Busselton and Margaret River. It was school holidays though so there we also lots of people.

Stage one was held on a classic campus map at the “Manea Senior College” just south of Bunbury.



The area consisted of two complex areas of buildings separated by a small strip of native bushland. The courses were well set and very technical. Leg 6 – 7 generated much post race discussion. Which way would you go? I was quite happy with my run with just a couple of small route choice errors that cost me about 30 seconds. An added highlight at this event was the group of rare Baudin's Black Cockatoos in the trees right next to the start.



After stage 1 we headed into Bunbury for a look around, some lunch and to restock our supplies. Not surprisingly we seemed to come across other orienteers wherever we went. After lunch and following the directions of a local orienteer, we successfully located a couple of native orchids to add to the growing list we had seen on our trip.

Stage 2 was another campus map held a little further south from Bunbury at the Cathedral Grammar School. The semi circular layout of the buildings and some clever course planning made for some very technical navigation for the first part of the courses. This opened out at the end to a

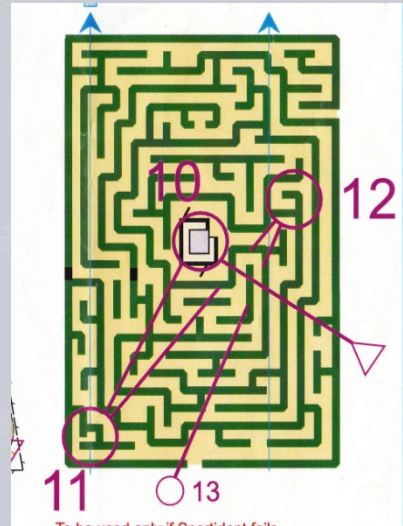
fast sprint across the playing fields to the finish. I was very happy with my run here and got around without losing more than a few seconds.

The next morning saw a change in terrain. Stage 3 was held in and around the small town of Cowaramup. The people of Cowaramup obviously have a sense of humour and have placed 350 Cow statues around the town. Many of these were used as control sites. The stage required some hard and fast running and unfortunately my body out ran my brain. I lost nearly a minute running around an area of light green that I had read as olive green (out of bounds)



After some time spend exploring the coast We made our way to the final stage which was held at the tourist attraction of "The Amaze'n Margaret River". As the name suggests the key feature here is an hedge maze. What made this stage unique was that a number of legs were actually in the maze. So you had to solve the puzzle of the maze before navigating your way through. Great fun.

Thankfully an insert was included on the map of the maze at 1:1000. I managed to solve the puzzle quickly and navigate to 10, the first control in the maze, but then was careless and started heading for 12. I was nearly at 12 before realizing and then had to back track through the maze to 11. There were some long times recorded for this stage. Our course was only 1.5k but the winning time was 23 minutes.



This event had no age classes, just a choice of long, medium or short courses. I had no real aspirations of getting a place but was very happy to finish 6th overall on the medium course. All in all a great event and I am now looking forward to the "Hobart Shorts" in January.

○ Club's Christmas day on 14th December 2014

Many Bennelongers came along to Manly Dam lake shore beautiful BBQ area to celebrate together pre-Xmas atmosphere and enjoy run and time together. The long "X-mas course" designed by Joel exclusively for Bennelong members was 2.4km and many of us truly enjoyed the challenge.

Results:

1. Joel 18m 6s
2. Fedor 28m 11s
3. Rachel 29m 01s
4. Brett 34m 19s
5. Clyde 47m 55s
- Ariadna 36m 20s (short)



Photo on the day: Rachel, Andy and Max Povah



Photo on the day: Xmas Bennelong BBQ

○ The 2015 NSW Long Championship

This year Bennelong Northside Orienteers will be organising the NSW Long Championships. It is on May 17th, and we will be holding it at Gumble just north west of Orange in NSW's Central West.

Most of the club members who have been around for a while will know Gumble fairly well. It is one of Australia's best granite orienteering areas. It was first used for the NSW Championships in 2001 and has seen a number of major events since then.

I'm sure some of you will be saying "Didn't we just have a Long Champs at Gumble?" and the answer is yes, Bennelong organised the 2012 Long Champs there.

But this time will be a little different – Steve Flick, who is doing the course setting, has found a totally new assembly area which will put the emphasis onto a part of the map we haven't used for quite a while.

For those in the club without a lot of bush orienteering experience, you might be focussing your mind on the word "Long" in the name of this event. Don't worry. Although "Long" events are a little longer than the more common "Middle" distance events, they are not marathons by any means.

Long events do focus a bit more on endurance, but more interestingly a key feature is usually some individual legs which are much longer than you typically see, and which present multiple interesting route choices.

Goldseekers Orienteering Club will be organising an event in the Orange area on the Saturday, with our event on the Sunday. So why not plan a weekend away – based around Orange. Look out for more information on Eventor and the ONSW newsletter.



Of course an event like this doesn't just happen, and there will be various tasks that need to be done. Most of these will be "on the day", although there are other jobs that require a bit more time before or after the event. Please consider providing some assistance. As we get closer to the event I'll be asking around for volunteers – please help if you can.

Rodney

Xmas 5 Days Experience:

27-31th December 2014 Sydney



Photo: Day 2, December 28th at Cockatoo Island

Michelle Povah:

I only participated in three out of the five days.

Day One - Picked up wrong map

Day Two - Missed one control

Day Three - Did really well and then suffered my allergic reaction and nearly had an anaphylaxis shock.

They were in great venues and I had a really good time.

Fedor Iskhakov:

This O-Christmas was truly unique! Both running alongside some elite orienteers so close to home, finding the excellent purpose to visit the Cockatoo island and finding the optimal rate of navigation mistakes in the maze orienteering were totally new and exiting experiences.

Marina Iskhakova:

Xmas 5 days for me was the first running orienteering event since my long-playing injury last Easter. As I didn't run for 9 months, I ignored female class A, Class B and registered to class C. George Heights event designed by Gordon was a truly exciting race and I was truly amazed to become a winner with more than 6 minutes in that Category 😊 Slowly I hope I'm finally back to bush!

Steve Flick:

The idea of competing in the 5 Day did not take my fancy, an event where getting away from Sydney was the usual attraction for previous years. Sydney it was and when reading the venues it was offering an interesting mix of locations.

There was only one bush event at Lapstone, two sprint events at Georges Hts and Cockatoo Island, one score event at Pymont and one ultra sprint at Kippax Lake.

It is unusual not to drive to an orienteering event and for Cockatoo island I was able to walk from home to the ferry, the only form of transport to the island.

The Christmas 5 day event brings together a mix of ages and experience in each class, so you are never sure who the competitors will be. This year I entered Mens C, given the shorter sprint type events in the programme.

Without actually winning any event I managed to win overall in the Mens C Class, with two seconds one third and one fourth. I was able to discard my worst result, a 14th at the Ultra Sprint Event.

The Ultra Sprint was the first experience of this type of orienteering for me, and it took a while to adjust to the special layout of the course, lots of controls, no control numbers. I mispunched two controls on the first of three legs, but again the rules allow a 30 second penalty on your time rather than a dnf. I improved on the next two legs and started to get the idea towards the end of the event.

I thought the Cockatoo Island sprint event was the highlight, an interesting aspect of the venue were the two tunnels, and most courses allowed you to make use of the tunnels at some point, however for me I forgot all about the tunnels and lost about a minute going the "long way" around to a control.

My most satisfying run was the Pymont Street event and as it turned out the ACT Runner, David Poland would have won the class had he performed well at this event, however he slipped down to 14th place for this event and finished 3Rd overall after scoring 2 wins and a second.

Club's Member Interview:

Richard Morris:



Richard, Alex & Vincent Morris

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

I joined Bennelong many years ago; it was really to run with my brother Eric in relays. These days my wife Heidi and two young boys are also members, and have started running in some local events which is great.

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

Not specifically, it was over 30 years ago when I was eleven or twelve.

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

Somewhere in Sydney in 1982 or 3. My mum discovered orienteering and started dragging Eric and I along. I remember vaguely running Aus champs in 1983 when I would have been 12. I think Eric, Ant Burnett and I won our relay, which we were pretty excited about.

4. What is your profession behind the orienteering?

I work at Perpetual Investments as the Manager, Responsible Investment. I help achieve Perpetual's environmental, social and governance objectives and our other responsible investing goals.

5. What is your most favourable terrain/landscape?

My O technique has always been pretty average. Also these days I'm a bit fitter so running in street/metro events (not too technical) suits me better, as well as being more convenient. I've decided I don't like sprint O - trying to spike 30 controls in 20 minutes is not my thing. My control/punching technique is not good enough!

6. What are your dreams and goals in Orienteering?

I truly believe orienteering is a great sport and 'for life' but family and other commitments and the lack of good terrain in and around Sydney (Sydney sandstone anyone?) has curtailed my 'proper' orienteering in recent years.

My orienteering role model is my Mum - if I can still be bashing around in some form of O for another 30 years or so I will be very happy. If the kids take it up, even better. Also I'm becoming a cranky old man when I think a control is in the wrong place or the map is dodgy - I need to chill out and accept the rough with the smooth.

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

More! I don't do enough! In my view Bennelong (like many clubs) relies too heavily on people like Terry Bluett, who is an absolute legend. I believe the sensible option to be considered is club amalgamations - Sydney doesn't need as many clubs as it has now. Ditto age classes/courses - simplifying this would ease the organisational burden.

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

Be nice to run in Europe one day.

9. What do you like in orienteering the most?

Getting a hard workout, but because you are concentrating so hard you don't realise it!

Club's New Member Interview:

Cheryl Davies:



Profile: Full name, age, place of origin

Cheryl Davies – age 41, I am originally from the Wirral in the UK which is very near to Liverpool, and I have been living in Cremorne for just over 18 months.

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

I joined the club at the end of 2013 after being introduced to the club by Brett Sewell.

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

I don't recall when I first heard about orienteering – possibly when I was in the Girl Guides.

Although I had wanted to try it for many years, I thought you had to be a runner and it put me off going along. When I heard about the Summer Series and that there was a walking category I was keen to give it a try.

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

I suppose the last time I can recall was during a team building exercise at University, we went on an adventure weekend and one of the tasks was orienteering. I really enjoyed the map reading and being in the forest in Yorkshire, UK.

4. What is your profession behind the orienteering?

I work in Oncology Software for a Medical Devices company. We provide equipment for the treatment of Cancer, and the software allows the department to do everything from scheduling

appointments, through to recording diagnoses and controlling the machine to deliver treatment.

5. What is your most favourable terrain/landscape?

I have been surprised by how much I have enjoyed orienteering in the bush. I particularly enjoyed the weekend in Wagga Wagga last year. It was amazing to be surrounded by a mob of Kangaroos at one point. I will admit that I am not a fan of hills, but as my fitness improves, these are not as much of an issue. The scenery often helps to take your mind away from the hill you are climbing.

6. What are your dreams and goals in Orienteering?

I am hoping to improve my fitness, Orienteering means I go up hills I would not choose to attempt otherwise. My goal is to not come last in the Masters Women section, and to keep improving from there. I was fortunate to come 3rd in the Walking Women category last year, and I have changed categories so that I can introduce some running.

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

I am willing to volunteer and help in any way I can.



amazing to take part in.

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

I haven't really thought of this as I am still very new to the sport, and being such a long way from home, most of my leave is being used up in trying to see my family. However, I was very jealous when I heard about the sprints at Venice, last year. That would have been

9. What do you like in orienteering the most?

I love the social atmosphere, I really enjoy the scenery and the fact that whilst I am out on the course, I am unable to think about other things. This is a really good stress reliever.

Joel's Story:

Running 27km for Cancer Research – Thank you for your support!

I would like to thank you very much for your donation and support for our fundraiser. Your generosity is very much appreciated and does make a difference. We managed to raise \$5,634 for the Australian Cancer Research Foundation.

We had perfect weather, a gentle tailwind and stunning views along the way. I even ran an extra 3km, spurred on by your support, to make it 30km!



Photo 1 on the day



Photo 2 on the day

ENJOY READING!

Our next Newsletter is scheduled for April, 15th 2015.

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

Marina ISKHAKOVA,
Bennelong Northside Orienteers Blueprint Editor

Marina.Iskhakova@gmail.com

Mob. 0412 308 310