

# Blueprint

Issue 3/2015 - October, 25<sup>th</sup> 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

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## President's Report October 2015

As I write this we have just completed our 1st Summer Series event. It was great to catch up with many of you who come out in summer but are rarely seen in the winter season. I can only say that there are plenty of worthwhile events during the winter season, usually they are more challenging courses than in the Summer Series and there is no viewing the course beforehand. I can recommend these events to you when the next winter season comes around.

I'd like to welcome new members, **James Southwell and Martin and Dorissa Nasserian**. It was great meeting you at our Summer Series event on Wednesday. On memberships, you can now renew your memberships through ONSW website and it will be valid up until the end of 2016.

**Bennelong Christmas Barbeque** will be held on **Sunday 6th December** at Manly Dam, we have booked table 1, the closest table to the entrance. So if you do not have a Warringah Council sticker, it will not be too far to walk if you don't want to pay the parking fee. Table 1 is undercover, has power and electric barbeques. We will have an orienteering course for adults and another for children. Put the date in the calendar, I hope to see you there.

It was great on Wednesday, getting packed up so quickly with the many helpers. Also thanks to helpers who worked on start, finish and registration. A special thank you to Cheryl who arranged to get access to toilets in the Wakehurst Golf Club and Seaforth Bowling Club when we found that the toilets were locked, even though we were advised the day before that they would be open.

Looking back at the winter season, the Australian Championships were held in the Ballarat area. 9 Bennelong members went along, Graham was the driver for the NSW junior team bus and the rest of us competed. There were some excellent performances from our club members. The best were:

### Australian Sprint:

Fedor 3rd M35A

### Australian Long Champs:

Fedor 1st M35AS

Gordon 4th M60A

Marina 2nd W35A

Eric 2nd M45A

(Marina and Eric would have more places if they ran their age group in other events, they ran Elites in Sprint and Middle)

#### Australian Relay:

Eric and Fedor 1st M35A in the top NSW team

Gordon 3rd in M55A in the top NSW team

Marina 4th in W21 Elite the top NSW team

Steve and Terry 5th in M65A in top NSW team

5 of our members travelled north to compete in the Qld Championships, I was the only one not to get a place. Our 3 1sts were:

Gordon 1st in M55A

Alitia in 1st W21AS

Cheryl in 1st W55AS

Darren was 3rd in M35A

I'll write more in another part of this newsletter. The trip was great and well worth the long travel.

#### Coming events

**18th Nov** Rodd Point set by **Steve Flick**

**23rd Dec** Clifton Gardens set by **Bob Morgan**

**6th Jan 2016** Manly Vale set by **Richard Pattison**

**10th Feb** Pennant Hills set by **Wayne Pepper**

**31st Mar** Lane Cove set by **Brett Sewell**

We also have a sprint on **13th March** at Georges Heights Mosman and our big event of 2016 is the **1st State League at Hilltop on 19th March.**

So it will be very busy for our club in March next year. Wishing you all the best and I hope to see you at orienteering soon.

**Terry Bluett**

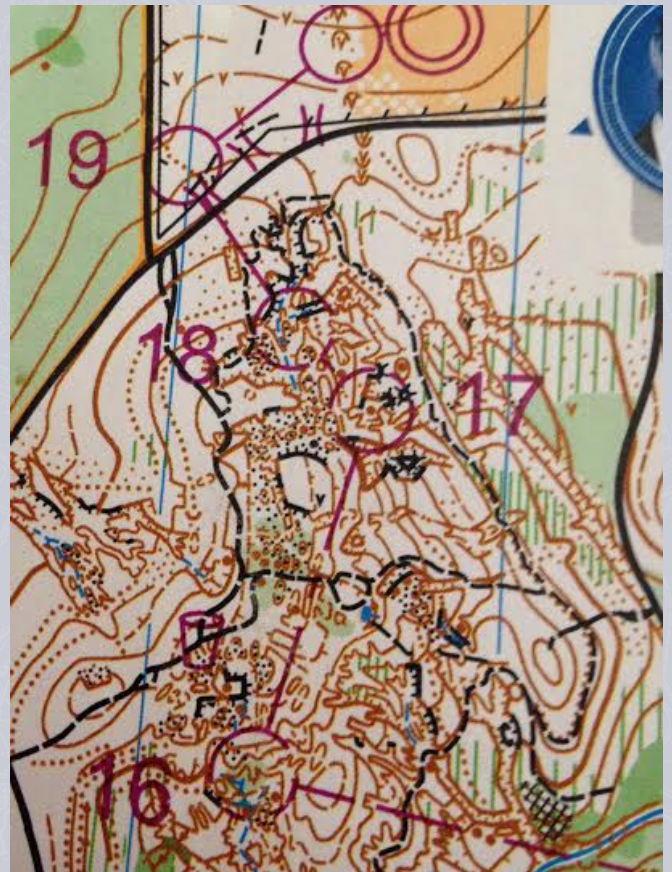
## **Australian Championship 2015-10-24**

### **Gordon Wilson**

I really enjoyed the Aus champs carnival. I loved the gold mining terrain which included some of the most technical detail you will ever compete on. My highlight would have to be my near perfect run in the sprint champs. If only I had been five seconds faster.

### **Marina Iskhakova**

Gold mining in Ballarat was one of the most challenging terrains I ever experienced in my life.



Gold mining in Ballarat was one of the most challenging terrains I ever experienced in my life. I heard a lot and was very well alarmed about the incredible complexity of that terrain, but still I underestimated how really complex it could be. The main thing that caused troubles for me (and assume I'm far not alone) that the terrain gave you no logic and any logic could help you to

predict or to analyse where you might be if you get distracted even for 5 sec. It took me 6 min to get from CP17 to CP 18 when the best split was under 1 min. I'd describe this terrain as "sophisticated chaos" but would return there as to get a chance again to test own skills.

After 1 year injury last year, this year I returned to Elite just to see how much people progressed for year and be satisfied with two 17<sup>th</sup> places as the best possible for me.

Fedor took the smart decision to compete under his age W35A and was happy and very satisfied being on a podium every day☺!

On the way back we got a chance to experience more of Australia and get familiar with many sightseeings of little town Seymour. We never planned to spent part of holidays there until on a way back, our fantastic car (pretty old though, from 2001) was completely broken and the transmission has died. After lengthy discussions, the car was towed to a car yard for a details and we get back .... \$200. We and girls said "buy" to our dear car and our friends from Melbourne brought us back, we rented another car and a day later retuned after AUS Champ to Sydney.



## Queensland Championships 2015 in Kingaroy

Way back at Easter in South Australia, Eric Andrews was spruiking his new map in the Kingaroy area that would be used for the Queensland Championships. I took the bait and I'm glad I did. Also taking the bait were Darren and Alitia and Gordon.

Kingaroy in peanut and John Bjelke-Petersen territory had never held orienteering events before. Driving into the event, signs were not good, we had to stop for a large snake crossing the road and the bush looked thick and devoid of features. By the time we arrived at the assembly area the bush had opened out and there were scattered granite rocks around.

The long walk to the start confirmed that the area was ideal for orienteering, grazed paddocks, with a fair covering of bush and a mixture of complex and friendly granite. Another wildlife encounter I had at the start was the sight of a dingo, I'd never seen one before at an orienteering event.

There were a lot of others from interstate who took the bait. We had 20 starters in my M65A age group, a number never before reached at the Qld Champs.

Alitia was visiting her parents in Brisbane and the family were all at the event, she had a close battle with her sister to win W21AS. Gordon had an impressive win in M55A and Cheryl surprised everyone including herself to win W65AS. Darren was 3<sup>rd</sup> in a small field but had to compete against Geoff Lawford who had recently won the sprint in the World Masters in Sweden.

One negative about the event was that the badges had disappeared, Australia Post reckon they were delivered but the organisers didn't receive them, so they had to quickly print out certificates for the place getters.

I'll let the map speak for itself, a truly great event on a great orienteering area.

Terry Bluett

### Marina Iskhakova

It was a warm-up event for us before heading to Anglesea for Australian MTBO Champ in November.



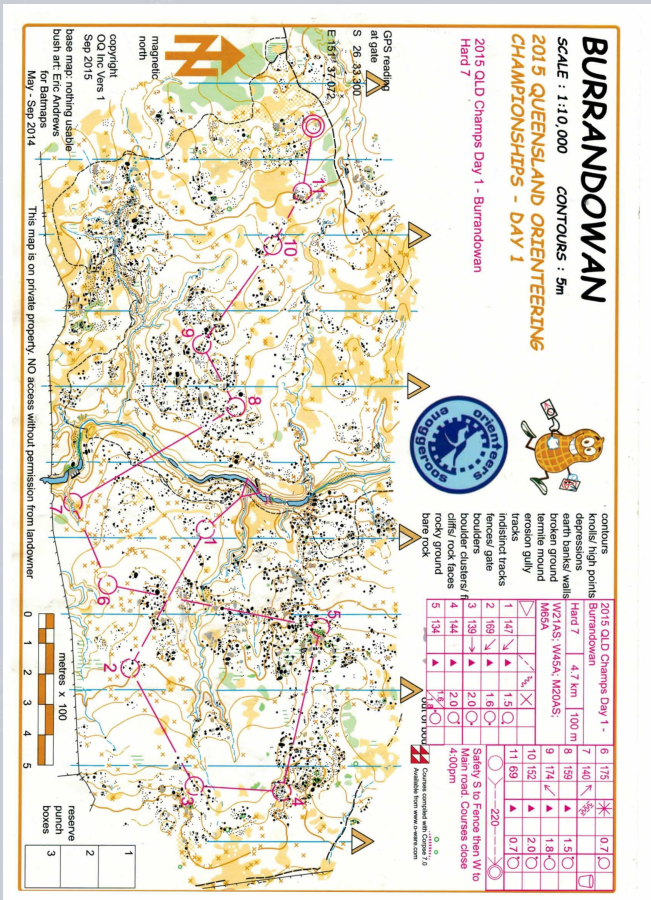
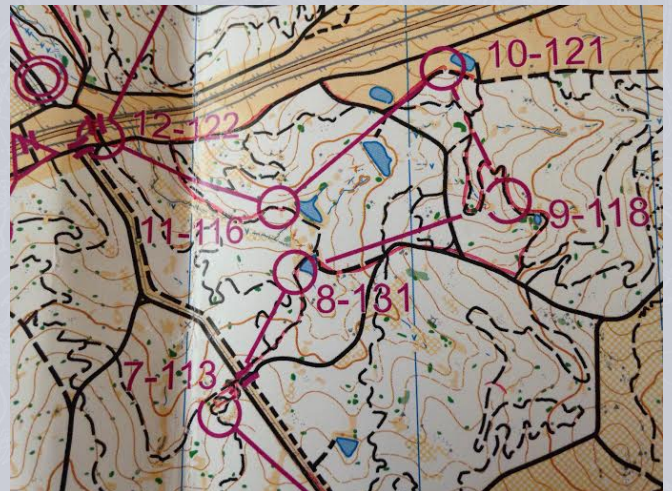
The event offered 3 events – Middle in Sparrow Hill, Sprint in Bruce and Long at Pierce’s Creek.

It were not more than 50 people in total, but in each group at least 3 top were very competitive.

First 2 events had very enjoyable fast single tracks in an open bush, so it required a very fast technical navigation and an ultimate speed to win.

Long was a very tough about 90min ride with not less than 600m uphill on a course.

I took two 3d places on a Middle and Long (behind the Carolyn Jackson again) and I took the first at Sprint. It was another very enjoyable o-weekend☺!



### ACT MTBO Championship 2015 in Canberra

#### Michael Halmy

As you know I attended the middle distance and sprint events at the ACT MTBO championships last Saturday. I didn't stay for the long distance event on Sunday. The trip was a bit of an experiment to see if I liked MTBO enough to venture down to Victoria for the national MTBO championships next month. I'm happy to say I enjoyed my day. Just one mistake in the MD cost me 8 minutes when I had to backtrack for a missed control that put me on the wrong side of the one-hour mark. There were some nice long fast stretches over the last few controls of the sprint. Nice compensation for some of the tough climbing earlier.

## Club's New Member Interview:

### Brett Sewell



Brett Sewell, Masters Male (but not Veteran yet)

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

I joined Bennelong the year the SSS changed their pricing. I guess it was a necessary evil. I joined Bennelong because of all the hard work and effort Darren and others were putting in to keep the club alive. Most of my family have run for Bennelong at some time.

I resisted joining a club for as long as possible. Orienteering to me was just the act of reading a map, not a sport - why walk & run when I can just ride my bike and get there twice as fast. I attended the summer series as a way to relax after work, meet up with other adventure racers and try and get better at running - without visiting a gym.

I put off going to the summer series for quite a while. Excuses like it was too far or it was too hot or work was too busy. However, there was an event at Ball's head and walking distance from work. After the first event, I was hooked.

#### **2. What is your most favourable terrain/landscape?**

My most enjoyable orienteering terrain/landscape is night time orienteering. I enjoy the weightless feeling of running at night - something that troubled me the first few goes as I was certain I would trip on an unseen tree root. It turns out all you need to do is run faster. The running tracks along Anderson park are soft and inhabited by small mice that scatter when you shine your head torch on the path. It's also interesting to see the perplexed look on the locals face as they try to comprehend people dashing in and out of tracks only to scribble something down on a piece of paper before hurrying off in another direction.

#### **3. What are your dreams and goals in Orienteering?**

I wouldn't say it's a dream or a goal, but I worry about the future. I don't want to get to a place where someone wants to hold an event but can't due to lack of helping volunteers. It's great that we are focusing heavily on the under 18s and getting them involved in orienteering. However, I believe it's the 22-40 something that don't have kids, we need to target. They can help replenish the aging members and run events.

My other goal is to finally improve my average score. It has been stubbornly sitting at the same average percentage for far too many seasons.

#### **4. How would you like to contribute to BN club?**

The state leagues and I don't see eye-to-eye. So my focus will be on the less 'serious' orienteering events. I'm happy hosting a summer series event, but I'm keen to try something like a metro league event. I do believe cross pollination is essential so perhaps in the future I will help out with some of the other disciplines that are held less frequently such as the Paddy Pallins and adventure races. If orienteers are there representing their sport (and club) perhaps more people will come to the weekly Southern/Western/Sydney summer series

or the metro, the moonlight madness and eventually the state league.

### 5. What are countries you are dreaming to do orienteering in?

I'm not dreaming to visit any countries to orienteer in. There is more than enough of Australia to explore. But if I had to choose I would like to go somewhere special like Venice or Seville. Urban orienteering with a crazy maze of narrow lanes and alleys would be amazing.

### 6. What do you like in orienteering the most?

I think what I like (and what I miss) is thrill of the hunt. Perhaps not stumbling through the bush looking for the termite mound 1.2km NNE from the creek, but taking the optimal path and being on the correct level of the car park/underpass or finding the correct grove of trees for the control at centennial park or spotting the red reflector with your torch beam. Perhaps events can be created where higher scoring controls are harder to spot/see?

### 7. Your wishes to BN members:!

My wish would be for everyone to get through the season or seasons with out loosing their SI stick. From experience those little guys are expensive to replace and easy to drop. Other than that - don't stress the little things. There will always be another map with another set of controls to find.

## QUESTION TO BENNELONGERS



**What is your goal for this SSS 2015/2016 season and what do you plan to do differently this season to improve your performance comparing to the last year?**

### Peter Hopper:

I've been going to Sydney Summer Series for a dozen or more years now and although I've been generally improving year by year I've decided upon a self-imposed challenge for SSS's 25th anniversary.

When I first started SSS in the early 2000s Glenn Horrocks was rivalling his near-namesake Glenn Shorrocks (transpose the "s") for rights to 'It's a Long Way There'. And Glenn (Horrocks) has been 'doing the lot' ever since.

So in recognition of Glenn's mighty effort for all those years I'm going to attempt to do the lot at every event this 2015/16 season. And as a further mark of respect I've even invested in a bright yellow t-shirt (as Glenn used to wear) to highlight my journey to every control at every event - doing the lot of the lot. Wish me luck!



**Richard Pattison:**

After finishing 8th last year in MM and 10th the year before, I hope to make 7th this season. However, with a number of better orienteers moving up from OM that maybe too ambitious! Having competed in 3 series, I feel it's time to give back, so I'll be setting my first ever course at Mermaids Pool in January, helped by my girlfriend Melissa who has orienteered since she was knee-high. Those extra ~20 points for course setting will come in handy😊!

**Joel Putnam:**

I am looking forward to experiencing some new areas and enjoying the social aspect that comes with summer series. It will be a bonus if my performance steadily improves through the season.

**Brett Sewell:**

Get there earlier. Last year was too much rushing around and fighting the traffic. Less stress, more fun, better run.

**Stephanie Allen:**

Goal: I don't really have one, I just like the outdoor exercise and enjoy the uncertainties of planning and navigation...  
Do differently: attend more often!

**Bob Morgan:**

My goal for the new SSS season is to be on time more often. I was rarely back inside 45 minutes last season and it cost a lot of points.

**Brian Brannigan**

Goal: Finish higher than Chris Cunningham.  
Method: Be less ambitious on the hilly courses!

**Marina Iskhakova**

This is my 6th SSS season. The goal is to get a podium place in Women Open, if not move next year to Masters Women and get podium there. To get Average higher than 85 and to attend not less than 20 events and to discover some new places in Sydney I never visited😊

**My previous seasons were:**

2010/2011: 12<sup>th</sup> in WO (18 events, 77 avr),  
2011/2012: 4<sup>th</sup> in WO (20 events, 92 avr),  
2012/2013: 12<sup>th</sup> in WO (8 events, 68 avr + baby Veronika was born on October 2d 2012:)  
2013/2014: 5<sup>th</sup> in WO (19 events, 87 avr)  
2014/2015: I didn't run because of injury  
2015/2016: Podium? Will see😊

**Fedor Iskhakov**

I plan to take part in at least half of the starts and beat Marina in each of them.

**Risk Management for Events**



The ONSW rules require event organisers to consider potential safety risks when they are planning events, and certainly for major events they encourage the preparation of a Risk Management Plan. I recently attended a seminar on "Risk Management for Sporting Clubs" organised by the NSW Government Office of Sport and Recreation, and I also have some professional experience in this area. If you are organising an event, I am happy to help with this – "the earlier the better but it is never too late".  
Talk to me!

Rodney Parkin



**ENJOY READING!**

Our next Newsletter #4 is scheduled  
for December, 20th 2015.

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

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