



Blueprint

Issue 1/2016- April 10th, 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 visibili
Slow run, poor visibili
Walk/fight, good visibi
Walk/fight, poor visibi
Impenetrable
Other vegetation po

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President's Report, April 2016

The last month was the biggest orienteering month for Bennelong in a long time. Since 13th March we have organised a Sprint Series, a State League and the Sydney Summer Series final. Between all that we competed in the first Metro League of the season, the Australian 3 Days at Easter and the NSW Middle Distance and Long Distance Championships.

I am very proud of the quality of events we produced. Special thanks go to all the organisers and course setters at those events and to all the club members who chipped in to help. First of all Bob Morgan set the final sprint of the season at Georges Heights. The Harbour Trust was very uncooperative so Bob had to redo the courses avoiding the Harbour Trust land.

Next was the 1st State League of the year. Again changes had to be made to the courses to reflect changes in vegetation. Darren Slattery set some challenging courses using a small part of the Wattle Ridge map using some innovative ideas,

with the longer courses printed on both sides of the paper with the second half of the courses



travelling over much the same country as the first half. Special mention should also go to Alitia Dougall, the organiser. Alitia was very thorough in her submission to the NPWS, her thoroughness in addressing all the conditions earned praise from the NPWS authorities. As controller of this event I can only give the highest praise to both Darren and Alitia.



Finally what a great evening of orienteering and celebration in the SSS finale at Lane Cove Country Club. Brett Sewell set a challenging course, made all the preparations for use of the club house for dinner, drinks and presentation night. Well done, Brett. Who can forget the control in the tunnel lit up with fairy lights. It was a fitting finale for the end of a great season. I'd also like to recognise some of the great performances by club members over the last month. We entered 4 teams in the Metro League, 3 of our 4 teams won their first match. It was great seeing first timers at Metro League having great runs, in particular the Butler family and James Southwell who are improving at every event. We had no trouble filling our teams but as we are organising the next



Metro League we will need new runners to fill all our teams as some of us will be unavailable. In the Metro League season both Richard Morris and Mel Cox were overall winners. Richard won 20 out of 23 races in Veteran Men, while Mel won 15 of 19 races in Superveteran Men as well as 5 of 6 in Walking Men. Other placegetters were Alison Curtin and Sharon Lambert 2nd and 3rd respectively in Veteran Women, Tshintina Hopper 2nd in Junior Women, Steve Flick 3rd in Legends Men and Kathy Cox 3rd in Walking Women. Close also were Marina 4th in Open Women and James Southwell 4th in Master Men. James's improvement through the season can be demonstrated by scoring in the 60s in the first 2 events and getting two 100 pointers in the last 3 events. In the big events against the top competition in Australia, we had 5 2nd

placegetters at Easter. They were Alitia Dougall in W21A, Darren Slattery in M35A, Eric Morris in M45A, Gordon Wilson in M65A and Terry Bluett in M70A. In the NSW Championships Cheryl Bluett had a breakthrough win in W55AS in Middle Distance.



In the Long Distance event the 2 outstanding results were 3rd Places to Marina Iskhakova in W21A, less than a minute off 1st place and Clyde McGhee 3rd in M14A. There were other placegetters in these Championships but Marina and Clyde were the most significant results.



Wishing you all the best in the winter season and I hope to see you at an event soon.

Terry Bluett

Introducing Julian Ledger



Originally from the UK and moved to Western Australia when I was 23. At school had done cross country running and trekking with cadets. At Warwick University joined the mountaineering club and loved climbing, maps and navigation.

In Perth in 1980 I got involved in the new sport of rogaining which had spread from its place of origin in Melbourne. I liked the score format with all its complexity of route choice and the 12 and 24 hour events with night navigation adding to the challenge. Also tried orienteering for the first time to build up my navigation and compass skills which were still rudimentary.

In 1987 married Akiko and we moved to Sydney where I took up the role of running the YHA which I do to this day. One of the YHA volunteer directors was Rob Spry who soon had me joined up with Bennelong Orienteers. In 1989 we took part together in the Paddy Pallin 6 hour rogaine. I learnt that Sydney sandstone bush can be very very thick. The annual Paddy Pallin rogaine had previously

been run by Orienteering NSW but had been passed onto the Rogaining Association as it better fitted the rogaine format. This marked early cooperation between orienteering and rogaining. There were only about 100 competitors. The following year I got involved in the organisation of the event with legendary Big Foot orienteer and rogainer Warwick Marsden. Over the next few years we built it up to over 600 participants each year and I continued to run the event after we lost Warwick to cancer. Always held on the Sunday after the long weekend in June the timing works well as a mid-winter event and attracts many orienteers.

There was a period of debate as to whether rogaining was a type of orienteering or whether it would best develop as a sport in its own right which is



how it has turned out in Australia. One thing I've liked about it has been the strong links with bushwalking and bushwalking clubs and the number of new people it has introduced to compass sports. In 1992 the first World Championships were held in Victoria. I attended these and the next three in New Zealand, Canada

and Western Australia. This Australian sport has now spread worldwide. In 2006 we hosted the 10th World Championships here in NSW out at the Warrumbungles. This year they are back in Australia near Alice Springs in late July.

In October 2015 having reached a milestone birthday I completed a 25 day trek in Bhutan walking 350km and crossing 11 high passes. Returning to the Summer Series I talked up the high altitude training and lost weight but the other super veterans were not intimidated! Then at the Wentworth Park event I had an argument at speed with a tent guy line. Now recovered I'm fit for the winter season.

With the commitment to rogaining and managing a not for profit business often involving travel and taking up weekends not to mention raising a family I've not always had enough time for orienteering. Regrettably more of a consumer than a contributor. However, having stepped back from rogaining leadership and with kids now grown up it will get easier. As a club Bennelong has an international mix of members and a relaxed and supportive atmosphere which is great. I guess our challenge is to attract and retain more younger members essential for the Club's renewal. Whilst us veterans and beyond are obviously uber cool it might not appear so to the next generation and no doubt in due course they will want to try out new ideas for Orienteering and we will need to be open to that.

Interview with James Southwell – a new club member



Profile: Full name, age, place of origin

James Akira Southwell, 37, Sydney Australia

1. When did you join the club? What was a main motivation to join?

I joined Bennelong Northside in October 2015 prior to the start of the Sydney Summer Series. My main motivation to join was to become more active in orienteering and attend major events with a club as opposed to an individual. In terms of choosing Bennelong, that was an easy choice knowing the Bluett family whilst growing up in the Northern Beaches.

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

Not exactly. I discovered orienteering whilst being a member of an outdoors club at university. The exact time I had heard about the sport would be either:

- At a Rogaine event whilst participating in a university team.
- The Sydney Summer Series which was advertised as an outdoors event during the summer recess.

- An Orienteering NSW representative that gave a presentation at one of the club's monthly meetings.

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

I orienteered for the first time in Sydney during either the 96/97 or 97/98 Sydney Summer Series.

4. What is your profession behind the orienteering?

My main profession is an Aerospace Engineer.

5. What is your most favorable terrain/landscape?

The most favorable would be spur and gully terrain in open forest with no brown snakes and no pot holes.

6. What are your dreams and goals in Orienteering?

As a teenager and young adult I was never good at running and suffered running related injuries so the thought of being competitive in the sport was effectively precluded.



It was only later in life that I learnt how to run injury free and a renewed interest in orienteering evolved. In effect I am now living my dream! My main goal is to learn the technical aspects of orienteering, in particular how to read

orienteering maps effectively. I still have a lot of trouble! There are few formal training sessions offered so I plan to attend as many events as possible to get access to a wide variety of maps and familiarise myself with the orienteering language. I would also like to enter major events both nationally and internationally. In the past I have only entered two such events, the Vancouver Sprint Camp and the Ottawa O-Fest which were both incredibly well organised and memorable. Another near term goal is to take up mountain bike orienteering again which I was introduced to whilst living in South East Queensland many years ago.

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

This year I am looking at helping Terry to create a new Summer Series map for the Belrose area. I would also like to participate in the inter-club Metroleague competition when I am available. The club could do with a boost in membership so if the club plans to run promotional stalls at public events etc. I would be keen to help.

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

Largely European countries as most of the major events seem to be focused there. Countries like Scotland (Scottish 6 days), Britain (London Ultrasprint), Sweden (O-Ringen), Greenland (Nuuk O-Fest and Arctic Midnight Orienteering), USA (Anza-Borrego Desert Orienteering) are on my wish list!

9. What do you like in orienteering the most? The fact that orienteering is an outdoors organised sport that has can be run in adverse weather relatively safely. Particularly during mid-season when many sports just stop altogether, orienteers can be found out there having fun.

10. Your wishes to BN members:) Wishing to all Bennelong members that their SI stick indeed sticks firmly to their fingers, their compass capsule remains bubble free and that brown branches remain brown branches and don't coil up and come alive!

HALL OF FAME

SSS Top performers

Bennelong 10-Top performers

1. Mel Cox (1st place SVM)
2. Sharon Lambert (3d place VM)
4. Kathryn Cox (3d place WW)
3. James Southwell (4th place MM)
4. Cheryl Bluett (4th place LW)
5. Marina Iskhakova (4th place OW)
6. Gordon Wilson (5th place SVM)
7. Gwen Sewell (6th place IW)
8. Darren Slattery (8th place MM)
9. Alitia Dougall (8th place OW)
10. Bob Moragn (11th place SVM)

Bennelong 10-Top average-scoring

1. Mel Cox (avr 100)
2. Marina Iskhakova (avr 95)
3. Sharon Lambert (avr 94)
4. Gordon Wilosn (avr 93)
5. Steve Flick (avr 92)
6. Tshintsa Hopper (89)
7. Bob Morgan (avr 88)
8. James Southwell (avr 87)
9. Darren Slattery (avr 85)
10. Julian Ledger (avr 82)

Bennelong 10-Top attenders

1. Peter Hopper (26)
2. Gordon Wilson (24)
3. Brett Sewell (24)
4. James Southwell (23)
5. Bob Morgan (23)
6. Sharon Lambert (21)
7. Wayne Peper (20)
8. Darren Slattery (19)
9. David McGhee (19)
10. Marina Iskhakova (19)

QUESTION TO BENNELONGERS



Describe your SSS season 2015/2016 with 1-2 words and please share what you are proud of in this season.

Chris Cunningham

I describe this season as "You can't be serious Chris"

Joon Hook

Nothing funny or exciting. I've only done a few events each season. Last year I did the Manly dam as my first time and had a negative score, this year Mermaid pool I got about 100 points. So "better season" for me.

Stuart Butler

Perhaps "fast and furious".

This year I enjoyed getting my children more involved in the sport and having one of them start to get competitive with me. I'm not sure how long I will be able to beat him on the streets but he still has some way to go on bush courses.

Personally I have improved a bit in my navigation & my fitness and more importantly in combining the two of them.

James Southwell

Memory Lane

I am really happy to have been able to make it to so many events and to get to know other Bennelongers. The consistency also allowed my running, map comprehension and course planning to improve markedly throughout the season.

Peter Hopper:

Arduous & convoluted. For which I needed to be thorough & persistent.

Fedor Iskhakov

Desperately trying got escape from work.
I'm proud of participating in at least 12 out of 26 events.

Marina Iskhakova

This season was promising and stable:

2015/2016: 4th in WO (19 events, 95 avr)

My previous seasons were:

2010/2011: 12th in WO (18 events, 77 avr),

2011/2012: 4th in WO (20 events, 92 avr),

2012/2013: 12th in WO (8 events, 68 avr + baby
Veronika was born on October 2d 2012:)

2013/2014: 5th in WO (19 events, 87 avr)

2014/2015: I didn't run because of injury

Marina and Fedor's Google Trip, January 2016

Everyone has giant, big, and small dreams. One of my side big dreams was to get inside of main Google office in Mountain View in California! In January Fedor's key Conference/Job market for Economists has been scheduled in San-Francisco. That is only in 35 miles from a breathtaking Googleplex. But rule on Google website says that only a current Google employee from Mountain

View main office can arrange a visit and accompany you during your visit.



Unfortunately we didn't have any friend - current Google employee.



But we realised that we might have some friends who work in Google in other countries and also who work in other high-tech companies in SF area, but also I dared to update my Facebook status asking for sharing a Friend-Googler for 1 day! The same day I got 5 contacts of Googlers from San-Francisco area who were keen to meet us and help out! January 6, 2016 was a big day, we hired a car (not Tesla yet) and started our journey to Googleplex.



At 10am as we agreed, our new friend was welcoming us to Googleplex. It was pretty happy and special moment for us and pretty ordinary moment for him as about 10-20 similar requests he receives from people all over the world asking him to show his workplace.

He couldn't get us to the offices where main R&D staff develop products that will be in the market in next 5 years (he told, it is a "brain" zone, that is kept strictly closed from visitors), but he shared with us a life of ordinary employees at Google, who have free-food in max 150m from his/her workplace, who can exercise, dance, draw (etc.) during their working hours (if it stimulates their thinking), we have seen several work-out stations equipped with laptops, we have seen very many happy, friendly but very determined and focused people, who are on a mission of creating a better future for all of us.

It was fantastic to see that everything there has been made with the reason. Colourful bikes, not because people only like biking, but because it helps them to save time and to interact more, means helps to produce more creative innovative ideas.



Fedor was particularly fascinated by Google mapping cars that drives on streets all over the world and updates maps that we all love using when go to some remote or nearby events.

It was incredibly exciting, surprising very much fun day of joy at a Googleplex!



We clarified that no orienteering events took place on a campus so far! So next big dream to make it happened and to take part in the first Orienteering event at Googleplex. Look, it really will be a special run☺!



ENJOY READING!

Our next Newsletter #2 is scheduled for August, 15th 2016.

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

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