



# Blueprint

Issue 2/2016 – November 6<sup>th</sup>, 2016



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 visibil  
Walk/fight, poor visibil  
Impenetrable

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## President's Report, November 2016

The Summer Season is now here, and the Australian Championship season has just gone. This will be Marina's last newsletter as she and Fedor have moved to Canberra to take up positions at ANU. I'd like to acknowledge the great work they have done for our club in the 5 years they were in Sydney. Marina's enthusiasm and infectious good cheer will be missed, but I'm sure we will see both Marina and Fedor at events, particularly in events between Sydney and Canberra. We wish you all the best in your stay in Canberra and look forward to seeing you from time to time at orienteering events.

Bennelong has quite a busy program over summer. First we have the SSS event at North Harbour Reserve, Balgowlah on 19<sup>th</sup> Oct set by Peter Hopper, then on 30<sup>th</sup> Oct we have a western SSS event at Lake Parramatta set by Richard Morris, after the run the NSW orienteering presentations will be held. On 30<sup>th</sup> Nov, Rod Parkin is setting a SSS at Killarney Heights.

Keep free Sat 17<sup>th</sup> Dec free if you can for our Christmas barbeque at Manly Dam, we have

booked Table 1 at the dam on that day. It has shelter, power and is the closest table to the entrance in Manly Dam. We'll have an orienteering course and there will be plenty of opportunity for swimming and water sports.

On 21<sup>st</sup> Dec, Rachael Povah will be setting a SSS event at Chinamans Beach, Mosman and on 11<sup>th</sup> Jan 2017 Brett Sewell will be setting a SSS at Baden Powell Scout Centre at Pennant Hills. 22<sup>nd</sup> Jan could be a busy day for us, tentatively Steve Flick will be setting a course on the Central Coast at Pearl Beach and I will be setting a Sprint Course at Mona Vale Public School that evening. Both events are yet to be confirmed.

In Feb we have a SSS event at Wyatt Oval, Belrose on the 8<sup>th</sup>, James Southwell was going to set this event but he has moved to Canada, My name is in the program but if anyone else would like to set this event please let me know.

The final event of the Summer season will be at Lane Cove Country Club on 30<sup>th</sup> March, Mel Cox is setting this event, afterwards we will have the SSS presentations at the clubhouse.

Finally, I'd like to wish all the best to Darren and Alitia. Their wedding is coming up on the 29<sup>th</sup> October. Darren and Alitia are made for each other, they are 2 of the nicest people you could ever meet and they have both great workers for our club.

Sincere Congratulations to Alitia and Darren from all Bennelongers!!!! We wish you a wonderful and special family journey, our dear beautiful Orienteers!



**Darren and Alitia on their beautiful Wedding Day, 28<sup>th</sup> October 2016**

### **Terry and Cheryl's Overseas Trip**

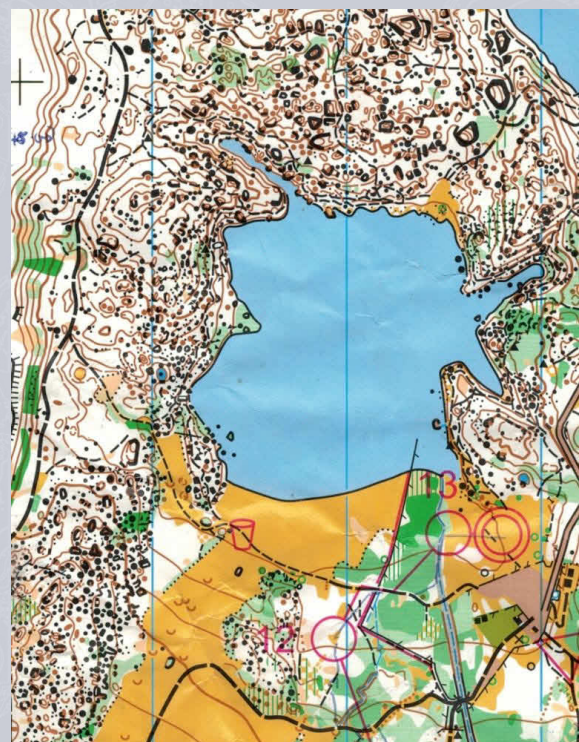
This year Cheryl and I went on an overseas trip which included 3 orienteering carnivals with a week as tourists between each event. Our orienteering started with the OO Cup. This annual event is usually held in Slovenia but this year it included events in 3 countries, Austria, Italy and Slovenia. On all days the terrain was technical, the views stunning and the experience memorable.

Our accommodation in Villach, Austria was within walking distance from day 1, a very detailed mountainside on the outskirts of the city. Day 2 and day 3 were at Lake Fusine in the very NE corner of Italy, here the terrain was dominated by huge rocks in one of the most beautiful settings you could imagine. We left our car at a ski jumping centre in Slovenia and were bussed over the border and up steep mountain roads to Lake Fusine. The last 2 days were at a downhill ski area in Slovenia, day 4 was a sidehill, downhill run after getting to the start by chairlift and completely different terrain but nearby on day 5 was tricky karst sinkhole terrain.



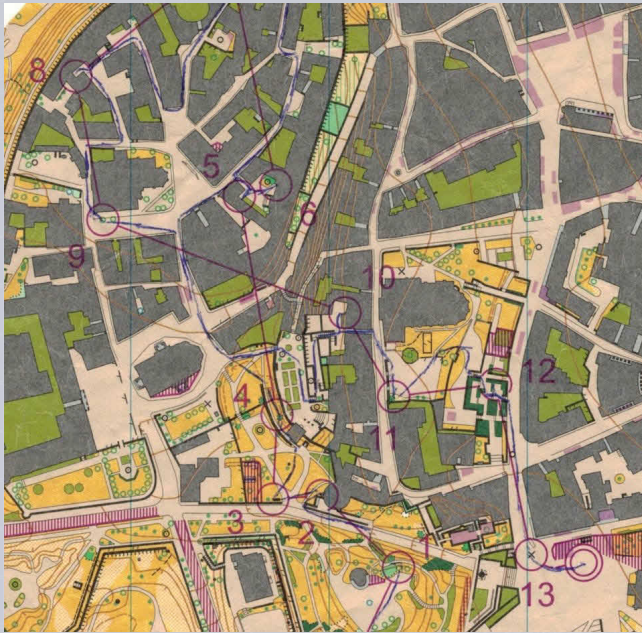
Lake Fusine

After a few days of exploring Berlin, we travelled to Tallinn, Estonia for the World Masters Orienteering. There were 50 Australians among the 4000 competitors. The sprints were held in the Old Town, Tallinn with its cobbled streets and narrow laneways in a random pattern, there were plenty of tourists about, so dodging through crowds was part of the course. This was my best event where I came 28<sup>th</sup> in the A final. There were 330 M70s in total so coming in top 10% was



pleasing for me. I couldn't handle the forest terrain nearly as well and only qualified for the B final and didn't do well in that. Most Australians did worse

in the forest than the sprint the exception was Natasha Key who won every event in W45, both sprint and forest.



Tallinn Old Town



Satelliten

Our week of tourist after World Masters included a few days in Stockholm and a few days in Oland an island off the SE coast of Sweden. We then travelled to Stromstad on the NW edge of Sweden near the Norwegian border to watch the World Championships and compete in the spectator races.

The Sprints were held around the town of Stromstad, the Middle distance at Satelliten where the assembly area was in amongst huge satellite dishes. The final and relay were east of Stromstad close to the Norwegian border, in fact one control was right on the border. I found the navigation and physicality pretty difficult and it made me appreciate the skill and strength of the World Champs orienteers, we were orienteering in the same terrain but at a much slower speed. Stromstad is a pretty town with plenty of large bare rocks around and on a coastline dotted with rocky islands.



I'd recommend each of these areas if you happened to be orienteering in Europe, but my pick of them was Slovenia and the OO Cup. There the scenery was magnificent as well as challenging courses at half the price of the other events.

## QUESTION TO BENNELONGERS



### Please share what is your goal/drive/motivation for the new 26th started SSS season (2016/2017)?

#### Mel Cox

As for SSS, there are several aspects to my motivation:

1. I enjoy getting out and about in a different part of Sydney each week.
2. I enjoy meeting up and socialising with the SSS gang.
3. I am an inherently competitive person (I can't help it). My main goal is to place in Super Veteran Men, as well as not having to walk enough events to place in Walking Men. My secret heart's desire is to win the SSS Cup.

#### Julian Ledger

My goal for the new SSS season:

A top 20 finish in the rough and tumble of the Men's Super Veterans division by fair means or foul.

#### Brett Sewell

My motivation is to forget about work for 45 minutes and socialise with other runners.

On a line/fixed course my mind tends to drift and I follow others but a score course is constantly assessing and reassessing options.

#### Chris Cunningham

Do some orienteering events rather than just SSS and Metro.

Eliminate the idiot factor ! - the truly stupid mis-decisions and mis-reads that can cost minutes. More looking for the right exit, planning the next few minutes rather than just gasping up a hill and trying to avoid the worst bush, not trip over / not get run over.

#### Peter Hopper:

I've set myself another challenge for this SSS season by getting my 82 year old mother, Wendy, running. She has always said she would have loved to be a runner, but never has been. She's always walked a lot, and danced, and a few other active sports, but never fulfilled her wish to have been a runner. Until now!

I started by trainer her to do intervals - walking & running - 3.2km up and back along the Manly beachfront. She worked hard each time, had a good natural running style, and established a respectable PB.

The first Sydney Summer Series at Lavender Bay was her big test. She had obtained the confidence to run, but required a crash course in map reading!

I shadowed her and was amazed at how well she ran and navigated. And although I take the blame for encouraging her further than she should have gone (especially after there was no light left for a shadow), she still salvaged 130 points (after a 10 minute penalty) and earned 100 points in the Immortal Women's competition.

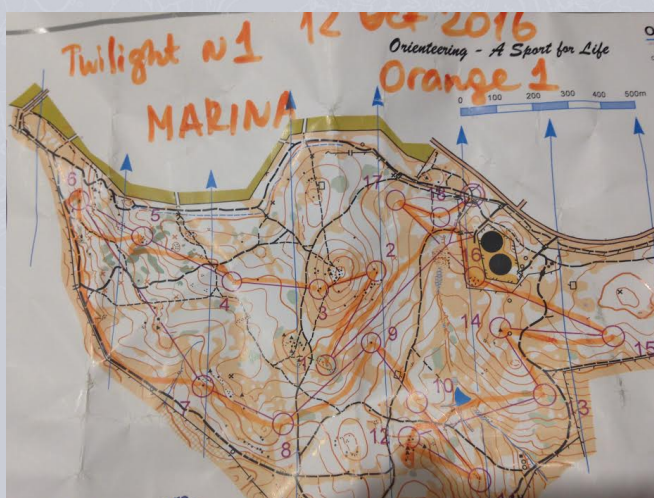
Now every member of my family has earned 100 points ..... except me. So perhaps that will be my challenge for next year.

**Marina Iskhakova**

Moved to Canberra Street-O Mondays  
(see the typical black-white map)



and twilight Wednesdays  
(typical Wednesdays terrain)



**Marina and Fedor's moved to Canberra,  
November 2016**

We would like to say a giant sincere Thank you to all Bennelongs and the best Orienteering Club in the world for welcoming us to the club and being an incredible teammates and friends. Starting July 2016 we moved for several years to Canberra, because of jobs at ANU. But once we come back and re-join Bennelong again with a new experience, new skills, new vision and maturity. We settled down in a quiet and nice suburb of Bruce and if one day you are in Canberra, please let us know. It were 6 fantastic years (2010-2016) of being Bennelongs and we will hope it will be many more to come.



**ENJOY READING!**

This was my last Bennelong Newsletter, for 6 years (January 2011 – November 2016) 18 editions has been prepared. Now Peter Hopper and Alitia Dougal will replace me, but I'll always will be happy to assist with the news and orienteering happenings from the Capital.

Thank you very much for all your incredible support, sharing your amazing experiences and reading and enjoying our Newsletter!

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