



# Blueprint

Spring/Summer 2019  
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[www.bennelongnorthside.com.au](http://www.bennelongnorthside.com.au)

Bare rock  
Boulders  
Boulder field, Boulder cluster  
Stony ground, rocky outcrops  
Crossable watercourses  
Marsh  
Open land  
Open land, scattered trees  
Runnable forest (White)  
Slow run, good visibility  
Slow run, poor visibility  
Walk/fight, good visibility  
Walk/fight, poor visibility

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### In this issue .....

Wednesday evenings are again occupied for Bennelong's runners and walkers by another Sydney Summer Series - at which you can now pay (for Bennelong events) without cash. And if you have an old SI stick, we'll buy it back! And help to improve your results with SI Air. *[Improve your results even further by (re)reading "How to Run Fast" in the previous Blueprint]*

Terry's review of the winter orienteering season includes his own performance, and don't forget the upcoming Bennelong Xmas party. Can we win Metro League next year? Not before we all volunteer for Easter 2020. NOSH had a surprise(d) winner (perhaps he read Richard's aforementioned article) but now we need some results. The 'Big Red Button' is waiting to be pressed. Enjoy the word games on the Puzzles page. Then find out, 'Are you as old as Bennelong?' All this and a bit more. Happy reading.

Peter Hopper

*Blueprint* is published twice a year - in Autumn for the coming bush orienteering season & in Spring for the transition to urban competitions.

Back Issues can be found at:  
[bennelongnorthside.com.au/blueprint](http://bennelongnorthside.com.au/blueprint)

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# President's Report

Bennelong was well represented at the recent Oceania Orienteering Championships. These were the toughest courses I've competed in for a long while. Most featured plenty of rocks and a lot of steep stuff. They provided personal challenges for us all, no matter what standard. Looking at my 3 to 4 leg at the Long Championships, which way would you go? My blue line trace is definitely not the best choice.

There were some good performances from Bennelong members. Tshintia Hopper captained the victorious NSW schools team which won the interstate trophy for the first time since 2002. Steve Flick was in the Australian team that won the ANZ challenge. Steve was in the winning relay team and 3rd in the Oceania Long. Alitia Dougall had three 2nd places in the carnival in the relay and in W35AS Long and Middle. Michael Halmy won M55AS in the Australian Long Championships and 2nd in the Oceania Middle.

Adding to the challenge there was a 2km uphill walk to start the Oceania Long day with quiz questions (about orienteering and other general knowledge) every 200m. It helped break the climb and I certainly appreciated it as I won the quiz - with 19 out of 20 correct answers - picking up a compass for winning.

The Sydney Summer Series has started again with a good roll up of Bennelong members and some impressive performances to-date. Dave McGhee set the course for our 1st Bennelong event and Steve Flick the 2nd. Thanks to all helpers on each day.

Our Christmas Party will be at Manly Dam on Sunday 15th December - Table 1 again! Bring your own food and drink, there are electric BBQs. Also bring your swimmers and SI stick as I'll be setting a couple of courses, easy and moderate. I hope to see you there.



Terry

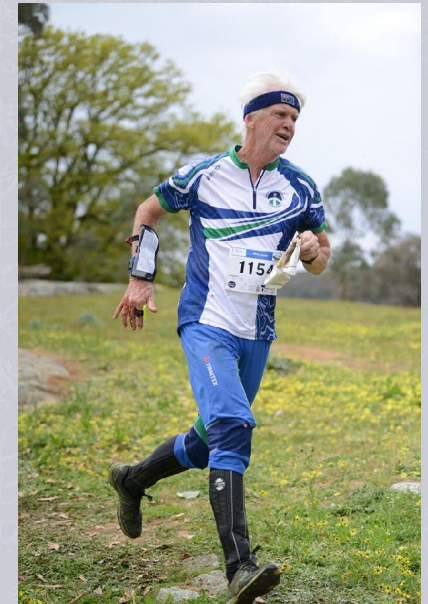
Terry Bluett



Challenging Stuff! Terry's 3-4 leg (& blue line route) at Oceania Long Champs



Curtis (above) & Gordon (below) at Oceania. Photos by Tony Hill





# Winter Wrap

The 2019 winter 'bush' orienteering season has now ended. Results and highlights from the major competitions follow.

## Metro League (full results)

Bennelong's results for the annual greater-Sydney inter-club Metro League competition are definitely on the up & up! This year we managed to field teams in the top four of the five divisions - the best result being for Division 3 (defending champions) who came a close 2nd after six competition matches.

Division 2 also did very well, finishing the competition 3rd but with the same points as the top two teams. And Melissa Thomas won the individual medal with an incredible 68 (out of a possible 70) points.

With the club's bush orienteering performance continually strengthening it seems certain we will enter Bennelong teams in all five divisions in 2020.

Having Bennelong's name once again engraved on the perpetual Frank Assenza trophy (for Division 1 Champions) now seems a distinct possibility. The only

time we previously achieved this was in 1997 & 1998, when appearance obviously didn't matter ....



Bennelong Metro League Division 1 Winners 1997  
Sheralee Bailey, Eric Morris, Terry Bluett, Steve Flick, Anthony Flick

Frank's Metro League legacy continues to provide new orienteers with an introduction to bush navigation and enables experienced orienteers to hone their skills.

Thanks to Brett Sewell for organising the teams throughout the season.

## NSW Championships (full results)

Several Bennelong members are now recognised as NSW Champions for their age class after having competed in the NSW Championships for Sprint, Middle, &/or Long distances during the winter season:

### Sprint

M12A - Curtis Pepper  
M16A - Clyde McGhee  
M60A - Mel Cox

### Middle

M12A - Curtis Pepper  
M70A - Steve Flick

## NSW Schools Championships (further details)

Representing their school, a number of Bennelong juniors are now NSW Schools Champions:

### Sprint

M16A - Clyde McGhee (2nd)  
W17+A - Tshintina Hopper (2nd)

### Middle

M12A - Curtis Pepper (2nd)  
M16A - Clyde McGhee (1st)  
W17+A - Tshintina Hopper (1st)

## Orienteer of the Year / State League (full results)

After 15 State League events several Bennelong members finished at the top of their age class to gain recognition as NSW Orienteer of the Year:

M12A - Curtis Pepper  
W20A - Tshintina Hopper  
M65A - Gordon Wilson  
M70A - Steve Flick

## Australian Championships

### Sprint

M65A - Gordon Wilson (2nd)

### Middle

M45AS - Michael Halmy (1st)  
W65+AS - Cheryl Bluett (3rd)  
M70A - Terry Bluett (3rd)

### Long

M45AS - David McGhee (4th)  
M55AS - Michael Halmy (1st)

## Oceania

### Middle

W35AS - Alitia Dougall (2nd)  
M55AS - Michael Halmy (2nd)

### Long

W35AS - Alitia Dougall (2nd)  
M70A - Steve Flick (3rd)





## Summer Season

The Summer 'urban' orienteering season has begun. A range of competition formats are on offer, including the 26-week Sydney Summer Series, Saturday Orienteering Series, Xmas 5-Days, and Sydney Sprint Series.

### Sydney Summer Series

This year's Sydney Summer Series programme of weekly daylight-saving events includes six organised by Bennelong (see opposite, in bold), for which help is needed on the day.

### Saturday Orienteering Series

Find details on the *Bold Horizons website*.

### Xmas 5-Days

Escape your relatives, or take them with you, for five days of bush orienteering around the Armidale area. A variety of courses will be available.



Further details *here*.

### Sydney Sprint Series

Four events: 2-23 Feb 2020. Details *here*.



### Programme of Events - October to March

- |   |   |
|---|---|
| 9 Oct 2019<br>- Christison Park, Old South Head Road, Vaucluse  | 8 Jan 2020<br>- Warriewood SLSC, Narrabeen Park Parade, Warriewood                                      |
| 16 Oct 2019<br>- Morrison Bay Park, Frances Road, Putney  | <b>15 Jan 2020 - Richard Morris 0402 475 606</b><br>- Pottery Green, Phoenix Street, Lane Cove          |
| <b>23 Oct 2019 - David McGhee 0413 746 120</b><br>- Tania Park, Bareena Drive, Balgowlah Heights            | 22 Jan 2020<br>- St Josephs Sports Ground, Augustine St, Hunters Hill                                   |
| 30 Oct 2019<br>- Scout Hall, Munro Street, McMahons Point   | 29 Jan 2020 (Mass Start Line Course Option)<br>- KP Village Green, Kissing Point Road, South Turramurra |
| 6 Nov 2019<br>- Guide Hall, Brush Road (opp Warrawong St), West Ryde  | 5 Feb 2020<br>- Northbridge Oval, Sailors Bay Road, Northbridge   |
| 13 Nov 2019<br>- Pioneers Memorial Park, William Street, Leichhardt   | <b>12 Feb 2020 - Brian Brannigan 0416 154 728</b><br>- Forestville War Memorial Park, Melwood Avenue    |
| 20 Nov 2019<br>- St Lukes Park, Crane Street, Concord   | 19 Feb 2020<br>- Forestville War Memorial Park, Melwood Avenue  |
| <b>27 Nov 2019 - Steve Flick 0428 353 312</b><br>- Brett Park, Formosa Street, Drummoyne                    | 26 Feb 2020<br>- George Thornton Reserve, Hill Rd, West Pennant Hills                                   |
| 4 Dec 2019<br>- Cliff Reserve, Cliff Avenue, North Wahroonga  | 4 Mar 2020<br>- Willoughby Park, Warrane Street, Willoughby East  |
| 11 Dec 2019<br>- Netball car park, off Britannia Street, Pennant Hills                                      | <b>11 Mar 2020 - Brian Black 0413 437 473</b><br>- Millers Reserve, Campbell Parade, Manly Vale         |
| 18 Dec 2019<br>- Artarmon Reserve, end Burra Road, Artarmon   | 18 Mar 2020<br>- Wahroonga Adventist School, Fox Valley Rd, Wahroonga                                   |
| <b>23 Dec 2019 (Monday!!) - Bob Morgan 0415 916 596</b><br>- Rosherville Reserve, McLean Crescent, The Spit | 25 Mar 2020<br>- Harold Park, Maxwell Road, Glebe Point   |
| 1 Jan 2020<br>- Cheltenham Park, Castle Howard Road, Cheltenham   | 1 Apr 2020<br>- Bicentennial Club, Prince of Wales Drive, West Pymble                                   |



# Easter 2020

Most of you are already aware that Bennelong has teamed up with Central Coast and Goldseekers to host next year's Australian three days Easter orienteering carnival. And its success will rely on the involvement and co-operation of many club members.

## Join the Team

The Easter carnival is one of two major national Orienteering carnivals held each year and we hope to attract 800+ competitors. The event is being held in the Orange and Molong districts using Bennelong's highly regarded Gumble Pinnacles map and a new area just outside Molong.

Obviously an event of this size requires a lot of helpers not only at the event but in the organisation phase leading up to the event. In fact a considerable amount has already been achieved during the last 12 months. So if you think you can help, either at the event or now, please email:

[gordon\\_w@optusnet.com.au](mailto:gordon_w@optusnet.com.au)

or come and see me at a Sydney Summer Series event.

In particular we urgently need people to chase up third party suppliers such as caterers and first aid support.

Looking forward to hearing from you.

Gordon Wilson.



## Programme of Events

The Easter 2020 Australian 3 Day Championships carnival features bush events over 3 days, plus urban sprint races on Good Friday.

Date	Location	Event
Thursday 9th April	TBA	Registration at Event Centre
Friday 10th April	Charles Sturt University Orange	Elite Sprint, Family Sprint Relay, Public Sprint
Saturday 11th April	Noahs Ark Ridge, SW of Molong	Day 1 Australian 3 Days Championships - Middle Distance
Sunday 12th April	Gumble Pinnacles, SW of Molong	Day 2 Australian 3 Days Championships - Long Distance
Monday 13th April	Gumble Pinnacles, SW of Molong	Day 3 Australian 3 Days Championships - Long Distance

## Location



For more Easter 2020 information see [Eventor](#) or visit the [website](#).



Some of the beautiful rocky bushland to be enjoyed at the EASTER 2020 Australian 3 Days ~ April 10-13 Orange / Molong



## NOSH Surprise

It had been several years since I last ran the NOSH and, having done only one specific training run, I didn't have high expectations for NOSH 2019.

However, I had been doing a lot of orienteering and I hoped that the fitness gained from that and also a week long cycling trip that I did in March would get me a reasonable result.

The last time I ran NOSH I probably started around middle of the pack and remember having to bide my time waiting for opportunities to pass slower runners on the single track sections of the course.

This time I started about 10 metres from the front which proved a good move as most of the runners around me were of a similar speed and very little passing was required.

Conditions were very good for running and I felt pretty good for most of the race, although fatigue started to set in over the last few kilometres.

Less than 2km from the finish I tripped on a rock or tree root during an essentially flat section of firetrail and fell heavily. It shook me up a bit and I felt like walking for the next 200 metres or so. However, at various times during the 2nd half of the race I had spotted fellow Bennelonger Peter Hopper ahead in the near distance. I figured that if I was running at close to his pace I must be a chance of a reasonable result so thought it best to try and finish strongly. So I resisted the urge to walk and pressed on to the finish.

Little did I realize the significance of opting not to walk.

Some time after I finished I was chatting with fellow runners while watching the presentation of prizes to age group place-getters when I heard my name called.

A little stunned I headed down, collected my prize and lined up with the two other runners for a photo, assuming I'd somehow scraped home for 3rd.

There's something to be said for being in the 1st year of your new age division, as I was, because a later comparison revealed that this year's time would have netted me about 20th place in my previous age division.



Bob Morgan with the early leaders in the 2019 NOSH

It wasn't until later at home when I checked the results online that I realized I'd actually finished 1st in my age division, beating the 2nd runner by just a few seconds.

A day of surprises indeed!

And very pleased I didn't opt for that walk.

Bob Morgan



## NOSH History

The search is on ... for historical NOSH pictures, documents, and results.

Our club's history has been entwined with The Great NOSH Footrace - Australia's oldest continuous trail-running footrace - at least since Bennelong Occasional Orienteers (BOO) amalgamated with Northside Orienteers and Social Harriers (NOSH) to form "Bennelong Northside Orienteers" in 1988.

With a new dedicated website for The Great NOSH Footrace at:

[thegreatnoshfootrace.com.au](http://thegreatnoshfootrace.com.au)

we should document that history for the site. So if you have any information, pictures etc please *let us know*.

We are particularly interested in locating The Great NOSH Footrace results prior to 2000. So if you have any of these, or can direct us to them, we'd love to hear from you!

Peter Hopper



## PayID for EOD etc

For convenience - to streamline Bennelong's payment system (for enter on the day registrations, new memberships, merchandise etc) - and reduced cash handling, we now allow PayID.

### What is PayID?

PayID is an electronic payment system that allows money to be transferred directly to a bank account via a mobile phone number.

### How it Works?

Like a bank transfer (only simpler) PayID enables orienteers to electronically pay Bennelong directly using their banking app on their mobile phone.

#### 1-2-3

If an orienteer arrives at registration without any cash, or is too reluctant to part with it .... no problem! Getting their money is as easy as 1-2-3:

1. The orienteer is provided with Bennelong's PayID mobile phone number (0459 635 139 - displayed at the registration desk), which is linked to Bennelong's Bank Account.
2. The orienteer logs in to their banking app on their mobile device and transfers the required amount to the Bennelong mobile phone number using PayID. The money is transferred instantly.
3. The orienteer confirms the payment by showing the 'payment successful' message which appears on their device.

With payment confirmed registration can be completed.

Advantages? No special card devices. No commissions.

Questions? Ask Lara, Brett, or Sharon - who were involved in implementing PayID for Bennelong.

Lara D'Abreo



## SI Stick Upgrade, Buy-back, & Re-use

We all wish for improved orienteering times. But those with SI Air have a distinct advantage.



So Bennelong is .....

- encouraging all members to upgrade to SI Air (if you haven't already done so),
- offering to buy-back your old SI sticks (at half the current selling price), and
- willing to rent or sell, from the stock of 2nd hand SI sticks, to prospective/new members.

That's right! Bennelong is offering cash refunds to all members for your old SI sticks, and encouraging you to upgrade to SI Air.

Buy-back prices for old SI sticks are as follows (November 2019):

SI8 = \$25  
SI9 = \$30  
SI10 = \$35  
SI11 = \$37.50

Older sticks could be donated, or traded-in for say \$10, and given away to juniors for mini courses etc.

So if you've been thinking of getting a fast SI Air stick, now is the time!

SI Air sticks can be purchased direct from Aussieogear.com - or a slight discount may be possible if bought through Bennelong.

Pros:

- Greater uptake of SI Air will improve Bennelong's member & club results in all future competitions.
- Beneficial re-use of old, otherwise abandoned, sticks.
- Availability of cheap 2nd hand SI sticks (instead of rentals from ONSW at \$4/use) will help attract & secure new members.

## Event Calendar

Find event information in Orienteering Australia's *Event Calendar*.

Filter by date, location etc for:

- upcoming events
- entry details
- past results

using the Big Red Button .....



Big Red Button



## Reduce to Ruins

Rearrange the letters below to form an 8-letter word that satisfies the heading.

SLIDHOME

~

And your next puzzle is .....

## An Eternal Challenge for Orienteers

Rearrange the letters below to form a 9-letter word.  
Hurry! You only have 30 seconds .....

DTIORENCI

~

Don't wait for the next edition of Blueprint.  
Discover the answers now for instant gratification.  
And relive the glory of our very own Bennelong member on [Letters and Numbers](#).

## Leg It

Congratulations to all those who responded correctly to the previous Blueprint quiz question:

*"How can we attract new members to orienteering?"* (2 words)

The 'correct' answer is of course:

*"Be Different"*

[Leg It](#) is still available on iView\* if you haven't already seen it.  
[not that I'm suggesting we be *that* different! - ed]

\* Language Warning





## What's Changed?

Bennelong has!

It's Been-a-long time since 1979 .....



Bennelong Registration 'Tent' - Lake Parramatta 1979  
Photo: Sue Thomson

## 50 Years of Bennelong

Bennelong will soon be celebrating its 50th year.

As *"the first New South Wales orienteering club and the first formally constituted club in Australia formed primarily for orienteering"* (The Australian Orienteer, November 1996) Bennelong paved the way for other clubs in NSW and around Australia.

Originally called Bennelong Occasional Orienteers (BOO) when formed 'at the end of 1971', the club amalgamated with Northside Orienteers and Social Harriers (NOSH) to form Bennelong Northside Orienteers (BNO) in 1988.

It is therefore timely that the club's history be compiled - something that seems to have been started but never previously completed.

So .... if you have any pictures, documents, stories, memorabilia etc from Bennelong's early days (ie. as BOO, NOSH, or BNO) please *let us know*.

Look forward to reading more in the next edition of Blueprint .....

## Save the Date!

Nearly a quarter of a century ago Bennelong celebrated a significant milestone .....

### **BENNELONG'S 25TH ANNIVERSARY DINNER**

Bennelong Northside Orienteers will be holding a dinner at North Sydney Leagues Club on Friday 6 December 1996 at 7.00 pm, to celebrate the Club's 25th Anniversary. All current and former members of BNO and BOO are invited to attend.

For further information and RSVP please phone Janet Dawkins by 1 November 1996, phone 02 -

*The Australian Orienteer, September 1996*

Now, as we approach Bennelong's 50th Year, it's time to start thinking how we might celebrate on this occasion.

So let's start talking, because once Easter 2020 is behind us, we'll have another big event to organise.

