

BENDIGO BUSHWALKING AND ORIENTEERING CLUB NEWSLETTER

Number 1 - March, 1979

Editor: Ross Anderson,
43 7602

A Word from the President

It is with great pleasure that I write these comments for the first issue of our club Newsletter.

The initial publication of any form of newspaper or magazine by any organisation is always significant. It marks, as it were, the coming of age of the organisation; it indicates that the stage has been reached where the club feels the need to broadcast its activities both to the public at large and to its own members.

My congratulations go to Ross Anderson and my thanks to him and all club members who have assisted in the launching of this new venture.

This year is proving significant in other ways as well. For the first time since the club's inception we have a complete change of all office bearers; we have also created a new position of Mapping Officer (who else but Peter Lawrence), and in the near future more people will be asked to assist the club in some particular way. This is a wonderful development, for not only does it take part of the load off the willing shoulders of the "faithful few", it gives the participants the pride and satisfaction of being part of the organisation of a successful club. It also allows people who have special skills to exercise these skills and gives them more time in which to do so.

I would therefore ask you that if you feel there is any way in which you could help, any suggestion you could make, any task you could undertake for the betterment of the club, please come forward. I can assure you that your contribution will be most welcome.

Peter Creely

Bushwalking in Frenchman's Cap National Park, Tasmania - Robyn McDonald

In January I undertook a five day walk with a group of walkers led by Eric Sargent. The main feature of the park is the distinctive mountain peak from which the park derives its name. This remote region contained memorable mountain scenery and broad, deep valleys of small lakes and tarns.

We gained access to the park from the Lyell Highway, crossed the Franklin River by flying fox, and continued through peat marshes and water channels. A very steep, rugged climb from Lake Vera, through a thick forest of Sassafras, with high cliffs sheltering the track at one point to create a chalky ledge and a large rock strewn region, led eventually to Barrons Pass, between the White and Nicoles Needles. The view at 950 m. from the top of the Pass was magnificent, rock spires, glittering lakes and green forests gathering round the ridges, with the white precipice of the Cap and its towering face easily seen on a sunny, perfect day.

A short descent then led us into Artichoke Valley from where we wound around the ridges to Lake Tahune at the base of the start of the climb up to the North Col 450 m. higher up.

The following day, in perfect weather, the entire party climbed to the top of the North Col. There were magnificent views in every direction and Macquarie Harbour could be seen far away in the distance. The next day the weather changed and the next two days were spent walking out in light drizzle.

CONGRATULATIONS to Robyn McDonald on her engagement to New Zealander Brian Wallace on February 5th. Robyn and Brian are to be married at Mata Mata, near Hamilton, on 30th May.

** From time to time the editor will ask people to discuss the way they ran a particular course. After his fine win at Reedy Creek it seemed fitting that Daryl was the first contributor.

Every Dog Has His Day - Daryl Fleay

Contrary to popular belief, I was not the author of the prominent article headed "Fleahy Flails Bush, etc." in the Bendigo Advertiser recently, pleased as I was with my unexpected win in the A Grade Line Orienteering event at Reedy Creek.

I say unexpected win because I deliberately set off to have a slow, but mistake-free run. As a result I stuck faithfully to the "Line" and virtually spiked every control. Consequently, I'm now a firm believer in the adage "slow and steady wins the race", particularly in this kind of event. I'm now convinced that consistently accurate navigation must be given top priority in developing orienteering skills.

I found the line event was excellent practice in map reading and Fine Orienteering, as it forces you to be constantly in contact with the map. Perhaps we could have a short line course at some of our future local events, aimed at our "advanced novices".

Rogaining - Peter Searle

Are you tired of being lost for only one or two hours? Do you feel jaded, listless and in need of a new challenge? If so, then rogaining is for you. You can choose from 6, 12 or 24 hour events - plenty of time to get well and truly bushed.

The object of a rogaine is to find as many controls as possible in a fixed time period. An official rogaine is always over 24 hours, but 6 and 12 hour events are also held. The controls are set as in an orienteering score event, with distance and/or difficulty carrying more points than close, easy ones. Rogaining is a team event, with 2 to 4 members per team. The team with the highest point score wins. As in other score events, there are penalty points for late return, and ALL points lost if more than 30 minutes late.

The basic skills required are those of orienteering - ability to use a map and compass. In addition, good route choice, perseverance, madness, stamina, doggedness, and madness, are all qualities required of the successful rogainer. There are three main differences to a normal orienteering event which provides the extra challenge of rogaining. They are:

1. As an event will start at 2.00 p.m. Saturday and finish 2.00 p.m. Sunday, up to 12 hours will be spent in darkness. (Events are normally timed to coincide with the full moon, but clouds have been known to darken the scene considerably!) This means extra care is needed with navigation as well as providing against the cooler night temperatures.
2. Good route choice is of utmost importance - as a rule the difficult controls are attempted during the day, leaving the easier ones for the night. However, as in orienteering you must be prepared to alter well laid plans if conditions require it, e.g. if it starts to rain, if your partner falls into a creek, if your partner is tired, hungry, sleepy, etc.

3. Choice of rest periods. A disadvantage of doing well in a rogaine is that you will miss most of the good food. A hash house (sometimes two) operates for the complete 24-hour period, and food is always superb - so if you come back to base for a rest and a meal it is difficult to leave again - especially with a warm fire going.

Finally, I can say that a rogaine is a very enjoyable experience. Like orienteering, it is as competitive as you want to make it - some teams find 30 controls, others 3, but both will have enjoyed the day. Be prepared to be very, very tired - however, you will find that while one team member is at a low ebb, another is getting his second wind and can urge you on - "just over the next hill" or "only 15 hours to go" or "what about trying that spur over there", etc.

1979 is a big year for rogaing in Australia. An Australia-wide organisation is to be formed and the first Australian championships are to be held in Victoria in May. A 12-hour event is scheduled for April 8th as a warm-up. If you are interested in a rogaine, or in going to either of the above events, see either myself, Jeremy Challacombe or Lyn McNaught for further details.

RESULTS OF RECENT ORIENTEERING EVENTS

Bendigo Club Event - Kangaroo Gully Score Event, 24 controls, approx. 8 K., February 2nd

Peter Lawrence	93 pts.		
Daryl Fleay	85	Peter Creely	52 pts.
Phillip Norwood, Eureka	80	Jamie Maher)
Mark Hennessy, Eureka	75	Peter Trounson) 41
David Crocker	64	Margot Jones)
Ross Anderson	63	Tony Trounson) 35
Peter Searle	60	Jeremy Challacombe)
Peter Galvin	59	Justice group	33
Ron Watts	57	Vera Shelton	29
Lyn McNaught		Sue Challacombe	11

Strath Creek, February 11th

The star of this event was Margot Jones with a fine run over the B course (6.3 km). Her time was so fast she was initially placed first in M43. Jeremy and Sue Challacombe also put in fine runs on their courses.

Reedy Creek, February 18th

Daryl Fleay	1st, A grade, M21	V. Shelton	1st, D grade W50
Peter Lawrence	6th, " "		
J. McLelland	9th, " "	T. Trounson	1st, C grade group
J. Challacombe	4th, B grade, M21	P. O'Brien	1st, Novice, W50
P. Creely	1st, B grade, M43		
J. Maher	1st, C grade, M15		
M. Jones	1st, C grade, W43		
R. McDonald	1st, C grade, W19		
P. O'Brien	1st, C grade, W50		

Championship Hill, February 25th

D. Fleay	8th, A grade, M21	P. Creely	5th, B grade, M43
J. McLelland	12th, " "	J. Maher	1st, B grade, M15
P. Lawrence	13th, " "	M. Jones	1st, B grade, W43

COMING EVENTS

Kimbolton, Sunday, March 18th

10.00 a.m. start. There will be several courses of varying length set by Daryl Fleay. Take the Eppalock-Redesdale Road, then turn down the Twin Rivers Road and watch for O signs.

April 22nd

An event run by the club on the black and white, contours only, Kangaroo Gully map.

NEXT MEETING

Monday, March 5th, Osborne Street campus of B.C.A.E., Rm. 41 (near the back car park), at 7.30 p.m.

Mark Hennessy of Eureka Orienteers, and a lecturer in Physical Education at Ballarat C.A.E. is coming to lead a discussion on "Injury Prevention".

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