

Control Freak

The newsletter of the Bendigo Orienteers

www.bendigo-orienteers.com.au

September 2011

Coming events: Local event start times 1230-1400 unless otherwise stated.

10 September 2011

Event: Bendigo Bush Classic 12 AND Space Racing

Start: 10 September 2011 12:30:00

Organiser: Colin Walker

Map: Mandurang

Directions: SPACE RACING also starts from the following location at 10.00 am.

From the fountain in the centre of Bendigo, travel up Mitchell St, cross train line over the bridge. The street becomes Carpenter St. Travel along Carpenter St to the cemetery. Turn left into Spring Gully road and continue for approx 7 km. Parking is on the right at the corner of Mandurang and Pearces Road. Take care turning from the main road.

17 September 2011

Event: Bendigo Rocks 4

Start: 17 September 2011 12:30:00

Organiser: Jim Russell

Map: Kooyoorra State Park

Directions: Travel via Inglewood to Kingower, turn right onto the Brenanah Rd. Follow O signs to assembly area. NOTE: This event will be using the Hope Creek part of the Kooyoorra State Park map, this was the the Model area for WOC 1985, and of course, has been remapped :)

24 September 2011

Event: Bendigo Bush Classic 13

Start: 24 September 2011 12:30:00

Organiser: Chris Creely

Map: Diamond Hill

Directions: Travel along Mitchell St. to Carpenter St, turn left into Spring Gully Rd. after the cemetery, and then after approx. 1.5km turn right into Burns St. At the T intersection at the end of Burns St. turn left, then travel approx. 1.3km to Sheltons Rd., the start is on the corner. From Melbourne, travel to the fountain, turn right into Mitchell St. then as above, or Turn right in Kangaroo Flat and travel to the Shelton's Rd./Diamond Hill Rd. intersection. The last hit-out before the Oceania & Australian Champs. Diamond Hill south has some challenging mining detail with a few hills to test your legs. The postdiluvian re-growth is not too bad.

1 October 2011

Event: Mars Bar Cup

Start: 1 October 2011 13:00:00

Organiser: Jenny Ball

Map: Browns Reef

Directions: From Calder Highway traffic lights at Kangaroo Flat Shopping Centre, turn west along Lockwood Road. Continue for approx. 5 km and look for O signs to right (Landry Road). Parking just off bitumen.

8 October 2011

Event: Centre of Victoria

Start: 8 October 2011 12:30:00

Organiser: Terry Davidson

Map: Norfolk Hero

Directions: From Bendigo

Proceed from Mitchell Street (Pall Mall fountain) up over railway bridge; go through next traffic lights; diverge left alongside cemetery. Approx 3 kms to Hotel on corner of Spring Gully Rd and Retreat Rd. Continue on main Mandurang Rd for further 3 kms to the 'Centre of Victoria' (@ the corner of Hollidays and Pentlands Rds). After 1 km on Pentlands Rd (bitumen) turn right into Picaninnys Rd.

From Melbourne. Via Sedgwick. Turn left at 'Centre of Victoria' into Pentlands Rd approx 750m after Mandurang Oval (corner of Nankervis Rd). Instructions then as for Bendigo.

NOTE: Normal line courses with colour contour maps for Courses 3 and 4. Normal line courses with interesting Gold-mining era map (hachures, not contours) for Courses 1 and 2. No SI electronic timing today.

This event will not be a mass start (1300) and the normal 12.30 - 2.00 start times will be used.

Sun, 18 Sep 2011

State Series 8

Belltopper Hill

**(South-West of Tara-
dale)**

Start Times: 10am to 1pm

[Pre entry click here.](#)

The 2011 Ironman has been run and won. Highlights included-

- Over half the field experiencing the event for the first time.
- A very close finish for the last race with both Toph and Bryan placing their stick in the one finish box at the same time!
- Jim getting up for another Ironman win
- Crowd voting on handicaps for those who hadn't emailed the organiser.
- The hard course runners deciding to call off the final race to leave energy for the State relay the next day. It seemed to work, with the club taking first and second place on course 1 of the relay!

Ironman - Jim Russell

IronWoman- Laurinna Neumann

IronLad- Louis Cameron

IronMaiden- Leisha Maggs

Race 1

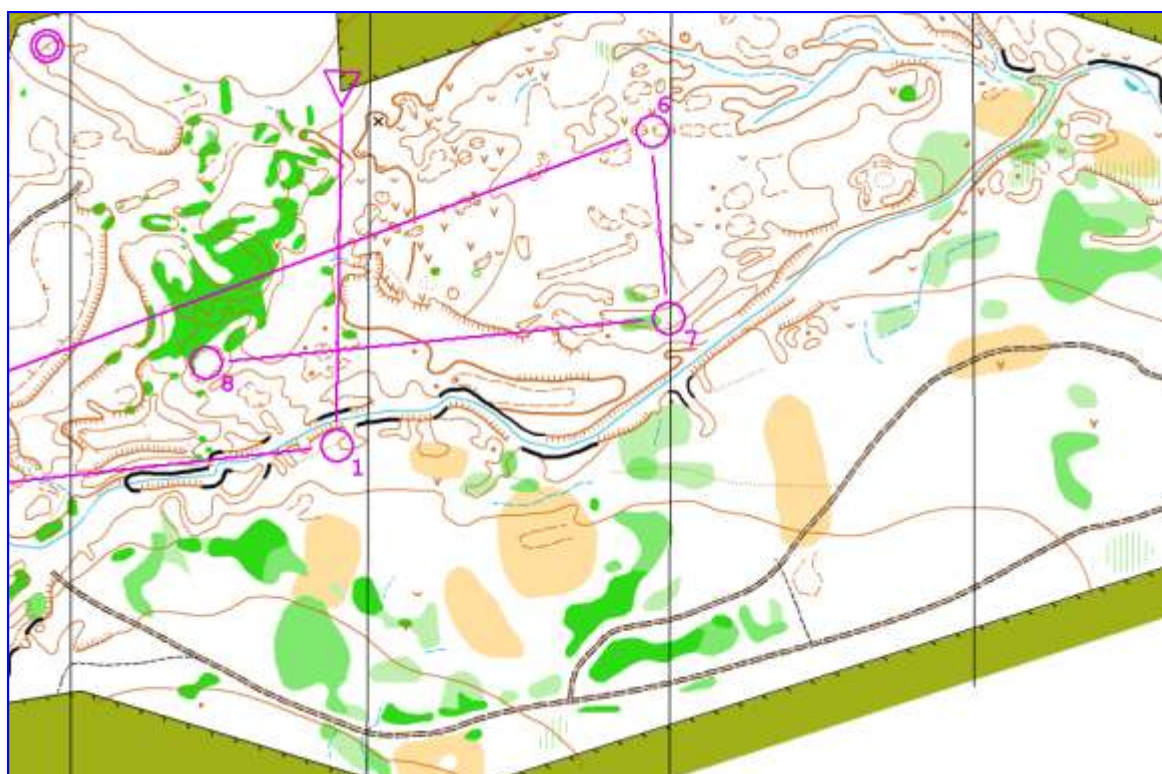
Leisha Maggs	1
Michael Loughnan	2
Rowan Goffin	3
Louis Cameron	4
Nola Juniper	5
Tavish Eenjes	6
Steven Brench	7
Julie Flynn	8
Stephen Bord	9
Andrew Cameron	10
Rob Clarke	11
Charles Brownridge	12
Matthew Browne	13
Peter Galvin	14
Craig Feurherdt	15
Jim Russell	16
Colin Walker	17
Chris Creely	18
Dave Brownridge	19
Jane Ciscero	20
Bryan Keely	21
Evan Barr	22
Nigel McGuckian	23
Laurinna Neumann	24
Chris Naunton	25
Brench Family	26

Race 2

Chris Naunton	1
Evan Barr	2
Bryan Keely	3
Dave Brownridge	4
Jim Russell	5
Chris Creely	6
Louis Cameron	7
Matthew Browne	8
Andrew Cameron	9
Laurinna Neumann	10
Colin Walker	11
Nigel McGuckian	12
Stephen Bord	13
Peter Galvin	14
Julie Flynn	15
Charles Brownridge	16
Tavish Eenjes	17
Michael Loughnan	18
Rob Clarke	19
Leisha Maggs	20
Nola Juniper	21
Geoff Byron	22
Steven Brench	23
Brench Family	23
Ian Johnson	24

Race 3

Bryan Keely	1
Chris Naunton	2
Jim Russell	3
Dave Brownridge	4
Evan Barr	5
Matthew Browne	6
Chris Creely	7
Colin Walker	8
Laurinna Neumann	9
Peter Galvin	10
Rob Clarke	11
Tavish Eenjes	12
Julie Flynn	13
Leisha Maggs	14



Peg Leg Gully and part of the 2011 Ironman course.



Victorian Club Relay Championships, 14th August 2011

Course 1

1	108 BG Bendigo A1	2:16:47
	Evan Barr	45:10
	David Brownridge	46:00
	Bryan Keely	45:37
2	109 BG Bendigo A2	2:19:33
	Christopher Naunton	43:54
	James Robertson	48:57
	Jim Russell	46:42
6	110 BG Bendigo A3	3:19:19
	Craig Feuerherdt	54:53
	Laurina Neumann	1:14:44
	Matt Browne	1:09:42

Course 2

5	213 BG Bendigo B2	3:35:17
	Peter Galvin	1:05:31
	Chris Creely	1:03:56
	John Chellew	1:25:50
DNF	212 BG Bendigo B1	mp
	Nigel McGuckian	1:00:07
	Neil Barr	mp (lost si stick)
	Warwick Williams	1:01:28

Course 3

10	316 BG Bendigo C1	3:19:59
	Michael Loughnan	1:14:20
	Narissa Leung	1:21:51
	Tavish Eenjes	43:48

Course 4

2	411 BG Bendigo D2	45:26
	Thomas Wigney	14:50
	Jack Wigney	15:21
	Sally Wigney	15:15
6	410 BG Bendigo D1	1:06:50
	Andrea Tozer	31:53
	Steven Brench	19:59
	Michael Brench	14:58

Course 5

5	511 BG Bendigo E2	2:54:14
	Rowan Goffin	20:58
	Julie Flynn	1:29:28
	Louise Hall	1:03:48
7	510 BG Bendigo E1	3:20:05
	Jimmy Cameron	15:17
	Louis Cameron	1:05:02
	Andrew Cameron	1:59:46



Pictures from the relay champs., from the VOA website

Devonshire Reef, 20th August 2011

Course 1

1.	0 Jim Russell	BGV	00:48:43
2.	0 Blair Trewin	YVV	00:51:43
3.	0 David Brownridge	BGV	00:52:39
4.	0 Dion Keech	MFR	01:00:41
5.	0 Christopher Creely	BGV	01:08:26
6.	0 Neil Barr	BGV	01:10:32
7.	0 Warwick Davis	TKV	01:19:11
8.	0 Nigel McGuckian	BGV	01:19:47
9.	0 Steve Leicester		01:22:01
10.	0 Paul Elam	TKV	01:25:07
11.	0 Dave Lotty	URN	01:27:47
12.	0 Colin Walker	BGV	01:29:47
13.	0 Tom Gorman		01:44:36
14.	0 Julie Flynn	BGV	01:56:10
	0 Evan Barr	DNF	
	0 Paul Leicester	DQ	

Course 2

1.	0 Warwick Williams	BGV	00:50:04
2.	0 Andrew Cameron	BGV	00:58:17
3.	0 John Wilkinson	BGV	01:01:37
4.	0 John Chellew	BGV	01:06:16
5.	0 Louise Hall	BGV	01:12:55
6.	0 Jenny Ball	BGV	01:30:06
7.	0 Anne Garvey	TKV	01:58:55
8.	0 Sarah Hill	BGV	02:03:37
	0 Bob Leicester	DNF	
	0 Rob Clark	BGV	DNF
	0 Charles Brownridge	BGV	DNF
	0 Christine Morris	BGV	DNF

Course 3

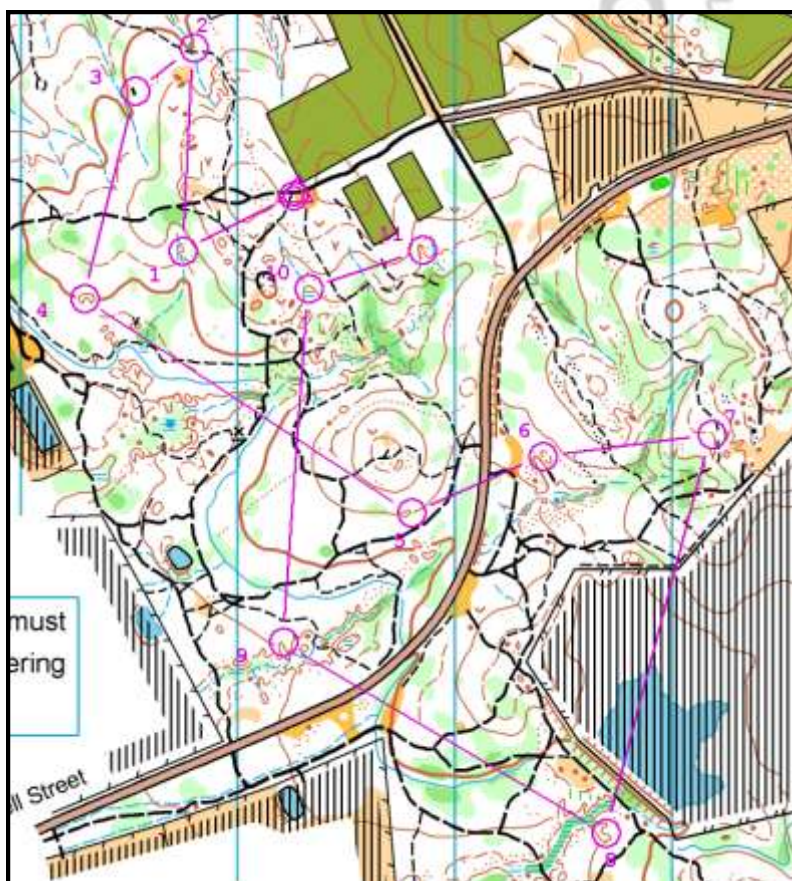
1.	0 Stephen Bird		00:31:43
2.	0 Tavish Eenjes	BGV	00:49:19
3.	0 Jimmy Cameron	BGV	01:02:42
4.	0 Mark Webster	BGV	01:03:52
5.	0 Ian Johnson	BGV	01:23:11
	0 Sue healy	DNF	
	0 Louis Cameron	BGV	DNF

Course 4

1.	0 Leisha Maggs	BGV	00:49:18
2.	0 Michael Thurston	BGV	00:56:05
3.	0 Rowan Goffin & Jack	BGV	00:56:22
4.	0 Ashleigh Trounson	BGV	01:00:53
5.	0 Peter Trounson	BGV	01:00:56
6.	0 Michael Brench	BGV	01:01:09
7.	0 James Brown	BGV	01:13:19
8.	0 L Leversha	BGV	01:14:52
9.	0 Bob&Heather Roberts	BGV	01:16:25
10.	0 Tor Behre	BGV	01:18:37
11.	0 Heather Smillie	BGV	01:22:07
12.	0 Diane Riersamen	BGV	01:22:11
13.	0 Steven Brench	BGV	01:22:25
	0 Reuben Cameron	BGV	DNF
	0 Debbie Thurston	BGV	DNF
	0 Bob Cameron & Harry	BGV	DNF
	0 Simone Beckham	BGV	DNF

Course 5

1.	0 Jack Wigney	BGV	00:17:14
2.	0 Rowan Goffin & Jack	BGV	00:18:10
3.	0 Amy Cripps	BGV	00:19:20
4.	0 Serryn Eenjes	BGV	00:23:48
5.	0 Daniel & Lachlan	BGV	00:28:44
6.	0 Katie Wilson	BGV	00:31:09
7.	0 Karen Fairbairn	BGV	00:31:10
8.	0 Eleanor Williams	BGV	00:49:43
9.	0 Ben Keane	BGV	01:01:57



Devonshire Reef, course 4

Fiddlers Green 27th August 2011

Course 1

1.	0 Geoff Lawford	EUV	00:55:38
2.	0 Warwick Davis	TKV	01:01:14
3.	0 Christopher Creely	BGV	01:04:06
4.	0 Laurina Neumann	BGV	01:07:00
5.	0 Colin Walker	BGV	01:12:18
6.	0 Neil Barr	BGV	01:15:32
7.	0 Paul Elam	TKV	01:18:29
8.	0 Julie Flynn	BGV	01:33:41
9.	0 Ian Collins	BKV	01:50:17
	0 Paul Leicester		

Course 2

1.	0 Stephen Bird		00:44:16
2.	0 Louise Hall	BGV	01:08:37
3.	0 Charles Brownridge	BGV	01:13:52
4.	0 John Chellew	BGV	01:18:29
5.	0 Catherine Creely	BGV	01:19:16
6.	0 Bob Leicester		01:52:13
7.	0 Christine Morris	BGV	01:54:37
8.	0 Rob Clark	BGV	02:02:44

Course 3

1.	0 Tavish Eenjes	BGV	00:43:22
2.	0 Noel & Matt Shanahan	BGV	00:54:17
3.	0 Lawrie Edward	BGV	00:55:22
4.	0 Darren Eenjes	BGV	00:59:32
5.	0 Judy Hill	BGV	01:08:02
6.	0 Toni Frank	BOW	01:10:27
7.	0 Anne Garvey	TKV	01:12:22
8.	0 Judy Prendergast		01:20:07
9.	0 Ian Johnson	BGV	01:20:13
10.	0 L Leversha	BGV	01:30:51
	0 Jimmy Cameron	BGV	DNF

Melville Caves 3rd Sept 2011

Course 1

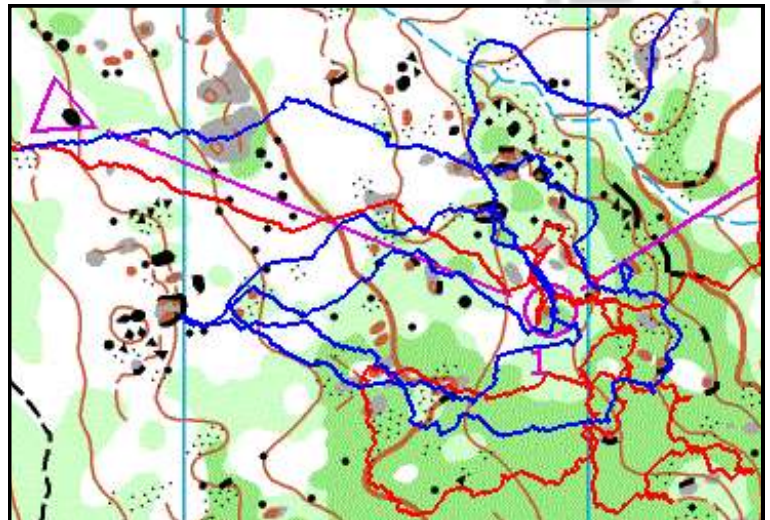
1.	0 Bruce Arthur	MFR	00:37:54
2.	0 Jim Russell	BGV	00:41:01
3.	0 Blair Trewin	YVV	00:41:57
4.	0 Craig Feuerherdt	BGV	00:46:34
5.	0 Chris Naunton	BGV	00:49:22
6.	0 David Brownridge	BGV	00:50:15
7.	0 Aislinn Prendergast	EUV	00:53:57
8.	0 Jenny Casanova	WA	00:54:26
9.	0 Christopher Creely	BGV	01:07:53
10.	0 David Knight	BKV	01:15:56
11.	0 Michael Burt	RR	01:16:39
12.	0 Warwick Williams	BGV	01:17:29
13.	0 Colin Walker	BGV	01:21:16

Course 4

1.	0 Leisha Maggs	BGV	00:37:24
2.	0 Heather Smillie	BGV	00:52:55
3.	0 Andrew Steer	BGV	00:53:04
4.	0 Michael Thurston	BGV	00:57:42
5.	0 Kathlene McMillan	BGV	00:58:17
6.	0 Jack Wigney	BGV	00:58:32
7.	0 Jarrod & Carol Coad	BGV	00:58:44
8.	0 Mark Webster	BGV	01:03:06
9.	0 Tor Behre	BGV	01:03:09
10.	0 Peter Trounson	BGV	01:13:48
11.	0 Bob&Heather Roberts	BGV	01:14:49
12.	0 John & Dot Maguire	BGV	01:31:28
13.	0 Joey Flexmore Family	BGV	02:30:30
	0 Debbie Thurston	BGV	DNF
	0 Amy Cripps	BGV	MP

Course 5

1.	0 Michael Loughnan	BGV	00:17:03
2.	0 Daniel & Lachlan	BGV	00:33:35
3.	0 Caitlyn Steer	BGV	00:36:02
4.	0 Donna Trounson	BGV	01:25:51
	0 Anneke Cameron	BGV	DQ
	0 Pritchard Family	BGV	NA



Kooyoora noodles - and these are definitely not the two minute variety! (Picture: VOA website)

14.	0 Neil Barr	BGV	01:24:19
15.	0 Peter Lada		01:36:41
16.	0 Warwick Davis	TKV	01:38:54
	0 Laurina Neumann	BGV	DNF
	0 Bryan Keely		DNF
	0 Roch Prendergast	EUV	DQ
	0 Sue Key	MFR	DQ
	0 Evan Barr	BGV	DQ
	0 Catherine Creely	BGV	DNF

Course 2

1.	0 Ted Van Geldermalsen		00:47:35
2.	0 Nigel NcGuckian	BGV	00:51:18
3.	0 Martin Steer	DRV	01:00:15
4.	0 John Meeking	YVV	01:11:45
5.	0 Ian Dodd	DRV	01:14:40
6.	0 Charles Brownridge	BGV	01:16:29
7.	0 Tim Dent		01:17:11
8.	0 Don Fell	NEV	01:20:28
9.	0 Derek Morris	BGV	01:32:46
10.	0 Louise Hall	BGV	01:37:26
11.	0 Heather Jones	BGV	01:38:14
12.	0 John Chellew	BGV	01:39:52
13.	0 Julie Flynn	BGV	01:43:48
	0 Paul Elam	TKV	DQ

Course 3

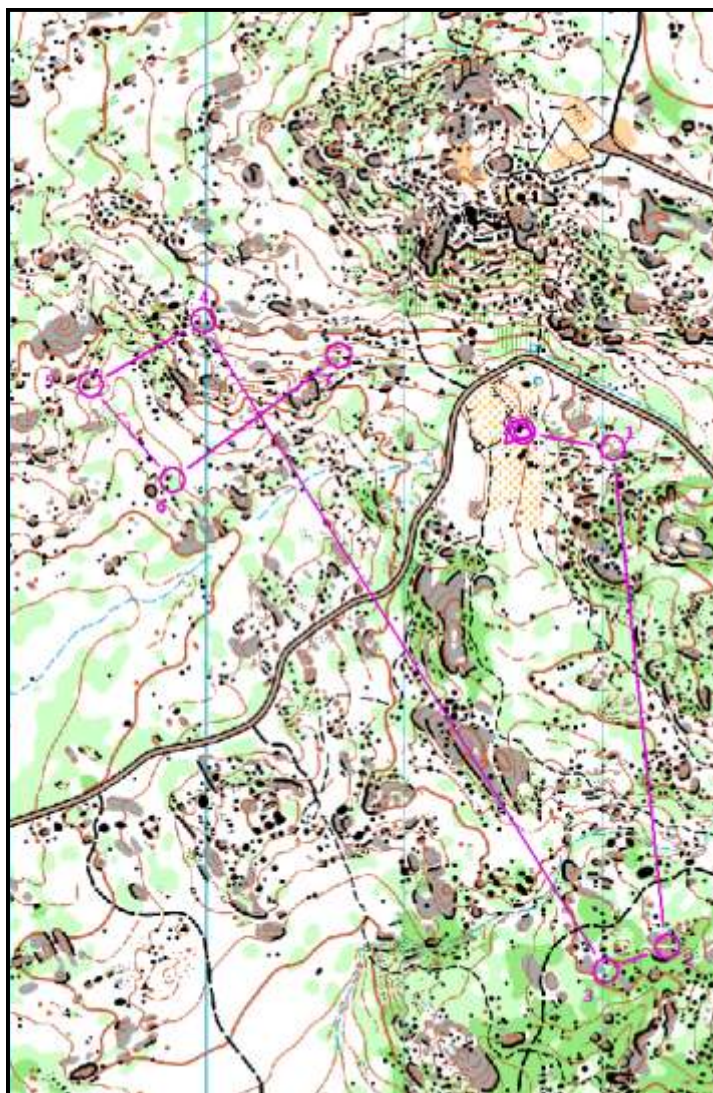
1.	0 Ian Mack	BKV	00:44:01
2.	0 Kath Liley	YVV	00:53:28
3.	0 Margi Freemantle		00:59:26
4.	0 Prue Dobbin	BKV	01:07:30
5.	0 Lanita Steer	DRV	01:13:17
6.	0 Libby Meeking	YVV	01:17:37
7.	0 Fiona Fell	NE	01:22:16
8.	0 Peter Yeates	DRV	01:23:42
9.	0 Judy Prendergast		01:31:53
10.	0 B Sampson	YV	01:40:10
11.	0 Anne Garvey	TKV	02:06:57
	0 Judi Herkes	BKV	DNF
	0 John Dempster		DNF
	0 Jackie Dempster		DNF
	0 Rob Clark	BGV	DNF
	0 Pam King	DRV	DQ

Course 4

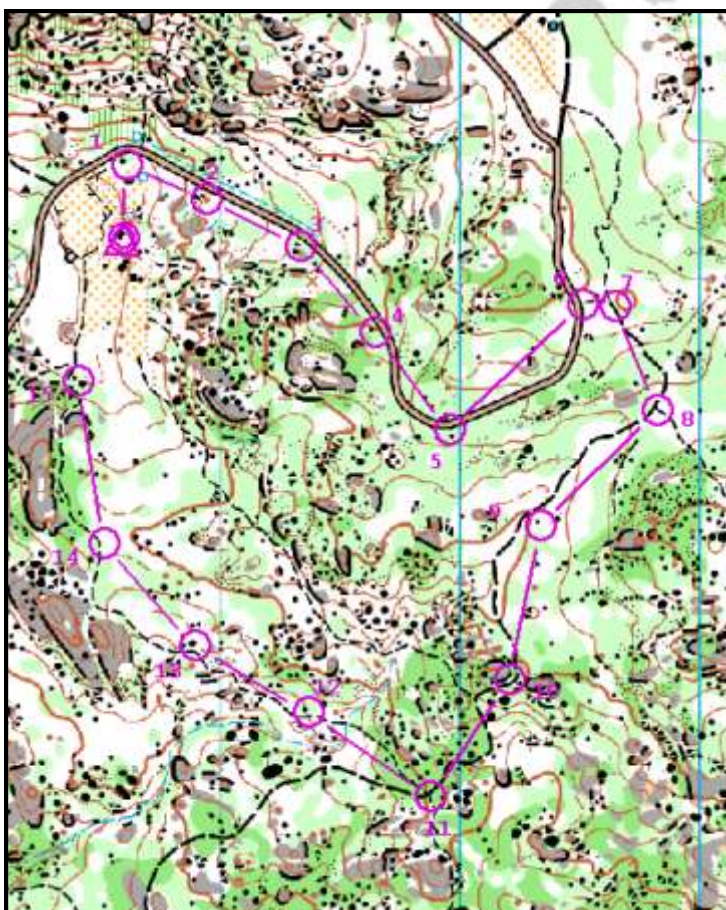
1.	0 Asha Steer	DRV	00:24:24
2.	0 Andrew Steer	BGV	00:38:34
3.	0 Leisha Maggs	BGV	00:42:14
4.	0 John & Dot Maguire	BGV	00:49:27
5.	0 Michael Brench	BGV	00:56:35
6.	0 Michael Thurston	BGV	01:15:39
	0 Debbie Thurston	BGV	DNF
	0 Ashl & Donna Trounson	BGV	DNF
	0 Steven Brench	BGV	DNF
	0 Helen Alexander	BKV	DNF
	0 Janine Steer		DQ

Course 5

1.	0 Mason Arthur	MFV	00:19:55
2.	0 Torren Arthur	MFV	00:20:48
3.	0 Michael Loughnan	BGV	00:27:40
4.	0 Andrew Wallace	BGV	00:28:12

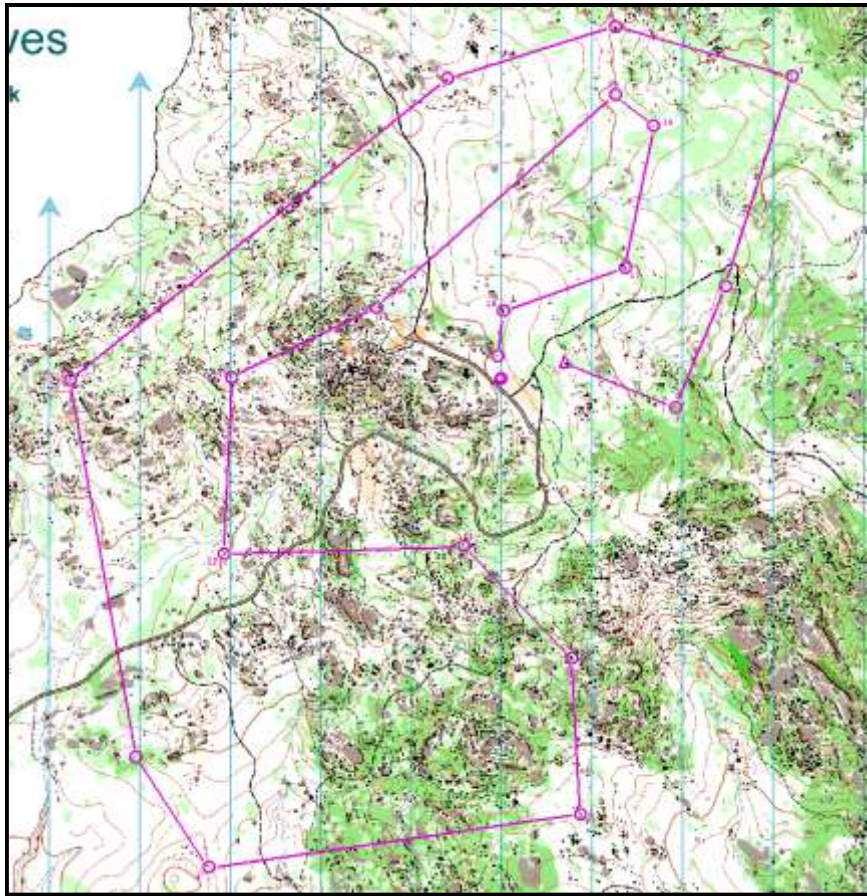


Melville's Caves. Course 3 (above), Course 5 (below)



State Series 7 Kooyoora 4th September 2011

All results [here](#)



Mt Kooyoora course 1, 10.6km



Fashion in the fields.
Jim Russell at the Victorian
Relay champs.

Bendigo Orienteers – financial strategy plan

At the September club meeting, a discussion paper on the long-term financial strategies of our club was presented by Daryl Fleay and Colin Walker.

This initial consultation phase is open to all club members to comment or offer suggestions. Please email either Daryl rayedaryl@bigpond.com or Colin cjw1952@gmail.com - your input will be appreciated

Priority areas:

- Junior development
- Mapping
- Equipment maintenance/replacement

Junior development

- Space Racing/replacement funding if grants don't continue
- Bridging the gap between space racing and bush orienteering
 - Equipment implications (may need more equipment, if event structure changed)
 - Mapping requirements – development of 'friendly' maps
 - Saturday afternoon format may need to be adapted to accommodate junior development requirements
 - Additional courses and/or controls and equipment may be needed.
 - Jets – implementation and relationship to the Rebels (State squad)
 - Source VOA funding – develop a case based on the success/future potential of Bendigo's junior development programs

(continued next page)

Mapping

- New maps
 - Friendly terrain
 - Elite maps
 - Space Racing maps
- Updating current maps

Equipment

- Replace SI equipment after approximately 5 years
- Increase the number of SI units to cater for changes to event structure
- GPS tracking for use by juniors in cross-over to bush maps.

SAFEGUARDING FITNESS AS YOU GROW OLDER

I was recently asked to write a short article outlining my philosophy on 'fitness preservation' for inclusion in the Bendigo Advertiser, as part of a series designed to publicise Men's Health Week. It came as no surprise to me that most of my article was omitted from the final version that made it into the newspaper. The message remained intact, but a lot of important points were lost during the journalistic 'pruning'. So, with the hope of making you all just as wise as me, I thought I'd reproduce the whole article in this newsletter. Here it is:

Much has been written about the health benefits of regular exercise and the health risks of too little exercise in daily life. However, it is important to maintain a balanced approach when it comes to exercise.

How many people do you know that are restricted to a limited range of physical activities because they have carried a chronic sporting injury into older age? These people may have played competitive sport at a high level when younger, or possibly over-indulged in high-intensity recreational exercise over a prolonged period.

As you grow older it pays to be mindful of the fact that your body can't sustain excessive physical activity indefinitely. Your body will send you subtle messages when it approaches its limits of endurance. It's when you fail to recognise these messages that you leave yourself open to injuries that in some cases can accumulate to the point where your physical capabilities are permanently compromised.

When it comes to exercise, my philosophy over recent years has centred on preserving my remaining physical capability. Central to this philosophy is my wish to lead a healthy and active life for as long as I can. I've been able to achieve this by following some simple basic rules:

For fitness training, I no longer run but use a variety of low impact activities – walking, kayaking and mountain bike riding. By walking for an hour each day in hilly country around One Tree Hill, I can maintain a healthy level of cardio-respiratory fitness.

I wear good quality walking or running shoes, to further reduce the possibility of impact-related injuries.

I compete in sports and recreational activities where I am able to choose the level of intensity that suits me. These range from Orienteering through to bushwalking, kayaking and Golf. Orienteering is a sport where I am able to participate competitively at a moderate pace, because it takes the age of competitors into consideration by offering shorter courses for older age groups.

I never ignore injuries, and I always seek professional treatment when they arise.

Over the years I've gradually reduced my exercise intensity. This has involved a distinct change of mindset, leading to the total elimination of running from my training regime. This decision hasn't come lightly, but became necessary as I realised that I was always carrying injuries that prevented me from exercising or competing in any way. At first I believed that nothing would ever replace the sheer joy of running, but I have to admit that walking and cycling have proved just as enjoyable as running, and my fitness and endurance levels have remained relatively high. Changing your mindset in this way is a matter of rationalising yourself to the fact that your body is telling you to ease off before you develop a chronic injury that could seriously affect your quality of life.

So remember, when it comes to your body you need to 'use it or lose it', but it's just as important to 'protect what you've got'; once it's gone it could be hard to get it back.

Daryl Fleay

ORIENTEERING IN THE TOP END

On our recent holiday in the Northern Territory, the Williams's took the opportunity to take part in Top End Orienteers events in the Litchfield National Park. TEO had secured a group camp site, not open to the general public for the weekend, which provided a lawn for camping, toilets and showers, kitchen facilities and a private croc-free swimming hole. Both the events started and finished in the campsite, which meant you could hop into the shower (or the swimming hole) straight after finishing your course. Very comfortable!



The first event was a short night event on the Saturday evening. It was quite flat in some parts and not without challenge. The first control required identifying one of several knolls on the side of a hill. As I approached the control, I became aware of a ghostly glow off to my left. Feeling like I was in a scene from Harry Potter, I approached the glow, and yes, they actually put a little light on their controls at night. Talk about spoilt! Whilst this is nice, I found that you really needed to be in the circle to see the glow, so it was not too easy. And it certainly didn't stop me doing a 180 out of the fourth control, which, but for hitting a creek before the expected foot track, I would have probably still been trying to recover from.

Sunday's Orienteer of the Year series event was a more serious undertaking. Although the longest course was only 6 kilometres, there was plenty of orienteering in that. The map was essentially in two parts. The area near the campsite is mapped in detail, and to a high standard. The outer parts are merely streams and contours from an old military map - alright as far as they go, but care definitely required! To my observation, almost the whole of the Top End is rocky underfoot. The Litchfield area is certainly no different. The mapped area starts on a plateau and drops into some pretty big valleys to the north. All told, it was pretty hard work, but well worthwhile. Fortunately the first start was shortly after 7 AM, because as soon as the sun gets up it's pretty hot, even in the middle of "winter."

My third course was wandering around the easy course with Eleanor (age 4). I have got a real little enthusiast here. One day in Kakadu, we were having a picnic in a dry channel of the South Alligator River, when she picked up a wide leaf, a stick and a blade of dry grass and announced that they were her map, compass and SI stick. We then spent 20 minutes running around the area doing pretend-orienteering. I hope she's not over the sport by the time she's six!



Top End Orienteers are running the biennial NT Championships together with a round of the National Orienteering League next year. If you are thinking of going, I would definitely recommend it for the novelty of the terrain, and the pleasure of some warm sun on your back in the middle of winter.

Warwick Williams.



Orienteering in black and white. Photos from the club's historian, Charles Brownridge.