

Control Freak

The newsletter of the Bendigo Orienteers

www.bendigo-orienteers.com.au

March 2012

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

17 March 2012

Event: Twilight 6.00pm, 6 controls, 3 courses

Start: 17 March 2012 18:00:00

Organiser: Nigel

Map: Edwards Road

Directions: Opposite the water tank on Edwards Rd.

From Latrobe Uni, follow Edwards road south for approx 2 km. From the south, turn into Edwards road from Mandurang road over One Tree Hill. Assembly area is approx 2 km on the right.

Entry: Enter on day only \$5

24th March 2012

Event: Bush Classic

Start: 24 March 2012 12:30 - 1400

Organiser: Catherine Creely

Map: One Tree Hill

Directions: From the fountain in Bendigo, travel north to the first traffic light - turn right in to Williamson St. Continue along Williamson St for 1.6 km to the large round about. From here travel out along Condon St (Signposted to Eppalock) 1.3km to the traffic lights at Edwards Rd. Turn right in to Edwards Rd. and continue along past the university (becoming One Tree Hill Rd) for 2.2km, turn left in to Pioneer Drive (orienteering sign/unsealed road).

Entry: On the Day

31st March 2012

Event: Orientshow

Start: 31 March 2012 12:30:00

Organiser: Neil Barr

Map: Korong Spur

Directions: From Inglewood travel West on Calder Hwy for 7 kilometres. Turn right into Kurting-Boort Road. After 8.6 k turn left into Wedderburn-Serpentine Road. After 6k turn right into Mt Korong Reserve and take the right option at the first road junction inside the park. Follow the park road north and across the north of the park and south again to assembly area - about 5 kilometres from gate.

Easy course: 2k starts 12.30 - 2.00

Moderate course: 2k starts 12.30 - 2.00

Scatter course: Starts 12.30 - 2.00

Orientshow - 1 classic course 2k mass start 12.30

Orientshow - 2 Hageby course 3.1k 90m mass start 1.15pm 32 variations

Orientshow - 3 orientshow course 3.6k 110m mass start 2.00pm 72 variations

Enter on Day for easy, moderate and scatter event.

PRE-ENTRY for Orientshow races. Use club web site, Attack Point or email orientshow2012@fastmail.fm. Provide SI stick number. This allows programming of computer with individualised courses for each pre-entered competitor. Its a one-person run event and I can't run the event on the day and allocate courses to EOD in the hagaby races and program the computer.

Entry: Enter On Day for easy, moderate and scatter, PRE-ENTRY for mass start sprint races.

14th April 2012

Event: Mass Start

Start: 14 April 2012 12:30

Organiser: Peter Galvin

Map: Wildflower Drive

Directions: From city centre via Williamson then Condon St, and after 1.5km past traffic lights at Strath Village turn left into Erniold St.

Entry: On the Day

The one that got away!!

After a good run on the Saturday evening of the Bendigo ToDay (despite doing two laps of the Koolamurt scout camp), I thought I was in with a good chance on Sunday morning. I thought I was running quickly enough after a good summer of training and as I was running at Mandurang which I know pretty well, I thought I might just win.

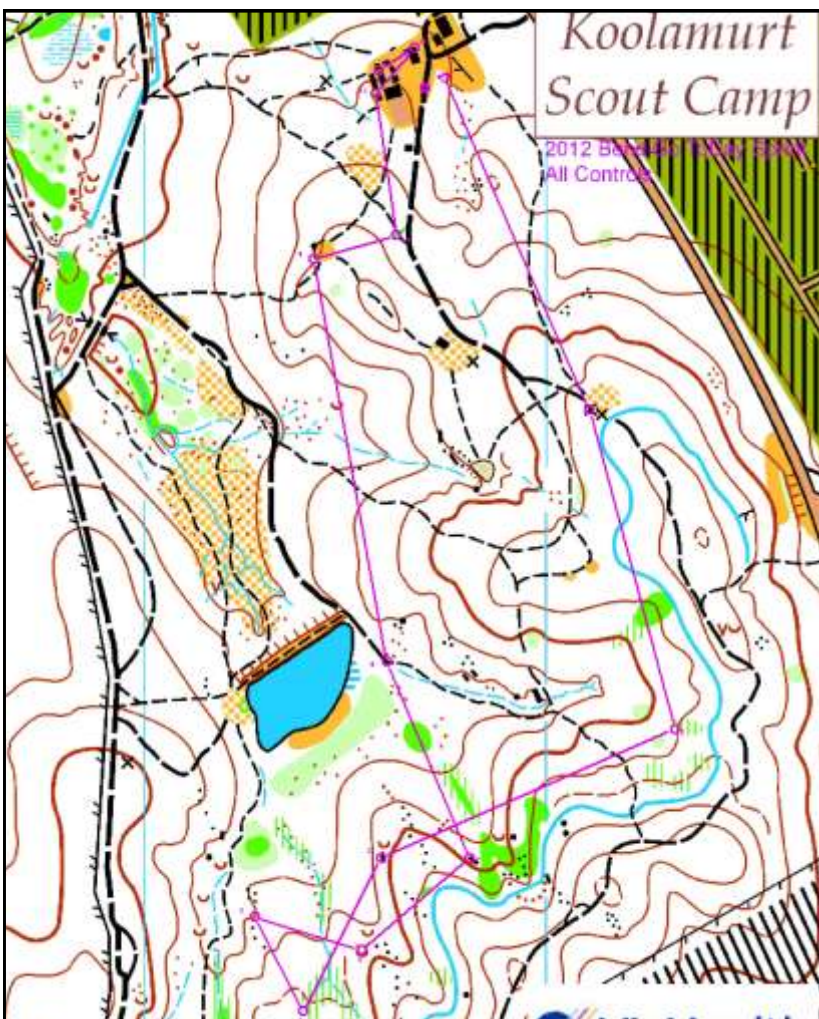
It was a two loop Hageby. The course and my route can be seen on route gadget under B 2/13. I headed off moving pretty well and spiked the first and second control. I remembered reading an article by Hanny Alston

which said she holds herself back to make sure she doesn't make errors. I thought I was being careful. The first time I went into 4th control, I didn't hit it accurately but it wasn't too bad. My first error was running out of 5th control in the gully. I ran north instead of east because I couldn't run up the hill and didn't want to believe I was running around the hill. I realized the error and found the rest of the controls on the first lap OK. I ran in to collect my second map and knew I was first because no one had taken their map. BEAUTY!!

Neil Barr was not far behind me and Jim told him at this point he was unlikely to catch me. YEAH!!

As I started the second loop I was trying to tell myself not to run too hard. As I pushed up the steep hill I thought – this is where I need to be careful- I made the mistake of getting onto the track and forgetting to navigate. This lost a couple of minutes. Despite this, I thought I was still in front. I got the next couple of controls OK, then got over the hill running towards the road and the control I had already found once thinking - I 've been here before, shouldn't be too hard. My plan was to run to the saddle and along the spur to the control.

Unfortunately, I didn't see there is two saddles – BUGGER. I ran down the gully, looked for the control AND SAW NEIL. He saw me and thought he was in the right place. That was dumb. We eventually realised we were both in the wrong place and found the control. Then everyone caught up. The pressure was really on so I tried to run harder. And made two more mistakes. I came 5th realizing if I had slowed down earlier and avoided mistakes I would have won. The one that got away!



Bendigo Orienteers Facebook page.

Photos

Links to results and directions

Comments

Get on there and like us!



Fowl and Fizz.**Mandurang 5/2/2012**

This year, due to a fire ban on the Sunday, our breakfast event took place on the Monday evening .

C. Feuerherdt: 2440 points,
 J. Robertson: 2290
 J. Wilkinson: 1930
 T. Eenjes: 1580
 N. Leung: 1580
 C. Brownridge: 1540 (Charles)
 J. Chellew: 1470
 H. Jones: 1390
 P. Galvin: 1360
 M. Loughnan: 1260
 L. Hall: 1260
 J. Flynn: 1240
 J. Ball: 1190
 D. Jones: 1130
 Bernie and Mick: 1080
 D. Searle: 1020
 P. Searle: 1000
 C. Brownridge: 1030
 S. Davidson: 960
 L. Maggs: 950
 K. Fairburn: 950
 K. Wilson: 950
 D. Layton: 850
 C. Wilson: 830
 R. Goffin: 830
 I. Johnson: 660
 J. Staffern: 500
 L. DeVries: 500

Peters Patch (Diamond Hill) Twilight event 3/3/12**Course 1**

1. Craig	00:39:12
2. Nigel McGuckian	00:46:20
3. Andrew Cameron	00:51:12

Course 2

1. Jim Russell	00:35:30
2. John Wilkinson	00:41:51
3. Chris Creely	00:44:35
4. Charles Brownridge	00:51:58
5. Jenny Ball	01:16:06
6. Ian Johnson	01:42:38

Golden Gully Twilight Event 2 10/3/12**Course 1. 4.6 km**

David Jones 46.16 min
 Heather Jones 46.22
 Andrew Wallace 58.59
 Chris Creely MP

Course 2. 3.4 km

Leisha Maggs 30.05 min
 Rowan Goffin 30.08
 Jenny Ball 38.59
 M. Webster 44.28
 Dan Rosewarne 47.04
 Ian Johnson 61.07
 Nola Juniper & Lorraine 65.12
 Van Rees mp

Course 3. 2.4 km

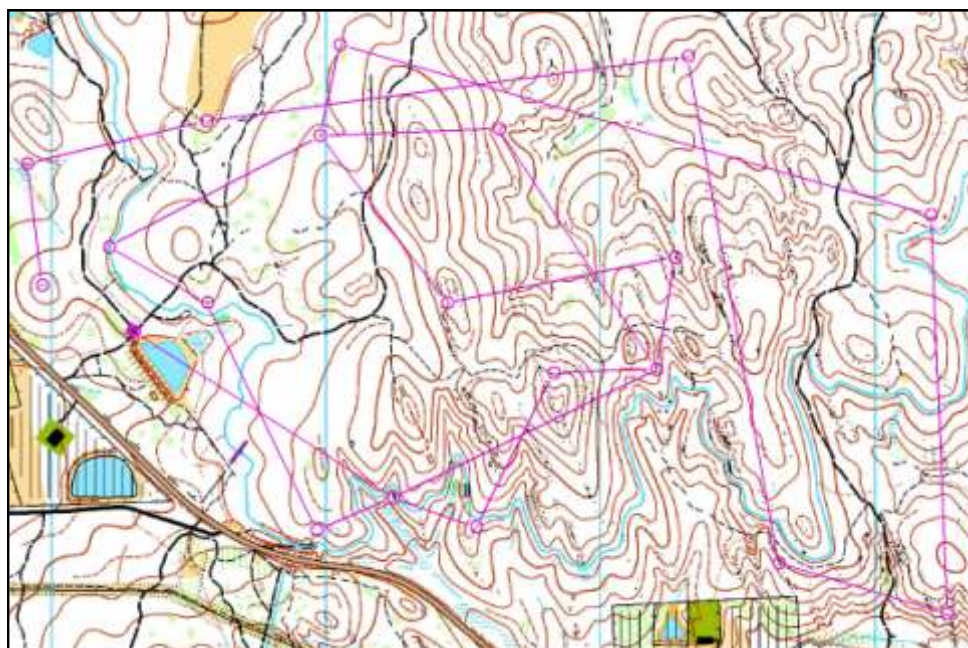
Lachlan Cherry 16.30 min
 Anne Jackman 35.06
 Carol Coad / Kathy Spence 35.17
 Carey Wilson 37.01
 Jane & Amanda 48.13
 Katie Wilson 36.05
 Tia Bennett 36.08

2012 BendiGo ToDay**Day 1**

A
 1 Bryan Keely 14:38
 2 Matthew Schepisi 16:43
 2 James Robertson 16:43

B
 1 Nigel McGuckian 18:48
 2 Isabelle Wymer 19:45
 3 Clare Brownridge 20:28

C
 1 Kylian Wymer 15:10
 2 Michael Loughnan 18:20
 3 Louis Cameron 18:51



Day 2 BendiGo Today, course A

2012 BendiGo ToDay**Day 2**

A
 1 Bryan Keely 14:38 55:35 **70:13**
 2 Matthew Schepisi 16:43 60:05 **76:48**
 3 Kerrin Rattray 18:37 60:05 **78:42**

B
 1 Isabelle Wymer 19:45 53:34 **73:19**
 2 Nigel McGuckian 18:48 55:26 **74:14**
 3 Clare Brownridge 20:28 53:53 **74:21**

C
 1 Kylian Wymer 15:10 31:46 **46:56**
 2 Michael Loughnan 18:20 42:39 **60:59**

Minutes of Monthly Meeting 6th March 2012

Bendigo Orienteers Inc.

Present: Jim Russell, Louise Hall, Peter Creely, Andrew Cameron, Peter Galvin, Terry Davidson, Phil Robertson, Craig Feuerherdt, Charles Brownridge

Apologies: Peter Searle, Dianne Searle, John Wilkinson, Sue Davidson, Colin Walker, Neil Barr, Julie Flynn

Black Crow Nominations: nil

Minutes of the previous meeting were approved. Moved Louise Hall, seconded Peter Creely

Treasurer's Report: nil

VOA News: Craig reported that at the recent strategy day discussions centred on Easter 2013 and an online entry/membership system. The Eventor System would coordinate entries, membership and results and VOA is trying to interest other states and OA in the system, which was developed in Scandinavia.

Vic Relay Championships are planned for 19th August for an area between Maryborough Rd and Crusoe Rd providing the map is ready by then. A fallback map will be discussed by Peter Galvin and Jim Russell.

Easter 2013. Jim reported on progress. It will be based on Bendigo with the Bendigo Club organising the Saturday event. Planned maps are the University for the Family Relays/Sprint, Spring Gully Reservoir, Crusoe Reservoir and Mt. Alexander.

Investigation of access is underway, and the next newsletter will call for interest in the positions of course setters and controllers for each day. John Colls has been appointed as Event co-ordinator and Chris Norwood as overall controller.

Local events: no report

Permits for local events have been applied for through ParksVic .

Mapping:

Repository Strategy: no report

Mapping Progress: Some members are experimenting with using LIDAR data from COGB as the basis for drawing Orienteering maps and results so far seem to be most promising.

Junior Development: still progressing

Space Racing: The paid position of coordinator has been advertised but has not received any interest yet.

Space Racing and Primary Schools Champs will be held in term 2.

In Term 3 juniors will be encouraged to score events at the local series.

In term 4 Space Racing will be offered on Thursday evenings.

Last weekend Dubbo held its first Space Race competition.

Andrew Cameron reported on the package he is putting together to send to primary school principals, pointing out the health benefits of space racing. It will contain information to be placed into school newsletters, map, small compass and a short information video on a USB stick. Andrew has put a lot of thought into packaging and presentation so the kit will be attention grabbing for principals. A second kit will be addressed to PE teachers.

Other:

Old Trailer: should be sold.

Safety vests: will need to be paid for after invoice is submitted.

Meeting closed at 9.45 pm



Annual General Meeting 6th March 2012
Bendigo Orienteers Inc.

Present: Jim Russell, Louise Hall, Peter Creely, Andrew Cameron, Peter Galvin, Terry Davidson, Phil Robertson, Craig Feuerherdt, Charles Brownridge

Apologies: Peter Searle, Dianne Searle, John Wilkinson, Sue Davidson, Colin Walker, Neil Barr, Julie Flynn

Minutes of the previous AGM were accepted on the motion of Louise Hall, seconded by Peter Galvin

Treasurer's Report: was accepted on the motion of Louise Hall, seconded by Terry Davidson.

Two motions were passed as part of the report:

1. That the treasurer transfer \$10000 from the cheque account to a term deposit

Moved Louise Hall, seconded Peter Creely.

2. That the organiser of each local event be responsible for counting the takings of that event and bank them, transfer them to the club account, or send a cheque to the treasurer or keep it to hand over to the treasurer at a later date. No money is to be left in the tin after an event. The treasurer will provide bags/envelopes marked with bank transfer details.

Moved Louise Hall, seconded Terry Davidson.

President's Report. Jim delivered a brief report stating that he had not long been in the job, that a very successful ToDay event had already been held and the year's orienteering was about to get underway.

The report was accepted on the motion of Jim Russell, seconded by Peter Creely.

Local Event Entry Fees:

The entry fees for local events will rise to \$8.00 for senior members and \$4.00 for all juniors.

Membership is to cover members of any orienteering club. Adults who are not members of an orienteering club will pay \$10.00 per event. SI hire will remain the same. University students will pay \$4.00 where their attendance is required as part of their course. The maximum payment will be \$20.00 per family. Each participant will receive a map. Moved Jim Russell, seconded Craig Feuerherdt.

Fee increases were made on account of increasing costs and because of the need to pay for some services such as mapping and junior development.

The committee will make a recommendation to the next AGM about membership structure, following discussions later in the year.

Election of Office Bearers: Jim handed over the chair to Terry Davidson to conduct the election of office bearers, with the following results:

Nominated by: Seconded by:

President: Jim Russell Louise Hall Peter Galvin

Vice President: Laurinna Neumann Jim Russell Louise Hall

Treasurer: Louise Hall Jim Russell Andrew Cameron

Secretary: Charles Brownridge Jim Russell Louise Hall

Local events: Colin Walker Jim Russell Peter Creely

Handicapper/results: Peter Galvin Jim Russell Louise Hall

Public officer: Peter Galvin Jim Russell Peter Creely

Newsletter: Chris Creely Peter Creely Phil Robertson

VOA Rep: open

Publicity: open

General Committee positions:

Statistician: Peter Galvin Craig Feuerherdt Jim Russell

Advisor: Andrew Cameron Jim Russell Craig Feuerherdt

Advisor: open

After the elections, those positions still open are to be advertised in the club newsletter.

General Business:

Peter Galvin tabled a summary of attendances at local events for 2011 and pointed out that the average attendance at each event was 48. He pointed out that approximately ¼ of event income was paid out in levies to the VOA.

Meeting closed 8.45pm



Bendigo Orienteers Incorporated
www.bendigo-orienteers.com.au



Some thoughts on Orienteering footwear (inspired by my new Orienteering shoes)

So do you really need to spend money on those snappy looking Orienteering shoes or will Dunlop KT26's from Target be ok?



Salomon Spikecross

I suppose we need to look at what is necessary in a shoe in which you'll be running off track, in winter, through thick vegetation and mud, over slippery rocks through watercourses, climbing in and out of erosion gullies and so on. Apart from the fit, probably the three most important things to look for in the shoes you choose for Orienteering are grip, grip and grip....oh and you'll need a bit of protection at the front of the shoe to save your sensitive toes.



Icebug

For dry weather when you're not running in granite country, your average running shoes or trail running shoes do the job, but when you're running through steep wet forest, or on slippery rocks then maybe it's time to think about a pair of shoes with 'grip, grip, grip'. And that's what Orienteering shoes do very well (see pictures) - as well as a hard protective sole and good front of foot protection.

The grip comes in two flavours - with or without metal studs, the studs improve your grip on moss covered rocks and similar hard slippery surfaces - but don't forget to take your shoes off before you walk on your polished wooden floors.



The older style of specialised Orienteering shoes were very low in the heel with almost no padding inside and no arch support, similar to track running shoes. These were really designed for the softer running surfaces of European forests rather than the hard surfaces we often run

on. Some Orienteers have no problem with this style of shoe, though many find them a bit uncomfortable. Lately though there are quite a few companies making a more normal style running shoe but with really chunky grip, and with or without metal studs.



Metal studs



MUDCLAW™ 333

Inov8 mudclaw

The British shoe manufacturer Inov8 make a large range of off road shoes (twenty-four different models!), and Salomon, who manufacture boots and runners now have a few models of shoes very suitable for Orienteering, as well large range of trail running shoes. Salomon (and probably others) have an interesting lacing system where there are no knots to tie, with the lace tucking in under the top of the shoe's tongue. In theory this would be save taping you laces, and stop them coming undone. I have a pair like this and it works well running on the road, though it remains to be seen how well they go in the bush.

There are a few other brands of Orienteering shoe around, though these seem to be more based on the older style I mentioned, but still worth checking out if your in the market for a pair of these type of shoes. Brand include VJ - quite a popular shoe, Silva (though these seem to be hard to find these days), Icebug - developed by Peter Öberg a top Swedish Orienteer, and Walsh, Jalas etc.



Where to buy them? Some brands are available from Kevin at the State Series events, or you can of course buy them online. There are a few Australian companies who supply [Orienteering equipment online](#). Then there are the likes of Wiggle.com (who mostly do free postage), Amazon.com who are large online sellers. You can sometimes find some bargains in smaller stores (though usually limited sizes) if you search patiently. Online shoe buying is ok of course if you already own a pair of the same brand and know your size and that the shoe suits you foot, it can obviously be a bit tedious if you have to return the shoes for a different size or model.

Just a note regarding waterproofing, from my experience the Gore-tex and similar waterproof shoes don't seem to stop the water getting into the shoe, but they sure stop it getting out, so you can end up having a very squelchy run.



VJ integrator

I've an old pair of VJ's which are too narrow for my broad foot and therefore give me blisters, a pair of Siva K80's which are uncomfortable but wearable with an extra padded insole, and I've just bought a pair of Salomon Spikecross shoes, which felt very comfortable on there first (brief) test run.

Chris Creely