Control Freak

The newsletter of the Bendigo Orienteers

www.bendigo-orienteers.com.au

June 2011

Coming Events:

11 June 2011
Event: Bendigo Rocks 1
Start: 12:30:00
Organiser: John Wilkinson Ph 54706349.
Map: Mt Tarrengower
Directions: Proceed from Castlemaine to Maldon. At Y fork in centre of Maldon, keep left on Bridgewater road. After about 3 km turn left on Waterson's Road (gravel). Start is at intersection of Waterson's rd and Mount Back Road. Plenty of parking. Area is on west side of Mountain with little climb. State competitors welcome. Fee $7. Five courses.
Entry: On day, but phone if non-Bendigo member.

12 June 2011
Series #4 Badge, Sandon Forest - Newstead
Start times: 10am to 12:30pm
Courses: Long Distance Courses 1 to 9
Directions—see VOA web site

18 June 2011
Event: Bendigo Bush Classic 5
Start: 18 June 2011 12:30-1400
Organiser: Catherine Creely
Map: Kangaroo Gully
Directions: From Bendigo: From the fountain travel along Mitchell St., past the cemetery, turn left into Spring Gully Rd, after the tennis club on the left, turn right into Burns St., then after a few km, turn left at the T intersection into Diamond Hill Rd. After approx 2.5 km turn left at the T intersection, the start is in a clearing 500m on the right.

25 June 2011
Event: Bendigo Bush Classic 6
Start: 25 June 2011 12:30-1400
Organiser: *This event still needs and organiser!*
Map: Brown's Reef
Directions: Directions: From Bendigo turn at traffic lights in Kangaroo Flat towards Lockwood/Maryborough. Watch for O sign approx. 4.5 Km on right-Landry Rd. Entry: Enter at the event

Saturday 25th & Sunday 26th June 2011
Spargo Shuffle, See VRA website for details
2 x 6hr Rogaine
10am – 4pm for Public Events each day
10.30am – 3.30pm for Schools Event on Sunday only

2 July 2011
Event: Bendigo Skins
Start: 2 July 2011 12:30-1400
Organiser: Bryan Keely & Laurinna Neumann
Map: Diamond Hill
Directions: TBA
Entry: Enter at the event

Sun, 03 Jul 2011
State - State Series #5 - Kimbolton North
Start: 10am to 1pm
Directions: From Bendigo, take Eppalock Rd. 30km towards Lake Eppalock. Turn left at Twin Rivers Rd. Travel 4km following O-signs to assembly area.
Pre-entry at: www.entries.bendigo-orienteers.com.au

Results:

246 Event 21 May 2011

Results:
6 Hour
Andrew Scott 1600 5:41
Chris Creely 1510 5:47
Colin Walker 1370 5:28
Bob Reaburn 1150 6:00
Ron Fredrick 1120 5:54
Eric Davidson 1120 6:00
Ian Collins 1080 5:47
Ron Westcott 980 5:32
Anitra Dowling 620 4:05
Mary Enter 620 4:05
Robyn Sunderland 530 4:26

4 Hour
Paul Leicester 1070 4:38
Terry & Davidson 600 4:00
Alan Rutter 440 3:27
Jack Bailey 440 3:27
Bob Leicester 240 4:38 4:59

2Hour
Neil Barr 510 1:48
Julie Flynn 510 1:53
Phil Poulton 490 2:02
Derek Morris 460 1:43
Nigel McGuckian 450 1:35
Ted Van Geldermelsen 450 1:49
Louise Hall 380 1:34
David & Heather Jones 380 about 2 hours
Laura Spark 360 1:45
Margi Freemantle 310 1:52
Rowan & Peter Goffin 300 1:48
Beth Miley & Natalie Palmer 250 2:05
Charles Brownridge 230 1:28
Steven & Michael Brench 200 1:52
Andrew Cameron & Steve Smith -770 Very Late

Mandurang 28th May 2011
Results:
Course 1
Bryan Keely	37.35
Chris Naunton	41.55
James Robertson	48.51
Laurinna Neumann	50.22
Matthew Browne	53.41
Neil Barr	56.32
Nigel McGuckian	56.44
Paul Elam	67.32
Charles Brownridge	72.02
Mary Enter	98.38
Nick Gillingham	mp

Course 2
John Wilkinson	43.59
Mark Hennessy	45.26
Steve Bird	51.01
Ken Dowling	55.59
Louise Hall	57.46
Terry Davidson	60.42
Heather Bice	71.53
Anitra Dowling	74.48
Geoff Byron	81.55
Sheila Colls	82.12
Rob Clark	98.33
Anne Garvey	102.26
Richard Bice	114.26
Peter Forbes	?

Course 3
Julie Flynn	33.59
Daryl Fleay	45.02
Lachlan Cherry	50.08
G James	51.11
Harm van Rees	54.58
Tom Duke	55.26
C James	55.48
Judy Hill	61.53
Kevin Maloney	68.37
John Colls	70.08
Ian Johnson	71.52
Jacqui Cox	76.36
Luke Sandeman	mp

Course 4
Tavish Eenjes	34.41
Louis and Reuben Cameron	45.49
Peter Trounsen	49.51
Bob Cameron and Henry	64.54
Stephen Smith	67.25
C Sasse	69.15
Alana and Roger Byron	75.35
Ashleigh Trounsen	76.41
Rowan G	90.50
Leisha Maggs	108.21
Sue Begg	111.43
Mummery-Norton	112.56

Course 5
Corey	17.34
Michael	23.24
Thomas Wigney	24.55
Daniel and Lachlan	29.21
Caitlyn Steer	32.26
Katie Wilson	33.23
Amy Cripps	33.28
C Coad and L Jones	33.49
Jack Wigney	38.27
Lewis Stone	40.19
Cox Crew	48.53
Lachlan Feuerherdt	49.53
Luke Feuerherdt	50.01

One Tree Hill 14th May 2011

1 Course (1): 6 KP 5.4 km ^

```
 # NR    Name                      Club      Result
 1.    0 Craig  Feuerherdt         BGV       00:47:58
 2.    0 Derek Morris              BGV       01:02:17
 3.    0 Heather Jones             BGV       01:24:04
 4.    0 Paul  Leicester                     01:33:37
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2 Course (2): 5 KP 4.2 km ^

```
 # NR    Name                      Club      Result
 1.    0 John Wilkinson            BGV       00:39:29
 2.    0 Terry Davidson            BGV       00:58:46
 3.    0 Louise Hall               BGV       01:01:28
 4.    0 David  Jones              BGV       01:02:32
 5.    0 Bob Leicester                       01:57:56
 6.    0 Louis Cameron             BGV       02:09:17
```

3 Course (3): 5 KP 3.0 km ^

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 # NR    Name                      Club      Result
 1.    0 Stephen Bird                        00:37:17
 2.    0 Rob Clark                 BGV       00:39:11
 3.    0 Jenny  Ball               BGV       00:44:48
 4.    0 Geoff Byron               BGV       00:57:53
 5.    0 Thomas Duke               BGV       00:58:45
 6.    0 Rohan & Sarah Lumsden-... BGV       01:09:14
 7.    0 Bob Cameron               BGV       01:39:15
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4 Course (4): 5 KP 2.5 km ^

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 # NR    Name                      Club      Result
 1.    0 Andrew Cameron & Tiff     BGV       00:22:40
 2.    0 Peter Trounson            BGV       00:28:39
 3.    0 Ashleigh Trounson         BGV       00:32:02
 4.    0 Leisha Maggs              BGV       00:33:32
 5.    0 James Brown               BGV       00:33:49
 6.    0 Glenn James               BGV       00:35:22
 7.    0 Katherine McMillan        BGV       00:45:54
 8.    0 Narissa Leung             BGV       00:48:01
 9.    0 Sally Wigney              BGV       00:49:33
10.    0 Garry  Newton             BGV       00:49:36
11.    0 ?? & Oliver Croke         BGV       02:06:54
       0 Stephen  Smith            BGV       MP
       0 Tavish Eenjes             BGV       MP
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5 Course (5): 5 KP 2.0 km ^

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 # NR    Name                      Club      Result
 1.    0 C Sasse                   BGV       00:21:04
 2.    0 Caitlyn Steer             BGV       00:25:49
 3.    0 Leanne Jones              BGV       00:31:29
 4.    0 Lachlan & Daniel          BGV       00:49:25
 5.    0 Adam Lumsden-Hill & Dave  BGV       01:13:57
       0 Solly & Monte             BGV       MP
       0 Lachlan & Luke Feuerherdt BGV       NA
```
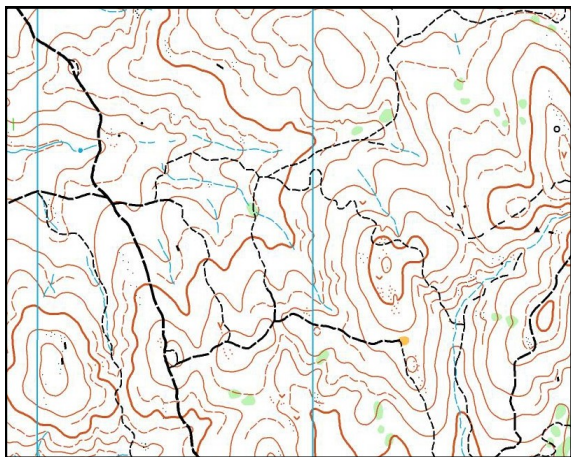
And yet another Black Crow – not a very significant one but - - - - -!

A little background: At Space Racing events the SI sticks and the result stubs for each team are set out in small plastic containers. The team members arrive, fill out their stub, including the stick number, take their stick and get a map. After the event they get their print-out, complete the result stub and return the stick to the container; the sticks are then checked to ensure they are all there.

At the Kennington Reservoir race Jim checked all the sticks as part of the packing up procedure: one missing and everyone had left! Urgently (SI sticks are expensive) he found the name on the result stub, the contact phone number from the registration form and tried to ring the person – no answer. As we stood there working out the next step, the lady club member who was helping the kids in the results process just happened to find the stick – in her pocket! The competitor had given it to her in the rush to finish and Diane had put it away and forgotten!

Having said that, many thanks to Diane for her help on the day. She came to help out in the freezing cold wind and she did a great job helping smooth the way in an otherwise very complex and rushed procedure.

Peter Creely

Vale Big Red Box. Remember the big red box in the Local Event gear? It's gone! And with it all those little treasures: stuff like individual rubber bands that look like they came from an Egyptian tomb; various pieces of maps – very old maps; leaves and pieces of stone from almost every forest around Bendigo; club membership forms dated in the eighties – well, not quite, but very old ones – even the mummified body of a skink! It was amazing the stuff that finished up in the box.

It's been replaced by a flash new model, one that is mainly white with a blue lid, sort of like Geelong Football Club colours. On reflection I am a bit surprised that in this day and age it's just an ordinary plastic box and not one that is fitted with retrospective vert-pods, blue teeth and automatic selection software -- stuff like that. This is just an ordinary white box with a blue lid.

I find it all a bit sad. I feel that we should mark the occasion and suggest that we take a small piece of the lid, inter it in a significant spot on One Tree Hill and mark it with a plaque. We could make it a formal occasion; have a guard of honour as it is carried to its last resting place by a party made up of club life members -- a ceremony to be later marked with a toast in a very good, very old liqueur port. A bit over the top you think? Well maybe it is but the big red box is an icon associated with the early days, when the club started to set the standards for Local Event organisation that we see now. Anyway, whatever happens I think I'll go over to my favorite spot on OTH one late afternoon, sit there with my own very good, very old liqueur port and toast a piece of club history!

Peter Creely

Collision Course

We're well used to Orienteers colliding with objects in the bush, trees, branches, spider webs and the like. In a recent event a kangaroo ran (or hopped) into an Orienteer; it swerved to avoid one competitor only to run into another. Fortunately our Orienteers only sustained a minor injury, hopefully the kangaroo will be ok too!

Another Black Crow -- a joint nomination this time (not *that* kind of joint!).

I went off to the May Club meeting the other Tuesday night. As I parked in Hargreaves Street outside BRIT Colin pulled up (Colin is our Immediate Past Pressie). He got out and offered to guide me in to the meeting room (I took this offer as a rather insensitive reference to me having received the 2010 Black Crow for getting slightly off-course en route to the same room last year). Anyway, being the gentle, forgiving person I am I didn't voice my suspicions and graciously accepted his offer. Within twenty metres of entering the main gate Colin found himself misplaced! How about that! Of course I knew exactly where we were and, taking him gently by the arm guided him tactfully to the door of the meeting room, only to find -- the door was locked! Now, this is where the second part of the joint nomination comes in. Having been rebuffed by the locked door we went searching for another entrance and found the Library, and in the Library our Present Pressie, Neil. Neil was in negotiation with the lady at the book counter (as only Neil can negotiate – a wonder to behold). But the lady was looking a little confused. "Did you ring and check the booking?"

"Well – no, not really - - - - - - - - - - - - - - "(from Neil): negotiations not going well so I stepped in, introduced myself as the charming father of one of the people who works in the library. After a pleasant chat and a few smiles we were old friends. I then indicated the room we usually used, smiled a lot, chatted a bit more and we were in!
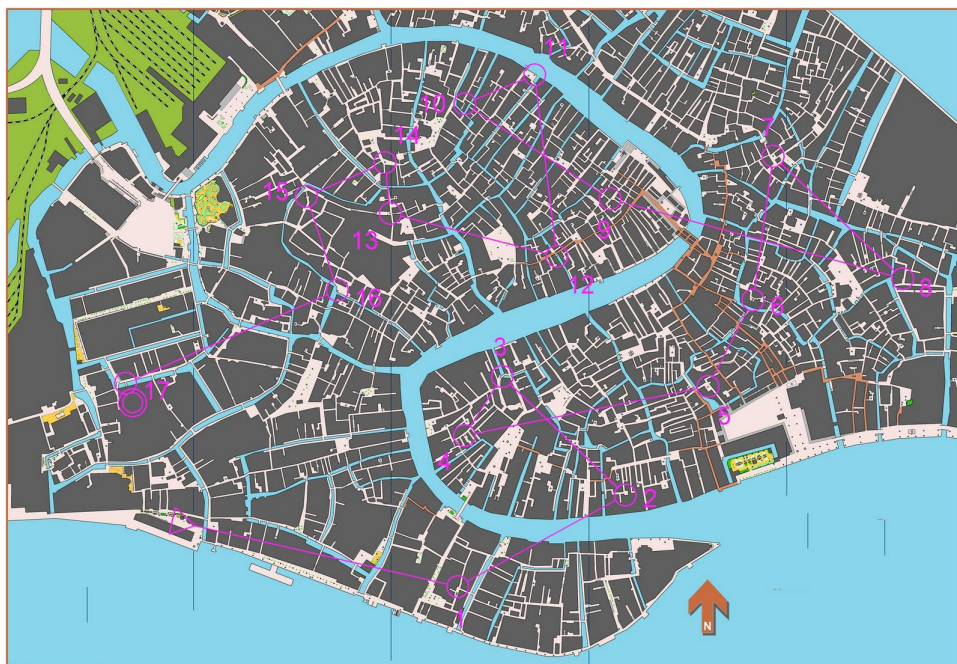
I may have embellished the above account a little, but basically that's how it happened. The BRIT campus is earning a special place in our Club's culture and I daresay there'll be more; this time we have a worthy double – our Pressie and our Past Pressie – in one hit!

Well done both of you!

Peter Creely

Just to give some (much needed it seems) guidance to club members attending the monthly meetings, we have included a map of the BRIT building with a suggested route to the meeting room; looks pretty straight forward.

SETTING ORIENTEERING COURSES (IN PARTICULAR – IN GRANITE TERRAIN)

The aim of this article is to share some of my ideas and experience, and to provide encouragement to newer members to have a go at course setting. Course-setting is one of the most rewarding and enjoyable aspects of the sport of orienteering. It's not an easy skill to develop, and, as in most aspects of life, there is no substitute for experience. What I know about course-setting has been built up through experience and some valuable mentoring from the legendary Alex Tarr. There's always a different slant on this important topic. Here's mine.

Orienteering events take place in a variety of locations and there are basic rules of good course-setting that apply equally to all types of terrain used. It's just as difficult to set good courses on a simple street or park map as on a map covering highly complex granite or gold mining terrain. We all try to set courses that are fair and provide a challenge appropriate to the respective age class or degree of difficulty. But, course setting is not just about selecting good control locations and then simply connecting them with straight lines.

Here are some of the basic principles that I believe are important if you want to set good courses:

Starting area
In any type of terrain, it is important to select a starting area that provides a good network of tracks and other line features suitable for use in setting easy and moderate courses.

Concept courses
Even though course planning computer software such as Condes makes a course setter's life a lot easier, there is no substitute for starting your course planning by drawing up 'concept' or draft courses on black-and-white copies of the map. At this stage you can plan the overall shape of the courses and approximate distances, as well as ensuring that the courses are interesting and varied. There's even no need to select actual control sites yet. As you begin to design each 'concept' course, it is a good idea to choose a major (long) 'route choice' leg to be incorporated into the course.

First leg
When designing a course, it is particularly important to begin with one or two shorter legs, to allow competitors to 'get onto the map'. You need to remember that some competitors may have limited experience in navigating the type of terrain that you are using, and may not have used the map before. It can be demoralising for a competitor to have to locate the first control on the other side of the map.

Fairness
In orienteering it's important that there are no elements of unfairness built into the courses. A course could be considered unfair if it introduces an element of luck. A course-setter can unwittingly introduce this element in the way he/she places controls. In this respect it is important to remember some basic rules:

- There should be a clear "attack point" located a short distance before each control. An attack point is an easily-recognisable feature that is clear both on the map and on the ground.
- For moderate courses, it is critical to have a "catching feature" (such as a track or fence) located a short distance beyond any control that requires 'cross-country' navigation from the previous control.
- It's best to avoid placing controls in or beyond thick vegetation. Such locations create 'bingo' controls, and some competitors could be unfairly disadvantaged by having to search for these 'hidden' controls
- It's vital that the course-setter visits and tapes all control sites before finalising each course.

Variety
A course setter should use some creative flair. It's important that a course setter uses some imagination when developing concept courses. For example, try to incorporate the following features into your courses:

- A variety of control types. In uncomplicated gully/spur terrain for example it is permissible to use gullies *and* spurs as control sites. Try to avoid a succession of boulders or rock faces when course-setting in granite terrain. Granite terrain always has some interesting form features like shallow gullies.
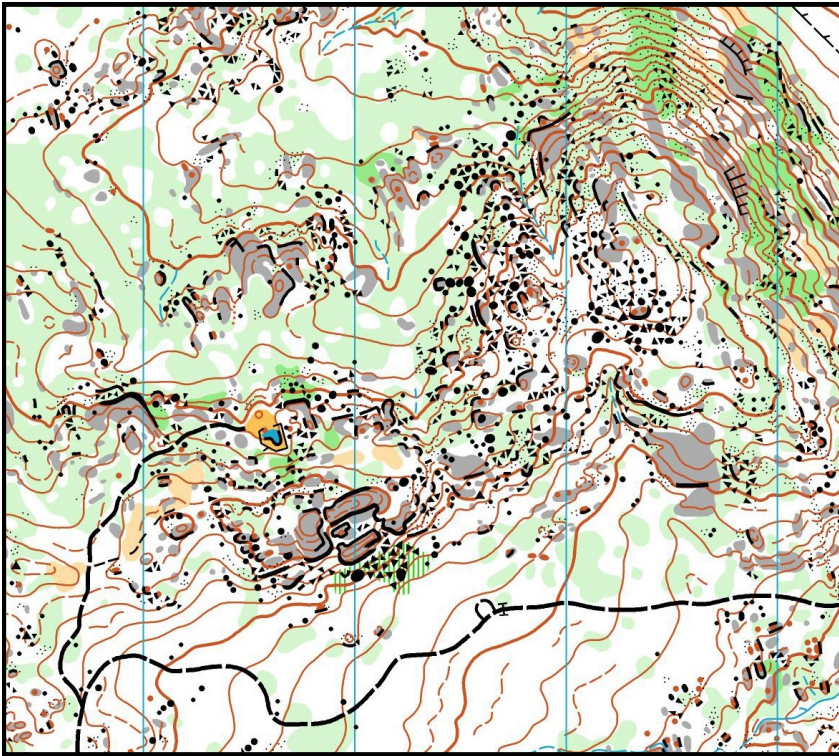
Frequent direction changes. It keeps competitors on their toes (and interested) if they're required to enter a control and then negotiate an exit in a different direction. Try to incorporate left- and right-hand direction changes in your courses. The introduction of loops and cross-overs is a good way of achieving this objective, and this has the added advantage of making the course more compact (meaning less time spent taping, placing and collecting controls).

A variety of leg lengths. To me the ideal orienteering course includes a couple of stages where a few tricky short legs are thrown in.

Dog-legs

When incorporating a direction change in a course, it's important not to get carried away and make the angle too tight – i.e. less than 90 degrees. The problem created here is that a competitor can be 'led into' a control by another competitor leaving the same control. A similar problem is a dog-leg 'between courses', meaning that a control is used on two courses and is approached from the opposite direction on the respective courses.

Route choice

When setting courses that comply with the principles of 'long distance' events, the theory goes that every leg should involve route choice. This is not always possible (or even desirable), as sometimes it is necessary to introduce a 'special-purpose' leg to add variety to the course or to avoid a 'dog-leg'. Good route choice legs are undoubtedly the crucial element of good courses. It is the classic route choices that add so much enjoyment to the sport of orienteering. The huddles of tired bodies that gather for earnest discussion at the finish won't talk so much about *how they found* control 6 but rather *how they got to* control 6. So, whatever else you include in your courses, make absolutely sure you give route choice your number 1 priority.

'Gratuitous' climbing

An important aspect of good course-setting is to avoid legs with 'gratuitous' climbing (in other words, where the leg provides no choice other than a gruelling uphill route to the control). There should always be a choice between climbing to a control (via a direct route) and reaching the control by a flatter (more circuitous) route.

Control descriptions

As our sport becomes more technical, competitors are coming to expect a high degree of accuracy when it comes to control descriptions. You need to be aware of the technical requirements in this important area. When choosing a control site it becomes important to avoid sites that will be difficult to describe. Point features such as boulders, rock faces and pits make excellent control sites, but can only be used when they are sufficiently isolated. You will save yourself a lot of time out in the field by avoiding highly complex areas when choosing control sites.

Granite terrain presents its own special challenges to a course-setter. Consider, for example –

Granite maps contain large areas of complex rock detail, and typically have fewer tracks and less contour definition than other types of orienteering maps. This presents a problem when setting easy and moderate courses, as these courses normally rely on a good network of tracks and other line features, coupled with a range of easy-to-find control locations. One way of overcoming this problem is to make use of large, well-defined gullies as line features. When using a gully as a line feature on easy and moderate courses, make sure to break it up by placing controls at short intervals at obvious features along the gully.

Granite maps present a course setter with a vast array of excellent control sites. However, not all of these potential sites will be usable. Even on the best granite maps (and we are fortunate to have several of these in Victoria alone) rock point features are not always as clear as the map may indicate, particularly when located in an area where a lot of rock detail is mapped. This means that the course setter <u>must</u> visit each site, carefully (and honestly) assessing its suitability before making a final choice. A lot of time can be saved if, at the course planning stage, the course setter avoids using certain types of features, for example:

> A boulder, where there are a number of boulders and similar rock features that will be included in (or adjacent to) the control circle.
>
> A boulder cluster, unless it is separate and clearly defined on the map (and on the ground when visited).
>
> A rock feature that is in the middle (or on the far side) of thicker vegetation.

<u>A final word</u>

I would argue that all budding course-setters should ideally begin their involvement in the course-setting process as an understudy to one of the more experienced members of the club, who could subsequently continue in a mentoring capacity where required. I for one, would be happy to offer assistance to anyone wishing to have a first attempt at course-setting.

Daryl Fleay

Victoria Crater
Meridiani Planitia
2.05 S   5.50 W

Orienteering ISOM Map
Scale 1:5000 Equidistance 5 m.

Mars

Having just read Daryl's guide, you can now analyse these courses, but as for visiting each control site...

0   250 m.

Base map: images from Mars Reconnaisance Orbiter (MRO)
and HIRISE - Arizona University, 2006, 2009.
Opportunity Rover, 2006,2007,2008

Field work (not presential) and drawing:
Ferran Santoyo Medina, Barcelona, Catalunya, Spain, Europe, Earth, february 2010

ISOM LEGEND

~~	Contour
⌣	Small depression
▭	Impassable cliff
—	Passable rock face
•	Boulder/ cluster
▲	Large boulder
░	Bare rock (broken)
	Open land
	Open sandy ground
⋯	Stony ground
— · —	Opportunity track
•	Small/elongated knoll
~~	Earth wall (great dune)

Primary School Championships.
Jim Russell awarding the trophy to the winning school, Eaglehawk North Primary School
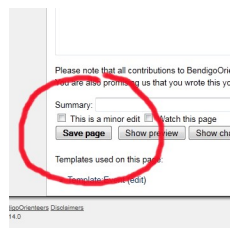
Over 500 Orienteers in Local event!

Not a Saturday event, but the Bendigo Primary schools championships. Organised by Jim Russell, (pictured below reading the results) and run on the day by club members, teachers and parents, the event was won this year by Eaglehawk North Primary school - who are regular winners of this event. Held in the Mandurang bush, the event was more challenging than previous years, but no students were ever really lost, though admittedly a few were a little lost most of the time. It was good to see schools from Taradale, Elphinstone and Romsey competing this year.

How to enter directions of an upcoming event to the website - before the newsletter editor hounds you for them!

(The following assumes you have applied and received a web-site login and are logged in)

1. Choose the Event option on the main menu on the left of the page.

2. Click on the event for which you want to add directions.

3. Up the top, click on 'edit', you'll then see a page thus.....

4. Type in the directions to your event after the = sign.

5. Down the bottom left you need to **'save page'**

And that's all there is to it!
Total time necessary: less than one minute.