



## Newsletter 20/3

May 2020

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### EDITORIAL

In the last newsletter (yes, in March!) we were looking forward to the first event on our 2020 calendar – Mt Kooyoora, followed the next day by a training event at nearby Mt Korong. As it turned out it has been our ONLY event for the year, but let's hope it's not the last one.

Although necessary to control the spread of Covid-19, the regulations have created huge problems within the community. Our sport along with most others is in a state of hibernation with little sign as to when restrictions will ease.

This newsletter has no coming events listed as there aren't any. However we have included articles on how orienteers are spending their enforced down time which we hope are of interest. Thanks to Craig for the articles on Strava Art and HouseMila. Also thanks to Frederic Tranchard for his contribution on his time in Australia under coronavirus regulations. Much had been planned to take advantage of Frederic's expertise before the virus crisis began, so we hope we can welcome him properly into club activities before his return to France. If members have any orienteering out-of-forest activities they would like to share, please contact the editors and we will include them in the next newsletter.

We will bring you up-to-date on how we plan to restart events when given the all-clear.

Those of you with a keen eye will have noticed (below) that the Vice President position has been filled. Jim Russell accepted nomination to the position at the April virtual club meeting and was duly voted into the position. Congratulations Jim, the club will benefit from your experience in all facets of the sport.

We hope to meet up in the bush soon – at a distance of 1.5m of course!

Dianne and Peter

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## NEWS

### Mt Kooyoora Event, March 21

Julie Flynn set some challenging courses at Mt Kooyoora for our first 2020 event. However because of the virus restrictions the three hard courses operated as DIY practice courses with no timing, no results, no water provided and no fees. In spite of all that the turnout was considerable with many people coming from Melbourne to a bush event for what turned out to be the final competition before cancellations began.



Julie, Warren Key and Neil practise social distancing at Mt Kooyoora

Many at the Saturday event stayed on for Frederic Tranchard's training day at Korong Spur on Sunday. Fantastic Autumn weather combined with very enjoyable training exercises suitable for all abilities made a great finish to the weekend.



Autumn sunrise at Mt Korong,

### Activities for stranded orienteers

Here are few activities created by resourceful people to keep mind and body active during lockdown

#### 1. MapRun courses

As per a recent mail-out to all members MapRun courses are now available at eight park maps in the Bendigo area. The courses can be undertaken at your own pace at a time that suits you and is an ideal way to maintain fitness and orienteering skills.

If you go to our Facebook page you can watch an innovative video of phys-ed teacher Brett Gilligen (Mr G) at Eaglehawk North Primary School extolling the features of orienteering and MapRun to his online students 'Orienteering for 3-6', and showing his skills(?) as he navigates the course at the school. Great stuff!

#### 2. Strava Art

Strava Art which is all thanks to Frederic Tranchard. If anyone wants a copy of the maps to go and run the course please let me know.

**Australia** - Frederic, Craig & Jim

<https://www.strava.com/activities/3388484574>

<https://www.strava.com/activities/3388479690>

<https://www.strava.com/activities/3388506529>

Can view on livelox:

<https://www.livelox.com/Events/Show/47807/AUSTRALIA>



An example of Strava Art, including a new land bridge to Tasmania

**France** - Frederic & Craig

<https://www.strava.com/activities/3368432642>

<https://www.strava.com/activities/3368381501>

Can view on Livelox:

<https://www.livelox.com/Events/Show/47577/Le-tour-de-France>

**World** - Frederic & Craig

<http://www.strava.com/activities/3287190457>

<https://www.strava.com/activities/3287219765>

Can view on Livelox:

<https://www.livelox.com/Events/Show/46640/Around-the-World-in-28-k>



### 3. HouseMila

This was set up by some guys in France to replace the 10Mila (10 person relay) in Sweden which was to start at 9pm on Saturday night. Frederic Tranchard made a detailed map of my house and set 2 courses. Craig, Fredo, Lachie & Luke ran each course once while Maree and Josh ran just one of the courses. We had 2 people running at once to make it a little more interesting. All the lights were off, headtorches on. Even knowing my house inside-out didn't make it easy! Check out the maps at:

<https://www.strava.com/athletes/2452980/posts/9323353> which also includes a link to a video on instagram. (See below for alternative links.)

The map was under-utilised so we may have to run another event to use some of the trickier locations :)



Frederic's map of Craig's house (Chez Craig) – including the Hills hoist!

See <https://strava.app.link/SNtzCslQ95> for other HouseMila relay maps

Check out Instagram for the HouseMila video

[https://www.instagram.com/p/B\\_r9S\\_8AJwX/?igshid=1h2dwlt8iqvfu](https://www.instagram.com/p/B_r9S_8AJwX/?igshid=1h2dwlt8iqvfu)

### 4. Jigsaws

There are multiple orienteering maps in jigsaw format on [www.jigsawplanet.com](http://www.jigsawplanet.com) Just type "orienteering maps" into the search bar and you will have plenty of choice – including Russian O-maps.

For Australian jigsaw maps (West Australian maps to be precise) go to:

<https://www.jigsawplanet.com/LOSTRichard/owa-puzzles>

Some of these maps were used at the 2019 Easter 3-Day event.

Instructions are available on the site where you can vary the number of pieces you wish to use, set a 'ghost' background of the map etc. An excellent pastime for those suffering insomnia or orienteering OCD.

### Fredo's adventure in Bendigo

After several months in Melbourne, I was really looking forwards to come to Bendigo and experience a different environment than the big capital of Victoria. I was supposed to stay only a couple of weeks, basically in between the Melbourne Sprint Weekend / the weekend in Ballarat, and my departure from Australia on the 28<sup>th</sup> of March. Fortunately, thanks to the international lock-down, my flights were cancelled and I got "stuck" in Australia, and I could extend my stay here...



Frederic with David Knight (BKV) in background

The first weeks here were quite busy for me with some orienteering teaching in Primary School almost every day, in Castlemaine (3 days including a small

school championship), Eppalock, Maldon... I think, it went pretty well, the schools grounds were interesting enough to do some orienteering, the school maps are good, the teachers and students were very well-being and happy to listen to my strange accent... The kids seemed to enjoy orienteering a lot and were enthusiastic to do even more! (We just had a small incident during the school championship where the SI printer didn't want to work properly... I was not too sure what to do, but with some Australian flexibility, relax teachers and helpers and positivity, everything went fine! 😊)

In between these 2 weeks, the highlight was the weekend in Kooyoora-Korong. Despite the restrictions for the competition due to the virus, our activities went very well and we got really good training in these amazing tricky areas. Quite a few participants took part, some even came from Melbourne and enjoyed the opportunities.

Then, the lockdown stopped all the future planned, and the cancellation of the flights and closure of the borders kept me here. Luckily, most of the activities with school and coaching were done before. In this complete uncertain situation, Craig F was very kind, and 2 weeks here became almost 2 months already! I almost feel home here 😊 I got the opportunity to explore well all the surrounding by running or biking and to really experience the life in Bendigo, nice town encircled by big forests! We have done some very nice trainings with Craig and his boys, running or orienteering mostly. (As you can see some of our Strava art starting with the Easter Isolation 3 Days): <https://www.instagram.com/fredtranchand/> ) Also, we tried to follow the training program for the boys from the athletic coach, with 2-3 fast sessions per weeks, and a strength session that we do at home (like this: <https://www.instagram.com/p/B-fswQdgAew/>). As well as a bit of orienteering where we shadow the boys and try to give some teaching and positive feedbacks...

During this period, I have also mapped a few areas, mostly schools (Spring Gully PS, White Hill PS, Weeroona College...) and park (Spring Gully Creek), and a few more projects are under construction...

The future is still uncertain. I may stay here for a bit longer, and we may be able to gather, have some training or events soon. I would be happy to meet you and organise some activities. Anyway, feel free to ask me some training or helps! My stay here, in this very special situation, has anyway been very nice and I

would like to say thank you for your welcome, especially from Craig.

### **2020 Oceania Carnival decision pending**

The 2020 event is listed for September this year in Tasmania. A decision as to whether the event will take place is to be made on May 31. Present indications are that it will likely be postponed until 2021. If that occurs then the 2021 carnival in Victoria will shift to 2022. Our club is likely to be involved in the running and organization of the competition.

### **1991 WOC team photo**

Being in lockdown has meant that many people are catching up on jobs that they should have done years ago but put off until a rainy day – or a pandemic! We were asked recently if we had any photos from the 1991 World Orienteering Championships held in Czechoslovakia. It was interesting to reflect on the fact that I (Peter) orienteered in a country that no longer exists. Czechoslovakia peacefully split into Czech Republic and Slovakia in 1993. Also of interest is the Australian team photo has four people associated with Bendigo Orienteers. They are: Peter Searle (Back row 1<sup>st</sup> left), Jim Russell (Back row 3<sup>rd</sup> left), Eddie Wymer (Back row 6<sup>th</sup> left) and Peter Galvin (Back row last on left). Jim needs no introduction, Eddie was a sometime member of Bendigo and also Bayside Kangaroos. Peter Searle and Galvin were managers of the team.



WOC 1991 Australian Orienteering Team, Czechoslovakia

### **Resumption of O after Covid-19**

Our new Vice President Jim Russell has spent some time considering the conditions under which we may return to orienteering once virus restrictions are lifted. The Australian Institute of Sport has determined a framework for all sports and Jim has taken these into account when developing a list of requirements that would satisfy distancing and other health regulations. There is no planned date for a resumption of events, and certainly nothing will happen during May. All will depend on the advice of Government health experts on if and when restrictions are loosened.

The proposed list of guidelines include:

- Pre-Entry and payment only
- Entry closes 1 hr before 1<sup>st</sup> start
- SI Air at all events
- Download on 3 m USB extension lead away from Computer
- Hand Sanitiser available after finish, or BYO?
- No printed Results or TV screen Results at event
- Online live results
- Course setting completed 4 days before event, so maps are printed early
- 2 sets of SI gear, so that each set gets a 'rest' between event
- Day organiser places and collects control, then cleans them (places them in the sun) before giving to organiser of the event after the next one (2 events away)
- No water at event, bring your own.
- Social distancing practised at all time. Wait for someone to punch the control first

**And finally, to remain sane in all of this**



It was a quiet Monday morning in September 2053, when John awoke with a need to go to the bathroom. To John this wasn't just any ordinary day! This was the day he would open the last package of toilet paper his parents bought in the year 2020.

Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.

**To those who are complaining about the quarantine period and curfews, just remember that your grandparents were called to war; you are being called to sit on the couch and watch Netflix. You can do this.**