



Newsletter 22/7

July 2022

EDITORIAL

With winter setting in the orienteering season is well underway – although some of us (see below) have escaped to try their luck in the European summer.

In this newsletter Julie Flynn asks for volunteers to assist at our event at the 2022 Australian Championships Carnival in October. This is the top competition on the Australian orienteering calendar, and one that we can both compete in and take on a role in the organization.

Also in this edition: event reports, an article indicating that Scandinavians are better navigators than the rest of us – as if we needed any proof – and an interesting video produced by Orienteering South Australia on basic course setting.

Dianne and Peter

NEXT CLUB MEETING: Monday, 1st August, 5.30pm, H2OX Office, Old Mill, level 1/35 Wills St, Bendigo

COMING EVENTS: MAY

For full details and entry details of each competition please go to the Eventor website at:

www.eventor.orienteering.asn.au/Events

Bendigo & Local Events

Date	Title	Map	Setter
Sat 16 July	Bendigo Bush 11	Diamond Hill South	Chris Naunton
Sat 23 July	Bendigo Bush 12	Lyell Forest	Charles Brownridge
Sat 30 July	Bendigo Bush 13	Kalimna Park	Nola Juniper Lorraine Leversha
Sat 6 Aug	Bendigo Bush 14	Kangaroo Gully	Wendy Taverna

Other Victorian Events

Date	Title	Map	Location
Sun 17 July	Ballarat Winter #3	Woovookarung	Ballarat
Sun 17 July	Vic MTBO Series #4	Woovookarung	Ballarat
Sun 24 July	Ballarat Winter #4	Nerrina North	Ballarat
Sun 31 July	Victorian Autumn Spring #5	Deadmans Flat	Fryerstown
Sun 7 Aug	Vic MTBO #5	Saligari, Sandon SF	Newstead

Bendigo Orienteers Club Meetings

Date & time: First Monday of every month (except January) at 5:30pm

Location: H2OX Office, Old Mill, level 1/35 Wills St, Bendigo

All members & non-members welcome. The meetings are open to everyone, not just committee members, feel free to come along and share your thoughts.

Club details:

President: Craig Feuerherdt
Vice-President: Jim Russell
Secretary: Ross Slater
Treasurer: Alison Radford

Website: www.bendigo-orienteers.com.au

Facebook: www.facebook.com/bendigoorienteers

Newsletter Editors: Dianne & Peter Searle

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2022 Australian Orienteering Championship carnival is in Central Victoria!

If you have not already, I recommend going to:

<https://aoc.orienteering.asn.au/>

This has all the most up to date information about the championship carnival. Most importantly though is that our club, Bendigo, is organising the Australian Championships Long Distance event on Saturday 1st October. As a club member, please help us make it a successful event which runs smoothly; we need our members to not only enter and enjoy your orienteering course, but also stay longer and help us organise this event.



Example of terrain, 2022 Australian Long Distance Championships

Neil Barr is the mapper for this event near Maldon. Julie Flynn is the organiser for the day and this means that you as club members will be needed to help run the show for the day. We need you to volunteer to help out with one job during the day. You will still be able to run your course; you will be rostered outside of your run time (all competitors will have their start times allocated). The roles with 2 shifts will be for around 2 hours.

These are the jobs, please consider your skills and volunteer for one of the following roles:

- 6 – 8 people to help unpack the gear truck and set out the gear at the arena (early morning)
- 6 – 8 people to pack up all that gear at the end of the day and put it into the truck ready to move on to the next day's arena.
- 3 – 4 people (over 2 shifts) to work with Debbie Dodd in the registration tent. Troubleshooting and managing Enter On the Day registrations.
- 10 people (over 2 shifts) to work at the start. The start is 1.6km from the arena (25mins walk).
- 4 people to direct parking in the paddock adjacent to the arena.

- 6 people (over 2 shifts) to work in the finish tent (1 for each download lane and a 3rd person with computer skills who can troubleshoot).
- 2 people to collect maps
- String course setter and organiser!

Your next job is to email Julie with the role for which you are volunteering. Ring Julie if you would like to discuss. We will make sure your start time will enable you to still do your job on the day.

Julie's email:

julieflynn@fastmail.fm

Julie's phone: 0429 496 422

Where to from here?

(Courtesy, The Age Good Weekend, July, 2022)

If life is a journey, then some of us have a much harder time than others finding our way around its unexpected pathways. A global study of navigation abilities has found that people living in cities have a poorer sense of direction than those in the country, especially if they are living in an urban area with a straightforward grid-like street layout, such as Melbourne. It seems that because city slickers don't need to test their brains as much as their country cousins, their spatial skills weaken or don't develop strongly.

The international study led by researchers at University College London, gave more than 400,000 people access to a mobile phone video game called *Sea Hero Quest*, which has more than 4 million players worldwide. The game, which involves a son charting a nautical course around islands and across stormy seas to recover the memories his father has lost to dementia, was designed to test its players' navigational skills. The contrast between city and country dwellers surprised even lead researcher Professor Hugo Spiers. "I wasn't sure which way it would go, which made this an exciting study," he tells *Good Weekend*. That's not all: the study confirmed that yes, our navigational abilities decline as we age. Yes, men tend to be better navigators than women, although Spiers chalks this up to unequal opportunity rather than any inherent superiority: the gender difference on spatial skills is smaller in countries where women enjoy greater freedom of movement. Interestingly, the world's best navigators live in Scandinavia – Denmark, Finland and Norway – a product perhaps of their Viking ancestry.

Spiers acknowledges that some people are born with a superior sense of direction: "Navigating requires integrating lots of different types of information, understanding what you sense [see

and hear] and making good decisions [in terms of which way to go],” he says.

Why is a study of navigational abilities important? Because any proneness to becoming disorientated or lost is one of the first indicators of dementia. “This skill is lost in the earliest stages of AD (advanced dementia), but there has been no standardised test for it,” notes Spiers.

If it’s any consolation to those of us with a less than stellar sense of direction, the navigational skills of humans, while they helped our ancient ancestors reach every corner of the globe from East Africa 70,000 years ago, pale in comparison to those of the rest of the animal kingdom. Scientists are still trying to fathom exactly how non-human animals, from Adelie penguins to humpback whales, are able to travel vast distances with great accuracy during seasonal migrations.

Event Reports

A bitterly cold day on June 11th saw Colin W set us an extra challenge on the Mandurang Coolibah map by removing the track network! Some of us were out on the course for a little longer than expected.... However, 51 orienteers ran on the day, including a good contingent up from Melbourne and Ballarat for the event.

What a difference a week makes in the weather forecast, and a pleasant but cool day saw 56 starters set off to conquer courses set by Daryl F in the little used area of One Tree Hill off Arunga Drive. (see two of Daryl’s photos below). The following Saturday Don C set his course challenges among the gentle terrain (tricky for some!) at Pilchers Bridge Central when 63 orienteers competed. Thank you Daryl and Don.



Striped Greenhoods, One Tree Hill

Daryl Fleay



Bendigo Waxflower, One Tree Hill

Daryl Fleay

A two-day event on the following weekend saw 71 orienteers complete courses in technical mining terrain in Bendigo’s urban area. Craig F sent competitors off on Royal George map and the next morning on Newer St Mungo, with lots of tracks but also lots of green! Again a large entry from other clubs which is great to see.

On 9th July Julie F again surprised us by taking the track network away on Diamond Hill North, which made the complex mined terrain a little harder to sort out! A lot going on there. Thank you, Julie from the 52 competitors!

Travellers

At present Alison and Tony Radford are enjoying a trip overseas and will compete with thousands of orienteers at ORingen in Sweden at the end of the month.

Also travelling are Margi and Ted - their itinerary takes in the 5-day OO Cup in Sweden, the ORingen 6 days again in Sweden, and on to an event in Spain before returning home. We look forward to hearing of their experiences. Good luck, good navigating, we hope you packed your northern hemisphere compasses!

Course setting Video

A youtube video produced by Bridget Uppill (Coaching Coordinator at Orienteering South Australia) has some interesting tips on basic course setting. It can be viewed at: <https://youtube/YrvdRqUMlt4>