



Newsletter 22/11

November 2022

EDITORIAL

The orienteering season is drawing to a close for 2022, Fortunately, Covid 19 has had less impact on events than in the previous two years. However, we need to be mindful that like many other volunteer organizations, our numbers have decreased – partly due to Covid - and we now depend on a small fraction of workers to carry the load of running events. Julie Flynn has penned a thoughtful article on our situation and possible solutions.

Also in this issue, a round-up of results from the recent Australian Championships Carnival, and Neil Barr's innovative approach to setting championship courses on the small Blackwood map used for the Australian Middle Championships. Alison and Tony Radford describe their experiences at the 5-day Swedish ORingen – one of the iconic events on the world orienteering calendar.

This will be the final newsletter for 2022, and our final newsletter – the time has come to hand over the reins to someone else. We thank all of you who have made suggestions and provided articles and input over the last few years. If anyone is interested in taking on the newsletter next year please make contact with either of us and we can explain what is involved. Best wishes for a happy and safe festive season and we look forward to seeing you in the bush again in 2023.

Dianne and Peter

COMING EVENTS:

For full information and entry details of each competition please go to the Eventor website at:
www.eventor.orienteering.asn.au/Events

Bendigo, Victorian & Local Events

Date	Title	Map	Organizer
Sun Nov 27	Victorian Sprint Championships	Beaconhills College, Pakenham	OV
Sun Dec 4	MTBO Event	Saligari-Sandon SF, Newstead	Nillumbik Emus
2023			
Sun Feb 5	Breakfast event (7.00am) & AGM	Dead Bullock Gully	Club Executive

NEXT CLUB MEETING: Monday, 5th December, 5.30pm, H2OX Office, Old Mill, level 1/35 Wills St, Bendigo

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: Craig Feuerherdt

Website: www.bendigo-orienteers.com.au

Facebook: www.facebook.com/bendigoorienteers

Newsletter Editors: Dianne & Peter Searle

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What's the future for Bendigo Orienteers?

Will the club fade and wither or grow and thrive? Its future is up to us....

I love orienteering for so many reasons.... You are probably reading this because you also love orienteering

Orienteering gets me out in the environment in many different and beautiful places, I love the tough physical and mental challenges involved with every event, and it forces me to focus. It helps keep me strong, fit and happy. I am grateful to the Bendigo Orienteering club for all that it has given me over the years.....

Bendigo Orienteers has enjoyed 45 fabulous years and our little club is known in Victoria for organizing more bush orienteering events than any other club every year. We have access to more bush maps than other clubs and we attract significant numbers of people from other orienteering clubs across the state to our local events.

Over the years (I have been involved in the club for close to 30 years) the club membership was fairly stable with some small ups and downs along the way. The Covid pandemic resulted in fewer members, and the membership has not yet recovered.

Along with declining numbers, we have an ongoing demographic trend which threatens our club's future. Our reliable long term members are getting older; of our 90 current members, approximately 33 are aged over 60 and at least 11 of our members are over 70.

I raise this issue not to be ageist but to remind our members that the pool of club organisers is getting smaller. A few members who are now over 80 are stepping back from doing this because the physical and cognitive demands of setting courses, getting controls out in the forest and organizing an orienteering event become increasingly difficult to manage as we age.

This demographic change is leading to an organizational risk for our club – there are fewer skilled and confident event organisers. Like most sporting and community organisations, much of the organizing is done by a small number of members assisted by a larger pool of members who volunteer to set and organize one or two events each season. Helpers are also needed every week to collect controls after the event.

The committee has responded to this by offering a few events next year that will be easier to organize. These are tagged as 'training events' and will be a score or scatter format rather than line courses. We hope some new members are curious to learn about how orienteering events are set and organized and take up the challenge to learn these skills. Many long-term members are very happy to mentor and coach newer members in these tasks.

Also next year a number of our key committee members will step down, and Bendigo Orienteers needs members to get involved so the workload can be shared among a wider range of people. Our Annual General Meeting is held at our early morning event on the first Sunday of February, and we will need a new committee for 2023.

We want all our members to consider what skills, ideas and time you can offer to help our club thrive and grow. We love orienteering and we want to continue providing wonderful Bendigo bush orienteering experiences for each other and the wider community.

Julie Flynn

2022 Australian Championship Results

In rushing to get the October newsletter out, we didn't include a full coverage of club member results from the 2022 Australian Championships. The results from the four championship events are included below. The club had a pleasing number of members in the top 10 placings throughout the week of the carnival.

Congratulations on the standout performances of Alison Radford (W70A) and Leisha Spowart (W21A) with three first placings each. In particular, Alison achieved a top podium result in all three Australian Championship events. The only other Victorian to match this effort was Aston Key in M21 Elite. Zac Allen (M21AS) also had a great week with two first placings at his first Australian Championship Carnival.

Victorian Middle Distance Championships Daylesford, 24 September

1	Leisha Spowart	<u>W21A</u>	37:10
1	Zac Allen	<u>M21AS</u>	30:54
3	Alison Radford	<u>W70A</u>	33:56
6	John Chellew	<u>M80A</u>	41:04
6	Anne Robinson	<u>W L Open B</u>	67:59
7	Peter Searle	<u>M75A</u>	28:37
9	Charles Brownridge	<u>M70A</u>	30:26
10	Tony Radford	<u>M70A</u>	30:39
11	James Robertson	<u>M21E</u>	36:41
12	Don Cherry	<u>M55A</u>	40:59
13	David Brownridge	<u>M21E</u>	38:53
13	Dianne Searle	<u>W75A</u>	43:55
25	Michael Loughnan	<u>M21E</u>	54:25
	Ben Goonan	<u>M21E</u>	dnf
	James Pemberton	<u>M21AS</u>	dnf
	Prue Dobbin	<u>W60A</u>	dnf
	Jim Russell	<u>M60A</u>	dns



Alison Radford

Australian Sprint Championships Sunbury, 31 September

1	Leisha Spowart	<u>W21A</u>	13:31
1	Alison Radford	<u>W70A</u>	15:18
18	Tony Radford	<u>M70A</u>	19:54
21	David Brownridge	<u>M21E</u>	17:18
28	Michael Loughnan	<u>M21E</u>	21:12
	Prue Dobbin	<u>W60A</u>	mp

Australian Middle Distance Championships Blackwood 25 Sep

1	Zac Allen	<u>M21AS</u>	32:25
1	Alison Radford	<u>W70A</u>	31:01
2	Leisha Spowart	<u>W21A</u>	58:16
3	James Pemberton	<u>M21AS</u>	1:10:29
6	John Chellew	<u>M80A</u>	1:05:29
12	Dianne Searle	<u>W75A</u>	58:35
14	Peter Searle	<u>M75A</u>	51:32
15	Prue Dobbin	<u>W60A</u>	1:11:42
15	Don Cherry	<u>M55A</u>	55:47
18	David Brownridge	<u>M21E</u>	45:21
18	Tony Radford	<u>M70A</u>	59:38
20	James Robertson	<u>M21E</u>	47:10
32	Michael Loughnan	<u>M21E</u>	1:16:43
	Ben Goonan	<u>M21E</u>	dns
	Jim Russell	<u>M60A</u>	dns



Zac Allen

Australian Long Championships Nuggety Range, 1 October

1	Alison Radford	<u>W70A</u>	59:46
1	Leisha Spowart	<u>W21A</u>	1:07:52
3	Ilka Barr	<u>W35A</u>	1:50:10
4	Tony Radford	<u>M70A</u>	54:41
5	John Chellew	<u>M80A</u>	58:58
7	Heather Jones	<u>W70A</u>	1:16:17
12	Jacqui Knee	<u>W45A</u>	1:32:29
13	David Brownridge	<u>M21 E</u>	2:22:00
19	Ben Goonan	<u>M21 E</u>	2:53:43
20	Lorraine Leversha	<u>W60A</u>	2:21:38
21	Charles Brownridge	<u>M70A</u>	1:10:33
24	Peter Searle	<u>M75A</u>	1:34:33
25	Daryl Fleay	<u>M75A</u>	1:39:16
	Zac Allen	<u>M21AS</u>	dnf
	Prue Dobbin	<u>W60A</u>	dnf
	Don Cherry	<u>M55A</u>	dns
	Nigel McGuckian	<u>M60A</u>	dns
	Anne Robinson	<u>W Open B</u>	dns



Leisha Spowart

Victorian Relay Championships 2022

Bendigo played host for the 2022 Victorian Relay Championships on Neil Barr's Argyle map, close to Heathcote. An ideal map for a relay event with many tracks available for the shorter courses and plenty of challenge in the gold mining areas for the long courses. The weather was kind, and course setter Craig Feuerherdt and controller Jim Russell combined to provide excellent courses. The number of entrants was somewhat down on previous years – possibly due to the event being at the end of the season and too close to the Australian Carnival.



Relay mass start with James Roberston leading the pack



Alicia Martin approaching the finishing line



Jim Russell & Craig Feuerherdt giving final instructions

O-Ringen 2022, Uppsala, Sweden

We entered the 2020 O-Ringen in October 2019, but it was postponed until 2021, and then until 2022. This was the only refund we did not receive from our proposed 2020 European jaunt, but the entries were carried forward, so 2022 it was. The terrain around the competition centre of Uppsala, just north of Stockholm, is well known for its subtle combination of marsh, high points and complex contours, so we were particularly keen to compete.

After a relaxing month in southern Europe, first in the Cyclades Islands in Greece and then central Italy with friends, we headed for the northern climes and had a couple of weeks with other friends in Finland, and then the overnight ferry to Stockholm. In 1999 we had booked a campsite for 2020 near the 'O-Ringen town', but three years later we opted instead for a small timber-clad cottage, very Swedish and yellow, in a town near Uppsala. The owners went on holiday, leaving us the house.

The event had about 14,000 competitors, fewer than some years in the past, but there are now many more competing multi-day events in Europe than there used to be. This year, there was no parking at the event sites, but all were within a 30-minute well-organized bus ride from either the 'O-Ringen town' or a vast car park for 'big box' shops, including IKEA, used for competitors. Some days we walked further than our course length to the start. There were 6 different start areas with start times running from 8am to about 1pm at 1 min intervals. The last day was a chasing start for everyone within two hours of the leader.



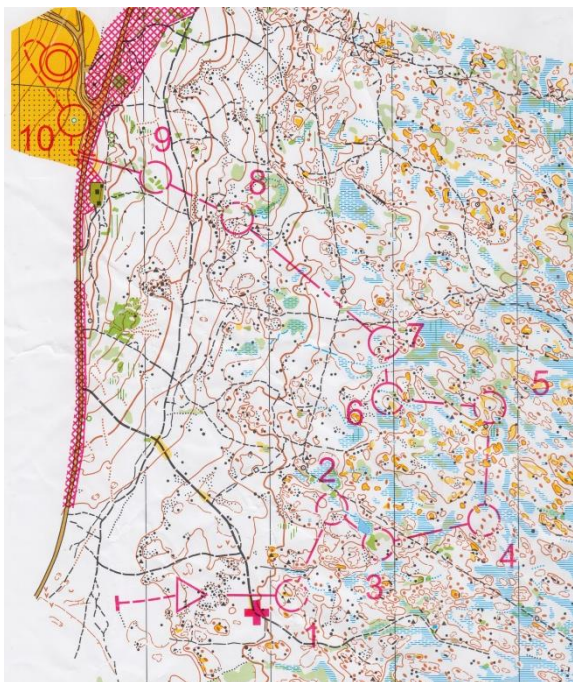
Event arena, Days 4 and 5, with the finish chute that loops around to the large finish tent, lots of club flags, and the showers enclosures in the background.

All contour intervals were 2.5m, and being in an older age group the scale was 1:7500, and the courses were challenging. The organisation was outstanding. As well as the buses, early every morning the competition area was 'swept' by a line of volunteers to move the wildlife (eg. deer and wild boar). The PA system updated results, mainly in Swedish with occasional English. Warm showers

were provided at the arenas, in big enclosures. We met a few other Aussies. We had relatively fine weather, and enjoyed swimming in scenic lakes and eating lots of bilberries.

It was a good week.

Alison & Tony Radford



Map of M70 course, Day 4

Course setting the Australian Middle Championships at Blackwood

I hope some find the following explanation of course setting for the Middle illuminating. I am still debating with myself whether this event or the 2002 Victorian Championship the day after WMOC was the most complex course planning course I have undertaken (another very different story).

There were major constraints. First, we had only one quarter of a square kilometre of middle suitable terrain to work with for the hard courses. The second constraint was the existence of only one feasible route between the terrain and the arena - a narrow bridge. The route along the river



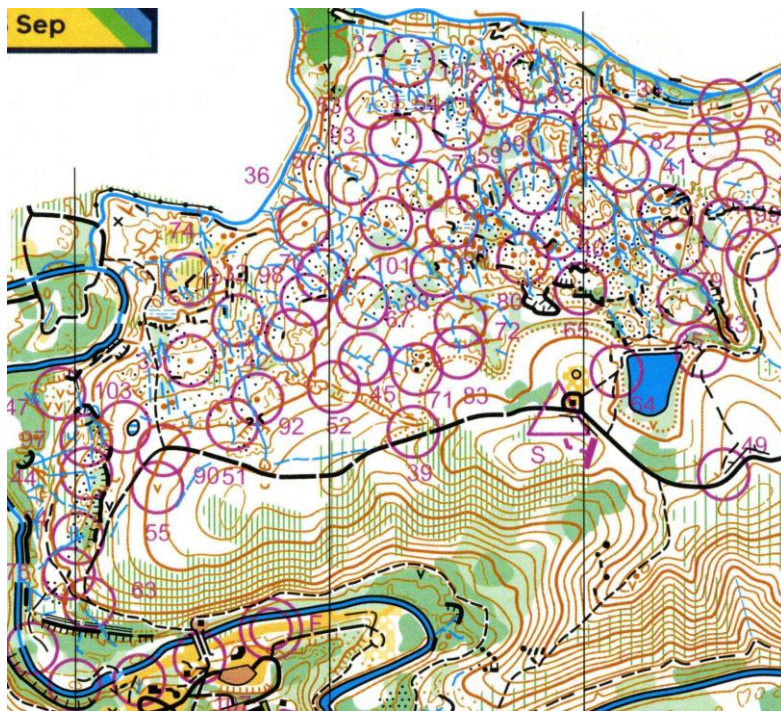
was choked with fallen timber and scrub. We dealt with the second constraint by the judicious use of electric chainsaw and pruning loppers. Before you express shock about this, the day we were pruning Parks was also out with much larger and noisier chainsaws. A year prior to the event a massive windstorm went through, clear felling the southeast slopes of the hills, damaging infrastructure and causing general chaos. The bridge was damaged, the road to the start was unpassable and many of the tracks used for novice courses were buried under trees. Parks was still responding a year later.



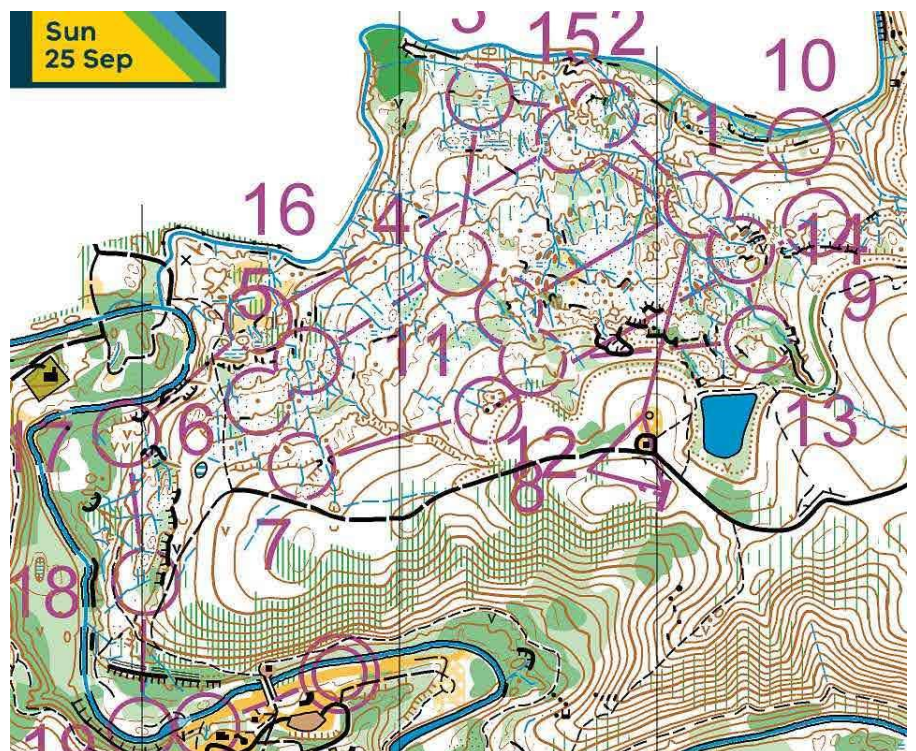
For the first time in my life I started course design by creating a grid of controls before thinking about course shape. The grid covered the available terrain, except areas near the Yankee Creek in the north that we felt were too rough for enjoyable orienteering. Each control was designed to have no adjacent controls on a similar feature (whether appearance on ground or representation on map) and minimum control separations were adhered to. This meant that sometimes we were very careful about the side of the feature that hosted the control. GPS measurement helped us here. There was a very good reason why the control might have been on the north rather than south side of the knoll. Sites were chosen to provide reasonable flow through the controls. Here is the all-controls map (see page 6).

Next step was to design the M21E course. This was not because the elite classes were a priority over other courses, but to allow control of course interactions as further shorter courses were created. Course 1 needed to do two loops of the available terrain to get the required winning time, and the two loops needed to cover different parts of the terrain. The first loop was an outside loop, the second was an interior loop. A map flip was unavoidable. Towards the end of the first loop was one of few route-choice legs for the event (8-9). This leg was the chance to give orienteers the opportunity to choose a fast-running option. The leg was common to quite a few courses (see page 6).

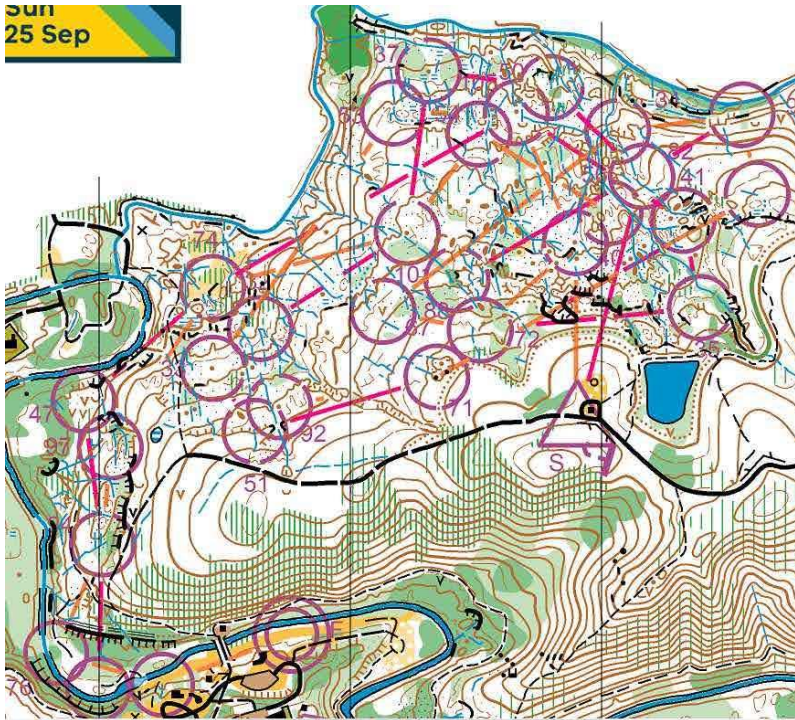
All Controls map



M21E course design



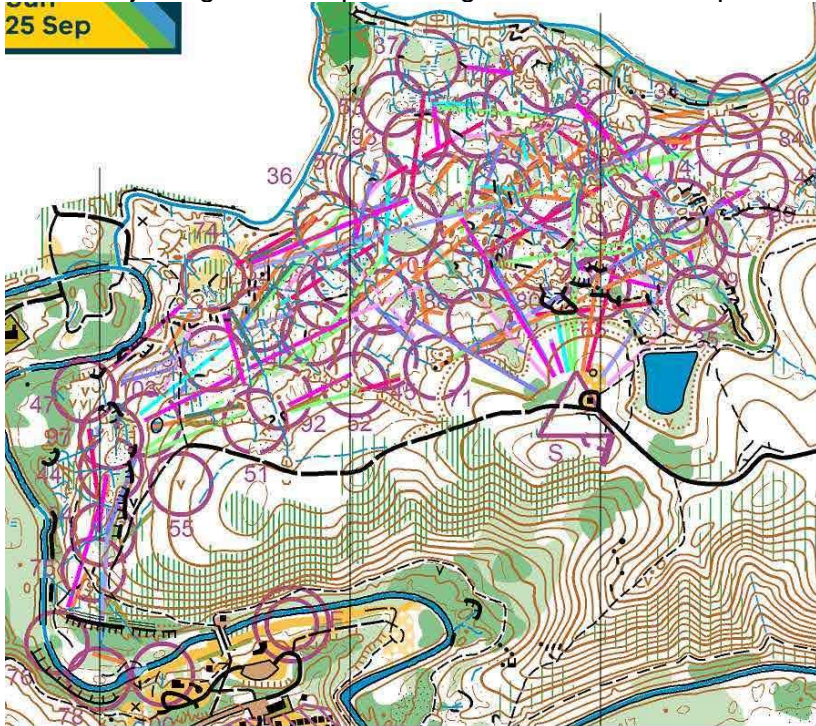
Sun
25 Sep



The next off the rank was course 2. I copied course 1 and then adjusted it to the required length. Half the controls were in common with course 1. This approach ensured there were no legs where runners coming out of a control would lead those on the other course into the control.

So now we have two courses and it looks a little spaghetti like. But there were 15 more hard courses to create, so the spaghetti was only starting. Each course was created by copying the previous one and further adjusting to the required length with control swaps. When it was all done it looked like this.

Sun
25 Sep

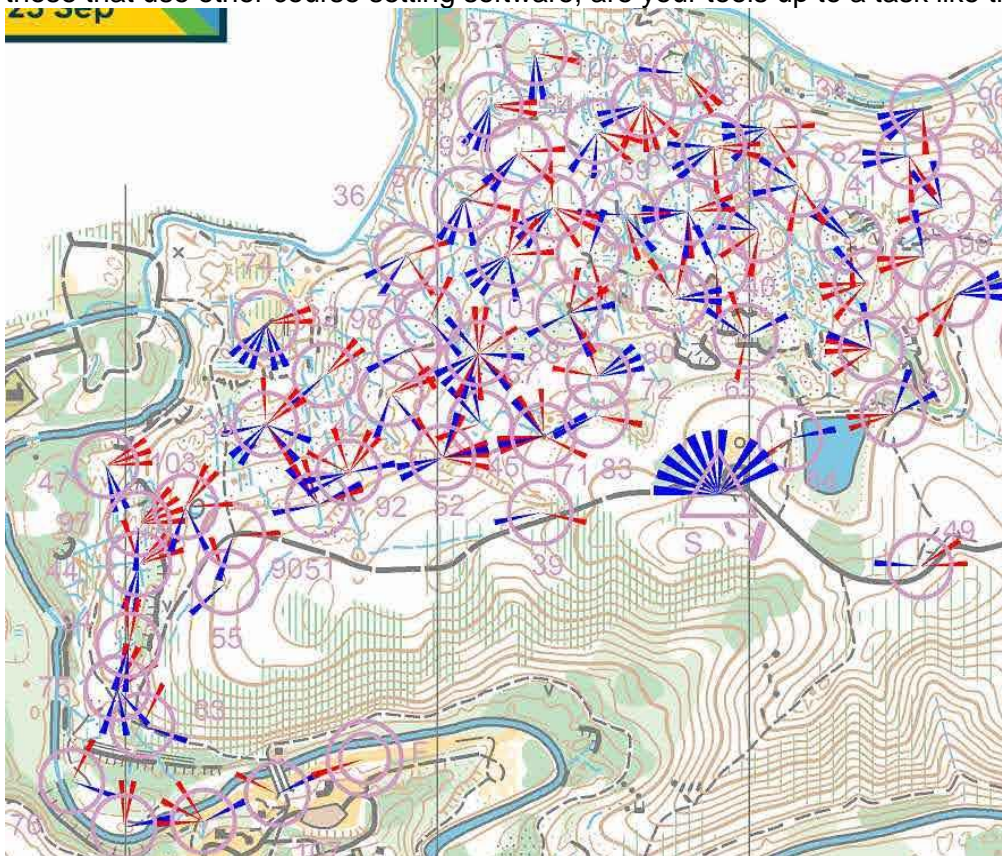


I need to make a few observations at this point, because it's clear that nothing much is clear from the above map.

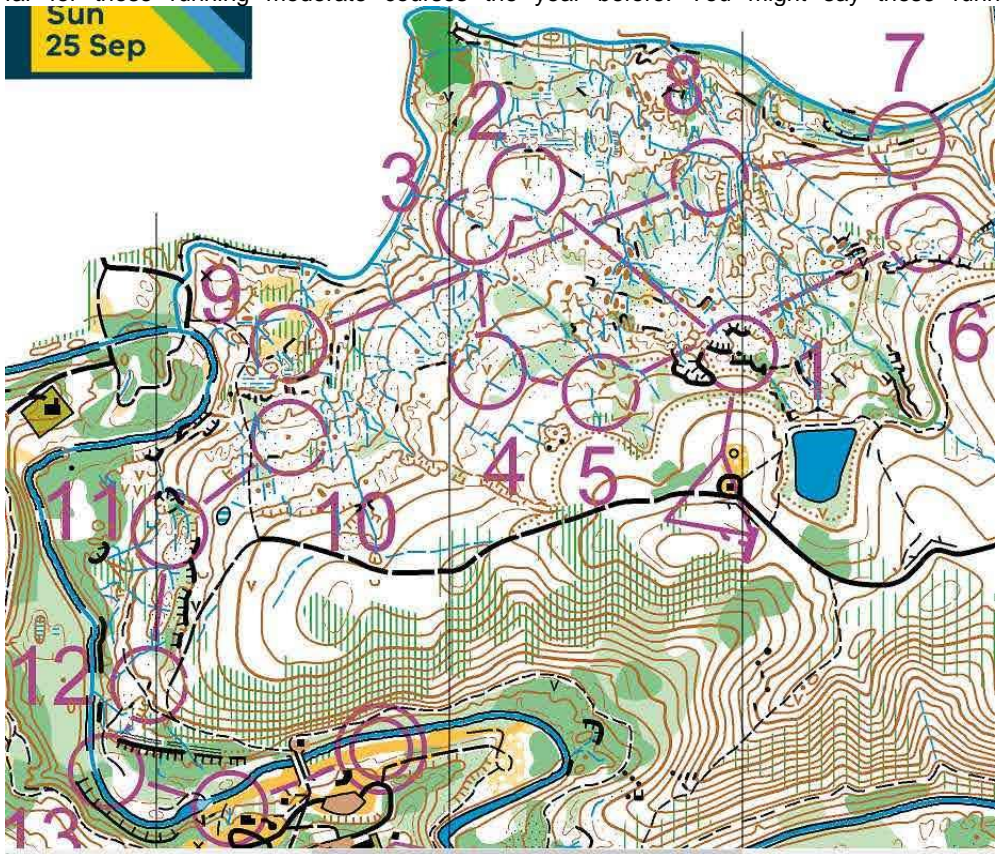
* Note the fan of lines at the start. Every course had a different first control, with the shorter courses going gradually more to the left from the start. The first leg was a primer on the nature of the terrain so that when the route choice leg came up, runners knew what they were choosing between - the rough terrain or the wide track.

* There were few controls where runners were expected to be entering and leaving on the same line. To get to this point explains many of the course versions. Resolving one control issue often led to another issue elsewhere. Eventually we realised we couldn't resolve every issue. In mathematical terms, it was an

indeterminant matrix. The unresolved course conflict issues were mostly caused by the design of the shortest hard courses where the decision was made to prioritise keeping the oldest age classes out of the rougher terrain rather than worry about control entry and exit directions on other courses. The numbers on these courses were small so the impact on other courses was marginal. The Event Adviser decided to address this by separating start windows for the relevant age groups. The way we could keep track of this complexity was by using the condos tools for identifying approach and exit angles and between-course acute angles. For those that use other course setting software, are your tools up to a task like this?



* Separate courses were needed for M16 and W16. The complexity of the terrain meant a fully hard course was probably a step too far for those running moderate courses the year before. You might say these runners had a moderate hard course.

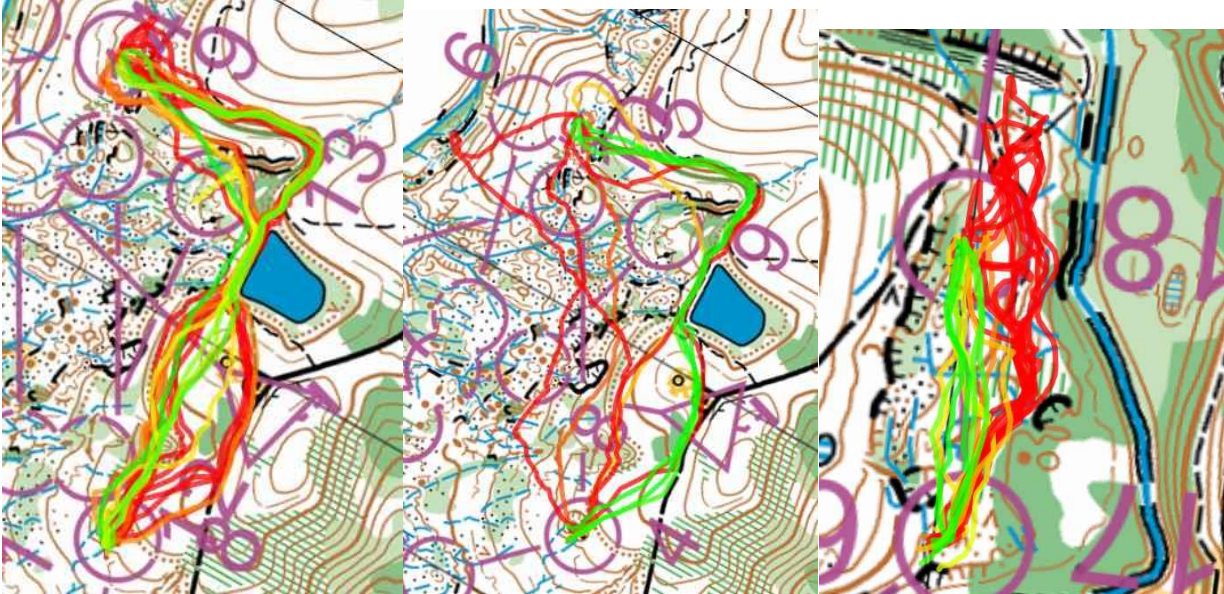


* As if this was not enough, we took into account the variable roughness of the terrain. We used a mud map of roughness zones to try and keep the courses with older competitors in the less rocky terrain for a greater proportion of their course.

* After loading in the classes, course groupings and competitor number estimates, we had to tweak the latter part of quite a few courses to reduce control load on any individual control to 300 or below.

* And finally, we made a decision to give age classes W65 up and M75 up a choice of crossing the river or the bridge. I believe the river was faster, but it appeared many women in particular chose instead to keep their feet dry.

Course design like this is about balancing competing objectives. Some feedback was that a few of the legs on the elite course were not elite standard. For most courses, improvement was obviously possible if one ignored the impact on other courses. We didn't ignore these interactions. In the end, the legs with a disappointing outcome were not the ones I expected. On M21E leg 8-9 was not optimal with all the uploaded routes taking the wide route in the easier country. The W21E class decided to make the leg much more interesting. The elite men instead decided to make what I thought one of the easier legs (17-18), much more interesting than I expected.



Optimising all the competing course setting objectives was a true team effort between this course planner and the IOF adviser (Chris Norwood) with input from Warren Key (Technical Director), mapper Fredrik and test runner Kerrin. No one person could keep on top of it all. The final event file was labelled version 18_dry. I think I re-started the course design process from scratch at least twice, but I suspect that is an underestimate.

Did you catch the word "dry" after the course version number? There was a river crossing. For some months prior to the event we had been maintaining separate wet and dry course versions as a hedge against a high river flow. And as a postscript, a week before the event the river was in flood and the BoM forecast was for more rain. We had been given a print deadline of a week before the event. Based on a nasty river level and the rainy forecast, we printed the shortened wet set of courses with a remote finish. This decision caused some angst.

The forecast rain during the week leading up to the event didn't eventuate and by Thursday we could see the river falling so there was some pressure for a map reprint. On the Friday, two days before the event, a frazzled Jim Russell printed the original courses (dry version). Part of the pressure he was under was that other carnival maps remained to be printed (mainly terrain exclusions due to the wet weather, and due to a counting error, Jim even ended up printing some maps at midnight a few hours before the first start on the Australian Long). I acted as printer's assistant and came to understand why Jim was frazzled. The task of printing took four hours. Each sheet of paper needed to be hand fed into the printer (Pretex tends to stick). Each map flip had to be matched to its mate. Colour checks need to be made every now and then. Every course must have the correct number printed and be free of interlopers. If you think it's just a case of pressing a button and going and having a coffee, think again. So a massive thanks to Jymbo for stepping up on that one.

The final decision about which courses to use was made at 3pm on Saturday when the arena was being constructed.

Neil Barr