

Bendigo Orienteers

Newsletter September / 2023



Above: Lockwood Range O event: Ian D, Anne Garvey and Gary Buchan. Photo: Jenny Ball

A number of events have been held since the last newsletter. On 12th August, Michael Loughnan set some terrific courses on the Diamond Hill Nth map. Michael used the typical bush around Golden Gully with eroded gullies and old gold mining features to make a great day for all. Jayne Sales organised the training Day on the Norfolk Hero map (Spring Gully) on 19th August – this event was free to enter. Jayne set 3 courses and a score course to challenge everyone.

On 26th August Jenny Ball set challenging courses in the Lockwood Ranges. Jenny used the hilly southern section of the map to give competitors training for the forthcoming Vic Champs events. The weather was perfect for orienteering and all enjoyed the day. The start was delayed due to a Fox Hunt in the same area – however all went well.

Thank you to those persons who set last months courses, helped to collect controls and/or organised the above events.

HELP NEEDED *We have been short of members to help pack up gear and collect controls at the end of our events. Please consider staying back to help pack up after your run (if each member helps out at 4 events for the year it makes life much easy). Thank you.*

Coming O events

Our events for this year are listed on Eventor. Please also enter via Eventor.

9 September .. Mandurang Sheepwash. - Bush O Setter: Wendy Taverna.

10 September .. Mt Lofty, Redesdale. Vic Series Bush O 8. See Eventor.

16 September .. Mt Kooyoorra Bush O 15. Setter: Craig Feuerherdt

23 September .. Korong Spur Bush O 16 .. Setter: T. van Geldermalsen.

October various Aus Champs events. See Eventor.

7 October. . Rocky Rises, Bendigo Training event.

21 October .. Pilchers Bridge.. Twilight O event.

Membership for 2023

Your 2023 membership fee can be paid via Eventor. This year 2023 our membership fee has been reduced to \$35 to encourage more people to join.

Please update your contact details when re-joining. Currently we have 96 members.

Will we get to 100 by the end of the year ? Welcome to new members.



Above: View from Course 1 at Lockwood Range event.

Photo by Jenny Ball.

Mountain Trail Bike Orienteering Report

27th August 2023.

The 3rd round of the Vic MTBO series took place in forest near Woodend on 27th August and some competitors from Bendigo took part. Course 1 winner was Jim Russell who covered the 30 km course in 2hr 35 min. In course 2 Katherine McMillan was 3rd fastest covering 23 km in 3 hr 7 min. James Robertson came 3rd in course 4 with a time of 1 hr 2 min. Well done to all who competed.

Change your workouts when you hit 40 yrs + !!!

By Terry Davidson.

The Age newspaper of 14th August reprinted an article taken from the New York Times titled "Change workouts when you hit 40!". Terry Davidson found that one statement hit home : "Starting in your 30's, you lose between 3% and 8 % of your muscle mass per decade, and more after turning 60."

However, all is not gloom and doom, if you believe what appears to be well researched content of this article – and you have those advancing decades to apply it.

The article in full is easily found by Googling "Change workouts when you hit 40!". You can also access it by the following link:

<<https://www.manlylawn.com.au/2023/08/12/workoutsafter40/>>

Legendary King of the Mountain race at Mt Wycheproof returns after 35-year hiatus

The small Victorian Mallee town of Wycheproof has a unique claim to fame. It is home to the smallest officially registered mountain in the world. And for 11 years, thousands of people gathered at the base of the summit and lined the local streets to take part in a race quite unlike any other, in a nod to the thing Wycheproof was built on — wheat.

Runners in the annual King of the Mountain race would lug 63.5-kilogram bags of grain on their shoulders for the 1-kilometre race to the top. The King of the Mountain race was arguably Australia's "toughest footrace back in the day", according to Rory White, who is helping to stage this year's event.

Female competitors had a slightly lighter load to contend with, hauling a hessian sack loaded with 20kg of wheat to the top.

Former Wycheproof resident Anne White clearly mastered the challenge because she was crowned Queen of the Mountain six times from 1978 to 1983. **James Russell** (from Bendigo Orienteers) holds the record for the fastest man to the top, with a time of 5.02 minutes in 1986.

The mountain is only 40 metres high, but it's quite steep at the end so quite a challenge physically and it's not for the faint hearted. This year the event will be staged on the morning of the AFL Grand Final, on September 30, but to make it a little easier on the competitors' backs the wheat bag for the men will be reduced to 60kg. (Information provided by Ross Slater).

Vic Middle Distance Champs Results

Held on Mt Alexander in granite terrain (with lots of hills) on Sept 2nd.

Bendigo club orienteers did very well.

Keely Williams 1 st W14A	James Robertson 1 st M21A
Charles Brownridge 2 nd M70A	Peter Searle 2 nd M80A
John Chellew 5 th M80A	Dianne Searle 5 th W75A
Don Cherry 5 th M55A	Thea Richardson 6 th W21A
Nigel McGuckian 9 th M65A	David Brownridge 11 th M21A
Ben orphin 14 th M21A	

Vic Long Distance Champs Results

Held on Mt Alexander in granite terrain on Sept 3rd.

Peter Searle 1 st M80A	Charles Brownridge 1 st M70A
Ben Orphin 1 st M35AS	Thea Richardson 2 nd W21A
John Chellew 2 nd M80A	Dianne Searle 2 nd W75A
Keely Williams 3 rd W14A	Charlie Richardson 3 rd M35A
Derek Morris 5 th M75A	David Brownridge 7 th M21 E

Well done to all the above entrants.

Bendigo 2023 committee:

President: Neil Barr Vice President: Julie Flynn Treasurer: Craig Feuerherdt

Secretary: Ross Slater Members: John Wilkinson, Nola Juniper.

More committee members are welcome.

Please note Julie and Neil will be away from 22 Aug to 13 Oct. Please contact the Secretary (Ross S.) or Craig F if you require anything.

Send in reports / articles.

Please forward any articles for the newsletter to John Wilkinson, johnwbmw@gmail.com as Word documents, and photos separate as JPG's.

END