



## 03 Newsletter

April 2026

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### Welcome to the April Newsletter

In this issue: Julie Flynn organized a well-attended CATI event in early March, and several people have been at subsequent events (see report below).

Applications for orders for our new uniform close on May 16, a range of sizes is available at events to try on.

Ted van G gives an insight into this year's Easter 3-day event in Tasmania, and Craig F describes his efforts in completing the 50km Hut to Hut race in the Victorian High Country.

Dianne and Peter

### President's Report

The committee met on 13<sup>th</sup> April (late because of Easter) and began reviewing items for this year. In particular we have reviewed a number of our policy documents and updated them – this will take place over a few months. A sub-group of the committee has been working on a new running top and this was displayed at recent events. Keep your eye out for the display at the next couple of events. We are expecting they will cost about \$50 of which half will be paid for by the club. We have also been working on the club's website (you may notice a few changes during the year). Some computer training is currently taking place at our events – please be patient while we work on this.

Three events have been recently held – the Myers Creek event (organized by Jenny Ball) and the Diamond Hill South event (by John W). Lorraine Leversha and Nola Juniper organized the Smiths Reef event which attracted almost 70 entries. All events were well received and attended. Thank you to the organisers and to the people who helped collect controls and pack up after each event (we always need helpers).

Please note that the May 9<sup>th</sup> Bush Series event at Mt Egbert has been postponed to a date in the second half of the year - keep an eye on Eventor.

There is still a vacancy for Vice President on the 2026 committee.

President – John Wilkinson

Vice President – vacant

Treasurer – Craig Feurerherdt

Secretary – Prue Dobbin

Members – Jessica Symes and Peter Forbes.

Membership – Nola Juniper

Newsletter – Peter and Dianne Searle

John Wilkinson

## COMING EVENTS

Local Bendigo and nearby Victorian events coming up in February/March are listed below. For full details, including directions to each event go to the Eventor website

### **Saturday May 2**

Event type: Bendigo Bush #5  
Map: Kalimna Park, Castlemaine  
Organizer: Andrew McCarthy/MFR  
Start: From 12:30pm

### **Saturday May 16**

Event type: Bendigo Bush Sprint  
Map: Black Jack Gully  
Organizer: Colin Walker  
Start: From 12:30pm

### **Sunday May 17**

Event type: Vic Series #4  
Map: Chewton Diggings, Chewton  
Organizer: Carl Dalheim

### **Saturday May 23**

Event type: Bendigo Bush #7  
Map: Sedgwick North  
Organizer: Colin Walker  
Start: From 12:30pm

### **Saturday May 30**

Event type: Bendigo Bush #8  
Map: Crusoe South  
Organizers: Wendy Taverna (CHOC)  
BG Orienteers  
Start: From 12:30pm

### **Saturday June 6**

Event type: Bendigo Bush #9  
Map: Mosquito Creek  
Organizer: Neil Barr  
Start: From 12:30pm

### **Sunday June 7**

Event type: Vic Series #5  
Map: Eppalock South  
Organizer: Nillumbik Emus oc  
Start: From 12:30pm

### **Saturday June 13**

Event type: Bendigo Bush #10  
Map: Peter The Great Gully  
Organizer: Charles Brownridge  
Start: From 12:30pm

### **Saturday June 20**

Event type: Bendigo Bush #11  
Map: Lockwood Range  
Organizer: David Jones  
Start: From 12:30pm

### **Sunday June 21**

Event type: Ballarat Classics #2  
Map: Chinaman's Flat, Linton  
Organizer: Eureka OC  
Start: From 12:30pm

### **Saturday June 27**

Event type: Bendigo Score Event  
Map: Coolibah  
Organizer: Michael Tolhurst  
Start: From 12:30pm

## MTBO Events

### **Sunday May 31**

Event type: Vic MTBO Series #3  
Map: Barkstead, Creswick  
Organizer: Eureka Orienteers

### **Bendigo Bush event at Kalimna Park, (Castlemaine). 2<sup>nd</sup> May**

*Come along and enjoy the competition, the outdoor environment and Castlemaine's great orienteering terrain! Everyone is welcome. Courses are available to suit all abilities from beginner to experienced. Coaching and assistance is available to newcomers. There are five Line courses on offer (hard to easy) plus a special longer trail course (Course 6).*

*Terrain: Open bushland with erosion gullies, old gold mining and many tracks, moderate to steep hills on longer courses.*

*This event is part of the Bendigo Bush Series but organised by Melbourne Forest Racers.*

Bring some food and a cuppa to enjoy with everybody after the event.

Full details on Eventor.

## New Club Uniform

Closing date for ordering our new club tops is **Saturday, May 16.**

Running tops are expected to cost less than \$50 each, and club members will receive a \$25 discount. (Final cost will be worked out once the shirts arrive depending on postage and exchange rates).

A sizing chart is available on-line at: <https://www.olandsport.com/size-chart> and sample shirts are available to try on at club events. Please fill out the order form so we can process your order.

**Craig Feuerherdt**



Craig Feuerherdt

## CATI Event March 14

The main orienteering calendar kicked off with a Come and Try It event on Wildflower Drive organized by Julie Flynn. The assembly area was an excellent choice for such an event with permanent toilets and shelter. Most attendees were young family groups, pairs, and adult groups with a lesser number of individuals. Forty five individuals were people new to our club. Twenty one had been to an O-event in the last four years. A great turn-out of volunteers ensured that newcomers were able to get individualised help in choosing a course and the basics of orienteering. Of those who completed the feedback sheet, the vast majority said they enjoyed the day and would come again.

Many thanks to Julie and volunteer helpers for providing a great introduction to our sport.



Wildflower Drive shelter

## 2026 Easter 3 Days and Australian Champs

Twelve Bendigo Orienteers took part in this year's Easter 3 Days carnival which was held in northern Tasmania.

The Easter 3 Days was combined with the Australian Champs this year due to the traditional Sep/Oct time slot for the Aust Champs being required for the Oceania Champs. The IOF won't allow regional championships to double as national championships.

The first three days were the Australian sprint, middle and long champs. Easter Monday was the Aust relay champs. Competitors times in the three individual races were summed to determine their overall result for the Easter 3 Days competition.

Best results over the weekend were by August Kent (1<sup>st</sup> overall M/W10N) and Lachlan Kent (3<sup>rd</sup> overall M Open B including a win in the sprint), and Ted van Geldermalsen (2<sup>nd</sup> overall M70A). Allison Radford (W75A) and Tony Radford (M75A) were both 4<sup>th</sup> overall including 3<sup>rd</sup> places for both of them in the sprint competition.



Tony Radford

In the relay champs Ted's team won the M65A class and Tony's team was second in M75A. Other Bendigo members competing were Kerry Searle, Prue Dobbin, Margi Freemantle, Heather and David Jones, and Don Cherry. Keely Williams stepped up to the elite class, running for the Victoria Vikings in W20E.

The sprint race was held on a new map at Hagley Farm School near Launceston. The school had many small buildings. Artificial barriers and a maze in the car park added to the challenge. For me the challenge wasn't just the course but also the hard-to-read map. I had to stop and zoom with my magnifier to read the map and since I was too impatient to do this every time I needed to, I ended up making a lot of mistakes. At least I finished. Of the 21 starters in M70A, eight mis-punched including some top rivals. This meant I still ended up third on the day and they were already out of contention for the overall Easter 3 Days competition.



Ted van Geldermalsen

As an indication of how small the school was, in order to get the required 12 – 15 minutes winning time, the mens elite course needed two 2-sided maps with competitors changing to the second map at a spectator control halfway around. The middle distance race was on another new map at Hercules Creek in the back of nowhere. When I asked how they had found the area they said they were lucky to have a couple of club members who made a hobby of exploring for new areas, like Neil and Julie in Bendigo I thought. It didn't look particularly promising as we parked and walked down to the competition centre but once we left the start line the forest suddenly was open and runnable and full of interesting rock detail (and contours).

The course planner had a cunning twist for the start. After running 150m southeast to the start triangle, most courses required a 90 degree right turn at the triangle for their westerly or south westerly first legs. Many people weren't alert to this and headed off in the wrong direction, some

even mis-orientating their maps and "doing a 180" out of the start triangle.

This was my favourite course of the weekend. Our 1:7,500 scale map was nice and clear and the mapping matched the reality on the ground. I found the forest very clear and runnable although some people thought it was a bit stony underfoot. The longer courses went further south into some tougher terrain. According to Winsplits I was leading until control 9 but hesitations on 10 and a fast final two legs by Eoin Rothery saw me slip to second.

The long distance was on a map called Robins Lawn Hill and the middle word of the map name gives you a hint. Our M70A course had a couple of steep climbs to start, a couple of small route choices and then 1.5km of fast running much of it across open fields in view of the competition centre. The finish was 150m along a dam wall. I went as fast as I could and ended up third. Prue commented that her 3.5km W65A course was also fairly easy going. She "went flat chat, hit every control straight (including two that were on fence corners) and it felt a bit like Parkrun".

Elite courses had the same long spectator legs but it accounted for a much smaller proportion of their courses and they had some longer route choice legs in the steeper country further south. The relay championships were on an enjoyable map called Verwood Forest. The area has very gentle slopes but still used a 5m contour interval so it was a long way between contours on large parts of the map. Fortunately, there were numerous point features and log piles mapped as dark green shapes and the trick was to keep a good direction while ticking these off along the way.

The courses were a bit short. In M Open B, Victoria's Romain Portier was first back in 16 minutes. Second leg runner Mark B hadn't expected him for another 20 minutes and was still chatting in the DROC tent. Romain had to wait in the changeover box for 5 minutes before Mark got there.

Then it was my turn to be surprised. Our M65A leg 1 runner, Tim Hatley, was one of the next runners to bound down the hill to the last control and into the finish having taken only 23 minutes. Fortunately, I was ready and on my way. My course went well until control 4, navigating by the log piles and subtle ground shapes. However, after control 4 I misguidedly decided to change tactics from what had been working well and navigate to control 5 using the track network. I soon misinterpreted some faint tracks and, going by my Garmin noodle, did an unnecessary additional kilometre before finally reaching control 5. Things went ok from there to the finish where we were now in second place. I had taken 33

minutes, 10 more than Tim. Fortunately, we had Warren Key to run the third leg. He sauntered around in just over 23 minutes and we were the winners of M65A, thanks very much to my teammates.

Prue's highlight was running for Victoria in the Vikings' second W21E team. She was originally in the W65A team but got "deselected" in favour of another runner and agreed to run M45A to complete a Victorian team in that class. At the last minute a real M45 turned up and Prue was bumped for a second time. Finally, she was offered her true place in W21E which she completed and considered the highlight of her weekend.

A few members stayed on for the Hobart Shorts later in the week and the Tasmanian sprint champs and middle champs (on what's left of legendary Pittwater Dunes) the following weekend. The weather turned very cold with snow in the mountains so it was time to head home to warm Bendigo after that.

**Ted van Geldermalsen**

## Adapting to the Unexpected at Hut to Hut

The Hut to Hut is a formidable challenge, and I lined up for the **50km distance** at the 10th running of the race (and final one for a few years) on Saturday 21 February. After months of solid training - inspired by some mates who were tackling the 100km - I felt prepared and ready to push.

My race started Saturday morning from the Mount Buller Resort, with an easy climb toward the summit before plunging down Four Mile Spur. This is a gruelling 7–8km downhill stretch that drops straight down to the Howqua River. I arrived at the first aid station feeling good having eaten a salad roll on the descent to curtail my pace.

The course featured at least 18 crossings of the Howqua providing continual refreshing, knee-deep stretches that made for a "nice" change of pace. About 2/3 of the way along this stretch I ran out of water in my bladder.

### The Survival Phase

I didn't think I'd be drinking that much and I initially chalked up my wet back to the river crossings. At the aid station I checked the valve on my bladder, but that all seemed ok. The friendly volunteers helped refill my bladder, I grabbed a handful of potato chips and began the 12km climb to the next station.

About 4km into the ascent I ran out of water again. This time I know it was definitely the bladder leaking with a wet lower back - quite nice in the warming conditions. With the temperature

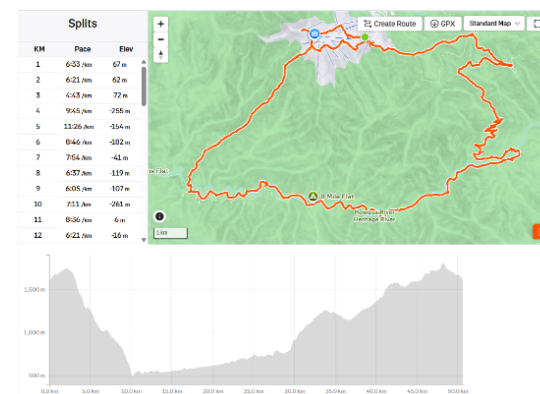
rising and a further 8km to the aid station, I had to pivot into **survival mode**. I focused on controlled breathing—mouth shut, nose only—to conserve every drop of moisture. While I had Maurten drink in my front flasks, that is no joy to consume without rinsing the mouth with water afterwards. I was a little down on myself as there were some very runnable sections on this climb, in fact an easy 2km slightly downhill section which I barely ran any. Several people overtook me along here, but I was focused on making it to the aid station. In the mountains there is always water and luck was on my side: I found a small stream about 4km from the top. I managed to fight my way into the blackberries and fill my front flasks. It was the best water I have ever consumed and gave me the boost I needed to reach the summit aid station.

### The Final Push

After a "good guzzle" of water and some solid fuel at Howqua Gap aid station I was back in the game. Despite the hydration setback, I felt surprisingly fresh on the section across to Mount Buller Village. The initial climb out of the aid station was slow, but once on the mountain bike tracks I got moving, overtaking most of the people who'd overtaken me in my dehydrated state. A few gels and crisp clear water in my front flasks saw the final 6km disappear quickly, incentivised by catching the next person in front of me. While my original goal was to break the 7-hour mark, I eventually crossed the line in 7 hours and 8 minutes. Not at all disappointed. Sure, there were plenty of "what ifs" but being forced to slow down the pace on the big climb may have meant a better time in the end anyway.

**The Takeaway:** Races rarely go exactly to plan. Whether it's gear failure or the elements, you have to be ready to adapt, adjust your expectations, and keep pushing. This applies to any racing - trail ultras or orienteering. You are always in the race with the right attitude! Map below with elevation profile - travelled anticlockwise.

Just over 50km with about 2,100m of climb.



**Craig Feuerherdt**