

06 Newsletter

September 2026

Welcome to the September Newsletter

It was great to see so many members – particularly younger members - competing in the Victorian Club Relays in August. Special mention goes to first place teams, Nigel, Jacqui and Tony on Course 3, and John, Hamish and Ed on Course 4. Andrew, Patrick and Stanley were third placed in this same category, and were the only full junior team on the course. Well done! Some of the runners are featured below. Also this month a listing of the last events for the season, an engagement and new baby, a novel use of a compass to help save an endangered species of orchid and Heather Jones using orienteering to relieve the boredom of marathon training.

Dianne and Peter

President's Report

Once again the club had a busy time running events during the month of August. Thanks go to Heather Jones for organizing the event on Diamond Hill North on August 1st, and to Nigel McGuckian for the training event on August 8th (Birds Reef). Two events were held in areas away from Bendigo. The first was the Sydenham Hill event near Dunolly. This was a newly mapped area by Neil Barr. The courses were set by Julie Flynn who made great use of the old gold mining terrain in near perfect weather conditions. Two weeks later in an adjacent area, Michael Loughnan set technically detailed courses on Andersons Diggings map (again the weather was perfect). In between these two events, the Victorian Club relays were held on the Smiths Gully map (near Maldon). This too was a terrific event with much socialising between the members of the different clubs and between our juniors. Special mention goes to Prue Dobbin who was club team manager for our club's relay teams. Well done everyone who entered or helped with these August events.

As of 2nd September our club has 97 members. This month we welcome new members Callum Jones, Ian Mack, Jan Baxter and Kerry Keil.

The club has a number of projects going on at the moment – one of which is the production of our club's new tops - these are coming soon. Margi Freemantle is working on the update of the club's website. Neil Barr is working on a survey of members, in preparation for next year's fixture. Please make sure you complete the survey that was sent out to members.

You may recall that the Bendigo Orienteering club formed in Jan 1977. I would like someone or a small group of members to start work on possible celebrations (50th Anniversary social event) for early next year. A 40th anniversary event was held on 27th May 2017. Charles Brownridge is preparing a document covering the club's history from 2017 onwards (as an attachment to his excellent book on the first 40 years). If you have any useful photos or details of events, please contact Charles or myself.

There are a number of state events coming up soon – please consider entering these events for a different experience – or offer to help. Details will come out shortly via email or will be on Eventor. Meanwhile enjoy the local bush and the variety of wildflowers the season of Spring brings.

Cheers to all,
John Wilkinson
president@bendigo-orienteers.com.au

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

Sunday September 6

Event type: Victorian Middle Distance Championships
Map: Jubilee Lake, Daylesford
Organizer: Bayside Kangaroos OC
Start: From 10.00am

Saturday September 12

Event type: Bendigo Series #18
Map: One Tree Hill
Organizer: Peter Forbes
Start: From 12:30pm

Saturday September 19

Event type: Victorian Short Distance Championships
Map: Tappit Hen, Tarnagulla
Organizer: Ted van Geldermalsen
Start: From 10.00am

News & Views

Don't forget to complete Neil Barr's survey included in a message from Secretary Prue. Your comments are important in determining the club programme for 2027.

Congratulations to David Brownridge and Merinda Campbell who have announced their engagement recently.

Congratulations to Chris and Jacqui Naunton on the birth of baby Lydia.

Sunday September 20

Event type: Victorian Long Distance Championships
Map: Metcalfe
Organizer: Nillumbik OC
Start: From 10.00am

Saturday October 31

Twilight event
Woodvale Hall, Whipstick End of year BBQ
(Details TBA)

MTBO Events

Sunday September 13

Event type: Vic MTBO Series #5
Map: Woodlands-Gellibrand, Greenvale
Organizer: Yarra Valley OC
Start: From 10.00am

Thursday, October 8 – Sunday, October 11

Australian MTBO Championships
Ballarat/Creswick

Jim Russell features in the July 31 edition of ABC 'Back Roads' programme. Go to ABC iView for the replay

Ian Jessup talks of 'The case for getting a little lost' on 'Life Matters' ABC radio RN July 29. Go to ABC Listen for the replay.

Victorian Club Relay Championships

The championships were held at Smiths Reef with a total of eight teams representing Bendigo – our best participation for many years with many of our young orienteers taking part. Secretary Prue summarized our results in a recent email to members. Thanks to Jim Russell and his team for organising the event and setting the courses. Photos courtesy Ed C, Prue D and Daniel F.



(Almost) all our runners at the Vic Relays



Crosson family



One big kid & three smaller ones



One big kid & six smaller ones



Winners on Course 4: Hamish, Ed and President John



Nicole W (Course 3)



John C (Course 3)



Michael T (Course 1)



Patrick S (Course 4)



Hamish F (Course 4)



Andrew C (Course 4)



Neil B (Course 2)

Compass use #25: Rosella Spider Orchid

You may think that a compass is only used to find the right direction from A to B. A recent article describes a novel use of the compass in the work being done to save the Rosella Spider orchid..

They are one of Australia's rarest orchids, they are critically endangered and are only found in Victoria. Research has been conducted over many years at the Royal Botanic Gardens to propagate the orchids from seed and then return them to the wild, a process that takes many years.

In 2000, just 120 wild plants remained across the small area. But since then, things have improved. Work has been done to protect the remaining ecosystem, and small numbers of plants have also been added to supplement the wild populations.

A compass is used so researchers know where the individual orchid is planted since the above ground orchid will die down and when monitoring takes place we need to know where each orchid is located. Individual metal tags and pins are used with unique ID numbering. The compass is used to place the ID tag 100mm north from the actual planting space. Monitoring occurs throughout the year, so sometimes it is very difficult to know where an individual plant may be as it might just be a tuber under the soil. So, the compass is used to help with monitoring.

For further information Google: 'Rosella Spider Orchid'. (ABC News)



Locating the Rosella Spider Orchid seedling

More than One Way

Heather Jones was inspired to write this article in an effort to encourage a family member to incorporate orienteering into their marathon training regime. Ed.

While there are many different paths we can choose to reach our running potential, perhaps you have overlooked the addition of Orienteering as a fun way toward achieving them.

Little wonder, since for many, an introduction to Map Running, better known as Orienteering, came embedded in a school camp activity. Armed with a rudimentary map, a dodgy compass, limited instruction, and paired with a less than enthusiastic partner the aim was to find tapes (preferably in order), which matched their positions on a map, and complete the course as quickly as possible.

This is a long way removed from Orienteering today which has embraced technology to become a slick sport with many built-in rewards for the whole family. Sports Ident sticks (which can be hired at the event) allow for electronic punching by registering your visit to each control site in real time. A printed readout shows your overall time as well as the time elapsed as you progress from control to control.

At the end of your run, you can use your Garmin watch, along with Livelox and Strava to compare your route choices with those of other competitors. Maps generated from Lidar (laser radar), are detailed and extremely accurate. They are multi coloured with varying scales to best represent the landscape. Entry for an Orienteering run is easy via the on-line portal EVENTOR which shows every orienteering event not only in your area but Australia wide.

Orienteering is a fun add on to any training regime as multi terrain running builds core strength, endurance and ankle stability. At the same time, it gives your brain a work out as you evaluate navigational dilemmas along the way. Which is the fastest way for the least effort? You must decide.

The whole family can participate in a Map Run with a choice of at least 5 different courses depending on level of fitness, age and ability. Mum can run 8km while Dad shadows the littlies over a 2km course. When Mum returns Dad can do his run. The very youngest out on a course I have seen was just 3 weeks old.

Perhaps one of the best things about map running is you get to have a run in the bush, in areas where nature has created pockets of exceptional beauty, places leaving you in awe you haven't been to before, boulders and cliff faces rising up ridgelines and gullies edged with

ferns and bracken. All this, often less than an hour from where you live. No hidden accommodation costs.

It hasn't taken all day and it hasn't cost a fortune, mostly under \$40 for a family and no one had to get up at 5am to do their run before the children wake.

Two- minute Start intervals add a competitive edge to Orienteering and there is no need to fear getting lost. As you progress through your chosen course you are tracked remotely. Furthermore, you can always take your phone, go with a friend or check your location with someone else on your course until you become more confident.

Rather than keep running the same training path week in week out, Orienteering gives you an opportunity to challenge yourself in new terrain, make different demands on your fitness and sharpen decision making skills as you choose the most energy efficient way to go.

Why not give Map running a try? Log into EVENTOR for directions to and details of Orienteering events anywhere in Australia.

Orienteering will add another dimension to your running training and overall performance - one you will never tire of. With Orienteering, there's always More than One way.

Heather Jones



Jacqui in 'Green and Pleasant Land', Andersons Diggings



Blue sky Andersons Diggings, Dunolly