



Newsletter of Yarra Valley Orienteering Club

No. 210

October 2013



A Yarra Valley Trifecta twice in a week in W65A

Above—Victorian Long Championships at Chewton on September 1 .
Below—Victorian Middle Distance Championships at Newstead, September 8.

In both cases: Kathy Liley 1st, Ruth Goddard 2nd, Libby Meeking 3rd.



Libby's mother had died the day before the event but Libby knew that her mother would have supported her competing in her loved sport. Libby's mother had lived a full life to the age of 99 years and 9 months and leaves a wonderful legacy.



Officebearers

President:
David Goddard
Tel: 9457 1836

Secretary:
Belinda Dale
6A Leura Street
Surrey Hills 3127
9830 4836
Binna_dale@hotmail.com

Treasurer
Sheila Colls
12 Evan Smith Close
Macleod 3085
9459 2402
sheila.colls@bigpond.com

**Bank account details
for payments:**
063009 00090157
Yarra Valley
Orienteering Club

Website:
[Http://yvoc.com.au](http://yvoc.com.au)

Next newsletter:
December 2013
Newsletter Editor:
Ruth Goddard
17 Glenard Drive
Heidelberg 3084
9457 1836
Ruthg@netspace.net.au

Roster for the relays is included at the end of the newsletter.

**Victorian Club Relays 2013
Sunday 13 October at Hawkstowe Park, Plenty Gorge (near Melbourne)**

The annual Victorian Club Relays are coming up soon, on Sunday 13 October, at Plenty Gorge (Hawkstowe Park). Yarra Valley OC is organising this year's event with key roles being performed by Kathy Liley (planner) and Ruth Goddard (organiser) with Sheila Colls as controller.

Orienteering relays are a fun event and one of the few times we get to be part of a team in the sport.

Details about the relays are provided in a PDF information sheet on the Eventor website. The organiser's notes include the following map and terrain information: "Courses for Classes A and B will cross the Plenty River. There are 2 crossing places – the first at a ford on a major track, the second crossing is a compulsory crossing point marked on your map. If the water is high or turbid, then a rope guide will be placed to indicate the safest line for crossing at this crossing point. In this case, the crossing may be staffed. A and B runners might also note that shortly after the first river crossing, there is a crossing of a deep side-creek. You will find it easiest (and safest) to cross this creek at one of the tracks marked on the map. BEWARE there are many life-threatening cliffs along the river bank and on the side creeks."

As noted, all entries have to be made through club secretaries.

Each team will consist of three members and compete in one of the following five divisions:

- A: 8 km (approx.) – Hard/medium difficulty
- B: 6 km (approx.) – Hard/medium difficulty
- C: 4 km (approx.) – Hard/medium difficulty
- D: 2 km (approx.) – Easy navigation
- E: Mixed – one each of course B, C and D

The organisers' notes on Eventor give more details about the map, how to get there etc.

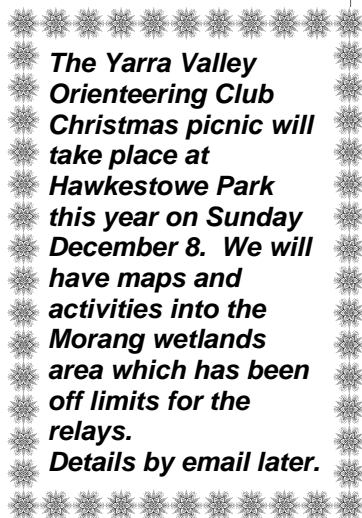
First leg runners have a mass start at 10.30 am. However all team members should arrive well before 10.15 am for the race briefing.

If you and/or others in your family/household would like to be in a YVOC relay team, please let me know asap by email or phone and I will put together YVOC teams. Details required for each entrant are your name, preferred course, and SI stick number (or "hire" if you don't have one). Also advise if there are particular other family or YVOC member/s that you prefer to be teamed up with. Please let me know by Wednesday 2 October so I can finalise teams before entries close on Monday 9 October. Also, please tell me if you have a preference for running first leg, or NOT first etc.

As usual, the club will pay all entry fees for YVOC members in the relays.

Hope you can make it.

Ted van Geldermalsen
Ph: 0416 257 485
Email: ted.margj@bigpond.com



The Yarra Valley Orienteering Club Christmas picnic will take place at Hawkstowe Park this year on Sunday December 8. We will have maps and activities into the Morang wetlands area which has been off limits for the relays. Details by email later.



Park and Street Orienteering

The Summer series commences in late October with the opportunity to get out and exercise up to 4 evenings a week. This summer Yarra Valley will be organising 4 events through the summer. These are:

Date	Location	Setter
Thurs 31 October 2013	Springthorpe	Ruth Goddard
Wed 20 November 2013	Mont Albert	Tim Dent
Thurs 12 December 2013	Rosanna Parklands	"a volunteer would be appreciated". Please contact Margi Freemantle if you can help.
Wed 5 February 2014	Blackburn Lake	Lyn Green
Thurs 13 February	Whites Corner	Russell Bulman

Whether you walk or run, please come along and support these Yarra Valley events and enjoy the summer evenings exploring these maps.

Plus if you want to find out more about the events this summer visit the new Park and Street Orienteering web site at www.parkstreeto.com.au



Sprint into Spring

This spring there will be a new Sprint series to be held on Saturday afternoons from mid-October through to the end of November, finishing with the Victorian Sprint championships on Sunday December 1st in Ballarat.

Yarra Valley is organising race 6 of this series on Saturday 23rd November at Latrobe University, Bundoora Campus.

Ted Van Geldermalsen is the setter and Margi Freemantle the organiser.

If you want to know more about this series please visit the web site <http://www.parkstreeto.com.au/sprint/>

If you want to pre-enter all the events are now open for entries on Eventor and pay on the day.

On the podium at the Victorian Middle Distance Championships



Graham Cadman M80A



John Dempster M75A



Paul Elam (TK) Tim Dent(YV) second and Dennis Mews (BK) third in M65A

Dennis and Pat Mews have now joined Yarra Valley as well as Bayside Kangaroos. Welcome Dennis and Pat to Yarra Valley Orienteering Club.



We don't know these two!

Eppalock event—from the organiser, Belinda Dale

Thank you roster team so much for your help at the Eppalock event - including John Meeking and Barry Sampson who volunteered for jobs during the day.

The weather held out - we were so lucky - it only rained and blew when it didn't matter.

David and Vincent put on wonderful performances as the (Tasmanian) devil and the (French) frog - they were memorable and a great contribution to the vibe on the day.

We had over 150 people (80 more than my Eppalock event 2 years ago) and over 30 EODs (more than we expected, given the weather forecast - a downside being map supply issues).

The participants had a great day - there was positive feedback on the courses and generosity in allowing us to recycle maps. Russell managed to do a massive job and more, in spite of his injured hand.

The string course actually had 2 entries - who were impressed. I agree that this was a lot of effort, but I see it as part of a marketing exercise which may ultimately encourage more families to come along. I agree its only really worth it for larger events which attract interstate people with kids, but I'm prepared to do them for YV state events (or at least those which I organise - which is about 1 every 2 years).

The new registration system seemed to work well. One issue was that some EODs were told that a map would be available - only to find that someone else beat them to the start. This may be able to be addressed if we mark their start slips as 'EOD (pre-marked map)' or 'EOD (will need to mark up map)'. Maybe we could provide the latter with a blank map so the starter knows they have to mark up their own. We also need to ensure an accurate count of maps allocated to PE and EOD. All of this may be covered if we print lots of maps.

Another issue was using the 'Check' as a check of who had started. This risks not identifying people who do not 'Check' and who may be left out in the forest without us following them up - as was the case in one instance yesterday. We need to make sure entrants 'check' or use a different system for managing this.

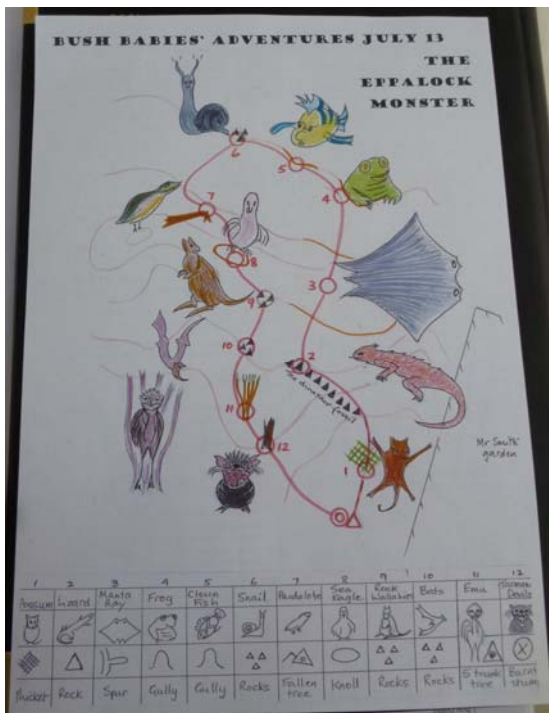
The overnighters had a yummy dinner at the Axedale Tavern - which was very busy and clearly very popular. Kathy would not share dessert, so I ate too much - but it was magnificent. I lost my caravan club keys - but that's a separate issue.



String Course at Eppalock



Kath Cadman with the picture of the Eppalock monster. She welcomed the participants in the string course and handed out the snakes.



The coloured map for the string course with a veritable zoo of creatures



Control 4 was a blue tongue lizard—a model lizard, a picture and the lizard symbol.

Orienteering in France and Italy – July/August 2013

By Ted van Geldermalsen

In mid-July Ted and Margi went to Europe for four weeks of concentrated orienteering. The program began with a 5-day event in southern France including events in the Pyrenees. This was followed by two 5-day events in Slovenia which Kathy Liley wrote about in the last newsletter. From Slovenia we drove back across Italy to Se-striere, a ski resort in the Italian Alps, west of Turin for the World Masters Orienteering Champs.

O'Tramontane – 5 orienteering events in five days – Font Romeu and Narbonne, France

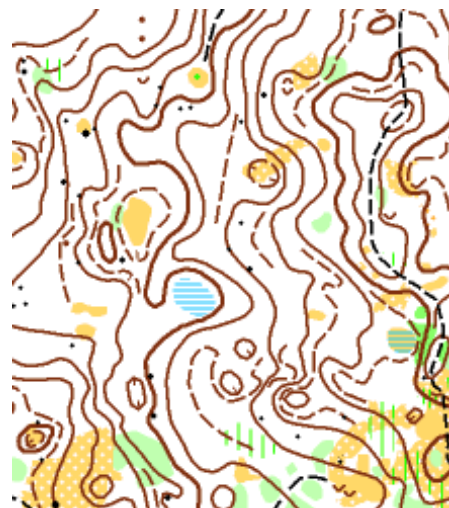
This event was initially promoted as the O'Tramontane 5-day. However, closer to the event the organisers changed their minds and/or clarified that it was not a 5-day competition for an overall result but a series of five standalone orienteering events. The first three days were in Alpine terrain at 2,000 metres altitude around Font Romeu in the Pyrenees near Andorra. Following a rest day, the last two events took place near the city of Narbonne on the Mediterranean Coast in mostly dry open gully spur country with scattered scrub.

Day one was a middle distance race which took place during a thunderstorm in the late afternoon. Our starts were at about 6.00 pm. This was only about 36 hours after we had got off the plane from Australia. Jet lag doesn't seem as bad going from Australia to Europe so we felt ok running but we both lost a bit of time on our courses getting used to the local mapping.

The next two days were both at skiing centres. The terrain was mostly grass covered slopes covered with pine forest and occasional cleared ski runs. This photo shows typical forest and me heading to the finish on Day 2.



Day 3 was the most enjoyable terrain of the 5 days. It was next to another ski area about 12 km from Font Romeu. The event centre looked down over a grass airstrip from which a plane spent most of the morning towing gliders up to circle around in the sky above us.



a map sample from this area

And here is me heading down towards the last control.



These photos are from the event website. Unfortunately there don't appear to be any of Margi.

During the rest day we drove past the start of one of the climbs that had been used in this year's Tour de France only a week earlier. There were lots of cyclists enjoying this and other climbs in the vicinity. We also visited one of the many old hilltop Cathar castle ruins in the area.

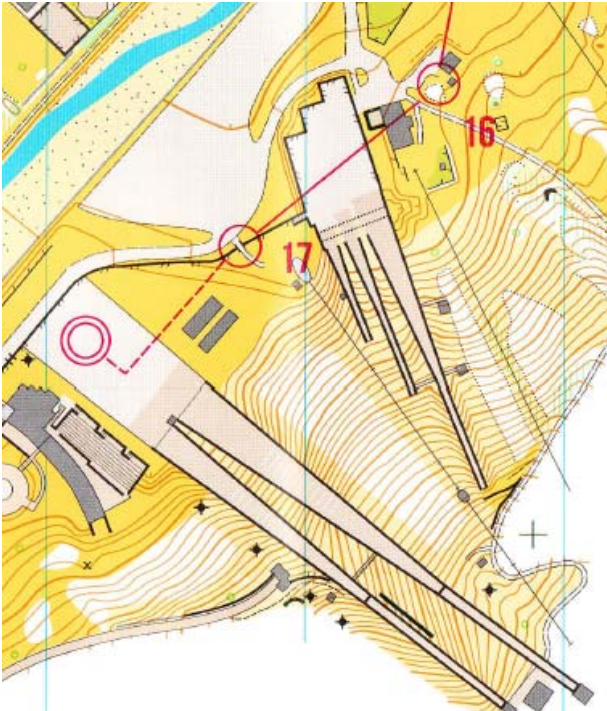
Day 4 was on a hot dry scrub covered hill about halfway between Narbonne and Carcassone. The map had lots of dark green areas of impassable vegetation which made for a very different orienteering challenge from the first three days. It also had many steep spurs and gullies with legs set to make interesting route choices across or around these.

Day 5 was another scrubby area just on the edge of Narbonne. The organisers had given us early starts just after 8.00 am. This enabled us to finish our runs and get away by 10.00 am. Just under 12 hours later, after driving over 1,100 km across France, Italy and Slovenia we arrived at Vipava, where we met up with Libby and John Meeking who gave us a cup of tea and the key for our apartment and our race packs for the Bubo Cup which started next morning.

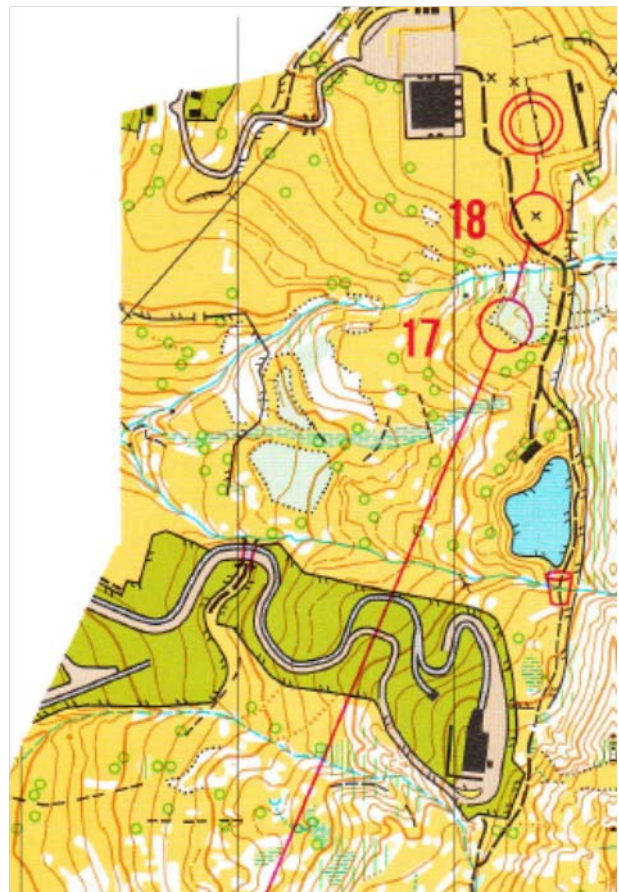
World Masters Orienteering Championships – Sestriere, Italy

Sestriere has occasionally hosted the end of Giro d'Italia stages and even Tour de France stages. In May this year the Giro stage to Sestriere had to be shortened because snow was falling at the finish and making the final climb too dangerous. Two and a half months later summer had well and truly arrived and we had beautiful weather and temperatures over 30 degrees for most of the WMOC week.

Sestriere and the surrounding towns also hosted the 2006 Winter Olympics and infrastructure from the Games provided a backdrop to some of the orienteering events. For example the following map extract shows how the finish line of the sprint qualification race was in the run-off area of the ski jumps

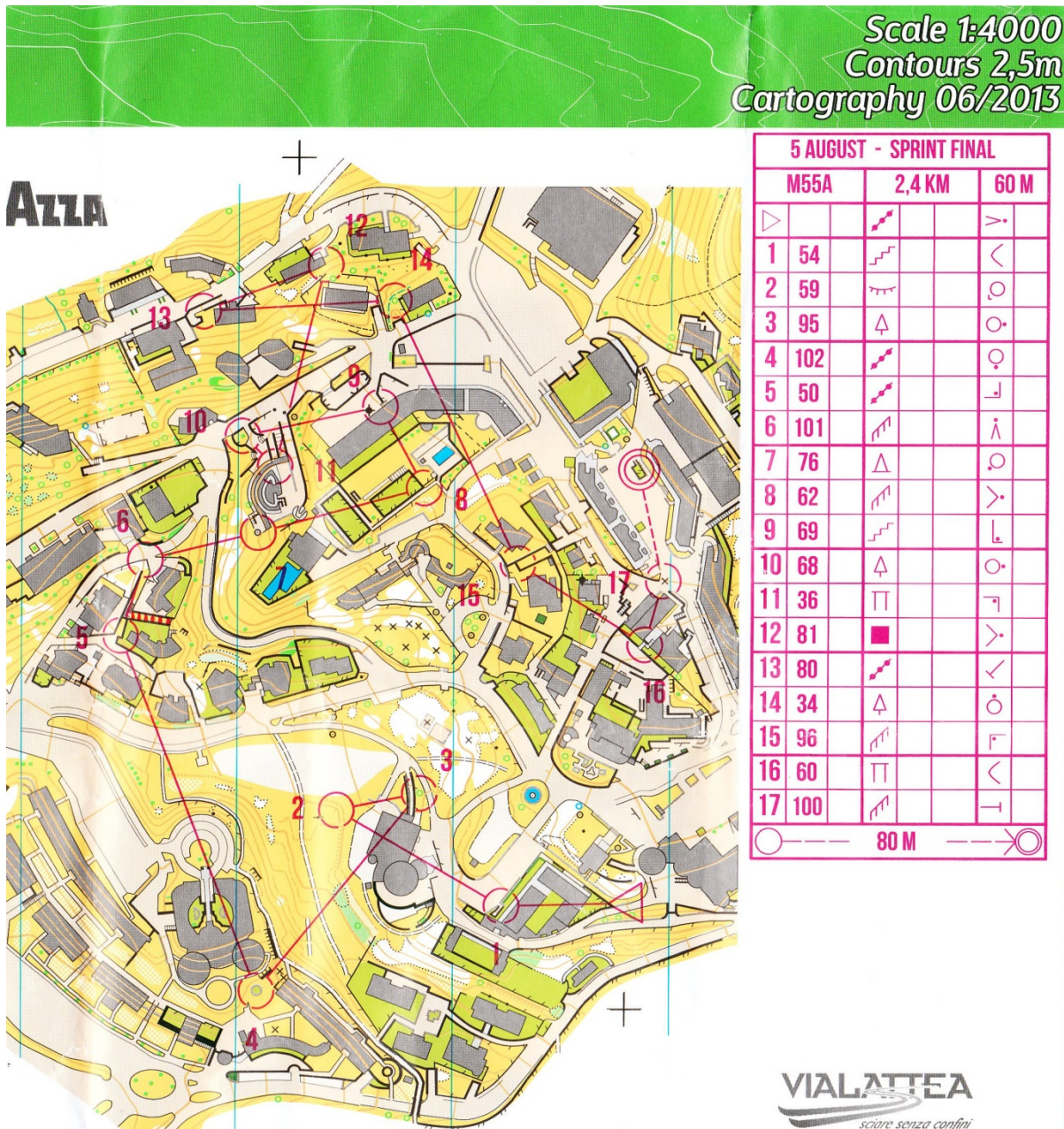


In the second long distance qualification race the second-last leg of most courses had a route choice either under or around the top of the bobsled and luge course as shown in the following map extract.



The chairlift that took us to the competition arena for the long distance final was one of 12 new ski lifts built for the Games. Italy spent 1.7 billion euros on infrastructure for the Games and one has to wonder about the value of some of this. Margi and I went back for a closer look at the bobsled/luge track on the rest day before the long final. It looked as if it has only been used for one major competition since the 2006 Games and seemed quite neglected with long grass and weeds growing around everything.

The sprint qualification courses were fairly simple so I was disappointed with myself to make two quite big errors. However luckily I still scraped into the A final and was able to do better in the sprint final on a much more interesting map and course (shown below) in Sestriere next day.



Margi also qualified for the A final and finished in 40th place, an improvement of 15 places on her starting position.



Margi (red top in the centre background) coming into the finish at the Sprint final and then afterwards all smiles

A feature of both sprint competition areas was the steep slopes with many high retaining walls which were marked as impassable. In sprint orienteering this means “forbidden to cross”. Nevertheless, after the qualification race the organisers put up a display showing several photos of competitors jumping down, and even scaling up, these walls. Faces and bib numbers were blanked out. They included a strong warning that there would be disqualifications if this was repeated in the sprint final next day. In the provisional results for the final I was 28th but when I looked next day this had changed to 27th. Down the bottom I saw that one of the faster runners had been changed to DSQ. The organisers announced that a total of 46 competitors had been disqualified for jumping down uncrossable walls and they had photo evidence to back up all the disqualifications. I looked through all of the results and analysed the “demographics” of the disqualifications. Swedes and Russians each accounted for about 12% of total WMOC entries. However Russians accounted for 33% of the disqualifications while no Swedes were disqualified. The country with the highest ratio of disqualifications to entries was Brazil, host of next year’s WMOC. No Australians or NZers were among the disqualifications. Approximately 80% of the disqualifications were men. There were no disqualifications in the age classes 70 or above – for them the walls were actually physically uncrossable.

After a rest day and model event for the long distance competitions we drove down to Sansicario for the first long qualification race. The two qualification races were on adjoining (overlapping) maps on a steep pine-forested hillside with many clearings. They had a common finish and event arena. They also had a common start location which was approximately 1.5 km and 210 metres climb above the finish. People were already half exhausted by the time they had reached the start. Our courses then had another 290 metres of climb for both of the qualification races. This meant they also had 500 metres of descending which was fun. Here is a map extract showing one of the gentler parts of the hillside.



All the technical orienteering in Slovenia during the previous two weeks meant that our navigation was generally good but our hill-climbing fitness was lacking. Even so I managed a 20th and a 9th in my qualification races for 13th overall in my heat. In M55 there were three heats and the top 27 in each heat qualified for the A final (a total of 81). Therefore a result of 36th or better in the final would be an improvement on my qualifying position so this was my goal.

The final day was beautifully cloudless, windless and warm. It was a very enjoyable day. I had been sceptical when the organisers said the only access to the event arena was by a chairlift and they also mentioned that its capacity was 12 passengers per minute. I calculated that it would take 4 hours 20 minutes to transport all competitors to the arena providing every seat was occupied and the lift did not stop for any reason. It seemed to me that the lift capacity might not be sufficient to get all competitors up the mountain in time for their start times. However, the organisers had thought of this and had spread the start times out over a longer period than normal, from 9.00 am until around 2.00 pm, so while the queue for the chairlift was long (about an hour), everyone seemed to get up with enough time to get to their starts on time.

This photo shows Schon Hudson, Margi and me just after arriving at the event arena. The start was on the skyline above Margi's head, about a 1.8 km walk and 125 metre climb. The courses generally started off going further away from the arena and then worked their way back around the lower part of the slope on the left of the photo.



My course was 6.6 km with 340 metres of climb, but interestingly it was such an enjoyable area that the climb did not seem too bad. I was very happy with my run and finished in 28th place, just achieving my goal of 36th or better. Luckily for me, several faster competitors lost time on a couple of tricky legs coming around the hillside right near the end of the course.

Margi had one of the last start times as one of the fastest qualifiers in the W55 B final so she didn't finish till about 3.00 pm (she placed 9th). By this time the queue of people waiting for the chairlift back down the mountain was several hundred metres long so when a person came walking along the line offering to lead a group of people who were willing to walk back down we volunteered. After a steep descent of over 1,000 metres which took about 40 minutes we reached the top of another chairlift which took us the rest of the way down to the car park and the beginning of our drive to Switzerland that evening. We are sure we would have been waiting in the queue up the top for another hour if we hadn't chosen to walk down.

This photo shows the chairlift queue extending into the trees after the event.



Having the final at Claviere, only accessible by chairlift was a gamble by the WMOC organisers but one which paid off. It was a beautiful memorable orienteering area.

Other travellers to Europe—Liz Randall (cycling and Italian), Vincent and Christine (cycling)



Alexandra happened to meet up with Cadel Evans in Alberta, Canada



TO RUSSIA WITH WEBBED FEET by Tim Dent

(11th World Rogaining Championships, 26/27 July 2013, Pskov region, Russia)

Background-

I have attended several rogaining world championships since 1992 when the first such event was held at Beechworth. 2013 was special however, being the first year that an 'ultra-veteran' (over 65 year of age) category was included. Me and my regular rogaing partner (Rob Taylor – a non orienteer) have been campaigning for several years for such an age class as we are no longer competitive in the 'super-veteran' class (over 55 years of age) at the international level. We almost felt obliged to compete, having been granted 'our' age category.

The Team-

Earlier this year we decided to invite another member to join our team. Graham Anderson is another non-orienteer but a regular rogaing partner and a very strong walker. We anticipated having an advantage in Russian terrain due to all of us having webbed feet. We competed locally as a threesome and decided that we were compatible, so we entered the event and went through the arduous task of obtaining Russian visas (that's another story!).

Getting There-

Graham's wife, Anita was born in Latvia and has a house in Riga, so we decided to drive the 400 km to the event from Riga with a Russian-speaking driver, who assisted greatly with the border-crossing. Unfortunately, Rob's wife Sue had a serious attack of dizziness as we were preparing to leave Riga so Rob decided to miss the event, having driven across Europe from Holland with me.

The Event (Planning)-

Having spent the night in rather basic Russian accommodation we received our maps 2 ½ hours prior to start time at midday. Our first thoughts on looking at the map was that our webbed feet were to be a decided advantage! The map was huge (680 x 630 mm) and almost 50% blue, covered with a complex network of marshes and lakes. On closer examination there were quite a few roads and minor tracks connecting settlements which we later found to be mostly in ruins. Scale was 1:30000, 10 m contours with 81 checkpoints – 20 to 100 points each. We easily filled in the planning time, but still weren't happy with our selected route of approximately 100 km (direct), though fortunately we'd allowed for several 'opt-out' sections.

The Event (Here we go!!)-

Midday and we're off, jogging initially, with over 300 other teams. The weather was warm and mostly sunny, as it was for the full 24 hours. We'd chosen what appeared to be a few easy controls to start with and we soon found that, though contour-wise the map was fairly accurate, features were highly variable. 'White' forest could be very runnable or almost impenetrable; marshes could be dry or waist deep; some tracks were overgrown with head-high stinging nettles or other nasties and 'yellow' areas (generally abandoned cultivation) were mostly covered with long grass. Adding to this list of enjoyable attributes were swarms of mosquitoes and other biting insects!

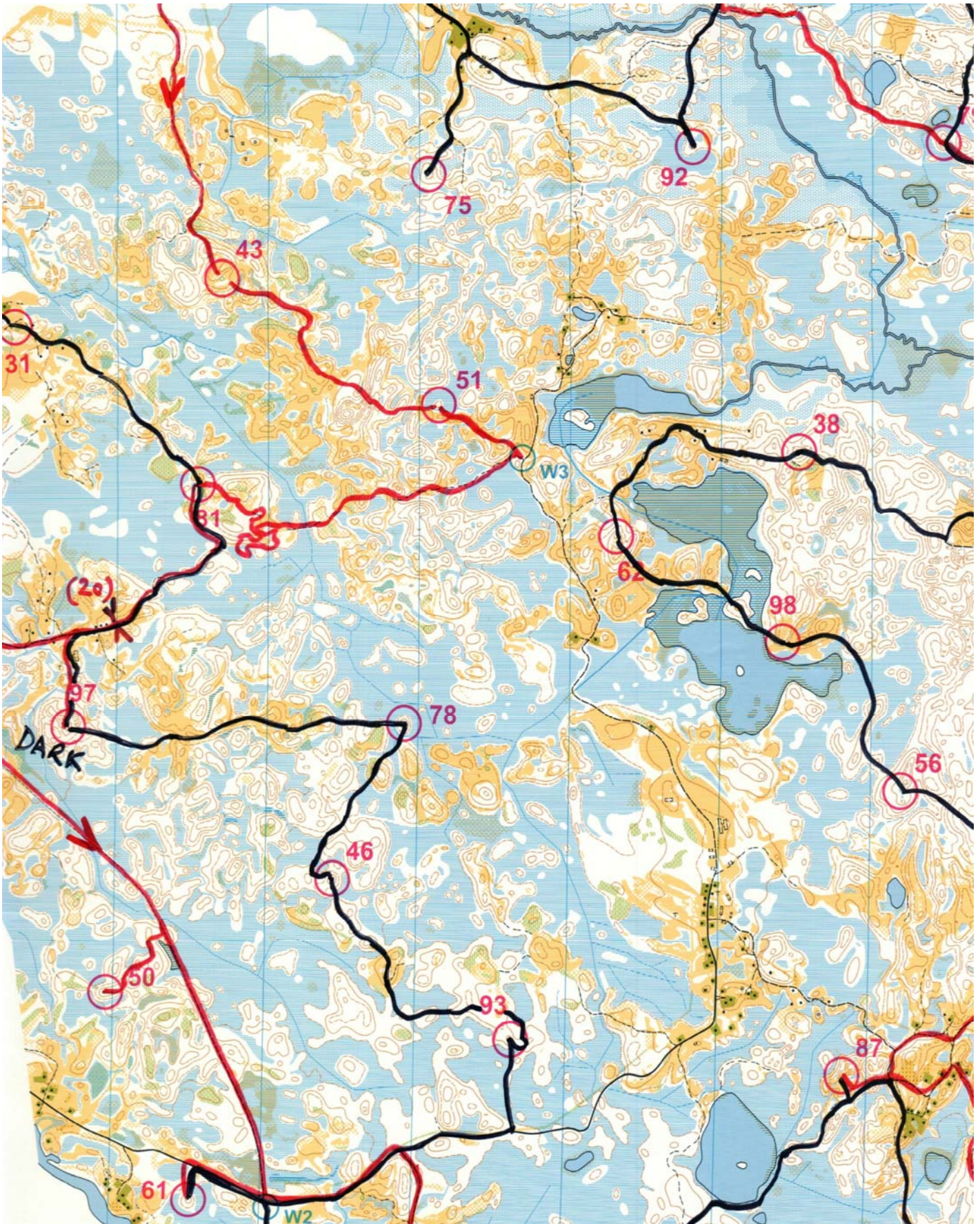
The terrain was fairly flattish, with many checkpoints on small knolls, or in large depressions. Tree cover, which included much of the marshy areas, was predominately coniferous with birch and other deciduous varieties.

After the initial sprint start, we walked for the majority of the course, partly because Graham was worried that his gluten-free diet may not supply sufficient energy, despite the various Latvian concoctions which Anita had prepared for him. He need not have worried, since he "had the legs on me" later on. Despite his lack of orienteering technique, we tended to share navigation decisions and Graham's fitness was never in doubt – he has walked the full depth and breadth of Latvia in recent years and ran the Melbourne Marathon last year.

Dawn is always a good time in a rogaine. Time to throw off the sleepiness and put in some good hours, despite the sore feet and muscles! This inspired us to jog where possible, circumnavigating a large lake system which was generally devoid of marshes. Tiredness played a part in the final few hours and we were forced to delete more checkpoints in order to finish on time. Unfortunately, this meant that we finished half an hour early, being unable to utilise this time profitably. Much better than half an hour late!

Results and "What's Next"-

We were too tired to join the huge queue at the hash house, so missed out on Russian cuisine. Sportident was used for the event, so results were speedy. We'd managed 2nd place in the Ultra Veteran category, 80 points behind a Russian team. Oh for that missed checkpoint! Next year sees the 12th World Champs in America – will we be there?



*The black lines are part of the winners route, red more squiggly ones are our route!
The whole map is the size of a tablecloth.*

The Roster for the Victorian Club Relays

Sunday October 13 at Hawkestone Park, Plenty Gorge Park
Mass start at 10:30am

Kathy Liley: coursesetter, Sheila Colls: controller, Ruth Goddard: organiser

Setup on Sunday morning at 8am: Russell with the trailer, Christine and Vincent, Ruth and David

Parking from 9am: David

Registration from 9am: Jackie Dempster, Jackie Sheldon

Mass start and instructions 10:15—10:30am: Ruth and Kathy

Map supervisors from 10:30am: Libby and Christine

Supervisor for easy course start from 10:30am: Pat Mews

River crossing supervisor from 10:30am: John Meeking

Finish tent from 10am: Sheila and Vincent

Prizes at about 1pm: Ruth

Control collection from 1pm: all YV members



Words of wisdom from someone who knows about wild animals

Snakes are very sensitive to changes in air pressure. They will retreat back to a safe place when someone comes by brushing against the grass. On the other hand, stomping our feet makes them alarmed and freeze on the spot. That is why we don't see snakes when we are orienteering.

Never touch a kangaroo's head otherwise they will scratch and kick. Being stroked on the head is interpreted as an aggressive act. When fighting they aim to get at the other's head.

(Two pieces of advice about wildlife from an experienced person in the area, gleaned whilst Ruth was on a daisy-planting working group at Panton Hill.)