



# Newsletter of Yarra Valley Orienteering Club

No. 212

February 2014

## Vale John Colls 18 October 1944—12 December 2013



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From Sheila:

Stuart, David and I want to thank everyone from the Club who visited, fed us, sent cards and gave us so much support during John's illness and afterwards.

We count ourselves fortunate to have so many caring and thoughtful friends. While it was a horrendous period, the painful memories are softened by the many kindnesses received.

### Details of Yarra Valley events

Thursday Feb 13 (Park/street) White's Corner  
Organiser/Coursesetter: Russell Bulman

Saturday March 1 (summer MTBO) Research  
Organiser: Ralph Koch

Sunday March 23 (state series, foot) Kangaroo Crossing  
Coursesetters: Ted van Geldermalsen, Russell Bulman  
Organisers: Christine Sinickas, Ruth Goddard

Saturday March 29 (State series MTBO) Muckleford  
Organisers/coursesetters: Peta Whitford, Carrie Edney

Sunday June 29 (State series, foot) Wattle Gully  
Coursesetter: Ted van Geldermalsen  
Organiser: ???

Sunday July 13 (MelBushO 5) Pound Bend, Warrandyte  
Coursesetter/organiser: Ruth Goddard

Sunday August 24 (MelBushO 7) Plenty Yarrambat  
Coursesetter/organisers: Mel Gangemi, Tim Wardrop

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Kathy, Peta and Liz Randall competed in the MTBO competition in New Zealand during January.

Kathy wrote about their time after the competitions:

After the competitions, I went to stay with friends near Taupo and they took us to ride on 3 of the many mtb tracks in that area. The Old Coach Road near Ohakune (snow-capped Mt Ruapehu just near there): take the shuttle to the top of the track; follow the line of the old coach road (built in 1904 and in use for a couple of years while the railway was completed through this hill-gully area, still some riding on the original cobblestones) and in some places following the old railway easement which was re-aligned in 1987, including one reconstructed viaduct.

The next days we rode two sections of the Great Lake Trail – we took them as one-way rides, getting dropped off on the top road west of Taupo and riding down to the lake. Nice smooth tracks with good width. Some broad switchbacks on the climbs and descents, but much of it was fairly freeflowing. Peter Cusworth, who was with us that day, took a video of the second of these rides – we dropped down to the lake where there is a campsite, then back up over the next ridge before heading down to the town of Kinloch. This ride was 19km with 180m climb and 340m descent. The edited video is on Youtube at <http://youtu.be/PW55AancvZU> There are shuttle services available to take riders to the start of the rides. A new track which is under construction will finish on a remote lake-shore point where boat pick-up can be arranged.

### John Colls



*Post-course analysis on a hot day in Queensland.*

John, his wife Sheila and their two young sons David and Stuart, arrived in Victoria from Scotland in November 1981. John and Sheila were both very experienced orienteers and John had served as Scottish Orienteering Association (SOA) President from 1976–78 and British Orienteering Federation Vice-Chairman from 1978–80, as well as being one of the co-founders of the biennial Scottish 6-Day Event.

Soon after their arrival, the family joined Dandenong Ranges O Club before transferring their club allegiance to Yarra Valley in 1990. In May 1983, John was elected treasurer of the Victorian Orienteering Association, a position he held for the next three years. This was undoubtedly the busiest period in the history of the VOA (or Orienteering Victoria as it is now known), straddling the lead-up to and conduct of the 1985 World Orienteering Championships in Bendigo, the first time they had been held outside Europe.

John was an actuary by profession – he was a principal in Mercer’s when he retired – and the VOA benefitted immeasurably from his financial expertise, as well as from his SOA experience. To mention just one example, he implemented a complete restructuring of the VOA’s finances, establishing a budgeting system that not only ensured that the VOA had “neither too little nor too much money for our needs” but underpinned the extensive WOC 85 mapping programme in Victoria.



John had two hip replacements, in 1996 and 1998, and though they did not diminish his enthusiasm and determination for competing in his age class, naturally affected his competitiveness. It is important to note, then, just how good an orienteer John was before his hip troubles. Two M35 results clearly demonstrate this: 1983 Australian Champion at North Stockton Dunes and 1984 Victorian Champion at Mt Alexander, both very complex areas being used for the first time. John was a member of the Australian team for the Australia New Zealand Challenge in 1984 and was very proud of the fact that he had represented both Scotland and Australia in orienteering.

John was very much a person of integrity and principle. When in 1998 the IOF requested that Orienteering Victoria organise the 2002 World Masters Orienteering Championships as part of the multi-sport World Masters Games, John as Event Director did an enormous amount of work in negotiating an agreement which set out the roles and responsibilities of Orienteering Victoria on the one hand and the overall umbrella group, the Melbourne World Masters Games Committee, on the other. However, once things got underway, John felt that in a number of important areas, the umbrella organization was not honouring the spirit nor the letter of the signed agreement. And, as he could see no prospect of a change in attitude, he tendered his resignation as Director. His reasons for his leaving were well understood and respected and the ultimate success of the event was still very much due to the early structural work laid down by John.

*Most club members will have seen this account of John’s orienteering life in the ONews. It is included for anyone who missed out, and to provide a club record. Ruth*

After his retirement in 1999, John renewed his hands-on association with orienteering in Scotland, regularly controlling one day of the Scottish 6-Days and undertaking the role of Finance Director for JK 2012 (the equivalent of our Easter 3-Day event) in Perthshire. Typically, his final contribution to Australian orienteering was a substantial one as Chief Organizer of this year’s Easter 3-Day event based in Bendigo.

In the end, a generalised and incurable health problem claimed his strength and his life. Lucid until nearly the end, he welcomed visitors to talk of cricket, Scotland, his wide travels, a little of his early life in Yorkshire and, of course, orienteering. John died on 12 December.

Those close to John extend to Sheila, David and Stuart, their families and John’s sister Barbara, our thoughts and best wishes at this difficult time.

**Barry McCrae and Peter Searle**

### **Mudgee: An Easter Odyssey 1991**

By John Colls

*John was YV newsletter editor at one stage and wrote of many of his adventures.*

*Mudgee is the venue for this Easter 2014.*

Melbourne to Mudgee by road proved to be a respectable orienteering leg in its own right, with a succession of viable alternatives for most of the 900km. a westerly route via the Newell was feasible, swinging in through Parkes and Wellington. On the other hand, Bathurst was probably a better attack-point if the first objective was the family relays. The final 120km though rugged country around Sofala, Ilford and Rylstone, driven against the fast-approaching deadline of the mass start, had the adrenalin flowing well before the assembly area was eventually sighted though the dust haze.

Neither Friday's weather nor its terrain gave us much help for what lay ahead. It was sultry and dusty as we tackled the relay over semi-cleared spur and gully terrain on the fringes of the map for Day 1. The relay took its usual course, set for fun and simplicity rather than any real challenge. The main frustration – for those with an interest in the handicap section – was a total lack of useful information on this aspect. The event programme did not specify any formulae for adjusting times and no results were apparent at any of the ensuing three races. Has anyone seen a handicap result?

On Friday night and for much of Saturday it rained – a drizzle interspersed with heavier showers. Dusty Mudgee quickly became 'sludgee' Mudgee as we slithered back to the previous day's assembly area. The terrain was enjoyable but fairly undemanding with many controls on so-called termite mounds that looked more like ant heaps when you got close enough to see any sort of feature at all. (as control sites, these brought to mind a legendary UK description from the 1970s, namely 'the fairy ring'. This was a feature with no discernible form on the ground, but unfailingly identifiable by the presence of a control flag at its centre.) Some Yarra Valley members ran well, and others less well.

The Mudgee Golf Club attracted a cross-section of orienteers – some crosser than others – through the mainly wet afternoon. Without naming anyone, it has to be said that certain club members spent longer in the trees at the golf course, than they had in the bush at the event.

Sunday was different. We had been forewarned of sandstone canyons, beehives, cliffs, turrets and pagodas – and we were not disappointed. Greybeards muttered that it must be similar to the 1972 World Championships terrain in Czechoslovakia. The crowd gaped at cliffs some 30m high, beetling over the finish chute.

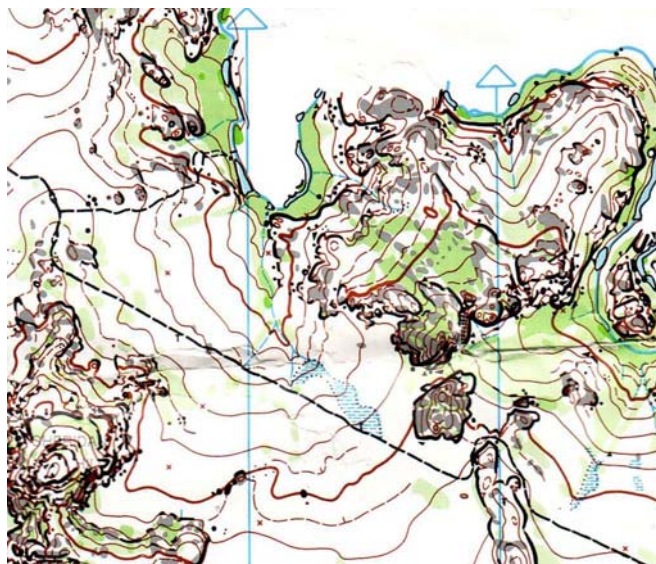
Opinions varied on the quality of the terrain. None disputed its appeal for bush walking nor its uniqueness for orienteering. Many, however, felt that the two did not mix. Generally speaking, courses either avoided the major rock features (in which cases the 'special' terrain was irrelevant) or they got totally and illegibly tangled in acres of vertical rock, with certain legs apparently set up for gimmickry. What seemed, in the heat of competition, to be minor errors of route choice proved in retrospect to have been total disasters, with many minutes lost trying to find a way round obstacles eg. large cliffs, that materialised on what had appeared to be legitimate routes.

Noone who got fully into the rocks is likely to forget the day. On M45, for example, there was a leg (4 to 5) that took us along the narrow, exposed crest of a sandstone ridge. It was absolutely magnificent, but any link with competitive orienteering seemed fairly tenuous. One shudders to think of the potential adverse publicity and financial consequences of any competitor meeting with a serious accident along this section.

Sunday evening found about half of the Yarra Valley contingent plus the sole representative of the Hong Kong Orienteering Club ensconced in the Courtyard Café for an Italian meal accompanied by various forms of local life and entertainment. The day seemed to have taken a lot out of some people, judging by the amount they were trying to put back! Again, no names.

Day 3 took us out north east of Mudgee to Munghorn Gap. This had some similarities in its massive sandstone rock features to Day 2. However, instead of their being 'free-standing' (as on Day 2) in clusters throughout the map, they were now confined

primarily to a 'fringe' of cliffs separating a nondescript, scratchy, undulating, upper plateau from flat, partly-open, valley bottoms that looked at first sight, like English deciduous woodland. Nonetheless, their size was still intimidating and a particular configuration of cliffs and boulders seemed to cause enormous confusion to some of our respected W40s near the end of their course. At least they were spared the anguish of the W45s who, approaching their final controls, realised they still had two control descriptions left but only one circle on the map! Then we made our way southwards again, presumably also by a range of routes. Full results and anecdotes are not yet to hand, unlike Russell's deadline for the newsletter.



A section of day 2 map The Pagodas

### Sheila's rash

Sometime not long after our arrival back to Australia, but hard to say exactly when due to all the other dramas in our lives, I noticed a rash on my left buttock (not something I look at every day!) which looked like the pictures of the characteristic Lyme rash I have seen in orienteering publications. It's a red circle with a red spot in the centre, like a target. I googled rashes to see whether it might be something else but couldn't find another cause. The outer ring was spreading slowly but there was no itch and I did nothing - what with breaking my wrist and John's illness, visiting the GP in Diamond Creek seemed too hard. However as John had to go there one day I also made an appointment and of course my doctor hadn't seen anything like it before. On the second visit he called in a colleague to admire it! Still he also concluded it must be an infected tick bite and I took antibiotics for 4 weeks, over which time the rash faded significantly and a blood sample was taken and sent for analysis, eventually coming back with a negative result to my relief.

I had noticed more ticks on my body than usual following orienteering events in Scotland this year, and it has occurred to me that it could be due to wearing the short Sabre pants with knee socks rather than long pants with gaiters which I usually do. The exposed flesh at knee level may make it easier for ticks to jump on as I rush past. Others in the family did not seem to suffer as much. I'll make sure to wear the long pants in future and to get the special tick tweezers rather than the standard variety.

When I saw my GP again last week he said he was pretty certain it had been Lyme Disease but that the antibiotic treatment was generally successful and I hope that is the end of it.

PS Sorry I don't have a photo for you!



Photo taken by Ed Masters  
*Photo of lyme rash from the internet as Sheila did not provide a personal photo.*

**Sprint into Sprint Series Event 6  
La Trobe University, Bundoora 23 November  
Ted van Geldermalsen**



Originally Yarra Valley OC was going to organise the first event of the Sprint into Spring series on a new map of Newport Lakes Reserve drawn by Greg Tamblyn. However, on our first planning visit a month before the event, we found contractors had closed off several tracks and were digging a deep trench to lay a new stormwater drain down to the lake. Without access to these tracks it would be impossible to set a decent event. When we contacted the council a few days later about getting access through the area on the day of our event they said bad luck, the contractor had uncovered asbestos just that morning and work would be delayed and access even more restricted.

As a fall-back plan, Debbie Dodd suggested that YV use an existing La Trobe University map, and events 1 (12 Oct) and 6 (23 Nov) could be swapped to allow YV more time to plan new courses.

I obtained the existing map (drawn by Alex in 2000) from Nillumbik Emus and found that it was a 1:10,000 map. For the sprints we wanted maps to be 1:4,000 ideally with 2.5m contours. When I enlarged the part of the map that I wanted to use up to 1:4,000 and went for a walk around the campus I found that the mapping was insufficiently detailed for the standard of sprint event that I was aiming for. Geoff Hudson offered to help so I said the best help would be if he could obtain an up-to-date Nearmap aerial photo of the area. A couple of weeks later Geoff delivered the required images (totalling about 700 Mb). These were indispensable.

In addition to planning the La Trobe event I also had the role, along with Geoff Adams, of vetting the quality of maps and courses for all eight events in the Sprint into Spring series. I put a lot of time into this with the course planners to ensure that all courses met our criteria and provided a consistent challenge each week.

Criteria for the sprint series courses included:

Each event to use no more than 30 controls

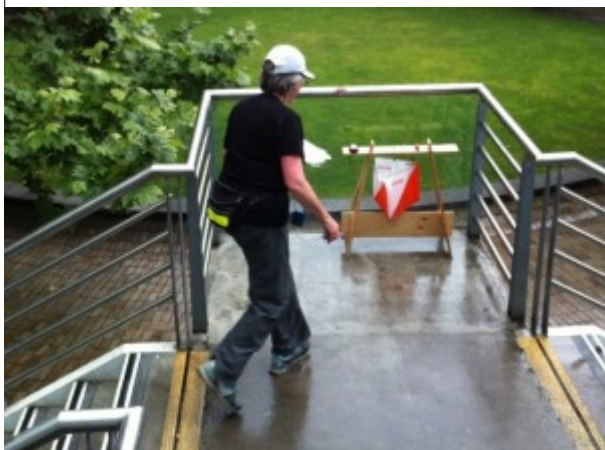
The long course to be 3.5 km and have 26 – 30 controls

Two shorter courses to have 16 – 20 controls

Each of the three courses to have a different first control

All controls to be locked (to a tree, fence, pole, downpipe, etc.). This was a constraint on control sites but meant that, although all eight events were in public places, not a single control in the sprint series was misplaced or lost.

Each event to have a nominated sprint leg and hill climb leg and these legs to be common for all three courses. Series winners were presented with bright yellow, green, and polka dot singlets.



Due to the time I spent “micro-managing” everyone else’s courses I left it late to prepare the La Trobe courses and only really began in earnest of the Sunday prior to the event. I spent Sunday and Monday at home on the computer converting all the map symbols in the existing OCAD map to the symbols and dimensions specified in the International Specification for Sprint Orienteering maps and tracing more detailed outlines for buildings and paved areas from the Nearmap image.

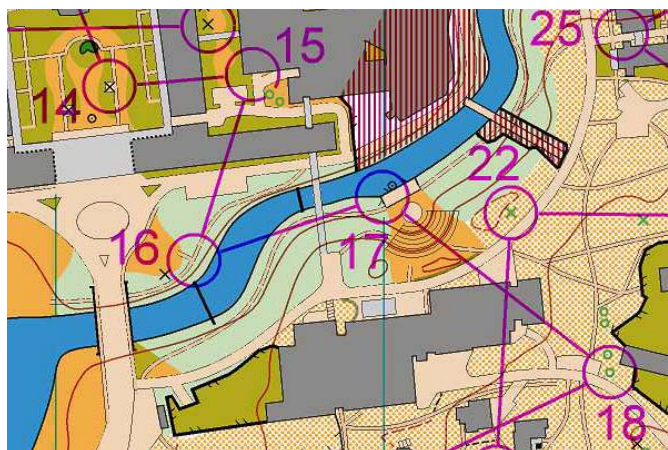
On Tuesday I designed draft courses and went to La Trobe to check the sites and route choices between them. I marked up some changes and more details to the map but found that an easier way was to just take a photo with my iPhone. Over 4 hours I took about 200 photos. I went home, loaded the photos onto my computer and then worked through the photos one by

one making changes to the map, toggling between photo and map, until I was happy that the map reflected what was shown in the photos. This was very successful so I went to the University again on Wednesday morning with refined courses and took another 250 photos and then went home to make further changes to the map. It took until about 3 am on Friday morning to incorporate all the changes and arrange the map layouts.

Warwick Davis met me at the University at 9 am on Friday morning for a final check of the control sites and map changes. We completed this by noon including taking a few more photos. I went home, made final changes to the map and courses and emailed them to Warwick for printing that evening. In total I took about 500 photos of La Trobe University.

Saturday morning was showery and cool. Warwick, Tim Dent, and Margi and I met at 9 am to put out the controls. Other YV members arrived to help from about 12.30 and competition starts were from 1.30 till 3.00. More than 100 people competed with over half doing the long course.

Ruth arrived back from her early start commenting that she enjoyed her course but the leg across the moat was a bit tricky (16 – 17 below). This was because the crossing just west of number 17 is actually an elevated bridge that only connects at the second level of the building on the north side of the moat. I had mapped it as grey to indicate that it was a canopy but this turned out to be ambiguous. Competitors who figured this out headed west from control 16, across the road bridge and then along the riverside path. Unfortunately most competitors headed east from 16 towards what looked like the obvious crossing. Upon finding that the bridge was some 5 – 6 metres above them competitors adopted a variety of strategies. Most retraced their path and crossed by the road bridge, typically losing 30 - 60 seconds (significant in a sprint). A few “brave” runners crossed over the 150 mm wide slime covered weir just west of the uncrossable bridge and gained the fastest split times.



One competitor went around to the north of the building where a bridge crossed to the next building, thinking there might be a way up there. She gained entry to the northern building, climbed the stairs, pressed the button to open the door onto the bridge and crossed to the southern building. There she found the door locked. On returning to the northern building she found this door had also locked behind her so she was stranded on the bridge between the two buildings. Fortunately after several minutes she realised to press the intercom button next to the door and was connected to the University security office, who after some persuading, opened the door to allow her back out through the northern building.

I don't believe in setting “tricky” legs like this, and, if I had realised the trap I was setting, would have moved control 16 to the path entrance south of the road bridge. In my mind it was only ever intended as a transport leg via the road bridge to get people to the start of the hill climb leg (next photo). Deleting the split times for this leg

from people's times would do little to improve fairness because some people who lost time due to the ambiguity are likely to have then lost some motivation and done a slower time than they otherwise might have for the rest of the course. In the end, as it was not a championship event, no times were adjusted and no one was disqualified for crossing uncrossable walls or water features.

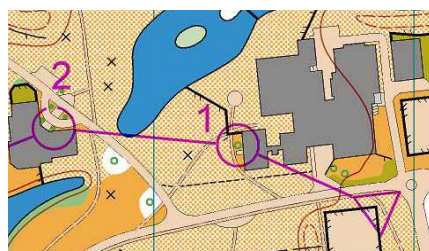


Start of the hill climb (polka dot singlet) leg

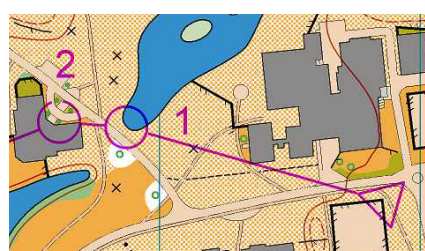
On the other hand I have no sympathy when people make errors due to following other competitors rather than reading their map and checking their control codes. The following map extracts show the first leg for each of the three courses. It was interesting to see the number of course 1 competitors who headed off in the direction of the course 2 first control because another competitor was going that way and came back past the start looking sheepish once they had got around to reading their map. An equal number of course 2 people followed a course 1 competitor off to the course 1 first control with a similar result. Interestingly all novices (course 3 competitors) seemed to read their map carefully and then set off in the right direction.



Course 1



Course 2



Course 3

If I get time over the summer I hope to go back and do more work on the map including mapping the areas of semi open either as individual trees or as white. At a scale of 1:4,000 there should be little need to use semi-open and it reduces the contrast and useability of the map.



### 50 Years of Marriage for Alex and Janet Tarr.

Kathryn held an afternoon tea and Sandra came from Perth to celebrate the occasion. All five grandchildren enjoyed the day. There were plenty of photos of their travelling, orienteering and bush walking exploits all around the world. The cake featured a 'photo' of Alex and Janet's wedding.



Three generations of Tarrs.

From Janet and Alex Tarr:

*On 21st December we celebrated our 50th wedding anniversary at Kathryn's house in Rosanna. It was an open house occasion and we enjoyed the celebration greatly.*

*Orienteering has played a significant part of our life for over 40 of our married years.*

*We were particularly gratified to see so many of our friends from the Yarra valley Orienteering Club. Their best wishes and flowers made it a very special day for us. Thank you again.*

### Ralph's accident (and then Sandy's)

Peta Whitford reported in December:

*"During the last week of November, while working on his property at Cottles Bridge, Ralph Koch had a tractor accident when the radiator hose burst sending boiling liquid onto his lower right leg. Initially it was felt the burns were superficial but as the days progressed, his foot 'blew up' and it became exceptionally painful to walk. A return visit to the medical centre saw him admitted to The Norther Hospital in Epping.*



*Here he received skin grafts to help regenerate the huge area denuded of skin, from knee to ankle. Once the grafts were made ....he has 6 days of complete immobility.....and huge task for Ralph!"*

Ralph reports his progress to date:

*"Am back to full function, even though the massive scar looks and feels terrible to touch. Had my first bike ride last week along the Mullum Mullum trail, but have now got to catch up on 2 months of lost fitness. With the skin graft still being so thin and vulnerable I will be riding with shin guards for quite a while."*

*and then "rather than rent a set of crutches I decided to purchase my own set in view of my history. Just as well because now Sandy is going in for knee reconstruction next week after tearing her ACL when one of our dogs took off after a rabbit as she was walking him and dragged her into some logs in our gully."*



Photos taken at Plenty Gorge Park, Hawkestone at the Christmas Picnic on December 8



Photo taken by David Goddard

Photos below taken by Peter Lada



## **. Clonbinane MTBO Enduro Score Event 24 November 2013.** **By Kathy Liley**

Last newsletter gave you a preview of the MTBO event at the end of November on our new (remapped, re-configured) Clonbinane map. The 20 controls were spread around the plateau, centred on No. 1 Camp – most on driveable roads but well scattered. Close to 5 hours to put out all the controls by the time we avoided the muddy un-driveable tracks – with the best cycling route taking nearly 50km to get all controls.

So we started putting out the controls early afternoon on the Saturday. There were 2 very heavy rain falls with thunder/lightning and hail during the early afternoon but the roads and most tracks were still firm and fairly dry. Organisers Peta Whitford and Kathy Liley erected our tents in the camping ground at No 1 camp and settled down to prepare dinner: Kathy brought the stove, Peta brought the pasta and sauce – but who had the saucepan?? We definitely need to improve on our communication! Peta wandered off to visit the horse riders at the neighbouring camping area and returned with a shiny saucepan! Jim Russell arrived to join us, having run in the YV sprint event at La Trobe University that afternoon. The rain started just as we were organising dinner. Not heavy but steady. By bed-time it had eased off, but returned on and off during the night. Our sleep was disturbed by hoons practising their night-time car rally skills – just as well we were tucked away in the camping ground, though they did do a circuit near to us.

It was just as well Peta had brought two shelters. We had misty rain for most of the Sunday. And by then, even some of the main roads had turned gluggy. The 32 riders mostly seemed to enjoy themselves, but returned with stories of near-impassable main roads and VERY muddy people and bikes.

Carolyn Jackson and Jim Russell got all controls, and several riders only missed one or two. Good efforts given the conditions!

Ruth and David made a special trip up the mountain to help collect controls – and took the opportunity to check out the Strath Creek Falls. Tim Dent, Ralph Koch, and Jim Russell also helped and we were all packed up by 3.30pm.

Thanks to all who assisted.



*Briefing by Peta and Kathy before the start*

Photos from Strath Creek



*Muddy bikes after the event*



*Strath Creek falls*



*Thick bush regenerating after the 2009 bushfires*



**Christmas 5 Days in Orange.**

*Photos taken by John Harding of Orienteering Australia. He missed Susie and Andreas Strasser and Mel Gangemi*





*Ted at the start of Day 2 and then afterwards receiving a prize for his placing in his class.*



*Ruth at the finish of Day 3— after an epic time (in spur gully terrain). She did a 90 degree, some 180 degree errors followed by a parallel error! Shame!!*



Article published in the Orienteering Australia eNews

**Gluteal amnesia – When your biggest muscles are getting the easiest ride**

*By Paula Shingler, BSc, MCSP*

Many people have gluteal amnesia. This is not a contagious condition but it is where our biggest muscles, the glutei or buttocks, are getting life a bit too easy and get very weak as a result. Our buttock muscles work the most when we are standing. This situation is not helped by our modern lifestyle of sitting at computers, in front of the TV and driving everywhere. "So what?" I can hear you say. Well read on and hopefully you will understand the part strong buttocks play in keeping us upright and injury free, how you can start to re-awaken those glutei that have dosed off, and how you can ensure you keep those glutei pert and performing.

**Pert and performing? I like the sound of that**

The three main muscles are:

1. Gluteus Maximus – This extends the leg backwards and its function is to stabilise the trunk and prevent falling forward during running, especially sprinting.
2. (&3) Gluteus medius & minimus. – They abduct (move out sideways) and rotate the hip in if it is bent up, and rotate out if the hip is straight Their function is to aid with the alignment of the femur (thigh bone), knee and ankle and to help hold the pelvis in an upright position.

Buttocks play an important role in our stability, so weakness can cause instability leading to other

areas having to compensate and, with time, overuse will lead to injury.

**Weakness = instability = injury**

Injuries that can occur include hamstring strains and tears, lower back pain, runners' knee, ITB syndrome, plantar fasciitis, Achilles tendonitis, shin pain – actually all of these common "injuries" that are not the result of an accident. All these injuries can be caused by the lack of normal stability that gluts provide, and can be prevented by maintaining the power in the glutei. It is good to remember too that if you have had an accident which has altered your gait, or has meant you have not fully used one leg, then the glutei on that side may well have weakened and will need to be remembered in your rehabilitation.

**How to test for weakness**

A good way to test out your power is to stand and try to lift your leg back - see how long you can hold it, or if you can hold and maintain a straight position. If you can't then there is a good chance you have some deficit. Let's look at how you can wake up your gluts by reactivating them and then strengthening. This will also improve shape and help prevent sagging – hooray!

Go back to the basics first with these exercises:

- Actively clench your buttocks whilst sitting, hold and count to 5, then relax.

- Do the same but standing up.
- Clench, then whilst standing up, lift one leg back, hold for 5 seconds and then bring your feet together. Repeat with the other leg.
- Every time you walk anywhere, clench your buttock each time you put your heel down.

**Prevention better than cure**

These are good reactivating exercises and once you have a bit of life back then you can progress to bridging, bridge and lift one leg back and up, lunges, squats, step ups ...the list goes on! A professional assessment is always advised before you launch into these more arduous exercises, just in case you are not ready to advance and to ensure you are doing the exercises properly. You may cause an injury rather than prevent one, not ideal!

So if you think you may have even a suggestion of gluteal amnesia then give the basic exercises a go – easy to do and no one will even notice until, of course, these glutei are looking toned and no longer saggy. You will then know those big muscles are awake and eagerly waiting to help stabilise you so you can run swiftly through the bush - and remain injury free!

*Paula Shingler is a Physiotherapist at The Clinic Physiotherapy at Macquarie University Hospital, Sydney, long time member of Big Foot Orienteers, keen fell runner and mother of 2*