



# Newsletter of Yarra Valley Orienteering Club

No. 213

April 2014



**New club banners unfurled at Kangaroo Crossing**

**Another great design by Kathryn Dent**



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### Details of Yarra Valley events

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

**Saturday May 3 Annual General Meeting of YVOC at 2:30pm at Sinickas' home, 50 Keam Street, East Ivanhoe. Please bring some afternoon tea to share.**

**Sunday May 4 YV club championships at state series at Fryerstown.**

**Wednesday May 14 Templestowe Heights street event**

**Organisers are required for the three Wednesday events and the Saturday one. See Lyn Green (0408 458 249) or Margi Freemantle (0428 618 848) to make an offer**

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

**Wednesday July 9 Koonung Heights street event**

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

**Saturday August 2 Mill Park Lakes (part of Saturday series)**

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

**Wednesday September 3 Doncaster Heights street event**

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*Approaching the finish at Kangaroo Crossing showing the new finish banners and the matching YV bunting. The new club trailer is behind the finish tent.*



**State series 3, National Orienteering League and World Ranking Event, 2014 Victorian Championships for elites. March 23, 2014**

Kangaroo Crossing, Eldorado.

Organiser: Christine Sinickas

Coursesetters: Russell Bulman (NOL/WRE) Ted van Geldermalsen (state series)



*Russell locating , or relocating*

This event was a bit special, being a National O League and World Ranking Event for the elites (and selection race for the World Championships, and the Victorian Championships for the elites) as well as a State Series for everyone else. So the cast was quite large, we had Russell setting NOL courses and Ted doing the state series. We were working with Albury Wodonga O Club who were organizing the Saturday event at Rowdy Creek. Our controller, Chris "Glenda" Norwood (all his emails came through Glenda's account!) did a fabulous job and Kathy did everything else! I really saw my job as organizer on the day for the state series level so was very grateful that Kathy took on the responsibilities of updating bulletin publications, all the Eventor management, start lists etc and the million other issues that have been floating around on the email system.

On the day, the weather gods were smiling although they were angry on the Friday night. Russell reported that the small creek bed came alive during the thunder storms! With all the good planning I think we managed to pull it off without too much botheration. We were fortunate to be dealing with a very good natured and hospitable property owner, Rena Geroe, who visited the site on Saturday and Sunday and seemed to enjoy chatting to organisers and other orienteers. Ted really likes this assembly area as it allows the shorter courses to get straight into more interesting terrain. It was a lot of travelling for Ted and Russell though, thank goodness the Hume Highway is easier than it used to be.

This event hosted another world first, the exciting singing duo Even-Tor (aka David and John D) Their next gig will be at Wattle Gully on 29<sup>th</sup> June, tickets on sale soon.

As always with Yarra Valley events everyone on the roster did a great job and a special thank you should be directed to those members, injured or otherwise who attended the event, didn't run but worked just to support the club. Namely, Belinda, Barb, Vincent and Kathy.

**Why two coursesetters?**

*I was asked if I would set the courses for NOL and State Series. I was a bit reluctant because I had set several courses for the elites including NOLs, Easter, and Oceania Champs in recent years and was concerned that my course setting might get over-exposed, but also that it would be good for them to experience someone else's courses, in particular Russell's.*

*However I was aware that Russell had just set the Eppalock state series (and not aware that he had taken redundancy) so, not wanting to overburden him, asked him if he'd be interested in doing the NOL courses if I helped by doing the State Series courses based on his NOL plan.*

By Ted

*After the YV club meeting in June last year, Ted asked me if would be interested in sharing course-setting with him for the NOL/State Series event at Kangaroo Crossing in March 2014. I agreed. We decided to explore the possibilities of starting on the western side of the map, as most orienteers' courses, apart from elites, had not visited that area in previous events. So our first trip to El Dorado involved meeting up with Albury/Wodonga OC member Leigh Privett and visiting properties adjoining the western side of the forest. Eventually we gained permission to park in the paddock, and the course-setting began in late December. I set the four NOL courses first (which also provided State Series courses 1, 2 and 3) then Ted set the rest of the State Series courses.*

*With input from our event controller Chris Norwood, and extra visits and mapping of part of the paddock by Ted, the courses were finalised with the 15th version of the ConDes file in mid-March. Ted and Chris liaised with the printers in Port Melbourne to make sure the colours and printing quality were up to standard. The final results were very pleasing, and the comments from participants were almost all positive. The hardest part of being course-setter was actually finding the correct feature to tape, and then finding it again to put out the control stand. Ted, Chris and me especially got lost at times putting out or checking controls. It is a tough area, but well worth making the journey.*

By Russell



## The Eventors

This song was offered at the Kangaroo Crossing orienteering event on 23 March by two Yarra Valley members 'Even' and 'Tor' (a.k.a. David and John) who together were *The Eventors* – the car parking team. Here the song is placed next to the original lyrics of the hit tune "Delilah" (its first verse and last line) by Barry Mason and, in 1968, made famous by the Welsh singer, Tom Jones.

We sought a system of entries that opened in  
Windows;  
I.T. that's central with services ordered on-line.  
We got Eventor!  
Its discounts and stick hire and questionnaires  
quite blew our mind.  
Aye, aye, aye Eventor –  
My, my, my Eventor.  
I could see that way was so good for me.  
Oh! Give me Eventor. Without it I just couldn't  
be ...  
here.

I saw the light on the night that I passed by her  
window.  
I saw the flickering shadows of love on her  
blind.  
She was my woman.  
As she deceived me I watched and went out of  
my mind.  
My, my, my Delilah –  
Why, why, why Delilah?  
I could see that girl was no good for me ....  
..... Forgive me Delilah I just couldn't take any  
more.





**A few photos from the State Series #1 at Mt BawBaw organised by Central Highlands Orienteering Club on Sunday March 9**

*The view down the mountain from the café—spectacular but hazy.*



*Looking the other direction to the ski runs*



*The green areas were almost impenetrable with rocks in them. The best choice was along the tracks or the open yellow areas*







*A week apart—Vincent and Christine rode their bikes up the mountain (in the mist) and Ruth and David drove up for the orienteering event (in the sun)*

**Pictures from the summer series championships held at Kensington**



*Last look at the old club trailer which has served the club for many years but has now been sold for \$200!*



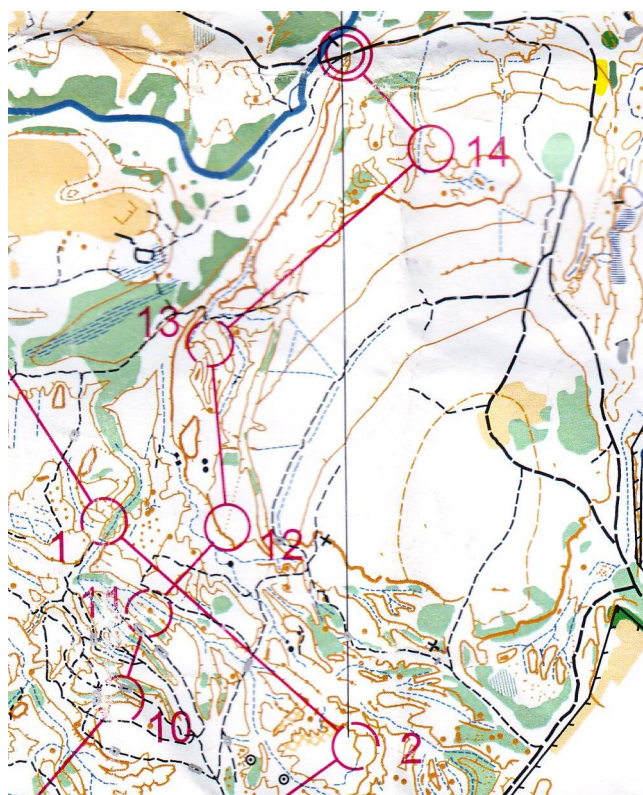


**Rowdy Flat mapping and readability**

Rowdy Flat is not an easy map. Many hours can be spent trying to work out which gully is which. Ruth took 2 hours to cover a course of 2km—although she would have done many kilometres more. She blames the difficulty of reading the 1:5000 scale map by Leigh Privett. One of the problems is the lack of contours and the interpretation. For example approaching #12 we were confronted with a cliff of at least 5 metres leading up to the control circle. It looks very tame on the map at the left compared with the map on the right.

National Orienteering League competitors had Alex Tarr's map 1:7500 to run on. They had a map which was much more readable in spite of the scale.

Ruth does admit that she has never mastered this map so maybe the problem is with her!



*Leigh Privett's map of Rowdy Flat*



*Alex Tarr's map which was based on Leigh's map*

### The Little Book of Orienteering Techniques

Jean Cory-Wright

NZOF Coaching Director

March 2000

*This was written for New Zealand orienteers—and I think we could learn something from them! RG*

How many red course orienteers actually have a "Little Book of O Techniques" hidden away in the back of their mind somewhere? How many orange course orienteers have "read" or had explained to them the first half of this imaginary book? How many yellow and white course orienteers have had instruction in the basics section from this book?

*The colours of courses:*

*Red courses are hard*

*Orange courses are moderate*

*Yellow courses are easy*

*White courses are very easy navigation*

I am asking these questions because I feel that we don't consult this imaginary book often enough. To help people know what I am talking about, I am writing a series of articles on these techniques and together they should form the basic "bible" for any orienteers and coaches. I tell the National Squad that they should be able to do all of these techniques at any time, even if the techniques are not something they would use in their orienteering generally. Also, if they run a race and they just go for it, they should have the words "go by the book" etched on the back of their mind so that the rules of the book can pull them up short before the errors happen.

This "Little Book of O Techniques" is just as useful for the general orienteer. Even if they are not something that you use in your normal orienteering, it is good to master them as a back up. I suggest that you try and deliberately practise one or two of them each small event that you do. Even those techniques applicable to the white course are useful to red course people!

I have tried to go right back to basics and put the list in a vague order getting progressively more difficult. Please feel free to add any of your own and let me know what they are!

### Section 1 Basics

#### 1. Map setting or orientation.

Make sure you are holding the map the same way as the ground features. This means if there is a large hill to your left and a paddock to your right on the ground, then the corresponding hill and paddock are on the left and right of where you are on the map.

Maps are only held with the writing the right way up when you are facing north as most maps are drawn with north at the top.

You can do this using the ground features as described above, or by using the compass. All you need to do when using the compass is to turn the map so that the magnetic north lines on the map run the same way as the floating north needle in the compass and that the red end of the needle matches the magnetic north arrows on the map. There is no need to turn the compass or the compass housing to do this.

- A must for everyone
- Use compass and features
- Map and compass in same hand recommended (ie use a baseplate like a thumb compass or use a thumb compass. Map Guide compass ideal for white course)

(... Continued on next page)



## 2. Map Folding.

This is often overlooked by people but is essential for a smooth run. It is good to have your map folded small so that you can get your thumb on to the place that you are located. You also need to have a method that allows you to run over the folded bit of the map and not lose your place. I suggest using a double fold so that one fold is beyond a control so that the control is visible, but when you get to the control swap to fold before the control so that the original control is still on the visible bit of map.

- Devise a system that complements the way you hold the map and compass.
- It needs to be flexible to allow for long legs and courses

## 3. Thumb on map

Have some means of keeping your location in view on map...compass edge, thumb etc. This requires good map folding.

## 4. System

Have a system that you apply to every leg, eg **C**ontrol **A**ttack point **R**oute **E**xit

## 5. Relating map to ground

This means looking at all the features around you and seeing if you can pick them up on the map and vice versa.

- do this as often as you can without wasting time
- Beware of relating parallel features which look like the ones on the map but are actually somewhere else.

## 6. Observation

- Relates to above
- Look all around you as often as possible
- Vegetation boundaries often made more visible by looking up (very relevant in European broadleaf forest)

## 7. Handrails

These are an essential part of any route. It is worth going a bit out of your way to follow them for basic and intermediate level orienteering. They can be tracks, edge of vegetation, mapped fences, streams, clearings etc. You can link point features together to make a line.

- easy line features to lead you on your route
- can be lines (eg track) or points linked together

## 8. Attack points

- Large or obvious features near control.
- The safest version is the crossing of two handrail features.
- An advanced example is a special shaped knoll in amongst many knolls.
- Use the attack point as a preview to finding control. An advanced technique may use 2 or more attack points eg a huge knoll about 1-200m from control, then a gully on the side of the knoll, then the pit that is the control feature

