



Newsletter of Yarra Valley Orienteering Club

No. 248

October 2019



Orienteering since 1969 or early 1970s

Sandra Hogg, Don and Fiona Fell, David Hogg, Alex and Janet Tarr (YV), Ron Frederick (winner of first event), Tom Andrews (organiser of the first event), Mike Hubbert, Kathy Liley (YV), Peta Whitford (YV)

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Coming Events—Yarra Valley

Foot Bush championship events 2019

5 October Oceania Long Champs, Kangaroo Crossing (YV providing workers on the day)

MTBO

26 October Aus Sprint Champs and Middle Champs, Maryborough
Coursesetter for Middle Distance, Kathy

Sprint into Spring Returns

Sprint into Spring is back for another season starting Friday 11 October. This year the double header is at the beginning of the season – with two events on the first weekend.

The Melbourne City Race Weekend events on Friday evening and Saturday afternoon are BOTH Sprint into Spring races. Entry on the day will be available for both events.

We will once again be presenting yellow, green, and polka dot jerseys to overall winners and sprint and hill climb leg winners in each class, at the end of the series. Overall points totals will be based on competitors' best six results out of seven races. So, to maximise your points and chances of winning a jersey, you will want to attend one or both of these events.

Two Yarra Valley members are planning courses this year.

Ted van G and Fredrik Johansson of MFR are course planning SIS 2 at Kensington on Sat 12 October and we are hoping that some YV members will come along and help us run this event.

Callum White is the course planner for SIS 4 at Eltham College on Saturday 26 October, and the plan is for the Victorian Schools team to support him by organising the event. We know that a number of YV members will be heading to the MTBO Champs that weekend, but if you are in town it would be great to see you at this event. More details on Sprint into Spring can be found at www.vicorienteering.asn.au/sprint.

Park Street program

Coordinators:

Margi (mfreemantle42@gmail.com) Lyn (degarch@optusnet.com.au) or Russell (bulman12@bigpond.com)

The start of Daylight Saving means the start of the Melbourne Park and Street summer program.

Yarra Valley Orienteers will be organising a number of the events within the Wednesday and Thursday program which are listed in the table below. In addition to these, YV is also organising the Paisley Park, Newport, Tuesday event on 25 February.

Hope to see you at one or more of these Yarra Valley events.

2019-20 Summer Series - YVOC events

Day	Date	Map	Start Location	Suburb	Melway	Course-setter
Wed	6-Nov	Koonung Heights	Mont Albert Reserve, Dunloe Avenue	Box Hill North	47 A7	Lyn Green
Wed	13-Nov	Quamby Quandary (NE map)	Parkwood Community House, Tortice Drive	Ringwood North	35 K12	Paul Monks
Thu	21-Nov	Coburg Lake	Car park, Lake Grove	Coburg	17 H10	Mel Gangemi & Tim Wardrop
Wed	27-Nov	Mont Albert	Car park behind shops, Weir Street	Balwyn	46 E8	Derek Green
Wed	18-Dec	Blackburn Lake	Blackburn Lake Park, parking in Central Rd	Blackburn	48 C10	Lincoln Pater-son
Thu	6-Feb	Greswell Hill	N J Telfer Reserve, Noorong Avenue	Bundoora	19 K2	Ruth Goddard
Wed	12-Feb	Ruffey Lake	Zerbes Reserve, Blackburn Road	Doncaster East	33 B10	Katherine Dent
Thu	20-Feb	Norris Bank	RMIT Bundoora West, McKimmies Road	Bundoora	9 K7	Sheila Colls
Thu	5-Mar	Sarissa Park	Whittlesea Public Gardens, Barry Road	Thomastown	8 C4	Russell Bulman
Wed	18-Mar	Kerrimuir	Athletics Track car park, Barwon Street	Box Hill North	47 B7	Vacant

Social events

Social lunch during the Oceania champs at the brewery on the rest day

Libby will also be aiming to organise a dinner around Wagga depending upon where everyone is staying.

Cup Day Bike Ride (weather permitting!). Tuesday 5th November. Meet at Possum Hollow playground at 9.45am for a 10am departure. To ride the Main Yarra Trail, Koonung Trail and Mullum Mullum Trail loop anticlockwise, with a stop along the way for afternoon tea. Russell is the organiser.

YVOC Xmas party, Sunday 8 December, at Ruffey Lake, enter off Church Street.

Member news

Sonia and Osama Ali were at Banksia MelBushO with Aya and new baby Zac. Sonia was happy to be back orienteering after 'maternity leave'.

Ella Lang competed in her first course by herself at the Victorian Championships in W10A. She won her class and then stayed on with her mother, Hania and grandfather Peter, to collect controls. Well done Ella!



Welcome to **Lucas Kent**—in the blue top. He has joined YVOC as a junior and has been competing in MelBushO events. He did his first course alone in the Victorian Championships. He came third in M12A giving Ashley some competition. Well done Lucas!

The whole family are in the photo—mother Mel, father Chris and baby sister Grace.

(Ruth asked Chris for a photo of Lucas so she would know who he was at events and could give him his YV top. Little did she know that she had photographed the whole Kent family at Tikalara!)

Bush orienteering events calendar 2020

The time has come to organise the calendar of events that we all enjoy for next year so we are looking for suggestions for maps (existing or possibly new), formats and most importantly volunteers to course set and organise before we make commitments as a club.

There is going to be a planning meeting on Friday 18th October at Westerfolds Park where we would like to go prepared with ideas of events that we are happy to organise along with names of course setters and organisers if possible. We want to make sure we have plenty of quality events but also a good spread throughout the season without events we are organising being too close together.

It has already been suggested that we assist with a 3 Day event based at Kimbolton / Eppalock with Bendigo Orienteers over the June long weekend.

The following is a list of some potential maps that might be used but we can always borrow other clubs maps if they do not wish to use them so if you have a favourite area think about volunteering to run an event there. We would also like to see the very successful Autumn Series and Sprint into Spring events continue that have been initiated and organised to such a high standard by Margi and Ted, who wish to step back from the lead roles next year. For these series to continue they will need a Coordinator or 2 to ensure the consistent high standard is maintained, this could be a separate role from course setter or organiser.

Maps could be 'Yarra Valley' maps—Wattle Gully, Creswick Diggings, Kooyoora, Kangaroo Crossing—or maps from another club. Chinaman's Flat is a Eureka Club map and was used for the Victorian Championships by Yarra Valley.

There will of course be the MelBushO Series using maps closer to Melbourne and a mountain bike series that also need course setters.

Please get your thinking caps on as we don't have much time to ensure we have great events to participate in next year. If you would like to attend the meeting on 18 October to represent YVOC interests please let me know, or speak to Ruth who will be going.

Cormac McCarthy, YVOC President cormac3084@gmail.com

Tikalara MelbushO event, August 4

By Ashley White



Ash offering some coaching points to the Layton boys

I was course setter for the MelbushO at Tikalara in Templestowe, with the highest number of competitors for this year. One of the hardest things about setting the course was that there was a large out of bounds section spreading through the middle of the map. That meant that the course lengths were not always as they should be. Another problem was that the creek was very high on the day of the event so we had to abandon some of the creek crossings, and people's course lengths would vary to the planned length. Overall though I enjoyed course setting and the support I got from my club and my family was outstanding. I definitely recommend course setting to any of you juniors out there because it is such a great learning experience for you.

The event was organized by the Yarra Valley juniors and their parents, and the Layton boys with mother Carolyn from Nillumbik Emus.

Why did you want to set courses at Tikalara?

Because I didn't want to control collect or do any of the other duties on offer for the juniors!

What did you discover about course setting?

That it would have been easier to control collect!! However, I also learnt that it is not easy to set suitable courses within the guidelines. For example, making a variety of challenges for people of different ages, physical and navigational abilities. I also learnt to take in the detail on the map more as I tried to find control placements and possible route choices. I now know that a lot of work goes into field work to check and set courses.

What comments did people make about your courses?

Generally, people said that it was good to go somewhere close to home that still provided good navigational challenge. People felt that I used the areas provided well, despite the large out-of-bounds section in the middle of the map. Oh, and one fellow club member said that "it must be a White course because they sent me straight up a hill!" Not too many complaints so I think it was a success.

In what ways do you think that course setting will help your orienteering?

Looking for the details on the map more and not just relying on the linear features. Having looked at a map from a different perspective, I can appreciate what other course setters might be thinking about.

Did anyone see my trademark on the map?



Gavin and Mayer Bennett



Lincoln Paterson and Callum White



Download station with Layton boys and friend



Belinda instructing a friend



Brody, Callum and Ashley



50th Anniversary of O in Oz



By Belinda Dale, organiser of the memorabilia:

On Sunday 25 August, orienteering legends from the first event held in Victoria (23 August 1969) and from the early 1970s attended the 50th anniversary event at Cardinia Reservoir. They included Sandra Hogg, Don Fell, Fiona Fell (then Shaw), David Hogg (5th in the first event), Alex Tarr, Janet Tarr, Ron Frederick (winner of first event), Tom Andrews (organiser of first event), Mike Hubbert (8th in first event), Kathy Liley and Peta Whitford (then Horne). Missing in action (ie. out on a course) were other early 1970s legends Ian Baker and Lindsay and Jan Thomas. All except Tom are still orienteering! They were part of the exhibit of memorabilia in a history tent at the event, which included displays of old maps and articles mostly supplied by Mike and David, O scrap books kept by Alex and Peta, O magazines kept by Kathy, two of the original refresh buckets used as controls (posted from WA!) complete with self inking stamps, an old control stand and old O clothing.

There was lots of browsing and carousing by old, not so old and new orienteers. There was laughter and amazement at some of the weird and wonderful revelations in the memorabilia, including the need to adjust every compass bearing by 11 degrees, control descriptions such as 'a clearing with a good view', Alex's obsession with compass bearings and pace counting, Peta's obsession with doing the long men's course, a rule forbidding wearing red clothing on a course, a pub crawl (the aim being to find 11 pubs out of 37 on the map, and having a drink at each one), a map of Yarra Bend Park before the freeway, a photo of Sue and Steve Key swimming in the Yarra, the use of a potentially mine-ridden Point Nepean for two events in 1969 and 1970, the amount of sponsorship and publicity (including an article in The Truth called The Girl with the Lacerated Legs) and the high and increasing participation rates at events - sometimes organisers were overwhelmed with the deluge of newcomers wanting to try this exciting new experience. It was indeed a nostalgic and memorable day. We packed up, exhilarated, pondering our future and looking forward to the next 50 years.



MelBushO event, Cardinia Reservoir Park, August 25

Report by Ruth Goddard



History tents next to event shelter.

YVOC was allocated this event along with the 50th Anniversary celebration because the Cardinia Reservoir Park map is close to the site of the first orienteering event 1969 in Victoria at Upper Beaconsfield and near the date of August 23rd. YVOC also has a number of members who have been orienteering since the 1970s—Alex and Janet Tarr, Peta Whitford and Kathy Liley. Lincoln Paterson joined YVOC a year ago although he has been orienteering since the 1970s.

Ruth approached Belinda to assist with the memorabilia and she threw herself into the role, resulting in tent full of old maps, running gear, stories and the legends.

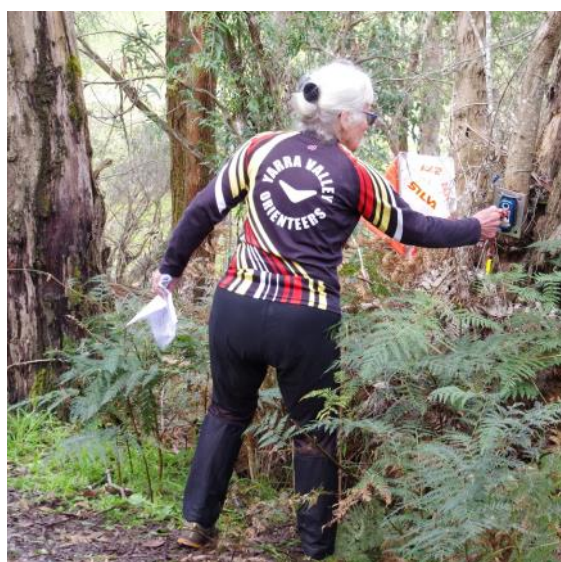
Given the number of newcomers who usually take part in MelBushO events Ruth decided not to reenact an event from the old days with buckets for controls, controls cards and black and white maps.

Cardinia is rather rugged with thick to very thick vegetation in parts and steep sections so courses were set on the short side. Ron Fredrick, the winner of the first event took part 50 years later.

Ian Dodd, the usual computer operator at MelBushO events was overseas so Kathy agreed to set-up the registration tablets and computer, and get them communicating. She consulted widely including people overseas and at home, and then trialled it. Her efforts resulted in a trouble-free event (technology) and a growth in confidence (maybe).

Russell was consulted for the history shelter and display – he came with the trailer at breakfast time. The White family were enthusiastic workers – maybe remembering their Tikalara event a few weeks before. Our club members are used to helping at events—I always appreciate the help Peter Lada who comes willingly to pick up controls, Ray Sheldon who comes specially to work on the start. Ella Lang wanted to work on the registration with Hania, having had a good experience at Tikalara. 156 courses were done with about one third being newcomers. One family group rang in to be rescued from the southern carpark and one orienteer held up the organisers by staying out until nearly 3pm – and then expecting to be able to punch his last three controls!

As we were packing up, we were approached by the Afghan men to share the picnic shelter. It had started to rain and the men were out in the open. The women were under cover and near the playground. We ended the event eating some delicious kebabs and flatbread which was offered to us.



16th World Rogaining Championships, La Molina, Spain – 27/28 July 2019

By Ted van Geldermalsen



Derek and I were pleased with how our rogaine went (second in Men's Ultra Veterans). We planned a course which we considered achievable for us in the 24 hours taking into account the weather forecast and the steepness of the country and our fitness/age. We got all of the checkpoints that we planned to visit and we added a couple in near the finish in addition to what we'd planned. In almost every rogaine I've ever done we have had to cut our plan short at the end and leave out some high scoring checkpoints due to running out of time. So it was satisfying to finish it efficiently and as we'd planned. That this left us 10 points behind the winning team is just the luck of the draw. They chose a slightly more ambitious plan and were able to achieve that. You don't know what others are planning or doing until after the finish. We lost a bit of time on three legs/checkpoints but this didn't affect our result because if we hadn't lost this time we'd have just got to the finish sooner and there weren't any other worthwhile checkpoints nearby to collect anyway.

The rogaine map was very detailed, like an orienteering map, and some of the checkpoint sites were orienteering type features (shallow dry ditch, 1.5 metre cliff, pit, etc). It was so detailed that it was difficult to read with just contact lenses. I needed to use the magnifying glass on my compass any time I wanted to read the map. The map scale was 1:25,000. La Molina is a ski resort and it has some big hills. The pre-event bulletin advised that the altitude difference between lowest and highest points on the map was 1,200 metres. They also advised that there were 87 checkpoints and the maximum possible score was 518 and to achieve this teams would have to cover 103 km and climb a total of 9,000 metres. The overall winners ended up scoring 414 points, an impressive effort.

We scored 222 points and covered about 60km (according to the GPS tracking) and climbed (and descended) a total of 3,850 metres (I've counted all the contours that we crossed uphill along our route). In earlier years we've done over 100km but nowadays even in flatter terrain our target probably wouldn't be more than 70km. Some teams encountered some very bad weather in the night in the southern part of the course, got too cold, and had to change their plans. We decided that looked too steep and planned to spend all our time in the north half, including a section across the border into France. Luckily this meant that we were mostly in the forest when the worst weather came through and it didn't seem so bad where we were as what others described. We got a sprinkle of hail at about 8pm but it never got too cold and we were sheltered from the worst of the wind.

There were some memorable views along the way including looking down off the hills into France in the middle of the night and seeing the lights of all the towns spread out across 180 degrees in front of us. We probably spent about two thirds of the time on grassy open hillsides or tracks and about one third in pine forest. Almost every leg involved climbing or descending, some very steep but none impossible or dangerous. The most height gain on a single leg between checkpoints was 290 metres.

We finished in beautiful warm sunny weather with 28 minutes to spare. There was one more checkpoint near the finish worth 4 points that we possibly could have picked up in this time but Derek wasn't confident to risk it and luckily it wouldn't have made a difference to our placing. The post race meal was a seafood noodle paella (calamari and various shellfish). I wouldn't normally eat this but after a physical rogaine it got wolfed down. Our prize for second place in Men Ultravets was some cured meat and some maps of the Pyrenees (for those who

still needed some more exercise). The first placed Men Ultravets were a three-person team from Estonia who we've had some tussles with in the past as well.

Every team was issued with a sealed GPS tracking device so family and friends could follow progress of teams live on the WRC website for the first 23 hours. Competitors were not allowed to access this. The tracking website wasn't updated any more in the last hour in order to keep the final scores a secret.



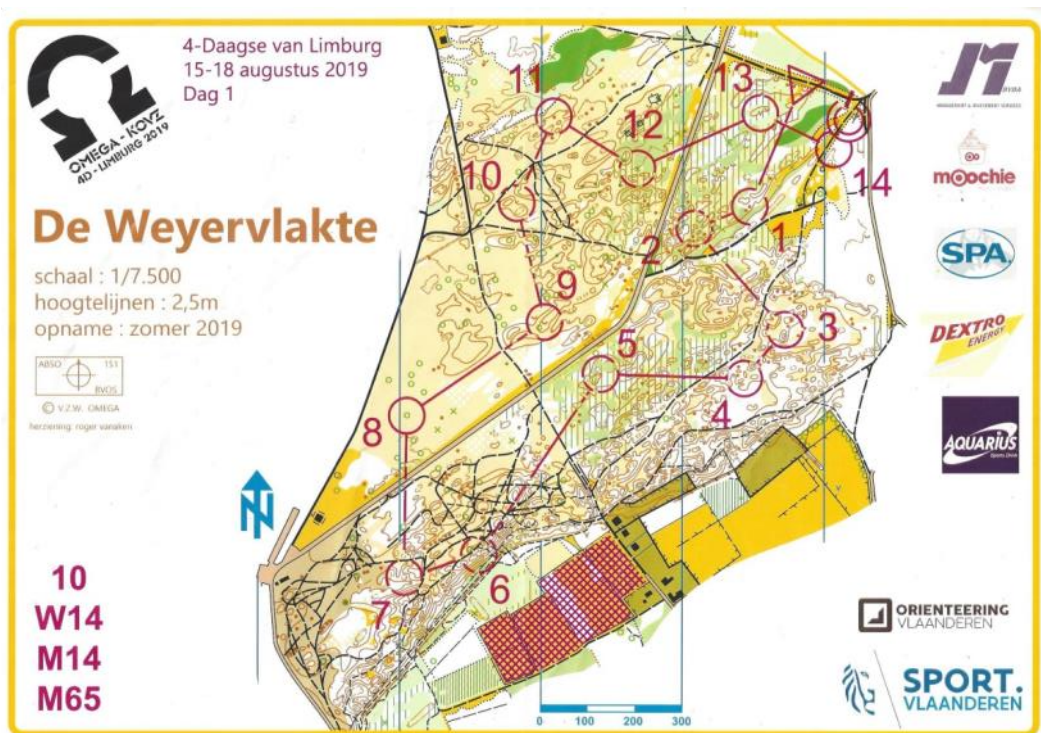
4 Days of Limburg – 15 – 18 August 2019

After a gruelling Swiss O Week Ted and Margi drove north for some flatter orienteering. 4 Days of Limburg started with two days in Belgium and then hopped across the border for two days in the Netherlands. All events were on military training grounds, which are open to the public. The terrain was sand dunes with a mix of forest and purple heather-covered open areas and some sandy open areas where the tanks have played. Our maps were 1:7,500 with 2.5 metre contour interval. The difference between the lowest and highest points on most of the maps was about 3 – 4 contours, quite a contrast to Switzerland. The event had just over 500 entries, about half from Belgium.

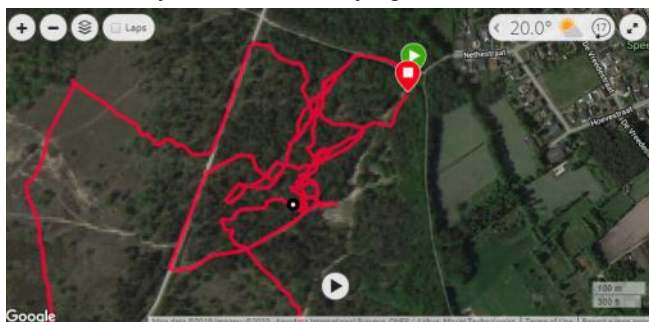
Locals told us they had been having a heatwave with record breaking 40 degree temperatures but during the orienteering it was cool and rainy.

A week before the event the programme was posted showing the course class combinations. It showed that M65 would be running Course 10 along with M14 and W14. This was a bit of a come-down for me after only just having got used to running against the W16s in Australia. I thought the courses would either be too short and easy for me or too hard for the M/W14s. As it turned out Day 1 was too hard for me and the top M/W14s handled it ok.

This is what the Day 1 map looked like. Control descriptions were separate.



Here is my Garmin track trying to find to control 1.



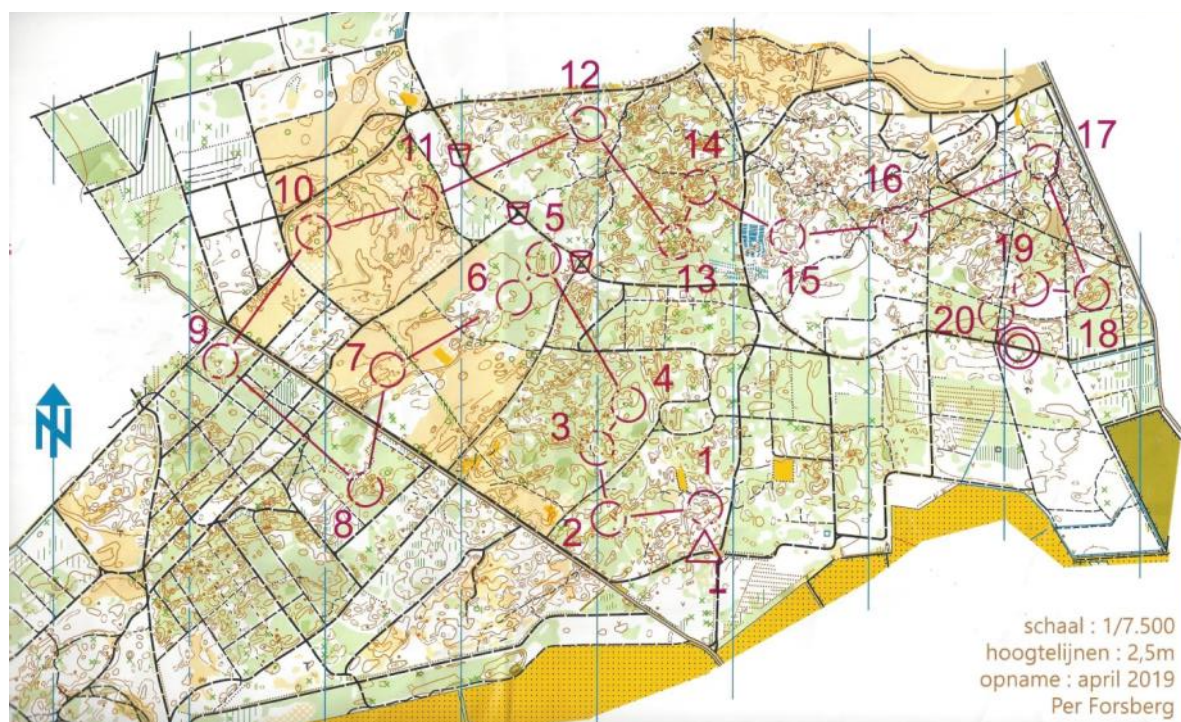
It took me 33 minutes to find it (white dot), by which time the fastest W14, Sarah Rooman, had almost completed the course. The quickest time to control 1 was about 3 minutes. I had difficulty reading the map in the rain and also lost time on other controls. Not a good start. Margi had a good run and was back at the car changed and rested when I finally got back and she had started after me.

Day 2 was a long distance course in a less detailed fast open forest. I finished second in 41 minutes, a few minutes ahead of the M14 and W14 winners.

We moved across the border to the Netherlands for Day 3. The bulletin stated "This is an active military area" whatever that might mean. Course planner for this event was Per Forsberg, the Swedish sports commentator who has commented at the World Champs for many years. We were told he has a Dutch "girlfriend" and spends part of the year in the Netherlands and is a member of the local orienteering club. I liked Per's course and won M65 by about 4 minutes. However the M14 winner, Mats de Smul, was half a minute faster and Sarah in W14 only 3 minutes slower.

Then it was on to Day 4. This was the most technical area, a lot of green and lots of interesting contour detail. It rained the whole time. I made some mistakes near the end and came second again, to the overall winner Andre Aerts. All four days counted for the overall result so after my Day 1 brain malfunction I was outside the podium in 5th out of 28.

After Day 1, Margi had steady runs and finished 9th out of 17 in W60. Her course was shared with W65 and M70 and M75. At least they didn't put the M/W12s with them.



Day 4 map – note Per Forsberg also did the map updates for Days 3 and 4

I decided that the courses had been enjoyable and quite challenging enough for M65A. They were a much better challenge than we got at the first three days of Fin 5 in Finland. Also that the best M/W14s are well capable of running hard navigation courses but it is a bit tough on those lower down the field who had some quite long times.

The event used the EMIT timing system. This is a clunky alternative to SportIdent. We had booked rental EMIT cards but when we picked them up at registration the organisers wanted us to leave our

drivers licenses or passports as security. This requirement had not been advertised in advance. In the end we agreed to leave a 50 euro note.

Results are posted live, directly to the internet as you download, on an event management system called Helga. This is a Belgian competitor to Eventor which they have sold to Brazil but not as a separate system so Belgian and Brazilian events and results appear together in the same calendar.

None of the events had a spectator friendly finish chute. They have different priorities. At the first event in Belgium we walked 1.75 kilometres to the start and then the same distance back from the finish to the army barrack where we downloaded alongside where the beer and filled rolls were being served. In the Netherlands we walked a kilometre both days from the finish back to a tavern where the download was located.



Walking from finish back to download after Day 4

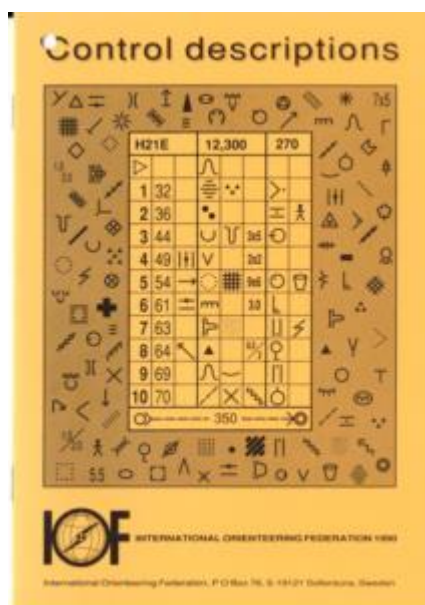
As well as the normal classes people could choose from a range of "Oro-hydro" classes. As might be guessed from the name, these run on maps with only brown (gold) and the blue features. On sand dune terrain there generally isn't any blue so they end up being contour only maps. I was very impressed with those who took on this challenge.

On Day 3 we walked to the start with Arne Heikoop who enters orienteering events around the world including in Australia. He said he had run on today's map about 20 times and gave us advice on what to expect. He said the heather is only in flower for a month around August each year so it is a special time to orienteer there. Apparently one year the mapper got innovative and changed the heather covered areas to purple on all the maps. When we got home Rob Fell told Margi that he was there for that event and was initially confused to see controls in the middle of what looked to be out of bounds.

We stayed near Eindhoven in the Netherlands at the Koningshof, a hotel that was originally a convent. It was huge with endless corridors. There must have been a lot of nuns back then.

Founder of symbolic control descriptions

The Norwegian orienteer Kjell Staxrud, the founder of the pictorial control description, has passed away aged 94.



It was at the 8th IOF congress in 1975 that he took over the chairmanship of the IOF Technical Committee. In 1976 he presented the first draft of pictorial control descriptions with their distinctive symbols. In the period that followed, the control description symbols were developed further by the Technical Committee, and they were finalised and approved for use in 1978.

This was a great step forward for fair international competition, enabling orienteering to leave behind the hassle of often wrong or misleading translations for the description of controls.

During his period leading the Technical Committee, the development of the International Rules for Orienteering made significant progress. He was Chairman until 1982, when he handed over this position at the 11th IOF Congress in Lüttich to Rolf Heinemann.

In recognition of his ground-breaking work within IOF, Kjell Staxrud was one of the first to be awarded the Silver Pin of Honour, in 1981.

Note: if you want more about the symbols see <https://orienteering.asn.au/wp-content/uploads/2015/09/OA-Control-Descriptions-for-Orienteering.pdf>



New Zealand in control symbols

Some advice from 50 years back (Richmond Orienteering Club)

Some things have not changed:

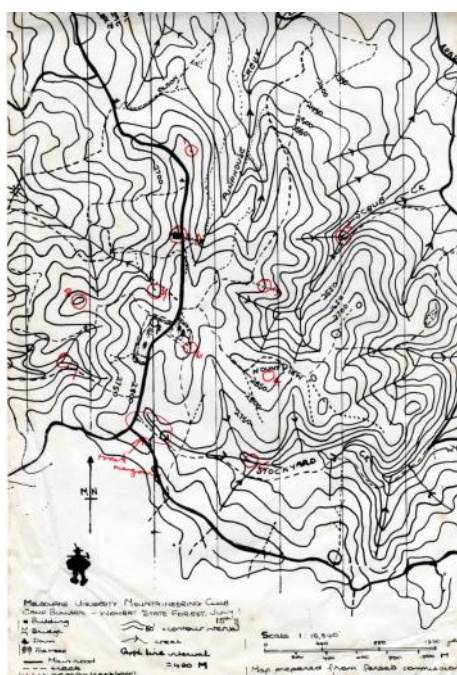
- Competitors should pay attention to distances as well as direction during competition
- Don't follow competitors in front of you blindly. They may be going in the wrong direction. Go the way you think is right.
- Remember to trust your compass implicitly; keep track of distance covered and use every bit of information shown on the map.



But there are some big changes in putting your course on your map and the type of controls:

- Immediately after the start, competitors will proceed to the master map area to copy the control point locations onto their maps. This is a time to make haste slowly. Incorrectly copied control points will cost you valuable time during the competition.
- Every control point is marked with a red four gallon drum, with a white stripe and can be seen from up to 50 yards away. All control points are coded. The first five controls have a self inking stamp attached. You must stamp your control card in the space provided with this stamp. The last four controls don't have a stamp. Here you must copy the code letter marked on the side of the drum onto your control card. Loss of the control card will disqualify you from the competition.

(There were no computers in those days for coursesetting and timing or checking your controls.)



Lincoln did this course in 1973. Note the self-markup of controls but he did not draw lines between control circles—he could have taken the controls out of order.

Scottish 6 Days

By Alan Küffer

During late July and early August Moira and I visited the Strathearn region of Scotland for a week to participate in the Scottish 6 days. We based ourselves in the small town of Crieff on the River Earn, which was also the event centre



Day 1 at Auchingarrich was amongst marshy, open forest (with deer) as well as some plantation forest area. I felt like the only open running was down the finish chute.

On day 2, on the western end of Loch Earn, I quickly discovered that a watercourse in Scotland is very different from a watercourse in Australia - I came across a 'creek' sooner than expected while reading my map. Running streams were not always mapped and mapped creeks were certainly never dry!



Day 3 took us to the eastern end of Loch Earn and we enjoyed brilliant sunshine on the course. In fact, we did not have a drop of rain *while orienteering* in Scotland! We enjoyed mostly warm, sunny days and the ice-cream van was hugely popular. I hesitantly read the forecast each evening and morning, which predicted rain that fortunately it never eventuated. Thankfully, that meant I was only up to my knees in puddles four out of the 6 days.

On the fourth day we headed towards Perth and had the chance to really stretch our legs, with longer course lengths and plenty of open moorland to run in.

The following day, we headed to Craig a Barns, the first specially mapped area for orienteering in Scotland. It was really variable terrain across the course, which kept you on your toes - mine included heath covered fields (good visibility but slow going), forest areas, some open farmland and plenty of crags.



On the final day we headed to Grandtully (pronounced 'Grantly') which included birch forest, woodland and more open pasture, which was good for both running and sinking in.

The week was really well organised and very similar to a major event in Australia. These memorable 6 days were the beginning of an active and enjoyable 6-week holiday overseas and it has definitely whet our appetite for other events in Europe (or Scotland 2021?).