

ORIENTEERING IN NEWCASTLE



The Newsletter of
Newcastle Orienteering Club Inc.

Issue No 207

April 2009



Sunday 12 April

9.30 - 11.30 am

CAMERON PARK

IMPROVE YOUR BUSH NAVIGATION SKILLS

Today, you can view the course on the map in advance, and discuss with more experienced orienteers how to navigate some of the legs of your course.

Venue: From the Glendale Crossroads, take the Edgeworth road (west) for about 2 km. Turn right at the Edgeworth lights into Minmi Road, and travel north for about 1.5 km. Turn left into Northlakes Drive and follow for about 2km, following O-signs. Turn left into Widgeon Chase. The assembly area will be adjacent to the intersection of Widgeon Chase & Comel Avenue. Park in subdivision streets without blocking access to construction sites or houses.

OR From the Link Road turn left at the second roundabout and follow Minmi Road south toward Edgeworth. Turn right into Northlakes Drive and follow for 2 km - then as described above.

Map: "Cocked Hat Creek" 1:10,000

Courses: Blue (1.7 km), Green (1.9 km), Easy Orange (2.4 km), Long Orange (2.8 km), Short Red (3.2 km), Long Red (4.4 km)

Entries: Enter on the day, at a time to suit you, 9.30 - 11.30am.

Closure: Courses close at 1.00pm

Organisation: Joy Guy ☎ 4950 6911

- ☺ 17 April - Closing date for entries in State League 3 (NSW Night Championships - 25 April, UWS)
- ☺ 17 April - Closing date for entries in State League 4 (Hilltop, 2 May)
- ☺ 17 April - Closing date for entries in State League 5 (Windellama) (Includes NSW Schools Championships - 3 May)
- ☺ 25 April - State League 3 NSW Night Championships - UWS (Kingswood). Entries close 17 April. Details in March State Newsletter



Sunday 26 April

9.30 - 11.30 am

FREEMAN'S WATERHOLE

TRAINING COURSES: Set to assist those stepping up a level in the navigational difficulty of the courses they attempt

Venue: From Toronto travel west to Freeman's Waterhole.

OR From the north, take the Toronto exit from the F3 then turn right and travel along Palmers Rd to Freeman's Waterhole.

At the roundabout at Freeman's Waterhole turn left and travel south for 2.7 km. Turn right into Beck's Road. Follow O-signs to start.

OR: Coming north from Cooranbong along Freemans Drive, the turnoff (left!) is about 500 m past the Freemans/Cessnock exit from the F3.

Map: "Jigadee Jog" 1:10,000

Courses: Blue, Green, Medium and Long Orange/Red (O/R courses are without control codes - the setter believes in making you analyse more carefully where you are!).

Also available: a repeat of last year's excellent Score Course - an outstanding experience for those moving from Orange to Red navigation.

Entries: Enter on the day, at a time to suit you, 9.30 - 11.30 am.

Closure: Courses close at 1:00 p.m.

Organisation: Robert Preston ☎ 4950 5769

COMING EVENTS

(Sun) 12 April

COCKED HAT CREEK

(Sun) 26 April

JIGADEE JOG

(Thurs) 14 May

NOC Meeting

(Sun) 17 May

NOY 3 at Glendale

BRUSH CREEK

(Sun) 31 May

NOY4 at Abernethy

THE CHIMNEY

6 - 7 - 8 June

June Long Weekend **QB3**

CESSNOCK & NEWCASTLE

(Sat) 20 June

Orange to Red Coaching

(Sun) 21 June

KILLINGWORTH

(Sun) 28 June

MTBO Event

WALLAROO

(Mon) 6 July

Hunter Region Schools Champs

NOC CONTACTS

Event/Activity Information:

Margaret & Geoff Peel

☎ 4968 0977

Membership:

Peter Newton ☎ 4955 7710

Newsletter:

Allan Wright ☎ 4957 1486

nwright@kooee.com.au

Club Website: <http://newcastle.nsw.orienteering.socialfx.net/>

- ☺ **2 May** - State League 4 - Hilltop. Entries close 17 April.
Details in March State Newsletter
- ☺ **3 May** - State League 5 - Windellama. Incorporates NSW Schools Champs.
Entries close 17 April. Details in March State Newsletter

Thursday 14 May

NOC Meeting

We used to call this a Committee Meeting. While it is important the members of the committee attend, the meeting is open to all members of the club. If you have ideas on club activities, please come along and share them.

The club is making good progress at increasing the involvement of more members in the running of events (and so reducing the workload on course setters) but there are always opportunities for members to become more involved in whatever area of the club's activities most suits your abilities and interests.

7:30 pm at the Todkill's - 96 Lakeview St, Speers Point



Sunday 17 May

9.30 - 11.30 am

GLENDALE

NEWCASTLE ORIENTEER OF THE YEAR EVENT 3

Venue: From the Glendale Crossroads, take Main Road (west, as if heading for Edgeworth) for 0.6 km. Turn north (right) at the first set of lights into Frederick St. Look for signs beside the TAFE entrance directing you straight ahead on to a rough gravel forest road. Proceed for about 250 m to assembly area. Parking will be along a clearing in the forest. Take care driving along uneven access track.

Map: "Brush Creek" 1:10,000

Courses: Standard NOY Courses (see opposite)

More accurate distances will be available at the registration area.

Entries: Enter on the day, at a time to suit you, 9.30 - 11.30 am.

Closure: Courses close at 1:00 p.m.

Organisation: Arthur Kingsland ☎ 4955 5701

- ☺ **22 May** - Closing date for entries in Newcastle's biggest event of the year
The Queen's Birthday Weekend Carnival (State Leagues 6 & 7 at
Kitchener and SL 8 (NSW Sprint Champs) at Newcastle Uni



Sunday 31 May

9.30 - 11.30 am

ABERNETHY

NEWCASTLE ORIENTEER OF THE YEAR EVENT 4

Venue: From Cessnock, travel south along Vincent St then turn left into Aberdare St. Follow main traffic flow towards the freeway. After the township of Kearsley turn right (O-sign) on to Kearsley Rd - about 2 km to start (next to Abernethy Guest House).

OR From Mulbring, head south to the Toronto-Branxton Rd then north toward Kurri Kurri. After about 3 km turn left (Lake Rd). Then 8 km to left turn into Kearsley Rd - about 2 km to start (next to Abernethy Guest House).

Map: "The Chimney" 1:10,000

Courses: Standard NOY Courses (see opposite)

More accurate distances will be available at the registration area.

Entries: Enter on the day, at a time to suit you, 9.30 - 11.30 am.

Closure: Courses close at 1:00 p.m.

Course Planners: Lewis and Phoebe Vincent

Organisation: Robert and Linda Vincent ☎ 4956 7018

Newcastle Orienteering Club Inc

Club Officers for 2009

(and other areas of responsibility)

President:	Geoff Peel
Vice President:	Carolyn Rigby
Secretary:	Peter Newton
Treasurer:	Joy Guy
OANSW Delegates:	Rob Vincent, Carolyn & Russell Rigby
Event Coordinators:	
Bush -	Geoff Peel & Denis Lyons
Street/Park -	Malcolm Roberts
Technical:	Robert Vincent
Mapping:	Geoff Todkill
Coaching:	Geoff Todkill
Newsletter:	Allan Wright
Teams Co-ord:	Carolyn Rigby
Equipment:	Margaret Peel
Junior Squad:	Peter Charlton
MTBO:	Denis Lyons +
Statisticians:	
Bush -	Colin Bailey
Street -	Peter Gordon
Park -	Malcolm Roberts
Website (authority to amend):	
	Geoff Peel, Peter Gordon, Tim Tew, Russell Rigby

NOY Courses

The Courses at NOY events all follow a similar pattern: set aiming at specific winning times which range from 15-20 minutes on the Blue Course up to 50-60 minutes on the Long Red.

Thus, the length of the course can vary from one event to another. If the terrain is steep or very complex, or if detours can be expected to avoid the dark green areas on the map, the *straight line* distances quoted as course lengths at the start will be shorter. If the land is relatively flat with fast open running, the course lengths will be longer.

Typical lengths are:

1.5 - 2.0 km	Blue
2.0 - 2.5 km	Green
2.2 - 2.8 km	Easy Orange
3.0 - 4.0 km	Long Orange
2.8 - 4.0 km	Short Red
4.3 - 5.3 km	Medium Red
6.0 - 7.2 km	Long Red

RISK NOTICE

In entering an orienteering event, competitors recognise that the activity has certain inherent risks due to its conduct in the urban and natural environments. Included in these risks are injury due to rough terrain and obstacles and the effects of heat, cold and exhaustion.

Competitors are also aware that there is no personal accident insurance on their participation in the sport and that they take part at their own risk.

Queens Birthday 3-Days

Middle Distance, Long and Sprint events

Three days of regal orienteering presented by Newcastle Orienteering Club

Day 1 - Saturday 6th June, 2009

SL6 Middle Distance

Location: Kitchener (near Cessnock)

Map: "Southams Road West" 1:10000

Terrain: Spur gully with some erosion features.

Starts: from 12 noon (EOD 12:30-1:30 pm)

Enter on Day: Blue, Green, Orange, Red.

Planner: Karen Blatchford

Controller: Geoff Peel

Day 2 - Sunday 7th June, 2009

SL7 Long Distance

Location: Kitchener (near Cessnock)

Map: "Astley's View" 1:10000

Terrain: Similar to Day 1 but a bit steeper.

Starts: from 9:00 am (EOD 9:30-10:30 am)

Enter on Day: Blue, Green, Orange, Red.

Planner: David Kitchener

Controller: Russell Rigby

Day 3 - Monday 8th June, 2009

SL8 NSW Sprint Champs

Location: Newcastle University

Map: "Newcastle University" 2009, 1:5000

Terrain: Typical Campus layout.

Starts: from 9:30 am (EOD 9:30-10:30 am)

Enter on Day: Blue, Green, Orange, Red

Planner: Ian Dempsey

Controller: Arthur Kingsland

Course	Middle	Long	Sprint	Classes
Red 1	5.2 km	9.2 km	3.1 km	M21A
Red 2	5.2 km	9.2 km	3.1 km	M-20A, M35A
Red 3	4.8 km	7.4 km	3.1 km	M40A, W21A
Red 4	4.8 km	7.4 km	2.9 km	M-18A, M45A
Red 5	4.4 km	6.2 km	2.9 km	M50A, W-20A, W35A, W40A, M21AS
Red 6	4.0 km	5.5 km	2.7 km	M-16A, M55A, W45A
Red 7	3.5 km	4.9 km	2.7 km	M60A, M65A, W-18A, W50A, M35AS
Red 8	2.9 km	4.3 km	2.5 km	M70A, W-16A, W55A, W60A, M45AS, W21AS
Red 9	2.5 km	3.7 km	2.5 km	M75A, W65A, W70A, M55AS, W35AS, W45AS
Orange	3.0 km	3.5 km	1.8 km	M-14A, W-14A, M Open B, W Open B
Green	2.5 km	2.5 km	1.8 km	M-12A, W-12A, M/W Open C
Blue	1.8 km	1.8 km	1.7 km	M-10A, W-10A, M/W-10N

All distances are approximate only.

I command you to enjoy the orienteering delights of the Hunter Region....HRH Elizabeth II

Entry secretary

Geoff Todkill 02 49585920 (before 9:00 pm)
todkill@hunterlink.net.au

Post Entries to

"QB3 Entries"
96 Lakeview St, Speers Point. 2284
Entries postmarked no later than Friday 22nd May

Email Entries (our preferred option)

Download form, fill in and return email to
todkill@hunterlink.net.au
Email entries close midnight Sunday 24th May.

Postal Payment

Cheques payable to "Newcastle Orienteering Club"

Electronic Payment

"Newcastle Orienteering Club"
BSB 650-000
Account No 972658608
Place surname and initial in reference field e.g. "SmithA"

Late Entries

Late entries will be charged an additional \$5 per entry and will only be accepted if maps available.

Entry Fees	Single Day	All Days
Senior	\$22	\$55
Junior	\$15	\$38
Sub-Junior <13	\$12	\$30
Family Max	\$60	\$150
Enter on Day	\$10	N/A
Sportident Hire (if required)	\$2	\$6
Note discount for entering all days		

✂

Awards

QB3 class badges will be awarded on a 3-Day total time. State League points will be awarded for each day. Note: There will be no separate sprint champs badges awarded.

Entry Form

Copies of this form are available on club website.

Final Information & Start Lists

Will be available on club website approx one week prior to the events. Please enclose stamped, self addressed envelope if you require information to be sent to you.

Website

<http://newcastle.nsw.orienteing.socialfx.net/>

Accommodation

There are many establishments in the Cessnock and vineyards areas but being a long weekend it is likely that accommodation will need to be booked early. Day one and two are approx an hours drive from Newcastle and Lake Macquarie so alternately you might also like to visit these places.

Abernethy Guest House

This establishment is only a few kilometres from Sat and Sun maps so it is particularly convenient for a pleasant stay. Business hours are from 9 am-9 pm Mon to Sun. To contact outside these hours send an email or fax. Booking enquires by email or fax, please include:

- name
- arrival and departed date
- number of persons
- any other relevant information

Phone: 02 4990 8303

FAX: 02 4990 8303

Email: abernethy@hunterlink.net.au

Web: <http://users.hunterlink.net.au/~mabjo/home.htm>

Address: 20 Ferguson St Abernethy NSW 2325

Disclaimer In entering this Orienteering Event you should recognise that the sport of orienteering has certain inherent risks due to its conduct in the natural environment. Included in these risks are injury due to rough terrain and obstacles and the effects of heat cold and exhaustion. You should be aware that there is no personal accident insurance on your participation in the sport and that you participate at your own risk.

Name _____ Street _____

Town _____ P/C _____ Phone _____

Email _____

Date of electronic transfer (if applicable) _____

Name	Club	SI No	Class Middle	Class Long	Class Sprint	Entry Fee(s)	SI Hire \$2/day	Total
E.g. Con Tour	NC N	-	M50	M50	M50	\$55	\$6	\$61

Split starts required? yes / no (indicate which runner early and which late)

Total Fee

NOTE: Please enclose stamped, self addressed envelope if you require information to be sent to you.

Never been in a big state O-vent?

Do yourself a favour and enter QB3

It is a bit more expensive (but so are our expenses!), but you get a pre-marked map and the electronic timing used gives you splits for every leg of the courses. See how your skills compare with orienteers from other clubs.

▶ Choose a course with a colour code that matches your navigational skills and appropriate for your age class - and make sure you enter on time (by 22 May) so that your map can be prepared.

If in doubt what course to enter, ask at the next club event!

▶ A cheaper option (especially if you can only make one or two days) is to do an enter on the day course. A range of courses will be available each day.

Give it a go! - Details in previous page



Saturday 20 June **Coaching at Glendale** - 10 a.m.

Map: "**Brush Creek**" 1:10 000

The second of the coaching days for 2009 is set for orienteers at Orange and Red level, who would like to develop their skills. The practice activities will be set in short loops to maximise feedback.

There will be no easier courses set.

The activities will follow a briefing at 10:00 am

- Using Control Descriptions
- Attack Points, (including distance estimation)
 - to help recognise and use attack points.
- Route Choice, Leg Analysis and Traffic Light Orienteering
 - to help choose the best speed for each part of the leg.

People wishing to attend need to contact Geoff Todkill (☎ 49585920)

by Wednesday 17th June so that maps can be prepared.

Cost: \$3.00 - to cover map printing.

Venue: *From the Glendale Crossroads*, take Main Road (west, as if heading for Edgeworth) for 0.6 km. Turn north (right) at the first set of lights into Frederick St. Look for signs beside the TAFE entrance directing you straight ahead on to a rough gravel forest road. Proceed for about 250 m to assembly area. Parking will be along a clearing in the forest. Take care driving along uneven access track.

☺ **21 June** Closing date for entries in **MTBO** event (**Wallaroo**, 28 June). Some information below.



Sunday 21 June

9.30am to 11.30am

KILLINGWORTH

Venue: *From the Glendale Crossroads* head west for 3.2 km. Turn *left* at the top of the rise (toward Barnsley, 2.5 km). At Barnsley, turn *left* in Wakefield Rd. After 0.8 km turn *right* for Killingworth and follow this road ("The Broadway") for 2.5 km to its intersection with "The Boulevard" - turn *right*, heading north toward West Wallsend. Watch for a and follow O-signs to the start

Alternatively, you can travel west from Fassifern or north from Ryhope, making a *left* turn for Killingworth just before the straight leading in to Barnsley.

Map: "**The Range**" 1:10,000

Courses: Blue, Green, Orange and Red Courses will be available to cater for orienteers of all standards. In particular, those who attended yesterday's Coaching session will be able to develop their skills further and put their new Red navigation skills into practice. On easier courses you can mark your map before your start and discuss route choices with more experienced orienteers.

Entries: Enter on the day, at a time to suit you, 9.30- 11.30am.

Closure: Courses close at 1.00pm

Organisation: Peter & Maria Orr ☎ 4972 1727

☺ **26 June** Entries close in Regional Schools Championships (**West Wallsend**, 6 July) Details, next page.



Sunday 28 June

M.T.B.O.

WALLAROO

The State Mountain Bike SuperSeries Event 5 will be held in **Wallaroo State Forest**.

This is reached by travelling north from Raymond Terrace on the Pacific Highway.

2.5 km north of Six Mile Rd turn left at Italia Rd. After 3.8 km turn into Lone Pine Rd and follow signs.

Courses 30 km, 20 km, 12 km.

Starts from 10 am (courses close 2:30 pm).

Entry fees and on-line entries are supposed to be on the MTBO website www.mountaindevils.com but (as usual) were not there when this newsletter was being prepared. Hopefully the information will be there before **entries close on 21 June**.

The event is being organised by Damian Welbourne, so for further information, talk to him at a local event or ☎ 4927 8788

WHY ??

The card you complete to enter a course includes space for your contact details (address, phone number, ..) as well as your name. **WHY?**

30 years ago Darby Munro had a very simple answer: *So that we could notify your next of kin when you did something silly!*

While that extreme situation hasn't arisen, we can all imagine situations where it could be useful for the event organisers to have those details.

Consider the problems faced after the official close of courses there are still one or two people out in the bush, and they have been out for a long time - Are they lost? Are they injured? Have they come back and gone home without checking in? Have they returned and checked in, but something went wrong with the finish procedure so that we just think they are still out?

Having contact details (including car regos) can make checking some of these possibilities easier and anything up to a full scale search can be organised **IF** it is required.

So the real question is

WHY NOT ???



Monday 6 July

from 9:30 a.m.

WEST WALLSEND

33rd ANNUAL HUNTER REGION SCHOOLS ORIENTEERING CHAMPIONSHIPS

Venue: Travel to West Wallsend, Travel along Carrington Street, West Wallsend to its western end then veer left into Railway Street. About 400 m along Railway St (before the golf course) turn right into and head west along O'Donnelltown Road and look for O Signs. Park as directed.

Map 'O'Donnelltown Rock East' 1:10 000

Entries will be accepted from individuals or from teams of two only. Teams must be from the same school. They may be mixed age provided they run the more difficult course.

Competitors do two courses:

AGE COURSE (Age is at 31/12/2009. ie. The age turned this year!)

This is a line course where competitors navigate around the course visiting controls **in order**.

Course		BOYS	GIRLS	
1	Very Easy	1.8 km	12	12
2	Easy	2.0 km	13	13 Intermediate B
3	Easy	2.5 km	14	14
4	Easy/Medium	3.0 km	15	15 Senior B
5	Medium	3.5 km	16	16+
6	Hard	4.0 km	17+	

B Courses are available for beginners, but are NOT available to previous placegetters of these courses.

SCORE COURSE

This is where you find as many controls as you can within a time limit of 45 minutes. Controls can be visited in any order.

There will be a choice of four graded "SCORE" courses with entry open to individuals or teams of two. Select courses based on experience rather than age. The courses are graded:

A: Difficult B: Medium C: Easy / Medium D: Easy

Entries: Must be made in advance, by Friday 26th June.

This pre-entry is essential to ensure that there will be sufficient maps available on the day.

Entry fee: \$5 per person.

Entry forms will be sent to Hunter High Schools.

Entries are also welcome from all NOC juniors and students who are coached by NOC members.

Just send details (Names, Address, Phone or Email contact, School, Date of Birth, and courses to be entered) to Colin Bailey by any of the methods described below.

If you are uncertain which course to enter, please discuss this with the club coach Geoff Todkill at events.

For club regulars, entry fees can be paid on the day, but your entry must be received by 26th June.

Entries to: Colin Bailey

Merewether High School

P.O. Box 3010

Hamilton Delivery Centre 2303

School: Ph 4969 3855

Fax: 4961 2246

Email: baileyc63@yahoo.com.au

COMING EVENTS

Details in next newsletter

12 July

O'DONNELLTOWN

NOY 5

26 July

BROKENBACK SLOPES

NOY 6

2 August

BOTANIC GARDENS

New Map

8-9 August

MTBO Double Header

23 August

SEAHAM

NOY 7 *on a New Map*

6 September

SINGLETON

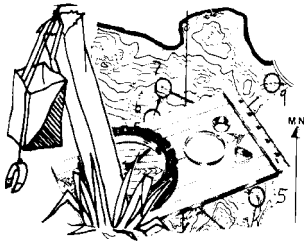
NOY8

20 September

WALLAROO

Hunter Valley Championships

Name	Address	Contact	School	Date of Birth	Age Course	Score Course



Coaching Page. No 32.

I am writing this as I (like many of our club members) am preparing to travel to the Australian 3 Day Event. Last year our club members achieved excellent results, with Newcastle placed second overall in the club pointscore. Good luck to all, and I'm sure even if we don't win, we will still be enjoying ourselves.

My own fitness is poor due to a run of injuries and therefore a lack of fitness training, so I am turning my to focus clearly on correct navigation technique. Regardless of the level of competition, we still need to concentrate on our technique. When we put ourselves under pressure we tend to rush and not think clearly, but this is still the most important aspect of our sport.

It will probably help me to go out with some novices at the first coaching day. When I'm showing them techniques to be safe, I'll be trying to reinforce to myself that I must also follow correct technique, to be positive with my navigation and to minimise any mistakes.

This was reinforced for me last week at Sugarloaf. My problem knee allowed me to only run at half pace, and I walked in some rougher spots, but I navigated cleanly and finished in a respectable position. I will refer back to the routine that I detailed in a newsletter, last year.

1. Preparation, everything you do before you start:

Ready yourself. Have a drink, warm up and stretch, attach your control card and compass. Visit the finish chute and look for the last control which may be visible. Note the forest type and conditions.

On the way to the start, think of running through the forest, compassing, concentrating, pacing and control procedure and trying to ignore any distractions.

2. The Start

When the beep sounds on the start clock you turn your map over and you are away. Always be careful at first. Some of us tend to rush off away from the other assembled starters. Most errors are made here. The key to a good run is to navigate successfully to the first control. That gets you off to a good start, with a confident attitude.

3. Consistent Technique.

The nature of orienteering as a sport is a combination of physical fitness and mental alertness. Your mental alertness is helped by having everything in the right place at the right time and following a procedure learned beforehand. (Attack Point, Route Choice, Distance, Detail -- What was that routine again?)

Remember again the skills required for navigating Red courses:

1. Orient the map
2. Determine the best route choice, that allows to you keep in contact with the map.
3. Recognise the "attack point" to find the control
4. Interpret the contour lines (know uphill or downhill)
5. Use the features in the terrain as handrails or set a compass bearing, and recognise features being passed (eg. watercourse, hill, rockface)
6. Accurately estimate distance travelled.

– Geoff Todkill

Thanks to the following memberships received by our secretary (*Peter Newton*) up to the time the newsletter was prepared. You make life much easier when you renew on time!

One name listed per address

Elissa Anderson	Greg Bacon
Colin Bailey	Peter Berkholtz
Russell Blatchford	Elizabeth Bunn
Glenn Burgess	Carolyn Chalmers
Peter Charlton	Peter Cox
Marion Davies	Penny Davies
Ian Dempsey	Kellie Dimmock-Scott
Roy Dobbie	Keith Dove
Jenny Enderby	Graham Fowler
Bob Gilbert	Joy Guy
Tim Hackney	Andrew Haigh
Sally-Anne Henderson	Leigh Hoy
Arthur Kingsland *	David Kitchener
Stuart Kurtz	Rudi Landseidel
Jim Lee	Robert Lewin
John Linich	Denis Lyons *
Carolyn Matthews	Graham McMahon
Bjorn Mella	Pam Montgomery
Hal Newton	Peter Newton
Maria Orr	Daniel Orr
Geoff Peel	Adrian Plaskitt
Andrew Power	Julia Preston
Peter Preston	Lisa Punzet
Russell Rigby	Malcolm Roberts
Keith Robertson	Peter Russell
Jon Sayers	Ric Slatter
Brock Smith	Justin Stafford
Graeme Taplin	Scott Taylor
Geoff Todkill	Kris Todkill
Rob Vincent *	Helen Watts
Louis Welbourne	Matthew Westwood
Timothy Willetts	Allan Wright *

Apologies to those who have renewed since then: you will be in the next newsletter's list.

* indicates Life Member

On the NOC Website <http://newcastle.nsw.orienteering.socialfx.net/>

if you click on **RESULTS** you will find a link to **2009 NOY SERIES POINTSCORE**

On that site you will find, not only the 2009 Pointscore, but also a full summary of past NOY Champions, Hunter Valley Orienteering Champions and the Hunter Schools Championships. *The site is a 'work in progress'* and is intended to eventually include full summaries (and maybe full results) of past Street and Park Series.

Street Series #16: **CHARLESTOWN SOUTH**

Geoff & Margaret Peel 11 Feb 2009				O	M	W	T
Stu Adams	44.41	44	44	1	1		
Alex Massey	43.22	43	43	2	2		
Josh Blatchford	44.04	43	43	3	3		
Arthur Kingsland	44.30	41	41	4	4		
Glenn Burgess	44.22	40	40	5	5		
Damian Welbourne	44.28	39	39	6	6		
Malcolm Roberts	44.33	39	39	7	7		
Colin Bailey	44.28	38	38	8	8		
Josh Roberts	44.50	37	37	9	9		
Kim van Netten	43.43	35	35	10		1	
Andrew Haigh	44.17	35	35	11	10		
Russell Blatchford	44.24	35	35	12	11		
Nicole Haigh	44.57	35	35	13		2	
Scott Taylor	43.06	34	34	14	12		
Karen Blatchford	43.46	34	34	15		3	
Peter Charlton	45.25	35 -1	34	16	13		
Caleb Taplin	43.10	33	33	17	14		
Daniel Orr	43.18	33	33	18	15		
Stuart Kurtz	44.59	33	33	19	16		
Leigh Hoy	45.03	34 -1	33	20	17		
Carl Thomson	43.05	31	31	21	18		
Nigel Thompson	43.18	31	31	22	19		
Robert Preston	43.59	31	31	23	20		
Sam Howe	45.34	31 -1	30	24		4	
Dom Isberg, Peter Holz	46.36	32 -2	30	25			1
Tony Hayes	49.47	35 -5	30	26	21		
Robert Lewin	43.33	29	29	27	22		
Peter Cox	44.25	29	29	28	23		
Daniel Sheedy	46.35	31 -2	29	29	24		
Carolyn Matthews	48.58	33 -4	29	30		5	
Graeme Taplin	45.06	29 -1	28	31	25		
David Kitchener	45.37	29 -1	28	32	26		
Matthew Forde	46.41	30 -2	28	33	27		
Tim Tew	43.26	27	27	34	28		
Andrew Power	44.03	27	27	35	29		
Greg Bacon	45.36	28 -1	27	36	30		
Glen Charlton	46.09	29 -2	27	37	31		
Brett Golledge	45.06	27 -1	26	38	32		
Rhiana Roberts	42.55	25	25	39		6	
Mick Kavour	42.59	25	25	40	33		
Ben Reuter	45.10	26 -1	25	41	34		
Bob Gilbert	47.48	28 -3	25	42	35		
David Messenger	43.07	24	24	43	36		
Louise Hayes	43.40	24	24	44		7	
Brock Smith	43.58	24	24	45	37		
Eleanor Ross	44.02	24	24	46		8	
Caroline Taurany	45.47	25 -1	24	47		9	
Steven Roberts	46.48	26 -2	24	48	38		
Richard Roxin	51.22	32 -8	24	49	39		
Kate Dynon	44.46	23	23	50		10	
Jason Roberts	45.28	24 -1	23	51	40		
Russell Rigby	47.40	26 -3	23	52	41		
Liz Bunn	41.57	22	22	53		11	
Phoebe Vincent	42.10	22	22	54		12	
Scott Charlton	43.25	22	22	55	42		
Peter Newton	44.04	22	22	56	43		
Sonia Brown	50.46	29 -7	22	57		13	
Andrew Lee	40.22	21	21	58	44		
Peter Orr	44.00	21	21	59	45		
Matt Hayes	44.03	21	21	60	46		
Thomas Bunn	44.10	21	21	61	47		
Emily Harper	45.48	22 -1	21	62		14	
Alexander Orr	40.38	20	20	63	48		
Sally-Anne Henderson	41.01	20	20	64		15	
Gabriele Maynard	41.08	20	20	65		16	
Ian Dempsey	41.48	20	20	66	49		
Tony Dynon	39.06	19	19	67	50		
Callum Roberts	43.19	19	19	68	51		
Nathan Berkholz	43.27	19	19	69	52		
Cathy Jones	43.45	19	19	70		17	
Neil Chappell	45.52	20 -1	19	71	53		
Carolyn Rigby	46.40	21 -2	19	72		18	
John Linich	50.25	25 -6	19	73	54		

				O	M	W	T
Andrew Ormiston	40.15	18	18	74	55		
Louise Cherry	40.57	18	18	75		19	
Kerrie Rees	43.44	18	18	76		20	
Keith Robertson	40.49	17	17	77	56		
Kellie Dimmock-Scott & Lee-Anne Dimmock	43.17	17	17	78			2
Diana Charlton	39.11	16	16	79		21	
Sean Sunley	40.20	16	16	80	57		
Nicholas, Pili, Sofia, Peter Gordon	43.20	16	16	81			3
Lewis Vincent	44.08	16	16	82	58		
Luke Robertson	47.54	19 -3	16	83	59		
Allan Wright	49.04	21 -5	16	84	60		
Maria Orr	49.17	21 -5	16	85		22	
Graham Fowler	51.43	25 -9	16	86	61		
Sheena Robertson	37.02	14	14	87		23	
Mark, Ryan Kentish	47.42	17 -3	14	88			4
Peter Drew	29.40	13	13	89	62		
Rhys Taylor	44.49	11	11	90	63		
Angus Roberts	52.11	21 -10	11	91	64		
Lewis Berkholz	55.33	28 -17	11	92	65		
Ian O'Brien	59.18	33 -24	9	93	66		
Geoff Todkill	64.08	41 -34	7	94	67		
Matthew, Toni Henderson	31.45	4	4	95			5
Barbara Rathbourne	52.02	9 -10	0	96		24	
Martyn Boyd	60.00	0 -25	0	97	68		
Amylee Robertson	71.56	13 -49	0	98		25	

Best On Handicap	SS16		SS17
Arthur Kingsland	107.8	Angus Roberts	117.5
Caroline Taurany	107.3	Kate Dynon	114.4
Josh Blatchford	106.7	John Linich	111.7

Street Series #17: **MAYFIELD**

Malcolm Roberts 18 Feb 2009				O	M	W	T
Alex Massey	44.27	43	43	1	1		
Josh Blatchford	45.54	41 -1	40	2	2		
Arthur Kingsland	45.18	40 -1	39	3	3		
Glenn Burgess	44.31	37	37	4	4		
Robert Vincent	42.36	36	36	5	5		
Nicole Haigh	43.47	36	36	6		1	
Caleb Taplin	44.37	36	36	7	6		
Damian Welbourne	45.20	37 -1	36	8	7		
Nigel Thompson	45.25	37 -1	36	9	8		
Russell Blatchford	43.20	35	35	10	9		
Kim van Netten	44.13	35	35	11		2	
Ian O'Brien	45.20	36 -1	35	12	10		
Scott Taylor	45.28	36 -1	35	13	11		
Greig Scott	43.26	34	34	14	12		
Dom Isberg, Peter Holz	43.43	34	34	15			1
Colin Bailey	44.50	34	34	16	13		
Stuart Kurtz	45.36	35 -1	34	17	14		
Andrew Haigh	46.46	36 -2	34	18	15		
Karen Blatchford	43.27	33	33	19		3	
Tony Hayes	44.19	33	33	20	16		
Daniel Orr	43.06	32	32	21	17		
Greg Bacon	43.29	32	32	22	18		
Peter Charlton	45.49	33 -1	32	23	19		
Richard Roxin	45.52	33 -1	32	24	20		
Steven Roberts	42.31	31	31	25	21		
David Messenger	43.25	31	31	26	22		
Matt Bacon	45.48	32 -1	31	27	23		
Angus Roberts	47.45	34 -3	31	28	24		
Graham Fowler	43.48	30	30	29	25		
Carl Thomson	43.51	30	30	30	26		
John Linich	44.16	30	30	31	27		
Carolyn Matthews	44.22	30	30	32		4	
Nikki Brown	45.09	31 -1	30	33		5	
Leigh Hoy	51.33	39 -9	30	34	28		
Brock Smith	43.17	29	29	35	29		
Graeme Taplin	43.29	29	29	36	30		

Mayfield, continued

				O	M	W	T
Eleanor Ross	43.44	29	29	37		6	
Ben Reuter	43.50	29	29	38	31		
Glen Charlton	45.22	30 -1	29	39	32		
David Kitchener	46.25	31 -2	29	40	33		
Peter Berkholz	43.06	28	28	41	34		
Kate Dynon	44.00	28	28	42		7	
Jim Lee	44.22	28	28	43	35		
Peter Cox	45.20	29 -1	28	44	36		
Tim Tew	46.41	30 -2	28	45	37		
Geoff Peel	49.27	33 -5	28	46	38		
Nicola Blatchford	42.16	27	27	47		8	
Jason Roberts	48.50	31 -4	27	48	39		
Lewis Berkholz	43.44	26	26	49	40		
Mick Kavur	43.50	26	26	50	41		
Peter Dennis	44.21	26	26	51	42		
Russell Rigby	44.28	26	26	52	43		
Peter Orr	44.43	26	26	53	44		
Tamara Orr	46.07	28 -2	26	54		9	
Sally-Anne Henderson	42.08	25	25	55		10	
Sam Howe	42.30	25	25	56		11	
Andrew Power	42.46	25	25	57	45		
Matthew Forde	42.56	25	25	58	46		
Bob Gilbert	43.11	25	25	59	47		
Louise Hayes	43.32	25	25	60		12	
Margaret Peel	44.45	25	25	61		13	
Peter Newton	45.40	26 -1	25	62	48		
Shane Jenkins	46.07	27 -2	25	63	49		
Neil Chappell	42.48	24	24	64	50		
Ian Dempsey	49.42	29 -5	24	65	51		
Kerrie Rees, Sarah Slavin	46.51	25 -2	23	66			2
Brett Golledge	47.18	26 -3	23	67	52		
Callum Roberts	42.45	22	22	68	53		
Maria Orr	43.45	22	22	69		14	
Matt Hayes	44.00	22	22	70	54		
Rosie Day	46.20	24 -2	22	71		15	
Thomas Bunn	46.44	24 -2	22	72	55		
Tony Dynon	41.42	21	21	73	56		
Luke Robertson	40.50	20	20	74	57		
Kate Morley, Liz Bunn	44.00	20	20	75			3
Scott Charlton	45.17	21 -1	20	76	58		
Carolyn Rigby	46.22	22 -2	20	77		16	
Martyn Boyd	47.36	23 -3	20	78	59		
Sean Sunley	33.20	19	19	79	60		
Kerry Bacon	40.29	19	19	80		17	
Alexander Orr	40.46	19	19	81	61		
Keith Robertson	45.11	20 -1	19	82	62		
Andrew Lee	37.09	18	18	83	63		
Diana Charlton	41.07	18	18	84		18	
Nicholas, Pili, Sofia, Peter Gordon	42.45	18	18	85			4
Emily Harper	44.50	18	18	86		19	
Lewis Vincent	42.43	17	17	87	64		
Nathan Berkholz	46.37	19 -2	17	88	65		
Nicole Tew	40.24	16	16	89		20	
KellieDimmock-Scott & Lee-Anne Dimmock	43.43	16	16	90			5
Cathy Jones	46.43	18 -2	16	91		21	
Caroline Taurany	47.02	19 -3	16	92		22	
Sheena Robertson	38.43	14	14	93		23	
Amylee Robertson	42.41	14	14	94		24	
Andrew Ormiston	48.30	18 -4	14	95	66		
Jon Sayers	56.34	33 -19	14	96	67		
Bob Montgomery Team	41.57	10	10	97			6
Barbara Rathbourne	35.11	7	7	98		25	
Katie Wright	38.20	7	7	99		26	
Stu Adams	45.00	0	0	100	68		
Pam Montgomery, Patrick & Thomas Phillips	57.43	12 -21	0	101			7
Geoff Todkill	63.21	31 -32	0	102	69		

2008-09 STREET SEASON POINTSCORE

Total scores are based on the Best 10 results. To ensure each event is treated equally, 100 points are counted for the first placed individual man and woman in every event, and everyone else's event score is scaled in proportion.

Decimal places are not shown, but are taken into account in the calculation (e.g. Greg Bacon is 633.3 and Jim Lee is 632.8).

TOP MEN		1st	2nd	3rd	(Last Year)
1.	Stu Adams	8	3	1	(18th)
2.	Alex Massey	2	3	3	(8th)
3.	Steven Todkill	3	3	3	(2nd)
4.	Josh Blatchford	1	2	5	(1st)
5.	Arthur Kingsland	2	4	1	(5th)
6.	Malcolm Roberts	1	1	1	(3rd)

Biggest Winning Margin Stu Adams featured in the two biggest wins of the season. At Event 11 - Kotara South - he was 5 points clear of Arthur Kingsland, & at #15 (Jewells) he beat Alex Massey by the same margin.

Closest Results

At two events, two runners had the same top score. In each case both of the orienteers concerned scored 100, with the faster times being placed higher. At #14 (Wangi Wangi) Malcolm Roberts was only 29 seconds faster than Josh Blatchford. At #1 (Swansea), Josh Blatchford was 49 s ahead of Stu Adams.

TOP WOMEN		1st	2nd	3rd	(Last Year)
1.	Nicole Haigh	5	7	3	(3rd)
2.	Kim van Netten	7	4	4	(2nd)
3.	Karen Blatchford	4	4	7	(1st)
4.	Carolyn Matthews	1	1	2	(6th)
5.	Sam Howe	-	-	-	(42nd)
6.	Nicola Blatchford	-	-	-	(8th)

Best Women's result compared to Men

The top woman averaged 81% of the top man's score. The best individual result was at Event 8 - Medowie - where Nicole Haigh scored 35 points - 87.5% of Steven Todkill's 40.

Biggest Winning Margin

Nicole Haigh 4 points ahead of Joanne Mimica at #13 - Tenambit

Closest Results

There were four occasions where the top score was obtained by two runners. In each case both of the orienteers concerned scored 100, with the faster times being placed higher.

As Nicole Haigh featured in three of these ties, this meant that there were actually 8 events where Nicole scored the maximum 100 points (rather than the five that some might think from the above table). Kim van Netten was faster than Nicole Haigh by only 14 seconds at #16 (Charlestown South), and 38 seconds at #10 (Raymond Terrace).

ATTENDANCE

The average number of entries at Street Events has increased dramatically as shown:

ENTRIES	2007-2008	2008-2009
Over 100	0	3
90-99	2	3
80-89	2	5
AVERAGE	73	86

Not only are these statistics impressive, our hard-working guru of all results numerical, Peter Gordon, has unearthed 15 orienteers who attended EVERY event this season, headed by Tony Hayes who hasn't missed a street run in four years (65 events):

Tony Hayes	65	Alex Massey	26	Geoff Peel	19
Mick Kavur	49	Andrew Haigh	26	Margaret Peel	19
Karen Blatchford	40	Nicole Haigh	26	Carolyn Rigby	17
Malcolm Roberts	30	Arthur Kingsland	22	Neil Chappell	17
Kim van Netten	28	Emily Harper	20	Russell Rigby	17

On the club's website (under Results) you will find a further 7 orienteers at 16 events this season, 6 at 15, 7 at 14, 15 at 13,

In all, 203 competitors have taken part in at least two street runs.

TOP INDIVIDUAL MEN

1	Stu Adams	998
2	Alex Massey	968
3	Steven Todkill	963
4	Josh Blatchford	961
5	Arthur Kingsland	948
6	Malcolm Roberts	923
7	Glenn Burgess	900
8	Colin Bailey	872
9	Damian Welbourne	857
10	Andrew Haigh	807
11	Daniel Orr	796
12	Nigel Thompson	781
13	Leigh Hoy	752
14	Ian O'Brien	745
15	Stuart Kurtz	742
16	Tony Hayes	740
17	Robert Preston	739
18	Matt J Brown	716
19	Russell Blatchford	713
20	Richard Roxin	709
21	Josh Roberts	689
22	David Messenger	688
23	David Kitchener	687
24	Geoff Peel	685
25	Glen Charlton	667
26	Caleb Taplin	656
27	Tim Tew	648
28	Graeme Taplin	646
29	Brock Smith	637
30	Russell Rigby	635
31	Greg Bacon	633
32	Jim Lee	633
33	Ben Reuter	626
34	Peter Cox	608
35	<i>Andrew Power</i>	595
36	Mick Kavour	593
37	<i>Shane Jenkins</i>	592
38	Brett Golledge	584
39	Bob Gilbert	584
40	Peter Charlton	581
41	Neil Chappell	569
42	Lewis Berkholz	568
43	Robert Lewin	556
44	Steven Roberts	554
45	Peter Newton	537
46	Peter Berkholz	535
47	Matt Hayes	533
48	Thomas Bunn	513
49	Peter Orr	512
50	<i>Scott Taylor</i>	509
51	<i>Matthew Forde</i>	500
52	Martyn Boyd	463
53	Tony Dynon	453
54	Alexander Orr	446
55	Geoff Todkill	434
56	Angus Roberts	421
57	<i>Jason Roberts</i>	415
58	Keith Robertson	411
59	Callum Roberts	400
60	Luke Robertson	392
61	Scott Charlton	376
62	Allan Wright	366
63	Nathan Berkholz	361
64	Greig Scott	355
65	Andrew Brown	354
66	Matt Westwood	348
67	<i>Jamie Blake</i>	340
68	Lewis Vincent	338
69	Mark Simons	333

70	Andrew Lee	314
71	<i>Gerhard Deiter</i>	308
72	<i>Steve Bull</i>	273
73	John Linich	264
74	<i>Carl Thomson</i>	259
75	Ian Dempsey	249
76	Graham Fowler	217
77	<i>Stu Harrison</i>	204
78	Jeremy Welbourne	179
79	<i>Peter Drew</i>	168
80	Craig Kentish	168
81	Jon Sayers	163
82	Denis Lyons	160
83	<i>Adam Bennetts</i>	159
84	Louis Welbourne	156
85	<i>Daniel Sheedy</i>	154
86	Robert Vincent	154
87	Shane Trotter	148
88	Angus Thompson	138
89	<i>Toby Brown</i>	129
90	<i>Darren Twist</i>	115
91	<i>Matthew Parsons</i>	109

TOP INDIVIDUAL WOMEN

1	Nicole Haigh	998
2	Kim van Netten	994
3	Karen Blatchford	977
4	Carolyn Matthews	892
5	Sam Howe	796
6	Nicola Blatchford	795
7	Margaret Peel	717
8	Joanna Mimica	707
9	Louise Hayes	693
10	Tamara Orr	689
11	Kate Dynon	683
12	Rhiana Roberts	674
13	Caroline Taurany	615
14	Maria Orr	590
15	Emily Harper	586
16	Carolyn Rigby	585
17	Eleanor Ross	530
18	Phoebe Vincent	468
19	Danielle Oviden	434
20	Carolyn Chalmers	423
21	Kathryn Vaughan	411
22	Louise Cherry	391
23	Sonia Brown	383
24	<i>Sally-Anne Henderson</i>	370
25	Kathy Grace	331
26	Cathy Jones	302
27	Sheena Robertson	282
28	<i>Kate Bartlett</i>	281
29	Liz Bunn	276
30	Alice Moore	263
31	<i>Rosie Day</i>	251
32	Katie Bradstock	229
33	Diana Charlton	227
34	Nikki Brown	227
35	Amylee Robertson	192
36	Judith Joyce	188
37	Natalie McCall	187
38	Elissa Anderson	181
39	<i>Kerrie Rees</i>	166
40	<i>Alison Healey</i>	158
41	Patricia Rios	135
42	<i>Barbara Rathbourne</i>	130
43	Denise Clark	125
44	Kelly Kurtz	111
45	<i>Fiona Duque</i>	109
46	Sandy Curwood	109

TOP TEAMS

Treating Team entries the same as individual entries, it is a second series win for Dom And Pete, this time with a perfect score!

1	Dom Isberg, Peter Holz	1000
2	Pili, Nicholas, Sofia, Peter Gordon	549
3	<i>Jason Roberts, Lani Famularo</i>	427
4	Kellie Dimmock-Scott & Lee-Anne Dimmock	324
5	Elly Ross, Natalie McCall	300
6	Julia Preston, Liz Bunn	279
7	Nicholas, Peter Gordon	277
8	Kate Morley, Liz Bunn	238
9	Leigh, Sue Bowman	213
10	Robert & Josh Pelzer	196
11	Narelle Dyer, Patricia Rios	162
12	<i>Kerrie Rees, Sarah Slavin</i>	156
13	Nathan Berkholz, Cathy Jones	140
14	<i>Anne Duquemin, Kerrie Rees</i>	140
15	<i>James, Michelle Krahe</i>	125

HIGHEST HANDICAP SCORES

The top handicap results each week have been acknowledged, and displayed in full on the website. A comparison with each other.... (Event number shown before the handicap score)

Scott Taylor	14	137.4	Gerhard Deiter	14	111.8
Judith Joyce	1	126.1	Daz	5	111.7
Denis Lyons	4	125.2	John Linich	17	111.7
Sandy Curwood	5	118.2	Mark Simons	14	111.2
Angus Roberts	17	117.5	Glen Charlton	1	111.1
Matthew Forde	8	117.1	Cathy Jones, Nathan Berkholz	4	111.1
Ian O'Brien	14	116.7	Andrew Gray, Kate Morley	2	110.9
Kate Dynon	17	114.4	Kathy Grace	5	110.9
Cathy Jones	2	114.3	Caleb Taplin	17	110.8
Lewis Berkholz	8	113.5	Peter Orr	17	110.8
Brett Golledge	8	112.9	Dom Isberg, Peter Holz	17	110.6
Rhiana Roberts	14	112.3	Richard Roxin	5	110.5
Kathy Grace	3	112.1	Peter Drew	13	110.4
Thomas Bunn	14	112.1	Greg Bacon	17	110.4
Glen Charlton	6	111.9	Brock Smith	14	110.2
Colin Bailey	2	111.8	Stuart Kurtz	13	110.1

The order of individual handicaps at the end of the series match closely the overall series result order for those who attended most events.

Stu Adams	0.0	Glenn Burgess	9.1	Stuart Todd	14.8
Alex Massey	0.8	Jeremy Welbourne	10.7	Josh Roberts	14.8
Steven Todkill	2.8	Colin Bailey	10.8	Shane Trotter	15.3
Josh Blatchford	3.1	Wes Dose	11.0	Glen Peters	16.0
Arthur Kingsland	5.5	Peter Gordon	12.1	Oskar Booth	16.0
Malcolm Roberts	6.2	Damian Welbourne	13.4	Nicole Haigh	17.0
Robert Vincent	6.4	Scott Taylor	14.7	Tony Welbourne	17.0

CONSISTENCY

The most consistent performers on a week-to-week basis, and excluding the week's winner - based on positive points scored for consistency.

Nicole Haigh	128	Tony Hayes	81	Ben Reuter	65
Kim van Netten	101	Colin Bailey	75	Alex Massey	64
Stuart Kurtz	100	Louise Hayes	74	Peter Berkholz	63
Russell Rigby	96	Graeme Taplin	70	Andrew Power	57
Nicola Blatchford	95	Mick Kavour	68	Brett Golledge	56
Geoff Peel	93	Josh Blatchford	67	Shane Jenkins	53
Andrew Haigh	90	Emily Harper	65	Glenn Burgess	51

TIME MANAGEMENT

In 11 events, **JIM LEE** was back late only once, and his average time of 43.27 makes him the most efficient user of the available time. Also to be commended for their efforts in this area are Mick Kavour (43.23), Peter Holz with Dom Isberg (43.22), Brett Golledge (42.57), Brock Smith (42.50), Tony Dynon (42.21) & our statistician, Peter Gordon in different combinations with Pili, Nicholas & Sofia with times 41.50 and 41.20.

In most cases there is **more information** (such as overall lists and lists of 'rookies' trying street-O for the first time) on the club website. *The most successful "rookies" are shown in italics in the above lists.*

2009 Newcastle Park Tour

Event 1: Warabrook Wetlands

25 Feb 09 Geoff & Margaret Peel

Short Course 2.8 km		O	M	W
Lewis Berkholz	19.30	1	1	
Scott Charlton	19.50	2	2	
John Linich	21.16	3	3	
Peter Berkholz	21.46	4	4	
Matt Hayes	21.59	5	5	
Peter Newton	22.19	6	6	
Sam Howe	22.48	7		1
Neil Chappell	22.52	8	7	
Nathan Berkholz	24.15	9	8	
Carolyn Rigby	24.17	10		2
Luke Robertson	26.45	11	9	
Keith Robertson	29.36	12	10	
Kathy Grace	29.50	13		3
Tony Dynon	30.23	14	11	
Sheena Robertson	31.01	15		4
Kerrie Rees	31.32	16		5
Lewis Vincent	31.44	17	12	
Patricia Rios	31.49	18		6
Amylee Robertson	32.04	19		7
Kerry Bacon	33.52	20		8
Graham McMahon	34.57	21	13	
Siegfried Stahl	35.46	22	14	
Tim Hackney	36.10	23	15	
Kellie Dimmock-Scott Lee-Anne Dimmock	37.57	24		9
Diana Charlton	40.18	25		10
Joy & Tareena Tew	45.17	26		11

Long Course 4.4 km		O	M	W
Josh Blatchford	22.06	1	1	
Alex Massey	23.18	2	2	
Robert Vincent	25.22	3	3	
Arthur Kingsland	25.35	4	4	
Glenn Burgess	25.50	5	5	
Malcolm Roberts	26.50	6	6	
Damian Welbourne	27.02	7	7	
Russell Blatchford	27.22	8	8	
Colin Bailey	27.29	9	9	
Jenny Enderby	27.43	10		1
Joshua Roberts	28.01	11	10	
Leigh Hoy	28.22	12	11	
Kim Van Netten	28.25	13		2
Peter Charlton	28.50	14	12	
Caleb Taplin	28.50	14	12	
Bjorn Mella	29.56	16	14	
Carl Thomson	30.08	17	15	
Karen Blatchford	30.34	18		3
Geoff Todkill	30.44	19	16	
David Messenger	30.56	20	17	
Stuart Kurtz	31.00	21	18	
Daniel Orr	31.21	22	19	
Nicole Haigh	32.00	23		4
Steven Roberts	32.08	24	20	
Andrew Haigh	32.09	25	21	
Glen Charlton	32.16	26	22	
Nikki Brown	32.19	27		5
Ian O'Brien	32.20	28	23	
Greg Bacon	32.48	29	24	
Nicholas Rixon	32.50	30	25	
Tony Hayes	33.01	31	26	
Angus Roberts	33.02	32	27	
Carolyn Matthews	33.09	33		6
Ben Reuter	33.16	34	28	
Nicola Blatchford	33.23	35		7
Callum Roberts	34.48	36	29	
Jason Roberts	34.56	37	30	
Sonia Brown	35.35	38		8
Tim Tew	35.48	39	31	
Peter Cox	36.02	40	32	
Graham Fowler	36.12	41	33	
David Kitchener	36.20	42	34	

		O	M	W
Graeme Taplin	36.43	43	35	
Scott Taylor	36.48	44	36	
Russell Rigby	36.57	45	37	
Bob Gilbert	37.40	46	38	
Tamara Orr	37.42	47		9
Mick Kavur	38.26	48	39	
Andrew Power	38.28	49	40	
Jon Sayers	38.34	50	41	
Steve Bull	38.54	51	42	
Alexander Orr	39.47	52	43	
Daniel Sheedy	39.59	53	44	
Sally Anne Henderson	41.20	54		10
Ian Rigby	42.25	55	45	
Louise Cherry	42.44	56		11
Shane Jenkins	43.20	57	46	
Kate Dynon	44.11	58		12
Rhiana Roberts	44.27	59		13
Rosie Day	44.30	60		14
Tom Bunn	44.56	61	47	
Martyn Boyd	45.27	62	48	
Andrew Lee	45.50	63	49	
Ian Dempsey	46.32	64	50	
Peter Orr	47.24	65	51	
Emily Harper	51.27	66		15
Liz & Kate	52.04	67		16
Lisa Punzet	52.40	68		17
Richard Roxin	dnf			

Event 2: Rathmines

4 Mar 09 Glen Charlton

Short Course 3.0 km		O	M	W
John Linich	25.37	1	1	
Matt Hayes	29.19	2	2	
Neil Chappell	29.27	3	3	
Scott Charlton	30.07	4	4	
Peter Newton	30.41	5	5	
Carolyn Rigby	32.01	6		1
Luke Robertson	32.30	7	6	
Allan Wright	34.12	8	7	
Tim Hackney	36.04	9	8	
Andrew Lee	37.26	10	9	
Tony Dynon	39.58	11	10	
Barbara Dynon	41.37	12		2
Diana Charlton	41.52	13		3
Tasha Cudmore	43.13	14		4
Sheena Robertson	43.29	15		5
Amylee Robertson	46.57	16		6
Keith Robertson	47.33	17	11	
Rhys Taylor	dnf			
Kellie Dimmock-Scott Lee-Anne Dimmock	dnf			
Joy, Tareena & Katie	wf			

Long Course 5.2 km		O	M	W
Josh Blatchford	27.46	1	1	
Arthur Kingsland	30.03	2	2	
Alex Massey	31.09	3	3	
Jenny Enderby	33.03	4		1
Glenn Burgess	33.49	5	4	
Russell Blatchford	34.02	6	5	
Caleb Taplin	34.23	7	6	
Malcolm Roberts	34.36	8	7	
Damian Welbourne	34.44	9	8	
Nicholas Rixon	35.15	10	9	
Colin Bailey	36.10	11	10	
Stuart Kurtz	36.54	12	11	
Robert Preston	37.20	13	12	
Leigh Hoy	38.00	14	13	
Richard Roxin	38.48	15	14	
Nicole Haigh	39.31	16		2
Geoff Todkill	39.36	17	15	
Karen Blatchford	39.55	18		3

		O	M	W
Angus Roberts	40.51	19	16	
Greg Bacon	41.13	20	17	
Nicola Blatchford	41.18	21		4
Steven Roberts	41.41	22	18	
David Messenger	42.02	23	19	
Callum Roberts	43.24	24	20	
Graham Fowler	43.40	25	21	
Tim Tew	43.42	26	22	
Tony Hayes	44.51	27	23	
Graeme Taplin	45.09	28	24	
Ben Reuter	45.10	29	25	
Elly Ross	46.03	30		5
Mick Kavur	46.10	31	26	
Sam Howe	46.13	32		6
Geoff Peel	46.21	33	27	
Carolyn Matthews	46.26	34		7
Sally Anne Henderson	47.28	35		8
Bob Gilbert	47.29	36	28	
Michelle Hartmann Elissa Anderson	48.04	37		9
Jim Lee	48.07	38	29	
Denis Lyons	48.17	39	30	
Scott Taylor	48.21	40	31	
Andrew Power	50.40	41	32	
Russell Rigby	50.59	42	33	
Margaret Peel	51.43	43		10
Brock Smith	52.21	44	34	
Jon Sayers	53.52	45	35	
Shane Jenkins	55.13	46	36	
Kate Dynon	55.43	47		11
Ian Rigby	57.01	48	37	
Tom Bunn	58.12	49	38	
Rhiana Roberts	58.33	50		12
Peter Orr	61.14	51	39	
Emily Harper	65.51	52		13
Pam Montgomery	71.31	53		14
Bob Montgomery	83.51	54	40	
Kerrie Rees & Sarah Slavin	wf			

Event 3: Blue Gum Regional Park

11 Mar 09 Greg Bacon

Short Course 2.6 km		O	M	W
John Linich	22.20	1	1	
Neil Chappell	24.06	2	2	
Scott Charlton	24.24	3	3	
Peter Newton	24.55	4	4	
Geoff Todkill	26.45	5	5	
Allan Wright	27.53	6	6	
Matt Hayes	27.57	7	7	
Kathy Grace	29.02	8		1
Phoebe Vincent	29.32	9		2
Nathan Berkholz	29.35	10	8	
Carolyn Rigby	29.49	11		3
Joe Kelly	30.36	12	9	
Lewis Vincent	30.44	13	10	
Tim Hackney	30.49	14	11	
Maria Orr	31.34	15		4
Chris Thiele	31.42	16	12	
Andrew Lee	32.53	17	13	
Tony Dynon	32.56	18	14	
Diana Charlton	33.15	19		5
Julia & Liz	33.52	20		6
Barbara Dynon	34.20	21		7
Andrew Wallace	35.01	22	15	
Carolyn Chalmers	35.09	23		8
Keith Robertson	36.32	24	16	
Sheena Robertson	36.46	25		9
Amylee Robertson	37.04	26		10
Kellie Dimmock-Scott	42.33	27		11
Luke Robertson	43.08	28	17	
Bob Montgomery	45.14	29	18	
Rhys Taylor	47.05	30	19	

Long Course 4.8 km	O	M	W
Josh Blatchford	21.44	1	1
Wes Dose	25.22	2	2
Alex Massey	26.20	3	3
Robert Vincent	26.42	4	4
Joshua Roberts	26.47	5	5
Malcolm Roberts	26.48	6	6
Caleb Taplin	27.18	7	7
Daniel Orr	27.32	8	8
Damian Welbourne	27.58	9	9
Arthur Kingsland	28.10	10	10
Nicholas Rixon	29.16	11	11
Russell Blatchford	29.27	12	12
Jenny Enderby	29.36	13	1
Elly Ross	29.38	14	2
Glen Charlton	30.04	15	13
Leigh Hoy	30.32	16	14
Nicola Blatchford	30.51	17	3
Colin Bailey	30.52	18	15
Matt Westwood	31.06	19	16
Robert Preston	31.06	19	16
Richard Roxin	31.08	21	18
Nicole Haigh	31.25	22	4
Karen Blatchford	31.37	23	5
David Messenger	31.47	24	19
Angus Roberts	32.35	25	20
Carl Thomson	32.37	26	21
Stuart Kurtz	32.40	27	22
Alice Moore	32.48	28	6
Andrew Haigh	32.56	29	23
Russell Rigby	33.52	30	24
Lewis Berkholz	34.04	31	25
Aaron Craig	34.19	32	26
Sally Anne Henderson	34.19	32	7
Geoff Peel	34.22	34	27
Tim Tew	34.31	35	28
Steve Bull	34.38	36	29
Jason Roberts	35.02	37	30
Graeme Taplin	35.20	38	31
Margaret Peel	35.35	39	8
Graham Fowler	35.41	40	32
Jon Sayers	35.43	41	33
Greig Scott	35.57	42	34
Matt Forde	36.10	43	35
Robert Lewin	36.24	44	36
Shane Jenkins	37.03	45	37
Brock Smith	37.11	46	38
Jim Lee	37.57	47	39
Scott Taylor	37.58	48	40
Ben Reuter	38.29	49	41
Tony Hayes	38.31	50	42
David Kitchener	39.01	51	43
Ian Rigby	39.26	52	44
Sam Howe	39.32	53	9
Alexander Orr	39.34	54	45
Andrew Power	39.44	55	46
Callum Roberts	39.46	56	47
Peter Berkholz	40.51	57	48
Mick Kavur	41.13	58	49
Rhiana Roberts	41.20	59	10
Rosie Day	41.22	60	11
Peter Cox	41.52	61	50
Bob Gilbert	42.18	62	51
Denis Lyons	43.01	63	52
Peter Orr	44.42	64	53
Sean Sunley	46.49	65	54
Tom Bunn	46.49	66	55
Ian Dempsey	47.55	67	56
Josh Boyd, Simon Bull, Simone Hollis	49.52	68	57
Emily Harper	53.54	69	12
Pam Montgomery	60.01	70	13
Kate Dynon	dnf		

PARK FINAL (Graded A-F): Lambton Park18 Mar 09 **Daniel Orr**

Short Course 2.7 km	O	M	W	F	NQ
Matt Hayes	17.18	1	1		1
Neil Chappell	19.15	2	2		2
Nathan Berkholz	20.31	3	3		3
Peter Newton	20.46	4	4		4
Scott Charlton	21.07	5	5		5
Carolyn Rigby	22.34	6		1	6
Andrew Lee	22.43	7	6		7
Lisa Punzet	22.59	8		2	1
Tim Hackney	23.33	9	7		8
Luke Robertson	24.26	10	8		9
Tony Dynon	24.50	11	9		10
Maria Orr	26.58	12		3	2
Diana Charlton	28.04	13		4	11
Lewis Vincent	28.16	14	10		12
Barbara Dynon	29.16	15		5	13
Julia & Liz	30.18	16		6	3
Andrew Wallace	30.29	17	11		4
Kerry Bacon	30.31	18		7	5
Keith Robertson	31.08	19	12		14
Ngoc Tran & Yee Ping Sia	31.16	20			6
Kellie, Andrew Dimmock-Scott	34.10	21			7
Sheena Robertson	37.33	22		8	15
John Linich	dnf				

Long Course 4.8 km	O	A	B	C	D	E	NQ
Josh Blatchford	20.05	1	1				
Alex Massey	20.51	2	2				
Wes Dose	21.32	3					1
Arthur Kingsland	21.57	4	3				
Scott Taylor	22.56	5			1		
Malcolm Roberts	22.57	6	4				
Glenn Burgess	23.12	7	5				
Nicholas Rixon	23.20	8	6				
Robert Vincent	23.40	9	7				
Russell Blatchford	23.50	10	8				
Damian Welbourne	23.51	11	9				
Caleb Taplin	24.12	12	10				
Leigh Hoy	24.14	13		1			
Jenny Enderby	24.16	14	11				
Joshua Roberts	24.27	15	12				
Matt Westwood	24.30	16					2
Colin Bailey	24.34	17	13				
Carl Thomson	25.03	18		2			
Peter Charlton	25.25	19					3
Karen Blatchford	26.11	20		3			
Greig Scott	26.35	21					4
Bjorn Mella	26.42	22					5
Richard Roxin	26.59	23		4			
Steven Roberts	27.13	24		5			
Alice Moore	27.15	25					6
Elly Ross	27.17	26			1		
Robert Preston	27.18	27		6			
Nicole Haigh	27.51	28		7			
Angus Roberts	28.53	29			2		
Sally Anne Henderson	28.55	30			3		
Stuart Kurtz	28.57	31		8			
Nicola Blatchford	29.04	32		9			
Brock Smith	29.13	33					1
Peter Cox	29.27	34				2	
Tim Tew	29.32	35			4		
Geoff Peel	30.41	36				3	

	O	B	C	D	E	NQ
Sam Howe	30.47	37			4	
David Kitchener	31.01	38			5	
Tony Hayes	31.07	39		5		
Graham Fowler	31.09	40		6		
Sonia Brown	31.14	41				7
Jason Roberts	31.16	42		7		
Callum Roberts	31.19	43		8		
David Messenger	31.20	44	10			
Greg Bacon	31.28	45		9		
Andrew Haigh	31.33	46		10		
Shane Jenkins	31.42	47			2	
Peter Berkholz	31.50	48				8
Russell Rigby	31.57	49		11		
Steve Bull	32.07	50		6		
Robert Lewin	32.09	51				9
Margaret Peel	32.34	52			7	
Jim Lee	32.38	53			8	
Jamie Blake	33.04	54				10
Bob Gilbert	33.20	55			9	
Ian Rigby	33.20	56				3
Alexander Orr	33.24	57				4
Mick Kavur	33.24	58			10	
Rhiana Roberts	34.14	59				5
Andrew Power	34.23	60			11	
Louise Cherry	34.30	61				11
Duncan McLeod	35.00	62				12
Glen Charlton	36.16	63	11			
Sean Sunley	36.47	64				13
Elissa Anderson	37.15	65				14
Tom Bunn	40.30	66				6
Ian Dempsey	45.39	67				7
Emily Harper	47.08	68				8
Ben Reuter & Seigfried Stahl	49.05	69				15
Pam Montgomery	57.12	70				9
Bob Montgomery	61.08	71				16

CONGRATULATIONS

The top performers in the finals and in the individual qualifying races fully deserve our praise, especially the A Grade winner, Josh Blatchford, and the fastest woman in the finals, Jenny Enderby.

ATTENDANCE

If you thought that the increase in entries at Street Events was great, just compare them with the dramatic growth of the Park Series:

ENTRIES	2008	2009
over 100	-	1
90-99	-	2
80-89	1	-
70-79	3	1
AVERAGE	73	91

THANKS

To all course setters and to everyone who helped in organisation - especially to the series coordinator, Malcolm Roberts.

Back To The Bush !

FASSIFERN RIDGE

1 March 2009

Planner: **Peter Newton**

Organisation: **David Kitchener**

Blue Course 2.0 km

1 Rhys Taylor	26.49
2 Laura Slatter	28.19
3 Mikayla Enderby	30.02
4 Amylee Robertson	30.50
5 Isabella Trotter	31.43
6 Anakin Trotter	34.13
7 Oscar, Alec Power	40.42

Green Course 3.0 km

1 Scott Taylor	29.22
2 Shane Jenkins & Sam Howe	41.20
3 Penny Davis	49.10
4 Brenda Wild	53.42
5 Kelly Kurtz	54.22
6 Roy, Janet Dobbie Nathan Berkholz	54.51 dnf

Orange Course 4.0 km

1 Kirilee Russell	57.26
2 Nicola Blatchford	59.38
3 David Messenger	64.07
4 Mick Kavur	74.50
5 Keith Dove	87.16
6 Sam Hill	89.24
7 Louis Welbourne	93.56
8 Keith Robertson	101.04
9 Sheena Robertson	103.07
10 Carolyn Rigby	105.36
11 Sally-Anne Henderson	111.27
12 Matt Hayes	113.23
13 Ryan Hudson	124.52
14 Barbara & Warren Coleman and Sellers Family	180.50
Callum Roberts	dnf
Rhiana Roberts	dnf
Kerry Bacon	dnf
Caroline Taurany	dnf
Ian and Relle	dnf
Sam Howe & Shane Jenkins	wf

BLUE COURSES

Follow "handrails" - tracks, fences, clearings, powerlines, (down not up) creeks.

Very easy navigation which does not require a compass.

A blue course has controls where competitors have to change direction.

GREEN COURSES

Controls located just off handrails (eg a boulder 10 m off a track).

Easy navigation, but not necessarily a control flag at a change in direction.

Some route choice (use a handrail or cut across).

ORANGE COURSES

Cross country navigation to big features. Route choice. For those taking the direct cross-country option there is a 'catching feature' beyond the control which can help you recognise that you have overshot the control.



*Great Response to the
club's first Night Event
for many years*

SPEERS POINT PARK

25 March 2009

Planner: **Geoff Todkill**

Short Course 2.8 km

1 Matt Hayes	23.59
2 Neil Chappell	24.16
3 Scott Charlton	27.35
4 Luke Robertson	28.26
5 Kathy Grace	28.37
6 Graeme Taplin	30.07
7 Tom & Liz Bunn	34.58
8 Andrew Lee	29.33
9 Sam Howe	39.42
10 Diana Charlton	40.08
11 Pam Montgomery	40.59
12 Ford Family	42.43
13 Kim Taylor	46.44
14 Rhys Taylor	48.28
15 Kellie Dimmock-Scott, Lee-Anne Dimmock	48.30
16 Warren Coleman	49.00
17 Brock Taylor	50.31
18 Bob Montgomery	58.23

Would you prefer to DOWNLOAD your Newsletter?

Starting with the next newsletter you can have that option. This has the potential to save paper and printing costs - but that potential can only be realised if you register that this is what you want to do (and you will not then be sent a printed copy).

TRY BEFORE YOU DECIDE

Most of this newsletter will go up on the website in .pdf format (though probably not the QB3 bit) Download it - see if this is the way you would prefer it. If it is, contact the Editor to be removed from the mail-out list.

Long Course 4.0 km

1 Alex Massey	17.07
2 Josh Blatchford	19.08
3 Wes Dose	19.23
4 Damian Welbourne	19.54
5 Josh Roberts	20.41
6 Glen Charlton	23.38
7 Daniel Orr	23.53
8 Glenn Burgess	24.05
9 Karen Blatchford	24.07
10 Leigh Hoy	24.43
11 Colin Bailey	25.00
12 Ellie Ross	25.31
13 Tony Hayes	25.36
14 Nicole Haigh	25.47
15 Lewis Berkholz	25.48
16 Sally-Anne Henderson	26.03
17 Arthur Kingsland	26.10
18 Nicola Blatchford	26.16
19 Andrew Haigh	26.22
20 Shane Jenkins	27.15
21 Andrew Power	27.38
22 Brock Smith	28.00
23 Alex Orr	28.42
24 Tim Tew	28.57
25 David Messenger	29.21
26 Geoff Peel	29.23
27 Jim Lee	30.05
28 Elissa Anderson	30.37
29 Tamara Orr	30.38
30 Malcolm Roberts	30.46
31 Richard & Tracey Roxin	30.49
32 Russell Rigby	31.00
33 Peter Berkholz	31.09
34 Greg Bacon	31.16
35 Margaret Peel	31.27
36 Mick Kavur	31.31
37 Graham Fowler	31.33
38 Duncan McLeod	31.37
39 Adrian Plaskitt	31.47
40 Rhiana Roberts	34.50
41 Peter Cox	35.09
42 Peter Orr	36.54
43 Carolyn Matthews & Rosie	37.17
44 Emily Harper	42.06

RED COURSES

Navigation is as difficult as possible on a map with much complex detail.

Control sites generally on small point features.

No handrails.

No catching features

Lots of route choice.

Newcastle Orienteer Of The Year

Event 1

MOUNT SUGARLOAF

22 March 2009

Planner: **Denis Lyons**

Organisation: **Geoff & Margaret Peel**

Blue Course 1.3 km

1 Brock Taylor	13.31	40
2 Claire Burgess	15.48	37
3 Laura Slatter	17.09	36
4 Alexandra Hudson	17.44	35
5 Harry Ryan	20.25	33
6 Mackenzie Ryan	20.51	32
7 Tegan, Ally, Olivia, Sophie	21.30	32
8 Oscar & Alec Power	21.44	31
9 Chloe & Alex Newman	23.42	29
10 Lost Wanderers	25.51	27
11 Mikayla Enderby	27.39	25
12 Lizzy, Evie & Kathy Mee	29.25	24
13 Ben McGregor	39.50	13

Green Course 1.8 km

1 Nathan Brekholz	23.31	50
2 Luke Robertson	25.16	48
3 Kath Raymond	27.10	46
* Lost Wanderers	27.50	-
* Tegan, Ally, Olivia, Sophie	29.36	-
4 Kieran Slatter	30.28	43
5 Rhys Taylor	30.48	42
6 Amylee Robertson	38.45	34
7 Rochelle, Michelle, Sarah	41.38	31
8 Mitch Wicks & Zac Hass	48.02	25
9 Tali & Saxon de Mestre	62.19	11
* Ben McGregor & T. Travis	wf	

Easy Orange 1.9 km

1 Shane Jenkins	24.50	60
2 Sam Howe	29.25	55
3 Phoebe Vincent	29.28	55
4 Scott Charlton	35.24	49
5 Kathy Grace	35.39	49
6 Diana Scott	39.37	45
7 Linda Vincent	49.58	34
* Tegan, Ally, Olivia, Sophie	52.33	-
8 Peter Lewis	54.06	30
9 Barbara & Warren Coleman	55.33	29
10 Sharon Burgess	58.44	26
* Mitch Wicks, Zac Hass	68.20	-
11 Graham McMahon	62.23	22
* Rochelle, Michelle, Sarah	dnf	
- Kathy Jones	dnf	
- Nathan Reynolds	dnf	

* indicates someone who is doing a second (non-competitive) course [they were competitive on their first course]

wf wayfarer - out for the exercise and not concerned with their time

Long Orange 2.8 km

1 Simon Resch	37.18	70
2 Richard Roxin	42.48	64
* Shane Jenkins	43.53	-
3 Sally-Anne Henderson	44.42	62
4 David Messenger	45.47	61
5 Scott Tatlor	47.12	60
6 Rhiana Roberts	47.20	59
7 Kerry Bacon	49.39	57
8 Caroline Taurany	51.09	56
9 Jenny Macks, Phil Woolley	53.12	54
10 Mick Kavur	55.23	51
11 Peter Cox	59.59	47
12 Nicola Blatchford	61.57	45
13 Chris Skelding	102.07	5
14 Matthew, Jacob, Caleb	116.47	1
15 Malcolm Austin	124.16	1
- Louis Welbourne	dnf	

Short Red 3.2 km

* David Messenger	49.31	
1 Frank Anderson	51.54	80
2 Carolyn Matthews	63.43	68
3 Joy Guy	65.23	66
* Mick Kavur	66.02	
4 Bronwyn Stafford	73.07	58
5 Brock Smith	75.29	56
6 Carolyn Chamers	76.09	55
7 Pam Montgomery	88.42	43
8 Kevin Woodhouse	89.31	42
9 Diana Charlton	98.52	33
10 Carolyn Rigby	106.52	25
11 Chris & Helen Welbourne	107.39	24
12 Bob Montgomery	149.54	1
- Ryan Hudson	dnf	
- Leigh Hoy	dnf	

Medium Red 4.0 km

1 Jenny Enderby	43.16	90
2 Geoff Todkill	47.05	86
3 Justin Stafford	48.31	84
4 David Kitchener	52.02	81
5 Graham Fowler	52.23	80
6 Geoff Peel	56.20	76
7 Matt Westwood	56.47	76
8 Nigel Thompson	61.19	71
9 Margaret Peel	62.16	71
10 Glenn Charlton	62.44	70
11 Ian Dempsey	62.32	70
12 Andrew Power	62.53	70
13 Bob Gilbert	63.39	69
14 Greigor Scott	64.37	68
15 Tim Tew	64.38	68
16 Stuart Kurtz	67.01	66
17 Russell Rigby	69.22	63
18 Tim Willets	72.29	60
19 John Linich	72.52	60
20 Peter Orr	73.24	59
21 Stephen Roberts	77.36	55
22 Lewis Berkholz	80.25	52
23 Peter Newton	81.53	51
24 Maria Orr	85.49	47
25 Peter Berkholz	85.54	47
26 Alex Orr	92.15	41

Long Red 5.8 km

1 Robert Vincent	57.59	100
2 Josh Roberts	59.17	98
3 Glenn Burgess	61.36	96
4 Alex Massey	64.17	93
5 Bjorn Mella	65.03	92
6 Daniel Orr	67.15	90
7 Damian Welbourne	67.30	90
8 Malcolm roberts	67.40	90
9 Karen Blatchford	70.35	87
10 Peter Charlton	70.44	87
11 Andrew Haigh	74.35	83
12 Jim Lee	78.43	79
13 Colin Bailey	80.11	77
14 Wes Dose	85.12	72
15 Greg Bacon	86.31	71
16 Peter Russell	92.58	65
17 Adrian Plaskitt	108.27	49
18 Tony Welbourne	125.5	32
- Arthur Kingsland	dnf	

The Pasta Diet and Your Health

ITALIAN PASTA DIET - - IT REALLY WORKS !!

1. ... You walka pasta da bakery.
 2. ... You walka pasta da candy store.
 3. ... You walka pasta da Ice cream shop
- YOU WILL LOSE WEIGHT!

AND - for those who watch what they eat, here's the final word on nutrition & health:

1. Japanese eat very little fat and suffer fewer heart attacks than the English.
2. Mexicans eat a lot of fat and suffer fewer heart attacks than the English.
3. Chinese drink very little red wine and suffer fewer heart attacks than the English.
4. Itallians drink a lot of red wine and suffer fewer heart attacks than the English.
5. Germans drink a lot of beer and eat lots of sausages and fats, and suffer fewer heart attacks than the English.

Conclusion:

Eat and drink what you like. It is quite apparent that speaking English is what kills you.

Winter Bush Dance

Steve Roberts will be once again joining up with Gary Roberts and Kent Daniel to form the hottest of the local bush bands

BUSHFIRE

to present a bush dance on

Saturday 27 June

at Wesley Centre, 150 Beaumont St, Hamilton. Tix \$14

The fun starts 7:30 pm