

# ORIENTEERING IN NEWCASTLE



The Newsletter of  
Newcastle Orienteering Club Inc.

**Issue No 209**



Sunday 20 September

9:30 - 11:30 am

**September 2009**

## WALLAROO

### 34th Annual Hunter Valley Orienteering Championships

**Venue:** Travel north along the Pacific Highway from Hexham.

About 13.5 km after the large roundabout at Heatherbrae, turn left (west) into Italia Road. (This turn is just **before** the highway crosses Balickera Canal.) After 3.8 km turn right (north) on to a forest road (Lone Pine Rd).

Drive with care for 2.4 km to parking in a large clearing.

*While the forest roads are generally in fair condition, care should be taken to watch for potholes, dips, rocks and trail bikes.*

- NB:**
- 1 State Forests, in their wisdom, have had a 'control burn' in this mostly open running area (rather than a nearby mostly scrubby area). Thus, parts of the open forest will be black rather than green - old clothes are recommended.
  - 2 While the competition area is mostly open running, there are patches of lantana. Appropriate protective clothing is suggested!
  - 3 *If heavy rain occurs just prior to the event, courses may have to be altered, requiring a 400-500 m walk to access the course area.*

**Map:** **Nine Mile Creek** 1:10,000

*(Includes a new section of forest adjacent to the area used last year)*

**Courses:** Check the table below.

Course lengths are set as per the standard NOY courses.

*If you feel that the available courses for your age class are not what you want, please note that you are welcome to enter **whatever course** best suits your needs and abilities. This may mean you would not be doing a "championship" course. It is better to do a course of a length and difficulty which enables you to complete it in a reasonable time, while still providing a mental and physical challenge.*

### Courses and Age Classes at Hunter Valley Championships

Course	Men	Women
LONG RED	Open A M 40+ A	
MEDIUM RED	M -49 AS M 50+ A	W Open A W 40+ A
SHORT RED	M -18 A M 50-59 AS M 60+ A	W -18A W 19-49 AS W 50+ A W 60+ A
LONG ORANGE	M Open B	W Open B
EASY ORANGE	M -18 B	W -18 B
GREEN	M -14A	W -14A

All "A" courses will produce appropriate age champions.  
"B" courses produce course winners.

The **Long Red** should also be regarded as an Open Course and the fastest male - regardless of age - is the HV Mens Champion.

The **Medium Red**, for women, is the Open Womens Course - and the fastest female - regardless of age - is the HV Womens Champion.

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

**Closure:** Courses close at 1.00pm

**Organisation:**

Denis Lyons ☎ 4973 1217

*"Wallaroo Forest - it is so nice to go orienteering there. It is more like being in real bush than in State Forest!"  
-Darby Munro*

### COMING EVENTS

(Sun) 20 September

**WALLAROO**

*Hunter Valley Championships*

(Sun) 4 October

**AWABA** *Hawke Mount*

(Wed) 7 October

**MAYFIELD** *Street Series Warm-Up 1*

(Wed) 14 October

**BIRMINGHAM GARDENS** *Warm-Up 2*

(Wed) 21 October

**ISLINGTON** *Street Series Starts*

(Sun) 25 October

**WAKEFIELD** *The Farm*

(Wed) 28 October **CHARLESTOWN**

(Wed) 4 November **IRRAWANG** *(New Map)*

(Wed) 11 November **WARATAH**

(Thurs) 12 November **Club Meeting**

(Wed) 18 November **LAKELANDS**

(Fri) 20 November **JESMOND**

**DRAW FOR PARTNER RELAY**

*And Bush Season Presentations*

(Sun) 22 November **iBOSS**

Inaugural **Bike Orienteering Summer Series**

(Wed) 25 November **CARDIFF SOUTH**

### NOC CONTACTS

#### Event/Activity Information:

Margaret & Geoff Peel

☎ 4968 0977

#### Street Series:

Malcolm Roberts ☎ 4936 6785

#### Membership:

Peter Newton ☎ 4955 7710

#### Newsletter:

Allan Wright ☎ 4957 1486

nwright@kooee.com.au

☹ **26 September - 4 October** Australian Championships Carnival  
Entries have closed. Details at [www.bendigo-orienteers.com.au](http://www.bendigo-orienteers.com.au)



**Sunday 4 October**

**9:30 - 11:30 am**

### AWABA

**Venue:** From Toronto head west (toward Freemans Waterhole).  
1.6 km after crossing the railway line, look for signs directing you south-west into **Shonnala St.** Follow this road for about 2 km, then watch for O-signs directing you to parking/assembly area  
OR From the F3 (Toronto exit) go toward Toronto. After 2.4 km turn right into **Shonnala St.** Then proceed as above.

**Map:** **Hawke Mount** 1:10,000

**Courses:** Blue and Green point-to-point courses  
Orange and Red Score Courses

**Entries:** Enter on the day, at a time to suit you, 9:30 - 11:30 am.  
(Don't be late: Daylight Saving starts today!)

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

**Organisation:** Colin Bailey ☎ 4946 1296

## WARM-UPS FOR THE STREET ORIENTEERING SERIES

Here are two low-key warm-up runs, intended as a prelude to our regular Summer Street Series.

The structure of the course you run will be the same as the regular street series in terms of map standard, control sites, 3, 2 and 1 pointers, late penalties, ...

The only differences are:

- 1: They are two individual fun events - not part of a series.
- 2: The time limit will be **30 min** rather than 45 min.
- 3: There will be two **massed starts** - 5:15 pm and 6:00 pm  
- rather than starts at 2 minute intervals.

*OK - If you can't avoid missing the 6 pm one, the organiser will allow a later start, but any later starters need to be aware that daylight will be fading: we don't really want you to need to use the streetlights to read the map!*

- 4: In keeping with the low-key nature of the events, it is anticipated that you will be timing yourself in, calculating times, checking answers, adding up your score and awarding appropriate penalty points.

<p>Street Series Warm-Up 1 <b>Wednesday 7 October</b> <b>MAYFIELD WEST</b></p> <p>Starts in a small park between Gregson St and the two branches of Werribi St, Mayfield West Facilities: Nil Organisation: Malcolm Roberts Sunset: 7:03 pm</p>	<p>Street Series Warm-Up 2 <b>Wednesday 14 October</b> <b>BIRMINGHAM GARDENS</b></p> <p>Cook Park, Rabaul St, Shortland (Turn west off Sandgate Rd at Macarthur St) Facilities: Water, Playground Organisation: Malcolm Roberts Sunset: 7:08 pm</p>
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☹ **10 - 16 October** World Masters Games (Sydney & Lithgow)  
Entries have closed, even for the associated public races.  
Details at [www.2009worldmasters.com](http://www.2009worldmasters.com)

## The 21st Annual series of Summer Street Events commences on Wednesday 21st October at Islington Park

*Competitions will be held each Wednesday afternoon and will continue through to 17 February (apart from one break between Christmas and New Year).*

*Each week there will be a 45 minute score course, the rules of which are described on the next page.*

*You do not have to enter in advance: select a start time to suit between 5:00 & 6:30 pm.*

This newsletter gives details of the first few events in the series. A full brochure on the whole series will be available at those events, and also will be available on the club website.  
<http://newcastle.nsw.orienteering.socialfx.net/>



### What is Street Orienteering?

Whereas traditional orienteering is conducted in forests and parklands, street events are held in urban confines. But the main idea is the same: it is still a footrace around various checkpoints using a map to plan and find your way.

### What is a Score Course?

You have a choice of which checkpoints to visit, and in what order to locate them... but all within a time limit (45 minutes). Checkpoints have different points values (1, 2 or 3) partly depending on remoteness from the start/finish, and the degree of difficulty in locating them (or sometimes just to increase the difficulty you have in deciding whether that extra control is worth the time and effort). This is where the attraction of the sport lies - a bit like a car rally, but one where you are the car, the driver and the navigator and you have to make and implement all the decisions. "Cunning Running" for sure!

### What is a Checkpoint?

When you reach the location at the middle of the control circle on the map you will be able to answer a simple multiple choice question. Like the data on a plaque on a wall, the number of gnomes in a garden or the phone number on a sign. The answers are not cryptic, but indicate to the organiser that you have visited the correct site.

### Who should try street orienteering?

This form of orienteering began as a way for orienteers to maintain mental and physical fitness during the summer off-season. It is also very suitable for non-orienteers to have fun during their regular (or irregular) jogging routines. If your sport involves running, this is a great way to maintain fitness while trying something different.

The maps used are similar to street directories, but with contours added. Navigation is very basic, the main challenge being the route choice you take.

Being held around suburban streets, it is NOT suitable for unaccompanied children.

Basic Street Rules: next page...

**21 October** **ISLINGTON** **5 - 6:30 p.m.**  
SS #1 Islington Park Oval, Power St (Park along Maitland Rd)  
Glenn Burgess [Sunset 7:14 p.m.](#)



**Sunday 25 October** **9.30 - 11.30 a.m.**

### WAKEFIELD

**Venue:** From the F3 (Toronto exit) go toward Toronto (Palmers Rd). Turn left into Wakefield Dr and head towards Wakefield and West Wallsend. Travel 4km, then turn left into Archery Rd (gravel road), follow this under the freeway, and after it turns sharply to the left, turn into the gateway on your right, follow O signs to the start.

**From Newcastle:** Turn south at the big roundabout at and travel towards Barnsley. At the Barnsley roundabout turn left, travel toward Wakefield on Wakefield Dr. Travel 6.5km, turn right into Archery Rd and continue as above.

**Map:** **The Farm** 1:10,000

**Courses:** Blue, Green, Easy and Long Orange,  
Short and Medium Red

**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:** Pam & Bob Montgomery ☎ 4975 1075

**28 October** **CHARLESTOWN**  
SS #2 Netball Courts, Bula St  
Steven Todkill [Sunset 7:19 p.m.](#)

**4 November** **IRRAWANG** [NEW MAP]  
SS #3 Lakelands Leisure Centre, near Grahamstown Dam  
(Signposted off Richardson Rd)  
Greg & Kerry Bacon [Sunset 7:21 p.m.](#)

**11 November** **WARATAH WEST**  
SS #4 Thomas Percy Oval, Allowah St, Waratah West  
Margaret Peel [Sunset 7:28 p.m.](#)

### Thursday 12 November **NOC Club Meeting**

All club members and interested orienteers are welcome to attend this meeting. It is not restricted to the elected officers of the club, but is open to all members, to all orienteers with a desire to help or ideas they feel will benefit our sport.

*What plans do you have for 2009?*

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

**18 November** **LAKELANDS**  
SS #5 Ambleside Cres - near Lakelands Business Centre  
(Enter Lakelands from the large roundabout in Medcalf St, Warners Bay)  
Bob Gilbert [Sunset 7:38 p.m.](#)

### 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

### Basic Street Series Rules

- The course is a **45 minute** score course
- **Start times** are between 5pm and 6:30pm (unless otherwise arranged with the organizer)
- Competitors will receive their map two **minutes** before their start time
- **Late Penalties**
  - Lose 1 point for every minute or part thereof up to 5 minutes late
  - Lose 1 points for every 30 sec or part thereof from 5 minutes late onward, down to a score of 0
- **Early Bonuses**
  - If all controls have been visited then plus 1 point for every full minute early
- It is the competitor's responsibility to **check results** before leaving an event. Only in exceptional circumstances will results be changed after the competition day
- All **private property** and any other areas so marked on the map are **out of bounds**. Competitors found not observing this rule will be **disqualified**
- **Guessing** answers to control clues is considered poor etiquette (and is not in the spirit of the event)
- All competitors must report to the **finish** (so that search parties are not sent out!!)
- A competitor's **ten best** results will be tallied to produce their overall series total. This tally gives each course winner 100 points with everyone else's score scaled in proportion. Men and women's scores scaled independently. (No points for course setting.)
- Competitors will **appreciate** the effort that the course setter has put in and will offer only constructive criticism
- Course setters will **appreciate** the effort that competitors have put in and will be fair and reasonable in marking
- Any **queries** should first go the organiser for the day and then if necessary to the series organiser
- **Enjoy it!!**



Friday 20 November

5 - 6.30 p.m.

### BRICKWORKS PARK

#### Social-O and Draw For Partners With a Difference

**Venue:** From the roundabout on Newcastle Road - between Jesmond & Wallsend (just northwest of Energy Australia) turn south into Douglas St, go 500 m then east into Birchgrove Dr, go 100 m then north into Iranda Close.

**Courses:** (1) **Park** style event - winning time about 20 min.  
(2) **Street Scatter** course - similar to our usual Street Series events, but this time in a smaller area and with ALL the controls to be visited (no time limit, but around 25 minutes) starting from the same spot as the Park event.

You can run both, but will need to be there early to do that. [Sunset 7:38 p.m.]

**Draw For Partner:** This year, there is a twist! The Draw will be done AFTER the runs have been completed and if you choose to do both legs (Park and Street Scatter) then just your FIRST result will be counted in the Draw.

**Youngsters** will be catered for - they will have a special park run at a Blue standard.

The Draw For Partners and hence results will take place at **7:10pm**. This will lead into the Annual Newcastle Club Awards Presentation which will be conducted at the adjacent Community Hall. We have hired the Hall for the evening and invite all Club members - running on the night or not - to bring some food along and enjoy the company.

We will need some indication of numbers closer to the time - so keep an eye out for further details from 1st November - at club events and on the website.

**Organisation:** Carolyn Rigby ☎ 4963 3857



Sunday 22 November

From 8:30 a.m.

### BOSS

This is the first event in the

#### inaugural BIKE ORIENTEERING SUMMER SERIES

The events will be held approximately monthly, though the details of venues, setters, etc are still being worked out at the time this newsletter was being prepared.

As usual, the recommendation is to become involved! Your own skills improve dramatically when you are planning courses for others - setting up navigational challenges for them to solve, and getting controls, sites and maps exactly right.

Offers of help will be welcomed by the guru of our summer activities:

Malcolm Roberts. ☎ 4936 6785

A brochure for the whole series will be available soon - at events and on the club website.

**MTBO** regulars are used to obtaining information from the website and entering in advance to ensure that enough maps are available, Please check this sort of information, as it is unlikely that the next Newcastle Newsletter will be out in time if pre-entry is required

**25 November** **CARDIFF SOUTH**

**SS #6** cnr First St and Ada St, Cardiff South.  
(Park nose in along Francis St and First St)  
David Messenger

**2 December** **PELICAN**

**SS # 7** Lakeview Pde (off Soldiers Rd) on lake foreshore  
The Orr Family

#### OPPORTUNITIES....

There are many opportunities for orienteers to experience *the other side* of the sport by becoming involved in planning courses. The note above about the **BOSS** events applies just as much to the **street** events (now fully staffed with planners, though volunteers to help on the day will be very welcome).

If you would like the opportunity to plan a **Park** Course [Wednesdays, 24 Feb - 17 Mar], a **Night** Course [Wednesdays 24-31 Mar], there are some spots still available (contact Malcolm 4936 6785).

Before the Wednesday events have finished, the 2010 **Bush** events will be starting. For the opportunity to be involved in planning, vetting or organising those, please contact Denis 4973 1217 or Geoff 4968 0977

### The Central Coast NAVSPORT Summer Series

This is a series of 45 minute score courses (similar to Newcastle's Street Series) except that -

- \* Held on Sunday mornings with starts available from 9:30 to 11 a.m.
- \* Most are held near a beach, so enjoy a cool dip after your run
- \* Entry fee \$8 [about double NOC's]
- \* Details of the starting point must be accessed from CCO's website in the week prior to the event.

[www.ccorienteering.org/](http://www.ccorienteering.org/)

Navsport events are:

8 November	<b>TERRIGAL</b>
15 November	<b>SHELLEY BEACH</b>
22 November	<b>KARIONG</b>
29 November	<b>WAMBERAL</b>
6 December	<b>NORTH AVOCA</b>

The series continues...

... and, yes, venues above from the CCO website do not quite agree with the venues in the latest state newsletter - that's a subtle ploy to force you to check the web in the week before the event.

#### COMING NOC EVENTS

Details will be in the next newsletter, but will be on the club website before then. Street Series and BOSS details will also be in brochures available at club events

SS08	<b>9 Dec</b>	MEDOWIE
SS09	<b>16 Dec</b>	BROADMEADOW
BOSS2	<b>20 Dec</b>	to be confirmed
SS10	<b>23 Dec</b>	VALENTINE
SS11	<b>6 Jan</b>	BERESFIELD
SS12	<b>13 Jan</b>	CHARLESTOWN SOUTH
SS13	<b>20 Jan</b>	WARABROOK
SS14	<b>27 Jan</b>	ARCADIA VALE
SS15	<b>3 Feb</b>	ASHTONFIELD
SS16	<b>10 Feb</b>	NEWCASTLE FORESHORE
SS17	<b>17 Feb</b>	PLATTSBURG
Park 1	<b>24 Feb</b>	Qualifying Race 1
Park 2	<b>3 Mar</b>	Qualifying Race 2
Park 3	<b>10 Mar</b>	Qualifying Race 3
Park 4	<b>17 Mar</b>	Park Series Final
Relay	<b>24 Mar</b>	Evening/Night Relay
Night	<b>31 Mar</b>	Night Championships

To be added for this period -

BOSS 3 Mid-February  
BOSS 4 Mid-March

**BUSH** Orienteering from Late February or early March.

## The Range - Killingworth

21 June 09

### The Orrs

#### Blue Course 1.8 km

1 Claire Burgess 22.35

#### Green Course 2.2 km

1 Joy & Jenny Taplin 25.40  
2 Amylee Robertson 28.00  
3 Roy & Jan Dobbie & Jeanette Dickinson 34.33  
- Phil Dobey mp

#### Easy Orange 3.0 km

1 Samuel & Sally-Anne Henderson 37.36  
2 Diana Scott 48.05  
3 Luke Robertson 55.15  
4 Kath Grace & Daniel Orr 66.23  
5 Josie, Jarrod & Tom Ridge 112.47

#### Long Orange 4.2 km

1 Shane Jenkins 48.53  
2 David Messenger 49.54  
3 Sam Howe 50.50  
4 Joanna Latter 54.07  
5 Scott Charlton 61.50  
6 Nathan Berkholz 66.35  
7 Rosie Day & Kate Dun 72.53  
8 Malcolm Austin 77.28  
9 Cathy Jones 86.80  
10 Lyn Rayward 90.50  
11 Neale, Nicole & Murray Jones 120.00  
- Chris Skelding mp

#### Short Red 4.6 km

1 Arthur Kingsland 35.57  
2 Glenn Burgess 38.13  
3 M Bacon & P Barry 40.34  
4 Alice Moore 45.10  
5 Lewis Berkholz 45.52  
6 Carolyn Matthews 47.23  
7 John Linich 47.40  
8 Eleanor Ross 47.47  
9 Andrew Power 51.52  
10 Graeme Taplin 52.38  
11 Steven Roberts 53.40  
12 Peter Newton 56.36  
13 Bob Gilbert 56.51  
\* Shane Jenkins 64.42  
14 Peter Berkholz 66.09  
15 Rudi Landsiedel 67.17  
16 Louis Welbourne 73.32  
17 Joy Guy 76.39  
18 Keith Robertson 79.12  
19 Margaret Peel 82.44  
20 Brock Smith 87.53  
21 Pam Montgomery 105.35  
22 Bob Montgomery 126.50  
- Angus Roberts mp  
- Chris & Helen Welbourne mp

#### Long Red 6.1 km

1 Ian Meyer 39.04  
2 Steven Todkill 43.53  
3 Geoff Todkill 49.09  
4 Andrew Haigh 51.07  
5 Peter Russell 55.00  
6 Tony Welbourne 56.18  
7 Stuart Kurtz 57.09  
8 Denis Lyons 58.50  
9 Norbert Ehms 61.02  
10 Nicole Haigh 61.07  
\* David Messenger & Geoff Peel 65.15  
11 Peter Charlton 65.16  
12 Greg Bacon 69.25  
13 Greig Scott 73.50  
14 Ray Smith 75.16  
15 Russell Rigby 78.48  
16 Mick Kavur 87.07  
17 Andrew Graham 98.59  
- Jim Lee mp  
- Malcolm Roberts mp  
- Alex Massey mp  
- Glen Charlton mp  
- Luke Su mp



## Hunter Region Botanic Gardens

2 August 09

### Ian Dempsey

#### Blue Course 2.1 km

1 Greg & Jade 11.26  
2 Claire Burgess 12.32  
3 Taylor & Martha Reece 14.50  
4 Cathy, Lachlan & Isobel Harbury 16.18  
5 Oscar & Alec Power 25.00  
6 Judy & Grace Tynan 80.32

#### Medium Course 2.7 km

\* Alex Massey 14.34  
\* Steven Todkill 17.03  
\* Damian Welbourne 17.38  
\* Russell Blatchford 18.58  
\* Nicola Blatchford 19.24  
\* Lewis Berkholz 21.22  
\* Karen Blatchford 23.34  
\* Elly Ross & Josh Blatchford 24.28  
\* Glen Charlton 25.26  
\* Alex Orr 26.00  
1 Scott Charlton 27.35  
2 Sharon Burgess 33.50  
3 Kathy Grace 34.37  
4 Luke Robertson 35.00  
5 Joy Guy 35.55  
6 Diana Charlton 40.38  
7 Sheena Robertson 40.58  
8 Laura & Darren Kent 44.45  
9 Carolyn Chalmers 47.46  
10 B Power 56.47  
11 Lyn Rayward 57.52  
12 Viola O'Connor 63.10  
13 Gillian & April Kent & Connor Hartnett 67.15  
14 Oskar Mella 71.05  
15 Judy Norcott 72.30

16 Nicola Fuller & Lorelei Stockert 72.48  
17 Gavin Rayward 76.45  
18 Chesney Family 77.10  
19 Roy & Janet Dobbie & Jeanette Dickinson 78.00  
20 Yeshi 81.49  
\* Angus Roberts mp

#### Long Course 4.0 km

1 Alex Massey 23.15  
2 Josh Blatchford 23.22  
3 Glenn Burgess 28.30  
4 Steven Todkill 29.40  
5 Peter Charlton 29.43  
6 Daniel Orr 29.47  
7 Malcolm Roberts 29.50  
8 Karen Blatchford 31.04  
9 Damian Welbourne 31.13  
10 Richard Harbury 31.25  
11 Jenny Enderby 31.55  
12 Norbert Ehms 31.55  
13 Nicola Blatchford 32.58  
14 Andrew Haigh 32.06  
15 Elly Ross 33.01  
16 Tony Welbourne 33.06  
17 Geoff Todkill 33.48  
18 Glen Charlton 34.16  
19 Carolyn Matthews 34.20  
20 Nicole Haigh 34.35  
21 Geoff Peel 35.40  
22 Callum Roberts 35.58  
23 Angus Roberts 37.42  
24 Jim Lee 38.22  
25 Russell Rigby 38.37  
26 Steven Roberts 39.50  
27 Andrew Power 40.26  
28 Shane Jenkins 41.08  
29 Brock Smith 41.47  
30 Tamara Orr 41.50  
31 Duncan McLeod 42.04  
32 Sally-Anne Henderson 42.30  
=33 Alex Orr 42.50  
=33 Lewis Berkholz 42.50  
35 David Kitchener 43.01  
36 Peter Orr 45.16  
37 Sam Howe 46.15  
38 Peter Berkholz 47.00  
39 Phil Dobey 47.32  
40 Margaret Peel 47.34  
41 Rhiana Roberts 48.49  
42 Mic Kavur 48.56  
43 Louis Welbourne 49.05  
44 Allan Wright 52.24  
44 Maria Orr 52.37  
45 Sam Mella 53.55  
46 Damian Enderby 60.10  
=47 Denis Lyons 64.02  
=47 Carolyn Rigby 64.02  
49 Curtis Family 64.05  
50 Narell van Dorsenn 82.54  
51 Graham McMahon 85.05  
52 Kathleen Hawkins 87.55  
53 Chris Skelding 93.35  
54 Malcolm Austin 95.18  
- Russell Blatchford mp  
- Caroline Taurany mp  
- Kylie Montgomery mp



# 33rd Annual Hunter Schools Orienteering Championships

*O'Donnelltown Rock East - West Wallsend* 6 July 2009

Geoff Todkill and Colin Bailey

## BOYS AGE COURSES

### M12 1.8 km

1	Scott Charlton	MO	13.56
2	Nathan Berkholz	EM	18.45
3	Kieran Slatter	SJ	19.48

### M14 2.5 km

1	Louis Welbourne	SP	21.01
2	Josh Clifton & Todd Hutton	BE	43.56
3	Bradley Stoneman	SP	53.46

### M15 3.0 km

1	Lewis Berkholz	MG	29.13
2	Angus Roberts	MO	34.40
3	Callum Roberts	MO	42.50
4	Matt Hayes	SPX	45.45
5	Sam Henderson & Corey Piggott	HR	47.03

### M16 3.5 km

1	Alex Orr	SFX	33.23
2	Glen Charlton	MO	37.55

### M17 4.0 km

1	Alex Massey	HS	35.00
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### Intermediate Boys 2.0 km

1	Alisdair Fraser & Paul Jackson	MG	20.48
2	Reece Mackie & Anthony Mudd	MG	23.34
3	Tim Field & David Smith	MG	28.18
4	Jack Maddison	MG	29.00
5	Mic Crawford & Matt Patterson	MG	32.45

### Senior Boys 3.0 km

1	Jacob Maurer	LA	53.00
2	Benni Barnett & Zac Carson	HR	54.20
3	Brad Crouch	HR	59.54
4	Scott Carney & Dylan Gilroy	HR	64.45
5	Brodhie Slaven	LA	71.00
	Joe Lodge <i>unofficial</i>	MG	33.28

### Overall School Point Score

1	Morriset High	MO	179
2	Maitland Grossman High	MG	176
3	Hunter River High	HR	166
4	St Peters Maitland	SP	113
5	Merewether High	ME	70
6	Lambton High	LA	66
7	Hunter School of Performing Arts	HS	60
8	St Francis Xavier	SFX	47
9	St James Kotara	SJ	45
10	St Pius X	SPX	33
11	Belmont High	BE	27
12	East Maitland Public	EM	20

## GIRLS AGE COURSES

### W 12 1.8 km

1	Laura Slatter	SJ	19.30
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### W 14 2.5 km

1	Rhiana Roberts	SP	35.27
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### W 15 3.0 km

1	Annabel Kirkby	LA	77.20
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### W 16+ 3.5 km

1	Sally-Anne Henderson	HR	46.04
2	Eleanor Ross	ME	50.29

### Intermediate Girls 2.0 km

1	Georgia Amess	MG	19.00
2	Teegan Park & Kevisha Redman	MG	23.07
3	Sarah Winter & Lucinda Wright	MG	25.24
4	Annabel Fraser & Siobhan Redman	MG	27.21
5	Emily Coppins & Emily Gibbs	MG	37.34
6	Mia Freeman & Suzanne Newell	BE	70.25

### Senior Girls 3.0 km

1	Josie Alder & Kelly Gosling	ME	102.55
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### Individual Pointscore Top 20 Results

			O	M	W
Alex Massey	HS	<b>60</b>	1	1	
Eleanor Ross	ME	<b>55</b>	2		1
Sally-Anne Henderson	HR	<b>54</b>	3		2
Glen Charlton	MO	<b>53</b>	4	2	
Lewis Berkholz	MG	<b>53</b>	4	2	
Louis Welbourne	SP	<b>50</b>	6	4	
Alex Orr	SFX	<b>47</b>	7	5	
Angus Roberts	MO	<b>46</b>	8	6	
Scott Charlton	MO	<b>46</b>	8	6	
Rhiana Roberts	SP	<b>42</b>	10		3
Callum Roberts	MO	<b>34</b>	11	8	
Annabel Kirkby	LA	<b>33</b>	12		4
Matt Hayes	SPX	<b>33</b>	12	9	
Brad Crouch	HR	<b>25</b>	14	10	
Laura Slatter	SJ	<b>25</b>	14		5
Bradley Stoneman	SP	<b>20</b>	16	11	
Jacob Maurer	LA	<b>20</b>	16	11	
Kieran Slatter	SJ	<b>20</b>	16	11	
Nathan Berkholz	EM	<b>20</b>	16	11	
Georgia Amess	MG	<b>17</b>	20		6

## SCORE COURSES

### Score A

1	Alex Massey	HS	31.15	<b>28</b>
2	Eleanor Ross	ME	36.23	<b>28</b>
3	Glen Charlton	MO	44.16	<b>28</b>
4	Sally-Anne Henderson	HR	40.20	<b>26</b>
5	Lewis Berkholz	MG	41.49	<b>26</b>
6	Angus Roberts	MO	46.43	<b>26</b>
7	Alex Orr	SFX	38.50	<b>22</b>

### Score B

1	Louis Welbourne	SP	41.28	<b>28</b>
2	Scott Charlton	MO	45.12	<b>25</b>
3	Matt Hayes	SPX	38.45	<b>24</b>
4	Callum Roberts	MO	44.31	<b>24</b>
5	Rhiana Roberts	SP	47.03	<b>23</b>
6	Benni Barnett & Zac Carson	HR	39.54	<b>22</b>
7	Scott Carney & Dylan Gilroy	HR	36.52	<b>20</b>
8	Josh Clifton & Todd Hutton	BE	42.43	<b>16</b>

### Score C

1	Jacob Maurer & Brodhie Slaven	LA	32.45	<b>28</b>
2	Brad Crouch	HR	34.50	<b>28</b>
3	Sam Henderson & Corey Piggott	HR	30.30	<b>26</b>
4	Alastair Fraser & Paul Jackson	MG	45.30	<b>25</b>
5	Anabel Kirkby	LA	39.05	<b>24</b>
6	Reece Mackie & Anthony Mudd	MG	42.47	<b>24</b>
7	Bradley Stoneman	SP	44.13	<b>24</b>
8	Kieran Slatter	SJ	44.56	<b>24</b>
9	Nathan Berkholz	EM	40.27	<b>22</b>
10	Georgia Amess	MG	44.07	<b>22</b>
11	Teegan Park & Kevisha Redman	MG	45.00	<b>22</b>
12	Tim Field & David Smith	MG	45.54	<b>19</b>
13	Josie Alder & Kelly Gosling	ME	47.20	<b>17</b>
14	Annabel Fraser & Siobhan Redman	MG	56.49	<b>4</b>

### Score D

1	Joe Lodge	MG	40.54	<b>28</b>
2	Jessey Bridge & Josh Hyde	HR	34.29	<b>26</b>
3	Nic Crawford & Matt Patterson	MG	33.39	<b>22</b>
4	Laura Slatter	SJ	35.35	<b>20</b>
5	Emily Coppins & Emily Gibbs	MG	37.46	<b>20</b>
6	Sarah Winter & Lucinda White	HR	39.30	<b>20</b>
7	Mia Freeman & Suzanne Newell	BE	36.41	<b>18</b>
8	Jack Maddison	MG	38.56	<b>18</b>
9	Gabrielle Maynard & Jade Tapper	HR	46.24	<b>16</b>

# NOY5 - O'Donnelltown

12 July 09

Malcolm & Josh Roberts

## Blue Course 2.1 km NOY

1	Brock Taylor	17.19	<b>40</b>
2	Laura Slatter	22.44	<b>34</b>
3	Angelica & Larissa Vandermast	29.54	<b>27</b>
4	William Hudson	30.08	<b>27</b>
5	Anakin Trotter	40.25	<b>16</b>
6	Isabella Trotter	43.15	<b>14</b>
7	Neale Jones	45.15	<b>12</b>

## Green Course 2.1 km

1	Kieran Slatter	27.32	<b>50</b>
2	Nathan Berkholz	31.07	<b>46</b>
3	Rhys Taylor	38.57	<b>38</b>
4	Kim Taylor	54.13	<b>23</b>
5	Jade & Greg	61.30	<b>16</b>
6	John Griffen	70.14	<b>7</b>
7	Lachlan, Olivia & Daryn McKenny	76.35	<b>1</b>
-	Alexandra Hudson	mp	

## Easy Orange 2.5 km

1	Cathy Jones	60.08	<b>60</b>
2	Luke Robertson	81.02	<b>39</b>
3	Barbara & Warren Coleman	86.33	<b>33</b>
4	Kathy Grace	87.46	<b>32</b>
5	Chris Hinder & Anne Kitchener	89.55	<b>30</b>

## Long Orange 3.1 km

1	Shane Jenkins	38.44	<b>70</b>
2	Sam Howe	39.02	<b>69</b>
3	Callum Roberts	41.15	<b>67</b>
4	David Messenger	45.27	<b>63</b>
5	Scott Charlton	47.19	<b>61</b>
6	Mick Kavur	48.41	<b>60</b>
7	Louis Welbourne	51.14	<b>57</b>
8	Richard Harbury	52.08	<b>56</b>
9	Scott Taylor	53.55	<b>54</b>
10	Matt & Sarah Bacon	58.31	<b>50</b>
11	Kathryn Vaughan	66.35	<b>42</b>
12	Caleb Sayers	66.37	<b>42</b>
13	Sam Mella	67.30	<b>41</b>
14	Malcolm Austin	86.10	<b>22</b>
15	Narelle & Clint Van Darsenn	100.27	<b>8</b>
16	Chris Skelding	145.16	<b>1</b>

Please note that in order that everyone who goes orienteering can enjoy their time in the bush to the maximum extent (and also to satisfy the requirements of some landowners on whom we rely for permission to use many areas) there is a rule with which we are all expected to comply:

**NO DOMESTIC PETS**

## Short Red 3.1 km

1	Carolyn Matthews	50.45	<b>80</b>
2	Margaret Peel	51.50	<b>78</b>
3	Alex Orr	53.04	<b>77</b>
4	Elly Ross	55.19	<b>75</b>
*	Sam Howe	58.31	-
5	Ryan Hudson	62.15	<b>68</b>
6	Maria Orr	67.12	<b>63</b>
7	Brock Smith	70.11	<b>60</b>
8	Caroline Taurany	70.21	<b>60</b>
9	Joy Guy	71.44	<b>59</b>
10	Carol Jacobson	71.45	<b>59</b>
11	Chris Welbourne	73.50	<b>56</b>
12	Carolyn Chalmers	77.48	<b>52</b>
13	Julia Preston	80.53	<b>49</b>
14	Keith Robertson	81.53	<b>48</b>
15	Diana Charlton	82.13	<b>48</b>
16	Stephen Ward	87.52	<b>42</b>
17	Jon Sayers	89.54	<b>40</b>
18	Bob Montgomery	109.38	<b>21</b>
19	Lyn Rayward	126.14	<b>4</b>

## Medium Red 4.3 km

1	Geoff Peel	55.20	<b>90</b>
2	Daniel Orr	59.38	<b>85</b>
3	Angus Roberts	61.49	<b>83</b>
4	Glen Charlton	63.54	<b>81</b>
5	Colin Bailey	64.48	<b>80</b>
6	Robert Preston	65.11	<b>80</b>
7	David Kitchener	65.32	<b>79</b>
8	Stuart Kurtz	67.12	<b>78</b>
9	Robert Lewin	67.13	<b>78</b>
10	Graham Fowler	67.53	<b>77</b>
11	Andrew Power	69.02	<b>76</b>
12	Norbert Ehms	69.20	<b>76</b>
*	David Messenger	69.57	-
13	Tim Tew	71.43	<b>73</b>
14	Lewis Berkholz	72.21	<b>72</b>
15	Nicole Haigh	78.16	<b>67</b>
16	Russell Rigby	78.51	<b>66</b>
17	Steven Roberts	78.23	<b>66</b>
18	Bob Gilbert	84.07	<b>61</b>
19	Peter Newton	85.36	<b>59</b>
20	Peter Berkholz	87.24	<b>57</b>
21	Ken Jacobson	92.52	<b>52</b>
*	Shane Jenkins	93.42	-
22	David Bowerman	103.32	<b>41</b>
*	Mick Kavur	110.23	-
23	Michael Cairney	134.17	<b>11</b>
24	Pam Montgomery	145.52	<b>1</b>
-	Peter Orr	mp	

## Long Red 5.7 km

1	Steven Todkill	56.08	<b>100</b>
2	Bjorn Mella	66.55	<b>89</b>
3	Alex Massey	67.42	<b>88</b>
4	Peter Charlton	69.44	<b>86</b>
5	Andrew Haigh	70.43	<b>85</b>
6	Geoff Todkill	74.36	<b>81</b>
7	Shane Trotter	67.56	<b>88</b>
8	Denis Lyons	85.35	<b>70</b>
9	Matt Westwood	96.43	<b>59</b>
10	Jim Lee	97.04	<b>59</b>
11	Ian Dempsey	100.47	<b>55</b>
12	Tony Welbourne	101.39	<b>54</b>
-	Greg Bacon	mp	

## Expressions of Interest Invited

The biggest events to be run by Newcastle Orienteers next year will be State Leagues 9 and 10, to be held on 24-25 July, 2010.

We know there will be many willing hands at the time, but the immediate need is for Course Planners, Controllers and overall event organisers.

Interested? Please contact Denis 4973 1217 or Geoff 4968 0977



MTBO Wallaroo 28 June 2009

Damian Welbourne

## Four and a Half Wins to Newcastle

### Short Course 12 km

The women's class was won by **Lisa Punzet** (98.10) over 20 min ahead of MD's Kate Mortensen.

The men's class was blitzed by **Andrew Power** (62.44) 40 min ahead of the Dennis brothers and NOC's **Louis Welbourne**.

### Medium Course 20 km

**Nicole Haigh** (113.55) and Joanna Latter (121.02) were well ahead of the rest of the field in the women's class.

The men's race was more closely contested, with **Bjorn Mella** (85.02) winning by less than four minutes from MD's Roger Simionato. Eight NOC members finished between 97 and 118 min: **Greig Scott** (4th), **Greg Bacon** (8th), **Tim Hackney** (9th), **Geoff Todkill** (11th), **Rudi Landsiedel** (12th), **Geoff Peel** (15th), **Mark Simons** (16th) and **Glenn Burgess** (18th).

**Robert Lewin** (21st) rounded out the NOC contingent - an hour ahead of the last finisher (32nd).

### Long Course 32 km

This is where we can claim half a win as the winner of the women's race (by a margin of 12 min) was **Melanie Simpson** (156.11) who was at one time a member of NOC.

23 riders contested the men's class, with Paul Darvodelsky (he of the big feet clan) well ahead of the field in 119.46.

**Malcolm Roberts** (2nd in 136.21) led in the NOC riders - **Andrew Haigh** (6th in 163.08) and **Tony Welbourne** (9th; 175.59)

Full results: [www.mountaindevils.com](http://www.mountaindevils.com)

## NOY6 - Brokenback Slopes

26 July 09

Andrew & Nicole Haigh with  
Stuart Kurtz & Brock Smith

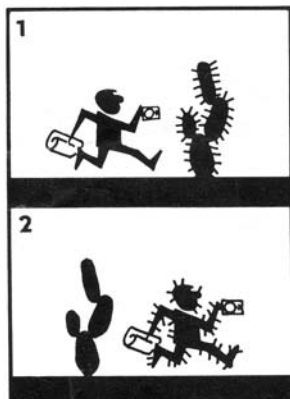
Blue Course	2.1 km		NOY
1	Claire Burgess	28.43	<b>40</b>
2	Isabella & Annakin Trotter	45.41	<b>23</b>
3	Cathy, Lachlan & Isobel Harbury	50.04	<b>18</b>
4	Oscar & Alec Power	56.50	<b>11</b>
5	Oskar Mella	59.12	<b>9</b>

Green Course	2.0 km		
1	Amylee Robertson	50.39	<b>50</b>
2	Kelly Kurtz	50.54	<b>49</b>
3	Nathan Berkholz	68.03	<b>32</b>
4	Joy Taplin & Tereena Tew	83.40	<b>16</b>
5	Roy & Janet Dobbie & Jeanette Dickinson	105.22	<b>1</b>
-	Rhys Taylor	mp	-

Easy Orange	2.1 km		
1	Scott Charlton	44.16	<b>60</b>
2	Luke Robertson	101.20	<b>2</b>
3	Lyn Rayward	117.36	<b>1</b>
-	John Griffen	mp	-

Long Orange	3.1 km		
1	Nicola Blatchford	42.56	<b>70</b>
2	Callum Roberts	44.41	<b>68</b>
3	Simon Resch	46.01	<b>66</b>
4	David Messenger	48.52	<b>64</b>
5	Louis Welbourne	49.48	<b>63</b>
6	Shane Jenkins	52.41	<b>60</b>
7	Mick Kavur	55.44	<b>57</b>
8	Richard Harbury	55.51	<b>57</b>
9	Kathryn Vaughan	62.24	<b>50</b>
10	Sean Shay	72.20	<b>40</b>
11	Kerry Bacon	76.45	<b>36</b>
12	Malcolm Austin	80.46	<b>32</b>
13	Graham McMahon	82.14	<b>30</b>
14	Rhiana Roberts	89.58	<b>22</b>
15	Scott Taylor	102.56	<b>10</b>
-	Sam Howe	mp	-
-	Chris Skelding	mp	-

One penalty for anyone straying off the path at the Botanic Gardens ...



Cartoon by Bretislav Koc (Czechoslovakia).

Short Red	3.4 km		
1	Graeme Taplin	49.26	<b>80</b>
2	Carolyn Matthews	58.48	<b>70</b>
3	Elly Ross	60.29	<b>68</b>
4	David Arthur	64.30	<b>64</b>
5	Margaret Peel	66.00	<b>63</b>
6	Arthur Kingsland	66.36	<b>62</b>
7	Tamara Orr	67.50	<b>61</b>
8	Sally-Anne Henderson	68.56	<b>60</b>
9	Allan Wright	69.04	<b>60</b>
10	Peter Orr	76.55	<b>52</b>
11	Joy Guy	77.30	<b>51</b>
12	Kate Dynon	77.38	<b>51</b>
13	Maria Orr	80.12	<b>49</b>
14	Carolyn Chalmers	82.35	<b>46</b>
15	Chris Welbourne	85.29	<b>43</b>
16	Carolyn Rigby	99.36	<b>29</b>
17	Julia Preston	103.00	<b>26</b>
18	Keith Robertson	104.52	<b>24</b>
19	Diana Charlton	113.15	<b>16</b>

Medium Red	4.8 km		
1	Robert Preston	55.33	<b>90</b>
2	Angus Roberts	61.43	<b>83</b>
3	Daniel Orr	61.50	<b>83</b>
4	Norbert Ehms	62.27	<b>83</b>
5	Jenny Enderby	64.47	<b>80</b>
6	Nigel Thompson	65.29	<b>80</b>
7	David Kitchener	67.15	<b>78</b>
8	Geoff Peel	67.30	<b>78</b>
9	Tim Tew	69.59	<b>75</b>
*	Shane Jenkins	71.42	<b>73</b>
10	Graham Fowler	74.41	<b>70</b>
11	Russell Rigby	75.20	<b>70</b>
12	Andrew Power	76.44	<b>68</b>
*	David Messenger	77.34	<b>67</b>
13	Steven Roberts	78.11	<b>67</b>
14	Alice Moore	82.10	<b>63</b>
15	Lewis Berkholz	85.02	<b>60</b>
16	Bob Gilbert	85.45	<b>59</b>
17	Ben Reuter	86.54	<b>58</b>
18	Peter Berkholz	94.10	<b>51</b>
19	Peter Newton	97.46	<b>47</b>
20	Alex Orr	105.16	<b>40</b>
21	Pam Montgomery	152.44	<b>1</b>
-	Bob Montgomery	mp	-

Long Red	6.5 km		
1	Josh Blatchford	59.39	<b>100</b>
2	Alex Massey	62.43	<b>96</b>
3	Steven Todkill	64.41	<b>94</b>
4	Bjorn Mella	64.57	<b>94</b>
5	Shane Trotter	74.26	<b>85</b>
6	Glenn Burgess	75.34	<b>84</b>
7	Russell Blatchford	85.19	<b>74</b>
8	Peter Charlton	87.24	<b>72</b>
9	Denis Lyons	89.09	<b>70</b>
10	Peter Russell	93.00	<b>66</b>
11	Tony Welbourne	95.26	<b>64</b>
12	Ian Dempsey	100.39	<b>59</b>
13	Glenn Charlton	101.17	<b>58</b>
14	Jim Lee	102.02	<b>57</b>
15	Malcolm Roberts	106.54	<b>52</b>
16	Greg Bacon	110.38	<b>49</b>
-	Karen Blatchford	mp	-



## MTBO Double Header

8 - 9 August 09

Saturday at "The Lot"

Sunday at "The Canyons"

In contrast to foot orienteering where multiday events attract enthusiastic support, NOC's riders competing on both days were outnumbered by those who rode the bush tracks on only one day.

**Malcolm and Josh Roberts**, competing in the Long Course, were only seconds apart finishing 6th and 7th at *The Lot*. On Sunday Malcolm was 6 minutes clear of Josh as they finished 4th and 5th. Andrew Haigh was 10th at *The Lot*, but misplayed at *Killingworth*.

Additional NOC successes on Saturday were **Damian Welbourne** (3rd - 8 min behind ACT's David Simpfendorfer and 2.37 behind Paul Darvodelsky), **Alex Massey** 5th, and **Glen Charlton** 12th.

On the Medium Course, **Geoff Todkill** was placed on both days - 1st at *The Lot* and 2nd at *Killingworth*, while **Tim Hackney** improved from 9th to 4th. Also at *The Lot*: Glenn Burgess was 3rd, **Geoff Peel** 7th and **Brock Smith** 12th - while at *Killingworth*, **Greg Bacon** was 3rd.

The Short Course was won by **Andrew Power** on both days.

The Women's Long Course was dominated on both days by Melanie Simpson - a talent we still would like to claim as our own - while **Nicole Haigh** was 3rd on both days. On the Medium Course, the Saturday race was won by **Joanna Latter**.

Full results: [www.mountaindevils.com](http://www.mountaindevils.com)

## NSW Biggest Orienteering Club

Yes, Newcastle is the biggest O-club in the state, a logical consequence of being the most active club, organising many times number of events organised by those in the 'big smoke.'

The latest members to become financial are:

Tony Dynon	Bert van Netten
Kate Dynon	Kathryn Vaughan
Toy Martin	Brenda Wild
Rob Preston	Kevin Woodhouse

If you are not a current financial member, please consider the advantages - entering events and local newsletter.

Even if you don't join, you are still welcome at our events, though you may need to obtain the "what" and "where" and "when" details from the website. *But what would happen to local events is everyone decided not to join....?*



# NOY7 - Seaham

23 August 09

David and Anne Kitchener

## Blue Course 2.1 km

=1	Claire Burgess	27.17	40
=1	Laura Slatter	27.17	40
3	Brock Taylor	33.08	34
4	Georgie Rolfe	54.10	13
5	Oskar Mella	59.18	7
6	Bella, Will & Hamish Rayward	60.16	7

## Green Course 2.1 km

1	Joy Taplin	49.53	50
2	Rhys Taylor	55.07	44
3	Nicholas Rolfe	55.27	44
4	Cathy, Lachlan & Isobel Harbury	76.35	23
	Isabella & Annakin		
5	Trotter & Viola O'Conner	79.39	20
6	Martin Hinder	82.20	17

## Easy Orange 2.5 km

1	Kathy Grace	56.14	60
2	Toy Martin	57.52	58
3	Graham McMahon	75.24	40
4	Lorna Drysdale & Simon McDonnell	78.57	37
5	Richard McLeod	94.10	22
6	Kelly Kurtz	102.20	13
7	Mike & Jean Kitchener	116.20	1

## Long Orange 3.1 km

1	Kathryn Vaughan	50.43	70
2	Shane Jenkins	52.36	68
3	Callum Roberts	53.52	66
4	Sam Howe & Kendall O'Connor	55.01	65
5	Jason Arthur	58.40	62
6	Richard Harbury	58.44	61
7	Simon Resch	62.03	58
8	Sam Mella	63.15	57
9	Scott Charlton	70.32	50
10	Duncan McLeod	71.15	49
11	Louis Welbourne	71.29	49
12	Elissa Anderson	72.55	47
13	Nathan Berkholz	73.47	46
14	Diana Scott	79.10	41
15	Scott Taylor	82.07	38
16	Malcolm Austin	84.03	36
17	Rhiana Roberts	84.09	36
18	Kerry Bacon	91.00	29
19	Mick Kavur	97.13	23
20	Sharon Burgess	109.07	11
21	Chris Skelding	112.53	7
22	Neil Chappell	116.55	3
-	Catherine Jones	mp	

"To see what is on front of one's nose requires constant struggle."

- George Orwell

## Short Red 3.1 km

1	Elly Ross	48.14	80
2	Graeme Taplin	52.48	75
3	Nicola Blatchford	53.50	74
4	Brock Smith	55.52	72
5	Carolyn Matthews	56.32	71
6	Duncan Rayward	56.46	71
7	Carolyn Rigby	66.15	61
8	Anna Rayward	68.26	59
9	Carolyn Chalmers	74.00	54
10	Caroline Taurany	75.35	52
11	Joy Guy	78.13	50
12	Diana Charlton	81.29	46
13	Chris & Helen Welbourne	94.27	33
14	Julia Preston	98.04	30
15	Lyn/Erica Rayward	117.06	11

## Medium Red 4.3 km

1	Colin Bailey	45.11	90
2	Jenny Enderby	46.26	88
3	Matt Westwood	54.17	80
4	Stuart Kurtz	54.52	80
5	Robert Preston	57.53	77
6	Nigel Thompson	58.49	76
7	Geoff Peel	59.54	75
8	Angus Roberts	61.07	74
9	Andrew Power	67.22	67
10	Bob Gilbert	71.00	64
11	Steven Roberts	72.21	62
12	Alice Moore	74.13	60
-	Shane Jenkins	74.54	-
13	Russell Rigby	75.30	59
14	Peter Newton	77.57	57
15	Susan Kitchener	80.22	54
16	Peter Berkholz	80.45	54
17	Ben Reuter	81.04	54
18	John Linich	82.12	52
19	Peter Orr	83.52	51
20	Margaret Peel	85.10	50
21	Maria Orr	92.39	42
22	Michael Cairney	103.30	31
23	David Dash	119.44	15
-	Norbert Ehms	mp	
-	Lewis Berkholz	mp	
-	Graham Fowler	mp	

## Long Red 5.7 km

1	Josh Roberts	55.08	100
2	Josh Blatchford	55.17	99
3	Alex Massey	59.35	95
4	Shane Trotter	60.43	94
5	Peter Charlton	64.21	90
6	Glenn Burgess	65.03	90
7	Damian Welbourne	70.46	84
8	Geoff Todkill	70.51	84
-	Nigel Thompson	71.05	-
9	Malcolm Roberts	73.56	81
10	Denis Lyons	75.29	79
11	Peter Russell	79.42	75
12	Tony Welbourne	82.00	73
13	Greig Scott	84.06	71
14	Glen Charlton	84.29	70
15	Greg Bacon	93.38	61
16	Ian Dempsey	95.21	59
17	Sally-Anne Henderson	113.46	41
-	Alex Orr	mp	

## How Safe will it be to go walking in a National Park in the future?

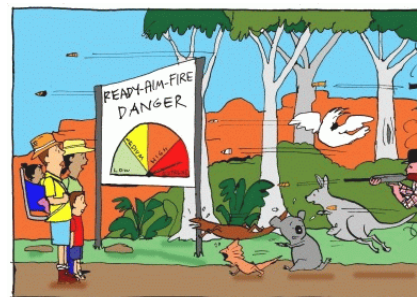
.... about as safe as your local members seat will be at the next election?

The chances of defeating the Shooter's Bill in the NSW Parliament don't appear to be very great when you consider the headline on the issue in the Newcastle Herald (..Fingers on the Trigger...) but that doesn't mean we should give up!

The Parks and Native Animals Protection Coalition (Including the RSPCA and the National Parks Association of NSW) have organised petitions and invite you and your like-minded friends to sign a petition at -

[www.naturens.org.au/nohunting](http://www.naturens.org.au/nohunting)

It is important the Government understands that the Shooter's Bill is not supported by most of the community



## THE HUNTER

.... with apologies to Tom Lehrer

I always will remember  
'Twas a year ago November,  
I went out to shoot an orienteer  
On a morning bright and clear.  
I went out and shot the maximum  
the game laws would allow:  
Two National Park Rangers,  
seven hunters,  
and a cow.

The Law was very firm, it  
Took away my permit -  
The worst punishment I ever endured.  
It turned out there was a reason:  
For cows were out of season,  
And one of the hunters wasn't insured.

People ask me how I do it.  
I say there's nothing to it -  
I just stand there looking cute,  
And when something moves, I shoot;  
And there's ten stuffed heads  
in my trophy room right now:  
Two National Park Rangers,  
seven hunters,  
and a pure-bred Guernsey Cow.

# NOY 8 - Rural Acres

Singleton

6 Sept 09

Russell Blatchford

Blue Course 1.8 km		NOY
1 Claire Burgess	21.45	40
2 Taylor and Martha	22.41	39
3 Oskar Mella	38.33	23
4 Oscar and Alec Power	51.24	10
5 Alex and Chloe Newman	58.27	3

Green Course 2.4 km		
1 Amylee Robertson	48.28	50
2 Viola, Lauren & Anne	49.52	48
3 Dave and Emma	54.28	44
4 Roy & Janet Dobbie & Jeanette Dickinson	58.07	40

Easy Orange 2.5 km		
* Angus and Nicola	39.26	-
1 Cathy Jones	48.17	60
2 Luke Robertson	48.22	59
3 Graham McMahon	49.56	58
4 Ward Family	103.31	4

Long Orange 3.4 km		
* Ben Reuter	33.52	-
* Graeme Taplin	34.36	-
1 Sam Howe	35.14	70
2 Shane Jenkins	37.30	67
3 Scott Charlton	38.17	66
4 Callum Roberts	39.08	66
5 Mick Kavur	43.14	62
6 Louis Welbourne	45.10	60
7 Rhiana Roberts	46.13	59
8 Sam Mella	48.26	56
9 Jenny Macks	50.37	54
10 Toy Martin	51.44	53
11 Nathan Berkholz	51.53	53
12 Malcolm Austin	63.42	41
13 Chris Skelding	122.57	1

Short Red 4.0 km		
1 Carolyn Matthews	40.44	80
2 Elly Ross	40.59	79
3 Nicola Blatchford	45.27	75
4 Graeme Taplin	49.05	71
5 Caroline Tauray	56.30	64
* Mick Kavur	66.10	-
6 Joy Guy	66.22	54
7 Maria Orr	67.20	53
8 Brock Smith	67.27	53
9 Carolyn Rigby	69.31	51
10 Carolyn Chalmers	70.44	50
11 Keith Robertson	78.56	41
12 Diana Charlton	83.21	37
13 Bob Montgomery	120.06	1
14 Pam Montgomery	120.08	1

**700% INCREASE** In the number of members opting to download this newsletter from the club website rather than having a copy posted to them. Well, the number increased from 1 to 8. If you would prefer your copy to be electronic, email the editor.

[nwright@kooee.com.au](mailto:nwright@kooee.com.au)

## Medium Red 5.4 km

1 Stuart Kurtz	48.42	90
2 Angus Roberts	51.55	86
3 Matt Westwood	52.26	86
4 Andrew Power	57.08	81
5 Geoff Peel	58.14	80
6 Lewis Berkholz	58.32	80
7 Tim Tew	58.38	80
8 Nigel Thompson	58.59	79
9 David Kitchener	60.36	78
10 Russell Rigby	61.35	77
11 Ben Reuter	64.15	74
12 Steven Roberts	66.22	72
13 Alexa Troedson	69.51	68
14 Peter Berkholz	70.18	68
15 Bob Gilbert	73.14	65
16 Peter Newton	75.28	63
17 Peter Orr	76.10	62
18 Sally-Anne Henderson	84.33	54
19 Margaret Peel	86.10	52
20 Alex Orr	92.36	46

## Long Red 7.8 km

1 Alex Massey	54.20	100
2 Bjorn Mella	61.42	92
3 Glen Burgess	62.23	91
4 Peter Charlton	62.44	91
5 Andy Simpson	66.06	88
6 Geoff Todkill	71.20	83
7 Glen Charlton	71.36	82
8 Damian Welbourne	72.04	82
9 Tony Welbourne	75.11	79
10 Karen Blatchford	76.11	78
11 Arthur Kingsland	78.26	75
12 Denis Lyons	79.10	75
13 Ian Dempsey	82.25	71
14 Greig Scott	86.10	68
15 Jim Lee	88.42	65
16 David Frazer and Sophie Bettington	146.44	7
- Malcolm Roberts	mp	

## The Problems of Growth

In the couple of years we have moved from it being a rare event that attracted over 90 entries to today's situation where it is rare for entries at street series, park tour or NOY bush events to be less than that number.

How to we cope? With a virtual army of volunteers who are always prepared to step in and help at registration, at the finish and collecting controls!

Please consider helping out for an our or so before or after your run - every bit helps.

A very simple way of helping to reduce the workload is this: If you go out in a group of 2 or 3, even if you all have a control card, when you reach the finish only hand in one card (with all names on it) - thus reducing the work that has to be done by the volunteer manning the finish.

## 2009 Pointscore by Course (Other courses on the next page)

### MEDIUM RED Past Winners

96 Peter Newton	
97 Graham Fowler	
98 Graham Fowler	
99 Graham Fowler = Malcolm Roberts	
00 Peter Brown	
01 Peter Brown	
02 Andrew Haigh	
03 Jim Lee	
04 David Kitchener	
05 Tim Tew	
06 Geoff Peel	
07 Colin Bailey	
08 Andrew Haigh	

### 2009 Results

1 Jenny Enderby	425
2 Stuart Kurtz	424
3 Geoff Peel	413
4 David Kitchener	404
5 Graham Fowler	383
5 Nigel Thompson	383
7 Tim Tew	381
8 Andrew Power	368
9 Russell Rigby	358
10 Steven Roberts	337
11 Robert Preston	331
12 Bob Gilbert	328
12 Matt Westwood	328
14 Angus Roberts	326
15 Lewis Berkholz	316
16 Peter Berkholz	304
17 Peter Newton	303
18 Ben Reuter	282
19 Colin Bailey	250
20 Norbert Ehms	238
21 Justin Stafford	233
22 Glen Charlton	227
23 Peter Orr	217
24 Margaret Peel	216
25 Nicole Haigh	213
26 Grieg Scott	202
27 John Linich	176
28 Alice Moore	169
29 Daniel Orr	168
30 Alex Orr	160
31 David Bowerman	144
31 Adrian Plaskitt	144
33 Maria Orr	138
34 Mark Simons	129
35 Nick Dent	90
35 Arthur Kingsland	90
37 Geoff Todkill	86
38 Robert Lewin	78
39 Ian Dempsey	70
40 Alexa Troedson	68
41 Lisa Punzet	66
42 Tim Willets	60
43 Susan Kitchener	54
43 Sally-Anne Henderson	54
45 Ken Jacobson	52
46 Richard Roxin	48
47 Michael Cairney	42
48 Robert Dehn	34
49 Sean Sunley	24
49 Julie Sunley	24
51 Justin Boyd	21
52 David Dash	15

# Newcastle Orienteer Of The Year 2009 Results for the Individual Courses

*Congratulations to the pointscore winners on each course!*

The overall pointscore was not finalised at the time this newsletter was printed - probably is now: check the website

The only total scores which will change are those where competitors have run different courses at different events.

Past winners are also shown from the introduction of the modern NOY pointscore in 1996

BLUE COURSE	
96	Regan Arthur
97	Alad King
98	Alad King
99	Robyn Charlton
00	Jamie van Netten
01	Joshua Blatchford
02	Glen Charlton
03	Nicola Blatchford
04	Nicola Blatchford
05	Nicola Blatchford
06	Scott Charlton
07	Steven Kentish
08	Amylee Robertson
<b>2009</b>	
1	Laura Slatter 196
=1	Claire Burgess 196
3	Isabella Trotter 118
4	Anakin Trotter 117
5	Brock Taylor 114
6	Oscar, Alec Power 67
7	William Hudson 63
8	Kathy, Lizzy & Evie Mee 56
9	Mikayla Enderby 43
10	Oskar Mella 39
=10	Taylor and Martha 39
12	Alexandra Hudson 35
13	Grant & Alicia Hillyard & Michelle Ashton 33
=13	Harry Ryan 33
15	Tegan, Ally, Olivia & Sophie 32
=15	Mackenzie Ryan 32
=15	Chloe & Alex Newman 32
18	Gavin Rayward 28
19	Lost Wanderers 27
=19	Angelica & Larissa Vandermast 27
21	Tyler Sheehan 20

10	Viola, Lauren, Anne	48
11	Alexandra Hudson	46
12	Alan & June Boyd	45
13	Nicholas Rolfe	44
=13	Dave and Emma	44
15	Neale, Nicole, Mary Jones	40
17	Bath family	38
18	Talies'n de Mestre	37
19	Roy & Joy Dobbie	34
=19	Richard McLeod	34
21	Rochelle, Michelle & Sarah	31
22	Jessica Jeffries	30
23	Kylie Montgomery	27
24	Mitch Wicks & Zac Hass	25
25	Kim Taylor	23
=25	Cathy, Lachlan & Isobel Harbury	23
27	Viola O'Conner & Anakin & Isabella Trotter	20

EASY ORANGE	
96	Ian Rigby
97	Clinton Russell
98	Kirrilee Russell
99	Diana Charlton
00	Adam Taplin
01	Joshua Roberts
02	Caleb Taplin
03	Joshua Blatchford
04	Steve Guy
05	Steven Roberts
06	Leigha Tew
07	Mick Kavur
08	Matt Hayes
<b>2009</b>	
1	Scott Charlton 229
2	Kathy Grace 141
3	Graham McMahon 120
3	Cathy Jones 120
5	Barbara & Warren Coleman 112
6	Luke Robertson 100
7	Sam Mella 71
8	Family Curtis 60
8	Shane Jenkins 60
10	Toy Martin 58
11	Sam Howe 55
11	Phoebe Vincent 55
13	Diana Scott 45
14	Lorna Drysdale & Simon McDone 37
15	Linda Vincent 34
16	Anne Kitchener & Chris Hinder 30
16	Peter Lewis 30
18	Anne Kitchener 29
19	Sharon Burgess 26
20	Richard McLeod 22

LONG ORANGE	
96	John Linich
97	Steven Todkill
98	Graeme Taplin
99	Neil Chappell
00	Neil Chappell
01	Neil Chappell
02	Graeme Taplin
03	William Jones
04	William Jones
05	Caleb Taplin
06	Graeme Taplin
07	Craig Kentish
08	Graeme Taplin
<b>2009</b>	
1	Shane Jenkins 341
2	Sam Howe 317
3	Simon Resch 314
4	David Messenger 301
5	Mick Kavur 296
6	Louis Wellbourne 283
7	Callum Roberts 267
8	Nicola Blatchford 249
9	Scott Taylor 201
=9	Rhiana Roberts 201
11	Scott Charlton 177
12	Richard Harbury 174
=12	Malcolm Austin 174
14	Kathryn Vaughan 162
15	Sam Mella 154
16	Duncan McLeod 137
17	Kerry Bacon 122
18	Sally-Anne Henderson 100
19	Nathan Berkholz 99
20	Sam Howe & Kendall O'Conner 65
21	Richard Roxin 64
22	Jason Arthur 62
23	Richard Harbum 61
24	Rudi Landseidel 60
25	Caroline Taurany 56
26	Jenny Macks & Phil Wolley 54
26	Diana Scott 54
26	Jenny Macks 54
29	Toy Martin 53
30	Matt, Sarah Bacon 50
31	Ryan Hudson 49
32	Peter Cox 47
=32	Elissa Anderson 47
34	Caleb Sayers 42
35	Matt Hayes 41
36	Sean Shay 40
37	Joanne Mimica 37
38	Graham McMahon 36

SHORT RED	
96	Matthew Brown
97	Joy Guy
98	Clinton Russell
99	Kirrilee Russell
00	Karen Blatchford
01	Clark renton
02	Kim van Netten
03	Neil Chappell
04	Neil Chappell
05	Keith Dove
06	Margaret Peel
07	Joy Guy
08	Steven Roberts
<b>2009</b>	
1	Graeme Taplin 386
2	Eleanor Ross 376
3	Carolyn Matthews 369
4	Brock Smith 298
5	Joy Guy 284
6	Carolyn Chalmers 259
7	Margaret Peel 250
8	Allan Wright 235
9	Frank Anderson 217
10	Caroline Taurany 216
11	Diana Charlton 197
12	Maria Orr 165
13	Leigh Hoy 156
14	Kate Dynon 154
15	Keith Robertson 153
16	Angus Roberts 150
17	Nicola Blatchford 149
18	Julia Preston 143
19	Chris Welbourne 130
20	Ryan Hudson 118
21	Bronwyn Stafford 113
22	Sally-Anne Henderson 111
23	Carolyn Rigby 105
24	Jon Sayers 93
25	Alex Orr 77
26	Greg Bacon 68
26	Neil Chappell 68
28	Ben Reuter 64
28	David Arthur 64
30	Arthur Kingsland 62
31	Tamara Orr 61
32	Carol Jacobson 59
=32	Anna Rayward 59
34	Chris & Helen Welbourne 57
35	Kevin Woodhouse 56
36	Peter Orr 52
37	Joanne Mimica 50
=37	Hilary Wood 50
39	Lewis Berkholz 46
40	Pam Montgomery 43
41	Stephen Ward 42
42	Lewis Vincent 35
43	Bob Montgomery 22

LONG RED	
96	Arthur Kingsland
97	Robert Vincent
98	Brendon King
99	Arthur Kingsland
00	Clinton Russell
01	Robert Vincent
02	Robert Vincent
03	Robert Vincent
04	Shane Trotter
05	Robert Vincent
06	Steven Todkill
07	Robert Vincent
08	Josh Blatchford
<b>2009</b>	
1	Alex Massey 484
2	Glenn Burgess 464
3	Shane Trotter 463
4	Bjorn Mella 459
5	Peter Charlton 441
6	Geoff Todkill 406
7	Joshua Roberts 373
8	Denis Lyons 366
9	Tony Welbourne 353
10	Peter Russell 347
11	Damien Welbourne 346
12	Andrew Haigh 338
13	Jim Lee 332
14	Malcolm Roberts 311
15	Ian Dempsey 306
16	Josh Blatchford 299
17	Glen Charlton 283
18	Russell Blatchford 242
19	Karen Blatchford 237
20	Robert Vincent 197
21	Steven Todkill 194
22	Greig Scott 189
23	Greg Bacon 181
24	Colin Bailey 154
25	Magne Knudsen 90
=25	Daniel Orr 90
27	Andy Simpson 88
28	Arthur Kingsland 75
29	Wes Dose 72
30	Kirrilee Russell 60
31	Matt Westwood 59
32	Adrian Plaskitt 49
33	Norbert Ehms 43
34	Sally-Anne Henderson 41
35	Tim Willetts 40
36	Peter Cox 32

GREEN COURSE	
96	Landon Arthur
97	Kirrilee Russell
98	Adam Taplin
99	Kim van Netten
00	Ryan Taplin
01	Stephanie Ng
02	Joshua Blatchford
03	Joshua Blatchford
04	Glen Charlton
05	Jeremy Fogg
06	Penny Davis
07	Scott Charlton
08	Scott Charlton
<b>2009</b>	
1	Kieran Slatter 219
=1	Nathan Berkholz 219
3	Luke Robertson 142
4	Amylee Robertson 134
5	Rhys Taylor 124
6	Kath Raymond 73
7	Melissa Sheehan 50
=7	Joy Taplin 50
9	Kelly Kurtz 49



**MEDIUM RED**  
- see previous page



# ORIENTEERING

## - run wild



Orienteering isn't an in-your-face sport, but we'd like to change this.

Club members would have seen the bright new stickers recently released. They're great! If you missed out, see Carolyn Rigby at an event and collect yours.

They're a limited edition so be quick. Sam Howe is the designer - *great work there* - and the slogans were voted on by club members.

We'd like to thank **Guru Labels** for their support of Newcastle Orienteering Club. Check out their website for their range of products and services. [www.gurulabels.com.au](http://www.gurulabels.com.au)

### Coaching Page. No 31.

It was pleasing to see many of our Newcastle juniors representing in the NSW Schools team at the upcoming Australian Schools Championships. I remember being a fairly nervous parent and feeling the pressure of expectation on Steven and Kris when representing NSW. I can also remember being really nervous in my own first Australian Relay Champs. Robert Vincent said to me that I didn't have to do anything different just because it was a major event. He reminded me "I was selected for that NSW team because of my consistent results during the year. My expectation should be to go out and concentrate on my own navigation, and run the event as I had run every other course. Choose the route that assures success."



I pass on this advice to all club members when competing in the Hunter Valley Champs and then the Australian Champs carnival and the World Masters. You have no control over what others are doing, but you do have control over your own performance. When training, we must not only train for running fitness, but also train for our orienteering technique. We must get into a routine, and then even when we get tired we should continue to follow the same process, and not make mistakes because of bad technique.

I wish all members good luck in the upcoming events. So it is timely to provide some suggestions for improving the consistency of your navigation.

#### 1. Preparation, everything you do before you start:

Ready yourself. Have a drink, warm up and stretch, attach your equipment- control card / SI stick, compass, and whistle. 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. At the start, analyse the terrain, check where north is, so that when you first look at the map, you already have a picture of where you are.

#### 2. The Start

When the beep sounds on the start clock you turn your map over and you are away. Find the start triangle, check your direction and read the detail on the way to No 1. 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 and practiced beforehand. (Attack Point, Route Choice, Distance, Detail-- What was that routine again?)

- Geoff Todkill