

# ORIENTEERING in NEWCASTLE



The Newsletter of  
Newcastle Orienteering Club Inc.  
Issue No. 216  
June 2011

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

## Editors comments

The newsletter will hopefully be published quarterly with the change of seasons. Considering winter started on the 1<sup>st</sup> of June this newsletter is slightly late. The next newsletter is due to be published on the 1<sup>st</sup> of September. Therefore the cut of date for information for subsequent newsletters will be the week before publication. If anyone has anything they would like published please send it through to myself at [danielorr86@gmail.com](mailto:danielorr86@gmail.com).

## Upcoming Events



Sunday 26<sup>th</sup> June

9:30 to 11:30am

### NOY3 – O'Donnelltown

**Venue:** From West Wallsend proceed west along Carrington Street and then Railway Street. Turn right into O'Donnelltown Road. Park either side of the road before the Freeway bridge.

**Map:** "Sugarloaf No.1" – 1:10,000

**Terrain:** Spur gully with some steeper sections.

**Courses:** Standard NOY range of courses (7) available. Blue, Green, Short Orange, Orange, Short Red, Medium Red, Long Red

**Entries:** Enter on the day, at time to suit you, 9:30 – 11:30. Courses close at 1:00pm.

**Course Planner:** Peter Charlton



Monday 27<sup>th</sup> June

from 9:30am

### 35<sup>th</sup> Annual Hunter Regional Schools Orienteering Championships

**Venue:** West Wallsend

**Map:** "The Range" – 1:10000

See the entry form attached to the end of this Newsletter. **Entries close Friday 18<sup>th</sup> of June**



Sunday 3<sup>rd</sup> July

9:30 to 11:30am

### NOY4 – Pelton

**Venue:** From Cessnock travel West along Wollombi Road, 6.7km from the intersection with Allandale Road turn Left on to Ellalong Road (400m after going under the railway). After 900m turn Left (East) on to the fire road and follow the fire road for approximately 2km. Parking will be in the powerline clearing first and then back along the side of the fire road towards the entry only. If you are parked along the fire road, please ensure there is plenty of room for cars to pass as the area is very active with 4wd and motor bikes.

From the South follow Sandy Creek Rd for approximately 18km to Ellalong. Turn towards Pelton at the western end of Ellalong Public School. Follow Ellalong Road for approximately 3.5km and turn right on to the fire road and proceed as above.

**Map:** "Pelton Fire Trail" – 1:10,000

**Terrain:**

**Courses:** Standard NOY range of courses (7) available. Blue, Green, Short Orange, Orange, Short Red, Medium Red, Long Red

**Entries:** Enter on the day, at time to suit you, 9:30 – 11:30. Courses close at 1:00pm.

**Course Planner:** Steven Todkill 0412 585 920



**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> July**

## **State League 8 & State League 9**

**Venue: SL8** – Central Coast Campus of University of Newcastle, Ourimbah

**Venue: SL9** – Raymond Terrace. From the bridge over the Hunter River at Hexam, travel north on the Pacific Highway towards Taree. Continue for approximately 26 km and turn left onto the Buckett's Way (signposted Stroud and Gloucester). After a further 4 km, turn left into the event area.

**Map: SL8** "Ourimbah University" – 1:5,000

**Terrain:** Mostly flat, with buildings, paths, car parks and open areas.

**SL9** "Lone Pine Road" – 1:10,000 (new extension)

**Terrain:** Typical spur gully Eucalypt forest with a mixture of fast open running and scrubby creeks.

**Entries:** Pre entry is preferred however enter on the day will be available. See the entry form attached to the end of this Newsletter with [online](#) entries preferred.



**Sunday 31<sup>st</sup> July**

**9:30 to 11:30am**

## **Minor Event – Mount Sugarloaf**

**Venue:** From The Glendale Crossroads head west, passing through Edgeworth and crossing over the F3. After passing through Seahampton take the next major turn left and keep going up! Look for O-signs near the top.

**Map:** "Mount Sugarloaf" – 1:10,000

**Terrain:**

**Courses:**

**Entries:** Enter on the day, at a time to suit you, 9.30 – 11.30am. Courses close at 1.00pm

**Organisation:** Shane Jenkins



**Saturday 6<sup>th</sup> August**

**10:00am**

## **Coaching – Brush Creek**

The second of the coaching days is developed 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 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.

**Venue:** Turn right at the lights in Frederick Street (toward TAFE College, 0.5 km). Park as close as possible to the gravel, forestry road to the west of the TAFE entrance. Follow O signs for approx. 250m to the assembly area. It would be advised that cars should be locked.

**Map:** "Brush Creek" – 1:10 000

**Terrain:**

**Courses:** Orange & Red

**Entries:** People wishing to attend will need to contact Geoff Todkill (49585920) by Wednesday 27th so that maps can be prepared.

**Cost:** \$3.00, to cover map printing.



**Sunday 7<sup>th</sup> August**

**9:30 to 11:30am**

## **NOY5 – Pelaw Main**

**Venue:**

**Map:**

**Terrain:**

**Courses:** Standard NOY range of courses (7) available. Blue, Green, Short Orange, Orange, Short Red, Medium Red, Long Red.

**Entries:** Enter on the day, at time to suit you, 9:30 – 11:30. Courses close at 1:00pm.

**Organisation:** Greg Scott



**Sunday 21<sup>st</sup> August**

**9:30 to 11:30am**

## **NOY6 – Pelaw Main**

**Venue:**

**Map:**

**Terrain:**

**Courses:** Standard NOY range of courses (7) available. Blue, Green, Short Orange, Orange, Short Red, Medium Red, Long Red.

**Entries:** Enter on the day, at time to suit you, 9:30 – 11:30. Courses close at 1:00pm.

**Organisation:** Bjorn Mella



**Sunday 4<sup>th</sup> September**

**9:30 to 11:30am**

## **NOY7 – Ryhope/Awaba**

**Venue:** From the F3 freeway, travelling in either direction take the Toronto exit and proceed east, towards Toronto for 500 metres. Turn right into the Macquarie Memorial Park at Ryhope. We have permission to use their 'western' car park which is about 250m from the entrance. Walk 200m across the grass to the assembly area. Please note no parking is allowed on the grass.

From Toronto proceed west towards the F3 Freeway along The Boulevard, which becomes Awaba / Cessnock Road for 8 kms. Turn left into Macquarie Memorial Park (before you reach the F3 Freeway) and park as above.

**Map:** "Heart-Rate Hills" – 1:10 000

**Terrain:**

**Courses:** Standard NOY range of courses (7) available. Blue, Green, Short Orange, Orange, Short Red, Medium Red, Long Red. The courses are set to include a newly mapped extension to take advantage of open runnable forest and complex spur / gully with some steep sections. Beware of mine subsidence in the area.

**Entries:** Enter on the day, at time to suit you, 9:30 – 11:30. Courses close at 1:00pm.

**Organisation:** Steven, Callum & Angus Roberts

Next club meeting is Thursday the 14<sup>th</sup> of July

# RESULTS

A new format for distribution of results is being trialled. Results will no longer be printed in the newsletter as it leads to a large amount of paper being used. People are asked to access results via the [club website](#). For those who do not have access to the internet a similar system used to display results at the summer street series will be in place. A copy of the previous events results will be available for viewing on a notice board at the next event, with earlier events in a folder. Hopefully, this allows everyone access to results whilst decreasing paper consumption.

## **Risk Notice**

In entering on 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.

# Coaching Page.

No 39.

Regardless of the difficulty of the course you are completing, you should always have a plan. I've found that my navigation is far more consistent and with minimal mistakes, if I use the same system on every course that I complete.

The Coaching Page has been in recess for a little while because I've been away, so I thought that I would take the opportunity to go right back to basics for navigation and put the list in a vague order getting progressively more difficult.

## Section 1 Basics

### 1. Map Orientation.

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

You can do this using the ground features as described above, or by using the compass. All you need to do when using the compass is to turn the map so that the magnetic north lines on the map run the same way as the floating north needle in the compass and that the red end of the needle matches the magnetic north arrows on the map. Holding the map and compass in same hand is recommended.

### 2. Map Folding.

This is often over looked by people but is essential for a smooth run. It is good to have your map folded so that you can get your thumb on to the place that you are located. Try to devise a system that complements the way you hold the map and compass

### 3. Thumb on the Map

Have some means of keeping your location in view on the map...compass edge, thumb etc.

### 4. Relating the Map to the Ground

This means looking at all the features around you and seeing if you can pick them up on the map and vice versa. Try to do this as often as you can without wasting time. Beware of relating parallel features, which look like the ones on the map but are actually somewhere else.

### 5. Have a System

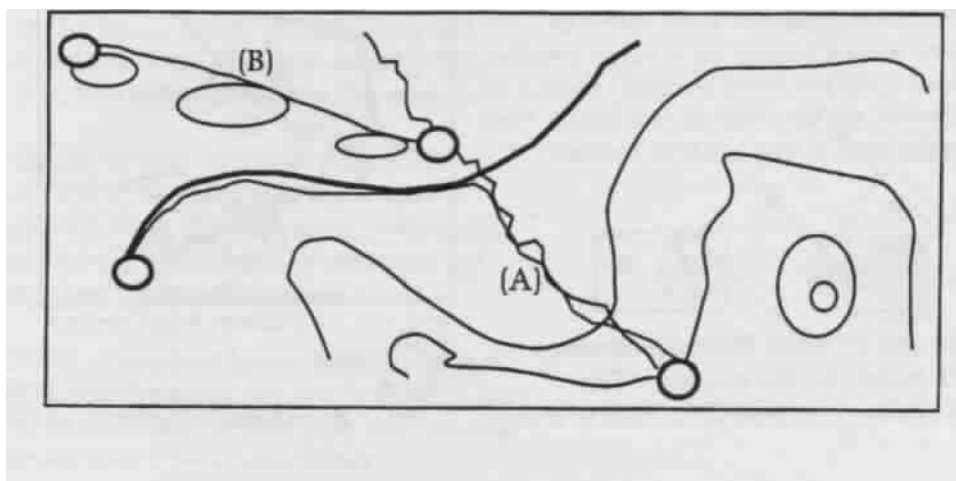
Have a system that you apply to every leg.

- Control
- Attack Point
- Route choice to get there
- Exit direction

### 6. Handrails

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

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



Monday 27th June

from 9:30 a.m.

**WEST WALLSEND**

**35th ANNUAL HUNTER REGION SCHOOLS ORIENTEERING CHAMPIONSHIPS 2011.**

**Venue:** From the roundabout at **Barnsley**, turn south into Wakefield Road. After 800m, turn right to Killingworth and follow "The Broadway" for 2.3km. Turn right onto "The Boulevarde" (O Signs begin) and follow towards West Wallsend. Park as directed.

**OR From West Wallsend** follow Carrington Street and Railway Street to the Sugar Valley Golf Course, (O Signs begin) and continue on following gravel road towards Killingworth. Park as directed.

**Map:** "The Range" (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 31/12/2011. i.e. The age turned this year!)

**BOYS GIRLS**

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

B Courses are available for beginners, but NOT available to previous placegetters of these courses. This is a line course where competitors navigate around the course visiting controls in order.

**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 18th 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 19th 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

Name	Address	Contact	School	Date of Birth	Age Course	Score Course