

ORIENTEERING in NEWCASTLE



The Newsletter of
Newcastle Orienteering Club Inc.
Issue No. 217
September 2011

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

Upcoming Events



Sunday 4th 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: Typical spur gully

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

Thursday 8th September

7:30pm

NOC Meeting

Venue at the Todkill's – 96 Lakeview street, Speers Point

Club meetings are open to all members for the club. If you have ideas on club activities, please come along and share them.

Any juniors with junior diaries need to return these to either Cheryle Todkill or Carolyn Rigby as soon as possible. The last opportunity to return these will be the event at Abernathy on October 16th.

Saturday 10th September

1:00 to 3:30pm



PedalFest MTBO at Dungog

Newcastle Orienteering Club will be conducting an introduction to Mountain Bike Orienteering as part of the Pedalfest Event at Dungog.

Venue: The event will be held on the Dungog Common which is 200 acres of Crown land on the edge of town. There is approximately 16 km of single track and 8 km of 4 x 4 tracks within the common. The area is open farmland, rolling hills and extensive gully areas. The single tracks have made great use of the gully areas with switch back ascents and descents in the hilly areas. The 4x4 tracks are mainly on top of the ridge lines. The course caters for all levels of riders and will be a great lead up to the upcoming BOSS MTBO series held over summer by the club. A copy of the MTBO map can be found on the club website.

Time: Starts from 1.00pm to 3.30pm

Course: Scatter course event of 75 minutes duration

Directions: From the main street in Dungog, head west along Hook St. At the top of the hill veer right at the "Y" intersection (Garage) then turn left opposite the high school. Follow the Common Rd to the end then left over the cattle grid. Follow Orienteering signs to start.

Entry Fee: Members: \$8
Non-members \$10
or Included in \$25 PedalFest fee

Entries: Enter on the day

Facilities: Toilet facilities will be provided at the start area

Camping: There are very reasonably priced camping and powered sites available at the Dungog Showground.

PedalFest: Check out the Pedalfest Dungog web site. There are plenty of activities and rides for the family over the weekend.

Organisation: Greg Bacon 0412 782949



Sunday 25th September

9:30 to 11:30am

Minor Event – Hunter Botanic Gardens

Venue: From Hexham, travel north along the Pacific Highway for approximately 3.5 km (or from Raymond Terrace about 3 km south) to the entrance of the Hunter Region Botanic Gardens. Take care entering and exiting the Gardens which are adjacent to a high speed road. Please car pool where possible as parking is limited. This will only be the club's second usage of the gardens which offers substantially different terrain to our general bush events. The area lends itself to sprint/middle distance style events and the setters will be utilising some short sharp legs most likely employed via some butterfly loops.

Map: "Hunter Region Botanic Gardens" – 1:5 000 with 2.5m contours

Terrain: Flat with a number track networks and intricate details around garden beds.

Conditions of entry:

1. A \$4 parking fee applies to all vehicles entering the gardens. You can pay this fee at the orienteering registration desk.
2. NO PETS.
3. DO NOT cross any garden beds. DO NOT use cross-country routes between tracks. You must stay on tracks and in open areas. You will be required to sign an agreement to this condition when you enter on the day.

Courses: Blue/Green Orange.

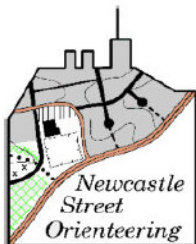
Note: It is envisaged SportIdent will be used to accommodate the above mentioned style of course setting. Please bring your SI stick if you have one. Long, Short, Blue. The long and short courses are at the Green to Orange level of navigation.

Facilities: Toilets, Picnic area, BBQ's

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

Organisation: Karen & Russell Blatchford

Newcastle Street Orienteering Series



The Newcastle street orienteering series will be commencing on the 5th October with two warm up events. A detailed program for the whole series will be available soon – at events and on the club [website](#).

Warm up Event 1: Waratah Rail (New Map) Waratah Park (Young St/Lake Rd)

Warm up Event 2: Macquarie Hills (New Map) Neegulbah Pk (Lawson St)

These events are not part of the formal street series and have a slightly different format. 1 min planning time, 30 minute (timing to be done by the competitor) score course with mass starts at 5:15pm and 6pm. Warm up series winner will be the one with the most points over the two events.



Sunday 16th October

9:30 to 11:30am

Minor Event – Abernethy

Venue: Make your way to Ferguson St, Abernethy. Turn south from the Mulbring – Cessnock Road (“Lake Road”) just east of Kearsley – signposted to Abernethy. Follow Ferguson St approximately 2km to start.

Map: “The Chimney” – 1:10 000

Terrain: Open runnable forest and complex spur / gully with some steep sections. Beware of mine subsidence in the area.

Courses: This event will offer (up to) 60 minute score course for orange/red standard participants along with standard Blue and Green.

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

Note: If you wish to get a pre-printed map then please advise Denis Lyons or Geoff Todkill by Wednesday 12th October.

Organisation: Denis Lyons 49731217

BOSS



The third BIKE ORIENTEERING SUMMER SERIES (BOSS) will commence on the 30th October at O’Donnelltown. The second event in the series will be at Lone Pine Road on the 27th November. Enter on the day between 8am and 9am. The locations were still being finalised at the time this newsletter was being prepared. A detailed program for the whole series will be available soon – at events and on the club [website](#).

Editors comments

If anyone has anything they would like published please give it to me at an event or send it through to myself at danielorr86@gmail.com.

RESULTS

Hopefully the new format for distributing results is working. Unfortunately I have not been able to make it to the previous couple of events to check on progress. As mentioned in the last newsletter 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 40.

You will recall that the Coaching page has gone back to reinforce the basic of good orienteering technique. In the last issue I revised Orientation, Folding, and Thumbing the Map; Relating the Map to the Ground; Having a Consistent System, and Handrails.

Section 1 Basics (continued)

7. Attack points

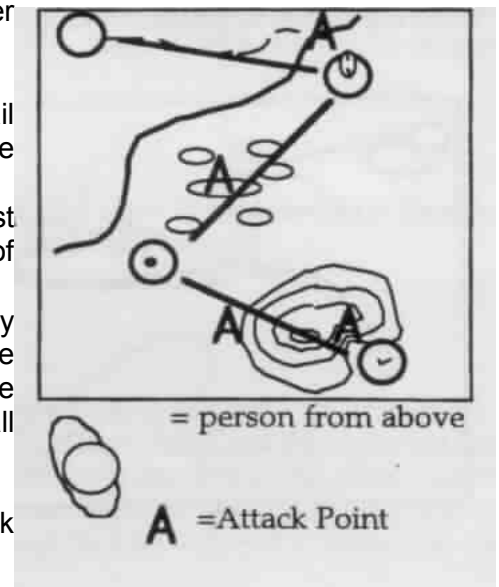
Attack points are large or obvious features near the control and are used to simplify the navigation to the control site.

On Green courses, the Attack Point would be a feature on the Handrail like a track junction, a knoll, a gully, a car wreck or a thicket that tells the orienteer where they are close to the control and then they look to the side to see the flag.

On an Orange or Red course the attack point is the larger feature before the control.

The diagram illustrates a very safe route choice with the orienteer identifying a number of illustrations of attack points.

- The first is the safest version- the crossing of two handrail features. The control in the depression is easily attacked from the track junction.
- The second is an advanced example- the small knoll in amongst many knolls can be found by using the larger arrangement of knolls as the attack point to finding control
- The third example is more typical of our terrain where many would choose to go around the hill to avoid the climb, but the navigation is easier if the orienteer used the top of the hill and the gully as the attack points to the control site in the small depression.



So an advanced technique may use two or more attack points to work your way through the leg to the control feature.

8. Route Choice

Route Choice is how you decide to link together a series of obvious features along the leg to get you to that Attack point near the control.

Often the Route Choice is simple - around the paths or straight, over the hills or round. The choice may become more difficult as the terrain becomes more complex. It might require many individual navigation skills. To be able to make the best choice, the orienteer needs to consider their experience in navigation and their physical capabilities.

Always the best route choice is one that allows them to keep map contact at all times.

So I'll repeat Basic Skill 5- Have a System

Have a system that you apply to every leg.

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

– Geoff Todkill