

ORIENTEERING in NEWCASTLE



The Newsletter of
Newcastle Orienteering Club Inc.
Issue No. 221
September 2012

<http://www.newcastleorienteering.asn.au/>

Upcoming Events



Sunday 2nd September

9:30 to 11:30am

NOY 8 Cessnock

Venue: From Abernethy, head west on Murray Street towards Kitchener. After 2.4 km, turn left into Southams Road, watch for O-signs.

From Kitchener, head east on Abernethy Street towards Abernethy. After 0.5 km, turn right into Southams Road, watch for O-signs.

If there is a long period of bad weather prior to the event, alternative start arrangements may be needed.

Check the website closer to the event.

Map: "Southams Road" – 1:10,000

Terrain: Classic Newcastle spur-gully terrain, gently undulating with scrubby creeks.

Courses: Standard NOY range of courses (7) available. Very Easy, Easy, Moderate (2x), Hard (3x)

Entries: Enter on the day, from 9.30am to 11.30am. Course closes at 1.00pm

Planner: David Kitchener



Saturday 8th September

1:00pm

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.

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.

Time: Starts from 1.00pm courses close 4:30pm

Organisation: Greg Bacon 0401 889 688 gbacon1@bigpond.com

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.



Saturday 15th and Sunday 16th September

State Mountain Bike Super Series Event 7 & 8

Event 7 Venue: Uffington State Forest. From Raymond Terrace, head towards Seaham on Seaham road. Proceed through Seaham and turn right on to Clarence Town Road, Proceed through Clarence Town heading towards Dungog. After 3kms turn left into Woerdens road, The assembly area is on the left after 400 meters. It is approximately 30 minute drive from Raymond Terrace.

Map: Uffington State Forest – 1:15 000

Courses: Middle distance, 5 courses available 7km up to 19km a novice course of 3.3km will also be available.

Event 8 Venue: Wallaroo State Forest. 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 Bucketts Way (signposted Stroud and Gloucester). After a further 4 km, turn left into the event area.

From Clarence Town follow Duke St, cross the Williams River via bridge. Follow Lime Burners Creek Road approximately 14km to the intersection with Bucketts Way. Turn right, travel approximately 800 m and turn right into event area.

Map: "Lone Pine Road" – 1:15 000

Courses: Long distance, 5 courses available 15km up to 31km.

Entries: Pre entry via the mountain devils website. Entries Close Sunday 9 September 2012 at 11:59pm

Further details will become available closer to the date on the MTBO website

<http://mountaindevils.nsw.orienteering.socialfx.net/?EventID=2375> for event 7 and

<http://mountaindevils.nsw.orienteering.socialfx.net/?EventID=2376> for event 8

Sunday 23rd September

9:30 to 11:30am



Minor Event Pelaw Main

Venue: Pelaw Main Primary School (Abermain St). Parking on southern side of the road in front of the school has restrictions. Additional parking is east of school.

Map: "Stanford Scrubs" – 1:10,000

Terrain: Relatively flat with an extensive track network

Courses: Score course structure for Hard – Long, Hard – Short and Moderate. Line Course for Very Easy and Easy

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

Course Planner: Denis Lyons

Newcastle Street Orienteering Series

The Newcastle street orienteering series will be commencing on the 3rd October with two warm up events. A draft program is attached with a detailed program for the whole series to become available soon – at events and on the club [website](#).



At the time of writing there were four street events that required volunteer setters. The event locations are Lakelands, Cardiff South, Warabrook and Plattsburg. If you would like to help please send Malcolm an email on events@newcastleorienteering.asn.au or call him on 02 4957 2050

Warm up Event 1: National Park, corner Smith and Dumaresq St. Mass start 5:15 and 5:50pm. Malcolm will be in Tasmania for the Australian Orienteering Championships week. As such he is looking for a couple of people to set up the start and run this event. If two people volunteer it means each person can participate by going in different mass starts. If you would like to help please send Malcolm an email on events@newcastleorienteering.asn.au or call him on 02 4957 2050

Warm up Event 2: Litchfield Pk, Myola St Mayfield Mass start 5:15 and 6pm

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 21st October

9:30am



Minor Event Eraring

Venue: From Toronto, after passing the Myuna Bay Fitness camp veer left towards Eraring and the Eraring Power Station. Turn left at the "T" intersection and follow Rocky Point Road to the outlet canal. Parking is adjacent to the canal but please leave a few spaces for other members of the public by parking along the approach road if necessary. **Warning:** The canal has very fast flowing water and young children need to be supervised when near it.

Map: "Whitesheads Lagoon" – 1:10,000

Courses: Draw for Partner "Moderate": for orienteers able to complete "Moderate" (was Orange) standard navigation.

Draw for Partner "Easy": for younger or less experienced orienteers able to complete "Easy" (was Green) standard navigation. This years "partners" event will be a mass start consisting of score and line course components. Partners will be drawn from a hat and their respective times combined for an overall figure.

Times: please arrive around 9:30 for registration. The draw will be approximately. 9:45 with a mass start for all Moderate competitors at around 10:00 am. Easy course competitors will start approximately. 5 minutes later.

Enter on Day: Moderate and Easy courses will be available between 10:05 and 10:45 am only.

Entries: Please contact Geoff Peel to register your interest. There may be some opportunity to enter the Draw on the day but we prefer you to pre-enter where possible.

Facilities: Toilets, tables, tap – why not bring a picnic lunch?

Course Planner: Denis Lyons

Organiser: Geoff Peel newo@bigpond.com.au 49 680 977

BOSS



The fourth BIKE ORIENTEERING SUMMER SERIES (BOSS) will kick off in October. 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](#).

Friday 26th, Saturday 27th and Sunday 28th October

Australian Mountain Bike Championships



Event 1: Friday 26 October 2012 Australian Sprint Distance MTBO Championship

Event Centre: Kiwarrak State Forest

Start Times: from 3.30 pm

Terrain: Open eucalyptus forest; generally flat to undulating, with hills to the south. Complex web of single tracks and forest roads. Some marked routes and open ground. Occasional motorbike riders to be expected.

Map: A4 or slightly larger, 10m contours, scale 1:7,500

Venue: Event centre; will include presentations for the Sprint Distance event.

Event 2: Saturday 27 October – WRE 2012 Australian Long Distance MTBO Championship

Event Centre: Cairncross State Forest

Start Times: from 11.00 am

Terrain: Eucalyptus forest; some areas logged and replanted as hardwood plantation; undulating terrain with some significant hills at one end of the map; a combination of forest roads and single track. Occasional motorbike riders to be expected. One major road crossing during event (on all courses) will be manned, and a restricted time-out available for the actual crossing.

Map: A3, 10m contours, scale 1:20,000

Venue: TBA, in or near Taree; will include presentations for the Long Distance event.

Event 3: Sunday 28 October – WRE 2012 Australian Middle Distance MTBO Championship

Event Centre: Kiwarrak State Forest

Start Times: from 9.00 am

Terrain: Open eucalyptus forest; mixture of flatter areas and hills. Complex web of single tracks and forest roads. Significant climbs. Occasional motorbike riders to be expected.

Map: A3, 10m contours, scale 1:15,000

Presentations for the Middle Distance event will follow at 1pm.

Entries: Last date for acceptance of entries is Sunday 7th October 2012. A significant financial penalty of an additional 50% of the entry fee will apply for any entries received after this date.

<http://www.ausmtbochamps.com/>

Sunday 4th November

9:00 to 10:30am

DuO Series No.1 – Hawkemount (Awaba)



The 2012/13 DuO adventure series kicks off on the 4th of November at Hawkemount. These events are similar to an adventure race. There are three courses, a Long Course of around 1.5 to 4 hours duration a short course of around 1 to 3 hours duration and a Novice

course of around 30mins to 1hour duration.

To enter visit the Orienteering NSW website (www.onsw.asn.au) before the Wednesday prior to the event. As an additional sweetener online entries to each event have a chance of winning a Trek Cobia 29ER mountain bike.

See attached flyer for all the information.

NSW Middle and Long Championships for 2013

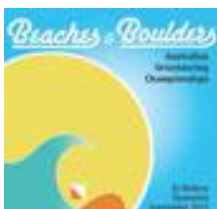
Newcastle Orienteering Club is organising the NSW Middle and Long distance Championships for 2013. The events are scheduled for 21st & 22nd September 2013.

Organising and planning has just commenced and the club is looking for people who are interested in being involved. At this stage we are specifically looking for coordinators/organisers and course setters/planners.

Course setters with limited experience are encouraged to consider volunteering. More experienced setters will be available to provide support and advice.

Anyone interested should talk to Andrew Power or Denis Lyons or email president@newcastleorienteering.asn.au

News



The 2012 Australian Orienteering Championships Carnival is being held in Tasmania from the 22nd through to the 30th of September. As part of this carnival the Australian Schools Orienteering Championships are run. Newcastle Orienteering Club members Scott Charlton and Nicola Blatchford have been selected in the NSW Schools team to contest these championships. All the best to them and the rest of the NSW schools team as well as those Newcastle Orienteering members competing in the carnival.

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.

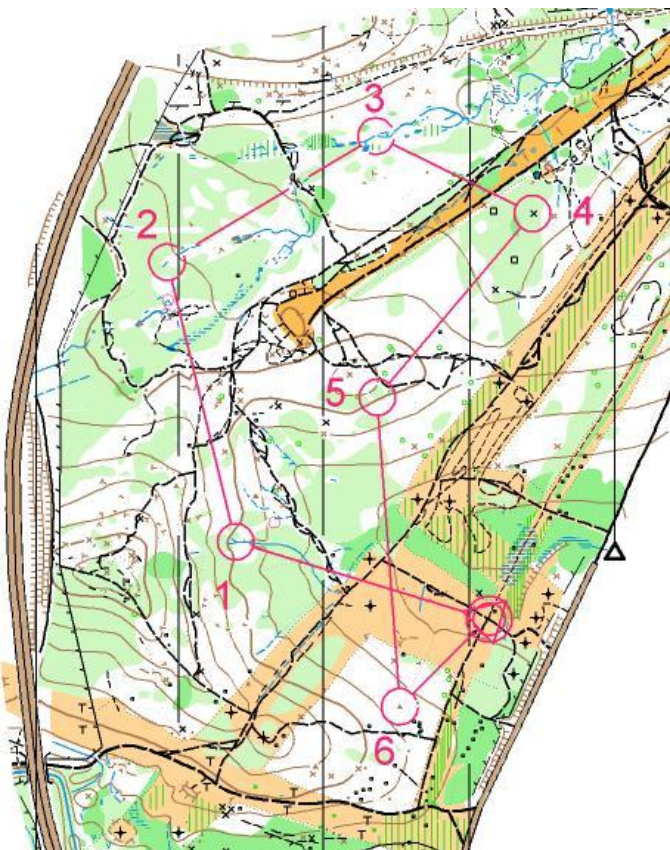
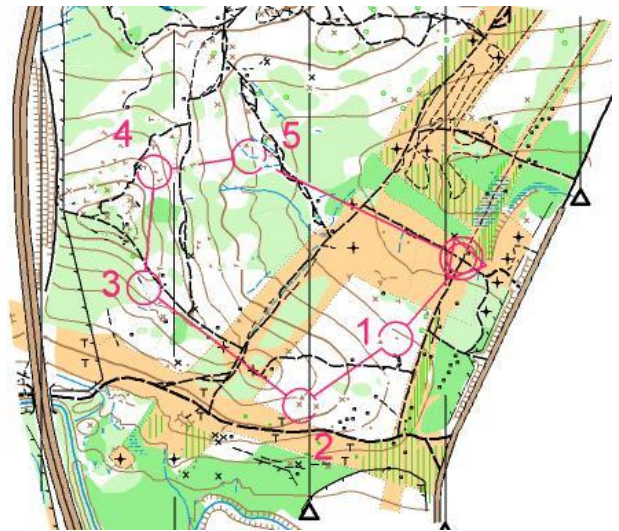
Coaching Page.

No 43.

In the last issue I began the section on Intermediate Techniques. The issue covered Compass Bearings, Contour Interpretation, Collecting Features and Aiming Off.

At the second Coaching Day, the participants got to practice these skills from the newsletter and also to develop their fine navigation skills by focused on developing their map-reading skills. Exercises focused on recognising the detail on the map, to aid with route choice; and around the control circle to be more positive in their approach to the control site.

The first exercise covered a small distance with Moderate standard navigation. This may look like a reasonably simple exercise. The complication was that I placed a number of control stands on nearby features. The skill was to read the control descriptions and be able to go straight to the correct stand and not be influenced by the incorrect stands. As an armchair orienteer, you might try to choose which were the other features used and how you ensure that you could be positive that you would complete the exercise correctly.



The second exercise was again focused on map reading but this time to determine a good attack point and when to use the skills from the newsletter. I suggested attack points for the first two controls (the small circles), but after that, participants had to determine their own attack points and then their route choice.

On their return, they had to describe their route choice and the skills they used. You should draw your chosen route on the map and note the skills that you have used along the way.

At Control 6 the participants were again greeted by multiple controls on the feature, again forcing them to more carefully read the descriptions.

I've detailed this information purposely at this time of the year. Many of us will travel for the NSW Champs and even further to Tasmania for the Australian Champs. It is very easy to be focused on not wasting time in these championship events, but experience has told me it is better to invest time in using correct technique and that time will be saved by not making dumb mistakes because you have a clear plan and good execution.

– Geoff Todkill

Have a Say in the Direction of Your Club

Newcastle Orienteering Club is currently reviewing its direction and goals for the coming years. We would like your opinion on the ideas that have been developed so far. You can indicate your preferences by sending an email to president@newcastleorienteering.asn.au or by indicating on the sheets that will be available at coming Newcastle events

Please feel free to make other suggestions if you wish.

If you want to know more please talk to Andrew Power or email president@newcastleorienteering.asn.au

Vision/Direction

1. Newcastle Orienteering Club will build on its strengths.
2. Newcastle Orienteering Club will promote orienteering in all its forms.
3. Newcastle Orienteering Club will administer and promote orienteering in all its forms.
4. Newcastle Orienteering Club will make orienteering visible, vibrant, viable, sustainable and accessible.
5. Newcastle Orienteering Club will make orienteering visible, vibrant and viable.
6. Newcastle Orienteering Club will be at the centre of a vibrant and visible local orienteering community.
7. Newcastle Orienteering Club will continue its transition into a 21st century orienteering club.
8. Newcastle Orienteering Club will promote orienteering as a recognisable, viable and respected sporting option.

Mission/What We Will Do

1. Newcastle Orienteering Club will
 - Administer and foster orienteering and its latest developments
 - Encourage and support local orienteers at all levels of competition
 - Promote orienteering to the local community as an accessible and respected sport
 - Contribute to the broader orienteering community at state and national level
2. The planning committee will
 - Actively pursue a relevant and sustainable orienteering club
 - To be relevant the club will
 - Administer and foster orienteering and its latest developments in the local community
 - Encourage and support local orienteers at all levels of competition
 - Contribute to the broader orienteering community at state and national level
 - To be sustainable the club will
 - Promote orienteering to the local community as an accessible and respected sport
 - Develop the administrative and technical skill base within its members
 - Put in place “good” governance practices
3. Newcastle Orienteering Club will
 - Administer, foster and promote all orienteering forms relevant to its members
 - Encourage and support orienteers at all levels of competition
 - Promote orienteering as an accessible, recognisable and respected sport
 - Be a vibrant and visible orienteering community
 - Be sustainable