

ORIENTEERING in NEWCASTLE



The Newsletter of
Newcastle Orienteering Club Inc.
Issue No. 223
March 2013

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

Upcoming Events

Sunday 3rd March

BOSS 5 – Barnsley



The final bike orienteering summer series (BOSS) will be held at Barnsley on Sunday 3rd March.

Start times are between 8am and 9am, and pre entry is required to assist with printing pre-marked maps and Sport Ident setup. Limited enter on the day positions are available. A detailed program for the whole series is attached and is available on the club [website](#).

Sunday 10th March

DuO No.3 – Belanglo State Forest



The 2012/13 DuO adventure series fires up for the 3rd race on the 3rd of March in the Southern Highlands at Belanglo State Forest.

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 flyers for all the information.

Newcastle Park Tour Orienteering Series



We are now halfway through the Newcastle Park Tour Orienteering Series with the 3rd race to be held at Eleebana Thomas Halton Park on Wednesday the 6th March.

See attached flyer for all the information regarding the remaining events.

Park tour qualifier No.3: Wednesday 6th March

Venue: Thomas Halton Park

Course Planner: Daniel Orr

Park tour final: Wednesday 13th March

Venue: Booragul Primary School

Course Planner: The Rigbys

Newcastle Night championships: Wednesday 20th March (Don't forget to bring your own Torch)

Venue: Rathmines start times from 7:30pm

Course Planner: Sam Howe



Thursday 14th March

Newcastle Orienteering Club AGM

The AGM will be held on 14th March at 96 Lakeview St, Speers Point, starting at 7:30pm.

Nominations and expressions of interest are sought for the following positions:

- Executive: President, Vice President (2), Secretary, Treasurer - elected
- Non-Executive: Newsletter Editor, Results Coordinator, Event Organiser, Mapping Officer, Technical Officer, Club Coach, Gear Steward, Publicity Officer, Website Manager, Association Delegates, Map Printing, Junior Diary Coordinator - appointed by expression of interest

If you wish to give an expression of interest please email the returning officer Shane Jenkins: shane@newcastleorienteering.asn.au OR mail your signed nomination form to:

Peter Newton, PO Box 133, Jesmond NSW 2299 Phone: 49516257 Mobile: 0438516257

[Written nominations](#) for committee positions should be received by the secretary at least 7 days prior to meeting. The Nomination form, constitution and proxy voting form can be found on the [website](#).

If intending to attend the AGM then please advise the secretary by [email](#) at least 7 days prior (for catering purposes).

Sunday 24th March

9:30 to 11:30am

NOY 1 – GLENDALE



Venue: Glendale Technology High School. From Main Road, Glendale, turn North at Frederick Street traffic lights. After 50m turn right into Clare Street and travel 300m to the School entrance, a large concrete bus bay. Enter the School through a gate at the rear of the bus bay and follow the dirt track for 150m to parking. The administration is adjacent to the School ovals at the rear of the buildings. Toilets and water only.

Map: "Brush Creek" – 1:10,000

Terrain: Typical spur and gully areas, some heavy vegetation in the creeks, forest areas mostly open running. Numerous trail bike tracks in all areas, new tracks have been mapped but do not be surprised if you find new ones!

Courses: While the usual Club bush courses will be offered, in order to support those fit people who completed the recent Street Series Orienteering but who do not have the navigation skills to run through the bush routes, a long EASY course using the track network will be on offer as well.

HARD (Long) - 5.7km, 190m climbing, 11 controls.

HARD (Medium) - 4.5km, 110m climbing, 9 controls.

HARD (Short) - 3.0km, 80m climbing, 9 controls.

MODERATE - 4.5km, 90m climbing, 9 controls.

MODERATE (Short) - 2.6km, 65m climbing, 8 controls.

EASY (Long) - 4.0km, 120m climbing, 11 controls.

EASY - 2.0km, 65m climbing, 11 controls.

VERY EASY - 1.9km, 70m climbing, 14 controls.

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

Planner: Robert Vincent

Sunday 7th April

9:30 to 11:30am

Minor Event – Awaba



Venue: From Toronto head west (toward Freemans Waterhole). 1km after crossing the railway line, turn into Mulbring Street. Watch for O-signs directing you to parking/assembly area. Check website closer to the date for further information.

Map: "Hawkemount" – 1:10,000

Terrain: Typical spur and gully areas, with some heavy vegetation in the creeks.

Courses: To be announced Check website closer to the date for further information

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

Planner: Denis Lyons

Sunday 21st April

9:30 to 11:30am

NOY 2 – O'Donnelltown



Venue: From West Wallsend proceed west along Carrington Street and then Railway Street. Turn right into O'Donnelltown Road and cross over the F3 freeway. Assembly and start are adjacent to the end of tarred section of O'Donnelltown Road. Parking is available on both sides of the road. Check website closer to the date for further information

Map: "O'Donnelltown" – 1:10,000

Terrain: Spur gully with some steeper sections.

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

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

Planner: Peter Newton

Sunday 5th May

Minor Event – Killingworth



Grab a partner and get ready for a novel and hopefully fun orienteering challenge. There's a club trophy to be won!

Concept: "Newcastle Pairs" is intended to be competitive event that incorporates a spirit of camaraderie and fun. While it is a pair's event, you might note that this is not a relay, although the "baton" may be passed on several occasions. Teams of two have the duty to make sure their "baton", in this case an SI stick, travels to every control in the correct order. So long as it is travelling with at least one member of the team the way it gets there is up to that team. This allows teams to either run together to assist each other with any navigational challenges or alternately split up at different stages to minimise run distance and hence fatigue. Obviously you could do a combination of both or you could even have one member go straight to the last control and wait while the other sucker does the whole course. The choice is yours.

History: This event has had a sporadic history being contested at uneven and generally long intervals. The current holders of the trophy are Damian Welbourne and Alex Massey who won it in 2010, albeit that year contested as a normal relay. Prior to that Tim Tew and Glenn Burgess won the cup in 1994 completing a double for Glenn who was also victorious in 1993 when partnering Anthony Darr.

Rules: • Teams will consist of any two people. • Other groupings, including singles will be considered as unofficial. • Teams shall be given 2 minutes planning time prior to starting. • The race will commence via a mass start. • Navigation will be of moderate standard or easier. • The event will utilise SportIdent punching. • Each team shall carry one SI stick between them. • The SI stick must visit every control in the correct order. • SI sticks of one team cannot be carried by another team. • The course utilises pivot controls. You need to register at every visit. • Team members can split up at any time or place they like, but must meet at the last control and then finish together. • Elapsed time will be based on the second member's finish time. • Mobile phones can be carried and utilised for tactical purposes.

Handicap winners: It is hoped that as well as "first past the post", we may be able to incorporate a handicap system although it is doubtful the handicap winners will be known on the day but your timely pre-entry will help facilitate this possibility. Courses:

Venue: The assembly will be located roughly opposite the large electrical substation located in The Boulevard, Killingworth. It can be either accessed via The Broadway, Killingworth or via the dirt road that passes by the West Wallsend Golf Club. When parking, please do not obstruct any driveways or gates associated with the substation.

Map: "The Range" – 1:7,500 **Terrain:** Heavily tracked, undulating spur gully.

Courses: Newcastle Pairs Moderate, Easy, Very Easy
5.9 km (up to moderate navigation) 3.6 km 1.7 km 1.7 km

Note: Distances are indicative and may vary slightly.

Entries: Pairs via pre-entry to Geoff Peel by the 1st May. All other courses are enter on the day.

Start Times: There will be a briefing for the Pairs competitors at 9:45 am followed by a mass start at 10:00 am. Enter on day courses can commence once the Pairs event is underway.

Entry Fee: Normal, pay on day, "bush" fee structure will be applied.

Planner: Geoff Peel 49680977, 0422471353, leebback1@gmail.com **Gear Organisation:** John Linich

Control collection: Anyone interested????

Sunday 12th May

9:30 to 11:30am

NOY 3 – Kitchener



Venue: Travel to Kitchener and then follow Quorrobolong Road south. Assembly will be off Quorrobolong Road Kitchener. Check website closer to the date for further information.

Map: "Southams Road West" – 1:10,000

Terrain: Gully spur with erosion gully detail.

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: Scott Simpson

Saturday 25th May

10:00am

Coaching – Glendale

Easy to Moderate



This is the first Coaching Day, developed for orienteers taking the step from Easy to Moderate standard. Because courses will be set through terrain, long pants are recommended.

There will also be activities for Very Easy and Easy standard.

The activities will follow a briefing at 10:00 am

Venue: From the Glendale Crossroads, Turn right at the lights in Frederick Street (toward TAFE College, 0.5 km). At the end of the Street, follow Orienteering Signs to the assembly area. Parking may be in Frederick Street if we are unable gain access through the gate to the gravel forestry road to the west of the TAFE entrance.

Map: "Brush Creek" – 1:10 000

Entries: People wishing to attend need to contact Geoff Todkill at events or on 49585920 or at coaching@newcastleorienteering.asn.au by Wednesday 22nd May so that maps can be prepared.

Cost: \$5.00, to cover map printing.

Sunday 26th May

9:30 to 11:30am

NOY 4 – Congewai Valley



Venue: From Cessnock, travel towards Wollombi on Wollombi Road. Turn left onto Middle Road towards Paxton. Middle Road becomes Congewai Road. Follow Congewai Road for approximately 16km then follow orienteering signs to parking. Alternatively take Sandy Creek Road and travel through Qurrobolong towards Ellalong. Turn right into Campbell Street then left into Helena Street which becomes Millfield Road towards Paxton. Turn left

onto Congewai Road and follow as above. Check website closer to the date for further information.

Map: "John Elm Creek" – 1:10,000

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: Ian Dempsey

Sunday 2nd June

9:30 to 11:30am

NOY 5 – Pelaw Main



Venue: From Leggetts Drive (main road between Mulbring and Kurri Kurri), turn east at Abermain St, Pelaw Main (O-sign). The assembly will be on a sports field at the eastern end of Abermain St opposite the Primary School. Most parking will be "end in" on the N side of the road. Check website closer to the date for further information.

Map: "Stanford Scrubs" – 1:10,000

Terrain: Relatively flat with an extensive track network

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: Peter & Maria Orr

Newcastle Bush Events 2013

The dates for the 2013 bush orienteering season have been determined and the club is looking for people who are interested in assisting as a vetter, organiser or SI operator. Anyone interested should talk to Andrew Power, Denis Lyons, the course setter or email president@newcastleorienteering.asn.au

Month	Event	Location	Course Planner	Course Vetter	Organiser	SI Operator
24 March	Newcastle – NOY1	Brush Creek	Rob Vincent		Malcolm Roberts	Malcolm Roberts
7 April	Newcastle – Minor	Hawkemount	Denis Lyons			Malcolm Roberts
21 April	Newcastle – NOY2	O'Donnelltown	Peter Newton			Malcolm Roberts Gayle Quantock
5 May	Newcastle – Minor	The Range/Burkes Creek	Geoff Peel			
12 May	Newcastle – NOY3	Astley's Tower	Scott Simson			
25 May	Coaching - Easy to Moderate	Brush Creek	Geoff Todkill			
26 May	Newcastle – NOY4	Congewai Valley	Ian Dempsey			
2 June	Newcastle – NOY5	Stanford Scrubs	Peter & Maria Orr			
16 June	Newcastle – Minor	Wallaroo	Bjorn Mella	Stuart Kurtz	Stuart Kurtz	
24 June	Hunter Schools Championship	Barnsley	Geoff Todkill		Colin Bailey	
30 June	Newcastle – NOY6	Belford	Shane Jenkins	Toy Martin	Merrilyn McSporrان	Gayle Quantock
14 July	Newcastle – NOY7	Heart Rate Hills	Denis Lyons			
20 July	MTBO–State Championships	Taree – Kiwarrak	Andrew Power	Tim Hackney	Tim Hackney	Malcolm Roberts
21 July	MTBO–State Championships	Taree – Kiwarrak	Malcolm Roberts	Carolyn Matthews	Carolyn Matthews	Malcolm Roberts
27 July	Coaching – Moderate to Hard	Cocked Hat Creek	Geoff Todkill			
28 July	Newcastle – Minor	Mining Mystery	David Messenger	Denis Lyons		
4 August	Newcastle – NOY8	The Chimney	Angus & Steven Roberts	Scott Simson		
11 August	Newcastle – Minor	Barnsley	Colin Bailey	Graham Fowler		
24 August	MTBO – NSW Super Series	Killingworth	Graham Fowler			

25 August	MTBO – NSW Super Series	Wallaroo	Greg Bacon			
1 September	Newcastle – Minor	Sugarloaf	Andrew Morris	Denis Lyons		Gayle Quantock
8 September	Newcastle – Hunter Valley Championships	Gretley	Denis Lyons			
21 September	NSW - Middle Distance Champs	Blue Gum Hills	Denis Lyons	Geoff Todkill	Greg Bacon/Toy Martin	
22 September	NSW - Long Distance Champs	Sand Dunes	David Kitchener	Rob Vincent	Greg Bacon/Toy Martin	

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.

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 44.

Your club coach again this year is Geoff Todkill.

During this year I hope to continue to help people develop their orienteering skills. I will be available to discuss orienteering techniques at various levels, and also to run coaching sessions where I will set up practice exercises.

At minor events, we are able to mark our maps before we start, so people who would like to discuss their course, or wish to try more advanced courses have the opportunity to talk with me before they set out.

At NOY events, our maps are pre-printed, so I will be happy to discuss your course on your return.

If you are interested in the practical coaching activities please see me to arrange the fine details.

There will be two dedicated coaching days this year. People wishing to attend need to contact Geoff Todkill (coaching@newcastleorienteering.asn.au or 49585920) in advance so that maps can be prepared.

Club Coaching Day 1. (Easy to Moderate) Saturday 25th May

Venue: Glendale

The first of the coaching days for this year is developed for orienteers taking the step from Green to Orange standard.

There will also be activities for Very Easy and Easy standard.

The activities will follow a briefing at 10:00 am

Club Coaching Day 2. (Moderate and Hard) Saturday 27th July

Venue: Cameron Park

The second of the coaching days is developed for orienteers at Moderate and Hard 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.

The Coaching Page has been in recess over the summer, but I'm hoping that you have still been active in the development of your navigation techniques. As you have probably noticed, I have not been competitive in the Street Series as I have my sights set on training for the Australian 3 Day events during Easter. My strategy has been to visit all control sites each week and so use the Wednesday as a long fitness training session. I must compliment all the course planners, this year, as they have set options to challenge orienteers to make route choice decisions regardless of the distance covered.

The Park events challenge us to refine our technique under a bit more pressure in competition. Correct technique must be used to read the finer details on the map to navigate accurately to the control, while be aware of the exit direction, and pre-read the control number and description (termed 'control flow') so as to not lose time in the circle.

This may sound like a broken record but I cannot stress enough that regardless of the difficulty of the course you are completing, you should always have a plan and execute it consistently.

In the newsletters in 2012 I began a series of articles detailed some intermediate navigation skills. In the coming newsletters I will continue with that theme, but progress to some more advanced techniques for navigation techniques required for moderate and hard courses. It would be worthwhile, to revisit the intermediate techniques. All previous Coaching Pages are available on the NOC web site under the Coaching link.