

# ORIENTEERING in NEWCASTLE



The Newsletter of  
Newcastle Orienteering Club Inc.  
Issue No. 224  
June 2013

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

## News

### Mentors

As a way to develop your skills, learn new techniques and share the wealth of orienteering knowledge that members of the club can offer and to help you tackle your orienteering course the club has decided to develop a mentoring program.

You might not be the fastest Orienteer around but perhaps you contour well? Keeping map contact challenges others but you've worked it out! Just when are you in the circle?

und familiar?

Most orienteers have skills to share, and some to work on. But would you like to share your experiences with developing orienteers in our club? We are looking to support our fellow club members in a mentoring situation. It won't be "run with a gun" – unless you want to learn that skill.

How is it going to work?

At one club minor event we would ask that a mentor work with another orienteer on a particular skill they are having trouble with or don't fully understand. This would involve some discussion prior to going out on the course; shadowing on (or part of) the course then discussion afterwards. This would still allow the mentor time for their own course.

Will it be every week?

With such a wealth and depth of orienteering knowledge within the club it is anticipated that the group of mentors would be available at each minor event but that each mentor would only offer their services for one event.

Would you like to be involved?

If you would like to be involved as a mentor email [Carolyn Rigby](mailto:Carolyn.Rigby@newcastleorienteering.asn.au) or see her at an event. Would you like some brushing up on "that" skill that eludes you? Or if you "always have trouble with ..." talk to Club Coach [Geoff Todkill](mailto:Geoff.Todkill@newcastleorienteering.asn.au) to isolate the problem and then arrange a mentor session.

### Course Safety

For all new orienteers and a reminder to those who have been around for a while

1. Please don't forget to report to the finish and download into both SI units on the finish desk after your run. ESPECIALLY if you were unable to finish for whatever reason.
2. Please fill out your entry slip completely (including car registration and contact phone number). We need to know the car you turned up in and a contact number to ensure your safety. These details allow the organisers to determine if people are still out in the bush after course closure.
3. Please try and return to the finish area by course closure 1pm or you may risk being disqualified. This allows the organisers and volunteer's sufficient time to determine who may be still out in the bush and decide on the best course of action to locate these people. This also ensures that control collection and event pack up can be undertaken in a timely manner.
4. In an instance where you do become severely disorientated (geographically challenged) please try and use the safety bearing, printed on the map, to return to the finish. If you do not feel confident using this option and happen to find a control, please stay near the control and wait. It

is more likely that you will be found near a control during the event or when control collection commences.

5. In the event that you are injured and feel that you cannot make your way back to the finish please follow the below instructions on whistle use.

## Course Safety – Whistles

All orienteers are encouraged to carry a whistle when competing in bush events:

1. To use should they become disabled on the course.
2. As a reminder of the need to offer help upon hearing a whistle distress call

### **THE DISTRESS CALL IS THREE SHORT WHISTLE BLASTS REPEATED AT REGULAR INTERVALS.**

A disabling injury necessitating whistle use would be something like being impaled on a stick, dislocated knee, having a heart attack.

Competitors hearing the distress call should forget their next control and seek out the injured person. Upon locating the person in distress, continue to use a whistle to summon other competitors to help. Someone should stay with the injured person whilst another immediately reports to the finish desk to seek whatever emergency assistance is required. It is rare for a competitor to become immobilised on a course, but it has happened. There have also been instances where a competitor has unknowingly run off the map and been unable to return by course closure time. Technically, that should trigger a coordinated search, so having a whistle would assist in the search.

Non-magnetic whistles are in short supply, but Margaret Peel has a supply available for sale at events. Please purchase one for everyone in your family, talk about its correct use, and get used to the idea of wearing one. Of course, 'correct use' does not involve skylarking. Abuse of the whistle (perhaps causing someone to abandon their course unnecessarily) will almost certainly result in disqualification of the offender.

*\* The ONSW reckons it should be six whistle blasts, but this is too much for a seriously injured person, and is out of step with the three (whistle blasts, shots, cooees, fires,...) used by bushwalkers and rescue organisations worldwide.*

*Such organisations vary in recommended responses (eg during searches) but the best one to use is probably the simplest (as in the Hobart Walking Club's booklet "Safety in the Bush")*

#### **Distress signal by lost/injured party:**

Three signals repeated at regular intervals

#### **Searchers looking for lost party**

One signal, irregular intervals

#### **Acknowledgment of distress signal**

Searchers give one signal

#### **Recall signal**

Two signals, repeated after a minute

(But if mobiles work in the area, use them instead!)

## ONSW Annual Report

Orienteering NSW has released the 2012 annual report. It can be found here <http://onsw.asn.au/documents/annual-reports/ONSW%20Annual%20Report%202012.pdf>.

### **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.

# Upcoming Events

Sunday 16<sup>th</sup> June

9:30 to 11:30am

## Minor – Wallaroo



**Venue:** Two areas have been prepared with the final decision to be made in the week before the event based on the preceding weather conditions.

**Area 1:** Follow Pacific Highway 14 km north from the roundabout at Heatherbrae and turn Left into Italia Road. After approximately 4 km turn right into Lone Pine Road (O-sign).

Take great care driving from here on as there are some deep, hard to see pot holes. After 3 km turn left at T intersection, follow for 300m and turn Right. Parking will start at top of hill 1/2 km after last turn. There will be up to 400m walk to assembly area. Please leave the closest parks for people with prams etc.

**Courses:** This will be a score event featuring The Best of Wallaroo, with a mixture of Moderate and Hard controls. Easy and Very Easy courses also available.

**Area 2:** Follow Pacific Highway 16 km north from the roundabout at Heatherbrae and turn Left into Nine Mile Road. Follow signs to parking.

**Courses:** To be confirmed should this area be used.

Check [website](#) closer to the date for further information and to confirm the final location.

**Map:** "Wallaroo" – 1:10,000

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

**Entries:** Enter on the day, from 9.30am to 11.30am. Course closes at 1.00pm. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Planner:** Bjorn Mella

Monday 24<sup>th</sup> June

from 9:30am to 2:30pm

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



**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 Boulevard" (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:** " Barnsley West " (1:7500)

**Terrain:** Open spur and gully, with some thicker areas in the creeks.

**Courses:** Students complete two courses on the day. The first course is a line course based on age. There will be a short break and then students attempt the second, which is a 45 minute score course.

**Entries:** Must be made in advance, by Friday 14th June. Entries to Colin Bailey at Merewether High (see entry form attached)

**Planner:** Geoff Todkill

NB. Any club members who are willing to help out on the day, are asked to please contact Colin Bailey or Geoff Todkill.

## 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](mailto:danielorr86@gmail.com).

Sunday 30<sup>th</sup> June

9:30 to 11:30am

## NOY 6 – Belford



**Venue:** From Branxton travel toward Singleton on the New England Highway. After 4.4 km from the traffic lights at Branxton, turn right into Kirkton Road (signposted "Lower Belford"). This turn is just after the end of all of the road works for the new Hunter Expressway. Travel along Kirkton Road and park on the roadside. Please be aware of other traffic on the road. The assembly area is on the eastern side of the road. There are no toilets or facilities at the

park.

Note: "No dogs at Orienteering events" is an Orienteering Australia policy. As it is a National Park area, there is a strict NPWS "No Dogs" policy for Belford also. Please do not bring dogs as this would put our access to the area at risk.

**Map:** "Belford National Park" – 1:10,000

**Terrain:** Mostly easy open running with a few gully's.

**Courses:** Standard NOY range of courses (8) available. Very Easy, Easy (2x), Moderate (2x), Hard (3x)

**Entries:** Enter on the day, from 9.30am to 11.30am. Course closes at 1.00pm. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Planner:** Shane Jenkins

Thursday 11<sup>th</sup> July

7:30pm

## Newcastle Orienteering Club Meeting

Club meetings are open to all members of the club. If you have ideas on club activities, please come along and share them. For information regarding the location of the meeting please talk to Andrew Power.

Sunday 14<sup>th</sup> July

9:30 to 11:30am

## NOY 7 – Awaba



**Venue:** From the F3 freeway, travelling in either direction take the Toronto exit and proceed east, towards Toronto for 2.5km then turn right into Shonnala Street.

From Toronto proceed west towards the F3 Freeway along The Boulevard, which becomes Awaba / Cessnock Road for 6km. Turn left into Shonnala Street approximately 1.75km from the bridge over the railway. Follow Shonnala Street for approximately 750m until it becomes a forest track. Continue straight ahead for another 500m to assembly area. Park where possible beside this track where it allows access for through traffic. A turning area will be left close to the assembly.

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

**Terrain:** Typical spur gully

**Courses:** Standard NOY range of courses (8) available. Very Easy, Easy (2x), Moderate (2x), Hard (3x)

**Entries:** Enter on the day, from 9.30am to 11.30am. Course closes at 1.00pm. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Planner:** Denis Lyons

Sunday 27<sup>th</sup> July

9:30 to 11:30am

## Coaching Day – Moderate to hard



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 the briefing at 10:00 am.**

**Venue:** From the Newcastle Link Road, turn left at the Cameron Park Drive roundabout (this is the last roundabout before the F3 freeway) and head south towards West Wallsend for 800m.

Turn left for parking in the powerline clearing.

If travelling from the West Wallsend end please continue on to the Industrial Estate and complete your U turn at the intersection and return to turn left into the powerline clearing.

**Map:** "Cocked Hat Creek" – 1:10,000

**Entries:** People wishing to attend need to contact Geoff Todkill ([coaching@newcastleorienteering.asn.au](mailto:coaching@newcastleorienteering.asn.au) or 49585920 by Wednesday 24<sup>th</sup> July so that maps can be prepared)

**Planner:** Geoff Todkill

**Cost:** \$5, to cover map printing.

## NSW MTBO Championships for 2013



Newcastle Orienteering Club is organising the NSW MTBO Championships for 2013. The events are scheduled for 20<sup>th</sup> & 21<sup>st</sup> July 2013 at Kiwarrak State Forest near Taree.

Organising and planning is underway and the club is looking for people who are interested in being involved as course setters, organisers and other volunteers. Anyone interested should talk to Andrew Power or Malcolm Roberts or email

[president@newcastleorienteering.asn.au](mailto:president@newcastleorienteering.asn.au)

**Entries:** For further event information and entries see the [website](#).

Sunday 28<sup>th</sup> July

9:30 to 11:30am

## Minor – Pelaw Main



**Venue:** Two areas for parking have been determined, with the final decision to be made closer to the event. Check [website](#) closer to the date for further information.

**Parking Option 1 via Tarmac Road (NW Corner of map):** Travel to Kurri Kurri and follow signs towards Cessnock. Heading west out of Kurri Kurri before crossing the bridge over the railway line turn left into Appleton Avenue then left into Hospital Road towards Kurri Kurri

Hospital. Follow this road and look for O signs directing you to the parking and assembly areas. Parking may be limited. 300-500m walk to start (no direct vehicle access).

**Parking Option 2 via Tarmac/Dirt Road (W edge of map – meaning slightly closer to start):** Travel to Kurri Kurri. Access via Hunter Economic Zone (HEZ) Industrial Business Estate to the south west of Pelaw-Main off Kurri-Kurri Mulbring Road. Within HEZ at roundabout turn right (east) and drive to end of tarmac road. Look for O signs directing you to the parking and assembly areas.

**Map:** "Mining Mystery" – 1:10,000

**Terrain:** Classic Newcastle spur-gully terrain, gently undulating, intricate track network, patches of mining detail, typical Newcastle vegetation variability and good visibility. Full body cover recommended

**Courses:** Very Easy, Easy, Moderate, Hard Short, Hard Long. May be expanded – 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. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Planner:** David Messenger



Sunday 4<sup>th</sup> August

9:30 to 11:30am

## NOY 8 – 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. There will be a short 200m walk to the assembly area south of Abernethy House – follow signs. Parking is on Ferguson Street please take care not to block any private driveways. Check [website](#) closer to the date for further information.

**Map:** "The Chimney" – 1:10,000

**Terrain:** Middle distance format with pivot controls on some courses. Open runnable forest and complex spur / gully with some steep sections. Beware of mine subsidence in the area.

**Courses:** Standard NOY range of courses (8) available. Very Easy, Easy (2x), Moderate (2x), Hard (3x)

**Entries:** Enter on the day, from 9.30am to 11.30am. Course closes at 1.00pm. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Planner:** Angus and Steven Roberts

Sunday 11<sup>th</sup> August

9:30 to 11:30am

## Minor – O'Donneltown



**Venue:** From West Wallsend proceed west along Carrington Street and then Railway Street. Turn right into O'Donneltown Road. Look for and follow O signs directing you to the parking and assembly area. Parking will more than likely be on O'Donneltown Road. The start and assembly area will be a short walk down a dirt track to the Northern side of the freeway underpass. Check [website](#) closer to the date for further information.

**Map:** "O'Donneltown" – 1:10,000

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

**Courses:** Very Easy and Easy as normal. Moderate and Hard Long and Short to be as follows.

The courses will be split into 4 parts, first quarter to be map memory, 2nd quarter missing marker, 3rd quarter control descriptions without codes and dummy controls so you need to be confident of your location before you punch, last quarter competitors choose approx. 3/5 controls from a choice of 6/7.

At present SportIdent will only be used for timing, not for proof of visiting control sites

**Entries:** Enter on the day, from 9.30am to 11.30am. Course closes at 1.00pm. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Planner:** Colin Bailey

Saturday 24<sup>th</sup> and Sunday 15<sup>th</sup> August

## NSW MTBO SS 2013



**Saturday:** Warnervale – New Map!

**Sunday:** Wallaroo – “Wallaroo” – 1:15 000

Further details will become available closer to the date on the Mountain Devils [website](#).

**Entries:** Pre entry via the mountain devils [website](#).

Sunday 1<sup>st</sup> September

9:30 to 11:30am

## Minor – 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:** Gully spur with some steep sections, rock detail and thick vegetation in some places.

**Courses:** To be confirmed closer to the date.

**Entries:** Enter on the day, from 9.30am to 11.30am. Course closes at 1.00pm. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Planner:** Andrew Morris

Sunday 8<sup>th</sup> September

9:30 to 11:30am

## Hunter Valley Champs – Wallsend



**Venue:** Travel to Downie Lane Wallsend. Check [website](#) closer to the date for further information

**Map:** New Map “Gretley” – 1:10,000

**Courses:** See table. 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.*

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

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

The **Medium Hard**, 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 time to suit you, 9:30-11:30 Courses close at 1:00pm. Please ensure you start your course with enough time to complete it prior to course closure or you may be disqualified.

**Course Planner:** Denis Lyons

Courses and Age classes at the Hunter Valley Championships		
Course	Men	Women
<b>Long Hard</b>	Open A M 40+ A	
<b>Medium Hard</b>	M19-49AS M50+ A	W Open A W40+ A
<b>Short Hard</b>	M18A M50-59AS M60 +A	W18A W19-49AS W50+ A W60+A
<b>Long Moderate</b>	M Open B	W Open B
<b>Short Moderate</b>	M18B	W18B
<b>Easy</b>	M14A	W14A
<b>Very Easy</b>	M12A	W12A

Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> September

## 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 21<sup>st</sup> & 22<sup>nd</sup> September 2013 at Blue Gum Hills and Kitchener.

Organising and planning is underway and the club is looking for people who are interested in being involved.

Anyone interested should talk to the organisers Greg Bacon or Toy Martin.

**Entries:** For further event information and entries see the [website](#)

## 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 being involved as course setters, organisers and other volunteers. People with no or limited experience, are encouraged to become involved and assistance/advice will be provided by more experienced orienteers. Anyone interested should talk to Andrew Power, Denis Lyons, the course setter or email [president@newcastleorienteering.asn.au](mailto:president@newcastleorienteering.asn.au)

Month	Event	Location	Course Planner	Course Vetter	Organiser	SI Operator
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 McSporran	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	Kitchener	David Kitchener	Rob Vincent	Greg Bacon/Toy Martin	
27 October	Newcastle – Minor					
3 November	Barnsley – Du-O					



# Coaching Page

No 45.

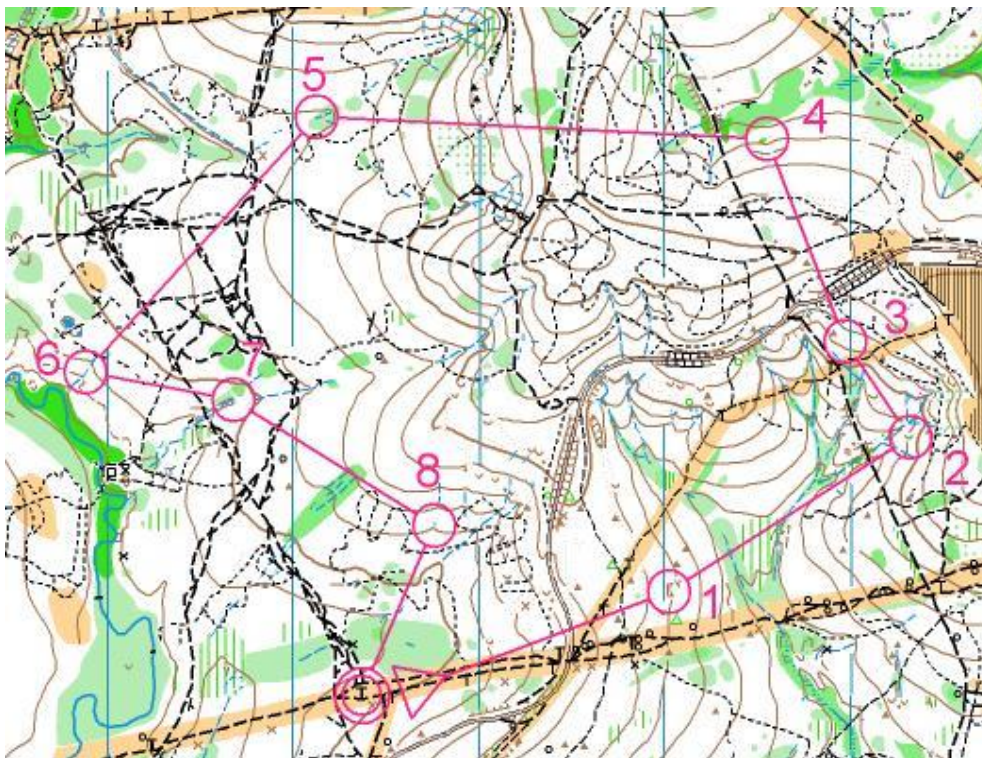
In the newsletters in 2012 I began a series of articles detailed some intermediate navigation skills. In the coming newsletters I will continue with that theme. It would be worthwhile, to revisit the intermediate techniques. All previous Coaching Pages are available on the NOC web site under the Coaching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

## Section 2 Intermediate Techniques (continued)

In particular I detailed techniques of: Compass Bearings, Contour Interpretation, Collecting Features and Aiming Off.

Here the second exercise from the first Coaching Day (Easy to Moderate) from this year, where I set some route choice exercises for the participants. The idea was to give them choices as to how they should navigate to the attack point, and also recognise the collecting feature.

Remember that I am an advocate of the Traffic Light System (Green Light - faster movement early in the leg with rough navigation; Orange Light - slower, increasing accuracy of navigation close to the attack point; and Red Light - careful pacing and navigation into the control). For this exercise, I'd like you to draw the route choice options for each leg, and identify the intermediate points that you intend to use along the leg, to ensure you maintain map contact. Then label each section of the leg with the skills required to execute that section of the leg.



Finally, I'd like to offer my congratulations to club members, Andrew Morris and Kate Alborough. They met at the Easy to Moderate Coaching day and three years later were married on the same day as the Easy to Moderate Coaching day. Just goes to show how productive these Coaching days can be!

- Geoff Todkill

Monday 24th June

from 9:30 a.m.

**WEST WALLSEND**

**37th ANNUAL HUNTER REGION SCHOOLS ORIENTEERING CHAMPIONSHIPS 2013.**

**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: "Barnsley West" – 1:7500**

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 31/12/2013. ie. 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 14th June.**

This pre-entry is essential to ensure that there will be sufficient maps available on the day.

**Entry fee: \$10 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 16<sup>th</sup> 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