

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

Incorporated Association Registered Number A0003225B

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Issue 193

July 2020

A couple of weeks ago I was hoping that I could fill this issue with good news - that we were looking forward to big events and travelling. Instead, we seem to be taking forwards and backwards steps along a very long and winding road - not just for orienteering, but for life in general. Living with constant change and uncertainty is difficult. Planning ahead is almost impossible. Anything that resembles normality is to be embraced. We've all learned to appreciate the small things.

Normally we'd have lots of stories and photos from events, plus a list of diary dates to look forward to. This issue will be short and sweet - but we do have a nostalgic look back at some of your editor's favourite pictures from the past.

As of July 9, we in Melbourne are back in lockdown, while those lucky enough to be outside the metro area can at least orienteer at Bendigo. Park Street orienteering made a brief return, but now it's back to DIY courses in your own time, for at least the next 6 weeks. We're taking a collective breather and setting our sights on Summer Series for a return to competitive street orienteering; hopefully we can have some more informal group events during September, as we did very successfully during June.

MelBushO is also postponed for 2020, due to the lead time needed to process permits, even if restrictions lift in mid August. The RMIT Sprint Double is on hold until 2021, when hopefully we can make it a social occasion as well as two great sprint races.

The Melbourne City Race on November 29 is ploughing ahead, with mapping and course planning well under way.

We held a successful training day at Cardinia Reservoir in June, with over 50 orienteers happy and excited to be out in the forest, on courses designed using the permanent controls. If restrictions permit, we'll do more of the same, using other permanent or tagged courses such as Brimbank or Westerfolds. The maps from Cardinia can be printed and used for Anytime orienteering. Huge thanks to Peter and Denise, who helped organise a long but worthwhile day.

[Cardinia Training - 5 km and 3 km line courses](#)

[MapLink and DIY Orienteering](#) - hundreds of Park Street and other maps for anytime orienteering

Cardinia Reservoir Park

Scale 1:7500
Contour interval 5m

Cardinia Reservoir
Training 20200621

5 km	5.2 km		
▶		▲▲	◡
1 7	▲		
2 10	↘		
3 8	↓▲		
4 9	↘	<	
5 15	↘	<	↘
6 21	↘	<	
7 24	↘		
8 6	○		
9 31	○		○
10 5	●		
11 28	▲▲		◡
12 29	▲▲		◡
13 2	▲		
14 32	↘		
15 13	▲		
○	85 m	○	



magnetic north

Legend

- road-sealed / car parks
- building/teeing platform
- concrete slab
- tracks and paths
- boardwalk
- bridge
- fence, low/uncrossable
- man-made object
- cliff / earth bank
- rocky ground / gravel
- boulder cluster/boulder(s)
- contours / inbounds
- large pit / small pit
- watercourse / creek
- marsh / wetland / pond
- pond/reservoir
- fire hydrant
- open land
- rough open land
- thick bush / very thick bush
- blackberry
- undergrowth (bracken)
- distinctive tree
- dry ditch
- out of bounds

Yarra Valley Orienteering Club website yvoc.com.au
 Orienteering Victoria website www.vicorienteeing.org.au
 Cardinia Reservoir Park first mapped by Yarra Valley Orienteers in 1992
 Updated in February 2016

0 100 200 300 400 500m

WHO'S BEEN DOING WHAT

As we start to catch up with people again, it's been interesting to hear about everyone's "iso projects" (see The Great Trestle Project on following pages). Here's a few:

- Pete - building jigsaw bears
- Ilze - cleaning up sawdust
- Bev - sewing colourful face masks
- Ainslie and Pete - setting courses on their bikes
- Denise and Peter - daily bike rides
- Tina - knitting (what else ...)
- Peter D and Stuart - mapping and course planning for the Melbourne City Race
- Prez Peter and Kristy - waiting for the baby to arrive!
- Christine - enjoying 5 star meals and accommodation courtesy of the Tassie government, after spending half a term trying to teach French via remote learning
- Ian - online shopping and JobKeeper webinars
- Debbie - endless rewriting of Return to Sport guidelines
- Everyone - learning how to use Zoom!



DROC SHOP

The DROC Shop is still open for business remotely, and ready to get you kitted out for 2020 and beyond! We sell Sportident sticks (including SI Air sticks for those who want to speed up their race), Pro-Tech gaiters, fingerbands, and Silva headbands. [Prices can be found here](#). Order by sending an email to droc@inet.net.au.

We also have a range of running tops and jackets, in various designs and sizes. Contact [Peter Yeates](#) to find out what's in stock.

LIFE IN LOCKDOWN - THE GREAT TRESTLE BUILDING PROJECT - Ian Davies

Introducing the new DROC indoor sprint control trestle designed and built by Peter Yeates with assistance from Ian Davies.



The original concept was that we would make 25 from the sheets of plywood that had been used to display race results at orienteering carnival events (before Jim and his electronic screens). It's certainly taken quite a bit longer than I anticipated to make them; and due to an unforeseen shortage of material, and my ability to make large things smaller exceeding my ability to make accurate measurements, I now have lots of sawdust, a big collection of small pieces of plywood and, ahem (a clearing of the throat) less trestles than originally desired.

Being a person who has reached the stage in life when I can nearly claim to be chronologically challenged, most of my woodworking equipment is in inches, which is I guess how Peter designed the stand in the first place. I am ashamed to admit that while making some parts according to Peter's dimensions I somehow managed to substitute centimetres for inches, and even worse, in one case; millimetres (I still can't believe that I did it without realising that something was wrong).



In case you were just reading the words and only made a cursory glance at the photo on the left, here is the detail that you may have missed. The magnifying glass is included for obvious reasons:



So there I was surrounded by pieces of plywood and piles of sawdust, and I got to thinking why it was that Peter had been pushing his design skills with that super-duper roll holder when the control stand he had just designed was clearly superior. The control stand will hold 3 rolls of two ply compared to just a single roll of one ply. I'm not the panic buying type.



That got me thinking. The accidental 1:2.54 trestle is even better than his super-duper roll holder.

Witness the sleek design using interlocking polished softwood veneers. A minimalist classic.

When I originally started writing this piece I was all set to extol the virtues of the indoor sprint control trestle. I even took a photo of it fitted with a comfy custom fitted cushion for use as a stool, (perhaps fortunately) before I tested it.



I won't go into details of what happened during the test other than to admit that the 'after' photo would have been somewhat like image two, and that it contributed both to the numeric shortfall of completed stands and the elapsed time.

The 1:2.54 however was a natural as a stool. The relative reduction in potential energy is advantageous, the base to apex ratio more appropriate and I believe you

will agree that the rounded contours of the cushion no longer clash with the verticality of the sides giving an aesthetic that is considerably more pleasing to the eye.

Relaxing on my prototype 1:2.54 enjoying the autumn sun while listening to the gentle breeze in the trees, I marvelled in the way that the inadvertent substitution of measurement units had resulted in the creation of such a versatile object. So far I've shown you the paper roll holder and stool but this piece is just so versatile. Here is a selection of other possibilities:



A trophy



A painters drying rack



A notice holder. Notices will now be in your line of sight on the table rather than taped to the rim of the tent or edge of the table where they are all but invisible to a person of normal stature standing at the table.

A knitting wool keeper. For knitters who don't own a cat, 'loosing the ball' can be a problem, so here's the solution.





Lastly my favourite: A cup cake holder. Mmmm, cup cakes.



Note the anti-slip edging to the cutout. Engineers amongst you may be interested to know that paper cup cake holders have 45 folds (I counted them).



The versatile 1:2.54 trestle is available in a self contained pack of 5 weighing in at just 6 kg and as a limited time special offer we are including one complimentary box of street O control cards with each set. These trestles are ideally suited to anyone whose garage is so full of orienteering 'stuff' there is little room for more.

PREZ SEZ - Peter Hobbs

Well... three months have ticked by since the last issue of Punchline. Good news is that orienteering is returning, albeit slowly, via training and small-scale events utilising the "20 people at a time" rule. The not so good news is that Corona in Victoria seems to be returning. No one is brave enough to use the phrase "second wave", even though this appears an accurate description. A bit like no one wants to say "it is the recession we had to have" or similar, even though we are now in recession due to Corona.

Unfortunately the Australian Orienteering Championships and Schools Championships have been cancelled, although there really was no other option given the uncertainty around travel restrictions and long lead times required to stage the event. I feel for the students that miss out on the Schools Championships as this is the highlight of the year for many, whereas for us older ones (hang on, I'm not old yet!) Aus Champs is not necessarily the ultimate highlight of the year and we know it will roll around next year. The difference for the students is that (a) inclusion in the state squads is via selection only, (b) there is no guarantee of selection "next time" or if you are in year 12 there is no "next time", (c) there is high level international competition against New Zealand, and (d) you get to attend The Disco. By 2021, let's hope Corona is gone and Aus Champs and Schools Champs can return.

I've participated in two training events post-lockdown; one at Cardinia Reservoir and another at Panton Hill. It was really fun to get back to some sort of proper orienteering, where you are in a race against yourself, visiting new controls on new courses and maps. Locating streamers and permanent control

markers does not quite elicit the same excitement as control flags and SI units, but you know you've earned it when you find a tiny streamer as opposed to a control flag which may have been visible from some distance away. The Panton Hill map offered spur/gully and goldmining terrain within a compact area, just large enough to eke out a 5km event, but hilly enough to make it feel like 10km. Plenty of kangaroos too and a nice drive out there via the picturesque Kangaroo Ground.

Cardinia Reservoir was similarly hilly and also very wet in parts underfoot, although this is to be expected in the lower sections of the map. I was not aware how many permanent controls there are on this map; they are everywhere, but can be difficult to spot, especially, as Peter Yeates reports, when many of them were originally installed in the 1990s. It appears that some of the features on the map that existed then, either do not exist now or have changed, making some of the controls difficult to find. But this is still a fun map across a relatively large area with many terrain types including spur/gully, granite, open areas and lots of kangaroos and deer.

Lastly, for those that don't know, my partner Kristy and I are expecting a baby girl in early July. We are very excited and looking forward to meeting her. Kristy says she must be a runner, judging by the regularity and strength of kicks. We shall see...

(still waiting for bub to make an appearance at time of writing - Ed.)

Happy Orienteering,
Peter Hobbs

THE LONG AND WINDING ROAD

Since the last issue of Punchline at the start of April, it's been a long and convoluted path to get back to what we recently achieved - a return to competitive orienteering!

Here are the steps we've taken:

March 22 -

- the last competitive event in Victoria is held - DROC's mountain bike event at Silvan.
- all events from March 23 postponed or cancelled indefinitely; last two weeks of Park Street Summer Series called off immediately

March 23 -

- DIY Library and MapLink established, and unused Summer Series maps added for anytime use.
- Virtual PAS scoring also set up for self recording results

March 31 -

- Victoria enters Stage 3 restrictions, with individual exercise being one of only four reasons for leaving home

April -

- *Set, Send Share* initiative set up to boost number and range of MapLink courses. Thirty new courses added in April alone, many by first time course setters

May -

- first easing of restrictions allows people to exercise in groups of 10 from May 11.
- Informal meetups organised using MapLink courses.
- Another 25 new courses added during May, taking total to over 60.
- DROC and other clubs set up map archives.

June -

- return to sport! Training activity permitted for groups of up to 20.
- Park Street Preseason sessions begin, using online signup sheets and virtual scoring.
- Average 50 participants at a time, across three separated sessions.
- Maps are added to the MapLink Library, which has over 80 maps by the end of June.
- Bush training sessions held at Cardinia Reservoir.



- OV completes its initial Return to Sport plan, which is approved by Sport and Recreation Victoria

June 22 -

- return to competitive community sport permitted, under strict conditions.
- Bendigo Orienteers plan first Saturday bush events.
- Park Street begins planning to resume in early July.
- MelbushO plans to resume on July 19, subject to ongoing negotiations with landowner permits

July 1 -

- Victorian government announces restricted postcodes, requiring some events to be relocated.
- No change to rules for community sport, allowing orienteering to continue
- Brimbank Park training and RMIT Bundoora Sprint Double postponed

July 4 -

- Park Street winter series restarts successfully, with 60 people at Chirnside Park.
- Bendigo holds its second bush event.
- Victorian government locks down housing towers.

July 9 -

- Melburnians plunged back into 6 week lockdown; orienteering events in the metropolitan area on hold until at least mid August
- MapLink and DIY re-established; Winter Park Street series cancelled; MelBushO series cancelled

The future - ???

Lockdowns and continuing restrictions will see more events relocated, postponed or cancelled. Interstate travel is off the cards for Victorians for a while. We hope to have some training events in August and September, and get back to competition in October, all being well.

As Victoria regains control, caps on participation will gradually lift again. However, hygiene and physical distancing will be here to stay. Pre-entry and prepayment, contactless punching, cleaning and disinfecting, online results - all things we need to get used to.

Keep up to date by visiting the Orienteering Victoria [Return to Orienteering](#) web page.



Catching up with friends at Abbey Walk (above)
Pam and Peter set off at Abbey Walk (right)
Ian at Abbey Walk (above right)



YES! IT'S SHEEP STATIONS - Peter Yeates

On Saturday July 4th loud celebrations were heard across Melbourne's outer eastern suburbs. Not to remember the birth of a North American republic, but the return of competitive Park and Street Orienteering as lockdown conditions ease. At 2:00pm in Chirnside Park, the first of the almost 60 entrants took off in their respective groups of 20 and at the required social distance. For some weeks now we have been able to do this at various times but this was different, it was for real, there would be winners and sad tales but most importantly there would be MILLENNIUM POINTS.



Over the many months of lock-downs, orienteers had come up with many an inventive way to keep up their fitness levels with runs on maps. There was the DIY run on old maps. Maplink, putting up courses that had been set but could not be used. Then came unofficial training in self organised groups of 10 and in the last few weeks came "signup sheets" for organised coaching and training in groups of 20.

Most of the DIY courses were self-timed or used maprun or strava/garmin tracks. Results were self-posted on line in the Virtual Park and Street scoring system. Ian Dodd posted the first result for a run at Bennettswood on the 25th of March (with a suspiciously high 12 controls visited in 29:33mins.) and subsequently more than 600 others have posted their times and scores.

But all this did not just not just happen overnight. At Saturday's event a small presentation was made to one of the many heroes who, from the beginning, were determined not to let our sport fade away. Our particular thanks go to the group who wrangled "Google Sheets" into place for the virtual scoring system and later the signup sheets. Then the high-level team who continue to wrestle with the authorities to get permissions and understand the rule changes that come with each level of lockdown. To Lauris and Ian Stirling and to Warwick Davis for their efforts with Maprun and Ian Davies for turning up again on Tuesday mornings to let another 20 people go for a run on the previous night's course.

We owe much to these and many other Orienteers, but the presentation went to the person who worked the

hardest. With stubbornness, determination and hours of patience it was Debbie Dodd,

Lockdown Hero, who did this for us.



We were back and it was cold and it was wet and occasionally it was very steep but it was for sheep stations. So, don't just sit there on the couch - sign up and if you are able, get out there and participate and don't forget to thank these people as you run past. Remember virtual hugs are still permitted.

Unfortunately just a few days later we were locked down again, after just two events were held. Roll on Summer ...

The first, and probably last, Saturday Series event for 2020. Course set by Peter Grover.



CHIRNSIDE PARK

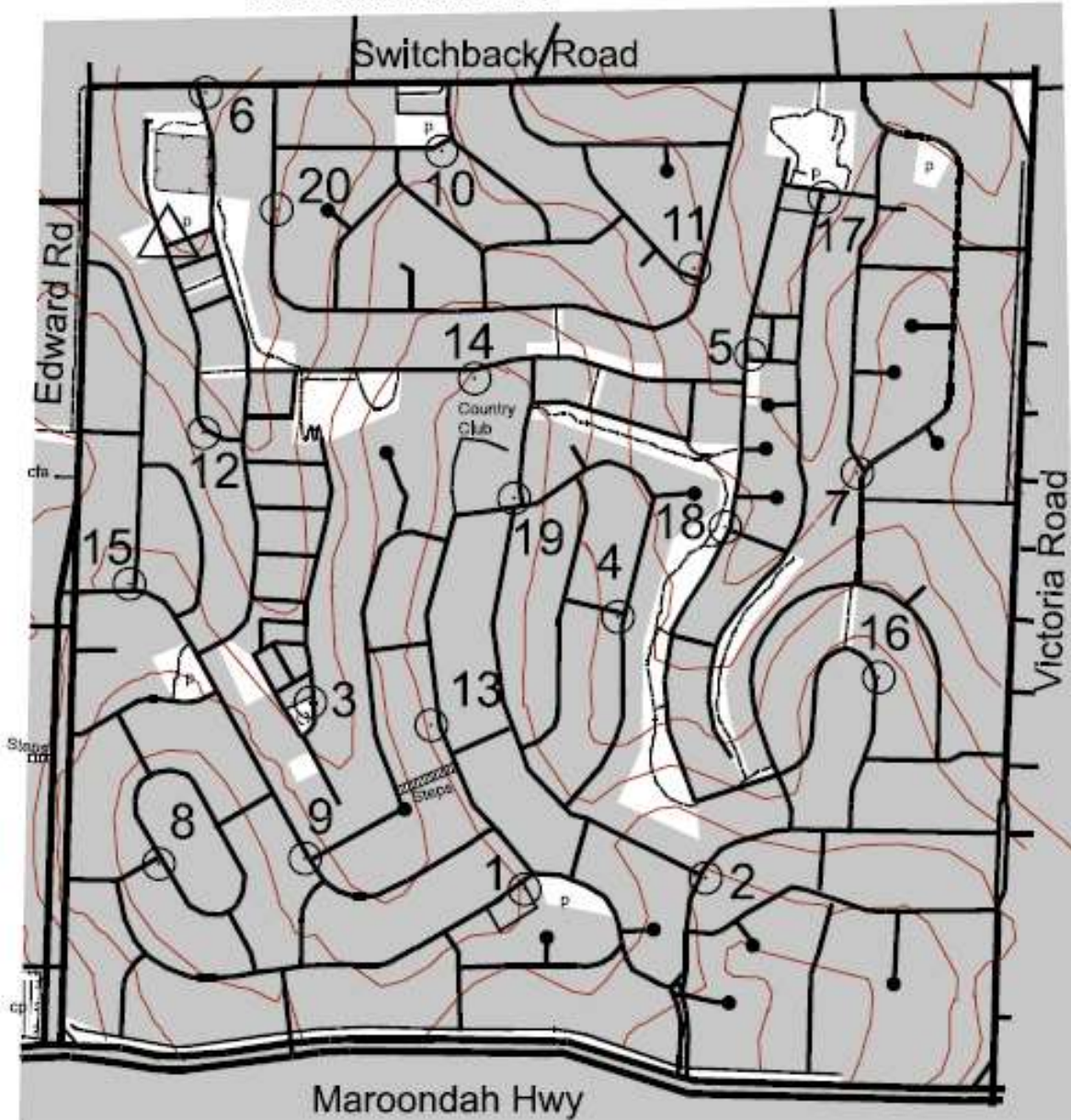


Scale 1:10000
 0 100 200 300 400
 Metres
 Contour: 10 Metres

Start location: Rochelle Park,
 Rochelle Ct. Chirnside Park,
 Melway 37 H1

Course setter: Peter Grover

SHEEP STATIONS ARE BACK!



PARK STREET WINTER SERIES 2020

Stay safe by washing your hands,
 keeping your distance from others,
 and staying home if you feel unwell.

All controls are power poles.

Return Times	
PW	65 mins
Run60	60 mins
Run45	45 mins

Points Allocation	
Control Number	Points
1 - 5	2
6 - 10	3
11 - 15	4
16 - 20	5

Late penalty: 3 points per minute or part minute

Visit as many controls as you can and return within the specified return time.

Orienteering Victoria: www.vicorienteering.asn.au

MEMORIES ... Editor's pick of favourite photos from previous Punchlines



Top: Debbie, Pete and Ilze, a VERY long time ago; Lani with proud parents Martin and Janine at JWOC

2nd row: Christmas in July - Sue, Ian and Julie; Pam and Peter tie the knot

3rd row: Wayne and James at Banksia Park; Pete and friend looking at a map; Denise setting a DROC Jacket altitude record

Left: Winning Oxfam Trailwalker team - Ray, Peter, Mark and Damon



Top: Mr StreetO, Wally Cavill;
This Sportident stuff is child's play!

Middle: Jill and Judy at Warburton;
Graham on his bike

Bottom: the Newburys go bush;
One of these is Peter Yeates (we're not sure which)



Top: Ilze in a river somewhere; Simon in a jungle somewhere

Middle: Pete to Pete bike ride; Vic and Merv, rogainers extraordinaire

Bottom: Sarah and the juniors; Asha and Lanita after winning the Australian Schools Champs