

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

Incorporated Association Registered Number A0003225B

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Issue 200

April 2022

Welcome to the 200th issue of Punchline, the quarterly newsletter of Dandenong Ranges Orienteering Club.

This edition is jam packed with riveting reading, essential information, and fantastic photos - so put your feet up and settle in!

CONGRATULATIONS to our winners and placegetters at the 4th Melbourne Sprint Weekend - and what a weekend it was!

- Denise Pike (right) - overall winner W70, and winner Race 1
- Simon Rouse - overall runner-up M40, and winner Race 6
- Pamela King - overall runner-up W70
- Sarah Love - overall third place W50
- Rhys Eddy - overall third place M Open

We are all still catching our breath from three frantic days of top quality sprint orienteering. MSW2022 featured three new campus maps, a World Ranking event, a Knockout Sprint, and a forest Relay and public race. Phew! It was exhilarating and exhausting all at the same time - and it was the first major event for Victoria since - well - the previous Melbourne Sprint Weekend in 2020.

DROC was front and centre as part of the overall support team:

- Ilze Yeates, Pam King, Peter Yeates and Sarah Love - Registration and Information
- Ian and Debbie Dodd - Finish and Results
- Simon Rouse - Eventor Entries and Event File Preparation
- Stuart McWilliam - Graphic Design, incl Bulletin and Race Bibs
- Frankie Shin - Promotional Videos

We also donated three amazing prizes which were raffled on the final day - a Garmin Forerunner, a hydration pack, and a free entry to the Melbourne City Race. We raised just under \$400, all going to the Victorian Junior Squad.



DIARY DATES - 2022

Add these DROC event dates to your calendar; entry and payment for our feature events should be made online via Eventor. Online entries open approx. 2 weeks before each event unless stated otherwise:

Sunday May 8 - Vic MTBO Series, Mt Robertson

Get your wheels ready for some mountain bike action as we return to the hills and pine forest of Mt Robertson, near Kinglake. Course planner: Graham Wallis. [Information and online entry](#).

Sunday June 12 - MelbushO, Wellington Chase/Birdsland Reserve

After a great day here in 2021, we plan a return to beautiful Birdsland. Course planners: Ian and Debbie Dodd. [Information and online entry](#).

Sunday July 17 - MelbushO, Jells Park

A new venue for MelBushO, this is sure to be popular! Course planners: Peter and Ilze Yeates. [Information and online entry](#).

Sunday August 14 - Vic Spring Series, Eppalock

Enjoy fast, open spur gully terrain in everyone's favourite forest. Course planner: Ian Davies. [Information and online entry](#).

Friday September 30 - Australian Sprint Championship, Salesian College, Sunbury

DROC will be the host club for the biggest Sprint race on the calendar, as part of the AusChamps Carnival. <https://aoc.orienteering.asn.au/> Entries Now Open!

Saturday October 8 to Sunday October 9 - Melbourne City Race Weekend

The MCRW returns in 2022, with a Saturday double header in Melbourne's south eastern suburbs, and another incredible Melbourne City Race on Sunday at Williamstown. www.melbournecityrace.com.au
Entries open early September.

Sunday November 13 - RMIT Bundoora Sprint Double

Two events in one! This campus is large and varied enough to hold two different sprint races in one action-packed day. Course planner: Peter Hobbs. [Information and online entry](#).

MEMBER NEWS

We are delighted to welcome new members to DROC - Steven Owens and Chuan-Chee Ting - and to welcome back returning members Daniel Gottlieb and Lesa Muir.

We also say farewell to Colin Pearce, who has relocated to Queensland with wife Kathleen, and is enjoying a relaxed retirement; he has joined the Sunshine Coast Orienteers and goes for a regular Tuesday evening run with them. Colin passes on his regards to all his friends at DROC.

Christine Palmer has also moved interstate but in the opposite direction - she and Peter are settling in to their new home in Hobart, but they do plan to visit Melbourne regularly, and catch up with their orienteering friends when they can.

Memberships for 2022 were due on January 1. For those who haven't renewed yet, this will be your last issue of Punchline 😞 - so don't put it off any longer, get your 2022 membership payment to us either via Eventor or bank transfer.

DROC SHOP

The DROC Shop is open for business, and ready to get you kitted out for 2022 and beyond! We sell Sportident sticks, including SI Air sticks for those who want to speed up their race. [Prices can be found here](#). Order by sending an email to droc@iinet.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. The DROC shop also has a bunch of free stickers!

JOEL'S BIG DAY

Joel Crothers took part in the 2022 Moomba Parade, as part of his prize package for the Junior Lord Mayor of Melbourne. It was a long wait for Joel, but the once in a lifetime experience was well worth it. Here are some photos from Joel's big day:



ROGAINE RESULTS

After a long delay, rogaining recommenced in 2022, with the popular CBD-Gaine in March, and the eagerly-awaited first bush rogaïne in April.

CBD-gaine, March 2022

- Vic Sedunary and Merv Trease - 1st Mens UltraVets
- Ainslie Cummins and Peter Chen - 1st Mixed UltraVets
- Bev Trease and Ilze Yeates - 3rd Womens UltraVets

Bush 12-hour rogaine, April 2022

- Lesa Muir - 2nd Women/Vets, 4th overall,
- Vic Sedunary and Merv Trease - 1st Mens SuperVets/UltraVets, 2nd Mens Open/Vets, 6th overall

Bush 6 hour rogaine, April 2022

- Tony Bird - 2nd overall, 2nd Mens Open/Vets/Supervets/UltraVets
- Ainslie Cummins and Peter Chen - 3rd Mixed UltraVets



FINDING CONTROLS IN UNEXPECTED PLACES

On a recent trip to Lake Mountain, we took the Summit Trail, which leads from the car park to several spectacular alpine lookouts. To our great surprise, we came across several familiar, orange and white objects! Before long, the trail was busy with a busload of excited school students on an outdoor education course, which included orienteering. We managed to score 120 points whilst admiring the views.

PARK STREET SUMMER SERIES

Once again the summer has flown by, daylight saving has come to an end, and we are all getting used to Score courses again. Although we lost the first month, we then had a blissfully uninterrupted Summer Series, with events held on four evenings each week in Melbourne, as well as in Geelong, the Surf Coast, and Mornington Peninsula. We held the 2022 Park Street Champs and the Schools Competition, and we recognised 8 new Millennium Club Legends at the final Awards Night.

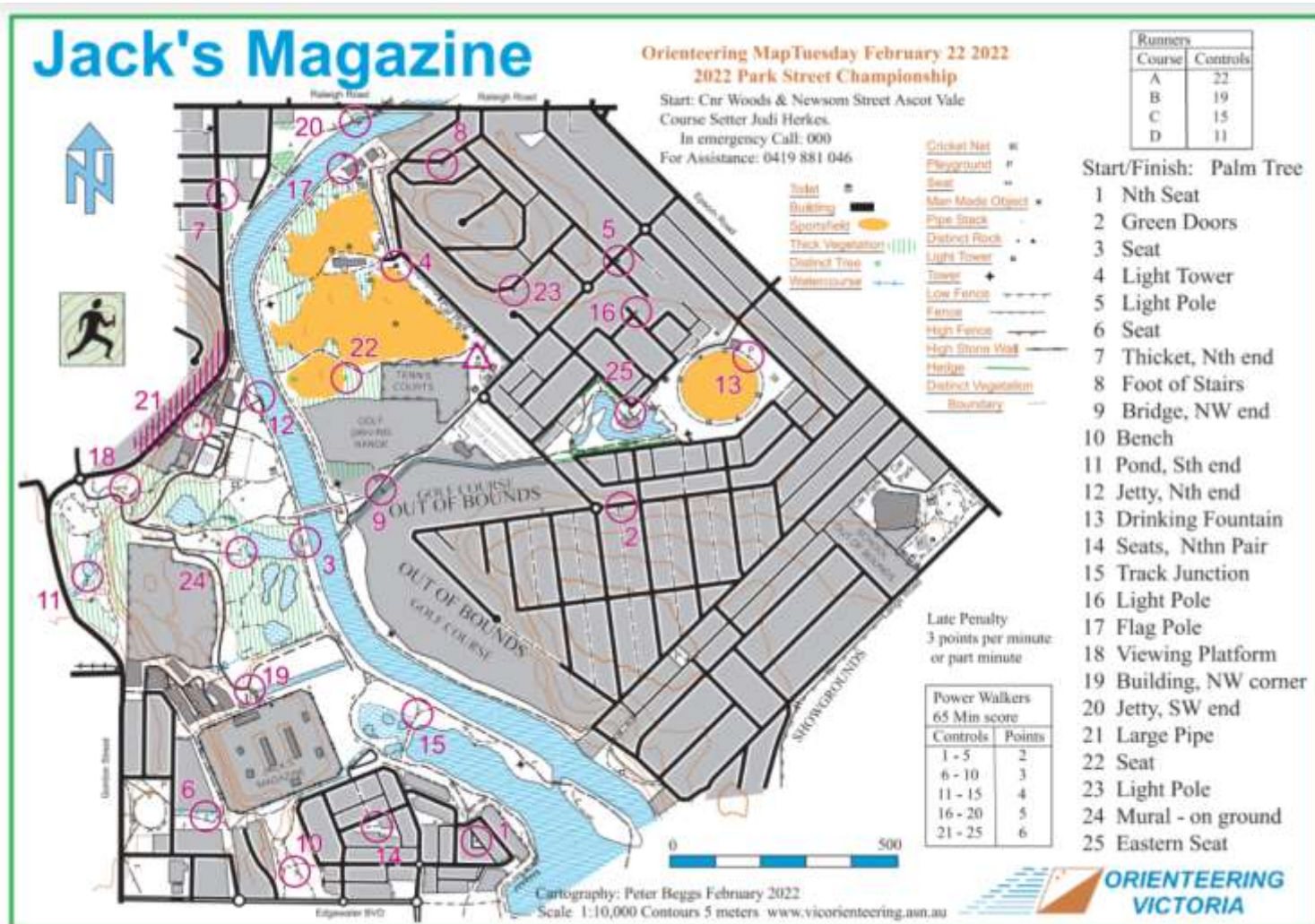
CHAMPIONSHIPS

It was time to head West for the 2022 version of the Park Street Championships, and we were well and truly tested by the map, "Jack's Magazine". Starting on the innocuous flat parklands on the east side of the river, the Easterners soon discovered that they needed their climbing legs (the Westerners were already well aware), and their brains to be fully switched on, as map contact was crucial at all times. Losing focus led to timewasting errors - I lost count of how many legs I messed up! There was a lot of detail to read in the Jack's Magazine/Pipemakers Park section, and it was there that most time was lost.

Personally, I managed to pull off a "Bradbury" when the other Womens Suprvet finalists mispunched; despite innumerable errors, I persevered, finished the course, and claimed a gold medal!

DROC's other medallists - who all performed far better than me - were:

- Gold - Tony Bird, Ian Greenwood
- Silver - Damian Spencer, Ian Dodd
- Bronze - Christine Palmer



MILLENNIUM CLUB MILESTONES

The Awards Night was the perfect time to recognize everyone that has reached a Millennium Club Milestone in the past 12 months. For DROC, these were:

- 500 Events (Associate Membership - Cloth Badge) - Christine Palmer
- 750 Events (Companion Membership - Cloth Badge) - Stuart McWilliam and Suzy Speirs
- 1000 Events (Legend Membership - Cloth Badge, Framed Certificate and Keyring) - Newbury Navigators and Merv Trease
- 1500 Events (Touring Legend) - Ian Greenwood
- 2000 Events (Vintage Legend) - Mark Besley and Vic Sedunary

The Millennium Club recognizes and awards participation at Park Street events since January 1, 2000. Our continuing thanks to Ray Howe for keeping the statistics and arranging the awards.

[Millennium Club Rankings](#)

SUMMER SERIES RESULTS

Mondays -

A - Ian Davies 3rd

D - Debbie Dodd 1st, Peter Yeates 3rd

C - Rhys Eddy 1st, Andrew Perkins 3rd

Tuesdays -

B - Stuart McWilliam 3rd

C - Frankie Shin 3rd

Wednesdays -

A1 - Ian Davies 3rd

B2 - Stuart McWilliam 2nd, Peter Dalwood 3rd

C2 - Frankie Shin 1st, Mark Besley 3rd

PW2 - David Coysh 2nd

B1 - Matthew Grover 2nd

C1 - Andrew Perkins 1st

D1 - Debbie Dodd 1st, Ray Howe 2nd

PW3 - Pam King 1st, Christine Palmer 2nd

Thursdays -

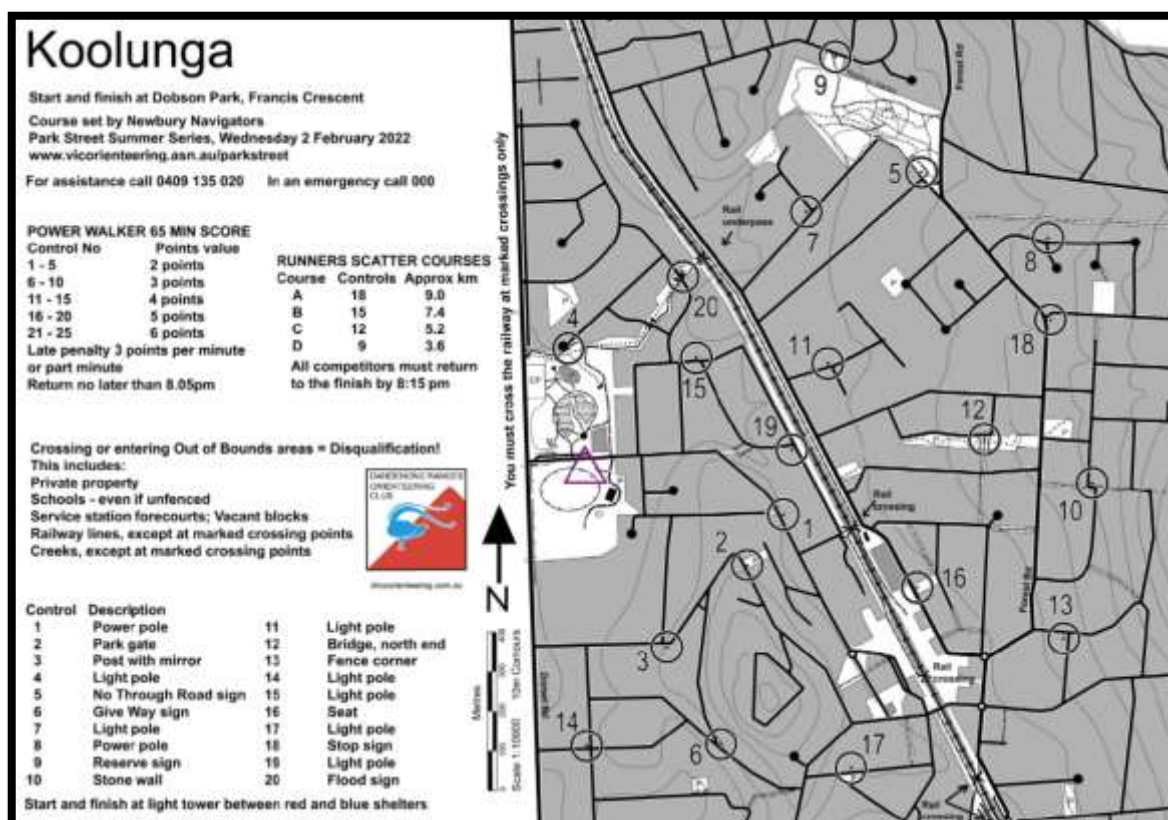
D - Peter Yeates 3rd

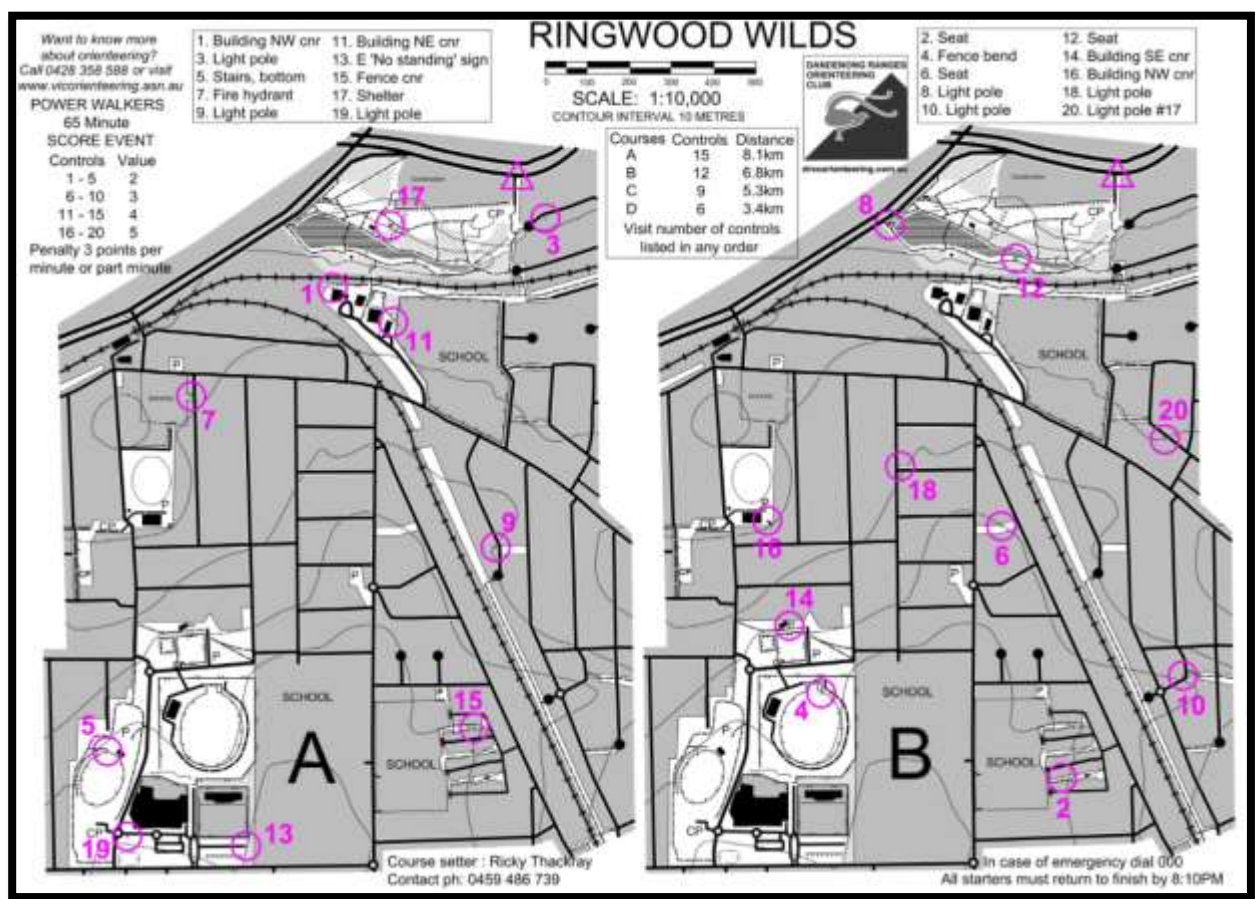
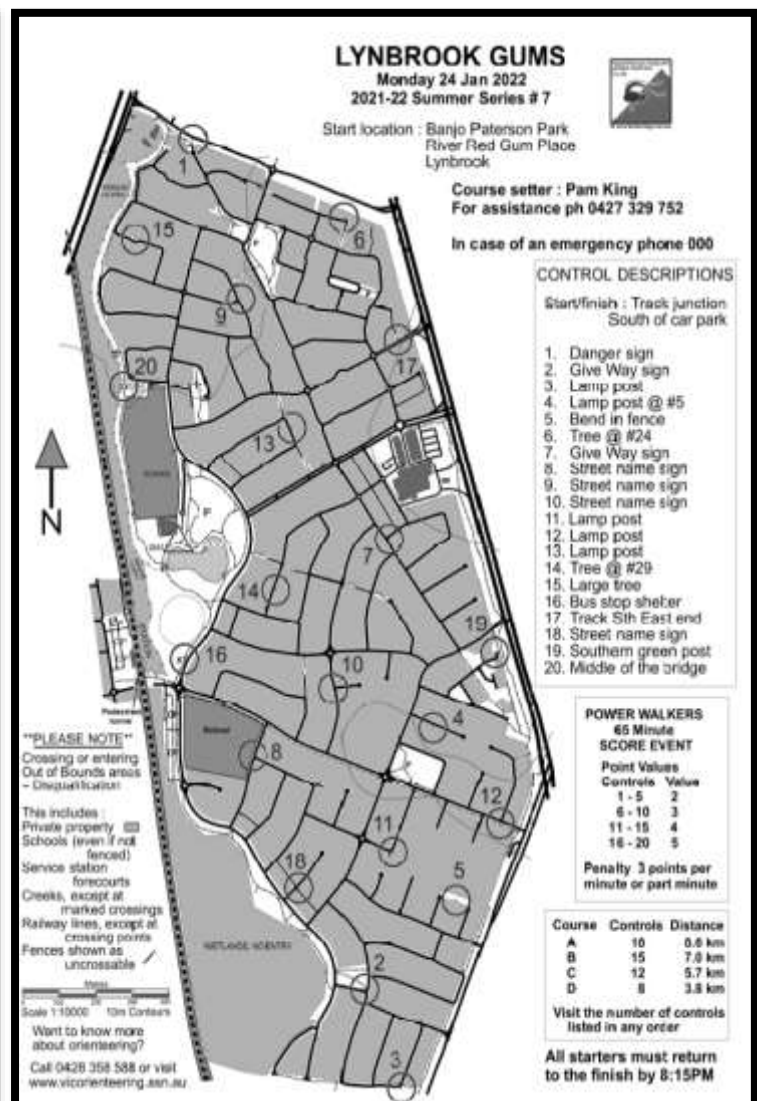
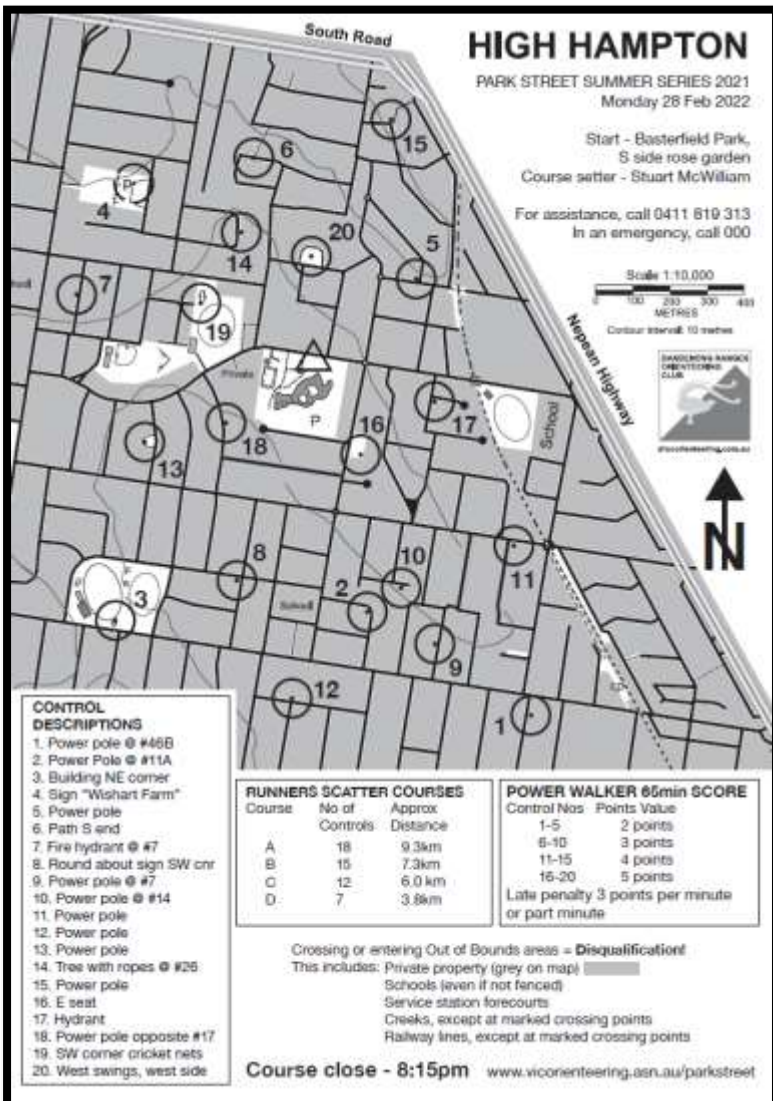
TOP COURSES

Here's a selection of maps from February and March, including the mind boggling final event at Ringwood Wilds.

Summer Series maps are available online to use any time, with MapRun6.

[Download them from here.](#)





PARK STREET WINTER SERIES

COURSE SETTING

Thanks to everyone who has volunteered to set a course during Winter - and great to see some first time course setters giving it a go!

We still have two vacancies - WAVERLEY WOODS on Wed June 8, and BERWICK SPRINGS on Sat July 16. It would be great to have those filled asap - just let me know if you'd like to set one of these events.

There are also plenty of opportunities to set courses on Monday nights - as these events are not organized by a particular club, you can volunteer to set any map you choose. You can go to this link to check the [Monday Night Course Setter Signup Sheet](#), and put your name down online - or look for the list at any Monday Night event.

SATURDAY SERIES - LET THEM EAT CAKE!

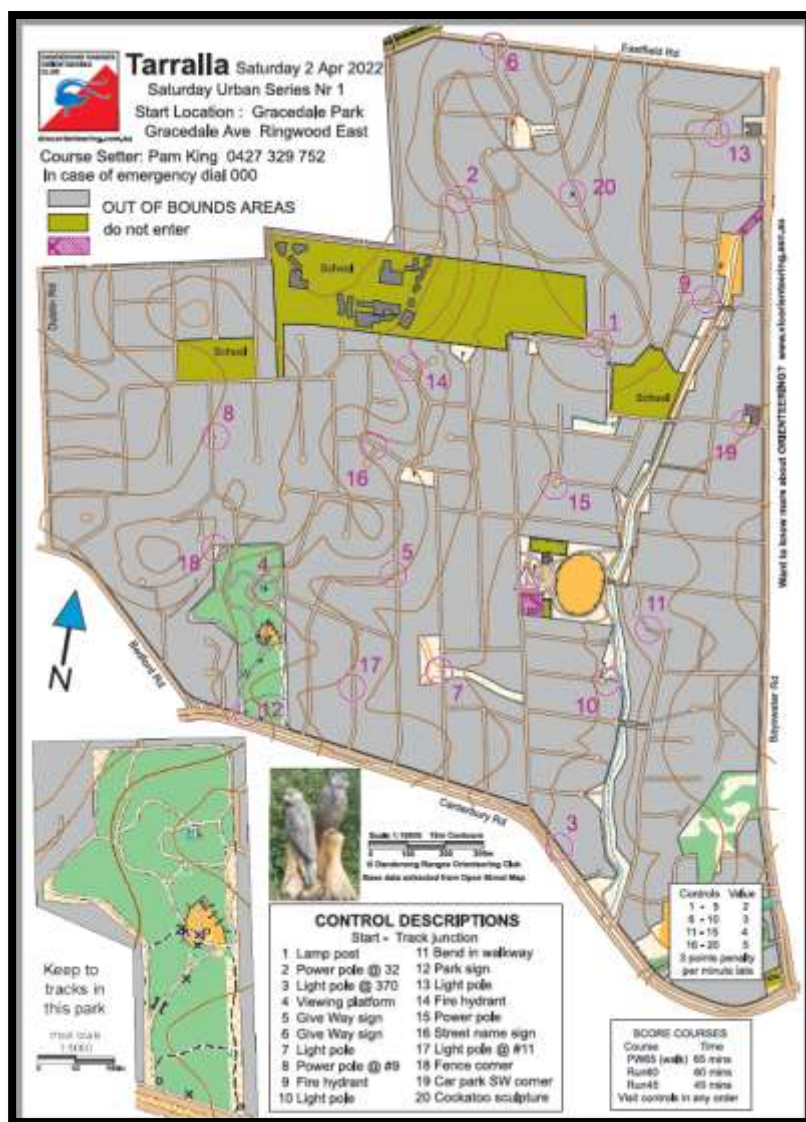
We've already christened "Tarralla" - a great new addition to DROC's map library. Unfortunately the weather was not on our side, but those who came enjoyed the Tarralla bike trails, Wombolano Park, and the fantastic cockatoo sculpture at control 20! Thanks to Pam King for setting an enjoyable event to kick off the Series. Fittingly, Tarralla means to run or walk quickly! If you didn't make it there on the day, you can [download the map](#) and give it a go using MapRun6.

Saturday Series features a number of Park events on colour maps, and controls located mostly in parkland. These events are always popular. DROC is organizing Abbey Walk on 30 April, Lillydale Lake on 27 August, and Nortons Park on 17 September. There are 8 of these to enjoy, interspersed with 13 regular Saturday events, and 2 EndurOs. So set aside your Saturday afternoons for a family-friendly run or walk, and please bring along something yummy to be shared afterwards!

SUNDAYS ON THE PENINSULA

DROC members have been getting down to the beach on Sunday mornings once a month, to enjoy the Mornington Peninsula Sunday Morning events. Ian Greenwood and Phil Torode have already set courses on Peninsula maps, which are generally (but not always) flat, feature 25 controls, and are just a short walk or drive to the beach for a picnic afterwards - what's not to like?

To find out about Park Street coming events, results, event wraps, news, and other information, head to www.vicorienteeering.asn.au/parkstreet



MELBOURNE SPRINT WEEKEND

Race 1 - LaTrobe University, Bundoora

A chance to catch up with old friends, some not seen for 12 months or more, as almost 300 orienteers from all over Australia checked in for the start of the weekend. The multi-level map required competitors to match the upper and lower ends of various staircases, to maximise their efficiency. There was no easing in to this 3-day weekend of intense racing!

Race 2 - Assumption College, Kilmore

A complex school campus with courtyards and corridors everywhere, and a 2-part map to add to the challenge. This was a World Ranking event for the elites.

Race 3 - Manor Lakes College, Wyndham

I have never seen so many fences and gates! The course planner made full use of them to create one of the most intense sprints ever. The playground adjacent to the start was a real hit.

Race 4 - Gellibrand Hill, Greenvale

A change of terrain and of pace, as we tackled the granite-strewn hillsides, and erosion channels on the lower slopes, in an unfamiliar section of Woodlands. The elite competitors ran a forest relay.

Race 5 - Yarra Valley Grammar School, Ringwood

Even after two previous events here, this maze of buildings, courtyards, gardens, and stairs never fails to mystify. We were whirled around like sheets in a tumble dryer, before emerging onto the oval. Elite competitors ran the first two rounds of the knockout sprint.

Race 6 - Whitefriars College, Donvale

The third new map, the final race, and brains had faded into mush. Set on a slope, the angled roads and paths proved disorienting, and parallel errors were easy to make. This was the venue for the exciting Knockout semi final and final.

[All the MSW maps](#)







GO FURTHER - PATHWAY TO AUSCHAMPS 2022

You've probably heard by now that the 2022 Australian Orienteering Championships will be held in central Victoria, in September - maybe you've seen that fantastic back cover on the Winter Fixture (designed by Stuart McWilliam), or you've had a bit of a look at the website - <https://aoc.orienteering.asn.au/>.

If you're new to bush orienteering, you are probably wondering what all the fuss is about - or perhaps you're thinking "I'd love to be part of it, but I'm not experienced enough", or "this is just for elites".

The Australian Orienteering Championships - known as the AusChamps - are held every year in the September-October school holidays. They rotate around each State/ACT. In 2022, it's Victoria's turn; we last hosted them in 2015.

An AusChamps Carnival is 9 days in length. It features four National Championships - Sprint, Middle Distance, Long Distance, and Relays. These are usually held on the two weekends. During the week, the Australian Schools Orienteering Championships take place, with a Sprint, Long Distance, and Relay race. There are fun, low key public races on those days, so that parents and others can cheer on the kids, then go out on the same maps. There are usually a couple of "add on" events and social functions, to round out the week. Tourism is high on the agenda, with orienteering terrain often being conveniently close to food and wine regions, regardless of which State is playing host!



An AusChamps will draw between 800-1200 competitors from all over the country. There is always a big New Zealand contingent, and often some from New Caledonia, Hong Kong, the US, and Europe. As this is the first AusChamps since 2019, Victoria is expecting a large number of very excited participants.

The arenas are a sight to behold - full of colour and noise with club tents and flags, catering vans and o-gear shops, large TV screens, commentary and music, and sometimes GPS tracking and video footage direct from the forest, displayed on a mega screen so that spectators can follow the action in real time. The Schools Relay mass start is the greatest thing to watch - 120 kids with their hair dyed in their state colours, yelling at the top of their lungs to urge on their team

mates, and charging up the finish chute, draped in flags, behind their final runners, whether in victory or defeat. It's glorious.



So how do you get to join in the fun? Here are a few things to know:

In the Championship events, you must enter your Age class. There are 4 types of Classes:

- E (Elite) - Senior (21+) and Junior (u21) - these classes are for the top performers, with ambitions to represent Australia at the big overseas competitions, or to win a National title.
- A (Age Group) - the rest of us! There is an Age class for everyone, from under 10s to over 80s. Your orienteering “birthday” is on 31 December, so if you turn 50 during 2022, you can enter M(en) or W(omen) 50A. You are allowed to “run down”, ie enter an age group younger than yours, but not older. When you enter on Eventor, you will only be able to select an age group that you are eligible for. A classes are in 5-year intervals (apart from between 21 and 35).
- AS (Age Group Short) - if you can’t manage the distance that your age group normally does - eg you might be recovering from injury, or not want to spend too long in the forest so you can share child minding - you can choose an AS class. The navigational standard remains Hard, but the course is generally 25-30% shorter than the corresponding Age class (eg 4 km for W55A, 3 km for W55AS). AS classes are in 10-year intervals, starting at 35 and going up to 65+.
- Moderate (B), Easy, Very Easy - these are of an easier standard than A or AS classes, and are suitable for anyone with very little experience, or for younger kids. Easy and Very Easy courses will follow tracks or taped routes.

In the public races (midweek), there is no age criteria - you simply pick the distance and difficulty that suits your ability and experience. So even if you’ve never done a bush event before, you can find a level of difficulty that suits you - give it a go, and soak up the atmosphere!

Start procedure - you will have a pre-allocated Start time for the Championship events, and you must follow the procedure. Officials will help you, and the process is always described in the carnival bulletin. If you are nervous about the start, find an experienced club member to accompany you. Chatting with people you know is a good way to relax, but don’t get too distracted!

Entering - entries for big carnivals usually close several weeks in advance. This is because there are thousands of maps and chest numbers to print, as well as start lists to prepare. You will not be allowed to enter after the cutoff, so make a note of the closing date in your calendar. If you would like to be in a Relay team, go ahead and enter yourself. After entries close, each state has a Relay team manager, who sorts out the team members. You can opt for moderate or easy legs if you prefer.

Accommodation - book early; the best accommodation gets snapped up months in advance, by other orienteers!

Registration - there will be a Registration tent at each of the events. On your first day, head there to collect your chest number. They will usually provide safety pins. If you hired a Sportident stick, it will be with your chest number. The Registration tent will answer all sorts of questions, and looks after Lost Property. You must wear your chest number whenever competing. If you are in a Relay team, you will have a different chest number, which your team manager will give you on the morning of the Relay.

Spectating - those in the know will look for the best spots - some shade, close to the finish chute to watch the action, but not right under the PA speakers. Look out for your club flag and tent. Bring a folding chair, and pack all your gear into one bag that you can easily carry. It is usually a long walk to your car, so best to bring everything with you in one trip. If you don’t like long queues for food and coffee, BYO - but the caterers are often school or community groups, who do a great burger!

So how do you prepare? Go to as many events as you can. Talk to club members and ask questions; team up with an experienced club member for some coaching and tips.

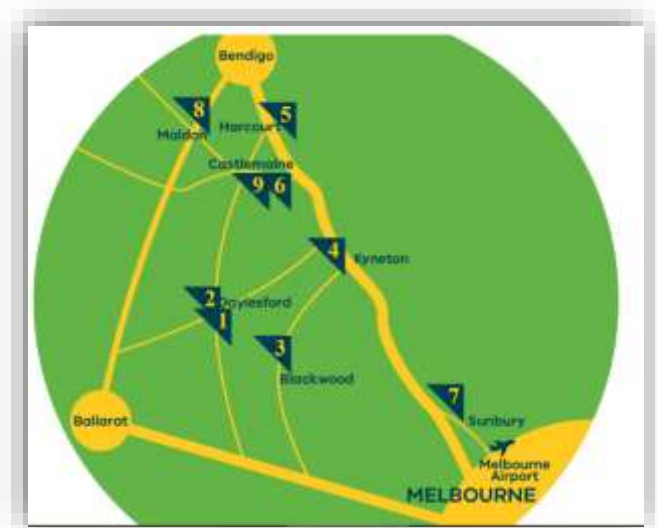
- On [Saturday afternoons](#), try the “PARK” events, where you can use colour maps to become familiar with the symbols.

- On Sunday mornings, head to [MELBUSHO events](#), where you can start with Easy or Moderate courses, and progress to harder ones. You'll get used to doing a line course, using Sportident, and navigating by reading contours and identifying bush features like spurs, gullies and watercourses. There are coaches available.
- If you prefer to practice bush orienteering at a different time, or without the pressure of a competitive event, use the [ANYTIME PARK Maps](#). You can do different courses at places like Jells Park, Westerfolds, Brimbank Park, etc, whenever you like. This is a great way to measure your progress at your own pace.
- If you are happy to travel further from Melbourne, there are Saturday afternoon events every weekend in [Bendigo](#). Just like MelbushO, there are courses for everyone, and assistance for newcomers. The terrain will be more similar to what you'll encounter at the AusChamps.
- Try a [Vic Autumn or Vic Spring Series event](#). These are very similar to MelbushO or Bendigo events, but you will see more people there. Again, you can practice in terrain similar to AusChamps. You choose your own course and start time, within a window (10am-12 noon).
- To get the feel of competing in an Age class, and with a pre-allocated Start time, enter the [Victorian Championships](#) at El Dorado at the end of May. Bonus - you can stay at Beechwoth, Yackandandah, Wangaratta, or any of the other great places in north east Victoria!
- Don't forget that most Victorian bush events require you to pre-enter online.

What can you look forward to at the 2022 AusChamps?

Everything! You can visit or stay in places like Castlemaine, Maldon, Harcourt, Kyneton, Bendigo, Daylesford, Macedon, Woodend or Trentham. A busy 9-day program begins with the Victorian Middle Distance Champs on Saturday morning, followed by a brand new format - the Orienteering Grand Prix - which finishes right in the middle of Daylesford, and promises to be crazy fun!

On Sunday the action moves to Blackwood for the Australian Middle Distance Champs. This is followed by the Australian Schools Sprint Champs in Kyneton on Monday, with a public race on the same map, as part of the midweek Goldfields 3-Day competition.



Next up on Tuesday is the Schools Long Distance race and day 2 of the G3D, at Mt Alexander, above Harcourt. The Schools Competition finishes with the spectacular Relay on Wednesday, and the final day of G3D, at Chewton.

A rest day on Thursday is followed by the Australian Sprint Champs on Friday. This promises to be a real showcase, being staged at Rupertswood in Sunbury, the home of The Ashes and full of history. This is DROC's event, and we are going to have a ton of fun with it!

The final weekend features the blue-ribbon Australian Long Distance Champs, at Maldon; and wraps up with the mayhem of the Australian Relays, at Castlemaine, on Sunday.



PREZ SEZ - PETER HOBBS

Hello again from New Zealand. We were booked to return to Melbourne in late March, however our plans were again thrown into chaos when everyone in our household contracted Covid. At the time of writing we are nearly out of our mandatory isolation period and are looking to re-schedule flights to late April.

The lockdown here in New Zealand ended just before Christmas, however rules relating to outdoor gatherings were relaxed in November and some of the lower-key orienteering events resumed. The timing of this was good as it coincided with the start of the local Waikato Orienteering Club's Wednesday evening summer series. The series comprised of six 45-minute score events around different areas of Hamilton, using Maprun. Very similar to a Street-O score event in Melbourne. There was one interesting difference though; courses were set with a special control located within view of the start/finish which was worth lots of points, however it could be visited only between the 10-35 minute mark of the event. This introduced an interesting course planning challenge: do you plan your course to effectively return to the start during the middle of the event to get the high point control or do you omit the high point control but visit more controls overall?

In late January the Wednesday events continued with a series of eight long sprint events set around parks, schools and universities. Maprun and mini control flags were used to pin-point exact control locations. Maprun is a great tool in many ways, however I found accuracy to be an issue in sprint events. Sometimes you need to linger about the control location for far too long for the control to register; other times the control is registered 5-10m short of the control location.

In January I returned again to the South Island to compete in the "Not Oceania Champs", which was supposed to be the Oceania Championships, however was cancelled due to Covid. I had a ball staying in a small apartment in Christchurch and travelling out to the events each day. First up was the sprint which was on a very compact primary school map. I did brilliantly until control 22-23 which was an untimed road crossing, but for some unknown reason had a brain fade after that and lost two minutes in the final nine controls. The long distance was set among a very hilly pine forest area and was one of the toughest events I've done. My navigation was pretty good and I was just happy to finish!



The middle distance event was on a very unique map - Castle Hill - approximately two hours inland from Christchurch, near Arthur's Pass. Castle Hill is an open steep hillside covered in all manner of rock formations (see inset). This event was a lot of fun, although I did feel I was at a disadvantage to the locals who had competed here before! Afterward, I did a brilliant cave river walk in fast flowing waist deep water. The relays were on the final day in a complex sand dune area. I completed the course, but that was the only highlight.

The Christchurch / Canterbury area is such an interesting place, full of adventure possibilities, natural beauty, coastlines and fine produce. I found Christchurch an amazing place to walk around and observe; the majority of the central city area was destroyed by the massive 2011 earthquake. There are many new, impressive buildings juxtaposed against large vacant sites and condemned buildings which are yet to be knocked down. It is still a works in progress, but the city has a very modern and "cool" feel about it.

For the time being Kristy and I continue to work remotely for our Melbourne jobs from Kristy's parents' dairy farm and Mabel is now 20 months young. Hopefully the stars align and we can return to Melbourne soon.

Happy orienteering, Peter Hobbs.

KOOMBA KAOS

What a difference a few weeks makes! In November, Koomba Park was inundated with water, and we would have needed kayaks - by January, it was hot and dry, the arena had thankfully been mown, and shade was the most important commodity so the large trees were very welcome. We pushed the starts back by an hour to try and beat the heat.

It was the first non Park Street event for 2022, and DROC's first feature event for over 6 months - MelBushO at Wellington Chase was one of the last events before the 2021 lockdown. Ian was course planner, and I was organiser, so it was a busy morning for us. We had 30 controls to put out - luckily within a compact area - and an arena to set up. Crowds were already gathering as the last control was secured into place - it seemed everyone wanted to start as early as possible. In fact there was a benefit to starting later, and taking advantage of the elephant tracks that formed through the long grass.

The Koomba Park map was drawn in 2007 and had not been used for many years, but we found it was surprisingly accurate, apart from a few minor tracks that no longer existed, and the bike trail on the eastern park boundary. However, the vegetation changes as quickly as the covid rules! Koomba offers a great variety of terrain, but the many unusable areas make course planning quite challenging. The map will undergo further significant changes during 2022, as a new hockey centre is being constructed at the south end.

Courses were designed around the numerous wetlands (a polite term for impenetrable swamps). Ian placed as many controls as possible within view of the arena. Competitors had a first loop of these arena controls, and each course confusingly headed in a completely different direction out of the Start - which didn't give you much thinking time. Courses then zigzagged around small buildings, tennis courts and carparks, into small watercourses and onto treed knolls, before heading into the Jazz Museum garden.

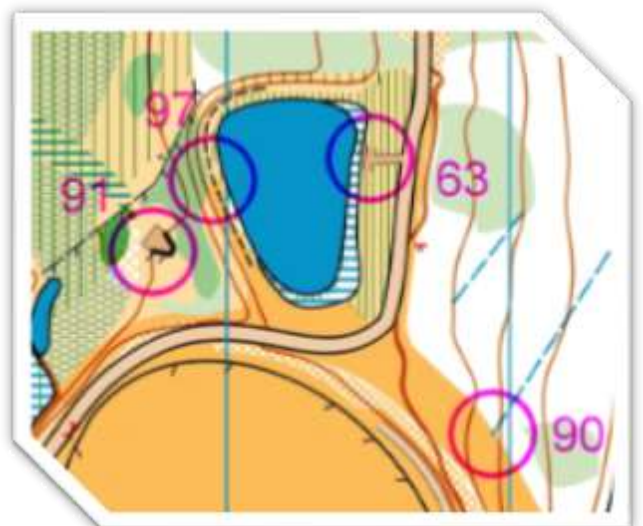
From there, the running became more straightforward, with some control picking legs along the power line, as the courses headed north. The next section required decision making - should I plunge into the veg, or do a long track run to circumvent it? Shaded narrow trails, boardwalks and bird hides were a feature of the mid-course section. Runners then found themselves in the more open eastern part, with pockets of pine plantation and eucalypt forest on a gentle slope. A final tight loop of 6 or 8 controls around the arena brought them into the finish; it was this last section where we expected fatigue to set in and mistakes to be made, in full view of spectators.

Some legs were set to tempt people into the marshes - those intrepid few that ventured along the red line, crossing solid or striped green, discovered that to be a poor strategy, with the longer track runs proving the faster (and more pleasant) route choice.

Winning times on all four courses were approx 25 minutes, in line with expectations of an extended sprint distance. There were quite a lot of mispunches, but not where or why we thought. Although some people simply skipped a few controls due to the heat, the majority of MPs were caused by the same error. It is worth a closer look to see why this occurred.

The controls in question were 91 (on Course 1 and 2) and 97 (on Course 3 and 4), so no course had both controls. People going to 91, punched 97, and vice versa.

Control 91 was on a fence, and control 97 was on a vegetation boundary, right next to the dam, with a track leading in along the embankment. On Course 1 and 2 (hard), the previous control was no 63, with the obvious route to 91 being the bike path south then west, past the dam, looking for the vegetation change. The approach was downhill, as shown by the contours, and across a small section of rough open ground, with



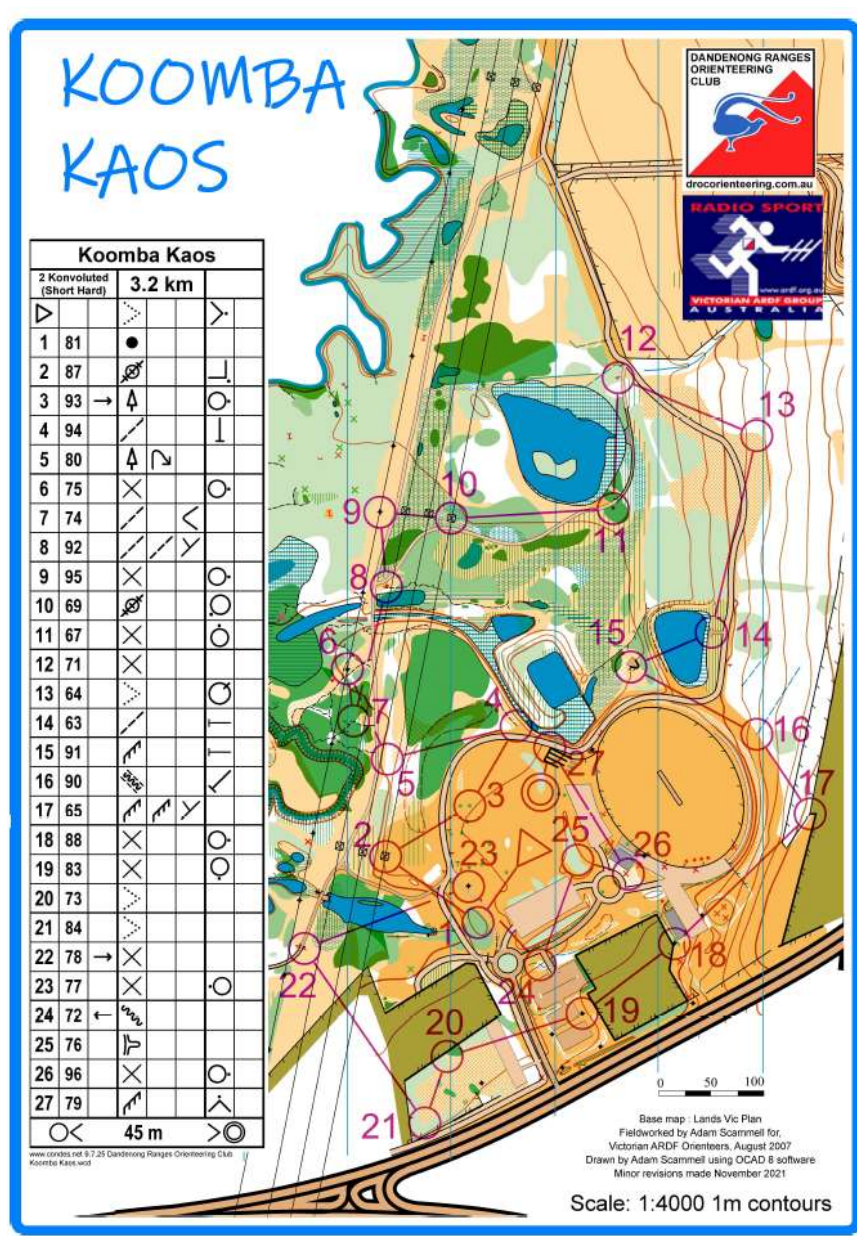
thicker vegetation on your right. On Course 3 and 4 (moderate and easy), the previous control was no 90, with a simple, open approach into 97, using the very obvious dam as the attack point.

People on the two Hard courses, who punched 97 instead of 91, were either following other competitors, or just went to the control they could see, without checking their map, control description, or control number. They were near the end of their course and took the easy option. More surprising were the people on the Moderate course, who managed to ignore the dam, and the obvious track immediately beside it, but found the much harder control on the small fence, hidden from view until you were almost on top of it.

So our sprint training tips are:

- don't follow another competitor; they are probably not on your course, or they may be making the same mistake as you
- check both map and control descriptions, and know what to expect. If they don't match reality, then you are not in the right place
- check the control numbers; check the control numbers; check the control numbers
- as fatigue sets in near the end, you will lose concentration. Ease off the pace until you regain focus; save the speed for the finish chute. An error free run will gain you far more places in the results, than a mad dash in the wrong direction!

All in all it was a really good, fun event, and a great way to kick off 2022. Thanks to the DROC team for organising and course planning, and to ARDF for providing the Koomba Park map.



Top: Jacqui White; Rhys Eddy
Middle: Joel Crothers; Emma Crothers
Bottom: Frankie Shin; Pete and Ivy Yeates, Sarah Love



KOOMBA KAOS AND THE SI F-AIR-Y WAND - Peter Yeates

In order to encourage my grand-daughter Ivy to Orienteering, I have invented a new, and now vital, piece of equipment.

The SI f AIR y Wand.

Instructions for its construction can be obtained upon application, but basically attach your SIAC to the end of a rod with hair scrunchies, and decorate with glitter and ribbons.



I am reliably informed that it is best to commence your course by giving it a good SWISH.



Continue around your course and approach the Finish at the best speed you can manage whilst dragging a good stick.



You then smile sweetly at the camera in the hopes of persuading the course setter that 9 out of the 12 controls was pretty good and, in any case, it was now too hot and you are in need of ice-cream.



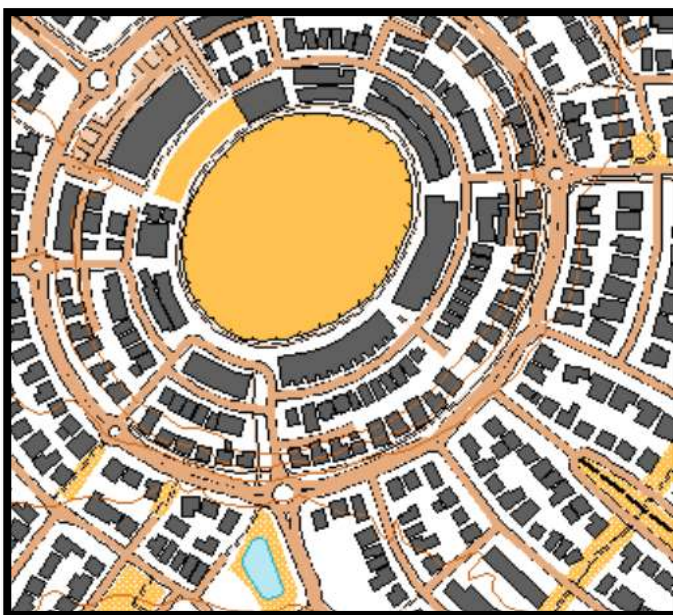
Now it's over to the finish tent.

"How the hell do we get "glitter" out of the down load?"

MELBOURNE CITY RACE WEEKEND, October 2022

The third MCRW promises to be bigger and better than ever! Mapping is underway at two of our three Race venues, whilst the third venue is still being decided on.

The weekend program will feature a double header on the Saturday, in the southeast suburbs of Melbourne. You might be able to guess one of the locations, from the teaser below ... We are so excited to finally map and use this incredible area!



The Sunday race will be held at Williamstown, and will take in all of the history and scenery that this wonderful area has to offer. Stretching from Point Gellibrand to Jawbone Sanctuary, you'll explore the coastline, the maritime heritage, the café culture, gardens, markets, and more! The start location is an easy walk from the railway station, there is plenty of parking, and toilets nearby. Entries will open in early September.

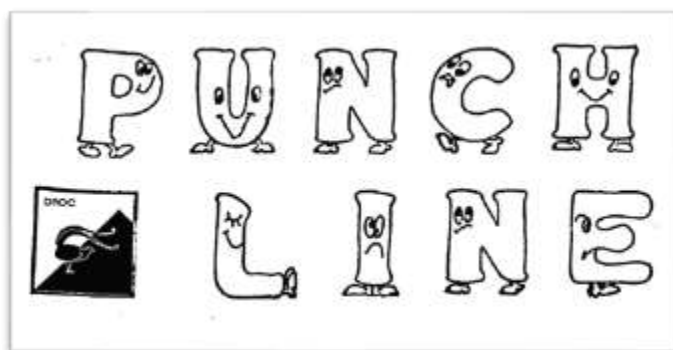
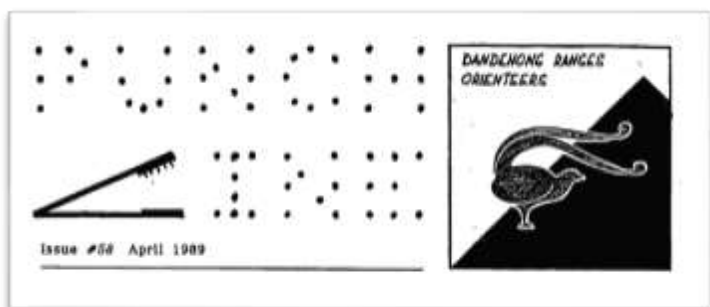
200 ISSUES OF PUNCHLINE

Punchline began way back in November 1978, with the formation of Dandenong Ranges Orienteering Club. The Lyrebird was there, although a slightly different version which faced left instead of right. Back then, it was known simply as "Newsletter". It came out sporadically - whenever an event was coming up or volunteers were needed. By the 4th issue, the Lyrebird had flipped, looking much more like the one we know today. The reason for the change was that the original looked too much like the Sherbrooke Shire emblem!

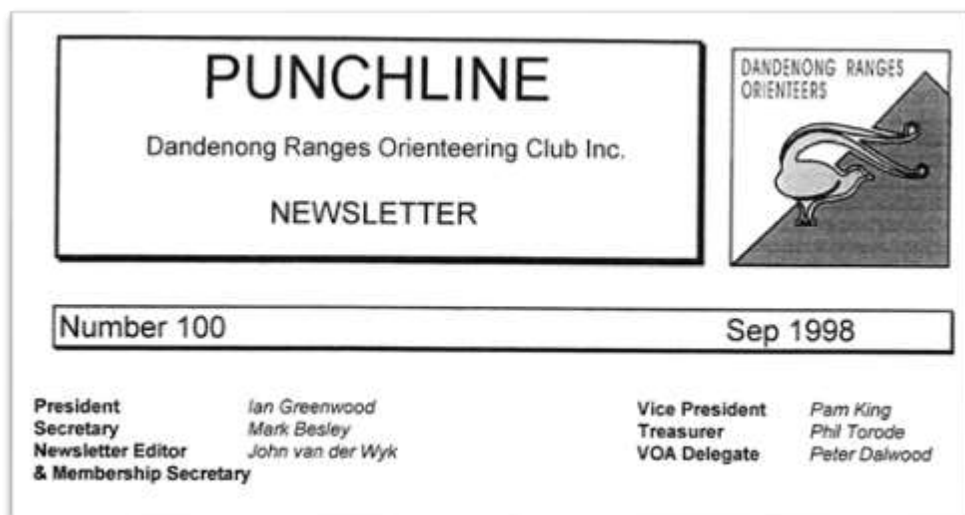
The name "Punchline" first appeared in Issue 49, June 1987 - and has remained with us ever since. Ron Harvey produced the early issues, as Secretary, then Editor, until early 1982; he was succeeded by Ian Herbert briefly, then Ken Mitchell - Ron and Ken both have DROC maps named after them. Jim Ingham stepped in as Editor in July 1985, at a time when DROC was stretched to its limits organising WOCARN, the companion carnival to the World Orienteering Championships at Kooyoora. Two years on, and Rob Caldwell took over the reins; followed in June 1988 by Peter Dalwood.



This masthead (below left) appeared briefly in early 1989. Michael Hansen introduced a fun new masthead in mid 1989 (below right), but by the end of 1990, a more formal look had appeared, and John van der Wyk began his long stint in the Editorial chair.



Punchline still did not have a regular publishing schedule, but appeared roughly every 2-3 months. The 100th issue was published in September 1998, almost 20 years after Newsletter no 1. This commemorative issue featured contributions by Peter Hobbs, Tony Bird, Ian Greenwood and Mark Besley. The AGM that year featured photos by Peter Grover and Denise Pike, from their World Rogaine Championships trip. Apart from John himself, all of the 1998 office bearers are still very actively involved with DROC today - almost 25 years later!



The current masthead was introduced by John with Issue 110, in September 2000. If you're on a good thing, stick to it.

John's last Punchline was issue 125, June 2005; he retired after 15 years in the job, and I took over. John certainly laid the foundations for the look and content; it remained much the same for several years (apart from the occasional change of font) - although I immediately set up a quarterly production schedule. Colour photos began to appear in about 2007, but Punchline was still photocopied in black and white, and mailed out to members - a big job - for another 10 years.

In January 2017, we finally announced that Punchline was going digital. This saved a huge amount of time, money, and paper, and allowed everyone to enjoy all those wonderful photos and maps in glorious colour; it also meant I could include links to online information.

Thanks to the Love family, we scanned as many pre-digital issues as we could get hold of. The [Punchline Archive](#) is a treasure trove of great stories and great memories. It is freely available to all members - dive in and have a browse!

