

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

Incorporated Association Registered Number A0003225B

ABN 76 002 329 218

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July 2017

JUNIORS IN THE SPOTLIGHT

This time last year we featured our Juniors in a colour photo spread. Since then, they've gone from strength to strength, and it's fantastic to see their enthusiasm as they become more involved in our favourite sport.



Highlights:

Asha Steer was selected for the Junior World Championships (JWOC) in Tampere, Finland - Asha has headed overseas for some intensive training, leading into JWOC which starts on July 9. Asha will compete in Sprint, Middle, Long and Relay competitions as part of the 12-strong Aussie team which also features Victorians Aston Key and Patrick Jaffe. Asha sealed her selection at the Oceania Champs in New Zealand, claiming third in the Sprint, and being an instrumental part of the victorious Junior Womens relay team.

Follow her progress at <http://www.jwoc2017.fi/>

Sarah Davies will compete as a Senior at the Australian Schools Orienteering Champs in Bathurst in September. Sarah has had some top performances, including a win at the Victorian Secondary Schools Champs. Sarah was also one of our course planners for DROC's Sprint Double at

Yarra Valley Grammar, and was universally praised for her first job in the role. We look forward to having Sarah set many more courses in the future, and wish her well for Bathurst.

Amber Louw (*above*) will also represent Victoria, in the Junior girls team. Amber has done a great job to step up from primary to secondary competition this year. Amber has been to several MelbushOs and State Series events, and gained valuable experience from a trip to Wagga for the Australian 3 Days.

Our younger juniors also stepped up at the Secondary Schools Champs, and at the team selection races which followed. James Love and Angus Hall (*right*) were first and second in Boys 13A. James has since been to lots of other bush events, including the 3-Day competition in Wagga, and has gained invaluable experience as he moves up to harder courses. Luca and Arika Bogdanovits are seasoned competitors, and they each claimed 5th and 6th place at the Secondary Schools Champs.

Ryan Davies, and Shawn and Kimberley Mitchell, have also been regular participants, and have produced some great results at MelbushOs - Ryan was second at Macedon and Westerfolds, Amber was 5th at Lysterfield, Kim was first at Westerfolds, and Shawn was 4th at Yellow Gum.

All juniors are invited to join Danish coach Mikkel at MelbushO on July 23rd at Plenty South, for some post-race training activities.



DIARY DATES 2017

- ▽ MELBUSHO, Sunday July 23, Plenty South - course planner Andras Bogdanovits on a bush area just over the Ring Road, popular with orienteers and kangaroos alike. Start any time between 10am and 12 noon. HELPERS NEEDED for Registration, Start, Finish, and Coaching.
- ▽ ENDURO, Saturday August 12, Loughnans Link - course setter Phil Torode - go the extra distance, and challenge yourself to a 2 hour or 90 minute Run or Walk, starting from Schwerkolt Cottage at 2pm.
- ▽ SPRINT INTO SPRINT, Saturday October 21, Oxley College, Chirside Park - a brand new map as part of one of our most popular series.
- ▽ VICTORIAN SPRINT DISTANCE CHAMPIONSHIPS, Sunday November 25, Monash University - course planner Peter Dalwood is completely updating the map for this special event.

CLUB MEETING, July 12 - all members are invited to our next Club meeting on Wednesday July 12 at 8.30pm, at the Yeates residence, 2A Branch Road, Croydon. Come along for dinner, drinks and discussion. This will be a planning meeting for our 2018 bush events.

COURSE SETTER NEEDED

We are looking for a course setter for Tally Ho, on Wednesday October 4 - the last of DROC's winter events. If you can help, please contact Debbie on debbiedodd@inet.net.au

MEMBER NEWS

A big welcome to new members Jason Ellingworth, Cindy Slater and Ian Dias, who joined DROC in recent weeks. We met Cindy at Lillydale Lake and she is keen to get involved in more events of all types. Ian came to MelbushO at Brimbank and had a great day.

At the same time, we farewell Christine Palmer (left) for 12 months as she relocates to Tasmania. Christine has secured a teaching position, and will be able to spend time with her mum as well. Christine already has her Tassie orienteering calendar mapped out! We wish you all the best and look forward to seeing you back in Melbourne this time next year.

It's been fantastic to see so many DROC members at events this year - we really have become one of the bigger clubs nowadays, especially on the junior front. Keep it up - don't hibernate over winter! There's a full program of MelbushO, State Series, and park street events to keep you warm and active.

DROC MEMBERS AWARDED BY ORIENTEERING VICTORIA

Debbie and Ian Dodd became the second and third DROC members to receive Life Memberships or Orienteering Victoria (Wally Cavill was the first), which is the state association's highest honour. The nominations were made at the OV AGM in May. Ray Howe was the recipient of the 2016 Services Award. These three recognitions award the enormous contribution made to orienteering in Victoria by DROC members. OV President and Vice President Bruce Arthur and Margi Freemantle put together the following words.

Nomination for: Debbie Dodd



Debbie was Vice President of Orienteering Victoria from 2006-2009. Debbie is the current co-chair of the Orienteering Victoria Urban Orienteering sub-committee, and has been since 2012. This is a huge task, overseeing around 300 events per year involving around 20,000 participations. Debbie's work in Urban Orienteering has contributed greatly so that Orienteering Victoria and Orienteering Australia have been able to meet participation goals. Debbie is always one of the first people to arrive at an event to help any club with set up, and is still around to help organisers to pack up at the end of the event. Debbie is a friendly face for newcomers to approach, and has been instrumental in recruiting many members to our sport and the Dandenong Ranges Orienteering club.

Debbie was one of a small group responsible for establishing our innovative Sprint into Spring series, and the Melbourne Sprint Weekend which included a NOL round. Debbie was the lead organiser of the WOC25 event at Kooyoora State Park to celebrate the 25th anniversary of WOCARN. This event was recognised in 2010 with the Event Management of the Year award. Debbie is also a long standing member of the Bush Orienteering sub-committee.

Debbie has maintained all of the operational documentation around policies, rules and event organisation over many years. Up to date information can always be found on the Orienteering Victoria website. Debbie has also proactively maintained the website, ensuring that there is always a recent news article available to keep people coming back to a central site for news and information on orienteering in Victoria. Debbie has been involved as a coordinator of MelBushO series.

As a competitor, Debbie has completed 1823 Park & Street events since 2000, the second most of anyone. Debbie is a “Legend” member of the Millennium Club. Debbie will also be found at (almost) every State Series Bush Orienteering event in Victoria, and (almost) every Australian Championship and Easter 3 Day event. Debbie won the Most Events for the Year award in 2014 with 144 events, and 2016 with 135 events. Congratulations on your induction as a Life Member of Orienteering Victoria.

Nomination for: Ian Dodd

Ian was President of Orienteering Victoria from 2006-2010. This included the 2009 Bendigo to Beechworth Australian Championships Carnival. In fact, Ian has become the expert finish tent supervisor at every major Orienteering Victoria event ever since that time, including the 2011 Oceania Championships, 2013 Australian 3 Days, and the 2015 Australian Championships Carnival.

Ian’s leadership drove sustained growth in Park & Street Orienteering. Ian has been a dedicated series co-ordinator since he took the role over in 2010. Ian continues to hold the role as the series co-ordinator for the three Wednesday series held throughout the year, and in this position Ian arrives early to ensure the event is set up, and at course closure time, helps on the finish checking that all competitors have safely returned.



Ian established a SportIdent sub-committee to streamline event management and make the best use of technology to help organise and operate bush events.

Ian has been assisting the Orienteering Victoria Treasurer with bookkeeping and accounting for the last 11 years. He set up the accounts for the first time in MYOB which took some time to do. He assists the Treasurer with using MYOB every 3 months. He submits the quarterly Business Activity Statements, checking them with his spreadsheets. He has advised on the finer points of accounting.

Ian provides the computer and entry system at all MelBushO events. Using the OLynx program on tablets he has enabled everyone to enter at the event, rather than pre-enter which does not suit an event with many newcomers.

Ian is a dedicated club member of Dandenong Ranges Orienteering Club, and is always involved in organising club events. However, it is not unusual to also find Ian in the finish tent at almost every other event, making sure that the event organisers from other clubs have everything under control. It is a wonder that Ian finds any time to actually have a run!

Ian is a dedicated participant, highlighted by his 1458 Park & Street events since 2000, and membership of the Millennium Club with “Legend” status. Ian received an Orienteering Victoria President’s Award in 2010, and was recognised for Services to Orienteering Victoria in 2013. It is now time to induct Ian Dodd as a life member of Orienteering Victoria.

Ray Howe - Orienteering Victoria Services Award:

Ray puts in an enormous amount of effort into Park and Street orienteering which is not really visible, except for the outcomes. He is one of our hardest workers and is not often recognized for it. As well as the statistics (which includes stats used for fixtures allocation), the Millennium Club and the Park & Street Championships, Ray has devised a reporting system to try and curb Power Walkers from running (which has quietened the noise down somewhat). And I'm sure he has some new ideas up his sleeve.

MILLENNIUM CLUB NEWS

Congratulations to the Newbury Navigators, who became the latest Park and Street orienteers to upgrade their membership of The Millennium Club to Companion Members, when they completed their 750th StreetO event on the Camelot Rise map in Vermont South in June 2017. This is a wonderful achievement by a dedicated and enthusiastic group of PAS orienteers who first participated in StreetO in 2006, and first became a TMC member in 2014 when they completed their 500th event.

Ian Davies will become a Legend when he completes his 1000th event at Highbury Hill next week. Ian is well known as the Monday 37s scorer, and is one of our top A course runners. Ian is a versatile all-rounder who performs strongly in sprints and bush events. Ian is also one of our regular course setters - if you've been to a DROC MelbushO in the last few years, chances are Ian set it.

PARK STREET AUTUMN SERIES RESULTS

Monday TargetO - Run:	Vic Sedunary 1 st , Ray Howe 2 nd
Monday TargetO - Short:	Ian Davies 1 st
Monday TargetO - Walk:	Phil Torode 1 st , Ros King 2 nd , Peter Yeates 3 rd

Wednesday-:

A1 - Ian Davies 2 rd	A2 - Vic Sedunary 2 nd
A4 - Dale Howe 1 st	B1 - Ian Dodd 1 st , Nick Maddock 2 nd
B2 - Reg Saunders 2 nd , Peter Yeates 3 rd	B3 - Debbie Dodd 1 st , Suzy Speirs 2 nd
PW2 - Helen Kerley 1 st	PW3 - Pat Miller 3 rd

HITTING YOUR TARGET - MONDAY NIGHT STREETO



For several years, Monday nights from March to October have meant a run or walk using the innovative “37s” scoring format, ie a combination of 1 and 2 points per control lead to a possible score of 37. Courses feature 25 controls instead of 20, and all controls use light pole numbers rather than plates. There are no controls to put out or collect, meaning time poor course planners can volunteer.

For the first few years we used a handicapping system; this was replaced last year with “TargetO”, which has proved much simpler for competitors and scorers.

How does it work? I hear you ask. Well, the aim is to collect enough points to pass a series of Targets. A Target is simply a multiple of four, so 4 points = 1 Target, 20 points = 5 Targets etc, up to a maximum of 9 Targets. Each time you reach a Target, you make the decision whether to aim for the next Target, or come back to the Finish and not risk losing your hard earned points by being late.

So at 7:50, you might have earned 24 points or 6 Targets. You can see a possible route back that will give you another 4 points, pushing your Target up to 7 - but will you be back by 8pm? There are many decisions to be made all the way through, and the excitement of deciding to “go for it” is a real buzz.

Odd numbered controls (1, 3, 5 etc) are worth 1 point, while even numbered controls (2, 4, 6 etc) are worth 2 points hence twice as valuable. This system really puts a twist on the regular points scoring - you have to think about your course in quite a different way. TargetO is particularly popular with Power Walkers, who otherwise do Score events year round; and with those who like to mix up their formats.

The real beauty of TargetO is that you don't have to pre-commit to a Target score before you start - you decide along the way. So if you're running strongly and feeling great - go for it! If you're having an off day, it doesn't matter; you won't be penalised for not achieving someone else's goal (unless you are late of course). You can achieve a different Target score every week; you can aim to improve

by increasing your Target score next time; or you can pull back if you are injured or under the weather.

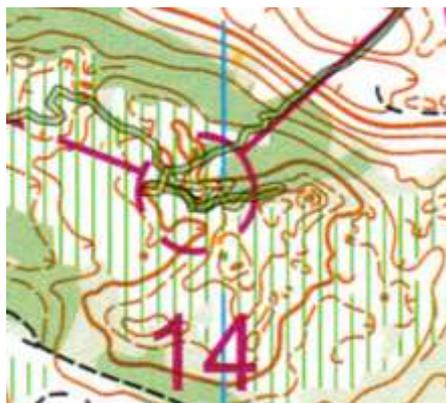
Of course, if Score courses are what you enjoy, we offer that option too. You can run or walk for 60 minutes, scoring 2-6 points per control in the usual way. You can mix and match by doing Target some weeks and Score other weeks. The series operates as 2 15-week series, with your best 8 scores counted. And the best news? The prizes are Chocolate!

Take aim - [Series 2](#) started on Monday July 3 and continues until mid October.

PREZ SEZ - Peter Hobbs

It has been a busy few months orienteering-wise for DROC, with about a dozen members, including myself, heading to New Zealand in April for the Oceania Championships and World Masters Games, plus the successful implementation of the first ever State Series double header Sprint in May.

The New Zealand experience was brilliant. Despite not being entirely happy with some of my navigation (I suspect I wasn't the only one), it was the different and varied terrains, plus the huge international contingent that made these events such great fun. I found it interesting that the first event - the Oceania Sprint - was held at a university previously used as an asylum. Thankfully I kept my mind and had an ok run. Quite a few of the events were in excellent coastal areas to the north of Auckland with a mixture of pine forest plantation and coastal dunes, which presented some of the toughest navigation I'd come across, forcing you to really (really) maintain map contact and read fine detail. Scarcely



believable but true - I made three five-minute errors in control circles due to there being many so features and poor visibility in some areas (see example). The Oceania Middle Distance event was at 'The Rockery' - an open farmland area dotted with big hills, massive rock features and marshes everywhere, which made for difficult but fun navigation. My best event was the Masters Sprint B Final - where I won; my worst event was the Oceania Relay where I was first leg runner but mispunched by skipping a control. It was great to see so many DROC people in New Zealand among the 2000 or so other competitors from all parts of the world. I was also fortunate to spend some time with my partner Kristy and her family in Te-Awamutu, two hours south of Auckland.

The much-hyped Yarra Valley double header Sprint in late May certainly lived up expectations, with a fine sunny day and excellent venue and arena which was put to good use by the course setters. Sarah Davies' morning course was suitably challenging and well received and the afternoon course format which allowed for head-to-head racing made for some great battles and close finishes. A feature of the afternoon course was that at least five controls were within full view of everyone at the arena and located in a relatively open oval area, yet it was these very controls that caused maximum confusion, resulting in many mispunches. Having both events at the same arena including the Victorian Junior Squad food stall, plus the added excitement of the head-to-head format, created a social atmosphere with people mingling and staying on well into the afternoon. DROC received many compliments for our management of the event and I'm sure it won't be the last time we see this format. A huge thanks to all involved, including great assistance from other clubs' members: Jim Russell (map printing and live results), Fredrik Johansson (mapping) and Tim Hatley (controller).

Lastly, it must be mentioned that DROC's Asha Steer has again been selected to represent Australia at the Junior World Orienteering Championships in Finland, starting on 9 July. We wish Asha all the best in the Finnish terrain and a really fun trip too.

Happy orienteering, Peter Hobbs

Event 1 - With little traffic to impede us, we quickly arrived at the first venue - Brooks High School on the east side of the Tamar River. After a briefing and a quick warmup round the car park, Ian was off, with me following 9 minutes later. Once I figured out where the start triangle was on the map, it was straightforward to the first control, taking care not to cross any out of bounds on the way. No 2 was a bit trickier, being inside a fence with a tiny gap. The next couple were pretty easy. I was running OK and feeling good - after all we were the sole "overseas" representatives so we had to do well!

From no 5 we headed via surrounding streets to a nearby park. After no 6 I had to flip the map, then head off on a long downhill - which I knew I would pay for on the way back. The going underfoot in the park was rough and boggy, and I slowed to a walk. The five controls were easy to pick off with no real navigation required, then it was a long slog up a lot of contours back to the school. It was here I made my first error, emerging from a group of buildings at the wrong angle. I saw a flag and checked the number - my no 15. Trouble was, I was heading for 13 ... quickly fixed but a few minutes wasted.

Ian managed to run past one of the controls in the park without punching it, a common error when you get complacent. Luckily he was reinstated for the overall competition (it was that kind of event - not sheep stations).

Event 2 - at 5pm we gathered in the looming dark, preparing for our first ever Night sprint. This is something we've talked about, but never done, so we were interested to see what it would be like. We were in Trevallyn Park north of Cataract Gorge, an equestrian park full of cross country jumps, including a notorious water jump that some of us have previously waded through (Easter some years ago). We donned our head torches and waited in anticipation.

We were sent off in groups of four. I quickly decided to walk - not brave enough to run over rough terrain at the best of times, I was not going to chance it in the dark. I quickly found myself in lots of undergrowth, fallen branches, and swamp. It took me 10 minutes to find no 2, and I knew I was in trouble. "Whose stupid idea was this" I grumbled. I pressed on, but at no 5 I decided to skip ahead, cutting across to 16 and completing only the last 6, before finishing with relief. I didn't mind the dark, I just didn't like the terrain, and it was very challenging to navigate without any visual clues other than the horse jumps which all looked the same. It was right back to the basics of taking accurate bearings and hoping for the best.

Ian managed to complete his course but it took him nearly an hour and a lot of error making. So far we had not flown the flag very well for our home state.

Event 3 - day 2 featured three races - a first for us. Even though sprints are short, they are also intense, and we weren't sure how we'd pull up. We started at UTAS in Newnham, where we'd run before in 2015. We knew it would be complex, and it didn't disappoint. The first two controls were easy, but no 3 was set to trap people into taking a southern route which didn't provide access into the courtyard where the flag was. I picked it up early and took the correct route north.

I continued on, choosing the right routes for the most part, and it wasn't until no 7 that I made a mistake by leaving the control in the wrong direction. "Why am I facing a big car park?" Oops, turn around and retrace steps ... The rest flowed reasonably well. I finished mid field and was pleased with my time. Ian made a big error towards the end by forgetting to read the map and just running on optimism. Not a good idea.

Event 4 - the next sprint was at Launceston Church Grammar School. It was a very picturesque campus, and we could see lots of controls as we assembled at the start. Set on a hillside, there were some beautiful spreading autumn trees, a lovely church, and a clock tower.

My legs felt heavy as I warmed up on the oval, but I was enthusiastic and looking forward to the race. I made my worst error right out of the start triangle, charging off 90 degrees in the wrong direction. The school is a bit like St Pats in Ballarat, with lots of covered run-throughs that looked like dead ends, but aren't. A lap of the oval gave me a chance to get my head into the map through some easy legs. Next we were plunging downhill into the park below the school. What goes down must come up, and there wasn't much sprinting happening as I scrambled up about 8 contours back into the campus.

The leg from 11 to 12 was my favourite, really tricky, and the rest had some good route choices to be made right up to the final control. My time was not as good as in the morning, but it was great fun. Ian had his best run to finish 4th.

Event 5 - we rugged up and donned torches again, wondering what we were in for. It was quite different from the previous night. We found ourselves on a golf course, which made for easy running across smooth ground. It was a 20 minute score event with 20 controls, not enough time for me to get more than a handful of points. Ian got 16 controls and had fun pack running with a group of excitable juniors. It was a lot more enjoyable than the first night, but we were now convinced that night sprints are not something we should be getting into.

Event 6 - we were just getting into the swing of things when it was time to come home. The final Sprint was at a TAFE college. The organiser had used some sort of dark art to come up with a chasing start list based on a handicap system that only he understood. We were quite surprised not to be first starters (ie slowest), but somewhere in the middle.

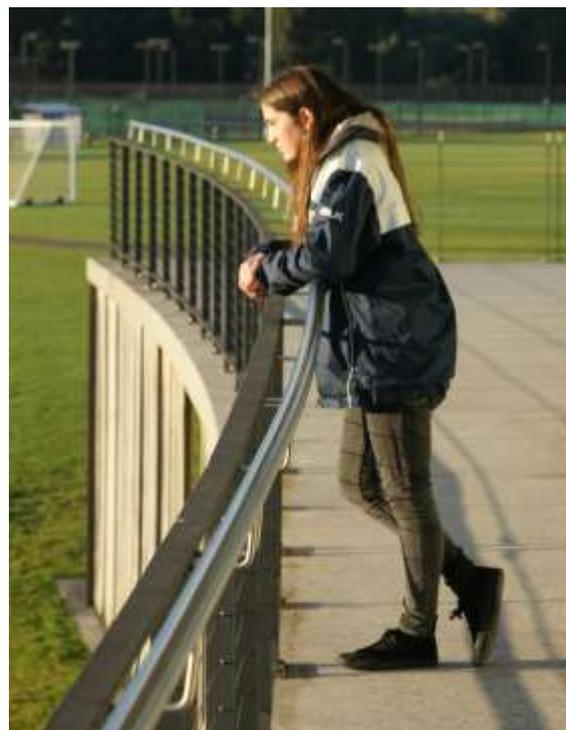
I started only 10 seconds or so behind the person in front of me. It was a great map and a really fun course. The buildings were well spaced, making the navigation easier than the map suggested. There was a bit of everything - even a small vineyard. I caught up to one of my rivals and sat on her heels (not deliberately) for quite a few legs, till we chose different routes to no 10. I picked her up again near the end and was hoping to overhaul her on the last couple of legs, but it was all uphill into the finish and I ran out of puff. Even so, I held my position in the field and was very happy with an error free run. Like me, Ian had a very clean run, so it was two happy campers at the end of the weekend.

We arrived home just in time for me to get to streetO at 6.15, to make it my 7th event in three days! Our thanks to Paul Pacque, Christine Brown, and the welcoming crew at Esk Valley club in Launceston. It was a terrific weekend, well organised, heaps of fun, and one to put in your calendar next time.

SPRINT DOUBLE SUCCESS

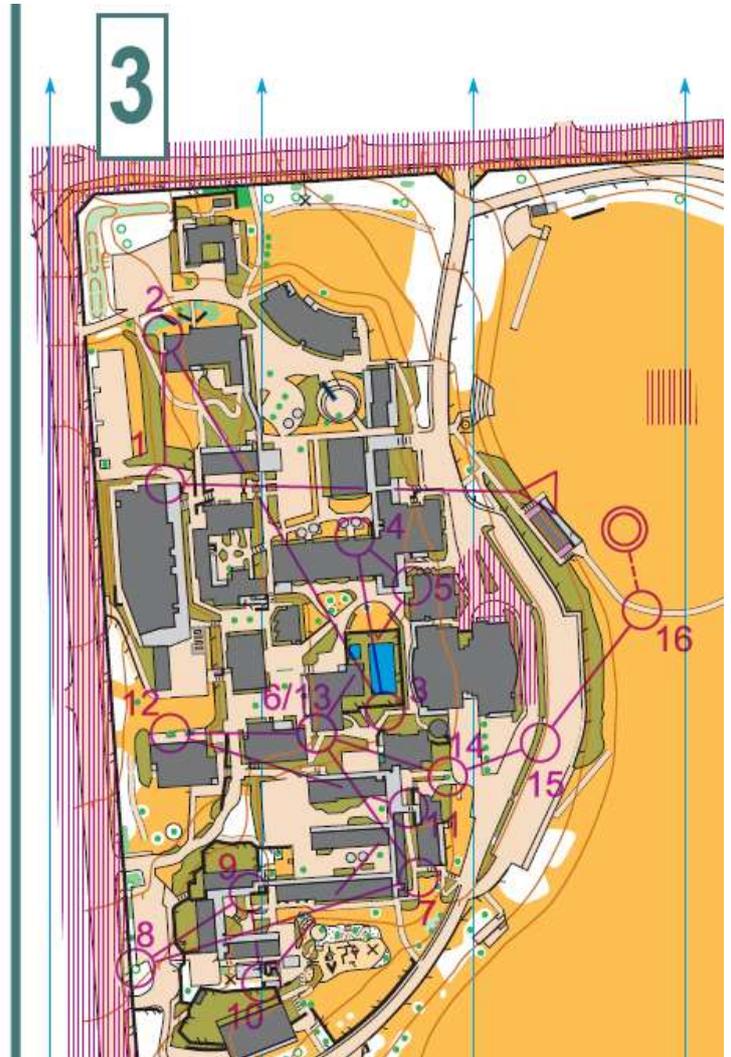
It was State Series as you've never seen it before! Yarra Valley Grammar School was the venue for two fantastic sprint races. Stage 1 was a traditional sprint in the complex buildings and sloped gardens; Stage 2 saw competitors paired up for a head to head race with butterfly loops and pivot controls. The action was fast and furious; the spectating from the top deck was brilliant, and there was plenty going on at half time to keep the atmosphere buzzing. Competitors loved the venue, the courses, and the social atmosphere, helped along by the live results, the jam stall, and the junior squad's cakes and toasties.

While it's not a new idea to have multiple sprints on one day, using the same venue for both races was unusual. It was also the first time a Sprint had been designated as a State Series, with competitor times for both races added to produce the final results. Sarah Davies (*right*) was the planner of the morning races, setting the base which afternoon planner Peter Hobbs used to good effect. Despite the small area, there was sufficient variation between the two events, especially with the small tweaks made for race 2. Both planners worked closely together, taking a team approach which included event advisor Tim Hatley, mapper Fredrik Johansson, and technical support from Ian Davies.





Sarah took on the job of planning Race 1 as a major school project. She made full use of the complexity of the campus, which featured numerous large and small buildings, covered walkways, sloped garden beds, stairs and fences. Peter handled Race 2, designing courses with butterfly loops which were perfect for head to head racing. There was a bit of mayhem as we lined people up in pairs to start them together, but it all worked out in the end. Two races on one day is no small undertaking - thanks to the DROC crew who made everything happen smoothly. Two of Sarah's courses are below.



PHOTOS - YARRA VALLEY GRAMMAR SPRINT DOUBLE

Top: Daniel Kaman, Nick Maddock, Phil Torode

Bottom: Wayne Love, Stuart McWilliam, Eric Louw



TOP SHOTS - MELBUSHO



Top left: Helen Walpole

Top right: Simon Rouse

Middle left: Ainslie Cummins

Middle right: Angus Hall and James Love

And finally ... be prepared for the unexpected! Sign posted at the Middle Earth Sprint in Rotorua, NZ

