

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

Incorporated Association Registered Number A0003225B

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MELBOURNE SPRINT WEEKEND SEES ASHA CLAIM FIRST NOL WIN AND OVERALL JUNIOR MSW TITLE



The Melbourne Sprint Weekend was held over the Labour Day weekend, consisting of six races overall, four of them National League, which ensured a massive turnout from all over Australia, and a fair sprinkling of internationals. It was a selection weekend for national and state teams, so everyone was keen to do their utmost.

MSW was a breakthrough for Asha Steer, notching up her first National win in race 1 at Monash, then backing up in the world-ranked race 2 at Caulfield Grammar. Asha claimed overall victory for the 6 race series.

Race 3 at Yarra Valley Grammar turned the spotlight onto Lanita Steer, who led the Victorian no 1 Relay team, running flat out to set up a very exciting win, and no doubt catching the selectors' attention.

There were plenty of great performances from other club members. Nick Maddock dominated M Open to win overall. Ian Davies won the final race at Keilor Downs, and finished second overall. Peter Dalwood was in fine form all weekend and finished third overall. Lanita took third place in Senior Elites in race 1, proving she can mix it with the best in the country. Sarah Love was the big improver with third in Race 3; Janine Steer came to the fore in the challenging head to head bush race at Royal Park, which was race 5. Sarah Davies stepped up to compete in the Junior Elite category for the first time, and acquitted herself well despite an injury, helping her Relay team to 4th place. Andras and Arika Bogdanovits both had very consistent weekends to each finish second overall in their categories.

For results and overall standings, visit [MSW2018](#). For race reports, maps, photos and feedback, head to the [MSW Facebook](#) page.

STOP PRESS - Asha's selection for the JWOC team to compete in Hungary in July has been confirmed! Buy more jam!!

MELBOURNE SPRINT WEEKEND

Besides having 30 club members take part in the 6-race spectacular (including 5 in the Victorian national team), DROC members played a large part in the success of the weekend. Most notably Pam King took on the huge job of organising Day 2, including the Relays and Individual races at Yarra Valley Grammar in the morning, followed by Kuranjang (Melton) in the afternoon; no small task to run 3 separate races at two venues separated by 75 kms, on the same day!

Simon Rouse became the latest Eventor expert, handling the entries and start lists with skill, patience and good humour. Ian Dodd again teamed up with Jim Russell to oversee Finish and Results for the whole weekend. Peter Dalwood was the mapper for Monash University, working closely with the course planners to ensure the map was perfect, and making the inevitable last minute changes that go hand in hand with university campuses that never seem to stop building things!

Dozens of DROC members came along to Race 1 at Monash to help run the Start, Finish, a busy Registration desk, and bring in the controls and equipment quickly so we could get across to Caulfield Grammar. Some of you weren't even competing! We thank you all profusely.

Monash Uni provided one of the best arenas I've ever seen - world class. It certainly kicked off MSW in fine style. We hope to use the building next year for an Aussie-first Sprint event - stay tuned!



Top left - Simon Rouse - entries and start lists

Top right - Peter Dalwood - mapper, Monash Uni

Left - Pam King - organiser, Day 2

More photos further in ...

DIARY DATES 2018

SATURDAY JUNE 9 - QUEENS BIRTHDAY DOUBLE HEADER, GLENLUCE

Victorian Bush Series event, held in conjunction with the Victorian Relays at the same location on Sunday June 10. A joint venture between DROC, CHOC and MFR, and a fantastic weekend of classic bush orienteering! Stay overnight in nearby Malmsbury, Castlemaine or Kyneton.

[Details and online entry](#) for Saturday - entries open mid May. DROC will organise entries and payment for Relay teams. Keep an eye on your email.

SUNDAY JULY 1 - MELBUSHO, CANDLEBARK - Course Planner Sarah Davies

Part of the hugely popular MelbushO series, this event starts in the northern section of Westerfold Park, and includes Candlebark Park and Eltham Lower Park. Great introduction to bush orienteering for all ages and navigational ability. [Find out more about MelbushO](#)

SATURDAY JULY 7 - ENDURO AT GLENHUNTLY GALLOP - Course Planner - It Could Be YOU! If you'd like the fun, challenge and kudos of setting an EndurO, please contact debbiedodd@iinet.net.au

MEMBER NEWS

Please extend a big welcome to new member Michael Dardis, a very promising young runner who chose DROC as his club in order to compete in the Park Street Champs.

Membership renewals are past due for 2018 - thanks to the many members who have already renewed, but there are still a few stragglers! Once again, DROC offers club membership for just \$30, which includes Orienteering Victoria membership. Juniors (ie under 21) can join or renew for no charge. Non-participating/social members can renew for \$10 per household, which entitles you to receive Punchline, but there is no OV membership. Members who take part in events must renew as Participating members.

Payment by Eventor is preferred. You can renew for yourself and other family members in the same transaction, and pay with PayPal or POLI. You can also pay by cash, cheque or bank transfer.

THE MILLENNIUM CLUB



Phil Torode has achieved Legend status of The Millennium Club, after completing his 1000th event in January 2018 at Camberwell. Phil is known to all as an accomplished runner and power walker, course setter, teller of bad jokes and painful puns, and all around nice guy always willing to pitch in. Congrats Phil!

Peter Dalwood and Ian Davies joined Phil to receive their certificates at the Awards Night.

[Current TMC Rankings](#)

DROC GOES WEST



Those paying close attention to the Summer Series results on the previous page will notice that for the first time, we've reported Tuesday series results. Stuart McWilliam and Peter Yeates were both winners; in fact Stuart placed in every Melbourne series, and was 4th in the Geelong series! We think he has a couple of clones which allow him to compete at so many events.

Not only that, but DROC held its first ever Western event at Altona Mound, for which Stuart did a great job of course setting. The DROC flag flew, and several club members made the trek across to mark the occasion.

WINTER SERIES

DROC is debuting two new maps this winter - Croydon Greens on Saturday June 16, and Chirnside Park on Saturday September 22. Croydon Greens includes a former golf course, now a housing estate with an intricate layout of streets and small parks. Chirnside Park is a work in progress - this first event will feature the western section only (north of Oxley College), but the redeveloped golf course will eventually allow us to double the map's size.

Nortons Park will feature in the new Saturday Park Series, which features 6 events on full colour maps, and controls predominantly located in parkland. Designed to attract MelbushO fans, the series is great for newcomers and families, as well as for regulars, as all events are included in the regular Saturday Series. Treat yourself to something a bit different over winter. Venues include Eaglemont Flats (April 14), Truganina (May 5), Darebin Parklands (June 2), Nortons Park (June 23), Coburg Lake (August 4) and Banyule Flats (Sept 1).

Stop Press - federal funding has been received for this series, so look out for additional colour maps as we expand in 2019!



Left - Graham, Chris and Phil enjoy a post-event debate

Below - Reg at Croydon Hills

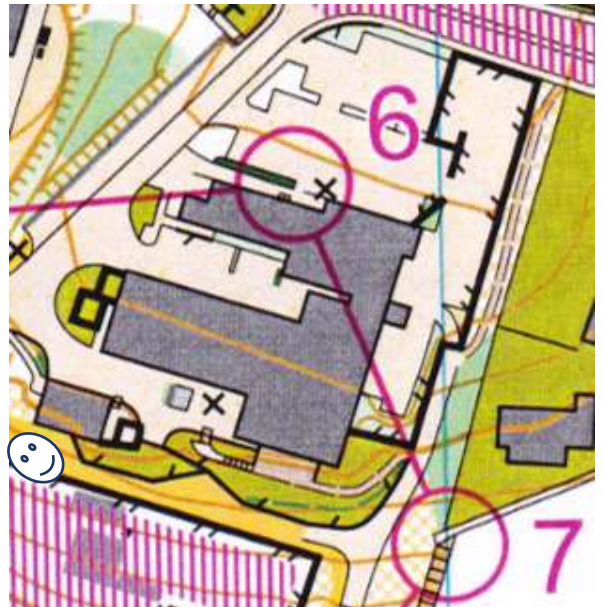


PREZ SEZ

I hope this edition of Punchline finds you well and raring to go for the upcoming orienteering season. The Summer Series has come and gone and we've been privileged to have the Melbourne Sprint Weekend occur on our doorstep in March. It was great to see so many DROC members participating and experiencing international standard events in terms of mapping, course setting and quality of fields. The event at Caulfield Grammar (Wheeler's Hill Campus) was memorable for being one of the most technically challenging courses imaginable, featuring a tight school campus with many uncrossable fences and retaining walls, plus shrewd course planning which forced competitors to change directions sharply and be spun around at many controls. Simply completing the course was an achievement! Well done to everyone, especially those with podium finishes in the overall standings including Asha Steer who topped the Women's Junior Elite class and Lanita who finished 3rd in the hotly contested Women's Senior Elite class.

A small contingent of DROC members have just returned from the Easter Carnival in Tasmania, where a group of us stayed together at a picturesque beachside abode in the outer Hobart suburb of Dodges Ferry, named after Ralph Dodge who operated a ferry service across Pittwater in the 1820s. Kristy and I spent the lead-up week travelling around Tasmania from Cradle Mountain, through the central highlands to Freycinet/Swansea, then to Bruny Island before arriving in Hobart for the Friday prologue sprint event.

I was having an ok run until a silly error at control 9, running along a straight road blindly past the control. Earlier, between controls 6 and 7, I decided to take the southern route and it turned out that I wasn't dodging ferries, rather I dodged a man lying in a sleeping bag in the sun on the grassed area beside the uncrossable fence (see map excerpt with apparition beside the uncrossable fence). It was some time after the event that I recalled the "man in the sleeping bag" and began asking others if they had seen him too. Apparently there were no other sightings and questions were directed back at me regarding my mental state! For the record, I definitely saw the "man in the sleeping bag" and I believe the reason why there were no other sightings is that the southern route choice to control 7 was sub-optimal, meaning that everyone else took the northern route. We finished the day with a visit to MONA which was an interesting experience to say the least.



We were treated with excellent weather for the remainder of the long weekend, starting with a spectacular hillside arena for the middle distance event at Lovelybanks East, which was a spur gully area with areas of fast open running interspersed with very steep and complex rock features and cliffs. The Sunday event used the same arena but the west part of the map, including some far steeper and longer climbs. The climb out of my control 7 was directly up twenty 5m contours on an open hillside. Next, the first 200m out of control 13 had no fewer than twenty 5m contours, plus another eight prior to reaching control 14, making the course one of the hilliest I've done. It was one of my best long distance runs which was pleasing.

The final day was held in the extended grounds of a large adventure park only 30 minutes north east of Hobart. The map had a bit of everything including pheasant boxes, log rows, pine plantations, timber framed and netted obstacles, widely varying patches of vegetation and some of the most uneven and rocky terrain under-foot that I've ever come across. Interestingly, the map featured many areas of rocky ground, but no actual boulders. I emerged from the adventure park with a really solid run, but also that sinking feeling of the weekend coming to an end and the need to get to the airport. A great weekend. How can you not love Tasmania?! Happy orienteering, Peter Hobbs

SPRINT CANBERRA - by Debbie Dodd, with editorial licence taken by P Yeates



An early start saw Debbie, Ilze and Pete heading off on a road trip to Canberra; somewhat appropriately to spend the Australia Day weekend in our nation's capital. Patriotism was not our reason - it was of course the lure of five Sprint races in three days; a great little package, done and dusted with one day's leave and a public holiday. We booked a small house in Bruce with Mike and Joy, conveniently close to all the venues. A couple of hours rest and stretching after a long drive, and we were ready to race. *Photo: fun with fridge magnets*

Race 1 - Australian Institute of Sport. We lined up as soon as the Start opened, as thunderstorms were threatening.

It was two months since I'd last picked up a compass or run a sprint, so I was expecting to be a little rusty; this was going to blow out the cobwebs.

I noted everyone running to the right, following a curving path around a garden bed. I took the same route, and dived off into the shrubbery as soon as I spotted the flag on the end of a low spur. So far so good!

Now it got tricky ... control 2 was almost directly north, but there were so many obstacles. I scanned the map left and right. To the right, lots of uncrossable fences, and the only feasible route was pretty wide. To the left it looked shorter but more complicated, but I could see a way through. At least I thought I could ... smack bang up against a locked gate. Damn! I backtracked around a large building, then up a ramp, down a ramp, turn right and there it was. Precious time wasted.

The next few controls were straightforward and I was running quite well considering I'd spent 7 hours in a car. No 6 slowed me down as it was on a forested spur with lots of loose sticks and branches. Straight on to no 7, made the right route choice to no 8, and pleased with myself for immediately picking the right level for no 9, which was on the lower portion of the ramp.

Despite the last few controls being easy, I made a poor approach to no 11, then had bit of a brain fade at no 12. I put the head down for the last one, and ran hard into the finish which seemed to go on forever. Done! I was happy with a relatively clean run first up. For the record, Pete beat me by 10 seconds, which I attributed to him having an SI Air stick and me not.

The rain came ... but we were home and dry, with four more races to look forward to, and complimentary chocolate ice creams in the freezer. Life was good!

PS by Pete ... Debbie's claim to having lost by 10 seconds because I was using my new SI Air stick is not the complete truth. The SIAC device only needs to be waved over the control, not inserted into the control box, thus generating a time save of 1 or 2 seconds per control, and in a 20 control race this can be the winning margin. It also allows the user to continue running past the control and move swiftly on to the next. At this point the observant of you will have noticed the two fateful terms, CONTINUE RUNNING and MOVE SWIFTLY. These phrases no longer appear in Pete's book of orienteering. In truth the advantage lies with Deb who has those few precious extra seconds of recovery time. And another thing, when using the SIAC device you are advised to raise it to your ear after punching a control as it emits a beep to confirm correct recording. In the hustle and bustle of maps, compass and sweat removal (all conducted whilst continuing to move swiftly) I poked myself in the eye with the damned thing at least 3 times. And I can confirm the presence of chocolate ice-cream in the freezer.

Race 2 - the problem with running at the AIS was the pressure to look like a high performance athlete at all times; the place was full of them, and we stood out like a bunch of, well, low performance orienteers. At this morning's venue, the University of Canberra, we just had to look a bit academic. That wasn't easy either, as anyone running in the heat could be assumed to have taken leave of their senses. The car park and arena were in blazing sun so we needed a shade plan. Pete remembered he had a car tent attachment lurking in the bowels of the boot (we have one too; it languishes in the garage along with various other items that seemed like a really good idea at the time. How many heart rate monitors does one person need??)

Having severely under-utilised this particular piece of car travel equipment, it took some time to remember which way the poles went, but perseverance and encouragement go a long way, and eventually we were sitting in our own little shady, if cramped, oasis. Just as we were getting comfortable, it was time to start the race.

Photo: we knew it would come in handy one day ...

We lined up under some trees, from which it proved difficult to move. Luckily the beep of the start punch has a somewhat motivating effect, and I convinced my legs to start running. The first two controls were straightforward, setting us up for no 3 which had two wide route choices. I decided to go right, then changed my mind and went left; less of an error and more of a dither. I started encountering stairs, and lots of them. Route choices became dictated by availability of ramps, and more important, availability of shade.



The leg from 5 to 6 was quite a long one, and by the time I completed it I was hot and tired. Only 11 more controls to go! Seven was a nice downhill, but 8, 9 and 10 were all a bit of a slog; the approach to 9 took careful map reading and I used that as an excuse to slow right down. 11-14 were all very close short legs with constant direction changes, which I got right. I saw Pete at this point hot on my heels. I knew he started 2 minutes after me; what I didn't know was that he erroneously went to 13 before going to 12, so he was further behind than I realised. I spurred myself on as much as I could, though I was wilting fast. Finally into the chute, and the welcome cool of the download tent.

Pete arrived shortly afterwards, but he was about 25 seconds slower than me, having made a further error from 14 to 15. In the high stakes cumulative "Whoever Finishes Last Does the Dishes Cup", I had a very slight advantage of about 15 seconds.

Race 3 - the interval between races was all too short; just time for lunch, a quick shower, and a couple of hours to put the feet up. In no time we were back at AIS, but this time heading south into the Canberra Nature Reserve - a pocket of native bushland squeezed between two roads, and criss crossed by a series of convoluted mountain bike tracks. In most sprints I will run as much as I can, with the odd walk break to grab my breath. But in bushland, I'll only run on smooth tracks, and then only if they are flat or downhill. This generally leaves a substantial portion of the course where I am walking, and in a sprint, that puts me well off the pace. So I went in with no expectations whatsoever, and it's safe to say, those expectations were met.

I was hoping that the course would be mostly track running, but our first control required heading cross country up a well vegetated gully. Everything was very dry and scratchy, and there were lots of things to trip you up. I jumped onto the little bike tracks as much as I could, but riders clearly hate going in straight lines, and I was constantly adding gratuitous distance and time. However I still felt this tactic was a better option for me than going cross country. We did a loop to the east, came through the middle, then a longer loop to the west. By that stage I was pretty much over it - the navigation was really simple, minimal route choice, and the rough, meandering tracks were tedious. I was watching time tick away, and my right ankle was inexplicably getting very sore.

When I finally emerged onto the broad smooth track to the finish, I could barely run any more.

I wandered back to the car park in desultory fashion, and punched in at 49 minutes - much too long for a sprint. Luckily we got to drop our worst race so this one didn't count. Pete beat me by 15 minutes and was now way out in front in the Dishwashing Challenge. With no chance to make that sort of time up in the last two races, I needed to make sure I finished them so I could drop this one.

Race 4 and 5 - the last two races were definitely the most interesting, challenging and fun. Race 4 was at a small Steiner school, where the buildings were all very irregular shapes, with tiny narrow alleyways in between. Some of them met in a kind of hexagon, which was a cross between the labyrinths of Venice and the Vortex of Doom. The map scale was 1:2000 so the detail was intense and the features came at you thick and fast. My ankle was still quite sore but I was ok to shuffle-run on the flat bits, while slowing to a walk on anything "off road".

It all went wrong immediately, when I couldn't quite make anything match from the start. I stood bemused for a while, before spotting a control close by that I reckoned was my no 6 - at least it gave me a pointer in the right direction. I next used a large roundabout, which became a regular feature of my course - I kept ending up at it despite every effort to the contrary. Without going into details, let's just say that mistakes were numerous, and by the end of 22 controls, my brain was quite fried. Along with my slow pace, the results weren't too pretty. I was so bamboozled by the Hexagon of Horror that afterwards I went for a reconnaissance walk just to try and make sense of it.
Photo: Ilze emerges smiling and unscathed from the Hexagon of Horror



Before we knew it, we were waking up to our final day, and it was off to ANU - in my book one of the best sprint maps in Australia. I remembered it fondly as being really tricky - full of little residential cottages surrounded by retaining walls, paths criss crossing everywhere, and more nooks and crannies to hide controls in than you can imagine. I picked up the map and reeled at the array of colour and detail. Focus! I told myself. An uphill start gave me the chance to gather my thoughts, and I navigated very cleanly to the first 7 controls. But suddenly I found myself not recognising anything, and I came to a dead halt. It took quite some time to work it out and get back on track.



I met Pete at no 8, and cursed myself, knowing he had started a couple of minutes behind me. I headed to no 9, but Pete went another way, and I decided I was wrong and turned to follow. Turns out he was wrong ... we both backtracked the way I'd gone originally. Grrr. More time lost. After that we tick-tacked round the rest of the course, taking it in turns to lead. Between us we made quite a few small errors but nothing major. I hit the final control first and tried desperately to maintain my tiny lead in the chute, but to no avail - Pete's longer reach aided by his SI Air stick got him across the line a nanosecond ahead!

Photo - me 5 seconds before Pete overtook me at the finish

Then it was all over. A fantastic weekend of top sprinting - even though I narrowly lost the Dishwashing Cup. PS I can confirm the absence of chocolate ice cream in the freezer (Pete).

FOR THE LOVE OF SPORT - Cassy Dutton

Sport is a magical thing and always inspires me to do more and be more than I could ever imagine. I am a sports addict. I think that's the first time I have properly acknowledged this. For those who don't know, apart from Orienteering I also play football (AFL style), ice hockey, inline hockey, basketball, and most recently CrossFit.

Football is just incredible when you have 18 people on the field all working together to protect and back each other. Ice hockey has such a smooth flow to the sport that I find so entertaining to play and/or watch. Inline hockey is very similar to ice, however there are 4 floor players rather than 5. It doesn't have the same beautiful smoothness as ice hockey, however it does have involve great amount of responsibility for each player, which brings you in to feel like an integral part of the team. Basketball I am still learning, it really feels like I am just doing laps to and fro then attempting to throw the ball into the circle thing. This 'simple' skill of shooting a ball into a hoop is trickier than I thought. I enjoy trying even though I'm not good. I think it's good to not be good at things and always enjoy the journey of learning in confusion. Crossfit is completely different too, this sport that I never thought of as a sport is expanding my mind and helping me to understand how much I can do with my body and the hurdles and obstacles that I put up in my mind.

However, orienteering definitely gives a challenge like no other sport, forcing your brain to work effectively whilst your body is attempting an incredible feat of endurance and power. This is such a unique combination and is rarely recognised. There is no way of comparing this sport to anything else.

In amongst all of this I am a myotherapist and sports trainer. One of my best assets as a therapist is my interest in trying different sports and discovering where pain and tight spots tend to come from just so that I can fix them on myself. Having this complete understanding assists me to treat in an effective manner and also to give my team mates much needed tips on stretches, areas to strengthen, and ways to recover effectively. The basics of recovery, stretches, fitness, and strength is the underlying similarity between all sports, however sometimes we have to find the magic in our sport in order to be inspired to work on our baseline fitness and maintain a good recovery regime.

In a few months I'll be competing in Italy alongside my sister in the Australian Senior Women's Inline Hockey team. If you're interested in supporting us financially to get there at all, have a look at our funding pages.

<https://gogetfunding.com/send-cassandra-to-italy-to-play-inline-hockey-for-australia/>

<https://www.gofundme.com/help-get-me-to-italy-for-worlds>

Next issue - Cassy shares some recovery tips.



MELBOURNE SPRINT WEEKEND PHOTOS (thanks to Susan Guinane)





Previous page:
Lanita with the winning Relay team; Wayne Love
Ryan Davies; Stuart McWilliam
Debbie Dodd; Graham Wallis
Denise Pike; Nick Maddock

This page:
Peter Hobbs; Ian Dias
Luca Bogdanovits;
Sarah Davies; Martin Steer

