

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

Incorporated Association Registered Number A0003225B

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IAN, SARAH WIN ORIENTEERING VICTORIA AWARDS



Orienteering Victoria announced Ian Dodd as the winner of the 2017 Services award. Ian makes history as the only person to have won this award twice (the first time was jointly with Debbie). The award was made in recognition of Ian's long-held roles as Park Street Wednesday series coordinator, and his technical support of timing systems at many events including MelBushO, Sprint Into Spring, Melbourne Sprint Weekend, and most major national events organised by Victoria.

Sarah Davies was named Course Setter of the Year, for her Sprint courses at Yarra Valley Grammar. A fantastic effort, as this was the first time Sarah had set a course of any description - and she won ahead of a group of highly experienced setters. The same Sprint Double event was shortlisted for Event of the Year.

AMBER, JAMES AND SARAH SELECTED IN VICTORIAN SCHOOLS TEAM

This year, DROC has three members in the Victorian Secondary Schools team, which will travel to South Australia in September/October, to contest the Australian Schools Orienteering Championships. Sarah (Senior Girls), Amber (Junior Girls) and James (Junior Boys) will compete in a Sprint, Long Distance, and Relay. All three put up strong showings in the selection races. We congratulate them and wish them every success.

JWOC UPDATE



By the time you read this, Asha Steer will have competed in her last Junior World Orienteering Champs (JWOC). After that its off to Finland for the World University Orienteering Champs, along with Lanita and the rest of the Aussie squad.

Asha commenced her campaign with a fantastic second place in the Hungarian Middle Distance Champs! After a week in training camp, JWOC got underway, starting with the longest Long Distance ever raced at JWOC - 11 kms for the girls! The terrain was sand dunes - generally flat, but needing accuracy to do well. Asha had a very steady run and was a little hampered by a lingering cold, finishing 86th, very tired but reasonably happy.

The sprint was held in the old town of Keszkesmet, full of 400 year old buildings, flower beds, alleyways and ice cream shops which were popular with the spectators! Asha had a good start, coming through early radio controls in the top 30, but fading over the last controls to finish respectably midfield.



On to the technical Middle Distance, on unique terrain known as "The Labyrinth". The map was described thus: "It's like someone with bad green and yellow chicken pox has invaded the map". It consisted of sand dunes with open pine, interspersed with thick, prickly juniper. Asha managed to push her way through the qualification and into the B Final, which she described as one of her least enjoyable runs of all time. She described scrambling around in the Juniper as something she will not be rushing back to do again, and was looking forward to more open areas for the relay - her final JWOC competition.



Saving the best for last - the Relay map was fast and open, and Asha's leg was over 6 kms long. She ran the anchor leg for Australia 1, and it was a fitting finale. The girls lifted from 31st at the end of Leg 1, to 24th after leg 2, to a fantastic 17th, with Asha lifting them 7 places. A truly memorable way to conclude her time at JWOC.



NEWBURY'S REPEAT RELAYS SUCCESS

The Newbury Navigators have now won two Victorian Relay titles! The boys all completed their courses at Glenluce on the Queens Birthday weekend, to claim victory. DROC numbers were depleted through travel and injury, but we all had a lot of fun, and look forward to a resurgence next year!

COMPASSES FOR SALE

DROC now has a supply of beginner-level Silva baseplate compasses (suitable for entry level orienteering, rogaining or bushwalking), and a small number of second-hand Silva thumb compasses, for sale at discount prices - no warranties or returns! See Ian at a MelBushO event.

MEMBER NEWS

Please extend a big welcome to new members Sally Barlow, Daniel de Graaf, Alastair Lang and Andrew Perkins, who have all joined the club in recent weeks.



It's that time of year when it seems half the club migrates north - either interstate or overseas. We look forward to hearing the adventures of Phil and Ros, Pam and Peter (left), Denise and Peter, Christine, and Colin, who has just set off on the trip of a lifetime around Australia!

Pam and Peter competed at the World Masters Orienteering Champs, where they were bamboozled by the Indoor Sprint map. [Click here](#) to see a copy - it took in multiple levels of a school, and by all accounts was a real mind bender! Every desk and piece of furniture was mapped.

DROC is making plans for its own version, subject to permission - watch this space!

THE MILLENNIUM CLUB

Congratulations to Prez Peter Hobbs, who upgraded his Millennium Club status to Companion (750 events) at the World Orienteering Day event in Camberwell recently.

[Current TMC Rankings](#)

PARK STREET RESULTS - AUTUMN SERIES

Monday Target Run - Damian Spencer 1st, Ian Davies 1st (Short)

Monday Target Walk - Helen Kerley 2nd

Monday Score Walk - Lauren Jackson 2nd, Andrea Jackson 3rd

Wednesday

A1 - Ian Davies 3rd

B2 - Peter Yeates 2nd

B1 - Jay Kerley 3rd

PW3 - Allan Miller 3rd

PREZ SEZ

Is it just me, or has this winter been milder than usual with more sunny days (including weekends!) and less rain than usual? The last two main events organised by DROC at Glenluce on the Queen's Birthday weekend and at Westerfolds Park on July 1 have featured excellent weather. Fingers crossed this trend continues. A huge thanks to all DROC volunteers who gave up their time to help out at these events. From all reports DROC teamed up well with MFR to put on the QB Relays, and there has already been talk of both clubs pooling resources to coordinate future events. Unfortunately, the President was incapacitated by a pesky calf strain for both QB events. Rumours that the President's preference for a Sunday morning sleep-in was the real reason for not competing in the Relays, were later confirmed to be false.

Meanwhile, far away in the northern hemisphere summer, Lanita and Asha Steer are preparing for the World University Orienteering Championships in Finland, and Junior World Orienteering Championships in Hungary (Asha only). Two years ago, Lanita graduated from the W20 junior class to the elite W21 class, and is already pushing right up towards the top of the Australian senior rankings. Her inclusion in the Australian High Performance Squad is reflective of this. Asha will be competing in her fourth JWOC and also sits near the top of the Australian junior rankings. Although details are scarce, rumour has it that Asha had a solid second place finish in the Hungarian Middle Distance Championships as a warm-up for JWOC. Both girls' previous experience competing at major events in Europe should hold them in good stead for this year's campaign and we wish them all the best and an enjoyable time in Europe.

Lastly, I came across an excellent orienteering quote via the Victorian Nuggets Facebook page, courtesy of an interview with top British orienteer Kris Jones:

Interviewer: *What is your top tip for a young orienteer?*

Kris Jones: *Learn how to run fast, but also learn when to slow down. Many mistakes can be avoided just by slowing down a little at the right times.*

A lot of my navigation errors seem to stem from this issue. For instance, at Westerfolds Park, my exit from control 4 (79) should have been via a small path, however in my haste to exit the control, I took a silly option back the way I came. It would have taken only three seconds to slow down near the control to avoid a 20 second error. Another one was at control 7 (75), where I knew I was at the lake but ran to a small footbridge over the lake, rather than the shelter at which the control was actually located. Why not just slow down and find the shelter in the first place; they are clearly different features! Another minute lost. Then it happened again between controls 8 (72) and 9 (71), where I needed to exit off a main track at a certain point. I ran slightly past that point, then had to bush-bash to get back on course. If only I had just slowed down a little and left the main track as planned! Another 30 seconds lost. It all adds up.



No matter whether it is in the streets, in the bush or anywhere in between, it pays to slow down sometimes. That being said, it also pays to go fast when you're confident you know where you're going and how to get there.

Happy Orienteering, Peter Hobbs

WORLD MASTERS ORIENTEERING CHAMPS, DENMARK

Peter Dalwood was unlucky to miss a place in the A Final of the World Masters Spring, after finishing 30th in his qualifying heat, of 78 competitors. There were 400 M70s in total! That's twice as many people in a single age group, as we get at our largest local events ... Peter finished well inside the top half, which was good enough to earn him a spot in the B final. Meanwhile Pam King "only" had 240 competitors in the W65 heat, and she also qualified in the B final.

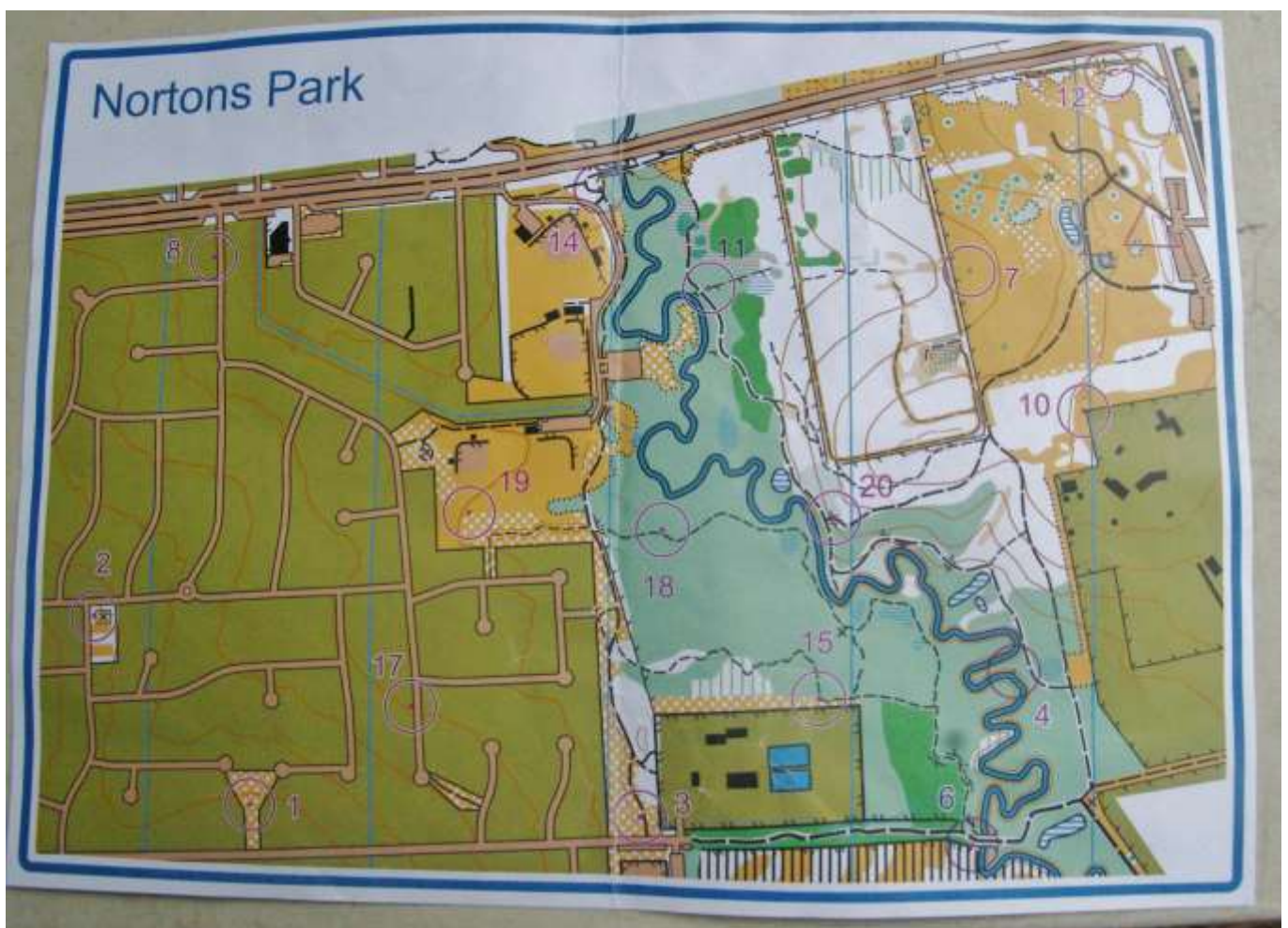
The Final was held around Christiansborg Palace in the centre of Denmark. Peter remained in first place (see below) until the 41st finisher crossed the line. He ended up 11th out of 80, just 56 seconds behind the winner - a great effort in amongst all those Scandinavians, and ranking him in the top 25%!

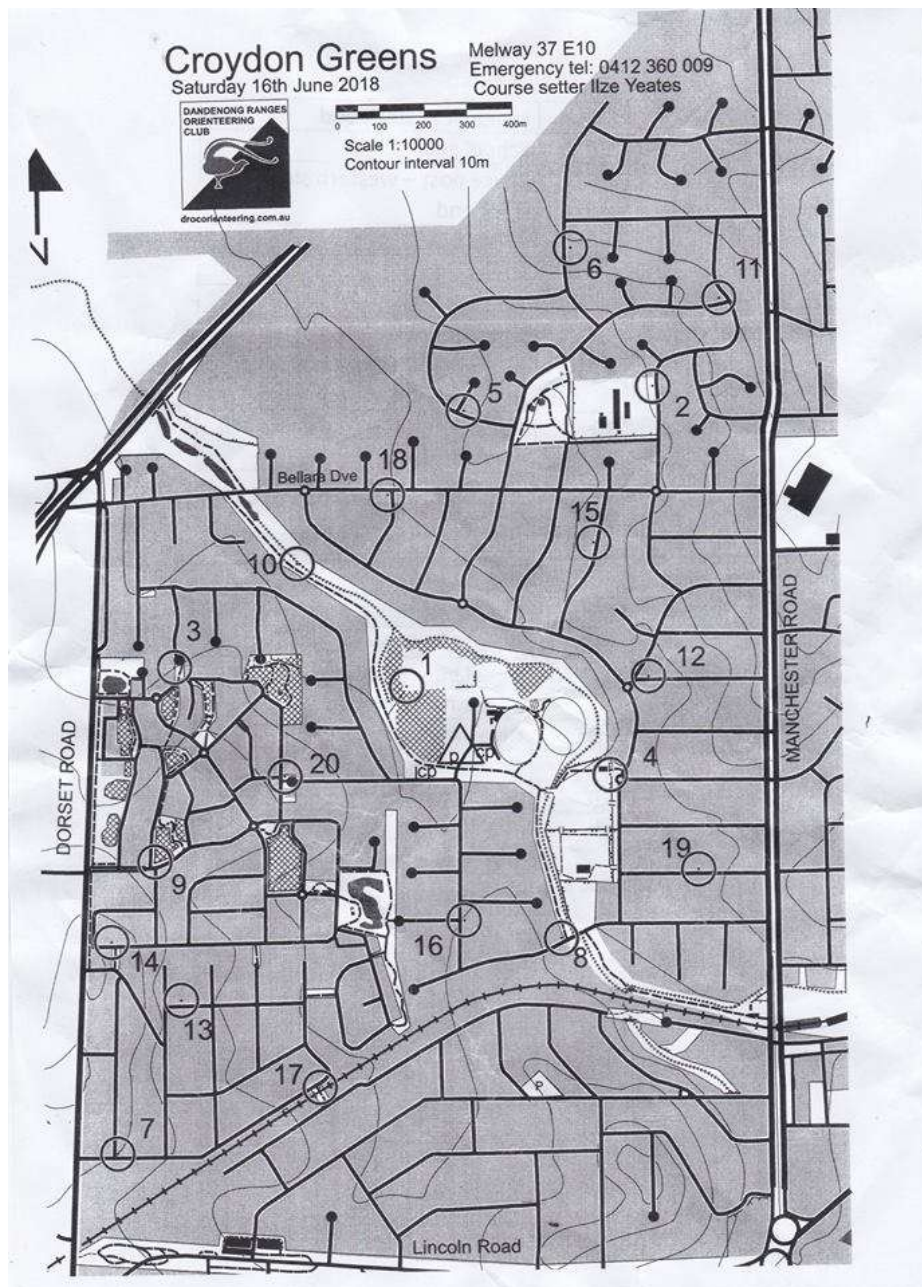
M70B [Open in new window](#)

#	Name / Club	Start	185	100	Finish
1	Peter Dalwood Dandenong Ranges Orienteering	10:45:00	11:21 (2) +00:46	13:09 (1) +00:00	13:23 (1) +00:00
2	Jean Bernard Zosso CA Rose	10:59:00	11:22 (4) +00:47	13:09 (1) +00:00	13:24 (2) +00:01
3	Anders Johan Krosby Fredrikstad Skiklubb	11:08:00	11:25 (5) +00:50	13:11 (3) +00:02	13:26 (3) +00:03
4	Kjell Eriksson OK Djerf	11:03:00	11:21 (2) +00:46	13:18 (4) +00:09	13:35 (4) +00:12
5	Ulo Vaihura SK Sauve Tamme	11:02:00	11:28 (6) +00:53	13:25 (5) +00:16	13:41 (5) +00:18
6	Colin Tappin	11:00:00	11:30 (6) +00:55	13:30 (5) +00:21	13:48 (5) +00:25

SATURDAYS

It's been an exciting time at Park and Street events this winter, particularly on Saturdays. Thanks largely to the efforts of series coordinator Peter Yeates, and some well targeted online promotion, the Saturday Park Series has been attracting big numbers, including a record 150 at Darebin!





DROC christened its new colour map of Nortons Park, with over 80 participants on a dull drizzly day. “This is so much fun!” I heard kids shouting as they whizzed past me on their way to the next control. The marketing has been aimed specifically at mums and kids in the areas local to the events, and it has worked very well. The Park series will continue to expand in the next couple of years as we build our map library.

We also debuted a new map at Croydon Greens (left), encompassing the former golf course, now a new housing estate with a maze of narrow streets and pockets of parkland - so much fun to navigate through, and much trickier than it appeared at first glance!

Check out another new map at Chirnside Park on Saturday September 22. Thanks to mapper Peter Grover for giving us new places for us to enjoy our favourite Saturday pastime!

GLENHUNTLY GALLOP ENDURO

The second Enduro for the year was held at Glenhuntly Gallop in blustery but dry conditions, testing the staying power of the competitors. An excellent course set by Ilze and Tina had us really thinking hard over 120 or 90 minutes - a great workout for brains and legs. There were 40 controls on offer, with points varying from 10 to 40, and harsh penalties for lateness.

Congratulations to 120 min Run winner Andrew Hester, who scored the maximum 1000 points. The 90 min Run was won by Ian Dodd with 710 points, with Andrew Perkins third on 570. The closeness of the scores for 4th-10th place showed again that smart decisions had a big impact on final results. Vic Sedunary was the winner on the 120 min Power Walk with 720 points, Once more, positions in the middle of the pack were determined by very small margins.

[Individual Results](#)

MELBUSHO ELTHAM

A chilly morning gave way to a glorious winter day - perfect for orienteering at Candlebark Park in Eltham. A couple of hundred eager navigators agreed with us!

The Hard courses were treated to a loop of Eltham Lower Park with its miniature railway nestled beside the river. Then it was south across the bridge, and a climb up into the hillier terrain, where the complicated track network gave lots of route choices. We had a lovely downhill across the open grassland before a final control in some erosion detail. The easier courses had similar loops but did not venture over the bridge.

Thanks to course planners Ian (left) and Sarah, and to the DROC crew of helpers who ensured the event ran smoothly as always.



Left: Peter Hobbs was third on Course 1 - here's the all important post mortem with some overseas visitors (see Prez Sez)

Below: Ilze Yeates hits her stride in the sunshine



QUEENS BIRTHDAY WEEKEND - ROYALLY GOOD ORIENTEERING!

DROC partnered with Melbourne Forest Racers, and “borrowed” a map and course setter (Mark Hennessy) from Central Highlands OC, to present a weekend of premium orienteering in the lovely open forest of Glenluce. Kookaburra Rises is a map that hasn’t seen a lot of use in recent years. It offers classic spur gully which is undulating rather than steep, plus some erosion gullies and scattered rock. It is also easily accessible from Malmsbury, Castlemaine and Daylesford (all places with excellent bakeries and weekend accommodation).

On Saturday, we hosted Victorian Bush Autumn Series no 5 (formerly known as State Series). The weather was absolutely perfect despite slightly dire predictions, and we drew a great crowd of 160. On Sunday it was MFR’s turn, and they put on a great Club Relay event, using the same arena. There was some overlap in the terrain on both days, and the ability to share infrastructure and equipment made the job of the organisers much easier. Clubs need to play to their strengths, and join forces if it means they can offer a better event. DROC will continue to look for opportunities to support this approach.

DROC GOES BUSH - VICTORIAN AUTUMN BUSH SERIES

Left: Welcome back Dad! Ian receives an enthusiastic greeting

Right: The post mortem is the best part! Helen, Stuart, Pete and Damian swap stories

Bottom: Wayne crosses the finish line



**EDUCATION IS
IMPORTANT BUT
ORIENTEERING
IS IMPORTANTER.**

