

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

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STUART TAKES OUT SECOND MEFTY

The indefatigable Stuart McWilliam has won his second MEFTY award (Most Events for the Year) and will hold the coveted trophy for another 12 months. We thought Stuart set the bar high last year - this time around, he completed an incredible 180 out of 186 events! Even more remarkably, Stuart travels from Werribee, and has clocked up thousands of kms in his quest. Recently he switched to train and bike travel, and shows no signs of stopping! Steven O'Connell was only two events in arrears with 178, and the rivalry certainly motivated both of them.



SIMON CLAIMS SOUTH AUSTRALIAN CHAMPIONSHIP

Simon took out a State Championship, winning the SA Middle Distance race at the recent Australian Champs. Racing on highly technical rock terrain, Simon overcame his M40 rivals to claim the title. He also placed second in the Australian Middle Distance, and fourth in the Long Distance. More reports on the Aus Champs week are inside.

ROGAINE CHAMPIONS

Vic Sedunary and Merv Trease are the kings of rogaining! Their achievements this year include:

- Australian Rogaining Championships (Qld) - second Ultravets
- Victorian Rogaining Champions in Ultravets/Supervets categories, and third Overall
- ACT Rogaining Champions in Ultravets/Supervets/Vets, and third Overall

When they are not actually rogaining, they are usually out in the forest course planning; they have been invited back to the US to plan the 2020 World Champs California.

SPRINT INTO SPRING, SATURDAY OCTOBER 20

The first race is on SATURDAY OCTOBER 13, at Caulfield Grammar, Wheelers Hill. Race 2, the following weekend, is organised by DROC! Taking place at a new venue, Cornish College is a small campus that will pack a big punch. Course planner is Sarah Davies. Make sure you come along and support the club. All the details are at www.vicorienteering.asn.au/sprint

Sprint Into Spring continues throughout October and November, with the final weekend in Ballarat on November 24 and 25. Races 6 and 7 of SIS will be at Federation University, Mt Helen; and the Victorian Sprint Champs are at the amazingly complicated School of Mines in central Ballarat. A weekend not to be missed!

ANNUAL GENERAL MEETING, SUNDAY OCTOBER 21, CROYDON

The 2018 DROC AGM will be held at Mingarra Village, 77-115 Mt Dandenong Road, Croydon, starting at 2pm, on Sunday October 21. Enter from Wicklow Avenue and head to The Pavilion, at the far end of Chevalier Drive and behind the bowling green. After a short meeting to elect office bearers, enjoy a casual afternoon catch-up with fellow club members. Please bring a small plate of afternoon tea, plus your favourite maps. Sit back and enjoy a trip to South America, Bavaria, and the London City Race.

THE FAMOUS DROC CHRISTMAS PARTY, WEDNESDAY DECEMBER 19, BULLEEN

The Famous DROC Christmas Party is the social highlight of the year, and it's on once again, following the Wednesday Summer Series event at Bulleen. We'll provide the usual delicious bbq chicken along with vegetarian quiche. Please bring a salad or dessert to share, as well as drinks. Family members are very welcome to celebrate the year with us. Stay tuned for more details via email.

FOR SALE

The DROC shop has recently expanded! Talk to Ian Dodd about filling your Christmas stocking with SI sticks (including SI Air), compasses, and Silva headbands. Peter Yeates is your go-to guy for DROC clothing - look cool this summer with a club running top!

THE MILLENNIUM CLUB

Debbie Dodd became the second Vintage member (2000 events since Jan 1 2000) on September 26 2018, at Clarinda. Ray Howe presented Debbie with her participation profile, and a delicious piece of vintage cheese! [Current TMC Rankings](#)

MEMBER NEWS

Please extend a big welcome to our latest members:

The Meyer family - Glenn, Maggie, Ava and Will. Glenn represented NSW in the National League, but has taken a break over recent years. After moving to Victoria, Glenn has introduced his family to orienteering.

Andrew and Annie Gruby, Kent Agis, and Hayden Chiswell are all new club members. We wish everyone well and hope they enjoy orienteering with DROC.

SUMMER SERIES

I'm pleased to say we have a full complement of course setters - thanks to all who offered. I think for the first time ever, we were over-subscribed!

Season tickets are on sale now. At \$75, you save up to \$55 per series! See Steven O'Connell at an event. You can pay by cash, cheque made out to Dandenong Ranges Orienteering Club, or bank transfer - email me for details (droc@inet.net.au).

PARK STREET RESULTS - SPRING SERIES

Monday:

Target Run - Ray Howe 2nd, Dale Howe 3rd, Ian Davies 1st

Score Power Walk - Andy Hardy 3rd

Wednesday Spring Carnival:

A1 - Ian Davies 2nd

A3 - Dale Howe 3rd

B1 - Jay Kerley 2nd

B2 - Peter Yeates 1st, Pam King 2nd

Saturday Series:

A2 - Stuart McWilliam 2nd, Mark Besley 3rd

B1 - Phil Torode 2nd, Andrew Perkins 3rd

B2 - Peter Yeates 1st, Debbie Dodd 2nd

NATIONAL ORIENTEERING LEAGUE RESULTS

Our NOL squad members helped Victoria to a great overall result, with the Senior Women and Junior Men both comfortably winning the Teams competition, and the Senior Men losing by just one point to ACT. Asha Steer placed second in Junior Women, and Lanita Steer was 5th in Senior Women. Peter Hobbs, Simon Rouse, Sarah Davies and Cassandra Dutton all scored valuable points for Victoria during the year.

VICTORIAN LONG DISTANCE CHAMPS, September 16, Fryerstown

Congratulations to:

First place - Sarah Davies, Sarah Love

Second place - Janine Steer, Simon Rouse, Wayne Love, Martin Steer

Third place - Asha Steer

Enter on Day winner - Ryan Davies

Photos: Ian Davies, Asha Steer (top); Ryan Davies, Wayne Love (bottom)



AUSTRALIAN CHAMPS WEEK

Another AusChamps has come and gone. The carnival was held in Renmark and the Adelaide Hills, providing a very mixed bag of highly detailed erosion features, classic campus sprinting, pine forest, traditional spur/gully, and very technical rocks on the last day. Some terrains and formats worked better than others, but all in all, it was a fun week that saw DROC produce some great results.

Prez Pete was “our man on the ground” and he has put together a great report and photos, covering our Victorian junior and senior reps (who looked very sharp indeed in their new tops, definitely winners in “fashions on the field”). Our age-groupers also turned in some strong performances, with a Championship for Simon Rouse, and some personal bests.

Player Profiles:

Simon Rouse - 1st SA Middle, 2nd Aus Middle, 4th Aus Long

- Simon won the SA Championship, finally knocking off his M40 rivals!

Martin Steer - 3rd Aus Middle, 4th Aus Sprint

- Very consistent as always for strong results

Pam King - 9th Aus Middle, 13th Aus Sprint

- Great results, particularly in the Middle which saw many others come to grief

Asha Steer - 4th Aus Middle, fastest leg in Aus Relays, 2nd Aus Sprint

- A brilliant carnival for Asha, who was not able to contest the second weekend due to Uni

Lanita Steer - 1st Aus Relays, 5th Aus Long

- Lanita played a key role in winning the Senior Women’s NOL for Victoria

Peter Hobbs - 9th Aus Long

- The Prez’s best run of the week came on the longest course

Amber Louw - 1st Aus Relays, 10th Aus Long

- A breakthrough in the Long Distance with her first top 10 finish among Australia’s top juniors. Amber also ran in the Senior Girls Schools Relay, after the selectors recognised her staying power and promoted her

Peter Dalwood - 5th Aus Sprint

- Top result in the highly competitive M70 age group

James Love - 8th SA Middle

- Saving his best for last, James blitzed this event, demonstrating how much he had learned this week as a member of the Schools team. This result topped off a very solid carnival

Sammy Love - 2nd midweek race 3, 6th Aus Long

- Our youngest competitor, Sammy had a great week at her first carnival. Stay tuned!

Sarah Love - 1st Aus Sprint

- Following up from her win in the Vic Sprints last year, running herself from last to first

Peter Yeates - 13th SA Middle

- An excellent top-third result in a very technical race

Start planning now for 2019, when the [AusChamps](#) take place in southern NSW and northeast Victoria.



Photos: three Petes and a Pam

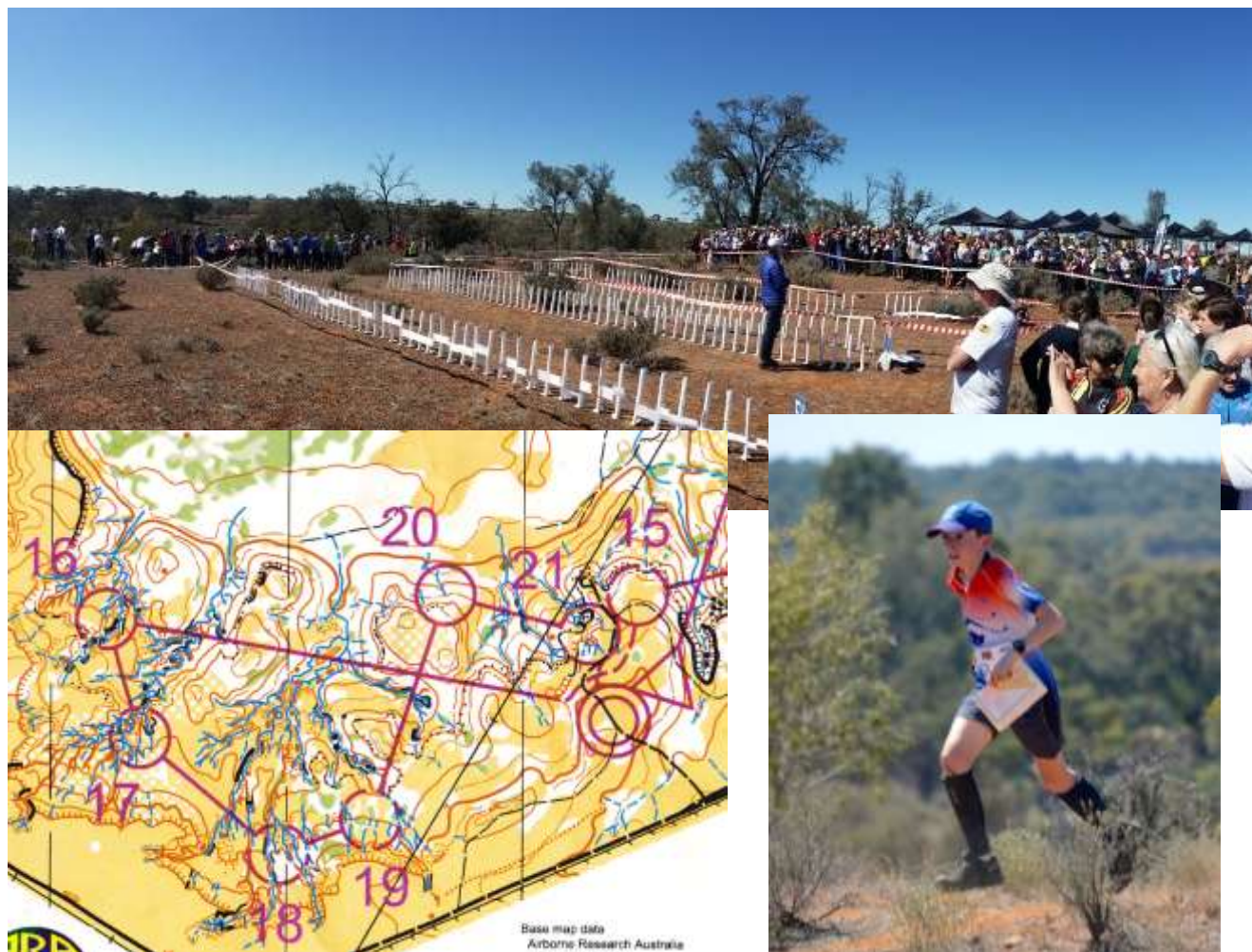


PREZ SEZ - our on the spot reporter, Peter Hobbs, from South Australia

A small but dedicated contingent of DROC members took the long trip up the Calder Highway to Renmark (and Adelaide) for the Australian Orienteering Championships between 29 September and 7 October. I hadn't been beyond Sea Lake for about 25 years and one thing that hasn't changed over that time is the red/brown barren landscape up to Mildura. What has changed though, is the size of Mildura which seems to be much larger and sprawling out along the highway more than I remembered all those years ago. The transformation of the landscape from barren to lush on the approach to the Murray River is amazing. All of a sudden the highway is lined with kilometre after kilometre of fruit trees, grape vines and market gardening. A sign outside a grape growing farm advertising "Port \$6 per litre" seemed too good to be true; but at 110km/ph we never stopped to find out.

The first event was the Australian Middle Distance Championships at a sandy plateau beside the Murray River. A really unique area; very sandy/soft underfoot with some trees and undergrowth but generally very open terrain. Navigation was made very difficult by the sand-dune-like features and large number of erosion gullies - some too deep to cross. Feedback on the terrain was mixed with everyone making errors of varying sizes, but it seemed that everyone enjoyed a sunny day beside the Murray amid some unique orienteering terrain. I (mostly) enjoyed it despite having a very poor run and accidentally skipping a control. Well done to Simon Rouse (2nd M40) and Martin Steer (3rd M50) for managing the terrain well and making podium appearances.

Next on the agenda was the Australian Relay Championships (see picture of start and graveyard) set in terrain only a few kilometres up the road from the day before. This terrain was a little firmer under foot, but was riddled with more and deeper dry gullies than the Middle Distance terrain.





The outer parts of my course reminded me of terrain often seen in dusty outback American movies where it appears not to have rained for decades. Terrain visibility was very good with relatively few trees and some very obvious hills and cliff features to navigate from; however control positioning was not so visible especially in the complex gully areas. Four of my final controls were located in a small area of what could only be described as a diabolically complex area of deep, sandy erosion gullies (see map inset). This part of the map was teeming with confused orienteers and imposter controls. The odd thing is that I navigated

successfully through all of this, only to make a bad six minute error on the “easy” control 20 outside of the erosion gully area. The relay results reflected the terrain complexity with many mispunches, although for some of the newer DROC juniors (especially Amber and James), just experiencing the terrain and getting around the course was a great achievement. There were some standout performances with both Asha and Lanita Steer going out first in W20E and W21E and posting excellent

times, with Lanita’s team winning overall, as well as Amber Louw being first runner for the victorious Victorian WOpenB team (see podium picture).

The final event of the Renmark trio was the Australian Sprint Championships. The event was on a school campus including an unusual area of sparse salt bush, bisected by small paths. The difficulty here was that the paths



were not well defined and anything off the paths was out of bounds / disqualification. Several passageways were blocked by artificial barriers, adding complexity to what would have otherwise been an “easy” school map. Courses made the most of the map with many controls tucked in corners out of sight, and lots of changes of direction. Unfortunately for me I had another poor run with three sizeable errors! No such trouble for Martin Steer (4th M50) and Peter Dalwood (5th M70) or for Sarah

Love who won W45B. Despite making a two minute error on the first control, Sarah won 16 of the next 18 legs (wow...!) to move from last place to first, finally overhauling the second placegetter on the second last control. Awesome effort!



Next, the carnival moved to Adelaide for the Australian Schools Sprint Championship, set at a school campus on top of a big hill in the northern suburbs of Adelaide. Three DROC juniors were competing - James Love (junior boys reserve), Amber Louw (junior girls) and Sarah Davies (senior girls). Membership of these teams is by selection only so it is a great effort and honour for these three to be part of the official Victorian team, as well as to wear the snazzy new junior and senior Victorian Orienteering team uniform and running tops. As an aside, it is notable that DROC also has four senior Victorian representatives; this must be DROC's largest representation at state and national level for decades. The school terrain was very demanding with many uncrossable retaining walls

and fences, plus many small buildings clustered close together (see map inset). In fact, the map was about twice as difficult as that used for the Australian Sprint Championships the previous day. Well done to James, Amber and Sarah for completing their courses in such complex terrain. Special mention must go to Amber for a great run - running herself into 5th place during the middle of the course, 10th place late in the course and finishing 16th in a very strong field despite some late errors.



The next two days featured the Australian Schools Long Distance and Relay Championships in forest areas about an hour north east of Adelaide, near Mount Crawford. The terrain included a mixture of pine forest, open forest and track running which provided some ‘easier’ terrain plus some very difficult and dense pine

plantation areas with low visibility and few navigable features. Stories of runners not hitting pine plantation controls and having to relocate two or three times were common. James, Amber and Sarah



all completed their courses and did their bit for the Victorian team and should be very proud, especially as each is in the middle or lower age range of their class, meaning that they are on average competing against slightly older and more experienced orienteers. Plus, competition was fierce especially with strong New Zealand teams making the trip across the ditch. From an outsider's observation, you got the sense that the School Championships mean a lot to those competing, both from a competition and socialising point of view. The bond forged between Victorian team members was very evident with the team doing things together

such as singing the team theme song and waiting beside the St Johns Ambulance when team member Jensen Key was having his broken arm assessed, all wearing the great new uniforms, and clearly relishing the opportunity to be amongst orienteers of the same age rather than much older.



The final two days of the carnival - the Australian Long Distance and South Australian Middle Distance Championships - were in a similar geographical area to the previous two days, but with vastly different terrains. I hesitate to rate any terrain as "easy", however the Long Distance event at Gumeracha Goldfields was as close to it as you will ever see in an Australian Championship. The terrain had very few gold mining features, but lots of

tracks and relatively open pine forest areas. Only the elites ventured into the far southern part of the map which required some bush-bashing through thick vegetation. The M21E course did not feature any murder at the 14th control (like in the book titled same) thank goodness, but did feature a wedding at the 14th control! Ceremony preparations were occurring as runners came through and the wedding occurred at 2pm after most runners had finished. Standout DROC results included Simon Rouse (4th M40A) after travelling direct from Melbourne that morning; Amber Louw (10th W14A) only four minutes off the winning time in a very hotly contested field; and I had a very clean run to finish 9th in M21E. The presentations concluded with the announcement that Victoria had won the overall Australian Championship, calculated from all classes. Approximately 20 Victorians took to the podium to accept the trophy (see picture). The Victorian Elite women's team, including Lanita Steer, took out the 2018 National League trophy (see picture).



Last on the agenda was the South Australian Middle Distance Championships amid open farmland covered by large rocks and cliffs, which made for very complex orienteering and excellent scenery. I was mentally and physically cooked after the long distance event, however DROC had some standout performances: Simon Rouse (1st

M40A) by 9 seconds over Richard Goonan, Wayne Love (2nd EODH), James Love (8th M14A) in the middle of a group of six finishers within a minute of each other, and Vice President Peter Yeates (13th M70A) amongst a large field of 35, being one of only three competitors not to register a Winsplits mistake. A classic case of holding it together in complex terrain, whilst other faster competitors made error after error.

Well done to all for making the trip to South Australia and especially to our selected Victorian junior representatives Sarah, Amber and James.

Happy Orienteering!

CITY RACING

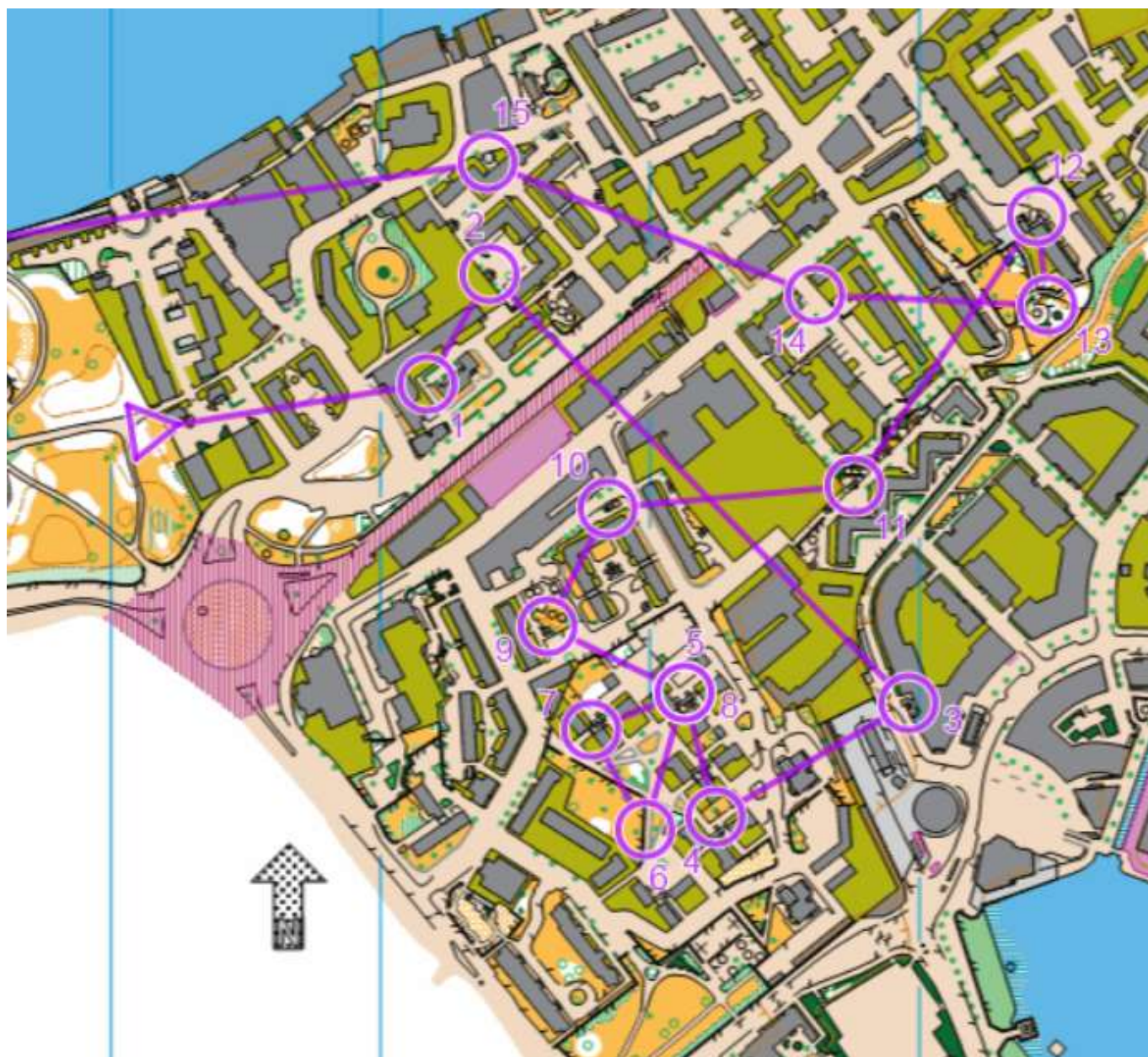
City Racing is a European phenomenon. There are multiple urban races held all year, in iconic places such as Paris, Rome, Venice and Barcelona, as well as in lesser known locations. City Races are “long distance sprints”, ie line courses on colour maps at 1:4000 or 1:5000 scale, complex areas with frequent changes of direction, and Sportident timing. They differ from sprints in that they are longer (up to 9-10 km), and not limited to enclosed spaces such as campuses or parks. You can generally add on at least a kilometer to the advertised length, and expect to race for 45 minutes or more.

The London City Race has been held annually for over 10 years, and attracts close to 1000 participants. It is a three-race package with a shorter urban race on a Friday evening, the headline City Race on Saturday morning, and a more typical sprint on Sunday morning.

When we planned our European holiday this year, the London City Race was top of the list, and we planned the tri around the September dates. We had a week to visit London and catch up with the vast changes to this huge city in the 20 years since we last went - particularly in the East End following the 2012 Olympics. It came at the end of 7 weeks of travel to Germany, northern England, Iceland and Ireland.

The Friday evening race was at Bermondsey and Rotherhithe, a once industrial but now very trendy area right on the south bank of the Thames, just east of Tower Bridge. We assembled at a small school surrounded by a maze of streets and parks, and started from a park about 1 km away. Once we'd crossed the Rotherhithe Tunnel, we were in another school/housing estate, with controls packed into this tiny but very complex area. Many of the orienteers were at a standstill, intently studying their maps before tentatively running in what they hoped was the right direction. Fences were used to good effect to catch people out.

The second half zigzagged back towards the finish, wearing out our legs and brains simultaneously with so many rapid decisions to be made. I had a moment that stopped me in my tracks when I ran up a short flight of steps to a wall. I looked up and my jaw dropped. There was Tower Bridge and the City skyline, highlighted by a gorgeous pink sunset. I had to tell myself to keep running! That was the moment when I knew I was actually racing in London.



Results: Ian 13th of 66 starters (32 mins) Deb 35th of 63 starters (38 mins). Above - part of Ian's Bermondsey/Rotherhithe course. Controls 3 to 14 were especially tricky!

As soon as we'd finished, we grabbed my camera and headed back to the waterfront, to photograph the amazing view. Then we walked down to Tower Bridge, where we were lucky enough to see the decks lifted for a ship to pass underneath. We admired the illuminated Shard building, and took a

night time ride on the Emirates cable car at North Greenwich. Each of the hundreds of construction cranes had a twinkling red light on top, looking like dancing fireflies from our high vantage point.



Tower Bridge and city at sunset, from the Bermondsey map

Next morning we were back at the same arena, but the map this time was “City and Southbank”. Most people complain about long walks to the start. This was 2 kilometres of pure tourist heaven - along the river front, over Tower Bridge, around the outer wall of the Tower of London, and line up beside a high Roman wall on Tower Hill. We all dawdled, soaking it in.

Finally we were on the start line, waiting for the Go. Ian’s course was nominally 5.5 km, and needed a double sided A3 map. My course was 4.4 km, single sided A3. We both estimated an additional 2 km to complete our courses. For my first control I ran around Tower Hill underground station (to the amusement of commuters), ducked through a hotel car park, then under an arch in the Roman Wall (another OMG moment). Then through some very narrow lanes, until I found myself in the architecturally stunning Leadenhall Market. I dodged around a large building and wondered why so many people were taking photos, till I realized it was the famous “Walkie Talkie” building. Past The Monument, close to St Pauls Cathedral, and a couple of tricky controls on the upper level of a terrace.



Left: my first control was the other side of this wall



Right: Leadenhall Market entrance

From here it was a long run along the waterfront to Southwark Bridge, the only bridge we could use to cross the Thames. The south bank was bustling with people around the busy Borough Market, so I looked for quieter streets. I ran past HMS Belfast moored in the river, then back past Tower Bridge. We were now back in Bermondsey, and we ducked and weaved through its narrow streets lined with former warehouses; round the end of a canal, into an intricate courtyard and back to the finish, exhausted but exhilarated. Later I retraced my steps to have a better look at the numerous landmarks I'd passed.

Results: Ian 57th of 166 starters (48 mins) Deb 72nd of 103 starters (58 mins)

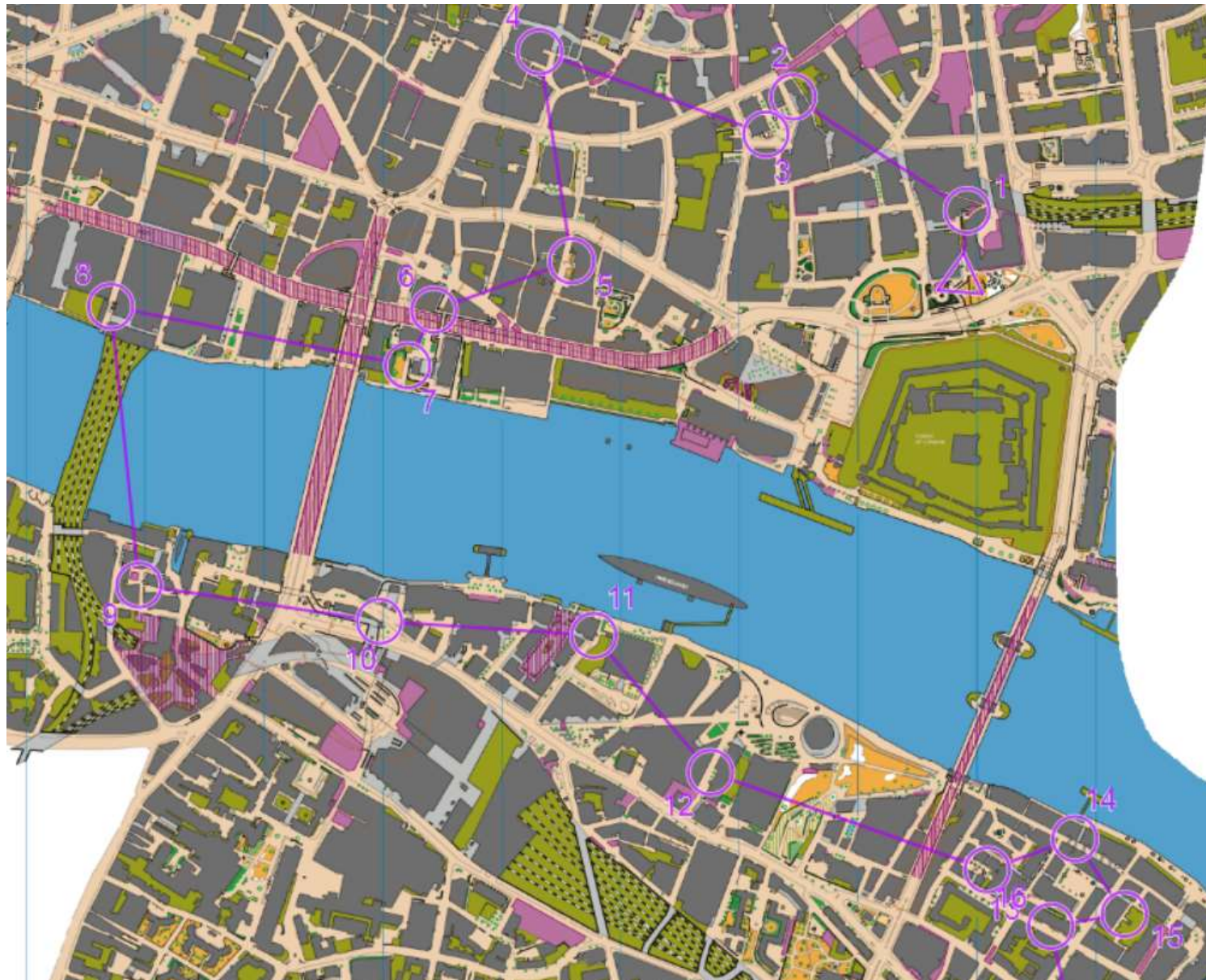
The final race was held in Bloomsbury on a quiet Sunday morning. The squares and gardens of this genteel area are reminiscent of Mary Poppins, and I half expected to see Victorian nannies with crisply starched aprons pushing their prams in the sunshine. We started from the University. Interestingly, Ian's great grandfather lived in a terrace house here - he could have watched his great grandson racing, from his doorstep! This map was quite straightforward compared to the previous two, with most route choices driven by the location of park gates. Nearby was the magnificent British Museum, which I saved for another day (this was an orienteering experience in itself, as they gave me a multi-level map with 25 "controls" marked, ie the highlights of the museum for those who only have a couple of hours to spend there).

Results: Ian 15th of 89 starters (26 mins) Deb 56th of 78 starters (31 mins)

I can highly recommend adding a City Race to your travel itinerary. Maybe one day there will be one in Melbourne ... watch this space!



The London City Race takes in many famous landmarks



Part of Deb's City Race map. The eastern bridge is Tower Bridge, leading to the Tower of London on the north bank, and the Start on Tower Hill.

Below: heading upstairs on a riverfront terrace (feeling leg weary)



ORIENTEERING BAVARIAN STYLE

I'm delighted to report that orienteering Bavarian style includes pine forests, sprint races in medieval towns, friendly locals, guided tours - and an avalanche of cake! The Germans really know how to put on a cake-O event ...

The Bavarian O-Tour was a 6 day (5 races plus a rest day) carnival, showcasing famous towns and cities in southern Germany. It was low key and relaxed with an emphasis on tourism, but high quality maps and courses, and efficient organization (as you would expect). The weather was hot and sunny. We stayed with Ted and Margi (YVOC) in a small village called Ramspau, 20 kms north of Regensburg. We were in a converted barn attached to a minor castle. The views from our window were amazing. Every day we drove on high speed autobahns or undulating rural roads, to get to the events. We raced in the mornings, had a leisurely lunch/afternoon tea, then joined a guided walking tour in the late afternoon. What a great concept!

Race 1 - Bamberg. Middle to long distance race in nearby forest, flattish, with a dense/overgrown track network. I rolled my ankle the day before, so just picked a few controls close to tracks. We hadn't yet obtained northern hemisphere compasses, so Ian heroically completed his whole course compass free, enjoying the challenge. Afterwards we found an excellent bakery, and enjoyed a tour of the old town, cathedral, rose garden terrace, and town hall built on a bridge.



Left: Bamberg forest.
Below: Bamberg "Little Venice"



Race 2 - Stubenthal. Middle distance race in pine forest with scattered rock, on steep slopes. The event centre was in a tiny rural village. I opted for the easy course and stuck to tracks; the forest was open and very pretty. The others enjoyed a more technical race amongst the boulders.

Race 3 - Passau. Sprint race on the island which lies between the Inn and the Danube rivers. St Stephens Cathedral sits on a hill between the two rivers so there were a few hills. Complex course taking in the tourist sites as well as many squares, fountains, alleys and stairs. Our guided tour revisited some of the control sites as we explored the Old Town at a more leisurely pace.

Rest day - Ian and I visited Nuremberg, site of the infamous Nazi rallies where Hitler rose to power. Chilling to stand on the same grandstand from where he addressed the massive, chanting crowds.

Race 4 - Regensburg. Sprint race through famous Danube town. Starting at one end of the iconic old stone bridge (the one in all the photos), we raced across it, turned left, and entered a maze of



medieval buildings and streets. Regensburg has Roman origins. My ankle had recovered enough for me to run, and I did so with a grin from ear to ear. My favourite event. On the walking tour we learned more about the city's Roman past.

Race 5 - Landshut. Sprint race in and around Trausnitz Castle and adjoining parkland. Castle courtyards and walls, steep forested slopes, lots of tracks. Picturesque setting with sweeping views over the city with its massive church spire and colourfully painted facades lining the main street. Our last guided tour showed us the fascinating frescoes inside the town hall, and a relief model of the town and castle.



Above: German cake-O

Left: we stayed here

Below: Regensburg old town

Bottom: Landshut castle orienteering



