

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

Incorporated Association Registered Number A0003225B

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Issue 189

July 2019

MONASH INDOOR-OUTDOOR SPRINT - HIGHLIGHT OF THE YEAR!

The compliments came thick and fast at the conclusion of Australia's first Indoor Sprint, with most people clamouring to do it again! Personally, I didn't want my course to end; I was more than ready to go around again, and can't wait for the chance to do it all over again.

The idea was planted well over a year ago; since then a lot of work was done gaining permission and fulfilling all the safety requirements; preparing a map quite unlike any other; then setting courses, promoting the event, and putting all the finishing touches together; including adding an Outdoor sprint which was equally great. The result was a sensational day - in the words of one of Australia's foremost orienteers and WOC team member Patrick Jaffe, it was the highlight event of the year! Competitors came from as far afield as the ACT, NSW and even Western Australia for the occasion - and they weren't disappointed.

First up was the Indoor Sprint, using all four levels of the Learning and Teaching Building, an architectural showpiece with a spectacular timber atrium and staircase, outdoor courtyards suspended four storeys up, funky curves, classrooms and corridors, and a myriad of places to put controls. The map, at 1:1000 scale, looked complicated at first, but I found it easy to follow after a few controls; though it did pay to read the instructions in order to understand what the directional arrows meant. My approach was slow and steady - make sure you knew the route to the next control before heading for it; use any old stairs to get to the right floor, then navigate (rather than trying to pick the stairs that delivered you nearest to the control) - and watch out for the marshals with their "wrong way go back" paddles, who were taking no prisoners!



A lunch break gave us time to reconfigure the Start and Finish, and get set up for the afternoon's entertainment. Times from both races were combined, so this was no mere add-on; Stuart used every trick in the book, with no "giveaway" legs; and with a great eye for detail, he really made us sweat the small stuff! Again, everyone was sorry when it was over; people who opted for shorter courses vowed "next time I'll sign up for course 1", which is not something heard too often!



An incredible amount of work was done by mapper and Indoor planner Peter Dalwood; Outdoor planner Stuart McWilliam; assistant planner Asha Steer (left); and general support crew Pam King. Thanks also to the crew who pitched in on the day - it's a big job to run two events, and it was fantastic to see our juniors front and centre, on Registration, Starts, and Downloads.

Team Monash, led by Carolyn Gordon, were extraordinary - enthusiastic, energetic, and willing to help every step of the way; we have already been invited back, so look out for Version 2, hopefully this summer! Meanwhile if you'd like to do a bit of training on the maps, just let us know, we have spare copies.



MONASH University

Indoor-Outdoor Double Sprint - 30 June 2019

Learning & Teaching Building

Courses set by Peter Dalwood

Map drawn by Peter Dalwood with assistance of Monash University. Possession of this map does not imply right of access to the building. © 2019 Orienteering Victoria Orienteering Club.



Indoor Race
1:1,000
M/W 1: Long Hard

Indoor Race		1.9 km	45 m
MW 1: Long Hard			
1	65	▲	□
2	93	○	□
3	78	▲	□
4	85	▲	□
5	69	▲	□
6	72	○	□
7	80	○	□
8	79	○	□
9	81	○	□
10	101	○	□

11	94	▲	□
12	88	▲	□
13	87	▲	□
14	82	○	□
15	84	○	□
16	76		□
17	97	○	□
18	75		□
19	73	○	□
20	111	○	□

- x Pillar | Other prominent object
 - Step or paving edge
 - Door - possible | impossible
 - Wall - possible | impossible
 - Unpassable barrier | Blocked route
 - Canopy (passable)
 - Impassable room or structure
 - Furniture (may reach over or under, but not move)
 - Paved area (outside) | Grassed or open area
 - Possible area (inside) - all floor levels | Deducted floors
 - Possible area (inside) with restricted furniture
 - Corridor passable in one direction only
 - Stairs: within one floor level | Arrows point up between floors (same letter on each floor)
 - Tree | Garden (forbidden to enter or reach across)
 - Access out of bounds for competitors
 - Void - no floor - KEEP CLEAR
- Scale: 1:1000





MONASH University

Indoor-Outdoor Double Sprint

Sunday 30 June 2019

Course setter - Stuart McWilliam

M/W 1: Long Hard



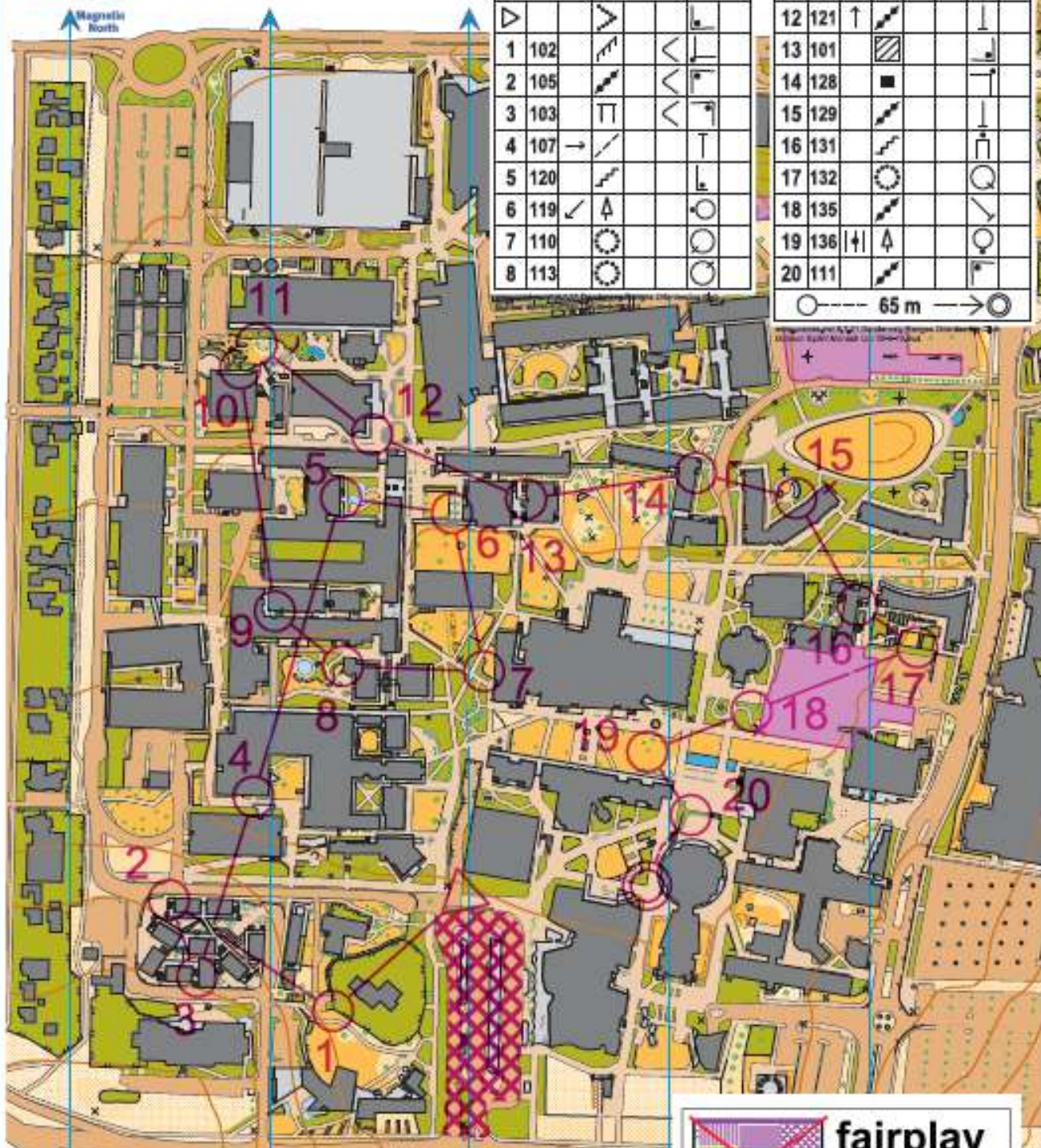
ORIENTEERING VICTORIA

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Outdoor Sprint Monash Uni			
M/W 1: Long Hard	3.5 km		
▷		↘	↙
1 102	↘	<	↘
2 105	↘	<	↘
3 103	Π	<	↘
4 107	→	↘	↘
5 120	↘	↘	↘
6 119	↘	↘	↘
7 110	⊙	⊙	⊙
8 113	⊙	⊙	⊙

9 115	↘	⊙	⊙
10 123	⊙	⊙	⊙
11 124	↑	↑	⊙
12 121	↑	↘	⊙
13 101	▨	↘	⊙
14 128	■	↘	⊙
15 129	↘	↘	⊙
16 131	↘	↘	⊙
17 132	⊙	⊙	⊙
18 135	↘	↘	⊙
19 136	↑	↑	⊙
20 111	↘	↘	⊙

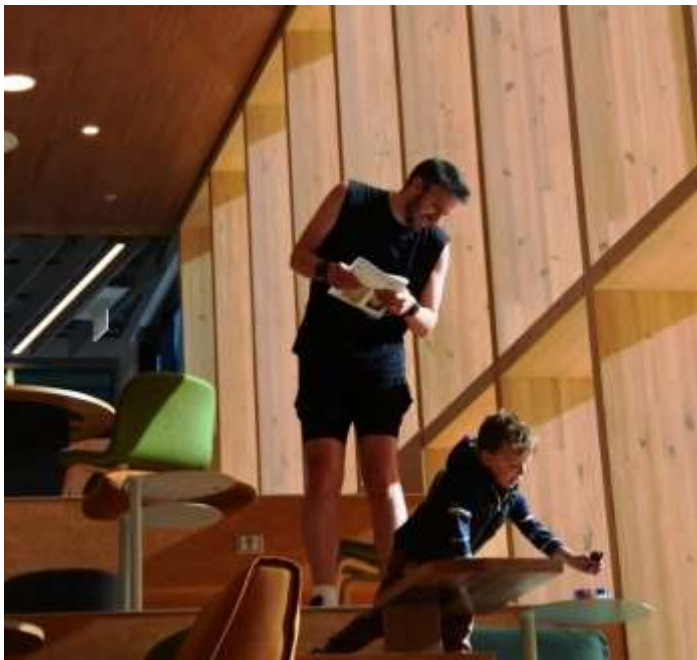
65 m



Scale: 1:4000
0m 50m 100m 150m

Emergency contact
0411 819 313

fairplay
no entering, crossing, jumping over, reaching across



Top: Damian and Elijah Spencer; Ian Davies
Middle: Janine Steer; Nick Maddock
Bottom: Amber Louw; Sarah Davies

JUNIORS OFF TO NSW

No less than four DROC juniors have been selected to represent Victoria in the Australian Schools Orienteering Championships, after their strong performances in the selection races: - Sarah Davies, Sally Barlow, Amber Louw and James Love. Sarah has been a regular part of the team for a few years and brings a wealth of experience. In contrast, this is Sally's first time as a team member, but she has shown she is a very quick learner, moving up in difficulty very quickly. Amber is another experienced team member, in her last year of Junior Girls, while James is in his first year as a full team member, after travelling as a Reserve last year. All of them will be training hard over the next few months before heading off at the end of September.



In addition, our own Prez Pete has taken over the reins as Coach, after Steve Bird (BK) stepped down earlier this year. Pete has a great approach to teaching kids, and his wide interest in, and experience with all forms of orienteering means he has a lot to share; we're sure the whole team will benefit from having him on board!

Photo: Sally Barlow at the Secondary Schools Championship, Police Paddocks

MEMBERSHIP

A big welcome to our new members Lily Ung, Matthew Grover and John Grover. While we haven't met Lily yet, Matthew and John have been regulars at streetO, and both feature on the winners list for the Wednesday Autumn Series.

PARK STREET AUTUMN SERIES RESULTS

Congratulations to our winners in the Monday and Wednesday Autumn Series:

Monday Target Run	Ray Howe 3 rd
Monday Target Short	Ian Davies 1 st
Monday Target Walk	Phil Torode 1 st
Wednesday A1	Ian Davies 3 rd
Wednesday A2	Matthew Grover 1 st
Wednesday A3	John Grover 1 st
Wednesday B1	Ian Dodd 2 nd
Wednesday B2	Reg Saunders 2 nd

CONGRATULATIONS ASTON KEY - JUNIOR WORLD CHAMPION!

DROC congratulates Aston Key for his superb Gold Medal win at the Junior World Championships in Denmark! Aston is a third generation member of the Key family - although these days they are Melbourne Forest Racers members, the Key family were instrumental in founding DROC, made many of the early maps, and got summer streetO up and running, so we have strong connections. Geoff Key was a club life member. Aston's dad Warren and aunt Sue represented Australia a number of times, whilst DROC members.

When he is not winning world championships, Aston is busy making colour maps for Sprints and the Saturday Park series. We wish him continued success.

PUNCHLINE SCANNING PROJECT

As part of our 40th anniversary, we're in the process of scanning the old paper editions of Punchline ... if you can help by providing us with a fast scanner with a document feeder, please let us know! Once finished we'll make the archive available for all club members.

ROGAINING IN SPAIN

Rogainers Extraordinaire Vic Sedunary and Merv Trease are heading to Spain, along with their Support Crew Extraordinaire Tina and Bev, to compete in the World Rogaine Championships in La Molina, on 27-28 July. Dubbing themselves "The Bogong Boys", they will join a bunch of other Aussies, and vie for the title of World Champion Ultravets. The venue is in the Catalan Pyrenees, with 80% of the course in Spain, and 20% in France. Follow their progress at <https://www.wrc2019.cat/en/>

BACK O'BURKE ENDURO

Some great results at the second EndurO in Hawthorn. Andrew Hester put in a superhuman effort to score 970 points out of a possible 1000, in just 90 minutes! This was of course a winning performance. In second place on B was Andrew Perkins, with 780 points. Ian Dodd was third on the 2 hour A course, with 980 points.



*Above left: Ian compares notes with Jayne Sales - Jayne is the Melbourne City Race course planner.
Above right: Ainslie and Peter talk EndurO tactics with Thor.*

PURE GOLD - PURE FUN

DROC partnered with fellow Victorian orienteering club, Melbourne Forest Racers, to deliver a superb winter long weekend of top class orienteering in gold mining terrain at Creswick. Saturday featured the final in the Victorian Autumn Series, and the courses by Dion

Keech mixed up some physical spur gully with tricky erosion features. DROC members turned out in force with 23 competitors - a record for a non-Melbourne event! We had the most podium finishers, with wins to Sally Barlow and Ian Dodd; second places to Sarah and Sammy Love; and thirds to Simon Rouse, Karen Strachan and, Debbie Dodd. Other strong performers were Damian Spencer, Sarah Davies, and James Love.

Sunday was the Victorian Middle Distance Champs, the first time in many years that DROC has organised an individual forest Championship event. It went off without a hitch! Courses were set by Vic Sedunary, and they certainly tested everyone's technical navigation skills as he took us into the hardest sections of the map. More great results, with wins to Martin Steer, Janine Steer, Sarah Love, Sammy Love and Debbie Dodd; second places to Damian Spencer, Helen Walpole, Amber Louw and Sarah Davies, and third places to Ian Davies, Pam King, Joel Crothers and Wayne Love.

We rounded out the weekend with the Bah Humbug Sprint, which saw us back in the same gold mining, but at a larger scale of 1:5000, on challenging courses set by Roch Prendergast. A win on course 2 capped off a great weekend for Ian Dodd, while James Love was a very fast 4th on the same course.

Our thanks to the three course planners, along with event advisor Warwick Williams, who all did an amazing job; and to the dedicated teams from both clubs who worked tirelessly and cheerfully for 3 days to put on what we think was the best weekend of bush orienteering in Victoria!

Below - winners and placetters Pam King (left) and Sammy Love (right)



ADVENTURE OF A LIFETIME - Colin Pearce

The thought of a different lifestyle started for me about four years ago. I had been employed by the RACV for almost 30 years. My RACV career started as a motor mechanic driving a yellow van and concluded as the Health, Safety and Wellbeing Manager. Fortunately, RACV had supported me in completing my Bachelor in Business and my Masters in Health, Safety and Environment. RACV had been a great employer but I wanted to experience something else, like travelling Australia and hopefully get some work along the way.

In late 2017 my manager and I agreed on a May 2018 departure as I wanted to give the company plenty of time to replace me. Needless to say I left with no replacement but that was their problem not mine!!!

My wife Kathleen and I have taken our kids camping for years but now it was time for some comfort so we were in the market for our first caravan. After much research we decided on a Cornet Off - Road van as they are built in Bayswater and they offer a five year warranty.

After weeks of preparation our house was ready for rental and we were all organised to leave Melbourne in June 2018. Our plan was to travel up the east coast heading for Cairns then onto the tip of Cape York, from there we were flexible depending on the weather.

Our first stop was our daughter's house in Sydney. After a few weeks we were back on the road heading for inland NSW. All was going well until we got to Armidale. We didn't realise Armidale is the highest town in NSW, consequently it was very cold. In fact it got to minus 8. All the water pipes in the caravan froze causing damage to the internal heater pump.

Having experienced the inland winter temperatures we decided to move to the coast. Our next stop was in Yamba northern NSW. Given I haven't had any opportunity to go orienteering I decided to go on as many Park Runs as I can. Yamba was my first run. It was a beautiful course running through parks and along the side of the water finishing back in the park.

One of the reasons I haven't participated in weekend orienteering is my passion for dirt bike riding. For my 60th birthday Kathleen bought me an 8 day dirt bike ride from Cairns to the tip of Cape York, the ride was brilliant. On our return to Cairns we headed west on the Savanna Way toward the NT. We were now into November and most tourists had headed south as it was getting warm with summer just around the corner. This was a really interesting time to be travelling in northern Australia as there were very few people around. It was not uncommon for us to be the only people in the caravan park.

Once we got to Karumba on the Gulf of Carpentaria it was time to head south as the rainy season was just around the corner. Mount Isa was our next destination but we went there via Lorne Hill National Park which is truly magnificent and well worth a visit.

Our caravan had stood up to the challenge well but we had a few warranty issues so we decided to head back to Melbourne via Broken Hill and Mongo National Park. Some of the memorable moments on trip south include standing on the bottom of a very dry Darling River. Attending the Broken Hill Park Run in February to find the start location had been changed. I was a bit fed up as this run is very different to most Park Runs and I missed it. Visiting Mongo National Park. The temperature got to 50 degrees and we had no air-conditioning in the caravan as the unit had died several weeks earlier and was due to be replaced.

After having our caravan fixed we have travelled through South Australia to Uluru, Kings Canyon and Alice Springs then back to Melbourne via the Oodnadatta Track and Flinders Ranges.



It is now nearly 12 months since we started our trip and we have only visited the eastern states. We now plan to re-rent our house for a further 12 months so we can visit WA and the NT. Finally, I thought I would miss work but I couldn't have been more wrong!!!

Just another river crossing on the Old Telegraph Track

A local on the Cape York Peninsula Development Road



Our dog Hamish guarding the caravan!!!!



Emu Fields site of the British Atomic test (300km from Coober Pedy)



Lake Eyre before the water

CHIRNSIDE ENDURO

Great event on our new Chirnside Park map, which we christened with an EndurO. Mapper and course planner Peter Grover presented quite the challenge, thanks to the hilly terrain, the complicated network of small streets, and a well thought out course. Peter placed several 40-point controls close to the start, which drew competitors out in all directions, only to be faced with a myriad of decisions.

DROC took out both 120 minute categories, with Alicia Dymowski winning the 120 min Run and gaining a perfect score of 1000; Ian Dodd won the 120 min Walk with 780 points. Fantastic effort by both!

DROC SHOP

The DROC Shop is open for business and ready to get you kitted out for the rest of 2019! The DROC Shop sells Sportident sticks (including SI Air sticks for those who want to speed up their race), and a range of compasses suitable for newcomers, at very reasonable prices.

We also sell Pro-Tech gaiters, fingerbands, and Silva headbands. [Prices can be found here](#). We bring the Shop to most events, including MelbushO. You can also order from us by sending an email to droc@inet.net.au.

We also have a range of running tops and jackets, in various designs and sizes. Contact [Peter Yeates](#) to find out what's in stock.

PREZ SEZ

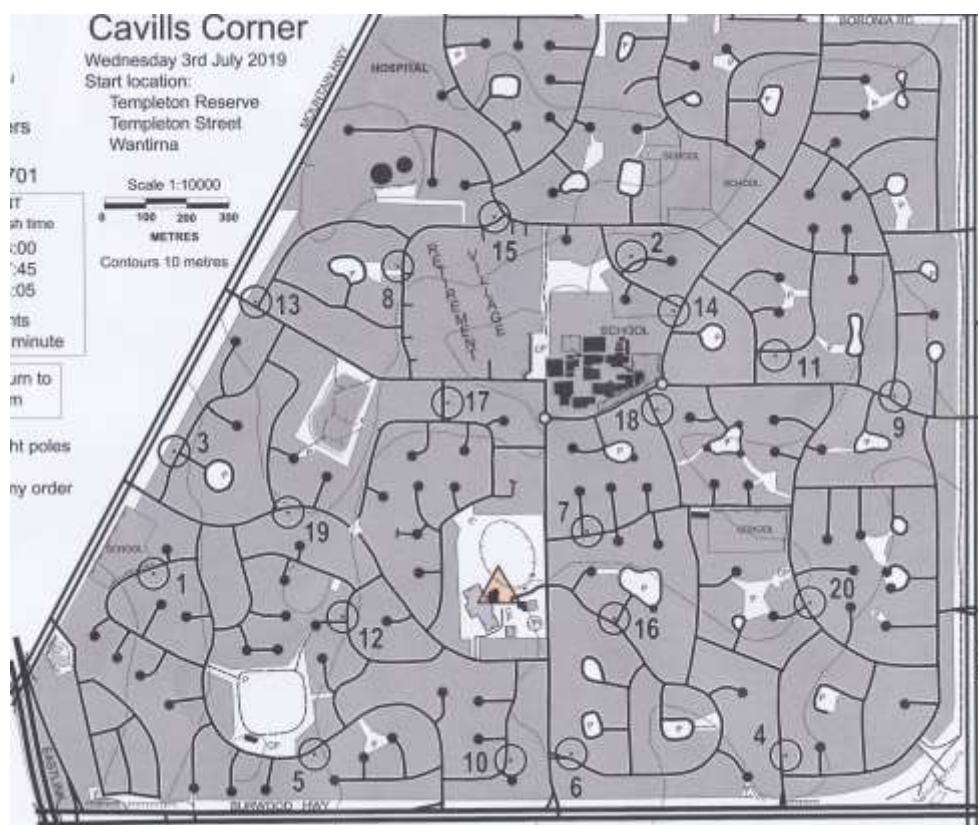
“J” is for July and Juniors. Readers will recall the June 2016 Punchline edition which included a six-page feature on DROC’s juniors, including introductions to new members James Love and Amber Louw. Fast-forward to 2019 and no fewer than four DROC juniors have been selected to represent Victoria at the Australian Schools Championships at the Oceania Carnival from 28 September to 6 October in Wagga Wagga. Congratulations to Sarah Davies, James Love, Amber Louw and our newest junior member Sally Barlow for being selected. These four will no doubt add talent and depth to the Victorian team of 20, which is shaping up to be a very strong team.

James, Amber and Sally all finished within the top four of their respective classes at the Victorian Schools Championship held at the You Yangs on 14 June 2019 (Sarah would have run but was studying hard for year 12!). What an awesome result!

Meanwhile, on a relatively balmy Wednesday night recently, another new junior member, Joel Crothers, supported ably by his family and Pam King, set the course at Cavills Corner (below). Joel is only 10 years old, but he certainly knows how to set a good Street-O course. In A-course, the first four finishers collected all 20 controls in a different order, which is not always the case and indicates that there was not an obvious route to take. Choice of first control was also a conundrum with 7 and 16 being the most logical, but both of these controls threw you straight into the middle section of the map which then just led to more conundrums so early in the course. As far as I am aware, Joel is the youngest course setter that we’ve seen. Well done to Joel and the Crothers Family. I’m sure the late Wally Cavill, whom the map was named in honour of, would have been happy to see the younger generation make good use of his map.

Given that we are speaking about juniors, it would be amiss not to mention the sensational efforts of Aston Key at the Junior World Orienteering Championships in Denmark. At the time of writing, Aston has taken out gold in the sprint, bronze in the long distance and 5th in the middle distance. WOW! Although not a DROC member, Aston’s father Warren and grandfather Steve were founders of DROC and we owe a lot to that family for the great orienteering club that we have today.

Happy orienteering, Peter Hobbs



SPRINT FEVER HITS MELBOURNE!

With the first WOC Sprint to be held in 2020, the orienteering world is going Sprint crazy - and Melbourne is no exception. This year and next, we'll be sprinting in Spring, Summer and Autumn. Melbourne is the place to be for everyone, from aspiring WOC competitors to kids picking up their first map and venturing off on their own.

We kick things off in October with the Melbourne City Race Weekend (Oct 11-13). Modelled on the incredibly popular London City Race, it features three urban races over three days, timed to suit Oceania Carnival travellers who want to prolong their holiday.

Race 1 on Friday evening is the Sunset Sprint, beside the Maribyrnong River at Edgewater. Race 2 on Saturday afternoon will be next door at cool Kensington, freshly mapped for the occasion. Doubling up as the first two events in our Sprint Into Spring Series, these races will have an urban flavour, with a network of complex streets and pocket parks. Transformed from grimy industrial to trendy inner city residential, both venues are a short hop by train from the CBD. Race 1 distances will be slightly longer than a traditional Sprint. Edgewater will feature the multi level VU campus and adjacent terraced park, as well as a riverside estate and western slopes up towards historic Jack's Magazine. Kensington is a maze of streets and lanes, elevated parks, and the former stockyards, now a linear trail.

On Sunday, the action shifts to Docklands, in the western part of the city. Starting from Docklands Park, just a 5 minute stroll from Southern Cross Station, you'll race around Melbourne's maritime area on your choice of 5 courses - enjoy the view! Entries for all three MCRW events are open on Eventor, until early October. We've got a great 3-race package for just \$37. Find out more at www.melbourneityrace.com.au

Then, set aside your Saturday afternoons from mid October until the end of November - Sprint Into Spring is back for its 7th season, bigger and better than ever. There will be 7 races in all. You'll need to be versatile to succeed, with our two urban races mixed in with some tight, tricky campuses, and a park sprint to wrap things up. All the features you know and love will be back, including the Yellow, Green and Polkadot Jerseys.

The Champs will be on Sunday November 17 (a week before the end of Sprint Into Spring), a departure from our normal scheduling, but worth it to secure Kardinia International College in Geelong - a crowd favourite from the first Melbourne Sprint Weekend. We've been waiting a while for the chance to return - and don't expect it to be any easier!

All of that is just for starters ... over Summer, look out for Pop-Up Sprints. Where? When? Who knows? Keep an eye on the Orienteering Victoria website and Facebook page to find out. Rumour has it that at least one of these will be another Indoor Sprint, by popular demand after the huge success of Monash. These will keep you on your toes, fit and fresh for 2020.

Finally in March, it's time for edition 3 of the Melbourne Sprint Weekend, rated as "simply the best sprint weekend in Australia". Featuring a World Ranking event, round One of the National League, and the Australian University Sprint Champs, once again there'll be six incredible races over three action packed days. Entries open on Eventor in October.

Are you ready to Sprint? Head to www.vicorienteering.asn.au/sprint