

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

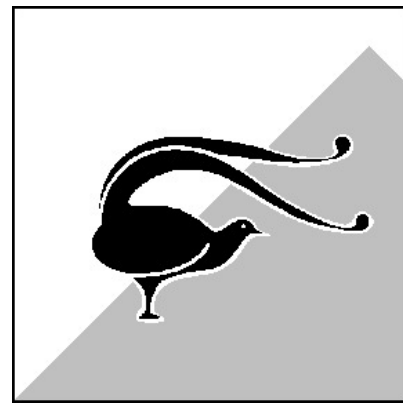
www.droc.orienteering.com.au

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NEWSLETTER

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AUSSIE CHAMPIONS!!

Congratulations to Asha and Lanita who can both lay claim to an Australian Orienteering Championship title, after the 2008 carnival in Queensland. Asha made a clean sweep by winning the Sprint, Middle and Long Distance events in W10, while Lanita took out the Sprint Distance in W12, and added the Queensland State Championship as well.

Lanita is also the current Victorian Long Distance Champion and Asha is the Victorian Middle Distance Champion. Asha finished off her amazing year by winning the Eastern Primary Schools Championships at Westerfolds Park.



DROC was proud to award both girls with certificates of achievement and Rebel Sport vouchers, to recognise their outstanding efforts.

It's been quite some time since we had junior competitors so it is wonderful to have two girls who show so much talent and enthusiasm. It runs in the family - parents Janine and Martin have also had a great year - Martin took out M40 in the Victorian Long Distance Championships and Janine won Long B at the same event.

For more on the Australian Championships Carnival, and on DROC's highly successful bush orienteering season, see inside

DROC MEMBER WINS PARK AND STREET COURSE SETTER OF THE YEAR AWARD

Congratulations to REBECCA LALOR, who has taken out this year's Course Setter of the Year award for Park and Street, for her Dandenong Creek event in January. Rebecca wins a \$50 voucher for her fantastic effort. As a first time course setter Rebecca was hesitant about taking on the task, but with encouragement and assistance from Peter Hobbs, she gave it a go. A lot of careful thought went in to making all the courses interesting and challenging, and Rebecca certainly succeeded - it was one of those courses that had so many options, you were thinking hard from the first to the last control. This was a great example of a first time course setter working with an experienced mentor to produce a memorable event. Peter was on hand at the End of Year Presentations to collect the award.

POSITION VACANT

Are you good with figures? Can you spare a few hours per year? Your club needs you!

The Treasurer's position has been divided up. We now have people to take care of the day to day banking and cheque issuing. All we need now is someone to prepare the financial report for the AGM (held in early November). This once a year task involves reconciling the bank statements and producing a straightforward annual financial statement. You can use any suitable software. The club has approx 100 transactions per annum so the job is not at all time consuming.

If you are interested and able to take this important role, please contact Peter Hobbs or Ian Dodd.

WALLY'S OBE

Wally Cavill celebrated his "OBE" (Over B... Eighty) birthday in fine style, at dinner with 40 orienteers at Wellington Village, some who came along to the event specially to mark the occasion. Lauris Stirling produced a most impressive "80" shaped birthday cake and a good time was had by all. Thanks to Sue and Stan Gurman for organising the night.

The Cavill Cups were also presented at the Victorian Sprint Championships to the winners of M21 and W21. Instigated last year, these trophies recognise Wally's long and continuing involvement in park and street orienteering.

EVENTS 2009

We're taking on a pretty big program of special events next year. On April 29 we'll kick off our Sunday Specials program at Nortons Park. Stealing a great idea from MFR, this will be a handicap race. We are looking for a course setter.

August will be Sprint month. The World Masters in Sydney features two sprint distance races, and we are keen to provide Victorian orienteers with some practice. So we're putting on a Sprint Series, using our world class Monash University map for the first one, and following up with the Victorian Sprint Championships on a new map of Deakin Uni's Burwood campus. If you would like to course set the Monash event, please let me know.

We'll need plenty of volunteers to meet our commitment for the Australian Schools Relays in September, in Bendigo. We've been entrusted with the vital task of putting out controls and providing water, so we'll need people who can help on the day before the event. Not only will you be helping out the club, but this is excellent navigation skills practice!

It is with pleasure that I table the President's Report for the 30th year of operation of the Dandenong Ranges Orienteering Club. This year the club has organised 40 orienteering events including the 2007 Victorian Sprint Championships, administration of the 2008 Victorian Club Relays, two extended street-o score events, a mountain bike event and a duO/run-ride-run event. Whilst street orienteering remains clearly the club's most prominent area in terms of organisation and participation, our club retains a notable presence in the areas of bush orienteering, mountain bike orienteering and rogaining.

Club members continue to hold positions on the Victorian Orienteering Association Committee (Ian Dodd - President; Debbie Dodd - Vice President) and Victorian Rogaining Association Committee (Karen Pate - Committee Member; Peter Grover - Competition Manager; Ainslie Cummins - Volunteer Recruitment Officer).

It is also worth noting that two club members had outstanding performances at the Australian Orienteering Championships, held in Maryborough, Queensland, in September 2008. Asha Steer won the sprint, middle and long distance events in the W10 class whilst the similarly fleet footed Lanita Steer won the sprint and came second in the long distance event in the W12A class. Congratulations to our new Australian Champions.

The club continued to attract new members during 2008 with a 10 per cent increase in membership, including 8 new households. Financially, the club has continued to produce a positive cash flow and has preserved a strong asset position, despite suffering a minor loss in investment values. The club's visual presence at events, in terms of DROC clothing, has continued to increase with clothing sales doubling this year compared to last. 2008 also saw the continued conversion of the club's street orienteering maps from Corel format to the standardised OCAD format and life membership being awarded to Ian Greenwood.

I would like to take this opportunity to thank all members who have volunteered in one or more capacities this year. I can't possibly list the efforts of all volunteers however the following list gives an indication of efforts that members have put into the club and the sport in general:

- Debbie Dodd - Punchline editor, membership secretary and general organiser
- Peter Dalwood - Treasurer and co-ordination of the 2007 Victorian Sprint Championships
- Ray Howe, Mark Besley and Ian Davies - Scoring and control cards
- Peter Yeates - Series co-ordination and ideas
- Pam King - Mapping
- Wally Cavill and Ian Dodd - Always a helping hand

A strong core of dedicated members have continued devoting their efforts to the operation of the club, steering it in a 'northerly' direction. I encourage all members to become involved in the club and its activities whether it be in a small or more substantial capacity. New faces are ALWAYS welcome on the committee or in other areas such as course setting, participation in club relays or simply offering to pick up a few controls after a club event. The year ahead is shaping up to be a busy one with the usual allocation of park / street, Sunday Special and mountain bike events and input into organisation of the 2009 Australian Schools Relay Championships.

I would like to thank all club members and the committee who have again made this year one of the club's most prosperous. I wish the President and committee well for the upcoming year.

Peter Hobbs - 17th October 2008

SCOTCHGARD URBAN ENDURO

The long distance formats always attract a crowd, and the Scotchgard Urban Enduro was no exception, with some of our top orienteers traveling from central Victoria for the event. Thanks to the great turnout, we raised \$700 for the Orienteering Victoria Junior Team.

Eighty competitors took on the challenge, including a strong contingent from Bendigo/Central Highlands. On the 20 km course, former Australian representative Troy de Haas (CH) was too strong for Bruce Arthur (MFR) and Blair Trewin (YV), winning by a comfortable 10 minutes. Bendigo's Matt Schepisi took out the 10 km course from DROC runners Martin Steer and Ian Dodd. Tina Smith (DR) won the walkers category on this course.

Bryan Ackerley (BK) and endurance events go hand in hand so it was no surprise to see him win the 3 hour Score, covering 32 kms and scoring 258 points, ahead of Greg Andrews (BK) and Andrew Hester (DR). It was great to see

Carl Stemp (DR) back in action, winning the Walkers 3 hr category. Angus Collins (BK), aged 8, did a great job to complete the 3 hours, scoring a very determined 106 points.

A late return by Jun Okabe (BK) allowed DROC's Peter Dalwood to sneak ahead by 3 points in the 2 hr Score, with Ian Greenwood (DR) in third. Another junior, Jackson Sword (BK), was just behind in an excellent 5th place. Debbie Dodd (DR) headed the Walkers.

The 1 hr Score was won by Ron Frederick (NE), with David Payne (DR) in second place.

Many hours of work went into the map and course by Wally and Pam. The hard work by all the helpers was greatly appreciated and everything ran very smoothly. A feature was the display of results electronically as they were calculated. The day was very well supported by DROC members, and thanks go to all who took part.

VICTORIAN PRIMARY SCHOOL CHAMPIONSHIPS REPORT - by Asha Steer

On Friday Nov 7th I ran in the Primary school orienteering championships. We got to Westerfolds Park early to help set up. Lanita got a day off school to help too. There were about 650 kids there and it felt funny being the only one from my school.

I participated in Grade 5 girls A singles, which was about 2.5km long with 11 controls. I found it a lot easier than the courses I'm used to doing. It was easier because it was all on tracks, not even following fences or water courses! I ended up winning my course, I got a

book [Gang'o' kids By Hazel Edwards] and a certificate.

After most people were back from their courses and during the presentations the wind blew up and nearly knocked over the finish tent and it snapped the board holding up the results. Just as the presentations finished the rain came down.

It was a good day and Peta Whitford did a good job organising it all. She had help from other orienteers including DROC members so the day ran smoothly.

WEBSITES

Of course you are now all familiar with the DROC website, which keeps you up to date with club news, event results and details of coming events (go to www.droc.orienteering.com.au if you haven't visited yet). Orienteering Victoria has followed with a major revamp of their site as well. It is now much more user friendly, giving users the ability to submit news items and photos. The site always has something new, and is well worth exploring. The park and street pages have all the information you need, and plenty of event reports. Go to www.vicorienteering.asn.au; if you still see the old site, go to www.vic.orienteering.socialfx.net.

AUSTRALIAN CHAMPIONSHIPS CARNIVAL, Queensland

"You'll have a whale of a time" they promised us - and we did. Luxury beachfront accommodation, swimming in a balmy ocean, sunset walks along the beach, seafood dinners, trips to Fraser Island, and an absolutely spectacular day spent watching those incredible humpback whales showing us their full repertoire - what a week. Oh, did I forget to mention the orienteering?

Despite all those wonderful attractions and distractions, the orienteering on offer at the Australian Championships was anything but secondary. For the first time, all disciplines in both foot and mtb were contested in the same carnival. Lulled into complacency by the lack of contours and rock, we headed unsuspectingly into the Aramara forest, where many of us spent more hours than we care to remember.

Located about 35-40 kms out of Maryborough in Queensland, the area consisted of broad, low spurs criss-crossed by numerous small watercourses. Vegetation on the spurs was quite open, but down in the gullies it was another story. Wander into the wrong watercourse, and you could spend quite some time extricating yourself. "Stay high" became the mantra for the week.

Dealing with the heat was another issue for us southerners, who had left behind a typical Victorian spring (ie bloody freezing). Ian and I spent a week acclimatising in the NSW outback mining towns of Broken Hill, Bourke and Lightning Ridge, but we still weren't quite prepared for the Queensland heat and humidity. Luckily the balcony of our spacious apartment caught the breezes wafting in from the bay ... sigh ... it was so hard to leave that apartment!

The Australian Middle Distance gave us our first taste of the terrain, and the afternoon starts had us out in the heat of the day. I wasn't looking forward to having the most technical contest first up, but managed to get around without coming too unstuck - my greatest fear was missing control 6 right at the top of the map (no catching feature) and wandering off into who knows what - something course setters should be more aware of in this type of terrain where everything looks similar. Asha took out her first W10 Championship title for the week, Pat was third in W70, and Ilze and Tina placed second and third in Womens Open B.

The following day's Queensland Championships showed us the meaning of "Aramara Green". It was very frustrating at times to be in the wrong gully, knowing where you needed to be, but wasting valuable time and energy beating your way through the dense, head-high vegetation. It was also difficult to drop off the broad spurs with the precision needed to avoid ending up in the wrong bit of jungle. The courses looked deceptively benign on the map, but were quite a physical challenge. It was Lanita's turn today with a win in W12. There was also a third to Pat in W70, and a second to Tina in W Open B.

The midweek break was a wonderful chance to head off whale watching. The DROC contingent set out aboard the "Kasey Lee" getting up close and personal with plenty of whales - the highlight of the week. We saw a mother with her calf, baby leaping right out of the water while Mum swam proudly and protectively nearby.

We celebrated Pat's birthday mid-week with a prawn dinner that had to be seen to be believed! Vic took on the prawns as a personal challenge - and won. No wonder the guy is so good at endurance events.

With the Sprint Champs in Maryborough on Friday afternoon, we took the opportunity to take a walking tour of the town and learn about its history as a port. Imagine the surprise of the guide when confronted with over 50 orienteers instead of the usual half a dozen tourists!

The Showgrounds featured some novel control sites, as we navigated around horse jumps and through stockpens. Quite a few people were confused on the early legs when confronted by a maze of wooden obstacles (but not half as confused as any passing equestrians would have been!) Sprinting past a grandstand full of cheering spectators was a bit daunting, but the flag-lined finish chute was a lot of

fun and looked great. Asha and Lanita were winners again today, with Allan taking third in M70 and Tina another second in W Open B.

All too soon the week was almost over - just a Long Distance championship stood between us and a reluctant return to reality. "How hard could it be?" we thought. "We've been here a week, got used to the heat, no worries". Apparently a week of soft living, evenings sprawled in front of the plasma tv, stuffing yourself with prawns, quaffing rehydration fluid and looking at endless photos of whales, is not the perfect preparation for an Australian Championship. And here we were thinking that gentle ocean swims, breakfasts on the balcony and leisurely sunset strolls were keeping us toughened up ...

I can't speak for competitors on other courses, but can only describe my own experience, and know from some of the results that others shared similar fates. Relocation was obviously a major challenge, as some very experienced orienteers ended up with times not usually seen beside their names. It all started well enough, using my "stay high" technique, until my third control, which was located innocuously in a big, unmissable gully. Too easy, I thought (why is it that things invariably go wrong about 5 seconds after you think that?) Missing the unmissable gully, I was then faced with trying to relocate off any one of a number of identical looking watercourses. I took the only sane option and headed north towards the big hill, and worked my way back. After that the rest of the course went quite smoothly, but the damage was done. Oh well, next year ...

Lanita placed second and Tina was third. Asha won her third Australian crown, but "Princess Pete" reluctantly had to hand his tiara back to David Goddard (the hotly contested Queens Birthday Yeates-Goddard Tiara competition is outdone only by the Ashes). Oh well Pete, next year ...