

# PUNCHLINE

## Dandenong Ranges Orienteering Club Inc

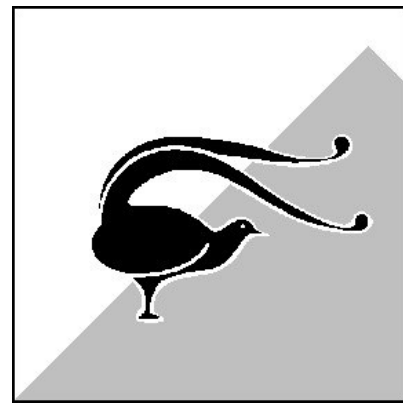
www.droc.orienteering.com.au

Incorporated Association Registered Number A0003225B ABN 76 002 329 218

### NEWSLETTER

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## Issue Number 148

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### **WALLY CAVILL WINS "ACTIVE AT ALL AGES" AWARD**

Wally has won a Volunteers Award from the Council on the Ageing. Nominated by Orienteering Victoria for his many years of work providing recreation opportunities for seniors, through park and street orienteering and his Tuesday walking group, Wally was invited to Geelong to receive his award as part of the Australian Masters Games.



### **SHEPHERDS BUSHED 30<sup>TH</sup> ANNIVERSARY RACE, NAPIER PARK, SUNDAY APRIL 26**

DROC turns 30 this year, and to celebrate, we're creating mayhem at Napier Park, with a mass start/mass finish race. We don't want to give too much away, but this event promises to be a lot of fun for everyone. There will be various courses for runners and walkers. Bring a picnic and share an anniversary lunch and reminiscence afterwards. Register from 9am, briefing at 9.45am. The madness begins shortly thereafter!

### **AUSTRALIAN CHAMPIONSHIPS CARNIVAL - we need YOU!**

As mentioned previously, we are teaming up with Tuckonie and Central Highlands clubs to run the Australian Schools Relay Championship, and a public race the same day. The date is Wednesday September 30, and the location is Bendigo. The map, Browns Reef, is close to town. We are sharing the venue with the organisers of the previous day's event, so infrastructure setup will be straightforward and we can share many resources. Our main responsibility will be putting controls out for the Relay, on either the Monday or Tuesday beforehand; then collecting them on Wednesday afternoon. There will be other tasks (eg car parking, results display, water provision etc) on the day. We will need as many members as possible to pitch in and do their bit. DROC is organising the public race, which will be a scatter event with a mass start at 12pm. Any club volunteers will be able to compete in this race, and DROC will pay their entry fee of \$18. So if you are available to help, please contact me asap. We need to prepare a roster so that we ensure all tasks are covered.

## **MEMBERSHIPS**

Not paid up for 2009 yet? If you received a gentle reminder with this newsletter, please send the form and fee asap to Debbie at PO Box 5020, Laburnum 3130, or see me at an event.

## **EVENTS 2009 - COURSE SETTERS NEEDED**

The Winter Fixture accompanies this newsletter. We have a program of 10 Wednesday events, 5 Saturdays, and 3 Sundays. That's in addition to our involvement in the Australian Schools Relay Championships in September. So we need lots of course setters! Here are the DROC events which need YOU. If you can help, please contact me asap.

Sundays - Monash University Sprint, July 5. This is the most pressing vacancy. Peter Dalwood is updating the map in preparation. We need three line courses of varying lengths, using streetO plates, in the complexity of the Monash Clayton campus. Here is your opportunity to bamboozle the rest of us!

Saturdays - all great maps with plenty of parkland to use

June 27	Dandenong Creek
Aug 22	Abbey Walk
Sep 5	Glenfern Run
Oct 10	Blackburn Creeklands
Oct 17	Yarran Dheran (novelty event and presentations)

Wednesdays - night series

April 8	Cathies Corner
April 22	Notting Hill/Monash
May 20	Rowville Lakes
June 10	Bellbird Dell
July 8	Ringwood Wilds
Aug 12	Glenhuntly Gallop
Aug 19	Forest Chase
Sep 23	Koolunga
Oct 7	Whealers Hill
Oct 14	Wattle View

## **POSITION VACANT**

Are you good with figures? Can you spare a few hours per year? Your club needs you! We're looking for 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 undertake take this important role, please contact Peter Hobbs or Ian Dodd.

## **ORIENTEERING AUSTRALIA MERIT BADGES 2008**

Another club record fell when 15 members received Merit Badges in recognition of their bush orienteering achievements in 2008. The badge winners are:

Gold - Pat Miller, Denise Pike, Asha Steer, Lanita Steer

Silver - Debbie Dodd, Ian Dodd, Martin Steer, Peter Yeates

Bronze - Wally Cavill, Louise Hall, Pam King, Mark Korvin, Allan Miller, Tina Smith, Ilze Yeates

**VALE JUDY HOPKINS**

It is with great sadness that we mark the passing of Judy Hopkins on February 14 2009. Judy fought a long battle with ovarian cancer. It is a tribute to her determination and courage that many people did not realise she was ill, as Judy continued competing, mapping and course setting right up until the last few weeks. Anyone who was lucky enough to know Judy, knows that she was one of the most caring, generous, honest people you could meet. Nothing was ever too much trouble - in fact we had to stop her from being the first to volunteer sometimes. She even hosted a big group of us for a Christmas training run and morning tea just a few months ago.

Judy has left orienteering a wonderful legacy through the many beautifully prepared maps she and son Michael created together. Highbury Hill will always be "Hopkins Hill" to me. The tradition that has become Saturday cake-O largely came about through Judy's culinary skills. Judy had a wide circle of friends from orienteering, genealogy and craft, as evidenced by the huge turnout at her funeral. From all at DROC, and from the orienteering community in general - we will miss you enormously, our friend. Donations in Judy's memory can be made to the Cancer Council of Australia.

### **BUSHFIRES**

The same week that we lost Judy saw Victoria suffer its worst ever bushfires. Fortunately no club members were badly affected, although some had close calls. Judy Fennessy's parents, aunt and uncle lost their holiday cottages in Marysville but were uninjured. Some members have been busy working and volunteering to assist in fire-damaged areas and with wildlife care.

The club contributed \$1000 to the Red Cross Bushfire Appeal. We also gave \$250 to wildlife rehabilitation efforts via Pam King. Yea High School received \$400 of Rebel Sport gift cards for fire-affected students and their families, thanks to Ray Watson.

### **ORIENTEERING BOOKS**

Bob Sayers has donated his collection of orienteering books to the club. If anyone would like a read, contact Ilze Yeates. Thanks Bob!

### **PARK AND STREET RESULTS**

#### *Summer Series 1 - Monday Southern Series*

A1 - Ian Davies 2<sup>nd</sup>

A3 - Mark Besley 2<sup>nd</sup>

C1 - Ian Dodd 1<sup>st</sup>      Jay Kerley 3<sup>rd</sup>

C3 - Robyn Hall =1<sup>st</sup>      Ray Watson 3<sup>rd</sup>

PW1 - Debbie Dodd 3<sup>rd</sup>

PW2 - Ainslie Cummins 1<sup>st</sup>      Judy Hopkins 2<sup>nd</sup>

PW3 - Helen Kerley 1<sup>st</sup>

A2 - Ray Howe 2<sup>nd</sup>

B1 - Reg Saunders 3<sup>rd</sup>

C2 - Ben Beveridge 2<sup>nd</sup>

D1 - Pat Miller 2<sup>nd</sup>

Sue Gurman 3<sup>rd</sup>

PW4 - Di Shalders 1<sup>st</sup>, Newbury Navigators 2<sup>nd</sup>

#### *Wednesday Eastern Series*

A2 - Colin Pearce 2<sup>nd</sup>

A4 - Mark Besley 2<sup>nd</sup>

B2 - Chris Wallis 3<sup>rd</sup>

C2 - Reg Saunders 1<sup>st</sup>, Graham Wallis 3<sup>rd</sup>  
Beveridge 3<sup>rd</sup>

C4 - Debbie Dodd 2<sup>nd</sup>, Peter Yeates 3<sup>rd</sup>

E2 - Matt Nuttall 2<sup>nd</sup>

PW2 - Ilze Yeates 2<sup>nd</sup>

PW4 - Helen Kerley 2<sup>nd</sup>

A3 - Marta Salek 1<sup>st</sup>, Ray Howe 3<sup>rd</sup>

B1 - Tony Bird 1<sup>st</sup>      Andrew Hester 2<sup>nd</sup>

B3 - Dale Howe 1<sup>st</sup>, Louise Hall 2<sup>nd</sup>

C3 - Sam Kerley 1<sup>st</sup>, Peter Grover 2<sup>nd</sup>, Ben

E1 - Asha Steer 1<sup>st</sup>, Pat Miller 2<sup>nd</sup>

PW1 - Peter Dalwood 2<sup>nd</sup>

PW3 - Stan Gurman 2<sup>nd</sup>

PW5 - Di Shalders 1<sup>st</sup>, Newbury Navigators 3<sup>rd</sup>

#### *Thursday Northern Series*

A - Tony Bird 1<sup>st</sup>      Vic Sedunary 3<sup>rd</sup>

B - Ian Greenwood 2<sup>nd</sup>, Ray Howe 3<sup>rd</sup>

## **TRAINING COURSES**

Members are encouraged to attend any training courses offered by Orienteering Victoria, eg first aid, or level 1 coaching. The club will subsidise costs.

We would love to have a coach within the club, as we receive enquiries about this quite often. To become a coach, you need to undertake a general component (which can be done online) and a sport-specific component (which Orienteering Victoria offers, the next one being mid-year). You also need to undertake a certain number of hours of coaching activities. These can be offered within park and street orienteering, eg to newcomers or juniors, or

sprint orienteering, eg to those who are training for the World Masters Games. If you are interested in obtaining a coaching qualification, please speak to Ian Dodd.

SPORTIDENT (electronic timing system) - Orienteering Victoria is also offering an SI training day, on Saturday April 4, at Westerfolds Park. Although we don't use SI a great deal at DROC, we would still like to have some people who are familiar with it. We'll be using it at the Deakin Uni Sprint championships, and again at the Australian Champs carnival. If you would like to attend, please contact Ian Dodd.

## **BUSH ORIENTEERING - ASSISTANCE**

Like to have a go at orienteering in the forest, but not sure how to get started? We can provide car pooling to events, loan of compasses and sportident sticks, instruction/advice, and any other assistance you need. There is a regular contingent of DROC members who head into the bush most weekends - look out for our club flag and "palace de canvas". Contact the Dodds or the Yeates.

Introductory events - check the Sunday Specials in the fixture. All these events are within a reasonable drive from Melbourne. Woodlands on March 29 is a great place to start, with a mixture of family-friendly park and bushland terrain, some rocks, and lots of kangaroos. Macedon on May 3 has more forest with more opportunities to get off-track. Dale Creek on May 29 will step up the challenge a little further. Before you know it, you'll be signing up for the Club Relays in August - this year in our backyard at Plenty River.

State Series - although this is our top level competition, newcomers are most welcome. There are always Easy and Moderate courses, where you can stick to tracks or not wander too far from them, until you gain some skills and confidence with navigating cross country. You can go out as a group, and have an experienced orienteer accompany you.

Adventure Series - longer distance events with easier navigation, these will suit those looking for some fitness and endurance with the fun of finding your way in the bush thrown in.

For details of all these events, go to [www.vicorienteeing.asn.au](http://www.vicorienteeing.asn.au) and check the Events page. Give it a go this winter!

## **CHRISTMAS 5-DAYS**

The Steers continued their winning ways, with Lanita the overall female winner on course 6, closely followed by Asha in second place. Janine took out 4<sup>th</sup> on course 4 after 5 very consistent performances. Asha holds the no.1 spot in the National Rankings in her age group, while Lanita is in the no.2 position. What an amazing year our juniors have had! We wish them continued success in 2009.

## ***OCEANIA CHAMPIONSHIPS, NEW ZEALAND***

Six intrepid DROC members (the Dodds, Millers and Yeates) crossed the Tasman to take part in the Oceania Orienteering Championships on the South Island of New Zealand, in January. They do things tough in NZ! After enduring the rigours of sandflies, sinkholes, sprint races that were more like rogaines, 40 degree heat in Christchurch, encounters with keas, and incredibly gorgeous scenery around every corner, we returned home relatively unscathed. The Dodds took about 150 photos just of Mt Cook! Success was achieved with a 2<sup>nd</sup> place to Debbie in the Oceania Middle Distance championship (W40AS) and a 4<sup>th</sup> to Ian in the Oceania Sprint Distance champs (M50).

## ***AUSTRALIAN MASTERS GAMES ORIENTEERING***

Congratulations to Gold Medallist Pam King, and Silver Medallist Ian Davies, at the Australian Masters Games orienteering competition held at the You Yangs in February.

## ***PREZ SEZ - Peter Hobbs***

A belated Merry Christmas and Happy New Year to all DROC members. Once again the summer series has come and (nearly) gone faster than a Brian Ackerley win in A-grade.

I was fortunate to have gone on several trips over the break; a week long stay in Merimbula, a weekend at Somers and a weekend at Blairgowrie. Plenty of sun, beach time and fun. In lieu of not going orienteering during my time in Merimbula I decided to go for a jog which turned out to be one of the more challenging and unusual jogs that I've experienced. Here's the story...

Our place of accommodation was elevated on a hill some 100m above the township. As I was not very familiar with Merimbula I just ran wherever the road took me. It began with a steep 1km descent down the hill into the township, then a right turn along the main road towards the inlet and airfield. Beside the inlet I saw a path which looked quiet and inviting and scooted off down that. The interesting part came when the path turned into what locals call "the boardwalk".

The boardwalk, as I found, is a 1.4m wide boardwalk, without handrails, suspended by stumps approximately 50cm above the water of the inlet. The boardwalk extended for approximately 2.5km in this manner, being truncated by only short sections on land. It was like walking (jogging, actually) on water; I now know how Jesus must have felt. I proceeded to jog along the boardwalk being careful not to put a foot wrong whilst enjoying the novelty of the situation. After 500m or so, 'obstacles' began to present themselves in varied forms such as on-coming cyclists, groups of people and parents with prams and dogs. Not ideal when there is only 1.4m of boardwalk to play with. The jog soon turned into a virtual walk such was the level of care required to pass obstacles and remain on the boardwalk. At one stage a dog became spooked and nearly fell into the water as I slowly jogged past it and then I nearly ran off the edge myself whilst looking backwards over my shoulder at an approaching cyclist. Then I nearly sent a child hurtling into the water as he suddenly changed path and stepped in front of me. And so it went. I found it amazing that such a heavily trafficked boardwalk could be so narrow, not have any hand rails and be suspended above water. Good luck to anyone attempting to stroll home along the boardwalk after a night at the nearby pub!

The boardwalk terminated at a sailing club 2.5km up the inlet. For the return journey, I contemplated taking another route as the chances of an incident occurring on the boardwalk would increase dramatically as fatigue set in (in much the same way as fatigue driven mistakes seem to occur near the conclusion of orienteering events). However I was not going to risk getting lost in the streets of Merimbula so I returned via the same route, thankfully without incident. After reaching the end of the boardwalk I was faced with the 100m climb to get home. I gritted my teeth and began the difficult ascent; 1km, straight up a hill. The boardwalk, with its give, movement and soft timbers, appeared to have sapped me of most of my energy, however a last gasp effort ensured that I successfully

negotiated the hill and completed one of the toughest 8km runs I've ever done! Sometimes it can be fun to just follow your nose and end up wherever the road takes you. It was new years eve, so after a shower and quick recovery it was off to the pub to 're-hydrate' and see in the new year.

Happy orienteering,  
Peter Hobbs

### **LE TOUR DE DROC 2008 - by Peter "Lance" Yeates**

As the hardy group of cyclists gathered in the park at Abbey Walk, the cool of the Sunday morning was broken only by the amiable buzz of conversation that belied the terrors that awaited.

Despite the imprecations of the Maitre de Concourse to be ready by 10am we did not get underway until nearly 10.15 and still Bruce Paterson and Peter Maloney missed the start (*Ed's note - no self respecting DR member would dare miss the start!*)

The first stage, a gruelling 7km flat section, suited the sprinters and it was the Panters who brought the peloton home in a bunched sprint finish to the feeding station at Studfield shopping centre. There the riders had to endure the difficulties of the time trial. Selecting from the cake menu, the Millers bolted out of the blocks with Lattes and a Florentine. Peter Dalwood and yours truly, being amongst the later starters, missed the orange seed cake and were forced to endure large sections of Strawberry Cheesecake (came with cream and ice-cream) which was to seriously affect their later performances.

The next stage, a 21 km section to finish at the home of Ainslie and Peter includes the notorious category .25 climb to the Col de Cathies Lane. Riders had earlier agreed to bypass the 0.75 km sprint section from Studfield to Knox City Gloria Jeans as being too short at this early stage of the tour.

A large breakaway group formed early as Peter and Denise missed the lights on Stud Road and together with Allan Miller had to work hard to gather up the field. The "catch" was made along the flat sections of Blind Creek and the group bunched as the ascent up Cathies Lane began. The climbers took charge early with familiar to chess players, en passant. This rule permitted me to bypass the two hills and proceed directly along the flat sections

Bruce Paterson and Darian Panter leading myself over the top. The field then strung out along the downhill section of the new Eastlink trail and we all rolled together up The Champes de Albion Street Mulgrave for Lunch.

As we gathered in the welcome shade of the persimmon tree in Peter Chen's back yard we were drawn to the numerous items hastily concealed behind the garage. This was the first time any of us were aware that Peter and Wally were distant relations (neither of them has ever thrown anything out). In fairness to Peter he is a dedicated composter and recycler - we're not so sure about Wally.

We were joined for lunch by the Walking Wooses who had used the feeble excuse of needing to update sections of the map to arrive by car and only walk a short section of the trail.

After a pleasant lunch it took a lot of pressure from the Commissars for the riders to remount for the longest stage. Starting out through Jells Park the field was faced with the Alpine sections that included the Col de St Pauls Missionary College and the Alpe de Pumps Road. One rider who shall remain nameless (but her initials are Di Shalders) was heard moaning that she had never made it up past the seat near the bridge to the Mormons Temple.

I don't know how she got on as Ilze had equipment failure (her bum was too sore on her new seat) and I had to rush on back to the car to raise a rescue party.

Being familiar with the two climbs on the designated tour route, I, as Vice President of the Club, opted to invoke that little known rule

through Koomba Park and thus be the first person back at Abbey Walk where I was reposing restfully on the grass when the field

arrived. I was thus able to claim the Yellow Jersey (for cowardice in avoiding the hills) and get a lift home for the car to go and rescue that damsel in distress.

Thus ended another successful “Famous DROC Bike Ride” with thanks to the Millers for route reconnaissance and Ainslie and Peter for their hospitality. *Photo: thanks Ainslie!*

## **HOW WE GOT INTO ORIENTEERING - by Ben Beveridge**

My introduction to street orienteering was a little like this story - a long time in the making. Thankfully, unlike today, my introduction to street-O didn't involve a frustrating soaking wet Saturday.

Sam and I have been regularly attending the Southern and Eastern summer series for the last two summers and we have been running C grade. However, before that our attendance was much more erratic. The first time we attended semi regularly was in early 2003, just prior to travelling overseas when I was chasing a little base fitness prior to backpacking. Our first few runs were largely encouraged by Andrew Baker, who I had attended school and uni with and who had been competing in street-O for some time.

It was not until we settled back into living in Melbourne that we fronted for a full summer series. Given Andrew's influence in our participation, it may seem strange that we didn't join the Bayside Kangaroos. However, Peter Yeates' persuasive powers saw us join DROC.

We have greatly enjoyed our regular outings around the suburbs and after spending many weekends finding a house to buy, it never fails to amaze how often we seem to run past houses we have inspected.

Along the way I have learnt a few things. While the following may all seem to be purely common sense I've managed to learn them all the hard way:

- It is hard to be competitive when you turn up well after 7 pm and everyone has dispersed across the map already,
- It is not in your best interests to read how many controls a different grade requires and not read how many you need,
- It makes for a bad night when you combine the above two and start late and plot a course with too few controls and then have to madly scramble for a few more when you thought you should be on your way to the finish,
- It is not wise to laugh too much at stories of people getting a little lost and being late back, because my turn to really embarrass myself like this is most likely fast approaching,
- Doing a score event without a watch adds a degree of difficulty and uncertainty to the event. Thanks to everyone that told me the correct time that night.
- You need to remember where you have been as well as knowing where you are going, as more than once now I have managed to turn up at a control to find I have been there previously and have had to alter course to collect the correct number of different controls.

To make matters worse, some of these I don't seem to have really learnt after a few repeat performances.

Towards the conclusion of the last summer series, we were introduced to rogaining, again by Andrew. It was at one of these events when Peter Hobbs first asked if I could pen an article for Punchline. In a physically and mentally weakened state after finishing, I must have said yes to the request because I then received reminder emails to write this article (apologies for the delay).

So far, I have only suffered one day off work due to an orienteering related incident and it wasn't even the day immediately after a run. In January I was running along about two-thirds of the way

through the Highbury Hill event when I saw what I thought was a fly in front of me and kept running. A few seconds later, I knew it wasn't a fly when it stung me on the eyelid. All I could see was a yellow and black blur. It had been many years since I was last stung and I knew that the last time there was a nasty reaction. Crouching down in bewilderment at what had happened I grabbed the offending bee and threw it to one side, as it didn't seem to keep on flying off again. Figuring I didn't have too far to go I continued my run.

Back at the finish, there were already signs of slight swelling. As we returned home, Sam was called into work. Later, while washing, my hand seemed to be flicking something around my eye. After stretching out my eyelid, I realised the sting was still in place. It wasn't until Sam returned after 11 pm that she managed to remove the sting for me with a pair of tweezers. The next morning wasn't too bad, but throughout the day the swelling increased, much to the mirth of my work mates. By home time I was struggling to concentrate using the computer and I knew driving was going to be interesting. Not long after getting home, the swelling had fully closed my eye. It remained like that for the next day. Not really knowing how to explain my absence from the office, I emailed a photo which then did the rounds to all and sundry with a few well chosen words. Engineers are such a caring lot. A week later everything was back to normal.

#### CLUB CONTACTS

For information about, or assistance with EVENTS (first event vouchers, transport, equipment loan, newcomer information kits, informal coaching etc) contact:

Ian Dodd      tel: 9878 9168      email: [debiandodd@inet.net.au](mailto:debiandodd@inet.net.au), or  
Peter Yeates   tel: 9725 4612      email: [yeatespi@aol.com](mailto:yeatespi@aol.com)

For CLUB CLOTHING (running and bike tops, and fleece jackets and vests) contact:

Peter Yeates   tel: 9725 4612      email: [yeatespi@aol.com](mailto:yeatespi@aol.com)

For MAPS AND COURSE SETTING enquiries, contact:

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