



# Nillumbik News

## January 2004

It's January 2004 and another year flies by – while the main focus of life at the moment is the new Northern Summer Series, I note that the first bush orienteering event for the year will be only 32 sleeps away as this issue of Nillumbik News hits the streets.

The Northern Series represents a great opportunity for our club – it's centered on the area of Melbourne from which we draw our members – so it's a great opportunity to attract new members.

It also imposes a substantial responsibility; to provide services and training to these new folk – to make their early experiences in orienteering as enjoyable as we can – and the easiest way to do this is to continue the training activities and social events that were so successful during 2003.

With a view to starting off on the right foot, we've asked members that participate in the current street series to provide some "how-to" type articles and stories of recent social events to give people an idea of what orienteering is all about.

Feedback/suggestions from experienced orienteers is always welcome – I'll put the final versions of the articles up on our website so future novices can gain from this information too.

*Geoff Hudson*

### In this Issue

- News Desk
- Lorne Mountain to Surf Fun Run
- 2004 Nillumbik Eco-Challenge
- Reports on Recent Events
- Feature article – Street-Orienteering Strategy
- NE Fun Sprint-O Championship
- Exercise makes the brain faster – but not smarter
- Asia-Pacific Radio-Orienteering Championships

### Coming NE Events

19<sup>th</sup> Jan; Inaugural event of the new Northern Summer Street-O Series. Pitt Street, Eltham, Map 21H6.

27<sup>th</sup> Jan; Altona Meadows. Community Centre, Map 208G1

4<sup>th</sup> Feb; Wattle Park. Map 60K3

17<sup>th</sup> Feb; Deer Park (New Map). Map 25E3.

10<sup>th</sup> March; Camelot Rise (score). Map 62G12.

### News Desk

**Awards;** the winner of the Vin Maloney Trophy for the club's Orienteer of the Year is Colin Steer.

The Most Improved Male is Hugh Mallen. He is a stand out winner in the Men's classes, having shown remarkable performance improvement in his second year on Medium navigation courses. The Most Improved Female is Rachel Johnson. Her handicap dates back to that awarded to her for 1997 after she won the Most Improved in 1996.

**Rockhopper Trophy;** this annual award is awarded to the best bush-orienteering club – based on the performance of club-members in State Series events. While Nillumbik have won this trophy for 6 of the last 7 years, we didn't quite make it this year...losing by 1 point to Yarra Valley Orienteers. Congratulations to all at Yarra Valley!!

**You Yangs mapping;** knowing that we were planning to map the northern area of the You Yangs, Blair Trewin and Bruce Arthur went for a run to see what it was like. While Blair felt that the area could be suitable for some types of events he had concerns about the cost of mapping the area and limited runnability in some of the better areas.

### Why Join Nillumbik Emus Orienteering Club?

Best bush-orienteering club in Victoria for 6 of the last 8 years.

A club that provides training – to participate in events, to organize events and to set courses.

A club that organizes social events for after-running enjoyment.

A club whose junior members play a major part in the State Squad each year – the Captain of the squad in recent years has come from Nillumbik Emus.

Regular newsletters that keep you in touch with what's happening in orienteering.

The best website of any Victorian Club – the only one that provides training and reference information for new orienteers.

Nillumbik Emus provides the street-orienteering website – a key resource for street-orienteering in Melbourne.

**All for only \$5 per year!! Membership form available at the rear of this issue of Nillumbik News.**

## New Running Tops

The new running tops appeared at the end of last year and have made a stunning impression on our visibility at street-O. The tops are comfortable to wear and, as a result of the \$30 subsidy from the club, have proved very popular (where else can you get a \$50 running top for only \$20).



From L to R – Don, Rob & Fiona model the new tops

Different styles are available – if you're interested, talk to Schon at an event, call her on 9888 8121 or via email at [schon@orienteering.com.au](mailto:schon@orienteering.com.au)

## Lorne Mountain to Surf Fun Run by James Fell

Each year a number of NE members and friends meet at the Hudson's beach house in Lorne to take part in the annual Mountain to Surf fun run. While numbers were down a little on last year (several people had trouble getting away from work on the Friday afternoon), we entered a total of 10 people in the fun run.

The Mountain to Surf fun run is held each year to support Lorne's Surf Lifesaving Club. The run was fully-booked this year – and this caused some difficulties during the run. The start (see picture below) was a nightmare – we were at the back of the crowd and took more than 2 minutes to get to the start line.



The Start – we're right at the back...

The route is initially through the streets of Lorne; as we turn the first corner there is a long, slow climb to ridge above Lorne. This stage of the race is the key to the

event – you have to stay in front of the crowd and reach the forest track before the crowds. There is a brief respite as you wind your way down the Allenvale Road (a dirt track) and over the creek – to be confronted by a second hill.

We sprinted down the second downhill portion passing as many runners as we could – knowing that we had to establish a place in the crowd before the forest section where the track narrows to just a few feet wide. With 2000 runners, this provides great scope for congestion at corners and on rocky sections of the track. Much to our dissatisfaction, we were, at times, brought to a halt at corners and bridges – once, when someone tripped on a rock or branch more than 500 runners stopped behind him...it seemed to take forever to get going again. After emerging from the bush at the mouth of the George River just below Teddy's Lookout, we ran/walked the gradual climb along the Great Ocean Road back into Lorne.

At the start of the cliff walk there was only a kilometre to go and the number of spectators increased considerably. A few people had had enough at this stage – or pushed it too hard – and had dropped out to be tended by nearby St John's staff – but the rest of us were encouraged to keep going just a little longer. The downhill run into the finish chute allows spectacular finishes and a huge time-clock at the finish line shows your time.



The Cliff-Walk – note the nearby beach

The overall winner takes around 23 to 24 minutes to run the race. First NE's back – in about 35 minutes - were Rob and Stuart Fell; they were followed by Glenn and James (47 min.), David, Fiona, Geoff, Don and Ella. Emma and Schon powerwalked the event and finished in about 83 minutes.

In the Mountain to Surf, each competitor's barcode is scanned like a grocery item at the finish line (a rather time consuming procedure) This really highlights the speed and convenience of SPORTident in orienteering. Most of us found that we were all at least five minutes slower than we were last year; the combination of a poor start and the stop-start section through the forest cost us heavily. Don was even more unlucky, losing more time when officials at the Great Ocean Road stopped him to allow cars to pass through.

Once we'd finished we all had the opportunity to enjoy a well-earned, free massage. Glenn headed to the massage tent immediately on finishing after having missed out in recent years. Don and Geoff received massage injuries last year and weren't game to try again.

After the event, we retired to nearby beach-house where the various dishes and beverages that had been

brought along by Schon and Fiona were consumed. All-in-all a great run followed by an even more enjoyable social gathering.

## The 2004 Nillumbik Eco-Challenge by Stuart Fell

I awoke on the Saturday morning after the Lorne Fun Run to find various members of the Fell and Hudson families lounging around in running gear and watching the surfboat races over breakfast. The presence of running gear so early in the morning worried me a little – it was clear that several present were anticipating a good morning of exercise.

It seems that in previous years the tradition had been to drive to Erskine Falls, enjoy the scenery and then run back from the falls to the Lorne Caravan park down the Erskine River...the phrase “enjoyable excursion” suggested that this could be an enjoyable stroll, but acutely aware of Geoff’s sadomasochistic tendencies and with tales of the infamous Teddy’s Lookout recalled I wondered whether I would be enjoying this morning’s “excursion”.



Erskine Falls – about 8km from Lorne

In all, eight Nillumbik Emus and two honorary members arrived at the carpark ready for a lovely 8km downhill jog through the lush forest surrounding the Erskine River. After descending the 250 steps to the falls viewing area and spending a few minutes relaxing in admiration of the view, it was decided that we would begin the run with a casual reverse chasing start based loosely on the finishing times from the previous day’s race. As the first group which included Ella, David, Don, Geoff and Fiona set off down the muddy stairs and across the rocky stream, the remaining three were left to admire the magnificent drooping Blanket-leaks and green mosses that envelope the falls. After about five minutes James departed, and Rob and I were left with all the mosquitoes to ourselves. Five minutes later the final two began the descent.

The track is quite rough to begin with, as it continually crosses the river and delves under and over fallen logs; a nice bushwalk, but hard running. After the first couple of kilometers, the gully widens and the track flattens

out, gradually climbing up the side slopes and down again. The three groups of runners temporarily converged at the 3rd creek crossing, before the first of the two small hills on the run. The track then continued to be quite fast (and downhill) with only a few remaining rock hops along the side of the river.

This was the third year that a group of orienteers has taken part in this run down to Lorne, and at the halfway mark it was clear that Neil Barr’s course record of thirty-seven minutes would be broken (new record 35:55). There was no doubt that the previous evenings efforts had left most of us feeling sore. I know that I spent the second half of this run rolling down the hills. As we leapt off the bridge and plunged down into the bracken that swallows the final section of track the first timers were confronted with three divergent route choices. Most took the middle option as they didn’t need to run either down another steep rocky slope or unnecessarily climb another hill. Arriving at the back of the caravan park was enjoyable and relieving for my now very sore legs. We were amused to see the advisory sign to bushwalkers –

*Erskine Falls – 3 Hours each way.*

We all sat around on the picnic tables for a while reflecting on that refreshing and at times challenging run. Those of us who later retired to the beach certainly appreciated the recuperative benefits of the ocean water and gentle surf after two hard runs in the Otway hills.

## Reports on Recent Events

### Club BBQ

About 35 people attended the club BBQ which was held at the Hudson’s residence in Box Hill. While the adults compared maps and discussed recent events, the younger folk played on the trampoline. Schon Hudson took the opportunity to measure everybody up for club running tops.



### Street Events

Both the Eastern and Western Street Series are running well although attendances do seem to be down a little on previous years.

Conditions were ideal for the ESS Dandenong Creek event run by Lauris Stirling. All during the afternoon it had rained, or threatened rain, but as the start time approached it cleared up and gave us a cool, clear evening run. Regular NE attendees at Eastern events include Lucy Cartmel, Ron Frederick, Hudsons, Jeff Hughes, Johnsons, Holmes family, Peter Kempster, Mallens, the Matthews family, various Maloneys, Steer family, Stirlings and Ron Wescott and Cheryl Taylor.

NE highlights in the Eastern Series are – although not leading yet, Rachel Johnson's average indicates that she will move to 1<sup>st</sup> place in A grade female once she completes 13 events. In contrast to this, Geoff Hudson currently in 2<sup>nd</sup> place in B grade is expected to plummet as more people do the required number of events. Peter Kempster is holding his own in B grade (56+), but will come under pressure from Hugh Wilson (BK) as more events are run. The Mallen boys – Dave and Hugh have C grade under control – but will need to do a few more events to secure their place from schools runners that start in the next few weeks. Marion Johnson still holds 1<sup>st</sup> place in E grade, but will be overtaken by Pat Miller (BK) as the season progresses.

The Western Series maintains its reputation for well run sociable events this year – as a result of the efforts of the Fells, it continues to offer great events on interesting new maps.

One of these was the Wyndham Park event run recently in Werribee. This new map, produced by Don Fell, is a terrific addition to our Western Suburbs maps – it offers a river surrounded by parklands that runs the length of the map with a series of overlapping rail, road and foot bridges that turns one area of the map into a 3-dimensional puzzle to move from one point to another. A total of 68 people ran on this map – a new record for the Werribee area.

Highlights of the Western Series – James Fell is a close contender for 1<sup>st</sup> place in B grade. A 4-way tussle in B2 between Geoff, Don, Fiona and Alex Shepherd. Lauris Stirling will take out top C grade runner if she can complete 13 events before the end of the season.

## NE New Members

There are lots of new people taking part in street-orienteeing and many of these have joined our club.

Please make an effort to talk to newcomers – to help them out and to ensure that they have an enjoyable first few events in orienteeing. If you see someone in the distinctive NE running top and you don't recognize them – please go over and introduce yourself.

One of these is Lucy Cartmel; Lucy lives way down South in Mordialloc, but travels to Wednesday street-o directly from work each week. Lucy runs in C grade against Lauris Stirling.

## Committee News 15<sup>th</sup> September

About 30 people attended the AGM at Point Cook State Park- while the older folk took part in the meeting, the younger ones played a game of soccer or wandered over to the beach.

With the exception of Sue Healy, most office-bearers were happy to continue in their assigned roles. Sue is on many other committees and provides volunteer labour to so many groups that she felt it was time to pull back from orienteeing for a while. Thanks to Sue for her effort over the many years that she's been associated with Nillumbik.

While we do have an enthusiastic and hard-working committee now, there is always potential for additional members – or people that pick up specific jobs in the background. If you'd like to pitch in and help out or can see a job that you would like to take charge of, let Ron know.

The discussion re club tops was interesting; all present agreed that we should return some of the profit made by the club during last year to the people that helped us

make it – i.e. the members. As a result, we agreed that all NE members would be offered one of the new running tops at a discounted price of \$20 (a \$30 subsidy from the club on each running top).

## Ne Sprint-O Championships by Don Fell

Held at Toorourrong Reservoir as the finale of a Training and Field Work Day on the updated Toorourrong map.

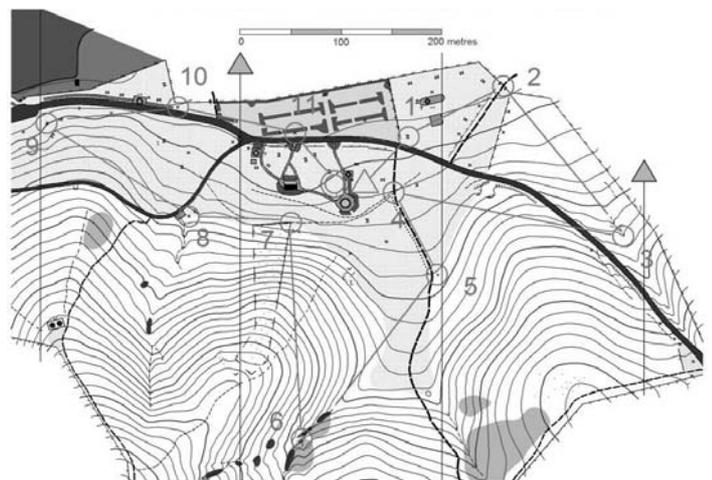
The event was held over a 1.7 km course comprising three "loops" from the central start/finish point. Each loop passed through spectator controls close to the start point.

Start was a reverse chasing start with start time intervals determined using the Nillumbik club handicaps which are based on a person's best 6 kilometre rates in State League events.

The highlight for the sole spectator/organiser was everyone passing through the second spectator control within the space of one minute.

Placings were:

1. Hugh Mallen
2. Peter Mallen
3. Fiona Fell
4. Laurie Niven
5. Joyce Rowlands
6. Sue Healy



## Exercise makes the brain faster...

New Scientist, 15 Nov 2003

It has long been thought that exercise boosts the brain as well as the body – and a recent article in New Scientist explains why. Regular exercise in monkeys leads to an increase in the number of blood vessels in some parts of the brain; but while exercise makes their brains more active it does not seem to make them any smarter.

Adult monkeys that ran on treadmills for an hour/day. 5 days per week for 20 weeks have a greater volume of blood vessels in their motor cortex, the area of the brain that directs voluntary motion. The monkeys that exercised were also able to learn cognitive tasks more quickly – in 4 days compared with 8 days for their sedentary counterparts. Interestingly, once the task had been mastered there seemed to be little difference between the two sets of monkeys.

Studies in people suggest that aerobic exercise can improve some kinds of cognitive function in older

people – and will also prevent decline with age. It is suggested that this is because exercise boosts blood circulation as well as blood's oxygen carrying capacity, often reversing any age-related decline in blood flow to parts of the brain.

Current research suggests that exercise also has a more direct effect on the brain. It seems that exercise stimulates the growth of neurons as well as blood vessels in primates. Recent studies have shown that exercise induces the birth of new neurons and increases the number of connections that each neuron makes, processes that normally slow down as we age.

Those of us that have been involved with orienteering have realized this for a long time – there are few sports with such a high-proportion of older people...all of whom seem to have a remarkably good grasp of their mental faculties.

If exercise makes my brain work so effectively, I wonder why I make so many mistakes at street-orienteering?

## Training Activities

A number of our juniors will be attending the Level 1 Coaching course during January. This course will provide us with 3 additional coaches – Stuart Fell, Rob Fell and David Hudson. This augers well for the club – NE has had a strong showing in the State Squad in recent years and the addition of 3 enthusiastic young coaches will help us continue this tradition.

## Asia-Pacific Radio-O Champs

Recently, Australia hosted the Region 3 (Asia Pacific) ARDF/Radio Orienteering Championships, and they were a resounding success. Countries represented were Australia, China, Japan, Korea, Kazakhstan and USA. Unfortunately, the Mongolian and Ukrainian teams were unable to attend due to visa difficulties with the Australian Immigration Department. For full results & splits see <http://www.ardf.org.au>



The Australian Team – with Rob, David and Ian

An event such as this could not have been run without huge support from fellow orienteers and amateur radio operators. Some of the people that pitched in to help were:

John and Jenny Sheahan who organized a street-orienteering event and helped organize a number of social activities.

The Gurmans, who organized a genuine Australian BBQ for the 100 or so people that took part.

Peter and Dianne Searle, who came down from Bendigo to help out during the week.

Geoff Hudson, who provided the software that generated start lists and produced the results.

Heaps of radio amateurs that staffed the control sites and provided the communications infrastructure and helpers needed to run the event.



John and Jenny Sheahan

The Australian team did remarkably well, especially within Region 3. Here are some NE highlights:

### Junior M19: (Team Result - Silver)

Gold	<b>Rob Fell (NE)</b>
4 <sup>th</sup>	Nathan Wyss (AR)
5 <sup>th</sup>	<b>David Hudson (NE)</b>

### Open M21: (Team result – Gold)

Gold	Adam Scammell (AR, BK)
Silver	<b>Bruce Paterson (AR, BK, NE)</b>

### Veteran M50: (Team result – Silver)

5 <sup>th</sup>	<b>Ian Stirling (AR, NE)</b>
7 <sup>th</sup>	Dennis Haustorfer (AR)

If you see somebody in an NE running top and don't know who they are, please go over and introduce yourself

## Street-Orienteering Strategy A Guide for New-Comers

This introductory article provides an overview of typical strategies that are adopted by experienced street-orienteers. These tips and hints may prove useful to some of those just starting out in the sport.

We have included a sample map at the rear of the newsletter – one that will be vaguely familiar to those of you who took part in the 1<sup>st</sup> Northern Series event.

The discussion assumes that you have taken part in an event and now understand the basic concepts....

### *Before leaving home...*

- Make sure you know where the event is; better still, keep a copy of the fixture booklet in your glove-box.
- Make up a checklist for your running gear; things like shoes, heart-rate monitors, sweat-bands etc often get left behind.

### *Before the event starts ...*

- If you're taking part in a score event, synchronise your watch with the main timer (this is always set to the Telstra talking clock time).
- Note where the finish chute is; as you run back in you will be tired and you may find it difficult to see if there are lots of people milling around.
  - ✓ Make sure you have a score-card (if you ever do forget this, don't worry...just punch the controls visited along one side of your map).
  - ✓ Look at the blank master maps stuck to the table. If you don't understand symbols or what the contours mean, please ask someone to explain.
- Think about possible route-choices:
  - ✓ The presence of a creek or uncrossable object such as freeway means that you have to pay attention to crossing-points. Most maps you use will mark crossing points/bridges clearly.
  - ✓ In general, stay away from steep areas. Lots of contours means big hills, contours close together mean it's steep. Climbing one 10m contour is equivalent to about 100m of running – avoid climbs if you can.
  - ✓ Stay away from dark/heavily shaded areas – this usually means dense bush or blackberries – no fun to run through.
  - ✓ You're not allowed to travel through private property – if it's shaded grey, you are not allowed to go there.
- Listen to the announcements – last minute changes may be important...and will save you time on the course.

### *As the event starts...*

This varies depending on course-type; let's deal with the two main types Score Events and Scatter events separately.

## *All Events*

- Turn your map over and orient it to what you can see around you. In evening events, the sun is setting in the West – just hold your map so that the sun is off the left hand side of the map.

## *Score Events*

In score events, you have a fixed amount of time to gather as many points as you can. In street-orienteering events, the time is usually 60 minutes...quite enough time to travel 5-8 km (i.e. most people can walk a kilometre in 10-15 minutes).

As you know, the points gained for each control varies – with high-numbered controls offering more points. Each row on your scorecard has different points – 1-5 score 2, 6-10 score 3, 11-15 score 4 and 16-20 score 5.

First, turn the map over and look at it – ignore the other people running off. Locate the high-numbered controls – 16-20....and get a general idea where 11-15 are too. If the high-controls are skewed to one side, then that's the way you should go. On the sample map – note that 18, 16 & 19 are on the lower part of the map....and not too far out (you can get an idea of this by using your scorecard as a measure – if the scale is 1:10,000, then the scorecard is about 1km wide).

To get 1, 18, 9, 14, 19, 3, 16 and 13 is about 4km – well within range – so you've probably got time to do a little more. The logical addition is 20 – if you do 20 first, you can then go straight to 18 – do 1 on the way home...or skip it if you've managed to reach 15....it's only worth 2 points after all.

- If you did all of these, you would travel about 5.9km and get

✓ 1	1 x 2	2
✓ 9	1 x 3	3
✓ 13, 14	2x4	8
✓ 20, 18, 19, 16	4 x 5	20
✓ Total	– 33 points	– a very good score.
- Note the ratio of low/high controls – go for the big ones, leave the little ones out unless you can pick them up easily while moving to the next big one.

Above all, keep an eye on the clock and your rate of travel as you move around the course. If you're late back, it will cost you dearly in penalties – so plan to be within 1km of the finish as your time reduces to say 10-12 minutes to go. (I draw a mental circle, 1km in radius, on the map – and plan to be inside it with plenty of time to get to the finish. If I can't get to the circle in time, I drop controls and head towards it – better to be 2-3 minutes early than 1 second late).

As you approach a control, read the control description so you know what you're looking for, think about where you're going to next, align the scorecard to the correct square.....and as you reach the control, punch in the middle of the square (e.g. if you arrive at control 11, then you punch in square 11) and immediately head towards your next control. Standing around to think about where to go next will cost you 20-30 seconds per control ... about 4 minutes on the course above. This is equivalent to about 400m of travel!

## Scatter Courses

In a scatter course you have to visit a specified number of controls and then return to the finish. The order in which you finish dictates your position in the event.

Which course you choose depends on how far you want to run; street-O courses are typically 4,6,8 and 10km in length. If you're just starting choose a shorter course until you get the hang of route-selection and navigation. Making a bad mistake on a 10Km course could make for a very late arrival back at the finish – better to make your early mistakes on a 6Km course.

As before, there are 20 controls on the map, numbered 1 to 20.

In general, the 14 controls that are closest to the start will be the ones to go for – but any of the following might change your choice of controls:

- **Obstacles;** an obstacle such as a creek or freeway might prevent direct access to a control.
- **High hills or steep areas** (i.e. areas where there are lots of contour lines or the contour lines are close together). Climbing 10m in height is equivalent to about 100m of running on flat ground.
- **Control positions;** a group of 3-4 controls off to one side might produce a logical group of controls to run to. (Some course-setters set courses with clusters of 3-4 close controls with empty space between each cluster. If you travel to the cluster, you may as well do all the controls in that group).
- **Parkland;** I like running in parks. Why run on concrete paths if you can run through the park on grass?
- **Mistakes;** most orienteers make lots of these. You might simply miscount or forget to punch a control on the way past. You might not be able to find a control - wither way, don't be too concerned – push on with your course and plead for mercy at the finish (most organizers are pretty easy going with newcomers).

No doubt, you'll add many more reasons in the first few months of your orienteering career.

Unlike score courses, there is no time-limit – other than the course closure at 8:15pm (although I'm sure you'll have finished long before then).

## Golden Rules for ALL Street-O Runners

**Take care on roads; look and listen for traffic. Don't take any chances.**

**Cross creeks at marked crossing points or bridges. It can be dangerous to cross elsewhere – be particularly aware of the possibility of snakes in long-grass near waterways.**

**Only cross railway lines and freeways at marked crossing points such as bridges or railway crossings.**

**The greyed-out area on maps represents PRIVATE PROPERTY – no runners are allowed to run through this area.**

**A line with double-marks coming out one side is an uncrossable fence – climbing fences can be dangerous and is not encouraged; it also puts those that cannot climb the fence at a disadvantage – giving the climber an unfair advantage.**

**The course closes at 8:15 pm. If you are running late and can't complete by this time, please abandon your course and return to the finish.**



Melanie and Paul Matthews  
(with 3-4month old Felicity in pram)

## **Nillumbik Emus – Bush, Metro & Mountain Bike Events 2004**

We have been asked to provide controllers for these events in 2004

- State Series 1 & Eureka Challenge Glenluce South for Eureka: Ron Frederick
- State Series 11 Map – TBA - Bayside Kangaroos August 8

In addition, the club is currently rostered to organize/run the following events:

### **State Series #2, Sunday March 7**

Course Setter: Rex Niven

Organiser: Rob Edmonds

Controller:

**Location: Glenluce North**

Assistant Setter:

Assistant Organiser:

### **MTBO Series # 3, Sunday March 21**

Course Setter: Nick Haslinghouse

Organiser: Rob Edmonds

Controller:

**Location: The Balt Camp**

Assistant Setter:

Assistant Organiser:

### **Street/Park, Monday April 12**

Course Setter:

Organiser:

Controller:

**Location: Latrobe University**

Assistant Setter:

Assistant Organiser:

### **State Series # 9, Sunday August 8**

Course Setter: Geoff Hudson

Organiser: Schon Hudson

Controller: Neil Barr - Bendigo OC

**Location: Whroo**

Assistant Setter: David Hudson

Assistant Organiser:

### **MTBO Series # 8, Sunday September 19**

Course Setter: Rob Edmonds

Organiser:

Controller:

**Location: Whroo**

Assistant Setter:

Assistant Organiser:

### **Maxi 3 Hour, Sunday October 17**

Course Setter: Ian Stirling

Organiser:

Controller:

**Location:**

Assistant Setter: Geoff Hudson

Assistant Organiser:

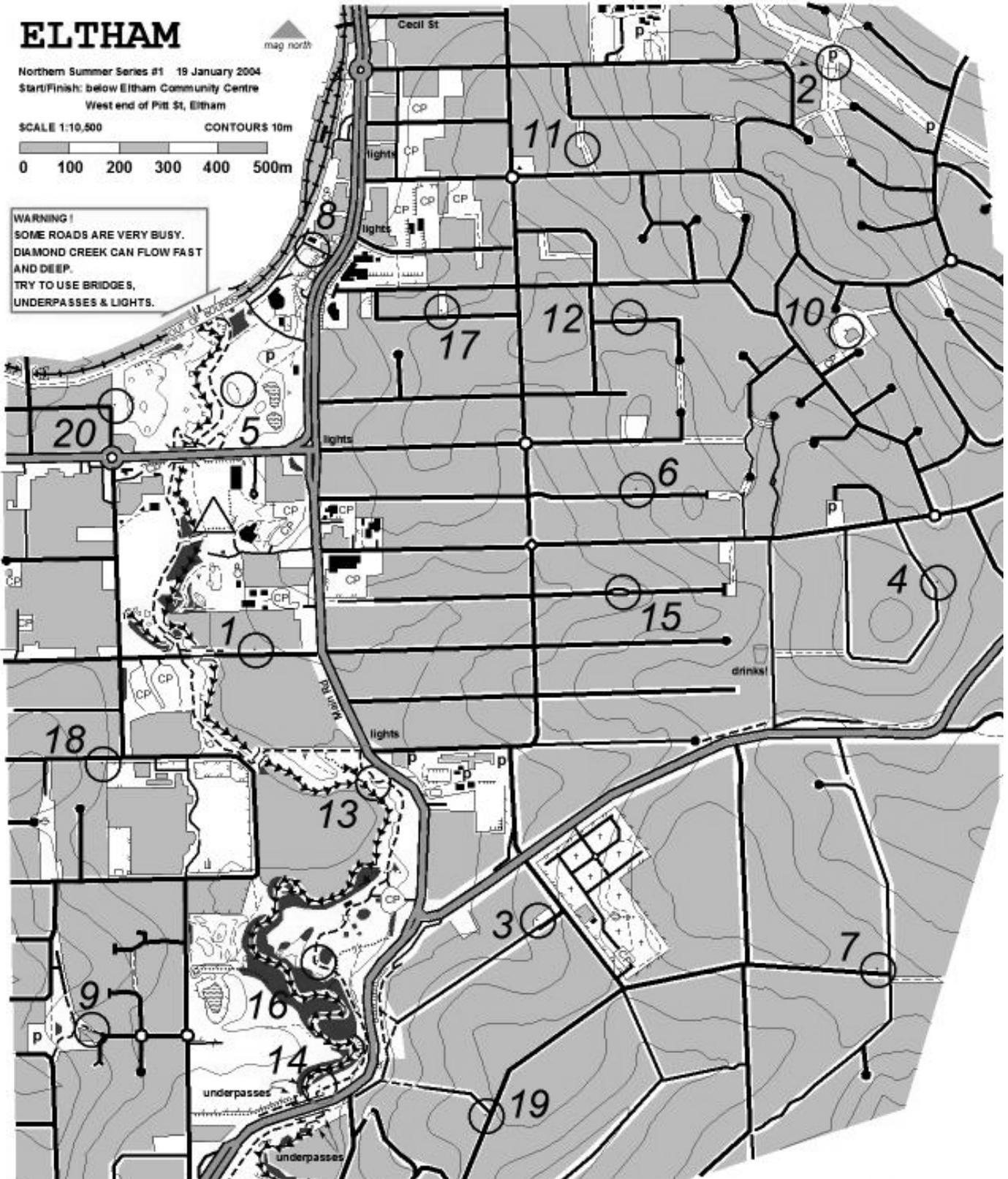
# ELTHAM



Northern Summer Series #1 19 January 2004  
Start/Finish: below Eltham Community Centre  
West end of Pitt St, Eltham

SCALE 1:10,500      CONTOURS 10m  
0 100 200 300 400 500m

**WARNING!**  
SOME ROADS ARE VERY BUSY.  
DIAMOND CREEK CAN FLOW FAST  
AND DEEP.  
TRY TO USE BRIDGES,  
UNDERPASSES & LIGHTS.



Draft map for the 1<sup>st</sup> event in the Northern Summer Series

## Nillumbik Contact List

President	Ron Frederick		<a href="mailto:gina@holtmac.com.au">gina@holtmac.com.au</a>
Vice-President	Dorothy Adrian	9874 3065	
Secretary	Vacant		
Treasurer	Marion	9878 2431	Via <a href="mailto:pincush@alphalink.com.au">pincush@alphalink.com.au</a>
Social Secretary	Joyce Rowlands	9729 5247	
Equipment Officer	Bill Johnson	9878 2431	<a href="mailto:pincush@alphalink.com.au">pincush@alphalink.com.au</a>
Event Coordinator	Rob Edmonds	9438 3378	<a href="mailto:redm4896@bigpond.net.au">redm4896@bigpond.net.au</a>
Street-O Coordinator	Ian Stirling	9876 3643	<a href="mailto:ianstirling@optusnet.com.au">ianstirling@optusnet.com.au</a>
Western Series Street-O	Don Fell	9749 4941	<a href="mailto:don.fell@bigpond.com">don.fell@bigpond.com</a>
Northern Series Street-O	Geoff Hudson	9888 8121	<a href="mailto:HUDSON@bigpond.net.au">HUDSON@bigpond.net.au</a>
Committee Members	Peter Mallen	9876 3035	<a href="mailto:plmallen@iprimus.com.au">plmallen@iprimus.com.au</a>
	Laurie Niven	9431 3803	<a href="mailto:laurieniven@bigpond.com">laurieniven@bigpond.com</a>

## Newsletter

Submissions and comments invited – please send them to:

Editor	Geoff Hudson, 16 Fowler St, Box Hill South		
Email	<a href="mailto:Hudson@bigpond.net.au">Hudson@bigpond.net.au</a>		
Phone AH	9888 8121	Mob:	0407 998 240

## Useful Links

Nillumbik Emus Web Site	<a href="http://emus.orienteering.com.au">emus.orienteering.com.au</a>
VOA Web Site	<a href="http://www.vicorienteering.asn.au/">http://www.vicorienteering.asn.au/</a>
Street Orienteering Web Site	<a href="http://street.orienteering.com.au/">http://street.orienteering.com.au/</a>

## VOA e-bulletin

This regular bulletin from Peter Creely is an excellent way of keeping people aware of coming events – if you don't get Peter's bulletin or you have something you need to send to lots of Victorian orienteers drop him a line at [luddcreely@impulse.net.au](mailto:luddcreely@impulse.net.au)

----- ✂ Cut here -----

## Membership Application

Please fill in the form below and forward it – with membership fee of \$5 – to Sue Healy, 37 Collett St., Kensington, 3031 or to Geoff Hudson at any street-orienteering event.

<b>Name(s)</b>	:	
<b>Address</b>	:	
<b>Phone Number</b>	:	
<b>Mobile Phone No.</b>	:	
<b>Email address</b>	:	
<b>Year of Birth (for each person)</b>	:	