



Nillumbik News

September 2003

It seems as if everybody's attention is focused on the Bendigo to Beechworth (B2B) orienteering carnival that starts late this month.

In contrast to other carnivals in Victoria, the workload involved in running the carnival has been spread across many clubs. While Nillumbik's share of this is to run the Oceania Relays on the 28th September (see article below), we will be providing support for several of the other events.

It's unfortunate that at times like this basic things sometimes slip a little – things like membership updates, newsletters (guilty...), social events etc. – nothing seems quite as important as the crisis that's bearing down on you. If you do note something like this, please let somebody on the committee – and in the meantime bear with us...normal service will be resumed shortly.

Geoff Hudson

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Coming NE Events

28th Sept; Oceania Relays at Kooyoora North-West of Bendigo. See report below.

19th October; NE BBQ.

12th Nov; Eastern Summer Series, Yarra Bend

9th Dec; Western Summer Series, Kingsville

6th Jan; Western Summer Series, Werribee

7th Jan; Eastern Summer Series, Dandenong Creek

19th Jan; Inaugural event of the new Northern Summer Series

Oceania Relays by Sue Healy

By now most regular orienteers will be aware of the looming Bendigo to Beechworth (aka B2B) carnival from September 23 – October 5. Entries have closed, but a late fee may still get you a run (I don't think so...see note from Don below...Ed)

Nillumbik-Emus Club is organising the second main event; the Oceania Relay Championship incorporating

the Australia-New Zealand Challenge Relay. Initially it was also to be the Victorian Relays Championship, but the conflicting classes caused that idea to be dropped.

The Oceania concept is a new one, stemming from the international federation moving to regional competition. Australia and New Zealand have welcomed it, as giving their elite athletes a way of qualifying for the world championships. The rest of us are given a chance to compete beyond our national borders.

Nillumbik-Emus Club is determined that we organise a first class event. It will be at Kooyoora, considered the most interesting area in Victoria, first used for the World Championships in 1985 and recently for the World Masters last year. Rex Niven, assisted by Peter Mallen, has set the courses in the more open and less complex terrain. The Assembly area is just north-west of the big field used then. Geoff Hudson is supervising the use of the software and Ron Frederick is the chief organiser. Rob Edmonds and Sue Healy are also helping.

So now we need workers on the day! We congratulate Dorothy Adrian and Helen Edmonds who are in the Australian Challenge team, and excuse them from duty. But we ask any one else who will be at the event to put in a stint. Jobs are:

- Parking (of course!)
- Information inquiries
- Working in the Finish tent
- Helping in the Graveyard
- Putting up results/gophering

If you feel like coming to Kooyoora and are not competing you will be very welcome. It is an interesting area with great sight-seeing potential – huge granite boulders and a bushranger hideout.

Joyce Rowlands is collecting names of volunteers. Please phone 9729 5247 and leave a message if you have not yet been contacted.

Club Barbecue

What: An opportunity to socialize with other NE members and friends. A club sponsored BBQ. Meat, salads etc supplied; please BYO family, drinks and a dish for dessert. Full-size trampoline available for juniors.

When: Sunday afternoon, 19th October (2 weeks after B2B). Start around 5pm with food served about 6pm.

Where: Hudson's residence at 16 Fowler Street, Box Hill South. Ph. 9888 8121.

Who: All welcome, but please RSVP to Joyce Rowlands on 9729 5247.

Reports on Recent Events

Vin Maloney Day

At last report, Don was trying to work out some sort of credible handicapping system that might allow him or me to win the day – although this is proving most difficult to achieve.

25 NE's took part – with the following results

Name	Time	Class	Course	km
FELL STUART	97:34:00	M20A	C02	10.5
EDMONDS HELEN	66:31:00	W35A	C04	6.6
FELL ROB	67:01:00	M16A	C04	6.6
HUDSON DAVID	68:13:00	M18A	C04	6.6
WATTS ALAN	79:18:00	M50A	C04	6.6
HUDSON GEOFF	88:26:00	M50	C04	6.6
STIRLING IAN	94:35:00	M50A	C04	6.6
FELL DON	104:08:00	M50A	C04	6.6
JOHNSON RACHEL	47:28:00	W19-34AS	C05	4.6
ARMSTRONG GEOFF	59:18:00	M45-54AS	C05	4.6
YEOMAN RUSSELL	80:56:00	M65A	C05	4.6
STEER COLIN	47:22:00	M70A	C06	3.5
MALONEY KEVIN	54:55:00	M55AS	C06	3.5
ADRIAN DOROTHY	62:41:00	W65A	C06	3.5
HEALY SUE	92:35:00	W70A	C06	3.5
ADRIAN PAUL	100:24:00	M80A	C06	3.5
KING GILL	111:40:00	W65A	C06	3.5
FITZWATER JANET	116:04:00	W65A	C06	3.5
HUDSON SCHON	152:18:00	W45-54B	C06	3.5
JOHNSON BILL		M70A	C06	3.5
MALLEN HUGH	60:17:00	M14	C07	5.2
EDMONDS RACHAEL	71:18:00	W17B	C07	5.2
EDMONDS ALICE	48:45:00	W14A	C08	3.5
JOHNSON MARION	86:34:00	W55B	C09	2.8

Street Events

NE ran the recent Surrey Hills event – with supper afterwards at the home of the Hudson's. The social atmosphere that is part of the Winter Series was very obvious on this occasion – there was much mirth as the various awards were handed out.

Barry Giles was kind enough to set the course for the evening – and set a really interesting course on what is quite a small map.

Borhoney

Junior Team Captain, Rob Fell, set the recent fundraising event at Borhoney Ghurk south of Ballarat.. It was unfortunate that poor weather reduced the number of attendees, but those that did attend enjoyed the event. Prominent NEs in attendance were the Fells, Hudsons, Mallens, Johnsons, Alan Watts, Kevin Maloney, Geoff Armstrong and Sue Healy.

Micro Championships - Heidelberg

MFR have mapped the parkland area near the boulevard and Burke Road as a micro map. At 1:3500 the amount of detail shown is quite amazing.

They used this map for the first time at the recent Micro Championships – a contest to select the top micro-racers and the leading club in this area. Suffice to say we didn't win.

Our best runner was Ron Scholes who picked up 4 points for the club aggregate scores with a time of 34:15. Other NE runners that took part were Geoff Armstrong (48:23), Geoff Hudson (53:00) and Jeff Hughes (57:05). Others were probably put off by the

wet conditions – if you didn't run early, the entire run was in pretty solid rain. By the time I finished, several of the paths were completely underwater – with one runner jumping off a path into a puddle – only to discover it was waist deep water.

Mountain Bike Event #8

Advice from Bill was that the weather conditions were horrific – it was bitterly cold, wet and quite miserable. ..although most riders seemed to have a ball riding through the huge puddles that straddled the tracks.

It was agreed by all that we should investigate how we can cancel future events where conditions are too severe. The club will look at answering machines that can be remotely updated with information messages – and send a note to the VOA recommending purchase of such a system.

Maxi-3 Hour

What a wonderful event! Great starting location, good course, fabulous weather and heaps of people that just wanted to get out and have a good time. If you haven't seen the detailed results breakdown provided, check out our web site at

<http://emus.orienteering.com.au/results.htm>

- the software that NE has developed for the Maxi has set a new standard for results publication – sufficiently so that we've been approached to make this available for the National Score Event in the B2B carnival, the Yarra Valley Maxi in October and the Asia-Pacific Radio Orienteering carnival in November.



Almost 2.5 hours into a 3 hour event.

Houston...we have a problem. Maxi-course setter and programmer encounters a bug in the software being used.

All this aside, we had a great time too. We made arrangements for accommodation at the nearby Forestry School and arranged a meal at the pub. This was a great way to meet with other NE members and socialize before the event. (the only negative here was that we were restricted in numbers at the hotel used – and we were not able to fit some of the later arrivals in. We'll do better in future...).



Xmas in July

36 people attended Christmas in July at Dorothy and Paul Adrians's house in Donvale.

In spite of her fractured leg, Joyce was still in the thick of things as supervisor. With Gordons assistance she shopped and pre-cooked the pork and turkey on the Webber and arrived with Sue at 1pm. Gordon was chief chef as he, Sue, Dorothy and Paul cut up the meat,

roasted vegetables and made punch so that all was ready as the guests arrived at 6:30pm.

Thanks also to Kevin for supplying the lovely ham and Dorothy who supplied the house, dips, cheeses and exotic cakes. Laurie brought a cheese-cake and Bill again brought his organ and played lovely music as we chatted and socialized with orienteers from both our and other clubs. It was also nice to meet Paul's daughter Judy and his two grandchildren.

All of the children present enjoyed the activities arranged and the traditional present-draw; many had fun "stealing" desirable presents from others as the game progressed. After this, Christmas pudding and other desserts, plus tea and coffee, were served to finish off the evening.

Finally, a big thank you to all the helpers who pitched in to wash and dry the dishes. Once again – thanks to Dorothy and Paul for helping to make this social night the great success that it was.

Mountain Bike Event #6

Despite heavy overnight rain, NEV members arranged the MTBO State Event #6 at Whroo. We were very lucky to experience no daytime rain – with mild weather and no wind and 75 people – including many newcomers - turned up to ride.



Rob, Sue, Gordon and Joyce pitched in to help with registration, pre-start, start and finish and to help the many newcomers that turned up. Although it was a bit hectic at times, we had nothing but good reports from the finishers. In spite of returning with mud-

spattered bikes and bodies, they enjoyed the terrain and the challenging courses.

In spite of the wet tracks, there were only 4 DNF's; the newcomers that arrived tried course 5 initially and enjoyed it so much they then went out on a longer course. While we always try to run an EASY course 5 for new-chums, many clubs do not; we believe that we should do this for all events in future.

Although we were a long way from Melbourne a lot of people stayed around to help pack up; thanks to Rob, Gordon, Kevin and Peter Maloney, Rob Lewis and Alan Davis for their help bringing controls in.

Joyce, who set the event, made the following comment "Setting the course was a big learning experience for me and help from Gordon Clarke and Rob Edmonds was vital to the success of the event. As I did this, I appreciated the many hours of planning and checking that goes into an orienteering event – I never cease to be amazed by the number of people that volunteer to "put themselves on the line" and take a turn for the club."

NE New Members

Please welcome the following new members to the club – many of these are just starting in orienteering – so if you see them around, take an interest in how they're going.

Peter Maloney – brother of Kevin who runs our O-shop. Peter is a keen street-runner and MTBO person.

Judith Staudte is a keen bush orienteer – and has recently moved to Kyneton. Judy seems to be a keen follower of intellectual pursuits and youth development – as judged by her role as adjudicator in "Tournament of Minds. (The tournament is a national schools contest that challenges students to develop skills, think laterally and to work together in a competitive environment).

Bruce Paterson and David Beard took advantage of our recent Street-O Supper Special Deal – both of these are keen radio orienteers and are key people in running the Asia-Pacific Radio Orienteering Championships to be held in Ballarat early in November.

The Holmes family – Trevor and Ramona and their daughter Emma are regular street attendees. Trevor is a remarkably fit 45 year old – and is keen to get out into the bush when time/work permits.

Gavin and Deirdre Woods – live in St. Kilda – and started street orienteering just recently.

The Bailes family – I'll provide more details next newsletter if I can persuade Rick to write some for us.

Geoff Armstrong (and Sue?) – Geoff was a foundation member of Emus and an active one back in 1988. Welcome back Geoff!

Other newcomers that we've spoken to recently include Mark and Jenny Fackrell and their son Matthew. Matthew is a fit little tyke who can be seen racing ahead of Mum and Dad to punch the control card. Mark is a lecturer in mathematics at Melbourne Uni (and by coincidence happens to teach David Hudson this year).

Finally, there's Helen Whelan who walked with Bill at Blowhole to establish a new record (for him) of 207 minutes. Bill reports...

"Actually the time seemed to go by quite well and I was surprised at the length --- right at the start on heading for a second track we encountered the first and foolishly went along it -- it was parallel to the other for quite a way even with the required knolls and various bends -- after that I omitted to check track direction and it wasn't until we most fortunately met Marion that we learned our gross mistake. Had to backtrack and it took 65minutes to get No 1. After that we had times of 8, 21, 32, 25, 47, 4, 3 minutes.

Fortunately, Helen took it fairly well (especially being denied a smoke) with the occasional "shit!" or "bugger" and despite the longevity intends to front up again at Porcupine Ridge. She better go with somebody else, or try moderate course 8"

NE Juniors in the Vic. Team!

Congratulations to the following Nillumbik Juniors – all of whom have been selected as traveling/reserve members for the Victorian Team:

- Rob Fell (Team Captain)
- Hugh Mallen
- Rachel Edmonds
- Alice Edmonds

At the last committee meeting, everybody agreed that such promising Juniors deserved our support – team members were given \$200 towards traveling expenses.

Amusing Quotes

Time is the best teacher; unfortunately it kills all of its students!"

Racing advice for new chums - "Start slowly, then taper off."

"The start of a World Cross Country event is like riding a horse in the middle of a buffalo stampede. It's a thrill if you keep up, but one slip and you're nothing but hoof prints". Ed Eyestone

"Life is short... running makes it seem longer". Baron Hansen

"Next time we should advertise the Late Entry date as Christmas. That way the competition will be over before the M21Es think about entering and we'll have eliminated 90% of the problems". Don Fell, B2B entry registrar.

Long-Distance Running



I read widely in this area – probably in search of a 'magic-bullet' that will allow me to run further and faster. The quote below was interesting...

The way the elite runners tackle a distance event is in fact different to the manner in which a backmarker might, and it is not simply a matter of the faster athletes being 'mentally tougher'. Front runners focus inwards throughout the race - a process termed 'association'. They regulate their pace, concentrate on breathing, make tactical plans, do calculations, monitor every twinge and creak. Bruce Fordyce, nine-times winner, likens running the Comrades to writing an exam. Basically, you have to concentrate!

Less competitive athletes tend rather to dissociate: think about anything and everything but running, chat to mates, tell bad jokes, banter with spectators. As the race wears on, they start looking for distractions from the boredom and discomfort: another leg rub, another drink, another stroll up a hill. The result is a critical loss of focus. In a marathon, losing sight of the objective - the finish, the reason you are here in the first place - makes any excuse to quit increasingly attractive.

So ideally you need to do a bit of both associating and dissociating. Be diligently aware of how you are feeling, but also receptive to the energy and spirit of those around you, both runners and spectators.

Committee News 15th September

Full minutes available from Geoff Hudson – send an email or call by phone if you would like a copy.

- Lots of new members – a social event will be arranged to welcome these people into the club (see calendar).
- AGM – 16th November
- We've bought water pumps for our water containers – more hygienic.
- Some concern expressed about our ability to run a street event next Easter.
- NE will run 8 events in the approaching Eastern Series, 3 in the Northern and 4 events in the Western Series.
- New T-Shirts and running tops will be ready before the Summer season.

Next Committee Meeting : TBA

Web Site

The street-O web site provides useful services to a wide range of people – primarily because the information is of interest to a large group of people and is always up-to-date.

We could get more value out of our web site, but would need assistance to do so. While I'm quite happy to provide the capability to provide a web page, I have a huge list of other commitments...and can't afford time for this.

Some of the things that we could use our site for include:

- Information about approaching club events;
- Training and useful information for beginner and intermediate orienteers (lots of possibilities here).
- Organizational information (e.g. information about our maps, standard forms, templates, approval letters etc).
- Photo gallery – from recent events
- Repository – for long-term information (so we can clean out filing cabinets)
- Information about the club – and how to join it.

There really is a lot that we could do here. If somebody would like to learn about web sites and web publishing, I'd be pleased to provide the facilities and instruction on how to use them. Please contact me on email, if interested (HUDSON@bigpond.net.au)

Newsletter

I had this tiny bit of space at the bottom of the newsletter and needed something to fill it. If you have material – articles or photos - that you think would be of interest to others, please send it to me at HUDSON@bigpond.net.au or via post to 16 Fowler Street, Box Hill South, Vic. 3128. Any material gratefully received.

Nillumbik Contact List

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Newsletter

Submissions and comments invited – please send them to:

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Useful Links

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

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

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Membership Application

Please fill in the form below and forward it – with membership fee of \$5 – to Sue Healy, 37 Collett St., Kensington, 3031.

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