

Northern Tablelands Orienteering Club Inc.



Newsletter No. 102 December 2005

President: Judy Colman 6775 1080(h) email: jcoljlin@ceinternet.com.au
Secretary: Narelle Clayton 6772 2785(h) email: nclayton@nsw.chariot.net.au
Newsletter Editor: Alec Watt 6772 6849(h) email: alec.watt@alte.net.au

NTOC Web Address: <http://ntoc.asn.au>

Coming Events

(Go to ntoc.asn.au for latest updates)

Sunday 11th December 2005 (Christmas Event & Barbeque)

Place: "Milson's Bridge" Take the Bundarra Road West from Armidale for about 22km. Watch for signs a few km after steep descent from the Pinnacle.

Courses: The Christmas event is traditionally a 2-person relay – like any relay, the 2nd leg runner waits until their team-mate returns before starting his/her course. Courses are traditionally short, with the emphasis on fun. All standards are catered for, and members of teams can be of any standard. The only limitation is that you are expected to enter the course of your usual standard (or harder). The concept usually works, as more experienced people will complete their harder course in a similar time to that taken by less experienced people for an easier course.

Start Time: 10:30 am to organise team, fill in cards etc. Mass start of first leg runners at 11:00 am. It is normal practice to have a mass start for relays, and it suits the social nature of this event.

Organiser: Lloyd Barker-Smith (with assistance from other family members) 6775 5560

Even if you don't feel like a run, come for the barbeque and end-of-year presentations. Barbeque facilities will be provided – otherwise it is BYO everything.

Twilight Series (February 2006)

8 February	Arboretum	Gregory family
15 February	Apex Lookout	Graeme Cooper
22 February	Dumaresq Dam	Eric Baker & friends

Annual General Meeting (all welcome – supper provided)

Tuesday 7th February 2006. 7.45pm for 8pm at 19 Bishops Cres., Armidale (Anker residence)

Armchair Course Setters Evening

Wednesday March 1st 2006 – evening (7:30 for 8:00 pm)

Place: To be announced – watch the web site (www.ntoc.asn.au)

Purpose: Skills upgrade for current and future course setters. In November 2005, Alec Watt attended a one-day workshop in Sydney, where a team of elite course setters (known as course planners in modern parlance), brought us up to speed on expected standards, useful techniques etc. Alec now hopes to pass on at least part of what he learnt to the rest of us.

Orienteering Suits

Some people may have noticed orienteers at our club events wear ing multi-coloured pajamas. These O-suits are usually full length 2 piece suits and are worn not just for the colours, but because they have been designed to be the best clothing to wear while running in the bush. They are of a very lightweight tear resistant nylon that breathes to keep the orienteer cool whilst resisting a lot of the scratching and tugging of bushes. One of the spin-offs is the colour schemes, with all clubs having suits in their club colours. NTOC's colours are blue, orange and white.

Several of us have agreed that it is time to get a new round of suits ordered, and we have been quoted \$60 per top and pants combination. It is good to be able to order several at a time so that we can get the suit maker to buy in a reasonable amount of the right colour material. If anyone is interested I have some measurement and order forms at present.

Contact me on edbaker@tpg.com.au or if you have any enquiries phone 67711070.

Eric Baker

Armidale Outdoors Schools Orienteering Championships Results

2005 Champion School

Martin's Gully Public School

Individual & team results

Juniors – Score event

Fastest Boys Teams (equal first)

Sam Prosser / Joe Markham (Newling) 38:00
Adam Croft / Joe Birmingham (Ben Venue) 38:00

Fastest Girls Team

Wendy Scott / Jessica O / Emily O (Ben Venue) 43:00

Line events

Junior Boys

Green Course Trophy 1st Ben Brunckhorst (TAS) 22:31
Green Course Certificates 2nd Harry Kirk/Jock Armstrong (TAS) 28:54
3rd Hugh McCormack/Lachlan Roberts (TAS) 30:27

Junior Girls

Green Course Trophy 1st Samantha Williams/Samantha Webster
(Martin's Gully) 35:25
Green Course Certificates 2nd Felicity Barker-Smith/Fiona Thomson/
Priscilla Parish (Newling) 36:53
3rd Alinta Merrottsy (Ben Venue) 38:57

Senior Boys

Orange Course Trophy: 1st Boahdan Gregory (TAS) 32:36
Orange Course Certificates: 2nd Lloyd Barker-Smith (AHS) 35:00
3rd Kasimir Gregory (AHS) 44:32

Gara Dam TSR (16 October 2005) - Jack & Marly Sinden

SCORE 1 HOUR

Don Barker	23 controls	36.38 mins
Maurice Anker	23 controls	40.34 mins
Nathan Jeffreery	23 contriols	42.02 mims
AlecWatt	23 controls	45.14 mins
Craig and Emma Flemming	18 controls	57.18 mins
Brian Helmrich	18 controls	57.57 mins
Eveline Helmrich	18 controls	57.57 mins
Diana Helmrich	16 controls	57.40 mins
Daniel and Elizabeth Kelly	13 controls	54.00 mins
Louise and Christie Kelly	11 controls	55.00 mins

GREEN 2.5 kms

John Dennis 39.00 mins

Orienteering Reports & Results

Armidale Outdoors Schools Orienteering Championship

The 2005 Armidale Outdoors Schools Orienteering Championship was held in perfect weather at the Pine Forest on 28th October. Seven hundred and fifty students from both public and private schools competed over a slippery course, with once again Martin's Gully school just pipping TAS for the Schools Championship. This was despite TAS taking a remarkable first 6 places in the boy's line course.

Trophies are awarded for the fastest girls' team and boys' team in the score event, for the highest scoring school (determined from both line and score event results) and for the best performances on the line course. Two teams tied for fastest boys' team in the score event (Sam Prosser / Joe Markham from Newling and Adam Croft / Joe Birmingham from Ben Venue), taking 38 minutes. The fastest girls' team was Wendy Scott, Jessica O and Emily O from Ben Venue who finished the course in 43 minutes.

The junior girls Primary Championship (line event) winners were Samantha Williams and Samantha Webster (Martin's Gully - 35minutes) with a team from Newling second (Priscilla Parish, Fiona Thompson and Felicity Barker-Smith) in 36 minutes s, and Alinta Merrotsy (Ben Venue - 38minutes) third.

All three place-getters in the secondary school championship event were Northern Tablelands Orienteering Club members, so the competition over a 4.5km course was something of an exhibition match. Boahdan Gregory (TAS) took the trophy in 32 minutes - 3 minutes ahead of Lloyd Barker-Smith (AHS), with Kasimir Gregory (AHS) third. Boahdan and Lloyd showed the benefit of a week's tough Orienteering in Tasmania with the NSW Schools team during the previous school holidays. The course was very slippery on the muddy hill sections after 50mm of rain the night before. Having to cross Tilbuster Creek twice made for wet legs, as water was running well up over the crossing points.

In the Boys Championship it was all TAS. Ben Brunckhorst ran the 2.2 km (10 controls) course in a very fast 22 minutes which was 6 minutes ahead of the second TAS team of Harry Kirk and Jock Armstrong from TAS, ahead of Hugh McCormack and Lachlan Roberts (also from TAS) in 30 minutes.

Martin's Gully, however, retained the trophy for the highest team score (the score is corrected for number of entries, so small schools are not disadvantaged). They were very consistent in the Score event, with their 20 teams averaging more than 15 control flags per team. Although Waldorf was the best in the Score Course, Martin's Gully picked up vital points in the Line Course, especially through their champion girls team of the two Samanthas. The motivation for the 47 Martin's Gully students may have come from one of their teachers, who was heard to say "Don't come back to school without the trophy"!

The Northern Tablelands Orienteering Club, who organised the event, would like to thank the UNE Sports Education students, who have become an essential part of keeping up the manpower for this annual event. We are also very grateful for the help received from club members, parents and teachers who rallied to enable us to complete the various organisational tasks that made the event run smoothly and generally on time.

Finally, I would like to thank all schools for their cooperation and enthusiasm in participating in this year's schools orienteering event. The event is very demanding on the organizer and the club members because of its size and tight timeframes. It all seems worthwhile when students clearly enjoy participating and when we get such great weather for outdoor activities.

Judy Colman
NTOC President and Event Organiser

NTOC Club Competition - Reports

Gara Dam TSR 16/10/05

Fourteen orienteers braved the cold and wet at the Gara TSR last Sunday. Every one did well and there were no late finishers in the score event. Third grader, John Dennis was an outstanding orienteer. He completed his first attempt at a green course (2.5 kms) in 39 minutes. This was much faster than the organisers' time to put out the flags. Well done John!

Jack & Marly Sinden

Gara Gorge (Blue Hole) 24/7/05

A day of practically perfect weather for orienteering saw an excellent turnout. The local wildlife also appreciated the good weather and a number of sightings of echidnas were reported. Armidale Express photographer Daryl also made an appearance and got thoroughly involved, practically completing the Blue course in search of the perfect picture. The organiser was running late (as he usually is) and was very grateful for David Clayton's help - the right man in the right place at the right time!

We were very pleased to welcome a number of people for their first or second event, including the Logan & Burnett families, Christie & Louise Kelly, Sandy & Nicola Watson, Sandra Cormack, Terry Pearce, James Poole, Diana Helmrich and Geoff Smith.

Since many of the tracks south of the Threlfall picnic area (our start/finish) have disappeared, it is now difficult to devise Blue & Green courses without using the well-maintained flume-way track. These courses were therefore very similar to novice courses on other recent Blue Hole events. None of the young adventurers complained however, and importantly all finished their courses. The Green course required competitors to make route choices on several legs, including the first leg, where the choice was to cross the Gara River by rock hopping, or come back past the start and use the bridge. Everyone chose the direct, rock hopping, route, apparently without any incidents.

The course setter presented competitors with a stark choice on the last leg of the Orange and Red courses – go straight ahead across Powers Creek gorge (a drop of 40 metres down a slope that was 1 in 1 in parts, followed by a climb of 70 metres), or go around the long way and avoid the gorge. Most chose the direct route, but a few took the long route, largely retracing their tracks from their first couple of controls. Some found it frustrating that the track across the creek above the gorge, obvious on the way out, was so hard to spot on the home, causing much thrashing about among the reeds! The other significant route choice, the first leg, had a trap which the course setter hadn't really foreseen. A casual glance at the map suggested that the fence on the western edge of the map was the easiest way to the control, but the map shows a sizeable gap in the fence, and (to the experienced eye) incomplete mapping in that area – definitely an area to be avoided. As it happens, the gap in the fence (the unmapped section) is filled by a huge pile of boulders, which caused considerable confusion among the Orange course participants who tried to follow the fence. The more experienced Red course competitors generally chose the obvious track option!

The Short Orange course is popular with non-competitive family groups, and the Stevenson family epitomised that, stopping for a picnic at the bottom of the gorge. Jack & Marly Sinden had never been south of Powers Creek before and thoroughly enjoyed their adventure.

The best performers of the day were the Merrotsy group (Stephanie, Alinta and friends) on Blue, Torsten Strokirch on Green, Michael Smart on Short Orange, Gary Slocombe on Long Orange (2nd win in a row!), Narelle Clayton on Short Red and Eric Baker on Long Red. However most people weren't there to compete,

and were happy to take it steady and enjoy the beauties of the Blue Hole area.

Alec Watt

2nd Moonbi TSR 18/09/05

Another cool spring morning greeted the orienteers to Moonbi for this year's event. The rain on the previous Friday made the course very wet in the low lying areas. However the sunny weather soon dried out the wet competitors.

John Dennis, was the only one to enter the blue course but completed it in a very respectable time of 28 minutes. He went out again with his father Michael on the short orange for some more practice.

Frank Loi and Kevin & Thomas Paddison, both from Tamworth, entered the green course for their first orienteering event. The course was considerably longer than the 3km if you followed the tracks rather than cross country routes.

Russell Swanson and Charlie Thomson made the trip over from Gunnedah and entered the long orange and short red courses, respectively. Russell won the long orange course in a time of 1:18:26. Diane Helmrich and Louise Kelly, fresh from the armchair orienteering talk on Wednesday night, were eager to try their new found skills on the orange course. Both did well on the course. Apologies to Louise for the last control on the orange course that was removed before she finished her run.

Maurice Anker did a very good time on the red course despite giving away a few minutes at the start. Maurice was closely followed by Don, Lloyd and Alec. Nathan Jeffrey, a newcomer from Victoria, had enough energy left after running the red course to get on his mountain bike and do a bit of exploring. Eric Baker won the course in a time of 43min 28sec. The long (500m) uphill leg from the last control was very tough on the competitors, apart from being a bit boring. Gail Chiplin and Steven Harden, both from Tamworth, did the long red course for the first time. This was only Gail's second orienteering event.

Eric supplied a fruit cake and oranges at the end of the event which soon disappeared! Thanks to Rod Bambach, who assisted with the course setup, Jack and Marly Sinden who arrived late to pick up the flags and signs for the next event. The co-operation from the Rural Lands Protection Board (Armidale), and the local landholder, in the preparation of the course is appreciated.

Bruce Haigh

West Newholme 13/11/05

With blue sky and a mild, cool easterly breeze the conditions for Orienteering were absolutely perfect last Sunday. A record turnout of almost 50 keen enthusiasts found their way to the idyllic Newholme property at the foot of Mount Duval. Six courses were on offer with different grades and lengths, each providing a challenge for the participants.

Four year old Zoe Barker-Smith clearly won the Blue course event, while the Green course was much harder contested with the brothers Glen and Jason Godlonton just marginally ahead of Kelly Lankester and Alinta Merrotsy, who had run a respectable time on the Short orange course before hand. Special mention must go to John Dennis, who after a fall in the mud, got back on his feet, recovered and had another go!

The Short Orange course was well contested and deservedly won by Jane Watt. Last to finish were the two 10 year old boys Kyrill Ho and Ben

Hutchinson, who ventured out confidently, got a little lost, but did not give up until they had punched all the flag. On the long course Philip Watt won the event, despite being somewhat out of practice.

On the short red course, despite a great number of participants, there was no real competition for Lloyd Barker-Smith, who showed his good form and won this event competently. The Long Red course, our king class was won by Don Barker, with Maurice Anker coming a close second. He mentioned helping some slightly disoriented Orange participant, which, if he had not done this, could have tipped the balance at the top.

Thank you to everyone for turning up, having fun and make this event so successful, to Ramona and Stacie for helping, Eric Baker for collecting the reminder of the red flags and UNE and John Dell for allowing us to run the event at Newholme.

Felix Burkhard

RESULTS

Blue Hole (24/07/05) – Alec Watt

Blue

Sandy & Nicola Watson	34:40
John Dennis	35:27
Stephanie Merrotsy, Alinta Merrotsy, Kelly Lankester, Stacie Lankester	85:18

Green

James Poole	47:35
Alinta Merrotsy	49:45
Torsten Stokirch	46:20
Diana Helmrich	51:43
Christy & Louise Kelly	85:32
Laura, Amanada & Andreas Tillmann	80:30
Felicity Barker-Smith	97:48
Ian Burnett + Callum & Sandy	102:00
Lucy & Eleanor Logan	102:30
Zoe Barker-Smith	107:20
Emma Flemming	107:50

Short Orange

Michael Smart	65:45
Tony Pearce	71:41
Elsie Baker & Jose van den Akker	98:55
Stevenson family	146:10
Jack Sinden	157:00
Marly Sinden	157:00
Cindy Schneider & Geoff Smith	DNF

Long Orange

Gary Slocombe	87:20
Barbara Vaschina & Sandra Cormack	99:05
David Clayton	105:45

Blue Hole (Cont.) Short Red

Narelle Clayton	82:08
-----------------	-------

Long Red

Eric Baker	60:33
Don Barker	64:22
Nathan Jeffery	76:10
Peter Merrotsy	96:03
Lloyd Barker-Smith	71:10
Brent & Boahdan Gregory	104:39

Banalasta (21/08/05) Don Barker

Blue

Ann Helmrich	38:00
Tom Schwenke	57:45

Green

James Poole	43:00
Christie Kelly	59:00
Nicola, Sam, Dave & Sandy Watson	78:30

Short Orange

Sue Gregory	71:20
Diana Helmrich	96:40
Graeme Schwenke	98:40
Gail Chaplin	107:50
Ashfar	131:00
Marly Sinden	131:10
Jack Sinden	131:15

Banalasta (21/08/05) Don Barker**Long Orange**

Narelle Clayton	52:10
David Clayton	75:30
Barbara Vaschina & Sandra Cormac	105:20
Brent Gregory	DNF

Short Red

Bruce Haigh	74:45
Felix Burkhard	75:00
Boahdan Gregory	77:54

Long Red

Eric Baker	58:15
Graeme Cooper	84:00
Nathan Jeffrey	DNF

2nd Moonbi TSR (18/09/05) Bruce Haigh**Blue - 2.0km 8 controls**

1 John Dennis	00:28:01
---------------	----------

Green Course: 3.1 km 9 controls

1 Frank Loi	00:43:20
2 Kevin & Thomas Paddison	01:16:26

Short Orange: 3.8km 9 controls

1 Garry Slocombe	01:00:31
2 Michael Dennis	01:15:30
3 Louise Kelly	02:29:22

Long Orange: 4.9 km 11 controls

1 Russell Swanson	01:18:36
2 David Clayton	01:14:23
3 Barbara Vaschina & Sandra Cormak	01:25:05
4 Diana Helmrich	01:28:53
Short Red: 4 km 10 controls	
1 Charlie Thomson	01:39:19

Long Red: 5.7 km 12 controls

1 Eric Baker	00:43:28
2 Maurice Anker	00:47:42
3 Don Barker	00:48:03
4 Lloyd Barker-Smith	00:49:48
5 Alec Watt	00:50:32
6 Natham Jeffrey	01:02:27
7 Gail Chiplin & Steven Harden	02:17:40

West Newholme (13/11/05), F. Burkhard**Blue (2.1 km)**

Zoe Barker-Smith	0:42:40
Maddy Doepel-Sharp & Evie Wilkins	0:51:50
Nicholas Hadfield	0:56:00
Ramona Burkhard	1:01:00
Stacie Lankester	1:01:00

West Newholme (13/11/05), F. Burkhard**Green (3.1 km)**

Glen Godlonton	0:38:49
Jason Godlonton	0:39:30
Kelly Lankester & Alinta Merrotsy	0:41:10
John Dennis	1:04:55
Rowena Childs	1:05:00
Sandy, Sam & Nicola Watson	1:16:00
Christie Kelly	DNF

Orange Short (4.0 km)

Jane Watt	1:08:40
Alinta & Peter Merrotsy & Kelly Lankester	1:19:00
Michael Dennis	1:26:00
Louise Kelly	2:03:00
Daniel Kelly	2:03:00
Kyrill Ho & Ben Hutchison	2:50:00
Cindy Schneider & Geoff Smith	DNF

Orange Long (4.8 km)

Philip Watt	1:07:30
David Clayton	1:30:00
Barb Vaschina & Isabel Van Lutsem	2:07:30
Diana Helmrich	2:09:30
Judy Colman	2:22:00

Red Short (4.5 km)

Lloyd Barker-Smith	0:46:25
Joakim Ho	1:34:00
Erica Smith	1:54:55
Emma & Craig Flemming	2:41:00
Marly Sinden	3:01:19
Jack Sinden	3:01:20
Jess Sharp & Alex Eberli	DNF
Tony Pearce	DNF

Red Long (6.0 km)

Don Barker	0:52:00
Maurice Anker	0:54:55
Alec Watt	1:03:20
Peter Merrotsy	1:08:50
Nathan Jeffrey	1:31:00

2006 Event Program

Don has made a good start – he has provided dates for our club events to the state association (OANSW). Now we need volunteers to set the courses. It's an easy two-step process (the volunteering that is – the course setting is another matter):

1. Select a date and a map.
2. Ring Don Barker (6775 5560) to reserve your choices!

Dates arranged by Don

5 March

9 April

Easter at Castlemain

7 May

20-21 May SL 7-8 Orange & Eugowra

10-11 June QBIII

23 July

13 August

19-20 August QLD Champs

2-3 September NSW Champs

17 September

7-8 October Aus Champs

27 October Friday night event

3 November -NE Schools Champs (tbc) -
Sunnyside TSR ?

19 November

10 December (Xmas event)

List of available maps

TSR's

Moonbi
Baker's Creek
Four-mile Creek
Gara Dam
Sunnyside

State Forests

Pine Forest
Avondale**
Enmore#

National Parks & Reserves

Blue Hole*
Long Point**
Dumaresq Dam
Boorolong**
Dangar's Falls

Private Land

Mt Duval**
Newholme West
Banalasta
Glenburnie#
Victoria Park#
Oakview

NOTE : As Banalasta, and the Pine Forest are to be used for the QBIII, they would not as a general rule be used for club events this calendar year, although they could be used if needed in the 2nd half of the year. Small urban maps not listed.

** Should be first choice for this year - maps are of good quality but were not used in 2005

May be time we had another look? Worth considering for longer events, eg a six hour score event.

More information can be found on the NTOC web site, <http://ntoc.asn.au>

Event Fees

(Individuals or Small Groups)

	Members	Non Member (after 1 event)
Adult	\$6.00	\$8.00
Junior	\$3.00	\$4.00
Extra Maps	\$1.00	\$2.00
Family Maximum	\$15.00	\$20.00
Large Groups (each person)	\$3.00	

Membership Fees

Family*	\$65.00
Senior*	\$55.00
Junior/Student*	\$37.00
Family Associate	\$30.00
Individual Associate	\$25.00

*Includes subscription to the Australian Orienteer.

Membership Enquiries: Maurice Anker 02 6772 9604

Colour Codes for Orienteering Courses

Blue: Very easy navigation with the course following very distinct linear features (handrails such as roads, tracks, fences and well defined watercourses. A compass is not required. Controls are easy to see, frequent and placed at changes in direction. Length approximately 2 km.

Green: Easy navigation with the option to take a direct cross country route, or to follow a more indirect route using handrails. Controls are on large obvious features close to handrails. Use is made of contour handrails such as spurs and gullies. Limited use of compass. Length approximately 3 km.

Orange: Medium level navigation with route choice to control points that have good attack points (a big feature close to the control point) and catching features (a feature such as a fence or road that 'pulls you up' when you have gone to far). A compass is essential. Length 3 to 5 km.

Red: Difficult navigation with controls on small point features with no obvious attack points or catching features. A compass is essential. Length depends on age and fitness - 3 to 8 km.



Northern Tablelands Orienteering Club Newsletter

If undeliverable return to:
Northern Tablelands Orienteering Club
PO Box 199
Armidale NSW 2350

Print Post Approved
PP247134/00012

SURFACE
MAIL

POSTAGE
PAID
AUSTRALIA

To: