

# Nillumbik Emus Online Newsletter – Oct 2011

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Club Website <http://www.vicorienteering.asn.au/clubs/nillumbik/>



## Belltopper Hill - Sept 18

### Vin Maloney Trophy Day

A wonderful spring day was enjoyed in the forest near Taradale. Orienteers enjoyed the spur gully terrain with some steep climbs and challenging route choices.



Helen Edmonds enjoyed a fast run is the provisional winner of the Vin Maloney trophy for the second year in a row.

Richard Hobbs and Janet Fitzwater are shown in this picture with Janet's son Jeremy and daughter-in-law Erica and grandchildren, Tom and Sam around the club shelter.

Ron Frederick was the event controller and helped Tuckonie out at the start.

## NEW YORK CORRESPONDENT

Alex Shepherd

Alex took part in the World Police and Fire Games in New York City. He was accompanied by Lenore on the trip.

*The orienteering event was held at West Point, and it was the hardest run I've ever done. The forest was dark and dense, and very rocky and steep. I had trouble reading the map at times. They are a little different to Aussie maps. However, and there's a story in it, I managed to get a Silver in Grand Master Section D. I also got a Silver in the darts, the Open Men - Cricket - Doubles, losing the Gold Medal Game 3 sets to 1.*

## MAXI REPORT

It was a great day to be out at Hepburn Diggings. The morning drizzle disappeared enabling competitors to enjoy their run and lunch in warm sunshine. Thankfully, we were able to pack away dry equipment.

The Hepburn Spa Complex provided an excellent assembly area with a sealed car park, toilets, rotunda and tap water.

David Brownridge won his third Maxi comprehensively, completing the course in a touch over 2 hours. Dion Keech also collected all 30 controls as did Ted van Geldermalsen in Men SuperVet and Tim Dent in the Mens UltraVet.

Aislinn and Roch Prendergast claimed the team title for the second time, having achieved that distinction at St George's Lake in 2008.

Lauris Stirling lead the catering team with aplomb. Competitors enjoyed a late lunch of hot soup, bread, cake, fruit and drinks.

Many competitors commented on the great course. Ron Wescott put considerable thought and effort to ensuring the course provided a suitable challenge to all competitors. Thanks also to Cheryl Taylor and Jeff Hughes for assisting in the course setting and checking. Thank you to all Nillumbik Emus members and other orienteers, in particular, Ian Collins and Ewen Templeton who pitched in to ensure the day was a great success.

Bayside Kangaroos won the InterClub Challenge and Geelong Grammar won the InterSchool Trophy.

Maxi Results can be found at

<http://www.vicorienteering.asn.au/?ItemID=7315>

## THE JATBULA TRAIL

### Ron Frederick

The Jatubula Walking Trail in the Northern Territory traverses Arnhem Land escarpment country between Katherine Gorge and Edith Falls. This walk must be in the top 10 walks in Australia, if not in the top 3.

The special feature of this walk is its remote campsites with magnificent warm croc-free swimming pools, usually accompanied by waterfalls, which serve as relaxing spas after a days walk.

The only time to go is between June and September – the Park is closed for the rest of the year due to heat and the wet season. My recommendation would be late July or early August, to enable the walking trail for the season to be re-established through grass lands and to allow the river flats to become less boggy - only really an issue on the second last day. September could become hot and possibly humid.

Only 10 walkers are permitted to commence the trip each day. As a consequence for the 5 days of the walk, you are unlikely to see any other humans, apart from your party members and no motor vehicles. A great sense of remoteness.

There is a minimal charge for the campsites; presently \$3.30 per night! Each campsite has a composting toilet.

Whilst pack carrying is required, you don't need to carry much more than your food, a stove and a light sleeping bag. Clothes can be washed in the river each afternoon and will be dry by the next morning. Tents and parkas are not required – it is guaranteed not to rain during the dry season.

A mosquito net to sleep under is recommended, although I did not find mossies a problem.

Further information can be obtained from the Parks & Wildlife Commission of Northern Territory Website <[www.nt.gov.au/nretas/parks](http://www.nt.gov.au/nretas/parks)>. There are also good articles in Australian Geographic – Issue 90 April June 2008 and Wild Magazine – Wild Spring Edition 2008.

I would be only too pleased to pass on further information to those interested.



### Next Club Meeting AGM and BYO BBQ Lunch Sunday, December 4<sup>th</sup>

*Venue: Westerfolds Park, ORCA meeting room - off Fitzsimmons Lane, Templestowe*

*Facilities: BBQ & kitchen facilities, hot water, tables & chairs and toilets*

*Time: Noon till 3 pm*

*RSVP: Rex Niven 9444 1803 or 0417 349427*

### Coming Club Events

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### Night'O Event: Choke'm Gully, Castlemaine

Saturday Nov 10

Organisers: Rex and Laurie Niven

### CLUB CLOTHING

With the summer Street'O season starting soon; it may be time to consider purchasing a club T shirt or putting in an expression of interest for a polo style club T shirt.

Current stock includes:

*cotton T shirts* - featuring a large club logo (white on royal blue)

*Coolmesh* running singlets, short sleeved T shirts and a few long sleeved T shirts as well as the Bush'O tops.

There are also a limited number of bike tops available.

*Jackets* (new style) we have a few remaining, as well as some of the older style. *Vests, Beanies, sweat bands and caps*.

*Polo style T shirt*: we will be taking expressions of interest and preferred sizes at Bu'O and Street'O events over the next few months. The tops will be royal blue Kooldri fabric with green lettering, as seen on the polar fleece jackets and vests.

Contacts: Bush'O and western series events: Fiona Fell email [fiona.shaw@bigpond.com](mailto:fiona.shaw@bigpond.com)

and at Eastern series events: Schon Hudson

Good luck to club participants in Oceania MTBO series this weekend (Oct 14-16) in Beechworth area. There is a record entry of 150 riders for this series which includes the Aussie Champs.

We have Anthony Lynch competing in M21 (Open); Phil Giddings and Rob Edmonds in M50; Helen Edmonds in W50; Kevin Maloney in M60 and Joyce Rowlands in W70.



Click this link to go to results and other reports

The Victorian stage of the Oceania series was completed on the weekend of October, Grand Final weekend. The competitions were held on two very challenging maps. The Long Distance Victorian Champs were held on Saturday on the Northern Spurs map, near Wangaratta. The Middle Distance Champs were held on the new Rowdy Flat map near Yackandandah, next day. Both were World Ranking Events for the elite classes.

Our club handled the registration of competitors. Competitors received their chest numbers, start times, carnival booklet and promotional material including a free magazine. Lauris Stirling did a fantastic job as organiser of the Registration team. A small group had met at the Stirling's the previous week to assemble the 700 bags. Robyn Sunderland, Kevin Maloney, Joyce Rowlands, Ian and Lauris Stirling, and Schon and Geoff Hudson are to be thanked for helping put the rego bags together.

Geoff Hudson wrote some software which helped us match the person collecting the bag with the correct bag. Maybe he should sell that software to future major event organisers. It worked very well. The weather was cold and wet on Friday afternoon as Ron Frederick, Don Fell, Rob and Helen Edmonds set up the registration tents and 5 other tents at the event site. Lauris and Ian Stirling, Robyn Sunderland, Schon and Geoff Hudson handed out bags at the CWA Hall in Wangaratta from 4 till 9 pm. Kevin Maloney turned up with the O'Shop trailer behind his van just as were about to leave and found a quite spot to spend the night. Kevin is very self-sufficient and likes to camp at the event sites.

The weather was shocking on the Saturday; heavy rain but fortunately little wind. The paddock that was meant to be used for a car park was abandoned early on when a bus was bogged to the axles. Parking was then along both sides of the road. Rob and Helen Edmonds' car was the last to gain access to the main paddock and they managed to escape after the event without suffering the same predicament. The ambulance was required on at least two occasions for the treatment of competitors who had fallen and injured themselves on slippery rocks.

All those mentioned above and Kevin Maloney helped with the packing up and we were glad to return to our cabins for a hot shower before dinner.

The weather was far better on Sunday which was a relief as there were a number of clay slopes to be ascended or descended and most of them were reasonably dry. If it had rained on the Sunday morning, some slopes may have become impassable.

Ron Frederick towed the trailer up and back from its Rockliffe address with tables and tents aboard. Great work, Ron.

Darren Meeking did a great job as co-ordinator and all the clubs pitched in well.

The results and split times are on the website.

No outstanding performances from NEV members, but a number were happy with their run on at least one day, and a bit wiser for the experience.

Helen and I returned from the Carnival on the Monday, staying an extra night at the Woolshed Falls cabins. We had a very wet time setting up at event on Friday and running in it on Saturday. Weather was fine for most of the day at Yackandandah but Helen and I got soaked going up the Cascades Track to Beechworth from Woolshed Falls on a bike ride in the arvo' after particularly poor runs at the Rowdy Flats middle distance event. We both bombed out badly on the same control while running the rest of our courses okay.

We enjoyed a ride (demanding on uphill return) along the Beechworth-Everton rail trail in sunny but cool conditions on the Monday, enjoyed a stroll around some Beechworth galleries and lunched at Lake Sambell, before setting off home.

There was a lot of hype generated at the World Ranking Event status of the Oceania series, and a big fuss made about the Provideo screen which largely focussed on the elites. Good to see some innovations to boost the excitement.



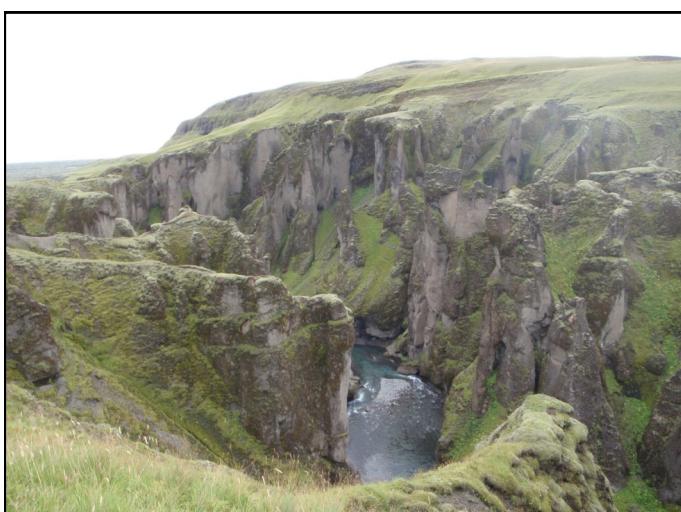
## Nivens in Iceland



A lake with icebergs: the first time we visited this lake the day was a bit drizzly and cool; as we drove away, it wasn't raining, but as the road rose a little bit away from the lake we hit the more general warmer air, and the windscreen suddenly and completely fogged up - on the outside. it was quite a weird experience!



Glacier coming down to huge outfall from volcanic "lahar"



Kirkjubaeklaustur Gorge

About to drive away at the start of our tour of Iceland at Reykjavik, we are visiting a famous house built of recovered material (i.e. junk). It's on the North Atlantic shoreline and we look out to the west. The cloud cover of yesterday has gone and the sea is a light blue. On the horizon apparently floating in the air is an enormous ice covered volcano. It is Snaefelljökull, about 100km away and 1400m high. They could have filmed Lord of the Rings there but it would have looked too surreal

Much of coastal Iceland comprises plateau of reddish-brown volcanic rock and ash about 200m high, with fjords and large glacial river valleys bisecting them. The valley sides are astonishingly steep with waterfalls pouring from every crevice. From a distance the hillsides appear very green, but this is mostly moss and lichen mixed with ash and rocks. In a few places the ground is fertile, and Norse settlers in the tenth century established farms in favoured places all around the island. They quickly removed every tree, which never grew back. Occasionally volcanic eruptions covered their farms with ash, triggered floods or just blotted out the sun, and over the centuries the Icelanders were many times on the brink of extinction. Even today some areas are at risk of sudden floods which bury grazing areas in ash. In the good times though it seems the inhabitants do quite nicely.

At the end of the summer season we found the temperature is still fairly balmy, despite the fact that part of Iceland is inside the Arctic circle. On the plus side its climate does not support flies, mosquitoes, spiders, ants, frogs, lizards or any invertebrate, so outdoor activities are uninterrupted by the need for bug repellent or shouting above the loud frog noises.

The Icelanders have no oil or coal, but unlimited energy from underground steam and hydroelectricity. Produce like vegetables are grown in large greenhouses heated by steam, but it is useful to develop a taste for hotdogs and lamb with rice soup.

Driving around is easy, the road is excellent if a bit narrow. That was "road". Apart from the more civilised south-west part, there is a main ring road around the island, and a few which penetrate the valleys towards the centre, but all towns are near the coast. With only 30 000 people living in the rural parts totalling 100 000km<sup>2</sup>, there is not much traffic apart from tourists. We went to the south east, where the big ice cap Vatnajökull comes down to the coast, and calves icebergs directly into a tidal inlet at one point.

At Skaftafell several glaciers come down to the coastal plain and there is a big National Park complex with walks to the glaciers, expeditions on the glaciers and bushwalks to hills above the glaciers. One tour company was offering ice-climbing for beginners, but we opted for the simple on-glacier walk (with crampons and ice axe of course). We stayed further along at Skalafell closer to Höfn where the farmer-and-guesthouse-operator has put in a 6km trail to allow guests to visit his own private glacier with its attendant moraines, talus, lakes, moss beds, waterfalls and surging outfall river – spectacular stuff and completely undeveloped. This whole region is prone to Amazon-size floods due to ice melting during volcanic eruptions, and they are used to being self-sufficient when the bridges are washed away.

The town name Höfn is best pronounced as a hiccup. Even the common word jökull (glacier) has a few unexpected syllables. Icelandic language is close to old Norse and a source of some pride, being fiercely protected from corruption by US words like “email”. Despite that mobile phones and internet have been happily adopted and are available in some quite remote places.

The guidebook suggests a renowned hike lasting several days through multi-coloured volcanic hills on the west side of the icecap. For peak-baggers there are several easily accessible ice covered peaks over 2000m. In the north-west corner is a remote peninsula with dramatic fjords and on the north side precipitous sea cliffs favoured by birdwatchers. For TopGear types one can drive super jeeps (a sort of large-tyred hummer) over the big ice caps which can be as much as 80km across. We visited a remarkable narrow gorge (Kirkjubaeklaustur) which was a fascinating two-hour hike with some terrifying vantage points into overhanging chasms from bizarre promontories of rock.

There is no orienteering though!



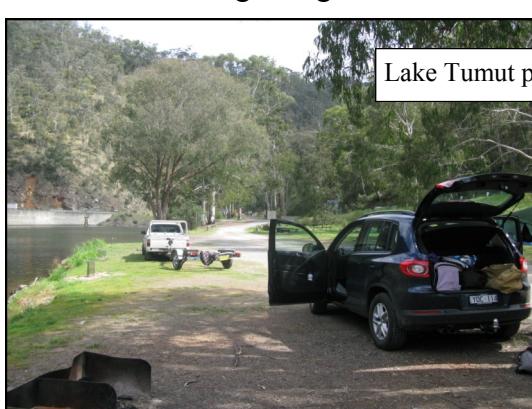
Kevin with his famous O'Shop trailer



Soggy day for Oceania/Vic Champs



Helen at Cooma Gorge Lookout



Lake Tumut picnic stopover after Oz Champs

