

Nillumbik Emus Online – April 21, 2010 e-mail Bulletin

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EASTER 20/10 HAPPENINGS

Good Friday Prologue: When I arrived at the Royal Australian Defence Academy in Canberra, you would have thought that orienteers had mounted a surprise attack. They were everywhere and no defence forces in sight. What a great venue for park orienteering!

Day 1 – Gudgenby Homestead: This area of the Namadgi National Park is sub-alpine; absolutely beautiful! The assembly area was at the historic Gudgenby Station. The terrain is a mixture of complex granite with fire regrowth, providing for sections of extremely technical orienteering. A part of the map is open grassland with some scattered granite. The courses were set a bit longer than expected and most runners had problems at some stage in the rock. A good get together dinner at the Kingston Hotel Bistro in Griffin was organised by Lauris Stirling.

Day 2 - Kowen East: The Kowen Forest is near Queanbeyan. We were blessed with another beautiful day. Once again Ron Frederick gained the prime viewing spot for the club gazebo. Kowen East has a mixture of open and lower visibility pine forest and an extensive track network. It is undulating to steep with generally good runnability, slowed by trimmings in some areas. There are many small clearings and log piles, some scattered rock and erosion detail.

In the afternoon, Rob and Helen rode around Lake Burley Griffin (just over 30 km) before visiting the French Masters Exhibition at the National Art Gallery. The Fells went the next day. Despite ominous reports there were no problems with crowding or queuing.

Day 3 - Collector Hill: Another terrific day; a bit warmer. Collector Hill is an unusual area and courses included areas of interesting rock ridge with large cliff lines, hill-sides with termite mounds and an old mining area. Runnability was highly variable from open running farm paddocks and open eucalyptus forest to areas of significant fallen timber and low visibility Casuarina.

Club members didn't figure highly in the placings, but there were several interesting tussles between members, e.g. W55A: Fiona Fell, Pam King, Helen Edmonds and Laurie Niven. Unfortunately, Fiona had a DNF on Saturday because she had to attend to an injured person about three quarters of the way around her course. Helen didn't register a punch on Day 1 and Laurie ended up taking the honours. Another good battle took place in M55A: Alan Watts, Rex Niven, Don Fell, Geoff Hudson and Rob Edmonds.

Best Performances: Jessica Niven 4th in W21AS, Sue Healy 3rd in W75A, Lauris Stirling 3rd and Leone Carberry 7th in WOpenB

THE THOUGHTFUL SPORT

Sue Healy was very thankful for advice from Fiona when she forgot to pack her blood pressure pills. She tried Fiona's suggestion to find someone using the same medication, and now knows a lot more about what every other senior is taking, but no luck. Then Sue got the phone number of an ACT doctor orienteer from Registration, and also put a note on Judy Hay's rego pack asking her to contact her. Half an hour later Sue had a script and the address of the 24 hour chemist (it was Good Friday) - what other sport can offer that kind of help?

Sue Healy went onto the ACT Champs the following weekend and collected 3rd placing in the Sprint, Middle and Long events.

The Nivens stayed at a magnificent country house on the Murrumbidgee River, north of Canberra. Laurie's Aunt Barbara owns the property and displayed great hospitality in looking after 16 orienteers. Barbara's late husband, David Hamer, was a Federal MP in the House of Representatives and the Senate. He had also been a RAN Captain. Laurie's other Uncle, Sir Rupert 'Dick' Hamer, was Premier of Victoria 1972-81.

Rex checked out the interactive historical display at Old Parliament House. Rex had something to do with setting up the electronics for the display.

We (Rob and Helen) stayed at the ★★Queanbeyan Tourist Resort Park with Ron and Tim Dent. It was cheap and noisy, but convenient. After the Easter Carnival, we went onto Kosciuszko National Park and climbed Australia's highest peak via Blue Lake on a perfect autumn day. Sawpit Creek has great facilities for camping as well as cabins which would be ideal for the snow season. The Snowy Mountains Highway is now fully sealed.

STREET'O moves onto the innovative Monday Night 37s Handicap Series organised by Geoff and Schon Hudson. There is also the Tuesday Western Night Series, Wednesday Autumn Night Series and the Saturday Afternoon Series. Check the VOA website for details.
Yarran Dheran Enduro Monday, 26th April. Schwerkolt Cottage – enter from Deep Creek Road. Courses: 1 and 2 hour (Score). Mass starts: 10am (2 hr), 11am (1 hr) Mitcham 49 D7

BUSH'O 15 members made it to the State Series event at Porcupine Ridge on the 18th April. The next Rockhoper Trophy event is at The Balt Camp near Gisborne on May 18th. It is a good idea to preregister for events to ensure you get a pre-marked map. Pay for your entry on the day - no payment required beforehand. There is no penalty if you don't make it to the event. To register go to <http://entries.bendigo-orienteers.com.au/events.php>. The link is on the VOA website. Click on the Bush Events icon to register and choose your course. There is an **About** section which will take you through the required steps when registering for the first time.

Our next bush event will be held at Chok'em Gully on June 13. The assembly area will be at Railway Dam on the Elphinstone – Castlemaine Road (Pyrenees Highway). Ron Wescott has been busy with course setting and Rob Edmonds will be organising the event.

ROGAINING 117 teams took part in the Porcupine Ridge 6 Hour Rogaine. Ron Frederick and Rob Edmonds combined to finish 2nd in Men's SuperVet on the Sunday (8th overall). Other club participants were Phil Giddings with John Davies (22nd) and Peter Maloney with Rob Mason (51st). Phil was the admin/manager for this event. The next Rogaine 6/12 is on Saturday April 24th at Mt Hickey (Tallarook) and the 8 hour is on May 8th at Lal Lal.

SILVA DUO ADVENTURE RACE The race went extremely well, drawing a strong field of 81. The only mishap was Heather Leslie falling off her bike and breaking a wrist. There were plenty of club members to help with the organisation and first aid. Thanks to Helen Edmonds, Ron Frederick, Jim Taylor, Helen Schofield, Robyn Sunderland, Helen Edmonds, Daniel Edmonds, Tom Edmonds, Kevin Maloney and Peter Maloney for their great assistance.

MTBO Just 3 club members took to the Fingerpost Hill event at Woodend on April 18. Phil Giddings came 2nd and Jim Taylor 4th in M50 on Course 2. Coming Events: The Warburton Cycle Festival MTB Orienteering Event Sunday 2 May. State Series MTBO Sunday 6 June at Mt Doran / Lal Lal, SE of Ballarat.

SCHOOL OF FORESTRY CRESWICK On 16/17 October there will be a celebration at the School of Forestry in Creswick to mark the 100th anniversary of that institution. The school numbers among its past students orienteers including Warwick Williams, Mike Walters, Nicky Taws, Emily Viner and Kathryn Ewels. Warwick has approached us for permission to use our St Georges Lake map to run a low key orienteering event at this celebration. Entry will be open to the public so stay tuned for further information.

COXY'S BIG BREAK The show went to air as expected on April 17. Coxy and producer Pip Rubira did a great job putting the segment together. I received a couple of phone calls from friends, who didn't know it was going to be on, so the program must rate well. The Big Break team has sent me a couple of DVDs of the show.

Next Club Meeting Tuesday, 11th May at 8pm
At Laurie and Rex Niven's place, 15 Rockcliffe St Eltham
Melways: 22 A8
RSVP 94313803

All members welcome to attend. Bring a supper plate.