



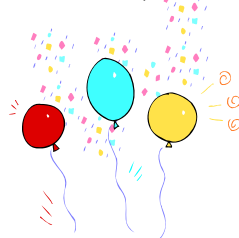
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Kangaroo Tales

Issue 54, Dec 2010



Coffee and Cakes (Australian Championships, Barossa Valley)

*Mark Besley, Jenny Sheahan, Janet King, John Sheahan, Matt King, Greg Tamblyn,
Prue Dobbin, Bruce Paterson, Judi Kerkes, Suzanne O'Callaghan*

Photo: courtesy Helen Alexander

Presidents Piece

When one reflects on the past 12 months the contribution of our members to Orienteering at all levels has been outstanding. Organizing 46 street events, a State Series 'bush' event, the fantastic Australian Champs MTBO, the Warburton MTBO, the Summer Series MTBO, a Hageby event, the Gembrook Du O as well as the Albert Park 2 Hour. So pats on the back are certainly called for.



John Sheahan

To allow you to acknowledge your support for BK, we have a new supply of our distinctive summer O tops, which are available at discounted prices to members.

Our Christmas gathering was very well attended and a special thanks to our travellers for presenting such interesting outlines of their experiences. (*See p16*).

We now look forward to the Summer Street Series

I wish all our members a happy Christmas.

Did you know that

- Rob Caldwell and Roy Sproule have been rather quiet of late, but came blasting out of the blocks by winning the Rogaine at Heathcote.
- Great to see Buzz-Coral and David Bailey back attending the Street O events.
- In this year's Orienteer of the Year Awards our Juniors did particularly well - Hugh Damnics won the M 12A-Nicholas Collins won the M 14 A –and Angus Robinson won the M 16 A
- Heather Leslie and John Gavens competed in the recent world Rogaining champs in NZ. It was a great experience and rather hilly. They have taken an aversion to high fences with electric appendages!
- Congratulations to the Godfried- Spennings on the arrival of twins Lloyd and Martin.
- On another level-Steve and Jacinta Sagona arrived at the Ascot Vale event with their racing stroller containing Joshua and the blissfully sleeping Isabel.
- Luke Haines took part in the recent 24 hour ride in the Otways. He is still drying out as it didn't stop raining.!
- Margaret Micaleff –Liz Mulquiney-and Monique Whear-did a great job setting their first ever event at Footscray Park. The first of many?
- Back after a number of years living in France we welcome Eddie –Isabelle-Kylian and Alyssia Wymer back into the club. They are living in Altona and are taking part in the Western Summer Series events.

MENTIONED IN DESPATCHES

*{During the 2010 Australian Championships held in South Australia, our erstwhile war correspondent, **Prue Dobbin**, kept us enthralled with daily despatches from the front. So in case you've already forgotten the excitement of those heady days, herewith some of the highlights.}*

25/09 Australian Middle Distance Championships (Lady Alice Goldfield)

Ann Robinson came over fancy-free (son-less). Angus arrives tomorrow with the junior squad.

Helen Alexander thought that she had missed a control - the course had seemed so short - but in fact she had WON. John Sheahan ran the whole way but I think he was on a different map to us. Peter Collins thought he had won the final shute sprint - but he has yet to be introduced to Bruce's devious finish shute formula.

We are staying in some lovely cottages that remind me of England.

26/09 South Australian Long Distance Championships (Mack Creek)

.... an expanse of impenetrable prickly yakka bushes.
The Hatley's starred with Tim (M50A) and Liz (W45B) both scoring second places. Julie Sunley also scored a second place (W45AS). The rest of us had a good time

27/09 Rest Day (Barossa Valley)

Our household was keen to tour some wineries and have lunch out so I was forced to go along as well. The quote of the day came from Suzanne during a wine tasting - 'there is a different taste on one side of my tongue as compared to the other'. This was the first time that the cellar door staff had ever heard such a thing.

28/09 Australian School's Championships

Today was the "Beat the Brats" event following the Australian Schools Champs.... but I am not sure if any of us did this. Our juniors came back with blistering finish shute times (uphill) ... from Angus - 'it's all downhill' - (what is Anne feeding him?).

Suzanne seemed intent on continuing to entertain us. She was busily occupied in the superloo when its owners commenced coupling up the trailer (on which it stood) to tow it away. A few shouts later and she was safely released.

30/09 Night-O

A rest day and the most activity we did all day was eat and drink (courtesy Helen - thank you) at Sandy Creek conservation reserve and a repeat game of boules (courtesy Steve Peacock). Greg was bored so went for a 28k run (as a warm up for the 2 Km sprint championships).

Tonight we went to the Night-O. Our results were spectacular. Course 1 - Ian Davies 2nd, Bruce 3rd, Mark 10th, me 11th, Suzanne 12th, John and Jenny Sheahan 13th and 14th respectively.

(continued p4)

(Continued from p3)

1/10 Australian Sprint Championships (Trinity College, Gawler)

Bruce mistook a power pole for a tree. Mary almost regained a crown (2nd). Jenny took her map out of the bag and the ink of her name went through the map. She got lost in the "H". She was thrown off anyway when Shaun Sunley called out 'Jenny - it's a sprint!'

2/10 Australian Long Distance Championships (Tanunda Creek)

Very complex granite outcrops. Mary and I were sent ahead with the tent and asked to pick a good tent site with a good view. Unfortunately the good view was quickly replaced by about 100 school children and several tents. Ah well...

As far as results go, the BK women really starred. The big stars were Helen (a crown again), Phillippa (2nd) and Liz (2nd).

Relays tomorrow .We've loaded up the cars. I've got all the wine. ... some people actually think that it is going to make it back to Melbourne.

ROGAINING NEWS.

BK was strongly represented in the recent World Championship Rogaine in New Zealand. The BK contingent comprised Greg Andrews, Andrew Baker, Kath Copland, Penny Hearne, Kevin Humphrey-Heather Leslie, John Gavens, Grant Jeffrey, Vic Sedunary, Brett Sparkes and Jon Sutcliffe. *(For detailed report see p12)*

In our BK squad we had two tales of particular achievement:

Andrew Baker- Three weeks before the Rogaine Andrew had 4 wisdom teeth removed. He looked a very sorry lad needless to say. Two weeks before the event he went out and walked the Blind Creek event. One week before leaving he tried to run the Gardiners Bend event.

To even finish the course was a surprise to those who knew of his travails-to do so well was a marvellous achievement.

Vic Sedunary at the Gardiners Bend event, 3 days before the Rogaine, should have gone home to bed. He had an almighty cold and could barely stand let alone take part in the nights event. Those of us who saw Vic had grave doubts about him even arriving at the start of the event. Our advice would have been to cancel the flight. We were therefore hugely surprised and very impressed to see that he competed in the full 24 hour event.

What does it take to stop some people from taking part?

AUSTRALIAN O – CHAMPIONSHIPS

South Australia



Helen Alexander (a first) and Phillipa Lohmeyer Collins (a second) receive awards in their respective classes.....



**.. while others relax with a game of Boule.
(Playing are Matt King, Jenny Sheahan, Ian Collins, Janet King, Joy Marsten, Greg Tamblyn and Mike Hubbert).**

Judy Herkes and Steve Peacock sampling local produce.



The 2010 Australian MTBO Championships

Peter Cusworth

The 2010 Australian MTBO Championships were held in Victoria over the weekend of 23 and 24 October. Bayside Kangaroos was the organising club for the Long Distance Championships last Sunday, while Yarra Valley and Melbourne Forest Racers jointly ran the Middle distance and Sprint races at Chewton on the Saturday.

Several BK members took on major roles over the weekend's championships and a number of other members helped out on our day.

Jon Sutcliffe was our main man being course setter and mapper for the Long Champs and added to that was controller for Saturday's two races.

Both the Long and Middle races were World Ranking events as well as the final round of this year's Australian MTBO Series.

Peter Cusworth was the overall Aust Champs Coordinator as well as Sunday's organiser. Bruce Paterson, ably assisted by Greg Tamblyn, looked after SI for the weekend.

The Sprint and Middle races were terrific events run well by Yarra Valley and MFR from the same assembly area in Chewton. But our club's main responsibility was running the Long Champs on Sunday. The assembly area was on a beautiful private property at Musk, just east of Daylesford and the courses took riders out into the Wombat State Forest. We had lovely lawns and garden to set up on and park cars around, and with the perfect weather, ensured a fantastic scene.

As organiser, I would like to give a huge thanks to all of our members who helped out on the day. These included Jon ("everything"), Thor (controls), Bruce and Greg (SI and the finish), Tina Smith and Anne Robinson (results board), Carolyn Cusworth, Amy Cusworth and April McDonough (start), Henry Post (parking), Geoff Robinson and Ian Mack (setting up, collecting controls), Tim Hatley (controls), Steven Cusworth (bike shop service), Prue Dobbin (packing up), Martin Boland (pre event organising), Jenny & John Sheahan (accommodation for the main team), Kathy Liley (YV, controller),

Thanks to you all. We have received many thanks and congratulations for the event.

BK's podium results – (*full results can be found on vicmtbo.com*)

- Our best result would have to be **Steve Cusworth** in M21 defeating the reigning world champion, Adrian Jackson, in the Mens Elite Sprint. He also scored a 3rd in the Long race.
- **Thor Egerton** W21: 2nd in Middle and 3rd in the Long
- **Angus Robinson** M16: 2nd in all 3 races
- **Tim Hatley** M50: 1st in Middle and 3rd in Sprint
- **Geoff Robinson** M40: 2nd in Sprint
- **Kevin Humphrey** M40: 3rd in Sprint

The 2010 Australian MTBO Championships (Chewton)

Photos courtesy PHOTOWORX
{ HYPERLINK
"http://photoworx.com.au" \o



Anthony Jones



Andrew Rowan



Bruce Paterson

Angus Robinson



Kath Copeland



Steve Cusworth

Vic Championships, BK Boys' Clean Sweep in Juniors

Anne Robinson

At the Victorian Long Distance Championships on Sunday 10th October, held at Joyce's Creek Newstead, our junior boys took 1st place in M12, M14 and M16. Hugh Damnicos, who has just turned 11, was keen to improve on his 3rd placing the day before in the Middle Distance when he had just one bad leg due to not recognising the control description correctly. He learnt a lot from discussing his map with club members and junior squad coach Steve Bird and ran brilliantly to finish ahead of Max Dalheim who was a strong performer at the recent Australian Championships.

Nick Collins (14) was unable to attend the Middle Distance but ran a fast time over the 5.8 km Long course to finish 1st in M14. Angus Robinson (15) ran strongly both days to record 1sts in the Middle and Long events in M16.



Hugh Damnicos 1st and
Max Dalheim 2nd
(M12)



Nick Collins 1st (M14)

Angus Robinson 1st (M16)





Mary Enter



Bruce
Paterson

**Vic. Long
Distance Champs
(Newstead)**



Charles
Zerafa



Liliya Gluschenko



Hugh Damnicos, Judi Herkes, Nicholas Collins and
Angus Robinson



Kevin Humphrey and Vic Sedunary

Vic Relays 2011 (Woodlands Park)



Kevin Morris



Ian Collins, Stephen Collins and Anne Robinson



Jane Harries and Suzanne O'Callaghan



Paul
Leicester



Charles
Zerafa



Vic Sprint-O Championships:



Left: Winners Vic Sedunary, Angus Robinson, Helen Alexander and Nick Collins

Below: Steve Bird discusses the map with Hugh Daminicks



Melbourne Marathon:

Below: Bryan Ackerly and Stuart Elliott both made sub 3 hour



Kensington Event: Peter McNulty and Matthew King



Apres-O coffee stop after the Garden City 2-hour:

includes Bruce Paterson,
Ewen Templeton, Henk
de Jong, Matthew King,
Mary Enter, Di Shalders,
Suzanne O'Callaghan,
John and Jenny Sheahan



BAYSIDE KANGAROOS AT THE WORLD ROGAINING CHAMPS

by Heather Leslie

There were strong performances by several Bayside Kangaroos at the recent World Rogaining Championships.

A 500 strong field set off in the steep hills north of Christchurch at Cheviot in New Zealand. Over 20 countries were represented with the largest contingents from New Zealand and Australia.

The event opened in drizzling rain and there was heavy rain for periods during the night. As competitors walked and ran through wet fields and crops most had wet feet from early in the event. The course was on farmland, this meant crossing many fences, most electrified and these varied from straightforward to difficult. The worst were the deer fences which were high, electrified and had loose wire near the top. At times there was no way round.

A leading Russian team was disqualified after arguing during the night, then splitting. One of them was found wandering along the State Highway in dark clothes without a torch during the night!

Overall winners were a team from NZ, Chris Forne and Marcel Hagener. Chris was World Champ in 2006 in Aust. They scored 4365 out of a possible 4800 plus points and won by a massive 850 points from a South African team (3515 points) with an Estonian team placing third (3345 points).

A great performance was by Victorian orienteers Derek Morris and Ted van Geldermalsen who took out the Mens' Super Veteran section and came second in the Mens' Veteran section.

Scores for Bayside Kangaroos who competed were:

Competitors	Points	Section
Jonathan Sutcliffe, Andrew Baker	2855	MO16
Kath Copland, Kevin Humphreys	2400	XO14
Grant Jeffrey, Simon Williamson	2040	MV25
Vic Sedunary, Graeme Busch	1905	MSV8
Brett Sparkes, Kerryn Rim	1515	XV28
John Gavens, Heather Leslie	1355	XSV10
Greg Andrews, Richard Perry	1275	MV52

Adventure Racing

Kath Copland

This year, 2010, has been a successful year for the many adventure racers in the club. From 3 hour sprint races, to 10 day non stop epics, Bayside members have featured prominently. This has encouraged several new members to join this year as they realise the importance of accurate navigation in these events. Adventure racing involves teams of between 2 and 4, navigating their way between checkpoints on foot, bike and kayak over a set time which can be anywhere from 3 hours to 10 days. Races can also include almost any activity that can be done outdoors, in all settings, all around the world.

In May, 6 bayside members took part in XPD – Australia's foremost, and longest, adventure race. This year the race took place in Cairns and was marketed as a showcase for next year's world champs in Tasmania. Basically this meant the race was long, tough and exhausting with only 18 teams out of the field of 45 finishing. From a 24 hour kayaking leg down shallow rivers, 30 hours on a bike with a map that bore little resemblance to the ground, and a 60km foot leg with one checkpoint and no signs of human habitation for 40km, the teams were tested to the limit. Team *It's all good* managed to finish in 7 days and 18 hours, and while Team *Dukes of Hazard* struggled with an ailing team mate, they finished under their own steam, only missing the last trek.

August saw several members off to Vanuatu for a 3 day stage race. Stage races differ slightly in that the set legs are designed to allow teams to stop for the night and sleep with the race resuming the next day. Teams swam, biked, ran, paddled sinking outrigger canoes (they tend to float better if you don't put your foot through the rotting hull in the first 5 minutes!) abseiled down waterfalls and into caves, coasted and completed an underwater orienteering course. A side trip to see an erupting volcano rounded off a trip to be remembered.

Adventure racing is a great way to use those navigation skills in new and wonderful ways. With the sport requiring a lot more than just the ability to run, bike or paddle fast, anyone can do well. Sprint races are held throughout the year in Victoria, generally running for around 3 – 4 hours, combining orienteering with the Amazing Race in a fun and exciting event.

Details

To find out more about adventure racing or an event coming up, try these web sites.

www.sleepmonsters.com.au

www.adventurerace.com.au

To see what Team *It's all good* is up to and follow their exploits, head to Facebook – Team *It's all good*.

An interesting article on the Cairns XPD was reported in the May issue of Kangaroo Tales

Note that the BK club is moving towards creating annual Adventure Sports Awards. (See p18).



Team *It's all good*.

Brett sparkes, Thor
Egerton, Kevin Hsumphrey,
Kath Copland

Moonwalk - go the extra mile

The event started at 9PM Saturday night at "Skyhigh", Mt Dandenong, and involved 45km of up and down featuring some of the better parts of the old Trailwalker course. The event is a fundraiser for the Dalit children of India who live in extreme poverty.

Its a challenging course with very little "flat" and is mostly on narrow trails. These are challenging enough in the daytime for many, but in this event you do it at night in sometimes heavy rain with head-torches to guide the way. We were lucky enough to finish the event in a little under 6.5 hours but most people completed the event at daybreak the following morning.

The event organisation was excellent and the trail marking had to be the best I have ever seen on an event of this type! For an idea of the event, take a look at <http://www.youtube.com/watch?v=QI8eXqTdlb4>

Upstream

The week before (13th November) I did a 50km event called "Upstream" which starts near Docklands Stadium and finishes at Donvale. There were nearly 500 entries in this year's event which is a fundraiser for several charities including Camp Quality, The Leukaemia Foundation and the Entrust Foundation.

As the event name implies it pretty much follows the Yarra River trail "upstream" towards Donvale with a nasty little climb right at the end. There had been a lot of rain during the day and sections of the trail had lots of deep puddles but all in all it was a terrific and well run event.

There was a challenge on to beat the race record set by Rob Hall in 2008 and between myself and Rohan Day we were out to topple it. Rohan ended up stronger on the day to cross the line first in 3h 39m. I ended up a tie for the record in second place about 8 minutes behind.

BK Talent

There is an interesting article on Anna Scarbek in the Money section of The Age, 13th Oct. In this she discusses her philosophy of life and her work as the executive director of ClimateWorks Australia, a not for profit group that develops projects that reduce greenhouse gas emissions. (Google: Anna Scarbek The Age) .

Need to stretch your legs on a beautiful cycle trip? The Niseko Bicycle week September 2011 is for you.

Peter Brooks



I discovered a gem of a cycle event held each September on Hokkaido, one of Japan's northern islands. The rides, held over 10 days, centre on Hirafu a two hours train ride from Sapporo airport.

Volunteers run the Niseko cycle week and cater for a range of riders. The event officially started on the Friday afternoon, with mountain bike and road bike rides most days. Bicycles are available for hire from numerous bike shops.

The weather was perfect with 10 days of blue skies and 25 degrees Celsius. The organised rides suit a range of riders and you can slot in your own rides. During the week we rode to Lake Toya and stayed there one night. Other riders rode to a ryokan (hotel) for the night with an onsen (spa bath). They took no change of clothes as the hotel provides a dressing gown.

Plenty of other activities are available, such as kayaking and hot-air ballooning. I played three rounds of golf, went sailing on Lake Toya, raced a go-cart and walked up a mountain.

The second last day of bike week provides a challenging ride up a mountain and down the other side. After the official Bike week was over, some of us organised our own adventurous rides.

For some great pics of the Niseko cycle week (including the pic above), take a look at <http://studio343.jp/2010/09/niseko-cycle-week-2010-delivers/> , the website of photographer and bike enthusiast Glen Claydon.

Details

The best time to visit Japan for cycling is June, August and September. Most people in the Niseko area understand some English, particularly at Sapporo airport and in the hotels and restaurants. Cycle event information at: www.nisekocycleweek.com – pre-register for a discount on the cost of the rides. I booked my accommodation through: www.holidayniseko.com — up-market hotels available through: www.thevaleniseko.com. Bicycle hire from: www.groovecyclesniseko.com. Yen cash is essential as not many restaurants take a credit card. However, withdrawing money at ATMs in Japan is easy.

I travelled Cathay Pacific on a \$1500 return flight to Sapporo via Hong Kong. With enough notice Jet Star can get you there for half the price. I packed my bike in a box and with my luggage it weighed in at 24kg, so no excess luggage fee applied.

BK CHRISTMAS DINNER CELEBRATIONS

John Sheahan

There were 63 persons attending the BK Christmas dinner at the Tower Hotel, and it was great seeing so many enjoying a relaxed evening out. During the dinner, we were treated to two widely contrasting bike tour presentations.

First, **Geoff Hudson**, took us on a tour of Germany Switzerland and France, with very many interesting observations and recommendations of what to do's "next time".

The care shown to cyclists by motorists and the availability of dedicated high standard bike paths had many of the audience green with envy. Some offered to have their names put down for the next trip!

The green vegetation and the forest paths of Europe set us up for the next talk by **Bev and Merv Trease** who first experienced the Red Centre a couple of years ago when competing in the Alice Springs Rogaine. Like many others they were smitten by what they saw. For their return visit they decided to cycle through the centre to the Gulf of Carpentaria!!!.

We were extremely lucky that Bev and Merv happened to visit the area after the once in a lifetime rains that saw a proliferation of native flora and fauna. The views from the plane of a filling Lake Eyre were amazing.

The contrast with the earlier presentation couldn't have been more marked. Both travel areas at opposite ends of the spectrum, yet both magnificent. We will probably be swamped with club members deciding that bike touring is the way to see Australia or overseas countries

Prior to the power-point presentations, the annual club awards were made as follows:

<i>Andrews Award:</i>	Steven Cusworth.
<i>Baker Award:</i>	Finlay Stuart
<i>Miller Award:</i>	Suzanne O'Callaghan
<i>Club Champion, Senior Womens:</i>	Helen Alexander
<i>Club Champion, Senior Mens:</i>	Tim Hatley
<i>Most Improved, Female:</i>	Philippa Lohmeyer-Collins
<i>Most Improved, Male:</i>	Steven Collins
<i>Mountain Bike, Female:</i>	Thorlene Egerton
<i>Mountain Bike ,Male:</i>	Steven Cusworth

Proposed New Trophies

Next Year the club will be introducing an Adventure Trophy to recognize the interest of members in the wider area of navigation sports. The committee is also considering a Rogaining award as so many members compete in this aspect of map orienteering.

Where is Greg ?

Followers of Greg Tamblyn's many adventures will know that on 17th Nov he started in a 250km footrace in the ice and snow of the Antarctic Peninsula. From the official race website we learn that he has successfully completed the event. However we have not been able to learn further details as Greg is currently busy on several other adventures in South America.

Carolyn
Cusworth
(for Steve)



Suzanne O'Callaghan



Helen Alexander

Tim
Hatley



**At the BK
Christmas
Dinner**
*(with John and
Jenny)*



Geoff Hudson



Thorlene Egerton



Findlay Stuart



Merv Trease



BK Committee

President	John Sheahan	9397 3493
Vice Pres - Bush O Coordinator	Greg Tamblyn	9803 9082
Street O Coordinator	Vic Sedunary	9459 4964
MTBO Coordinator	Martin Boland	0408 693 975
Treasurer	Henry Post	9740 3421
Secretary	Matthew King	9885 4280

Office Bearers

Activities Committee	Jenny Sheahan	9397 3493
Activities Committee	Tina Smith	0413 328 584
Club Statistician	Matthew King	9885 4280
Equipment Officer	Mike Hubbert	9844 4878
Northern Series Coordinator	Ewen Templeton	0418 309 911
Southern Series Coordinator	Andrew Baker	9898 4316
Geelong Series Coordinator	Alan Cooke	0411 023 107
Map Librarian – Park and Street O	Henk De Jong	97585156
Mapping Officer – Bush O	Tim Hatley	9570 2611
Membership Secretary	Gwynneth Baker	9898 4316
Newsletter Editor	Bob Leicester	9589 5408
Public Officer	Charles Zerafa	9728 2394
Web Master	Suzanne O'Callaghan	9486 2185

Committee Members

Bryan Ackerly, Adam Scammel, Bruce Paterson, Di Shalders

All BK members are invited to attend club committee meetings.

Committee Meeting (Summary)

Meeting held on 26 Nov at Matthew and Janet King's residence.

- Theatre Night 65 attended
- Possible theatre night in May 2011 to Fiddler on the Roof.
- Club Awards –see p
- The club is creating two new awards-Male and Female Adventure Sports Awards
- We are conducting 3 Bush events over one weekend in May 2011- A Sprint event-A Middle Distance Bush event and a State Series event.
- We are investigating the purchase of our own Sport Ident System.

A detailed report of the minutes of our meeting is available from the club secretary-Matthew King –on request.

