

SmokeFree

SILVA



Kangaroo's Tale

Issue 55, July 2011



Steven Cusworth

to ride for Australia again

Photo: Peter Cusworth

After the selection trials in April, Steven Cusworth was selected to represent Australia at the 2011 World MTBO Championships to be held near Vicenza, Italy in August. Steve and Alex Randall are the only two senior male team members selected this year but will be joined by four promising junior men (3 from Tas and 1 from Qld) and one Senior female team member.

Again they will be contesting Sprint, Middle and Long Championships. Steve and Alex will probably team up with one of the juniors in the relay as well.

Presidents Piece. *John Sheahan*

This year we have tried to make a difference with our Mayhem Weekend at Castlemaine and environs.—We conducted 4 events over 3 days with a club dinner on the Saturday night. The whole weekend went off without a hitch.



- The Castlemaine Street/Night O (organised by Matt King) was a real contrast to our Melbourne events, and it was great to experience the semi rural atmosphere.
- The Middle distance event (organised by Geoff Adams) and the Sprint (organised by Tim Hatley), turned out to be a good mix with participants enjoying the contrast in the two venues.
- The Sunday State event (set by Matthew King) was different to the Saturday events with some mining detail coupled with some lovely open spur gully terrain, all used to advantage to test our O skills. I know I found the changes of gear required for course 6 rather demanding!

The dinner on the Saturday night, at the Cumberland, turned out to be a real winner. We had our own private room with a generous varied menu and Staff that made us most welcome. We will certainly give it another go.

This type of event has its attractions

- we get our contribution to the O calendar out of the way by working hard for one (as opposed to 3) weekends
- it saves on time (much less time traveling)
- we get the chance to have a club gathering
- organizing equipment is easier (it is merely passes on from one event to the next)

Please let Greg Tamblyn know if you have any thoughts on this approach to 'calendar' other O events in the future.

Welcome to new members

We would like to welcome the following who have become new members since the last newsletter.

Lara and Paul Bell

Jason Dwyer

Robyn King and family

Ethel Lin

Akiva and Donna Quinn and family

Andrew Wright

We trust that everyone will make them feel welcome when the opportunity arises. It has been great to regularly see them at events.

Another Spectacular success for our Juniors at the Victoria Secondary Schools Championships



Angus Robinson, Nicholas Collins and Peter Collins

Photo: Anne Robinson

Three of our junior members won 1st places at the School Sport Victoria championships held at The Balt Camp, Bullengarook, on Friday 20 May 2011. *Peter Collins* of Trinity Grammar won 14A Boys, *Nicholas Collins* of Brunswick Secondary College won 15A boys and *Angus Robinson* of Mowbray College won 16A Boys. Wow!

The Championships were the first step for selection in the SSV team to contest the Australian Secondary Schools Championships to be held in Wagga Wagga, NSW in October, as part of the 10-day Oceania Carnival. The second selection trial will be held on 7 August.

Club members extend their condolences to the Trease Family and Bridget Walker/Finlay Stuart on the recent sad news of their families respective bereavements

Gembrook MTBO

photos: Peter Cusworth



The Sheahans finish – Catherine, Luke, Michael and Sally

Bruce Paterson, organiser



Ready ...



Ron Fredericks at the interchange with Tim Hatley



Go well almost.



BK members produced some stunning results at the Vic MTBO champs at Korweingubora.

Long Distance events

Kevin Humphrey placed 1st in M 40
Thorlene Egerton came 3rd in W 21
Peter Cusworth came 4th in M 50
Paul Leicester came 1st in Mens Open D
John Sheahan came 1st in M70
Suzanne O'Callaghan came 1st in W Open D
Jenny Sheahan placed 3rd in W 60

Middle Distance events

Steven Cusworth came 1st in M21
Kevin Humphrey came 1st in M 40
Bruce Paterson came 3rd in M40
Angus Robinson came 1st I M 16
Peter Cusworth came 3rd in M50
Paul Leicester came 1st in Mens Open D
Heather Leslie placed 1st in W 50
Carolyn Cusworth came 3rd in W 50
John Sheahan came 2nd in M70
Suzanne O'Callaghan came 1st in Womens Open D
Jenny Sheahan came 3rd in W 60

Our strong club representation also included Andrew Rowan-Tom Lothian –Kate Gavens-Scott Gavens-Geoff Robinson-Tim Hatley-John Gavens and-Greg Tamblyn-



Angus Robinson winner of M16 Middle Distance



Bruce Paterson where he likes to be on a roof top fixing the sound system “better than winning the MTBO”



Jenny Sheahan..... third place W60 in both Middle and Long Distance classes

Photos: Courtesy Suzanne O'Callaghan, John Sheahan

Rogaining.

The Aust. Champs Rogaine on Jan 22/23 in Avocaa Tasmania saw BK members doing very well indeed. Here are some of the many noteworthy results

- Andrew Baker 3rd in X and 9th overall
 - Kevin Humphrey 3rd In XV and 14th overall
 - Merv Trease and Vic Sedunary 3rd MV and 21st overall
 - Jon Sutcliffe and David Rowlands 7th in MV and 22nd Overall
 - Brett Sparkes 10th MV and 26th overall
 - Rob Mason 11th MV and 22nd overall
 - Jane Harries 2nd in WV
 - Grant Jeffrey 9th MSV
 - Helen Alexander and Judi Herkes 1stWSV and 6th in WV
 - Rob Cadlwell and Jeanette Robinson 11th in X and 18th XV
 - Tina Smith and Bev Trease came in 92nd overall.
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BK Overseas

- Len and Anne Budge have recently had 3 weeks aboard a cruise liner exploring the Alaskan coastline.
 - Matthew and Janet King are just back from trekking in Japan, and in doing so helped put out the controls for one of their Rogaines. (Rather hilly)
 - Steven Leicester has been to Croatia and is quite enthusiastic about going back. Croatia is a member of the EU and is pulling out all stops to make tourists welcome.
 - As some may know-Jane Harries has returned to the UK. She extends a welcome to members to look her up when visiting London.
 - Dave Knight-Mike Hubbert-Stephen Peacock –Mary Enter- and Phil Poulton will be taking part in the Scottish 6 day carnival in Oban Scotland..
 - Helen Alexander took the long route via Japan to visit family, , and then went to the UK to catch up with friends.
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As reported on the front cover, **Steve Cusworth** will be representing Australia at the 2011 World MTBO championships to be held near Vicenza, Italy. The area around Vicenza is reported to be hilly, so Steve has been including a good amount of climbing into his training regime – living near Mount Dandenong has come in handy for this.

6 *Incidentally, Steve is much appreciative of the support given to him by our club.*

ADVENTURE RACING

by Kath Copeland

The club's adventure racers have had a busy couple of months with numerous races both in Victoria and interstate. **Kim Willocks** and **Thor Egerton** both competed in a very wet Geoquest – normally a 48 hour race, called off after only 27 due to extensive flooding and dangerous conditions on the course. Despite this, both teams finished with Kim's team *Blackheart* winning outright, with Thor's team *Entropic* coming a very respectable 4th. Thor was also seen warming up for Geo, with a win with **Kathryn Ewels** in the female category of the Adventure Race Australia race in Creswick. The race consisted of 5 hours of navigating on maps that needed a good imagination and sense of humour to decipher, on bikes, foot and a short paddle on a dam. Several other Bayside members took part, with **Kath Copland** coming 2nd in the women's and **Andrew Baker** taking out the men's section – only 1 week after competing in the SA rogaining champs.

This year the world adventure racing champs will be held as XPD in Tasmania in October. Up to 10 days of biking, trekking, paddling and ropes face teams brave enough to compete. You can follow several members on facebook under their team names as they prepare to take on this journey – **Kim Willocks** will be out there for the win with Team *Blackheart* – with their proven track record and home ground advantage, the top teams in the world will have their work cut out for them. **Brett Sparks, Kevin Humphrey** and **Kath Copland** of Team *It's All Good* will once again be aiming to finish strongly as all hate having to wait more than 7 days for celebratory beer and nachos!

LOCO-MOTION

Bryan Ackerly, a noted BK long distance runner has changed to somewhat shorter events this year. See how you feel after reading this list of achievements

- Early Jan-Sweep for the first half of the Bogong to Hotham race (Rather hilly!)
- Two weeks later Completed the 56 K Two Bays trail run
- Feb-Finished 35th out of a field of 900+ in the Six Foot Track run from Katoomba to the Jenolan caves in NSW
- March-- Sweep for the first 60k of the 160k Alpine Classic-(arguably the toughest event in the country?)
- April-Came 63rd out of 18000 finishers in the Run for the Kids
- May- Came 35th out of 2800 finishers in the Puffing Billy race-(Only 57 runners beat the train this year, It normally takes 53 + mins. but this year it arrived in 50.32)
- May-Competed in the 45k Great Ocean Road marathon
- June-Came 2nd in the Mt Macedon 30 K (Top temp on the day was 3 degrees!)
- June-came first in the Coburg Harriers "Bluestone Classic"

Isn't it nice to hear that Bryan has toned it down a bit this year to have a breather!!



Happy Snaps

(Photos courtesy John Sheahan)

*Jane Harries,
Helen Alexander,
Stephen Collins,
Phillippa
Lohmeyer,
Judi Herkes and
Bruce Paterson
(Chewton State
Series)*

Hugh, Angus Robinson and Nicholas Collins



*Lilya Glushchenko and
Helen Alexander*

*Kevin Humphrey
and Bruce Paterson*



Jenny Sheahan

Ewen Templeton



Judi Herkes



WA Prologue

(Photos: Jen Graham-Taylor)

Newport Night event

(Photos: John Sheahan)



*Steven Cimpoeru, Kate Laglois, Connie Gardiner
and Heather McNulty*



Maria Main, Jo Torr and Anne Robinson

Orienteering- MayHem Weekend

by Greg Tamblyn

Yes it was an experiment, but it turned out to be a fantastic weekend of orienteering. Even the weather turned out to be good. For this year's program we decided to try something new with our bush orienteering events. Instead of running two single day events during the year, we ran a single packed weekend of Bush O based near Castlemaine.

Friday night was cold and clear but 27 Street O regulars turned up to compete in the first Street O event in Central Castlemaine.

On Saturday morning there were 90 people at the Middle Distance event at Deadman's Flat. Geoff Adams set some great courses which really got people talking after the event.

The Saturday afternoon competition was a Sprint event set by Tim Hatley on our Irishtown map. This was just across the road from the morning event. This time 70 people took part.

On Saturday night about 40 of us got together for a dinner at the pub in Castlemaine.

And finally on Sunday we ran a State Series event on the Glenluce North map which was just down the road from Saturdays events. Matt King took on the task to set this event. It was another successful day with 159 people taking part.

The general comments over the weekend were very positive and we had many people competing over the weekend. It seems to be a great way to do more orienteering in the bush with less need for long distance driving.

So do we do it again next year? My answer is yes. What do you think?



Left are future BK members Lloyd Thomas and Martin Christopher, twin boys of Chris Godfred-Spenning. The parents are surviving reasonably well.

We have also been requested to make an announcement of the arrival of a baby boy, Harrison Darcy, born on 19 June 2011 to Liz Hubbert and Andrew Atkinson. A new brother for 20 months old Oscar.

(Is there some sort of competition in progress that we should know about? Ed.)

A Podium Placing in New Zealand

by Mike Hubbert

Joy Marston and I flew to New Zealand for their National Championships staged in the Hawkes Bay area of the North Island.

The Sprint championship was held on a map combining two schools in Havelock North. Sounds like a piece of cake, doesn't it. No way. The schools were perched on two narrow ridges with steep gullies on both sides. Even at 1:4000 scale the contours were nudging each other in places. The favourite in M65 was Kiwi legend Wayne Aspin and, given he was starting just a minute behind me, I didn't give myself any chance of holding him off. He duly caught me on the way to the first control so I followed him in (I was going that way anyhow). The terrain was a mixture of complex buildings and intricate steep garden terraces which made for very slow going (for me anyway). The 70m of climb over 1.8km was no real indication because we started way up above the Finish arena. In the end I managed to snatch 3rd placing which was a lot better than I could ever hope to get in Oz.

The Middle Distance championship next day had nominally 115m of climb. What they omitted to tell us about was the additional 50m of near vertical climb to the Start and the 20m of even closer to vertical climb from the Finish to the download tent. Apparently the course setter was seen cowering behind a mound for most of the day. Another weird thing was that large cliffs were marked on the map without tags so that they looked like major tracks. So any thoughts of following that obvious track were quickly doused when it turned out to be a vertical cliff.

Having made it to the Start I found my first control was some 30m almost straight down again on the other side of the ridge I had just clambered up. This set the scene for the rest of the course – up, down, up, down and up yet again....through steep open farmland and even steeper pine forest. Even the flat bits were steep. We had been warned of a rope climb up a waterfall but I cunningly found another route choice to avoid it. I didn't get another podium finish but was happy to score a 7th place.

Après nous le deluge !

Within days of our leaving the Hawkes Bay area the whole region was inundated with rain, wind and general wild weather. Rivers were in flood, houses teetered on the edge of cliffs, and the road in to the areas where we had just competed was blocked by major land slips. Apparently some of the steeper sections of the mapped areas had collapsed or washed away making it doubtful if the areas could be used for Orienteering again without significant re-mapping.



The BK AGM

Those who missed the Bayside-Kangaroos AGM, have also missed not only a mind-blowing supper, but also a fascinating presentation by Greg Tamblyn on his latest Desert Race (in Antarctica), a recitation of poetry by Matthew King (surely a BK first?) and a debate by Rob Mason on the failure of the current “How to get there” instructions used by orienteering clubs (*See pictures below*).

Probably the most intriguing agenda item was a free-wheeling discussion on ideas for improving the operation and service of the BK club. Take a look at the AGM minutes to check out some of these ideas.



Bruce Paterson and Rob Mason



Greg Tamblyn



Matthew King

Six very active months.

Since Jan 1st this year BK members have been very active contributing

- 25 events to the Summer Series programs
- 14 events to the winter programs
- 3 events in the Saturday series
- The Mayhem bush O weekend
- Organised the Summer Series MTBO
- Organised the Western Winter program
- Organised a night to Fiddler On The Roof
- Organised a night at the Balwyn cinema

Thanks to all our members who have so generously organised and assisted at these activities and events to help further the sport of Orienteering (and our Social life!).

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	Steven Cusworth	9762 5667
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
Activities Committee	Annie Holloway	9872 5710
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	Matthew King	9885 4280
Web Master	Suzanne O’Callaghan	9486 2185

Committee Members

Bryan Ackerly, Adam Scammel, Bruce Paterson, Di Shalders, Geoff Adams

All BK members are invited to attend club committee meetings.

Snippets

- Keith Anker is recovering after a short stay in hospital.
- Rob Lewis is to manage the W.O.C. team
- Paul and Maria Main introduced 20 Sea Scouts to the Williamstown night event, Paul is the enthusiastic scout master of this special group
- Greg Tamblyn has finished re mapping the fire damaged Mirboo North and Daimurla maps for MTBO
- It’s great to see Bryan Ackerly in top form at many of this year’s endurance runs.
- Congrats to Alan Cooke who recently completed a half marathon on the Gold Coast; thereby underlining his recovery from recent surgery

Still Steamin’ on!

Have you noticed that Stan and Sue having packed the barbecue away at the end of our Summer Series, are now going ahead at full bore providing hot drinks from the much used urn for both the Saturday and Night events.

A vote of thanks from us all.

Report from **FRAZZLE ROCK** ... sort of...

by Bruce Paterson

(Extract from 7 pages, typed on a mobile phone, during the Easter Carnival in WA)

I'm typing this to you from the palatial bathroom in our unit where I have excommunicated myself so:

Well, last night Prue informed me that should she start yabbering in her sleep I should firmly tell her to shut up.

I was woken up at one point, but it was by snoring rather than a monologue. This was odd because Prue assures all implacably she doesn't snore. Oh well, I give it a try "Prue, shutup"..... No change. Hmmm what to do ? Oh stuff it: : "PRUE YOU ARE Snoring !!".

The reply I got was most unexpected and did my head in.

"NO I'm NOT. I'm awake and so it can't be me snoring". This response stumped me. It did not fit well with the available facts, so I figured it must be someone else snoring who had secretly snuck into our cabin. Fred was born. The odd thing was Fred had chosen to cease snoring at this juncture, so I let him be and offered "well it's stopped" and went back to sleep.

Unfortunately not for long. Again that imaginary Fred was making enough racket to yank me back awake. Hmmm what to do now ? Ah I have some earplugs, so in the dark I scabble around in my bag and finally locate both of them. No good. Seems Fred's snore has a sizeable bass component, which the poor earplugs were struggling with.

Well I can't tell Prue off again, so I retreat with much of my bed into the sizable bathroom and slumber well for the rest of the night. Seemed easier just to do the same from the start tonight.

Prue informed me in the morning that she had neglected to hitherto mention that she tends to argue when told off (even firmly) at night.

Jenny happens to have booked us into a lovely caravan park that just happens to be literally right in the middle of the sprint map in Mandurah. We spent quite some time walking around the area, checking out possible places sneaky sprint controls might be placed.

It'd have been nice to know some of the special symbols they'd used on the map beforehand, because things like "low wall" and "high wall" turned out to be quite important, especially if you are at the bottom of such, and the control is at the top in a fort !

Henk thinks there should be a prize for the longest time on the 1st control. His prize winning effort today was 47 minutes,

Judi H unfortunately followed the opposite trajectory to Helen. Henk decided to have a rest day after his epic yesterday.

Hot ! Prue says it felt like walking on a frying pan.

The good news is that I beat Odd-Socks