

Smokefree

SILVA



Kangaroo's Tale

Issue 57, June 2012

Photos in this
issue by courtesy
of:

John Sheahan,
Peter Cusworth,
Helen Alexander,
Adam Scammell,
Tony Hill,
Peter Yeates,
Mike Hubbert
Thorlene Egerton



WARM-UP FOR BAYSIDE-KANGAROOS' ELITES

Extract below is from Bruce Paterson's blog on Easter O. For the complete blog see:
<http://www.ardf.org.au/WordPress/2012/easter-carnival-the-cascades/>

"In the afternoon we all did a *Sunley*. Doing a *Sunley* entails entering Elites in a sprint, even though hopelessly outclassed, just to get a decent run. However, we also took the precaution of entering in disguise. Suzanne (Ingrid, lisped with an outrageous Scandanavian accent) had flowing golden locks, Ewen made a pretty below par attempt at Elvis impersonation, and my super-sized afro bore an unintentional but convincing resemblance to a certain Elite called David Sheppard. The other thing you should also note when doing a *Sunley* is whether the 2 sprints on the 1 day are actually part of the same event (ooops), so they ended up putting us at the end of the chasing starts, after all the morning mp Elites. We also had a very miniature Warren Key in Elites (Warren had mp'd in the morning so gave Ashton a go in the afternoon instead; and *lil-Warren* beat me, as it turns out)."

Presidents Piece

John Sheahan

Thanks for your contributions!

Winning the Rockhopper trophy for 2011, which is based solely on Bush O involvement (no street 'O' and no MTBO) is a great achievement for the club. The final points are based on both competition successes as well as contributions to the Bush O scene over a wide range of voluntary activities by BK club members.

A great effort- Congratulations to all!

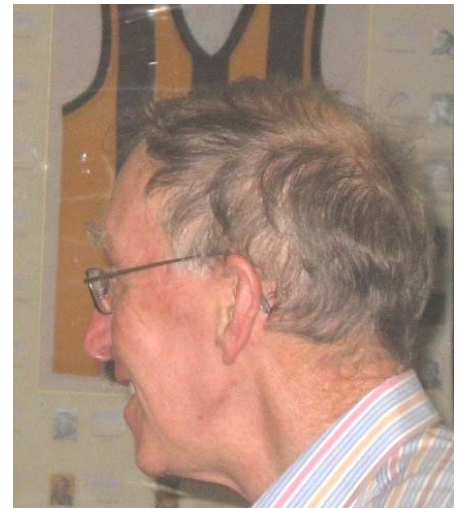
The fact that the BK membership is so diverse, presents members with opportunities not so readily available elsewhere. It certainly helps you feel at home when you turn up to any event be it –a street event-a mountain bike event-a Rogaine-a local bush event-an interstate bush or MTB event or even an overseas event- to see the number of BK members taking part.

On top of this if you add a very active après O coffee/dinner focus following, an event, as well as an accommodation service that many find helpful..

So if you see a BK person who you don't know, drop over for a chat and make new members feel welcome.

Cheers

John Sheahan



MTBO State Champs

The MTBO State champs, held at Maryborough, saw BK with a very strong representation... Three events were held over two days-The sprint-the middle distance and the long distance. While all three events were great fun the sprint was a standout, being held on a network of tracks that tested your map reading skills and reflexes to the fullest.

Steven Cusworth won all three events, while Thorlene Egerton-Heather Leslie and Tim Hatley also emerged as State titleholders. We also had a number of place getters in the various categories.

Sprint 2nd and 3rd placegetters

Bruce Paterson 2nd in M40—Kate Gavens 3rd in W21—Tim Hatley 2nd in M50—Heather Leslie 3rd in W 50

Middle Distance 2nd and 3rd Placegetters

Carolyn Cusworth 3rd in W 50—Jenny Sheahan 3rd in W 60—Bruce Paterson 3rd in M40—John Sheahan 3rd in M70.

Long Distance 2nd ad 3rd Placegetters

Thor egerton 2nd in W21-Heather Leslie 2nd in W50—Bruce Paterson 3rd in M40—John sheaha 2nd in M70.

Double Header weekend. (May 19th and 20th.)

With Greg Tamblyn being overseas, the club faced the challenge of presenting a State Series MTBO and Bush 'O', without his experienced hand to steer us.

The Saturday State Series MTBO was in the hands of Bruce Paterson who saw to the organisation while Kate Gavens and Tom Lothian had the task of setting the courses.

On the Sunday we had Matthew King setting the courses and Janet as his willing assistant. Mary Enter with her vast experience was the Controller.

How did it all go?

The answer was that the whole weekend was a resounding success.

We received many favourable comments. Both events went off without a single hitch.

We were indeed fortunate that so many club members contributed to ensure that this outcome would be achieved. Pat yourself on the back! We were very lucky to have a beautiful sunny day. A week earlier, and we would have been holding the event with snow flurries!

The BK MTBO held the day before on the Muckleford map, was set by Kate Gavens and Tom Lothian, with Bruce Paterson as the organiser. The event went very well with, the courses ensuring that the track network was fully exploited.

As the above two events were held on the same weekend, 20 BK members and friends, enjoyed a meal at the Cumberland Hotel on the Saturday night, which rounded off a great orienteering weekend.

Coming up

Our next major bush contribution is to organise the Vic. Middle Distance Champs. on the Rowdy Flat map, with the experienced Steve Peacock setting the courses. -Looking forward to having another run on this intricate map!

Club Coaching.

The club coaching day at the You Yangs introduced 25 newcomers to the niceties of the bush by a team of coaches, under the guidance of Eddie and Isabel Wymer, including Helen Alexander-Judi Herkes and Jenny Sheahan. With a strong interest shown by many for further tutelage, the club is planning more coaching opportunities for later in the year.



Eddie Wymer and some of the "students"



Bayside Orienteers pedal 'onwards and upwards' throughout the 'Summer of 2012'.

by Carolyn and Peter Cusworth

Beginning with the Summer 75 series MTBO has got off to a great start in 2012.

Lysterfield Lake was the venue for the first round of the **series** held on the penultimate day of 2011. It was a BK event with Steve Cusworth as course setter and chief organiser. Of course there was the usual loyal band of helpers who ensured the seventy-six participants had a successful ride. Twenty-three BK members tackled the trails and single tracks of the Lake Park with Mark Geary coming in 6th overall, Rob Davis finishing 7th and Tim Hatley a gallant 11th place.

Set a little further afield on the **Macclesfield** map towards the end of January was the second of the **Summer 75** series. Melbourne Forest Racers was the organising club with Carolyn Jackson setting a course that did result in many of the sixty-two riders 'biting off more than they could chew' and ending up with scoring quite a few penalty late points. Of the nineteen BK participants at the event, it was the BK women who showed good judgement with Diana Mittag the first BK member to finish, coming 5th overall and Cath Copeland 8th. Mark Geary again had a great ride and came in 6th overall.

A week later was the first of the **Silva DuO** events. **Ballarat** was the venue and Eureka certainly put on a great 'run, ride, run' for the over 70 enthusiastic competitors. BK members made up about 25% of the field and so had many good results. In the Long Course - Men's Open - Andrew Rowan was 3rd, Jonathon Sutcliffe 6th, and Women's Open saw Cath Copeland come in 8th. Kevin Humphrey accompanied Jim Russell to win the Relay team (2nd outright). Men's Senior Long had Tim Hatley coming in a credible 7th. The Short Course was dominated by BK members: Peter Cusworth was 2nd overall (first Senior), Anthony Jones 5th, Ian Mack 7th and Bruce Patterson was hot on his heels in 8th place.

With the risk of a huge downpour of rain, it was amazing to see the over 90 riders lining up for the 75 minute ride in **Westerfold Park** for the 3rd of the **Summer Series**. Again a big contingent of 24 BK members took to the trails and after the 75 minutes, 6th place was achieved by Rob Davis, Peter Cusworth 10th and Mark Geary, again riding well and scoring enough points to make 11th place. Tim Hatley continued with his horror run of flat tyres and was not a 'happy camper'!

The fourth and final **Summer Series** was at the **You Yangs**. It was the first MTBO event to be held there since the floods last year and so it was great to get back in the area. Twenty three of the sixty three riders were BK members and it was the turn of Angus Robinson to shine, coming 1st overall and Bruce Patterson to come a well earned 2nd. The uphill finish was a challenge but the views magnificent.



Peter Cusworth, Thorlene Egerton and Bruce Paterson
(Silva Duo, Silvan Reservoir)

And with 'uphill' being a theme, the second **Silva DuO** was held at **Silvan Reservoir Park** and while the first run leg was thorough beautiful bush trails and tracks, the bike leg proved to be somewhat of a challenge for those who chose courses that went through the contours rather than around them. Again BK members made up about 25% of the field of 85 competitors and so we scored some great results. In the Long Course Thor Egerton was 1st in Open Female, Rob Davis 5th in Open Male with Andrew Rowan close behind in 6th place. Angus Robinson, even with SI stick issues came in 8th overall and 1st Junior Male and in the Senior Male, Tim Hatley took out 1st place. The Short Open course saw Bruce Patterson in 2nd place with the Senior Male course won by Peter Cusworth, and Steven Leicester in 3rd place.

Bayside again took the lead with the setting and controlling of the first **2012 Vic MTBO** Series event at **Mirboo North**. Tim Hatley and Pierre Brokner were organiser/course setters and put in many hours of effort, but none of it would have been possible without the remapping of the area, following the 2009 bushfires, by Greg Tamblyn. It was wonderful to the see regeneration of the bush that had occurred in and was definitely a great area for riding. Club members did struggle a bit on this day with our best results being in Course 2. Angus Robinson, Peter Cusworth and Geoff Robinson coming in 4th, 5th and 7th, respectively.

*(The last weekend in April heralded the **Victorian MTBO champs**. Some results are given on p2. It should be noted that Steve Cusworth won all three of the Men's Elite races; other results, photos and comments will be held over until the next BK Tails!)*



Tim Hatley



(Silva Duo, Sylvan Reservoir)





Prue Dobbin



Peter Cusworth

Silva Duo, Ballarat

Ian Mack

John Gavens

Kevin Humphrey



Maldon

Mirboo North



6

Angus Robinson



Carolyn Cusworth

Melbourne Ironman Triathlon

By Andrew Baker

Back in August 2011 I did something possibly foolish and overambitious and entered the 2012 Melbourne Ironman Triathlon. Before this I'd never actually competed in a triathlon, and never really felt any calling to the sport. Road cycling long distances seemed a bit dull, and swimming long distances in a pool seemed downright mind numbing. However I was encouraged by a group of friends to give it a go, and when the first ever Ironman Triathlon in Melbourne was announced I entered.

(For those that don't know, an Ironman Triathlon is a 3.8km swim, a 180km bike ride and a 42.2km run).

A group of five of us did most of the cycling training together, which included Greg Robinson from the Dandenong Ranges. Many Saturdays over summer were spent following lines of cyclists down Beach Road to Frankston and beyond, gradually working up to the 180km distance of the bike ride. Most bakeries down the Mornington Peninsula were visited at some stage, with the Mt Martha Bakery being visited particularly often.

The race started in Frankston with a swimming loop up and down the coast. The ride used one carriageway of Eastlink and involved two laps of Frankston to Springvale Road and return, which obviously includes multiple trips through the roller coaster ride of the Mullum Mullum Tunnel. The run basically followed the old Melbourne Marathon course, following Nepean Highway and Beach Road to the Finish Line at the St Kilda Beach.

It took five months of solid training (and a lot of missed Street O events) but I managed to reach the start line on 25th March 2012 with some degree of confidence I could complete the course. Almost the entire event was an unknown before race day – I'd never swum that far in one go, I'd never ridden that far without a significant bakery stop in the middle, and I'd never actually run a marathon.

The start in the water with 1500 others was pretty hectic, but I quickly found a rhythm and completed the swim in pretty good shape. The ride was a real challenge and posed a few issues, but I managed to step off the bike still feeling reasonable, and knowing that years of orienteering events had me in good stead to finish with a strong running leg. It took about 5km for me to find my running legs, but eventually they surfaced and I headed north to St Kilda at a steady pace, passing many, many competitors who had used up too many resources on the bike ride. In fact, I don't think a single competitor passed me after those first few km of the run, whereas I passed over 160 people according to the results.

I crossed the finish line just on dusk in a time of 12 hours and 37 minutes, which included a marathon PB of 4:23. If I ever do another marathon at least now I've got something to aim for.

I finished feeling really strong, having enjoyed the whole day and pretty glad that I didn't have to go cycling down Beach Road or do any more mindless swimming training for a long time. Time to return to bush events.....

And a quick thank you to Brett Sparkes who told me I was an idiot for entering, and then chased me and cheered me on around the whole course on race day (including driving me down to Frankston at 4:30 am in the morning).



Stanthorpe Look-out
Giraween National Park



EASTER AT STANTHORPE (1)

Bruce Paterson returns
an incorrectly placed
control feature



The BK Mob

Peter Collins



Bruce and sledging companion



EASTER AT STANTHORPE (2)



Alyssia Wymer (1st W10A)



Kylian Wymer (1st M12A)



Nicholas Collins leading the pack

Monday Series

Course A Bryan Ackerly 2nd (A1), Greg Andrews 3rd (A1), Vic Sedunary 1st (A3).

Course B. Tim Hatley 1st (B1), Matt Heritage 1st (B2), Eric Davidson 3rd (B2).

Course C. Greg Tamblyn 1st(C2), Jenny Chapman 3rd (C2).

Power Walkers. Len Budge 1st(PW1), Sandy Burgoyne 3rd (PW2),
Gwennyth Baker 1st(PW3),Annie Holloway 2nd (PW3).

Tuesday Series

Course A Bryan Ackerly 1st(A1), Stuart Elliott 2nd(A1), Andrew Rowan 3rd(A1),
Shane Mallia 1st (A2), Nicholas Collins (A2), Stephen Cimpoeru 3rd (A2), Jason
Dwyer 1st(A3), Angus Robinson 2nd(A3), Josh Moloney 3rd (A3).

Course B Jun Okabe 1st (B1),Stephen Collins 3rd (B1), Judi Herkes 1st (B2),
Alan Cooke 2nd (B2),

Course C David Knight 1st(C1), Adrian Murphy 2nd (C1).

Course D Kylian Wymer 1st (D1), Alyssia Wymer 2nd (D1)

Power Walkers. Len Budge 1st (PW1),Jo Torr 3rd(PW1). Pam Tripp 1st (PW2), Jan Mitchell 2nd
(PW2), May Van Olphen 1st (PW4), Denice Perryman 2nd (PW4),
Jenny Sheahan 3rd (PW4).

Wednesday Series

Course A Bryan Ackerly 3rd(A1), Ian Davies 3rd (A2), Hugh Wilson 3rd(A3),
Ken James 3rd (A5),.

Course B Roy Sproule 2nd (B1), Roger Slade 2nd (B2)

Course C Gary Panter 3rd (C1), Greg Tamblyn 2nd (C2), Jenny Chapman 1st (C3),
Prue Dobbin 2nd (C3),

Course D Ewen Templeton 1st (D1), Henk de Jong 1st (D3),

Power Walkers Len Budge 1st (PW1), Clifford Heath 2nd (PW1), Sandy Burgoyne 2nd (PW2).
Gwennyth Baker 1st (PW4), Mike Hubbert 3rd(PW3), Barry Cross 1st (PW5).

Thursday Northern Series

Course B Roy Sproule 1st

Course C Ewen Templeton 2nd, Judi Herkes 3rd.

Power Walker Len Budge 2nd.

Geelong Summer Series

Course B Alan Cooke 3rd.

Course D Tania Elderkin 1st., John Sheahan 3rd.

Power Walkers Helen Alexander 3rd.

Did you know that

- The Gavens and Van Der Peet clans have recently welcomed two new boys of remarkable talent. we hear that they will be writing the Orienteering text book in 15 years from now. Congratulations to both sets of parents and grandparents
- Welcome Bryan Ackerly to the Millennium club. Despite his 1000 events Bryan is running very strongly-His membership of the club has not slowed him down!
- Great to see Peter Cook at the Blackburn Lake event.(ex club office bearer). Peter claims he is about to make a comeback! We certainly hope so.
- Lachlan Fraser has moved to Canberra. If you were wondering.
- Greg Tamblyn is currently touring Europe by bike.

Adventure sports report

Thorlene Egerton

Plenty of adventurous activities by BKV members so far this year: Jonathan Sutcliffe and Thorlene Egerton did the fast and furious, and definitely fun, sprint adventure race held at Lilydale Lake in March. Adventure Junkies put on a great race with almost as many kids on the start line as adults. After completing the puzzle on the first leg the fastest, Thor & Jon held the lead through to the finish, beating Mimi & Jackie from France by nearly 30 minutes.



Thorlene also went to Queenstown, NZ, for the inaugural Godzone expedition adventure race (another in the world series). Her team, Kauri Coasters came 16th (from 32 teams), crossing the finish line after 5 days 6 hours. Thor was the team token female and navigator in what was widely reported as being a navigationally challenging course.

Kath Copland's wide range of skills were put to good use as a volunteer for the Godzone race. Like Thor, she was out on the course for the full 5 ½ days with very little sleep and a lot of hard graft. She had a great adventure herself and made many good contacts in readiness for her new life back in Christchurch. Kath is one of Australia's most experienced adventure racers and will be missed by the Adventure Racing community as well as orienteers.

Andrew Baker has achieved the amazing goal of completing an ironman triathlon. He did it in 12hrs 37mins 45secs. He is thinking about getting the tattoo but not sure yet where it should be placed. He welcomes suggestions. Well done Andrew.

Oxfam Trailwalker in Melbourne saw a great performance by BKV members Vic Sedunary and Merve Trease. Team Four by Sixty Plus completed the 100kms in 17hrs 13mins to take first place in the over 60s category. Congratulations.



REPORT ON STREET 'O'

by John Sheahan

Street 'O'

Our street 'O' has now wound down from the very busy Summer Series where BK members actively contributed to the Northern-Southern-Western-Geelong as well as the Wednesday Eastern Series. All over BK members put on 43 events in all series-a huge contribution

In our winter mode we take part in the Monday and Wed Night Series in the Eastern suburbs, as well as organizing the Western and Geelong night series.

Attendances in the Night Series (To 23 May)

The Monday night series is currently averaging 62 per event

The Tuesday Western Series is averaging 70 per event

The Wednesday night series is averaging a neat 100 per event.

Attendances in last seasons Summer Series

Monday evenings- Av 88 per event

Tuesday evenings Av 101 per event

Wednesday evenings` Av 148 per event(Including schools participants)

Thursday evenings Av 65 per event

Geelong Summer Series Av 55 per event.

BK Administrators

To enable the club to contribute and maintain so many maps, we are indebted to the help we receive from Vic Sedunary our overall coordinator, Gwynneth Baker for managing our Monday Series Jenny and John Sheahan for our Tuesdays involvement, Ewen Templeton for looking after our interests in Thursdays events, and Alan Cooke for coordinating the Geelong Series.

We also rely heavily on Henk De Jong for maintaining our map library as a guarantee against computer malfunctions.

New Maps

Josh Moloney has prepared working maps of Queenscliff, Ocean Grove and Barwon Heads, as preparation for a possible Surf Coast Series in January next year. The concept is still being debated as to how this should be managed.

If you have any ideas see Josh or Alan Cooke, they would love to hear from you!

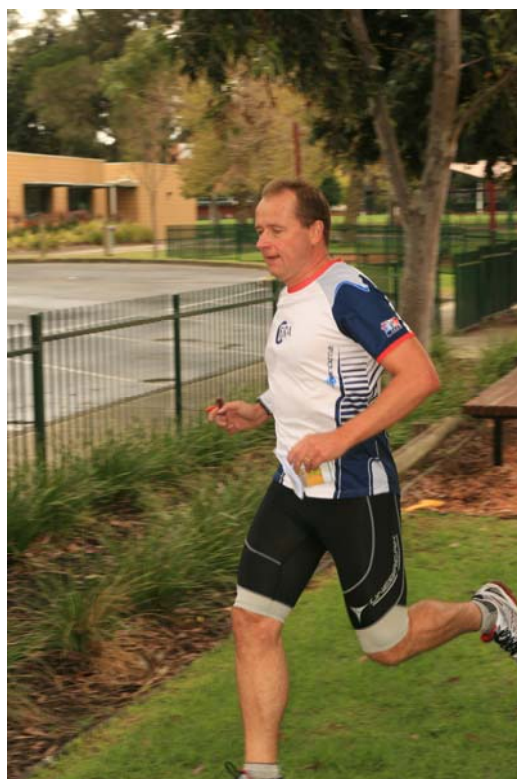
Sandy Burgoyne is currently working on a new map of the Cremorne Burnley area of Richmond. With its floating paths on the Yarra, overpasses and underpasses, it promises to be an exciting new challenge. (Sandy has recently completed the Altona Gate map which had its christening on 28th Feb. this year.

TOUGH MUDDER.

Apart from the numerous fun runs and similar events, where the BK kangaroo is often seen, the 'Tough Mudder' event held on Philip Island saw BK members taking on a different challenge. Sandra Bradley-- Andrew Rowan-Ian Mack-Rob Caldwell and Roy Sproule took on a course that involved crawling through a partly filled drain-climbing over a 4 m high wooden wall-forcing a path through wires randomly electrified-jumping off a 5 m high platform into a pond- and running over a course with a load on your back that was regularly watered to make it as slippery as possible, and oh! avoiding the barbed wire!!!! Some people paid \$40 for spectator seats!



Eddie Wymer



Rob Lewis



Jenny Sheahan



Ian Collins

VIC SPRINT CHAMPIONSHIPS

(Haileybury College)



Philippa Lohmeyer-Collins



Mike Hubbert (2nd M65A)



Matt King

The rogaining year is well underway, and Bayside have already had some great results. The year started with the Melton Meanders Metrogaine and Cyclogaine. Bayside results of note include:

Cyclogaine:

Kevin Humphrey and Kath Copland – 2nd Overall and 2nd Mixed
Andrew Rowan – 3rd Overall and 1st Mens
Jon Sutcliffe and Thor Egerton – 5th Overall, 3rd Mixed and 1st Mixed Veterans
Peter Brooks – 1st Mens Veterans
Len Budge – 1st Mens Super Veterans
Brett Jacobi – 1st Novice
Helen Alexander and Judi Herkes -3rd Womens Open, 3rd Womens Veterans and 2nd Womens Super Veterans

Metrogaine:

Tom Plozza – 1st Overall and 1st Mixed
Merv Trease and Vic Sedunary – 3rd Overall, 2nd Mens and 1st Mens Veterans and Super Veterans

The next event was the 6 hour bush event in April near Daylesford. Bayside members were once again out in force.

Daylesford Event:

Gary Freudigmann and Andrew Baker (with Greg Robinson) – 3rd Overall and 2nd Mens
Rob Mason – 5th Overall and 1st Mens Veterans
Grant Jeffrey – 8th Overall, 3rd Mixed and 2nd Mixed Veterans
Kate Gavens and Tom Lothian – 9th Overall
Helen Alexander and Judi Herkes -3rd Womens Open, 2nd Womens Veterans and 1st Womens Super Veterans

Most recently was the Australian Rogaining Championships, which was a 24 hour event held near Parachilna Gorge at the northern end of the Flinders Ranges in South Australia. The course was worthy of an Australian Championships with endless contours and shallow parallel gullies, waiting to trap unsuspecting rogainers in the middle of the night. However the Super Moon was a great help, and the contours on the map could be read without the use of a torch.

Australian Rogaining Championships

Jon Sutcliffe had a magnificent result of 5th overall, 2nd mens and 1st mens veterans, and not far behind was Thor Egerton coming 12th overall, 2nd womens and 1st womens veterans. Other BK members who competed were Merv Trease, Vic Sedunary, Brett Sparkes, Rob Mason, Greg Andrews, Bruce Paterson, Peter Brooks, Bev Trease, Tina Smith and Andrew Baker. Quite a collection!!

(Apologies to any BK members who I have missed from the results.)

Goodbye?

Kath Copland is returning to NZ to take up a position with the Canterbury paramedics, while Thor Egerton and Jon Sutcliffe are moving to Trondheim for at least 18 months. We will miss them and wish them well, and will put them on our 'must visit' list.-along with Jane Harries who is now living in the UK.
(Rumor has it that another Adventure racer, Kim Willocks, may also be stepping down. Ed)

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
<i>Office Bearers</i>		
Activities Committee	Jenny Sheahan	9397 3493
Activities Committee	Tina Smith	0413 328 584
Activities Committee	Annie Hollaway	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	97585158
Mapping Officer – Bush O	Tim Hatley	9570 2811
Membership Secretary	Gwennyth Baker	9898 4316
Newsletter Editor	Bob Leicester	9589 5408
Public Officer	Matthew King	9885 4280
Web Master	Sandy Burgoyne	9844 2680

Committee Members

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

All BK members are invited to attend club committee meetings.

Welcome to new members

Dean Beard
Brett Jacobi
Brian Joyce
Moir, Lara & Luci Keen
Cathy & Aiden McAuley and Geoff King
Jo Roberts
Chris Sayers & Lucy Nguyen
Glenn, Cynthia & Simone Start
Simon Thomas
Graeme, Liz, Sarah & James Thorpe
Scott Torr
Ryan Parry

And welcome back to
Mark Geary

CULTURAL ACTIVITIES.

To provide a balance to all this physical activity, Annie Hollaway-Tina Smith -and Jenny Sheahan are coordinating a dinner followed by a Babirra Opera Company's performance of the Lionel Bart musical 'Oliver', for 54 BK members and other orienteering friends
If past shows by this company are a guide, this should be a good night out.

CLUB CLOTHING.

--We have new design cotton 'T' shirts now available at the special price of \$7. to BK members.
--We have topped up our supplies of Street'O; running tops in all sixes for men and women and children.
--Any club members wishing to have one of the heavy duty winter jackets, should contact Jenny asap as we intend to place a new order in a couple of weeks.
--**Coming soon-** Peter Cusworth has designed new gear for our Bush'O' and MTBO members. More info to follow in a BK Bytes!