

# Northern Tablelands Orienteering Club Inc.

Newsletter No. 100 March 2005

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**NTOC Web Address: [ntoc.asn.au](http://ntoc.asn.au)**

**STOP PRESS:** Lloyd & Felicity Barker-Smith both made the 2004 National Rankings! Lloyd topped the M14 list, while Felicity was 6<sup>th</sup> in W10.



Concerned that you don't seem to have received a newsletter?

Worried that you might be missing events?

Worry no longer – there is another easy way to get orienteering information! Check out <http://ntoc.asn.au> and <http://pobox.une.edu.au/mailman/listinfo/ntoc>, or turn to Page 2 for full details.

## Coming Events

### **Sunday 3<sup>rd</sup> April 2005 (Boorolong)**

Place: Boorolong Nature Reserve. Take Boorolong Road (just keep driving West along Donnelly St./Queen Elizabeth Drive/Handel Avenue, past UNE and out of town) for approximately 18 kms to the Toms Gully Road turn-off. Turn right onto Toms Gully Road and veer left after 100metres (don't go to Exmouth). Follow Toms Gully Road for about 6 km watching for 'O' signs on a gate on the left. Follow the 'O' signs to the event.

Courses: Blue, Green, Orange, Red

Start Time: Between 10am and 12 noon

Organiser: Maurice Anker 6772 9604

### **Sunday 1<sup>st</sup> May 2005 (Oakview)**

Place: This is a new map, used only for the last day of the Xmas 5-day. Head west along Bundarra Road (past the saleyards), past the Invergowrie turnoff and over the Pinnacle (steep climb). Watch for signs indicating a turn-off to the left at the bottom of the steep section, about 20 km from start of Bundarra Road.

Courses: Blue, Green, Orange, Red

Start Time: Between 10am and 12 noon

Organiser: Eric Baker 6771 1070

## Sunday 5<sup>th</sup> June 2005 (Dumaresq Dam)

Place: Dumaresq Dam! Follow Boorolong Road for about 5 km from the edge of town, then turn right into Dumaresq Dam Road. Follow this road to it's end in the Dumaresq Dam picnic area (about 4.5km). Look for orienteering signs on entering the picnic area.

Courses: Blue, Green, Orange, Red

Start Time: Between 10am and 12 noon. Course close time 3:30 pm.

Organiser: Jon Lindstad 6775 1080

## Sunday 24<sup>th</sup> July 2005 (Blue Hole)

Place: Blue Hole. Turn right from Waterfall Way (on the eastern edge of town) into Castledoyle Road, and follow this road for about 15 km to it's junction with Blue Hole Road, then follow Blue Hole Rd. (gravel) for a couple of km to the recreation area and look for signs on entering the picnic area.

Courses: Blue, Green, Orange, Red

Start Time: Between 10am and 12:30pm. Course close time: 3:30 pm.

Organiser: Alec Watt 6772 6849

## Using the Internet to get Information about Orienteering

Some people are not aware that you can be notified about coming events by email, or look up info for yourself on our website. The following information is relevant to all of us, as our web site has changed (it no longer uses Terry Cooke's personal web space) and the email system (called a listserver, hosted by UNE) has also changed.

*You can get information about Orienteering from the Internet in 2 ways:*

### 1. World Wide Web

- a. Local info - <http://ntoc.asn.au> (or [www.ntoc.asn.au](http://www.ntoc.asn.au))
- b. NSW info - <http://www.nsw.orienteering.asn.au>
- c. Qld info - <http://www.qoa.asn.au>
- d. National Info - <http://www.orienteering.asn.au>

*Your local club website provides (among other things) general information on orienteering, information about coming events, results of past events & allows you to download the most recent newsletter. The other sites listed provide similar information, but are focussed on state & national events.*

### 2. Email.

*Event organisers send reminders about coming events and results of recent events via email. You can also send questions and comments to the local Orienteering community via email. The club email address list is automatically managed by a "list server" (courtesy of the UNE). This system is automatic - you are responsible for getting yourself on (or off) the list. Once on the list, you will receive monthly emails from the administrator, reminding you that you are a member of this list, and providing you with a password, which is required for leaving the group (among other things).*

- How do I get on the list?
  - Either go to <http://pobox.une.edu.au/mailman/listinfo/ntoc> and fill in the form, or
  - Send an email to [ntoc-request@pobox.une.edu.au](mailto:ntoc-request@pobox.une.edu.au) . This message should have no subject and only the following in the subject line or the body (main part) of the email:  
"subscribe" (without the quotes).
- How do I know if I am on the list? Send a test email to [ntoc@pobox.une.edu.au](mailto:ntoc@pobox.une.edu.au) . If you get a copy of your test emailed back to you, then you are already a member – do nothing. (If you do this, then everyone on the list gets a copy as well – so make sure it's not libellous!)
- How do I get off the list? Send an email to [ntoc-request@pobox.une.edu.au](mailto:ntoc-request@pobox.une.edu.au) . This message should have no subject and only the following in either the subject line or body (main part) of the email:  
"unsubscribe <password>" (without the quotes). As explained above, the password required for unsubscribing is sent to you every month in an information email from the list manager.
- Note 1: attachments cannot be transmitted through the list server
- Note 2: sending an email to [ntoc-request@pobox.une.edu.au](mailto:ntoc-request@pobox.une.edu.au) with the word "help" in the email in either the subject line or body will cause the list server to send you (& only you) more detailed information about the use of this system.

# Orienteering Reports & Results

Armidale Outdoors New England  
School Orienteering Championships  
29 November 2004.

*By Judy Colman, 2004 Organiser*

The weather was, thankfully, perfect for bush activities, enabling more than 700 children to enjoy a day of competition and fun at Gara TSR, with 640 primary school students doing the score event. The large numbers were generally processed smoothly, and, with the occasional exception, were well behaved. Volunteers also appreciated the enthusiasm for the activity, which many of the children expressed. We were very grateful to receive assistance from a group of UNE Education students completing a Movement Studies unit with Ros Brady. They tried their hand at several of the start area jobs and some also completed the score event. Having their help made things much easier for club volunteers and the organiser!

This year the overall winner was Martin's Gully Public School, whose points in the score event were strongly boosted by their individual efforts in the line event, where they claimed four of the first eight places. TAS was second, followed by The Armidale Waldorf School (primary students), which just scraped in ahead of Drummond Memorial Public School

No doubt Martin's Gully were trying to make amends for having guarded the trophy a little too well for the past 2 years. The trophy "went missing" last year, and finally surfaced in a recent clean up of deep space at the school. It is now ready to be returned to them but will not, we hope, go AWOL before the next schools championship!

Registrations for the green line event were strong, with several teams from a range of schools completing the course in 40 minutes or less. Once again, very few primary girls attempted this course. However, a strong team of NEGS Year 8 girls did register for the green event and all completed it in under 50 minutes, with the fastest coming in at 28.41 minutes. As expected, only a few boys attempted the Orange course, led home by Lloyd Barker-Smith, with Boahdan Gregory close on his heels. Elsie Baker was the only girl competing in this event and managed a good time despite the lack of competition.

The results may be found below. Trophies and certificates were presented to both individual winners in the line event and to Martin's Gully Public School at the Armidale Outdoors shop in Rusden St in early December.

Banalasta November 14 2004

*By Alec Watt, event organiser*

The weather for the event was just about perfect – after a lot of rain, then a strong wind, we had a light frost that morning followed by a clear and sunny day without too much heat or humidity. The only blight on the perfect conditions were the very numerous & very sticky bush flies!

The most hotly contested class was the Short Red, where Juniors & veterans and males & females went head to head. Philip Watt's (57:46) youth and fitness beat his mother Jane's (62:57) experience, but was no match for the fitness and experience of Terry Cooke (46:57). That should have been the end of the story, but someone forgot to tell Lloyd Barker-Smith (43:20) that this is a very difficult map for a 14-year old! Great effort Lloyd.

Eric Baker (66:46) was the quickest on the Medium Red, but had some (quite reasonable) excuses for not being even quicker. One was a hidden flag – wrapped around behind a tree by the fierce wind of the previous day. As the first competitor to reach that control site, it was up to Eric to finally spot the hidden control and rearrange it so that others were not disadvantaged as he had been. Bruce Haigh (80:03), our only Tamworth competitor on the day, showed he is steadily learning the tricks involved in interpreting complex rock detail.

Despite the small field for the Long Red, there were some most interesting results. For once we saw Keith Power (98:30) actually affected by his lack of recent orienteering match practice, while Maurice Anker (81:23), finally back after several recurrences of a particularly persistent flu virus, made the most of his familiarity with the area, having been a course setter for the state champs last year. Then Arrin Daley (79:32) – a local lad who has been living in South Australia and who learnt orienteering skills over there – sprang a surprise by beating Maurice by a couple of minutes.

That left Don, who did a 50 minute warm-up by taking daughter Zoe around the Green course. Don Barker was feeling competitive, and checked the other results before he started. However he thought Arrin had actually run 69 instead of 79 minutes, and pushed himself all the way to finish in 66:45 – an excellent result on what certainly ranks as our most challenging map (at least until we see Oakview)!

We shouldn't forget the Orange courses – looking at the times, the courses might have been a touch long! As contestants discovered, on a map

*Banalasta (cont).* of this type Orange courses can be almost as hard as Red. Since John Brettell's & Barbara Trehy's only other event had been Moonbi TSR (fairly easy gully/spur terrain), they naturally assumed this would be more of the same. They got a surprise, to put it mildly. Sorry John & Barbara, I should have recommended you stick to short Orange for a bit longer. Still, now you've mastered the most difficult navigation we've got to offer, we hope you'll keep coming to experience all the other great areas we visit in the course of a year.

Postscript: just out of interest I analysed the rate of progress of the top competitors on the Red and Orange courses (figures are in minutes per kilometre). This showed Don to be the quickest (10.9 m/km) with Lloyd second (12.7 m/km). Arrin (13.0) & Maurice (13.4) were just behind Lloyd, with Terry (13.8) rounding out the top five.

## Xmas Five Day 2004

(just in case you weren't there...)

*By Alec Watt*

The Christmas 5-Day is an annual NSW event which is hosted somewhere different each year (it has even been in Victoria and Queensland!). Courses are run in the early morning (late afternoon on Day 1) to avoid the heat. This strategy was certainly successful, with a light frost on the middle morning keeping everyone cool!

The Five-Day is usually run by a consortium, and this year was no different – NTOC only ran the first and last days, Queenslanders ran days 2 & 4, while Sydney club Uringa ran Day 3.

Entrants came from far and wide – not just from all mainland Eastern states, but from Hong Kong and Europe as well. According to Jon Lindstad, our 2 Norwegian entrants had left Phuket just 2 days before the tsunami, specifically to come to Armidale for the Five-Day!

NTOC members were rostered for assisting with events so that everyone was eligible for at least 4 events. This allowed everyone to be competitive, as only one's best 4 runs count towards the final result.

The events that NTOC organised seemed to go off without undue problems – at least none visible to the competitors – I was reminded of the image of the swan gliding serenely across the water, but paddling frantically beneath the surface. I know by the time Monday afternoon's event was over I was feeling (and probably looking) like a stunned mullet! The Pine Forest was very precisely remapped by Maurice Anker, so we now have a much more accurate map for our club events. We also have a new map of Eric Baker's property Oakview on the Bundarra Road, which will definitely be the site for some very challenging club events in the future...

## Orienteering in New Zealand 2005

*By Eric Baker*

Having got into the Australia-NZ challenge team, I made the trip to Auckland and joined up with Liz Bourne and Eric Andrews as pre-arranged, in a caravan park near a beach north of Auckland. Apparently it had rained every day for the past 2 months in Auckland, and the previous 2 days of orienteering had been sodden in wet thick pines with mud up to a foot deep on the tracks. By the time I got there the sun had come out and stayed out for the entire week.

The Australia-NZ Challenge has been running for about 35 years and is held every 2 years in alternate countries. Teams of 3 are selected in about 20 age classes from M & W 16 through to M&W 70 to run an individual day (in which the 2 best of 3 times count) and a 3 leg relay on the last day. The win/loss results of each class is totaled to see who gets the trophy. In the last 20 years Australia has not won the trophy in NZ and vice versa. This is due to not being able to get the optimal team to the other country and even in the classes where the top team is there (e.g. M55 this time) the locals are better adapted to the conditions. Still that doesn't prevent fierce Aust-NZ rivalry and a great social time between the 2 teams.

The first day for me was on a map called Stag's Roar (see sample map) which had been used in 2003 for the Anzac Day series. I had actually had 'dry' training on with Brent and Boahdan Gregory a few days before leaving, but that didn't prepare me for the real thing. The first leg was 150m to the first control through what was marked as white runnable forest. I looked at the wall of green pines in front of me and went out to a road to the left and in off a depression to a clearing which was my attack point, 50m from the control. On the first attempt into the pine again I must have missed by 10m on the left, so back to the clearing, next go missed, probably on the right. 3rd time lucky. Anyway that was 5 minutes for a 150m leg. I eventually got up some rhythm and had a few lucky spikes and a few time losses trying to find flags in thick pine and came in 4th.

All the 4 forests I ran in were on the west coast on reforested sand dunes. This meant thick pines covering highly detailed contours, which meant for highly challenging orienteering. The nicest thing about the forests was running on soft ground usually with pine needles over sand.

One of the first events prior to my arrival was the Aust-NZ Schools Challenge in which the Aust schools team had great problems adapting to the conditions and were well beaten. However a week later in the Aust-NZ Challenge, the same group of juniors had adapted and were ahead of the Kiwis in most of the junior classes. The basic difference I'd already noted was that thick pine

### Orienteering in NZ – cont.

(similar to that in the new plantings at the Armidale Pine Forest) was not going to get a light or mid green shading as we would, even though it was slow or very slow run. The other difference was that control flags often had minimal visibility and it was necessary to have a really good attack point to be able to return to for another go at the flag!

At the Individual challenge 2 days later I got caught by not been able to find the flag for 15 minutes at control 5. The description was "spur, N. side" with the spur running east-west about 10m altitude high and about 30m long. The flag was tucked into some pines at the base of the spur and I was probably too rushed and tired after having pushed through a kilometre of thick pine (white forest on the map!) to get there.

Everyone else ran a longer route out to a road and had an easy approach from the N. side. With a 15 minute loss I was well out of the running so decided to save myself for the relays. I had a relatively good run in the relays which was in a mature forest, overgrown with a high pampas like grass called cutty grass because if it caught your skin it would cut fine bleeding scratches. I ran the 2nd best time of the 2 teams and we had the chance to win our relay, but unfortunately our last runner, Nick Dent, had the sort of day I had in the individual and dropped 20 minutes. From memory NZ won both the individual and relays by about 15-7.

Despite the poor results the orienteering was fun, and NZ was a great place to relax and sight-see with beautiful beaches and lovely forests. I went out for a sail on Auckland harbour in one of the ex-America's cup yachts, and that was also a wonderful experience.

## NTOC Club Competition - Results

Banalasta – Alec Watt 14 November 2004

Blue (1.9 km)

No entrants

Green (2.7 km)

Zoe Barker Smith (+ Don) 51:00

Felicity Barker-Smith 53:04

Short Orange (3.0 km)

Jon Lindstad 82:45

John & Michael Dennis 91:30

Narelle Clayton (DNF - missed one) 106:20

Long Orange (4.9 km)

David Clayton 87:43

Judy Colman 174:03

John Brettell & Barbara Trehy 185:30

Short Red (3.4 km) 185m climb (5.4%)

Lloyd Barker-Smith 43:20

Terry Cooke 46:57

Philip Watt 57:46

Jane Watt 62:57

Felix Burkhard 74:37

Erica Smith 128:38

Medium Red (4.5 km) 245 m climb (5.4%)

Eric Baker 66:46

Bruce Haigh 80:03

Boahdan & Brent Gregory 107:52

Long Red (6.1 km) 355 m climb (5.8%)

Don Barker 66:45

Arrin Daley 79:32

Maurice Anker 81:23

Keith Power 98:30

## Xmas Five Day – NTOC Results

Elapsed time and place are shown for each club member on each day. Men's C had the highest number of NTOC entries – the closest racing was obviously between Boahdan & Philip. Eric would have blitzed us all, but missed one flag on the 4<sup>th</sup> day!

Name	Pine Forest		Dumaresq Dam		Blue Hole		Banalasta		Oakview		Overall place
<b>Men's C</b>											
Alec Watt	dns		49:11	18	48:04	12	48:55	6	64:22	11	13
Don Barker	39:37	8	43:33	5	57:55	26	49:44	8	dns		14
Eric Baker	36:24	2	42:18	3	40:09	1	mp		dns		24
Boahdan Gregory	61:45	26	57:08	27	52:41	22	67:59	28	73:51	19	25
Philip Watt	60:03	25	57:05	26	56:06	23	65:05	27	74:27	21	26
Bruce Haigh	64:14	27	63:31	30	dns		55:15	15	dns		34

**Xmas Five Day (cont).**

Name	Pine Forest		Dumaresq Dam		Blue Hole		Banalasta		Oakview		Overall place
<b>Men's D</b>											
Maurice Anker	dns		34:39	1	35:34	2	55:05	13	37:23	3	6
Lloyd Barker-Smith	41:19	8	48:30	17	36:06	5	44:46	8	40:26	8	7
Felix Burkhard	49:52	13	46:42	15	39:07	8	52:02	12	42:37	9	11
<b>Men's F</b>											
Brent Gregory	55:28	8	39:35	6	60:56	6	69:56	10	46:47	6	6
Kasimir Gregory	45:31	4	58:00	10	mp		50:28	6	44:29	3	7
David Clayton	50:37	7	53:06	9	42:36	5	49:47	5	92:15	10	8
<b>Women's D</b>											
Narelle Clayton	53:07	14	40:53	11	55:00	11	57:11	17	85:18	21	13
Erica Smith	54:26	16	55:43	22	63:35	14	69:38	22	67:54	16	19
Jane Watt	42:16	5	39:47	7	dns		52:53	13	dns		21
<b>Women's E</b>											
Sue Gregory	59:41	7	42:38	3	92:42	11	75:20	7	69:01	9	7
<b>Mixed Green</b>											
Myee Gregory	dns		33:14	4	46:24	3	22:36	3	19:54	1	2
Felicity Barker-Smith	39:40	4	38:10	5	61:19	6	37:59	7	23:54	2	4
<b>Novice</b>											
Zoe Barker-Smith	59:21	8	23:34	8	36:39	7	27:18	9	dns		9

Like Eric, Maurice was tripped up by just one control over 4 days of competition. Lloyd, who competed on all 5 days, was able to drop his worst result (Day 2)

Congratulations to Myee Gregory, who steadily improved during the 5-day carnival, and went very close to winning her class.

**New England Schools Orienteering Championships Results - 2004**  
Sponsored by Armidale Outdoors

<b>Individual Championships</b>					
<b>Junior boys</b>			<b>Junior girls</b>		
		<b>Time</b>			<b>Time</b>
<b>1</b>	Kasimir Gregory (Martin's Gully)	19.25	<b>1</b>	Samantha Williams (Martin's Gully)	62.56
<b>2</b>	Tom Pearson, Matthew Norman (Martin's Gully)	21.19	<b>2</b>	Felicity Barker-Smith, Jessie Smith, Fiona Hutton Thomson (Newling)	73.18
<b>3</b>	Brock Sheriff, Matt Green (TAS)	22.23			
<b>Senior Boys</b>			<b>Senior Girls</b>		
<b>1</b>	Lloyd Barker-Smith (AHS)	33.58	<b>1</b>	Elsie Baker (AHS)	42.04
<b>2</b>	Boadhan Gregory (TAS)	35.37			
<b>Green Line Event - Special Award</b> Lizzy Gower, Lucy Shortis, Sarah Thompson, Laura Rae (28.41 mins) (equal first)					

## Inter-Schools Point Score

School	Score	Fastest times in the Score Event ( primary)			
1. Martin's Gully	8.45	Damien Williamson, Reece Cropper	ACPS	34	min
2. TAS prep	6.42	Toby Killen, Liam Porter, Michael Tobin	Martin's Gully	36	min
3. Waldorf(Primary)	6.32	Rhys Andrews, Sam Paul, Daniel Watts	ACPS	38	min
4. Drummond	6.2				
5. Newling	5.44				
6. Ben Venue	5.34				
7. NEGS	4.97				
8. ACPS	4.5				
9. St Mary's	3.96				

Note: Only the primary schools are included in the PSSA champion school competition;

Results for this are calculated from performance in the score and line event

High school entrants are only counted if they enter the Orange line event (not the Green which is for primary school). However, this year, so as to encourage more girls to attempt a line event and to recognise the excellent effort of the NEGS Year 8 girls (all 10 entrants completed the Green event in good times), certificates have been awarded to the fastest girls completing the Green course.

## Northern Tablelands Orienteering Club Event Calendar 2005



Date	Start time	What	Where	Organiser	Phone
Apr 3	10am - 12pm	Club event	Boorolong	Maurice Anker	6772 9604
May 1	10am - 12pm	Club event	Oakview	Eric Baker	6711 1070
May 8	9am - 11am	BBB Club Event	Dalveen (Stanthorpe)	Ruth Burrill	07 4661 8961
May 29	9am - 12pm	Training	Leslie Dam (Warwick)	Liz Bourne	07 4683 6374
Jun 5	10am - 12pm	Club event	Dumaresq Dam	Jon Lindstad	6775 1080
Jun 25-26	SL 10 & 11	State Schools Champs	Canyonleigh	Sarah Garnett	02 9428 2120
Jul 24	10am - 12pm	Club event	Blue Hole	Alec Watt	6772 6849
Aug 21	10am - 12pm	Club event	Banalasta	Don Barker	6775 5560
Aug 27-28	2-day	Qld Champs	Jimboomba	Toohy Forest	07 3345 4527 robinsimson@powerup.com.au
Sep 3-4	2-day	NSW Champs	Bigga	John Russell	02 4647 1204
Sep 18	10am - 12pm	Club event	Moonbi Hills	Bruce Haigh	6765 5714
Oct 16	10am - 12pm	Club event (memory)	Gara TSR	Jack & Marly Sinden	6772 4995
Oct 28	9am - 2pm	Schools event	Pine Forest	Judy Colman	6775 1080
Nov 13	10am - 12pm	Club event	West Newholme	Felix Burkhard	0412 389 173
Dec 11	10am - 12pm	Xmas event	tba	.	.

Prepared by Jon Lindstad Tel 6775 1080 or email: [jcoljlin@ceinternet.com.au](mailto:jcoljlin@ceinternet.com.au)

More information can be found on the NTOC web site, <http://ntoc.asn.au>

## Event Fees

### (Individuals or Small Groups)

	Members	Non Member (after 1 event)
Adult	\$6.00	\$8.00
Junior	\$3.00	\$4.00
Extra Maps	\$1.00	\$2.00
Family Maximum	\$15.00	\$20.00
Large Groups (each person)	\$3.00	

## Membership Fees

Family*	\$65.00
Senior*	\$55.00
Junior/Student*	\$37.00
Family Associate	\$30.00
Individual Associate	\$25.00

\*Includes subscription to the Australian Orienteer.

**Membership Enquiries: Maurice Anker 02 6772 9604**

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## Colour Codes for Orienteering Courses

**Blue:** Very easy navigation with the course following very distinct linear features (handrails such as roads, tracks, fences and well defined watercourses. A compass is not required. Controls are easy to see, frequent and placed at changes in direction. Length approximately 2 km.



**Green:** Easy navigation with the option to take a direct cross country route, or to follow a more indirect route using handrails. Controls are on large obvious features close to handrails. Use is made of contour handrails such as spurs and gullies. Limited use of compass. Length approximately 3 km.

**Orange:** Medium level navigation with route choice to control points that have good attack points (a big feature close to the control point) and catching features (a feature such as a fence or road that 'pulls you up' when you have gone to far). A compass is essential. Length 3 to 5 km.

**Red:** Difficult navigation with controls on small point features with no obvious attack points or catching features. A compass is essential. Length depends on age and fitness - 3 to 8 km.

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## Northern Tablelands Orienteering Club Newsletter

If undeliverable return to:  
Northern Tablelands Orienteering Club  
PO Box 199  
Armidale NSW 2350

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