



FOREST

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photo: Dion Keech

Flying Fergus Fitzwater!

Resplendent in his MFR O suit famous 'sledger' Fergus Fitzwater is seen here in great form on day 1 at easter in Jindabyne in his first attempt at securing the coveted purple boxer shorts for the fastest sprint down the finish chute.

MFR sported a strong field in the M21AS Sledge class - Susannah King, Carl 'filth' Dalheim and Dion 'neon' Keech. New club member Robert Molnar out-classed the 70-strong field and won the event.

More on SnowE 2005 inside.

Solid start for Victoria in National League

The Victorian Nuggets had a solid start to the season in the National League. Whilst Canberra Cockatoos have established a break over the field in the first four rounds, the Nuggets have their nose in front of New South Wales in the battle for second place. They will be looking to stretch that gap further in the next series of events, in New South Wales over the Anzac Day weekend.

In the junior division, Victoria is currently in second place, in a close battle with South Australia and Tasmania for the lead. Whilst we have not been able to match it so far with the South Australian women or the Tasmania men, our consistency across both age groups sees us well in contention. National League Team Standings after the conclusion of Easter are as follows:

Senior Teams

Place Team Total Points

1. Canberra Cockatoos 62
2. Victorian Nuggets 51
3. NSW Stingers 48
4. Southern Arrows 32
5. Tassie Foresters 31
6. Queensland Cyclones 28
7. Western Nomads 25

Junior Teams

Place Team Total Points

1. Southern Arrows 37
2. Victorian Nuggets 36
3. Tassie Foresters 35
4. NSW Stingers 31
5. Canberra Cockatoos 29
5. Western Nomads 29
7. Queensland Cyclones 26

Victorian National League team for Western Australia announced

The Victorian team to contest the National League rounds in Western Australia has been named. Each team member will, following Council's decision in February, receive \$400 in funding from the VOA.

Men: Rune Olsen, Warren Key, Bruce Arthur, Jim Russell

Women: Natasha Key, Kathryn Ewels, Clare Hawthorne, Jasmine Neve

OA awards

The OA Award for Services to Orienteering Coaching presented at Jindabyne at Easter went to MFR's **Warren Key**, who was National Senior Coach at the 1999, 2001 and 2003 World Championships (among other things). Congratulations Warren!

Jasmine selected for JWOC

Congratulations also to Jasmine Neve who was selected for the 2005 JWOC team to go to Sweden in June. This will be her second time on the Aussie team. Keep up the good work!

Victorian wins Eureka Challenge

Victoria has won the 2005 Eureka Challenge which was run in late February on the Nerrina Map near Ballarat. An impressive field had assembled to get some valuable pre-Easter racing on the complex mining terrain. Warren's experience in the area gave him a fifth place less than five minutes behind the winning time of 58.32 set by Rob Walter. Natasha came in third on the women's 6.8km course. Pictured below are Max and Rosie Dalhiem holding the coveted Eureka Challenge trophy.



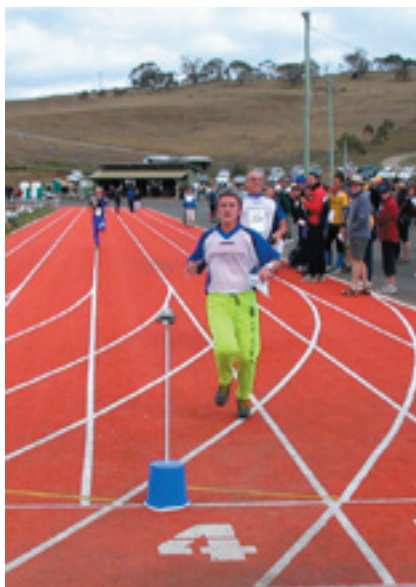
MFR TOO FAST... AGAIN!

Melbourne Forest Racers' have come first at the annual Sprint Orienteering Championships for the second year in a row. The 2005 Victorian Sprint Orienteering Championships were held on the 16th February in the picturesque grounds of Scotch College just prior to the Wednesday night Street 'O' event being held the same evening. The many Street 'O' spectators created an exciting atmosphere and they were treated to some excellent racing.

The 2.6km men's course was won in 11m 17sec by MFR club president Bruce Arthur, who was enthusiastically cheered by his family, Anne, Mason and Toren, as he sprinted past the finish banner. Last year's winner, MFR's Rune Olsen, came third in 11min 27sec just one second behind second place getter Chris Naughton.

MFR's Tash Key won the women's sprint crown for the second year in a row covering the 2.3km course in 10min 56sec, just 4 seconds ahead of Rachael Johnson.

The complex buildings, school ovals and other features of the college, which were expertly mapped by David Hudson last year, provided an excellent venue for the sprint format. These 'urban' features allowed for a number of different defined route choices on many of the legs which kept competitors alert. A leg that passed back through the start area gave spectators a glimpse of the competitor's progress midway through their race. Blair's excellent commentary on progressive times and lead changes as finishers came in added to the excitement and tension of the event as the top finishers were separated by mere seconds.



SNOWE 2005 **EASTER AT JINDABYNE**

Melbourne Forest racers have starred once again at the Easter 3 days in Jindabyne.

The Elite Prologue on Day zero (Friday) saw an exciting start to the racing on the local sports complex grounds in excellent urban and semi-bush terrain. In a great start for MFR, Natasha Key took out the womens race in 14:10 sec, just 7 seconds ahead of second place. The men's prologue was won by Grant Bluett in a blistering 13:27 sec; MFR's Rune Olsen made it in the top 10 finishing in 14:51 sec. Adrian Jackson, Warren Key and Bruce Arthur made it into the top twenty in a very strong field.

The wanna-be elites - the 'sledgers' - raced in the 'slogue', although there was nothing slow about new club member Robert Molnar's winning time of 16:19 sec (which would have placed him mid-field in the elite men). Dion 'neon' Keech showed his liking for the short sprints with a career best 3rd place. The most exciting finish, however, was between the husband and wife team of Carl and Nicola Dalheim, with Carl just beating Nicola by 14 seconds in a sprint to the finish line (pictured above left).



The real racing started on Day 1 with fast running on the open Glenbrook map. The highlight was the mass start - and finish! - by the sledgers with Dion (pictured left) continuing his good form with another 3rd place. New associate club member Kerry White (pictured below left), stunned the crowd by establishing an 10 minute lead in the women's 21B class despite tending to distressed wildlife at control 2, spraining her ankle at control 5 and using a map and compass for only her second time!

The Buckendarra maps for day 2 and 3 had a great mix of open terrain and complex granite to keep you on your toes. The MFR women really shone with Nicola Dalheim, Carolyn Jackson and Sue Neve winning the W40A, W45A and W50A classes respectively. Despite a 25 minute mistake on the 3rd day Kerry still managed to take out the W21B class by 10 minutes. Coming in first in the men's classes were Todd Neve in M12, also by over 10 minutes. Robert Molnar won the coveted Sledge title, despite his comrades best efforts to get him drunk the night before at the infamous day 2.5 and jeopardise his race on day 3! Club elites Rune and Tash both came 7th in their respective elite classes, a fantastic effort given the strength of the field



MY EASTER AT JINDABYNE

by Rosie Dalheim.

We went Jindabyne at Easter for orienteering. It took eight hours to drive there. On Friday at orienteering me Aston and Jensen and Max played on a dirt mound. It was freezing cold. We had to wear lots of clothes. When we got back to the lodge Max Aston and I went swimming in Lake Jindabyne. On Saturday at orienteering I met a Swiss girl called Eline. She was four years old. She couldn't speak English but we still communicated and had lots of fun. On Sunday we had an Easter egg hut at the ski lodge before orienteering. On Sunday me Max and Grandpa did an orienteering course. It took us 31 minutes. We sometimes walked and sometimes ran.

On Monday we went to orienteering. Mum won. When we got home we went to where Grandma and grandpa were staying to have dinner at an International restaurant. I had fish and chips and apple crumble with Ice cream. Max and I stayed the night at Grandma and Grandpa's. Unfortunately Max vomited all night. I had lots of fun. I can hardly wait for the next orienteering holiday.

MFR Annual General Meeting

Melbourne Forest Racers: Minutes of First Annual General Meeting

Date: Saturday 26th February 2005

At: Slatey Creek Picnic Ground

Present:

Bruce Arthur, Anne Arthur, Mason Arthur, Torren Arthur, Dion Keech, Aaron Dodd, Adrian Jackson, Peter Jackson, Jasmine Neve, Sue Neve, Morten Neve, Robert Mulnar, Warren Key, Tash Key, Aston Key, Jensen Key, Rune Olsen, Blair Trewin, Paul Liggins.

Apologies:

Carolyn Jackson, Timmy Jackson, Susannah King, David Jaffe, Nicola Dalheim, Carl Dalheim

1. President's Report accepted.

2. Treasurer's Report accepted. Trewin, N Key

3. Election of Officers

President: Bruce Arthur. (Trewin, J Neve)

Treasurer: Nicola Dalheim (N Key, Keech)

Secretary: David Jaffe (Keech, N Key)

Newsletter Editor: Dion Keech (N Key, P Jackson)

OV Councilor: Peter Jackson (B Arthur, N Key)

Equipment Officer: N Key (P Jackson, A Jackson)

4. David Jaffe proposed that we introduce a policy of setting a maximum term of 3 years for the President and Treasurer positions. This motion requires 21 days notice. A Special General Meeting will be held on Monday 11th April to address this motion.

5. The committee approved the purchase of a MFR club flag. Dion will design the artwork. See www.flagmakers.co.nz.

6. 2005 Event Roster

Feb 16 Sprint Championships: organiser Dion Keech, controller Blair Trewin

May 1 Eaglemont Flats: organiser David Jaffe, course setter

Natasha Key

June 26 Westgate Park: organiser Paul Liggins, assistant Aaron Dodd

August 14 Mt Tarrengower: organizer Bruce Arthur, course setter Warren Key, SI co-ordinator Blair Trewin

Oct MTBO: Jackson Family

Foot O Controller: S Neve

MTBO Controller: P Jackson

2006 Victorian Relays: Sue Neve (tentative organiser), with Peter Jackson to attend initial 2006 Easter carnival meetings on behalf of MFR.

7. Wooden Spoon awarded to Dion Keech for excellence in Monday night food and perseverance with the maple syrup cake



8. Vic Champs 2007/8. We would prefer to organize this on our own rather than together with DROC. Peter Jackson, Warren Key and Sue Neve form a subcommittee to plan for this.

9. MTBO Maps. Motion for MFR to share cost of Old Quartz Hill map with YV at a cost of about \$360 approved. (P Jackson, B Arthur)

10. O-suit order has now arrived. Please see Natasha to collect your order or if you need extras.



2004 CLUB AWARDS

Carl - Child minding award

For being the most relied on childminder in the club

Adrian - Best in Club

For good mountain bike riding work (pictured here assisting Morten taking minutes at the AGM).

Dion - monday night cook award

For excellence in Monday night cooking

and perseverance with the Maple syrup cake (i.e. remembering to put in eggs)

Liggo - Club Journalist award

For overseas correspondence

Blair - weatherman award

Holding off the rain at the Eaglemont flats event last year

racer's X training

Paul Liggins' off-season training

The Wildside MTB race is a 4 day slog across western Tasmania from Cradle Mountain to Strahan. It is an off-season training event favoured by many MFR's, including Carolyn Jackson who starred last year. It combines a number of cross-country racing stages, with a few untimed "cruises", normally on roads. The scenery is absolutely fantastic, but the weather is sometimes, um, unpredictable. Here's a blow-by-blow description of this year's race.

Day 1 – Competition Stage 1 – Cradle Valley 16km

Its fine to start with, but the rain comes in horizontally after a while. I am in one of the last groups to leave and get stuck behind a lot of riders. My back starts to ache after 45 minutes and I fall off several times. The last 2km is ridden through a single 30cm deep puddle of the vilest mud you've ever seen. Its below zero at the finish line and I stop and throw my bike away in disgust. Team chef, masseur and morale booster Clare tries to console me while washing my bike down in a freezing stream. An inauspicious start. My Time: 1.01.27. Sid Taberlay's (Olympic MTB rep) time: 45.06 (including a flat tyre).



Competition Stage 2 – Que River 19km

Clare finally coaxes me out of the car with a promise of mars bars after I lock the doors, crank the heater up and refuse to budge. Amazingly the sun comes out and the trails are less technical than in the morning. I have a good race and sneak ahead of a few in the compulsory neck-high wade across the Que River. My time: 1.00.03. Sid's time: 44.42

Day 3 – Competition Stage 3 – Stirling Valley 12km

Sid looks nervously at me at the start. He knows my form is coming together and I've moved up in the seedings to the third group. Unfortunately I get stuck behind a few riders in the single track ascent, and lose my nerve completely when a guy ahead of me crashes hugely on a rocky descent, necessitating application of my minimal first aid skills. My time: 1.03.57. Sid's time: 40.05

Competition Stage 4 – Montezuma Falls 28km

This stage starts with a 5km uphill ride on a sealed road – my forte. It then follows a smooth old tramway through the rainforest, before crossing Montezuma falls on an old suspension bridge. Probably some of the best riding I've ever done. After a good start I run out of energy on the hill and my back starts playing up again. Sid is safe for another day. In the evening Greg (Clare's dad) and I give the bike a complete overhaul. My time: 1.19.53. Sid's time: 58.07

Day 3- Competition Stage 5 – Spray Tunnel 5km

A reverse order chasing start time trial. The first part of the course is highly technical and I'm caught 30 seconds by the rider behind me after I've only been riding for a minute. I fall off twice, ride off the track and by the time we ride through a disused mining tunnel I've been overtaken again. Not happy. My time: 21.04. Sid's time: 14.25. Sid is now 80 minutes ahead of me, but MTB is a funny game and he can't rest yet.

Competition Stage 6 – Granville Harbour 22km

A fantastically scenic ride along the coast with magical views out to sea and inland to the granite and sand hills. Unfortunately the course consists primarily of unrideable (for me) steep downhills, linked together by unrideable steep uphill, with some unrideable bridges in between. I pass someone in the hands of the ambulance with blood streaming from a head wound and slow down even further. Sid has packed up and gone home by the time I finish. My time: 1.23.14 Sid's time 56.57

Day 4- Competition Stage 7 – Hells Gates 36km

A mass start from the centre of Strahan followed by a hard-packed sand ride along Ocean beach and back via the sandy tracks in a pine forest. Again some of the most fantastic riding scenery ever. About 30% of the riders at the start have at least one limb in a bandage. My usual slackass start means I miss the speedy bunches along the beach but a group forms around me and I make up some lost time at the end. I Come second in the bunch sprint across a creek and through the dunes. My only hope of beating Sid is if he gets hit by a car but it doesn't happen. I grudgingly congratulate him and look forward to revenge next year.

Thanks to Greg and Clara for ensuring I was just about the only competitor to get through with body and bike unscarred. No thanks to MBC who failed to take up my sponsorship application again.

Secret training?

Not looking forward to the Melbourne winter ? Need to get away for some secret training ?

Club stalwart Paul Liggins has recently purchased a new unit in Sunshine Beach at Noosa. This brand new luxury unit is only 200m from the beach, has 2 bathrooms and bedrooms, is 150m from the Sunshine Beach shops (including award winning restaurants) and just 500m from the wonderful sandy running trails in the national park. Its also super close to the bus into Noosa (a 5 minute trip). There are ocean glimpses from the balcony.



Getting there is easy with great Jetstar deals on airfares to Maroochydore, just a 25 minute drive (or bus trip) away from Sunshine Beach.

In order to pay off my unfeasibly large mortgage I am looking for holiday-rental tenants. Standard rates will probably be \$1800 per week (Xmas to New Year) \$1400 (school holidays and Easter) and \$800 for the rest of the year, but generous discounts to MFR members are available. Contact Liggo on 0408 417 335 if you're interested.



(Note furnishings pictured above are from unit 1 – furnishings for my unit (5) have not yet arrived. expect to sit on the floor and BYO thermarest!)

O Suits for sale

MFR have a stock of dashing MFR O-suits, as follows:

- Tops - 2 small and 2 large @ \$60 each
- Pants - 2 medium, 2 Large and 1 XLarge @ \$50 each

Please see Tash if you would like to have one. Those who haven't yet paid for their suits please pay Nicola ASAP (cash or cheque).

"I ran in my MFR top at Easter and whilst it didn't improve my times it certainly helped me pick up some 'O' chicks for sure!" (anon. single, male, PW employee, club member)

Eaglemont event

On May 1 we are organizing event at Eaglemont Flats for National O Day. Unfortunately it seems like neither O Australia or the VOA have done anything except stage schedule the events.

So what can we do? Well firstly, as always help on the day will be appreciated but almost more importantly, Please help rally up some virgin Orienteers. The map caters for all abilities and is right in the middle of town. Blair has already agreed to organize some reasonable weather.

So can you:

- stick flyers in Gyms, Kinders and schools (email my wife Sue_Guinane@limebridge.com.au)
- get it in school newsletters
- invite those neighbours/friends or colleagues who have always wanted to know why you disappear on Sundays and wear that Kinky nylon gear
- if you see groups of runners in and around the Yarra bike track...mention it to them

Your mission, should you chose to accept it, is to bring 2-10 people to have a go. 40-50 new people would be a record for something like this. As the most dynamic and fastest growing club in Melbourne, it's up to us. Go for it or call me if you need any help. David Jaffe 9495 5505

TV guide



The new series appearing every sunday in a forest near you!

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