

FOREST

understories

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photo: Dion Keech

Viking invasion!

Rune Olsen, the latest star recruit to MFR, has burst onto the Victorian Orienteering scene late in the 2004 season with a victory on debut in the Eaglemont Sprint

(see page 2) and first place at the Victorian Sprint Champs held at La Trobe Uni (see page 5). Read more about the dashing Dane on page 5 as we interview him for Forester of the Month.

Christmas Party!

MFR Christmas party will be on Monday 20th December at 7pm. Yarra Bank Reserve, Creswick St, Hawthorn. Casual evening with food and games. Optional Short run at 7pm sharp. BYO food for bbq/salad, sports equipment for a cricket game etc. and \$10 Kris Kringle. If the weather is inclement, we may adjourn to Rune's residence 20/59 Westbank Tce, Richmond ph. 0424 287 504.

Draft 2005 Fixtures

MFR are organising a State Series race on August 14 next year, (venue TBA), and an MTBO state series event near Bendigo on October 9. There will probably also be a couple of Micro events at Eaglemont Flats and Westgate Park (if Paul can complete the map). I would like to run training days also on 20th Feb, 20th March and 22nd May. If you are interested in being involved in organising any of these, please contact Bruce (before he allocated you to one).

State Series 2004

MFR's have featured highly once again in the 2004 foot-o State Series standings winning both the mens and womens elite divisions. Bruce Arthur scored 67 points from his 8 races to be 3 points clear of 2nd place at season's end while Natasha Key took the 10 points from all 6 of the races she ran in to be well clear in first place. Todd Neve won the M12A division while a surprising victory went to sledger Dion 'Neon' Keech in the M21AS division (seen here in training). Congratulations!



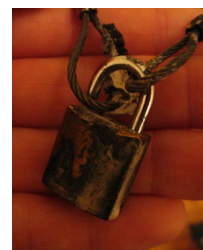
Eaglemont Sprint

Words and Pictures by Dion Keech

The weather held off this year for the annual Eaglemont Sprint event held on the Sunday before Cup day and fun was had by the all on the varied and detailed 1:3500 parkland map. The sprint format – designed for fast and competitive racing and to give spectators the chance to see the elites in action – has been implemented into the VOA calendar by MFR and the Eaglemont Map was well suited to the format.

Fresh off the plane from Denmark Rune Olsen stunned the crowd with a spectacular win on his debut, clocking just over 16 minutes on the 3.5km course. Adrian Jackson and Bruce Arthur weren't far behind to make up the top 3 and it was almost an MFR clean sweep of the Top 6 men's placings save for Adam Scammel's 4th spot. Other MFR's to race were Peter Jackson (9th) and Carolyn Jackson coming in 10th overall and the fastest female competitor.

The event attracted some unwanted participants: pyromaniacs who thought it'd be fun to burn a few of the plastic controls that simply disintegrated into molten goo on the ground. Luckily it was towards the end of the day and didn't affect anyone's race. Lucky too, for them, that I didn't catch them given the many hours of work that went into designing and building those controls (resistance to flame wasn't part of my brief).



Had we scheduled the event just one week later we'd have all been literally swimming the course. The photo below by Blair shows the start area on November 7.



Tim Jackson at his first control



Bruce Arthur in full stride



Whats coming up on the 2005 orienteering scene?

*Blair Trewin
previews the
national and
international
2005
Orienteering
season*

2005 will be another big year on both the national and international scene. Internationally, the high point of the year will be the World Championships, in Japan in August. Australians have a good history in international races in Japan, probably because everyone else (except the Japanese, who aren't usually much of a threat to the top places) has to travel a long way too; Grant Bluett won a gold medal in the World Games there in 2001.

The Junior World Championships will take place in Switzerland in July. After her wonderful performances at senior level in this year's World Championships, Hanny Allston will be hoping to do justice to that ability at junior level; she is certainly a potential medallist if she has a good day. Julian Dent, in his final year as a junior, will be another one to watch.

Apart from the World Championships and the big Scandinavian relays, the biggest race of the senior elite season is likely to be the Nordic Championships, in Norway at the end of May. Despite the name this is open to competitors from all countries, and will probably have a tougher field than the World Championships because more runners from the Scandinavian countries can enter – it is always an excellent place to get world ranking points! It remains to be seen how seriously most will take the World Games, in Germany in July, but Australia has qualified a team and will be strongly represented. Fading in lustre is the World Cup, in its second-last year (and to be honest, this particular horse should have had the screen put up around it and the vet called for once the annual World Championships came in) – Britain in May and Italy in October host series, but is anyone going to turn up?

Closer to home, but still overseas, the Oceania Championships and Australia-New Zealand Challenge will happen near Auckland in January. Australia is sending its strongest team since 1994 (thanks in part to the existence of the Australian Schools team, whose presence means most junior teams will be close to full strength), and would hope to beat the New Zealanders on home ground for the first time since then. MFR will be represented in the Australian team: Peter Jackson (M55), Sue Neve (W50), Jasmine Neve (W20), Morten Neve (M18), Paul Liggins (M35) and Blair Trewin (M21) will all be wearing the green and gold, while Clare Hawthorne was selected in the W21 team but had to withdraw.

The major national events for 2005 will be Easter at Jindabyne, and the Australian Championships in Tasmania. Jindabyne is a new area for orienteering (and has been much drooled-over by various Canberra orienteers en route to the snow for many years). It promises lots of interesting rock, probably in fairly open terrain. In Tasmania, we will be returning to the Littlechild Creek map near St. Helens, originally used for the 1988 Asia-Pacific Championships. It's reportedly a bit thicker now than it was then, when it was one of the most enjoyable areas I have run on Australia, but will still provide a real challenge – as will the Tasmanian Championships on the dunes at Pittwater.

The National League also takes in New South Wales, where the Australian Middle Distance Championships will be contested at Rylstone on the Anzac Day weekend, and Western Australia, a new venture outside of the championships. Victoria does not host a National League race in 2005 for the first time in many years, but the Eureka Challenge weekend will still be run at the end of February, and will hopefully attract a good turnout from interstate as the year's first major event. It is also the Victoria-South Australia Challenge.

Victoria will host the final World Championships selection trials, at the end of May, as well as the Australian MTBO Championships and WOC selection trials, both to be staged on the World Championships maps. The next most significant event locally will be the Victorian Championships, to take place at the north end of Barambogie.

The local event scene in 2005 will be much as it was in 2004, with the main addition being the first trial of the Macedon Ranges summer series in the early part of the year. The State Series commences on the last weekend of February, which also includes the Victorian Middle Distance Championships. The Victorian Sprint Championships will take place at Scotch College in mid-February.

Vic Relays Eppalock North

Words and pictures by Dion Keech



Tash and Dion discussing race tactics



Morten Neve running to the spectator control

In a shock result at the Victorian Relays, MFR's 'gun' team, – Adrian Jackson, Paul Liggins and Rune Olsen (the later bought in at the last minute to replace Bruce Arthur who was unable to attend) - who previously were feared as unbeatable, failed to finish and the cross-club combination of Yarra Valley's Fell Brothers and our own Warren Key took out honours in the group 1 open men's division. Warren caused a controversy by donning a YV top for the day. He claims to have run more km's on the Eppalock North map than any other orienteer (and possibly any other kangaroo too) in Australia. It was this experience that helped him record the fastest leg on the course and take his team into first place, 15 minutes ahead of the Bendigo team in 2nd place.

Going into the last leg Adrain and Paul had MFR a clear 10 minutes in the lead but a broken compass sent Rune into a spin on his second control and he was not able to recover.

No one dared compete against MFR's women's 'gun' team – Natasha Key, Carolyn Jackson and Clare Hawthorn – who took out the group 2a division in 140.12 sec. Max and Morten Neve teamed up with Peter Jackson to win the Group 3 division, the combination of youth and experience seeing them clear of their nearest rival by over 10 minutes.

In the stand-out result of the day another 2 Neves – Sue and Todd – teamed up with Dion Keech to blitz the mixed open division by over 18 minutes, the combination of youth, experience, an ill-fitting pair of deck shoes and a sledger's mediocrity proving very successful. Another fabulous day for the club saw MFR's winning 4 of the 7 divisions.



Mixed open winners Todd and Sue Neve and Dion Keech



Warren racing in a Nilumbik Emus top

THE CHARGE OF THE BIKE BRIGADE

Great Victorian Bike Ride 2004

By Margaret King

Into the valleys and hills rode the eight thousand .
Bikes to the right of them, bikes to the left of them,
Bikes fore and aft of them, pedalling on.

Port Fairy to Port Campbell was spectacular for views-

The sky and sea in every sparkling shade of brilliant blues.
Apollo Bay to Aireys with no cars along the way,
Blue skies, tail wind –it was a cyclist's paradise all day.

Tessellating tents in pouring rain or dusty heat
Was challenging – but worth it for the people that you'd meet.

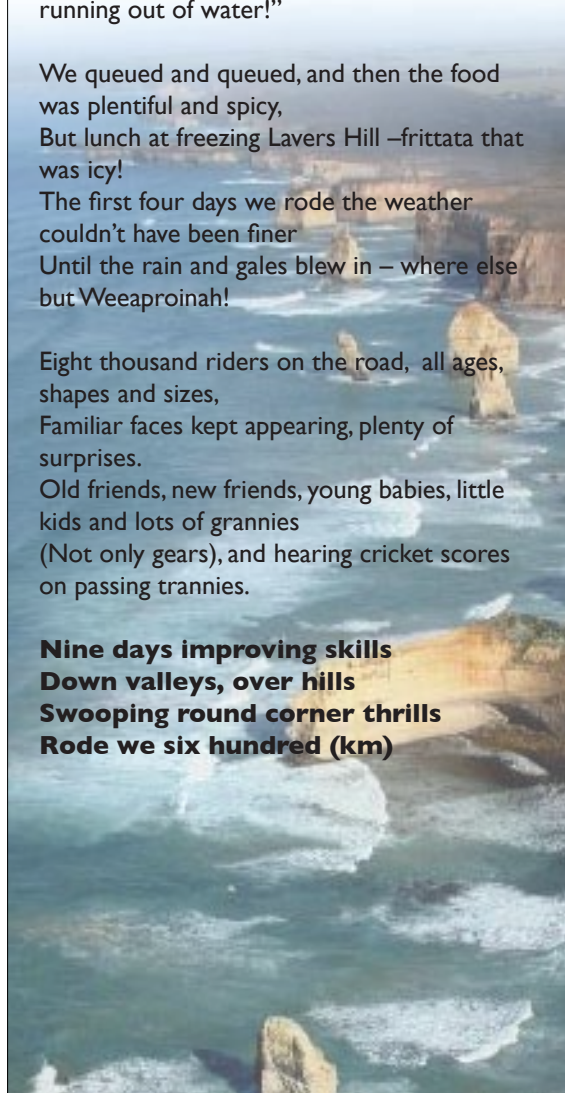
Whenever queues for loos and showers looked like getting shorter
You'd have to join another – "This one's running out of water!"

We queued and queued, and then the food was plentiful and spicy,
But lunch at freezing Lavers Hill –frittata that was icy!

The first four days we rode the weather couldn't have been finer
Until the rain and gales blew in – where else but Weeaprounah!

Eight thousand riders on the road, all ages, shapes and sizes,
Familiar faces kept appearing, plenty of surprises.
Old friends, new friends, young babies, little kids and lots of grannies
(Not only gears), and hearing cricket scores on passing trannies.

**Nine days improving skills
Down valleys, over hills
Swooping round corner thrills
Rode we six hundred (km)**





Rune Olsen

VITAL STATISTICS

Age: 26 (born 6 March 1978)
Lives: Richmond
height: 184 cm
weight: 72kg

I Grew up in a little town named 'Store Lyngby' with around 500 people. The town is located around 40 KM north west of Copenhagen. My mom and dad are still living in the country but my twin sister has left the nest as well and moved to Copenhagen.

Most of my child hood I was playing soccer with my friends everyday. My dad took me along to orienteering events from when I was a little kid. My First Orienteering race was O-ringing in a pram when I was 1 years old.

I have been Orienteering Since then and most of the time I can do it on my own (except for the very tricky Victorian Gully spur terrain). This leads directly to my most embarrassing 'o' moment. I broke my compass and lost the first 20 minutes in the tricky area around Lake Eppalock. I have joined PricewaterhouseCoopers in Melbourne on a 20 month contract, and will therefore have plenty of time to become familiar with the gully spur terrain. I look forward to try my strength against the more rocky and technical Australian bush.

Rune pictured here after winning the Victorian Sprint Championships at La Trobe University

When I see the dry Australian bush I certainly miss the open beech wood of home. When I train I mainly focus on running but have done some bike riding and alternative training as

running in water around Eaglemont. But hiking and skiing are also one of my favourites, and therefore my skies are on the way to Australia in a container.

I like Australian friendliness and attitude which I hope will be what you will experience if you come to Denmark. You will be more than welcome to visit me in Denmark when I return. First I have to enjoy the Australian Barbie tradition, and as good luck will have it I love a good steak direct from the barbie. Otherwise I prefer pasta dishes including Lasagne and my moms cooking!

A good phrase to know on a hot summer day is "To kolde fra kassen" meaning two cold beers from the esky! In this connexion it would be appropriate to say cheers in Danish.... Skål!

My 'o' idols is Carsten Jørgensen for his ability to pace himself and Chris Terkelsen for his excellent navigation skills. When I'm not running or training I prefer to relax and enjoy a good movie or listen to music mainly pop or rock. I love to travel and if I had the chance I would explore the world, the next step in this dream is Australia and I'm looking forward for that!



Vic Sprint Championships La Trobe University

by Dion Keech

The inaugural Victorian Sprint Championships were held in slippery conditions around the La Trobe Uni campus but that didn't prevent some lightning fast times being recorded. The newly revised map provided excellent urban terrain with complex route choices. Plenty of 'dead ends' kept everyone on their toes and demanded close scrutiny of the map. Starting competitors at 1 minute intervals in a sprint format made for some exciting racing and an accumulation of runners approaching the finish as faster, late starters caught up.

Course setter, extraordinaire, Paul 'Liggo' Liggins made excellent use of the built environment of the campus and the bush periphery. "Course setting requires a certain state of mind" says Liggo, "I become one with the very buildings and features of the map and from that 'flowed' my control site choices". Rune Olsen took line honours in the men's open division in a time of 16.13. In a repeat of the Eaglemont event just days before Adrian and Bruce came in 2nd and 3rd respectively both inside a minute behind Rune. Natasha Key won the women's race in a time of 16.20, 2 minutes clear of second place getter Clare Hawthorn.

An excellent club turn-out ensured MFR's dominated the placings, taking the first 5 places in the men's (and 7 of the top 10) and 1st and 2nd in the women's.

LETTERS

Micro Relays

Words and pictures by Dion Keech

The Darebin Micro Relays for teams of two were held in very boggy conditions in mid-November amid a period of record-breaking rainfall for Melbourne. Courses were modified owing to the high creek level which prevented safe access to the controls on the east section of the map.

An exciting mass start and views from the assembly area to a large part of the map made for a thrilling event. Bruce Arthur and Dion 'Neon' Keech combined for a comprehensive victory ahead of the Key team: Warren and Tash. Adrian Jackson (teamed with Father Peter) scraped in ahead of a spectacular sliding finish by Adam Scammel of YV to come in 3rd... another gold, silver, bronze placing for MFR.

"As a sledger it's great to win at the top level" Neon said after the race. "I had to work hard though to make up for Bruce's slow time", referring to his partner's sluggish race which Bruce put down to sleep deprivation from the birth of Torren just 2 days previously.



The winning teams

What makes a good orienteering event

By Rosie Dalheim (Age 8)

These are the things Max and I think make for a good orienteering event.:

- String course (with lollies at the end)
- other people to play with
- the lolly shop
- getting dirty and having messy hair
- playing in the bush
- getting to camp with friends before a race
- the race being a long long long drive away, and staying for lots of days
- jumping on Rob and Michael in the morning when we are camping
- and finally having lots of yummy food when camping, such as jaffles and marshmallows and a really fun camping spot.

Congratulations to Bruce and Anne Arthur on the safe arrival of their second son, Torren Cade Oliver Arthur, born 6:43am, 11th November, 2004 at Freemasons Hospital Maternity Unit, East Melbourne
3110g 6lb 13oz 49cm

Dear Ed

Just a quick note to say that i will be sunning myself in the whitsundays all summer surrounded by beautiful women in bikinis and getting paid for this. see you in the new year. Simon Goddard

Dear Simon

I want to let everyone know what you're up to in the upcoming newsletter simon so Let me get this right: this Sunday you're hoping the sun will be out because you'll be getting paid to wear a bikini? Who is paying? For what cause are you doing this? Can I send the FU photographer out to get a picture of this for the front cover?

Dear Ed

I'm hoping to gain sponsors. It's for the 'dislexic/chinese whispers foundation' who supports those who incorrectly paraphrase. Please give generously.



Merry Christmas
..from all the team here at Forest Understories

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