

FOREST



understories

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photo: Robert Molnar

Racers selected for National Teams

Melbourne Forest Racers will be well represented at the international level in 2005.

Natasha Key (pictured above at the Little Forest selection trial race) has been selected for the World Orienteering Championships to be held in Japan in

the 2nd week of August and Adrian and Carolyn Jackson will represent Australia at the World Mountain Bike orienteering championships to be held in Slovakia in September. This is in addition to Jasmine's selection on the JWOC team. An excellent result for MFR. Congratulations and good luck.

Victorian Nuggets Report

After 10 of 15 rounds of the 2005 National Orienteering League, the Victorian Nuggets remain in a close battle with NSW for second place.

Canberra look to be well clear of the field again this year, but the minor placings will be tight. NSW, with the advantage of home ground in the three races over the ANZAC Day weekend, reversed their three-point deficit from Easter and held a seven-point lead after 7 rounds. However, a strong performance from Victoria in rounds 8 and 9 bridged the gap, but NSW again pulled away by 4 points after round 10.

Round 9 was a highlight of the season so far for the Nuggets. This was a sprint distance race 1.5hrs east of Perth, in an

area similar to next year's Australian Championship area. Both the women's and men's teams were victorious to give Victoria maximum points. Thanks to the support of Orienteering Victoria to help fund the team to this round. Clare Hawthorne won this race, with Kathryn Ewels second, and Jasmine Neve fourth. The men's race also contained 5 Nuggets in the top 11, with Rune Olsen (2nd), Bruce Arthur (6th), Jim Russell (8th), Warren Key (10th) and Blair Trewin (11th).

Round 8 in WA was also won by the Victorian women. Natasha Key displayed her best form this year to win the Middle Distance race. Jasmine Neve (6th) also showed some great form at the elite level. Rune Olsen (5th), Bruce Arthur (9th) and Warren Key (10th) gained top ten places in the men's race.

Round 10 was a tough long distance race for most people at the end of long weekend of racing in WA. Clare Hawthorne (3rd) and Warren Key (7th) were the best of the Victorians. The leading individual performances in the NSW ANZAC Day weekend came from Jasmine Neve, who was 6th in Round 5 (the Australian Middle Distance Championships) and 5th in Round 6, her best open results at that time. Rune Olsen was 5th in Round 7 (the ASC Galaxy Sprint) and 7th in Round 6, whilst Bruce Arthur and Blair Trewin (8th and 9th respectively in the Middle Distance Championships) also managed top-10 finishes.

The highlight of the Easter races was Troy de Haas' victory in the overall elite men's competition. After a slow start, Troy dominated the long distance race on Easter Sunday to win by a huge margin, in probably the best elite men's field assembled in a domestic race in Australia for at least 10 years. Natasha Key won the women's prologue, while Adrian Jackson also showed form in these races to demonstrate that he is more than handy off the bike, and could be even more dangerous if he devoted his efforts to foot orienteering.

Chris Naunton is coming second in the junior division after winning the Middle Distance Championships. Jasmine Neve is 4th in the women's junior category, despite running several races in the senior division. Victoria is currently third behind WA and NSW in the junior teams' competition, although with junior teams able to drop their worst seven rounds the teams that were not represented in WA and NSW will have the opportunity to make up ground.

Congratulations to Jasmine Neve for her selection in the Australian Junior team for the Junior World Championships in Switzerland. Chris Naunton is a reserve. Clare Hawthorne and Bruce Arthur were selected in the Australian Bushrangers team to compete in a test match against NZ in May, with Kathryn Ewels and Ilka Barr as reserves. The Australian Team for the World Championships in Japan has been announced. Troy de Haas, Natasha Key are in the team and Clare Hawthorne is still a chance, pending an appeal.

Bruce Arthur



photo: Robert Molnar

Rune Olsen seen here in the finish chute after the gruelling men's long distance section trial race

SA Championships – June 12 & 13



photos Bruce Arthur

Congratulations to the small Lincoln Orienteering Club for organising a great 2-day championship event and attracting a healthy attendance for an event over 7 hours drive from Adelaide. David Winters (LI S) prepared 2 fantastic adjoining maps on unique limestone/sand dune terrain. The quality of the maps was superb, and Winters had obviously spent an enormous amount of time mapping the complex vegetation and limestone details. The terrain could be compared with Cantara Dunes, especially the relief and vegetation, but with limestone details instead of complex dune formations.

Peter Sheridan (LI S) set some great courses which challenged even the best technical orienteers. The difficulty was trying to navigate the complex features in low visibility while trying to keep up a speed of around 6min/km. On Day 1, young elite Lachlan Hallett (YA S) took a narrow lead of 35 seconds in M21A from Bruce Arthur (MFV), with both losing time in the low visibility scrub. Conrad Elson (AL T) was 12 minutes behind and out of the running for the title. Hallett's younger sister Zebedy led W21A from fellow JWOC team member Vanessa Round (TT S) by almost 3 minutes.

The tables were turned on Day 2 in both open classes, with Arthur and Round coming from behind to take victories. Arthur caught Hallett 4 minutes in the forest and then pulled away under dark skies, some hail and freezing conditions for a 9 minute victory. In W21A, Round won day 2 by 6 minutes to also win by a comfortable margin.

Full results and splits at: <http://www.oasa.asn.au/results.htm>

Bruce Arthur

National O Day Event: Eaglemont Flats

There were a few days in March and April where I began to think that "o" in National O day was really a zero. There certainly was zero support from anyone in a National role and zero publicity. Then when I looked further at the date I got really depressed. It was "race the train day" so I started to think we'd have no help and no competitors as well. When I got the Orienteering Australia magazine a month before the event, I was reaching for the valium and heading for the exit. Not one mention of National o day in the whole thing and in fact a whole article promoting AWOC's Nail Can Hill Run that was on the same day and had no Orienteering focus at all. I've run that race and it's a great race but it just shows how little attention we pay to "O promo". AWOC got on the front foot but surely National O day could have embraced that as well. I began to have sleepless nights that this would be another promotional dud! I'm glad to say I was wrong.

The combination of MFR support, collaboration with Dandonong Ranges and my wife's unstinting efforts to promote a sport that she doesn't even compete in did the trick. Tash did a magnificent job setting courses with I'm sure, some of Warren's help. The day dawned gloomy but when the sun broke through, it became perfect autumn O weather and that was great relief. Ian and Debbie Dodd's had done a cracking job on the maze o. I'd embraced their idea as I thought we needed something else to get regular Orienteers out of the "micro O been there done that" apathy and it seemed to do the job. It was an amazing hit with all those

who tried it and the kids loved it. Aston and Jensen found tapes that passed above their heads were no obstacle at all whilst the older kids were able to have multiple tries without getting bored. My kids were asking when the next Maze O was on and even Bruce "big kid" Arthur came back for more.

Sue had madly distributed flyers and leaflets and several local schools as well as to friends and others. I know Nicola and Tash did the same. We even got a small article in one of the leader papers. So we got about 20 non regular orienteers to attend and they loved it. It seemed to me that everyone who helped had a great morning. The kids played together, most of us got a run, the regular O guys admitted they enjoyed it and two clubs came together to create an excellent day. It seems to me that as a club, we sometimes forget that putting on events can be fun for all of us and our families.

As for Maze O well and I think we're onto something here. The potential to set it up in schools or instead of string courses seems to me to be huge. We could even stage one in the Tan off the back of some of the lunchtime races? The slope near the Myer Music bowl would be perfect!

So many thanks to all of you who mucked in and helped out. It was a great morning out and we put on a great event. I went to sleep a happy man!

David Jaffe



Robert Molnar

VITAL STATISTICS

D.O.B: 12/06/1975
height: 186 cm
weight: 81kg
Marital status: single and freelance!

Robert joined MFR at the beginning of this year adding to depth of international talent in our ranks. this is what he had to say about himself...



photo: Robert Molnar

I came here in September and I plan to stay until 2007. I am a student here and living my budget life around the Glen Waverley area. I have already studied in all sorts of areas (Diploma Of Auto Mechanic, Masters in Physical Education), but I always saw the way I was going. I have been an orienteer since 1987 and have competed around Europe and the United States as well. I represented the Hungarian National Team at three different World Championships (Military 94', Junior 95', Rogaining 02') and put myself in the top 3 about 6-7 times at the National Championships).

From 1996 I moved more into orienteering and I worked as an assistant director and coach for our club. My orienteering career was pretty much off track after 1999 for years due to injuries, but hopefully I am on my way back (again). I am really enjoying orienteering here. My Easter Sledge race was good, met some people, have fun on the course, and enjoy the High Plains. Since then I have been working on my fitness and have had the chance to run for the Nuggets at the National League events with more or less luck. I am really looking forward to represent my new club, Melbourne Forest Racers at the upcoming races...see you around

Some interesting facts of my life:

Favourite number: 12

Favourite movie: Ben Hur

Favourite music: Ravi Shankar, Beatles, Carl Orf, The Cure, Depeche Mode, Metallica, Gypsy music, etc.

Coldest place I have ever been: -33 Celsius: Mt. Aconcagua 6962m (it is also the highest one as well)

Hottest place: +47 Celsius Gorakhpur, India

Highest point I ran: 5500meters (The Andes)

Highest wind I have ever ran in: 80-130km/hour on the top of Mt. Washington (USA), when I ran up in snowshoes

Fastest 400m: 53,2

My Favourite training run: 44km through the Presidential Region (11 peaks, USA), total 3300meters climb- 8hours 52min

Interesting jobs: newspaper delivery, car mechanic, coach (orienteering, track and field), security guard, P. E. teacher, teacher on a cruise ship, product manager - oil and lubricant business, soldier (military service).....

Most dangerous situation: In coma for 26 hours after a drowning accident (2000)

Orienteering habit: I do not use compass



photo: Robert Molnar

MFR Rogaine winner

Melbourne Forest Racer Dion 'Neon' Keech has won the Spargo Sprint 6 hour Rogaine held in the Wombat State Forest on the weekend with partner Marcus Godhino.

The combination of Marcus' marathon running stamina and Dion's navigational skill lead the team over the finish line in 6 hours and 6 seconds (a 10 point penalty) with 1860 points, making them overall winners for the weekend, clear of 2nd place by 160 points. They managed to cover 39 kilometers on tracks and through blackberries, recently felled pine forest and other thich undergrowth.

Bruce and Blair aso competed getting 1290 points in 3hr 16. minutes.



photo: Robert Molnar

Dion running at Little Forest on the Men's middle distance selection race; a stunning 6 minute error on the very first control placed him last, even behind the injured Blair Trewin!

President's Piece

For some, the major competition season has reached the mid-season break; for others, the major international races are just about to begin. For those remaining in Melbourne, it's time for us to prepare to make our events some of the best on the Victorian calendar.

Please offer your assistance to the organisers now to help to share the load, and join in on the fun on the event days so that we can all help organise and have a run.

Important Dates

Sunday June 26

Micro event - Westgate Park

Organiser: Warren Key

Sunday August 14

State Series – Mt Tarrengower

Organiser: Bruce Arthur

Sun 9 October

MTBO - Mirboo North

Organiser: Peter Jackson

April 2006

Victorian Relay (Easter Carnival)

Organiser: volunteer required

Aston's diary

Here's some excerpts from Aston's Diary that he kept as he crossed the Nullabor Plain with his family en route to the WA NOL event:

21st May

Today mummy wanted to go for a run so daddy said, go ahead and she got out North of Adelaide and we picked her up again at Pt Augusta.

Jensen only cried twice today. Once for three hours and once for four.

22nd May

Mummy said, if I was good while we were crossing the desert I could have anything I liked when we got to Perth. I wonder if she'll let me set Jensen's hair on fire again.

23rd may

Today we sent past something called the Great Australian bite...so I did. Jensen didn't seem to like that.

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