



FOREST

understories

ISSUE **3**
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Vic champs 2005
page 2

NSW champs
page 3

Key's Overseas
page 3

Aus Champs
preview
page 4

AJ wins bronze
page 5

Shock kiss has
Mary reeling
page 5

Westgate park
event
page 5



photo: Dion Keech

MFR Vic. Champs Trifecta!

MFR has taken out the Victorian Championship's Men's Elite Trifecta in a close top 3 finish between Blair Trewin, Bruce Arthur and Rune Olsen.

Confirming his meteoric 2005 return to form Blair Trewin came in just over a

minute ahead of last year's champion Bruce Arthur, returning to the top spot in Victoria after winning the title as a Junior back in 1987.

In the Women's Elite race Kirsten Fairfax confirmed her return to top form with a 3rd place.

VIC Championships 2005

It was a good day all round for Melbourne Forest Racers with no fewer than 12 top 3 finishers. Tim Jackson (M10A), Morten Neve (M18A), Warren Key (M45A), Peter Jackson (M55A) and Anne Arthur (W21B) were all second-place getters and Tod Neve (M12A), Robert Molnar (M21A), and Nicola Dalheim (W40A) topped their classes.

Well done on a top club performance.

Dion Keech



New Club member Torgeir Watne finishing in the gruelling 14km men's elite race



Jasmine Neve (left) and Carl 'filth' Dalheim and Dion 'neon' Keech, 3rd and 1st respectively in the coveted title for Victorian Sledger of the year!



Sue Neve at the spectator control on her way to an impressive 10 minute win in W50A



Kerry White (W35A) showing good form after 2 hr 12 minutes on course 5, entering the finish chute, a leg she won in 24 seconds



NSW Championships

A contingent of Melbourne Forest racers travelled to central NSW on the first weekend in September for the the combined middle and long distance NSW champs.

The terrain was excellent - albeit a bit too green on the Saturday - combining good granite features with forest ranging from thick to open. Blair and Rune put in solid performances both days coming 5th and 7th in the Middle distance, Blair some 4 minutes behind winner Eric Morris who completed the 7 km course in 43 minutes. Dion finished in 58 minutes. Jasmine lead the womens race on the Saturday until a 2 minute mistake on the 6th control cost her the lead; she finished in 5th place (17 seconds behind her sister Mace) and then in 4th place on Sunday. Mace had a day to forget on Sunday, picking up the wrong map at the start and losing 9 minutes to the first control!

Blair and Rune came 5th and 6th respectively in Sunday's race with Eric winning again. Dion got our club's only podium spot, coming third in the sledge. Our theme song for the weekend - snappy crocodile - kept us going on the long haul back down the Hume Highway.

Dion Kech



Keys take on the world!

The Key Family have been to all corners of the globe Orienteering this year - to Edmonton in Canada where Warren bagged a Bronze medal at the World Masters and then to Japan where Tash ran in the Australian WOC team. They sent in these photos from their trip.

The top photo is one of the kids sitting on a really nice bit of bare rock in Central Park New York. We spent a morning there, it is really beautiful and much larger than you'd expect !, it took me an hour to run around the perimeter, there are heaps of really secluded places, not a spot where you would go at night but the place was full of people during the day. Aston and Jensen were quite sure that they were going to spot Spiderman swinging between the sky scrapers of New York (they kept seeing flashes of red!), Ground zero was no where near as big as I imagined and the fire flies we saw in Madison Square garden were magic.

The next photo is from the lookout at Monument Valley Arizona, very much 'roadrunner' country. Amazing scenery all through that part of the world, Zion National Park, The Grand Canyon and The Arches National Park - I wonder why American's bother coming to see Ayers Rock. It was damn hot while we were travelling, our hottest day was in Las Vegas at 48.C and needless to say there was lots of swimming done on our holiday.



Australian Champs preview by Blair Trewin



The Australian Championships will take place in Tasmania this year. The championship events will take place on the Littlechild Creek map near St. Helens.

In its initial incarnation, for the 1988 Asia-Pacific Championships, this was as enjoyable an area as you'll find anywhere – lots of rock detail, runnable and not excessively steep. It got thicker in the four years after that (in 1988 it had been burnt in the not-too-distant past), and the relatively short courses (13.2km for M21E) suggest that it might have got thicker still, making it a physical challenge.

Features of the area that aren't common in Victoria are the marshes and the scrubby creeks. There are a number of large open marshes on the map. They look inviting, but are not particularly fast to cross. They are useful for navigation and to run along the edges. (As an aside, the tannin from the marshes also gives St. Helens tap water a distinct brown colour). Many of the creeks have narrow bands of thick vegetation along them, and picking gaps is potentially going to be very important to route choice. Unlike Victoria, you can probably push through a few metres of dark green if you really want to, but it's not something I'd recommend unless desperate....

On to the likely results:

M21E: The big question mark here will be how many of the WOC team members will run, and how seriously they will take it. Three are in the country (Grant Bluett, Troy de Haas and Dave Shepherd), although Troy's intentions are unclear and Dave is under an injury cloud. The absence of an Australian title is a clear hole in Grant's CV, and one he will be looking to address now that he's retired from international competition. He will probably go in as favourite whoever runs, and as a clear favourite if Troy is missing.

With Tom Quayle also still injured, the contest for 'best of the rest' is probably between Eric Morris and Rob Preston. Rob had an excellent early season and wasn't that far away from the team; Eric struggled early on and missed the WOC trials through illness, but two good wins in the NSW Championships suggested he is getting back to good form.

Form amongst the rest will become clearer over the next couple of weeks; this is a group that will probably need the big guns to make mistakes to get in the placings, but should all be there or thereabouts. Bruce Arthur is in career-best running form and had an excellent win against a decent field at Kooyoora, Blair Trewin has had an injury-free winter for the first time in several years, the Rattray brothers both ran well in NSW, and Rune Olsen will also be a contender if he can put a race together on the day.

My tips (assuming Grant and Dave run but Troy doesn't). 1. Grant Bluett 2. Eric Morris 3. Dave Shepherd. Best roughie: Bruce Arthur.

W21E: It looks like three of the WOC team will be running

here: Hanny Allston, Jo Allison and Tracy Bluett (Natasha Key will be missing). These three all had some very good days at the World Championships – exceptional in Hanny's case – and it is hard to go past them for the placings. Hanny has been untouchable at long distance from the WOC trials onward and probably goes in as the leading contender: granite hasn't always been her favourite terrain but she showed at Seldom Seen last year that she can now handle it as well as most. Tracy has had some minor injury disruptions in the lead-up but that shouldn't be too much of a barrier.

No-one else in the field has been able to match those three with any sort of consistency in 2005. Clare Hawthorne surprised us all at the same event last year, and is probably the one other person in the field whose good days are capable of going close to matching the good days of the WOC team members. Danielle Winslow, who was in the 2004 WOC team but had a disappointing first half of 2005, suggested at the NSW Championships that she was getting back into reasonable form, whilst Nicki Taws can never be counted out and Grace Elson is also a reasonable top-five chance.

My tips: 1. Hanny Allston 2. Tracy Bluett 3. Jo Allison. Best roughie: Clare Hawthorne.

Bruce Arthur running here at the Vic Champs is Blair's best outside chance for a win or a place in M21E at Littlechild creek.



AJ takes bronze



Melbourne Forest Racer Adrian Jackson has won a Bronze medal in the Men's Long Distance Final at the World Mountain Bike Orienteering Championships held in Slovakia this month. Combined with wins in Polish and Estonian world-ranking events in the lead up to the world champs Adrian is now ranked no. 1 in the world. Conratulations.



photo: Dion Keech

The biggest shock of the Victorian Champs event wasn't Blair's win in men's elite but the kiss that Mary Enter got from Warren upon winning second place in M45A. She's expected to make a full recovery ahead of the Aus. champs in Tasmania!



The Westgate park Sprint-O event was run on a new map right alongside the Westgate Bridge and was a great success for the club back in June. Geoff Hudson is seen here at a rather obscure granite control (top) with Dion Keech right on his heels. Below left is Dion once again on his way to finishing in 4th place. Kirsten Fairfax (below right) ran a good race considering the hangover she had! Bruce Arthur won the event in 23:17;8 out of the top 10 place getters were Melbourne Forest racers - well done!

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