

Tintookies Newsletter March 2014

Editorial Jeffa Lyon, Technical Andrew Slattery



A TT lunch on Sunday April 13th at Narrinyeri Hills (an OY event, an area challenging for its rocks and its vegetation changes...) The usual arrangements, let me know by April 6th.by ph.on 83893143 or Email on jjlyon2@skymesh.com.au if you can stay after your run. Don't forget to bring either a salad or a dessert to share, plates, etc and chairs.

It will be a good opportunity to meet our new members, the George family and the Grivell family---as well as welcoming John Niewenhoven back.

That TT lunch is on a day where TT is not responsible for the event—we're involved on April 6th where Steve Dose is course-setting at Pewsey Vale. Then TT was programmed to put on an event at Ngaralta on May 18th but Phil Hazell found out that THE WHOLE MAP AREA was burnt out in the Rockleigh bush fire. It swept through incredibly quickly so Mr. Kubenk didn't even have time to save his sheep. I wonder how long it will be before we can orienteer there again..... So Phil approached the Pyms to use their land but it's lambing season just then which we always avoid. So the May 18th Badge event is now at Lady Alice. It's just as well to start planning well in advance!

After that, it is a middle distance event on Wilpena CREEK, a map belonging to Saltbush and rarely used, so Bob Smith will get in early to see how the map reads after so long. That's Monday June 9th.

Then TT is almost done for the year.

The shed is finally to be named on the outside and several items inside might be purchased if we are successful in our Active Club Grant application eg some light stiles with adjustable legs. Good luck, Fi. These grants relate to council areas so perhaps Kay will apply for a grant for funds to finance the establishment of an MTBO permanent course at Melrose.

Looking back—to the Club Coaching Day. It was fantastic but not very well patronized, partly because it co-incided with a Junior Squad coaching session.

Basically there were 5 short exercises of under 2km and people chose which to do. Most people did 3 or 4 of them. There was a short easy course round the South West lake in Para Wirra. There was a chance to assess what a 5m change in height looks like and how accurate you are when you have to contour. Then there was a course with **no** numbers on the controls so you were forced to read the control descriptions to distinguish between the right control and the distractors which Tony Radford had included. Another was called "Critical Friend" which any of you could do any time on any map. You just need 2 people, 1 flag, 2 maps and a few circled controls. A goes out with the flag to place it where the map indicates, then hides. 2 minutes later B navigates to the flag, watched by A. There were lots of post-mortems—even B arriving before A! The last exercise was to help people to keep their cool in a Mass Start. 3 people started simultaneously to get to the correct first few controls without being influenced by other runners in the same area. Thanks to Clive Arthur for remembering he'd used that to coach Bruce quite a few years ago. Then there was the usual TT lunch which included the delicious cake made using Sue Millard's recipe. Jenny Kennedy was the cook and also wrote the following account of her doing Tony's course.

Tony's course

This course started at the car park and was quite short at 1.6 km but designed to make you pay attention to the control descriptions as Tony had placed a few decoy controls close to the real ones. There was also the challenge of not having the control numbers for reassurance. I took the direct route to number one – when part-way there I said to myself "quicker to have taken the track just north of the start, Jennifer" but I went straight to the control and was rewarded by all the nice little birds on the way. No trouble with number 2 but at 3 I fell for Tony's decoy which was in a group of knolls before the actual control just north of a pit. Luckily, I thought as I punched the card, "this isn't quite right" so I carried on and found the real control. 4 was nearby on a spur. Further down I could see what I assumed to be controls 7 and 8 with Erica and co

approaching them. “Don’t be distracted by other orienteers” she said. Controls 5 and 6 were across the creek and up the hill and quite easy. Then I crossed back over the creek to 7 and 8 which were on the spur. Here was another trick from Tony as there was a spurious control between 7 and 8, but recognisable as being too close to a rock face. Number 9 was in a pit to the south west from number 8 and I could see another control on a similar feature but it wasn’t on the right line and too high up (having done Bob’s contour exercise before this one!). Number 10 was an “easy to find” rock face and 11 and 12 were the same controls as 2 and 1 respectively. It was an enjoyable exercise and a really nice day to be out in the bush – thanks Tony.

Apricot Swirl Cheesecake (a la Sue Millard).

Ingredients

Crust

Packet of Nice biscuits

125g butter

Filling

700g cream cheese

1.25 cups sugar

6 eggs, separated

0.5 cup plain flour

1 cup cream

1 teaspoon grated lemon rind

2 tablespoons lemon juice

Vanilla

Apricot Puree

60g dried apricots

0.5 cup sugar

1 tablespoon rum

1.25 cups luke-warm water

Method

Crumb crust: Mix melted butter with crushed biscuits and press into base of 10 inch spring-form pan.

Refrigerate until set.

Apricot puree: (I used some home-made apricot jam and added rum instead). Soak apricots in water 1 hour. Add sugar and simmer gently 30 mins. Beat well and whisk through sieve. Cool, add rum and stir till smooth.

Filling: Beat together cream cheese and sugar in a large bowl until light and fluffy. Beat in 6 egg yolks until blended and then add sifted flour, lemon rind, juice and vanilla. Beat egg whites until soft peaks. Whip cream until stiff. Fold beaten egg whites and cream into cheese mixture. Spoon one third of mixture into crust and place teaspoons of apricot puree at intervals over cheese mixture, using about one half of puree. Pour another third of mixture on top to cover and then add the second lot of puree. Top with the rest of the cheese mixture, then gently cut through mixture to swirl puree. Stand on oven pan and cook in slow oven (150-160C) one hour. Turn off oven and stand in oven for one hour longer. Cool, then refrigerate.

Tintookies Training Day – Pressure test

On Sunday 2 March, Tintookies held it's Club Training day at Para Wirra.

Some excellent training courses were organised including the Pressure Test. This course was set up to highlight the pressure of other people whether at a mass start or whilst out on the course.

This was always going to be a challenge for me as I do find it distracting seeing others out on a course. Somehow I will convince myself that they must be going the best way to my next control, even though logic tells me that they are likely to be on a different course and going in a different direction!

So, the plan for us is to have a mass start with different courses set for each of us. The 'slightly smaller than usual' mass start comprises Rosalie, Geoff and myself. So off we go. I am already assuming that the first controls are likely to be close to each other, so I intentionally take a different route choice to the others. I can see that they are following the road. However I have decided that I will follow the side of the lake and then follow the river course up to the control. I know it's likely to be a little further but will be quite easy to follow the features. All is good. I know I am almost at the first control when I see Geoff and Rosalie at the control. I punch the card and think I'm doing OK.

It's time to move onto the second control. I decide to follow the contour. I can see the others moving to their next control, which is likely again to be in the same area. I realise that I have moved in their general direction above where I should be, but am saved by a path that I know I should not cross.

For the rest of the course we criss cross each other at various times and I am able to focus on my own map. Remarkably we all finish at roughly the same time, with Rosalie making a victorious sprint to the finish.

I am pleased at how I have completed the course and talk about my approach to the first control and comment that I was surprised that we all had the same first control. There are a couple of confused looks by the organisers. Apparently the first control was the same for only two of the three courses. I am convinced that either Geoff or Rosalie must have mispunched as I am pretty sure that it was my control. However, when we check the courses it starts to dawn on me that it could be me that was wrong. Oops! My control is actually along the river course but slightly further along. I cannot believe that when I saw the others I assumed that the control was mine. I didn't even check the control number. A good lesson learnt!

Thank you to everyone involved in organising the training day.

Then Allison Whittaker's report of her experience of the Mass Start exercise.. Still to come (in the next newsletter) are Trevor Diment's role as a Critical Friend and Bob Smith's explanation of how he measured the neighbouring hillside into 5m rises and how people then learnt from studying them.

Lastly, there was a visit to Paradise. Worth inspecting, the koala thought. Thanks, Paul van de loo, for having your camera ready.

Wess Francis was heard in action, coaching Talari. How about becoming an official Level 1 Coach, Wess?

Good wishes to the 2 TTs going to the Easter 3-Day with the hopes of getting into the JWOC team and to the Georges going to their first big National Event. Best wishes, too, to those in our club who are struggling with health issues.

Don't forget to go to the TT lunch on April 13th.

