

Third visit from Muay Thai master

MARTIAL ARTS

By SAM DEBENHAM

KEEN students of martial arts - and more particularly Muay Thai kickboxing - from around the region were treated to a host of learning experiences on the weekend under the tutelage of renowned expert Master Toddy.

The revered instructor has taught some of the world's greatest kickboxers and been involved in Hollywood movies in a consultancy capacity.

His visit to Pollet's Martial Arts' Bathurst dojo was his third since he first came in 2009 at the behest of Hanshi Ian Pollet.

Some of those in attendance on the weekend were there for the first time, while for others it was the third.

"I keep bringing him back because he is just so good at what he does. He knows the Muay Thai methods back-to-front and his ability to help students as well as instructors is massive," Pollet said.

"There were some who came on the weekend who had heard him twice before and were still learning new things, and others for whom it was a totally new experience.

"He just has such a deep understanding of how to use the equip-

ment in training and how to simply build champion fighters."

According to Pollet, much of Master Toddy's expertise lies in simple training methods, right down to the techniques with which fighters attack practice pads.

"Knowing how to use that equipment properly is as important for champions as it is for beginners. Learning to do it the right way is very important," he explained.

"People talk about stress relief and having to take various forms of medication to make sure they feel at their best - this sort of thing, when you do it right, you feel good in yourself; you feel sharper, like you've actually done something."

Plans are already in the pipeline for Master Toddy to return to Bathurst next year after a number of Pollet's students compete at the world Muay Thai kickboxing titles in Thailand in March.

"I will always try and bring him back here as often as we can get him," Pollet said. "He runs Muay Thai in Thailand under recognition of the government over there and as such we are recognised by them too.

"About 52 countries are competing there, so it is going to be big."



TOUGH GUYS: Renowned Muay Thai kickboxing instructor Master Toddy and Hanshi Ian Pollet after Master Toddy's seminar at Pollet's Bathurst dojo on Saturday. Photo: CLARE LEWIS 090812pol



WINNERS: Liz Ingham and Matt Crane took out their respective open divisions in the NSW middle-distance orienteering championships at Vittoria on Saturday. Photo: CLARE LEWIS 090812ori3

Healthy fields traverse the countryside

ORIENTEERING

By SAM DEBENHAM

ALMOST 250 people converged on Vittoria between Bathurst and Orange on Saturday for the NSW middle-distance orienteering titles at Khali's Rocks.

Orienteering NSW (ONSW) conducted their state championships for the middle-distance discipline on Saturday before moving to a site near Molong on Sunday for the long-distance version.

The two events also formed rounds 12 and 13 of the state league series.

In total, 238 competitors aged between nine and 80 took part in this slightly obscure but intriguing sport.

For the uninitiated, orienteering combines cross-country running or power-walking with navigation as competitors make their way between check-points in the shortest possible time.

They are equipped with a map and compass and choose their own route.

Covering some hilly and, at times, rugged terrain, the men's elite category held on Saturday was taken out by Matt



COLD BUT HAPPY: Aidan Dawson (under 16s) and Georgia Jones (under 14s) won their divisions of the State middle-distance orienteering titles on Saturday. 0908ori2

Crane; while Liz Ingham won the women's division.

Among the other winners were Aidan Dawson (under 16s) and Georgia Jones (under 14s).

The opens middle-distance course was about five kilometres as the crow flies, but the route required to navigate it was further. As ONSW marketing officer Ian Jessup explained, there were other

factors at work, such as hilly terrain.

"For every hundred metres you climb in altitude during a run, it adds an extra kilometre on in real terms to whatever distance you are already covering," he said.

"In long-course events you are getting up towards 12km for the men and 10km for the women and that's without taking into account navigating certain geographical features and that sort of thing.

"You find that a lot of the older guys - some in their 70s - they are very canny and their navigation skills are excellent, and often they will end up beating the times of guys in their 40s just by being accurate and power-walking their way around the course."

Jessup said many orienteering enthusiasts enjoyed the opportunity to spend time in picturesque bushland, ensuring that fields were always healthy.

"With most of the events set where they are, in places like Vittoria and Armidale, Orange, Newcastle and the Southern Highlands, a lot of people from Sydney love the chance to compete in that sort of setting," he said.

Bathurst track out of action

RACING

By ANYA WHITELAW

A WET winter, heavy frosts and a busy winter schedule has led to the cancellation of the Bathurst Thoroughbred Racing Club's September 21 race meeting.

Following a number of recent race meetings, stewards inspected the track at Tyers Park last week and advised the Bathurst club that they considered the course proper was not in a suitable condition to go ahead with the next scheduled meeting.

While disappointing for the club, general manager Michelle McAlister explained little could be done to avoid the cancellation.

"With the wet winter we've had this season and all the heavy frosts, the track really hasn't had a chance to dry out and recover," she said.

"We raced in July on a heavy 10 track and two weeks later had to turn around and do it again. It was a heavy rating again for that meeting.

"It was winter, it was wet and we had a lot of racing on the track and it just didn't get the chance to recover."

The August 13 meeting in Bathurst saw the track given a dead rating and, while upgraded to good by the fifth race, it was enough to see 16 scratchings across the eight races.

Another race meeting was held on August 27 and while McAlister raised concerns about the condition of the racing surface with stewards prior to this meeting, it was deemed to be in a satisfactory condition. The track was rated slow and again there was a handful of scratchings.

McAlister also pointed out that this year has been wetter and colder than most, despite the Bathurst track racing well in winter in previous years.

"We are lucky to be able to race through the winter months, however this year the track has not recovered to the same extent as has been the case in previous years," she said.

However, with the September cancellation and no racing programmed at Tyers Park in October, McAlister believes the track will be in top condition for the Bathurst Thoroughbred Racing Club's next meeting.

That will be Trades Day on Friday, November 2.

"The club's curator, Grant Barton, has been in constant contact with representatives of Racing NSW and is adhering to their recommended treatment for the rectification of the track," McAlister said.

"It will be in top condition for Trades Day, really it just needed a full month of rest."