



# Orienteering NSW

Newsletter of the Orienteering Association of N.S.W.

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[www.nsw.orienteering.asn.au](http://www.nsw.orienteering.asn.au)

February 2011

## "NSW Carbines" Ride Again

Since 2002 the Carbine Club of NSW, a philanthropic organisation that supports the development of junior sports through sponsorship grants, has supported the NSW Schools Team (The NSW Carbines).

The funding provided by the Carbine Club has helped previous teams reduce the costs to parents of the teams that competed at the Australian Schools Championships.

Late last year The Carbine Club again decided to continue their support of the NSW Carbines with a further grant of \$3,000 for 2011. Whenever we can reduce the costs of training camps, competition camps and the like, we immediately improve the opportunity for participation of all of our juniors.

The NSW Carbines and the Orienteering Association of New South Wales greatly thanks the Carbine Club for their continued support. A special note of thanks is also extended to Garingal's Tim Cox, for his assistance and support as a member of the Carbine Club.

## 2010 NSW Junior Orienteering Squad and the Carbines Schools Team

What a successful year 2010 has been for the NSW Orienteering squad; successful both in terms of growth in numbers, growth in skill and fitness development and growth in interest and commitment. This success can be directly attributed to the efforts of a lot of people and the continued support we have received from OANSW, NSW orienteering clubs, families and in particular the financial support from our major sponsor, The Carbine Club. It is support like this that enables our junior orienteers to not only set themselves future goals but also pursue their dreams.

### Achievements and activities during 2010

Our first training camp followed the Easter 2010 carnival in the ACT. We were most fortunate to have Julian Dent, Felicity Brown and Roch Prendergast address the squad during our stay and pass on valuable information regarding training programs, goal setting, simplification and race preparation. From Canberra we moved to Jindabyne to compete in the SnowE treble series of races.

Our July training camp was centred around the idea of trying to include terrain similar to what we would encounter at the Schools Champs in South Australia, hence we once again went to Canberra and trained at 'Kowen Forest East' for pine forest, 'Timbertops' for fast/open spur gully and 'ANU' for sprint training. It was terrific to have some ACT juniors join us for activities and we'll look to further develop this relationship in the future.

All junior squad members were encouraged to attend State League events and we had a significant number representing the NSW Stingers in junior NOL events. Nine of our current squad contested the junior men's NOL in 2010, with the team finishing second overall. Six of our squad contested the female junior NOL, finishing 4th overall as a team.

A commendable amount of effort was put into fundraising for the team during the year, coordinated by the Bennett's, but supported by all families and competitors at the State League events. Your assistance was greatly appreciated.

The Squad's fantastic year culminated with the Schools Champs in South Australia where we had some terrific results. Probably the most positive thing to come from the Carnival is the realisation of the depth we have developed in the squad. Senior and junior boys and girls were very competitive and squad members have developed such great team spirit that we look forward to further developing their skills and fitness in anticipation of being able to send a full team to the Schools champs in 2011.

The past few years have seen remarkable developments including;

- Increased size of the squad - over 30 participants at the recent Xmas camp;
- Training techniques - we have been able to use Sportident at camps and



NSW Junior squad members taking part in National Senior Squad training sessions at the Christmas 5 Days

have appreciated the involvement of coaches and elites at various levels.

- New uniforms for the schools team
- Development of strong friendships among this fantastic group of athletes.
- A strong contingent attending National training camps.

As Managers of the Training squad and schools team it has been an absolute pleasure working with such a terrific group of young people and they have certainly done themselves, their families and their sponsors proud. With continued support and assistance the future for NSW Junior orienteering looks extremely positive.

If our recent Xmas camp is anything to go by, numbers in NSW Junior orienteering are certainly on the rise.

*Russell and Karen Blatchford*



The Carbines



Julian Dent (CC) passes on some tips to NSW Junior Aidan Dawson (GO) during a Senior Squad training session at the Christmas 5 Days.

The Orienteering Association of NSW acknowledges the support of



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# NSW Schools Team 2011 Selection Criteria

To be considered for selection in the NSW School Team 2011 which will be competing in the Australian Schools Championships on 4th & 5th October 2011 in Wagga Wagga NSW, juniors need to do the following:

1. Compete in;
  - a) NSW State Leagues 3 and 4, May 14/15 (in Orange and Lyndhurst)
  - b) NSW State Leagues 5, 6 and 7 June 11-13 (in Lithgow, known as QBII)
  - c) NSW State Leagues 8 and 9 July 16/17 (in Central Coast and Newcastle) (watch the OANSW website for entry details).
- d) NSW State Leagues 10 and 11 August 27/28 (Middle and Schools Champs in Moss Vale)

The selectors will finalise the team and reserves from the selected squad after they have competed in NSW SL10 & 11. The final team will be announced at the presentation for this event and will be

published on the OANSW website by 30th August 2011. We would strongly encourage team members to compete in the following events as preparation for the Australian Schools Championships in October 2011.

The NSW Middle and Long Champs, September 10/11 (in Lithgow), it is expected that the schools team will be competing in these state level events.

2. All competitors should enter in their correct age class (this will of course not be the same as the schools class except for the School champs).

3. Compete in as many other orienteering events as they can, including other State League events.

4. Attend and participate in NSW Junior Orienteering Squad camps (if a member).

5. Maintain a reasonable level of fitness.

6. Nominate their interest in being in the NSW 2011 Schools Team by the 4th May 2011 to Karen Blatchford by email: [blatchy25@yahoo.com.au](mailto:blatchy25@yahoo.com.au) and stating their name, school attended, date of birth and contact details.

*Hilary Wood, Robyn Pallas,  
Geoff Todkill (OANSW  
Selectors)*

## NSW Junior Squad and Schools Team Management For 2011

The Association is currently seeking expressions of interest from members for the Managers and Coaching positions for the NSW Junior Squad and Schools Team for 2011.

This year's Australian Schools Championships will be held in the Wagga area on October 4th and 5th, and forms part of the 2011 Oceania Carnival. The team to represent NSW normally consists of a minimum of 3 runners in each of the W-15, W16+, M-15 and M16+ age groups.

If you are interested please contact the Association Office on 02 8116 9848, or via e-mail on [orienteering@sydney.net](mailto:orienteering@sydney.net)

# OCEANIA CARNIVAL 2011 NSW Volunteers Required

Later this year in early October, the Oceania Carnival will be staged across three states. Victoria will host the opening events of the Oceania and Middle and Long Distance Championship events, and ACT will host the Oceania Sprint, Australian Long Distance and Oceania Relays as the final events. On October 4th and 5th NSW's Waggaroos club will be hosting the Australian Schools Championships (Individual and Relays) and the Australian Real Championship events. As in previous years there will be a public event after the Schools individual.

Waggaroos will be taking on most of the event management, but considering the size of the club, they will require assistance in a number of areas to help make the events the success that we would all wish for. On behalf of OANSW and the Waggaroos club I ask that those NSW competitors that will be competing in the Oceania Carnival consider volunteering to assist. Waggaroos will manage the start and finish areas and Ron Pallas has already offered to help with the SI for all the Waggaroos events. Waggaroos seek assistance from OANSW members with the stage management of each their days, and have identified the following broad

areas where support will be needed:

- parking attendants;
- registration - which will include EOD for the public event; finalising relay teams and distributing relay team chest numbers;
- broadcast commentary (assuming a PA will be available);
- crèche (this is likely to be a self help arrangement, and thus no support required)
- catering - (this is likely to be arranged with a local group)
- results display;
- possible assembly area rearrangement between the two days - same site but different run in direction; establishing change over area and map pick-up for the relays.

Waggaroos have suggested that they will need at least 12-15 volunteers; and with a few more they should be able to arrange rostering so that each volunteer has the opportunity to compete.

More details of the support required can be obtained from the OANSW office. Anyone wishing to register as a volunteer should also contact the OANSW office on 8116 9848, or via

[orienteering@sydney.net](mailto:orienteering@sydney.net)

*Paul Prudhoe*



## Orienteering nsw

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This newsletter is published in January/February, March, June, September and December. Copy deadlines are 22 December, 15 February, 15 May, 15 August and 15 November respectively.

## Nosh Footrace 2011

In September last year the Association received confirmation from Bennelong Northside Orienteers of their decision not continue with the running of the annual NOSH Footrace. Association delegates were advised of this at the November 10 Association meeting, with a request to the delegates to enquire within their club if there was any interest in taking over the NOSH Footrace organisation.

For those members who are not aware, the running of the NOSH Footrace has contributed approx. \$4 ~ 5K each year to the Association budget. The financial arrangement was such that

income from the event was split between the organising club (BNO) and the Association.

This year's NOSH is scheduled for 5 June 2011, but at the time of writing no club has indicated an interest in running the event. If no club comes forward the event will have to be cancelled for 2011.

As a result the Association seeks expressions of interest in the running of this event from any club.

Any enquiries should be forwarded to the Association office by email:

[orienteering@sydney.net](mailto:orienteering@sydney.net),  
or call  
02-8116-9848.



# Christmas 5 Days 2010. . .

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prospect of competing on Eric's latest masterpiece with a little trepidation. The area was described in the program as "Open to semi-open paddocks in flat to undulating terrain with areas of scattered granite" - and that is the area that would be used to test the shorter courses competitors. The longer courses had the additional challenge of "Open eucalypt forest and areas of scrub amongst exposed bare rock and scattered to complex granite outcrops in the steeper areas".

With temperatures expected to reach mid to high 20's later in the morning, it was not known if it was better to start early in the cooler temperatures, but be faced with the



Dave Lotty (UR) finished 3rd in the Men's D Class

longer grass, or to start later and have to contend with the later heat.

The day's results again demonstrated the strength and consistency of some of the runners, as they were able to get the better of the conditions and their fellow competitors to again win their courses.



Barbara Dawson (GO) running in the Women's D Class at the Christmas 5 Days

The 5th and final day of the 2010 Xmas 5 Days was held yesterday at Dumaresq Dam, 20Km NW of Armidale. With many competitors heading home after the event start times were from 7:30am. This also helped offset the prospect of the highest temperatures for the week in Armidale, with a peak temperature of 29 deg C expected for the day. With no major terrain difficulties or complex map detail to contend with, it was up to the competitor to have as clean and quick a run as possible around the Dam.

Full Results and RoutGadget for all 5 days are available and can be found on the event website:

<http://ntoc.asn.au/pages/x5info.php>

Orienteering NSW thanks Northern Tablelands for organising this year's event, and also thanks Queensland's Eric Andrews and Liz Bourne, and the Bullecourt Boulder Bounders club for their support in organising the Day 2 and Day 4 events. Special thanks also go to Dick Ogilvie as event coordinator, and to Ron Pallas for almost single handedly manning the finish tent for all five days.

*Paul Prudhoe*



Results for recent events can be found on the website for the relevant series.

For all Sydney Summer Series events:

<http://www.sydneysummerseries.com.au/results.htm>

For the 2010 Christmas 5 Days:

<http://ntoc.asn.au/pages/x5info.php>

For the 2011 Sydney Sprint Series:

<http://www.nsw.orienteering.asn.au/events/sprintseries/>



## 2011 Calendar

The 2011 Calendar was distributed with the last newsletter in December. Full and up to date details of coming events can be found on the Orienteering NSW website. An electronic version of the 2011 calendar is also available for import into compatible calendar software such as Outlook or iCalendar. The .ical file can be found on the Events page of the website.

## Coming Soon!!!

A new event calendar using Google Calendars will be loaded onto the ONSW website to show upcoming events from NSW and around Australia. This project is underway now and expected to be available by the end of February.

# Notice of AGM

The Association AGM will be held at Sports House, 6 Figtree Drive, Sydney Olympic Park on Thursday 24 March 2011 at 7.30pm.

The Clubs are represented at the Meeting by a number of delegates depending on the number of memberships they have. The position of Planning Director will

be declared vacant and nominations are being called to fill this position.

If you are interested please contact the office or your club secretary.

*Nominations are required prior to the AGM.*