

Final piece of the puzzle. . . except it's two pieces!

At the November 2009 Association meeting a paper on the marketing and promotion of orienteering in NSW was presented to delegates. One of the important aspects of the updated plan as presented to club delegates at the 2010 Association meeting was for ONSW to employ a part-time Promotion and Development Officer. However after advertising for the position and considering the calibre and background of two applicants, it was decided to split the proposed role and to employ both a Marketing Officer and a Communications Officer.

So after three months of advertising the original role, reviewing CV's and interviewing, ONSW has now recruited two new team members to share the promotion of orienteering in NSW. Garingal's Ian Jessup will take up the role of ONSW Marketing officer generating publicity for coming event for all clubs across NSW, dealing with promotional radio and print media, co-ordinating the Active After School Care programme and organising the end of year Presentation Night which may take a different format this year, while Uringa's Maggie Jones will be the new ONSW Communications officer responsible for the e-bulletins, website news and developing the Association's use of social media. We are very excited about these appointments and look forward to working closely with Ian and Maggie to usher in a new era in communications and marketing for the Association. So don't be surprised when they contact you seeking information about your

club's next event, or about your club, or even information about you!

While recognising the advent of a new era, it is also important to recognise those who have supported the Association in the past. So at the recent QBIII event it was pleasing to be able to personally thank Neville Fathers for his support in managing the content and circulation of the previous (and original) e-bulletin, and for association members to recognise and appreciate Neville's long and significant contribution to the Association. Thank you Neville.

With the change of weekly bulletin editor, there will also be a change in format of the bulletin, and it is hoped that the increase in content and information will be appreciated by the members.

As indicated above, should you or your club have any item of news that it wishes to be posted on the website or in the bulletin please forward it, or a link to the item, to Maggie.

Maggie can be contacted at onsw.communications@sydney.net, and Ian can be contacted at onsw.marketing@sydney.net

As always at this time of the year, a number of NSW orienteers will be venturing north to experience the northern hemisphere summer and what Europe has to offer in terms of orienteering. This year sees a number of events being held, including World Masters in Hungary, multi day events in Austria, the Czech Republic, the Fin 5 Day, ORingen (of course) and this year the Scottish 6 days will be held on the west coast of Scotland, based at Oban.

Good luck to all heading north, and don't forget to keep Maggie posted with news of NSW orienteers.

Paul Prudhoe,
President ONSW



Margaret Jones – Communications Officer



There are many paths to happiness and orienteering is one of them. Certainly one of my better route choices. Orienteering has been properly part of my life since my first Scottish 6 day in 1993 when I stepped up from occasional wayfarer to big course enthusiast encouraged by my future in-laws.

As a sport to get your heart racing, your brain working and your teeth grinding I think there is nothing to compare with it. I am still looking for the perfect run and am ever hopeful.

With my new role as Communications Officer for Orienteering NSW I am getting to indulge my two other passions; talking to people about sport, and writing down what we spoke about. Our NSW Board is doing great things, our clubs are setting great courses and we need to make sure that people in the sport and those who might

come to love it as we do, get to hear about this. Start watching our website.

Using our website I will be aiming to celebrate what is happening in orienteering around NSW which is surprising me with its depth and breadth. New social media such as Facebook and Twitter give us additional opportunities to get the message across to people in a way we have struggled to do in the past. The new generation of orienteers uses these things to talk to each other, expand their networks and interests. My work, with the Board members, is to engage these orienteers of the future in conversation and bring them to the party. I look forward to speaking with you all.

Ian Jessup – Marketing Officer

I got into orienteering in 2005 after a mate urged me to come along to a Summer Series event. The reverse logic in counting DOWN a 45-minute run, while engaging the brain so as to take the mind off the fact you are exercising hard, was sublime. As a hockey player, I had suddenly found my new off-season fitness activity! My O highlights are finally cracking 500 in three SSS events last season, and not missing a single checkpoint in the dozen or so bush events I have contested over the past 15 months.

In hockey and in orienteering, the direct path to 'goal' is not always the quickest - but when it comes to publicity and advertising you have to go for the jugular. In my new role at ONSW I aim to generate maximum exposure for each event in NSW - through local papers, radio, the Internet and possibly even TV in regional areas. This will help take that burden off clubs.

As a small sport, it is crucial that we attract more people to that little start triangle - and keep them coming back.



The Orienteering Association of NSW acknowledges the support of



Communities
Sport & Recreation



New boys to the rescue



Had it not been for Joel Putnam and Darren Slattery the 36th NOSH race of 2010 would have been doomed to be the last. New joiners to Bennelong Northside Orienteers they teamed up to organise the race at short notice when it was announced that the classic trail run would have to be cancelled due to lack of volunteers for the job.

Darren is an old hand at trail running and adventure racing. Although he came to sport later, having no interest in team sports at school, he has made up for lost time since. With a group of like-minded friends who call themselves 'The Trihards' he has raced in the AROC series, Maximum Adventure and Kathmandu races. He has even raced in previous editions of the NOSH. Despite living near Roseberg State Forest as a youngster growing up in Canowindra he first tried orienteering through the Summer Series only four years ago. He was happy to stay an independent runner on the city courses until he attempted a State League race at Belanglo.

'It felt really good to do a full length course,' he enthuses, 'but I realised that to make the step up to bush races I probably needed the support of a club'. Having friends in a number of different orienteering clubs made the choice of which to join more difficult than for the average newcomer who chooses based on their postcode. The decision eventually came down to the size of the club. 'I wanted to get really involved and felt that a smaller club like Bennelong would suit me better'.

He met Joel at the club and as both of them were interested in setting courses and organising races they decided to team up and put on the 37th NOSH race as a joint effort. Splitting the job up between them, Darren took on the website and merchandising work with Joel concentrating on working with the National Park and local council authorities. It was a lot more work than either of them had envisaged but Darren was impressed by the way the other Sydney orienteering clubs pitched in to help. 'With very little more than being asked to help, they just came along, did the job and it all went incredibly smoothly'.

'The NOSH was definitely more work than I thought it would be' agrees Joel who described himself at the junior partner in the challenge of putting on the NOSH at short

notice. But Joel is no stranger to big challenges; his career to date has encompassed an Arts & Commerce degree and a Chartered Accountancy qualification, and he currently working on an MBA whilst employed by Qantas in their Corporate Business Advisory department. He is a long time athlete, having competed at State level at school in both Athletics and Tennis but was encouraged to try orienteering by a work colleague who did not himself orienteer but thought it was a good idea for Joel. 'I ran in the Summer Series periodically for about two to three years before I joined the club' he says before explaining that it was the kindness and generosity of the Bennelong club members which encouraged him to join them. 'I liked the fact that the club was the oldest orienteering club in Australia. That, and it had a great website.'

It seems that Bennelong have scored themselves two great new members, and that the whole orienteering community will be better for it. It certainly looks like organising the 37th NOSH is no one-hit wonder for these two. Darren admits that whilst he thinks it does take a team to organise the NOSH he has lots of ideas for next year, and Joel is already out and planning the Metro League #5 at Pennant Hills, and a Chowder Bay Summer Series event.

Cunning Running in the Hills

Western & Hills Orienteers are organising a Saturday afternoon "Cunning Running" Series in the outer western Sydney region and Hills District. This new family series of seven easy events got underway on 16 April.

That day most will remember as one of the Sydney regions wettest days on record. The weather failed to deter real orienteers from the challenge at Rouse Hill's Connie Lowe Reserve, where the elegant pavilion proved a sanctuary for the organisers and runners.

The second challenging event at Rouse Hill's, Commercial Road Reserve was held in near perfect weather on Saturday 21 May. It attracted close to 40 entries. Several family groups with young children and strollers brought the number participating to over 50.

The "Cunning Running" Series has been planned to attract beginners through local club events. Nevertheless all courses have challenging route choices which could puzzle even experienced orienteers.

The courses are set to introduce local runners to the streets, parks, cycle-ways and reserves of Rouse Hill, Beaumont Hills, Marayong and other western Sydney areas. Areas that are almost unknown to residents outside the local region.

The next two events are on June 18 at Turkey Nest Park, Arnold Janssen Drive, Beaumont Hills, followed on July 9 at Benson Road Reserve, Cnr Benson Rd and Barker St, Beaumont Hills. Start times are between 2:30 and 3:30 pm.

More details can be found on the Club's website:

<http://westernhills.nsw.orienteering.asn.au>

Barry Hanlon



Orienteering nsw

Newsletter of Orienteering NSW

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

Tips for Action Photography

Have you ever taken an orienteering photograph and been disappointed? Not just because your subject was running too fast and your digital camera missed the picture entirely, but because you just don't seem to get those dynamic photos which show off our sport the way you would like? A presentation by Martin Flynn gives you a series of useful tips to think about covering:

- General photography principles – composition, framing, focus, depth of field, contrast and exposure
- Specifically sports related photography principles – direction change, multi-shot,

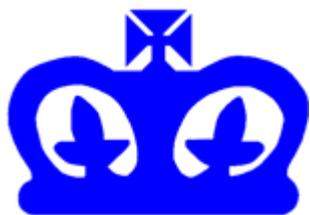
scenery, on-coming competitors, pan and splashes

- Orienteering specific issues – finding that competitor, getting a sense of orienteering not just sport, how not to photograph groups!

This presentation is full of great practical advice and will be useful to anyone at an orienteering event with a camera.

Have a look at:

<http://www.slideshare.net/marcusgeoghegan/taking-orienteering-photos-by-martin-flynn>



QBIII 2011

Day 1 Sprint at Lithgow High School

The first day of the QB3, the sprint, was organised by Garingal Orienteers and was held at the Lithgow High School. The event provided some unusual features including a sprint map with not only complex building details but bush areas as well, an indoor start, and a viewing platform for spectators.

A field of nearly 250 pre-entered runners with a number entering on the day, provided competition in all the main classes and top spots were hotly contested. Whilst the difference between first and second in many classes came down to a few seconds there were some stand out results in M16A Aidan Dawson, M20A Alex Massey, M55A Paul Prudhoe, M75A Barry Hanlon, W55A Julia Prudhoe, W60A Judy Allison and M/W Open C Justine Brindley, who all posted results over three minutes quicker than the next man, a substantial margin in a sprint distance race.

Australian men's No1 Julian Dent was racing as was Mace Neve just returned from the Bushrangers trip to New

Zealand. These will be some of Julian's last races in Australia for some time as he is taking at least a year to live and work in Sweden racing for Swedish club Malungs OK.

Head teacher of PE & PD for Lithgow High School, Jeff Dean, welcomed the orienteers to his school and accepted a framed sprint map from organisers Garingal Orienteers.

Day 2 Long distance

The cool weather continued to chill orienteers lining up to start



A hesitant finish at Mt Piper

their courses. There was a 30 minute uphill walk to the start which organisers explained as necessary to cut down the amount of climb on the actual courses and to make best use of the map. The new map of Piper Hills South did provide some great running through open woodland, and Janet Morris (planner) had used the map well, taking courses into the most interesting areas, with route choices preventing overuse of the available tracks.

There was some drama in the forest as Judith Hay had an unfortunate fall, breaking an arm and dislocating a shoulder. Ron Pallas and Peter Meyer were on hand quickly and worked with Gordon Wilson, Ted Mulherin and St John's Ambulance to complete a rescue. The St John's Ambulance team of Tim Ponder, Harley Simms and Anton Goncalves admitted that orienteering rarely throws up serious problems for them,



Criss-crossing at the Lithgow pivot control

being limited to the occasional twisted ankle or torn calf muscle, and even less concerns in this case, with Judy being a doctor and able to self diagnose. The Junior Squad fund raising efforts continued with them providing catering for the carnival which was very welcome for tired, cold and hungry runners with offerings of pumpkin and lentil soups and vegetarian chilli.

Day 3 Middle Distance Baal Bone Junction

More cold weather for the third day and a little more rain did not prevent the enjoyment of some fast orienteering through relatively open forest. Another interesting start had competitors running through an unusual mine culvert. Competition on the last day was fierce with very slim margins of victory in some classes. In W21A only 70 seconds separated the first three of Jo Alison, Mace Neve and Tracy Marsh, M65A Day 3 winner Ross Barr had Dick Ogilvie only 22 seconds behind, and M45A Ian Jones missed out to Glenn Burgess by a mere 7 seconds.

String courses were provided at all three days of the carnival,

a new initiative headed by Tracy Marsh who has recruited a team to deliver a string course to every State League event this year. The Currie family of Garingal orienteers provided the courses on Days 1&3 with the Jones family setting up the course for Day2. These courses have been much appreciated by both the children taking part and by their parents who are provided with a place for all the smallest orienteers to get together and enjoy some time in the forest.

Presentations began with Paul Prudhoe thanking Neville Fathers, who after many years of keeping the orienteering community up to date with his email newsletter, is retiring and handing over to Maggie Jones, the new ONSW communications officer. Class winners and places were presented with a cloth badge with a local design representing the 'Lithgow Flash', Marjorie Jackson-Nelson, racing atop the Lithgow viaduct.

Results are on the QBIII website.

Photos from the weekend have been posted online here;

<http://tinyurl.com/43dm6c2>

and here;

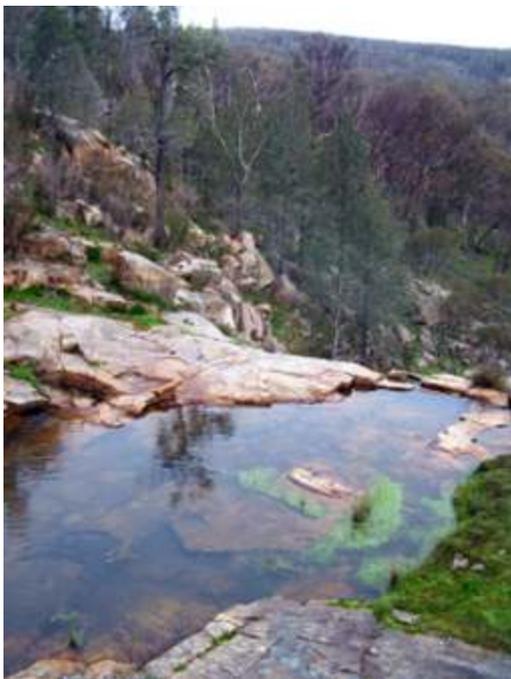
<http://tinyurl.com/3qs8zjo>



Steaming in to the Sprint finish



Emerging from the "Wombat Hole"!



Challenging terrain at the Oceania Carnival



The Oceania Carnival 2011 will be conducted in challenging terrain on the NSW-Victoria borderlands close to Wangaratta and Wagga Wagga and in the Monaro highlands east of Cooma between Saturday 1 October and Sunday 9 October. Full details are on the Oceania 2011 website:

<http://www.oceania2011.asn.au/ausnzchallenge/>

At each Oceania Championships Australia and New Zealand will compete in a two-nation orienteering competition, known as The Australia-New Zealand Challenge (AUSNZL Challenge).

The Challenge will consist of an Individual Challenge, based on the Oceania Long Distance Championships, and a Relay Challenge, based on the

Oceania Relay Championships. Challenge Teams

Each nation has a team of three competitors in each Challenge age class. Team members must be full passport-holding citizens of the nation they are representing.

In conjunction with the Challenge a Level 3 Controllers Workshop will be held in Canberra on Thursday October 6th. Any current Level 3 Controller wanting to renew their qualifications or any Level 2 Controller wanting to upgrade their qualifications is welcome to attend.

The program also includes the 2011 Australian Schools/School Sport Australia Orienteering Championships on 4th and 5th October near Wagga Wagga. All States, Territories and New Zealand are invited.



Formidable granite at an "Oceania" arena



Granite country doesn't get better than this!

Sydney Metro Turkey Trot #7 3 July 2011

Western & Hills Orienteers invite you to the seventh Sydney Metro Turkey Trot, the premier point to point event on the Sydney orienteering calendar.

The event leads you through the bush tracks and reserves of The Hills Shire in the Castle Hill area.

Entries close 26 June.

Further information is available from Chris Crane at 02 9630 7326

or the series website:

<http://westernhills.nsw.orienteering.asn.au/tt/>



RESULTS

Results for all events in NSW can be found online.

For State League, Metro League and MTBO Super Series results go to <http://tinyurl.com/4yhtbhf>

For results from club events visit the organising club website. Find club details via the Clubs page on the Orienteering NSW Website - www.nsw.orienteering.asn.au/clubs/