



Orienteering NSW

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

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www.nsw.orienteering.asn.au

March 2011

Saturday Afternoon Cuning Running

in Sydney's Outer Suburbs and Hills District

Sydney Sprint Series 2011

The Sydney Sprint Series has just been completed. There were 10 events on the first 10 Mondays of the year. All events used Sportident for all controls and all the maps were drawn to Sprint map standards. Simple SI, a computer program written by Andy Simpson, was used at all events. Using Simple SI was very easy, no computer was needed at the event. After the event the download unit was plugged into a computer and the results and splits obtained by using Simple SI.

There was only one course at each event, competitors from 10 to 80 managed to complete the courses. There were people from 1st timers to some of the best orienteers in the world doing the same course. Sprint maps are eminently suitable for orienteers of all standards to compete on the same course. Speed is the factor, navigational challenges which are easy at walking pace become more difficult at speed.

Any small complex area is suitable for sprint orienteering, either in built-up areas, bushland or a combination of both. Maps used for the series included ones made for the World Masters, Olympic Park, Macquarie Uni and Callan Park. Some others were extracts from larger maps at a different scale, Gladesville Hospital, Manly Dam and Pennant Hills. New maps of Cumberland Hospital and some

sprint maps used before at Parramatta and Sydney Park.

There were different winners each week for the first 6 weeks before Andy Hill was dominant on the last few weeks. It was great to have such world class orienteers as Julian Dent and Oystein Kvall Osterbo win an event each. It was also great to have promising juniors Josh Blatchford and Aidan Dawson winning a day each. Ian Meyer also won a day.

In the women's, there was good competition between Tracy Marsh, Lisa Grant, Catherine

Murphy and Cath Chalmers at most events. Canberra's Shannon Jones showed her class by beating all the men in the heat at Cumberland Hospital and being fastest woman at Manly Dam. Amber Morrison from New Zealand won 2 days and Elise Egseth from Norway won at Macquarie Uni.

There were many veterans such as Andy Simpson, Eoin Rothery, Peter Annetts and Mike Burton and juniors such as Huon Wilson who were not far behind the winners.

For most of us who had no chance of winning we enjoyed the runs and were able to compare splits on the same course as the champions. We had our private competitions with our peers and generally enjoyed our Monday evenings.

Many thanks to the organisers and course setters for a great series. There are already plans for some new areas for 2012.

Terry Bluett, President, Bennelong Northside Orienteers



Ian Meyer recovering after the Sprint event at Macquarie University in January.

Western & Hills Orienteers have planned a series of seven promotional events in Sydney's outer suburbs and Hills region.

They will be easy events aimed at encouraging locals to try out orienteering. Family participation is encouraged.

Experienced orienteers will find the events to be ideal training runs and are encouraged to participate, not only as runners but as coaches for beginners. If you can spare the time come and explore the potential of the newer suburbs for park and street events and receive a free entry voucher.

A team of WHO members is in the process of creating a new set of street and park maps for the series.

If this promotional series is successful it may be followed by an "Early Summer Sundays" Series of possibly score events, maybe with a line option, from November to the end of February when there is no Sunday orienteering in the greater Sydney region.

The club is grateful for the assistance given by Barbara Hill, OANSW Promotions Director. Barbara has assisted the club to promote the series by producing an information brochure for distribution to libraries and community centres in the region. A copy of the brochure is included with this newsletter. If you have relatives and friends in the region please encourage them to "have a go"!

The Great NOSH Footrace

It's on again!



on the 5th June, starting at 10am. Entrants can run or walk on a traffic-free course from Lindfield Oval via Roseville Bridge to Seaforth Oval through some of Sydney's most spectacular bushland. The course is 15km, mostly on bush tracks and fire trails, with some steep sections. Online entry will be available between 1 April and 27 May for \$20. Enter on the day will be \$25. See www.bennelong.nsw.orienteering.asn.au for a link to the online entry form or contact the organiser Joel Putnam ph. 0404 999 156 email - 30x@idx.com.au.



The Orienteering Association of NSW acknowledges the support of



Communities Sport & Recreation

The Presidents Report

from the 2010 Annual Report

The 2010 Annual Report signifies the conclusion of my third year as President of the Association having been elected at the 2008 AGM.

With the 2009 World Masters Orienteering Championships a distant memory, 2010 was a year with no carnivals or other large events to be organised by the Association, and one that allowed many members to recover and to compete more than they had done since 2006.

Review of the participation numbers indicate a continued interest and growth in the daylight saving Summer Series of approx. 9% (average number of competitors 207 up from 190 in 2009), while the Monday evening Sprint Series also experienced a significant increase in numbers - 90% on 2009 (average number of competitors in 2010 was 65, up from 49 in 2009). Ross Barr and Terry Bluett are to be congratulated for their roles in the coordination of the two series. It was also pleasing to see that the 2010 Xmas 5 Days numbers increase by approx 42% (over all 5 days). The Championship events (Long,

Middle and Sprint) also saw an increase in numbers. Comparison of the bush events is difficult due to the staging of WMOC in 2009.

Club memberships were again down compared to the previous year (916 members compared to 972 in 2009), with a number of clubs experiencing a reduction. However it was pleasing to note that GON, NCN and BFN were able to increase their memberships. The Association should note that the number of memberships in 2010 is the lowest since 2005, when there were 1016 members. The need for the Association to promote Orienteering and for clubs to promote memberships grows ever stronger.

2010 saw OANSW continue with the Active After Schools Community program with funding from Australian Sports Commission. Under the guidance of Promotions Director Barbara Hill, and assisted by a number of Association members, orienteering continued to be introduced a number of schools. Almost 2000 students across all years attended the development courses provided by the Association Development Officers. The Board thanks all who assisted with these programs, and especially thanks Barbara, Lyn Malmgron, Carolyn

Rigby and Maria Orr for their support. OANSW's appreciation is also extended to Russell and Karen Blatchford who again managed the NSW Junior Squad in 2010. Additionally I would like to thank the Association delegates and those members who have supported OANSW throughout the year.

2010 saw the retirement of the Association's long standing Executive Officer, Dave Lotty, after 37 years of supporting orienteering in NSW and 25 years as Secretary for Orienteering Australia. The Association owes a great debt of gratitude to Dave for all that he has done for the sport over his long career as Executive Officer, and we wish him well in his retirement.

Financially the Association continues to progress well and the Board has again been able to responsibly manage the budget as required by the Association. 2010 saw an increase in income and a reduction in expenses giving rise to an increased operating surplus for the year.

To the retiring Directors and to those Directors continuing in 2011, thank you for your involvement and support in 2010.

As always the Board welcomes input from the membership and with your help looks forward to a successful 2011.

Paul Prudhoe
President

Membership Renewals

Club Membership Renewals have been flooding into the Association office and at last count we were approaching 60%. If you have not renewed for 2011 this will be your last copy of the Australian Orienteer Magazine and the State Newsletter. A copy of the membership form has been included with this newsletter where our records indicate that you have not renewed at the date of printing.

Full details explaining how to renew can be found on the form.

Please contact the Orienteering NSW office or your club secretary if you have any questions about your membership renewal.



fund and support the engagement of a part-time Promotion and Development Officer as well as additional funding for the production of marketing materials, the sport now has the capacity to promote itself within NSW like never before. The initiative was approved on a three year trial basis and is now three months into its first year.

Progress in relation to particular actions is summarised below:

Action Item

Engage a part-time Promotion and Development Officer

Status

This position was advertised in February 2011 and, due to limited responses, has been advertised more broadly through March.

Barbara Hill
Promotion Director



Orienteering NSW

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Orienteering NSW The Rebranding Continues

Background

At the November 2009 Association Meeting a paper entitled "Orienteering Promotion & Marketing in NSW - Future Funding White Paper" was presented to club delegates. The main thrust behind the paper was that if ONSW did not undertake a more significant level of promotion and marketing it was likely that memberships would continue to decline, and some clubs would find it increasingly harder to stage events. The Board sought support from the clubs for a fully-funded marketing and promotional plan. A Marketing and Promotional Plan, to be presented at the 2010 AGM, was requested by the clubs.

At the 2010 AGM, the requested plan was presented which outlined the timescales involved and identified the major action items. The final piece of the puzzle, the development of a Promotion and Marketing Strategy, including a costed plan, was presented at the November 2010 Association Meeting. After some discussion final agreement was eventually reached. The Board was now able to start the process.

Current Status of the Promotions and Marketing Strategy

Approval of this strategy heralded a new direction for the sport in NSW. With the agreement of clubs to jointly

Using Sportident at Summer Series. . .

In early 2010, Big Foot discussed whether they could continue to organise Summer Series events. The amount of work required to process results for around 200 people starting and finishing in a short period of time was overwhelming the available club members. The club decided to try using Sportident for Summer Series. We ran three events over the summer which went fairly well.

Between the second and third of those events we ran a short workshop for other clubs covering how we had run the events, mainly in terms of the process and the hardware and software. This article is a brief summary of what was covered at the workshop and also a list of lessons hopefully learnt for both competitors and organisers.

For anyone not involved in running a Summer Series event, a lot of this is going to be pretty boring - skip to the "Incidents and Accidents" section for some light amusement.

Challenges

- Some of the challenges were obvious and have been mentioned in an article in The Australian Orienteer, some were specific to the events that Big Foot was organising. In particular we needed to address the following:
- Perform correct data entry for 250 entries in a short time period.
- Securing the controls - at over \$150 each, we would lose money pretty fast if we lost many controls.
- Running the event with no AC power - we knew we couldn't use a generator at our first event, and our preference was to keep it that way for other events.
- Handle the re-use of SI cards. With up to 250 competitors at events this year, mainly non-orientees, the 105 association rental cards wouldn't go far.
- Provide results in a timely fashion at the event and (in a specific spreadsheet format) to the SSS web guru.
- Perform a safety check to make sure everyone is accounted for. This is normally done by writing scores for display onto the card stubs, so when you have no stubs you have no-one left out there.

- Making 150 people who had never used SportIdent before "get" the system.

Solutions

Software

We used some results software from the Irish orienteering federation called Or. This had some advantages over the OE software usually used in NSW:

- Same program for score and non-score events
- It has a simulator built in, so learning how to use it could be done without borrowing a set of SI gear
- It handles the re-use of SI cards fairly well
- It can download data on SI card ownership from an archive.

The main drawback to this program is that it doesn't have any networking functionality, so you can't split the jobs data entry and handling incoming runners.

For doing the safety check, we switched from a manual system to a software based system for the last event - this should have saved over full-time persons-worth of effort. (See Incidents and Accidents).

Power

To solve our power problems we bought a new generation netbook (small laptop) with a claimed battery life of 15 hours (more like 7 or 8 under event conditions). We also obtained a battery powered printer from Ebay for \$80. As emergency backup we have a 5-in-1 jumpstarter from Jaycar which provides 2 12v cigarette lighter style outlets and a 240v AC inverter with one socket.

Security

Anyone who has been to recent Big Foot events will have seen the combination locks we are using - they are lightweight with a retractable 90cm steel cable built in. Price is around \$5 each, direct from China. We have lost a couple (see Incidents and Accidents).

The cables can be threaded through the SI units and secured to a handy immovable object. We've found that this doesn't compromise planning too much so far. We probably need to put more effort into securing them at a reasonable height - not everyone can reach the ground with ease.

Education

At the first two events we had two or more people helping competitors understand what they had to do on the way around the course and at the finish. At the last event we didn't have

many club members to help out so we just let things take their course and had very few problems. It seems to be a one-off lesson for people. Only a nameless Garingalite with about 4000 events behind him/her forgot to report to the finish.

Within the club we have been slightly less successful at knowledge dissemination, but we are working on that.

Data Entry

We loaded SI details from the NSW champs and Easter into the archive format required by Or. This data is updated periodically and is used as the "archive" that the software uses, so that if Joe Bloggs from Red Roos comes to an event, we just type in their SI number and their name and club should be available.

We also create a start list before each event. This is built from the summer series results for anyone who has done a few events. It will contain their name, class, club and SI number if they have one. This start list is generated by a computer program, all the organiser has to do is download it from the web and load it into Or.

Similarly because all SSS events have the same scoring, there is a template file for the event which can be downloaded and used to create a new event.

Pre-entering all this data saves a lot of work, but it does mean that the start-list is useless for reconciling anyone who may be out there as it usually has about 200 non-starters on it.

The data entry load is still so high that a two finger typist probably couldn't enter the data for all runners before they start finishing. Of course as more runners get their own SI cards, the data entry requirement will shrink.

Process

- Make everyone fill in an entry slip where they enter their SI number.
- The competitor pays as normal, possibly paying extra if they want to rent an SI card. They get a map and descriptions, as usual.
- The competitor goes to the start where they get their rental card (and its number is written on the slip).
- Competitor hands in entry slip.
- Competitor clears, checks and starts. No need for a clock at the start or finish.
- Entry slip is taken by reliable 3 year old couriers to the finish.
- Entry details are added/updated or checked on the PC.

- Competitor finishes and their name and score are displayed.
- Results are periodically printed out.

Incidents and Accidents

Practice is a lot harder than theory - here are some of the problems we've found:

- Two competitors who (unknowingly) swapped SI cards part way round a course. This was at the first SSS event we ran. We thought the whole system had become horribly unstuck as someone had changed gender on the way round.
- We keep forgetting to twirl the combination on the locks after cabling up the control. This is probably the last thing on the planners mind by the 20th control with 10 minutes left.
- The laptop crashing when it was booting up at the last event, with 50 or so people already started, no backup PC and the nearest toilet 300m away.
- The home-grown software for safety check reporting "There are 91 people missing" at the end of the last event. It turns out it had a bug relating to SI-5 cards.
- Hanging a control so that it was easier to punch the bottom of the SI unit than the top. It turns out that this doesn't work.

Recommendations

- Run a test event first, the throughput at Summer Series is so high that if you don't know what you are doing you will fail. We did this.
- Bring a spare laptop.
- Make sure you have weather protection for the PC.
- Use your clubs own SI units - otherwise you will have to reprogram them and collect them between each event.
- Make sure that you have enough rental SI cards for everyone who may need one - at the moment the association doesn't have quite enough.
- Charge \$4 or more for SI rental - the extra work involved isn't reflected in the current rental cost (\$2), nor is the local retail price (\$55) and it's not high enough to make people buy a stick.

Andy Simpson
President
Big Foot Orienteers

MTB Orienteering in Newcastle

This summer saw the running of BOSS 2. The follow up to the surprisingly successful BOSS 1. For those who have not heard of BOSS, it stands for 'Bike Orienteering Summer Series'. It is run throughout the summer



months on Sunday mornings by the NOC. The format is a 75 minute score course. The idea came together only 18 months ago. A few of us had enjoyed the winter mountain bike events hosted by the Mountain Devils on NOC maps and were looking for similar events close to home. There is little foot orienteering through the summer months so it seemed logical to fill the void with some riding events. The plan was to keep it really simple with just a hand full of check points and a simple one course fits all approach to keep it easy



for setters. We were hoping to get a round 20 people to the first event to make the organization worthwhile. That first event at Hawkmount in late 2009 attracted 53 competitors!

The first series saw an average of 61 competitors at 5 events. We experimented a little during series 1 varying the number of controls, the point value of

controls and control labelling. But the basic formula of a 75 minute score course seemed to be successful so that remained unchanged for BOSS 2.

This year we held 6 events and attracted an average of 66 competitors, with a record turnout of 88 at Killingworth. We have attracted a wide range of people many of whom are not traditional orienteers, typically Mountain bikers looking to ride new areas in a friendly competitive environment.

The best four events are taken into account when calculating the series winners. At the final event of the Series Steve Todkill was leading by the narrowest of margins. Any of the top three male competitors had a chance of taking out the series. He hung on to win by less than a single point despite having bike failure. Malcolm Roberts and Damian Welbourne were less than 1 point behind.

The girls competition was also decided at the last event, again any of three could win. Nicole Haigh won narrowly over Carolyn Matthews with Alison



Curtin finishing third.

Thanks to all who made it possible, especially the course setters, all of whom had not set a BOSS event before, (In several cases it was their first experience of bush setting).

And thanks to everybody who has commented on how much they have enjoyed the series. BOSS 3 is already in the planning stages, currently there will be six events plus a possible warm up event. Hopefully we will have some new maps to ride on. If anybody feels like drawing a map/helping to draw a map then please let me know.

Andrew Haigh
NOC BOSS

Online Results

In 2011 the results from all major events in NSW will be posted online using the Orienteering Australia results database. This database has been available for sometime via the OA website however until now NSW has not consistently used it to post results online. In time the aim is to record the results of most (if not all) NSW events in this database. Of course, links to the results of events will be posted on the ONSW website (and/or relevant club websites) to direct readers to the OA database.

The major advantage of using this system is that individuals need only to look in one place to find the results of any event regardless of the organising Club. No need to search through different Association or Club websites looking for results from last week, last month or whenever. At this stage the database is not able to record point score style results, such as those from the Summer Series. Hopefully by next season there will be a solution for this.

Additionally the database includes the ability to search for all results for an individual in one place. This will be particular useful for selectors and coaches wishing to check the performance and progress of individual athletes.

The site allows users to register however this is not necessary if all you want to do is search for event results or individual results. Registration is required if you are an event organiser and wish to add results.

Initially Anthony Darr will be taking responsibility for posting results to the database and will contact event organisers to explain what is required. Throughout the year it is hoped that individuals and clubs will begin to understand and utilise the system directly.

To find out more about adding results to the database check out the "Help - General Information" section at the link below or to get results added on your behalf contact Anthony Darr.

Check it out for yourself at
<http://results.orienteering.asn.au/>
and try searching for your own results.



RESULTS

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



For all **Sydney Summer Series** results:

www.sydneysummerseries.com.au/results.htm

For all **Sydney Sprint Series** results:



<http://tinyurl.com/4zp8vwu>



For the **O'Shea Two Days** results:
<http://ccorienteering.org/>