



Orienteering NSW

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

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www.nsw.orienteering.asn.au

September 2010

Sydney West Inaugural Regional Schools Championships



Photo: Lyn Malmgron

What wonderful courses Ted Mulherin set for the first Sydney West Schools Championships on 11 August at Castle Hill.

The children were so excited as they ran off in all directions from the start. The 10 courses catered for 9 to 17 year olds and took in ovals, bush tracks and rocks. Some courses even became familiar with termite mounds.

One hundred and twenty children from seven schools were present. None had orienteered before but were very keen to find out where they

could do more. Comments heard in the finish chute such as,

'That was harder than I thought, you really had to think',

'That was fun, can I do it again - I bet I'd be faster.'

'How did you get here before me.'

The best comment was, *'I could have done it faster if I had looked at my map.'*

And the post mortems over maps was just as earnest as at a State League event.

Lyn Malmgron



Photo: Judy Hay

Silva Award Presented

OA Special Projects Director Robert Spry presented the Silva Award for Services to Orienteering to Rob Vincent in front of a crowd of members at the SOS/NOY event at Pelaw Main on 27 June.

Rob was thanked for his enormous contribution to controlling of a number of major events over the past few years but particularly the 2007 World Junior Championships and 2009 World Masters Championships. Details of his achievements were given on page 38 of the June 2010 Australian Orienteer

Position Vacant – OANSW Admin Officer

The Orienteering Association of NSW (OANSW) is seeking a part-time Administration Officer to provide support to the sport of orienteering in NSW. If you are reliable, self-directed, and somebody who likes completing tasks efficiently, and you have good computer skills (Microsoft Office, Access, website CMS), and are willing to work flexible hours for approximately 3 days per week, then this may be the job for you.

The primary focus of this role is to administer and manage the processes associated with operation of a sporting association. This will include, but not be limited to, operation of the Association database, book-keeping and payments, preparation of reports for clubs, the Board, OA and relevant Government departments, and publication of the newsletter and content on the website. You will be working with a range of volunteers throughout the sport.

Familiarity with orienteering is desirable. Previous experience with administrative support to a sporting club or organisation would be extremely beneficial.

We require an enthusiastic, reliable and well-presented person who will have a confident telephone manner and good interpersonal skills. You must be keen and willing to learn, have good written communication skills and a driver's licence.

You will be located at our Homebush office, and will have contact with people primarily by email and telephone. You will be responsible for seeing that all reports and other publications are produced on time. You will report to the OANSW Executive, who are all volunteers.

We will train you in all relevant procedures, but we do expect that you will be a confident computer user, and be competent with Microsoft Office programs. Ideally, you would have a minimum keyboard speed of 40wpm.

A copy of the position description is available on the OANSW website. For more information, please contact the President, Paul Prudhoe (prudhoe@ozemail.com.au).

Submit your application by post or email, including a detailed resume, and a covering letter outlining why you believe you are suited for this position. Applications will be considered as they are received, but in any case will close Monday 4 October 2010 (Sydney time).

Australian WOC Team

Congratulations to Julian Dent CC and Rob Preston NC who were selected in the Australian Team for WOC held near Trondheim, NOR in August. The team was announced just after the last newsletter was circulated. Results (of this and the other World Championships held in July) were available on the Orienteering Australia website:

www.orienteering.asn.au

The Orienteering Association of NSW acknowledges the support of



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End of an Era

For those of you who might not have heard, OANSW's long standing Executive Officer, Dave Lotty, has decided to retire at the end of this year. Earlier this year, and after more than 30 years serving orienteers in NSW, (and previously also being a part of Orienteering Australia for 25 years), Dave made the difficult decision to "hang up his pen". Dave's vast and long experience in the many aspects of orienteering will be missed, and his contribution to orienteering in NSW has been lengthy and significant. As a result of Dave's decision to retire, the Board has over the last few months taken the opportunity to review the administration role and has generated a Position Description based on the expected future requirements of the Association.

A smooth handover is planned and anyone who might be interested in the role of Administration Officer of OANSW is encouraged to contact myself,

David West or Gordon Wilson for more details.

As we once again approach the "business end of the season", it is hoped that many NSW orienteers will be looking forward to competing in this year's NSW Championships. This year will see both the Middle Distance Champs and Long Distance Champs conducted over one weekend near Lithgow. Western & Hills will stage the Middle Distance event on an area near Mount Piper, while on the following day Garingal will stage the Long Distance event just up the road near Cullen Bullen. Both maps will be new to NSW orienteers and both clubs look forward to welcoming you to their respective events. On behalf of OANSW thank you to all the WHO and GO members involved with the two events.

With the State Championships season now under way, a few NSW orienteers ventured north to compete in the recent Queensland Championships. Competing on the 2008 Australian Championship areas saw WHO's Lyn Dabbs overcome a 5 minute deficit from day 1 with an impressive run on day 2 to win the W55A class by just 24 seconds overall. The first 3 places in the W55A class, the event's largest class, were separated by only 56 seconds. Congratulations Lynn.

At the end of the month, NSW juniors under the guidance of Karen and Russell Blatchford will compete at this year's Australian Schools Championships in South Australia in September. We wish them well and again thank Karen and Russell for volunteering to assist in the development of the NSW junior orienteers. I ask NSW orienteers attending this year's Australian championships give Karen and Russell as Managers of the Schools Team, Nick Dent as Coach, and of course the whole NSW junior team, your support while in South Australia.

As you will read elsewhere in this newsletter, the 17th Annual presentation dinner will again take place at the North Ryde RSL in November. In keeping with tradition, the various awards will again be presented and it is hoped that this year's awards evening will see "Foot-O" members joined by a greater number of "MTB-O" members and our Summer Series colleagues. I look forward to seeing you all there - and as always don't forget to send Ron Pallas your Wombie nominations well in advance.



Photo: Lyn Malmgron

Winners are Grinners

These happy children from Thirlmere Public School won the Champion School Award at the Sydney South West Regional Orienteering Championships on 23 June at Camden.

Children from all over the region arrived at Camden Equestrian Park to compete in their age classes, and for their school. Many of the younger children had not competed before and after instruction, ran off to complete their first Orienteering course. The older children completed longer more complex courses competing for a place and an invitation to the NSW Schools Orienteering Championships.

Champion primary school was Thirlmere PS, closely followed by Leppington PS and St Andrews PS. Chevalier College was given a run for their money by Hurlstone Agricultural HS for the top high school.

Lyn Malmgron

NSW Schools Team

Following the Queens Birthday 3-Days, the NSW Selectors (Hilary Wood, Robyn Pallas and Geoff Todkill) announced the NSW Schools Team to contest the Australian Schools Championships in South Australia on 28/29 September. The Team Managers are Karen and Russell Blatchford NC and the Coach is Nick Dent CC.

Congratulations to the following for their selection:

Junior Girls

Nicola Blatchford NC
Rhiana Roberts NC
Junior Boys
Scott Charlton NC
Aidan Dawson GO
Daniel Hill GO
Toby Wilson GO
Reserve
Lawrence Jones UR

Senior Girls

Bridget Bennett GS
Michele Dawson GO
Sally-Anne Henderson NC
Alinta Merrotsy NT
Reserve
Felicity Barker-Smith NT

Senior Boys

Robert Bennett GS
Kasimir Gregory NT
Matthew Hill GO
Huan Wilson GO
Reserves
Tom Carter GS
Angus Roberts NT

The team wishes to thank those orienteers who have supported their fund-raising efforts by patronising the food/drink tent at State League events.

Optional Electronic Newsletter

This newsletter has been prepared in both hard-copy and electronic versions. With the recent membership renewal members were given the opportunity to advise which form they wanted the NSW Newsletter and Coming Events pages (The Australian Orienteer magazine will continue to be provided in printed form and posted to all full members). If you wish to change the way you receive the newsletter, contact the office at: orienteering@sydney.net



Orienteering NSW

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

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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.

MTBO in Portugal



MTBO WOC 2010 in Portugal was a great experience, and hugely different from my previous 3 WOCs. First there was the Portuguese terrain, which was relentlessly hilly, rocky and rough, with a mosaic of working pine forests, farms and scrubby commons. As it turned out, Jenolan East was a prescient choice of selection trial – well done to Mountain Devils and Bigfoot for making the map and event happen! The sprint race in the historic centre of Chaves, with cobblestones, stairs, traffic marshals with whistles and a start/finish in a dusty stadium was a whole new world of MTBO, too. Then there was the climate, which hit us with successive 40 degree days during the training camp, apparently related to a desert wind blowing up from Morocco. Fortunately, the longer races were held at higher altitude and race week started with a cool change, so we didn't have to find out what 2 hour races in 40 degrees would have been like.

The next thing to get used to were peculiar local "obstacles", like wandering cows, unrestrained dogs and "tracks" that turned into boulder fields or ponds when dots appeared on the map. On training maps, some tracks had turned into blackberry patches, or seemed never to have existed. The unfenced donkeys were much friendlier than the loose dogs, which were pretty keen on chasing bicycles. The small villages where we congregated for training exercises were like another world – grandma and grandpa pushing wheelbarrows up the tiny, cobbled streets and curious locals stepping out of their cornfields and cafes to have a friendly laugh at us with all our lycra and shiny bikes.

The ubiquitous cafes made the best coffee I've had in Europe, an unexpected pleasure after 2 weeks of disappointing coffee while riding in France. Oh, and an absolute steal at 50 Euro cents a cup! The food was also consistently good – eating out in a restaurant the first week and self-catering the second was a

great option. Fortunately, lots of Portuguese food seems to be free of gluten, dairy and egg, so the team never had to use its EpiPen lessons to rescue Mel from anaphylaxis.

Having survived the climate, the terrain and the food, we still had to face the actual competition. The numbers of both senior men and women competing are pretty static, which means still no "real" qualifying for the long final for the women. However, there are gradually more countries competing, and the standards in the middle ranks seem to have picked up significantly. It's a lot harder to finish in the top 20 now than 5 years ago... Many of the top contenders are the same ones as years ago, although whole new teams of podium placers, like the Danes, have emerged. The average age seemed younger to me, although that might just be because I'm (gasp) older??

It was lucky for me that Alex Randall was in the team, or I'd be left as the oldest member.

Having the 3 junior boys in the team kept us all feeling young and silly, though. They made a huge contribution to its being the happiest WOC team I've ever been on. Even our mandated (by coach) maximum half hour sulks after a bad ride were adhered to. As much as the juniors contributed to the cohesion and spirit of the team, it was also a great opportunity for them to be around the experienced and accomplished seniors, especially AJ and Alex. AJ was always willing, in his quiet and thoughtful way, to share his wisdom about every aspect of MTBO from route choice to the fastest way to turn your bike around at a control. It was just a shame we couldn't find a junior girl to even trial, let alone make the team – there were only 24 junior girls competing, and we 2 senior girls could then have made up a relay team. As it was, we rode as hard as we could in the Australia 2 men's team, but

even the slower men's teams are incredibly strong compared to us.

The team was ably supported by coach, Kay Haarsma, and team helper, Briohny Lebbink. They made sure we had the training we needed, food, clean clothes and hugs. Thanks to them, the whole thing ran smoothly, allowing us to concentrate on our racing and recovery. Doing an MTBO WOC is an expensive exercise, and any financial help is greatly appreciated – as such, big thanks from Melanie Simpson and me must go to OANSW for

their generous support. In addition, I would like to acknowledge Mountain Devils, David West and Mark Shingler for organising events in the lead up and setting training courses for me. Thanks to everyone who showed their support and gave us a lift by posting their messages on our team blog (still available at:

<http://ozmtboteam.socialfx.net/>
all the "official" stories are on the OA website:

<http://www.orienteering.asn.au/mountainbike/>).

Mary Fien

State League Handicaps a Family Affair.

With ten State League events now completed, the handicap point score is being led on four of the twelve courses by members of the Blatchford family. Josh Blatchford is leading RED2, Russell RED5, Karen RED6 and Nicola leads RED8. Similarly Aiden and Graeme Dawson are leading ORANGE and RED4 respectively.

The handicap competition is being run on all NSW State League events with each course treated as a separate class. Each orienteer is assigned an individual handicap for the course they are running based on their results from the previous three events they contested. Competitors who have not completed three events in the last two years compete with a scratch handicap. At the end of each event the handicaps are used to calculate the

adjusted times and points are awarded. For those courses with a large number of competitors, first place is awarded 25 points, second place 24, third 23 and so on. Courses with smaller numbers are awarded 15 points for first, 14 for second, etc. Competitors who start but do not complete their course or miss punch are awarded 1 point. The final yearly point score is based on a competitors best eleven results from the thirteen events.

The full progress scores can be found online at OANSW State League results page:

<http://www.stateleague.nsw.orienteering.asn.au/results.htm>

If any clubs are interested in running a handicap event, I am more than happy to provide them with the current handicaps.

Gordon Wilson
OANSW Technical Director

Annual Presentation Dinner

The Sixteenth Annual Awards Presentation Dinner will be held on Saturday 13 November 2010 at North Ryde RSL Club on Pittwater Road, North Ryde.

There will be lots of awards presented on the night and clubs are invited to bring table decorations along for a chance to win the 'Gold Table' award. Tables will seat ten people and they will be set up with a tablecloth.

Awards will be presented in the following categories:

- 2010 Orienteer of the Year
- 2010 Metro League
- 2010 MTBO Super Series
- 2010 Sydney Orienteering Series
- 2009-10 Sydney Summer Series
- 2010 Special (President's Trophy, Club of the Year, Rookie of the Year, Encouragement Award, Course Planner of the Year)
- 2010 Waratah Junior Awards
- 2010 'Wombies'

Wombies are awarded for outstanding unconventional efforts. These tales of unusual exploits are always great fun and a good chance to get back (in the nicest of ways) at many an

orienteer. So get your Wombie nominations in to Ron Pallas ronpallas@hotmail.com by 1 October.

At the 2009 Presentation Dinner there were a record number of Waratah Junior Awards presented. If you have some juniors in your club who have been attending events on a regular basis they may be eligible for the award. Please tell club secretaries about your keen junior and they will pass a summary of the information on to Lyn Malmgron (nevllyn@zeta.org.au) by 1 October. More information can be found on the OANSW website in the Juniors section.

Meals will be available from the Bistro from 6:00pm and they will be served in the auditorium (also on the first floor). The presentations will begin at 8:00pm.

The RSL club is located on the eastern side of Pittwater road at the intersection with Magdala Road, just south of Epping road. To cover the hire costs of the room an entry fee of \$5 for seniors (juniors free) will be collected on the night.

Please RSVP by 1 November with the name(s) and club to orienteering@sydney.net or 8116 9848.

NSW E-Bulletin

Every (or almost every) Tuesday throughout the year Neville Fathers produces an electronic bulletin of news items and notices, which is emailed to any members requesting it. If you are on the list you would be receiving these regular bulletins. If you aren't getting them but want to be included, email Neville nevlyn@zeta.org.au and he will add you to the list.

NSW Relay Teams for AUS Champs

Entry for these was included with the AUS Championships Carnival entry.

The organisers will provide OANSW with a listing of NSW entries and the NSW Selectors (Robyn Pallas, Hilary Wood, Geoff Todkill) will then put the entrants into teams.

They will try to select one or two good teams in each class and then assemble the others on the basis of clubs. A preliminary listing will be

sent out with the NSW e-bulletin in mid-September and will be on our website.

The selectors will be the team managers at the Championships, so you will need to contact them about your team running order and to obtain your competition numbers.

It is presumed that the numbers will be available at the AUS Championships on the Saturday.



Results of all events from 23 May 2010 to 22 August 2010 are included in this listing.

2010 Orienteer of the Year scores and 2010 State League Events results and split times are at:

www.stateleague.nsw.orienteeing.asn.au

2010 MTBO Super Series results, split times and scores are at:

www.mountaindevils.com

2009-10 Summer Series results and scores are at:

www.sydneysummerseries.com.au

2010 Metropolitan O League results, split times and scores are at:

www.metroleague.nsw.orienteeing.asn.au

2010 Sydney Sprint Series results and splits are at:

www.nsw.orienteeing.asn.au/events/sprintseries

2010 Sydney Orienteering Series scores are at:

www.uringa.nsw.orienteeing.asn.au

23 May 2010

GREAT NORTH WALK
CLUB EVENT

Organiser Barbara Hill

Planner Daniel Hill

For Garingal Orienteers

Results available at www.garingal.com.au

30 May 2010

WESTERN SYDNEY REGIONAL PARK

METRO LEAGUE FINAL

JUNIOR LEAGUE #3

Organiser Steve Dunlop

Planner Janet Morris

Controller Barry Hanlon

For Western and Hills Orienteers

Results, splits and scores for MetrO League are available at

www.metroleague.nsw.orienteeing.asn.au

5 June 2010

WINGELLO SOUTH

MTBO SUPER SERIES #3

Organiser David West

Planner Alison Curtin

For Mountain Devils MTB Orienteering Club

Full results and splits available at www.mountaindevils.com

6 June 2010

BELANGLO

MTBO SUPER SERIES #4

Organiser David West

Planner Marcel Van Schie

For Mountain Devils MTB Orienteering Club

Full results and splits available at www.mountaindevils.com

6 June 2010

LINDFIELD to SEAFORTH

GREAT NOSH FOOTRACE

Organiser Robert Spry

For Bennelong Northside Orienteers and Orienteering

Association of NSW

Results are available at www.bennelong.nsw.orienteeing.asn.au

12 June 2010

SHERATON ROAD

NSW SPRINT CHAMPIONSHIPS

QBIII – Day 1

STATE LEAGUE #6

Organiser Darren Francis

Planner Karen Hagan

Controller Basil Baldwin

For Goldseekers Orienteers and Western Plains Orienteers

Full results and splits available at

www.westernplainsorienteers.org

13 June 2010

HIGH PLAINS

QBIII – Day 2

STATE LEAGUE #7

Organiser Darren Francis

Planner Jean Baldwin

Controller Paul Prudhoe

For Goldseekers Orienteers and Western Plains Orienteers

Full results and splits available at

www.westernplainsorienteers.org

14 June 2010

MALANG SOUTH

QBIII – Day 3

STATE LEAGUE #8

Organiser Darren Francis

Planner Sean Hagan

Controller Basil Baldwin

For Goldseekers Orienteers and Western Plains Orienteers

Full results and splits available at

www.westernplainsorienteers.org

12-14 June 2010

QUEENS BIRTHDAY 3-DAYS

OVERALL RESULTS

Full results available at www.westernplainsorienteers.org

23 June 2010
BALLS HEAD
WINTER SOLSTICE
Organiser Jamie Kennedy
For Garingal Orienteers
Results available at www.garingal.com.au

27 June 2010
STANFORD SCRUBS
SYDNEY SERIES #1
JUNIOR LEAGUE #4
Organiser Margaret Peel
Planner Denis Lyons
Controller Geoff Peel
For Newcastle Orienteering Club
Results and splits available at
www.newcastle.nsw.orienteeing.socialfx.net

4 July 2010
THE INCINERATOR
CLUB EVENT
JUNIOR LEAGUE #5
Organiser Dennia Sparling
Planner Dan Redfern
Vettor David Bowerman
For Garingal Orienteers
Results available at www.garingal.com.au

11 July 2010
SOAPY FLAT EAST
SYDNEY SERIES #2
Organiser Ron Pallas
Planner Margaret Wilmott
Controller Nick Wilmott
For Uringa Orienteers
Results and splits available at www.uringa.nsw.orienteeing.asn.au

17 July 2010
CURRAMBENE SF
MTBO SUPER SERIES #5
Organiser David West
Planners Jim Anderson and Andy Halliday
For Mountain Devils MTB Orienteering Club
Full results and splits available at www.mountaindevils.com

18 July 2010
PARABIANGA, PARRAMATTA RIVER, UPJOHN PARK,
COWELLS LANE, MEADOWBANK
TURKEY TROT
Organiser Chris Crane
Planner Ian Miller
Controller Ted Mulherin
For Western and Hills Orienteers
Results available at www.westernhills.nsw.orienteeing.asn.au

18 July 2010
MEADOWBANK
CLUB EVENT
Organiser Sam Gunasekera
Planner Steve Holloway
For Western and Hills Orienteers
Results available at www.westernhills.nsw.orienteeing.asn.au

21 July 2010
BLACKMAN PARK
MOONLIGHT MADNESS #1
Organiser David Stitt
Garingal Orienteers
Results available at www.garingal.com.au

24 July 2010
BROKENBACK SLOPES
STATE LEAGUE #9
Organiser Peter Newton
Planner Graham Fowler
Controller Rob Vincent
For Newcastle Orienteering Club
Results and splits available at
www.newcastle.nsw.orienteeing.socialfx.net

25 July 2010
WALLAROO - NINE MILE CREEK
STATE LEAGUE #10
Organiser Peter and Maria Orr
Planner Daniel Orr
Controller Geoff Peel
For Newcastle Orienteering Club
Results and splits available at
www.newcastle.nsw.orienteeing.socialfx.net

1 August 2010
KISSING POINT
CLUB EVENT
JUNIOR LEAGUE #6
Organiser Melissa Joseph
Planner Ernest Windschuttel
For Garingal Orienteers
Results available at www.garingal.com.au

15 August 2010
WATTLE RIDGE
SYDNEY ORIENTEEING SERIES #3
Organiser Robert Spry
Planner Bruce Dawkins
Controller Peter Meyer SH
For Bennelong Northside Orienteers
Results and splits available at
www.bennelong.nsw.orienteeing.asn.au

SYDNEY ORIENTEEING SERIES
FINAL POINT SCORE 2010
Full results available at www.uringa.nsw.orienteeing.asn.au

18 August 2010
WEST CHATSWOOD
MOONLIGHT MADNESS #2
Organiser Ted Woodley
for Garingal Orienteers
Results available at www.garingal.com.au

21 August 2010
WALLAROO
MIDDLE DISTANCE
MTBO SUPER SERIES #6
Planner Denis Lyons
for Newcastle Orienteering Club
Full results and splits available at www.mountaindevils.com

22 August 2010
KILLINGWORTH
LONG DISTANCE
MTBO SUPER SERIES #7
Planner Simon Nott
for Mountain Devils MTB Orienteering Club
Full results and splits available at www.mountaindevils.com

