

Last Newsletter

It is with some sadness that the Association has taken the decision to make this edition the final one for the Association Newsletter. The decision has been taken in the context of unprecedented electronic opportunities for the sharing of information and ideas with members as well as costs associated with production of the newsletter.

Expanding electronic presence

With the evolution of the internet and emails the ability to distribute and share information quickly and easily is extraordinary. The Association has recently employed Maggie Jones on a part-time basis and Maggie's output is highly visible. Multiple news items are posted on the Orienteering NSW website every week. It has become a fabulous avenue for members to keep abreast of what is happening across the NSW orienteering scene. Content that was previously published every few months through the Newsletter is now published within days. In many ways, the website has made the need for a newsletter redundant. If you haven't looked at the website in recent months, jump on the net and take a look!

Another role that Maggie undertakes is the distribution of a weekly E-bulletin. This email is distributed to all members as well as casual orienteers and other orienteering friends that subscribe to the email. It reaches out to the orienteering community with information on forthcoming events, entry deadlines, news and notices of interest.

Subscription is easy, just click on the tab on the website and enter your email address and details.



For those into social media, ONSW regularly sends out information alerts through Twitter and in the near future will also have a Facebook page.

Costs

This financial year, the newsletter is estimated to cost the Association and therefore NSW members \$4,100 in expenditure plus many, many hours of work for a variety of people. It is the Board's view

that there are more effective ways that this time and money can be invested in orienteering.

Arrangements for Members that currently receive printed copies of the Newsletter

If you receive the Newsletter at the moment but have access to the internet then please monitor the ONSW website and subscribe to the E-bulletin. These steps will keep you more up-to-date with all the orienteering news and connected with the NSW orienteering community than the newsletter ever has.

For the handful of existing Association members that do not have internet access, special arrangements will be made to ensure that you still receive printed news and information on orienteering with each mail out of The Australian Orienteer.

Member Submissions of News Items

One benefit of the newsletter has been its role as a forum for members to publish articles of interest to other NSW orienteers. Whilst this avenue will no longer be available, it is important and of benefit to orienteering that members have opportunities to express views and have a dialogue about the sport. In this regard, there are a variety of options available. The website can handle plenty of articles and fresh material is always welcome. In fact onsite event reporting is encouraged and news articles as well as photographs capturing orienteering action may be forwarded to Maggie Jones for publication. News on upcoming events or notices relevant to the orienteering community can also be directed to Maggie for inclusion in every Tuesday's E-bulletin. Maggie's email is: onsw.communications@sydney.net

Maggie is also the NSW liaison point for submissions to The Australian Orienteer. The magazine is always looking for content and submissions from NSW orienteers would be very much appreciated. Many club websites and newsletters are also thriving, so please consider contributing to these plus keep an eye open for the Orienteering NSW Facebook page. As our presence develops, Facebook will no doubt also become a great forum for discussion. Importantly, Board directors

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and club committee members also welcome feedback and constructive ideas. So have a chat to someone at an event or send them an email so that we can all jointly work towards continual improvement of our sport.

So, if you have some news to share, please consider:

1. Writing an article for The Australian Orienteer;
2. Submitting an article for publication on the Orienteering NSW website;
3. Submitting your news for publication in the Ori-

enteering NSW E-bulletin;

4. Sending an article to your club website administrator;
5. Including an article in a club newsletter;
6. Submitting an article from your club newsletter for publication on the ONSW website, or in the e-bulletin;
7. In the future, joining our Facebook community;
8. Chatting with or emailing to an ONSW Board member; or
9. Chatting with or emailing a committee member from your club.

Making Progress

with help from the Australian Sports Council

Many in the NSW orienteering community will be aware that Orienteering Australia benefited from a large grant from the Australian Sports Council, but not too many perhaps know what the grant was for, and how in particular the monies are being used in NSW to promote and increase participation in our sport.

At the National level there are projects to develop training materials to help deliver more events, and to enthuse and inform newcomers about orienteering so they can participate. Projects include a manual on how to develop and run a street orienteering program, online information and training guides on how to do bush, street, sprint and mountain bike orienteering alongside online videos by the University of Canberra.

At NSW State level participation is key and all the implementation plans are all geared towards that.

There are three main thrusts to the plans submitted by ONSW-OA to the ASC for funding support:

1. Extending the successful 45 minute score format of the urban Summer Series to new areas of Sydney.
2. Rolling out a new DuO orienteering program based on the known successful format run in Victoria (MTBO / Foot-O combination)
3. Opening new areas of NSW to orienteering which are not currently serviced by events or clubs

New Urban Series

NSW orienteers will recognise two of these initiatives which are already in place. The Southern

Continued over page

The Orienteering Association of NSW acknowledges the support of



Communities
Sport & Recreation

Making Progress – Continued from previous page

Sydney Series has just successfully completed a five event series in the South and East of Sydney in November, with events run by a consortium of local clubs including Illawarra Kareelah, Uringa, Garingal and Bennelong Northside.



Although the events were dogged by bad weather there were enough newcomers to reassure ONSW that these new events really do have a future. Media coverage from local papers St George Leader, and the Canterbury Torch helped bring a new audience to orienteering.

The Sydney West Series will also be a five event series and is being run in early 2012 with events west of Parramatta to Penrith and Windsor, the home of Western & Hills Orienteers who will be running the lion's share of the events supported by Southern Highlands and Garingal.



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.

Mountain biking teamed with Foot O



The new DuO series, which is being co-ordinated by Greg Bacon of Newcastle Orienteers, had its first event on 4th December up in Killingworth. This style of event has been run in Victoria as the Silva DuO for the last few years, and provides an opportunity for foot orienteers to try out mountain bike orienteering, as well as a chance for mountain bike enthusiasts to try out orienteering for the first time.

This first series consists of three events, peppered through the summer season taking in areas near Newcastle, metropolitan Sydney and the Southern Highlands.

Regional Centre Program

What may not be apparent to the general orienteering community is the work which is currently going on to open up new areas of NSW to orienteering. Called The Regional Centre Program the areas identified are Northern Rivers area (Grafton-Lismore-Ballina-Tweed Heads areas) which will



be prioritised and Coffs Harbour which will be a subsequent roll out. The critical part in getting this program rolling has been finding local coordinator who will set up the new club and run initial events. The person who was initially identified to take on the role of coordinator moved to Sydney earlier this year and moves are now afoot to recruit a replacement early in 2012. Starting out with urban events it is hoped that over time a bush orienteering element can be introduced with all the opportunity that will bring. For the future, ONSW Directors have a vision of a vibrant northern NSW orienteering scene with Northern Tablelands Orienteering Club competing in northern State League events with the new clubs, cross border competitions with Queensland and who knows what else!

NSW Carbiners – 2011 review



2011 has been a tremendously successful year for the NSW Carbiners. Russell and Karen Blatchford, Managers and Nick Dent, Coach, have been putting in major efforts over the past three years and this has resulted in a maturing of the squad in both numbers and expertise. For the first time in a number of years NSW has cultivated a depth of talent which made it possible to select a full squad for the State Schools team from the NSW Carbiners. As a direct consequence the team brought home a chestful of medals with the best results they have had in years. Overall the NSW Schools team were joint runners up in the Australian Schools Championship.



Junior Girls
Silver (combined individual), Bronze Relay

Junior Boys
Silver (combined individual), Bronze Relay



Senior Girls
Silver (combined individual)

The medal tally speaks for itself but more importantly the NSW Junior Squad is one of which we can be proud, being a group of juniors who are motivated and engaged, who look forward to their camps and championships, who support each other when the going gets tough and who pitch in and help the sport outside of their own events. A mark of this is that the NSW Junior Squad are organising, setting and planning this year's Christmas 5 Day Carnival on the Central Coast, an event which is enjoyed by the whole orienteering community

NSW Carbines — 2011 review

Hard work during the year

Developing and deepening the experience and technical skills of the team has been foremost for the managers and coaches this year. Setting selection races at quality events such as the blue ribbon NSW State League events and the Australian Easter carnival in Western Australia has ensured that the juniors looking to get on the team have been developing the experience and versatility on different bush terrains. This is essential if they are to have any chance of competing at National level. In addition there were two specialist training camps run during the vacations where aspiring juniors were given in-depth coaching and additional terrain exposure. The squad is drawn from the best junior orienteers across NSW and it is a point of pride that this year members came from both metropolitan areas and from the regions including Sydney, Newcastle, Armidale, Dubbo, and Orange.

In addition to the technical support given by the team managers and coaches, the orienteering community also works hard to provide financial support. Direct financial assistance is given by ONSW and by individual clubs, and both the juniors and their families work on fundraising efforts, such as the provision of catering at State League events. Families also pitch in to help the team managers on camp weeks in setting up courses, and putting out and collecting controls.

Christmas camps

The Christmas training camp 2010 took place near Tocal on the Central Coast. Managers Russell and Karen have put much work into identifying, nurturing and training promising juniors around the State and is directly due to this work that NSW were able to field such a capable and complete squad at the National Championships this year. The focus for this camp was twofold: fitness and accurate navigation. The squad found themselves working on their 'beep' tests and racing up steep hill called Sugarloaf near Maitland as well as night orienteering, control picking exercises and high speed relays. The current squad will be training at the 2011 Christmas camp just outside Newcastle this coming December.

Gaining experience and versatility

In between camps and State League races Juniors also had the opportunity to work on their skills with training sessions such as the Coaching Weekend run by Chief Coach Nick Dent, to develop our coaching network and capability, and sessions with the senior NSW elites, The Stingers. These sessions were invaluable in developing both their skills and their network amongst the best orienteers in NSW, giving them visibility of what they need to aspire to and practical advice as to how to continue to improve. Juniors also raced in the National Orienteering League and garnered a great set of results in the National Orienteering League #1 in Canberra, including placings for Josh Blatchford, Nicola Blatchford and Rhiana Roberts in the Middle Distance race, 4th and 5th position in the Mixed Junior Relay and 5th for Josh Blatchford and 6th for Michele Dawson in the demanding Classic Long Distance race. Juniors travelled to the Easter Carnival in Perth, some staying on for the National Orienteering League race on the following weekend.

Media coverage

One of the things which has been new this year is the increased media coverage which the squad has begun to enjoy. Michele Dawson was featured in the Sydney Morning Herald, and in Run4YourLife, as well as in the local press for winning a Local Champions Award. The Junior Squad was on TV at the Schools Championships in Wagga with an interview with Georgia Jones, one of the junior girls team. As the team continue to mature and improve this exposure can only increase, to the benefit of both Orienteering NSW and the Carbines.

Oceania Carnival and National Schools Championships 2011

The Oceania Carnival was the most important set of events this year, encompassing the National Schools Championships, and had 9 races over 7 days in three States - Victoria, NSW and ACT. The team managers took the opportunity in the preceding July holidays to take the Carbines down to Victoria and Wagga Wagga to



Junior Boys receiving medals at Presentation Dinner

give the squad experience on similar terrain and maps before the Championships. Working on areas with intricate contour detail was an essential part of their preparation, as the Australian Middle Distance Championships was run on an old gold mining area, an unusual and daunting technical challenge. The trip was a significant undertaking both in terms of expense and logistics but the resulting growth in

experience, confidence, and team spirit was absolutely worth all the work. The support of the orienteering community, and the Squad's major sponsors, the Carbines, has been critical to supporting the managers and coaches in their work with the squad this year. This was an expensive year with much travel and work to be done but it is clear from the fine set of results this year that all the investment is paying dividends.

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/

Christmas 5 Days 2011



Tuesday 27th Dec - Saturday 31st December
Newcastle / Central Coast Region, NSW

Five events and five different formats:
Sprint Distance, Middle Distance, Long Distance, Mass Start, Loops

Organised by the NSW Junior Orienteering Squad

All courses set by NSW Juniors

Online entry and event details: ccorienteering.org

Enquires: nickdent7@gmail.com

Meet the 2011 NSW Carbiners



Matthew Hill
M18A NSW Orienteer of the Year
M18A 1st State League #2, 4-9 & 11



Glen Charlton
M18A 1st State League #1,
2nd SL #5, 8 & 10



Michele Dawson
W18A NSW Orienteer of the Year
W18A 1st State League #1-7, #9-13



Bridget Bennett
Winner NSW Handicap competition 2011 (Red 7)
W18A 1st State League #5, #9



Callum Roberts
M18A 2nd State League #3, #9



Angus Roberts
M18A Overall Winner QB3
M18A 1st State League #3, 10, 2nd SL #4, 6, 7, & 11



Rhiana Roberts
W16A 1st State League #10, #11, #12, #13
W16A 2nd National Orienteering League #1



Alinta Merrotsy
W18A 2nd State League #11



Marie Bak



Scott Charlton
M14A 1st State League #4



Toby Wilson
M14A 1st State League #10, #3



Nicola Blatchford
W16A NSW Orienteer of the Year
W16A 1st State League #1-9



Aidan Dawson
M16A NSW Orienteer of the Year
M16A 1st Schools champs 2011
M16A 1st State League #2-9, #11-13
M16A 1st ACT Long & Mid Dist Champs



Daniel Parton
M16A 1st State League #1,
2nd SL #9



Samantha Wallace
W14A 3rd State League #9



Georgia Jones
W14A NSW Orienteer of the Year
W14A 1st State League #2, 3, 5, 7, 8, 10-12



Lawrence Jones
M16A 2nd Schools champs 2011
M16A 2nd State League #3-8, #10 & 11



Daniel Hill
M14A NSW Orienteer of the Year
M14A 1st Schools Champs 2011
M14A QB3 Combined winner



Melissa Annetts
W14A 1st State League #4, 9



Rebecca George
W14A 1st State League #1, 6, 13



Kate Kennedy
W14A 3rd State League #11