



## Parawanga Paragraphs 2004-2017 Archive Contents

Year	OACT newsletter issue	page (in archive)	Year	OACT newsletter issue	page (in archive)
2017	December .....	1	2008	December .....	61
	September .....	4		September .....	62
	June .....	6		June .....	65
2016	December .....	8	2007	February .....	68
	August .....	10		December .....	69
	April .....	11		September .....	70
2015	October .....	12	July/August .....	71	
	June .....	13	June .....	72	
2014	December .....	15	April .....	73	
	September .....	18	March .....	74	
	June .....	20	January/February .....	75	
2013	December .....	22	2006	October .....	76
	March .....	24		September .....	77
2012	December .....	25		July .....	78
	September .....	27	June .....	79	
	March .....	32	April/May .....	80	
2011	December .....	35	March .....	81	
	September .....	37	2005	December .....	81
	June .....	39		October/November .....	82
	March .....	41		September .....	84
2010	December .....	42		July/August .....	85
	September .....	45	June .....	86	
	June .....	47	April/May .....	86	
	March .....	50	March .....	88	
2009	December .....	51	2004	December .....	88
	September .....	55		October .....	89
	June .....	57		August .....	92
	March .....	59		June/July .....	93
				May .....	94
				February .....	95

## Parawanga Paragraphs December 2017 Jill Walker

The past few months have seen PO members in great form, both in the competitive stakes, the participation stakes, and the volunteering effort that's taken place.

Reaching the heights of Australian Orienteering achievement, **Ann Ingwersen** won the **2017 Silva medal** (read more about the Silva Medal [here](#)) and was named Australian Orienteer of the Year. She won all 6 major events in her age group for 2017, and is a role model many younger orienteers (<75years) want to emulate in the future. She's pictured below, powering through a control.



We'd also like to congratulate the winning **ACT Schools Team** and particularly the 4 PO members – Tara Melhuish, Zoe Melhuish, Andrew Kerr & Miho Yamazaki. Tara, Zoe and Andrew were all selected in the Schools Honour team, and Miho played a key role in the winning senior girls relay team. Pictured above are Miho and the rest of the schools team cheering Tara in on the exciting final leg of the senior girls relay.

At the OACT End of Year Dinner, **Zoe Melhuish** was named **OACT Orienteer of the Year** and is pictured below receiving the Wehner Cup Trophy from Hermann Wehner. Tara Melhuish, Ana Herceg and Darryl Erbacher won age class awards.



Ana Herceg

**Twilight Events** organised by PO so far this season have been at Weston Park (Andrew Cumming Thom course setter, Jill & Phil Walker organisers) for the first twilight of the season, and Mt Majura East for the Primary Schools Championships and Twilight event on 22 November. Bryant Allen, Cathy Hogg and David Hogg, along with a large team of willing helpers, made the day a fabulous success.

PO's captured in action at recent events



The **Summer Map Mates** season was a PO affair – Shannan Forrest did hours of administration behind the scenes, getting everyone registered (not as easy as it sounds!) and figuring out team points each week, whilst Kristen Walker and Ciaran Lane presented the training sessions to 38 children for 5 weeks (photo below). Many of the MM parents were really appreciative of the work put in to teach their children the basics of orienteering and get them more confident in heading out in the bush with their friends.



Around 25 Parawangans headed off to Bathurst for the **Australian Championships Carnival**. A great time was had by all, some podium results were achieved and for everyone

else, persistence will pay off eventually! Group accommodation organised by Sue Garr proved popular and allowed for friendly car sharing to events and easy access to the local sights and gastronomic delights.



Nathan Guinness holding the PO fort at Hill End. Darryl & Frank sprinting for the finish.

And last but definitely not least, the weather improved just enough on Sun 3 December for the **Parawangan End of Year Celebration** to be a happening thing! About 30 hardy souls braved the cold wind for some socialising and orienteering. It was great to welcome Robert, Helen & Thomas Fisher, as first time attendees at the get-together.

Phil Walker set a fun 20 minute score course for those who needed to use up some energy before the feast. Nathan Guinness & Ciaran Lane both blitzed the course, getting the full 250 points. Ciaran ran the faster time (and did it in bare feet), but Nathan had the age penalty, so the winner was decided by lucky draw, with Nathan taking home the prize.



Helen, Robert & Thomas planning their Score course routes.



Liz with the 'Blue Man'





Phil & Nathan receiving their prestigious Awards!

The PO Annual awards were passed on:

- Most Improved went to Phil Walker
- Blue Man for Services to the Club, Liz Dunbar & Ian Elz
- Snail Award for worst mistake causing a really loooooong finish time to be registered (but the course still has to be completed) went to Nathan Guinness for an event where he ran many kilometres down a track heading in the opposite direction to the location of the next control!!

We hope all Parawangans and ACT orienteers have a safe & relaxing holiday break.

## **Parawanga Paragraphs**

### **September 2017**

Colleen Mock

Parawanga Orienteers had a busy and successful winter season, running Saturday events at Mt Ainslie North, Aranda Bushlands and Stromlo West (setting and organising for Blue Lightning), as well as league events at Kowen East and Yankee Jack (jointly with Bush Flyers).

New Cocky Zoe Melhuish spiced up her Aranda Bushlands courses with a tightly contested King and Queen of the Mountain competition – congratulations to chocolate winners!

Parawangans were prominent in setting/organising a number of mid-week metro events, including a night event for World Orienteering Day, while Nathan Guinness and Shannan Forrest continued the popular Map Mates program.

On the interstate front, some 36 Parawangans discovered an even colder venue than ACT for orienteering, at the Australian 3-days in Wagga Wagga in June. Tara Melhuish was junior elite women's winner, with new Parawangan and Cockatoo Miho Yamazaki not too far down the ranking. Mark Glanville was a top 10 finisher in junior elite men. Ann Ingwersen, Bill Monaghan, Ana Herceg, Luca Hogg, Andy Hogg and Darryl Erbacher were overall age group winners, while Makhaya Hogg, Zoe Melhuish, Natalie Smith, Mykal Marsham and Ella Hogg also appeared on the podium on one or more days. Congratulations all!

Nathan Guinness was our sole representative in the 2017 NSW and ACT Ski-O Championships at Perisher in August, completing the Long course in a very respectable 8<sup>th</sup> place. Congratulations Nathan!

Not to be outdone by older sister Tara as she prepared for her second JWOC carnival in Tampere, Finland, younger sister Zoe showed her mettle with a convincing win in Division 2 of the Jim Sawkins Classic Handicap at Rattall Creek in June, from a field of 45 entrants. Congratulations Zoe!

Tara countered with a NOL win at Aranda Snow Gums to complete a perfect season score of eight NOL wins and secure Tara her first NOL title of Junior Elite Women's champion. Congratulations Tara!

Some Parawangans demonstrated their versatility, or aversion to Canberra winters, in a variety of activities such as Bush Heritage conservation work in north Queensland (Ingwersens), hiking in the European Alps (Bruce B. and Liz A.) or the Pyrenees (Barbara Martin), cycling in Germany (Ian Elz and Liz Dunbar, and Bruce and Liz – separately), and orienteering in the Bohemia 5-days in the Czech Republic (Bruce and Liz – again).

With one event to go in each of the Saturday and league programs, all eyes are on the junior league and ACT league tables. Tara, Zoe, Ciaran Lane and Mark Glanville were leading their age groups in the junior league, while Zoe was topping the ACT league standing, ahead of 3<sup>rd</sup> placed Tara.

PO schools team members at the Australian Champs are Tara, Zoe, Miho and Andrew Kerr. Good luck to them and to all orienteers at the carnival – over 900 of them!



Course setter Zoe dwarfed by a termite mound at Aranda Bushlands



Aiden spikes it



Parawangans in full sprint at Connorton, Wagga Wagga



Parawangans on duty at Kowen East and Aranda Bushlands



Parawangans leading the way



Parawangans on course at Wanniasa Hills, Stromlo West, Aranda Snow Gums and Aranda Bushlands



Elites show how it's done

## Parawanga Paragraphs

June 2017

Colleen Mock

Parawanga Orienteers is proud to have Tara Melhuish grace the cover of the March edition of 'The Australian Orienteer'. Tara is consolidating her status in the elite level of orienteering with consistently sound results.

Seven Parawangans finished in the final top 20 places of the Runners Shop Twilight Series that ended in March, four of them from the one family. Melhuish sisters Tara and Zoe fought a close battle to tie for 2<sup>nd</sup> place overall, with parents Nick M. and Ana Hecceg a little further down the rankings. Other highly-ranked Parawangans were junior Andrew Kerr, Mark Glanville and visiting scholar Jacob Lindstam.

Fourteen Parawangans braved the heat at Newcastle for the Xmas 5-days, with the Melhuish sisters and Jacob notching up multiple wins and 2<sup>nd</sup> placings.

The club followed up a busy Twilight series (including another very wet event at Bruce Ridge – is there a pattern emerging here?) with the highly successful ACT Sprint Orienteering Championships (AL#1), incorporating National Orienteering League #3 and the Australian University Championships, in March at Girls Grammar/Red Hill. Congratulations to Andy Hogg and Natalie Smith for superb course-setting and organising to please over 350 participants.

Congratulations also to Parawangan ACT sprint champions Makhaya Hogg, Graham Atkins, Nick Melhuish, Zoe Melhuish, Ana Herceg and Ann Ingwersen, and to ACT middle distance champions Andy Hogg and Ann Ingwersen. PO was strongly represented in the NOL competition by Jacob Lindstam, Stephen Melhuish, Mark Glanville, Ciaran Lane, Tara Melhuish and Miho Yamazaki.

In April about 30 of the usual suspects headed to the land of the long white cloud – and cyclones, and rain, and mud, and floods – to the Oceania and/or WMOC carnivals. Parawangan names included Hogg, Garr, Melhuish/Herceg, Ingwersen, Bowen/Abbott, Miethke, Martin, Glanville, Guinness/Forrest, Kerr, and Lane, along with new members Andrew Cumming Thom and Miho Yamazaki. If Rob Jessop hadn't swapped allegiance to his native land Australia might have won that Australia-New Zealand Challenge!

Highlights of the fortnight included a celebration of Barbara Martin's significant birthday in conjunction with pre-long final carbo loading at a very authentic Italian restaurant in Mt Eden, and wade-O at Lake Rotorua.

There should be some stiff competition for the club's Blue Snail 'Hasten Slowly' award this year, as there were plenty of resilient Parawangans who didn't give up in the face of unreadable, but fun, sand dune terrain!

One unnamed PO member walked off the map in the WMOC model event!! The fact that she was disturbing sleeping deer, and there was no one else anywhere nearby probably should have sunk in a little more quickly than it did.

However, there were some strong contributions to Australia's tally in the Oceania Australia-New Zealand Challenge, notably by cover girl Tara, sister Zoe, and Ann Ingwersen, not to mention Aidan Guinness's terrific win in the relay.

Below is a selection of Parawangans in action in Oceania and WMOC, April 2017.





## Parawanga Paragraphs

December 2016

Colleen Mock

Twenty-three Parawangans attended the Australian Championships in Queensland in September, including 5 members of the ACT schools team. In the schools events, Zoe Melhuish achieved two 2<sup>nd</sup> places while Tara Melhuish won the senior girls sprint champs, their results earning them a place on the All Australian Honours Team. Zoe went on to take out the Australian Middle Distance title in her age group. Junior boys Andrew Kerr and Mykal Marsham achieved age group podium places in the Australian Sprint and Middle Distance Champs respectively. Makhaya Talbot-Hogg was a clear age group winner in the Australian Sprint and Long Distance Champs. Cathy Hogg, Ana Herceg and Ann Ingwersen all notched up podium places in the Australian Sprint Champs.

Parawanga welcomed honorary member Swedish Jacob Lindstam in October. Jacob is one of three resident scholars who are offering an exciting and diverse coaching program over the summer season.

Six Parawangans featured in the top 25 of the 2016 ACT League rankings – Tara and Zoe Melhuish, Ana Herceg, Liz Abbott, Nathan Guinness and Phil Walker. The Melhuishs are also currently

heading the PO charge in the twilight progress score, along with Jacob, Andrew Kerr and Mark Glanville.

In between organising and participating in a busy Twilight series, Parawangans were heavily involved in the ACT Primary Schools Championships in November. Cathy Hogg set the courses at Yarralumla Bays and organised solo and pairs entries from some 176 children from 19 schools! Graham Atkins vetted and Bryant Allen organised on the day.

Congratulations are in order for Parawangans recognised at the annual awards presentation in November - Nathan Guinness and Shannan Forrest, who received the Services to Coaching award for their work with Map Mates, and Bryant Allen and Ana Herceg, who received President's Awards.



Nathan Guinness and Shannan Forrest (Services to Coaching Award)



Bryant Allen (President's Award)



Ana Herceg (President's Award)

Congratulations are also due to Ciaran Lane on his appointment as one of two new Development Officers.



Ciaran Lane (joint Development Officer)

On the achievements front, Melhuishs Stephen and Tara won age class category awards at the November awards presentation, while James Heyes won the Improver award. Zoe Melhuish and Mykal Marsham won Audun Fristad Junior Encouragement Awards.



Tara Melhuish (Junior age class category award)



Zoe Melhuish (Audun Fristad Junior Encouragement Award)



Mykal Marsham (Audun Fristad Junior Encouragement Award)



James Heyes (Improver Award)

And in Parawanga's own keenly-contested club awards, the following presentations were made at the annual Xmas BBQ:

- ✚ Blue Man Award for services to the club – Tim Cox
- ✚ Most Improved Award – Ciaran Lane
- ✚ 'Hasten Slowly' Snail Award – Geoff Wood

## **Parawanga Paragraphs**

**August 2016**

Colleen Mock

After the Easter Carnival Parawangans were kept busy with the AL and Saturday Metro Programs, with some finding time to venture to various interstate and overseas events.

PO ran AL#4 at Boboyan Divide in May, Saturday #6 and #8 at Bruce Ridge and Mount Majura respectively in June, AL#7 at Isaacs Ridge in July, and Sat#14 at Cooleman Ridge in August.

New members Ian Elz and Liz Dunbar had a baptism of flood organising Saturday #6 in deluge conditions, while returning members Dave Sutton and the Guinneses have been quick to volunteer in various capacities including organising Map Mates.

Six Parawangans were ranked in the top 20 in the ACT League point score table as at the end of July – Tara Melhuish, Liz Abbott, Ana Herceg, Ciaran Lane, Phil Walker and Zoe Melhuish. Parawanga was well represented at the NSW middle and long distance championships at Snow Hills in April. The contingent of 22 Parawangans included the Melhuishes, Garrs and Hyslops, Bruce Bowen and Liz Abbott, David Hogg, Cathy Hogg and youngsters Luca and Mahkaye, as well as Joshua Kluth, Ciaran Lane, Monika Binder, Barbara Martin, John Harding and Phill Walker. Zoe and Liz were age title winners in the long champs.

A slightly more select group comprising the Walkers, Ingwersens, Liz and Bruce, Sue Garr, Bill Monaghan, Barbara Martin and John Harding headed to Coffs Harbour for QBIII in June, while the Garrs and Ingwersens tackled the sandstone pagodas at NSW SL#4 and #5 north of Lithgow in May. Ann added a couple more wins to her long list of credentials.

Moving further afield, Liz and Bruce recorded excellent results at the Tasmanian middle and long distance Champs in May, Liz taking out the Long Distance W55 title, before travelling to the Canadian Champs in Alberta in July, where Liz won the Middle Distance champs in her age group.

Meanwhile on the other side of the Northern Hemisphere, Anna Hyslop took in Swiss O Week in mid-July before heading to Hungary to manage the Australian University Team at the World University Orienteering Championships in late July. The Ingwersens took in the 5<sup>th</sup> Tour O Swiss in July, and joined Darryl Erbacher at WMOC in Estonia in August.

Parawanga's star overseas orienteer for 2016, however, is Tara Melhuish, who was ACT's sole representative at JWOC in Switzerland. Tara will bring her international experience and motivation to the ACT Orienteering Schools Team heading for the Schools Champs in Qld in September. Other Parawangans on the team are younger sister Zoe, Mark Glanville, Andrew Kerr and Mykal Marsham.

In orienteering's sister sport of rogaining, Parawangans popped up at various events such as the ACT Metrogain in Gungahlin in July and at the other end of the scale of ruggedness, the World Rogaining Championships in the Red Centre, also in July. WRC participants included Greg Lane, Graham Atkins, Jon Glanville, Martin Etherington and the Mocks.

# Parawanga Paragraphs

## April 2016

Phil Walker

Parawangans are seen out in force at Canberra Nature Park events, Street Orienteering, A League bush events, and Championships both within Australia and overseas. However, the real Gold Medal winning performances are navigating quickly to the pizza, salad, wine and desert at the regular club meetings. For Parawanga, we pride ourselves on an active competition-social gathering balance, whether it is the six weekly meetings or the gatherings when travelling to events outside Canberra.

At the April meeting the club welcomed back Nathan, Teagan and Aidan Guinness and Shannon Forrest from their four years away outside Canberra. Just back, they are already actively engaged in the OACT scene.

The Parawanga Executive for 2016 was voted in at the recent AGM. Office holders are:

President	Bryant Allen
Secretary	Colleen Mock
Treasurer	Pat Miethke

Finally a big thank you to everyone involved in the Easter Carnival: Day 2 Course Setter, Controller, Organiser and the large team of willing helpers, plus the six Parawangans on the Start Team.

For more stories from Parawanga, visit the Parawanga Orienteering Club website. A tale not to be missed is one orienteer's orienteering journey from the mid 1970s to today. Read the story.



*From the April 2016 Parawanga Club Meeting*

## Parawanga Paragraphs

October 2015

Liz Abbott

PO members have been involved in various orienteering activities throughout the year, including Saturday events, Wednesday events, Night events and Sunday events.

Some members are regular travellers who seek out new and interesting terrain to test their skills, whilst others are making their transition from street/park O to bush O. See the article by Phil Walker regarding the World Masters.

Some prefer Championship events whereas others may prefer low-key events with less competition. We have several members involved in permanent volunteer tasks and there are others who like to help on the day.

Our junior Parawangans have been running well this year with 6 involved in the ACT Schools Team for the Australian Schools Champs held in Ballarat recently.

Lucy Barton  
Mark Glanville  
Ciaran Lane

Stephen Melhuish  
Tara Melhuish  
Zoe Melhuish

Zoe and Tara were named in the Australian Honour Team of 4 girls and 4 boys following their consistent results at this carnival.

Other notable results at the Australian Champs Carnival included Rob Jessop who won every M45A race he went in, Zoe 3rd in W14A, Tara 2nd in W17-20E and Pat Miethke 2nd in W65A at the Australian Sprint Champs.

Zoe was 1st and Tara 1st Australian and Lucy Barton 2nd in W17-20A at the Australian Long Champs.

The Australian Relays saw Jill Walker 1st in W21B and Ana Herzeg 2nd in W45A teams.

PO held 2 large events this year - the ACT Middle Distance and the ACT Long Distance Champs. Thank-you to all members who helped out – volunteering is part of this sport and the main event calendar of events is drawn up on the basis that the clubs will put some work into course-setting, organizing and vetting for these events. There were several other PO organised events this year including 3 Sat events and 4 night events.

We've had 5 club meetings this year to help ensure our event organizers/ setters/vetters have sufficient support and of course to enjoy each other's company, share a simple meal, listen to each other's orienteering stories and sometimes to have some simple training sessions. There's likely to be another meeting before the end of the month and of course our Xmas event is another chance to get together.

Please enjoy these photos of PO members Nick Melhuish and James Heyes caught on camera at the ACT Sprint Champs and enjoy Phil's overview of the World Masters event in Sweden this July.



Here's Sue Garr in her PO uniform setting off as 3<sup>rd</sup> leg runner in the recent Australian Relay Championships near Ballarat.

**Parawanga Paragraphs  
June 2015  
Liz Abbott**

The Sydney Xmas 5 Days was held between Xmas and New Year and a few members went up for some of the events. One interesting race was held at Cockatoo Island in Sydney Harbour. They had 350 or so runners on the day and the courses enjoyed the choice of stairs, tunnels etc. to get from the lower to the upper levels of the island with lots of interesting history.





Twenty or so PO members travelled to NE Tasmania in the first week or so of January to enjoy the World Cup Carnival. PO members got together for dinners at 2 locations during the 10 days and plenty of touring was enjoyed between races.



Parawangans are obviously enjoying their summer orienteering with 41 members participating in the Runner's Shop Summer Twilight Competition (210 runners overall). Impressive given the rain at the last 2 events.

PO is placed second club in the competition with 10751 points, Bushflyers are in front with 16148. We have 6 runners in the top 20 with Ana most consistent:

Phil Walker	8th
Stephen Melhuish	14 <sup>th</sup>
Tara Melhuish	16 <sup>th</sup>
Arthur Watson	17 <sup>th</sup>
Morten Pederson	19 <sup>th</sup>
Ana Herceg	20 <sup>th</sup> .

Check the OACT Website for further results.

PO holds its first Twilight event for 2015 on 18<sup>th</sup> Feb and we're looking for help with organization. Jon Glanville has the courses in hand, thank you Jon.

Don't forget our AGM and BBQ 6.30pm Friday 20<sup>th</sup> Feb at Wal & Gay Pywell's, 6 Keys Cres, Wanniasa.

## **Parawanga Paragraphs**

### **December 2014**

Liz Abbott

Several Parawangans ventured across the country to the Australian Champs Carnival in Perth, where several races were held in various locations within an hour or two of the Perth CBD.

The WA Champs at Spice Brook near Julimar Conservation Reserve out along the Northern Highway were highlighted by the abundance of wildflowers amongst the gravelly soils. There were several Black Cockatoos raucously annoyed at the disturbances. Rain also tried to put off the competitors with a heavy squall arriving just as the competitors headed off to their starts. The tents for the competitors were lowered half way to prevent them blowing away and competitors didn't hang around long but headed back to warmer and drier accommodation after their races. Results are on the OACT website under 'Canberra Competitors collect Championship Awards at Karrak Karnival', and also under the Blue Lightning News articles.

The Aust Middle Distance event was at Lover's Ridge NE of Perth along the Toodyay Rd. Extensive gullies with local patches of granite, scrubby bush and some fast open areas.

The Australian Sprint Champs were held at Curtin Uni Campus with some of the Masters competitors remembering the older concrete buildings of the 1980's and amazed at how much it had all changed.

The ACT Schools Team included seven Parawangans and were supported by Rohan and Anna Hyslop (and Bushflie's Kelly Young) who travelled with the team as Coach and Manager. A mixture of new, Zoe Melhuish, Lucy Barton and Mark Glanville, and experienced orienteers, Tara Melhusih, Stephen Melhuish, Heather Lane and Ciaran Lane. The Schools Competition was held over two days as part of the Australian Orienteering Championships in WA. Both the individual and relay events were held on the farmland and rock detail of Peterdine east of Perth. All orienteers coped well with challenging courses, long grass and hot, dry conditions to achieve some excellent results. Tara had an exceptional carnival, earning gold medals in all the junior girls events. Zoe, one of the youngest competitors, finished in the top 10. Heather, in her third carnival, ran as a reserve in the Junior Girls category and finished in the top half of the field. Mark too ran as a reserve in the Junior Boys category against some strong competition. Stephen and Ciaran teamed up in the Senior Boys category and Lucy enjoyed her first major carnival, and the points she earned in the Senior Girls category, assisted the ACT to finish third overall. Thank you to Parawanga for the generously supporting our juniors (written by Anna Hyslop).

The Australian Long and Relay Champs were held at Warranine Brook and Moodyne Rd, again, out along the great Eastern Highway east of Perth. It was hilly granite terrain on open farmland. Several ACT Teams did well and of the 5 Teams that mispunched on the day, 4 had PO members running, but none of our members mispunched – go Parawanga!



Ann and Frank Ingwersen have recently attended the World Orienteering Masters Championships in Brazil, see photos below.



Ann and Frank in Brazil

The Orienteering Australia Conference was held 2 – 3 weeks ago at the AIS. Bruce attended as the Finance Officer and Rohan as one of the ACT Representatives. Important information sharing and decision making is done at this Annual Conference of member States.

There are several PO members heading to Tasmania for the World Cup races and the ANZ Challenge Events over 9 days. And a couple of PO's will go to Sydney for the Christmas 5 Days (or parts of it) Events in areas of Sydney including Cockatoo Island. Anna and Rohan will attend as Coach and Manager to the Australian School Team for the Trans Tasman School Champs.

Thanks again to members who are regularly helping at the Summer Twilight Series events, which couldn't be held without your regular volunteer input.

The Christmas BBQ went well with several members including some newer people attending. We broke tradition to hold it at Black Mountain Peninsula for our family members whose children thoroughly enjoyed the playground there. Apart from an aberrant kite things ran smoothly.



Kite in tree

Parawanga's Annual Awards were presented at the BBQ as follows.

The Blue Man went to Bill Monaghan for 'always being there at events, doing rego, manning the computers and often packing up.

The Snail Award went to Ciaran Lane for his efforts at Belanglo in July on an 8km course where he spent 49min 46sec on Leg 3 (winner took 3.58min), he apparently just 'took ages to relocate'. A close runner up was Tara Melhuish with her 40min 5sec 3<sup>rd</sup> leg on Day 2 at QBIII in Dubbo when 'she had to avoid some *killer* goats'!

The Most Improved Award went to Stephen Melhuish.

## Parawanga Paragraphs September 2014

Parawangans have been seen out in their new 'O' suits at the last 2 events at the Teams event at 'Kowen East' and at the ACT Long Champs at the 'Gib'.

Short and Long sleeve shirts and ¾ and long pants are all available for ordering through Kay so send her an email if you're interested in updating to the new suit. The material is very light which will be better for the summer events leaving our older shirts more suitable for winter. Here's Ciaran Lane modeling his new shirt.



The Teams event saw several Parawanga Teams with Tim Cox and Bryant Allen running course 3, Bruce Bowen and Liz Abbott running course 2, Tara Melhuish and Ciaran Lane running course 1. Other PO members joined with other clubs to be involved in what is always a fun event with head to head racing which we don't get in many other events throughout the year.

Rohan Hyslop has been working with the older Schools Team members encouraging them into events in ACT and in the region. Tara and Stephen Melhuish, Ciaran Lane, Mark Glanville and new member Lucy Barton have been spotted at Belanglo in the thicker bush putting in some long times but learning plenty about NSW terrain.

David Hogg has been in conversation with ACT Nature Parks rangers who have been putting some restrictions on some of our nature park events, so much so that our latest event to be held at Farrer Ridge has recently been cancelled. Problems with asbestos concerns and disturbances of kangaroos appear to be some of the issues they are concerned about.

Several PO members attended the OACT Planning Meeting during the month to help draft a calendar of events for 2015. There are plans to add some OWL (night) events and a night relay to the calendar as discussed at the last PO meeting. Please speak to one of the PO executive if you are keen to help or have other ideas or preferences around events for next year.

The ACT Champs last weekend saw some good PO results at a late winter event at 'The Gib' at Bungendore. The fine, sunny weather, with only a light breeze, was enjoyed by all, and the walk up to the elevated start point had lovely views back towards Lake George and the wind farms. It was a very technical granite area and with course set by Jason McCrae and controlled by Grant McDonald there were some pretty tough decisions to make around the courses.

Results included Andy Hogg 7<sup>th</sup> M21A, Stephen Melhuish 1<sup>st</sup> M20A, Tara Melhuish 1<sup>st</sup> W20A, Makhaya Talbot-Hogg 1<sup>st</sup> in M10, Andrew Kerr 2<sup>nd</sup> in M12A, Rohan 2<sup>nd</sup> and Graham Atkins 3<sup>rd</sup> in M45A, Arthur Watson 2<sup>nd</sup> in M70A, Nat Smith 1<sup>st</sup> in W21AS, Luca Talbot-Hogg 1<sup>st</sup> in W10, Riley Lane 1<sup>st</sup> in W12A, Zoe Melhuish 1<sup>st</sup> and Heather Lane 3<sup>rd</sup> in W14A, Cathy Hogg 1<sup>st</sup> in W35A, Ana Herceg 3<sup>rd</sup> in W50A, Ann Ingwersen in W70A, Sandra Hogg 2<sup>nd</sup> in W55AS, Narasimha Bandi 1<sup>st</sup> in MOpen B, Lucy Barton 1<sup>st</sup> and Jodie Evans 2<sup>nd</sup> in WOpenB

Several PO members were at the NOL events at Kooyoora in Victoria near Bendigo last weekend for a 2 day event including the VIC Middle and Long Distance Champs. Some results amongst us, Liz Abbott won her W55A, Sue Garr came second in W50A. Rohan Hyslop came 3<sup>rd</sup> in M45A, and Stephen Melhuish 5<sup>th</sup> in M17-20E. Ciaran Lane even scored a \$125 prize!



## Parawanga Paragraphs

June 2014

Liz Abbott

**Easter 3 Days 2014:** Parawanga Club orienteers travelled to the Rylstone area for the 2014 Easter 3 Day carnival. A great time was had by all. Check out the news by Phil Walker on the PO club section of the orienteering ACT website.

[www.orienteeringact.com.au](http://www.orienteeringact.com.au)

### Helping at Events

Parawanga has staged various successful events so far this year. Thanks to the club members who put up their hands to help. We are so lucky to be involved with a Club where everyone bogs in and does the work. Most events that are organized by us have a dedicated team of workers and then some extras on the day. It makes all our lives far easier with the easy rostering of workers. Give yourselves all a pat on the back.

### BBQ

An enjoyable Newcomers BBQ was held at the Red Hill event. Thanks to Secretary Liz Abbott who organized the BBQ and to Wal and Gaye Pywell who brought the BBQ to the site and cooked the sausages with Franks help. Sue Garr and Jill Walker helped get our 'O' suit orders filled. It was a good opportunity to meet Club members who don't get to our meetings and for us to encourage other new orienteers to join our Club. Well done to all involved on the day.



### New 'O' suit.

The Club Clothing Committee of Kay Grzadka, Liz Abbott and Pat Miethke have come up with a new Orienteering suit for Parawanga. The first lot of orders have been placed with Colin Price who is dealing with Siven in Bulgaria for us. The second call for orders will happen as soon as we have the first set of suits. They can then be tried on for size and any who want to re-order due to errors can do so then.

### QBIII event at Dubbo:

Fantastic weather, challenging courses, impressive granite outcrops and great pizzas and pasta made for a highly enjoyable QBIII at Dubbo. Phil has put up photos on our website and there are a few more here.



There are more photos from the Dubbo event on the website.

## Parawanga Paragraphs

December 2013

Liz Abbott and Ann Ingwersen

The PO Club has grown over recent years and we'd like to welcome our relatively new members Penny McIntosh, Andrew Kerr and his dad Ross, Ben Freeman, the Chatfield family, Sheryn Ringland, Doug Collier, Jaymanne Dilanthi, Erica Lejins, Thomas Manley, and Andrew McGrillen .

The PO juniors have had a great year under the tutelage of our fabulous Blue Lightning Coach Rohan Hyslop.

Stephen, Tara and Zoe Meluish started the year well with some great results in NZ and again at Easter and the ACT Champs. They topped the family relay event at Easter pipping the Poland family (Bushflyers) on handicap to take out the top gong. They were all members of the ACT Schools Team at the Australian Schools Champs and all three won their age class at the Saturday Junior League.

Ciaran and Heather Lane have also fared well in the ACT Schools Team and came 2<sup>nd</sup> and 4<sup>th</sup> respectively in the Sat Junior League.

New member Ben Freeman made it into the ACT Schools Team this year with very little experience.

Andrew Kerr is another enthusiastic member winning the ACT Sprint Champs in M12 in Oct , winning his class in Sat Junior League and recently running well at the ACT Primary Schools Champs as a member of the Radford Schools team. He is already running very well in the Orange course at recent Twilight events.

Thomas Hyslop continues to orienteer occasionally and Luke and Tim Chatfield are also rising stars to watch out for. They're already overtaking Dad James.

Mark Glanville was another member who won his age class at the Saturday Junior League events.

The Easter Camping accommodation at an oval south of Bendigo had a string of younger PO's and their families enjoying the outdoor experience. Andy Hogg and Nat Smith's girls as well as Cathy Hogg and her two girls had lots of fun with other families – surviving the early alarm awakening from the local cricket clubhouse.

We watched with dismay the unfortunate demise of long-time PO member Darryl Erbacher with a foot injury early in the season at a NSW event. He's endured a prolonged recovery but is making a big comeback at Twilight events now and has plans to better his times on the Orange 2 courses over the summer. Bryant Allan made a quicker recovery from his injuries and is back running and helping at events.

Various PO members joined the overseas circuit chasing greener/wetter environs during the European summer. Ann and Frank Ingwersen travelled to Torino, Italy for the World

Masters Champs with some commendable results by Ann in W70 class and given Frank's recent take to orienteering himself, his results in the European terrain were impressive too.

Sue and Tony Garr joined Bruce Bowen and Liz Abbott at the Scottish 6 Days in Inverness Scotland. Tough runs in technical terrain on soft surfaces and fabulous scenery, outdoor theatre and good pub food and wine.

Liz and Bruce got a chance in July to walk around on the map/terrain of the 2015 World Masters area to be held in Goteborg. Let them know if you want to borrow the map for some early technical training.

Photos - Bruce, Liz, Tony and Sue catching the Scottish sunshine.



Geoff Stacey, one of PO's Elite orienteers and relay runner extraordinaire, ran a fantastic final leg of the Cockatoo's 2<sup>nd</sup> Relay team to nail a 3<sup>rd</sup> place in the Open Men's Relays at the Australian Relays recently at 'The Gib' near Bungendore. It was very exciting to watch.

Keep an eye out at Rogaines for Barbara Martin, Colleen and Colin Mock and Pat Miethke who have had some great results in the Supervet classes over the year.

Thankyous to various PO members are due.

Firstly to Kay Grzadka for her ongoing work to keep us all well attired in 'O' suits and tracksuits. Some of the other clubs being seen in more light-weight 'Trimtex' suits for orienteering and there are PO members who are keen on this. Kay will keep us informed about the possibility of ordering these later in the summer.

The Blue Lightning Squad have been fully supported by the PO members this year with the Coach being Rohan Hyslop, Manager is Ana Herzog and Jody Evans is the Cake Stall organiser.

Geoff Wood works tirelessly for Parawanga as our main Club Rep on the ACT Board and he attends most events helping the running of the computers and ensuring we all see our results.

Thanks to Phil Walker who works in the background as our Webmaster. Check out the PO Club page on the OACT website, great profiles and news there too.

A big thankyou to Graham Atkins, Pat Miethke and Bill Monaghan who always volunteer to help at events, even Bill despite or in-spite of, his knees is still competing and helping out. Thanks to Barry Hart (our long distance PO who resides at the coast) for his help during the Aust Champs.

Thanks also to Greg Lane and Sue Garr, who I hope are both having well earned rests, after their monumental Organising efforts at the recent Australian Champs Carnival here in ACT in October.

Join us for our annual Xmas BBQ at Urriarra East Picnic ground 4pm on Sunday Dec 8th. BYO Everything (to share) and any awards that may be gracing your mantelpiece. If you have one of the awards remember you need to prepare your speech for handing it on.

## **Parawanga Paragraphs March 2013**

Ann Ingwersen and Ana Herceg

Since Christmas, Parawangan Orienteers have been busy with local, national and international events. A small group decided that Beechworth was the place to prepare for the Oceania Carnival, to enjoy top quality orienteering and the ambience of a special area with friends. Results were variable, with all acquitting themselves well. The company was great especially the excellent PO dinner in a local pub, when Ann Fitzgerald (former PO member) and husband joined us. In between running, recovering and socialising, many of us went sightseeing and fruit picking (cherries just \$4 kg).

The orienteering tragics headed quickly home to be ready to depart to NZ 2 days later. The 10 day Oceania Carnival was a challenge - the terrain, the heat (especially the last day with mass starts at midday), and running in so many events. The events were in sand-dunes, the site for some of the filming of the Hobbit, precipitously steep gullies (and hills), rocks and open paddocks; all unlike our usual Australian maps. Everyone very impressed with the high tech results system where results were immediately displayed on screens along with much other data allowing us to track competitors along the way. There were some very good results, especially the Melhuish family (Tara and Zoe both achieved a 3rd place, and Stephen overall 7th), this being their first international carnival. Ann I. also had success with five 1st places out of 7 events, coming 1st overall. Cathy Hogg ran well as did Rob Jessop, though running for NZ. The weather was great, plenty of sightseeing opportunities, good company and a wonderful carnival.

Eleven Parawangans travelled to Auckland for the pre-Oceania warm-up events. The series included one urban sprint in Auckland and three forest events in Woodhill Forest, north-west of Auckland. The complex forest terrain was challenging but the experience stood us in good stead for the Oceania carnival. The events were fairly low key but even here we were really impressed by the ability of the New Zealanders to have results instantly up on screens at the finish, *and* streamed via wifi around the assembly area.

There was good attendance by a number of international elite women and men who were warming up, for the World Cup events.

As there were only a small number of courses on offer (7 courses in the forest events) this meant that some of us had the rare opportunity to run the same courses as the elites, and the rest of us were able to see them in action in the forest - very educational! After orienteering we challenged ourselves with a different kind of course in the Woodhill Forest: the high ropes courses, zip lines and rope swings of *Tree Adventures*.

Nine Parawangans stayed on in Hawkes Bay for Sprint the Bay. The series of six events in three days was hard work, but fun. The maps were a good mix of urban and rural terrain. Standouts included *Splash Planet* (a waterpark in Hastings - wet feet unavoidable with a control in the middle of a wading pool) and *The Slip* (very scenic but steep farmland with a river start, 120m to 210m climb overall and a 25m climb over 50m distance to the finish on all courses). In the final overall standings Ana Herceg placed 3rd in W50+, Stephen Melhuish 4th in Senior Boys, Tara Melhuish 5th in Junior Girls and Rohan Hyslop 5th in M40+”.

In February Parawanga held the AGM and BBQ, hosted by Pywells. Jill, Secretary for 3 years, retired and was replaced by Liz.

Ann continues as President and Frank as Treasurer. Heartfelt thanks to Jill from all of us for an excellent job. The meeting also expressed thanks to Kay our Merchandise Manager (Wardrobe Mistress?) for keeping us so well attired in our distinctive outfits.

Phil has been a great webmaster, keeping the PO site interesting and up-to-date.

We have a busy time ahead with various events both major and minor. We will be calling on all PO members who will be running in these events, to volunteer to help.

## **Parawanga Paragraphs December 2012**

Jill Walker and Ann Ingwersen

Once again the Parawangans have run some great events over the past few months. Thanks to Ann Ingwersen, Bill Monaghan and Geoff Wood for volunteering their time to be organisers.

Phil has been recognised for the hills he managed to incorporate in the Farrer Ridge courses, and we are expanding our contingent of setters, with Frank Ingwersen setting for the first time at the

Pinnacle and Stephen Melhuish, in his first course setting venture, setting some really interesting and enjoyable routes at Red Hill.

A small contingent of Parawangans headed south to Tasmania for the Australian and Tasmanian Championships at the end of September. The events were challenging, particularly the sprint around the dissected rock platforms and village of Bicheno and the Long Distance Champs in an old tin mining area, criss-crossed with steep, slippery erosion gullies. The outstanding PO result was Stephen Melhuish's 1st place in the latter, ensuring that he was selected for the Australian Schools team to challenge the New Zealanders in January.

Congratulations Stephen and all the PO juniors who participated in the ACT Schools team races.

Parawangans who didn't do the mid-week events, headed in different directions, with Frank continuing his family history research in Snug, south of Hobart. Former Parawangans, Anna Fitzgerald and Jane Pulford plus grandmother joined club members at the customary club dinner. A most enjoyable carnival.

Several Parawangans were recipients of OACT awards at the recent Annual OACT dinner. Andrew Kerr received an Audun Fristad encouragement award, Ciaran Lane was the Men Improver and Barbara Martin the Women Improver, while age class awards went to Tara Melhuish (Sub Junior), Chris Helliwell (Masters Men) and Ann Ingwersen (Super Masters Women). Congratulations to these Parawangans.

In the tussle for the Southern Cross Inter-Club Shield, we were beaten this year by the well-deserving Bushflyers but we'll be back with a vengeance in 2013, hoping to wrest it from them.

In early December, a bevy of Parawangans gathered in perfect weather under the trees at Uriarra for the annual Christmas BBQ. It was a very convivial evening, an opportunity to catch up in a relaxed atmosphere with many club members. After enjoying a bountiful repast, two of the Annual Parawanga Awards were presented.

The *Blue Man Award*, for services to the Club was very deservedly awarded to Kay Grzadka. Not only does Kay volunteer to help at most PO events, and organised the Kowen event earlier in the year, but she is our "Wardrobe Mistress" par excellence. Thanks to Kay's research on clothing and the organising of regular orders, Parawangans are (probably) the best outfitted orienteers in the country.

There were many contenders for the much coveted *Snail Award*, from events at Easter, WMOC and Tasmania. However the outstanding and most deserving Parawangan was Barbara Martin - who recently won the ACT Female Improver of the year award. At Easter in Queensland, her stoic (stubborn?) persistence and perseverance in the face of adversity (no doubt of her own making) saw her complete all events when fainter hearts would have conceded defeat, completing the 3 days in 404 minutes. Her two awards remind us that we should never give up.

The recent club meeting/pizza night at David and Sandra Hogg's place provided lively discussion on a range of issues, and gave Anna Hyslop the chance to remind all of us that she, Sue Garr and Greg Lane are chief organisers of the Australian Champs and associated events to be held in Sept/Oct 2013. It's shaping up to be a fantastic carnival, but they'll need all hands on board that week, particularly for the events PO is organising.

The list of all the events PO is organising for winter 2013 is below. Check it out to see where we still need organisers, setters, and vettors, and let Ann or Jill know if you are able to take on a key role at one of the events.

Merry Christmas to all Parawangans and their families, and for all those heading to the Christmas 5 days at Beechworth or the Aust/NZ challenge in New Zealand, have a safe trip and a successful and fun orienteering experience.

Our next get together and AGM (where the club "Most Improved" award will be presented) will be held in February - details TBA.



## Parawanga Paraglyphs September 2012 Jill Walker

### On the home front...

During July and August a smaller than usual PO team carried the weight of event planning. Thanks to everyone who organised, set and helped during these months, and in the future we'll try to limit the number of PO's allowed to travel O/S at any one time. Submit travel plans to Ann and she'll accept or reject them for 2013©

Once again Parawanga have a good size contingent of juniors who have been selected for the ACT schools team. Congratulations to team members Rebecca Hyslop, Tom Agnew, Stephen & Tara Melhuish and Ciaran & Heather Lane. We hope they have a fantastic time in Tasmania and come back with tales of success and fun!

PO juniors & seniors proved their skill over the winter season by taking out 1st, 2nd or 3rd placings in many age groups. Congratulations to:

Tara Melhuish -	1st W14
Heather Lane -	1st W12
Carys Connick -	3rd W12
Zoe Melhuish -	1st W10
Riley Lane -	2nd W10
Stephen Melhuish -	1st M16
Ciaran Lane -	2nd M16
Andrew Kerr -	1st M10
Ana Herceg -	2nd Women's Masters
Geoff Stacey -	2nd Mens Open
Rob Jessop -	1st Mens Masters
Greg Lane -	2nd Mens masters
Geoff Wood -	3rd Mens Masters

## And from the World Masters trip.

In July, 16 Parawangans were part of the 75 member contingent to represent Australia at the World Masters Orienteering Championships (WMOC) held in the Harz Mountains in central Germany. WMOC 2012 attracted about 4300 competitors and provided excellent competition on good courses in picturesque towns and forest.

For several Parawangans this was their first experience of a major European competition and was a real eye opener to the delights of orienteering in Europe. For the sprint events there were cobblestone streets, narrow alleyways, (claimed by some to be hidden within the thick and not so thick black lines on the map), negotiating outdoor cafes and a finish chute in front of an 11th Century Imperial Palace in Goslar. The long courses introduced us to lengthy walks to the start (for the younger brigade), running through UNESCO listed heritage areas, taking a stream train from the carpark to the assembly area for the Long Qual #1 event, dark & mossy forests, subtle forest routes known as rides, unusual rock spires, muddy watercourses hidden under grass, deer and pigs rather than kangaroos and then in between the runs there were the beer sellers and the orienteering shops by the dozen. Most of the Australians tended to group together in the assembly areas under the Australian flag, which made for a good atmosphere.

Adding to the atmosphere 13 of the Parawangans and 4 temporary Parawangans stayed together in a ski lodge in the village of Hahnenklee, the highlight being socialising in the large common room and the inevitable group post-mortems on courses and results. Hahnenklee and the local region is real fairy tale country - crooked half-timbered wooden houses, dark forests and stories of witches. In between the orienteering there was plenty to keep everyone entertained and well fed, although occasionally this was a bit of a gamble, particularly at the club dinner as we attempted to translate menus. Pleasingly the food was excellent and no one went home disappointed. A huge thankyou to Ann Ingwersen who organised the accommodation and Frank Ingwersen as our most accomplished German translator for everything from washing machine instructions to restaurant menus.



Tony, Sandra, Jill, Sue and Darryl at WMOC Sprint Model in Bad Harzburg



Sandra, Darryl and Sue at WMOC Sprint Qualification



Tony and Darryl waiting for the WMOC Long Finals to begin.  
Not sure what Darryl's about to eat?



Picturesque finish chute at WMOC Long Finals

Although we did not win any medals, all the Parawangans had across the 5 races enough good runs to show that we are competitive at the WMOC level. Best for the Parawangans were Liz Abbot and Ann Ingwersen who made the A finals for both Sprint and Long Distance.

Thankfully for us the SI stick seen in (really in) the Porta-loo did not belong to a Parawangan - that would have been a definite reason for a Did Not Start.

The adventures did not stop with the orienteering as most took the opportunity to add in more exploits before or after WMOC. This ranged from watching tennis at Wimbledon, orienteering in Greenland, week long bike tours through Germany, walking the England coast-to-coast track, cycling from England to Germany, a 9 day cycling trip traversing the Alps from Switzerland to Italy, exploring Ireland, Scotland & Wales and walking in Slovenia.

WMOC 2012 was a great experience and for many of us we will be back for another before too long. Information on WMOC 2012 including results are at <http://www.wmoc2012.de/en/>. Photos and information on the Harz Mountains and Goslar are at <http://www.goslar.de/english>. (See this story and others on the Parawangan news website - link from the Parawangan club link on the OACT homepage)

### Even as far afield as Greenland!...

As a warm-up for the World Masters Orienteering Championships, Arm and Frank Ingwersen headed to Greenland for the Arctic Midnight Orienteering fest. This is Ann and Frank's story.

We were based in Ilulissat, a town of 4,500, 300 km north of the Arctic Circle. Orienteering worldwide is the same, but different. The challenges here are that the white on the maps was rock - rounded sheets of granite in ridges and ledges. Between are small marshy areas, many with tarns. As magnetic North is about 34 degrees off true North, so to save confusion (!) the North lines are angled across the map.

The signature event, the Arctic Midnight Orienteering, began with a massed start at 11pm with a choice of 4 courses - 20,15,10, and 5.8km (our choice). With the midnight sun warming our backs and millions of mozzies, we squelched across marshes from one rocky outcrop to the next. Then we were faced with a 125m climb - up a narrow mozzie-infested rocky gorge in preference to the steep smooth slippery granite sheets to reach the ridges on top. We arrived almost together and noted that it was midnight. Here the seriousness of the competition was

tested. We stopped and looked back to the sun (now due North) and gazed in awe at the golden orb at its zenith, casting a pale apricot glow over the icebergs floating in the smooth golden sea. Time for a few quick photos (phone carried in the back pocket), punch the control then over the ridges like mountain goats. Now the huge bergs in the icefjord were visible, glistening brilliant white and gold. A few more minutes of silent wonder before looking for the next small tarn or cliff. Then Arm spotted a group of 4 younger competitors ahead - time to be serious again. Keeping high to be able to see the tarns (invisible from lower down when they are often above you), she leapt up and down ledges and rock sheets, to the last control, in town. Just as she punched it the 4 "collaborators" arrived. They clambered down the steps so she slithered down the grass and raced across the gravel soccer pitch. Alas, being much younger, 2 of them beat her to the finish by seconds. Big cheers from the onlookers - "you're my hero" said one orienteering mother. Then followed the Greenlandic feast for the finishers - different fish in all guises (raw, smoked, baked, dried), seal soup thickened with whale blubber, pale pink jelly-like seal blubber to be eaten with the dried fish (if Greenlanders can eat it so can we!), whale and reindeer meats and salads, followed by pastries and cakes. Wonderful. And the bonus was that Frank came 2nd and Ann 3rd. Ann also received the award as oldest competitor among the "really old boys and girls".

An unforgettable experience – orienteering is not just about running, but enjoying the environment, the people and the whole atmosphere.



Note the icebergs in the background!

Next Parawanga Meeting - Friday 19th October. Details to follow.

## Parawanga Paragraphs

March 2012

Jill Walker

### Some highlights from the last few months:

- Xmas BBQ - Fun gathering and BBQ at Uriarra Crossing for 30 Parawangans who enjoyed the fact that we'd organised it on one of the few summer afternoons when rain didn't arrive. Parawangan yearly awards announced - **see reports below.**
- Club dinner at the Guinness's after the Xmas 5 days - enjoyed by all except one club member who apparently got lost finding his way there. We know he can navigate as he managed to finish all days of the men's B class.
- AGM - thanks again to the Pywells for their regular hosting of this. Club executive were all renominated unopposed.
- Four Wednesday Summer series events successfully organised and set by PO members.
- Chris Helliwell, Phil Walker & Geoff Stacey are all currently placed in the top 10 runners for the Summer Series, with Ann Ingwersen & Geoff Wood not far off the pace.

### Snail Award 2011 - by Graham Atkins

As the Blue Snail recipient for 2010, it was my task to find a worthy 'winner' on whom I could offload it. There are only two criteria for being considered for the Blue Snail: you have to do one or more spectacularly slow legs on a course; and you have to be mad/stubborn/determined enough to finish the course. Being a previous recipient was no obstacle to being considered, although my preference was against a repeat winner. What I was looking for were leg times that were much longer than the average of the other competitors, and long relative to a person's usual pace. They didn't have to be long in absolute terms. On this basis then, Phil Walker receives a nomination for the Oceania Sprint at Badja, taking 5 minutes and 7 minutes for two 1 minute legs. Some other notable performances during the year were:

- Colleen Mock at ACT Long Distance, Awoonga, taking 15:00 for the first control compared with a 4:30 average, and 16:10 for the eighth control compared with a 6 minute average.
- Frank Ingwersen at Australian Middle Distance, WA, taking 22:43 for the first control compared a 6 minute average, and 26:48 for the sixth control compared with a 5:15 average.
- Sue Garr at Australian Long Distance, Badja, taking 25:57 for the eighth control compared with a 5:45 average, and 12:53 for the 14th control compared with a 6:40 average. However Sue was event organiser so she probably had other things on her mind.
- Myself at Oceania Long Distance, Warby Ranges, taking 20:33 for the ninth control compared with a 6 minute average, a classic case of leaving the previous control without a plan.
- The Oceania Middle Distance championships at Yackandandah produced several notable results, with Pat Miethke, Rohan Hyslop and Geoff Wood all finishing with more than double the winning time for their class.

Having trawled through loads of results and split times, it came down to two possible winners: Sue Garr for a spectacular effort of 130 minutes on a 2.9km course at Yackandandah, including five controls in excess of 13 minutes, and Frank Ingwersen at Easter Day 1 in Western Australia, with a 49 minute effort on a control (3rd) where the average time was 6 minutes. Tough decision, but in the end I was guided by the fact that Sue was a previous recipient, and by a sense of tradition (Easter Day 1 was my downfall last year), and decided that the **Blue Snail Award for 2011** should go to **Frank Ingwersen**.

### **Most Improved Award 2011 - by Darryl Erbacher**

The Parawanga Most Improved award is for the most improved orienteer relative to their previous year's performance. At each event, each orienteer scores 100 points for coming first in their class/course in ACTL (Sunday) events and lesser points otherwise. Provided the orienteer completes 40% of the runs on offer they receive a score for the year.

Each orienteer's improvement is judged on the % improvement between last year's score and the current year's score. The highest % improvement wins. For example (say), Liz Abbott had a score of 98 last year and 99 this year, then she has improved 50%:  $(99-98)/(100-98)*100$ . Now Darryl Erbacher on the other hand went from 50 to 75. His % improvement is also 50%:  $(75-50)/(100-50)*100$ . Both improved half of the possible improvement they could make.

If a runner fails to record a score in a year their score carries forward in case they record a score subsequently. To avoid injured runners recovering and making great strides, taking out the Most Improved, an orienteer's score can't be more than 5 less than the previous year."

2011 winner is **Ann Ingwersen** with an improvement of 67.24%

	<b>% Improvement</b>	<b>2011 Points</b>	<b>2010 Points</b>
Ann Ingwersen	67.24	94.93	84.53
Barbara Martin	62.81	75.37	33.76
Rohan Hyslop	55.83	89.26	75.69
Colleen Mock	39.51	68.47	47.89
David Hogg	38.98	86.23	77.43
Kris Nash	36.42	65.92	46.4
Geoff Wood	36.4	69.78	52.49
Tony Garr	30.62	75.18	64.23
Pat Miethke	20.95	67.32	58.66
Phil Walker	7.83	82.24	80.73
Richard Hyslop	7.74	66.32	63.49
Frank Ingwersen	3.49	51.06	49.29

### **Blue Man Award for Services to the Club 2011 - by Sue Garr**

Awarded to **Ann Ingwersen** (pictured below)

Ann has been president of the club for 2 years and club representative to the OACT Council, a job she has done willingly and skilfully, but is not alone the main reason for her nomination. In her role as president, she has encouraged mentoring of new organisers and course setters within the membership.

Ann is an incredibly dedicated club member who helps out at every Parawanga-run club event she attends, has been a course setter for many events and has organised

events. She is the friendly welcoming face to orienteering newcomers, going out of her way to make sure new members are included, informed and feel they belong.

Ann also encourages them to learn not only new orienteering skills but also to become involved in helping out at events and learn how to become organisers and course setters. Ann's many years of service to Parawanga Orienteers is recognised with this award.



### **Club website**

The website lists the club events for 2012. If you don't have your name against anything yet for this year please have a look and let us know which of the events you might like to organise or set. There are always mentors available if you haven't done these tasks previously.

## Parawanga Paragraphs December 2011

Jill Walker

The main travelling event for Parawangans this quarter was the Oceania and Aus. champs carnival held across 3 states in early October and was well attended by PO members keen to experience the wide range of terrains and challenges.

The Oceania Long in Wangaratta's Warby range on day 1 didn't manage to dampen spirits despite the constant rain. On day 2, the middle distance at Yackandandah, we were treated (if that's the word) to the new Rowdy Flat area, where being able to decipher the map and translate it to what was on the ground proved difficult for some (I'm glad we punters don't have GPS tracking although it would have given those in the arena quite a laugh ☺). Many Parawangans did keep their heads though and managed to navigate well including Darryl Erbacher, Rebecca Hyslop and Cathy Hogg who all finished with a top 3 placing in their class. The rain held off until presentation time and the area was fascinating, with many of those who weren't able to master it saying they were keen to return one day and give it another go.

The Badja events on the second weekend included a bush sprint, which Ann Ingwersen won, the long which had a great mix of terrain –bare rock, granite and open running, and the relay with fantastic spectator controls. On Sue & Tony's recommendation a good contingent of us dined on the delicious food at Roses restaurant at Cooma on the Saturday night. Many Parawangans were heavily involved as organisers, setters and helpers over the weekend. Liz, Bruce, Sue, Darryl, Rohan and David Hogg were key players, putting in long hours to ensure its smooth running.

On the local scene, all our events have as usual had plenty of helpers willing to put in their time, including a few fairly new PO members coming out to learn the ropes – thanks everyone. Many hands make light work and generally mean that volunteers can participate in the event as well as help out. The events we have been allocated for 2012 will be up on the PO News website in the near future.

At the awards dinner and end of year OACT function at the Botanic Gardens Parawanga won the Southern Cross Inter Club Shield for the 3rd consecutive year – a fantastic effort due mainly to the fact that a large percentage of our members have a great participation rate, rather than a few standout competitors getting all the points.

Congratulations also to the PO OACT Annual Awards Age Class winners:

- Sub Junior Women - Tara Melhuish
- Mountain Bike Women - Ann Ingwersen
- Men's Most Improved - Nathan Guinness
- Audun Fristad Junior Encouragement Awards -Tara Melhuish and Teagan Guinness

Phil has put up another profile on the Parawanga news website – this time of a reluctant volunteer. Please go to the site, have a look at the questions he asks of people and send Phil your responses if you haven't yet been profiled. He'd love to have a few more to put up over the coming months.

The PO section of the OACT website at:

<http://act.orienteeing.asn.au/clubs/parawanga/> contains profiles of many club members and articles reporting on major events, AGM and annual award winners. Coming soon will be an article on the 2011 club awards for most improved, services to Parawanga and the Snail award for persistence in the face of adversity of one's own making. Also up shortly will be the calendar of events in 2012 to be organised by Parawanga.

We also say a big farewell to the Guinness family who are moving to the Newcastle area and thank them for their involvement in the club over the past few years. We wish them well and look forward to catching up with them at future carnivals and state events.

Mountain Bike Orienteering in Beechworth –by Ann I.

Following the Oceania Champs at Badja, Ann and Frank returned to Beechworth to participate in the Oceania and Aust. MTBO Championships.

The first event, middle distance, was on the Rowdy Flat map, near Yackandandah, where so many foot O people had had trouble 2 weeks earlier. It was definitely no easier on a bike - small and large erosion gullies everywhere, as well as numerous tracks. There seemed to be some challenge every 100m or so – track junctions, either visible or almost invisible, crossing a gully either on 2 planks (the shallow gullies) or on “bridges” (no sides, to cross the deep ones), tracks running up gullies populated with trees, shrubs and rocks, and one gully bank too steep to ride or push the bike up so it had to be pulled and dragged. Has there ever been an MTBO event where there were so many riders off their bikes staring in bewilderment at their maps. The “piece de resistance” was just before the finish control – a temporary crossing of the Yackandandah River. This was ancient arc mesh propped up in the middle, the river rushing below. Despite the photographer on the other side, Ann decided discretion was the better part of valour and walked her bike over.

Day 2 was the sprint around Beechworth, followed by a parade through town, much to the bemusement of the hoard of tourists. Day 3, the Long Distance, had wonderful variety – farmland, forest, gold mining, single track, forest tracks and a bitumen road. Frank decided to try MTBO in this event but, apart from the problems of not having a map board, he thought he had become geographically challenged at one control which had lost the number from the front of the unit. He kept finding this as he tried to relocate and eventually DNFed. Ann had no problems with this control – “lost its number but in the right place, so I’ll punch it”. What she couldn’t see but Frank and many others with an extra half metre of height could, was a rogue number on top of the unit, throwing them into confusion. It’s probably the first time her life that being vertically challenged has been advantageous! Why do MTBO? – it’s great fun and with courses like those, adversity results in an amazing sense of achievement.

**Parawanga Paragraphs**  
**September 2011**  
Jill Walker

One of the main events for Parawangans this quarter was the exodus to chilly Lithgow for this year's QB3 carnival. A large contingent of Parawangans headed for the hills and managed to get through the weekend without hypothermia (the starter warned about the dangers of this on the ridge at the start of the long distance event!)

Leaving Lithgow each morning it was about 5 degrees and it only got colder as the elevation increased. As usual though, we soon warmed up once we met the first hill. With most competitors having been to Lithgow and seen the sights on other visits, the activity of choice after each event was to rest, read and recover in our heated motel rooms (except for Barry who was in his campervan), only venturing out to meet for dinner.

19 of us converged on the ZigZag motel restaurant on the Saturday night for good food, conversation and map analysis. The middle distance event at Cullen Bullen provided a great mixture of terrain, and the long was quite runnable with not too much underfoot to slow the speedsters down. Although despite this, I seem to remember one Parawangan did make the long distance event into a super long event! Won't say any more except that his initials are PW. In fact after the recent Orrol event PW's new motto is "there are no easy legs!" Every time he looks at a leg and says "this looks easy" he comes to grief!

Thanks to all who volunteered their time to help at Castle Hill and the Pinnacle. The day of the PO's Castle Hill event dawned misty and cool, but soon warmed into a beautiful sunny morning providing excellent views from the top of the hill, where we all had to get to to start the event. The long grass and rocks meant some care was needed, but most agreed Rohan's courses were fun and challenging. Graham's Pinnacle courses were also well received and from all accounts there was once again an abundance of Parawanga member assistance.

Another event to remember this season was the Jim Sawkins Memorial Handicap at Timbertops. With great courses but a freezing day, the POs excelled by being the only club to have runners (6) on the 14.8 km red course. A fantastic effort and our turnout that day certainly helped propel the club to the top of the championship ladder for the year, where hopefully we can remain in order to win the trophy for the third year in a row. When you read this there will only be one AL event left for the year, at Stromlo West, so let's try for a big turnout for this one, to end the local winter season on a high.

Our June get together was at Nathan and Shannan's home in Jerrabomberra and the fact that venturing out to the wilds on a rainy night was a bit difficult for some ☺ and that a good contingent of the club members were away gallivanting in far off lands, or the far extremes of Australia, meant the dozen or so who made it had a great cosy night around the Guinness's table built for just that many people. Thanks to Aidan and Teagan for their welcome messages!

More recently, the meeting at Bruce and Liz's abode saw us getting some much needed pre Badga training from the highly experienced Darryl, Liz and Nathan. Thanks to them for organising the event - it was much appreciated by those of us who aren't experienced in rock terrain. We can never be reminded too much about looking for attack points, checking for catching features, making a plan for each leg or staying out of rock until it's absolutely necessary to go in! We also heard from Ann and Frank about their wonderful orienteering

experiences in Hungary and Serbia, making some of us hungry for next year's adventure to Germany for WMOC.

We always love to hear about non orienteering activities that Parawangans have been part of and recently several Parawangans were involved as helpers or competitors in the 5 hour Metrogaine on 21 August, held in perfect conditions. Standout performances were Anna Hyslop's faultless course setting of the event, and Geoff Stacey clearing the entire course in 4 hrs. 28 and coming second in the overall results. Other placegetters were Marg and Mike Harrap, Kris and Laurie Nash, Barbara Martin and Pat Miethke. Great work everyone!

### **PO Juniors news**

Well done to all the PO juniors who competed in the winter Saturday comp. Those who finished in the top 3 in their age group were Nalin Srikusalanukul, Erika Roberts, Tara Melhuish, Heather Lane, Rebecca Hyslop, Zoe Melhuish, Teagan Guinness, Yasmin Gray, Stephen Melhuish and Andrew Kerr.

Congratulations also go to the PO contingent of juniors who are heading to Wagga to compete in the Australian Schools championships. Stephen and Tara Melhuish, Richard and Rebecca Hyslop, Ciaran Lane & Kate Bowen have all trained hard over winter and been selected in the team. We hope they have a fantastic time away.

And last but not least, check out the latest Parawangan profile on the club website – Nathan Guinness is the star this time. Get to know him before the family leave us to live in sunny Newcastle!

### **Parawangans at WMOC Hungary. *by Tony Garr***

Ann, Frank and Tony were part of the 50 or so Australian contingent to the World Masters Orienteering Championships at Pecs, Hungary in July.

The Sprint Qualifier was a great map of the old city of Pecs with the challenge of trying to read intricate detail around walls and through narrow alleyways. For the Sprint Final the venue was also a good challenge, a country town with lots of repeated patterns of buildings and roads and a tricky route choice long leg near the end of the courses through or around a series of buildings and fences. Ann had a top ten finish in Sprint A Final in her class. Tony was happy to make the B Final for once but had a so-so run then mispunched the last control up the finish chute. Remember to watch the flash rather than listening for the beep from the SI unit when there are lots of finishers.

The Long Qualifier and Final maps had lots of gullies/depressions and dense track networks. It can be disconcerting encountering unmarked tracks during your run but this happened at the 2010 WMOC too so seems to be accepted in Europe. The temperatures were in the mid-30s for these events and a number of competitors were affected by the heat. On the last day competitors were grateful to be cooled down by firemen spraying water on them at the Finish. Rather than congregating around the finish chute most people set up near or in the forest some distance away.

The courses and event organisation were great. There were no problems with courses that I heard of, plenty of food, toilets, busses (usually) and friendly organisers. Pecs, the 2010 European Capital of Culture, was an interesting city to be based in. It was good to catch up again with the Aussie competitors, many who are regulars on the circuit and some UK and Finnish friends.

With a bit of luck we might be in WMOC Germany next year. Join us?

## Parawanga Paragraphs

June 2011

Jill Walker

### PO events

March to May this year has been a hectic time for the Parawangans but with everyone pitching in we've pulled it off without a hitch (well, without major hitches) as usual and hopefully no-one has been overwhelmed with their loads. A huge thanks to everyone who volunteered.

At Foxlow the McGarva's did a fantastic job at setting and organising and the weather stayed fine. Lucy and a couple of other helpers had to run the furthest controls out just before the event, due to a gate key not working and therefore no vehicle access to drive the controls up the fire trails. They needed to run fast, as I think some of the first starters weren't far behind them!

The Black Mountain 40<sup>th</sup> Anniversary event on 8<sup>th</sup> May went off really well, with Kris and Laurie Nash offering to organise, under the expert tutelage of Sue Garr. Their good humour and relaxed approach was fantastic and the cake they ordered, and chocs for the mums, perfect for the occasion. David Hogg's courses on the original maps were very well received, (even climbing in and out of the gullies was fun) although I think some of us are a bit softer than the orienteers of 40 years ago. David catered for that by deleting the leg that went straight from the bottom to the top of the mountain! I missed the speech and cake cutting (still out in a gully somewhere) but am told it all went really well, with a few of the 'originals' there to enjoy the occasion.

The Farrer Ridge Saturday event had great numbers and Tony's courses were well received. He decided on a new start point which had everyone parking in the streets, but it didn't prove to be any problem –in fact we had quite a few of the locals asking about the sport, and even offering their toilet to the organisers! The 'no black line' courses offered were great practice for using contours to navigate, and many participants opted to try them.

Last but not least, an army of Parawangans brought the sunshine with them and helped with the double ACT Sprint/junior league event at Radford College on 28<sup>th</sup> May. Geoff Wood took on the main organising role, whilst Pat Miethke headed up the start team. One of our junior members, Richard Hyslop, did a great job at setting sprint courses that required quick thinking and keeping in close contact with where you were on the map. Lots of direction changes kept people on their toes.

### Get-togethers

Two meeting & pizza events have been held recently, both at the eminently suitable abodes of our members who live in Hughes, the Hyslop's & Melhuish/Herceg's. Both families lead extremely busy lives and Anna had just arrived back from school camp when we descended on her place, which probably meant Rohan had had a busy time getting ready for us all. On the evening at the Melhuish's they weren't even home when everyone arrived and Rohan H was acting as interim host for the first half hour! So... a big thanks to both families for having us over. Nathan Guinness and Shannan Forrest have kindly offered to host the **next meeting on Friday 17th June.**

## Results

With all three ACT champs events and Easter since the last newsletter I'll just mention a few good results. (Forgive me if I miss anything important)

**Easter** overall placings - M10 Thomas Hyslop 2<sup>nd</sup>, M12 Patrick Foley 3<sup>rd</sup>, W16, Kate Bowen 2<sup>nd</sup>, W35 Ana Hyslop 2<sup>nd</sup> & Natalie Smith 3<sup>rd</sup>.

**ACT Middle Distance** – M14 Stephen Melhuish 2<sup>nd</sup>, W10 Zoe Melhuish 1<sup>st</sup> & Teagan Guinness 2<sup>nd</sup>, W16 Kate Bowen 2<sup>nd</sup>, W35 Anna Hyslop 1<sup>st</sup>, W50 A Liz Abbott 1<sup>st</sup>.

**ACT Long** – M10 Thomas Hyslop 2<sup>nd</sup>, M14 Stephen Melhuish 2<sup>nd</sup>, M40 Morten Pederson 1<sup>st</sup>, W10 Teagan Guinness 1<sup>st</sup>, W35 Anna Hyslop 1<sup>st</sup> & Natalie Smith 2<sup>nd</sup>, W50 Liz Abbott 1<sup>st</sup>, W65 Ann Ingwersen 1<sup>st</sup>.

**ACT Sprint** – Geoff Stacey 3<sup>rd</sup> M21A, Thomas Hyslop 3<sup>rd</sup> M10, Mark Glanville 1<sup>st</sup> M12, Stephen Melhuish 1<sup>st</sup> M14, Ciaran Lane 3<sup>rd</sup> M14, Nathan Guinness 2<sup>nd</sup> M35A, Graham Atkins 1<sup>st</sup> M45A, Bruce Bowen 2<sup>nd</sup> M55A, Tara Melhuish 1<sup>st</sup> W12A, Heather Lane 3<sup>rd</sup> W12A, Kate Bowen 1<sup>st</sup> W16A, Liz Abbott 1<sup>st</sup> W45A, Ann Ingwersen 1<sup>st</sup> W65A, Sandra Hogg 2<sup>nd</sup> W65A.

We have a few juniors who are currently training in the ACT junior squad and will be competing in the selection events for the ACT Schools team. Good luck to you all.

### **PO's at Easter (by Ann Ingwersen & Sue Garr)**

Just before Easter a contingent of the *Blue Men and women* (Parawangans) headed across the Nullarbor to CONQUER the WEST. Some were in cars loaded with iPods and talking books, others trailing vans for an extended holiday and yet others flew. We all arrived in York for the Easter Orienteering Carnival, *Frazzle Rock*. The majority of us met up at the Girl Guides' Barn, a converted heritage barn and stables. Here we claimed our bed from among the 32 in the Bunk House – many thanks to Liz and Anna who organised it.

The Barn turned out to be ideal accommodation for a large group – there were 25 of us (mostly Parawangans, former Parawangans, Bruce and Robyn from Canada, and a few extras who were given the status of honorary POs for the carnival). We had viewed the bunk room with trepidation but, as usual with orienteers, lights were out about 9pm and we didn't have any serious snorers. There was a large and very well equipped kitchen, dining room, 2 lounge rooms and a large verandah. So, after the events and into the night orienteers were could be seen reading, chatting, while the younger members socialised, played cards and scrabble. The highlight of the social calendar was the traditional Sunday evening dinner at the local Pub. Excellent food, excellent company and the usual poring over the and post mortems of the previous days' courses.

The terrain for Easter was challenging, mostly due to fallen timber. The area is still in severe drought, reminding of us of E. Aust. just a year ago.

The following weekend we all had much fun racing around the Mandurah marina in the Aust. Sprint champs followed by the Long champs next day. On the sprint day Andy (unable to compete due to illness) starred as guest commentator for the elite races with Ben Rattray, keeping the crowd entertained with insider's anecdotes and up-to-the-minute race information.

Between these weekends, we headed in different directions – some to explore the region further, some to head further south and others to Perth for museums and surfing. The Hyslops drove all the way out to Wave Rock one afternoon; the ice cream shop at Beverley did a roaring trade

each day as everyone was enroute home back to York and Anna found room in the Hyslop luggage allotment for new ug boots from the sock shop.

Results were variable. Natalie S. obviously enjoyed being on home ground coming in with a 1<sup>st</sup> and 3<sup>rd</sup> and Kate finally broke from her regular 4<sup>th</sup> place and came 2<sup>nd</sup>. The Hyslops showed style with Thomas (3 seconds), Rohan (2 thirds and a 4<sup>th</sup>) and Anna (2 seconds and a 5<sup>th</sup>). Tony showed that multiple days suit him, coming 3<sup>rd</sup> in the mid. distance. Wal and Frank battled it out with Wal proving slightly faster each day and finally, Liz would like to remind all of us of the golden rule that, on approaching a drinks control, ALWAYS punch the control before having a drink!

The Pywells stayed on at York post-Easter and were visited by Darryl & Sandra who were on their way through heading further north on their WA odyssey.

In all, it was a most enjoyable carnival – well organised, good maps and courses, and best of all, great company.

## **Web profiles**

Phil has loaded up 2 or 3 new member profiles on the news section of the Parawanga club website in the last couple of months, so take a look and learn more about your fellow club members.

## **Parawanga Paragraphs March 2011 Jill Walker**

For Parawangans December wasn't a time for slowing down and relaxing. As the year drew to a close, three events kept us all in the orienteering spirit.

Threatening rain on the 5<sup>th</sup> Dec saw the committee members struggling to decide whether the venue for our Xmas BBQ, Uriarra crossing, would be rained out and the party end before it began. After much deliberation via phone and email, the alternative of Sue and Tony's place was decided upon (thanks Garrs). There we had the shelter of the back verandah, but of course didn't end up needing it as the sun shone for most of the evening! The turnout was fantastic and kids managed to adapt as usual and play hide and seek and other games around the back and front bushes. The club awards were presented by Ann I. Sue G received the Blue Man for services to the club, particularly her efforts at Easter, but also the many other times she organised and helped at events during the year, and Most Improved, according to the impeccable statistical analysis done by Darryl, was Liz Abbot. Hopefully the trophies are sitting in pride of place on their mantleshelves☺

15<sup>th</sup> December saw us organising and setting at Mt. Taylor; with the mossies (yes mossies at 4pm in December!) annoying the organisers and the grass seeds the bane of everyones evening. Some people were heard discussing where to buy the cheapest socks which could then be discarded after each summer event. Not a very sustainable solution but finding the hours to pluck grassseeds can be a problem, especially for those orienteers who are not yet retired. It was amazing to see the creeks flowing, something I hadn't seen in all my years of walking in that area. Thanks to the usual large contingent of PO helpers, we had plenty of people to put the tent

up when rain looked imminent, and then take it down again after needing its shelter for about 2 minutes. The courses set by Phil were challenging, particularly for the contingent of orienteers who decided to jump from Green to Orange courses that night.

To finish off the year a good number of PO's headed to the Armidale area to participate in the Xmas 5 Days carnival. The Guinness family, Hyslops, Geoff Wood, Pat Miethke and Barbara Martin all performed admirably, with Nathan G running the demanding mens A courses –well done.

Many PO's have been enjoying the challenge of the new Street O-series, as well as the Wednesday Twilight Series. Those who haven't will have to start training for the upcoming AL, Sunday and Saturday events in March and beyond, so Parawanga can once again retain the club trophy. Phil W, Chris H, Ann Ingwersen, Morten Pederson and Arthur Watson are all in the top 20 of the Wednesday events at this stage, with a few more PO's who could climb up to join them if they perform well over the last few weeks of the series.

The leafy verandah of the Pywell's (thanks Gay and Wal) abode was the delightful setting for the PO AGM on 18<sup>th</sup> Feb, and with over 30 attendees it was obvious that no-one was frightened off by the possibility of being elected to a committee position. All current committee members were elected unopposed, not surprising as most have only served one term. Next year we will be expecting some stiff opposition! Greg Lane handed the Snail trophy to Graham Atkins, who managed a leg on one major event which was 6 standard deviations from the mean time for participants on that leg (we all believed Greg when this was announced☺). After more than 50 minutes searching he then went on to run some of the fastest splits on other legs of the course, as well as being M40 Australian Sprint champ for 2010. Well done for not giving up Graham! So, if you hear of similar worthy runs during 2011 make sure to let Graham know, so he can choose the most worthy recipient for a handover in December.

Next meeting – Friday 25<sup>th</sup> March at the Hyslops new abode. Details in an email soon. If you are a PO member and don't receive emails from us please let us know at [jillphil1@bigpond.com](mailto:jillphil1@bigpond.com).

## **Parawanga Paragraphs**

**December 2010**

Jill Walker

At the OACT end-of-year dinner on 28th Nov, Thomas Hyslop and Heather Lane both received junior encouragement awards, Rebecca Hyslop the best female sub-junior award and Kris Nash female most improved. Rohan did a Stirling MC job, using his 'teacher voice' to good effect and Ann proudly accepted the 2010 club trophy on behalf of all of us.

Two days later the final ACT league event for the winter, held at Picaree Hill, saw a good number of POs turn up for a run and some excellent results were recorded, despite the myriad of unmapped tracks and steep hills. Due to the enthusiasm and high levels of PO participation right across the winter series the club has managed for the second year in a row to win the coveted club challenge trophy. After a few frantic emails from Geoff Wood and others, the trophy was recently rediscovered where it had been left in February, on the Pywell's mantelpiece - just in time to have it engraved for presentation at the OACT end-of-year dinner.

A big thanks is in order for Kay Grzadka for organising the latest round of clothing orders and distribution -there should be heaps more blue, white and yellow tops around at upcoming events.

The summer series has kicked off and Parawanga volunteers have been kept busy organising 4 of the pre Xmas events. Thanks to everyone who has helped out to make these successful©



Pictured are, Anna Hyslop and David Hogg at our meeting on 29 Oct, instructing members in the workings of the computer, ready for the summer series.

Thanks to the hospitality of Ann and Frank Ingwersen, for the Pizza meeting on 17 September when they seamlessly took back on the roles of President and Treasurer from others who had volunteered their services whilst they were away orienteering and cycling in Europe. The night was full of stories from the large contingent of PO's who made the trek O/S, and looking at the maps from WMOC and O-Ringen it seems that Europeans are good at orienteering into controls with no attack points!! A few did say the relentless rain and mud of O-Ringen was a bit much to take, but unlike some other ACT participants the Parawangans were lucky and hadn't chosen to camp! Tony Garr showed us some excellent photos and everyone talked of the amazing atmosphere that goes along with huge overseas events.

### **Australian Champs carnival**

The fantastic spur gully country of Lady Alice Goldfields near Parra Wirra National Park was the setting for the Aus Middle Distance Champs on 25th Sept. A multitude of wildflowers were out and the damp and softness underfoot was a welcome change for many Aussie orienteers. Rain fell for about 45 min early on, but stopped for the remainder of the event. The large Parawanga flag is proving to be a great way for club members and many other ACT orienteers to find each other at interstate events.

One Parawanga diehard Collingwood supporter had to miss the orienteering and stay back at her cabin in Gawler to watch the big match -little did she know she'd have to go through all the agony again the following weekend! Luckily the next weekend's orienteering event was in the morning, as she probably wouldn't have lived down forgoing two orienteering events for AFL! We have noted that she's even playing AFL now! It's probably really good cross training for orienteering©

The Aus Sprint Champs at Trinity College tested the technical skills of everyone -reading the map while moving at fast speeds can be challenging (or so I'm told by others who move at faster speeds than me!)

Rocky granite outcrops and some heavily vegetated gullies at the Aus Long Champs belied the expectations of those who had been to the model event the day before. However the fantastic green countryside and warm sunny ideal day made up for any navigational difficulties.

The relays saw us move east to the hotter dry mallee country and the rocky, steep spur gully terrain made for interesting and challenging courses. Shade was at a premium and the flushed panting faces of finishers in the final chute told stories of the toll the warmer weather had taken.

During the week there were plentiful PO bbq's, and dinners at pubs in Gawler, which were all within walking distance of the Gawler caravan park. The "official" dinner on the Thursday night at the Gawler Arms Pub, saw 20 Parawangans from far and wide around the Barossa and Adelaide gather for a good night of food, drink, map comparisons and lively conversation. Great to see some first time dinner attendees there too!

Days off midweek saw PO's making the most of the Barossa's highlights including biking the winery and longer mountain bike trails and visiting wineries and other gourmet food establishments, including a good selection of local bakeries. Browsing new and second hand bookshops and walking the goldfields trails were also high on the agenda.

## **Results**

Aus Middle distance - Thomas Hyslop 3<sup>rd</sup>, Rebecca Hyslop 2<sup>nd</sup>, Anna Hyslop 2<sup>nd</sup>, Ana Herceg 2<sup>nd</sup>, Liz Abbot 2<sup>nd</sup>, Ann Ingwersen 2<sup>nd</sup>.

Aus Sprint - Graham Atkins 1st, Liz Abbot 3rd, Ann Ingwersen 2<sup>nd</sup>.

Aus Long - Richard Hyslop 3rd, Arma Hyslop 2nd, Ana Herceg 1st, Zoe Melhuish 2nd, Arm Ingwersen 1st.

## **Schools Team**

Parawanga had 5 representatives in the ACT schools team for the SA carnival -Kate & Scott Bowen, Stephen Melhuish, Ciaran Lane & Richard Hyslop. They all had commendable runs throughout the week and enjoyed the experience of travelling and being part of the team, as well as socialising with and getting to know junior orienteers from all around Australia. Kate put in consistently excellent performances and was selected in the Honour team -a fantastic effort Kate!!

## **The Christmas Break:**

Good luck to those going to the Xmas 5 days at Armidale and we hope all Parawangans have a relaxing Christmas break.

# Parawanga Paragraphs

## September 2010

Jill Walker

### Event Helpers

Once again members came to the fore when needed to assist at the three events we organised at Remembrance Park, Bruce Ridge, and Ainslie North in June and July. Special thanks to Bill Monaghan for taking on the organisation of two events, Sam Monaghan for helping on the computer at Remembrance Park (thanks for getting out of bed earlier than usual for a Saturday), Ann Ingwersen, Colin Mock, the Bowen Family and Mike Aylott for handling organising and setting duties with ease.

The Guinness family turned up to help at Bruce Ridge despite having arrived back from a holiday to Darwin very late the night before. Thanks also to Geoff Wood for being the Parawanga computer guru and uploading results after each event.

### QB3

A good contingent of PO's travelled to Dubbo for the June long weekend QB3 competition –always a great event. Quite a few managed to place in the overall standings (see results below). The technical terrain of the middle distance event at Sappa Bulga on Days 2 & 3 certainly tested many competitors and favoured good navigation over speed.

A highlight of the weekend was the hearty food enjoyed by over 20 members at the Pastoral Hotel on Sunday night. This watering hole is becoming a regular spot to frequent and hopefully the Dubbo orienteering folk will hold regular competitions so we can return in the not too distant future. Some even ventured to the Bushdance after dinner and still ran well the next day!

### Website

Did you know that Sue Garr has orienteered in rural China and Doug Kemp is an RAAF pilot? Take a look at the Parawangan Profiles online to learn more about these two and other fellow club members. More profiles to come soon.

### Results and other notable performances

- Parawangans have been out and about competing in the 2010 Interclub Challenge and are leading at this stage of the comp. With good numbers participating in the final two events we are a good chance to take the coveted trophy for the 2<sup>nd</sup> year running.
- At the Dubbo QB3 long weekend in June 8 PO members placed in the top three in their class after the three days :
  - 2 Thomas Hyslop, 3 Scott Bowen, 3 Katie Bowen, 1 Anna Hyslop, 3 Sue Garr, 2 Jill Walker, 1 Liz Abbott, 1 Ann Ingwersen
- Also at Dubbo – Frank Ingwersen and Bill Monaghan fought it out for the record for longest time on one leg of a course. On Day two Frank spent

52.31 on one leg and Bill narrowly topped him by taking 52.34. Not a title any of us will be aiming to emulate soon. However, true to form neither was too dispirited and both finished their course and were still smiling.

- Geoff Stacey and Oscar Wood currently hold 1<sup>st</sup> and 2<sup>nd</sup> place in the inaugural Saturday Senior Metro League
- At a recent Kowen event it was noted that Frank Ingwersen posted a time 1 minute faster than Ann on the same course.
- In the Saturday Junior League the following Parawangan juniors finished in the top 3 in their age group: Richard Hyslop, Thomas Hyslop, Ciaran Lane, Kate Bowen, Juniper Bedwell, Rebecca Hyslop, Heather Lane and Riley Lane.
- Congratulations to Kate Bowen, Scott Bowen and Richard Hyslop who have all been selected in the Act Schools team for the Australian Schools Orienteering Championships to be held in September –well done!
- New(ish) member Shannan Forrest showed her true colours and developing relocation abilities at Remembrance Park. She visited the quarry which was quite a way from any desirable route choice on her course and persevered to complete her run in 2 hours without giving up. Excellent work Shannan!

#### Overseas and Interstate travellers

We are all eagerly looking forward to hearing the travel stories from the Garrs, Ingwersens, Hoggs, Pat M and the Erbachers. All these lucky Parawangans have been or still are overseas enjoying a myriad of orienteering events, cycling tours down the Danube and other fantastic tourist adventures.

Gay and Wal have returned from their around Australia trip and it sounds like they had an absolutely fantastic time.

Hopefully by the time of our next meeting everyone will have had a chance to cobble together some photos and stories to share with those who are looking forward to similar adventures.

#### Next meeting

Our next meeting will be held at Ann and Frank Ingwersen's place on Friday 17th September.

## **Parawanga Paragraphs**

### **June 2010**

Jill Walker

With the winter season well and truly underway, Parawangan members have organised or set quite a few events for the Saturday, Sunday and Wednesday series.

Thanks to Anna, Sandra O, Colin, Colleen, David, Sue and Tony for taking on these roles and to the club helpers who so willingly turn out to all our events to make the organiser's job so much easier.

#### **Easter/Snowy Treble carnival**

An amazing number of hours were put in by Parawangan members to help make the carnival the roaring success that it was.

Andy and Natalie were carnival organisers, Rohan equipment manager, Sue, with clipboard and radio, looked very official and kept the start team in line for every event, Sandra Oliver and the Pywells made running the registration tent look easy and almost every other club member who attended was a vital part of a team. Well done everyone!

Unfortunately Rohan managed to run straight into a sharp stick on Day 2, putting an end to both his running in events and being the chief equipment officer for the carnival. As Darryl was heard to jokingly say, "He'd do anything to get out of work". Anyone who was 'lucky' enough to see his knee was amazed at how calm and collected he remained, or maybe it was the shock that kept him quiet? Andy calmly drove into town to organise for insurance cover for others to drive the truck, and Rohan has now recovered and is finally back running, which is great to see.

Amusement for day 3 was provided by Bill Monaghan – he reasonably gracefully showed us how to fall off a 3-legged stool while sitting preparing to check starters, then at the end of his run, tore his hamstring while sprinting up the finish chute. Fortunately the St. John ambulance team were on hand to give Bill an ice pack and some TLC. Why was he running so fast you might ask? –well, and this is straight from the horse's mouth, "I **had** to race a young lady up the hill, and I was winning too!" Was it worth it Bill?

Bill was also the person who recommended that when looking at your course on Winsplits and comparing yourself to other runners, you should tick the "remove errors" box in order to improve self-esteem. Apparently on one course where he had not done so well, doing this promoted him to second place!

Other memorable Parawangan moments over the carnival included:

- Wal and Gay providing support and many hot cups of tea and coffee to the start team at the ACT Sprint (it helped that their caravan was parked close by).
- Pat doing more than her fair share of work by removing tapes which led from the start to the parking arena, then realising they were needed the next day and putting them all back up again!
- Honorary Parawangan Jesse B fixing the Caffe Upbeat coffee machine early on the middle distance day, much to the delight of Toni Brown and many other orienteers who rely on coffee to charge them up before or help them recover after a hard run.
- Two well attended BBQ's in the shelter at Buckenderra, where tales of success and failure abounded over fine food and wine (See Darryl's story below).

## **Flying the Blue Man at Weston Park**

At the first Saturday event this season Phil organised to fly the club flag and invited inexperienced Parawangans and others to have a chat about the club or get some assistance from Darryl before or after running their courses. A few grateful takers turned out – now we just have to put into practice what was learnt, although after reading the account of Darryl's race at Buckenderra (see below), we can all forgive ourselves if we occasionally make silly mistakes.

## **NSW State League events** (edited from an account by Sue)

A good contingent of Parawangans competed in the NSW State League 4 & 5 events on the weekend of 15<sup>th</sup> & 16<sup>th</sup> May. Despite the technically challenging terrain of the Middle distance and the rugged and thick bush on Sunday, as well as some problems with SI units, some great results were recorded.

Always up for a good night out, some Parawangans retired to Moss Vale hotel on Sat. night in front of roaring fire for dinner and socialising, the campers soaking up as much heat as possible before heading back to early bed (overnight temperatures were quite chilly). Some of the more stoic members camped at the Hut at Belanglo.

## **Results**

Many Parawangans have been showing fine form across all levels of orienteering over recent months.

## **Easter/ACT Champs**

The Hyslops, Bowens and Lanes represented admirably in the family teams event. Many people had great runs across the week, with the following members gaining one or more top three placings in their class:

Thomas Hyslop 3 1<sup>sts</sup> & 3 2<sup>nds</sup>; Heather Lane 3 2nds & a 3<sup>rd</sup>; Cathy Hogg 2 1sts & a 2<sup>nd</sup>; Susie Kluth 1st, 3 2nds & a 3<sup>rd</sup>; Ann Ingwersen 2 1sts & a 3<sup>rd</sup>; Richard Talbot 2 1sts, 2 2nds & 2 3rds; Katie Bowen 2 1sts, a 2nd & 2 3rds; Dylan Ingwersen 2 3rds; Graham Atkins 3<sup>rd</sup>; Darryl Erbacher 1st & 2<sup>nd</sup>; Riley Lane 1st & 3<sup>rd</sup>; Rebecca Hyslop 3 1sts; Anna Hyslop 1<sup>st</sup> & 2<sup>nd</sup>; Bill Monaghan 2 1sts; Jodie Evans 2 3rds; Greg Lane 3<sup>rd</sup>; Liz Abbott 1<sup>st</sup> & 2<sup>nd</sup>.

## **Summer Series**

We had seven orienteers who placed in the top 20 after completion of the hotly contested summer series.

6	Phil Walker
7	Darryl Erbacher
8	Arthur Watson
9	Chris Helliwell
13	Ann Ingwersen
16	Geoff Wood
20	Geoff Stacey

## **Sunday AL events**

There has been a fantastic turnout of Parawangans at these events, with the club topping the inter club challenge at this stage of the series.

## **Darryl's tale and lessons learnt from the Sprint & Middle Distance at Buckenderra.**

In the Sprint on Friday at Buckenderra I had just left my second control and was heading down through the trees to cross the open camping area when I saw my beautiful wife in the distance. I decided to detour slightly and pat her on the bottom as I passed. While this may seem overly romantic to some, it breaches two rules/guidelines/common senses as far as I can tell:

- Never let anyone else on the course disturb your concentration
- Always proceed from where you are, on the optimum route to the next control

As I was concentrating on my wife I didn't notice a ditch and fell through it on the bitumen road going round the camp area. I lost some skin but to my credit I bounced fairly well and continued on my way. Fortunately, the pain defocused me from my wife's bottom and I proceeded smoothly from there.

I came second in this event by 2 seconds! Lessons here.

You would think that on the second day I would have learnt something but no, slow learner. In the middle distance, my rival, Dave Lotty started 4 minutes ahead of me but was troubled with a hamstring injury. He said he would see me at number 6. I should have ignored him but I said 'Don't hurt yourself, it's not worth it.'

- Don't let anyone disturb your focus before the start.

I took off and ran quite well to number 7 (leading the field by 2 1/2 minutes) where I saw Dave. I took off with him to 8, a knoll. We put each other off and went to the wrong knoll.

- Never let anyone else on the course disturb your concentration.

We ran together to 9 (a short leg). We ran to 10 (another short leg). I decided that I should get away from Dave, him being injured and all and proceeded down across the slope at a breakneck pace. Dave later said that he was impressed at my ability to move fast through rough country. He said I was out of sight quickly. I said that was because I was not where he was.

- Never let anyone else on the course disturb your concentration.

I needed a saddle and a track with a bend, then into the scrub. I knew about a saddle from previous course setting so I ran to that one - spike - down the track to the bend (seemed a little long) - into the scrub - nothing - questioned the veracity of the mapper's treatment of the green. I turned and looked at the hill I had just screamed down and became somewhat dispirited.

- always know where you are.
- have some idea of distance.

I looked up and saw my number 13 (the fence gate) - I was still trying to find 11! I went back up the hill as best I could muster - attitude not good. I had run brilliantly to the wrong spot 300 meters away.

- Never give up (unless it is hopeless).

Near the top I saw Dave pop out so I went in - nothing but green. I later worked out he was coming from 12.

- Never let anyone else on the course disturb your concentration - what concentration!

I came back out and had a good look at the map. Oh dear, 2 saddles. I was suitably punished for this effort: I came in the bottom third of the field - I can't remember when I last did that apart from injuries. I made many runners' day - and they had to tell me! Dave asked me three times during the afternoon to repeat the story - I think he is still laughing.

### **Parawanga website**

Coming soon - new member profiles on the Parawanga website, so keep an eye out.

By the time you read this we'll have had our next Parawanga get-together on the 4<sup>th</sup> June at Pat's place. Keep an eye on your emails for details of the next one. If you are reading this but haven't been receiving emails regarding Parawangan events please email me at [jillphil1@bigpond.com](mailto:jillphil1@bigpond.com) and I'll add you to the list.

# Parawanga Paragraphs

## March 2010

Sue Garr

### Parawanga A G M

The AGM was held on February 19 at the Pywells' place, on the vine-covered deck in the cool evening air. After many years of service as president, Darryl stepped down and Ann Ingwersen will take over for 2010. Frank will continue as Treasurer. Jill Walker will take over from Sue as secretary. Phil will continue to administer the club web page, Kay is wardrobe mistress and Rohan & Ann will continue as council delegates.

### Twilight events

Thanks to Wal & Gay Pywell and Richard for organising and setting the Twilight event at Wanniasa Hills recently. Well done to Richard Hyslop, who is gaining more course setting experience at the Commonwealth Park event, and thanks in anticipation to Sandra Oliver who is setting the Twilight finale at Yaraluma Bays.

Phil Walker, Darryl Erbacher, Arthur Watson and Chris Helliwell have been having a consistent Twilight season, all being in the top 10 places at the time of writing. Ann Ingwersen, Morten Pedersen & Geoff Wood are in the top 20.

### 2009 Blue Man Award

This award is for meritorious service to the club, presented by the previous holder (Darryl Erbacher) at the Christmas BBQ. Nominations included Rohan & Anna Hyslop who organised 5 events, helped out at numerous others, helped at WMOC and Rohan was a board member; Colin & Colleen Mock who organised 9 events; Pat Miethke who organised an event and was OACT Treasurer (all on one knee!); Phil Walker who did course setting and instigated the club web page. The winner was **Geoff Wood** who helped out at nearly all events regardless of which club was running the event and did many event results and all this while running OACT. Congratulations Geoff.

### 2009 Hasten Slowly Award (by Pat Miethke)

This award is given for perseverance in the face of adversity of one's own making and this year's competition has been a two horse race. The eventual runner-up has to be commended on the consistent effort he put in for the entire year at high level events. At St Helen's in the Tasmanian long distance champs he was spotted by the little old lady brigade struggling to relocate on the map, and spent 28' doing so, on an 8' leg. Coming to the fore again in Victoria at the Australian long distance champs, the judges happened to notice his map fluttering in the hand of his wife and were impressed by the spaghetti-like trails drawn on it, and especially by the 9' and 12' taken on consecutive 4' legs. In the A final of the World Masters he made a last desperate attempt to win the Snail and spent a while getting to the first control and we believe he then spent 26' struggling through the rough terrain from control 1 to 3 and back to 2, though this may be just malicious gossip. We finally decided Bruce Bowen had overstepped the mark in attention-seeking and relegated him to second place. Besides, the old hands in Parawanga have kept this trophy to themselves for far too long.

This year's winner has everything going for him that a judge likes. He wrote up his own submission, complete with split times, and published it on Parawanga profiles, thereby saving the judges any effort. He freely admits to folding the Murryong Ridge map in half, so that

when he over-ran the first control and ran on to the hidden half of the map, it made relocation very difficult, and resulted in a 10 minute first leg in a sprint race. And being relatively new to orienteering, we feel that he deserves the encouragement of winning a major trophy. Well done, **Greg Lane!**

### **Danger faced by course setter!**

Pictured is one of a couple of impressive-horn-carrying creatures seen chasing a Parawangan Easter 2010 course setter who was out minding his own business checking control sites. I know Phil is very speedy normally on orienteering courses, but the leap over the fence with the rowdy mob at his heels at the end of the chase was most impressive!



Championship material for sure!

**Editor's Note:** many thanks to Sue Garr for the regular contributions to the Newsletter - Sue is now taking a well-earned break from her journalist duties.

## **Parawanga Paragraphs December 2009 Sue Garr**

### Parawanga wins Interclub Challenge!!

At the recent OACT Awards night it was announced (well it was supposed to have been announced!) that Parawanga has finally managed to wrestle the Interclub Challenge Trophy out of Bushflyers' hands. Bushflyers have dominated this competition since its inception, and I believe it was a close competition again, so well done to all Parawangans who contributed points in 2009.

### Bushrangers 09 Australian Orienteering Championships

In late September, early October, a happy travelling band of Parawangans set off on the annual trek to the Australian Championships, this year held in central and north-western Victoria over two weeks.

### Australian Middle Distance Championships

The first event was held at Chewton Diggings in central Victoria in cold, wet, muddy conditions. Warren Key set some challenging, technical courses to test all comers in terrain ideally suited to middle distance racing. Due to the rain, the walk to the start became longer and a mad sprint for many unsuspecting starters. The climb up the muddy steep slope to the start boxes was the first challenge for many.

The final challenge for many late starters was the final control, located on the far side of a now waist-deep, rushing creek (which apparently hadn't run for 10 years!) Various techniques were employed, including running at full speed, face planting, swimming and tip-toeing. The trick was then to finish and get changed before hypothermia set in! It was an auspicious start for many. Parawangans who triumphed despite the conditions and achieved a top three place in their classes were Thomas Hyslop, Scott Bowen, Rohan Hyslop, Darryl Erbacher, Rebecca Hyslop, Cathy Hogg, Anna Hyslop and Ann Ingwersen.

### Victorian Long Distance Championships

The next event was in the Fryers Ranges near Chewton. The rainy and cold conditions continued and the first challenge of the day was to get a park without becoming bogged either on the track in or in the big open paddock reserved for parking. The courses were set on open, runnable spur gully terrain. Successful Parawangans included Thomas Hyslop, Darryl Erbacher, Rebecca Hyslop, Cathy Hogg, Anna Hyslop, Ann Ingwersen and Scott Bowen.

### Australian Schools Championships

Parawangan representatives in the ACT Schools team included Richard Hyslop, Scott Bowen and Kate Bowen. They competed in individual and relay events in central Victoria near Bendigo.

### Australian Sprint Championships (by Sandra Oliver)

Many Parawangan orienteers ventured south to Victoria for the Australian Championships held in early October. The "Aus champs" is one of the main events on the Australian orienteering calendar, and this year's carnival was situated mainly at Warby Range State Park, near Wangaratta.

The first event for the weekend was the Sprint Championships in the township of Benalla. Competitors started on the banks of the river on the edge of the town's centre, and the courses ran beside and across the river through parklands, then back beside a sports oval and across a bridge alongside the assembly area to the finish.

Highlights of the courses included a very visible spectator control situated on the opposite side of the river from the assembly area, and the long leg from the river towards the sports ground that featured on most courses and required competitors to think rapidly about their route choice at the start of this leg. Parawangans performed well in the rainy and cool conditions, and congratulations to Thomas Hyslop, Darryl Erbacher, Rebecca Hyslop and Ann Ingwersen who placed in the top three in their classes.

### Australian Long Distance Championships (by Sandra Oliver)

The second event of the weekend was the Australian Long Championships, held at "Northern Spurs", Warby Range National Park. This event is one of the most technically and physically challenging races in the Australian competition calendar, with one of the Long Distance requirements being that the courses should be held in "preferably hilly" terrain!

This year the Long Champs lived up to its tough reputation, with competitors required to negotiate steep and rocky hillsides as well as thick vegetation. Many legs involved careful reading of flat rock features and clearings in amongst the green, and the final controls on the steep rocky hillside at the end of the courses were some of the most challenging.

Parawangans who achieved top three placings in their classes included Thomas Hyslop, Scott Bowen, Darryl Erbacher, Rebecca Hyslop, Cathy Hogg, Anna Hyslop, Liz Abbott, and Ann Ingwerson.

### Australian Relay Championships (by Sandra Oliver)

The final event of the carnival was the Australian Relay Championships, in which state-based teams of three compete for the honours of being relay champions. This event was held at Mt Killawarra, also at Warby Range State Park. The event arena provided much excitement, and many spectators surrounded the “graveyard” to cheer on the mass start. Team-mates watched anxiously at the spectator control, which was about 600m from the finish, and the finish chute alongside the spectator area added to the excitement of the relay atmosphere.

Short distances between controls required rapid but accurate navigation, and most courses involved a mix of steep, rocky hillsides combined with faster running across wide gullies and saddles. The relays were a fun finale to a great series of races involving challenging navigation in physically tough terrain - congratulations to all Parawangans who competed at the Australian Championships!

### World Masters Games Sydney

Parawangans who represented Australia at the Sydney 2009 World Masters Games from 10-18 October were: Darryl Erbacher, Ann Ingwersen, Frank Ingwersen, Pat Miethke, Bill Monaghan, Barbara Martin, David Hogg, Sandra Hogg, Rohan Hyslop, Anna Hyslop, Tony Garr, Sue Garr, Liz Abbott, Bruce Bowen, Phil Walker and Jill Walker.

For many, the first taste of the Masters was a 5 hour queue wait at Sydney Olympic Park to gain accreditation and registration for the event. Not a good PR exercise! The first event was the sprint qualifier held at Macquarie University. This was an ideal map for a sprint event and enjoyed by all. The weather was hot and steamy, very different from conditions in Victoria the week before. Here also we got the first taste of what the toilet queues would be like, NSW organisers being limited by higher authorities on how many toilets they could have, unfortunately to the discomfort of competitors.

The courses were fast, but tricky if you weren't careful, with great vantage points for spectators. The final was held the next day at Sydney Olympic Park, with the final 100m being a race around the wood chopping stadium, a unique feeling for the competitors and great viewing for spectators. Many controls could be seen from the top levels of the stadium, as the athletes raced around the Olympic Park area. The courses were technical and fast, with many out of bounds areas, making the brain work overtime in such a short time frame. Congratulations to Canberrans Hermann Wehner, Kevin Paine and Jenny Bourne who won gold medals in this final.

Orienteers then travelled to the Lithgow area for the Long Distance events. There was a special orienteering opening ceremony in Lithgow on the first day. The Australians led the march through the township, proudly waving flags, to a rousing reception from the locals lining the main street. Parawangans clad in their distinctive jackets were a noticeable force. It was a very colourful march, with the Australians being a small contingent among the many international competitors.

We all sat in the lovely old wooden grandstand to watch the entertainment, even the locals shivering in the windy, cold conditions. At least we were under cover when the hail hit the poor school choir, singing their hearts out and we all cheered when the choir leader, with her amazing colourful hairdo and bright yellow shoes, finally let the kids run off the stage to shelter. The percussion section of the band huddled under the truck housing the rest of the band, and in true country style, the band continued to play as the conductor's music blew away.

The first long distance qualification race was held in Ben Bullen State Forest, in eucalypt forest with sandstone and pagoda terrain. The walk to the start would test the best of mountain goats! But at least from there it was mostly downhill. The longer courses had a lot of technical rocky areas at the start and finished off with fast open spur gully in the second half. The rainy, cold weather continued and the caterers with the hot pasta dishes did a roaring trade. The following day, the second qualification race was held in Clandulla State Forest, about 60 km from Lithgow. The organisers set up a fantastic assembly area on a local property which gave a real carnival atmosphere. The terrain varied from open and fast to rocky and steep. Competitors were aiming to get a time good enough to get them into an 'A' final after the rest day. Many of the Parawangans achieved this goal.

The following day was a rest day, which gave everyone a chance to have a breather and catch up on some of the tourist features of the area. Those staying in Blackheath invited the rest of the club members (and a few others as well) to lunch and then afternoon tea, complete with scones made by Sandra E & Ann, lemonade being the secret ingredient. Other social occasions included several 'club' dinners at local pubs and restaurants as well as coffees and lunches at various local bakeries and cafes.

The Long Distance final was held at Clandulla State Forest, using the same assembly area as the previous event. The carnival atmosphere was enhanced by a local young band playing on the back of a truck for just about the entire day. The top 10 runners in each 'A' final were the last starters in each class. Parawanga had a couple of runners in with a good chance. Hermann Wehner from WE was the first gold medallist to cross the finish line, which had all the Australians cheering. A little later, Parawanga was celebrating two World Masters medallists, Liz Abbott in W50 and Anna Hyslop in W35, both winning silver. Well done ladies, a fantastic achievement.

A couple of innovations at the Masters were cause for lots of comment. The first was when approaching the pre-start area, everyone received a tiny map which showed 3 or 4 typical controls on which you could warm-up. Most days we were handed one of these by a smiling Richard Hyslop, who along with the rest of his family, were volunteers on every day of the competition. Well done guys. At every pre-start, a 'silent start' was employed. This meant that once you entered the pre-start, no one was allowed to talk, including the officials. The usual banter one hears on the start line was non-existent. This led to countless funny situations, especially with those who just 'can't help themselves'. There was often wild gesticulating by officials trying to make these 'talkers' realise that they needed to 'button the lip'.

One very experienced, seasoned Parawangan was heard to complain that his result in the sprint final was affected by the fact that an official had actually spoken to him, but it was in French! He said it put him off his race! Another Parawangan, a female, took some time to realise that the male official pointing at her ring finger was indeed not offering a proposal of marriage but wanted her to show him her SI card number! A special mention must go to Thomas Hyslop who managed to consume 7 soft serve icecreams in 3 days of competition. Maybe that's why he went so well in the public races?

### Twilight Series

The Twilight Wednesday night series is in full swing with good attendances at each event. Thank you to Parawangans who have organised events so far: Rohan & Anna Hyslop at Mt Taylor, Darryl Erbacher at Bruce Ridge and Lucy McGarva & Colin Mock at Mt Ainslie North. As usual, there have been more Parawangans offering to help at these events than were needed, but thanks to all who have given their time.

### Most Improved Award 2009

At the last meeting and social gathering of club members, the President announced that the winner of the Most Improved for 2009 was Thomas Hyslop. Thomas has had a great year and competed in many events. At this rate of improvement he is sure to be a star of the future. Well done Thomas!

Also awarded at the meeting were special certificates to acknowledge special achievements. Rebecca Hyslop was recognised for her wins at the Australian Championships, the winner in W10. Liz Abbott & Anna Hyslop were recognised for their silver medal performances at the World Masters.

### OACT Awards Night

Congratulations to award winners at the recent OACT awards night held at the Botanic Gardens: Richard Hyslop and Sandra Oliver won Most Improved awards and Rebecca Hyslop won an Audun Fristad Encouragement award.

### Christmas BBQ

The annual club end-of-year BBQ will be held at Uriarra Crossing on Sunday Dec 6<sup>th</sup> from 4:30 pm. The Snail Award and OA badges will be presented along with the usual socialising and fun. Please join us if you can.

## **Parawanga Paragraphs September 2009**

### Orroral

Well done to Phil Walker for his courses at Orroral, which required him to do some quick thinking to make substantial changes at the last minute due to circumstances beyond his control. Thank you to the Parawangans who helped at the event. Thanks also to the course controller, Ross Stewart from Bushflyers, for loading up the computer on Saturday evening with the changed sequence of controls that was needed as a result of the last moment changes to the course start and finish. Ross also worked on registration and the computer on the day.

Thank you to event organiser Rohan Hyslop and to David Hogg for his advice to overcome a few challenges that were thrown our way. Everyone seemed to cope with the course changes

and the event went well aided by a beautiful sunny day and topped off by sausage sandwiches courtesy of John and Frank.

### Bruce Ridge

Thanks to all Parawanga stalwarts who braved the early frost and fog to help out at Bruce Ridge on a Saturday in July. The day fined up beautifully and with most of the high school contingent away, the event had a relaxed 'young family' atmosphere. It's amazing how creative the youngsters can be with a dirt slippery dip. Bill helped set up, Gay and Wal handled the registration smoothly, and Kay and Ann steered newcomers in the right direction before backing up on registration for the second shift. Pat and David were on stand-by but not needed in the end. Honorary Parawangan Norm Johnston manned the computer alone and unassisted for the duration, and an offer from Tom Landon-Smith to collect controls was too good to refuse.

### Hockey star

Parawangan Catriona Bailey-Price went to Japan with the Junior World Cup hockey squad trying to qualify for the JWC in Boston which she did, so she is one of the Jillaroos as they call them! Unfortunately she came down with illness shortly before the team left Australia and was unable to take her place in the team. We wish her well in her recovery and her obviously bright future hockey career. Mum, Maureen Bailey, was also overseas recently as the Australian schoolgirls' hockey team physiotherapist. When not at the hockey, Maureen can be seen running the bush for Parawanga.

### NT championships

Barbara and Pat represented Parawanga at the NT orienteering champs in July. Here is their report:

The Sprint at Charles Darwin University started badly with Pat being forced to relocate off the start after spending a considerable time failing to find the first control, and an impassable fence caused problems for both later in the race. Barbara managed to find some thick green jungle and sported scars for the rest of the trip. The sunset BBQ and drinks session on the cliff above the beach went well.

The Middle distance event at Manton Dam south of Darwin was in tough country, but great courses were set. Loose rocks hidden by tall dead grass rolled under every footstep. 4 M boulders hid behind small clusters of palm trees. The 18 degree magnetic deviation around the high point didn't help. The long red course was variously named "course 4" and "hard 2", the short red course was "c3" or "hard 1", so despite there being only 4 courses, several people ran off with the wrong map.

The NT Long distance Champs at Coomalie Creek was a wonderful day. World War II aircraft from the nearby airfield strafed the runners on a series of courses involving head-high dead grass, loose rock underfoot, blacksoil plains, 4 M high termite mounds, gullies clogged with vegetation which might or might not be hiding a control, WW II relics, and gold mining diggings. The Bushflyers are aptly named, as everywhere there was yet another of the Poland family buzzing past. And at the last control, there was Bob Mouatt taking photographs, just like at home.

Barbara was 4th in W55, Pat 4th in W45, and they had a marvellous time.

## New Parawangan

Belated congratulations to Andy & Natalie on the birth of their second child, Kate Hogg. I'm sure we'll see her out on courses soon with big sister Ella.

## Junior League Final Results

Well done to all our juniors who have been running in the Saturday Junior League. In the final points table, Scott Bowen was 5<sup>th</sup> in boys open, Richard Hyslop was 1<sup>st</sup> in M16, Ciaran Lane was 2<sup>nd</sup> in M12 and Thomas Hyslop was 2<sup>nd</sup> in M10. In the girls age groups Kate Bowen was 4<sup>th</sup> in W14, Heather Lane was 1<sup>st</sup> and Rebecca Hyslop 2<sup>nd</sup> in W10. Well done to all of you.

## Parawanga club website

Don't forget to keep checking the Parawanga section under 'clubs' on the OACT website. Phil is updating member profiles on a regular basis and they make good reading. The site also has a news section, so if you have anything interesting to add, please send it to Phil.

## Next meeting and social gathering

The next gathering of the Parawanga party crew will be held on **Friday 11<sup>th</sup> September** at 48 Adair St, Scullin from 6:30 pm. All members new, old and older still are welcome! Dinner will follow the short meeting which will include discussion about the draft 2010 program.

## **Parawanga Paragraphs June 2009**

### TasE 2009

A large contingent of 30 Parawangans journeyed across Bass Strait to compete in the TasE 2009 Easter 3 Day Carnival. They were very successful, coming 2<sup>nd</sup> in the Champion Club Trophy and were the leading non-Tasmanian club.

Well done everyone. Congratulations to our Easter champions: Ann Ingwersen in W65, Liz Abbott in W50, Suzie Kluth in W35 and Rebecca Hyslop in W10. Go girls! Other placegetters included Scott Bowen 2<sup>nd</sup> in M17-20A, Sandra Oliver 2<sup>nd</sup> in W21A, Heather Lane 2<sup>nd</sup> in W10 and Thomas Hyslop 3<sup>rd</sup> in M10. Everyone else enjoyed the competition, which included getting wet and muddy on one day (a phenomenon we've almost forgotten), achieving personal goals, finishing all 3 days, or just having fun. It was also good to catch up with some 'long lost' members Glenn and Nicola. Welcome back.

Of course the traditional Parawanga socialising occurred, with a BBQ one evening at the picturesque Longford Caravan Park, complete with friendly ducks and a warming blaze in an old washing machine tub. The Centennial Hotel in Launceston proved an ideal location for a

second club dinner, with the deer heads mounted on the wall keeping a close eye on Rohan as he tucked into his venison.

After the 3 Days there were other events to compete in or sight-seeing and touring to do. It didn't seem to matter which part of Tasmania one travelled to, one bumped into other Parawangans or ACT orienteers. The Lanes were spotted cruising the Gordon River in Strahan, the Garrs hiking in Cradle Mountain, the Bowens walking at Freycinet Peninsula and the Walkers catching up with friends in Hobart. Some ended up back in Launceston for the Tasmanian Sprint Championships at the university, although Phil hardly warmed up, dashing around the course in 12 minutes! The Ingwersens, Walkers and Hyslops then made the trip to St Helens for the last event at Lively's Bog.

Thank you to Tasmania Orienteering for an enjoyable and well organised carnival. It's our turn next year.

### A busy May

Well done to all members who helped make our '4 events in May' extravaganza successful. First up were Pat & Bill with the first Saturday event of the season at Weston Park.

Most people turned up for the windy hill (not the Essendon variety) ACT Middle Distance Championships event at Wild Deer Sands on May 16<sup>th</sup>. Thank you to everyone who helped out. Special thanks to David for setting some great courses (lots of positive comments heard from competitors at the finish). Thanks also to Jenny Hawkins of Bushflyers, our controller who kept Sue & David on track and worked tirelessly as well.

Lots of people turned up at 10 am in the morning to help set up, which was no mean task, due to the very fresh prevailing gale force winds! Thanks to Maureen, Tony, John, Ian, Frank, Kay, Geoff W, Bill, Barbara and Colleen, everything was set up on time and ready for the event to start. Well done to the two start teams, Liz, Ann, Jill, Barbara, Tony, Colleen, Maureen & John (who stepped in at the last minute), who handled all situations with ease and efficiency. Sandra E manned the registration expertly, despite not having an official tent to shelter in as it had blown away. Well done to the computer team of Anna, Geoff W, Pat & Bryant who along with the help of the experts (Bob M, Norm & Bill) handled the technical aspects of the event coolly and calmly. Sandra H was well prepared for her First Aid role and fortunately wasn't called upon too much.

I think the only real casualty was the Parawanga tent, which got blown away and sustained broken plastic bits!

Thanks to Rohan & Pat for transporting equipment from the Sprint event, Anna for delivering the hay bales and Bryant for bringing all the filled water containers. Even The President arose from his sick bed to lend moral support. Thanks to everyone who stuck around at the end, even after running and working all day, to help pack up or collect controls, meaning some people had run twice, worked the rest of the time and didn't leave until dark. Thanks also to everyone who helped all day, even though they didn't run in the event.

Fondest memory of the event was watching a huge sign, literally flying down the road, with Barbara and Ian in hot pursuit, making little ground until it managed to hit the ground a few times. The wayward sign was eventually captured and securely tied to the fence, never to fly again.

On the following weekend, Parawanga was back in the fray, with first time course setter Richard and first time organiser, Greg. Thanks to all the helpers on the day and a job well done by our two debutants.

Glendale was the venue the next weekend for another Parawanga ACT League event. Thanks to organiser Colin, course setter Tony and controller Norm (Red Roos) and helpers for another successful event.

### ACT Championships

With Parawanga organising one of the three championship events, it was difficult for a lot of members to feature in the final cumulative point score covering all three events. Congratulations to Ann who did achieve 1<sup>st</sup> in all 3 events in W65, making her overall champion for that age group. Other notable performances were: in the Sprint event – Morten 1<sup>st</sup> in M35, Ann 1<sup>st</sup> in W65, Rebecca 1<sup>st</sup> in W10 and Richard H, 2<sup>nd</sup> in M16; in the Middle Distance – Richard H, 2<sup>nd</sup> in M16, Ann 1<sup>st</sup> in W65 and Rohan 3<sup>rd</sup> in M35; in the Long Distance – Thomas 1<sup>st</sup> in M10, Ciaran 3<sup>rd</sup> in M12, Rebecca 1<sup>st</sup> and Heather 2<sup>nd</sup> in W10, Kate 1<sup>st</sup> in W14, Liz 2<sup>nd</sup> in W45, Paul 1<sup>st</sup> in M35, David 1<sup>st</sup> in M65 and Ann 1<sup>st</sup> in W65.

### Parawanga club website

Don't forget to keep checking out the Parawanga section under 'clubs' on the OACT website. Phil is updating member profiles on a regular basis and they make good reading. The site also has a news section, so if you have anything interesting to add, please send it to Phil.

### Club shirts

The latest order for club shirts has been placed and should arrive by the end of this month.

### Next meeting and social gathering

The next gathering of the Parawanga party crew will be held on Friday 26<sup>th</sup> June at 47 Bainton St, Melba from 6:30 pm. All members new and old are welcome. Dinner will follow the short meeting. See you there.

## **Parawanga Paragraphs March 2009**

### Twilight Series news

Phil Walker, Arthur Watson and Geoff Wood continue to feature in the top 20 of the Twilight Series. It's good to see so many Parawangans honing their skills for the coming season at these midweek events. Thanks to Bryant and Bill for organising the event at Aranda Hill and Phil and Jill for organising at Wanniasa Hills, as well as to everyone who helped each evening.

### Xmas 5 days

A number of Parawangans ventured south of the border just after Christmas to revisit the goldmining areas of Daylesford, Creswick, Maldon and Ballarat for a very enjoyable 5 days of

orienteering. The weather was quite mild, which made morning orienteering very palatable, although 10 degrees and a cold southerly was a bit much on December 31<sup>st</sup>!

It was Ballarat, of course. Creswick was a town not used to hungry orienteering hoards, so the café and bakery were a little overwhelmed when swamped after the two mornings of competition held there. It was standing room only and chairs were at a premium when the Parawangans held their get together on the second morning.

#### 2009 Oceania Series in New Zealand

Geoff Stacey, Ann Ingwersen and Pat Miethke went to the South Island of New Zealand in early January to compete in the Oceania Championships, Geoff as a member of the Australian Bushrangers and Ann as a member of the Australian team in the Australia-New Zealand Challenge. Pat said they found the terrain very technical and very physically tough.

Geoff battled a couple of injuries but enjoyed the experience of different maps yet again from the ones he had at JWOC. All three members shared their maps at the recent club meeting in February.

#### Parawanga club website up and running

I hope you have checked out the Parawanga section under 'clubs' on the OACT website. Thanks to Phil Walker for getting it under way. The site has a news section which will be regularly updated with news, events and photos, so if you have anything interesting to add, please send it to Phil.

#### 2009 AGM held

The Parawanga Orienteering Club leadership for 2009 has been decided following the recent Annual General Meeting with the re-election of Darryl Erbacher as Club President, the re-election of Sue Garr as Secretary and the election of Frank Ingwersen as Treasurer. Phil Walker was elected to the new position of web editor. The club thanks John Woods, the outgoing Treasurer, for his time and effort over several years overseeing the the club's finances and in particular for his innovative 'pizza jar'. John has earned some time off to enjoy his orienteering without any major financial responsibilities.

#### 2009 events

Parawanga will have a busy start to the year, with five events to run in March and May. Please keep a few of these dates free to lend a hand on the day. We are always blessed with many hands which make the tasks much easier and more enjoyable for all.

Sun Mar 22	AL#3 Sparrow Hill West
Sat May 02	JL#1 Weston Park
Sat May 16	AL#7 Wild Deer Sands ACT Middle Dist Champs
Sat May 23	JL#3 Aranda Bushlands
Sun May 31	AL#9 Glendale

#### Next meeting and social gathering

The next gathering of the Parawanga faithful will be held on Friday 3<sup>rd</sup> April at 55 Alabaster St, Monash from 6:30 pm. All members new and old are welcome. Dinner will follow the meeting. See you there.

## **Parawanga Paragraphs**

### **December 2008**

Sue Garr

#### Australian Championships Carnival

A small band of Parawangans travelled to Maryborough for the Australian Championships in September. The most successful were the Hyslop family, with Anna achieving four 1sts in W35A, Rebecca winning one 1st and three 3rds and Rohan a 2<sup>nd</sup> and a 3<sup>rd</sup>. Geoff Stacey had a good run in the middle distance, coming 2<sup>nd</sup> in M17-20E before succumbing to sickness until the relays. Andy was consistent in M21E with an 11<sup>th</sup> & 12<sup>th</sup> in the middle distance and Qld Champs respectively. David Hogg kept up the family name too, with a 3<sup>rd</sup> in M65A at the Australian Champs. Darryl achieved a 2<sup>nd</sup> in M65A in the middle distance, despite injuring his calf half way around the course, which then kept him out of the rest of the carnival.

#### Parawangan Competes in World Duathlon Championships

From mid September to the end of October Jill and Phil Walker travelled to France, Italy and Switzerland for Phil's training then racing representing Australia at the World Duathlon Championships. (Phil exceeded his expectations in the race and is keen to keep up his good form in the future). After the race they stayed in Zurich with ex-Parawangan, Nadine Cejka and her family. Many people will remember Nadine from her exchange year in Australia and involvement with the Blue Lighting squad. During Jill and Phil's stay in Zurich they watched the final orienteering races of the 2008 World Cup which included Nadine's sister Caroline who is one of Switzerland's top orienteers. Also Phil had a first experience of orienteering through the Swiss forest when he combined with Nadine's mother, Katerina (3rd ranked Swiss W45 orienteer) for a two person orienteering team event. The map was excellent, the terrain interesting and the result was reasonable considering Phil was orienteering in runners that had him slipping and sliding everywhere, providing great amusement for Katerina.

#### Twilight Events

The Twilight series is in full swing, with the club having already run three events. Thanks to Scott Bowen for his maiden course setting effort at The Pinnacle, to Barbara Martin also for her maiden course setting effort at Mt Taylor, and to Tim Pulford for his usual high standard courses at Red Hill. As is customary for our club, it was great to see so many helpers around on all three evenings. Therefore things ran smoothly and efficiently, so thank you all. A number of members have been running well in the competition, in particular, Geoff Stacey, Phil Walker, Ann Ingwersen, Andy Hogg and Geoff Wood.

One Parawangan was so keen to compete that he ran the long orange course at Red Hill in his work shoes, having left his orienteering shoes at home.



#### OACT Awards Night

OACT should be congratulated for choosing such a good venue for this year's award night. The atmosphere was congenial and the food very tasty. Congratulations to junior Ciaran Lane on his

well deserved Audun Fristad Encouragement Award. Well done to Andy Hogg for another very consistent year, finishing as the highest scoring Parawangan, in 8<sup>th</sup> position, in the Orienteer of the Year competition. Also featured in the top 20 were Darryl Erbacher, Liz Abbott, Geoff Stacey and Scott Bowen. Congratulations to all the other award winners on the night.

### Congratulations Geoff and Ann

Congratulations to Geoff Stacey on his selection in the Australian Bushrangers team to travel to New Zealand in January. Congratulations also to Ann Ingwersen for her selection in the Australian team for the Australia-New Zealand Challenge, to be held in conjunction with the Oceania Championships in New Zealand in January.

### Christmas BBQ

On the last Sunday in November, a merry crew of Parawangans hoisted the flag and stoked the BBQ at Uriarra Crossing for the annual end-of-year celebration. The weather gods shone and the flies weren't in the numbers experienced last year, making for a very pleasant social event. The 'Hasten Slowly' or Snail Award was presented to Pat by son Geoff for her interesting adventures on a course in the NSW Championships. The most improved award for 2008 was won by Paul Fischer. The Blue Man Award for services to the club will be presented at the AGM in February.

We wish all Parawangans and their families a Merry Christmas and a happy and successful orienteering year in 2009.

## **Parawanga Paragraphs September 2008**

Sue Garr

### Geoff Stacey represents Australia at JWOC

Geoff Stacey received a last minute call-up to the JWOC team in Gothenburg when Bryan Keely unfortunately fractured his foot. He scrambled to get on flights, assemble gear and finish up at Uni. Geoff had good runs in the Sprint and in the Middle Distance Qualifier, discovered how difficult it is to relocate in the dense greenness of a Scandinavian forest in the Middle Distance Final and in the Long, and ran an awesome final leg of the Relay, pulling the team up 6 places! Geoff finished 2nd to 5th of the 6 Australian boys in each race, and had a fantastic experience. Pat discovered a new pastime - watching data from radio controls downloading for hours at a time.

Meanwhile, Rohan, Anna, Gay, Liz, and Scott were busy organising a very successful cake stall and sausage sizzle to help with Geoff's costs, and both Parawanga and OACT dipped into their funds to help send him on his way, all of which Pat and Geoff are very grateful for. At the July club meeting, Geoff shared his experiences and maps, which was appreciated by all.

## 5 Parawangan WMOC representatives in Portugal

In late June, Darryl, Ann, Frank, Tony and Sue travelled to Marinha Grande in Portugal to compete in the 2008 World Masters Orienteering Championships. Sandra was appointed chief cheer squad member. 'Base Parawanga' was the seaside town of Nazare, where ferocious card-wielding women played out the apartment rental battle from their chairs on the sides of the streets and sardines dried on racks on the beach.

Highlights of WMOC included: driving on the right (wrong!) side of the road; vague directions with no time estimations leading to virtual qualifying heats in order to arrive at event sites; beautiful sunny weather; great courses in forest-covered sand dune terrain; sand running which was easy on the joints although tougher on leg muscles; 4000 competitors; friendly & helpful Portuguese organisers and event helpers; whole town closures in order for sprint events to be run unimpaired; Scandinavians in bikinis at every opportunity for 'sunning'; sprinting around 16<sup>th</sup> century castle walls and narrow town streets; Portuguese drummers entertaining at the events; wine, sardines, accordions and spontaneous dancing at the Sardinhada social event; beer sellers with longer queues than coffee vans at the event venues; impeccable event organisation; Parawanga dinners and excursions; sunsets on the beach and Hermann Wehner winning the bronze medal at the Sprint final. All in all, it was a very relaxing and enjoyable event. Best Parawanga results were Darryl, 13<sup>th</sup> in his Long final and Ann, 18<sup>th</sup> in her Long final.

## Orroral Crossing

Rohan & Anna fronted up again to organise their second Sunday event for the year at Orroral Crossing having done the Saturday event at Red Hill the day before. No wonder they had to go on holidays a couple of weeks later! Thanks to all who helped out on the day, as the organisers were overwhelmed with offers of assistance and everything ran smoothly. In particular, thanks to Phil for setting a range of interesting courses in a challenging area.

## Foxlow Flats Badge event

Thank you to all the people who worked so hard to make the badge event at Foxlow Flats a success. Firstly, thanks to those who actually turned up, greeted with snow flurries and a cool high of about 4 degrees! There were quite a few DNS's on the day.

Richard Pywell did a great job setting courses for his first badge event, and there were many positive comments from competitors on the day. Thanks also to Ian Booth, the controller, who worked tirelessly before and during the event. Colin Mock did the lion's share of the organising work, which was considerable. Geoff Wood & Bob Mouatt did the entries and start lists. Special mention must be made of Wal, who put in many hours and many dollars of petrol, both during the preparation and the event itself and then with the final fiddly packing up. Pat did a great job on the computer all day. What a way to spend your 60th birthday! Thanks to Barbara for bringing the cake and the impromptu choir of fine voices who sang the Happy Birthday chorus. Arthur, Bryant and Geoff W also helped with the computer; Jill looked after rego; Liz, Bruce, Wal, Scott & Kate ran the starts efficiently and I'm told Kate does a pretty good start clock impersonation.

The work crew for packing up was huge, so thank you all: Bryant, Sandra O, Kris, Gay, Pat, Jill, Kay, Wal, Frank, Ian, Geoff W and Barbara. Thanks to the control gatherers who were very efficient: Tony, Richard, Geoff S, Wal, Pat, Ann and Greg.

### Parawangans enjoy recent Rogaine

Margaret and Michael Harrap were the principal course setters for a wonderful Metrogaine on the hills of Tuggeranong. Geoff Stacey and Lachlan Dow covered almost 40 kms in 5 hours to be an impressive 3rd in Mens Open and 5th overall. Michael Aylott came third in Mens Vets, and the Mocks also enjoyed the event. Greg Lane and son Ciaran, who is only 11, came 1<sup>st</sup> in the family category and 4<sup>th</sup> in Mens Open. Pat and Rene decided there was an easier option than pounding the pavements and were disparagingly referred to at the presentations as: "a couple of old ladies on bikes".

### David Hogg inducted into ACT Sports Hall of Fame

In August, Parawangan founder, David Hogg, was inducted as an Associate Member of the ACT Sport Hall of Fame for his services to orienteering in an administrative role over nearly 40 years. Congratulations David, well deserved. He was honoured at a black tie lunch at which all the family attended.

### Phil wins Bronze

Congratulations to Phil Walker who won a bronze medal at the recent Australian Duathlon Championships. We wish well as he heads off to Italy in a couple of weeks time to compete in the Australian M50 team at the World Championships. When he gets back he can focus on his orienteering again! Good luck Phil.

### Upcoming Parawanga dates for your diary

The next meeting and social gathering of Parawanga Orienteers is on **Friday October 10**, at 47 Bainton Cres, Melba from 6:30 pm.

The annual Christmas BBQ and end-of-year function will be held at Urriarra Crossing on **Sunday November 30**, from 4:30 pm. Bring your family, picnic and chair for a great afternoon's entertainment and social gathering.

Good luck to all Parawangans travelling to compete in the NSW and Australian Championships in the coming month.

# Parawanga Paragraphs

June 2008

Sue Garr

## Sandhills

Our most recent event was held at Sandhills, an area quite liked by Parawangans it seems, having run events there for the last 3 years. Many thanks to Anna P for planning some great courses, to Bryant for controlling and to Tim & Lynn for their usual flawless organisation. Thanks also to everyone who helped out on the day.

## ACT Champs weekend

The ACT Championships weekend provided 3 days of interesting competition and 3 days of varying weather conditions. There were several Parawangans who featured in the places on all three days:

Sprint (Murryong) Dylan 2<sup>nd</sup>, Ruben 2<sup>nd</sup>, Scott 2<sup>nd</sup>, Richard H 4<sup>th</sup>, Geoff S 1<sup>st</sup>, Paul 1<sup>st</sup>, Bruce 8<sup>th</sup>, Darryl 1<sup>st</sup>, Rebecca 1<sup>st</sup>, Kristen 2<sup>nd</sup>, Anna 2<sup>nd</sup>, Liz 2<sup>nd</sup>

Middle (Honeysuckle) Dylan 1<sup>st</sup>, Richard H 2<sup>nd</sup>, Geoff S 2<sup>nd</sup>, Andy 6<sup>th</sup>, Paul 3<sup>rd</sup>, Darryl 2<sup>nd</sup>, Rebecca 1<sup>st</sup>, Kristen 1<sup>st</sup>, Sue 2<sup>nd</sup>, Anna 3<sup>rd</sup>, Ann 1<sup>st</sup>

Long (Boboyan) Thomas 4<sup>th</sup>, Dylan 5<sup>th</sup>, Ruben 3<sup>rd</sup>, Scott 2<sup>nd</sup>, Richard H 3<sup>rd</sup>, Geoff S 3<sup>rd</sup> M17-20A, Andy 5<sup>th</sup> M21A, Chris H 1<sup>st</sup>, Rohan 2<sup>nd</sup>, Darryl 1<sup>st</sup>, Arthur 2<sup>nd</sup>, Rebecca 1<sup>st</sup>, Kate 2<sup>nd</sup>, Kristen 2<sup>nd</sup>, Sue 3<sup>rd</sup>, Anna 4<sup>th</sup>, Liz 2<sup>nd</sup>, Ann 1<sup>st</sup>

## New-look Parawangan O-Shirt blinds the competition!

After many long nights at the drawing board and several proto-types, members at the first club meeting for the year approved a new design for club shirts. The club also decided to subsidise members' first shirt purchase and as a result a big order was placed. Since May, members have been seen running around the bush looking pretty flash in their new 'clobber'. You may have noticed Thomas modelling his recently on the website. Looks pretty smart!

## Parawanga JWOC Representative

Congratulations to Geoff Stacey who was chosen as a reserve for the JWOC team at the Australian 3 Day Championships at Dubbo. Geoff has been in great form lately, keeping Lachlan on his toes in the local competition, placing in all 3 days of the ACT Championships and performing consistently in recent NOL races, particularly in Tasmania. We wish him all the best in his endeavours.

## Parawangans excel in other sports

Congratulations to Phil Walker on his selection for the Australian Duathlon team in M50 to compete in Italy later this year. We wish him all the best for September.

Kristen Walker successfully completed the recent Canberra Half Marathon, to add to her recent orienteering successes.

Several Parawangans placed highly in the recent ACT Rogaining Championships held at Tallaganda National Park: Colin & Colleen were 1<sup>st</sup>; Pat was 2<sup>nd</sup> and Liz & Bruce were 1<sup>st</sup> in their respective categories.

### Blue Man award

At a recent meeting, previous recipients Andy Hogg and Natalie Smith presented (in absentia) the prestigious Blue Man Award for services to the club to Rohan and Anna Hyslop. Although relatively new members, the Hyslops have already made themselves invaluable with their enthusiasm and many contributions to event organisation and administration. A well deserved award, congratulations.

### Baby Parawangans

Belated congratulations to the latest arrival: to grandparents John & Jan, a grand daughter, Anastasia Woods and to Cathy & Richie Talbot, (another grandchild for David & Sandra) a daughter, Luca.

### More Congratulations

Congratulations to Anna Pulford who recently married Chris Fitzgerald in New Zealand.

### Good Luck to WMOCers

Six Parawangans are on their way to Portugal to participate in WMOC 08: We wish Ann, Frank, Darryl, Sandra, Tony and Sue all the best and look forward to hearing their tales when they return.

### Next events

The next Parawanga event will be at Orroral Crossing on June 22. Anna and Rohan are organising, so please let them know if you can lend some assistance on the day.

The next meeting and social evening will be held on Friday July 25<sup>th</sup> at 9 Darmody St, Weetangera, from 6:30 pm. We hope to see you all there.

Parawangans on the run at Easter 3-days at Dubbo. Photography by John Harding





## Parawanga Paragraphs

February 2008

Sue Garr

Happy New Year to all! The last club 'event' for 2007 saw a large number of Parawangans gather at Uriarra Crossing for the Christmas BBQ. Tim stoked up the barbie without needing any gas and proceedings got underway. Some hardy souls from the Lane clan braved the raging Murrumbidgee waters, but most were content with their nibbles, filled glasses and comfy chairs. The flies gatecrashed as usual, but fortunately the storms stayed away until the party was over.

A small group headed to Newcastle on Boxing Day for a very enjoyable and challenging Xmas 5 days competition. Despite being given dodgy directions, all displayed their orienteering and intuitive skills to actually find the first day's event, a healthy beginning. If one had any arachnophobic tendencies, then performance would've been adversely affected on days 2 & 3! There was not one inch of scrub not strung with spiders and their webs. It was certainly an advantage to be a late starter. Wal, however, had a different, but equally effective technique, seen coming up the finish chute on day 3 with a long stick in hand. Day 4 was an interesting run around Newcastle University.

Some hardy souls then competed in the street event later that afternoon in the town of Stockton. Following that, an unofficial club dinner was held on the foreshore, consisting of scrumptious fish & chips from the nearby pub whilst watching the ferry from Newcastle approach and dock.

The final event was held in the scrub off the freeway, with the steepest, most challenging courses left until last, much to the dismay of some weary legs. Our highest finisher was Tony, 5<sup>th</sup> in Mens D and a few names came out in the daily prize draw.

Other non-orienteering activities included sightseeing around Newcastle and Lake Macquarie, wine tasting in the Hunter Valley, fishing, swimming at the picturesque Newcastle beaches and the usual sampling of the local cuisine. All in all, it was a very worthwhile event.

Thanks to David Hogg for organising another successful weekend for club members and specially invited friends at his ski lodge in Guthega. Although there was no snow or bushfires this time, steady soaking rain was experienced all day Saturday, especially by the hardy walkers to Illong Hut. Some thoughtful souls remained behind to light the fire for the soggy masses when they returned. Books and newspapers were aplenty and the devotees devoured every possible cryptic, sudoku, crossword and quiz in the relaxing afternoon that followed. We even learned how to turn a perfectly good bottle of cream into sour cream! By Sunday the rain had turned to intermittent drizzle and the group set off to conquer Guthega trig before heading home after lunch.

Phil, Geoff W, Geoff S and Arthur are still in the top 20 of the Twilight Series, which re-started on January 16 after a short break. Phil & Jill are organising the event at Remembrance Park on March 5<sup>th</sup> and would appreciate some helpers. Please let them know if you are available.

Our first event for the 2008 ACT League program is on the weekend of the 15<sup>th</sup> & 16<sup>th</sup> of March at Buckenderra. Parawanga will be organising an event on both the Saturday and the Sunday, so we will need many hands. Keep this date free and join us for a camping weekend at Buckenderra Village.

Our next meeting, which will include the AGM and organisation for our March events, is on **Friday February 15th**, at 9 Keys Cr, Wanniassa, starting at 6:30 pm. Looking forward to seeing you all there.

### **Post script: March 2008**

The annual general meeting of Parawanga Orienteers was held last week. To save money on our stationery, the executive will remain the same: Darryl is president, John is treasurer and Sue is secretary. In the general meeting that followed a new club O-Shirt was approved. Please see Sue if you haven't received the relevant details to make an order.

## **Parawanga Paragraphs**

**December 2007**

Sue Garr

The Oceania Championships in October provided us with some high quality events close to home on some great new maps that we will be able to add to our future programs. The challenge with the Kiwis added an extra dimension and further entertainment.

Congratulations to our sole Australian team representative, Ann Ingwersen, who added an Oceania Championship to her Australian Championship. With a run close to perfection, she beat a class field with a winning margin of 6:18. Other notable results throughout the week were Anna & Rohan both winning their respective sprint races and first orienteering medals; the youngest Hyslops also doing well in the ACT Champs and middle distance; Geoff Stacey running 4<sup>th</sup> in M20E in the ACT Champs; Andy Hogg 8<sup>th</sup> in M21E in the middle distance and 13<sup>th</sup> in the long distance; Natalie 2<sup>nd</sup> in W21A in middle distance and ACT Champs; Trevor 3<sup>rd</sup> in M21A in middle distance; Liz Abbott 2<sup>nd</sup> in W45A in the ACT Champs and Kay 2<sup>nd</sup> in W45AS at the ACT Champs.

Parawanga was responsible for the Oceania Long Distance event at Brayshaw's Hut. On the day, there were a large number of blue and white tops in evidence. Thank you to everyone for your efforts.

Some special mentions are in order: thank you to Kay and Natalie, for superb organisation and mobilisation of the troops in such a way that all who wanted to could also compete and for having the presentation over by 1:50 pm; to Liz and Arthur for wonderful courses which attracted a lot of positive comments from competitors; to Tim & Lynn for their Herculean efforts with the organisation and movement of equipment for the whole carnival; to the Pywells and the Hyslops for dragging trailers over dusty roads; to Bob Allison for controlling the event and his contribution to a wonderful map; to Hugh Moore for willing assistance with the event and his contribution to a wonderful map; to Ron Pallas (NSW) for expertise in finish tent matters and software; to Bill Jones for help in setting up the computers and SportIdent problem resolution: and last, but not least, the whole Parawanga team who helped to make the event such a success.

The Twilight season is in full swing, with many flocking to the local maps on Wednesday evenings. Thanks to Arthur who organised the Pinnacle event and Bryant who did the Black Mountain event and all those who helped them on the afternoon.

Darryl Erbacher, Phil Walker, Geoff Wood and Geoff Stacey are currently all featuring in the top twenty.

In early November, a number of Parawangans entered the 'Trials and Fibulations' 12 and 6 hour Rogaine. In the 12 hour event, which featured a pretty impressive thunderstorm in the early evening, Michael & Margaret were 2<sup>nd</sup> in mixed veterans, Colin & Colleen were first in mixed super veterans, Pat was 1<sup>st</sup> in womens veterans, the Lane family was 1<sup>st</sup> in the family category and Peter P was 3<sup>rd</sup> in mixed veterans. In the 6-hour event, Tony was 3<sup>rd</sup> in mens veterans and Liz & Bruce were 2<sup>nd</sup> in mixed veterans.

At the OACT Awards night held recently at the Southern Cross Club several members were rewarded for their good season in 2007. Liz Abbott continued her great consistent form and was awarded the Women's Masters winner and was also 3<sup>rd</sup> in Orienteer of the Year; Ann Ingwersen, another consistent performer, was the Women's Supermaster winner; and Richard Hyslop was awarded a Junior Encouragement Award. One Parawangan table seemed to be singled out for lucky draw prizes, recognising the great volunteers of our club! Congratulations to all our winners.

At the time of writing, Parawangans were preparing to return to Uriarra Crossing for the annual Christmas BBQ and social event, hoping the afternoon thunderstorms that have been commonplace lately, hold off for the appropriate length of time. There will also be a group off to compete in the Christmas 5 Days in Newcastle in late December and there will be another Parawanga weekend held at a Guthega ski lodge in mid-January (hopefully no bushfires this year).

All in all, 2007 has been a good year for the club, successfully organising our full quota of events whilst enjoying each other's company and our chosen sport. May I take this opportunity to wish all Parawangans a very happy and safe Christmas and New Year.

## **Parawanga Paragraphs September 2007**

Sue Garr

Not much to report this time. Many members have been busy organising and setting for Saturday and Wednesday events. Thanks to everyone involved, including helpers on the day.

At our last meeting organisation for our next major event, the Oceania Long Distance Championships was discussed. Kay and Natalie are making a list of volunteers. If you haven't put your name down yet, please do so, as many hands make light work. The next meeting will be used to finalise all the arrangements for this event, so please come along.

The three-year search for a new club tent is finally over! Frank & Wal were responsible for choosing one of the 'specials' on offer after JWOC. Unfortunately the stripes aren't blue and white.... Ann particularly likes the arch window effect. We hope to 'road test' the new purchase at the Oceania Champs, so look for the flash new tent with the Parawanga flag beside it.

The next meeting and social get-together is on **Friday 21<sup>st</sup> September**, at 5 Aston Cres, Cook, from 6:30 pm. Hope to see you all there.

**Parawanga Paragraphs**  
**July/August 2007**  
Sue Garr

It seems a strange time of year to be reporting on the Australian Championships carnival, but so be it. I must admit that having the championships in October generally bodes for warmer conditions for both spectators and campers! Nevertheless, it was certainly worthwhile travelling to Dubbo to observe the JWOC events and have the chance to compete in some fantastic new terrain. If you didn't get the chance this time, I recommend you make the trip there for Easter next year.

The Western Plains Carnival kicked off with the NSW Championships at Tuckland, NE of Dubbo. Notable Parawanga results included: Geoff Stacey, 2<sup>nd</sup> in M17-20E; Ann Ingwersen, 2<sup>nd</sup> in W65A; Liz Abbott, 3<sup>rd</sup> in W45A; Wal Pywell, 3<sup>rd</sup> in M55AS. The mid-week events comprised the JWOC events, the Schools Championships and various public events. The two Parawanga representatives in the ACT Schools team were Scott Bowen and Richard D'Abrera. During the JWOC events, Andy Hogg displayed previously hidden talent as one of the very entertaining commentary duo, teaming up with Jason McCrae. Despite the often-freezing conditions, their own special brand of humour kept us all amused.

The traditional Parawanga carnival dinner was held mid-week at the Sticks & Stones restaurant in Macquarie Street, amongst the smoke of the wood-fired pizza oven, in competition with over forty rowdy Queenslanders! It was a good turn-out of nearly all the Parawangans in town, along with a few specially invited guests from RR. How much pizza can one Parawangan eat?? Given our bimonthly training, most acquitted themselves well! The winners though had to be the 'young guns', Richard P, Geoff S, Trevor & Sam who not only finished their pizzas but also got through a sizeable, sauce-covered dessert pizza as well. Good effort boys!! Other social events included some dodgy Chinese and some great food at the Pastoralists Hotel.

On the final weekend the Australian Championships were run in the same area as the JWOC relays, on farmland to the south of Dubbo. Parawanga achievements included: Liz Abbott, 1<sup>st</sup> in W45A; Lucy McGarva, 1<sup>st</sup> in W21A; Ann Ingwersen, 2<sup>nd</sup> in W65A; Wal Pywell, 3<sup>rd</sup> in M55AS. On the last day, we all travelled back to Tuckland in the pea-soup fog, for the Australian Relays. All PO runners were part of ACT teams, which were all very fluid until the very last minute! Successful members included: Richard D'A, Trevor & Michael (RR), 3<sup>rd</sup> in M21AS; Phil, John (AO) & Grant (AO), 3<sup>rd</sup> in M45; Bruce, Bob (RR) & Bob (BS), 2<sup>nd</sup> in M55; Sue, Toni (BS) & Ineka (BS), 1<sup>st</sup> in W21AS; Kristen, Heather (AO) & Heather (BS), 4<sup>th</sup> in W17-20E; Liz, Mary (AO) & Carol (BS), 4<sup>th</sup> in W45.

Thanks to all those who helped at the last Parawanga event at Campbell Park, in particular Wal & Gay for organising and Phil for setting the courses and also to Geoff W, Wal, Gay & Kay who've been busy with Saturday events.

Full marks to those who turned out on the bitterly cold Sunday at Glenburn Creek for the ACT Teams event. Anyone would have thought it was an Abominable event! It was an apt day for the organiser to decide on a mass start of all team runners, meaning that no-one got to stand around in the cold waiting. There weren't a huge number of club teams but all earned points for the inter-club competition. Richard P, Geoff S & Phil were 2<sup>nd</sup> in Men's Red 1; Wal, Bryant & Geoff W were 1<sup>st</sup> and Richard D'A, Tony & Bruce were 2<sup>nd</sup> in Men's Red 2; Liz, Darryl & Sue were 2<sup>nd</sup> in Mixed Red 2.

The next meeting will be on **Friday August 10<sup>th</sup>** at the Hogg's residence, 9 Darmody St, Weetangera from 6:30 pm. I encourage you all to be there as this will be a major planning session for the Oceania Long Distance Championships, for which Parawanga are responsible in September. The usual fare will be on offer afterwards.

## Parawanga Paragraphs

June 2007

Sue Garr

Firstly, a very big welcome to our newest Parawangan, Ella Hogg, and congratulations to Andy and Natalie, and to grandma & grandpa Hogg. The president was able to manage only a mild rebuke when at the last meeting a very excited grandmother announced the wonderful news in the middle of proceedings! We were all treated to photos over dinner later on. Other items on the agenda included a discussion of the future of the newsletter and the OACT survey and debate on the best way to compile future event calendars in order to try and prevent clashes with Rogaines and other similar events as has happened recently.

A big thank-you to Wal who has now “bullet-proofed” the club flag with some ingenious devices so that it will no longer escape its pole to fly freely nor break poles under concerted wind pressure. The new model mark 3 flew proudly at the recent Sandhills event.

Thank you to all the people who turned up to help at the Sandhills event. Once again there was no shortage of helpers and volunteers. Thanks to Darryl who set the courses and put out some controls on 2 gammy knees and to Arthur who put out most of the controls and tried to keep Darryl out of trouble. Thanks to Tony and Bruce who put out all the water at the drinks controls before then running their own courses. Perhaps some handicap time is appropriate?? Scott did a superb 'Kenny' job, digging the hole and setting up the toilet tent unassisted. Sandra, Colin and Bryant all helped setting up the assembly area, Bryant, Fadwa and Najwa were a brilliant registration and computer team who worked tirelessly for the whole day, Frank also helped on the computer, Sandra also helped all day and cooked a mean snag on BBQ provided by John W. John W, Bill and Sandra helped pack up; Liz, Paul, Ian, Darryl, Arthur, David, John S, Tony & Colin picked up all the controls. Once again the pack up team was entertained for hours with the many attempts to pack the toilet tent into its circular shaped bag, but full marks go to Darryl & Arthur who eventually, by the force of sheer logic and will-power, conquered the challenge! If I've forgotten anyone, my sincerest apologies followed by my thanks.

In mid-May, several Parawangans travelled to Molong and Eugowra for a NSW double-header event, which also included the junior trials for JWOC. Geoff competed in the trials, and although unable to produce his form from Easter, gave it a good shot. Congratulations to Heather Harding and Ineka Booth from Bushflyers on their selection in the team. The middle distance courses on Saturday were fast with plenty of tricky rocks and 'Seldom Seen' on Sunday was, as usual, tough and physical. Not all Parawangans stayed in the same place, but the Cannowindra pub's dining room was host to a few more diners than usual as it was overwhelmed with orienteers. Not enough chips for the carbo-hungry crowd and no dessert in sight! Never mind, a good weekend was had by most.

Parawanga has recently been represented in Colorado by Margaret & Michael Harrap. They have been participating in competitions run by the Rocky Mountains Orienteering Club, which is based in Denver.

“We have had some good maps including one used for the US championships last year. We are quite high here – sometimes we orienteer at altitudes over 9000’ and it certainly quickens the heart rate and slows the legs! We are hoping when we return to Australia and lower altitudes we will be ‘turbocharged’ by the denser air.“ Below is a photo from ‘White Ranch’. It is an area of Alpine Meadows with some technical rock areas in amongst the surrounding pine forests. (The pine forests here are superb – very runnable with a clear floor.)



Our next event is at Campbell Park on 3<sup>rd</sup> June (probably too late for this newsletter), but try and get out to the event to help. Wal & Gay are organising and Phil is setting the courses.

The next meeting of Parawanga Orienteers is on **Friday 22<sup>nd</sup> June** at the Woods' residence, 48 Adair St, Scullin, from 6:30 pm. Please come along and enjoy the social time afterwards with pizza, desserts and coffee. See you there!

## **Parawanga Paragraphs**

**April 2007**

Sue Garr

The 2007 season has begun with a busy round of events already completed by many. The first double header weekend at Buckenderra was enjoyed by a good complement of Parawangans, some of whom braved the unusually chilly conditions for camping at that time of year whilst the rest obviously had inside information and booked cabins or motel rooms. Nevertheless, this did not dull the enthusiasm for the first event 'social' of the year, held in the concrete BBQ dugout between the cabins. Some members may remember to take a jumper 'just in case' next time! It was interesting navigating in foggy conditions in the middle of the day in March, but the course setters couldn't be blamed for those ensuing errors. Just to prove that the previous day was indeed a figment of the imagination, the second day was hot and sunny and some competitors even suffered from sunburn.

Thank you to David H (course setter) and Geoff W (organiser) for a successful beginning to Parawanga events for the year with the score event at Castle Hill. Thanks also to the willing helpers on the day: Tim, Lynn, Phil, Jill, Sandra H, John, Jan and Oscar. Due to the Wagga event, attendance was possibly down, but from all reports, those who participated were happy with the courses and the day.

A number of Parawangans travelled to the dusty hills of Burra for the 2007 Australian 3 Day event. This was held in very fast, spur gully country that suited the runners very well. Navigation was not necessarily difficult, but any errors certainly cost you time. Each day began and ended with a trek through very dry unsealed roads. The orienteering cavalcade dust cloud could be seen winding through the hills for miles around. Several people experienced tyre problems and those with hire cars spent a fortune at the car wash before returning to the airport. The temperatures on the last two days were 29 and 30 degrees, so it was hot work, particularly for the late starters.

Our most successful members were Liz with 2<sup>nd</sup> in W45A, Ann with 2<sup>nd</sup> in W65A, Geoff S with 6<sup>th</sup> in M17-20E and Ruben and Dylan Ingwersen with 2<sup>nd</sup> and 5<sup>th</sup> respectively in M10. Well done also to Pat, who completed all three days, back on two legs, with scarcely a navigation error in sight! In the non-competition times, people enjoyed taking in the historical delights of the Burra area and imbibing the vintage delights of the winemakers of the Clare and Barossa Valleys. A few lucky ones were able to stay on for the events on the following weekend in the Barossa Valley. It was reported that some members woke up in the out-of-bounds area for the sprint event at Nuriootpa. In the middle distance championships, Geoff S came 3<sup>rd</sup> in M17-20E, Ruben came 1<sup>st</sup> and Dylan came 3<sup>rd</sup> in M10. Geoff also came 3<sup>rd</sup> in the longer badge event the next day and Ann came 1<sup>st</sup> in W65A.

Whilst the members remaining in SA were continuing their experiences, others were back in Canberra running the club's second event for the year at Gorooyaroo. Thanks to course setter John and organiser Colin for their efforts. Thanks also to helpers on the day: Jan, Arthur, Kay, Colleen, Geoff W, Oscar, Sue, Tony, Bryant, Najwa, Fadwa, Tim and Lynn.

Our next event is coming up soon on May 6<sup>th</sup> at Sandhills. If you are available to help on the day, please give Sue a call on 62918481 or email her. Many hands make light work!

Before then, however, the next meeting will be held at the Walker's residence, **55 Alabaster St, Monash on Friday 27<sup>th</sup> April from 6:30 pm**. If you went to the Easter 3 Days, please bring your maps, photos and stories to share. Looking forward to seeing you all there.

## **Parawanga Paragraphs**

**March 2007**

Sue Garr

A well-attended AGM was held on February 16<sup>th</sup> on the newly constructed deck at the Pywell's residence. After a lengthy debate of two minutes and much rivalry for positions, the 2006 committee was re-elected unopposed for 2007. Darryl remains as president, John as treasurer, and Sue as secretary.

During the general meeting that followed, the Most Improved award for 2006 was announced. Congratulations to Kay Grzadka on her successful season. Now retired, who knows what she will achieve this year! We have finalised all our organisers and course setters for our 2007 events. Thank you to everyone taking on those roles. I'm sure there will be no shortage of helpers from the rest of the club on those days.

A few Parawangans ventured to the Christmas 5 days, enjoying some good maps and keen competition. Geoff S, Nadine, Colleen, Frank and Ann all competed, with Ann coming 5<sup>th</sup> in the women's D category.

Many thanks to all Parawangans who have been supporting those of our members who have undertaken to run one of the Twilight events. These very popular events still require manpower to run and our policy of treating them as 'club events' ensures that our organisers are not overwhelmed. I have heard that there has, as usual, been no shortage of Parawanga helpers when the call has gone out. Thanks to organisers Ann, Chris and the Pywells. In the overall standings to date, Arthur, Phil, Geoff S and Geoff W are in the top 20.

Our first event for the Sunday season this year will be the score event at Castle Hill on March 25<sup>th</sup>, set by David H. If you can help out on the day, please let organiser Geoff W know as soon as possible.

Congratulations to David H & Sandra on the birth of their latest grandchild. We understand there is another to come. The future for Parawanga is looking bright!

Good luck to everyone for the start of the season and to those travelling to South Australia for the Easter 3 days. Our next meeting is scheduled for after Easter so that we can share all the stories and maps from this annual event.

The next general meeting will be on **Friday April 27<sup>th</sup>** at the Walker's residence at 55 Alabaster St, Monash, from 6:30 pm. All members, new and old, most welcome.

**Parawanga Paragraphs**  
**January/February 2007**  
Sue Garr

Happy New Year to all Parawangans. May your season live up to your expectations. No doubt you've all been training hard in the off season, perhaps at the Twilight events or the Christmas 5 days and are rearing to go in 2007!

Unfortunately our first social event of the year at 'our' Guthega ski lodge had to be cancelled due to the bushfire threat. Thanks to David and Sandra for their organisation. Hopefully this event can be rescheduled.

The first important meeting of the year is the AGM and general meeting. This will be held on Friday February 16<sup>th</sup>, at the Pywells' at 9 Keys Cres, Wanniassa from 6.30 pm.

We've firmed up our events for next year and have course setters for all of them. Organisers are still required, so feel free to volunteer for any of these at this meeting. See you all there.

## Parawanga Paragraphs

October 2006

Sue Garr

This epistle is being penned from the far west of WA immediately following the Australian Championships, with all the latest news and results. The small Parawangan contingent who made the journey across have enjoyed the abundant granite rocks and slabs, challenging courses, bush ticks, wildflowers, sunshine and driving rain and great company.

Well done to our ACT Schools team members: Grant (captain), Cameron, Kristen, Nadine, Jenni, Richard D (res) and Scott (res). Kate was the honorary team mascot. On the first day of the schools events at Peterdine, Kristen and Cameron performed very well to finish 7th and 9th respectively in the individual senior competitions. The relays were very exciting with Kristen and Cameron being part of the 1st placed senior girls and boys teams, enabling the ACT to tie with Qld for the overall title. Nadine also had a good run, looking so impressive in her team outfit that it inspired the passing comment, "she doesn't look like a foreigner in her Blue Lightning uniform!" (ie she looks like a local!)

On the weekend prior, the 2 day WA Championships were held in the Mt Dale area in a challenging, steep granite area. Wildflowers and Xanthorrea trees were abundant, and one had to remember Natalie's advice from the training night, to concentrate on the orienteering, not the pretty flowers. Here Darryl was unlucky enough to incur the injury of the carnival, when a grass tree spike came in close contact with his nasal passage. "It's difficult to maintain a balanced running style with one finger up your nose!" he said. Liz continued her great form with a 3rd place in the very competitive W45A class, Nadine came 4th, Bruce 3rd and Jill 5th.

The Australian Championships were held on Hill Park Dale, once again featuring granite with some runnability. The start was a 40m climb offering wonderful views, the assembly area an open paddock with views of the rock we would have to face and runners crossing over mid-course. Once again the courses were challenging and there was some Parawangan success including Liz, 2nd in W45A; Darryl, 3rd in M60A; Sue 1st in W40A; Bruce 1st in M45AS and Natalie 2nd in W21A. Andy finished 10th in M21E. Wal got through his course without the aid of his glasses, Phil just couldn't find that elusive control 101 (or was it 105?) and Richard P was mighty thirsty at that drinks control (was there something else you should have done?)

Nevertheless, all efforts were celebrated at the annual Oz Champs Parawanga dinner at The Castle, in York. Other social events for the week included the Northam "pub crawl" dinners, lunch and cider at Spooky Hall, morning tea at Jah Roc cafe (pity about the Rose Gardens!) and wildflower and monastic scenic tours and photographic opportunities.

The final day of the carnival was held near Saturday's event on top of a wind-swept hill overlooking a picturesque valley. There was plenty of rock and granite slabs and a few hills, including one long one leading up to the finish.

Parawangans running in successful ACT teams included Darryl, 1st in M55; Nadine, 2nd in W17-20E; Andy 4th in M21E; Natalie 2nd and Sue 2nd in W35. Jill and Sandra completed their courses in commendable fashion despite the hills. "I thought relays were meant to be fun!" (Quote of the day)

As we all wind our way back east, we hope to catch up with all Parawangans at the the next meeting on October 20th at the Ingwersens, 12 Boniwell St, Higgins from 6:30 pm. After the

last business for the year, we will be entertained by Frank and Ann's photos from WMOC and the Swiss 5-days.

A note from our roving rogaine reporter (Pat): Night rogaining is an esoteric sport, appreciated by the enlightened few. However, there are more of us around, as 90 people turned up to run around Mulligooroo in the dark for 5 hours. Best Parawanga result came from Geoff Stacey and his friend Toby Pearson: they cleared the course with time to spare, came third overall out of 40 teams, and of course were first in the juniors. Other Parawanga winners were Colleen, 1st in W Vets and W Supervets, and Bryant and his family team who led the family category. Peter and Margaret & Michael were in the top 10 teams.

(Pat has won injury of the year, even though she wasn't orienteering!! All Parawangans wish her a speedy recovery.

Finally, it seems like a while ago now, but a big thank you to everyone who contributed to a very successful ACT Championship event at the end of September. In particular, well done to organiser, Natalie, who left no detail overlooked, Andy, for his challenging courses and John S (RR) for controlling. No thanks to whomever ordered the weather! Despite this, however, not one helper left until all the jobs were done and all done with smiles. Darryl now has the record for the speediest presentations ever. Congratulations to our winners: Liz 2nd, Darryl 2nd, Ann 3rd, Phil 3rd, Catriona 1st, Kate 2nd, Najwa 3rd, Scott 1st, Cameron 2nd, Geoff 3rd, Sue 1st, Nadine 1st, Chris 1st, Pat 3rd, Bruce 1st, Maureen 2nd, Wal 3rd, Timothy 1st and Patricia 1st.

## **Parawanga Paragraphs September 2006**

Sue Garr

In true Parawanga spirit and style, we made it through the busy month of July, staging 3 of the four events for the month. Thank you to everyone involved, particularly the setters: Tony, Paul, Michael & Margaret, the organisers: Jill, Phil, Sue, Colleen, Colin and the controllers: Glenn (WE), Liz and David.

Many of the helpers turned out on all three occasions and it was notable that organisers were flat out finding enough for all the willing volunteers to do. Now there's only the ACT Champs to go on September 24<sup>th</sup>. Natalie has everything well under control and at last call was requesting some volunteers for setting up on Saturday afternoon, helping in the finish tent on event day and pulling in controls after the event. If you are willing and able please contact her soon.

Our roving rogaine reporter has submitted her latest article about recent Parawangan exploits:

“The Metrogaine was held on the 6th August, on a lovely sunny winter's day around the embassies and cafes of south Canberra. Margaret and Michael Harrap did extremely well - first in Mixed Vets and 10th overall out of 60 teams. Tim and Lyn Pulford in their natty matching sportswear came 2nd in Mixed Supervets. And Debbie and Arthur Watson excelled themselves by paying their entry fee in a rush of enthusiasm and then not turning up to the event!

Parliament House Security excelled themselves by being on the phone to the organisers 15minutes after the event started, when the first of many teams rushed through the grounds waving maps on their way to count the pipes in the water feature. We had visions of the basement of Parliament House steadily filling with rogaine teams awaiting bailing out at the end of the day.”

This correspondent also heard on the grapevine that at the ACT Rogaine Championships, Pat came first and Michael and Margaret came third in the Vets class.

At the last meeting in early August we welcomed back Frank & Ann who then duly took the floor (much to the President’s dismay) to relate some of their exploits at WMOC in Austria and the Swiss 5-days. Orienteering at altitude was certainly an experience. Both fared well unlike some others who were apparently helicoptered out. Sharing the mountains with other outdoor pursuit groups had its moments; either getting in your way as one rushed down a track or, as Frank related, providing other sights worth taking in on-route!

Much time was spent after the meeting, poring over the plethora of maps brought back, including the world’s highest orienteering map. We are all looking forward to the next meeting where Ann & Frank will present their photos.

This will take place on Friday October 20<sup>th</sup> (after the Australian Championships) at the Ingwersen’s residence, 12 Boniwell St, Higgins, from 6:30 pm

## **Parawanga Paragraphs**

### **July 2006**

Sue Garr

A few Parawangans went to the 24hour ACT Rogaine Champs at Bournda on July 8-9. Those who fancied themselves as guns of the sport ignored the easy points along the lovely coastal tracks and raced off into the western hills and got swallowed up by the dense thickets and vines that choked the deep, steep creeks. Spending 2 - 3 hours on a control during the night was common. Nevertheless, for 19 hours of hard work Pat and her friend Jenny came 1st in Womens Supervets and 2nd in Womens Open, and Margaret and Michael Harrup came 3rd in the Mixed Vets with a similar effort.

Another well attended club meeting and social dinner was held at the Abbott /Bowen residence at the end of last month. Natalie informed us she is well on track with the planning of the ACT Championships for September. You may have noticed the entry form is already on the website and an advertisement was in the last Australian Orienteer. She is currently compiling a list of volunteers, so if you haven’t given her your name and job preference yet, please do so soon, before she has to ask! Andy has been busy too and has a map and a set of draft courses. We also had some discussion about events next year, including the Oceania Long Distance Championships which Parawanga has agreed to organise. If you have a particular interest in running an event next year, please let Darryl or Sue know soon.

As I write, the busy month of July has started, with the club running three out of four events. The first of these was at Mt Wanniasa on July 2. Thanks to Jill & Phil for organising the event and to Tony for setting the courses. Thanks also to the band of helpers on the day (Wal, Gay, Richard, Geoff S, Kay, Tim, Lynn, Kristen, Nadine, Geoff W, & Sue) and to John & Jan for organising the sausages for the hungry workers. The other two events will be at Sandhills on July 23<sup>rd</sup> and Glenburn Creek on July 30<sup>th</sup>. Come out, have a run and lend a hand for a while. We guarantee good company and perhaps even a sausage.

The next meeting and social evening will be on **Friday August 4<sup>th</sup>** at the Pulfords residence, 1 McAlister Cr, Curtin, from 6:30 pm. Hope to see you all there.

## **Parawanga Paragraphs**

**June 2006**

Sue Garr

Well done to the team for a great score event at Mulligan's Flat. It was an excellent event, appreciated by all who attended. Pat and John were creative in their course setting, allowing for everyone to be challenged in their chosen manner. Many time penalties were dished out to those who were a little over ambitious or forgot the run home was uphill.

Ann, Jan & Frank were as efficient as always in their organisation. Thank you also to all the helpers on the day: the Allen family, Sandra E, Kay, Mike, Liz, Scott, Kate, Tony, Sue, David H & Wal ( and anyone else I've forgotten). Helpers appeared and just got on with the work in true Parawangan style. John did a great job in the kitchen department producing some very welcome sausages (and hot water), with Wal as competent offsider. Thanks also to Bob Mouatt, controller of the event, computer expert and producer of results.

A number of committed souls braved the arctic conditions at the SL event at Glendale recently and amassed total club points only 1 point in arrears of Bushflyers. At the risk of being disloyal, I must say that Valerie Barker deserves special double bonus points for continuing to run the cake stall to the bitter end in the most trying of conditions!!

A big "pat on the back" to Wayne Gregson of Red Roos for his innovative CHAOS event held on the Sparrow map. The concept was brilliant; a series of short races starting with a mass start and a handicapping system thereafter, the first six runners scoring points. The courses, although short, were tricky, but with the added pressure of 'the pack', made each race challenging and some very interesting errors were committed! All those who competed had a really enjoyable experience. Thanks Wayne. Group three was taken out by Parawanga with Richard D' Abrera 1<sup>st</sup>, Marg Harrap 2<sup>nd</sup> (a super comeback after race 1!) and Scott Bowen 3<sup>rd</sup>.

## **Parawanga Paragraphs**

**April/May 2006**

Sue Garr

Several Parawangans were among the 90 teams who had a lovely day out at the 6 hour Paddy Pallin rogaine in March held on the Timbertops and Sandhills maps, and came home with a good haul of trophies. The 'Parawanga Pageant of winners' included: the Harraps won the Mixed Vets, the Pulfords won the Mixed Supervets, Pat and Rene won the Womens Vets and Supervets trophies, Liz, Bruce and Scott were a close second in the Family category, and Darryl came second in Mens Supervets. Knowing every last rock and gully on that map from many orienteering events does help. Obviously Liz took careful note as she then had 'a flyer' in the first SL event of the season, taking the lead in the SmokeFree League competition, getting 124 points for her time of 53 min 14 sec for the Red 4 - 7.2 km course.

During February a good number of club members made use of the OACT workshops to refresh or add to their organisational and course-setting skills.

Thanks to Arthur & Debbie for hosting the last club meeting at their stunning new abode in Hawker. The photos of their most recent adventures in Antarctica and South America were impressive and enjoyed by all. The undoubted highlight of the meeting was the official unveiling of the new Parawanga banner in style from the balcony, which met with much fanfare and approval and threatened to overshadow the completion of the remaining business! Natalie is well on track with organisation for the ACT champs and will be requiring your help very soon, so make her an offer next time you see her.

**The next meeting will be held at the Woods, 48 Adair St, Scullin residence on Friday 26 May, from 6:30 pm.**

Under the billowing blue & white banner at the Easter 3 days could be found the huge team of Parawangans competing at Castlemaine. The famous names of Pulford, Pywell, Abbott/Bowen, Erbacher, Hogg, Smith, Ingwersen, Garr, Walker, Monaghan, Bailey-Price, Price, Miethke, Stacey, Fisher, Cejka and D'Abrera all waded into the fray and 'did their best'! The most notable orienteering results were Liz's second in W45A and Cameron's 3<sup>rd</sup> in M17-20A. Well done! The rest of us had our good days and our not so good days, with or without helpful advice! Other successes off the field included putting up tents in wind & rain, special team meetings for refuelling dwindling resource stocks at the Beechworth Bakery on the way home from events, Easter Fair sightseeing, fine company, food and beverages at the 'cool southerly blowing' BBQ facility and La Porchetta restaurant in town, map dissections over scrumptious afternoon tea back at camp, and fine viewing at the local cinemas. A fine time was had by all!

Our next event is at Mulligans Flat on April 30<sup>th</sup>. Please let Ann know if you can help (if she hasn't called you yet!) See you there.

## **Parawanga Paragraphs**

**March 2006**

Sue Garr

Happy New Year! Hopefully 2006 will be a successful one in the bush for all Parawangans. Apologies for the absence of this column last month, attributed to the writer being too much in 'holiday mode'.

Many thanks to David and Sandra Hogg for the organisation of an extremely enjoyable weekend for club members at a Guthega ski lodge in December. We were very impressed with the way David almost arranged suitable weather for the aforementioned sport! Nevertheless, it was very atmospheric to gather around a roaring log fire on the first weekend of summer, enjoying good food, wine and company. Most people participated in a walk or two in the brisk conditions during the breaks in the weather. All who went have voted to make this a regular event.

A well-attended AGM was held on Feb 10<sup>th</sup> at the Garr's residence. After a lengthy debate of three minutes and much jostling for positions, the 2005 committee was re-elected unopposed for 2006. Darryl remains as president, John as treasurer, and Sue as secretary. During the general meeting that followed, the Most Improved award for 2005 was announced. Congratulations to Catriona Bailey-Price.

Members are encouraged to attend the OACT workshops for organisers, setters and controllers, particularly if they are involved with one of our events this year, or you would like to be an 'understudy' this year in preparation for taking on a job next season.

The next general meeting will be on Friday 7<sup>th</sup> April at the Watson's residence at 26 Elsey St, Hawker, from 6:30 pm.

## **Parawanga Paragraphs**

**December 2005**

Sue Garr

At our last general meeting for the year, which was held in a packed Walker house, the workload for 2006 was discussed and the main events decided upon. Thanks to all those willing to take on setting and organising roles, the club seems to be well on the way to being ready for next year. Our biggest event will of course be the ACT championships and we will be starting on that from the beginning of the year. Our first meeting will be the AGM in early February on a date to be advised. It was noted that the Red Roos had reached their 30<sup>th</sup> anniversary milestone and an appropriate gift to mark the occasion was agreed upon which the president later presented at their celebratory dinner. Richard & Wal presented the 'snail award' to Sam Monaghan, in absentia, for his incredible efforts at the Tasmanian and Australian Championships. Sam's 'never say die' attitude is definitely an asset.

Congratulations to all our winners at the recent OACT Awards night:

Open Improver  
Sub Junior (to 14)  
Junior (under 21) Improver  
Masters (35 to 49)  
Super Masters (50 plus)

Tracy Oliver  
Catriona Bailey-Price  
Kristen Walker  
Liz Abbott  
Ann Ingwersen

Masters (35 plus) Improver  
Open Improver  
Junior (under 21) Improver

Jill Walker  
Paul Fischer  
Geoff Stacey

Audun Fristad Junior Encouragement Award Scott Bowen & Jenni Clarke

Volunteer Barrel Draw

Sandra Erbacher  
Penny Greenslade  
Andy Hogg  
Bill Monaghan

The annual Christmas BBQ was held last weekend at the changed venue of the Garr residence in Fadden, due to the unpredictable weather. This was yet another well attended and successful event involving lots of good company, food, drink and reminiscing of yet another year of the mighty Parawanga club. Highlights included being an integral part of the Easter event both on the labour and the competition side, a badge event, many good performances by members including several state champions and placegetters (and at least one that should have been, as well as a couple that haven't been publicised in the newsletter due to the secretary's mind being on other matters), well attended and social bi-monthly meetings, club dinners in exotic places (Forbes RSL, Hobart, St Helens), a wedding, and a weekend away in the mountains. The 'Blue Man' award for services to the club was fittingly awarded to el presidente, Darryl Erbacher. Well done and well deserved, Darryl. OFA badges were also awarded to a large number of club members.

A lot of Parawangans are to be seen out running in and running the current Twilight series. In addition, there were quite a few starters and winners in the recent Spring Rogaine and also the mountain bike championships.

As this is the last epistle for the year, may I take this opportunity on behalf of 'the executive' to wish all Parawangans a happy and healthy Christmas and New Year. See you at the Xmas 5 days, Twilight events and/or the AGM!

## **Parawanga Paragraphs October/November 2005**

Sue Garr

A varied and challenging championship season has just drawn to a close and the many Parawangans who've been in the thick of it are probably looking forward to a more relaxing few months ahead, although the Twilight series and the Xmas 5 days will allow those who want to 'keep their hand in' to do so.

The NSW middle distance and long distance champs were held over a single weekend at Bigga. Notable performances in the long champs were Kristen, 1<sup>st</sup> in W16A, Natalie, 2<sup>nd</sup> in W21AS and Ann, 3<sup>rd</sup> in W60A.

Two weeks later the ACT championships were held at Ballinafad Creek. Some of our juniors showed they were in good form leading up to the Australian schools champs. Luke was 1<sup>st</sup> in M16A, and Richard D'Abrera 2<sup>nd</sup>; Kristen took out the title in W16A and the PO boys dominated in M18A with Geoffrey 1<sup>st</sup>, Richard P 3<sup>rd</sup>, Grant 4<sup>th</sup> and Sam 5<sup>th</sup>. Andy Hogg had a

good run in M21A with a 4<sup>th</sup> and Paul was 7<sup>th</sup>. Michael was 4<sup>th</sup> in M45 and Liz was her usual consistent self, taking out 1<sup>st</sup> in W45A. Kay produced an excellent run to finish 2<sup>nd</sup> in W50A, and Sandra H was 2<sup>nd</sup> and Ann was 3<sup>rd</sup> in W60A. Darryl continued his string of titles with 1<sup>st</sup> in M60A whilst David H was 3<sup>rd</sup>.

The next major event was 'overseas' in the green, green, (and rather damp) fields of little England, otherwise known as Tasmania. Some 'spirited' their way with loaded cars on the ferry whilst others lightened their loads and flew to waiting cars with local number plates at the other end. A few early birds trekked on Maria Island and others just honeymooned! All met up for the first event, a warm-up at The Lea, which ironed out a few muscles and gave gentle reminders to 'put brains in gear' before heading out the next morning to tackle the 'infamous' Pittwater Dunes. Sand terrain is not something we get much chance to practise in Australia and there were, as you'd expect, mixed results! Richard & Wal were rubbing their hands with glee in the anticipation that they would soon be rid of the dreaded snail! Tony did his best to oblige, but alas, it was not to be. For many it was their first experience of this tricky orienteering territory, and just finishing the course was in itself an achievement.

Notable mentions were Andy, 10<sup>th</sup> in M21E; Natalie, 3<sup>rd</sup> in W21A; Cameron 6<sup>th</sup> in M16A; Sue 3<sup>rd</sup> in W40A; Wal, 1<sup>st</sup> in M55+AS; Ann, 4<sup>th</sup> in W60A; and Darryl 2<sup>nd</sup> in M60A. Non-orienteering activities in the Hobart region included Mt Wellington, Scamander Markets, Tasmanian Botanic Gardens and an excellent Parawanga dinner held at 'Mures' on Elizabeth wharf. The oysters and seafood baskets were very popular and went down extremely well.

The kids headed off to Sandstone Valley for the Australian Schools Championships mid-week whilst a number of the adults enjoyed a run (or was it lope?) or two afterwards. Parawangan representatives in the Blue Lightning ACT team were Richard P (vc), Geoffrey, Grant, Cameron, Luke and Kristen as well as Sam & Richard D'A who were reserves. Noted performances were Geoffrey's 9<sup>th</sup> in the senior boys and Kristen's 3<sup>rd</sup> in the senior girls relays. Spare time was spent wandering around the historic towns of Ross and Richmond and buying up big on Tassie crafts and produce.

From here the hordes headed for St Helen's and the finale that was the Australian championships. The scrumptious pancakes provided sustenance before the descent of Elephant Pass and the sight of the scenic east coast. The fitter types started on Friday with the sprint champs around the township of St Helens, enticing even the ones with suspect knees to run! The rest of us just explored the model event at a more leisurely pace although the leeches were an added extra not welcomed!

The day dawned fine for the Australian Individual Championships and as the early starters began to filter in it became clear that the combined challenge of the terrain of steep granite outcrops, tea tree marshes, creeks and the courses were worthy of such an event. Getting one's feet wet before the start triangle was compulsory as everyone splashed through ankle deep water after picking up their gigantic maps! Once again, getting around one's course was an achievement. Although we didn't have any Australian champions, there were some good performances from Andy, 8<sup>th</sup> in M21E; Ann 3<sup>rd</sup> in W60A; Wal, continuing his good form, 3<sup>rd</sup> in M55+AS, Sue, 4<sup>th</sup> in W40A; Darryl 5<sup>th</sup> in M60A and Frank 5<sup>th</sup> in M35-44B. Parawangans celebrated by going out to dinner again, this time at the (on this particular night) very popular Bayside Inn. Unfortunately the lobsters weren't available but all the seafood alternatives ordered were rated highly.

Rain threatened initially on the final day on which the Australian relays were scheduled, but cleared to another warm sunny day, which the later runners didn't necessarily appreciate! This

event was held in the same area, so we weren't looking for runnable territory and fast times. The longer courses went through the spectator control twice, which kept up the interest for those watching. All Parawangans were of course running for ACT teams and three ended up as Australian champions. Congratulations to Andy, who ran a fantastic leg to keep his team in touch with the then leaders and ensured that the Canberra Cockatoos team in M21A were the winners. Well done also to Kristen who was a member of the winning W16A team and also Natalie who was in the winning W21AS team (although which state??). Darryl was a member of the team which ran 2<sup>nd</sup> in M55A as was Ann in the second placed W55A team. Pat did a great time for her team in W55A as did Grant for his team, achieving the fastest time for an M18 on the day. Frank and Wal both stepped up to the challenge of an 'A' course on the day and got around successfully.

With extremely weary and bruised bodies, the PO crew wended their way back to Devonport, Hobart or Launceston for the trip home. (Tim & Lynn chose to stay on to have a go at the Rogaine the following weekend). There were various map sharing sessions, beers drunk and a bit of footy watched as the ferry goes rolled across Bass Strait that night on a bit of a swell. Needless to say, everyone slept very well!!

The next meeting will be held on **Friday, 21<sup>st</sup> October** at 6:30 pm at the Walker's residence, at 55 Alabaster St, Monash. We'd like to see you all there at what will be our last 'formal' meeting for the year. Bring your maps, bring your photos and bring yourselves! You won't want to miss it!!!

## **Parawanga Paragraphs September 2005**

Sue Garr

At our last meeting we finalised the design for our new club banner, so we hope to see it fluttering proudly in the breeze soon at major events.

Many thanks to Michael & Margaret Harrap for their course-setting efforts at Campbell Park, which included a great map memory option. Thanks also to Gay & Wal Pywell for organising the event so efficiently, as well as to the band of helpers they assembled.

Congratulations to Grant, Kristen, Geoffrey and Richard on their selection in the ACT schools team for the Australian Championships in Tasmania. We wish them well for the carnival.

Good luck to all Parawangans competing in the various championships in NSW, ACT and Tasmania in the upcoming weeks.

The next meeting will be held on **Friday, 21<sup>st</sup> October** at 6:30 pm at the Walker's residence, at 55 Alabaster St, Monash.

**Parawanga Paragraphs**  
**July/August 2005**  
Sue Garr

A packed Erbacher lounge room was host to the last club meeting where the 'Hasten Slowly' award was presented to the family team of Wal & Richard Pywell for their respective exploits at Easter. They in turn will now be on the lookout for the next worthy recipients, so keep those performances coming!

I'm sure there were a few contenders at QBIII, which was a very challenging time for many of the competitors. Some were heard to remark that the courses on day 1 & 2 at 'Seldom Seen' were of greater technical difficulty than the Australian Champs courses there last year. A large contingent of Parawangans journeyed through the rain to Forbes & Eugowra for the long weekend. Conditions eased slightly for the midday start. Although the distances were relatively short, the finish times reflected the navigational challenges faced. Day 2 was fine once the fog cleared and some spectacular views of the plains could be had from the start. Course closure was an early 1 pm, which put the pressure on for some of the late starters. Many long times again on day 2, but some members did particularly well: Kristen, 1<sup>st</sup> in W16A, Pat, 3<sup>rd</sup> in W35A, Margaret, 2<sup>nd</sup> in W45A, Liz, fastest on day 2 in W45A, Ann, 3<sup>rd</sup> in W60A, Richard P, 2<sup>nd</sup> in M18A, Geoffrey, 3<sup>rd</sup> in M18A, Cameron, 3<sup>rd</sup> in M16A; Paul, 3<sup>rd</sup> in M21AS and Darryl, 1<sup>st</sup> in M60A.

Nobody had warned Forbes about the inundation of orienteers looking for a feed and the RSL, the only place open on a Sunday night, was overwhelmed with the hungry mob all vying for the 'roast of the day' on offer. The queue stretched to the front door, much to the amusement of the locals, and the chefs had to stretch not only the meat and vege, but the trifle into chocolate mousse! The Parawanga crew were eventually able to commandeer two tables in the functions room before sitting down to a well-earned and enjoyable social evening together. Day 3 dawned with rain once again looking ominous. The relays began near the assembly area for last year's event and were promised to be much more open and fast than the previous 2 days. This indeed proved to be the case, with a lot of open paddock running between clumps of rocks and trees. Three of our teams did particularly well, with Margaret, Ann & Kristen gaining 3<sup>rd</sup> place in group V, Liz, Darryl & Michael finishing 2<sup>nd</sup> in group VIII and Tony, Wal & Bruce taking out 4<sup>th</sup> in the same group. With rain threatening, everyone headed for home, some taking advantage of the coffee shops in Boorowa en-route.

By the time this goes to print, our final event at Campbell Park will have been run. Thanks to the Pywells for organising and the Harraps for their innovative course setting. Thanks of course to all our helpers, without whom we wouldn't be able to run events so successfully. A belated public thanks to everybody involved in helping out at the Glendale badge event in May, particularly to Darryl for course setting and Jim Sawkins, who was a fantastic controller. Thanks also to David Poland (BS) who helped bring in controls after being unable to make his start time.

Our next meeting will be on **Friday 12<sup>th</sup> August at 6:30 pm**, at Pat's place, 16 Nambucca St, Kaleen. Hope to see you there.

## **Parawanga Paragraphs**

**June 2005**

Sue Garr

It's been a welcome relatively quiet month for Parawangans post-Easter, so this report will be much shorter than the last. By the time this goes to print, the Glendale Badge event should also be over and we can all put our collective feet up for a while and concentrate on our form (running form that is!) Hopefully this will result in a good showing at the ACT relays on June 5 and also at QBIII. It's pleasing to see a good contingent of Parawangans have entered in this fun weekend event. Thanks to Sandra E, our efficient accommodation officer, it should also be a good social time as well.

Congratulations to the Parawangans who swept the pool at the recent autumn rogaine: Pat, 1<sup>st</sup> W Super vets; Geoffrey, 1<sup>st</sup> Junior mens; Bruce, Liz & Scott, 1<sup>st</sup> family; Cameron, 2<sup>nd</sup> Junior mens; Phil, 3<sup>rd</sup> Mens vet; Peter, Tim & Lynn and Mike also featured.

Many members enjoyed the special 'training' night organised and hosted by Michael and Margaret featuring the software "Catching Features". The interstate journey was made worthwhile by the excellent tuition, entertaining 'reality orienteering', great food and company and the competition course. Did you know that even 'el presidente' could get lost? Some of us were a bit challenged by our lack of computer game skills, but once over that could let our orienteering prowess shine through, albeit in 'alien' territory. Thanks Michael and Marg for a great evening.

The next meeting will be on June 17<sup>th</sup> at the Erbacher's residence, 47 Bainton Cres, Melba, starting at 6:30 pm. Hope to see you all there.

## **Parawanga Paragraphs**

**April/May 2005**

Sue Garr

What a busy few two months we've had, starting with the first minor event for the year and ending with the very successful Easter carnival.

Thanks to Darryl and the PO juniors for organizing the Pent-O at the end of February. It's been a few years since this event was on the calendar and it was a welcome return. The day was hampered somewhat by the pruning program of ACT Forests which was unfortunately out of our control. The Pent-O was a lot of fun for some orienteers, the prunings were too much for some, and no one got 5 events in. Thanks to the following Parawangans for their help in staging this event: Course Setters: Geoffrey, Richard, Kristen, Grant; Putting out Controls: Geoffrey, Pat, Wal; Pulling in Controls: Pat, Grant; Start: David Hogg; Finish: Sandra Erbacher, Grant; Registration: Bryant and daughter, Sandra Erbacher; Repair of Timing Clock: Bill Jones; Other numerous tasks: some of those above and Liz Abbott. Geoff Wood provided some entertainment. Ann Scown won the sportsmanship award for finding Geoff's keys in the bush without being asked to. Why she was looking at the ground I don't know!

On the Sunday before Easter, Ann organized the first SL event for the year at Orroral. Given that this was the first time this map had been used since the fires and that it was the last chance to 'do a bit of rock' before Easter, the attendance was high. The courses were quite challenging, given the rapid re-growth that made the going slow and controls tricky to see. Arthur got the courses ready and was ably assisted by ring-in, Hugh Moore, when help was needed. Thanks Hugh for your contribution. Thanks also to all who helped out on the day. To paraphrase Ann, "It's great to be an organiser for a club where you don't have to chase people to help out at events". She was overwhelmed with offers, so well done everybody.

Then it was on to SnowE 2005, with many members both competing and helping out with the organisation. Firstly, a big congratulations to Anthony Scott and all his key personnel for producing such a well organised, enjoyable and successful carnival. It's heartening to see that the ACT can match it with the rest. A big thank you to all the Parawangans who contributed to the success of this event: Tim & Lynn who did a massive job with all the equipment; the now famous Baker Bros (David & Steve) who worked tirelessly carting the equipment around; Glenn Zeven, controller on day 1; Day Zero set-up team of Tim, Lynn, Steve, David B, Colin; Day Zero pull-down team: Tim, Lynn, David B, Steve, Mike, Paul, Tracy, Wal, Richard, Gay, Sandra H, David H; and last but definitely not least my wonderful parking teams, Friday: Tony, Bruce, Liz, Scott, Sandra H, Wal, Colin, Colleen, Saturday: Tony, Paul, Tracy, Mike, Sandra E, Darryl, Jill, Phil, Pat, Maureen, Megan, Sunday: Frank, Ann, Peter, Michael, Margaret, Jill, Phil, Bill, Tony.

Monday: Bill, Frank, Peter, Sandra H, Wal, Phil, Tony, Jill, Pat. I hope I didn't forget anyone. I was never short of help and everyone was just fantastic.

Despite this workload, many were able to compete in the 3 days of competition with some notable successes. Congratulations to Scott Bowen, 1<sup>st</sup> in M14B; Kate Bowen, 2<sup>nd</sup> in W10 (shadow); Kristen Walker, 3<sup>rd</sup> in W16A; Megan Taylor, 2<sup>nd</sup> in W21B; Bruce Bowen, 2<sup>nd</sup> in M45-54AS; David Baker, 3<sup>rd</sup> in M35-44AS, Ann Ingwersen, 1<sup>st</sup> in W60 and Andy Hogg, a top 10 finish in M21E.

Easter wasn't all work and no play! A club BBQ was held at Buckenderra on Sat night. (We even let in a few 'honorary Parawangans' for the evening). A feast was cooked up on Wal's BBQ and the caravan cellar was raided. Stories of present and past glorious and inglorious events dotted the conversations. When it turned chilly, Scott kept the campfire burning.

Our next meeting will be on **Friday May 6<sup>th</sup>** at Bruce & Liz's place, 95 Waragamba Ave, Duffy, beginning at 6:30 pm. Hope to see you all there. Don't forget to bring your Easter maps and tales. Who knows, we may see 'the snail' appear!

Anyone wanting to order a Parawanga fleecy jacket for the coming season, please contact Sue asap on 6278 7401 or at [swood@netspeed.com.au](mailto:swood@netspeed.com.au).

## Parawanga Paragraphs

March 2005

Sue Garr

A well-attended AGM was held on Feb 4<sup>th</sup> at the Erbachers. After a lengthy debate of two minutes and much jostling for positions, the 2004 committee was re-elected unopposed for 2005. Darryl remains as president, John as treasurer, and Sue as secretary. All three were encouraged to “keep up the good work.”

During the general meeting that followed, the ‘Blue Man’ award for services to the club was presented to Michael and Margaret Harrap for their outstanding involvement in all aspects of club life. The inaugural ‘Most Improved’ award was presented to Wal Pywell who went from beginner to winner’s circle and red courses within the space of the season. Congratulations to all three. The ‘Snail Award’ is still waiting for a worthy recipient, so Darryl will keep an eye out for any likely aspirants. In his role as Orienteering Australia statistician, Darryl reported the following members were listed in the 2004 rankings for their age class: Luke Monaghan, Grant Erbacher, Cameron Bailey-Price, Kristen Walker, Peter Price, Darryl Erbacher, Liz Abbott, Margaret Harrap, Pat Miethke and Ann Inwersen.

There followed a discussion on the event calendar for the 2005 season, with most positions for PO events being filled. Helpers will be needed on the day for the Pent-O on Mar 6<sup>th</sup> and SL1 at Orroral Crossing on Mar 20<sup>th</sup>. Tim and Sue explained the club’s upcoming responsibilities for the SnowE2005 Easter carnival and called for volunteers. Anyone who wasn’t at the meeting and will be attending the events at Jindabyne who hasn’t yet offered their services can contact Sue on 6278 7401. As with all things, many hands make light work.

The next meeting will be held on **Friday March 18<sup>th</sup> at the Pulfords at 1 Macalister St, Curtin at 6:30pm.** The usual feast will occur after the meeting. See you there.

## Parawanga Paragraphs

December 2004

After the frenetic pace of the championship season and the end of the regular weekend programs, there’s not a lot to report this month.

Members packed out Pat’s lounge room for the last club meeting of the year. There was some discussion about our commitments for next year’s Sunday program and the Twilight series. Thanks to all those who have already volunteered to be part of an event team, there are few vacancies left for events next year. There are however, two organisers needed for events early next year. If interested, please let Darryl or Sue know.

As the Twilight events have become more demanding to organise due to the sheer numbers of competitors involved, it was decided that club members would provide the necessary manpower support to those Parawangans involved as organisers. A list of these will be sent via email. Offers of help for the first of these were forthcoming from those at the meeting. Following the business, the usual scrumptious delights were consumed whilst the travelogue entertainment was

provided. First was Tony's multimedia production of APOC at Kazakhstan, then Ann & Frank's informative presentation of their travels in China after APOC.

Congratulations to two of our talented young juniors, Grant and Geoffrey, who applied for and have been selected to join the ACTAS development squad for a 6 month trial period. We hope you find the experience valuable and motivating.

Congratulations also to Michael & Margaret for successfully organising their first ever Twilight event at Mt Ainslie recently. A job well done. Thanks also to all those who helped on the evening.

Our final "event" for the year is the annual Parawanga Christmas BBQ, which should not be missed! It will be held on Sunday 12<sup>th</sup> December from 4:00 pm at Uriarra Crossing. BYO everything! We look forward to seeing you all then. Any enquiries, ring Sue on 6278 7401.

## **Parawanga Paragraphs October 2004**

Sue Garr

Firstly, I apologise for the non-appearance of this column in the last newsletter. Ending with the championship season it has certainly been a very active and busy couple of months for club members.

Way back (as it seems now) at the end of August, the club ran the ACT relays at 'Lower' Castle Hill with David H controlling, Pat & Sue setting and Ann organising. The number of Parawangans who not only ran but also helped out on the day contributed to making the event such a success. Thanks to David for controlling and for all his helpful advice and suggestions; to Pat whose mammoth effort (and battles behind the scenes) along with Ann's hallmark efficient organisation ensured a quality event; to Andy who saved our skins by taking over the sportident so efficiently and Natalie and her other computer helpers on the day; to Geoffrey, Phil, Pat and David for putting out controls, and to Trevor, Tony and Chris who brought them back in again; to the Pulfords and the Harrups who helped set up the assembly area on the Sat afternoon; to Bryant who did the parking, to Sandra E and Bruce for expertly putting the maps on the graveyard sticks, to David B and Steve for looking after the toilet, and to David B for being the starter; to the Pywells for deftly managing the BBQ in the howling gale and to Kay, Liz, and Anna for their help along with everyone else who helped out on the day whose name I haven't mentioned. In all, it was a great team effort from a great team. Thank you all.

Notable performances on the day included Chris, Natalie & Andy, 1<sup>st</sup> in mixed A grade; the 'young guns' of Richard, Geoffrey & Grant, 2<sup>nd</sup> in Men's B grade; Bruce, Kristen & Liz, 1<sup>st</sup> in mixed C grade; Kay, Jill W & Sandra E, 1<sup>st</sup> in women's C grade; and Wal, Scott & Don, 2<sup>nd</sup> in men's C grade.

A few weeks later the ACT Championships event was held at Sparrow Hill with some lovely running in the pine forest terrain. Thanks to Bushflyers for a good day and the Blue Lightning Squad for excellent catering services. Many people also appreciated having a venue in close proximity to town. Congratulations were in order for Luke, 3<sup>rd</sup> in M14; Geoffrey, 2<sup>nd</sup> in M16; Paul, 3<sup>rd</sup> in M21AS; Tracey, 3<sup>rd</sup> in W21-44AS; Megan, 1<sup>st</sup> and Jill W, 2<sup>nd</sup> in W21-44B; David B,

2<sup>nd</sup> in M35-44AS; Liz, 2<sup>nd</sup>, Margaret, 4<sup>th</sup> and Kay, 8<sup>th</sup> in W45A; Bruce, 1<sup>st</sup> and Phil, 4<sup>th</sup> in M45-54AS; Sandra E, 2<sup>nd</sup> in W45-54AS (and, it should be noted, the only badge-getting Erbacher!!); Colleen, 2<sup>nd</sup> and Maureen, 4<sup>th</sup> in W50; Arthur, 3<sup>rd</sup> and David H, 4<sup>th</sup> in M60; Ann, 1<sup>st</sup> in W60; Andy, 6<sup>th</sup> in M21; Natalie 6<sup>th</sup> in W21.

A number of our juniors who have been training hard and competing well throughout the season were rewarded with selection in the ACT schools team for the national championships. Well done to Cameron Bailey-Price, Luke Monahan, Kristen Walker, Grant Erbacher, Richard Pywell and Geoffrey Stacey. We are proud of your efforts and follow your progress with much interest.

The next weekend saw a procession of Parawangans wend their way north to begin the long-awaited 'Grapes of Rock' tour, (i.e. the Australian championships carnival). Reminiscent of days gone by, a big contingent of about 16 members decided to camp together at Cudgegong Waters Caravan Park on Lake Windermere, which ensured plenty of club socialising between quality and challenging events. So impressed were the members with this location that they voted the esteemed El-presidento, who had fortunately discovered this gem of a spot, into a newly created position of 'Club Travel Agent' in absentia (because of his initial absence due to an untimely bout of the flu).

Day One was the warm-up at Baal Bone Gap. The pagoda country took many by surprise and was a welcome 'wake-up' call to think carefully about tactics and the technical challenges that would be sure to follow on the morrow. The morning of the NSW championships dawned hot and sunny, prompting those of us with late starts to envy the early birds, until we filled their lungs with dust as they walked up the entry road to the start! We were greeted on the road in by a control peering down from the top of a rocky outcrop way up high. I hope that's not mine!! The assembly area was well constructed, with a good view of the final control, runners crossing an open area and the map changeover point of the elite courses (who had to clamber up a huge rockface to get their new map). The courses were certainly challenging, as was the terrain and Michael and Richard explored the limits of the map to their full extent. Wal had the distinction of being our only badge winner with a 2<sup>nd</sup> in M55AS, continuing to do well on red courses. Tony had a good run in M45 with a 5<sup>th</sup>, as did Margaret in W45.

Monday was a rest day, with some choosing to investigate Hill End (a certain Volvo tyre coming off second best in a dual with a rock on the gravel road, providing a unique opportunity to test emergency hazard gizmo and have an extra cup of tea!), and others to enjoy the delights of Mudgee. We were greeted upon arrival back in camp with the presence of our illustrious leader, fresh from his sick bed. Celebrations were called for and an unofficial club dinner was hastily arranged at Camp Pywell, complete with BBQ, campfire, and local (or transported cellar variety) wines. Tuesday was an important one for our juniors, being the schools individual championships. Our parent crew left camp early to lend critical support. Cameron performed very well in the junior boys, coming in 4<sup>th</sup> and securing a place in the schools honour team. Congratulations, Cameron! Kristen had a good run in the junior girls, coming in 8<sup>th</sup>. In the senior boys, Grant was 11<sup>th</sup>, Geoffrey 12<sup>th</sup> and Richard 16<sup>th</sup>. Following this event was the NOL middle distance featuring Andy 23<sup>rd</sup> and Chris 27<sup>th</sup>. The public event titled the Dungaree Dash was a hagaby style relay in 31+ degree heat. Parawanga stars were Wal, with 2<sup>nd</sup> in Men's E and Pat with 6<sup>th</sup> in Women's E.

Another impromptu Parawanga dinner followed that evening at Camp Walker, accompanied by a spectacular rising full moon, but alas the boys (Phil, Wal, Tim and Owen didn't produce the promised fish dinner!) The schools relay event was on Wednesday. All of our juniors performed well with Luke 3<sup>rd</sup> on leg 1 and Cameron 3<sup>rd</sup> on leg 3 in junior boys, Kristen 8<sup>th</sup> on leg 1 in junior girls, Richard 6<sup>th</sup> and Grant 8<sup>th</sup> on leg 2 and Geoffrey 7<sup>th</sup> on leg 3 in senior boys. In the

NOL Explorer's Challenge that followed, Chris came 18<sup>th</sup>. The final event was the National Score in which Peter came 4<sup>th</sup> in M55 and Marg 4<sup>th</sup> in W45.

After these events, everyone moved for the second stage, some going to Orange, some to Cowra and others to Parkes. Orange hosted the sprint events. First were the elites, with Grant (only M16) running a credible 18<sup>th</sup> in M18 and Andy achieving 10<sup>th</sup> (1 minute behind the winner) in M21E. In the public Park-O Tim ran 4<sup>th</sup> in M55 and Lynn was 6<sup>th</sup> and Pat was 7<sup>th</sup> in W55. Some of the Parkes crew explored the 'big dish' and preserved their energies for later events. Katie and Scottie were the stars in the Parkes French cricket challenge until the ball was lost under the fence next door! Well done, dad!

The rain tumbled down on the hapless campers and continued on into the morning of the model event. Should we go or should we stay?? Eventually a window of opportunity opened and we dashed down to Eugowra for a taste of granite. Before long the heavens opened again and we retired to the cafes of Eugowra for an extended lunch. The common opinion was the model map was hastily prepared and probably not the best representation of the next day. Given the continuing rain, the Parkes-based Parawangan die-hard campers retired to the Parkes Hotel for a scrumptious pre-championship meal.

The next day dawned clear and sunny. The gods were shining on us!! The event site was picturesque, with fields of purple Paterson's Curse surrounded by imposing granite peaks. The courses were technically and physically challenging with varying results for the Parawangan mob. Particular congratulations to Grant, 3<sup>rd</sup> in M16; Liz 2<sup>nd</sup> (and resident champion) in W45; Cathy, 3<sup>rd</sup> and Tracey 5<sup>th</sup> in W21AS; Megan, 3<sup>rd</sup> in W21B; and Andy, 5<sup>th</sup> in M21E, a great result. Well done to everyone who finished their courses, as there were many dnf's and mp's.

After a lengthy presentation ceremony, the Parkes contingent traveled on to Wyangla Dam for the final night in order to be closer to the next day's relay event. Weary bodies refueled and enjoyed a wine or two before retiring early and sleeping despite the nearby partying boating campers' efforts to deny them!

The day of the Australian Relays was also fine and sunny. A superb spectator's course was planned, prompting a few nervous comments from people unused to being so exposed! There were plenty of open spaces, but it certainly wasn't flat and there was plenty of rock around to keep one challenged. All members were running for ACT teams but there were a couple of all Parawanga teams. Andy & Chris were in the 8<sup>th</sup> fastest team in M21, Sandra O was 10<sup>th</sup> in W21 and Sue was in the winning W35 team. At the conclusion of the presentations, it was a mere 2 hour drive home to Canberra, with some stopping for a while to check out Boorowa's Running of the Sheep festival.

So, after all the excitement, what remains for Parawanga for the rest of 2004? There is one more club meeting on October 22 at Pat Miethke's abode, 16 Nambucca St, Kaleen at 6:30 pm. No real business to discuss, but plenty of travelogues from various members' recent exploits. In fact there are so many lining up, that there is a time limit for each! Of course there will be the usual pizza dinner too. See you there. Another date to put in your diary is the annual Christmas Party, likely to be on Sunday 12<sup>th</sup> December at Uriarra Crossing (to be confirmed).

Finally, many thanks go to Jan Woods and our other sewing wizards for putting together all the new osuits recently. During the championship season the number of Parawanga suits able to be spotted out in the forest was particularly noticeable. One member even received compliments for wearing blue earrings that complimented her Parawanga suit!

## Parawanga Paragraphs

August 2004

Sue Garr

Much has happened since the last newsletter. Firstly, a very successful event was run at Yankee Jacks thanks to organisers Bruce & Liz, course setters Darryl and Trevor, controller Arthur and their merry band of helpers. Thanks to all involved.

Not long after, quite a few members made their way to Wagga for the annual QBIII event, enjoying a variety of terrain and weather whilst clocking up a few kilometres on the car. The Wagga-based Parawangans braved the showers and wind to enjoy a club BBQ under the caravan park shelter on the second evening. Specially privileged guests from another ACT club were welcomed also. President Darryl treated us with a fine motivational speech for the relays on the following day, which given the results, obviously had some effect! Individual results included Andy, 3<sup>rd</sup> in M21A, Grant, 2<sup>nd</sup> in M16A, Jill H, 2<sup>nd</sup> W20A, Jill W, 2<sup>nd</sup> in M/W Open and Sue, 2<sup>nd</sup> in W40. The field in M16 was dominated with the Parawanga 'boys', (Grant, Cameron, Geoffrey, Sam, Steven & Richard), a healthy sign for the future. In the relays, Parawanga achieved 5<sup>th</sup> in group II (Sam, Steven and Richard, who ran despite the injury that kept him out of the individuals), 3<sup>rd</sup> in group III (Grant, Geoffrey, Cameron), 3<sup>rd</sup> in group V (Kristen, Margaret, Pat, on one and a half knees), and 1<sup>st</sup> in group VIII (Sue, Sandra, Peter).

In early June five Parawangans (Tim, Lynne, Jane, Tony, Ann) experienced the excitement of competing in APOC in Kazakhstan. Frank was team support, signing autographs and having his photo taken with the flag while the rest of us were running. The events were held in the NE of Kazakhstan, based around Usk-Kamenogorsk and the surrounding countryside. We were well cared for by the APOC organisers and had our own team of interpreters; friendly, hardworking volunteer language students from the University. The first event, a street O, was in the centre of U-K around and through the multi-storied apartment blocks and offices. It was a new experience for most, with the biggest challenge being how to interpret the map.

The major events were held in 2 areas about 100km from U-K. We were all transported there by bus (6 – 8 in convoy), which proved to be a wonderful opportunity for seeing the countryside and start the bonding before our post-APOC safari. The roads have not been repaired since Independence in 1992 so the traveling time one way was 2 to 3 hours, usually with a police escort. The escort had a simple method of clearing the roads for us – when there was an oncoming vehicle, the police car, lights flashing and siren sounding, moved from the right to the centre, then to the left side of the road, leaving the verge for the other vehicle. Very effective! Three events were around the area of Bukhtarma Lake with granite, fir trees, shrubs, some cleared areas and mostly fast running. Results were variable. The maps were good and the competition excellent. The day it poured, we Aussies made camp under a rock shelter, flag flying high above the rocks. We stayed several nights in fishermen's shacks by the water's edge – absolutely wonderful, with some very creative self-catering.

The next 2 events were in the mountains, again granite, firs and open areas. The maps were excellent but the rocks proved tricky on the final day, resulting in some lengthy times. The highlight of each day was the excellent food, especially when the local ladies set up a stall of Kazakh food, complete with sheep's head.

The final event was the relays, held on the outskirts of U-K, among areas of summer- houses and birch forests. Jane was the star at the Awards ceremony, one of the 3<sup>rd</sup> placegetters (with

Tony and James Lithgow (NSW)) in the M21 relays. Ann also shared 3<sup>rd</sup> place with 2 other W60s in the W50 course. In all, Jane won 4 medals and Ann another bronze. But whatever the results, everyone had a challenging and very enjoyable experience in a wonderful country among very friendly people.

Whilst the APOC crew was winding their way home, Darryl was winging his way to Italy to the World Masters, ably supported by Sandra and Grant. Although I don't yet have all the details, Darryl had some good places in the qualifiers and finished 18<sup>th</sup> overall in the A final.

Margaret & Michael excelled themselves with their first course-setting effort at Atkinsons Trig in July. Thanks also to Glenn for his support and organisation for this event. Once again, many members turned up to help with the various jobs on the day. Thanks to all involved.

Our next and final event for the season will be the ACT Relays at the new venue of Lower Castle Hill. If you can give a hand, please ring Ann on 62541684. Of course we want as many Parawangans as possible to run in club teams, so please let Darryl know your availability on 62584108.

Ordered O-suit material and t-shirts are now ready, so please pay John and arrange for pick-up on 62541482.

**The next meeting is on Friday 6<sup>th</sup> August at Bruce & Liz's, 95 Waragamba Ave, Duffy, 6:30 pm. See you all there!**

**Parawanga Paragraphs**  
**June/July 2004**  
Sue Garr

As I write our APOC adventurers are preparing to enter the fray in Kazakhstan. Parawangans didn't make the list of 'famous participants' on the official website, but Tim, Lynn, Jane, Tony and Ann could yet be the dark horses from Oz! There will be more on APOC in the next newsletter.

Thanks to Arthur's course setting, ably assisted by controller Anna and organisers Tim & Lynn, the Anzac Day Rendezvous Creek event was a success. Thanks to all who helped on the day, to Darryl for his expert opinion on a couple of control sites and to whosoever organized the wonderful weather. The next event is coming up very soon, at Yankee Jacks on May 30<sup>th</sup>. Please give Liz & Bruce a ring to let them know when you can give a hand.

Congratulations to those who did well over the Easter Carnival: Wal Pywell 2<sup>nd</sup> M45+B, Ann Ingwersen 3<sup>rd</sup> W60, Australian MBO- Richard Pywell 2<sup>nd</sup> M18, Australian Middle Distance Champs- Grant Erbacher 3<sup>rd</sup> M16, Wal Pywell 1<sup>st</sup> M45+B, Southern Downs Champs- Grant Erbacher 1<sup>st</sup> M16, Darryl Erbacher 3<sup>rd</sup> M60. Congratulations also to Darryl who was awarded the Silva Orienteer of the Year trophy for 2003. The trophy was displayed at the last meeting, Darryl deservedly joining an illustrious group of orienteers.

The next meeting will be on Friday July 2<sup>nd</sup> at the home of Arthur & Debbie Watson, 33 Pitcairn St, Evatt at 6:30 pm. All are welcome.

## PARAWANGA PARAGRAPHS

May 2004

Sue Garr

A good number of Parawangans handled the navigational challenge of venturing south of the lake for the AGM and were rewarded with the Pywell's excellent hospitality. Outgoing president Bruce (through a special Geneva link), Secretary Glenn and council member David were unanimously thanked for their outstanding service over a number of years. Hoping to fill such big shoes are the newly elected president Darryl, secretary Sue and council member Glenn, (a swapping of hats). John will continue to oversee all things financial and demonstrated his worth immediately by treating us all to the cheapest ever pizza dinner deal.

Absentees with just cause were our Cockatoo members who were on their way to Victoria for the OL event. Andy, Chris, Sandra and Natalie have been spotted training hard over the summer, so we wish them well for the coming season. Dubbed the 'prodigal son', Andy's form at Badja looked good and he placed well at Kooyoora. Sandra made her debut in the famous yellow shirt at this event.

The season opener was hailed by an Abominable Badja event, which enticed many members down south (or east, for one!) Cameron won his class on both days, Geoffrey avoided stressing his mum by conquering the Badja courses credibly, Margaret made some good route choices, Darryl demonstrated the form which won him the coveted snail trophy (rumour has it that he is now after the 'injury of the month' award after an altercation with a bicycle prior to Easter), and an in-form Arthur took the honours on day one. Realizing that under the strict rules he cannot retain the prized SA, Darryl then blitzed the field on the Sunday.

Easter had fewer Parawangan participants than usual, with Darryl, Sandra, Grant, Ann, Tony, Peter, Richard, Wal and Sue making the trek up the Newell to Ipswich. (Tony, however, winged it the easy way!) If you like long, long grass, summer-like temperatures and fast running spur gully terrain, then this was your area. Ann finished 3<sup>rd</sup> in W60 (missing 2<sup>nd</sup> by a mere second) and Peter was pleased with his top half finish. Darryl proved that accurate navigation is indeed the key factor in orienteering by strolling around his courses and finishing nowhere near the bottom in the overall results. Grant, lacking recent match practise, had one really good day, which bodes well for the coming season. On a final note, the Ipswich Chinese restaurant won hands down over the fish & chips!

Several intrepid members will be missing in action shortly as they head off to APOC in Kazakhstan and beyond. We wish Tony, Ann, Frank, Tim, Lynn & Jane all the best for their running and travels and expect a full account upon return.

Our first event for the 2004 season will be at Rendezvous Creek on April 25<sup>th</sup>. If you can lend a hand on the day for an hour or so, please contact Tim or Lynn (before they ring you!) Arthur will be setting some challenging courses for you to have a run on either before or after your duty. The reward could be a famous Parawangan sausage!!

Anybody wishing to purchase club clothing (o-suits, T-shirts, hooded jackets) in the near future contact Sue asap (6278 7401 or at the next meeting). If enough interest is expressed, new orders will be placed.

Our next meeting will be on May 7<sup>th</sup> at 6:30 pm at the Ingwersen's residence, 12 Bonniwell St, Higgins. Hope to see you there.

**PARAWANGA PARAGRAPHS**

**February 2004**

Glenn Zeven

Hi Parawangans,

Our Christmas BBQ at Ginninderra Creek was well attended, thank you to all members who could make it.

Our blue man award and/or the “little gnome award” did not happen for a number of reasons. The following text is from an email David Baker sent :-

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Dear Fellow Parawangans

On behalf of the Currys and the Bakers we extend our apologies for missing the Xmas BBQ and hope everyone enjoyed themselves immensely. We had hoped to attend, not the least to pass on the little gnome award for services above and beyond the call of duty, but were unable to for family reasons.

So I thought I would let you all know who won this year’s award. Firstly, just a bit of history, the award was shared between Keith Curry and me after we helped out at last year’s ACT Champs while my partner and Keith’s daughter had started to be induced to have a baby. Apparently legend demands that the previous holder nominates the next winner – so Keith and I sat down last weekend to choose a deserving soul. It wasn’t an easy task let me say.

However we felt the sterling efforts of Sue Woods and her battle with new and anti-sport-on-a-Sunday landowners was a real standout. We weren’t at the event, but the rather detailed log in the October Newsletter was a decisive factor in our deliberations. Sue’s sterling effort under adversity, with her application of excellent diplomacy skills was all the more brilliant because such moments often bring out the exact opposite response. Her actions were a wonderful example to us all.

So Congratulations Sue! I will organise the little gnome to wing its way to you shortly after Christmas.

To all Parawangans, past and present out very best wishes for Christmas and may you spike them all in 2004.

The Baker and Curry Clans.

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Unfortunately not long after, the news of Keith Curry passing away was very sad to hear. Keith was one of our dedicated workers and contributed a great deal to orienteering over many years. Keith will be sadly missed and our thoughts are with Christine, Caroline, David and family.

For those Parawangans orienteering through the summer break, well done and keep up the good work. I hope everyone had a safe Christmas break and have great expectations for 2004.

Our next club meeting is on Friday 13<sup>th</sup> February at Jan & John Woods, 48 Adair St, Scullin, starting at 6:30pm, all welcome.