



## 2019 Junior Invitational Tour Oceania Carnival

Sept 28 - October 6 2019

### Bulletin 1

Welcome to the Junior Invitational Tour.

The tour is designed to engage and entertain, transfer knowledge and to help you enjoy the great outdoors and your orienteering experience.

Most importantly, we hope that everyone will leave the Carnival knowing more about orienteering and having built friendships for all time.

The program has been designed to provide learning and fun to maximise your enjoyment.

Contact details for Tour Convenors are

Toni Brown [totoni@inet.net.au](mailto:totoni@inet.net.au)

0411 968 001

Barbara Hill [barbara@boldhorizons.com.au](mailto:barbara@boldhorizons.com.au)

0418 270 476

### A Packed Program

The Tour offers a packed program of activities. There is no obligation to attend all sessions. Pick and choose what best suits you on the day. For some sessions we will ask for a head count to be sure we have enough resources or reservations (e.g. printing maps or going out for a meal).

Mostly just turn up at the specified time and place.

Tour Hub 28 September to 3 October: Wagga Wagga Beach Caravan Park

Tour Hub 4 October to 6 October: Albury/Wodonga (venue TBA)

## Tour Tee-shirts

A limited supply of very “cool” Tour- tees will be available for purchase.



The shirts are a short sleeve running top made from Tech Lite fabric, perfect for training, competition or just relaxing post orienteering. The shirts are \$40 each and we have a collection of sizes in both male and female cuts.

EMAIL Tour convenors to request your Tour-Tee. See sizing chart.

## Tour Program

Throughout the Tour coaching support will be available from multiple coaches and highly experienced orienteers. These include Tour Convenors Barbara Hill and Toni Brown as well as Tour Talk Speakers, Martina Craig, David Poland and Tony Hill.

Our daily program is summarised below.

## 2019 Junior Invitational Tour Program

Date	Carnival Event	JIT Activity and Time	JIT Activity Location	Tour Talks
Tour Hub 1: Wagga Wagga Beach Caravan Park				
<b>Sat 28</b>	Oceania Sprint	<b>4.30pm</b> Welcome by Convenors <b>6.30pm</b> Tour Talk	In caravan park (to be sign posted)  St John's Anglican Church Hall (5 min walk)	Big Rock Presenter: Greg Barbour
<b>Sun 29</b>	Australian Long	<b>5-6.15pm</b> Pot Luck Dinner (share or DIY) <b>6.30pm</b> Tour Talk	In caravan park (to be sign posted)  St John's Anglican Church Hall (5 min walk)	Direction and structure - you do have time! Presenter: Steve Craig
<b>Mon 30</b>	Oceania/ Australian Relay	<b>5-6.15pm</b> Pizza/ pasta (share or DIY) <b>6.30pm</b> Tour Talk	In caravan park (to be sign posted)  St John's Anglican Church Hall (5 min walk)	Running technique to minimise injury risk and improve performance in the adolescent orienteer Presenter: Cathy Hogg
<b>Tues 1</b>	Riverina Run Day 1	<b>4pm</b> Riverina Run Preparatory briefing for high school aged kids Own meal time <b>6.30pm</b> Tour Talk	In caravan park (to be signed posted)  St John's Anglican Church Hall (5 min walk)	MTBO to improve your foot orienteering Skills Presenter: Marina Iskhakova
<b>Wed 2</b>	Riverina Run Day 2	<b>3-5pm</b> Beach activities. Express your creative side, but you'll need your thinking cap on too! <b>6:30pm</b> Out for a meal together or DIY	On the mighty Murrumbidgee!  Dinner at The Duke Hotel, TBC	Maybe a drop in by a world Champion

Date	Carnival Event	JIT Activity and Time	JIT Activity Location	Tour Talks
Tour Hub 2: Albury/Wodonga				
<b>Thurs 3</b>	Riverina Run Day 3	<b>Transition Day</b> Some will move on down the highway <b>6:30pm</b> Out for a meal together or DIY	Dinner at Edwards Tavern Wodonga TBC	
<b>Fri 4</b>	Rest Day but there's an optional Model Course to prepare for the next events.	Plan your own sightseeing. Float down the Mighty Murray? Visit the Beechworth Lolly Shop or Bakery?  <b>4pm</b> Tour Talk  <b>5pm</b> BBQ and sprint relay (may or may not be under lights)	Norieul Park, Albury by the Murray River, Albury Norieul Park	Girls run Wild Women in Orienteering Presenter: Asha Steer
<b>Sat 5</b>	Oceania Long	<b>3.30pm</b> Tour Talk  <b>5pm The final supper/ party and pack</b>	Under a shady tree at the Oceania Long event (to be signed posted) TBC	Your coach and you – dare to be the best Presenter: Belinda Lawford
<b>Sun 6</b>	Oceania Middle	<b>Pack and depart</b>		☹☹☹

In addition to the advertised activities, coaches will facilitate games and learning as well as a daily course debrief, and discussion on the preparation for the following day's events. Details to be posted daily.

## Tour Talk Presenter Biographies

### **Greg Barbour**

(President ONSW, multiple WOC, foot, Ski and MTBO rep)

#### **Tour Talk - Big Rock**

Greg started orienteering in 1972 at school with his school teacher Ron Junghans. Only now does Greg realise just how rugged the courses were.

Once a week with Ron in Sydney bush...not along the tracks but through bush, bush that these days we would no longer consider suitable for orienteering. Greg left for overseas and lived in Scotland, Holland, NZ and Russia over 30 years. During that time Greg ran 8 foot WOCs, 2 Ski O WOCs and 4 MTBO WOCs for NZ (JWOC did not exist!). Greg has won the World Rogaining Champs twice in the elite category, and he has coached a National Team to WOC.

Greg is now "retired" but has business interests in cinema, property development and IT.

---

### **Steve Craig**

(Director of High-Performance OA and multiple WOC rep)

#### **Tour Talk - Direction and structure - you do have time!**

Steve started orienteering in Sydney in the early 80s and was lucky enough to be part of the orienteering group at Knox Grammar School. At this time Knox had two orienteering sessions every week all year round! After high school Steve went to Sweden to orienteer and study (PhD in Atmospheric Science) and ended up staying for around 20 years.

Steve has run in 3 WOCs and all the big Scandinavian relays many times. He is an accredited Level 2 coach in Australia and Sweden and is currently Director (High Performance) on the OA Board.

---

### **Cathy Hogg**

(Sports Physiotherapist and JWOC rep)

#### **Tour Talk - Running technique to minimise injury risk and improve performance in the adolescent orienteer**

Cathy started her orienteering career in utero at an event back in 1975 when Cathy's mum Sandra competed with a babe on board (In mum's tummy). Cathy has been orienteering ever since! Cathy ran JWOC in 1994 and has orienteered in over 20 countries around the world. In 2005 Cathy travelled to WOC as the Australian team physiotherapist.

Cathy has been working as a sports physiotherapist for 20 years and has a keen interest in keeping adolescent athletes' ***injury-free and in the sport.***

### **Marina Iskhakova**

(ACT MTBO Coordinator, multiple JWOC, WOC foot and MTBO rep.)

#### **Tour Talk - How to use MTBO to improve your Orienteering Skills**

Russian-born Marina started orienteering in 1986 - she was just 8 years old.

Back then it was black-white maps.

Marina has been a member of Russian Orienteering team from 1997-2001, competed at JWOC (best place 14), and WOC (best place 28) for Russia. Marina was the navigator of the first Russian Team at 500km Eco-Challenge 2000 expedition race in the jungles of Borneo.

in 2010 Marina started MTBO. She has taken 2 Gold and 2 Bronze Medals at the World Masters MTBOC 2018 in Hungary, W40 Class.

Before moving to Australia with her husband Fedor, Marina has lived in Russia, Norway and the US. Marina is a lecturer at ANU.

---

### **Asha Steer**

(Victorian Nugget, multiple JWOC rep)

#### **Tour Talk - Girls run Wild Women in Orienteering**

Asha started orienteering when she was 9 years old after her parents suggested it as a fun training opportunity to help progressed her in Little Athletics. It wasn't long before Asha and her sister fell in love with orienteering and instead athletics became the training, and orienteering took the focus.

Since then Asha has competed at 4 national schools competitions for Victoria, 4 JWOCs, 1 World University Championships. She has also represented Australia at a range of other international events against New Zealand. Asha is currently the Female Participation Officer and Athlete Representative on the Orienteering Victoria Board. Asha's spare time is spent studying at The University of Melbourne and volunteering with a range of Indigenous development groups.

---

### **Belinda Lawford**

(Canberra Cockatoo, multiple JWOC and WOC rep)

#### **Tour Talk - Your coach and you - Dare to be the best.**

Belinda was introduced to orienteering by her parents, (both of whom long list of successes both national and internationally) when she was about 5 years old. Since then Belinda has competed in national schools competitions for ACT, 5 JWOCs, and 2 WOCs. Belinda has orienteered in about 16 different countries, with her favourite terrain being anything fast and complex (e.g. Victorian gold mining).

Belinda now works as a researcher in Exercise and Sport Medicine at The University of Melbourne.

## Tour Convenor Biographies

### **Barbara Hill**

A passion for the outdoors and sport runs deep in Barbara and she enjoys a wide variety of sports. These include orienteering and triathlon (representing Australia in both disciplines). Barbara may however also be found on a bike, trail running, swimming, skiing or anything outdoors and active really.

Orienteering was a sport discovered when Barbara's children were young, and the family was in search of a family friendly outdoors sport. Since then the family have all grown to love the sport, the associated travel and the whole lifestyle that is orienteering. The children have progressed through the Schools Championship program and representative opportunities and have learnt innumerable life-skills through participation.

Barbara now shares her enthusiasm and skills through regular volunteering and Bold Horizons ventures. Bold Horizons runs weekly events as well as school and coaching programs and revels in its goals of inclusivity and empowering people from all walks of life to get out and enjoy the outdoors.

Barbara is an active Level 2 orienteering coach and event controller and volunteers a club level as well as with both Orienteering NSW and Orienteering Australia.

---

### **Toni Brown**

Toni was first introduced to orienteering in around 2001, by her husband who was a keen bushwalker. He was in search of "the right sport" for their sons. But Toni but didn't start orienteering in earnest until sons Luke and Oliver were both selected to represent Australia at JWOC and JWOC MTBO respectively. That was in 2010. Toni vividly remembers attempting to complete a B level course in the sand dunes in Denmark that year. That was a clear message that she might need to have some coaching!

Since that time Toni has sought out coaching, improved immeasurably and feels strongly about paying it forward. Toni's passion for the sport is demonstrated by her keen interest to develop juniors particularly to grow the number and capabilities of junior girls in the ACT.

Toni is a Level 1 orienteering coach and an event controller. She has coached the ACT Blue Lightning Junior Squad for a few years and takes pride in the fact that the ACT squad has been victorious at national championships under her tutelage. Toni has also coached Focus on Girls groups and Radford College Squad as well as 2 ACT junior girls to JWOC level.

Toni has orienteered in every state in Australia including the NT. She has orienteered in 12 different countries around the world, her favourites to date being Slovenia and Italy.

Toni is now "retired" and dedicates her time to family, garden, travel and volunteering.