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Separate attachments

1. The Australian Orienteer finds a new distribution point – for now at least
2. Why we orienteer – a report on the Paddy Pallin 6hr rogaine
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Editorial

Remember – this position remains vacant. There must be someone out there with a few computer publishing skills interested in the role! Please contact the Secretary or one of the OACT Board members to get a number in the queue.

As the 2014 season heads to the starting line it's appropriate to remind all competitors and volunteers of a few points:

- remember this is a sport and it is meant to be enjoyable for all
- respect other competitors and helpers
- value the property we compete on and the landowners who allow us to use their land.

A quote from a well known Australian cyclist

“Some days you get beaten, you just have to make sure you are not defeated.”

Enjoy.

John Scown

Interim OACT Newsletter Editor

News from the Parawanga AGM

Following the PO AGM recently, the new President is Bryant Allen, Secretary Liz Abbott, Treasurer Pat Miethke.

Red Roo News March 2014

Welcome to all Red Roos to a hopefully successful year of orienteering. First a big thankyou to Belinda Allison for agreeing to be the Red Roo President for 2014. With 2 children, plus working, and looking after Jase (!) as well as training, her time is full – so thanks for taking on the role of President. Many thanks to Michael Burt for the many years of his time and input into the role all done with good humour.

Picaree Hill: Red Roos want to include the younger families in group outings so the first social event of the year will be a picnic, at the Picaree Hill orienteering event 6 April 2014. Picaree Hill is 20 minutes from Hall and will be a true bush event. Kids - there might be a cave to see. Bring your own lunch, drinks, rugs, chairs, and of course children. Meet at the Red Roo banner after your run.

Runners Shop Twilight Series: Congratulations to Jo Allison for being the overall winner for the 2013-2014 Runners Shop Twilight Series. Jo competed in 14 of the 16 events and had fast and consistent runs in all events. Coming back after having her 2nd son, Jo has obviously regained top form and is running well. Congratulations Jo!

Other Red Roo members to be in the top 20 were Tate Needham, Oliver Mill, Judy Allison and John Sutton. Judy and Bob Mouatt competed in all 16 events – does that mean they have too much time on their hands? No, I think all their orienteering is why they are so consistent. Tate was also included as one of the top improvers. Well done to all runners.

For the last Twilight event at Commonwealth Park, Oliver Mill (on behalf of the Blue Lightning) set interesting route choices, with some competitors getting caught out crossing areas where runners should not have gone. I observed this as I walked the course and wondered if the orienteers knew the rules of not crossing olive green garden areas and thick black lines as marked on the map. It was good to see the OACT website explaining the mapping rules and the alternate ways to go.

The course setters, organisers and helpers for the Twilight events must be thanked from the first event way back in October 2013 to the later sprint events – particularly Aaron Kooymans, along with Michael Burt, Oliver Mill, Anita Scherrer, David Kooymans, the Allisons and sorry to anyone I have inadvertently missed out. Thank you to all members who also helped with other roles during events.

Christmas 5 Days held around the Orange area – seems so long ago – but Red Roo orienteers David Shepherd and Jo Allison came 3rd and Bob Allison with his new hip, 'fast walked' his way to win the E class.

Miscellaneous news:

- Belinda Allison and Allison Jones, Red Roo orienteers and occasional long distance runners, spent months training for running the 45 kms, 6 foot track marathon held last weekend 8th March at Katoomba. Well done girls!
- Dave Shepherd has had another operation on the foot (to remove the last of the stick) he injured at the Christmas 5 days – let's hope he is on the mend to recommence orienteering soon.
- There also is an orienteer of a mature age recovering from 4 broken ribs and a punctured lung after a single cycle accident. She is slowly recovering. What is it with orienteers who bike ride? An orienteering couple in Sydney, ran into a dog off the lead a month ago – one fractured his pelvis and the other a severely broken elbow which is now all wired up. Another Canberra orienteer damaged her face after going over the handle bars. And yet another OACT member came off her bike during an early morning riding session. Maybe we older folks should keep both feet on the ground!

Easter Carnival – This popular event is coming up on the 18-26 April and will be held in the Lithgow/Rylstone areas. Many Red Roos will be competing and let's hope the compass and the brain are working together for good results for each runner. All an orienteer needs to be happy is to run a course cleanly with good route choices.

Red Roo Events: Red Roos will need plenty of volunteers in winter for the events our club is organising. First is on June 1st at Isaac Ridge, then 14th June at Hibernian Road then Mt Arawang. Please keep these dates in mind as many hands make light work. If you are down to help you can still run the courses – either early or when a time is convenient. Information is on the Red Roo section of the website.

Kerryne

ABOMINABLE NEWS

Welcome to all those new Abominables and congratulations to all Abominables and friends who attained a TOP 10 ranking for 2013. On a per capita basis we are definitely holding our own. Speaking of which, our numbers may well be increased by the time you read this – good luck to Jasmine and Craig on the imminent arrival of “the bump”.

2014 should be a relatively quiet year locally as Abominables have just three foot events to organise, with Sean and Julie Sunley having three exciting MTBO events planned. Anyone from any club interested in assisting with the MTBO events should contact Sean or Julie direct. I know there are some very well accredited Roos out there with an interest in MTBO.

The ACT Sprint Championships is our first event on May 24th. Ann is organising and we hope to have a highly respected “guest” course setter.

Shannon is setting for June 28th at Mt Majura West but we still need an organiser.

Our final event is an OY at Foxlow Flat on July 27th. A full team is still required for this event.

On the Elite front, Abominables were well represented at the National League races in Brisbane in late February. Ian Lawford finished 3rd behind Simon Uppill and Matt Parton in the senior men, while “Middle Distance” Murray put on his sprinting shoes for a day and produced a good result to be 6th in the final. Lizzie ran strongly to finish just over a minute behind Hanny Allston in the women’s race. Jacqui took out 3rd place in the junior women’s race. There was also a 4 leg sprint relay held where each team member raced 2 legs. Ian teamed with Lachlan Dow (BS) to finish on top in the senior men, Lizzie and Mace Neve (RR) were 2nd in the senior women with Jacqui, running up with Belinda placing 7th. Hopefully the Cockatoos will continue with these great performances in the races in Victoria later this month.

Belinda



Ian



Jacqui



Lizzie just behind Hanny



Murray



As usual, offers of assistance or any enquiries should come to Ann at scown@light.net.au.

So, as the new season begins, I wish you Abominably great racing and may your compass point true.

Mountain Bike Orienteering (NSW)

The NSW Mountain Devils have released their MTBO calendar for 2014 and it's available on the Mountain Devils website (<http://mountaindevils.nsw.orienteering.socialfx.net/home/>) or through Eventor.

Easter 2014 – a few notes from the organisers

Easter Carnival Entries

The standard entry period for the Easter 2013 Carnival ends on the **14th March** so is approaching fast. After this date there is a late entry period of just one week until all entries close on the 21/3/2014. Entries via Eventor.

Easter 2014 Carnival Dinner

On the evening of Sunday 21st April at the Rylstone Community Hall there will be a dinner for all those attending the Easter 2014 Carnival of orienteering events. The dinner will be a buffet starting with pre dinner drinks at 6:30 and with dinner served at 7:30. BYO drinks.

At this dinner the Orienteering Australia annual awards including the Silva medal, coaching award, David Hogg medal for event management, athlete of the year, services to orienteering award and the champion club of the year will be presented.

You can register and pay for the dinner on Eventor until 12th April. Tickets for those who register will be available at registration.

Be part of the New Australian School Curriculum - Teach Orienteering and be paid for it

Anyone interested in teaching orienteering we have several groups of people prepared to pay for you to teach them.

There are about 10 After School Centres waiting for someone to teach them from 4 to 5 pm on any day of the week you choose in various locations.

You will be sponsored to attend two free evening fun workshops in early April – see attached 'CCTP Poster'.

In school hours is also available. With the new Australian curriculum more and more schools want you to teach orienteering

Simply choose your hours and location – see attached

Join in the fun, help the community get fit and be paid to teach orienteering.

For details please contact the OACT Office at orienteering.act@webone.com.au and ask your email to be forwarded to Blue Sparks.

Organisation, Communication, Delegation

Are these your strengths ?



Easter 2016
March 25th to 28th

*Carnival Organiser, Overall Carnival
Controller and 4 Day Controllers
Required Urgently
Add your own touch.....*

*Contact the OACT Office at
orienteering.act@webone.com.au
or on 61623422*

Or speak to a Board Member