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Editorial

Remember – this position remains vacant. Please contact the Secretary or one of the OACT Board members to discuss your new role.

The last few months have seen OACT members travelling to the Australian Championships (WA), World Masters (Brazil) and Oceania Championships (Tasmania). Congratulations to all those who competed, completed & placed.

Apologies for the lateness of this December 2014 issue.

John Scown

Interim OACT Newsletter Editor

ARE ANY OF THESE LURKING IN YOUR SHED OR BEDROOM?

Later in this newsletter is an article about the recent move of the equipment shed. During the move a superficial stocktake was undertaken and shortages were apparent in:

- Control stands
- Control flags
- Water containers.

If you have any of these or any other OACT equipment, please contact either Geoff Wood (geoffwood232@gmail.com) or John Scown (scown@light.net.au) to arrange return.

The AGM is on Thu 26th Feb 2015

The 44th Annual General Meeting of Orienteering ACT will be held on Thursday 26th February 2015 commencing at 8:00pm at the Wesley Uniting Church, National Circuit, Forrest. The relevant paperwork will be notified in a weekly e-bulletin soon. Voting at the AGM and nominating for positions are restricted to members.

\$\$ 2015 memberships are now due \$\$

Memberships for 2015 are now due. Renewal is via Eventor (preferred) or via paper form to the OACT Office. Memberships must be paid prior to the AGM.

Parawanga Paragraphs

(December News 2014)

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 Bushflyer'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 Melhuish, 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 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 attached.

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.

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 Ciaren 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 3rd leg on Day 2 at QBIII in Dubbo when 'she had to avoid some *killer* goats'!

The Most Improved Award went to Stephen Melhuish.

Here are some photos for you all to enjoy.

Liz Abbott





Red Roo Noos

(ROO POO- The Unauthorised Dirt on the Mob by Anoni Mouse)

A contingent of Roos made the trip to Tasmania for the World Cup races and the Oceania champs. However this report will deal with the true stories behind the results which you can read elsewhere. Of particular note were:

- ✓ Bill Jones moving up to M65 and starting off with a tremendous run.
- ✓ If you have the time you should ask Bill & fellow Roo Hugh Moore for their respective versions of the closing stages of the Oceania Middle Distance champs
- ✓ Judy Allison's great performances and what might have been behind them
- ✓ Eric Wainwright's new method of breaking falls while orienteering (don't try this at home)
- ✓ Lewie Shepherd about Tasmanian centipedes
- ✓ Lastly, John Sutton's superb debut in M75 taking the Oceania Sprint and Middle and 3rd in the Long. His carnival plan was to save himself for the big ones & not compete in the 'minor' events. Ann's version is of his many training runs over the holiday season instead of helping entertain guests.

BUSHFLYERS BUGLE

(JANUARY ISSUE)

Except for those who attended the wonderful World Cup in Tasmania, it has probably been a quiet orienteering time for Bushies. The World Cup carnival was excellent – good maps in good areas, the best elites in the world attending and in a delightful corner of Tasmania. It was a truly great experience. Lachlan Dow represented the Bushies and did well among very strong competition. His best result was in the Long where he was the third best Australian behind Julian Dent and Simon Uppill. He was also the third best Australian in the Sprint.

The World Cup was combined with the Oceania Championships and the Australia New Zealand Challenge. Some of the Bushies did very well. Noah Poland was 3rd overall in M14A Oceania Championships (1st Sprint, 2nd Long), David Poland was 3rd in M55A, Toni Brown 5th in W50 (3rd in Middle) and Jenny Hawkins 3rd in W70A.

The Bushies were represented in the Australia New Zealand Challenge by Blair Trewin (M40) and Toni Brown (W50A) and helped Australia to victory.

The Bushies were able to get together for a mini-swarm whilst down in Tasmania thanks to the hospitality of the Polands. Lukas Frei also brought along his Swiss travelling companions and we enjoyed their company. The program for next year's winter program has been decided. The Bushflyers will be responsible for Glenbrook (25 April), Buckenderra (26 April), Weston Park (2 May), Campbell Park (16 May), Remembrance Park (13 June), Bruce Ridge (27 June), Goorooyaroo (8 August) and Aranda Bushlands (15 August). Toni has already started the roster and we have course planners for all events. We are still short on a few organisers so please let Toni know if you can help out. Don't worry if you haven't done it before. There are plenty of experienced Bushies who will only be too willing to help.

One date to keep in mind is the event is the ANZAC weekend on 25/26 April. The Bushies are organising the events on the Saturday and Sunday in the Buckenderra region. Both are excellent maps and there will be some junior activities in the lead up and plenty of social activities on Saturday night. It is a great time to be in the Snowy Mountains but you may want to book accommodation early.

Last year was the 25th Anniversary of the Bushflyers Club which was formed in December 1989 as a result of a merger between the Majura Macropods and Northside Navigator Clubs. We celebrated with a special event on Friday 28 November gathering at the Trewin residence afterwards. (This was the same location as where the merger was agreed 25 years ago). We set out one of the courses used on Aranda Hill for one of the very first Bushflyer events (about 3.5km). One of our goals was beat the times set in the 1990 event including that of Hermann Wehner who was a M65A then. There was an excellent turnout. Hermann also came out to see how close he can get to his time.

And finally a special welcome goes to Lukas Frei as a temporary Bushie. We hope you enjoy your time in Canberra. Certainly, there have been many who have enjoyed your orienteering training classes.

Dennis Trewin

Abominable News

Hot to trot after two incredible wins at WMOC in Brazil, Jenny Bourne headed a squad of 13 Abominables to Tasmania for the Oceania Championships and she came away with another bundle of wins, this time in W55 Sprint and Middle. It was a great day at the WMOC Sprint finals when both Jen and Ann topped the board in W60 A and B finals respectively.



At Oceania, Geoff managed to get one up on Warren Key in M55 by taking out the Sprint but Warren just got ahead in the Middle. Geoff was heard to advise Jenny that she would learn to recognise where other positions were on the podium if she ran a little slower.

Ann and John put their South American altitude training to good use at Mts Beckworth and Tarrengower in the Victorian goldfields during the warm up events before Oceania. After these two races, climb at the Tassie events did not seem as great as advertised. John improved as the races went on in Tasmania and might have even made a podium finish but for the rock which fell on his foot near the end of the Long Distance race. He was, however, in search mode for the second last control at the time!!



Matt and Lizzie changed their respective “stripes” and represented GB and NZ in Tassie. Lizzie recorded a great result taking out the Oceania Middle Distance and finishing a creditable 12th in the World Cup race against some stiff opposition. She missed the double Oceania success, by less than a minute, to Hanny Alston in the Long Distance race.

Ian and Belinda raced for Australia in both the World Cup and ANZ Challenge with varying results. Ian’s sprint qualification perhaps his best race of the carnival. The Agar family – John, Edith, Patrick and Ingrid rounded out the troop and seemed to enjoy the racing and socialising which is a feature of orienteering carnivals in Australia.

EQUIPMENT ON THE MOVE

An era has come to an end!

For many years the ACT Government has generously allowed us to occupy space with our own small shed and 2 separate small lockups in a compound in Curtin.

After several false starts over the past years we have finally had to relocate our equipment shed, fondly called the 'Curtin Shed'. The OACT (previously ACTOA) equipment has been stored here for longer than many can remember. I vaguely remember collecting equipment from Jack Palmer's back yard when I was a youngster 😊

The ACT Government wanted to redevelop the Curtin depot and after much to'ing & fro'ing, OACT has signed a lease for a large 'double garage' in a disused depot in Giralang. Previous co-habitants at Curtin, ACT Rogaining Association, are also moving out and likely to move into the Giralang compound.

So thanks to the following people:

- Tim Pulford – equipment officer & keeper of the keys for many years at Curtin.
- Aaron Kooymans – keeper of the keys at Curtin for several years.
- Geoff Wood, Maurice Patten & Eino Meuronen – for moving the equipment from Curtin to Giralang on 14 Jan.
- Hannu Mannering – who cast a legal eye over the lease document.
- Geoff Wood, Ann & John Scown, Rohan Hyslop and Peter & Patrick Miller – for cleaning the shed, sorting & packing the equipment into the new shed.



Before sorting at Giralang



Ahhh Lunch



Finished for the day

But as you can see there is more still to do in sorting the equipment – mainly the tents and doing a stocktake for insurance purposes. Arrangements for access – are still under construction, so for access at present contact Geoff Wood.

(John Scown)

Summary of Council meeting #64 held 28 Aug 2104

- OACT President – the meeting was notified of the resignation of Mary McDonald as President OACT. Michael will act as President OACT until the next AGM. The meeting was advised that there will be a need to elect a new President at the forthcoming AGM.
- OA Conference – John Harding (Executive Officer) and Bruce Bowen (Director, Finance) attended the meeting as OA representatives. Discussion on the upcoming (6-7 Dec) OA Conference including the Cost Allocation Paper, Eventor funding, scheduling of major events in 2017 and 2019, implementation of the 'Sporting Schools' (ASC), coaching accreditation.
- Street Orienteering
 - a call is being made for volunteers for organising and course-setting events through to April. The information is to go out on the OACT website.
 - a blanket \$40 reimbursement to volunteers had been agreed to by the Board.
- 2016 Sprint Canberra – Council endorsed the proposal that a Sprint Canberra event be held over the January 2016 long weekend, similarly to that held in January 2014.
- 2016 Easter Carnival – noted that Permissions for land use are still being chased up. Logo competition underway. Wording of title on the logo.
- 2016 ACT Championships - clubs need to make a decision quite soon about the timing of the 2016 ACT Championships. It was noted that Red Roos are responsible for the Sprint Champs, and Bushflyers/Abominables for the Long/Middle Distance events. A decision needs to be made prior the AGM in February 2015.
- OACT Paid Positions – there were 3 issues in relation to paid positions in OACT that were either decided on or further direction was given:
 - that there be a Participation Coordinator - The motion carried was: That OACT will support in principle the appointment of Participation Coordinator(s) per programme as per the tabled proposal, for a twelve month trial.
 - that there be an Events Manager position - Council agreed in principle the concept of a paid Equipment Officer as broadly outlined in the proposal to start in January 2015 (effectively for the Twilight series and then the Saturday events)
 - relating to the broader scope of paid positions within OACT - The following motion was carried: That Council delegates to the OACT Board the responsibility of defining the roles and responsibilities of paid administrative positions within OACT and to then take appropriate action.
- 2015 Program – some changes proposed at the meeting. Geoff Wood to update the program and put it up on the website. Council adopted the program and encouraged clubs to fill in the unallocated events.
- Controllers for 2015 – Council confirmed that Rob Jessop will manage the program and will support course-setters choosing their own controllers, if that is their preference. He will coordinate the controllers and setters; importantly, this must be done in a timely manner. He is also happy to check courses as well. Rob Jessop will take on this role (of OACT Technical Director). A duty statement is still to be written.
- Winter season pass – Council supported the Board to extend the use of a Season Pass into the coming winter season.
- Twilight and Saturday event format – after discussion on course difficulty standards and what should be offered, Council agreed that OACT retains the current format of offering only two genuine Orange courses for the current twilight series.
- Payments to ACTSSA officials – Council agreed that OACT fully refund (100%) the cost of a third official to travel with the ACT Schools Team for the 2014 Schools Championships.
- List of maps – compilation is being done but remains a work in progress.
- Publication of summer program - It was noted that the long time for this program to be publicised has caused some difficulties for schools promotions and activities/fêtes in advertising the range of orienteering opportunities available to new potential participants.
- Mapping in Tidbinbilla - is still going ahead. There are 4 Night-O events currently being planned.

Other business

- Council recorded its condolences to Eric Wainwright on the recent death of his wife, Dagmar Parer. The Council extends its sympathies to Eric and his family.

- Rohan Hyslop asked for clear definition and delineation of the various roles and responsibilities of, including lines of authority between and within, the OACT Board and the Council.
- Council records its sincere thanks and appreciation to John Suominen for the service he has given to OACT in his administrative role for the organisation.

The AGM is scheduled for Thursday 26th February 2015.

If you have any questions or require any more information, please don't hesitate to contact one of your Club's Council reps listed on the OACT website at <http://www.act.orienteeing.asn.au/about/officers/> or email me at scown@light.net.au

John Scown

LOST, Not Found

For those who avidly read these newsletters, you may remember a story from Ann Scown about the Paddy Pallin rogaine in the March 2014 issue of this OACT newsletter. The relevant part of the report is reproduced below:

*Oh yeah, it was going to be a great day. Our team number was 53, the year of our births, the sun was shining, we even agreed on a route. A slight complication when Ann returned from the toilets minus her wedding ring! Still, it was very worn and thin and could be anywhere between the SES vehicle and the wash basin.....
So we began, just a little depressed.*

After 6 ½ hours of freedom for Ann and 5½ hours of competition we made it back. Those b.....y rogaining EMUS had found the ring. Unbelievable, after several person hours of searching, Glenn Bridgart made the find much to Ann's disappointment. The entire event she had been planning what sort of replacement was needed. Maybe that contributed to the navigation errors.

Well she has been at it again! If anyone finds a (very worn and thin) wedding ring in the O shed or any of the equipment, I'm sure she'd be happy to get it back, but although by then I'm sure she will have chosen the replacement.

2014 ACT Primary School Orienteering Championships

Gaining Momentum

174 keen adventure sports kids scaled the western slopes of Mt Ainslie!

The 16 schools represented were Amaroo, Aranda, Campbell, Girls Grammar, Canberra Grammar, Garran, Gowrie, Holy Trinity, Home School, Lyneham, Macquarie, Majura, North Ainslie, Orana, Radford, Turner. Scoring was very close this year with first place being taken by Majura Primary, closely followed by Radford College in 2nd, Grammar Junior 3rd and Amaroo in 4th place.



Briefing being conducted by event organiser, volunteer Nat Smith

Around 60 girls and 120 boys took to the bush tracks either individually or in pairs in a challenge against the map, the bush and their rivals.

Volunteer "look-outs" were in force in strategic locations around the mountain to assist those children challenged by the map and the terrain. With a few jelly beans, cool water and reassuring advice the volunteer helper demonstrated the true spirit of the sport with mums and aunts, grandparents and others all pitching in to ensure a great day was had all round.

THANKS to the **volunteers** and to **Tate Needham**, a professional photographer from **T8photography**, who took action shots during the event.



Reading, running and staying on task – terrific skill!

This year's individual events saw an interesting mix of old hands and new faces taking out the places. Girls 9 years were won by Rose Phillips from Holy Trinity, a returner after a strong run last year, with two Amaroo School girls bringing in 2nd and 3rd, Cayleigh Cousins and Ashley Strong.



Presentations against the backdrop of Mt Ainslie

Majura Primary School Natalie Miller came first in Girls 10 followed strongly by two Radford girls- last year's Girls 9 winner Justine Hobson 2nd and Hannah Daley 3rd. There's certainly some strength in this age class.

Majura Primary School must be doing something right in their geography lessons. **Majura student Amelia Bond** 1st in Girls 11, followed by **Satine Simoncini – Macquarie Primary** 2nd and **Arwen Colbert of Amaroo School** 3rd

Girls 12 years is a cluster to watch closely! **Zoe Melhuish** from **Girls Grammar** again ran strongly taking first place in the Girls 12 competition closely followed by **Ella Cuthbert** of **Majura Primary School** and **Emma Phillips** of **Holy Trinity**.



In Boys 12 years, **Andrew Kerr** from **Radford College** also took out his fourth individual title in as many years.

Ben Hobson from **Campbell Primary** was narrowly ahead of **Brendan Wilson** from **Radford College**. With these three boys all heading into high school together there's bound to be some interesting tussles in this age class on maps in to 2015. Watch this space!

In Boys 11 years, **Grammar, Majura and Radford** faced off to provide great results with Nicolas Fitzgerald, Ethan Laver and Toby Lang sailing around their course. Its pleasing to see Nicolas's form remaining strong – he missed out on first place by only 30 seconds last year!

Boys 10 years showed **Blake Faunce** from **Radford College**, take out his second age title this year, after being a new runner in the field in 2013. 2nd and 3rd both went to **Grammar students James Rensch** and **Nicolas Brennan** respectively.

Josh Kluth of Majura brought home 1st place with Boys 9 years 2nd and 3rd again to **Grammar students Dylan Ricciardella** and **Thomas Bigsby-Chamberlin** respectively.

The pairs 12 years event was taken out again by **Majura Primary's Jack Dare & Daniel Vardon** this year but they were closely followed by 2 mixed teams **Campbell Primary School's Rachel Wilson** and **Tahli Mullins** 2nd, and **Marie Celie Warneke** and **Ede Warneke** for second and third respectively. In the pairs 10 years, **Radford College's Tom Ewer & Patrick Shelton Agar** 1st and **Finn Zentelis-Wilde & David Reistatter** 2nd. 3rd place went to **Cian Crimmins** and **Jude Desaubin** of **Majura**.



Three ACT Junior girls heading for bigger things – Emma Phillips – Holy Trinity, Ella Cuthbert – Majura Primary and Zoe Melhuish – Canberra Girls Grammar. With New Zealand champion Lizzie Ingham



Champion Orienteering Primary School

Majura and **Radford** swapped places this year. The strongest school being **Majura Primary School** winning with 70 points, ahead of **Radford College** on 68 pts. **Canberra Grammar School** 3rd 54 pts.

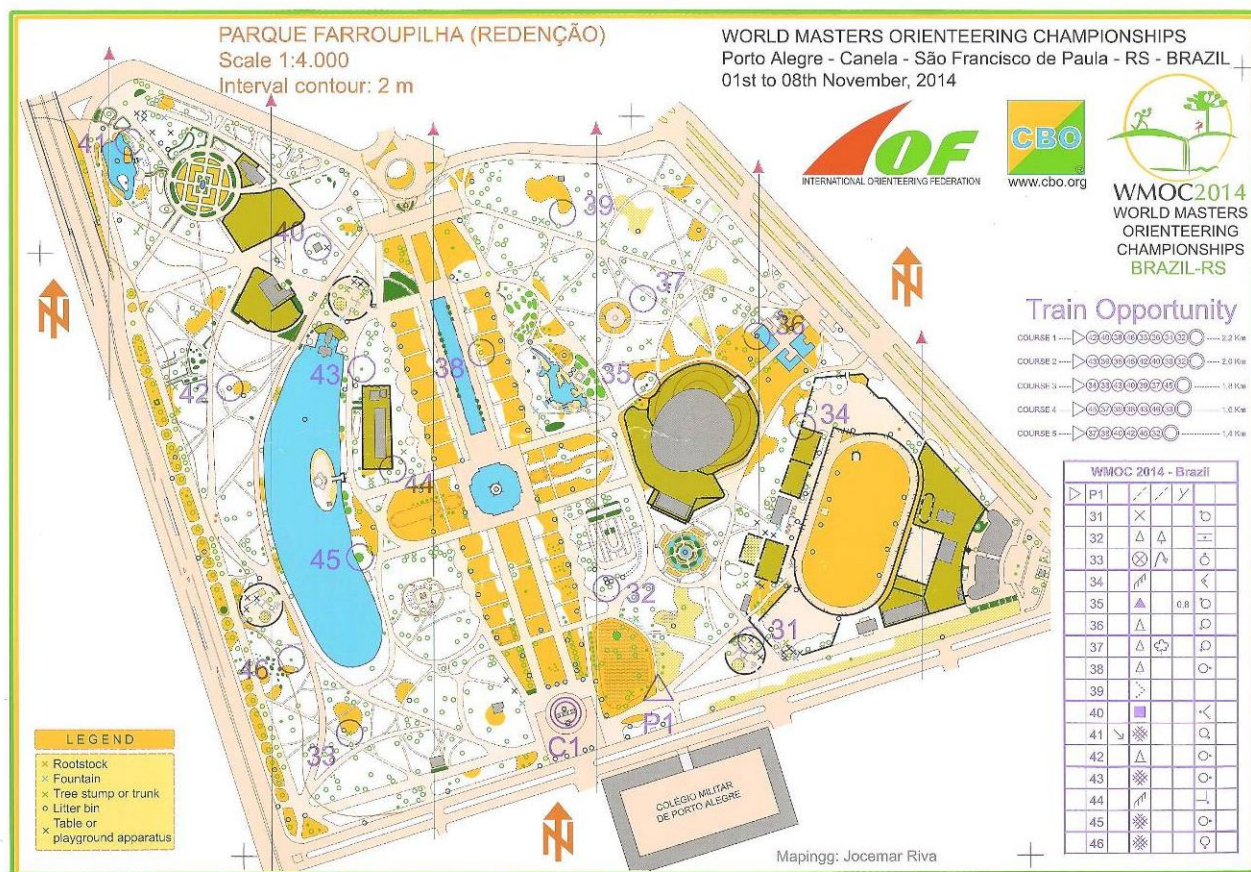
The competitors and parents alike enjoyed the opportunity to meet and mix with 3 fabulous women serving as sports role model – Grace Crane, Australian Orienteer of 2013, Lizzie Ingham multiple NZ woman Champion and international orienteer were on hand to share experiences and wisdom in the sport of orienteering and ex-Matilda's woman's soccer champion shared some "gut wrenching" experiences from her time at the Olympics. The Championship event once again demonstrated that interest in Orienteering is alive and thriving in the Nation's capital - a city well placed to give kids the true orienteering adventure test in every encounter.

ACT Primary Schools Orienteering Championship 2015 will be on **Wednesday 18th November 2013** location to be confirmed. We hope to see many of you back and some new schools on board.

ACT High Schools Championships will be on **Sat September 12th 2015**. All current year 6 competitors are urged to consider entries with their High Schools.

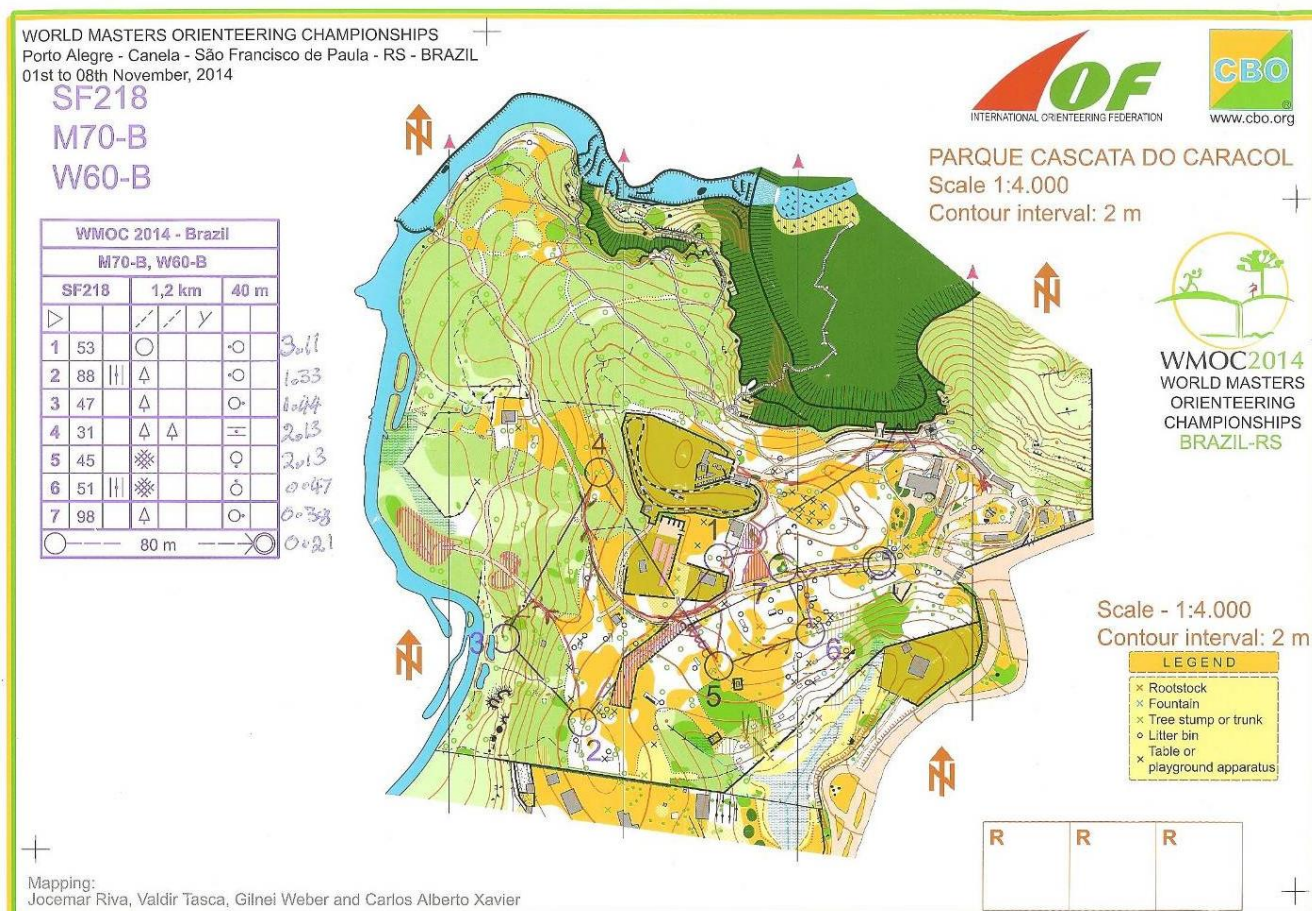
Nat Smith and Toni Brown
Event Organisers for Orienteering ACT

World Master Orienteering Championships (Brazil) maps



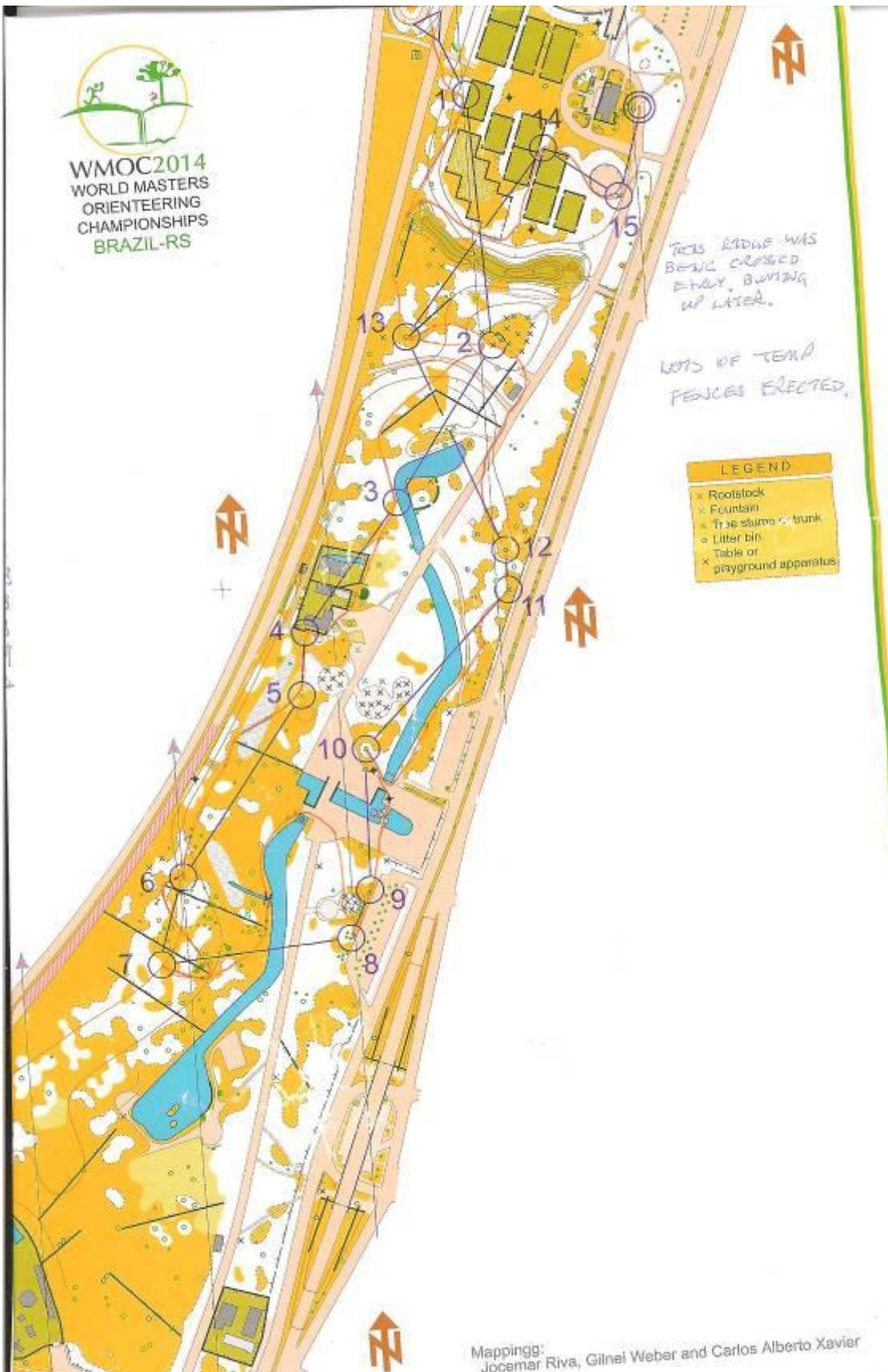
WMOC 2014 - Sprint Model map (above)

WMOC 2014 - Sprint Final (below)



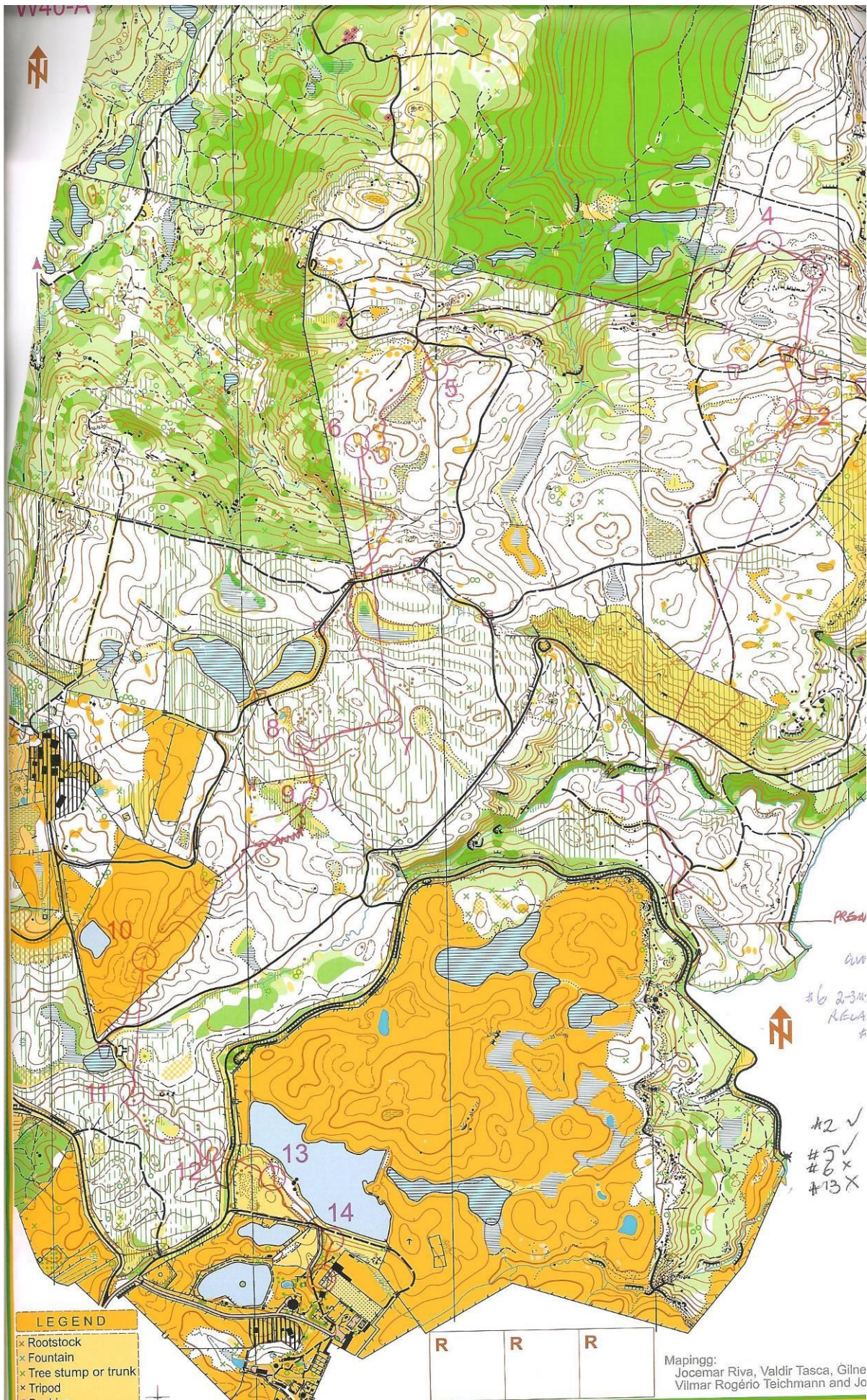


WMOC2014
WORLD MASTERS
ORIENTEERING
CHAMPIONSHIPS
BRAZIL-RS



Mapping:
Jocemar Riva, Gilnei Weber and Carlos Alberto Xavier

WMOC 2014 - Sprint Qualification



SC-ORE - School Orienteering 2015

SC-ORE (School Orienteering 2015) is a 4 week interschool competition conducted as a 4 person relay.

It will be conducted on four Wednesdays in March 2015 - **Wednesdays 4th, 11th, 18th and 25.**

Time 8.30am - 9.30am or 12.30 – 1.30pm – to minimise disruption to class learning time.

See ACT School Sport Calendar 2015.

- Each team will comprise 2 boys and 2 girls.
- Competitors are invited from **years 3 to 6.**
- Each runner will run no more than 500 metres – total team running distance no more than 2km.
- All 4 events will be conducted on school grounds or in urban parkland.

COST

\$2.50 per participant per event - \$10 for the 4 week series.

Your School will get:

- A presentation/in service to interested teachers.
- At least one training session (in school hours) on the school grounds for the selected teams.
- A suite of hard copy maps of the schools or parklands
- All event equipment associated with competing in the event.
- Prizes for first second and third place teams, maps for in-service activities, Certificates of completion and vouchers for all participants to attend an orienteering event.

The competition will commence with a mass start, like a running race with all first leg relay runners starting together.

- Each relay leg will have between 6 and 8 controls (navigation points).
- Where the event is conducted on school grounds the school will determine which part of the school grounds and local ovals are to be used.
- A maximum of 12 students per school, 3 teams of 4 per school are invited to compete.
- Teams would be encouraged to compete in all 4 events
- Results will be taken from the best 3 results.

Competition time approximately 20 to 30 minutes – ie completed in lunch time or study period.

Winning team will be the team with most points at the end of the competition.

Registrations Open NOW

Enquiries/Register your Teams

Toni Brown

SC-ORE Project Co-Ordinator

For Orienteering ACT

0411 968 001

orienteeing.act@webone.com.au

OACT Contact details

Email: orienteeing.act@webone.com.au

Phone: (02) 6162 3422

Fax: (02) 6253 1574

Bank Building, Jamison Centre PO Box 402

Jamison Centre ACT 2614

SC-ORE - School Orienteering - Model Tried and Success assured!

On Monday 1 December following 6 weeks of integrated learning on explorers, navigation and landscape challenges years 5 and 6 at a primary school in Woden took the test! How much did they learn in a 6 week Body and Brain program? What skills and principles were shared, practiced and tested?

The environment, following tracks, reading landscapes, water courses, working under pressure in a competition where both the body and the mind come together, trying hard to work safely so that the team is not let down! These were just a few!

The 7 week Program

Weeks 1-2 on the school map where the children learned key features of maps in general, cardinal points and orientation as they worked through a labyrinth of markers, directions and control points. They applied their skills to navigate around specific locations on their school grounds. They were introduced to different or unusual features on the map and how to make decisions based on what they saw on the map. This was especially the case where there were walls and impassable map features – something the explorers would have had to do, but with less than perfect map!

Weeks 3-6 off site at Edison Park. The children learned compass use, moving across the landscape and changing direction on a compass bearing, and directional games to hone their map to compass skills towards control points, how to take easy route choices and to turn from attack points left or right. Being off their school grounds meant they had to remain more focussed. They had to understand what they could see on the map - no longer did it have the familiarity of school grounds. Activities included Star-Orienteering, identifying and following tracks and turns in the correct directions to reach control points (line orienteering). These activities involved both quick and slow paced decision making and movement, changing orientation out of either a central point or a location on the map.

After some team work training, a four person relay competition was run on the final week of the program. The format: a navigational relay competition on a park map near the school - Edison Park Woden. This provided quick feedback, offered fun spectator opportunities and was easy to run. Here all the learned skills were put to the test and lots of fun had by all!

All one needed was legs and eyes and a lorry load of enthusiasm! Each child 600 m – total team distance around 2.5km. Each leg relay had no more than 6 controls. Winning team times around about 15 minutes (some teams did take up to 21 minutes). Clearly some of the “explorers” got lost, tired and perhaps even perished. For others, well, they may well have lived to tell the tale!

Orienteering ACT’s Body and Brain Workshop - <http://www.act.orienteering.asn.au/Juniors/sp-sc/>
Registrations Open for SC-ORE (School Orienteering) interschool relay competition in March 2015.

RegisterNow <https://www.registernow.com.au/secure/Register.aspx?E=15039>

Enquiries/Register your Teams

Toni Brown

SC-ORE Project Co-Ordinator

For Orienteering ACT

0411 968 001

orienteering.act@webone.com.au

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Email: orienteering.act@webone.com.au

Phone: (02) 6162 3422

Fax: (02) 6253 1574

Bank Building, Jamison Centre PO Box 402

Jamison Centre ACT 2614

ORIENTEERING INSTRUCTION IN SCHOOLS Body and Brain Workouts

Prices from \$2 - \$6 per child (as at Sep 2014)

Contact orienteering.act@webone.com.au or Toni Brown 0407 011 737

We have a broad range of options available including the following. Prices exclude GST where applicable.



The map. We can

- Make a map of your school , or
- Use an existing map of a nearby reserve

The Class. We can deliver

- A one off session, or
- A series of 4 to 7 classes

We can stage an event

- Using an existing public event on a Wednesday lunchtime, or
- Hold a mini private event for your school only

We can offer

- Basic map reading, or
- Comprehensive spatial skill and graded lessons

We can teach

- Students of all levels (best from age 7 up), or
- Teachers for Professional Development

We can build

- A permanent orienteering course at your school, or
- Produce a Teachers Resources kit

Our fees are very reasonable

- \$2 to \$6 per child per session
- From as little as \$125 total (includes set up time)
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We can also promote the following at your school

- Map Mates – a four week adventure series for teams of 2
- SC-ORE (School Orienteering – a interschool orienteering competition)
- ACT Primary School Champs - 18 November 2015
- ACT High School Champs – 12 September 2015

Adjustments possible to meet school timetabling requirements.

Call Toni 0411 968 001 so we can arrange a personal program to meet your needs.