

OACT Newsletter

Issue #413 December 2015

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Editorial

(Original version written by Nick Barrable, Editor of CompassSport (UK's Orienteering Magazine)
www.CompassSport.co.uk

The Thought Sport

This cliché is often banded around when describing our beautiful sport. But for the majority of people this is an oxymoron. The majority of people don't want to think hard when they exercise. They want to lose themselves in their own thoughts, involving themselves in minimal thought processes, like those involved in kicking or whacking a ball in some way. Anything else but deep thought. Many Orienteers lapse into this mindset too when out on a course - we usually call it being a headless chicken.

Many people have tried orienteering at some point in their lives. Often at school or Scouts/Guides/DofE or as part of some corporate away day team building experience or similar. Many people appreciate what orienteering entails and have an understanding that you have to do something tricky - reading a map - whilst moving at speed across, ideally, unfamiliar terrain. It is no surprise to me therefore that this is not a sport for the masses and never will be. Orienteers are a little bit special!

Many people like a challenge. I can see the appeal of these Obstacle or Mud races. Pure running can be too dull for some and it is difficult to 'rest' a bit! It is fine to take your time over an obstacle! Or staggering across a muddy swamp. It appeals to your childhood urges of getting muddy and climbing things! But stick a navigation element on it and it becomes a huge turn off. Why? Because people don't want to have to think when they run. They don't want to be faced with a choice. They want to be told what to do, be it bounce the ball over there, run over there round the trees and back, swim to that end and back, or similar. Complicated sports don't appeal to the masses. And this to me is the no.1 reason why orienteering will never become a mass-participation sport.

Thank you to all those contributors during the year.
Wishing you a happy and safe holiday season.

John Scown

Interim OACT Newsletter Editor

PS – observant readers will notice the absence of the usual statement about the position being vacant etc. Watch this space.

EASTER 2016



2016 Australian Three Days Orienteering Carnival, Canberra

Stephen Goggs has taken on the role of Carnival Director. David Poland has arranged for Shane Rattenbury, ACT Minister for Sport, to officially open the Carnival on Friday at UC.

Approvals are in for the locations and the final testing of the entry process is underway. At Easter, Elites (M/W20E & M/W21E) enter a competition that includes all 4 events ie the Prologue on Good Friday and the 3 Days (Saturday to Monday). Classes other than those mentioned enter the 3 Days and optionally the Prologue on Good Friday but their results are calculated over the 3 Day event only. A full range of classes will be offered so you can participate at the difficulty and course length that suits, as well as compete against other orienteers in the same age group from all around Australia. Entries are expected to open soon.

The International Orienteering Federation has approved Orienteering Australia's application for eight World Ranking Events in 2016. Two of those events are the Easter Prologue on Good Friday and Easter Day 1 at Isaacs Ridge. (See the Acronym Buster section for more information).

As well as some great orienteering, we will be looking for a large number of volunteers to help at the event so the carnival runs smoothly. Many hands make light work, so the more volunteers the easier it will be for everyone. Get in early and secure your favourite job.

For more information, please visit the carnival website:

<http://easter2016.orienteering.asn.au/>

Course Setting Software

The OACT Board has considered, but ultimately decided not to offer any more subsidised OCAD CS licenses.

There is other course setting software available, in particular Purple Pen and Corpse, both free of charge. Our recommendation is Purple Pen for its ease of use, it is well supported and satisfies all the requirements for course setting software.

For more information, and to download the software:

Purple Pen: <http://purplepen.golde.org>

Corpse: <http://www.o-ware.com>

(Note: Purple Pen, Corpse and OCAD CS are Windows software. However, they all work fine on a Mac if using Parallels, VMWare or Bootcamp)

Acronym Buster

Having had only one lot of feedback on this section in the last newsletter, I've decided 'no response' means agreement/approval. So here is the next instalment:

WRE – World Ranking Events

(the IOF acronym was busted in the September 2015 Newsletter)

WREs were established by the IOF Council in 1998 to replace the previous IOF Elite Events. At the same time, the IOF World Ranking scheme was created, this being the main feature which distinguished WREs from the previous IOF Events.

WREs are conducted in Foot, MTB & Ski Orienteering. In Foot Orienteering there are two types - One for middle/long type known as the Orienteering World Ranking List (Easter 2016 Day 1 at Isaacs Ridge) and one for sprint type events known as the Sprint Orienteering World Ranking List (Easter 2016 Prologue at UC).

The main functions of these events include:

- encouraging Federations to promote and develop orienteering by staging high quality international events,
- to award rankings points which contribute to the World Ranking Lists.
- to provide a valid way of comparing competitors from very different nations on a common scale, taking into account the status of the event which assists in establishing qualification criteria and starting orders for major IOF events.
- to conform to contemporary practice in the world of elite sport by establishing World Ranking Lists for orienteering which are seen as fair and are accepted worldwide.

There is of course a set of Guidelines for WREs which can be found at <http://orienteering.org/wp-content/uploads/2010/12/Guidelines-for-World-Ranking-Events-2015.pdf> It is 22 pages long.

IOF EA – IOF Event Adviser

Each WRE (see above) has an IOF Event Adviser appointed by the IOF. There are less than 20 of these accredited in Australia.

The IOF Event Adviser is above all a helper and adviser of the Organiser. It is not for the IOF Event Adviser to organise the WRE, but to support the Organiser as far as is necessary and possible. The IOF Event Adviser shares with the Organiser the responsibility for the outcome of a WRE in all respects. This includes terrain, maps, courses, media service, etc. Therefore the IOF Event Adviser can give instructions and orders to the Organiser in any respect if the successful conduct of the event is endangered or if the rules are not followed. If the IOF Event Adviser and the Organiser cannot settle a dispute, the case must be brought to the IOF.

The roles of Controller and Event Adviser may be combined.

There is of course an Event Adviser's handbook at <http://orienteering.org/foot-orienteering/event-advising/documents-for-event-advisers/> It's only 4 pages long.

I smiled at this sentence in the Guidelines "The IOF Event Advisers are not police nor are they spies!"

David Hogg is the IOFEA for the WREs at Easter 2016.

NSO – National Sporting Organisation

In our sport this is Orienteering Australia. Most sports have a similar NSO eg Rowing Australia, Cricket Australia etc and this is the body that the Australian Sports Commission (ASC) deals with. The ASC, representing the Australian Government, is a major source of funds for OA.

SSO – State Sporting Organisation

In our sport this is the State and Territory organisations such as OACT, Orienteering NSW (ONSW), Orienteering WA (OWA) etc.

On the list for the next issue to cover are FTEM, SI, Eventor and OE.

IOF Inside Orienteering publication

The latest issue of the IOF publication "Inside Orienteering" is now available on the IOF web page.

This issue includes extensive reading about the upcoming SkiO Season, a fascinating insight into the WOC organisation process from the perspective of the IOF WOC SEA Jorn Sundby, a report from the first ever Egyptian Sprint Orienteering Championships and much more.

You can find it here: <http://orienteering.org/resources/publications/inside-orienteering/>

Red Roo Noos

Not long to Christmas!! The older you get, the years certainly pass very quickly.

The Pinnacle: 11 November 2015

Main news was not the orienteering BUT the 40th anniversary for the Red Roo Club which was celebrated at The Pinnacle event.

Many thanks to president Belinda Allison for the yummy cake. The red kangaroo on the icing was a real hit with the Red Roo joeys (under 10's). I was convinced the kangaroo was not edible, but of course the littlies knew better. The cake was easily devoured.

Great also to see "older" Red Roo members, as well as past members, enjoying the cake and chattering about the old uniforms on displays. Len Minty, Ann Sawkins, Ian Johnson and Sue Quayle laughed at the albums of photos of past 30 years which showed the men with more hair, the women with various hairstyles of the times and those outfits!!

Thanks to Bob Mouatt for his collection of old Red Roo uniforms and the photos.

Also thanks to Bill Jones and Bob Mouatt for the courses and organising. Good to see the helpers staying late to help collect controls in near darkness.



Back row: Belinda Allison, Bill Jones, Michael Tedeschi, Aaron Kooymans, Jo Allison, Bob Mouatt, Kerryne Jones, Stephen Goggs, Ian Johnson, Ewan Farquharson, Sue Quayle, Anne Sawkins, Len Minty;
Front row: Lewie Shepherd, Abby McCrae, Roy Shepherd, Max Walter, Zoe McCrae, Alma Walter.
Ian Johnson as the earliest member of the Red Roos, cut the cake.

OACT Dinner and Award Presentations - Yacht Club Yarralumla.

Thanks to Ann Scown for organising what was a great night. The attendance was the biggest in years and wonderful to see so many juniors aged from 1 to 20.

Red Roo, Jo Allison won the highly competitive ACT Orienteering the Year award. Jo also won the title in 1991, 1992, 2007 and now 2015. What is remarkable is although it was Jo's 4th title - the length of time of the first win to this year, shows Jo has not slowed with age but improved her orienteering skills, stamina and technique overtime.

Tamara Needham was one of the winners of the Audun Fristad award which is an encouragement award for juniors. Congratulations Tamara.

2016 New Year Events

17 February sprint format at Black Mountain Peninsula. Course setter Tate Needham. Organiser Belinda Allison. Volunteers are needed to help set up, registration and collect controls.

5 March Saturday, Act Sprint Championships at CSIRO. Course setter Allison Jones
Organiser is needed as well as helpers.

Could Red Roo members who run on the day, please make themselves available to assist with registration, or set up, or pack away or gathering controls after the event.

Many hands help with smoother running of the event and help to make the registration less chaotic.

Primary Schools Championships held at O'Connor Ridge 18 November, was a cheerful and busy morning. Near 200 children from 13 schools, some with nil experience to some being quite experienced, orienteered through the Ridge's complex tracks and rocks. Annabel Scott was successful in the Girls 12 years and in the 10 year pairs, Emily Scott teamed with Chris Miller to beat 31 other pairs. Well done girls.

Hope all members have a great Christmas with family and friends.

Hope to see some of you at the Sprint Carnival in January.

Kerryne Jones.

ABOMINABLE NEWS

We could have said “the Carnival is Over”, following Abominables final 2015 event at Wanniasa Hills on November 25th but then just a few days later OACT held the annual awards night and we were back in the spotlight.

Congratulations to Matt, Julie and Sean for their respective awards on the night. Matt won the Elite Men’s trophy and Julie and Sean are the 2015 winners of the Jim Sawkins’ Award for Event Management. Congratulations to you all.

Harking back to Wanniasa Hills, we had a great turnout of Abominables on the night. Those who were inclined got a run, while others were there to assist with registrations, new comers and packing up after the event. Special thanks to Prosser, Dreaded and Craig for their speedy control collection. The organisers wish to report that they were home and unpacked well before 9pm.



On another front, Abominables were out in force at the recent TrailACT race at Tidbinbilla, with Grant Bluett finishing 6th in the 16km Open Men’s division. Notable others in the Open Men placings were Tomas Krajca in 2nd and Abominable “brother” Matt Doyle in 3rd. Grant and Mary McDonald also raced the long course, but in a more mature age group, finishing 6th and 5th respectively.

Enough about long distance training, there was sub-junior sprint training in progress at the Yacht Club during the Awards dinner. Florence Crane (aka Flo-Jo), Edward Krajca and sister Marta were seen dodging obstacles and table legs in an effort to navigate the tight corners of the venue. Tomas K would be well advised to tell his daughter not to follow after a spectacular collision around a blind corner whilst “racing” Flo-Jo. Great entertainment.....

And to that other wonderful “climbing” sport of stair running – “closely related” Abominable, Mark Bourne recently won his 5th consecutive Eureka climb covering the 1642 stairs and 300m vertical elevation in just 7min 55sec.

Finally I wish everyone an Abominably wonderful Christmas and hope to see you all fatter - oops - that should read **fitter** in 2016.

Ann Scown

MTBO NEWS

What a fantastic result for Australia in the Junior MTB Orienteering World Championships in the Czech Republic. Angus Robinson, Bayside Kangaroos, Victoria took the Gold Medal in the Sprint race, just 21 seconds ahead of second. This is the first time in a number of years that Australia has medalled at either junior or senior MTBOC. Is it the dawning of the halcyon years of 10 or so years ago?

The Australian MTBO championships held on Victoria's surf coast in early November, also saw the largest number of entries in several years. This was contributed to by the fact that races were part of an Australian and New Zealand challenge (Australia actually managed to win!!) however, it saw the re-incarnation of some of the best MTBO riders from the ACT including Tom and Emily Walter. Julie Sunley joined Emily as a member of the Australian challenge team. Results for the ACT contingent were mixed but they were never far from the pointy end.

On the local front, a very successful ACT MTBO championships weekend was held in mid October. There were 3 races over the weekend, starting with a middle distance race at Sparrow Hill on Saturday morning followed by a sprint race on O'Connor Ridge in the afternoon. Julie Sunley also organised a reportedly great evening on Saturday night where presentations were made for these 2 events.



Sunday saw the long distance race staged around Pierces Creek/Laurel Camp. Distances were certainly long and some of the climbs seemed even longer but everyone enjoyed the challenge of Sean's courses.

Thanks to all the OACT members who volunteered their time to assist at these events.

It is for their untiring work in organising MTBO events in the ACT since 2011, that Julie and Sean Sunley have been awarded the Jim Sawkins' Award for Event Management for 2015.

Congratulations to them both – don't stop now – this is just the beginning.

Summary of Council meeting #68 held 26th November 2015

Below is a summary of the main points from the OACT Council meeting held 26th Nov:

Treasurer's report

- Ann Scown took over the reins of the role earlier this month and thanked Peter Miller for filling in as Treasurer for the last 4 months.
- Two Eftpos machines had been acquired and these were in use at events and in the office.
- OACT has received from ACT Sport & Rec, our Operational funding of \$26k as well as \$24k for National League Funding (Cockatoos). These funds relate to the period July 2015 to June 2016.
- Grants from Orienteering Australia (OA) (funds from the Australian Sports Commission) have been received - \$4,500 for Street Orienteering and \$4,150 for the establishment of Sporting Schools.

Executive Director's Report

- Current membership is at 437 which is up on last year.
 - The Annual meeting with ACT Sport & Rec on Operational Funding performance indicators has been slipped until mid December which might cause a problem for the proposed OACT attendees.
 - The Canberra Nature Park management plan is under review.
 - The OACT Junior League point score didn't happen this season, Matt Stocks volunteered to coordinate it for the 2016 program.
 - Eventor – OA has released modifications to the system which have improved some aspects.
 - It was agreed that the Blue Sparks address list and bulletin would be included in the weekly e-bulletin list as requested.
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- A half-season pass will be introduced from 1st January 2016. It would be half price ie \$50 adult, \$35 concession and \$125 family. It must be purchased through Eventor. All other conditions remain.
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- Tithes for 2015 and for 2016 will be allocated at a flat rate of \$150 per event for each event organised by the club but excluding those events which do not qualify currently such as OACT Championships, Wednesday Community program etc. This procedure to be reviewed at the Council meeting in November 2016. The Treasurer is to sort out the administration.
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- All season passes for 2016 must be available through Eventor including half-season passes.
 - A written proposal will be developed addressing season passes for full members and for associate members and a special Council meeting before the AGM will decide the fees.
 - 2016 Saturday Metro event #3 on 14 May will be changed from Commonwealth Park to Jerrabomberra PS.
 - OA Annual Conference on 5-6 Dec 2015 – delegates will be Saturday Geoff Wood and Ann Scown and for Sunday Michael Burt and Ann Scown.

Next meetings:

- OACT Board is scheduled for Mon 8th Feb 2016.
- The Annual General Meeting (AGM) is scheduled for 25th Feb 2016. The papers for the AGM will be available early in 2016.

SC-ORE School Orienteering – A great “Starter Pack”



This school safe orienteering, held on Thursday mornings has generated exceptional enthusiasm amongst participants. First trialled over 4 weeks in March 2015 and now repeated with some tweaks and improvements, the 4 weeks in November has seen 13 teams – (52 junior orienteers) put their bodies and brains to the test before the school bell tolled.



Their infectious enthusiasm was a pleasure to witness! Held before school at a different school each week two boys and two girls from each school competed in a mixed relay format. Viewed by many as a perfect "starter pack" SC-ORE provides an introduction for children before they start on the regular Wednesday twilight summer or Saturday winter series.



It is exactly the recipe that the Australian Sports Commission is looking for to help kids transition from occasional sport at school into long term community involvement. The key ingredients are: Parents are involved (someone has to drive them at 8 am); It provides great spectator opportunities (other children arriving at school at 9 am see all the action); It is challenging (on an unfamiliar school campus) yet it is secure (within the school and oval confines). This could well be the formula that will ensure that transition.

Map Mates - A great “starter- pack”



Map Mates exceeded all expectations this season when 35 children turned up at the trial session at Radford and a total of 42 signed up by the start of the four week series.



This year a new formula was tried with success. Fees were increased but a “free” season pass was included. Parents were given an incentive to sign up and e sticks were easily available to purchase at events. Some had never tried the sport before while others were keen to bring along friends to introduce them and their families.



The introductory session allowed for families to “try before they buy”. Next season Tracey Hemley will do the scoring and she is looking for a manager to assist her. Map Mates, now in its 9th season, offers a perfect starter pack for children to try community orienteering with support and nurturing. It is the sort of formula the Australian Sports Commission is hoping sports will develop to help overcome childhood inactivity.



David Poland Dec 2015

Sporting Schools

Highlights

- + Active involvement of an additional 3 ACT based Sporting Schools community coaches
- + In 2015, 86 in-school sessions (30-45 minute) have been delivered resulting in 5420 participation episodes. Of these sessions, 24 were Sporting Schools sessions ie 2676 students.
- + Two Level O workshops delivered to 12 prospective Community Coaches to meet the accreditation requirements of the ACS.
- + Level O course written and delivered as two, 2 hour classroom based workshops plus, where required, shadowing, mentoring, and delivery assessment of programs to school children.
- + A Quality Assurance process in early stages of development. To date, provisional feedback indicates overwhelmingly positive responses to the delivery of orienteering in schools.

Background

In March OACT called for a volunteer co-ordinator to fill the OACT Sporting School position. In July following a meeting with the Board, I started on Sporting Schools.

Discussion

OACT has been active in delivery of orienteering on a fee for service basis, in schools for around 3 years. As anticipated, interest from schools has continued to grow.

This is in response to a number of factors:

- The accessibility of the service.
- The implementation of the Australian Government's Sporting Schools program.
- The implementation of the Australian Curriculum, with some units explicitly requiring adventure and challenge.ⁱ
- And others.

Body and Brain/Sporting Schools - Activity in 2015 School Year

2015 Term	School	No. of Sessions	Month	No of student contacts	Map
1	Covenant	4	Feb/March	100	School/Fadden/Mt Taylor
2	SFX Yr 9 PE	2	May	100	Bruce CIT
2	SFX Yr 11	3	May	60	Bruce Ridge
2	Gowrie PS	3	June	260	Gowrie School Map
2	Radford Yr 9 DMD DEM	6	May	204	Radford/Bruce CIT
2	Radford Yr 9 elective	7	May/June	235	Bruce Ridge/Bruce CIT
2	Radford Yr 10	11	June/July	625	Radford School Map
3	SFX Yr 10	2	July	94	Bruce Ridge
3	Radford Yr 9	5	July	150	Radford School Map
3	St Clares Yr 9	6	Sept/Oct	168	Rem Park/Campbell Pk
3	Theodore PS - SS	4	Sept	300	Theodore School map
3	Radford Yr 9	4	Aug/Sept	122	Radford/Bruce CIT
3	Campbell PS	3	Sept	420	Camp School map
4	Jerrabomberra PS - SS	4	Oct	800	Jerra School map

4	North Ainslie PS - SS	4	Oct	560	Nth Ainslie school map
4	St Thomas Aquinas - SS	4	Oct/Nov	600	St Thomas Aq School map
4	Narrabundah EC - SS	4	Oct	164	School - no map
4	Radford Yr 9	3	Sept/Oct	75	Radford/Bruce CIT
4	Emmaus Junior - SS	4	Oct/Nov	320	Emmaus School map
4	Emmaus senior – Yr 9	3	Oct/Nov	63	Emmaus/ Mt Ainslie nth
TOT ALS		86		5420	

One of the greatest impediments to growth in delivery of fee for service orienteering to Schools has been the availability of Community Coaches.

Since October 2015, the availability of Community Coaches has increased substantially.

The reasons for this appear to be:

- The availability of appropriate quality equipment, especially access to SI training kits (otherwise known as kid magnets).
- Support provided through the Coaching Workshops and the Community Coach network.
- Support provided by way of program administration- initial communications/negotiations with schools, funding and invoicing arrangements.
- Adequacy of remuneration for the coaches.

Service Delivery and Funding Model

In ACT all community coaches are free to deliver their own preferred program.

ACT coaches do not generally use the OA endorsed OK-Go program as it has considerable shortcomings and does not meet the needs of the coaches or schools.

All workshop attendees have been trained to deliver a simple 4 week program modelled as an introduction to Orienteering.

The four week program covers the following skills:

Programming	Content (school advised can be modified to specific needs of teachers/school).
Week 1	Intro – map orientation and cardinal points
Week 2	Progression - using cardinal points and map interpretations to match map to ground and for problem solving
Week 3	Intro to real orienteering on set line course – with map interpretation and directions reaffirmed
Week 4	In school competition – individual or pairs - with electronic timing and concludes with results

Over the past 12 months the funding structure for in-school delivery has been evolving.

Taking into account feedback from schools, feedback from Community Coaches, funding models proposed by OA, and a review of other sports costing models.

Service Quality

As part of the In-school delivery process all schools are invited to provide feedback to OACT on the service received. At this stage the feedback process only partially developed. It is hoped that, time permitting, that more effort will be committed to this work.

IN summary and looking forward

Development of the right costing/delivery framework remains a work in progress.

While much has been learnt over the past 4 months, it's difficult to assess the sustainability and future prospects of this program. The question to ask is the Sporting Schools activity is showing any positive impact on general participation and if so what needs to be done to manage this effectively to ensure sustainability.

Toni Brown

ⁱ **Challenge and Adventure Activities (ACPMP104):**

- Focus on how individuals participate in a variety of physical activities designed to challenge them physiologically, behaviourally and socially in diverse contexts and environments.
- Students will participate in the following: initiative games; movement challenges (as individuals and in teams or groups); recreational activities in natural and outdoor settings; navigational challenges.