

OACT Newsletter



April 2016
Issue 414

From the President

By David Poland

The first six months

They say the first six months of a new sport are the most exciting. This is especially true for orienteers. So much to learn, so much to experiment with, so many milestones to achieve. That first street event where we meet new faces. The first metro bush map where we feel somewhat lost. The first tentative attempt at an orange course. When we first learn the meanings of phrases like "doing a 180", "parallel error" or "losing contact".

But for most participants a new sport is as much about making new social connections as it is about personal improvement. Meeting new people, laughing with each other when we make mistakes, comparing splits. Becoming involved with the clubs social nights, helping pick up controls after the event, designing a poster or popping into the office to help do some map printing. For most of us it is this social side that makes orienteering fun.

As the newly elected president for Orienteering ACT I do hope we can welcome you. I can't promise we will make you a great orienteer (although we will try!) but we can offer a warm and friendly atmosphere. Please feel free to approach me or any other of the board members with new ideas and suggestions. You can find our contact details on the OACT website [Board and Office Holders Page](#)

Have a great winter season. We look forward to you being part of the team and making mistakes together!

A day for the calendar: World Orienteering Day (WOD)

On Wednesday 11th May 2016, there are over 450 orienteering events being run in 56 countries, ranging from the European heart of orienteering to Nepal, Malawi, Cyprus, Iceland, Singapore, New Caledonia and Algeria. To see an interactive map recording all locations – including several in Canberra please visit the WOD [website](#)

On WOD join us in something different – a night orienteering event in Canberra. Check out the OACT Event [webpage](#)

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Executive Officer Report

By Geoff Wood

OACT members are invited to offer their thoughts on strategic planning for OACT for 2016-2019.

OACT is fortunate to receive triennial funding from the ACT Government Sport and Recreation Services. This year is the final year in this triennial period and at the end of this year a new submission for funding will be needed. As part of this we will need a strategic plan. It is easy to think we only need strategic plans to satisfy government funding providers, but we should be using such plans to guide our own future regardless of any government funding or requirement. OACT has a strategic plan and is on the website. It is really a combined strategic and operational plan.

This final year of the present triennial period provides the opportunity for a new strategic plan and the OACT Board is agreed on this. This does not mean pulling out the old plan, dotting the i's, then putting it away again; I think it means developing a new strategic plan and ignoring the old one; don't even refer to it - pretend it does not exist.

Over the years, I have seen many strategic plans, some have been 50 pages and longer. Quite clearly those organizations did not have a clue what they were on about if they needed 50 pages. The best strategic plans I've seen are about one or two pages long (including pictures). You can only produce a 1 or 2 page strategic plan if you know what you are on about and your priorities. My hope is that OACT can produce such a plan. Having said that, many strategic plans are accompanied by a 'where-are-we- now' statement which may include a background and/or history of the organization, and also accompanied by an operational plan which describes how we will work towards achieving the strategic plan over, say, the next 12 months with suitable key performance indicators.

Many strategic plans start off with a mission statement, values statement, a goals statement and so forth. To me, some of these seem motherhood, but a good one to start with is a mission statement – ie: Who are we? What do we do? Why do we do it? To answer these, it would be easy to write an essay one each one. The challenge is to be able to write a sentence or two for each one and no more. If we can do this then it shows we have reasonable agreement as to our mission.

A tool that is sometimes used in strategic planning is a SWOT analysis. Here we look at our Strengths, Weaknesses, Opportunities and Threats. I will provide what I consider an example for each, and emphasize there are many other examples for each one which we need to identify.

Strength: Orienteering does not require special venues;

Weakness: Orienteering places a huge demand on volunteers to conduct events;

Opportunity: Society is becoming more conscious of the need for physical activity;

Threat: Access to land upon which to do orienteering may become difficult.

The Board will be meeting over the next few weeks to consider these issues. Meanwhile members are invited to offer their thoughts in strategic planning, including what you think our mission should be, and your thoughts as to our strengths, weaknesses, opportunities and threats.

Please send your thoughts to me – geoffwood@netspeed.com.au

Behind the Scenes at Easter

HAVE WE LEFT ANYTHING BACK AT THE ASSEMBLY AREA?

By the Easter Start Team Co-ordinator.

There were long walks from the Assembly area to the Start for all 3 days of Easter.

Transporting equipment to the Start areas as the sun was rising, to allow enough time to setup for the first start was one of the logistical challenges and successes. Thank goodness for Tom De Jongh and Rob Jessop and their 'proper' 4WDs and Andrew Cumming Thom for being so organized with an array of colourful tapes and labels. No pre-dawn thinking required. Everything with a yellow tape went to the Start.

Six beeps or three, why the change? Orienteers are mostly a flexible lot. The 6 beep OACT start clock broke down before the first start on Day 2. This was quickly replaced with one of the newer ONSW start clocks that had a 10 second warning beep then 3 beeps before the long 'beeeeeeeep'. Despite the quizzical looks, most orienteers proved to be able to adapt to this.

A huge thanks to all the start team members listed to the left. It was great to have a cross-club team working extremely hard to make the starts across all 4 days seem almost effortless.

Photo: Site inspection for Day 2 with the Course Setter and Controller



Easter Start Team

Conor Bendle

Coral Dow

Sue Garr

Tony Garr

Jon Glanville

Susan Hallissy

Carol Harding

Kerryn Jones

Stephen Still

Jill Walker

Kristen Walker

Phil Walker

Behind the Scenes at Easter

Day 3 without the 'kilometres' of bunting - Trying to spot the distinctive pine tree for the Start triangle.



Prologue Day - We were almost hoping it would rain to test out the best ever wet weather Start area.



Sue Garr in charge and Stephen Still on border control.

Behind the Scenes at Easter

They are off and running.



Behind the Scenes at Easter


Easter Bunny bolts to winner's podium

WHO HAS EATEN ALL THE EGGS?

That basket looks almost empty. Where are all the eggs? Does the bunny smile reveal the answer? Was that the secret of success?

W14A

3 280 m, 18 starting competitors

| Place | Name | Organisation | Time |
|-------|--------------|--|-------|
| 1 | Zoe Melhuish |  PO A | 31:19 |



Behind the Scenes at Easter

BRINGING A TASTE OF SWITZERLAND TO ISAACS

By Ann Scown

Course setting for Day 1 of the 2016 Australian 3-Day was in full swing.

Approvals were in place.

Access and parking were arranged off Long Gully Road.

And then.....imagine, if you will, after a long day cycling at the Audax Alpine Classic in Bright on January 24th, 2016, you receive a phone call. It was Ocky, the farmer from Long Gully Road. Unfortunately, due to circumstances beyond his control, he was now unable to give permission to use his paddocks for parking! Sh.....!!

Better ring Rob (*Jessop – course setter*) and let him know. As luck would have it, he was on site doing some control checking. There was just a trace of yellow on his map off to the SW corner – it might be worth a look.

Within a few hours he had checked out the area and determined an access route to the “ridge”.



Upon our return to Canberra, we swung into action and with the wonderful assistance of Kate Haddon (TAMS – Athlon Drive Depot) we made contact with Parks and City rangers at the Stromlo Depot who directed us to Open Urban Space – City Places. But who?

Susie Breikopf suggested another application “to use a public place” describing the requirement as “overflow parking” as part of the already approved carnival event.

And so began a dialog between John (*Scown*) as Organiser and myself as Controller with many and varied people within TAMS. We still had belated discussion with traffic management with respect to Long Gully Road but were soon in touch with Scott Pittard who was our contact for the Isaacs parking area.

We, in the event organising group, thought it was very reminiscent of areas in Switzerland and beyond, where you have an assembly area in the village and then a long trek (or chair lift ride) to the start. We have also encountered remote finishes on the mountain and a long walk back to download.

Hence we were happy with what we had to work with.

Having worked out a new start point and re-jigged all his courses, Rob felt the need to get at least some of the courses back to the assembly area. This meant quite a long (and relatively “dead”) run from the forest back through the suburbs. Accounting for the relative speeds of “older” age group orienteers, it was decided to split the finish into a remote finish “on the hill” for courses 10 and above and the rest to have an assembly area finish. As luck would have it, there was a very runnable and safe route following pathways from the ridge back down to the suburban parkland.

The rest is now history.



Those wonderful “Sledgers”



**More wonderful “Sledgers”
or is it
More “wonderful” Sledgers**

I will not name the many employees from TAMS who assisted with getting our final parking and assembly area in place. They were all extremely helpful and accommodating.

Most of the “local” inhabitants were also pleased to see the area being put to good use.



And as for the course setter.....



Easter Day 1 Tragedy Course Setter Stops Arrow With Stomach – Big Mistake

Disclaimer: No course setters were harmed in the production of this Newsletter

Club News - Abominables

By John Scown

The annual gathering of Abominables was held (and not for the first time) at the “North Lyneham Yurt” on the 14th of February 1966 – make that 2016. However, we did celebrate the introduction of the dollars and the cents!

Following a fantastic BBQ, expertly cooked by Sean and his band of helpers, the kids played under the tap – thanks Sean. Most of the time they had their clothes on but then it became too much fun.



Club positions of importance were allocated with the following results – all unopposed.

President
Social Secretary
Club Coach
Drug Control Officer
(aka anti doping)

MTBO Co-ordinator
Library Officer
Hazard Reduction Co-ord
Lego Construction Co-ord
Director of the Dark Arts
Council Reps (TBC)
Club Contact

Leo Mottershead
Julie Sunley
Matt Crane
Grant Bluett

Sean Sunley
Jane Saye
Craig Mottershead (apparently pretty good with fire)
Zaf, Banjo, Rui, Leo, Flo and Violet
Stephen Still
John Shelton Agar, John Scown
Ann Scown

Sean and John discuss the finer things of life



More from Abominables

Our year got off to a fast start with the running of the ACT Middle Distance Championships at Honeysuckle Creek on March 6th followed a little too closely by Day 1 of the Australian 3-Days at Isaacs Ridge. Thanks to Matt Crane and Rob Jessop for the great courses at these events. Also, special thanks to all the Abominables (basically the entire club and including the “Mexicans” at Isaacs), for their tireless efforts on both days. It is truly fantastic to work with such a great bunch of enthusiastic orienteers.

As far as race results go, Abominables were also on the receiving end of several awards at both the ACT Champs, Australian 3-Day and the NSW champs weekend following Easter. You know who you are and there are way too many of you to mention here. Keep up the great standards.

Special congratulations to Jenny Bourne and Grant Bluett for their induction to the OA Hall of Fame as inaugural Athlete Representatives. This confirms their outstanding performances as both elite and masters athletes.



Some of us will be escaping to warmer climes for winter so it will be left to the few remaining in town to conduct our final foot event for the year on September 3rd at Yarralumla Bays (Final Saturday and ACT Secondary Schools Championships).

If you have a liking for MTBO, please offer your services to Sean to assist with the conduct of the ACT MTBO Champs in October.

Club News - Bushflyers

By Dennis Trewin

BUSHFLYER'S BUGLE

We have a few new members and I would like to offer a very big welcome to all the new Bushies – we hope you enjoy your orienteering experience. Please contact a fellow Bushie if you want help on anything.

Special congratulations to David Poland on being elected OACT President. David would like to do a few things differently and will no doubt need our support from time to time.

Our biggest recent activity was the Elite Sprint Prologue and Public Prologue at the University of Canberra on Good Friday as part of the Easter Carnival. This was also a World Ranking Event. It was a great event making great use of new technology and the feedback was extremely positive – not a single complaint. Thanks to all the Bushies who helped but a special thanks to Toni Brown, our supreme organiser. We also owe a special thanks to all the team leaders including Alison Inglis (Set-up), Chris and Matt Stocks (Registration), Valerie Barker (Elite Quarantine and Presentations), Peter Miller (Parking and Pack-up) and David Poland (Kids Events). We also a lot to Grant Bluett for his excellent courses, David Hogg (WRE Controller), Matt Purcell and his Finish team and the Walkers and their Start team.

We also had excellent results over the Easter Carnival with the Bushflyers winning the award for the top club in Australia. All competing Bushies contribute but we should recognise our placegetters over the Easter Carnival – Paul de Jongh (1st in M21AS), David Stocks (2nd in M14A), Tristan Miller (1st in M16A, Patrick Miller (2nd in M16A), Noah Poland (3rd in M16A), Pauli Piironen (2nd in M80A), Kevin Paine (1st in M85A, Toni Brown (3rd in W50A), Jenny Hawkins (1st in M70A), Tom de Jongh (2nd in M55AS) and Alan Sargeant (2nd in M65AS)).

On a sadder note, a former Bushie stalwart, Ray Leuning, died earlier this year after a long illness.

The last Bushies Swarm was kindly hosted by the Stocks Family on a very warm evening in February. Their pool was extremely popular. The next swarm will be on Friday 6 May at the Trewin residence (38 Mirning Crescent Aranda). All are welcome. It is a great way of getting to know your fellow Bushies a little better. We will organise a Turkish banquet and provide desert. Please bring your own drinks. The highlight will be the presentation of the Ian Booth Award for the most improved Master level orienteer during 2015. To help with planning could you please let me know if you can attend (dennistrewin@grapevine.net.au).

Dan Del Dot is taking over from Toni as Social Secretary and Roster Organiser. Thanks Toni for the heap of work you have done. It is really appreciated. Also, thanks to Dan for taking on this task.

Being the largest club in the ACT, we have quite a few events coming up – Weston Park (Sat 30 April), Lake Ginninderra (Sat 21 May), Remembrance Park (28 May), Awoonga (Sun 24 July), Aranda Hill (Saturday 8 August), Mt Ainslie North (Sat 13 August) and Collector and ACT Championships (Sun 21 August). Toni has carefully organised a roster for these events so the load is evenly spread. Most Bushies should have been allocated a job. Please check the ['Clubs'](#) page on the OACT web site. If you can't make your allocated date, please arrange a swap. Even if you are not on the Roster, and are available, your help would be greatly appreciated.

More from - Bushflyers

Bushies at Easter – Prologue at the University of Canberra.



Club News - Parawanga

By Phil Walker

PARAWANGA PARAGRAPHS

*From the April 2016
Parawanga Club Meeting*

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 backed 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](#)



More from Parawanga



Club News – Red Roos

By Jo Allison

The Australian 3 days has been and gone and what a fantastic Easter weekend of orienteering it was! Firstly, a huge thank you to all the Roos who helped make it all happen. John Sutton worked very hard as the organiser for Day 3 and coordinated the Red Roo effort for the day. Thank you to everyone who helped set up, work on registration, pack up, load the truck, and to those who put their shoes back on tired blistered feet to bring in all the controls. It was a great team effort! A number of Roos also took on major roles for the 3 days; special thanks to Stephen Goggs (Event Director), Bill Jones (Day 3 controller and sport ident, radio expert), Bob Allison and Hugh Moore (mappers), Bob Mouatt (Eventor), Tate Needham (Web manager, Publications and Promotions) and Jason McCrae (Voice of the Forest).

Also a note of thanks from Kerryne Jones:

"Bill and I would like to acknowledge Parawanga orienteer, Rob Jessop, for volunteering to use his 4 wheel drive to transport Bill Jones to difficult areas of the maps on days 2 and 3. Bill had to put out a radio mast as well as radio repeaters, to assist the commentary team. Rob's trusty steed saved Bill hours of time. It was great to see cooperation between the Canberra orienteering clubs. Thanks Rob.

Thanks to John Sutton for the long hours and physical effort he put in to organise the Red Roo Day 3 event. Yes, John was organiser for Day 3 but we saw the long and physical hours he spent putting out bunting, signs and flags late on day 2 in preparation for Day 3. John had a small band of helpers but the effort he and Ann put in was enormous."

Well done also to all the Red Roos who competed in the three days. We had several Roos make the overall placings; Allison Jones and Emily Walter 1st and 3rd respectively in W40A, Judy Allison 3rd in W65A, Ann Baylis 3rd in W70A and Jo Allison 1st in W21E.

The NSW middle and long distance championships were held at Snows Hills the weekend following Easter. They were held in spur gully terrain with some vague areas and a twist of low visibility forest which made for some very interesting and challenging orienteering. Most courses had some interesting long legs which, as well as bringing a few of us unstuck, led to lots of route choice discussion afterwards.

A number of Roos took part and there were quite a few successes. In the middle distance placings: Kerryne Jones 1st W65A, Jo Allison 1st in W21A, Rob Walter 2nd in M21A, Samuel Wilson 2nd in M21AS, Michael Burt 1st in M40A, Hugh Moore 2nd in M65A and Bob Mouatt 3rd in M75A.

In the long distance; Judy Allison 1st in W65A, Ann Sutton 2nd in W70A, Jo Allison 2nd in W21A, Samuel Wilson 2nd in M21AS, Tate Needham 3rd in M40A, Bill Jones (2nd) pipped Hugh Moore (3rd) in M65A and John Sutton finished 3rd in M75A. Well done everyone!

We also welcome new members; Martin and Kathie Dent and their four children, to the club this year. Martin and Kathie bring with them talents in marathon running, with Martin having represented Australia in Olympic and Commonwealth Games. We look forward to seeing them at events.

Club News – Western Emus

By John Foster

Picaree Hill on 17th April was an excellent event set and organized by Weston Emus.

The next event for Weston Emus to manage is Mt Taylor in August.

A course setter and an organiser are required.

Congratulations to all Weston Emus members who received OA Merit badges during the year.

| | |
|-----------------|------------|
| Martin Wehner | M50 Gold |
| John Suominen | M70 Bronze |
| Gordon Quantock | M75 Gold |
| Herman Wehner | M90 Gold |
| Miho Yamazaki | W16 Gold |

The following club members competed in the Easter three day event:

| | | | |
|---------------------|------|------------|----------|
| Andrew Cheffers | M50A | day 3 only | place 21 |
| Andrew Cumming Thom | M55A | all 3 days | place 18 |
| John Suominen | M70A | all 3 days | place 30 |
| Gordon Quantock | M75A | all 3 days | place 12 |
| Hermann Wehner | M90A | all 3 days | place 1 |
| Miko Yamazaki | W16A | all 3 days | place 3 |

A special mention for Hermann and Miho who gained place awards in their age classes.

| | | | |
|----------|---------------------|----------|----|
| Prologue | Simone Edwards | hard 2 | 38 |
| | Miko Yamazaki | hard 2 | 42 |
| | Andrew Cumming Thom | hard 2 | 71 |
| | Rosemarie Edwards | moderate | 86 |
| | Hermann Wehner | moderate | 88 |
| | Gordon Quantock | easy | 56 |

The Club Scores were won by Bushflyers with 66 points, WE only got 8 points, but we were not last!
(even though WE are the smallest club in the ACT).

WE have two OACT events this year. Courses for the Picaree Hill event were set by Andrew Cheffers under the guidance of John Suominen and for our second event this year on Mount Taylor a course setter and organiser is still required.

Western Emus – the crew at Picaree Hill



Competition – Prizes to be Won

A competition for OACT Members only.

The competition is to for the **best photograph that represents orienteering in the ACT**.

Can you capture an image that best portrays orienteering to the broader community?

The rules are:

- The photo is to be taken at an OACT event between 29 Apr 16 and 5 Sep 16.
- One entry per OACT member.
- Entries to be emailed to the OACT Office office@act.orienteering.asn.au by close of business Friday 9 Sep 16.
- The email needs to state who took the photo and at which OACT event.
- Photos to be judged by members of the OACT Board, including our professional photographer in residence, Tate Needham.

Now the good bit. The prizes are

- 1st Prize – Two free tickets to the OACT End of Year Dinner.
- 2nd Prize – One free ticket to the OACT End of Year Dinner.
- 3rd Prize – One free entry to a 2016/17 Twilight event.
- Each winner will also receive a Keep Cup badged with the OACT logo

Note: OACT will seek agreement from the photographers before using any of the submitted photographs in communication or promotional material.

THE RUNNERS SHOP CANBERRA**76 Dundas Court Phillip (6285 3508)****Upstairs, Hibberson St Gungahlin (enter between Gloria Jeans and Central Café, next to Anytime Fitness) (6241 7054)****Experience and Expertise**

The Runners Shop Canberra was established in 1990 and is now widely regarded as one of the best running specialist stores in Australia.

All our staff are athletes themselves, so as well as being technically trained, they can speak from their own experience about the products we sell.

Foot analysis

We sell you the shoe that suits your foot, not a particular brand to meet a store target. Our staff will take the time to consider how you use your shoes, observe your gait and arch structure, as well as examine how your last pair of shoes fared.

We follow the latest developments in running shoes and sports medicine and consult with doctors, physiotherapists and podiatrists.

Best product

We stock all the leading brands in running shoes and include trainers, racing shoes, trail shoes, minimalist shoes, cross trainers and walking shoes in our wide range. We are also selective and test our products to ensure we only sell the best.

Brands we stock include Asics, Brooks, Nike, Mizuno, New Balance, Saucony, Nike, Hoka, Inov8 and On.

Need some winter apparel? Come and check our long sleeve tops, tights, beanies and running gloves to get you through those cold mornings!

We have been a long time sponsor of the Orienteering Association, including providing a 10% discount on all full priced shoes, apparel and accessories.

In addition to this, we donate 2% of purchases by OACT members back to OACT.

Visit our online store at www.therunnersshop.com.au