

OACT Newsletter



August 2016
Issue 415

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From the President

By David Poland

Firstly the Board would like to thank all those volunteers who have assisted with the work of the organisation over the last few months. There is an incredible feeling of good will amongst our members and they are generally very involved for an organisation of this type. This is very much appreciated. It is how we achieve so much.

The Board has been very busy in recent months attending to many matters some of which are outlined below.

Finalising the Strategic Plan

This is due for lodgement in early September. The process began in April, an online survey was conducted in May, a timeline was approved by council in May, a special board meeting was held in June, a special executive meeting was held in July, and the draft Strategic Plan was emailed to all council reps in August for finalisation by the end of August. The finalized version will be made available on the OACT website.

Finalising the Operational Plan

This has been developed in tandem with the Strategic Plan. Ten or so priority areas have been identified that we will work on over the next three years.

Planning for the Australian Championships 2019 Carnival - only about 1,000 days to go

Planning has begun. Geoff Wood has developed a timeline. Dave Shepherd has firmed up cooperation arrangements with NSW and Vic and locations have been decided (but not announced as we are seeking funding from NSW tourism before we make announcements). Valerie Barker has secured schools accommodation. Some events will be World Ranking Events.

Anyone interested in being part of this planning committee is welcome.

From the President (cont)

Equipment Officer

John Scown has kindly agreed to take on / continue in this role and he looks forward to everyone doing their bit to keep the gear in a neat and tidy state. Please report any damages / losses early to John on the new email equipment@act.orienteeing.asn.au

Mapping

Bryant Allen continues to coordinate the mapping programme. An overall Mapping Strategy will be developed. We now have several young mappers confident with school maps and we plan, with Bob Allison's help, to upskill them so they can do basic bush maps. Tate Needham and Dave Shepherd are working on the development of an online Map Library - using google groups. This will handle version control.

Schools - Maps

We now have a standardised school map template (one for landscape and one for portrait orientation) all with a standardised legend, red bar at the "top" and symbol set as well as space for local business sponsorship.

Workshops - Controllers

A weekend controllers workshop will be held in Oct/Nov 2016. Valerie Barker and Anita Scherrer are coordinating this. The overseas scholars will also hold brief evening workshops to whet the appetite of those with less experience. David Poland will coordinate the scholars workshops.

Workshops - Course Setting

Dave Shepherd is developing an online course setting workshop using material already started by previous scholars Lukas Frei and Theo Fleurent. The scholars will hold evening Course Setting workshops in Term 4.

Workshops - coaching

Toni Brown has held several Level 0 workshops and we now have 14 accredited Level 0 coaches. Congratulations to all those volunteers! The next priority is to work on Level 1 accreditation. If anyone is interested in coordinating this area please let us know.

Sporting Schools

This programme now delivers thousands of encounters a year promoting orienteering as a fun sport to the community. A minor fully self funded outreach programme to rural NSW schools (Albury, Jugiong, Yass, Wee Jasper), is being piloted which hopefully will paint us in a good picture for future ASC and OA funding. The Sporting Schools programme is budgeted as being cost- neutral to OACT and has now reached the point where we believe the administration of it can be self funding thanks to the large contribution by Toni Brown and others in setting this up.

OACT has decided to formalise the role of Development Officer / Sporting Schools Administration and will be moving to a paid part-time position commencing in 2017. Anyone interested in this type of work should look out for the position being advertised. The plan is to advertise at the start of Term 4 and complete the selection process in late October / early November 2016.

From the President (cont)**Scholars**

Three scholars arrive in September for six months. Please make good use of them for your own personal coaching. They can provide individual private tuition if anyone would like to approach them to negotiate a fee. In addition they will be doing sporting schools coaching as well as club, adult and child training at Twilight and Monday events, as well as weekends away and evening armchair workshops. Please make good use of them. To encourage access across the clubs Jakob will join Parawangas, Charlotte Watson will join Red Roos and Katie Reynolds Abominables. We are looking for three “mentors” to act as a buddy/support person - one from each club. Offers of help for accommodation are invited. Please contact Edith Gray who has kindly agreed to coordinate the host roster this year. A half page profile of each scholar and picture appears in this OACT Newsletter. All three will be at the Queensland carnival - so say hello to them there. If anyone would like to help coordinate the scholar programme this year please ask Edith or David Poland.

Insurance and Financial Reserves

The board will recommend to council that a specified amount be kept in reserve for unforeseen circumstances and that this money be used to “self- insure” our assets rather than fork out an annual premium of \$2,500. To date we have had no content or gear insurance, and no major incident.

Event Management

Progress is being made towards evaluating the computer programme MEOS (Making Event Organising Simple) for Twilight and Saturday events. This programme will have more functionality and ease of use than current systems. Dave Shepherd and Tate Needham and others are progressing this.

Map Mates

Nathan Guinness and Shannan Forrest have agreed to continue this at the Twilight series however they need another two or three volunteers to assist them. Please contact the OACT Office to volunteer for this role.

SC-ORE School Orienteering

OACT will ask OA for funding to underwrite the transition of this very successful programme from its current pilot trial status into a permanent self funding fixture on the schools calendar. Currently 50 children attend twice a year for four weeks. This is projected to rise to 140 in the future.

Permanent Courses

Permission has finally (after 18 months) been obtained to construct these at 5 locations - Weston Park and John Knight will be the first two and completion is expected by Dec 31st. If monies permit three more courses will be located in 2017 at Fadden Pines, Eddison Park and (in exciting news) at Tidbinbilla Playground BBQ area). Many thanks to Bruce Barnett, and Kelly Young for their volunteer work on this matter. Peter Effenev (Queensland) has agreed to provide a smart phone app to complement these courses when he can find some time. Anyone interested in setting up webpages for this programme is welcome.

From the President (cont)

Event Director / Access Issues / Events Programme

As has become more common in recent years access and permission issues continue to present hurdles for us. In addition volunteer resources need to be managed carefully so as not to overburden people who are busy with careers and other commitments.

The ACT Government has produced a draft Canberra Nature Park Management Strategy and David Hogg, Bryant Allen and Geoff Wood are providing input to this. There are some concerns that Zone 1 (high protection) could place limits on orienteering. (eg all of Mt Ainslie is Zone 1).

The board is seeking a person to pursue the Awoonga (near Collector) access / permissions issue with Yass Council and NSW Lands Department. Some remuneration will be available for this. The process is expected to be easily achievable but will require following due process - albeit somewhat convoluted. Please let the board know if you are interested.

The postponement of The ACT Long Distance Champs was an unfortunate and regrettable decision. This highlights our reliance on volunteers, the difficulties of gaining access permissions and our exposure to unforeseen events. We thank those who have banded together to provide an alternative venue and date at such short notice.

All of these matters highlight the fact that we have been without a formal Director of Events for over 12 months now. One proposal has been to divide this position into three sub-positions so we would have three Overall Coordinators one for Twilight Series, one for Saturdays and one for Sundays / Major Events.

Executive Officer Report

By Geoff Wood

Contact Orienteering ACT

Please contact OACT if you have any questions about our programs, events, or any other matters.

Email:

office@act.orienteeing.asn.au

Phone:

(02) 6162 3422

Mon, Tues & Thur

9am to 2pm.

New members in 2016

OACT welcomes the following new members. To the extent that I am aware, I have not included members who have renewed after a period of non-membership. I have prepared the list manually as our membership data system Eventor cannot generate new-member information. If I have left you out, or if your family members are not included please advise me.

AO-A	Roger Cobcroft; Andrew Italiano; Grace Crane, Florence Crane, Lewys Candy, Leo Mottershead, Violet Mottershead.
BS-A	Richard Batt, Janice Batt and Lincoln Batt; Callum Bennett; Cassia Cunningham, Pia Cunningham, Saul Cunningham and Adrienne Nicotra; Joshua Daffern and Peter Daffern; Helena Daley, Hannah Daley and Kiera Daley; Sophie Davies; Ainsley Drysdale-Burford; Jan Goetesson; Brendan Harris, Susanne Harrysson, Matthew Harrysson, Sara Harrison, and Tom Harrysson; Kathrine Hinchcliffe; Emery Holmik, Gayle Holmik, Jadyn Holmik and Tayla Holmik; David Lamond, Debbie Lamond, Flynn Lamond, Olin Lamond and Reed Lamond; Ruby Minchin; Emily Naughton; Vicky Newman; Michael Noyes, Halle Noyes, Zack Noyes and Catherine Allen; Janet Powell; Llew Reilly; James Robinson; Charly Snare and Sarah Snare; Julia Waddel-Wood;
PO-A	Kate Angus, Ana Boshier, Angus Boshier and David Boshier; Annette Braagaart, Dylan Braagaart, Mia Braagaat, Molly Braagaart and David Milne; Michael Guthrie; Emily Lavery, Fiona Lavery, Martin Lavery, Robert Lavery and William Lavery; Adam Leane, Arlan Leane, Aurelie Leane and Rose Pascoe; Jacob Lindsam; Alexandra Wambach, Maxie Wambach, Nancy Warmbach, Paul Warmbach and Lauren Reed; Joachim Wille-Bellchambers.
RR-A	Alex Derlacki and Izzie Derlacki; Sharon Bessell and Madeleine Bessell-Koprek; Martin Dent, Connor Dent, Hayden Dent, Elye Dent and Kathie Dent.
WE-A	Rob Joford, Amanda Joford, Isla Joford and Rosie Joford.

Executive Officer Report (cont)

First-Time Orienteering Organisers and Controllers in 2016

OACT congratulates and thanks our amazing members who organized their first event as event organizer or who did their first course setting. Those who make it to the 2016 list are listed below. The list is the biggest we have had for quite some time. The information again has been manually determined and is based on the members identified as course setter and event organizer in the results of each event.

Volunteering - Our first-time event organizers and course setters in 2016 (up until 25 August)

20 Jan 16	Setter	Zoe Melhuish PO-A	Twilight - Lake Ginninderra
3 Feb 16	Setter	Toby Lang BS-A	Twilight - Campbell Parklands
24 Feb 16	Organizer	Paul Cuthbert BS-A	Twilight - Lotus Bay
24 Feb 16	Setter	Matt Stocks BS-A	Twilight - Lotus Bay
30 Apr 16	Setter	Ben Hobson BS-A	Saturday - Weston Park
28 May 16	Organizer	Zac Zaharias BS-A	Saturday - Mt Ainslie North
4 Jun 16	Organizer	Liz Dunbar, Ian Elz PO-A	Saturday - Bruce Ridge
4 June 16	Setter	Kristen Walker PO-A	Saturday - Bruce Ridge
6 July 16	Org/setter	Bill Monaghan	Wed lunch - The Pinnacle
20 July 16	Org/setter	Stephen Still	Wed lunch - Mt Rogers
23 July 16	Setter	Sarah Buckerfield	Saturday - ANU
3 Aug 16	Org/setter	Kelly Young	Wed lunch - Bruce Ridge
6 Aug 16	Organizer	Andrew Johnson BS-A	Saturday - Aranda Bushlands
10 Aug 16	Org/setter	Daniel del Dot	Wed lunch - Mt Majura West
13 Aug 16	Setter	Paul Cuthbert BS-A	Saturday - Mt Ainslie North
17 Aug 16	Org/setter	Susanne Harrysson	Wed lunch - Wanniasa Hills

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 16 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.

Who are the Blue Sparks

Have you seen the yellow flag surrounded by a group of junior orienteers and parents eagerly listening to an experienced orienteer and wondered: what is this group and how do I become part of it?

Blue Sparks is an Orienteering ACT initiative to introduce junior orienteers aged 7-13 to this fun, healthy and mentally challenging sport. Blue Sparks is the first step in the Orienteering ACT development pathway for young orienteers, which leads on to the Blue Lightning youth squad and the opportunity to progress to the elite ACT representative squad, the Canberra Cockatoos.

Participation in Blue Sparks activities is available for free to any junior members of Orienteering ACT and their families. Just come over and say hello - it really is that simple! Blue Sparks offers a series of events throughout the year including the MapMates competitions and Blue Sparks Training Camp - a family camp - just to mention the favourites. As well as these activities, Blue Sparks offers a free training session each week.

Just come to the Blue Sparks flag with your maps 15 mins after registration opens. Training sessions generally last 20-30 minutes and focus on a core orienteering skill each week, plus a few hints on the map of the day. Also there will be a member of the training team available at the Blue Sparks flag throughout the events who can discuss your course with you before or after you run.

For more information on Blue Sparks check out the OACT Website <http://act.orienteering.asn.au/juniors/blue-sparks> or drop the team an email via office@act.orienteering.asn.au.



Club News – Red Roos

It was with great sadness that we heard that Lorna Mouatt had passed away in early June. Our thoughts are with Bob and his family during this very difficult time.

Being a relatively quiet time of the year for orienteering in Canberra, some Roos have been travelling to warmer climates to get their orienteering fix. The Queens Birthday 3 days carnival was held for the first time in Coffs Harbour this year. The event was run by the local Bush 'n' Beach Orienteering Club and was a great success. Competitors enjoyed a mix of bush, beach and urban terrain over the long weekend. The middle distance, held on a coastal strip at Coffs Harbour was particularly interesting and challenging. The finish arena had beautiful ocean views and even some dolphin spotting opportunities. A few Roos made the overall placings; Zac Needham was 1st in M20A, Tate Needham 3rd in M35, Judy Allison 3rd in W65A, Bill Jones 3rd in M65A and David Shepherd and Jo Allison 1st in M21A and W21A respectively.

Several Roos travelled to Europe for some summer orienteering. Judy and Bob Allison and Eric Wainright took part in the Swiss O-tour and Swiss O-week. The Swiss O Week was held around St Moritz and sounded like quite an experience. Surrounded by snow capped mountains, it was rocky mountain goat country. And it's not every day you get to take a cable car to an orienteering event.

Photo - One of the scenic finish arenas at the Swiss O week.



Club News – Red Roos (cont)

Eric went on to compete in the World Masters Championships held in Estonia. Kerryne and Bill Jones joined him there after their tour of Iceland. In the sprint final, which was held in the Tallinn old town, Bill made the B final in the very competitive M65 class and Eric finished 2nd in the D final in M70. In the long distance, Bill made the C final and Eric the D final. Judging from the photos it looks like the long final involved some wading/swimming through marshes!

Slightly closer to home, a few Roos ventured out to central Australia to compete in the World Rogaining Championships held near Alice Springs. Rob Walter and Martin Dent both competed. From all reports it was a challenging event but with amazing scenery.

Thank you very much to all the Red Roos who have organised, course-set and helped with our club events. It was great fun to run on the new Jerrabomberra Primary School sprint map. Well done to the Needham duo; Zac for making an excellent map (don't be surprised if you get asked to do some more mapping Zac!) and Tate for setting some great courses on a small area. The Red Roo event held at ANU in July was also a success. Despite the cold windy weather there were nearly 50 ANU students who came along to give orienteering a try.

The postponed Jim Sawkins event has been rescheduled for September and will now also be the 2016 ACT Long Distance Championships. We will keep our fingers crossed for some friendlier weather the second time around.

Congratulations to Red Roo Juniors; Zac Needham, Emily Alder and Rosie Goggs who have been selected in the ACT Schools team to compete in the Australian Schools Championships to be held in Queensland in late September.

Also, Jo Allison is heading to Sweden to compete in the World Championships held in late August.

Welcome to our latest new Red Roo members; Emma Betts and Alex and Izzie Derlacki. We look forward to seeing you at events and RR gatherings.

Club News – Parawanga

*For more stories, visit the
[Parawanga website](#)*

After the Easter Carnival Parawangans were kept busy with the Sunday AL and Saturday Metro Programs, with some finding time to venture to various interstate and overseas events.

PO ran AL#4 at Boboyan Divide in May, Saturday #6 and #8 at Bruce Ridge and Mount Majura respectively in June, AL#7 at Isaacs Ridge in July, and Sat#14 at Cooleman Ridge in August.

New members Ian Elz and Liz Dunbar had a baptism of flood organising Saturday #6 in deluge conditions, while returning members Dave Sutton and the Guinesses have been quick to volunteer in various capacities including organising Map Mates.

Six Parawangans were ranked in the top 20 in the ACT League point score table as at the end of July - Tara Melhuish, Liz Abbott, Ana Herceg, Ciaran Lane, Phil Walker and Zoe Melhuish (photo below).



Club News – Parawanga (cont)

Parawanga was well represented at the NSW middle and long distance championships at Snow Hills in April. The contingent of 22 Parawangans included the Melhuishes, Garrs and Hyslops, Bruce Bowen and Liz Abbott, David Hogg, Cathy Hogg and youngsters Luca and Mahkaye, as well as Joshua Kluth, Ciaran Lane, Monika Binder, Barbara Martin, John Harding and Phil Walker. Zoe and Liz were age title winners in the long champs.

A slightly more select group comprising the Walkers, Ingwersens, Liz and Bruce, Sue Garr, Bill Monaghan, Barbara Martin and John Harding headed to Coffs Harbour for QBIII in June, while the Garrs and Ingwersens tackled the sandstone pagodas at NSW SL#4 and #5 north of Lithgow in May. Ann added a couple more wins to her long list of credentials.

Moving further afield, Liz and Bruce recorded excellent results at the Tasmanian middle and long distance Champs in May, Liz taking out the Long Distance W55 title, before travelling to the Canadian Champs in Alberta in July, where Liz won the Middle Distance champs in her age group.

Meanwhile on the other side of the Northern Hemisphere, Anna Hyslop took in Swiss O Week in mid-July before heading to Hungary to manage the Australian University Team at the World University Orienteering Championships in late July. The Ingwersens took in the 5th Tour O Swiss in July, and joined Darryl Erbacher at WMOC in Estonia in August.

Parawanga's star overseas orienteer for 2016, however, is Tara Melhuish, who was ACT's sole representative at JWOC in Switzerland. Tara will bring her international experience and motivation to the ACT Orienteering Schools Team heading for the Schools Champs in Qld in September. Other Parawangans on the team are younger sister Zoe, Mark Glanville, Andrew Kerr and Mykal Marsham, (photo below left).

In orienteering's sister sport of rogaining, Parawangans popped up at various events such as the ACT Metrogaine in Gungahlin in July and at the other end of the scale of ruggedness, the World Rogaining Championships in the Red Centre, also in July. WRC participants included Greg Lane, Graham Atkins, Jon Glanville, Martin Etherington and the Mocks.



Club News – Parawanga (cont)



QBIII Carnival - Day 2, runnable spur gully forest south of Grafton

Club News – Weston Emus



Thanks to all of the members who turned out to help at Saturday's event on Mount Taylor, 27th September. A special thanks to the course setter who managed to set really good courses, which were enjoyed by all. Unlike the previous Saturday the sun was out for most of the day making the event a pleasant experience.

Andrew Cheffers did a magnificent job as organizer and the as did tent team which included Rosie and Roger Edwards and Ingrid Foster on registration and Noel Luff on the computer with Jesse Piironen. Other helpers included Gordon Quantock and Hermann Wehner who assisted with ASK ME and general help in setting up all the equipment.

All of the controls were collected, (Grant Battersby, Rosie and Roger Edwards, John Suominen, Noel Luff, Ingrid Foster and Andrew Cheffers) and sorted by around three pm and a good day was had by all.

Club News – Weston Emus (cont)

By Editor: Weston Emus provided us an array of orienteering course setting skills at the Mt Taylor event. Making use of a tight area and avoiding the steep sides of Mt Taylor, the course setter constructed an interesting and challenging 5.5km Orange 1 course. Features included:

- Route choice options to keep the brain working.
- Clusters of short sharp legs with changes of direction to break running rhythm.
- A couple of longer legs offering route choice and a physical challenge if you preferred the straight line.
- A bit of contouring to challenge thinking on distance covered and height gained/lost.
- Routes with decisions required whether to go through or around the green.
- Keeping routes away from the out-of-bounds areas (sensitive flora).
- For Orange, catching features beyond the controls.



Club News – Bushflyers Bugle

The last couple of months have been action-packed for the Bushflyers club.

In overseas news, two of our members - Andrew Barnett and Lachlan Dow - have recently represented Australia at the World University Orienteering Championships which were held in Hungary. Andrew competed in the Long and Middle events and was the highest ranking Australian in the middle race. Lachlan ran in the Sprint and Long events and was the best performing Aussie in the long distance competition. The two boys then teamed up with Ian Lawford for the forest relay and finished in front of the other Australian team. Well done to both of you!

Closer to home, congratulations to our Junior Bushies that have been selected for the Schools Sport ACT Orienteering Team, travelling to Queensland in late September for the national championships:

- **Junior Girls:** Caitlin Young, Ellen Johnson, Ella Cuthbert
- **Junior Boys:** David Stocks, Noah Poland, Tristan Miller
- **Senior Boys:** Ryan Stocks, Jesse Piironen, Patrick Miller, Ewan Barnett

In addition to these junior representatives, over 20 additional club members are heading north for the Australian Championships. We wish you all a safe and enjoyable trip and happy orienteering in what is shaping up to be some very interesting and challenging terrain!

I would like to thank everyone who contributed to the running of the OACT Main Program this year - our organisers, course setters and helpers at the events. Your assistance is much appreciated and has been a great contribution to the success of both the Saturday Metro and ACT League events. I'd like to make a special mention of the fantastic work of all our juniors.

There have been some exceptional contributions! Examples include the Saturday event computer support (Jesse Piironen); development of a Bushflyers Facebook page (Noah Poland); establishment of the SC-ORE logo and marketing strategy (Patrick Miller); and quality course setting and mapping talent on display. With many of our juniors building their on and off-course orienteering skills, our club is looking to have some great leaders of the future.

My thanks also go to those of you who have promptly offered assistance for our upcoming Twilight events. It's not too late to volunteer - please contact me on daniel.deldot@gmail.com if you are available. Our upcoming events are the rescheduled ACT Teams Event at Yankee Jacks (Sun Sep 18); then Twilight events at The Pinnacle (Wed 12 Oct), Mt Painter (Wed 19 Oct), Campbell Park (Wed 2 Nov) and Radford College (Wed 9 Nov).

Club News – Bushflyers (cont)

We've just had a swarm on Friday 26 August, which was a great opportunity to catch up and share some good stories and laughs with a barbeque dinner. Thank you to Bruce and Jane Barnett and their family for organising the swarm and having us over. Our next social event is planned for Friday 30 September in Stanthorpe at the Australian Championships. I will be in touch with further details.

Congratulations to Toni Brown, who was named OA Orienteer of the Month for August. The article written about her in the [e-newsletter](#) sums it up well: *"As a fantastic coach in the ACT (who has also had a stint in Alice Springs), Toni has instigated an orienteering relay competition between schools (SC-ORE O) and has also been behind the stream of the great overseas coaches that have been in Australia during the past few years. She is heavily involved in the Blue Sparks, a major contributor to her club and always positive, enthusiastic and full of great ideas for getting people involved. Her enthusiasm is inspiring and she has made such a great contribution to our sport."*

Be sure to check out our new Facebook page. Keep up to date with the Bushies orienteering scene at https://www.facebook.com/Bushflyers-517068095149561/?ref=br_rs

In closing, I would like to welcome our new members to the club. I look forward to meeting you all and please feel free to contact me or any of your fellow club members if we can help with anything - Daniel Del Dot.

Club News - Abominables



An Abominable Northern Summer - aka A brief report on Abominable happenings since the last brief report.

For a short period of time in early August, Geoff Lawford was the reigning world champion in the two extremes of world navigational sports - M60 Sprint distance world champion and also Mens Super Vets rogaining champion with partner and former Abominable Rod Gray. Alas, as will be reported later, this is now not the case.

Meanwhile, regular correspondence from Andrew has been received regarding his navigational improvements and also from Moira with respect to the ACT Secondary Schools Champs organisation. Thanks to Moira, Alan and Shannon for undertaking the running of this event. Special thanks also to adopted Roo, Bob M for managing the IT side of things.

So while the majority of the Abominable brigade have been residing at home for the winter, several ventured north for both recreation and relaxation or a bit of both.

Jane was the first to leave, undertaking a brisk 11 day cycling tour from Vilnius to Tallinn, starting in late May. She was the guinea pig for Ann and John, who as I write, are about to begin a similar trip in reverse. Jane discovered the old apothecary in Tallinn town square and possibly sampled some of their "hash" chocolate before disposing of same rather than having to explain what was in her pack to the customs puppies at Sydney airport. Your correspondent would likely have eaten said chocolate en-route if she had purchased any!

Ann and John were next to leave heading direct to Switzerland to meet Roos Bob and Judy for a cycling tour around Lake Constance along with two other friends from Canberra. After days of really bad coffee it was a pleasure to meet up with Lachlan Dow in Konstanz and share a really good flat white. Imagine walking into a German coffee shop (if you can find one) and seeing "flat white" advertised. It was fantastic, and we also have a contact for some great double glazed windows to boot!



Club News - Abominables (cont)

The ride was followed by a gruelling week of Tour-O-Swiss. Do not let anyone tell you it is easy to be taken from here to there through some fantastic scenery, take in 5 orienteering events and eat way too much chocolate. Not to mention lunch rolls, biscuits, fizzy water and of course fruit. The weather was not always kind but the camaraderie of the group was great.

Meanwhile, Ian Prosser was living it up in France along with Janelle, getting some culture and O training before heading to Sweden for "marsh" training before WMOC in Estonia.

Following Tour-O-Swiss, Scowns were adopted by Swiss club, ORegio Wil, to assist with events during Swiss O-Week. Thank goodness they gave us the easy controls to set and check the SI units. Being Aussies it was assumed that we knew something about fencing so were also tasked with taping OOB areas, mostly around marshes. Another task was keeping bus loads of tourists off the "moving stairs" (escalators) during the elite sprint race in St Moritz. Another story consigned to history but we will be happy to tell in person! Guarding of OOB areas also proved very interesting - some people really do make things hard for themselves during competition (did I say that? Better ask about WMOC!!)

And so, finally to the real reason for the trip - WMOC in Tallinn. Abominables congregated along Pikk (long) Street without any prior discussion. Ann and John at #36 and Geoff and Ian a little further down the road. Elsewhere in this bulletin you can probably read about the event in more detail so to cut to the nitty gritty - Geoff placed a respectable 2nd in M60 Sprint, backing up from his win in 2015 in Sweden. Ann managed 3rd in W60B. John and Ian were both happy with their respective sprint races. The long distance races found us out in some beautiful, fast Estonian forest. Nice and flat by comparison to Switzerland. Both Geoff and Ian both finished their respective A finals in good shape. John made up several qualifying places to finish in 10th place. Ann managed to scrape into the B final after some rather forgettable performances in qualifying and then totally ruined the final with a mp at control 7 of 9!!

Finally, good luck to everyone involved with the Schools Champs and also to those competing in the rescheduled Jim Sawkins event. See you all abominably soon, with plans afoot for the OZ champs in Queensland.






The 2016/17 Scholars

This summer we will have three scholars. They can do basic mapping, setting training maps for squads and teach adults and children how to orienteer. They will conduct course setting workshops, coaching workshops and some basic mapping workshops. If you have special tasks that you would like them to do please let David Poland know

We are looking for three **mentors** - one from each club - for each of the three scholars - someone who can be a support person. Please email office@act.orienteeing.asn.au to volunteer.

David Poland will continue to be the Scholar Coordinator and will meet with each of them for two hours at the start of each term to discuss their work programme and orientation and will also conduct an exit interview. David hopes to step down from this position next year and is keen to find a replacement.

	<p>Jakob Lindstam, aged 29, from Sweden is a friend of Emil's. He has a degree in Science and Arts including studies in sports psychology and exercise physiology.</p> <p>He is a lecturer at the Swedish school of sport and health sciences in orienteering, kayaking, ice games and skiing. He has been a PE teacher and has made "microsprint" maps. He owns OCAD 11 starter. He was a coach for High School Groups for several years.</p>
	<p>Katie Reynolds is 22. She has represented Great Britain in orienteering and is currently studying Zoology in Edinburgh. She enjoys music and plays the flute</p> <p>Katie has assisted in coaching with the Welsh Junior Squad, shadowing juniors around courses and discussing their training after the course. She has worked on the committee of the Edinburgh University Orienteering Club. She and Charlotte are good friends.</p>
	<p>Charlotte Watson 22, represented GB four times at JWOC. Charlotte is finishing her Applied Sports Science degree at the University of Edinburgh. Her goal is to complete a Masters or PHD and to be a sport scientist in an elite sports team. She is currently researching whether carbohydrate mouth rinses influence the effects of mental fatigue on exercise.</p> <p>Charlotte organised a Uni Comp for 500 people and coached the GB Junior Regional Squad and EUOC.</p>

From the Archives



High-tech head torches



1,111 for 1st ever World Orienteering Day. Canberra - 1st in the World.

By David Poland

What a day it was. What a fantastic effort everyone. A special thanks to the teachers who staged this event on NAPLAN Day. Next year it will be on Wednesday May 24th 2017.



The official tally for World Orienteering Day in Canberra was ten (10) events in total - one of the highest number of events for any city in the world.

- Remembrance Park 16 - first in the world at 6.20 am beating Turkey (who tried to sneak in by starting at 12.01 am) by 40 minutes – well done Noah Poland, aged 15, for organizing.
- Radford College 28 - thanks Toni Brown – parents and children attended.
- Canberra Grammar Junior 38 – thanks Tate Needham.
- Canberra Grammar senior 20 – thanks Matt Purcell.
- Campbell High 249 - well done Patrick and Peter Miller – I heard you could not keep them away.
- Majura primary 534 – what an effort Alison Inglis – and on Naplan day too.
- Campbell Primary 101 – organised by the teacher Libby Gerner.
- Queanbeyan Primary 45 – organised by the teacher Dione Bryant.
- Yarralumla Bays lunchtime 27 – a good idea to use the normal community event – thanks Bryant Allen.
- Yarralumla Bays – OWL – orienteering with lights 53 – Thanks Bryant for organising two events on one day.

Patrick Miller made the front page (just) of the Canberra Chronicle whilst his dad Peter made page 3.



Some highlights were :

Canberra was the first to post a live video of their event. It was beamed around the world - well done Noah.

Youngest participant in Canberra was 7 months old - eldest was 92 years old.

First finisher anywhere in the world was Jo Hobson - Womens Short course - Remembrance Park, Canberra.

Second was Ella Cuthbert on the Womens Long and third was Tristan Miller on the Mens Long.

Tate Needham attended no less than four WOD events on the same day!

Most events were done the old fashioned way with no SI units.

Total for Canberra was 1,111 - possibly above the Canberra orienteering record recently set at Easter 2016.

The world's first ever WOD event begins in the dark and finishes with the dawn here in Canberra.



Out of interest:

Australia had a total of 1,796 at about 22 events.

Canberra had 61 % of the Australian entrants.

The old world record of 208,000 was broken with at least 250,000 participants in about 81 countries and over 2,000 locations.

Visit <http://worldorienteeringday.com/> to see the world map and Facebook has heaps of interesting stories. https://www.facebook.com/events/145745899143580/?active_tab=posts

See you all next year on **Wednesday May 24th 2017.**

With no NAPLAN planned for that day it will be even bigger!

THE RUNNERS SHOP CANBERRA



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