

OACT Newsletter

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Contact Orienteering ACT

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

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Phone:

(02) 6162 3422

Mon, Tues & Thur

9am to 2pm

From the president – David Poland

Great success for our Australian Secondary Schools Team travelling to New Zealand

The Australian/New Zealand Secondary Schools Orienteering Challenge Trophy arrives in Australia for the first time since the inception in 2005.

What a fantastic carnival it was for the more than 50 Australian Secondary School students who took part. A great opportunity to network, make friends and experience the fun of a major international event. Congratulations to the four selected Australian Secondary Schools teams who did so well on the first day holding the NZ side to a 2 all draw and for maintaining their cool on the second day (a sprint relay) whilst dealing with hot steaming vents and pressure from high performing NZ teams.

Thanks to the cheering from 9 supporting Australian relay teams and ten regional NZ relay teams the event took on an exciting carnival atmosphere with many spectators as the selected 8 teams tussled it out to decide the winner. The fun and the excitement fortunately overshadowed the disappointment that two controls had been unfortunately mislabelled causing the sprint relay result to be annulled. The young athletes scarcely noticed as for them the socialising and technical running was just as important. The Australia vs NZ Secondary Schools Challenge was officially declared a "draw" with NZ suggesting Australia take the trophy across the ditch from where they will no doubt try to wrest it back at Oceania 2019 in Wagga Wagga / Canberra / Beechworth. A big thank you to the Kiwis

for staging such an inclusive carnival and to Brenton Gray for his managing of the logistics.



Tips for course setting – control controversy



Should any of these competitors punching control 8 have been disqualified?
Are there any other lessons to be learnt?

See Bert Elson's "Course Planners Thoughts" later in this OKnow for discussion....

This article has been re-printed with kind permission from Orienteering Tasmania. The focus is on course planning and the importance of minimising the opportunity for one competitor to gain an inadvertent (or sometimes deliberate) advantage over other competitors. The photos above are from a recent sprint event at Bellerive (Hobart).

Bert Elson says it is common, particularly in sprints to have a control above an uncrossable wall or inside a fence corner. In these cases you must ensure the control cannot be reached from the other side of the fence or from below the wall.

Good runners will read the map and will take a longer route around the fence to get to the inner side – having done the correct thing it is maddening to see others just reach through the fence and punch the control.

From a course planner's point of view, whether punching the control from below was legal or not is almost irrelevant – that option should never have been allowed. Here the controller should either reposition the control to a different section of wall or move it back so that it can only be reached legally or by an illegal (and disqualifiable) climbing of the uncrossable wall.

Interested in more articles – [Oknows – Orienteering Tasmania](#).

Executive Officer Report by Geoff Wood

EXECUTIVE DIRECTOR REPORT TO COUNCIL MAY 2017

1. Membership

	May-16	May-16	2016 Annual report		May-17	May-17				
	M'Ships	Members	M'Ships	Members	M'Ships	Members	Non renewals	New 2016 members who did not renew	2017 New members	Net Gain
AO	22	59	23	60	19	45	19	5	3	-16
BS	69	162	76	179	61	149	52	34	24	-28
PO	58	121	59	127	54	122	35	18	32	-3
RR	36	75	38	82	43	93	11	5	20	9
WE	11	22	12	26	12	19	12	0	5	-7
total	196	439	208	474	189	428	129	62	84	-45

The member figures are similar to this time last year. I have also included non-renewals in 2017 and also new members in 2017.

In 2016 we had 122 new members, of whom 62 did not renew in 2017. If the new family participates only in the blue or green team classes, then there is a high probability they will not renew. If a parent starts orienteering as an individual in the orange course, then we are starting to get them hooked.

So far our new members in 2017 are:

AO-A	Todd Nowack and Kim Picard; Robert Peters
BS-A	Renae Beardmore and Sebastian Bou; ,Marcus Daffern (part of Daffern family); Jodie Davis; Maureen Denmead and family (not listed in Eventor); James Dixon (J); Tamsin Moran; Elise Northcote (J); Marika Suominen; Alice and Matt Westwood; Leanne, Ross, Sandy and Scott Wilkinson; Emi, Jayden, Justin, Ross, Ryan and Talia Wilson.
PO-A	Ben, Caitlin, Lisa and Nicholas Ellison; Greg, Alexandra Jolley and Elena Williams; Damon, Lia, Leo Muttukumaru and Lisa Bradford; Alice, Michael, Owen, Tess Radajewski and Dierdre Sharkey; Emily, Jim, Sabine and Tim Rock; Daniel, Darren, Heidi and Oliver Ross; Bram, Josie Slagmolen and Linda Gregory; Boyd and Fiona Wymer.
RR-A	Angus, Anthea, James and Robert Bollard; Fedor, Ariadna and Marina Iskhakov; Gavin, Michael, Myra and Patrick Keating; Carol Masters; Jamie, Jono and Natalie O'Rourke; Alex and Jonathan Ricks; Ben, Hannah, Mark and Sally Vardy.
WE-A	Paul, Tom and Val Sheahan
	<i>(Memberships separated by semi colons). Also may include renewals of lapsed members</i>

Local Participation at Public Events (as at 20 May 2017)

	No Events	Participants	Average per event	<i>No Events 2016 in corresponding period</i>	<i>Participants 2016</i>
Summer Twilight Jan - March	6	885	163	6	980
Street orienteering	17 so far	1102	65	17	1167
Saturday	3 so far	677	226	3	693
Wednesday Lunch	3 so far	67	22	3	79

These figures show a small decline compared to the past couple of years. The Saturday program always attracts good numbers in the early events when the weather is still mild. Street orienteering will probably go into recess in June. The street-O numbers do drop off in winter, but more importantly the volunteer organizers drop off.

Table below shows participations since 2006. 'Local Bush' includes the Saturday, Twilight, League, Championship, NOL and Wednesday lunch but not MTBO. Information is extracted from annual reports.

'Local Bush'			Street		National		
	No Events	Participations	No events	Participations	No Events	Participations	
2016	60	7198	39	2616	4	3223	Easter
2015	67	8268	44	2624			
2014	65	6840	27	1626			
2013	66	8181	35	2109	9	3789	Aus Champs
2012	69	7183	22	1691			
2011	70	7995	15	1716	3	1809	Part Aus Champs (Badja)
2010	71	8881	0	0	4	3020	Easter
2009	71	8559					
2008	74	8309					
2007	73	7636			7	3500	Aus Champs + Oceania
2006	65	7386					

Club News – ABOMINABLE O-MEN NEWS

There is more to Orienteering than competition – be it inter club, inter state or international.....or is there.....

GOLD, GOLD, GOLD.....GOLD TO ABOMINABLES!!!!!! (apologies to Norman May).

This could have been the cry at the recent WMOC sprint final where Abominables (or at least those we call Abominable) finished with 4 gold and 1 silver medal. One Queensland club was heard to say that they won more medals than any nation other than Australia. Abominables also make this claim.

Congratulations to all the Australian medallists, special congratulations to Roo Jo Allison for her double gold (Sprint and Long), to Hermann Wehner for his gold and silver, but the biggest congratulations to our Abominable medallists Matt Crane, Grant Bluett, Jenny Bourne and Geoff Lawford for their gold medals and the gallant Shannon Jones who took silver behind Anna Sheldon from Queensland.



But enough of the competition and back to the social aspects of orienteering. There is a great rapport between clubs and club members, so much so that when it comes to disposing of left overs, whoever will give it a good home gets it. This was very much the case when Roos Alan and Ann needed to unload a few beers at the Oceania Middle champs.



Club News – Abominable O-Men News (cont)

Even before all these high level competitions began, Abominables were regularly represented at the Twilight events and some even travelled to Tasmania to practice on sand dune terrain at the first NOL weekend for 2017.

There were also some very good results at the NOL weekend in the ACT in late March. Abominable thanks to Grant McDonald for taking on the controlling role for the sprint races with courses set by Andy Hogg and organisation by Nat Smith.

At this time of the year it is also a time of comings and goings. We have a new member, Robert Peters, and we have said a fond farewell to Moira and Alan who have returned to Victoria. Katie has left us, along with Charlotte (RR) and Jacob (PO) following the conclusion of their exchange here in the ACT. We wish them well for the future. Sean and Julie are well and truly settled in at Wagga and I am sure they will be present at the QBIII weekend in June.

Getting back to the great events in New Zealand over Easter which included the Oceania championships, A/NZ challenge, followed by Middle Earth and finally WMOC, held in conjunction with WMG for the last time.

Abominables were well represented over Easter with Prossers, Scowns, Shelton Agars, Lawford /Bournes, Crane/Elsons, Katie Renolds and Jane Saye all in attendance. While some great results were achieved in and around Auckland, sometimes things didn't go quite to plan. Ian and Hamish enjoyed some fantastic mountain biking and Grace and Matt had some "quiet time" while the rest of us plied our trade (or at least attended the office) in Rotorua. Here the forest was deep and dark, containing all sorts of elves, gnomes and hobbits. Gandalf even made a featured appearance. The lake was flooded and caused several people to get very wet while others missed the insignificant tapes and ran a fair bit further than was necessary.

WMOC saw some Abominables leave and others arrive to take on the challenges of international competition. As mentioned earlier, many came with very good form while others were pleased with many results but fell a little short when it came to the crunch. Alas, not everyone can be a winner, but the competition you can have with the course setter and others of your ability always makes the competition fun. Really.....

So to the rest of the season. It will be a very busy year from here on with QBIII in Wagga and Nationals in Bathurst. Not to mention the local events on Saturdays and Sundays. Keep your eyes out for NSW events which are often within easy reach of the ACT. Others may be able to get to Wednesday lunch time events too. All information should be found on the OACT web site.

Abominables are also responsible for Saturday August 12 with courses being set by Ian and Belinda Lawford and also the ACT Long Distance Championships – courses by Matt Crane. Keep these dates in mind so that you can lend a hand.

By Ann Scown

Club News – Red Roos

Firstly, welcome to our newest club members; the Keating family (Gavin, Myra, Michael and Patrick), the Vardy family (Sally, Mark Hannah and Ben) and Andrew Slattery who has joined us from South Australia. We look forward to seeing them at events and Red Roo social occasions.

Our new RR President this year is Stephen Goggs. Stephen is helpful, enthusiastic and a great contributor to our sport. We are lucky to have him as our president! Thank you to John Sutton for his contribution as president in 2016 and in particular for his work organising us all on the Red Roo day of the Australian 3 days last year.

Congratulations to one of our newest club members, Marina Iskhakova who has been selected to compete in the MTBO World Cup round in Orleans, France in July. We are very proud to claim her as a Red Roo and as an Australian!

On a perfect autumn day in March, Red Roos organised the ACT Middle Distance Championships and National League event at Isaacs Ridge. A huge thank you to organiser Allison Jones and course setter Rob Walter for their fantastic work and to the big team of helpers that made the day a great success.

A number of Red Roos have recently returned from New Zealand. Orienteering New Zealand did a brilliant job of holding three carnivals (Oceania Championships, the World Masters Championships and the Middle Earth events) all within two weeks. The competitions were extremely well organised with great course setting on world class maps.

The Oceania Championships over Easter included a sprint, long and middle distance and a relay, on a variety of terrain. The weekend was tough, technically and physically, and soggy at times. We were reminded fairly often why New Zealand stays so lush and green. The carnival started with a muddy sprint on a university campus in Auckland. The long distance event the next day put us all to the test when we were thrown straight into complex sand dunes with low visibility. There were some long adventures in the forest that day! Apparently even the New Zealanders (the masters of sand dune orienteering) found it difficult. The Oceania middle distance was challenging in a different way. It was held on very steep open farmland in limestone karst terrain. We scrambled and slid our way around our courses and returned covered in mud. Not a good day for wearing brand new shoes (from personal experience!).

Some Red Roo performance highlights from Oceania:

Oceania Sprint - Charlotte Watson 1st W21E, Judy Allison 7th W65A, Bob Allison 9th M70A, Eric Wainright 11th M70A, John Sutton 8th M75A.

Oceania long distance - Tomas Kracja 7th M21E, Andrew Slattery 5th M21AS, Jenna Linehan 2nd W21AS, Jo Allison 1st W21E, Charlotte Watson 7th W21E, Ann Baylis 12th W70A

Oceania middle distance - Charlotte Watson 1st W21E (she said she was very much at home in the hills and mud!), Jo Allison 7th W21E, Bill Jones 10th M65A.

Club News – Red Roos (cont)

Quite a few Roos stayed on in New Zealand for the World Masters Championships which included sprint and long distance races and some finer weather. The sprint qualification race was held on University of Auckland Epsom Campus in Auckland. It was a complex map, great courses and there people everywhere running in all directions in a small area. It was quite challenging not just technically but also avoiding head on collisions! Judy Allison, Jo Allison and David Shepherd made it through to the A finals in which they finished 25th (W65), 1st (W40) and 5th (M40) respectively. Bill Jones finished a very respectable 5th in the M65 B final.

The World Masters long distance qualifications and final were held in fantastic sand dune terrain in Woodhill Forest. Each day gave us a different sort of sand dune challenge. In the long distance final, David Shepherd was third in M40 and Jo Allison 1st in W40 A finals. John Sutton finished 13th in the M75 A final and Bill Jones 9th in the B final.

Unfortunately the trip to New Zealand wasn't fun and games for everyone. Bob Allison only got the first few days of orienteering in before badly breaking his leg (off the field frustratingly!) and spent the rest of the "holiday" in Auckland hospital. After some major surgery including another hip replacement he is recovering and getting more mobile. We wish him a speedy recovery and hope that we will see him back in the forest soon.

We have several Red Roo events coming up. Thank you to all the volunteers so far. There are still a few gaps to fill (see the RR volunteers page on the OACT website <http://act.orienteering.asn.au/clubs/red-roos/redroosevents/>). Please let our event coordinators Bill and Kerryne Jones know if you can assist. All contributions, no matter how small, are appreciated!

Finally, we farewell Charlotte Watson who is returning home to the UK after spending six months in Canberra as one of three summer scholarship coaches. Together with Katie Reynolds and Jacob Lindstam, Charlotte has taught orienteering in schools, organised many training events and camps and coached many ACT orienteers. They have all contributed a huge amount to the ACT orienteering community. Charlotte has also had some great results here in Australia and New Zealand and has been a valuable member of the Canberra Cockatoos National Orienteering League team. We wish her all the best for her future orienteering endeavours.

Till next time, happy orienteering!

Jo Allison

Charlotte Watson finishes to win the Oceania Sprint Championships in Auckland. (Photo: Orienteering Australia)



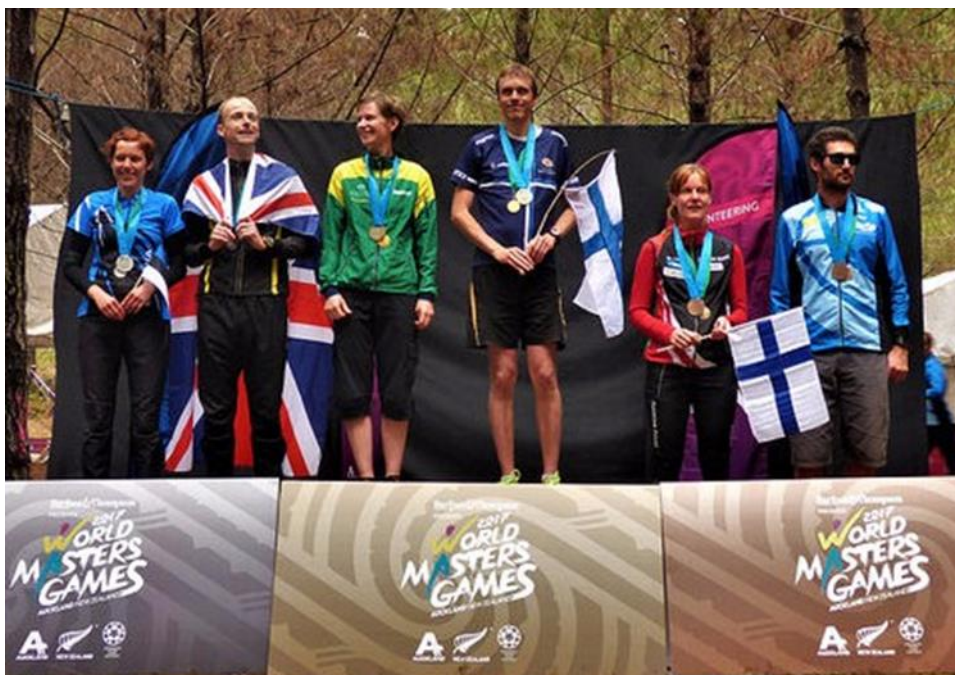
Club News – Red Roos (cont)

Oceania Middle Distance Championships, 'The Rockery', Onewhero. (Photo: Thomas Stolberger)



Bill Jones in action in the World Masters long distance qualification. (Photo: Orienteering Australia)

Jo Allison and David Shepherd on the M/W40 podium, World Masters long distance final. (Photo: Thomas Stolberger)



Club News – Parawanga Paragraphs

Parawanga Orienteers is proud to have Tara Melhuish grace the cover of the March edition of 'The Australian Orienteer'. Tara is consolidating her status in the elite level of orienteering with consistently sound results.

Seven Parawangans finished in the final top 20 places of the Runners Shop Twilight Series that ended in March, four of them from the one family. Melhuish sisters Tara and Zoe fought a close battle to tie for 2nd place overall, with parents Nick M. and Ana Herceg a little further down the rankings. Other highly-ranked Parawangans were junior Andrew Kerr, Mark Glanville and visiting scholar Jacob Lindstam.

Fourteen Parawangans braved the heat at Newcastle for the Xmas 5-days, with the Melhuish sisters and Jacob notching up multiple wins and 2nd placings.

The club followed up a busy Twilight series (including another very wet event at Bruce Ridge – is there a pattern emerging here?) with the highly successful ACT Sprint Orienteering Championships (AL#1), incorporating National Orienteering League #3 and the Australian University Championships, in March at Girls Grammar/Red Hill. Congratulations to Andy Hogg and Natalie Smith for superb course-setting and organising to please over 350 participants.

Congratulations also to Parawangan ACT sprint champions Makhaya Hogg, Graham Atkins, Nick Melhuish, Zoe Melhuish, Ana Herceg and Ann Ingwersen, and to ACT middle distance champions Andy Hogg and Ann Ingwersen. PO was strongly represented in the NOL competition by Jacob Lindstam, Stephen Melhuish, Mark Glanville, Ciaran Lane, Tara Melhuish and Miho Yamazaki.

In April about 30 of the usual suspects headed to the land of the long white cloud – and cyclones, and rain, and mud, and floods – to the Oceania and/or WMOC carnivals. Parawangan names included Hogg, Garr, Melhuish/Herceg, Ingwersen, Bowen/Abbott, Miethke, Martin, Glanville, Guinness/Forrest, Kerr, and Lane, along with new members Andrew Cumming Thom and Miho Yamazaki. If Rob Jessop hadn't swapped allegiance to his native land Australia might have won that Australia-New Zealand Challenge!

Highlights of the fortnight included a celebration of Barbara Martin's significant birthday in conjunction with pre-long final carbo loading at a very authentic Italian restaurant in Mt Eden, and wade-O at Lake Rotorua.

There should be some stiff competition for the club's Blue Snail 'Hasten Slowly' award this year, as there were plenty of resilient Parawangans who didn't give up in the face of unreadable, but fun, sand dune terrain!

One unnamed PO member walked off the map in the WMOC model event!! The fact that she was disturbing sleeping deer, and there was no one else anywhere nearby probably should have sunk in a little more quickly than it did.

However, there were some strong contributions to Australia's tally in the Oceania Australia-New Zealand Challenge, notably by cover girl Tara, sister Zoe, and Ann Ingwersen, not to mention Aidan Guinness's terrific win in the relay.

Colleen
PO Secretary

Club News – Parawanga Paragraphs (cont)

Below is a selection of Parawangans in action in Oceania and WMOC, April 2017



Club News – Weston Emus

Thanks to all of the Weston Emus members who turned out to help on Saturday 13th May at Mt Taylor which was ably organized by Andrew Cheffers.

As it turned out we had one of the biggest number of participants for a long time with over 230 entries. It was very busy at registration and help from Jill (a non Emu) was much appreciated by Ingrid and Rosemary at the desk. Jesse Piironen managed the computer during the day. Bob Mouatt turned up late to check that we were not experiencing computer problems as he was worried about synchronization problems he had experienced while setting up the computer the previous night, but it had all been taken care of before he arrived.

A special welcome to several new members who turned up to help: Rob Joford, Paul Sheahan and his wife Val and son.

The Shehans helped early on with the necessary job of parking the large number of cars at the event and Rob Joford did a great job of collecting controls afterwards.

John Suominen's courses were enjoyed by most of the competitors and the different starting and assembly area was used to advantage.

Congratulations to the following Weston Emus members attained OA badge credits over the last year.

Hermann Wehner	M90	Gold
Miho Yamzaki	W16	Gold
Andrew Cumming Thom	M55	Silver
Gordon Quantock	M75	Silver
Martin Wehner	M50	Silver
John Suominen	M70	Bronze

A special mention must be made of our oldest, still very active member, and one of our original club members Herman Wehner. Hermann recently competed in the Oceania Championships and the World Masters Orienteering Championships in New Zealand. He competed and achieved first place in class M85 in three of the Oceania championship events.

In the World Masters Sprint in M90 he took 24:24 for the 1.1km course and won convincingly by 2:52 in front of his Swedish opposition.

In the World Masters Long distance event in M90 he was second by 2 minutes and 8 seconds to someone 3 years his junior (personal communication). The course of 2.3km took over 1 hour substantially shorter than one of the Oceania events for which Hermann was out for over 2 hours.

Club News – Weston Emus (cont)



Hermann Wehner winning Gold in the WMOC Sprint event.

Perfect weather
for a fantastic
turnout at Mt
Taylor on
Saturday 13 May
2017.



Club News – Bushflyers Bugle

For Bushflyers 2017 has been all go!

We broke out of the Summer season and into the Autumn with a fabulous pre-Easter long distance event on the Murdering Shed Map – highly commended on all aspects. One of the fun club activities to kick off the year was an encouragement to re-join the club – all members re-registered by end of Feb 2017 went into the draw for a new top. Ken Young – member since before 2013, was the lucky winner – now he just has to work out how to fit into his new top!

As has become tradition, in February Bushflyers took Stock (excuse the pun), with the summer get together at the Stocks home. The generosity with which Matt and Chris open their doors (and pool) to club members is most appreciated.

The February get together provides an opportunity to reflect on the past year, to reward individual accomplishments with badges hard earned and to elect/select some special Bushflyers.

Blue Bottle Award was presented to Carol Harding for services to the club in relation to maintenance of the T shirt library and kids uniform and volunteering efforts over the years.

Flyswat Award for that silly, daft and memorable occasion. That would be Dan DD for taking his car keys deep into the Belanglo forest and promptly leaving them there – rookie error I kept hearing him say!

Ian Booth Award for the most improved Masters Bushflyer was awarded to Valerie Barker.

And winter metro has seen the club rally to once again deliver early high quality events to OACT members – thanks to the efforts of Valerie Barker, Ari Piirionen, Matt Stocks, Noah Poland and the band of merry helpers who have supported the club efforts.

As well as our local events, a significant number of Bushflyers buzzed across the ditch – for many juniors to rekindle past friendships and for our younger Bushflyers, to become familiar with the international scene.

Bushflyers had a notable presence in NZ, with many of our members in the Oceania representative team. And in his first pitch for JWOC, Bushflyer Patrick Miller was selected as reserve in the 2017 JWOC team. Bushflyers extend their congratulations to Parawangan Tara Melhuish for her selection to this team.



Club News – Bushflyers Bugle (cont)

We are all looking forward to the coming season as we get to know our new members and some star performances especially by our juniors as we move further in to the 2017 competitions.

The Oceania competition in NZ delivered for a number of Bushflyers – significant accomplishments were - in the Sprint , Valerie Barker W65, 2nd Oceania finisher, in the long M16A Noah Poland 2nd, Tristan Miller 3rd, M18A Patrick Miller 3rd, W16A Caitlin Young 3rd, W70A Jenny Hawkins 3rd,

And in the relay M16 Noah Poland, Tristan Miller (+1) 1st, W16 Ella Cuthbert, Caitlin Young, (+1) 3rd, M18 Patrick Miller (+2) 1st, W55-64 Toni Brown (+2) 2nd.

Badges (huge thanks to Dennis Trewin who has for many years organised the acquisition and distribution of the Badges). Bushflyers again performed exceptionally well in this regard – 33 Gold, 11 Silver, 14 Bronze.

Gold	Silver	Bronze
Elizabeth Andersen	Lucinda Antcliff	Chris Andersen
Valerie Barker	Andrew Blakers	Peter Antcliff
Andrew Barnett	Scott Cashmere	Jane Barnett
Bruce Barnett	Michael D'Ascenzo	Pia Cunningham
Ewan Barnett	Coral Dow	Geoffrey Dabb
Toni Brown	Tenzing Johnson	Andrew Hobson
Ella Cuthbert	Alan Sargeant	Ben Hobson
Robyn D'Ascenzo	Chris Stocks	Jo Hobson
Daniel Del Dot	Dennis Trewin	David Jenkins
Theo Fleurent	Brendan Wilson	Toby Lang
Carol Harding	Caitlin Young	Emily Li
Justine Hobson		Clare Lonergan
Alison Inglis		Greg Wilson
Andrew Johnson		Joseph Wilson
Ellen Johnson		
Eino Meuronen		
Oliver Mill		
Natalie Miller		
Patrick Miller		
Peter Miller		
Tristan Miller		
Kevin Paine		
Ari Piironen		
Jesse Piironen		
Pauli Piironen		
David Poland		
Noah Poland		
Anita Scherrer		
Ross Stewart		
David Stocks		
Matthew Stocks		
Ryan Stocks		
Tara Sutherland		

Club News – Bushflyers Bugle (cont)

Apart from all the exceptional orienteering accomplishments it is timely to remember the breadth of roles and responsibilities that our club members have taken on – responsibilities that contribute enormously to the functioning of our small community sports organisation. Key Bushflyers of note are Board members David Poland (President), Peter Miller (Treasurer), Board Directors Anita Scherrer and Valerie Barker.

Bushflyers has welcomed a steady flow of new members into the swarm this year. We really do take great pride in welcoming and supporting new members and hope that over the year, we all get to know each other both in the forest and as we pour over maps post event.

Bushflyers memberships remain strong in 2017.

We are delighted to remain a club for all ages. This is evidenced by our oldest member proudly carrying birth year 1929, (Kevin Paine) while our youngest, Jackson Broughton was born in 2015!

New members this year are:

- Renae Beardmore and Sebastian Bou
- Maureen Denmead
- Tamsin Moran
- Marika Suominen
- Elise Northcote
- James Dixon
- Alice and Matt Westwood
- Leanne, Scott, Sandy and Ross Wilkinson
- Erni, Jayden, Justine, Ross, Ryan and Talia Wilson

Our new members are almost all 40 years and younger!!

By Toni Brown

MTB Orienteering News

It has been a while since there has been MTBO News in the ACT.

Our MTBO stalwarts of the last few years, Sean and Julie Sunley, are enjoying the country lifestyle that Wagga has to offer. This year we will be limited to one weekend of local events – more on that later in this document.

Meanwhile, there are several important announcements.



Congratulations to **Marina Iskhakova** on her selection to race at the upcoming MTBO World Cup races in Orleans France. I am sure all of her ACT friends wish her well for the competition. It will be Marina's first time wearing the Australian National colours.

In other selection news, the teams for both the Junior and Senior World championships have been announced. Once upon a time we would have expected to see ACT names but they are very thin on the ground these days so why not get yourself riding and this could be you.

The selectors have named the following riders to represent Australia –

Seniors Worlds: Angus Robinson (Vic), Ricky Thackery (WA) and Glen Charlton (NSW)

Junior Worlds: Hamish Mackie and Lucy Mackie (both NSW)

OACT members are encouraged to keep an eye on the NSW MTBO web site (<http://www.onsw.asn.au/events/mtbo-duo-ski/mtbo-nsw>) and the Victorian MTBO web site (<http://www.vicorienteering.asn.au/mtbo/events/>) for details on coming events which might be within your reach.

Meanwhile, details of events which may be of interest (kindly reproduced from the NSW MTBO newsletter) follow

Cyclegain Penrose Forest 2/3 September 2017

The ACT Rogaine Association is running a cyclegain and footgain event at Penrose Forest on the first weekend in September.

Final details will be available in the near future. You can have from two to five members in your team. The night event on the Saturday will be 5 hours duration.

The daytime event on the Sunday will be 6 hours duration. There will be camping overnight and a hash house will be up and running. The score can be tackled on foot or by bike. It should be a fun weekend and a good chance to ride and navigate before the Australian MTBO Champs in October.

Australian MTBO Championships update – main events 7/8 October 2017

The planning and course setting is well underway for all the events at the upcoming Championships. Most of the mapping is complete and course setting is in progress.

An accommodation package will be on Eventor and the Australian MTBO Website in the near future.
<http://www.ausmtbochamps.com/>

The events will also be the Australian and NZ MTBO Challenge.

There will be some very keen racing at the top level but don't be put off joining in on the carnival. The terrain and courses are just fun areas to ride, some great single track and well maintained forest tracks and trails. There will be a recreational class in each event to take the stress out of the occasion.

Entries for under 14 are free as we are trying to encourage younger riders to enter. The recreation class will have pairs so parents can have the kids tag along.

There are heaps of options for accommodation and you can look forward to some fine catering from the Wingello Primary School P&C for the sprint and middle and a Spit Roast dinner on the Saturday night.

A/NZ MTBO Challenge 2017

Riders wanting to be part of the A/NZ MTBO Challenge for 2017 (to be held in conjunction with the Australian MTBO Championships) can now nominate for this year's team, to counter the 40 odd NZ riders heading across the ditch for the Australian Champs at Wingello on 7-8th October.

Classes are still to be confirmed but pick you're preferred age class and indicate if you're willing to ride in other, as this will help us field the best team.

Nominate now here - <https://goo.gl/forms/tNklDdUF823Uvh1n1>

ACT MTBO Championships – 14/15 October 2017

After having to cancel the championships in 2016 due to forest closures, it is anticipated that they will go ahead this year in the same locations as those planned for 2017.

Approvals for the events are coming in and the courses are ready to go with just a few minor modifications required. We are still being aided by Sean Sunley – thanks Sean – and will be seeking further assistance with the event as things move forward. Keep an eye out on the OACT web site and Eventor for information regarding the event.

The Development Report by Stephen Goggs

Thankyous!

At a recent Saturday event on the foot of MT Taylor, I could not help but be surprised by the energy, enthusiasm and numbers that were attending that event. Large turnouts from Grammar and Radford plus a huge cohort of new blue sparks and map mates, have certainly added a lot more energy to the metro events. This is a testament of all the hard work the "OACT Coaching Team" has done over the past few years. I would like to spend a moment mentioning a few of figures responsible for this new atmosphere:

Firstly, I would like to thank Katie, Charlotte and Jacob for coming and sharing the Australian summer with us. They were heavily involved in many major projects around OACT including Schools mapping and coaching, SCORE, junior training, and general coaching. It was a pleasure for all of us, to have you as part of our family and orienteering lives. Thankyou! Also, congrats on Charlotte making the UK WOC team, we certainly will be cheering!

The second thankyou, goes to Darryl Erbacher for his work controlling the SCORE series from its inception in Spring 2015 – 4 series and 16 events. Without your meticulous oversight, and countless hours of assistance SCORE would be very different to what it is today. See below for the SCORE report

My last mention is of the four permanent 24 four hour courses which have been set up through Canberra in a joint effort between OACT and the State Government. It is very cool that any tourist or Canberran can have a real orienteering experience, right on their door step. Thankyou to the whole team, for persisting.

Thankyou! Thankyou! Thankyou!

Turning over a new page, we have many programs continuing to grow and develop and some programs are just beginning. If you have any ideas, thoughts, or time to volunteer in any way please don't hesitate to let us know. A quick shout out, we are currently quite desperate for Coaches for Schools, so if you have time during the week, please let us know.

SC-ORE

This March, we had 80 kids running around the Belconnen region, braving the ominously rainy weather that Canberra seems to do so well. Fortunately, rain never eventuated during the actual event, and we were able to provide an active engagement on what Schools would generally consider to be an "inside day". The overall winner was Majura 1, with Mia Kluth, Makhaya Hogg, Thomas Fisher and Luca Hogg. Thankyou to all of the host schools, for their support.

WORLD ORIENTEERING DAY

World Orienteering Day has just happened on the 24th of May, beginning with a bunch of hardy midnight racers, fighting to become the first people in the world to complete an orienteering event on this auspicious day. They received quite large media attention even appearing in the 8am news.

Throughout the day, we had events all throughout Canberra and Queanbeyan in School, Universities, parks and a certain doctor's office. Congratulations to everybody involved!

SCHOOLS COACHING

After a very quiet first term while many teachers juggled the demands of swimming and athletics carnivals, schools coaching has picked up significantly in term 2. It has been very pleasing to see some schools, such as Campbell and Chapman, returning for more orienteering again this year as part of the Sporting Schools program, including quite a number of familiar faces from the SC-ORE series.

Likewise it has been encouraging that some schools have recognised the advantage of their campuses previously having been mapped by OACT for community events, to now enable us to deliver orienteering coaching for their students. We currently have multi-week programs being delivered at Telopea Primary School (previously mapped by Zac Needham) and Forrest Primary School (on an Olle Poland map). This neatly mirrors the experience from earlier this year when OACT ran a community event across the combined Waramanga schools campuses, which had previously been mapped for school coaching purposes.

Looking at the numbers

T1 445 T2 886 1311 ...students have participated to date	T1 730 T2 2690 in this many encounters... 3420
45 Primary school maps in the ACT and region are currently recorded in the OACT map library.	In addition to the 12 secondary, tertiary and other institutions previously mapped.

A particular highlight for this term was introducing orienteering to the Islamic School in Canberra, including several sessions on World Orienteering Day. A salient reminder that orienteering may possibly not be the most important thing in some people's lives (ED: 'Surely not!') came when one coach asked the students, "What's the most important direction to know?" only to receive the answer, "Mecca!"

St Francis may be better known as the patron saint of animals and ecology, but his acolytes have smiled on orienteering this term, with schools coaching programs being delivered at St Francis of Assisi Primary School in Calwell and St Francis Xavier College, Florey. Thanks to Toni Brown for developing and delivering a varied and challenging extended program to high school students at SFX and at Covenant College. Building on previous successes at Radford College, Merici and Canberra Grammar, OACT will be well placed to respond when the Commonwealth Government's Sporting Schools program is opened up to secondary schools from later this year.

And finally a note about some alternative school-age developments:

Thanks to the Miller family for running a great coaching program for 175 happy YWCA campers at four school holiday venues in January – Majura, Kingsford Smith, Turner and St Benedicts.

- Over the three days of the Canberra Day long weekend four coaches delivered a program to 225 Girl Guides on their new map at Innabaanya, adjacent to Majura Pines. A good, if very hot, time was had by all – watch out for this map possibly being used again quite soon...



- **SWISH** – Specialised Workshops in School Holidays – is a program that offers children the opportunity to participate in fun programs that capture their imagination and encourage them to extend their thinking process. In April Toni Brown and Rosie Goggs delivered the first of what will hopefully be repeat full-day SWISH workshops.
- Also at Toni's energetic instigation, we opened the door to expanding schools' thinking about outdoor running events this term, with a fast and furious Maze-O staged for years 4 to 6 at Radford's Cross Country carnival. Thanks especially to parent helper Julia Waddell-Wood and visiting Swedish doctoral student and orienteer, David Lingfors, for helping herd the cats on the day!

You can become a coach

Many thanks to Anita, Susanne, Andrew, Toni, Stephen, Charlotte, Katie, Jacob, David, Tate, Alison, Patrick, Tristan, Ciaran, Oliver, Rosie and Zac for their assistance with coaching and mapping during the year to date.

We are constantly in need of additional coaches, especially before the new scholar arrives. If you have some time available on weekdays and would like to come and show the next generation how it's done, please contact Sporting Schools co-ordinator, Stephen Goggs.

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