

# OACT Newsletter



September 2017  
Issue 418

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## Contact Orienteering ACT

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

### Email

[office@act.orienteering.asn.au](mailto:office@act.orienteering.asn.au)

### Phone:

(02) 6162 3422

Mon, Tues & Thur

- 9am to 2pm

## From the president: 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.

Orienteering ACT has been busy over the last few months:



Exciting News! The Orienteering ACT Council has ratified the new logo proposed by the OACT Board.

It was designed by Rob McDonald who represented the ACT in school sport orienteering and won the online members vote in July.

Apart from the obvious reference to Telstra Tower, Black Mountain and a north pointing compass it has symbols that represent the petals of the ACT floral emblem the Brindabella Bluebell. These petals can also be interpreted as the five different route choices that orienteers might make around (or over) the mountain. Alternatively the small circle in the middle could represent a control circle on a map with five different route choices leading out from it. The colour blue links back to the traditional blue (and yellow) colour on the ACT flag whilst the orange (PMS 165) and white are the official IOF colours for a control flag.

As we use the logo more and more we expect it to become more familiar to the general community.

## Permanent courses are up and running

Orienteering ACT now has four permanent courses in John Knight Park, Belconnen, Weston Park, Fadden Pines and Eddison Park, Woden. A huge thank you goes to the ACT permanent course team including Kelly Young, Bruce Barnett, Patrick Miller, Zac Needham, Ewan Barnett, Tate Needham, Theo Fleurent and Emil Granqvist.

The feedback about the permanent courses has been very encouraging and showed two months after implementation 170 people had requested to download a permanent course map. Users included the ANU, ABC and various schools. A total of 720 people were planning to do the courses (admittedly this is hard to verify). The survey results indicate people find it very enjoyable and the instructions are easy to follow. Great job everyone.



## New International Coach arriving soon



Orienteering ACT is very excited to have Tamsin Moran (23) arriving on Sep 29th for the final weekend of the Australian Championships at Bathurst – nothing like straight into it. Tamsin is from Sheffield, South Yorkshire and has orienteered all her life. Alongside competing at Junior World Orienteering Championships, World University Championships and Junior European Cup, Tamsin has have been heavily involved in organising, planning and coaching and is looking forward to sharing her expertise. Tamsin is currently finishing her research on Polar and Alpine Change. Her other interests include fell running, cycling, rock climbing/mountaineering and playing the flute.

By the way hosts wanted: Please contact [Edith.Gray@anu.edu.au](mailto:Edith.Gray@anu.edu.au) if you would like to host Tamsin for 3-4 weeks. You will receive lots of free coaching!

## New website

Orienteering ACT's online presence is undergoing a face lift and Tate Needham has been busy working on the new, easy to navigate website. The current website is still work in progress and the fully functioning redevelopment is expected to be up and running before our Twilight series starts.



## **New Part Time Development Officer**

A very warm welcome to Melinda Coupland Thorne who has agreed to take on the role of Development Officer with Orienteering ACT for 15 hours a week. This is a part time position generally during school weeks only.

Toni Brown will still continue as SC-ORE coordinator, Stephen Goggs as overall Sporting Schools Coordinator and Ciaran Lane as University Liaison.

Melinda will also do Scout Liaison and Coaching Accreditation Admin.

She has had two years of orienteering experience as a mother of an enthusiastic girl involved with Map Mates and SC-ORE so is ideally placed to improve our promotion and development areas.

## **Recent Appointments**

Thank you to the following who are continuing in or have agreed to take up these vital roles

### Series Coordinators

- Saturday Metro – David Hogg
- Wednesday Twilight – Matt Crane
- Wednesday Lunchtimes – Geoff Wood
- Monday Street O – John Harding

### Classic Bush Review Committee

- Stephen Goggs / Sue Garr / Nathan Guinness / Matt Stocks

Computer Operator – Jesse Piironen

Newcomers Welcoming – Jane Barnett

Anita Scherrer – Quarterly newsletter editor

ACT Schools team third position – Tom De Jongh

Scholarship Host Accommodation Coordinator – Edith Gray

David Poland

## Executive Officer Report by Geoff Wood

### EXECUTIVE DIRECTOR REPORT TO COUNCIL AUGUST 2017 Geoff Wood

#### 1. Membership

	Aug 17	Aug 17	Aug 17	Aug 17
	Family Memberships	Persons in Family memberships	Individual Memberships	Total Members
AO	11	37	8	45
BS	37	128	30	158
PO	32	108	26	134
RR	26	89	22	111
WE	4	11	8	19
total	110	373	94	467

2016 as in Annual Report			
Family Memberships	Persons in family mshps	Individual memberships	Total members
14	51	9	60
42	145	34	179
26	94	33	127
19	63	19	82
5	19	7	26
106	372	102	474

The member figures are similar to last year. They are probably the final figures for 2017. Red Roos have increased their share of membership to normal historical levels.

Our new members since those reported in my May 2017 Council meeting report are:

BS-A	Amelie, Elliott, Penny and Rob Burrell; Leo Luo (J); Silke Speier and Bodie, Greg and Zoe Terrill
RR-A	Elliott and Zachary Minty; Rebecca Tedeschi; Kate Brown and Indigo, Pete and Riley Trubshaw.
	<i>(Memberships separated by semi colons)</i>

A decision for the Council is Membership fees for 2018. In the past, we have opened next year's membership in October with the start of the summer twilight program. In 2017, fees are: \$110 for family, \$90 for individuals not part of a family and \$50 for juniors not part of a family.

The reason why family and individual memberships are close together in price is that costs that are a direct result of member subscriptions are a function of membership and not members. The Orienteering Australia State Levy is based on the number of memberships i.e. the sum of family memberships and individual memberships and similarly the cost of the Australian Orienteer magazine is a function of membership and not members.

#### The Website and Posting of Results

In the past OACT has posted results onto our own website in chronological order. We were able to publish the names of the main volunteers for each event, publish the weather at each event, and also publish Participation and Entries numbers. In recent times we have also been publishing results on Eventor, as a separate exercise. This is Orienteering Australia policy – that all orienteering results in Australia be published in Eventor.

Our new website will not have a facility for publishing results separately to Eventor. The new website will have links to the relevant results in Eventor. The Eventor results system does not calculate Participation and Entries numbers; only Participation numbers. The Eventor results system does not publish the names of the main volunteers with the results. The main volunteers are listed with the Event Information, but there are no prompts for the person posting the results to ensure the main volunteers are listed – hence this can be easily forgotten. An advantage of posting results on Eventor is that results data can be downloaded from Eventor via an API and analysed. This requires software to be written and some states are doing this on an ad hoc basis, but nothing coordinated at a national level.

The main volunteers are listed in Eventor in the Event Information section. It describes the Event Organiser as the Event Director. I would like to see some uniformity here – that we adopt the term Event Director not just by us, but throughout Australia. I consider ‘Event Director’ to be a more modern term than Event Organiser.

### **The 2018 Program.**

I have posted this on our website at the Events section- at the bottom of the page.

Issues are:

Christmas 5-Days: We have been invited to conduct one day;

17-18 March: This was proposed as a joint NSW – ACT League event weekend with OACT doing Saturday at Mongarlow and NSW doing the Sunday. Mongarlow is no longer available. Do we do it at another location and who can do it?

19-20 May: This was proposed as our sprint and MD champs weekend. Unfortunately the NOL weekend originally planned for the previous weekend has been put back to this weekend. Therefore our choice is to have our champs weekend brought forward a week to 12-13 May. This is probably ok, except that this would be on the second Saturday of the Saturday program. Alternatively we could have our champs weekend on the 26-27 May which would be better in respect to the Saturday program, but that weekend clashes with NSW events.

Communicating with ONSW, I get the impression they are finding conducting their league event weekends are sometimes becoming a bit too much – with the same people doing the organizing all the time (sound familiar?). They are receptive to the idea we should do joint league weekends, and I believe they would be prepared to include our May champs weekend into their state league program.

Geoff Wood



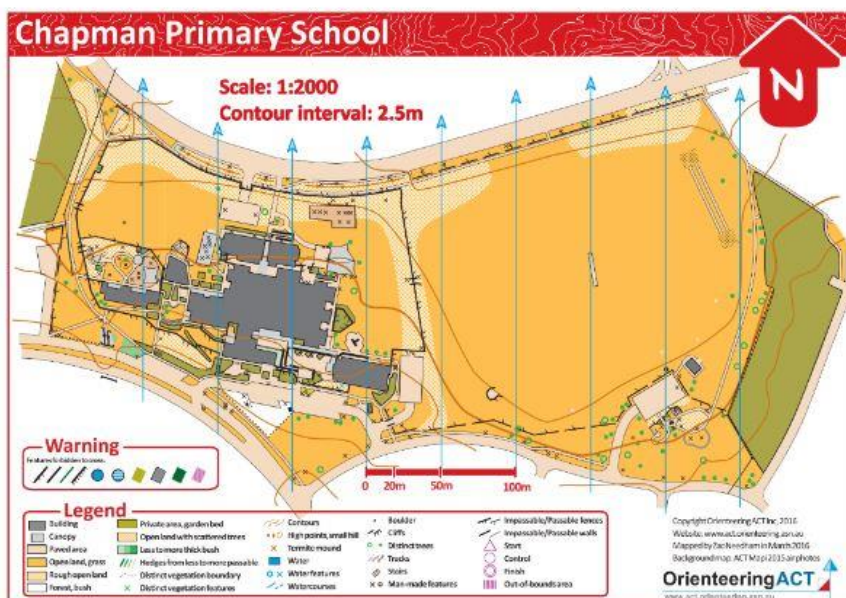
## Schools coaching update

Winter is always a prime time for orienteering, and it's no different in schools. Many schools across Canberra have availed themselves of federal Sporting Schools grants to fund orienteering programs in terms 2 and 3. If you happen to hear a person aged 7 to 13 asking life's four essential questions:

- Which way is north?
- Where am I now?
- Where am I going?
- How am I going to get there?

You'll know they have done time with an OACT community level 0 coach somewhere! And recently that somewhere could have been Covenant Christian School, Radford or St Francis Xavier College; or Campbell, Chapman, Curtin, Forrest, Garran, Holy Family, Latham, Macquarie, Miles Franklin, Sacred Heart, St Francis of Assisi, Telopea Park or Theodore Primary School – we've been everywhere man!

It is pleasing that a number of these schools are repeat customers, who have discovered the benefits of laminating and reusing the maps our increasingly talented young mappers have been creating (yes that includes you Tate J). The work that Patrick and Tristan Miller, Ryan and David Stocks, Zac Needham and our overseas scholars have been putting in to this area – building on the store of maps previously created by Olle and Noah Poland and Theo Fleurent in particular, is an invaluable resource for schools – as well as making our jobs as coaches easier the second and subsequent time round.



If you haven't seen one before, here's an example of the calibre of material that schools are getting as part of their programs. The use of the bold banner and N arrow allows the coach to spot from some distance whether the student has his or her map oriented properly, and the use of standard orienteering map features and symbols means new starters are introduced to sound technical basics from day one.

A primary goal for our schools coaching program is to build knowledge, interest and participation in our sport in particular, of course, but it is also rewarding for coaches to be part of the bigger picture of promoting a range of benefits to be derived from physical education.



## Schools coaching update (cont)

“Research has indicated a range of barriers that impact on the quality of PE and sporting programs within schools, including low levels of confidence from the teachers, poor facilities, inadequate resources and low levels of interest in PE in general (Morgan & Hansen, 2008). They also argue that many classroom teachers do not see themselves as good role models with regard to PE, as they are not physically skilled themselves...It is upsetting to think that some children will lack in knowledge and/ or experience regarding physical education because of time and financial constraints. Although teachers are under pressure, PE should not be overlooked because of the value it has on children’s physical, social and emotional wellbeing. If children experience positive and fun physical education lessons more frequently during their early years, there seem a greater likelihood that children may change their habits in the home i.e. from play stations to outdoor play.

... PE has the potential to enrich students’ lives through sporting experiences, developing their skills and identifying students with particular, possibly hidden talents, or those requiring additional support. It allows students to improve their social skills and provides opportunities for teamwork. There is no better teaching and learning vehicle to assist the next generation with skills to combat prevalent issues such as obesity, bullying, peer pressure, depression and fundamental movement skills than through primary school HPE programs.”

‘Why Public Primary Schools need specialist PE teachers’, Christina Curry, School of Education, University of Western Sydney; Active and Healthy Magazine Vol 19 No 2 2012

You too can be a paid orienteering coach. If you are interested to give about half a day per week in blocks of about four weeks at a time, then have we got a job for you!

As you can see from the list above the jobs continue to come in constantly, so we always need more coaches. Please contact me on 0401 994975 or at [schools@act.orienteering.asn.au](mailto:schools@act.orienteering.asn.au) if you would like to get with the program.

Stephen Goggs

## Club News – ABOMINABLE O-MEN

Ian and Hamish Prosser have recently returned from a “holiday” in the European Alps. In numbers it was 25 days in Italy, Switzerland, Austria and France; 3 days of MTB racing; 9 days of orienteering races; 2 days of Tour de France; 2 days of World Cup MTB; 7 days and 3000 km of driving alpine passes; and 0 days of rest, museums, art galleries or cities - i.e. A boys trip. That still wasn't enough for Hamish who decided to walk up a few extra alpine peaks in between.



Ian then went on to Sweden to join Jenny and Geoff Lawford at O'Ringen (Swedish 5-Days) making an Abominably pathetic attempt to take on the large Swedish clubs. We need a new club banner I think.



Geoff did the best in O'Ringen improving through the week to come 11th in M60. I am sure he would have won if it was the Swedish 10 day. Too much orienteering is never enough for Geoff as he showed by dragging Jenny straight to the Scottish 6 Day where they kept improving with 2nd place for Jenny in W60 and 5th for Geoff.

Jenny and Geoff started their trip watching Belinda make her debut appearance in WOC at Estonia. What a tough WOC to start with though. So different to Australia with no visibility in the forest and very subtle random contours. Who would put depressions on top of hills and knolls in depressions. Crazy place. Belinda's best result was 52nd place in the Abominably difficult middle distance race.



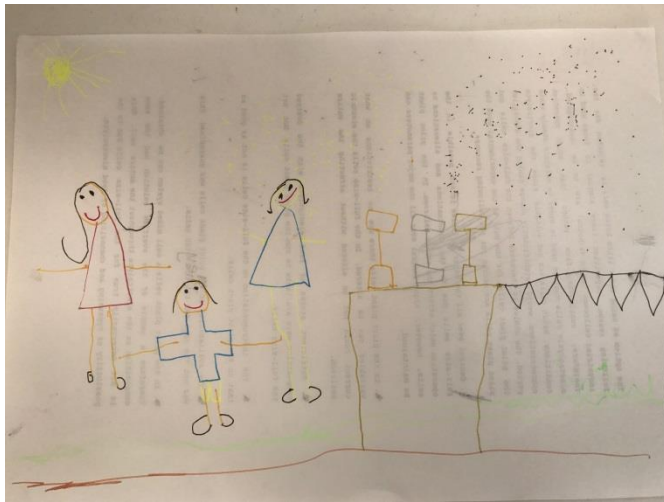


## Club News – ABOMINABLE O-MEN (cont)

Geoff Lawford, accompanied by one time Abominable O-man, Rod Gray, better known in this instance as DawdleOne and DawdleTwo, headed off to the World Rogaining Championships in Latvia. By all reports they were confronted with very much green, small hills and many streams and lakes. Some described it as overgrown and mosquitoes were mentioned too. Having been to the model map and “eventually found 2 controls” they were expecting some very difficult night navigation. In the end they were unable to produce a winning result, finishing a creditable 8<sup>th</sup> in Mens Super Vets with 250 points (just 23 points off a medal). Perhaps they should have stayed out longer or dawdled less!!

Meanwhile Jenny went touring in Gothenburg with daughter Julie – good choice??

Zaf is taking up assembly area design as can be seen from this picture – Shannon, Zaf and Ann along with a few flies (top right). Trophies on the table, bunting out and controls in the forest Mum!!



Farewell – to Craig, Jasmine, Leo, Violet and Archer. They are heading off to Canada in October for a couple of years but will be remaining Abominable during their time away. Perhaps they can find a real Yeti!!

Ann Scown

## Club News – Red Roos

Firstly, a warm welcome to our new club members: The Trubshaw/Brown family - Pete, Kate, Indigo and Riley. We are also joined by junior Flynn Hopkins. Rebecca Tedeschi has joined her family in Red Roos.

Welcome to all and we look forward to seeing you out in the bush!

With spring on the way the orienteering season is ramping up again. For those of us that have been in semi-hibernation over winter it's time to dust off the compass and get some practice in before the rapidly approaching Australian Championships carnival.

It seems that many hardy orienteers have not let a bit of frost hold them back, as the Metro League events have remained very well attended over winter. There were a few quite chilly winter events, and it's debatable which wins the prize for the being the most wintery, but the Saturday event at The Pinnacle in July was a strong contender. With a combination of frost and fog it didn't get above zero till late morning.. Brrr...

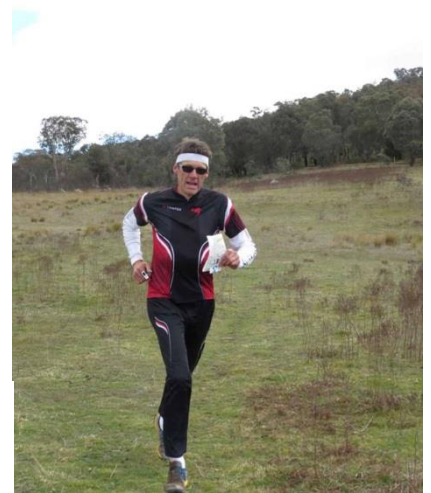
At the end of August Red Roos organised a brilliant event on the new Aranda Snowgums map as part of the Wildfire Sports Winter Classic. In the middle of our beautiful city, with Black Mountain as a backdrop, it was really something special. With a complex match racing format and the inclusion of a National League race, a lot of work went into making it all happen. A special mention and thanks go to our Roos who took on the major roles for the event; Jason McCrae (course setter), Mace Neve (controller) and John Sutton (organiser). Bob Mouatt also put in a lot of work as the overall Event Director. Many Roos helped out on the day and it was fantastic to have so many hands to share the work. It really was a terrific team effort.



Martin Dent in action at the National League Galaxy race at Aranda Snowgums. He finished third in mens elite. (Photo: Orienteering Australia)



Andrew Slattery and Karin Schulz helping out at the map exchange at the chilly Winter Classic Galaxy. (Photo: Orienteering Australia)



Head Roo Stephen Goggs at the Winter Classic Galaxy event at Aranda Snowgums (Photo: Orienteering Australia)

## Club News – Red Roos (cont)

On the June long weekend, a number of Roos travelled to Wagga Wagga to compete in the Australian 3 days. The Riverina turned on the weather for us and we enjoyed three lovely days orienteering in great terrain. The championship included a middle, long and sprint distance. Amongst the Red Roos there were a few overall placegetters; Congratulations to Elye Dent who came 1st in M10A. Rebecca Minty made an impressive comeback to place 1st in W35A. It has been great to see Rebecca Minty return to the sport after several years break, and it seems that she hasn't forgotten how to do it! Allison Jones was 1st W40A and Jo Allison 1st in W21E. In the mens elite class we had three Red Roos representing the Canberra Cockatoos; Tomas Krajca was 3rd, Rob Walter 5th and Martin Dent in 9th.

It is also very encouraging to see quite a few of our younger roos also participating in the event; Ariadna Iskhakova, Connor Dent, Hayden Dent and Mira Walter all ran in the novice class.

Marina Iskhakova recently represented Australia in the World Mountain Bike Orienteering World Cup held in Orleans, France. Great to see her for the first time competing in green and gold! She finished 28th in the sprint, 34th in the middle and 29th in the long distance. Well done Marina!

Since returning to Australia, Marina and Fedor also recently organised the NSW and ACT Ski Orienteering Championships held at Perisher Valley.

They are truly a multi-talented family! It looked like a fun day at the snow.

Finally, good luck and safe travels to everyone heading up to Bathurst for the Australian Orienteering Championships Carnival.

Jo Allison



Marina Iskhakova competing in the Mountain Bike Orienteering World Cup in France. (Photo: Fedor Iskhakov)

## Club News – Parawanga Paragraphs

Parawanga Orienteers had a busy and successful winter season, running Saturday events at Mt Ainslie North, Aranda Bushlands and Stromlo West (setting and organising for Blue Lightning), as well as league events at Kowen East and Yankee Jack (jointly with Bush Flyers).

New Cocky Zoe Melhuish spiced up her Aranda Bushlands courses with a tightly contested King and Queen of the Mountain competition – congratulations to chocolate winners!

Parawangans were prominent in setting/organising a number of mid-week metro events, including a night event for World Orienteering Day, while Nathan Guinness and Shannan Forrest continued the popular Map Mates program.

On the interstate front, some 36 Parawangans discovered an even colder venue than ACT for orienteering, at the Australian 3-days in Wagga Wagga in June. Tara Melhuish was junior elite women's winner, with new Parawangan and Cockatoo Miho Yamazaki not too far down the ranking. Mark Glanville was a top 10 finisher in junior elite men. Ann Ingwersen, Bill Monaghan, Ana Herceg, Luca Hogg, Andy Hogg and Darryl Erbacher were overall age group winners, while Makhaya Hogg, Zoe Melhuish, Natalie Smith, Mykal Marsham and Ella Hogg also appeared on the podium on one or more days. Congratulations all!

Nathan Guinness was our sole representative in the 2017 NSW and ACT Ski-O Championships at Perisher in August, completing the Long course in a very respectable 8th place. Congratulations Nathan!

Not to be outdone by older sister Tara as she prepared for her second JWOC carnival in Tampere, Finland, younger sister Zoe showed her mettle with a convincing win in Division 2 of the Jim Sawkins Classic Handicap at Rattall Creek in June, from a field of 45 entrants. Congratulations Zoe!

Tara countered with a NOL win at Aranda Snow Gums to complete a perfect season score of eight NOL wins and secure Tara her first NOL title of Junior Elite Women's champion. Congratulations Tara!

Some Parawangans demonstrated their versatility, or aversion to Canberra winters, in a variety of activities such as Bush Heritage conservation work in north Queensland (Ingwersens), hiking in the European Alps (Bruce B. and Liz A.) or the Pyrenees (Barbara Martin), cycling in Germany (Ian Elz and Liz Dunbar, and Bruce and Liz – separately), and orienteering in the Bohemia 5-days in the Czech Republic (Bruce and Liz – again).

With one event to go in each of the Saturday and league programs, all eyes are on the junior league and ACT league tables. Tara, Zoe, Ciaran Lane and Mark Glanville were leading their age groups in the junior league, while Zoe was topping the ACT league standing, ahead of 3rd placed Tara.

PO schools team members at the Australian Champs are Tara, Zoe, Miho and Andrew Kerr. Good luck to them and to all orienteers at the carnival – over 900 of them!

Colleen, PO Secretary



Course setter Zoe



Aidan spikes it





Parawangans in full sprint at Connorton, Wagga Wagga



Parawangans on duty at Kowen East and Aranda Bushlands



Parawangans leading the way



Parawangans on course at Wanniasa Hills, Stromlo West, Aranda Snow Gums and Aranda Bushlands



Elites show how it's done



## Club News – Bushflyers Bugle

A warm welcome to our new club members: Amelie, Elliott, Penny and Rob Burrell; Leo Luo; Silke Speier and Bodie, Greg and Zoe Terrill.

### Running the show at the Ultra-Long



Alison Inglis, Tristan and Patrick Miller

Congratulation to the Bushflyers Ultra-long (NOL and AL) organising group. What an amazing effort by Patrick Miller course setter, assisted by brother Tristan, supported by mum Alison Inglis. As well, dad Peter Miller took on the mammoth task of covering the organisation. Miller/Inglis crew were supported by long standing Bushflyer Dennis Trewin. A huge thanks to all of them from the Bushflyers Club!

The event attracted 164 participants and as the name suggests – it was a particularly testing event in the elite classes. Despite the long distances Bushies were competing well in the elite classes and certainly showed perseverance as demonstrated by our very own OACT president David Poland who held off younger competition even after more than 4 hours of racing. A special mention goes to



Clare Lonergan (left) before start

Bushies Kieran Macdonell and Clare Lonergan for taking on Australia's best orienteers. Another Bushie – Noah Poland – took on Australia's junior elites and finished the race in an outstanding 2<sup>nd</sup> place. Well done.



Noah Poland (4<sup>th</sup> from left) getting into the zone

### Sad news

It is with much sadness that we received the news of the passing of Eija Meuronen, wife of Eino. Surrounded by family, Eija passed away in August after a brave fight with cancer. Many will know of Eija as the kind and patient partner, always there at orienteering events, either sitting along with us under the Bushies flag or snuggled warm in the van awaiting Eino's return from the forest. She seemed to love being out in the bush keeping an eye on Eino and making friends at both orienteering events and at social gatherings.



Eija and Eino Meuronen

## Bushies in action at the Metro League and ACT Secondary School Champs at Jerrabomberra (9/9/2017)



Jo Hobson

Photos by Tom de Jong  
([www.photosbytom.com.au](http://www.photosbytom.com.au))



Tenzing Johnson



Ryan Turner, Ryan Stocks, Braeden Jaugietis



Tristan Miller (L), Tenzing Johnson (R)



Patrick Shelton-Agar and Toby Lang



Ellen Johnson, Justine Hobson, Natalie Miller



## SC-ORE School Orienteering



So you've seen SC-ORE School Orienteering advertised, but what is it all about you ask. For those interested here's some answers.

The concept came about after an OACT member attended the Oringen Academy in the European summer of 2014.

This Academy, led by Goran Andersson, showcased the Swedish Skol Sprinten (school sprint) competition, describing its underlying value in terms of increasing orienteering participation, making orienteering more visible while delivering a fun and educational sports experience. Goran is now Director of World Orienteering Day and IOF Youth Development.

For those of us that love orienteering it's hard to understand what puts people off. But it's true, kids, and even more so, parents go for mainstream sports.

Goran's extensive experience in orienteering had him concerned that without an alternate approach, orienteering would simply fade away.

Appreciating that urban terrains are highly accessible and easy to use while addressing the "fear of the forest", a school based program was the way to go.



But how? Goran created Skol Sprinten.

SC-ORE (loosely based on Skol Sprinten) seeks to bring orienteering to primary school students in a safe, easy to run, well-structured way.

For those interested, we tested the name School Sprinting here in Australia with a group of primary school children.

The idea that, as the name implies, they would have to sprint, was a turn off!

Interestingly, that's just what they do – if they can they sprint!

SC-ORE came from the combining of SChool and ORiEnteering. The challenge of the competition is for your team to SC-ORE points.

As a trial, in December 2014 a preliminary intra-school competition was conducted at a small catholic primary school in Woden involving 95 year 5/6 students.

At around this time Orienteering ACT (OACT) supported a proposal for the implementation of this school based school safe inter-school challenge as first phase pilot, as an attempt to increase participation.

Anyone working in, with or around schools will appreciate that getting something new happening in this space is a challenge. There are many aspects to address.

By March 2015 a first pilot was established to test interest in this inter-school format.

It was deemed a success and has run twice a year since then.

SC-ORE reaches almost 200 ACT primary school students AND THEIR parents each year.

It provides not simply a one-off experience but a 4-week challenge across 4 different school maps as part of the competition.

Parents are required to be there at every event. There's no dropping off and rushing to do the shopping. There's no sitting in the car. Parents must be there. And they are!

By the end of SC-ORE these primary school students believe they can orienteer. They are ambassadors for our sport!

So looking ahead SC-ORE has a rosy future.

Spring SC-ORE 2017 entries opened in late August. Within a week students were signing up, parents were making email and phone enquiries and host schools were showcasing the sport of orienteering at school assemblies.

This program reaches beyond our current constituency. It invites children (and more importantly parents) into "the tent".

SC-ORE says it's OK to run orienteering on a simple school map, whether your skills are limited or not.

SC-ORE says it's OK to cheer and encourage your team mates over the line with loud and enthusiastic voices.

SC-ORE says it's OK to run a short course that doesn't have grass seeds, fallen timber and the risk of getting lost.

SC-ORE was accepted for inclusion on the ACT School Sport Community Calendar from 2015.

SC-ORE has now been recognised as a valuable participation project by Orienteering Australia, supported with a grant.

So, if you know any primary school aged children who haven't yet "SC-ORED" now is the time.

SPRING SC-ORE VENUES in ACT ARE:

- 19 Oct North Ainslie Primary
- 26 Oct Ngunnawal Primary
- 3 Nov Emmaus Primary, Dickson
- 9 Nov St Thomas More's Primary, Campbell

Parents can enter their children [HERE](#)

Toni Brown

## Mountain Bike Orienteering:

Starting 2018 I'm taking on a role of ACT MTBO coordinator. I was very happy to take part in World Cup in France as an Australian representative this year and be placed in top-30, and to experience a top world event that included WMMTBOC, EMTBOC, European JMTBO and Youth MTBO Championships and open event O'France 17 bringing together more than 700 mtboers all over the world. I'll be really happy to bring a part of that excitement to ACT MTBO and share with more ACT orienteers that incredible feeling of really fast intense orienteering and decision making on the go. It would be fantastic if in a few years half of Australian MTBO Elite and Masters teams come from ACT.

For more information on how to get into mountain bike orienteering, please email Marina (Marina.Iskhakova@gmail.com).

The ANZ challenge team for the forthcoming Australian MTBO championships in Wingello has been announced.

3 ACT riders have been named in the team. Marina Iskhakova (W21), Ann Scown (W60) and Ann Ingwersen (W70).

Class	Name	Team/Reserve	Class	Name	Team/Reserve
M21	Ricky Thackray	Reserve	W14	Mikayla Enderby	Team
	Glen Charlton	Team		Serryn Eenjes	Team
	Steven Todkill	Team		Rhiannon Prentice	Team
	Angus Robinson	Sprint/Middle	W21	Lucy Mackie	Team
	Fergus Mackie	Long/Reserve		Marina Iskhakova	Team
M40	Hamish Mackie	Long/Sprint		Natasha Sparg	Team
	Damien Enderby	Middle/ R L&S	W40	Carolyn Jackson	Team
	Craig Steffens	Team		Jenny Enderby	Team
	Ian Dalton	Team		Tamsin Barnes	Team
M50	Stephen Hanlon	Reserve	W50	Julie Sunley	Team
	Andrew Power	Team		Kay Haarsma	Team
	Duncan Sullivan	Team	W60	Heather Leslie	Team
	Michael Ridley-Smith	Team		Peta Whitford	Team
M60	Bill Vandendool	Long, R M & S		Ann Scown	Team
	Robert Prentice	Middle/Sprint	W70	Dale Ann Gordon	Team
	Peter Cusworth	Team		Ann Ingwersen	Team
	Richard Robinson	Team		Kathy Liley	Team
M70	Blake Gordon	Reserve			
	Keith Wade	Team			
	Leigh Privett	Team			
	Moran Reid	Team			



## High Performance Funding – It's not just us.....

There has been much discussion lately as to how Orienteering Australia (OA) can overcome the loss of Sports Commission funding for High Performance.

Orienteering ACT (OACT) recently decided to vote for an increase in State registration fees as the way forward. There was another option, which was to increase event levies, which would have cost OACT more but probably provided greater income for OA.

As you can see from the following Editorial and News in Brief which appeared in Compasssport Vol 38 Issue 3 – June 2017 (and kindly provided by Editor Nick Barrable) Australia is not alone. It would appear, however, that our athletes might be a bit better off than the Brits.

Editorial JUN17

Back to square one

The funding for our Elite Orienteers has gone full circle. Up until the late '90s, money was very limited with much effort put into fundraising to reduce the individual financial burden on athletes. Then came lottery money and a huge cash injection. It was almost too difficult to spend it all. It was spend it or lose it and the good times rolled.

Although where exactly the money was coming from and what it could be used for has altered over the years, it has gradually decreased over time, until we are where we are now. The elites, neither Junior nor Senior, no longer get any money from official 'government' agencies. As austerity has kicked in, helped by not being an Olympic sport, the money tap has finally closed.

Since those days of the 90s and earlier, costs such as entry fees have rocketed up. Not only is there an IOF licence to pay for, major events want an accreditation fees as well as a fee per race.

I think everyone would agree that GBR should be represented at major IOF events; Worlds, Euros, World Cups, but at the moment, the financial burden seems to be falling onto the athletes. The British Federation in my opinion should be paying these fees for our selected teams and a suitable source of funding for this should be found. A £1 levy on BOCs and JKs might be one idea which would generate some money to ensure that our athletes have this amount taken care of, even if they still have transport, accommodation and food to pay for.

There will no doubt be various initiatives in future in order to make some money and I hope readers will support them. I also hope our elite athletes will rise to the challenge of generating funds for themselves too, and not just expecting clubs, regions, parents, grant funds, to write blank cheques. It is a two way street.

Despite financial clouds, there are, as usual, some great talents coming up through the Junior ranks and the future of GBR O is bright.

by Nick Barrable

## High Performance Funding – It's not just us..... (cont)

### Team GB –Funding and Support Needed

The recent funding cuts to elite sport have hit our senior international orienteers very hard. Not only is there no guaranteed funding for these athletes, but there are no longer any paid staff to support them. This season, thanks to a contribution from British Orienteering (BOF), we are still able to send a team to the forthcoming World Championships in Estonia in July, but with a considerable shortfall in funds that has to be made up by the athletes.

Most of Team GB have grown up through the regional squads and BOF junior programmes but making the transition to internationally competitive senior demands a high level of commitment over many years. Athletes need to train at least 12-14 hours a week as well as funding themselves to attend all the major races and international training camps. The travel and accommodation make it very expensive, more so as many athletes are either studying or in the early stages of a career.

*Even before April 2017 our funding was minimal compared to the big nations (e.g. in 2015 Sweden had €800,000 and Denmark €500,000) but we still managed to punch above our weight (3 x 4th places in 2016). However with no funding this is unlikely to continue and if we are going to keep being competitive we know we need to find new sources of funding and support.*

### Can you help?

In the short term, the team are trying to raise £6000 to enable them to get to WOC and have adequate support and accommodation. Please visit:

<https://mydonate.bt.com/fundraisers/fuelgbwoc> where you can see what funds are needed for this year's WOC 2017, donate and click on links for the team. Thanks go to The Orienteering Foundation (through one of their trustees Duncan Archer (CLOK)) for their help with this.

Please become a supporter of the GB team and add your name to the support list where we will keep you posted on news of the team and ideas for maintaining the Elite squads and programmes in the long term. Write to: [EliteO.FundingFocus@gmail.com](mailto:EliteO.FundingFocus@gmail.com)

*Do you have any good sustainable ideas for raising money or expertise in fundraising which you are prepared to share? Do you know any business / corporate sources who might be interested in sponsorship? Are you able to volunteer and contribute skills that might assist (admin, coaching, sports science, finance,)*

So you see, we in Australia, are not alone. The paragraph, in italics, above says it all. - Orienteering Australia also has a range of projects which can be donated to directly through the Australian Sports Foundation. Most of these are for High Performance – as described here -

**Donations to the High Performance Program:** Orienteering Australia's High Performance Program covers athlete development and national and international competition support for about 100 athletes from age 16 through to retirement from senior elite competition. It used to be supported by the Australian Sports Commission but like all non-olympic sports we now rely on support from within the orienteering community. The athlete pathway has helped increase and maintain participation from teenage through to early masters years. Many of the athletes who have benefitted from the program have started families that orienteer and are now quite prominent as officials in the sport. Athletes still contribute up to \$5000 a year themselves toward costs but without OA support their costs would be prohibitive and stop them reaching their potential.

Go here to find out more <http://orienteering.asn.au/index.php/donations/>

## STATE ROGAINING CHAMPS – MT SINGLETON

To those who might understand..., and to those who never will,

On a Saturday morning a bit over a month ago I saw an email come in from the WA Rogaining Assn advertising the State Champs 24 hour event up at Mt Singleton, Ninghan Station (just before Paynes Find, 400km heading north). This was where Peta and I did our last serious rogaine, the world champs in 1996, clear moonlit night, stunning wildflowers, etc. We were very disappointed not to win the mixed (and we haven't forgotten why) but we did win the mixed vets as some ageist consolation. In rogaining there are always endless 'if only' stories when it comes to missing controls, wasting too much time looking for something that plainly is elsewhere, brain unable to see details that are perfectly obvious to the rested mind.

Overcome by nostalgia, possibly driven by some lingering need to make amends for the past, and completely ignoring the fact that it was a third of our lifetimes ago, I registered for the event. PK was out shopping I think but when she got home and I made the announcement that I had just spent \$180 on the card in registering us as a team, she immediately pointed out to me that I had just done the 'most foolish thing in my life... to date' (room left for improvement) but then, in the next breath, started outlining the necessary training programme. We have been doing long 'fast' walks once or twice a week, around the river and up in the Randall – Cuthbert – Vincent – Cook area on the Bib Track. Rogaine or not, they have been very enjoyable.

The event proved trickier than 1996. Much. Using the closely-guarded Maley Method I quickly calculated the average distance between the 71 controls at just under 1.4km, so relatively compact, but the relentlessly rocky terrain under foot, the hard, springy burnt-out bush - both upright and fallen, the waves of rain, the persistent wind and very slippery conditions on steep and flat ground alike all conspired to threaten injury and demoralize teams. The 24 hour events start at midday. From 4.30pm Saturday afternoon until after 3am Sunday morning we were more or less wet through to the skin. Fully effective waterproofs, even Gore-Tex, are too hot on the move, you lose too much fluid (and one event will wreck them), better to get wet a little, you're probably going to be anyway, and 'walk dry' when the rain stops. We used the cags we made for Corsica, silicone-encapsulated Epic fabric, highly water repellent but also soft and highly 'breathable'.

On one of the five or so falls I took (this one coming off Mt Singleton, headlamps illuminating not much more than the mist and rain blowing up over the cliff edges) I distinctly felt something rip in my left knee - a twist and shout moment. (And, for some reason - and this is an aside for the Blue Duck 'Table of Wisdom' morning coffee boys - at this very point in time, crumpled as I was on the slope in the wet dirt, amongst rocks and sticks, Fordham came clearly to mind. I saw him lounged in a deck chair under some Balinese palm tree, probably his twentieth holiday there, straw hat sunken down over his face, right arm extended, loosely retaining an inclined and partly drained cocktail glass at its extremity, and I thought of how much of life he has missed out on by not venturing beyond the 40<sup>th</sup> parallels and strictly maintaining his aversion to cold and wet). I struggled to my feet thinking well this is it, limp back to the hash house - if I can - and call it an evening. Maybe even drive off under cover of darkness and pretend we were never there. Peta said later she was very ready to say yes, chuck in the towel. So easy to do.

But the knee proved good after a few test swings so we pressed on down the steep gully. Early in the descent we think we confirmed that control 73 indeed wasn't where it was mapped, something we had been tipped off on an hour earlier by a generous team going the other way. (We responded in kind). We also soon decided 73, probably now well above us and out under some rain-plastered cliff face, was best left undisturbed. Between the previous control on the top of Singleton and the next one that we found out amongst the maze of watercourses and creek junctions down on the flats we spent over two and a half hours pathetically buggerising around in the dark. Peta fell over a few times as well, once see-sawing over a slippery fallen mulga branch, hitting her head on landing on the other side. Some time after 3am the moon began to appear now and then between the clouds revealing the hills beyond our world of headlamp range scrub and rocks underfoot. The rain dispersed to passing showers but the wind continued to stream in from the north-west. The only way to stay warm was to keep moving. For as long as I could I tried to ignore what on my left foot, in the wet sock and trail runner felt like a huge and expanding blister right on the arch support of the insoles. I am not prone to blisters and never before there. Eventually I had to tape it with full wraps up around the ankle. There is no adhesion to wet, prune-like skin.

About 4am we stopped to eat; boiled gourmet potatoes with mint and butter used to work well so we took them again. I had a couple, then shared half a banana with Peta, then immediately chucked it all up. The minor and temporary challenge now was to time the swing the compass hanging from my neck away from the stream of my convulsions. (I found comfort in that moment thinking about the physics of wave periodicity and resonance). I managed to keep separation, then straightened up and walked on, as you do. We got back into rhythm, headed off towards the dawn, picking off control after control, not exempt from making a few more embarrassing navigational blunders. With the light it got easier and we were also now in a much less scrubby terrain. The rain now also mostly held off, we consulted on the point at which we should leave our planned route, plotted our return to the hash house and came in on time just before midday. (You lose 10 points for every minute late, disqualified after 30 minutes). We were sore and tired, relieved yes but, not for the first time, felt we had really done about as badly as we could have.

When you're sitting there after the event, shoulders badly aching from fending of the scrub or breaking off eye-level sticks (muscles I don't find are needed for the keyboard), blistered feet airing in open shoes, inflammation building behind the knees, bum so low in the borrowed folding camp chair it feels you'll never be able to climb out, listening to the results being counted down for the eighty teams, your score yet to be called, and then it is down to the last ten teams, and then the second mixed place is called, and your names still haven't been announced, and then they come to fifth place, and the announcer says 'first mixed super vets – first mixed vets – first mixed - Ian Maley and Peta Kelsey', and everyone's looking around to see who could have possibly pulled that off, and then they see you coming to your feet and they're all clapping but clearly thinking, how the hell did those two geriatrics do that; well friends, that is a great feeling.

Name withheld to protect the author

## **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.**

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