

OACT Newsletter



December 2017
Issue 419

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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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Mon, Tues & Thur

- 9am to 2pm

From the president: David Poland

At the Annual OACT Dinner on 26 November 2017 the following speech was presented on behalf of David Poland.

The tradition of a President's Award was started by Mary McDonald in 2014. The beauty of such an award is that there are no selection criteria and so it can be quite flexible. This year I again invited Club convenors and secretaries to nominate members of their club who are relatively new to orienteering and/or volunteering. In particular I wanted to acknowledge the work of those who contributed outside of the expected club member commitment of organising, and course setting. Recipients are generally fulfilling an unpaid position and have not previously received any major or minor award.

I would like to acknowledge the hard work and determination of the Orienteering ACT Board members who have all provided such valuable input into making 2017 an exciting and progressive year and have all made my role as president so much easier and more productive. They have all been a really great team to work with. I would like to thank Anita Scherrer, Bryant Allan, Tate Needham, Valerie Barker, Jo Hobson, David Shepherd and especially Phil Walker (secretary), Peter Miller (treasurer) and Geoff Wood (Executive Officer).

In addition I would like to thank the support staff who have taken much of the load off the volunteers. In particular Jill Walker has done an outstanding job in the office over the last few years and has worked well beyond the official hours of this position. We wish her well in her new ventures and appreciate all she has done to progress orienteering in the ACT and all that she plans to continue to keep doing as a volunteer.

This year's recipients of the Presidents Awards are

Marina Iskhakova

As a recent arrival to the ACT **Marina** took on the role of organising the first official ACT Ski Orienteering Championships. She combined this with a family snow hunt and snow rogaine to attract a record number of participants. Marina's enthusiasm managed to produce a small profit for OACT even after paying for most of the organiser's expenses. The event also exposed the sport of orienteering to a new section of the public and gave Australian Orienteering a new face

overseas. Marina has also agreed to take on the role of MTBO coordinator for 2018 and we look forward to the planned series of four MTBO events next year.

Tom de Jongh

Tom has been a frequent photographer at many events providing promotional material for free to Orienteering ACT and giving users the opportunity to obtain quality photographs via the OACT Facebook page and his “photosbytom” website.

Tom also volunteered to accompany the ACT schools team this year as a third person. He provided valuable support and management experience in this capacity.

Jane Barnett

Jane has been an enthusiastic coordinator of the Blue Lightning Cake Stall and a manager of the successful ACT Schools Team. She was also the paid Participation Coordinator for most of 2016, a position she has successfully handed over to Tara Melhuish.

Lil Bryant-Johnson

Lil and her family are relative newcomers to the sport of orienteering. Lil volunteered to manage the Blue Lightning Squad during the winter season in the lead up to the Australian Schools Sports Carnival in September. Under her capable direction the squad numbers swelled to the point that we had more applications for the ACT Schools teams than positions. Indeed next year there are plans to develop an invitational squad along the lines of the successful NZ model.

Ian Elz and Liz Dunbar

Ian Elz and Liz Dunbar are relatively new Parawanga members. Shortly after joining they began volunteering at events and within a year were organising events together. Their first joint event at the northern end of Bruce Ridge was marked by a downpour which lasted most of the day, but which failed to dampen their spirits, both on the day, or to organize subsequent events. Ian has a degree in computing so has found himself managing the computer all day, for Parawanga and for other clubs. Ian and Liz also invite members to their home for club meetings. It is great to see Ian and Liz volunteering so enthusiastically so early in their orienteering career.

And the winner of this year's Young Persons Presidents Award is

Zac Needham

Zac has been an ardent mapper over the last two years producing 11 maps so far – 6 street and 5 school maps. He has also been active helping his father Tate update the Orienteering ACT new Electronic Map library that is visible on the new website. (If you have not visited this page yet I would encourage you to do so). Well done Zac.

Conclusion

As we are all aware Orienteering ACT relies (and always will rely) heavily on volunteers. There are many ways people volunteer from course setting and event organising through to graphic design and grant submissions. I think almost everyone reading this has volunteered at some stage and this is what makes our organisation so vibrant and strong.

Thank you everyone for making OACT what it is

David Poland - OACT President



David Poland (Photo: Tom de Jongh)

Exciting news from France

Hi Toni and David,

Just to let you know that I succeeded in the exam I was taking to get a job at the French Sports Ministry!!

I'm really happy because that wasn't very easy with only 9 spots but I managed to get one of these. I will begin 1st January, I don't know where exactly at the moment but it's pretty sure I'll have to move as it can be anywhere in France.

Next step is to wait that one spot at the orienteering federation will be free and to take it, but it won't be before 2019!

Anyway say hi and pass the news in Canberra.

I hope everybody is doing well there.

Cheers

Theo



Theo Fleurent in action

Executive Officer Report by Geoff Wood

Over the past years, changes have occurred in how OACT does its finances. For the past 5 years or so years we have been using Eventor to pre-register for events, and also for memberships. More recently we have been using eftpos machines at events. This year we went on-line with our accounting software MYOB, enabling more members of the Board to access myob. This article deals with some back room finance issues with Eventor.

When we register on-line with Eventor for an event or membership, you can pay either through PayPal or POLi. There are big differences how these two operate.



When you pay with PayPal, your payment goes into OACT's PayPal account, where it stays until OACT's PayPal Manager (who happens to be me) transfers it to OACT's bank account. I do this about once per month during which time the PayPal account may accumulate a few thousand dollars if there is a major event on. PayPal also provides good reports, itemizes each payment including the name of the person and the purpose of each payment can usually be determined easily and this can be facilitated by having an event with easily identified pricing such as \$14.95 rather than \$15. When I do the periodic transfer from PayPal into our bank account I provide our Treasurer with a report of the payment broken down into the various accounts, such as membership, season passes, championship event etc. From the treasurer's point of view this means only one line in the bank statement and only one entry into myob.

In contrast, POLi is ghastly. POLi works by doing a bank transfer from your bank account into OACT bank account and triggers Eventor that you have entered the event. This means that for every Poli transaction, there is a line in OACT's bank account, and each line then must be entered into myob. More work for the treasurer. The transaction that appears in the OACT account does not show the purpose of the payment, may show the name of the person doing the payment but not in about 30% to 40% of cases leaving the transaction anonymous. Our Treasurer must guess what the payment was for – a \$110 transaction suggests a membership payment; \$24 perhaps an event entry but sometimes (and sometimes often) the transactions are not easily identified.

Fortunately most of our members use PayPal. If you are using POLi please consider switching over to PayPal.

Geoff Wood

Club News - Bushflyers's Bugle

Bushies showing great performances

The 2017 Australian Championships at Bathurst with its challenging courses in gold mining areas at Hill End are already becoming a distant memory. It is appropriate to start this article with an acknowledgment of the fantastic results that so many Bushies had.

Australian Sprint Championship medallists:

Gold: David Stocks, Kevin Paine, Jo Hobson

Silver: Andrew Hobson, Jane Barnett, Noah Poland, Bodie Terrill

Bronze: Matthew Stocks, Pauli Piironen

Australian Middle Distance Championships medallists:

Gold: Noah Poland, Andrew Hobson

Silver: Toni Brown, Pauli Piironen, Kevin Paine, Toby Lang, Justine Hobson

Bronze: Susan Hallissy, David Stocks, Ellen Johnson

Australian Long Distance Championships medallists:

Gold: Kevin Paine, David Stocks, Jane Barnett, Ella Cuthbert

Silver: Pauli Piironen

Bronze: Alison Inglis, Noah Poland



Pauli Piironen (Photo: Tom de Jongh)

Australian Relay Championships medallists:

Gold: Caitlin Young, Ella Cuthbert, Ben Hobson, Andrew Hobson,

Silver: Tamsin Moran, Tara Sutherland, Alison Inglis, Anita Scherrer, Toni Brown, Andrew Barnett

Bronze: David Stocks, Toby Lang

Australian Schools Orienteering Championships by our field reporter Ella Cuthbert:

The Australian Schools Orienteering Carnival in Bathurst 2017 was filled with many smiles for the ACT Schools Orienteering Team. Tara Melhuish and Patrick Miller (along with Coach Andrew Cumming-Thom and Managers Jane Barnett and Tom De Jongh) lead the ACT schools team to victory over the 3-day carnival. Not only was the ACT Schools team the champions of the orienteering side of the event, the team managed to fit 19 people into a single telephone box - and took the win for the scavenger hunt part of the carnival.

Australian Individual championships:

The Australian Schools Individual Championships was held on the first day of the carnival. The terrain was spur/ gully with some rock scattered throughout the course (perfect for us!)

Results (Podium)

Junior girls: Ella Cuthbert (2nd); Zoe Melhuish (3rd Australian)

Junior boys: Andrew Kerr (3rd Australian)

Senior girls: Tara Melhuish (1st)

Senior boys: Tristan Miller (2nd)

Australian Sprint championships:

The Australian Schools Sprint Championships were held in a small school campus on the edge of Bathurst. The courses were challenging yet thrilling, as people from outside the Schools teams were cheering us on, throughout our courses. A map change in all of the courses made the courses technical and added to the overall challenge of the courses.

Results (podium)

Junior girls: Zoe Melhuish (1st)

Senior girls: Tara Melhuish (1st)

Senior boys: Patrick Miller (3rd Australian)



ASOC Winning Team - ACT (Photo: Tom de Jongh)

Australian Relay championships:

The Australian Schools Relay

Championships was definitely the most exciting event over the carnival. We had four teams entered (junior girls, junior boys, senior girls, senior boys) as well as some team members in mixed teams.

The courses were very physically challenging, with lots of hills and slippery wet grass from recent rain. There were also a lot of different controls out on course which added the whole challenge.

Results (podium)

ACT Junior girls (1st Australian team)

ACT Junior boys (3rd)

ACT Senior girls (1st Australian team)

ACT Senior boys (1st Australian team)

Overall the carnival was an amazing experience, and the whole team learnt a lot over the 3 days, especially the lyrics to certain European songs!

Adding to our achievement, the ACT Schools Team also had 7 athletes make the 2017 All Australian Team:

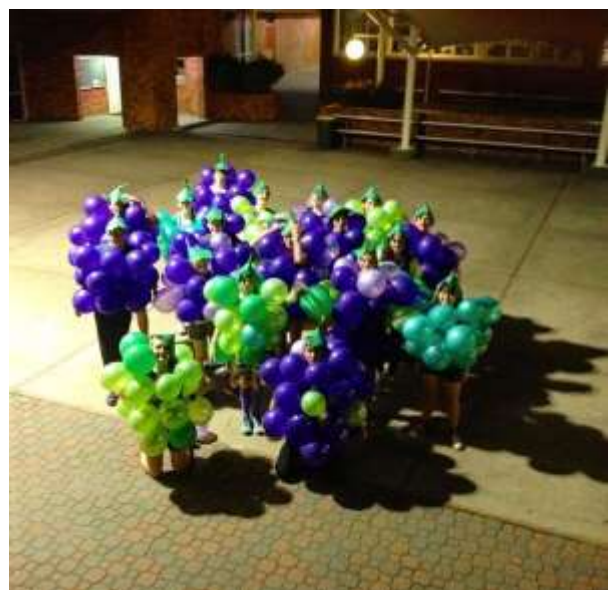
Junior girls: Zoe Melhuish, Ella Cuthbert

Junior boys: Andrew Kerr

Senior girls: Tara Melhuish

Senior boys: Noah Poland, Patrick Miller, Tristan Miller

On behalf of the team, I would like to thank our coach: Andrew Cumming-Thom, and our managers / photographers: Jane Barnett and Tom De Jongh. I would also like to thank both Patrick Miller and Tara Melhuish (who have now 'graduated' from the Australian Schools Championships) for being supportive team captains, and coming up with great costume ideas for the disco ;) – Ella Cuthbert





Justine Hobson (Photo: Tom de Jongh)

Another successful Bushies member of the ACT Schools Orienteering Team – Justine Hobson says:

I really enjoyed the schools trip though I was nervous at the start because I wasn't quite sure what to expect. The best moments were playing games with the other competitors from the other States, going to the pool, going to the shops to buy treats and competing in the events. But my favourite thing was the scavenger hunt where we had to try and fit as many of our team as we could in a telephone box. We managed to fit 19! The funniest thing was dressing up as grapes for the disco.



Toni Brown (Photo: Tom de Jongh)

OACT Annual Dinner

At the recently held OACT annual dinner, several Bushfliers were recipients for well deserved awards. Toni Brown received the Coaching Award for her outstanding contribution to preparing Blue Lightning for their very successful Australian School Championships and a long list of other coaching and orienteering projects.



Matt Stocks (Photo: Tom de Jongh)

Age Class Awards: Ella Cuthbert, David Stocks, Tristan Miller and Matt Stocks.

Audun Fristad Award: Natalie Miller, Elise Northcote and Tenzing Johnson.

I would like to take this opportunity to wish all orienteers and their families a joyful and safe Christmas break and every success and happiness in 2018.

Anita Scherrer



Natalie Miller
(Photo: Tom de Jongh)



Tara Sutherland
(Photo: Tom de Jongh)



Andrew Hobson
(Photo: Tom de Jongh)



Silke Speier and Greg Terrill
(Photo: Tom de Jongh)

Club News – ABOMINABLE O-MEN

Abominable Jottings

2017 is almost done and dusted but there are a few highlights of the season to get a mention here.

A large contingent of Abominables travelled north to the fast and sometimes furious mining areas of Hill End and Bathurst surrounds. Amongst the best performers on various days were Jenny B, Belinda, Matt and Ian P. Hamish and Stephen saved the best for the Long Distance Championships with great PBs in their respective classes. Ingrid and Patrick also showed some good form in the championships, continuing what has been a full year of travel for them.

Welcome to our newest member – Daisy Crane, born October 4th. Wonderful choice of such a great club and of course your family, Grace, Matt and big sister Flo. Apparently Daisy is training for Night-O but Matt and Grace are not too keen on the idea.



Patrick Shelton Agar (left)

Congratulations to Patrick Shelton Agar on his Audun Fristad award. He joins the ranks of many an Abominable as a recipient of such an award. Hopefully he will continue on with orienteering as his chosen sport.

Meanwhile – a previous Audun Fristad awardee - Belinda Lawford, took out the trophy for the best female elite athlete for 2017. She is looking forward to representing both the Cockatoos and hopefully, Australia, in 2018.

On an associated winning note – “Super Cuz” Mark Bourne – recorded his 7th Eureka Climb title in November, racing up the 1,642 stairs in a blistering 8 minutes and 10 seconds.

Mark followed this up with 3rd place in a race in Shanghai and 1st in Hong Kong, which placed him in 2nd place (NB 1st loser) overall for the international stair racing season.

Late Breaking News – Geoff Lawford beaten in Orienteering race.

John Scown has set the bench mark for M60 on Shiraishi Island, Japan, (see map on the next page) finishing the 5.6km permanent course ahead of Geoff, who failed to complete the course, and Andrew Cumming Thom who arrived after course closure. You really have to be in it to win it!!

Even later breaking news from the **Abominable Annual Gathering of Members** (AAGM that's better than an AGM).

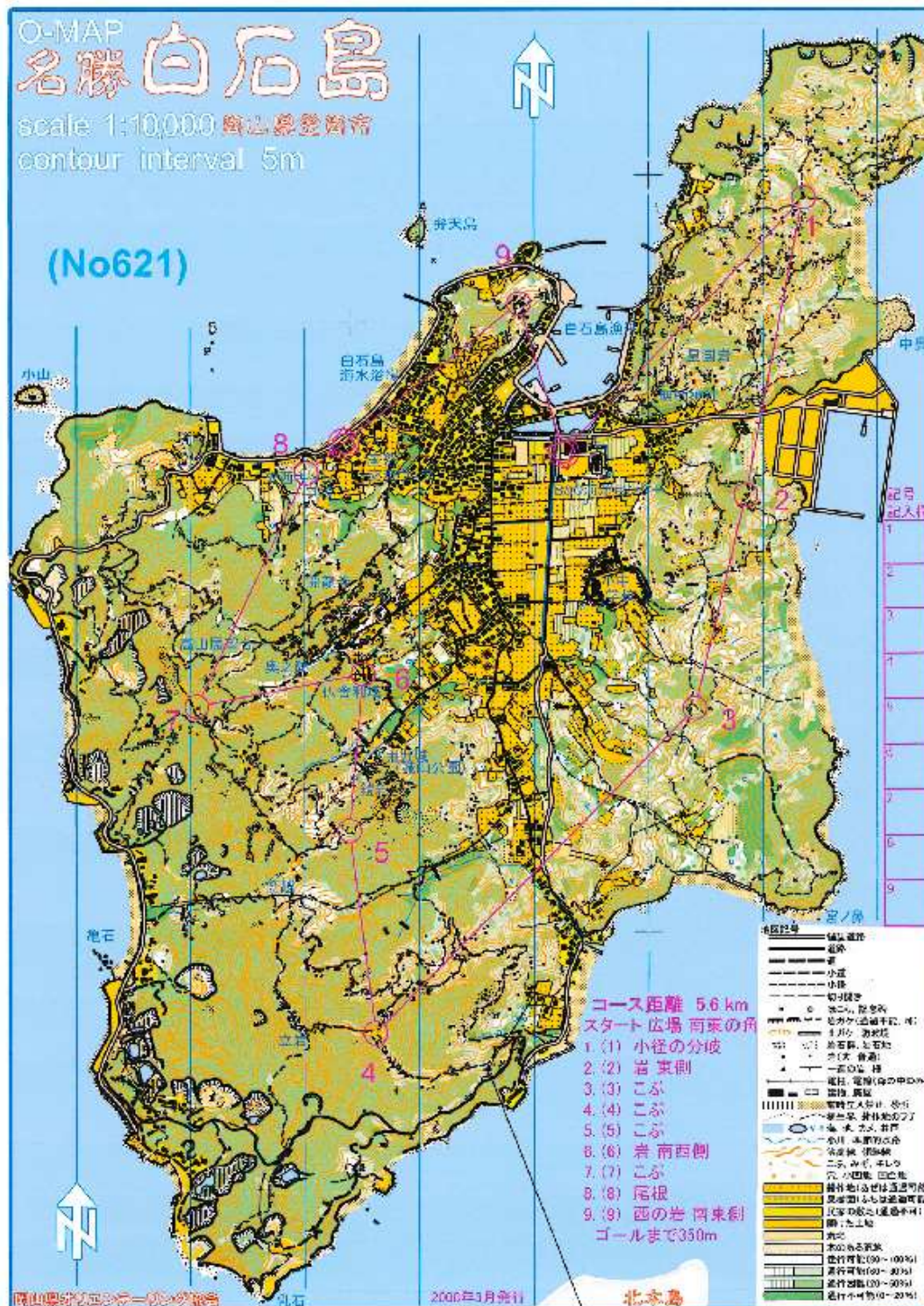
- Zaf continues to provide invaluable planning with great directions to the event.





- John S A and Edith Gray have agreed to be contacts for the Club on the OACT web site.
- Positions for most of our events in 2018 have been filled. More details to follow.
- Two Abominables are busy training for “ultra distance” runs in the Blue Mountains.
- Three Abominables are busy planning (NOT training) for WMOC in Denmark.
- Four Abominables will soon be increasing the numbers in Lawson – an enclave is possibly forming.

Ann Scown



Japan Trek in Brief

What do you get when 8 orienteers and an orienteer as a guide decide to take a non orienteering holiday?

Read on if you are game. This is just a brief summary of some of the mis-speaks, excitement and international incidents that took place.



International Incident #1 – and many more for most others – only wear your toilet slippers in the toilet – Judy!!

International Incident #2 – why are you here if you are dead – your yukata should go left over right not right over left. That is for the dead – Ann and John!!

International Incident #3 – NEVER let your Deer Poo (aka chocolate coated peanuts) roll around the floor of a sparkling clean train – even if it is only a “thunderbird” rather than a “shinkansen” – Ann



Melbourne Cup – the race that stops a nation stopped an excursion. If we are going to have a sweep, we'll have to know who has won?

Never, repeat after me, NEVER, change your route choice. Once you get off at the wrong station don't try to find another station, on the advice of the locals, until you determine that it is not the one you just left.

Once the girls started using the Onsen there was always much discussion about the quality and quantity of the "product" on offer.

- You can never put on too much sun screen when it is carefully disguised as makeup.
- "I tried the age spot remover – I think my skin is better already".
- Liz, do you reckon this horse oil really helps your joints?
- Shampoo, conditioner, body wash – I don't have this much stuff at home.

"I've only been a vegan for a week and I'm already annoying" – probably not the best joke to make when visiting a very nice vegetarian restaurant which even had chocolate parfait.

ACT always had a latest unswerving plan but is this prepaid or pay as you go.

Geoffrey, the cafe really is closed on Wednesdays so there will be no chocolate cakey.

Is stopping at a coffee shop after only 300m on a planned 40km bike ride just too much? Yes, that 3 storey white building on the left hand side is where the ride started!





Well just maybe.

We all scrubbed up well for our “formal” photo (and please note we are all alive)



Ann Scown

Club News – Red Roos

At the time of writing we are about to gather again for the Red Roo Christmas function and AGM. It's hard to believe that another year has already passed!

Firstly, a huge thank you to all the Roos who have volunteered to organise, course set and help out at our events this year. We have held many successful events and it is all due to the hard work of our members. A special thank you to Kerryne and Bill Jones who have done a great job of coordinating volunteers for the many roles.

At the end of September many Roos travelled up to Bathurst and Hill End for the Australian Championships carnival. The carnival started with the Australian Sprint Championships held at Bathurst University. We then ventured out to historic Hill End for the remaining Australian championship events; the middle, long distance and relays. They were held on brand new maps and the terrain was runnable spur-gully interspersed with intricate areas of gold mining, which put our reading-of-fine-detail skills to the test. Orienteering NSW did an excellent job of organising the carnival, especially since there was the challenge of the Hill End events being quite remote. There were great maps, great courses and it was exciting to visit somewhere a bit different.



First place for Elye Dent (Photo: John Harding)

Some Red Roo performance highlights from the Australian Championships carnival: Elye Dent showed how much he has improved this year, winning both the middle and long championships and placing third in the sprint in M10. Other Red Roo winners were: Kathie Dent (W35, sprint and middle), Allison Jones (W40, sprint and long) and Jason McCrae (M45, middle). Many other Roos made the placings during the carnival; Jenna Linehan (W21AS), Andrew Slattery (M21A), Fedor Iskhakov (M35), Belinda Allison (W40A), Judy Allison (W65A), Charlotte Watson (W21E), Jo Allison (W21E) and Tomas Krajca (M21E). Lots of other Roos performed very well and hopefully everyone enjoyed the interesting terrain and challenge.

Several of our juniors (Ariadna Iskhakova, Mira Walter and Hayden and Connor Dent) did really well participating in the M/W10 novice class during the Australian Championships carnival. It is great to see them all improving and having fun.

Another highlight was to see Bob Allison make his return to orienteering. After suffering a serious injury in New Zealand at Easter he has had of months recovery and rehab. It was so nice to see Bob walking around the course with a big smile at Bathurst University.

The Primary Schools Championships were recently held at Majura Pines. There were quite a few Red Roo juniors amongst the participants. Elye Dent did a particularly outstanding winning performance in the Boys under 9 class, completing his course with an impressive kilometre rate of 5.10min/km!



Bob Allison (Photo: John Harding)

Several new members have recently joined Red Roos; please welcome Chris Cole, Melissa Crowther and Amy Ting.

Merry Christmas and have safe and happy holidays!

Jo Allison



Red Roos/Canberra Cockatoos relay team; Marina Iskhakova, Jenna Linehan and Allison Jones. (Photo: Marina Iskhakova)



Abby McCrae and Mira Walter enjoying the Australian Sprint Championships at Bathurst University. (Photo: John Harding)



John Sutton in action in the Australian Relays. (Photo: John Harding)



Tomas Krajca, Rob Walter and Martin Dent debrief after the Australian Middle Distance Championships at Hill End. (Photo: John Harding)

Club News – Parawanga Paragraphs

The past few months have seen PO members in great form, both in the competitive stakes, the participation stakes, and the volunteering effort that's taken place.

Reaching the heights of Australian Orienteering achievement, **Ann Ingwersen won the 2017 Silva medal** (read more about the Silva Medal [here](#)) and was named Australian Orienteer of the Year. She won all 6 major events in her age group for 2017, and is a role model many younger orienteers (<75years) want to emulate in the future. She's pictured below, powering through a control.



We'd also like to congratulate the winning **ACT Schools Team** and particularly the 4 PO members – Tara Melhuish, Zoe Melhuish, Andrew Kerr & Miho Yamazaki. Tara, Zoe and Andrew were all selected in the Schools Honour team, and Miho played a key role in the winning senior girls relay team. Pictured above are Miho and the rest of the schools team cheering Tara in on the exciting final leg of the senior girls relay.

At the OACT End of Year Dinner, **Zoe Melhuish was named OACT Orienteer of the Year** and is pictured below receiving the Wehner Cup Trophy from Hermann Wehner. Tara Melhuish, Ana Herceg and Darryl Erbacher won age class awards.



Ana Herceg

Twilight Events organised by PO so far this season have been at Weston Park (Andrew Cumming Thom course setter, Jill & Phil Walker organisers) for the first twilight of the season, and Mt Majura East for the Primary Schools Championships and Twilight event on 22 November. Bryant Allen, Cathy Hogg and David Hogg, along with a large team of willing helpers, made the day a fabulous success.

PO's captured in action at recent events



The **Summer Map Mates** season was a PO affair – Shannan Forrest did hours of administration behind the scenes, getting everyone registered (not as easy as it sounds!) and figuring out team points each week, whilst Kristen Walker and Ciaran Lane presented the training sessions to 38 children for 5 weeks (photo below). Many of the MM parents were really appreciative of the work put in to teach their children the basics of orienteering and get them more confident in heading out in the bush with their friends.



Around 25 Parawangans headed off to Bathurst for the **Australian Championships Carnival**. A great time was had by all, some podium results were achieved and for everyone else, persistence will pay off eventually! Group accommodation organised by Sue Garr proved popular and allowed for friendly car sharing to events and easy access to the local sights and gastronomic delights.



Nathan Guinness holding the PO fort at Hill End. Darryl & Frank sprinting for the finish.

And last but definitely not least, the weather improved just enough on Sun 3 December for the **Parawangan End of Year Celebration** to be a happening thing!

About 30 hardy souls braved the cold wind for some socialising and orienteering. It was great to welcome Robert, Helen & Thomas Fisher, as first time attendees at the get-together.

Phil Walker set a fun 20 minute score course for those who needed to use up some energy before the feast. Nathan Guinness & Ciaran Lane both blitzed the course, getting the full 250 points. Ciaran ran the faster time (and did it in bare feet), but Nathan had the age penalty, so the winner was decided by lucky draw, with Nathan taking home the prize.



Helen, Robert & Thomas planning their Score course routes.

Liz with the 'Blue Man'



Phil & Nathan receiving their prestigious Awards!

The PO Annual awards were passed on:

- Most Improved went to Phil Walker
- Blue Man for Services to the Club, Liz Dunbar & Ian Elz
- Snail Award for worst mistake causing a really looooooong finish time to be registered (but the course still has to be completed) went to Nathan Guinness for an event where he ran many kilometres down a track heading in the opposite direction to the location of the next control!!

We hope all Parawangans and ACT orienteers have a safe & relaxing holiday break.

Jill Walker

Club News – Weston Emus

Thanks to all of the Weston Emus members who turned out to help on Wednesday's Twilight event at Mt Taylor on November 8th which was ably organized by Andrew Cheffers.



A well managed registration tent (Photo: John Foster)

As it turned out we had a large number of participants with 193 entries and 202 competitors. It was very busy at registration which was run by Ingrid Foster, Herman Wehner and Andrew Cheffers. Jesse Piironen managed the computer during the day. Bob Mouatt turned up late to check that we were not experiencing computer problems.

A special welcome to several new members who turned up to help: Paul Sheahan and his wife Val and son Tom helped collect controls at the end of the day.

The courses set by John Foster were enjoyed by most of the competitors and the different starting and assembly area was used to advantage.



Andrew Cheffers and Ingrid Foster looking relaxed at registration (Photo: John Foster)

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

Martin Wehner	M50	Gold
Andrew Cumming Thom	M60	Silver
Hermann Wehner	M90	Gold
Miho Yamazaki	W20	Silver

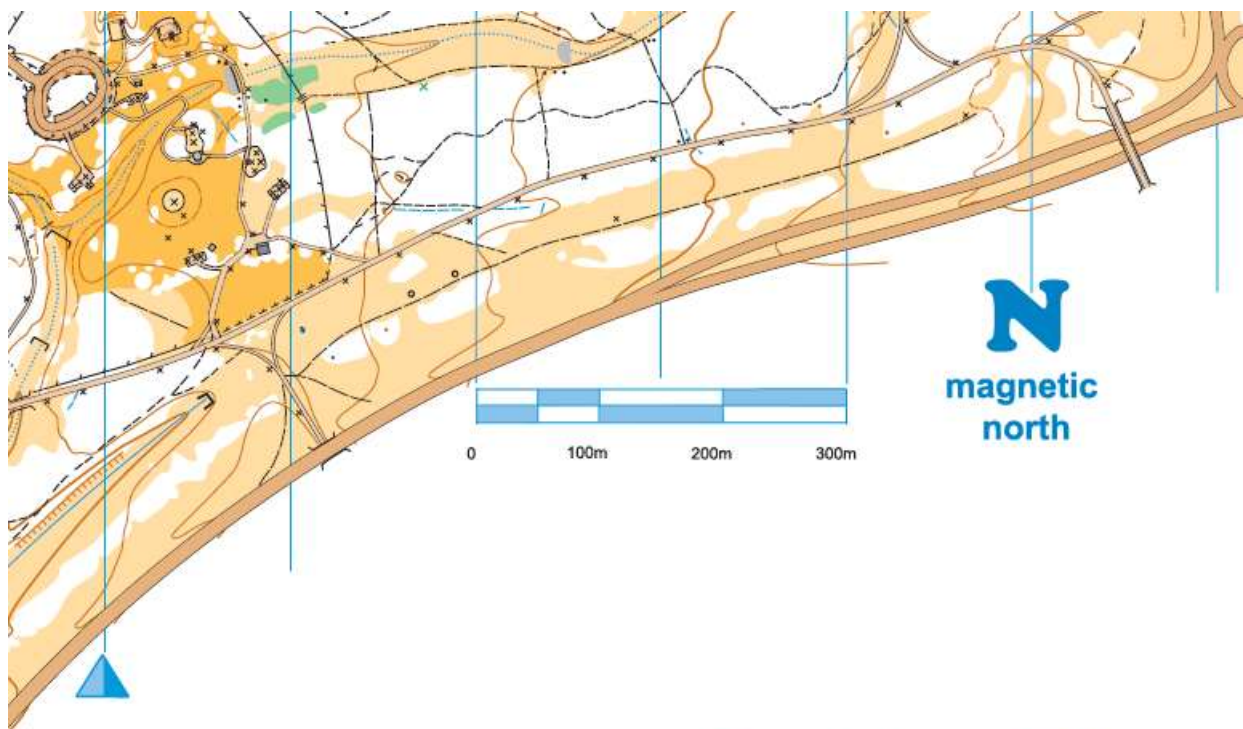
John Foster

Schools and other development activity

Primary school orienteering continues to have a strong following in the ACT, exposing the orienteers of tomorrow to our sport. In fact the Commonwealth Government-funded Sporting Schools program has been so heavily subscribed across all sports this year, that funding was exhausted early in term 4. This has meant that the early birds got the worm this Spring – or should I say the butterfly, as their reward was to have our new overseas scholar, Tamsin Moran, coaching most of the programs, starting straight after she arrived here from England via Bathurst. It was great to be able to work with students from as young as year 2, and right through to year 6 – as well as a couple of high school classes this term. It is always nice to go back to previous customers, and this year we were back at St Thomas More's Primary School (also a SC-ORE host), Holy Family Primary School and Sts Peter & Paul Primary School, Garran.

We were also able to demonstrate the versatility of our services by delivering programs across the border at Dalton Primary School (using a map of Gunning Showgrounds OACT had previously prepared) and Goulburn Primary School NSW (using a map started remotely by Bryant and completed with field work by the multi-talented Tamsin).

For Holy Family, and for two year 10 classes from Trinity Christian School, it was great to be able to take advantage of the permanent courses now established at Fadden Pines. While it is flat terrain on this map, the pine forest still makes it tricky, and students young and old have enjoyed the challenge of navigating to coded checkpoints and comparing their times with schoolmates.



We couldn't give students these experiences if it wasn't for the valuable contribution by our volunteers and coaches, so big thanks to you all again this year. Thanks also for the continuing work of our mappers, especially including Zac Needham who is gradually covering the Ginninderra Creek precinct and will shortly have added St Clare's College to the map he made of St Edmund's last year. Taking over the world one map at a time!

Finally, this term we welcomed Melinda Coupland-Thorne (MCT) in the part-time Development Officer's role. Melinda has enjoyed immersing herself more in our sport, starting with her daughter's exposure to SC-ORE and followed by some community events and shadowing Tamsin at schools – what a great way to get to know the variety of activities that orienteering has to offer! Melinda is working on a strategic communications and marketing plan and a series of promotional flyers, so get ready to see the word being spread wide in 2018.

A statistical summary of Schools Coaching for 2017 is as follows:

Term	Participants	Encounters
Term 4	713	2777
T3	911	3276
T2	1036	3344
T1	425	730
YTD	3085	10127

	Jobs [^]	Maps [*]	Coaches	Hours coached
T4	8	4	5	105
T3	9	4	7	100
T2	11	6	10	209
T1	4	2	9	76
YTD	32	16	31	490

[^] Some jobs mapping only

^{*} Includes map updates

Stephen Goggs

Mountain Bike Orienteering:

2018 is going to be a big year for MTBO in ACT, with synergy of several new course setters and organisers, 5 MTBO events are planned for 2018 around Canberra.

We are keen to bring and share excitement of MTBO with more young and mature foot orienteers and possibly also convert some mountain bikers into MTBO orienteering.

More details about each event will be issued later, but dates are locked in and the ACT MTBO team is working towards events.

We are also happy to introduce ACT MTBO Training/Workshop weekend with NSW O-Scholar Konsta Vanhanen, (a member of Finnish national MTBO team) on 17-18th February 2018 in Canberra, more details also will come early in 2018.

We are very much looking to see you at ACT MTBO events in 2018!

Great end of the big year to all!

Sincerely, ACT MTBO Team (Marina Iskhakova)

#	Date	Event	Format	Location	Organisers
1	3 March 2018 (Sat)	ACT MTBO Series, #1	Middle	Majura	Marina and Fedor Iskhakov
2	27 May 2018 (Sun)	ACT MTBO Series, #2	Middle	Sparrow Hill	call for EoI sent
3	2 September 2018 (Sun)	ACT MTBO Series, #3	Middle	West Stromlo	call for EoI sent
4	13 October 2018 (Sat)	ACT MTBO Champ	Middle	Kowen (alternative)	call for EoI sent
5	14 October 2018 (Sun)	ACT MTBO Champ	Long	Pierces Creek	Marina and Fedor Iskhakov

THE RUNNERS SHOP CANBERRA



76 Dundas Court Phillip (6285 3508)

**Upstairs, Hibberson St Gungahlin (enter between Gloria Jeans and Central
Café, next to Anytime Fitness) (6241 7054)**

Experience and Expertise

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

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

Foot analysis

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

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

Best product

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

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

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

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

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

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