

Friday, 18 October 2013

Outstanding Aus Champs Performances - new and young, new and old – impressive all round!



Some of the most amazing performances have to be from those Bushflyers who were brave enough to BUZZ about the bush on a more advanced level course than usual. They certainly came back looking like they got value for money!! To name a few **Emma Adams W35A, Andrew Hobson M21AS, Kathryn Ovington** and **Jo Hobson WOpen B, Max Ovington** (3rd fastest leg in strong relay), **Carys Connick** relay W Open B



Well done to our packed junior presence especially M10 Relay team of **Bryney Mitchell, Joseph Wilson and Bryn Piirionen**. Impressive performances all round!! Visit the extensive picture library on OA website. And here's some more to prove we were all there!





- [Toni Brown](#)

Bushflyers turn Cray! What?

Friday, 18 October 2013

Bushflyers Dane Roberts and Clare Lonergan, as well as former Bushflyer Aaron Coles and Lee Rice competed in the XPD Expedition Adventure Race in South Australia in September 2013.



Competing under the name "That's Cray", the team navigated the 620km course in 131 hours, finishing fourth overall and as the second highest ranked Australian team. dane attributed the success as partly due to the more technically savvy map reading skills of the team. Also because they had more then one orienteer in the team, there was always the opportunity to share the intensity of the map detail.

The course started north of the Flinders Ranges at the beautiful, rugged Arkaroola Wilderness Sanctuary, included a salt lake trek across the vast Lake Frome, and headed south through the Flinders Ranges and Mount Remarkable National Parks before finishing in Port Augusta. Expedition Adventure Racing involves teams of four navigating courses by foot, mountain bike and kayak, collecting checkpoints along the way and resting as little or as much as teams choose, with a 10-day cut-off for completion. The team's race report and photos from the race are available at www.facebook.com.au/thatscraycanberra

Swarming Success

Sunday, 22 September 2013

(If you are looking for the Long Champs Volunteer Roster please see BSA Events page)

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On Friday 13 September a bevy of Bushflyers was seen to swarm up Vasey Cres in Campbell.

What were they after?? The good oil on how to prepare for the upcoming Australian Championships!



And they got plenty of that - stacks of carb loading - (no, it wont work 2 weeks in advance!!) a try through start boxes and advice on the relay map collection techniques. Naturally, this part of the evening was rained upon (as it always does at Swarms) but not enough to dampen the spirits of the hoards of maggots who continued to squirm their way about the back reserve after dark.

Then Jenny H was able to fill in all the gaps on jobs and responsibilities for our Sunday Long Distance event for which we are organisers.

In addition Olle P gave a run down on how to prepare for a championship event and Noah P shared with the crowd some of his international experiences from Europe this year.

A great night had by all. Some interest still from a number of people for the Enter-on-the Day opportunities for those events offering and everyone very much looking forward to camping their gear under the Bushflyers Banner at the events from 28 September.

Photos shows our convenor Dennis T welcoming more new members.

Cassie Trewin - Our Norge Bushie

Tuesday, 11 June 2013

Cassie started her career when she was 6 after being slowly immersed in the skills of orienteering by following her family around at various events and over hearing discussions on maps, courses, errors, etc. Her first event was the ACT Primary Schools Championships. In the early days her main interest was how many animals she saw on courses with frequent stops for flower picking. She entered her first Australian Championships at age 7 and was told she had to run this event without stopping to pick flowers. She won against a large field that included a number of girls who became orienteering luminaries such as Jo Allison, Cathy Hogg and Alison Jones.





She was hooked from then on and went on to win seven Australian Championships and three New Zealand Championships.

The Australian School Championships were always a highlight in the calendar. The competition was keen but the camaraderie at the camps made them a whole lot of fun.

Cassie first represented Australia at age 14 in the Australia/NZ challenge. This was exciting in itself but going to New Zealand with her friends without any parental supervision was a real thrill. Little did she know that within a few years she would be spending 4 years in NZ as a result of her father taking up employment there. This proved to be an excellent time for developing her orienteering skills especially in her favourite sand dune country.

Right Cassie in 1987 - up against the big guns!

She was keen on trying to be selected for JWOC at age 16 but a broken foot just before the selection trials meant she could not compete in the trials. She was selected in the following four years and finished 20th in Poland in the Middle Distance in 1994 and 13th in Denmark in the following year. At the time these were the best results by an Australian Junior. She also finished 23rd in Romaina in 1996.

She was selected in the WOC team in 1999 for the event in Scotland where she qualified for the Middle Distance Final.

She had one of her best ever results in the 2000 Australian Championships in Queensland when she won the W21 E by nearly 9 minutes. She continued this form into the European season winning a major event in France. Unfortunately disaster struck shortly afterwards. She broke her back in a Park World Tour event near Graz, Austria due to negligent course setting by the organisers.

It was a long way back with a lot of back pain and hard work. One of her major goals was to be selected again in the WOC team. Her selection in the Australian team 2003 Switzerland was one of the highlights of her life and resulted in a lot of pent-up emotion. She missed the Final by one place. It was the only time she had missed out on making the final in JWOC and WOC events.



Left - Still Orienteering in 2011

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Shortly after she moved to Norway to live making it more difficult to undertake trials to qualify for selection in Australian teams. She also decided that she didn't want to be just selected for the team but wanted to have sufficient fitness to make the final and perform credibly. Injuries and family commitments have prevented this but she did have a win in the Oslo Region Middle Distance Championships a few years back which was probably a stronger field that you get in the Australian Championships.



Cassie still loves the sport but is mostly a recreational orienteer now. The new additions to her family, Max and Esten, are welcome members to the Bushflyers Club and have been recognised as such with the Carol Harding Bushie Bears creations.

Cassie and her husband Jim, have extended their thanks to our club for our thoughts and gifts.

- [Toni Brown](#)

Bushies to Czech

Wednesday, 5 June 2013

Its 2013 JWOC ahead and Bushflyer Junior elites Oliver Poland and Andrew Barnett are gearing up. Here's a bit of a story in the lead up. And stay tuned there'll be more to come.

With just one month to go before the start of the 2013 Junior World Orientering Championships in Czech Republic and its time for the Australian junior team to begin their final preparation and travel arrangements.

After selection races at Easter the team embarked on a week long training camp at Creswick Victoria. This camp brought the team together and many issues and techniques relevant for JWOC were raised. A talk from Warren Key addressed the importance of micro route choice and the ability to identify parts of the course where it would be possible to save 1 or 2 seconds by cutting a corner of a road or not. Warren stressed that experience is a major factor for good results. The team departed the camp with quality information to guide them on their final two months of training.

With the importance of experience in mind, each team member is departing Australia as soon as they possibly can. Many are juggling uni or school exams immediately before JWOC and will leave straight after their last exam. Most team members will be arriving in Czech for the commencement of the Australian Official Training Camp in the week leading up to JWOC.





Middle Distance Terrain (right).

However a few lucky team members are able to depart earlier and will be doing so to gain more experience in the Czech terrain. ACT Busherflyer, Oliver Poland has already departed and Victorians Mary Fleming, Ian Lawford and Queenslander Heather Muir will be heading across to the northern hemisphere very soon.

Ian and Mary are arriving in time to compete at Jukola, Finland (the world largest orienteering relay) as part of a Aus/NZ team , while Olle will be teaming up with his Swedish team OK Nolaskogsarna for this relay on 15/16 June. If your are interested in keeping an eye on live results Czech out this site <http://www.jukola.com/2013/en/> .



Sprint Distance Terrain (left).

Following Jukola, the Aussies, Ian, Mary and Olle will be travelling to Czech Republic to begin a pre-pre JWOC training meet with Heather Muir and some NZ runners. The intention is to do some high speed and high intensity training in Czech terrain - to really start to get the feel for the country/forests. This will provide a good understanding of what techniques are effective when orienteering at race pace. It will also allow for sufficient tapering for the athletes before JWOC.

The steepness of the Czech terrain will be a significant issue for runners so lots of hill training is currently happening.

Speed work is also very important at the moment and athletes have been working on this with high quality interval sessions twice a week. Regrettably the enthusiasm shown by Ian resulted in a bike mishap whilst training recently so he has had to have a few days to recover.

Olle has been in Europe for the past month training with the Swedish and Danish national teams as well as training with the much missed NSW Josh Blatchford. It is hoped this all will prepare him well.

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Some tips and information on similar relay terrain that have been shared with Olle are:

Relay training (Similar Danish Terrain)

Speed is very important as the terrain is quite flat

Strength in terrain is important to be able to tackle small areas of green

It is essential to understand what vegetation is reasonable to run through/avoid

Direction is very important to jump from corner of green to corner

it is important to be able to judge the slight difference between route choice as many choices are very similar

This week Olle will be training with the Finnish National team in Czech.

Here's what some of the team are thinking.....

"With my training in the lead up to JWOC I'm trying to increase my running strength; trying to spend as much time in the bush as possible and incorporating hills into my session. I'm hoping to leave feeling happy with how I've orienteered personally. Overall I'm nervous but super excited for the experience of orienteering overseas, and with the company of such a great team! - Nicola

"My training has been going well, just finished up 3 hard tempo focused weeks training with Melbourne uni cross-country group. Ready for more speed sessions mixed in now. My impressions for Czech - I am anticipating quite a diverse range of navigational skills to be tested, with especially difficult middle distance. looking forward to the Czechs putting on a good show." - Ian

"I think JWOC this year will be very special. the terrains vary so much and I think that will really benefit the Australian runners as there will be more of a level race for people from the south and north. I think the boys team is especially strong this year and we have great potential in both teams in the Relay" - Olle

I'm so excited about JWOC. I'm training intensely but at the same time managing shin splints and those things that require constant care during this build up. I've just had a weekend in Canberra helping out organising an event for my club and taking the opportunity to run out in the fast but slippery (rain !) Kowen Forest. Its so good to get out of the city and into bush running." - Andrew

- [Toni Brown](#)

Barnetts run a solid show despite the rain

Sunday, 2 June 2013

Well done to the Bushflyer Juniors who took control of much of yesterday's event at Red Hill.





First time organiser Bruce Barnett and family did a terrific job running a smooth show and saw through the turnstiles around 125 keen orienteers even though the weather was, well, persistently soggy.



Great work to the helpers Jack Palmer, Sarah Mareuil, Lynwen Connick, Michael Mitchell, Leigh Dickie, Peter Miller, and the computer managers Tristan Miller (also event vetter) Noah Poland, Ewan Barnett and Andrew Barnett.

- [Toni Brown](#)

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