

Parawanga Events May - September 2017

Sunday, 26 March 2017

Parawanga is setting and/or organising the following orienteering events for Orienteering ACT for 2017. If you would like to help setting or organising these events please contact the Club President or Secretary. If you have not previously set or organised an orienteering event, you will be assisted by a more experienced Parawangan orienteer.

<i>Date</i>	<i>Event</i>	<i>Venue</i>	<i>Course Planner</i>	<i>Organiser</i>	<i>Vetter / Controller</i>
Sun 21st May	AL#4 Teams Event	Yankee Jack	Ross Stewart (Bushflyers)	(Parawanga)	Hugh Moore (Red Roos)
Sat 27th May	#4	Bruce Ridge	Ian Elz	Liz Dunbar	David Hogg
Sat 1st Jul	#8	Mt Ainslie North	Jon Glanville	Guinness / Forrest	
Sun 23rd Jul	AL#7	Kowen East	Tony Garr	Sue Garr	Phil Walker
Sat 2nd Sep	#14	Aranda Hills			

[Phil Walker](#)

Parawanga events for 2016/17 Twilight Program

Saturday, 3 September 2016

Parawanga is setting and/or organising the following orienteering events for Orienteering ACT for 2016/17 Twilight Program. If you would like to help setting or organising these events please contact the Club President or Secretary. If you have not previously set or organised an orienteering event, you will be assisted by a more experienced Parawangan orienteer.

<i>Date</i>	<i>Event</i>	<i>Venue</i>	<i>Course Planner</i>	<i>Organiser</i>	<i>Vetter</i>
Wed 16th Nov 2016	#6	Mt Majura West	James Heyes		Rob Jessop
Wed 23rd Nov 2016	#7	Stirling Ridge	Cathy Hogg	Bryant Allen	Graham Atkins
Wed 14th Dec 2016	#10	Mt Ainslie North	Forrest / Guinness Family		Jon Glanville
Wed 1st Feb 2017	#11	Bruce Ridge			
Wed 22nd Feb 2017	#14	Lake Ginninderra	Jill Walker		Phil Walker
Sat 25th Mar 2017	AL#2 ACT Sprint Champs	Canberra Girls Grammar / Red Hill			

Five Parawangans were selected in the 2016 ACT Schools Orienteering Team

Thursday, 18 August 2016

Five Parawangans were selected in the 2016 ACT Schools Orienteering Team to compete in the Australian Schools Orienteering Championships in Queensland in September.



Veteran Tara Melhuish, a year 11 student at Canberra Girls Grammar, will be representing ACT for the 6th time and taking on the co-captain role for the 3rd time. Tara has been on the Australian Schools Honours Team for the last 3 years and brings to the carnival the strength and experience gained from her first JWOC in Switzerland in July.



Younger sister Zoe, a year 8 student at Canberra Girls Grammar, will be appearing on the schools team for the 3rd time. In 2015 Zoe won the Junior Girls Individual race and the Australian Schools Orienteering Championships and was selected on the Australian Schools Honours Team.



In Senior Boys, Mark Glanville, in Year 12 at Canberra Grammar, brings 8 years of experience in Junior League, Blue Lightning and two Schools

Championships to the team.

The Parawangan contingent is rounded out by two Junior Boys, Andrew Kerr and Mykal Marsham.



Andrew has been orienteering for 7 years and won age titles at the ACT Primary School Championships in 2011-2014. In March 2016 Andrew took out the M14 titles at the ACT Sprint and Middle Distance Championships, and at the Australian 3-Days Championships.



Relative newcomer to the sport Mykal Marsham has shown great potential in only 18 months of orienteering. A year 8 student at Mary MacKillop College, Mykal is preparing for his first major competition.

Good luck to all Parawangans and to the whole schools team!

[Phil Walker](#)

compete in new terrain against the world's best and Switzerland delivered some excellent races.

My JWOC experience started two weeks before the competition with extra training in Switzerland. Asha, Lanita and I competed in a double round of Swiss national events in Saint-Cergue - a middle and long distance - with our guide Lukas Frei. These were lots of fun, but technically challenging for me in particular when not used to the terrain and forest, and much more difficult underfoot to run through.

We then proceeded to travel to the very opposite side of the country where for the next two weeks we would stay in Sent, just outside of Scuol (embargoed) in the Engadin Valley. This was very scenic, with constant mountain views and the warm sunny weather made it even better. For the first week we trained with other team members who joined us there, running on the scenic trails around Sent and on the training maps accessible by train down the valley. This was very useful as I was able to acclimatise and get used to the features and climb of Swiss terrain, taking as long as needed. The maps were very steep and had complex rock and contour detail which took lots of concentration to focus on. It was also difficult to notice features on the ground when everything was covered in green moss or grass.



The next week was a full team training camp with coaches Julian Dent and Ralph Street. This was very much a taper week but we still visited many maps (some of the same) and did lots of technical work such as discussing different events, mental scenarios and map walks where their expertise was very helpful. Here we also did many fun team activities including research tasks about Switzerland (classic teacher move).

Once the official JWOC week started we moved to Ftan. Everything got very exciting with the opening ceremony as this was the first we had seen of most other teams and the live debut of the official JWOC song *Our Road*.

Then it was down to business with the first race - the sprint. I was feeling prepared for the race around Scuol after training on similar maps and studying it from handmade maps, however after rushing out of control 5 I lost 2mins and any hope of doing well. It was a good and fun course but messy orienteering from me. However it was a great day of celebrations for the team when Henry came 6th and undoubtedly got the loudest cheer of everyone on the podium.

Next was the long and my best race of the week. It was held even further up in the mountains at Val Mustair, which was definitely the most scenic event I've ever done. The terrain was very steep and the course consisted of technical areas along with long, hilly route choice legs. Here pacing yourself and executing the easiest route for you was the key to a good race which I did quite well. This event as well as the sprint however showed just how much it takes to be at the top of the world, as small mistakes or pure running speed lost a lot of time compared to the winners.

After a rest day came the middle qualification and another bad race from me. I took the start slow as it was very

technical but made a couple of big mistakes when the legs became longer and continued to lose small amounts of time by not spiking each control exactly. It was very import to keep map contact at all times when here were so many rock and complex contour details. This landed me in the C final for the middle which was a furthermore technical race. After some small mistakes at the beginning of the course, I finished the course off well in what was very fun and interesting terrain. It was so interesting to have so many more ground features than in Australia and extremely satisfying to nail legs which required so much reading and following.

The final event was the relay in somewhat different terrain to the previous days. The ground was mostly grassy and very runnable but the courses contained large amounts of climb starting straight up the hill out of the start/changeover area. There were many more difficult hillside controls where noticing height change was very important. The entire course provided a brutal physical challenge as well as some technical areas of controls. Again we were shown that it takes immense terrain fitness and technique to succeed at this level.



The entire competition week was so much fun even despite the mixed results and staying with the team brought us all closer together with many great memories. The Engadin valley was a very scenic area for the competition to be held which made the experience even more rewarding. I will definitely be returning home much more motivated to train hard and take on JWOC again next year. Thanks to everyone in Australia who supported me through training, competition and allowed me to get to JWOC - in particular Parawanga and Orienteering ACT.

Tara Melhuish

[Phil Walker](#)

Parawanga Events - Winter 2016

Saturday, 23 July 2016

Parawanga is setting and/or organising the following orienteering events for Orienteering ACT for winter 2016. If you would like to help organising these events please contact the Club President or Secretary. If you have not previously organised an orienteering event, you will be assisted by a more experienced Parawangan orienteer.

<i>Date</i>	<i>Event</i>	<i>Venue</i>	<i>Course Planner</i>	<i>Organiser</i>	<i>Vetter</i>
Sun 31 st July 2016	AL #8	Isaac Ridge	Stephen Melhuish	Bryant Allen	Rohan Hyslop
Sat 20 th Aug	Sat #14	Cooleman Ridge	Jon Glanville	Jill & Phil	Nathan

2016				Walker	Guinness
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[Phil Walker](#)

Our Secretary

Friday, 22 April 2016

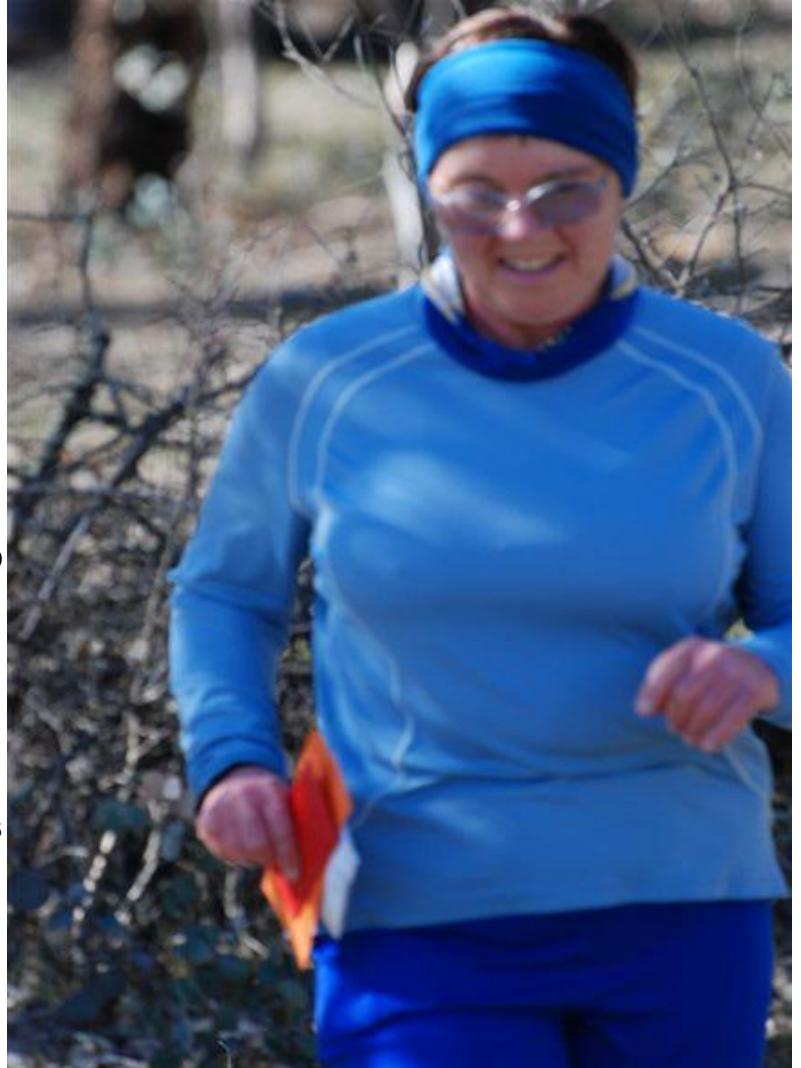
Name: Colleen Mock.

Birthplace: A Canberra native, born and bred.

Occupation: Geologist, librarian, Geoscience Australia (retired).

How long have you lived in the ACT? All my life, except for 4 years overseas in Canada in 1960s. Never could get away.

Your first orienteering event: Yarramundi Reach, May 1975, when there were still pine trees there. Encouraged to try orienteering by two champions of the day, Peter Smith and Kjell Ellingsen, both work colleagues at Bureau of Mineral Resources. Was immediately hooked, but regretted telling everyone how much fun it was when a friend asked me to take along a mutual acquaintance, a new arrival in Canberra who was at a bit of a loss for activities on weekends. A Chinese boy from Sydney, didn't say much, maybe didn't speak English? City boy, probably hadn't seen a compass before, I thought - would get lost, keep me waiting... - me and my big mouth! Anyway off we ventured Sundays to Murrays Corner, Murryong, Turallo Creek, Pierces Creek, Bungendore Hill and other fabled orienteering venues of the time. Turned out the quiet Chinese could speak English and did know north from south, and the rest, as they say...



Career highlights: Audun Fristad encouragement award, Australian Champs, 1977, 3rd W19B. Yes all downhill since then.

Worst orienteering mistake: Sugarloaf Hill (Tallong), Southern Highlands, 1977. I had boldly entered W19E. Genuine elites were interspersed with elite wannabes in the starts. I started 2 mins before the mighty Carolyn Hooper (Jackson, as she is now). She caught up to me by no. 2 but I kept her in sight across the open to no. 4. After that we headed into the eucalypt forest and I didn't see her again until we met at no. 11. If she was worried that she had a new rival she needn't have been because in the time that she had unerringly visited controls 5, 6, 7, 8, 9 and 10, I had been wandering aimlessly, hopelessly, cluelessly around the dense, featureless sandstone plateau without stumbling across a single control. After an eternity I finally spied by

sheer accident a lonely control in a tiny clearing, only to stop dead as I heard pounding footsteps and Carolyn burst into the clearing, punched and disappeared without breaking stride. So it was that we met at no. 11.

Had to suspend my promising career because offspring didn't like the thistles and prickles. Spent weekends at soccer fields, tennis courts, swimming pools, gyms and hockey rinks, mostly hockey rinks, until the hockey player finally got his long-awaited licence (on only the 3rd attempt). Of course I never regained my earlier form but I like to believe there will never be another disaster on the scale of Tallong (or Warby Ranges, 1978, or Collector, 2010, or Wild Cattle Creek, repeatedly, or that relay event at Scabbing Flat when I was a first leg starter but finished after the 3rd leg starters' mass start, ...). Although going to the same control twice at a recent Street-O event doesn't bode well.

Most memorable orienteering event and why is it memorable: All Xmas 5-days carnivals, my favourites because of minimal categorisation and focus on participation rather than performance.

Best orienteering tip received: RACE (Route choice, Attack point, Control, Exit). Far superior to the tried and false HAM (hit and miss) technique. Thanks Scotty.

Favourite orienteering area in the ACT: pre-2003 Cotter/Brindabellas, e.g. Tanners Flat Creek. Love those pine forests, so soft underfoot, so fragrant.

Favourite orienteering area outside the ACT: N/A – see below.

Furthest you have travelled for an orienteering event: Whichever is furthest – Newcastle, Dubbo, Orange or Ballarat. I have never orienteered outside ACT/NSW/Victoria, unless I can count a Trim course we stumbled across in Lantau Island, Hong Kong.

Other sports or interests: Rogaining, roller-blading, visiting interstate and overseas offspring, hiking in the European Alps, learning German in prep for next Alpine hike.

[Phil Walker](#)

Parawanga Events 2016

Monday, 7 March 2016

Parawanga is setting and/or organising the following orienteering events for Orienteering ACT between February – August 2016. If you would like to help setting or organising these events please contact the Club President or Secretary. If you have not previously set or organised an orienteering event, you will be assisted by a more experienced Parawangan orienteer.

<i>Date</i>	<i>Event</i>	<i>Venue</i>	<i>Course Planner</i>	<i>Organiser</i>	<i>Vetter</i>
Sun 27 th Mar 2016	Easter Day 2	Primrose Valley	Bruce Bowen & Liz Abbott	Bryant Allan	Liz Abbott & Bruce Bowen David Hogg
Sun 8 th May 2016	AL #4	Boboyan Divide	Tim Cox	Sue Garr	Darryl Erbacher
Wed 11 th May 2016	World Orienteering Day, (includes night orienteering event)		Bryant Allen		

Sat 4th June 2016	Sat #6	Bruce Ridge	Kristen Walker	Liz Dunbar & Ian Elz	Phil Walker
Sat 25th June 2016	Sat #8	Mt Majura West	Anna Hyslop		
Sun 10th July 2016	AL #8	tbd			
Sat 20th Aug 2016	Sat #14	Cooleman Ridge	Jon Glanville		

[Phil Walker](#)

Parawanga Committee for 2016

Sunday, 28 February 2016

The Parawanga AGM was held on Friday 19 February 2016, wrapping up the year 2015 and electing the Parawanga Committee for 2016.

The 2015 President, Bryant Allen summarised the past year that once again was a healthy mix of organising events, solid performances, representation at major carnivals in ACT, Australia and overseas, and social activities.

The 2015 Treasurer, Pat Miethke presented the Treasurer's Annual Report and like all good treasurers she brought in the bottom line in the black. Major 2015 expenditure items for Parawanga were; \$900 subsidy to the Parawangan juniors representing ACT Schools at the National Championships, \$386 for the design work and a new club flag, and \$144 for the Parawanga Welcome BBQ. In 2015, the club also ordered clothing and managed to break even on orders and sales. With a change of arrangements in 2016 for OACT providing funding to the clubs based on the number of events organised, the club's finances look in good shape for 2016.

The election of the 2016 Parawanga Committee resulted in Bryant Allen being returned as President, Colleen Mock took on the role as the Secretary and Pat Miethke continuing as the Treasurer.

The President thanked Liz Abbott for her fine work as the club's Secretary for the past years.

[Phil Walker](#)

World Master Orienteering Championships 2015

Saturday, 17 October 2015



World Masters at Gothenburg, Sweden



In late July nine Parawangans ventured to Gothenburg on the west coast of Sweden for the 2015 World Masters Orienteering Championships, joining a strong contingent of ACT representatives enjoying the competition, sightseeing and socialising. Several Parawangans made the A finals against very strong competition from the Europeans who seemed very much at home in the mud and marshes. For those of us who have not experienced the Swedish orienteering terrain, the World Masters was an eye opener to the challenges of maps with hatched blue as the predominant colour. However, once you got over the shock of seeing the map detail, the orienteering skills needed to get around the course were not much

different to those needed for any complex orienteering area, except perhaps making sure you still had your shoes on each time you pulled your foot or leg out of the mud and water.

Unfortunately the weather at the start of the championships was not a typical Swedish summer, (according to the locals), but it did get better and drier as the week progressed with the day for the Long Final being glorious sunshine.

The event organisation was very good and Gothenburg is a pleasant easy liveable city. All events were within a short distance of the city centre with the excellent public transport system being used as the main event transport.



The photos above are of Barbara Martin striding out at the sprint final and Ann Ingwersen on one of the less muddy tracks at the Long Qualification Number 1. The early starters for this event had the added difficulty of a torrential downpour that greatly reduced visibility in the already dark and gloomy forest.

World Masters orienteering in the heartland of orienteering is a great experience to challenge your skills, to gain an appreciation of the sport at the highest level and to immerse yourself with thousands of like-minded athletes enjoying the sport.

The photos of Bruce Bowen and Liz Abbott are from the Long Final as they near the last control.

Outside the orienteering we enjoyed the sightseeing and shared great socialising with the highlight being a Parawangan cocktail party / dinner at the apartment shared by the Abbott/Bowen, Garrs and Walkers. Special invited Parawangans for the night were Sue Yan Tay and our Swiss connection of Kati Cejka and Bernard Peissard. Kati is the mother of ex-Parawangan Nadine Cejka.



The Parawangans at the World Masters were; Liz Abbott, Bruce Bowen, Barbara Martin, Ann & Frank Ingwersen, Sue & Tony Garr and Jill & Phil Walker.

The photos of Barbara Martin, Ann Ingwersen, Bruce Bowen and Liz Abbott are from the WMOC website. The other photos are Parawangans and honorary Parawangans enjoying the other side of an orienteering carnival.



[Phil Walker](#)

Parawanga Events 2015 / 2016

Saturday, 17 October 2015

Parawanga is setting and/or organising the following orienteering events for Orienteering ACT over the 2015/16 summer and during winter 2016. If you would like to help setting or organising these events please contact the Club President or Secretary. If you have not previously set or organised an orienteering event, you will be assisted by a more experienced Parawangan orienteer.

<i>Date</i>	<i>Event</i>	<i>Venue</i>	<i>Course Planner</i>	<i>Organiser</i>	<i>Vetter</i>
Summer Twilight					

Wed 4th Nov 2015	2015 Summer Twilight #4 Parawanga BBQ	Black Mountain	Tony Garr	Bill Monaghan	Jon Glanville
Wed 18th Nov 2015	2015 Summer Twilight #6 & Primary Schools Champs	Oâ€™Connor Ridge	Cathy Hogg (Blue / Green) Tim Cox (Orange)	Bryant Allen	Darryl Erbacher
Wed 9th Dec 2015	2015 Summer Twilight #9	Red Hill	Phil Walker	Jill Walker	Barbara Martin/Colin Mock
Wed 20th Jan 2016	2015 Summer Twilight #12	Lake Ginninderra	Zoe Melhuish	Ana Herzeg	Needed

Winter Events

Sun 27th Mar 2016	Easter Day 2	Primrose Valley	Bruce Bowen & Liz Abbott	Bryant Allan	Liz Abbott & Bruce Bowen David Hogg
Fri 1st Apr 2016	OWLS #1	Yarralumla Bays (tbc)	Liz Abbott	Kay Grzadka & Darryl Erbacher	
Fri 8th Apr 2016	OWLS #2	Commonwealth Park	Kristen Walker	Liz Abbott (?) & Darryl Erbacher	
Fri 15th Apr 2016	OWLS #3	Bruce Ridge	Liz Abbott	Kay Grzadka & Darryl Erbacher	
Fri 29th Apr 2016	OWLS #4	Stromlo (tbc)	Liz Abbott	Kay Grzadka & Darryl Erbacher	
Sun 8th May 2016	AL #4	Boboyan Divide	Darryl Erbacher		
Sat 4th June 2016	Sat #6	Bruce Ridge			
Sat 25th June 2016	Sat #8	Mt Majura West			
Sun 10th July 2016	AL #8	tbd			
Sat 20th Aug 2016	Sat #14	Cooleman Ridge			

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[Phil Walker](#)

Parawanga is setting and/or organising 3 more events for Winter 2015. We have setters and organisers for most events but there are some vacancies. If you would like to help setting or organising these events please contact the Club President or Secretary.



Date	Map	Setter	Organiser	Vetter/Controller
Saturday 20 June Saturday #7	ANU	Bryant Allen	Ann & Frank Ingwersen	Rob Jessop
Saturday 1 August Saturday #11	Black Mountain	required	Bryant Allen	David Hogg
Saturday 29 August Saturday #15	Mt Taylor	required	required	required

[Phil Walker](#)

Mapping Workshop with Alex Tarr

Sunday, 22 March 2015

Over the weekend of 14-15 March 2015, four Parawangans, (Bryant Allen, Tony Garr, Bruce Bowen and Phil Walker) plus one non-Parawanagan, (Tate Needham) had the privilege of learning some of the intricacies of map making from renowned map maker Alex Tarr.

After a morning theory session on Saturday the group headed out to Bruce Ridge for field work covering contours, tracks and watercourses. Sunday was another field work session this time at Tharwa Tor looking at boulders, boulder clusters, boulder fields, rocky ground, high points and cliffs.

The big take-away messages were that mapping is as much of an art as it is a science with the mapper needing to make decisions to keep the map logical and readable which comes down to simplifying the map and not over-mapping every feature. This is not always a simple task when features are examined from 360 degrees and considered in context with nearby features. Spending two days with Alex really opened our eyes to what goes into making a quality orienteering map.





[Phil Walker](#)

Parawanga Events - Winter 2015

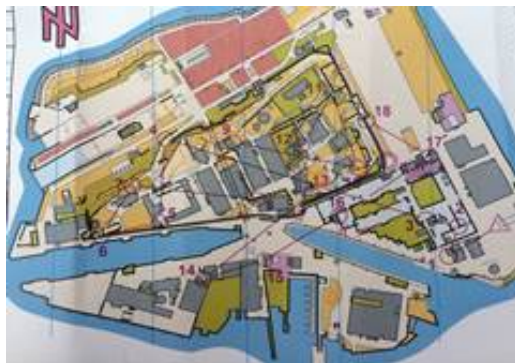
Tuesday, 24 February 2015

Parawanga is setting and/or organising 9 events for Winter 2015. We have setters and organisers for most events but there are some vacancies. If you would like to help setting or organising these events please contact the Club President or Secretary.

Date	Map	Setter	Organiser	Vetter/Controller
Friday 10 April Night Orienteering #1	Cooleman Ridge	Liz Abbott	Kay Grzadka	
Friday 17 April Night Orienteering #2	Mt Rodgers	Grant MacDonald	Kay Grzadka	
Friday 1 May Night Orienteering #3	Yarralumla Bays	Kay Grzadka	Liz Abbott	
Friday 8 May Night Orienteering #4	Mt Ainslie North	Liz Abbott	Kay Grzadka	
Saturday 23 May ACT Middle Distance & Saturday #4	Wild Deer Sands	Rob Jessop	Rohan Hyslop	Phoebe Dent
Sunday 24 May ACT Long Distance	Sandhills	Dave Meyer	Rohan Hyslop	Nick Dent
Saturday 20 June Saturday #7	ANU	Bryant Allen	Ann & Frank Ingwersen	Rob Jessop
Saturday 1 August Saturday #11	Black Mountain	required	Bryant Allen	David Hogg
Saturday 29 August Saturday #15	Mt Taylor	required	required	required

Parawanga Newsletter - February 2015

The Sydney Xmas 5 Days was held between Xmas and New Year and a few members went up for some of the events. One interesting race was held at Cockatoo Island in Sydney Harbour. They had 350 or so runners on the day and the courses enjoyed the choice of stairs, tunnels etc to get from the lower to the upper levels of the island with lots of interesting history.



Twenty or so PO members travelled to NE Tasmania in the first week or so of January to enjoy the World Cup Carnival. PO members got together for dinners at 2 locations during the 10 days and plenty of touring was enjoyed between races.





Parawangans are obviously enjoying their summer orienteering with 41 members participating in the Runnerâ€™s Shop Summer Twilight Competition (210 runners overall). Impressive given the rain at the last 2 events.

PO is placed second club in the competition with 10751 points, Bushflyers are in front with 16148. We have 6 runners in the top 20 with Ana most consistent:

Phil Walker 8th

Stephen Melhuish 14th

Tara Melhuish 16th

Arthur Watson 17th

Morten Pederson 19th

Ana Herceg 20th.

Check the OACT Website for further results.

PO holds its first Twilight event for 2015 on 18th Feb and weâ€™re looking for help with organization. Jon Glanville has the courses in hand, thank you Jon.

Donâ€™t forget our AGM and BBQ 6.30pm Friday 20th Feb at Wal & Gay Pywellâ€™s 9 Keyâ€™s Cres, Wanniasa.

[Phil Walker](#)

Parawanga News - December 2014.

Thursday, 29 January 2015

Parawanga December News 2014

Several Parawangans ventured across the country to the Australian Champs Carnival in Perth, where several races were held in various locations within an hour or two of the Perth CBD.

The WA Champs at Spice Brook near Julimar Conservation Reserve out along the Northern Highway were highlighted by the abundance of wildflowers amongst the gravelly soils. There were several Black Cockatoos raucously annoyed at the disturbances. Rain also tried to put off the competitors with a heavy squall arriving just as the competitors headed off to their starts. The tents for the competitors were lowered half way to prevent them blowing away and competitors didnâ€™t hang around long but headed back to warmer and drier accommodation after their races. Results are on the OACT website under â€˜Canberra Competitors collect Championship Awards at Karrak Karnivalâ€™, and also under the Blue Lightning News articles.

The Aust Middle Distance event was at Loverâ€™s Ridge NE of Perth along the Toodyay Rd. Extensive gullies with local patches of granite, scrubby bush and some fast open areas.

The Australian Sprint Champs were held at Curtin Uni Campus with some of the Masters competitors remembering the older concrete buildings of the 1980â€™s and amazed at how much it had all changed.

The ACT Schools Team included seven Parawangans and were supported by Rohan and Anna Hyslop (and Bushflier's Kelly Young) who travelled with the team as Coach and Manager. A mixture of new, Zoe Melhuish, Lucy Barton and Mark Glanville, and experienced orienteers, Tara Melhuish, Stephen Melhuish, Heather Lane and Ciaran Lane.

The Schools Competition was held over two days as part of the Australian Orienteering Championships in WA. Both the individual and relay events were held on the farmland and rock detail of Peterdine east of Perth. All orienteers coped well with challenging courses, long grass and hot, dry conditions to achieve some excellent results. Tara had an exceptional carnival, earning gold medals in all the junior girls events. Zoe, one of the youngest competitors, finished in the top 10. Heather, in her third carnival, ran as a reserve in the Junior Girls category and finished in the top half of the field. Mark too ran as a reserve in the Junior Boys category against some strong competition. Stephen and Ciaran teamed up in the Senior Boys category and Lucy enjoyed her first major carnival, and the points she earned in the Senior Girls category, assisted the ACT to finish third overall. Thank you to Parawanga for the generously supporting our juniors (written by Anna Hyslop).

The Australian Long and Relay Champs were held at Warranine Brook and Moodyne Rd, again, out along the great Eastern Highway east of Perth. It was hilly granite terrain on open farmland. Several ACT Teams did well and of the 5 Teams that mispunched on the day, 4 had PO members running, but none of our members mispunched – go Parawanga!

Ann and Frank Ingwersen have recently attended the World Orienteering Masters Championships in Brazil, see photos attached.

The Orienteering Australia Conference was held 2 – 3 weeks ago at the AIS. Bruce attended as the Finance Officer and Rohan as one of the ACT Representatives. Important information sharing and decision making is done at this Annual Conference of member States.

There are several PO members heading to Tasmania for the World Cup races and the ANZ Challenge Events over 9 days. And a couple of PO's will go to Sydney for the Christmas 5 Days (or parts of it) Events in areas of Sydney including Cockatoo Island. Anna and Rohan will attend as Coach and Manager to the Australian School Team for the Trans Tasman School Champs.

Thanks again to members who are regularly helping at the Summer Twilight Series events, which couldn't be held without your regular volunteer input.

The Christmas BBQ went well with several members including some newer people attending. We broke tradition to hold it at Black Mountain Peninsula for our family members whose children thoroughly enjoyed the playground there. Apart from an abberant kite things ran smoothly.

Parawanga's Annual Awards were presented at the BBQ as follows.

The Blue Man went to Bill Monaghan for – always being there at events, doing rego, manning the computers and often packing up. The Snail Award went to Ciaren Lane for his efforts at Belanglo in July on an 8km course where he spent 49min 46sec on Leg 3 (winner took 3.58min), he apparently just – took ages to relocate –. A close runner up was Tara Melhuish with her 40min 5sec 3rd leg on Day 2 at QBIII in Dubbo when – she had to avoid some *killer* goats –! The Most Improved Award went to Stephen Melhuish.

Story by Liz Abbott







[Phil Walker](#)

Parawanga Events - Summer 2014-15

Sunday, 28 September 2014

Parawanga is setting and organising 4 events for the 2014-15 Summer Twilight series. We have setters and organisers for most events but there are some vacancies. If you would like to help run these events please contact the Club President or Secretary.

Date	Map	Setter	Organiser	Vetter/Controller
Wednesday 12 Nov 14	Aranda Bushlands			Rob Jessop
Wednesday 19 Nov 14	Mt Ainslie North	David Hogg Cathy Hogg	Bryant Allen	
Sunday 30 Nov 14	OACT Annual Dinner <i>Venue: Poppyâ€™s at the AWM</i>			
Sunday 7 Dec 14	Parawanga Christmas BBQ <i>Venue: tba</i>			
Wednesday 17 Dec 14	Campbell Parklands	Darryl Erbacher		
Wednesday	Mt Taylor	Jon Glanville		

QBIII at Dubbo - Rocks, Rocks and more Rocks

Saturday, 14 June 2014

Fantastic weather, challenging courses, impressive granite outcrops and great pizzas and pasta made for a highly enjoyable QBIII at Dubbo. Some photos for those who could not make the trip to Dubbo.







Parawanga Events June - September 2014

Saturday, 14 June 2014

The list of events for Parawanga to set, organise or control between June and September 2014 are provided at this item. Volunteers for setting, organising and controlling are still needed for most events. If you are interested please contact the Club President or Secretary.

Date	Map	Setter	Organiser	Vetter/Controller
Saturday Sat #7 21 Jun 14	Commonwealth Park	Liam Whyte	Jodie Evans & Ciaran Lane	Greg Lane
Saturday Sat #11 2 Aug 14	Mt Taylor	Graham Atkins.	Sue Garr	required
Saturday	Farrer Ridge	Rohan Hyslop	Jill Walker	required

Sat #15 30 Aug 14				
Sunday AL #11 7 Sep 14	Sandhills	Jon Glanville	Kay Gradzka	BS-A

[Phil Walker](#)

Parawangan Women Shine at Easter

Monday, 28 April 2014

Parawanga Club orienteers travelled to the Rylstone area for the 2014 Easter 3 Day carnival. A great time was had by all but when it came to podium finishes it was the Parawangan women who shone.

41 Parawangans participated in one or more days of the Easter 3 Day carnival, enjoying the pleasant weather and the challenges of interesting terrain covering granite outcrops, vague bushland and testing spur / gullies. On the social scene many Parawangans tested the capacity of the Rylstone pub bistro, much to the delight of the publican who took numerous photos to record the bistro at maximum capacity.

Accommodation for 22 Parawangans plus several notable guests or temporary Parawangans, was a farm stay lodge on a working sheep farm near Ilford. The shared accommodation lead to many and varied social activities including finding the missing shoes and gaiters. One of the overly playful farm working dogs decided that any items left outside overnight were treasures to be taken and stored safely well away from the accommodation. Finding control sites using a map and compass was easy compared to the pre-competition challenge of finding gear that had been left outside overnight.

When it came to notable results, the Parawangan podium finishers were; Riley Lane (1st W12A), Zoe Melhuish (2nd W14A), Cathy Hogg (1st W35A), Anna Hyslop (1st W40A), Liz Abbott (1st W55A) and the sole male award winner for Parawanga, Andrew Kerr (1st M12A).

In the Enter on the Day or Novice categories, Parawangans were well represented by juniors; Aisha Goshiti, Erin Foley, Jennifer Kerr, Ella Hogg, Katy Hogg, Luca Talbot-Hogg and Makhaya Talbot-Hogg.



[Phil Walker](#)

Parawanga has a New Club President - Profile Bryant Allen

Sunday, 30 March 2014

After 4 years in charge, Ann Ingwersen has stepped aside as the Parawanga Club President, handing the honour and responsibilities over to Bryant Allen. Liz Abbott continues as Secretary and Pat Miethke has taken over from Frank Ingwersen as club Treasurer.

To get to know Bryant better here is his profile.

Name: Bryant Allen

Birthplace: Wellington, New Zealand, but grew up in North Taranaki.

Occupation: Geographer. Retired from College of Asia and the Pacific at ANU where I did social and economic research in PNG. From 2009 worked for 3 years as a fly-in-fly-out contractor to ExxonMobil on the PNG LNG Project, identifying and compensating people impacted by construction of the gas plant, wells and pipeline.

How long have you lived in the ACT: Came here from NZ via a year at Flinders Uni, Adelaide, to a scholarship at ANU, in 1971. Went to PNG for 2 years fieldwork in a village, returned to Canberra, then back to UPNG for 10 years then back again to Canberra for good. That was when I started Orienteering.

Your first orienteering event: Can't remember the name of the map, but it was in 1982 in one of the nearby western pine forests, now burned or gone under houses. A zealous course setter had hidden a flag in a log pile. I learned my most important lesson very early. Don't hide the control flags! The sport is Orienteering, not Geocaching.

Your most recent orienteering event: Commonwealth Park, where I got lost, if ever so briefly. But it sort of sums things up.

Most memorable orienteering event and why it is memorable: Somewhere out past Queanbeyan at an event being run prior to the 1985 WOC, with lots of international competitors. I was lost in a thicket when a chap wearing a Union Jack went flying past and disappeared up the hill into the scrub. It was then that I knew I if he could come all the way from the UK and know where he was, when I did not, then I was never going to win an event and should just settle back and enjoy the navigation, the running and the bush.

Worst orienteering mistake: A Sandhills event where I did a 180 from the Start and had to creep back around the Start hoping that nobody noticed what I had done.

Best orienteering tip received: Only one? (1) If you don't know EXACTLY where you are on the map STOP! Don't keep running along hoping it will all become clear soon; (2) Don't look at the boulders; (3) Concentrate, concentrate, concentrate, never stop concentrating, even for 10 seconds!

Favourite orienteering area in the ACT: I like the spurs and gullies and find the rock somewhat challenging. But I will Orienteer anywhere.

Favourite orienteering area outside the ACT: See above.

Furthest you have travelled for an orienteering event: Talaganda. Just between you and me, I enjoy Wednesday lunchtimes around Canberra as much as I enjoy a national or international event. More relaxed, nice people and possibly better courses.

Other sports or interests: I do hold a C Class parachutists license, but haven't jumped for a long time. Writing, researching, trying to finish books started at ANU, but which were postponed by the interminable meetings and the budgetary problems.

Photo: Bryant Allen and Keith Fifield (two ex Taranaki boys captured in the one photo many years after their High School days in NZ)



[Phil Walker](#)

Parawanga Annual Awards

Thursday, 26 December 2013

After an exhaustive nomination and selection process the 2013 Parawanga Annual Awards were presented at the Parawangan Christmas BBQ held at Uriarra Crossing on Sunday 8th December.

The prestigious award of Most Improved is based on calculations undertaken by the club statistician, **Darryl Erbacher**, that take into account a range of variables and an unknown number of adjustment factors to determine the worthy winner. The winner for 2013 was **Tara Melhuish**. Tara's list of achievements included a clean sweep in all 3 disciplines at the Australian Championships plus winning the F14 age group for 2013 and placing in the top 10 for the F16 age group.

Tara was a clear winner from **Liz Abbott, Bruce Bowen, Ana Herceg, Thomas Hyslop** and **Zoe Melhuish**.

In other award categories the Snail Award went to **Anna Hyslop** for her perseverance at Bargo and the Blue Man (or should it be the Blue Person) Award went to **Phil Walker** for services to the Parawanga Orienteering Club.

At the half way of the 2013 Summer Twilight Series, Parawanga is well represented in the top 20 with the younger brigade of **Andrew Kerr** and **Stephen Melhuish** likely to finish in the top 10 - we claim Stephen as a dual citizen PO. High in the list of Most Improved is **Carys Connick** with an improvement of 13% compared to last years results.

[Phil Walker](#)

Parawanga Paragraphs - November 2013

Saturday, 30 November 2013

Parawanga Paragraphs â€“ Liz Abbott and Ann Ingwersen

The PO Club has grown over recent years and weâ€™d like to welcome our relatively new members Penny McIntosh, Andrew Kerr and his dad Ross, Ben Freeman, the Chatfield family, Sheryn Ringland, Doug Collier, Jaymanne Dilanthi, Erica Lejins, Thomas Manley, and Andrew McGrillen.

The PO juniors have had a great year under the tutelage of our fabulous Blue Lightning Coach Rohan Hyslop. Stephen, Tara and Zoe Melhuish started the year well with some great results in NZ and again at Easter and the ACT Champs. They topped the family relay event at Easter pipping the Poland family (Bushflyers) on handicap to take out the top gong. Stephen and Tara were members of the ACT Schools Team at the Australian Schools Champs and all three won their age class at the Saturday Junior League. Ciaran and Heather Lane have also fared well in the ACT Schools Team and came 2nd and 4th respectively in the Sat Junior League. New member Ben Freeman made it into the ACT Schools Team this year despite very little experience. Andrew Kerr is another enthusiastic member winning the ACT Sprint Champs in M12 in Oct, winning his class in Sat Junior League and the ACT Primary Schools Champs as a member of the Radford Schools team. He is already running very well in the Orange course at recent Twilight events. Thomas Hyslop continues to orienteer occasionally and Luke and Tim Chatfield are also rising stars to watch out for. Theyâ€™re already overtaking Dad James. Mark Glanville was another member who won his age class at the Saturday Junior League events.

The Easter Camping accommodation at an oval south of Bendigo had a string of younger POâ€™s and their families enjoying the outdoor experience. Andy Hogg and Nat Smithâ€™s girls as well as Cathy Hogg and her two girls had lots of fun with other families â€“ surviving the early alarm awakening from the local cricket clubhouse.

We watched with dismay the unfortunate demise of long-time PO member Darryl Erbacher with a foot injury early in the season at a NSW event. Heâ€™s endured a prolonged recovery but is making a big comeback at Twilight events now and has plans to better his times on the Orange 2 courses over the summer. Bryant Allan made a quicker recovery from his injuries and is back running and helping at events.

Various PO members joined the overseas circuit chasing greener/wetter environs during the European summer. Ann and Frank Ingwersen travelled to Torino, Italy for the World Masters Champs with some commendable results by Ann in W70 class and given Frankâ€™s recent take to orienteering himself, his results in the European terrain were impressive too. Sue and Tony Garr joined Bruce Bowen and Liz Abbott at the Scottish 6 Days in Inverness Scotland. Tough runs in technical terrain on soft surfaces and fabulous scenery, outdoor theatre and good pub food and wine. Liz and Bruce got a chance in July to walk around on the map/terrain of the 2015 World Masters area to be held in Goteborg. Let them know if you want to borrow the map for some early technical training. Photos - Bruce, Liz, Tony and Sue catching the Scottish sunshine.





Geoff Stacey, one of PO's Elite orienteers and relay runner extraordinaire, ran a fantastic final leg of the Cockatoo's 2nd Relay team to nail a 3rd place in the Open Men's Relays at the Australian Relays recently at The Gib near Bungendore. It was very exciting to watch.

Keep an eye out at Rogaines for Barbara Martin, Colleen and Colin Mock and Pat Miethke who have had some great results in the Supervet classes over the year.

Thankyou to various PO members are due. Firstly to Kay Grzadka for her ongoing work to keep us all well attired in O's suits and tracksuits. Some of the other clubs being seen in more light-weight Trimtex suits for orienteering and there are PO members who are keen on this. Kay will keep us informed about the possibility of ordering these later in the summer.

The Blue Lightning Squad has been fully supported by the PO members this year with the Coach being Rohan Hyslop, Manager is Ana Herceg and Jody Evans is the Cake Stall organiser.

Geoff Wood works tirelessly as EO of Orienteering ACT and he attends most events helping the running of the computers and ensuring we all see our results. Thanks to Phil Walker who works in the background as our Webmaster. Check out the PO Club page on the OACT website, great profiles and news there too. A big thankyou to Graham Atkins, Pat Miethke and Bill Monaghan who always volunteer to help at events, even Bill despite or in-spite of, his knees is still competing and helping out. Thanks to Barry Hart (our long distance PO who resides at the coast) for his help during the Aust Champs.

Thanks also to Greg Lane and Sue Garr, who I hope are both having well earned rests, after their monumental organising efforts at the recent Australian Champs Carnival here in ACT in October.

Join us for our annual Xmas BBQ at Uriarra East Picnic ground 4pm on Sunday Dec 8th. BYO everything (to share) and any awards that may be gracing your mantelpiece. If you have one of the awards remember you need to prepare your speech for handing it on.

[Phil Walker](#)

Parawangan Profile - Phil Walker

Thursday, 7 November 2013

Name: Phil Walker

Birthplace: Sydney

Occupation: Public Servant

How long have you lived in the ACT: Since 1987 with a break in the 1990s.

Your first orienteering event: Gave it a go a couple of times at OACT Saturday events in the early 1990s with children in backpacks, then again in 2004 when Kristen started with the ACT Schools Team.

Your most recent orienteering event: Wednesday twilight event at Radford College.

Most memorable orienteering event and why it is memorable: WMOC 2012 in Germany. This was our introduction to an overseas international carnival. Wonderful terrain, sprints in medieval towns, good courses and my navigation was cautious but generally accurate. All topped off by a good contingent of Parawangans sharing a ski lodge, that made for enjoyable evenings of food, wine and post mortems of courses run and mistakes made.

Worst orienteering mistake: Far too many to recall, especially in the early days when plus 30 minute mistakes were not uncommon. I am now down to 5 minute errors but just when I think that I have made every mistake possible, I find a new way to become unstuck. I am still looking for the perfect run. Maybe one day it will all click.

Best orienteering tip received:

Don't try and read every feature on the map, go for the big features to get you to the control circle then start the detailed navigation. Biggest improvement was when I was instructed by a younger member of my family to give away the baseplate compass and to navigate off features rather than relying on compass bearings.

Favourite orienteering area in the ACT: Everything except Honeysuckle.

Favourite orienteering area outside the ACT: Dubbo area used for JWOC, Awoonga and Buckenderra.

Furthest you have travelled for an orienteering event: Germany for WMOC 2012.



Other sports or interests: Cycling and Duathlons, (competing); Rugby (supporter) and Cricket (ex-competitor now a slightly disillusioned spectator).

[Phil Walker](#)

Parawanga Events October 2013 - April 2014

Tuesday, 5 November 2013

The list of Parawanga events between October 2013 and April 2014 is provided at this item. Volunteers for setting, vetting and organising are still needed for most events. If you are interested please contact the Club President or Secretary.

Date	Map	Setter	Organiser	Vetter/Controller
Friday Meeting 1 Nov 13				
Wednesday Twilight 20 Nov 13	The Pinnacle	Frank Ingwersen	Ann Ingwersen	Ann Ingwersen
Wednesday Twilight 27 Nov 13	Red Hill	Jon Glanville	Bryant Allen	David Hogg
Sunday Xmas BBQ 8 Dec 13				
Wednesday Twilight 11 Dec 13	Lyneham North	Geoff Wood	Phil Walker	Rohan Hyslop
Wednesday Twilight 22 Jan 14	Ainslie North	Stephen & Tara Melhuish	Melhuish Family	Nick Melhuish
Wednesday Twilight 5 Feb 14	Aranda Bushland	Bruce Bowen	Lucy McGarva	required
AGM 14 Feb 14				
Sunday AL#1 16 Mar 14	Castle Hill	required	required	required

[Phil Walker](#)

Parawanga Club Clothing Order

Sunday, 22 September 2013

Attached at the pdf link below is a flyer on Parawanga Club Clothing - styles and sizings. The Club Secretary and Kay Grzadka will be sending emails to Parawanga Club members with information on when clothing orders be will be taken.

[POA CLUB CLOTHING.pdf](#)

[Phil Walker](#)

Parawangan Profile - Geoff Wood

Sunday, 4 August 2013

Get to know more about your OACT Executive Director. Geoff Wood is a keen and competitive orienteer and a tireless worker

behind the scenes for OACT. This is his profile.

Name: Geoff Wood

Birthplace: Sydney

Occupation: Electrical engineer, then public servant, then retired and now orienteering.

How long have you lived in the ACT: Since 1973 with a few gaps.

Your first orienteering event: Saturday 20 July 2002 at Mt Majura West.

Most memorable orienteering event and why it is memorable: The Christmas 2007 5 Days at Newcastle. This was my first interstate orienteering.

Worst orienteering mistake: This was at a Buckenderra weekend about 4 or 5 years ago now, and on the Saturday evening, Parawanga, as one would expect, had a party. I did my duty and drank up everyone else's wine so the other Parawangans would not have a hangover for the next day's event. Needless to say I had a hangover on the Sunday, and at the Sunday event not only did I make a 180 degree error once, but I did it twice. (Ed Note: I assume that this was not on the same control)

Best orienteering tip received: Concentrate on the country and the contours, and do not rely too much on compass bearing.

Favourite orienteering area in the ACT: Campbell Park. Black Mountain is also good. Mulligans Flat was also a favourite. All our Canberra Nature Park locations are favourites.

Favourite orienteering area outside the ACT: Spur-gully country such as Picaree Hill, Awooga, Rataill and Foxlow.

Furthest you have travelled for an orienteering event: Easter 3-Days at Queensland in 2012.

Other sports or interests: Tennis. I'm presently President of the Barton Tennis Club, also a member at Turner Tennis Club. I generally get to play tennis about 3 times per week in a good week.



[Phil Walker](#)

Big turn out for Parawangan organised event

Sunday, 2 June 2013

The Parawangan organised event at Campbell Park on Saturday 25th May 2013 was close to setting a record for the highest number of participants at an OACT event. At 240 participants the day is 4th in the list of OACT all time highest number of participants. The Wednesday twilight events on 10th March 2010 and 2nd November 2011 both had 242 participants. First on the list with 271 participants is the Saturday event on 13th June 2009.

Parawanga was well served on the day with 18 club members assisting. Phil Walker set the courses, Graham Atkins was the course vetter and Jill Walker was the main organiser, ably assisted by Bill Monaghan, Tony Slatyer, Gay and Wal Pywell, Kay Grzadka, Jon Glanville, Nick Melhuish and Pat Meithke running registration and the computer. Control collectors were Sue and Tony Garr, Ross and Andrew Kerr, Rob Jessop, Cathy Hogg, Bruce Bowen and Liz Abbott.



[Phil Walker](#)

Parawanga Events for May - October 2013.

Tuesday, 16 April 2013

The updated list of events to be organised by Parawanga for winter 2013 is provided below.

<i>Date</i>	<i>Event</i>	<i>Venue</i>	<i>Course Planner</i>	<i>Organiser</i>
Sun 5 May	ACT Long Distance Championships	Boboyan	Rob Jessop <i>Ctr. Bruce Bowen</i>	Colin Mock
Sat 11 May	Saturday #1	Weston Pk	John Glanville <i>Ct Ann Ingwersen.</i>	<i>needed</i>
Sat 25 May	Sat #3	Campbell Pk	Phil Walker <i>Ctr. Graham Atkins</i>	Jill Walker
Sun 7 July	AL#8	Kowen Homestead	Colleen Mock	<i>needed</i>
Sat 25 Aug	Saturday #13	Aranda Hills	Ciaran and Heather Lane	Jodie and Greg Lane
Sat 28 Sept	AUS Sprint Champ	Canberra Grammar	Matthew Purcell	Jill Walker
Fri 4 Oct	â€œBack to Blackâ€	Mt Majura	David Hogg	Ann Ingwersen

[Phil Walker](#)

Parawanga Paragraphs with Ann Ingwersen and Ana Herceg

Since Christmas, Parawangan Orienteers have been busy with local, national and international events. A small group decided that Beechworth was the place to prepare for the Oceania Carnival, to enjoy top quality orienteering and the ambience of a special area with friends. Results were variable, with all acquitting themselves well. The company was great especially the excellent PO dinner in a local pub, when Ann Fitzgerald (former PO member) and husband joined us. In between running, recovering and socialising, many of us went sightseeing and fruit picking (cherries just \$4 kg).

The orienteering trags headed quickly home to be ready to depart to NZ 2 days later. The 10 day Oceania Carnival was a challenge – the terrain, the heat (especially the last day with mass starts at midday), and running in so many events. The events were in sand-dunes, the site for some of the filming of the Hobbit, precipitously steep gullies (and hills), rocks and open paddocks; all unlike our usual Australian maps. Everyone very impressed with the high tech results system where results were immediately displayed on screens along with much other data allowing us to track competitors along the way. There were some very good results, especially the Melhuish family (Tara and Zoe both achieved a 3rd place, and Stephen overall 7th), this being their first international carnival. Ann I. also had success with five 1st places out of 7 events, coming 1st overall. Cathy Hogg ran well as did Rob Jessop, though running for NZ. The weather was great, plenty of sightseeing opportunities, good company and a wonderful carnival.

Eleven Parawangans travelled to Auckland for the pre-Oceania warm-up events. The series included one urban sprint in Auckland and three forest events in Woodhill Forest, north-west of Auckland. The complex forest terrain was challenging but the experience stood us in good stead for the Oceania carnival. The events were fairly low key but even here we were really impressed by the ability of the New Zealanders to have results instantly up on screens at the finish, *and* streamed via wifi around the assembly area. There was good attendance by a number of international elite women and men who were warming up, for the World Cup events. As there were only a small number of courses on offer (7 courses in the forest events) this meant that some of us had the rare opportunity to run the same courses as the elites, and the rest of us were able to see them in action in the forest - very educational! After orienteering we challenged ourselves with a different kind of course in the Woodhill Forest: the high ropes courses, zip lines and rope swings of *Tree Adventures*.

Nine Parawangans stayed on in Hawkes Bay for Sprint the Bay. The series of six events in three days was hard work, but fun. The maps were a good mix of urban and rural terrain. Standouts included *Splash Planet* (a waterpark in Hastings - wet feet unavoidable with a control in the middle of a wading pool) and *The Slip* (very scenic but steep farmland with a river start, 120m to 210m climb overall and a 25m climb over 50m distance to the finish on all courses). In the final overall standings Ana Herceg placed 3rd in W50+, Stephen Melhuish 4th in Senior Boys, Tara Melhuish 5th in Junior Girls and Rohan Hyslop 5th in M40+.

In February Parawanga held the AGM and BBQ, hosted by Pywells. Jill, Secretary for 3 years, retired and was replaced by Liz. Ann continues as President and Frank as Treasurer. Heartfelt thanks to Jill from all of us for an excellent job. The meeting also expressed thanks to Kay our Merchandise Manager (Wardrobe Mistress?) for keeping us so well attired in our distinctive outfits. Phil has been a great webmaster, keeping the PO site interesting and up-to-date.

We have a busy time ahead with various events both major and minor. We will be calling on all PO members who will be running in these events, to volunteer to help.

[Phil Walker](#)



The Pywell's hosted a well attended Parawanga AGM that resulted in the appointment of office bearers for 2013 and the presentation of the 2012 Parawanga Most Improved Award. The President presented a review of 2012 achievements and activities followed by the acceptance of the Financial Report that shows Parawanga in a healthy financial position.

The election of office bearers for 2013 saw a return of Ann Ingwersen as President and Frank Ingwersen as Treasurer. Liz Abbott replaces Jill Walker as Secretary.

As per custom, Darryl Erbacher crunched the seasons results, applied his algorithms and weighting factors concluding that Stephen Melhuish was the most improved Parawangan for 2012. A worthy winner as highlighted by Steven's excellent results at the recent Oceania Championships. The AGM finished off with a typical Parawangan food and drink celebration.



[Phil Walker](#)

Vale Glenn Zeven...

Sunday, 10 February 2013

Long-time ACT orienteer and Parawanga member, Glenn Zeven, died in Adelaide on 31 January following an extended illness. Glenn was introduced to orienteering in 1973 by Peter Lawrence, a teacher at Canberra High School who formed the ACT's first school orienteering club, Canberra High Association of Orienteering Students or CHAOS. CHAOS attracted a large number of enthusiastic and talented young orienteers, many of whom subsequently brought their parents into the sport.



Glenn competed in his first Australian Championships in Pierces Creek Forest in the ACT in June 1974, finishing 8th in the Under 17 Men (now M15) class, behind fellow CHAOS members and future WOC representatives, Maurice Ongania and Rudolf Huettnner. He was 5th in M15 at the 1975 Australian Championships in Victoria and the following year was the Australian M17 Champion at Belanglo State Forest, NSW.

Glenn was a founding member of Parawanga Orienteers when the club was formed in 1975 and was active in Parawanga activities as a competitor, course planner, event organiser and mapper throughout his period of involvement in orienteering. He was Club Secretary from March 1999 to early 2004. He introduced his parents, Bob (now deceased) and June, to orienteering and they too became very involved in supporting the club and the ACT association. As a professional carpenter, Bob played an important role in designing and constructing much of the infrastructure required for early major events held in the ACT.

Glenn was a dedicated Parawanga and OACT member who was always willing to help when needed. He planned and set courses at the national event level and was a Level 2 controller. Even after his illness curtailed his active participation as a competitor, he continued to help at occasional club events, until he moved to Adelaide to spend the last period of his life with his mother, June.

A few of us have known Glenn throughout his orienteering career, while others got to know him more recently. We will all miss him.

David Hogg

[Robert Mouatt](#)

Parawangan in Profile - Graham Atkins

Wednesday, 6 February 2013

Name: Graham Atkins

Birthplace: Doncaster, England

Occupation: Patent attorney / intellectual property manager

How long have you lived in the ACT: 12 years

Your first orienteering event: Weston Park, May 2008. Being Weston Park it was fairly easy. The next week at Campbell Park I made my first "classic mistake" of orienteering, heading off from control A thinking it was control B on the map. Hey, why doesn't the map fit?

Your most recent orienteering event: ANU (2013 Summer series event).

Most memorable orienteering event and why it is memorable: 2010 Australian Sprint Championships at Trinity College Gawler, because I managed to win M40 by a margin of two seconds. I have to thank the unknown youngster that I tried (and failed) to out-sprint in the dash to the finish.

Worst orienteering mistake: Misreading the contours near the first control of the first day of Easter 2010 (Gudgenby Homestead). 54 minutes for a 5 minute control, and it was only when I'd given up and was looking for the easiest way back that I read the contours correctly. That effort earned me the Blue Snail Award.

Best orienteering tip received: Never leave a control without a plan for getting to the next one.

Favourite orienteering area in the ACT: Straying a bit outside the ACT, I'll go for Awoonga near Lake George. Spur/gully with open woodland for fast running, with lots of hills. Foxlow Flats and Timbertops are similar. Strictly within the ACT, I'll say Radford College - most of the buildings look very similar so it's a challenge to stay in contact with the map while running fast. Ask me about granite maps when I'm a better navigator (perhaps in 10 years).

Favourite orienteering area outside the ACT: Rowdy Flat near Beechworth because the gold mining detail is so completely different from anything we have locally. I've also enjoyed orienteering in the sandstone country of the Southern Highlands. Spectacular scenery, plus sandstone features tend to be linear so are friendlier than granite.

Furthest you have travelled for an orienteering event: South Australia for 2010 Australian Championships.

Other sports or interests: Rogaining, mountain biking, 20th century classical music.



At the half way point of the 2012/13 Summer Twilight series, Parawangans have been well represented in numbers attending, improvements made and results.

Club President, Ann Ingwersen has continued her excellent form with great results at a variety of events from Oceania Championships in NZ to Wednesday twilight runs. Ann is the highest placed Parawangan in 7th position with a 5% improvement. Also in the top ten, at 9th position is Chris Helliwell. Highest improvers for Parawanga are Thomas Manley with 18% and Barbara Martin with 11%. This is the second series in a row where Barbara has scored highly in the most improved category.

To date just under 50 Parawangans have participated in the 2012/13 Summer Twilight series.

Photo: Pat Miethke & Barbara Martin (2009 NT Orienteering Championships).



[Phil Walker](#)

Parawanga News - December 2012

Saturday, 8 December 2012

Once again the Parawangans have run some great events over the past few months. Thanks to Ann Ingwersen, Bill Monaghan and Geoff Wood for volunteering their time to be organisers.

Phil has been recognised for the hills he managed to incorporate in the Farrer Ridge courses, and we are expanding our contingent of setters, with Frank Ingwersen setting for the first time at the Pinnacle and Stephen Melhuish, in his first course setting venture, setting some really interesting and enjoyable routes at Red Hill.

A small contingent of Parawangans headed south to Tasmania for the Australian and Tasmanian Championships at the end of September. The events were challenging, particularly the sprint around the dissected rock platforms and village of Bicheno and the Long Distance Champs in an old tin mining area, criss-crossed with steep, slippery erosion gullies. The outstanding PO result was Stephen Melhuish's 1st place in the latter, ensuring that he was selected for the Australian Schools team to challenge the New Zealanders in January. Congratulations Stephen and all the PO juniors who participated in the ACT Schools team races.

Parawangans who didn't do the mid-week events, headed in different directions, with Frank continuing his family history research in Snug, south of Hobart. Former Parawangans, Anna Fitzgerald and Jane Pulford plus grandmother joined club members at the customary club dinner. A most enjoyable carnival.

Several Parawangans were recipients of OACT awards at the recent Annual OACT dinner. Andrew Kerr received an Audun Fristad encouragement award, Ciaran Lane was the Men Improver and Barbara Martin the Women Improver, while age class awards went to Tara Melhuish (Sub Junior), Chris Helliwell (Masters Men) and Ann Ingwersen (Super Masters Women). Congratulations to these Parawangans.

In the tussle for the Southern Cross Inter-Club Shield, we were beaten this year by the well-deserving Bushflyers but we'll be back with a vengeance in 2013, hoping to wrest it from them.

In early December, a bevy of Parawangans gathered in perfect weather under the trees at Uriarra for the annual Christmas BBQ. It was a very convivial evening, an opportunity to catch up in a relaxed atmosphere with many club members. After enjoying a bountiful repast, two of the Annual Parawanga Awards were presented.

The *Blue Man Award*, for services to the Club was very deservedly awarded to Kay Grzadka. Not only does Kay volunteer to help at most PO events, and organised the Kowen event earlier in the year, but she is our "Wardrobe Mistress" par excellence. Thanks to Kay's research on clothing and the organising of regular orders, Parawangans are (probably) the best outfitted orienteers in the country.

There were many contenders for the much coveted *Snail Award*, from events at Easter, WMOC and Tasmania. However the outstanding and most deserving Parawangan was Barbara Martin "who recently won the ACT Female Improver of the year award. At Easter in Queensland, her stoic (stubborn?) persistence and perseverance in the face of adversity (no doubt of her own making) saw her complete all events when fainter hearts would have conceded defeat, completing the 3 days in 404 minutes. Her two awards remind us that we should never give up.

The recent club meeting/pizza night at David and Sandra Hogg's place provided lively discussion on a range of issues, and gave Anna Hyslop the chance to remind all of us that she, Sue Garr and Greg Lane are chief organisers of the Australian Champs and associated events to be held in Sept/Oct 2013. It's shaping up to be a fantastic carnival, but they'll need all hands on board that week, particularly for the events PO is organising.

The list of all the events PO is organising for winter 2013 is below. Check it out to see where we still need organisers, setters, and vetters, and let Ann or Jill know if you are able to take on a key role at one of the events.

Merry Christmas to all Parawangans and their families, and for all those heading to the Christmas 5 days at Beechworth or the Aust/NZ challenge in New Zealand, have a safe trip and a successful and fun orienteering experience J

Our next get together and AGM (where the club "Most Improved" award will be presented) will be held in February - details TBA.

Winter 2013 Program for events organised by Parawanga:

Date	Location	Setter	Controller / Vetter	Organiser
Sunday 14 April 2013	Stromlo	Tony Garr	volunteer required	volunteer required
Sunday 5 May 2013	Boboyan	Rob Jessop	volunteer required	Colin Mock

Saturday 11 May 2013	Weston Park	volunteer required	volunteer required	volunteer required
Saturday 25 May 2013	Campbell Park	Phil Walker	volunteer required	volunteer required
Sunday 7 July 2013	Kowen Homestead	Darryl Erbacher	volunteer required	volunteer required
Saturday 24 August 2013	Aranda	Ciaran & Heather Lane	Greg Lane	Lane Family
Saturday 28 September 2013	Canberra Grammer	Matt Purcell		Jill Walker
Friday 4 October 2013	Mt Ainslie (retro)	David Hogg		Ann Ingwersen

Story by Ann Ingwersen and Jill Walker

[Phil Walker](#)

Events for Parawanga to Organise in Summer 2012-2013

Thursday, 20 September 2012

Events to be set and organised by Parawanga for the 2012-2013 Runners Shop Summer Twilight Wednesday Evening Series are listed below. Volunteers to set and organise should email Ann Ingwersen at frank.ingwersen@iinet.net.au or Jill Walker at jillphil1@bigpond.com. Mentors will be provided for inexperienced course setters and organisers.

Wednesday 24 October - The Pinnacle

- Course Setter - Frank Ingwersen
- Organiser - Ann Ingwersen
- Vetter - Ann Ingwersen

Wednesday 14 November - Farrer Ridge

- Course Setter - Phil Walker
- Organiser - Bill Monaghan
- Vetter - Jill Walker

Wednesday 28 November - Red Hill

- Course Setter - Stephen Melhuish

- Organiser - Geoff Wood
- Vetter - Darryl Erbacher

Wednesday 30 January - Black Mountain

- Course Setter - Bruce Bowen
- Organiser - Pat Miethke
- Vetter - Graeme Atkins

[Phil Walker](#)

Midnight Orienteering in Greenland

Sunday, 5 August 2012

As a warm-up for the World Masters Orienteering Championships, Ann and Frank Ingwersen headed to Greenland for the Arctic Midnight Orienteering fest. This is Ann and Frank's story.

We were based in Ilulissat, a town of 4,500, 300 km north of the Arctic circle. Orienteering worldwide is the same, but different. The challenges here are that the white on the maps was rock - rounded sheets of granite in ridges and ledges. Between are small marshy areas, many with tarns. As magnetic North is about 34 degrees off true North, so to save confusion (!) the North lines are angled across the map.

The signature event, the Arctic Midnight Orienteering, began with a massed start at 11pm with a choice of 4 courses - 20, 15, 10, and 5.8km (our choice). With the midnight sun warming our backs and millions of mozzies, we squelched across marshes from one rocky outcrop to the next. Then we were faced with a 125m climb - up a narrow mozzie-infested rocky gorge in preference to the steep smooth slippery granite sheets to reach the ridges on top. We arrived almost together and noted that it was midnight. Here the seriousness of the competition was tested. We stopped and looked back to the sun (now due North) and gazed in awe at the golden orb at its zenith, casting a pale apricot glow over the icebergs floating in the smooth golden sea. Time for a few quick photos (phone carried in the back pocket), punch the control then over the ridges like mountain goats. Now the huge bergs in the icefjord were visible, glistening brilliant white and gold. A few more minutes of silent wonder before looking for the next small tarn or cliff. Then Ann spotted a group of 4 younger competitors ahead - time to be serious again. Keeping high to be able to see the tarns (invisible from lower down when they are often above you), she leapt up and down ledges and rock sheets, to the last control, in town. Just as she punched it the 4 "collaborators" arrived. They clambered down the steps so she slithered down the grass and raced across the gravel soccer pitch. Alas, being much younger, 2 of them beat her to the finish by seconds. Big cheers from the onlookers - "you're my hero" said one orienteering mother. Then followed the Greenlandic feast for the finishers - different fish in all guises (raw, smoked, baked, dried), seal soup thickened with whale blubber, pale pink jelly-like seal blubber to be eaten with the dried fish (if Greenlanders can eat it so can we!), whale and reindeer meats and salads, followed by pastries and cakes. Wonderful. And the bonus was that Frank came 2nd and Ann 3rd. Ann also received the award as oldest competitor among the "really old boys and girls".

An unforgettable experience - orienteering is not just about running, but enjoying the environment, the people and the whole atmosphere.

Story & Photo by Ann and Frank Ingwersen.



[Phil Walker](#)

Parawangans at World Masters Orienteering Championships

Friday, 27 July 2012

In July, 16 Parawangans were part of the 75 member contingent to represent Australia at the World Masters Orienteering Championships (WMOC) held in the Harz Mountains in central Germany. WMOC 2012 attracted about 4300 competitors and provided excellent competition on good courses in picturesque towns and forest.

For several Parawangans this was their first experience of a major European held competition and was a real eye opener to the delights of orienteering in Europe. For the sprint events there were cobblestone streets, narrow alleyways, (claimed by some to be hidden within the thick and not so thick black lines on the map), negotiating outdoor cafes and a finish chute in front of an 11th Century Imperial Palace in Goslar. The long courses introduced us to lengthy walks to the start (for the younger brigade), running through UNESCO listed heritage areas, taking a stream train from the carpark to the assembly area for the Long Qual #1 event, dark & mossy forests, subtle forest routes known as rides, unusual rock spires, muddy watercourses hidden under grass, deer and pigs rather than kangaroos and then in between the runs there were the beer sellers and the orienteering shops by the dozen. Most of the Australians tended to group together in the assembly areas under the Australian flag which made for a good atmosphere.

Adding to the atmosphere 13 of the Parawangans and 4 temporary Parawangans stayed together in a ski lodge in the village of Hahnenklee, the highlight being socialising in the large common room and the inevitable group post-mortems on courses and results. Hahnenklee and the local region is real fairy tale country - crooked half timbered wooden houses, dark forests and stories of witches. In between the orienteering there was plenty to keep everyone entertained and well fed, although occasionally this was a bit of a gamble, particularly at the club dinner as we attempted to translate menus but pleasingly the food was excellent and no-one went home disappointed. A huge thankyou to Ann Ingwersen who organised the accommodation and Frank Ingwersen as our most accomplished German translator for everything from washing machine instructions to restaurant menus.

Although we did not win any medals, all the Parawangans had across the 5 races enough good runs to show that we are competitive at the WMOC level. Best for the Parawangans were Liz Abbot and Ann Ingwersen who made the A finals for both Sprint and Long Distance. Thankfully for us the SI stick seen in (really in) the Port-a-loo did not belong to a Parawangan - that would have been a definite reason for a Did Not Start.

The adventures did not stop with the orienteering as most took the opportunity to add in adventures before or after WMOC. This ranged from watching tennis at Wimbledon, orienteering in Greenland, week long bike tours through Germany, walking the England

coast-to-coast track, cycling from England to Germany, a 9 day cycling trip tranversing the Alps from Switzerland to Italy, exploring Ireland, Scotland & Wales and walking in Slovenia.

WMOC 2012 was a great experience and for many of us we will be back for another WMOC.

Information on WMOC 2012 including results are at, <http://www.wmoc2012.de/en/> . Photos and information on the Harz Mountains and Goslar are at, <http://www.goslar.de/english>.

Photo - Long Course Final.



[Phil Walker](#)

Parawangans at Easter 2012

Sunday, 22 April 2012

A large number of Parawangans travelled to the Stanthorpe district in south Queensland for competition and socialising at the Easter 2012 carnival. The Parawangans had successes, a couple of age champions and lots of stories of what could have been. Saturday night was the Parawangan club dinner that attracted 32 Parawangans and some temporary Parawangans to the Stanthorpe RSL Club, the only venue in town big enough to handle a group of that size. During the carnival the smart blue and white Parawangan uniforms and flag caught the eye of the local media and featured in the local newspapers. The photo below taken on Easter Sunday appeared in the Warwick Daily News.

Photo provided by Warwick Daily News



[Phil Walker](#)

Parawanga News - February 2012

Sunday, 26 February 2012

Parawanga Paragraphs

Some highlights from the last few months:

~ Xmas BBQ ~ Fun gathering and BBQ at Uriarra Crossing for 30 Parawangans who enjoyed the fact that we'd organised it on one of the few summer afternoons when rain didn't arrive. Parawangan yearly awards announced-**see reports below**.

~ Club dinner at the Guinness ~ after the Xmas 5 days ~ enjoyed by all except one club member who apparently got lost finding his way there. We know he can navigate as he managed to finish all days of the men's B class.

~ AGM ~ thanks again to the Pywells for their regular hosting of this. Club executive were all renominated unopposed.

~ Four Wednesday Summer series events successfully organised and set by PO members.

~ Chris Helliwell, Phil Walker & Geoff Stacey are all currently placed in the top 10 runners for the Summer Series, with Ann Ingwersen & Geoff Wood not far off the pace.

Snail Award 2011 ~ by Graham Atkins

As the Blue Snail recipient for 2010, it was my task to find a worthy ~winner~ on whom I could offload it. There are only two criteria for being considered for the Blue Snail: you have to do one or more spectacularly slow legs on a course; and you have to be mad/stubborn/determined enough to finish the course. Being a previous recipient was no obstacle to being considered, although my preference was against a repeat winner. What I was looking for were leg times that were much longer than the average of the other competitors, and long relative to a person's usual pace. They didn't have to be long in absolute terms. On this basis then, Phil Walker receives a nomination for the Oceania Sprint at Badja,

taking 5 minutes and 7 minutes for two 1 minute legs.

Some other notable performances during the year were:

~ Colleen Mock at ACT Long Distance, Awoonga, taking 15:00 for the first control compared with a 4:30 average, and 16:10 for the eighth control compared with a 6 minute average.

~ Frank Ingwersen at Australian Middle Distance, WA, taking 22:43 for the first control compared a 6 minute average, and 26:48 for the sixth control compared with a 5:15 average.

~ Sue Garr at Australian Long Distance, Badja, taking 25:57 for the eighth control compared with a 5:45 average, and 12:53 for the 14th control compared with a 6:40 average. However Sue was event organiser so she probably had other things on her mind.

~ Myself at Oceania Long Distance, Warby Ranges, taking 20:33 for the ninth control compared with a 6 minute average, a classic case of leaving the previous control without a plan.

~ The Oceania Middle Distance championships at Yackandandah produced several notable results, with Pat Miethke, Rohan Hyslop and Geoff Wood all finishing with more than double the winning time for their class.

Having trawled through loads of results and split times, it came down to two possible winners: Sue Garr for a spectacular effort of 130 minutes on a 2.9km course at Yackandandah, including five controls in excess of 13 minutes, and Frank Ingwersen at Easter Day 1 in Western Australia, with a 49 minute effort on a control (3rd) where the average time was 6 minutes. Tough decision, but in the end I was guided by the fact that Sue was a previous recipient, and by a sense of tradition (Easter Day 1 was my downfall last year), and decided that the **Blue Snail Award for 2011 should go to Frank Ingwersen.**

Most Improved Award 2011 – by Darryl Erbacher

"The Parawanga Most Improved award is for the most improved orienteer relative to their previous year's performance.

At each event, each orienteer scores 100 points for coming first in their class/course in ACTL (Sunday) events and lesser points otherwise. Provided the orienteer completes 40% of the runs on offer they receive a score for the year.

Each orienteer's improvement is judged on the % improvement between last year's score and the current year's score. The highest % improvement wins.

For example (say), Liz Abbott had a score of 98 last year and 99 this year, then she has improved 50%: $(99-98)/(100-98)*100$. Now Darryl Erbacher on the other hand went from 50 to 75. His % improvement is also 50%: $(75-50)/(100-50)*100$. Both improved half of the possible improvement they could make.

If a runner fails to record a score in a year their score carries forward in case they record a score subsequently.

To avoid injured runners recovering and making great strides, taking out the Most Improved, an orienteer's score can't be more than 5 less than the previous year."

2011 winner is **Ann Ingwersen** with an improvement of 67.24%

% Improvement	2011 Points	2010 Points
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Ann Ingwersen	67.24	94.93	84.53
Barbara Martin	62.81	75.37	33.76
Rohan Hyslop	55.83	89.26	75.69
Colleen Mock	39.51	68.47	47.89
David Hogg	38.98	86.23	77.43
Kris Nash	36.42	65.92	46.4
Geoff Wood	36.4	69.78	52.49
Tony Garr	30.62	75.18	64.23
Pat Miethke	20.95	67.32	58.66
Phil Walker	7.83	82.24	80.73
Richard Hyslop	7.74	66.32	63.49
Frank Ingwersen	3.49	51.06	49.29

Blue Man Award for Services to the Club 2011 – by Sue Garr

Awarded to **Ann Ingwersen** (pictured below)

Ann has been president of the club for 2 years and club representative to the OACT Council, a job she has done willingly and skilfully, but is not alone the main reason for her nomination. In her role as president, she has encouraged mentoring of new organisers and course setters within the membership. Ann is an incredibly dedicated club member who helps out at every Parawanga-run club event she attends, has been a course setter for many events and has organised events. She is the friendly welcoming face to orienteering newcomers, going out of her way to make sure new members are included, informed and feel they belong. Ann also encourages them to learn not only new orienteering skills but also to become involved in helping out at events and learn how to become organisers and course setters. Ann's many years of service to Parawanga Orienteers is recognised with this award.

Club website

The website lists the club events for 2012. If you don't have your name against anything yet for this year please have a look and let us know which of the events you might like to organise or set. There are always mentors available if you haven't done these tasks previously.

Story by Jill Walker



[Phil Walker](#)

Events for Parawanga to Organise in 2012

Thursday, 1 December 2011

Events to be set and organised by Parawanga between 1 April 2012 and early October 2012 are listed below. Volunteers to set and organise should email Ann Ingwersen at frank.ingwersen@iinet.net.au or Jill Walker at jillphil1@bigpond.com. Mentors will be provided for inexperienced course setters and organisers.

First time course setters are encouraged to volunteer to set any of the Saturday events in June and August.

Saturday 5 May - ACT Middle Distance Championships - Glenburn Creek (in Kowen Forest area)

- Course Setter - Arthur Watson
- Organiser - Anna Hyslop
- Level 2 Controller - Bruce Bowen

Sunday 20 May - Mt Ainslie OACT 41st Anniversary Event

- Course Setter - David Hogg
- Organiser - Ann Ingwersen

Saturday 16 June - Pinnacle

- Course Setter - Stephen & Nick Melhuish
- Organiser - Bill Monaghan

Saturday 23 June - Bruce Ridge

- Course Setter - Ciaran & Greg Lane
- Organiser - Jodie Evans

Sunday 22 July - Atkinsons Trig

- Course Setter - Graham Atkins
- Organiser - Kay Grzadka

Saturday 18 August - Aranda Hill

- Course Setter - Chris Helliwell
- Organiser - Pat Miethke

Saturday 25 August - Wanniasa Hills

- Course Setter - Phil Walker
- Organiser - Jill Walker

Sunday 2 September - Awoonga

- Course Setter - Arthur Watson
- Organiser -

[Phil Walker](#)

Parawangan in Profile - Jill Walker

Sunday, 27 November 2011

Name: Jill Walker

Birthplace: Sydney

Occupation: Research Librarian

How long have you lived in the ACT: Since 1987 minus a couple of years in England in the 90s.

Yur first orienteering event: Pre-children Phil and I did quite a number of 12 and 24 hour Rogaining events in the mid-80s in Victoria. My first orienteering event was probably a Blue/Green course somewhere in the ACT in the early to mid-90s walking around with a very young Tim and Kristen. Got into regular orienteering about 2004 when we started taking Kristen to events for the ACT Schools Team.

Your most recent orienteering event: Street O at Forrest. Before that it was the Oceania events at

Badja.

Most memorable orienteering event and why it is memorable: An event at Buckenderra where for some reason I can't remember, I decided to do a longer course than usual. The day was hot, I did a 180 mistake, got totally lost and ended up finishing with heatstroke (I didn't DNF but probably should have) after about 2.5 hours.

Worst orienteering mistake: There have been many mistakes, but at the Oceania middle distance champs this year on the new Rowdy Flat map I made 3 major mistakes in the one day. First I talked myself into how difficult it was going to be whilst looking at the model sites on the way to the start, then totally bamboozled myself by confusing contours and thinking up was down and vice versa. To top it off I gave up when it might have been prudent to stop and think clearly and perhaps start to master the map ready for Xmas 5 Days 2012!

Best orienteering tip received: Lots "I just don't remember them when I need them most. J

Favourite orienteering area in or near the ACT. Awoonga on the ridge above Lake George is fun and I enjoy the Timbertops and Sandhills maps outside Bungendore.

Favourite orienteering area outside the ACT: Anything with forest and rocks rather than endless open paddocks. Have done well at places like the Malang map near Dubbo where only the elites can run fast through the rock, so my chances of walking and still doing OK are increased.

Furthest you have travelled for an orienteering event: Went to WA in 2006 for the Australian Championships but if you were to ask the same question this time next year I would say Germany for the 2012 World Masters Championships.

Other sports or interests: Reading, Bookclub, bushwalking, camping if the weather's good and socializing with friends.



Parawangan in Profile - Kris Nash

Monday, 19 September 2011



Name: Kris Nash

Birthplace: Sydney

Occupation: Environmental Planner

How long have you lived in the ACT: I donâ€™t!! But I have lived in Queanbeyan and Bungendore for the last 27 years (nearly).

Your first orienteering event: At Weston Park in 2007. It was a green course and, never having tried the sport or used a compass or even really read a map before, I was really pleased to finish and in what I thought was a reasonable time. Then I noticed that all the other people doing the same course were under 10 and most took half the time I did!! I knew then that I would find the sport a challenge.

Your most recent orienteering event: Orroral Crossingâ€™ the least said about that the better.

Most memorable orienteering event and why it is memorable: The ACT long distance orienteering championships in Awoonga in April this year. It was the first time for ages that parts of the map made sense. I could â€œseeâ€ where I was (mostly). I was even able to work out fairly quickly when I was not where I should

be, and then to relocate.

Worst orienteering mistake: Oh there are sooo many! Not being able to relocate because I wasn't on the map at all. Forgetting to punch that last control. Looking for a mound or spur when I should have been looking for a ditch or gully. Following people who are not doing my course - they look so confident I MUST be wrong. Ignoring people who ARE doing my course. One that particularly stands out is a championship event somewhere (I have blanked out the memory) where I started from the triangle (as you do) but somehow thought I was starting at the circle. I headed towards what I thought was the first control but was really the last control. It took me ages to work out what I did wrong but it did explain why the map never made any sense!

Best orienteering tip received: Don't give up. Every leg has the potential to be your best leg yet.

Favourite orienteering area in the ACT: I don't really have one yet but its nice when they are relatively nearby.

Favourite orienteering area outside the ACT: Anything with nice distinct features.

Furthest you have travelled for an orienteering event: Close events are challenging enough but I did participate in a three day event in Newcastle.

Other sports or interests: I played hockey for about 30 years and I think rogaining is great.

Photo by John Harding

[Phil Walker](#)

Parawangan in Profile - Nathan Guinness

Thursday, 18 August 2011

Name: Nathan Guinness

Birthplace: Lismore, NSW

Occupation: Aerospace Engineer (Air Force)

How long have you lived in the ACT: Six years in total - three years from 1990-92 and since 2009 this time around.

Your first orienteering event: Neither my records or memory are that good, but whatever the first Sunday ACTOA event of 1990 was.

Your most recent orienteering event: Saturday 13th August at the Pinnacle.

Most memorable orienteering event and why it is memorable: The 2010 five day carnival at Armidale, because I had never competed on consecutive days before and yet chose to run all the Red 1 courses. I enjoyed the challenge and was happy with my results, but I hurt for days afterwards.

Worst orienteering mistake: Arguably, the decision mentioned above. When it comes to technical errors out on the course, I make too many to identify any particular one as the worst. My mantra while orienteering is 'the earlier you accept you've made a mistake, the better'.

Best orienteering tip received: Jason Markham (captain / coach of the Defence Academy O-club in 1990) offered the following advice after running one of my first courses with me: 'Your nav is fine but you need to run faster'. That is probably still the most relevant tip I've ever received, but my favourite tip has always been 'stay in contact with the map', ie: constantly correlate the map and terrain.

Favourite orienteering area in the ACT: Remembrance Park on Mt Ainslie is my pick of the metro maps, but Namadgi is my favourite area in the ACT.

Favourite orienteering area outside the ACT: The sandstone pagoda areas around the Sydney basin, eg: Miner's Despair at Belanglo.

Furthest you have travelled for an orienteering event: Armidale again. Until last December the answer would have probably been Belanglo, but I once travelled to Canberra from Melbourne for a rogaine - think it was the ACT championships in 1994.

Other sports or interests: All forms of motorcycle riding; virtually anything to do with the water; being in the bush; making or fixing stuff.

Photo: Aidan and Nathan Guinness taken by John Harding



[Phil Walker](#)

Parawangan in Profile - Katie Bowen

Sunday, 29 May 2011

Name: Katie Bowen

Birthplace: High Wycombe, UK

Occupation: Student Yr 10 Radford College

How long have you lived in the ACT: Since 1997

Your first orienteering event: String event in the snow in Sheffield UK.

Your most recent orienteering events: ACT Sprint Champs, Easter 3 day in WA and before that the NOL Sprint event at the AIS as part of the ACT Canberra Cockatoos Team.

Most memorable orienteering event and why is it memorable:

1. Timbertops™ where on hearing sheep bells I thought there was a cow stampede and went out of my way to avoid them! 2005
2. Wagga where I spotted a person with a large camera but thought it might be a gun and was scared I might get shot at. 2004

Favorite orienteering area in the ACT: Collector Hill™
3rd at Easter 3 Day 2009 W16A.

Favorite orienteering area outside of ACT: 2010 Schools Relay area ~Rocky Paddock™. I enjoyed running across the paddocks with flags behind every rock.

Furthest you have travelled for an orienteering event:
~Sorlandsgaloppen™ Norwegian 6 day event. Travelled by ferry from Newcastle in the UK. Not the furthest but the most interesting.

Other sports or interests: Socialising with my friends, rowing, calisthenics, soccer and travelling.



[Phil Walker](#)

Name: David Hogg

Birthplace:
Melbourne

Occupation:
**Environmental
consultant**

**How long have you
lived in the ACT: 40
years**

**Your first orienteering
event: Upper
Beaconsfield,
Victoria, 23 August
1969**

**Your most recent
orienteering event:
2011 ACT
Championships**

**Most memorable
orienteering event
and why it is
memorable: 1994
Australian
Championships,
Cantara Dunes, SA. I
was feeling really fit,
physically, mentally
and psychologically,
navigated almost
perfectly except for
one 7-minute error,
and found the soft,
sandy terrain
delightful to run
through. (My only
Aust Champs win but,
apart from that, the
event was really
memorable).**

**Worst orienteering
mistake: A multiple
mistake at APOC 2000 in Queensland, when I made numerous attempts from different attack points to find one
control. Got my name on the Parawanga Snail Award as a result.**

Best orienteering tip received: Concentrate (from Rob Vincent, former Australian National Coach)



Favourite orienteering area in the ACT: Wild Deer Sands (actually in NSW – Mount Clear is my favourite within the ACT border, but hasn't been used for several years).

Favourite orienteering area outside the ACT: Probably either Cantara Dunes, SA, or Mount Kooyoora, Vic., but there are many other contenders in Australia and overseas.

Furthest you have travelled for an orienteering event: 1994 Veteran World Cup, Northern Scotland.

Other sports or interests: Rogaining, bushwalking, skiing, historical writing, cryptic crosswords, and a golden retriever named Fuji.

[Phil Walker](#)

Parawangan in Profile - Liz Abbott

Sunday, 10 April 2011

Name: Liz Abbott

Birthplace: Perth Australia

Occupation: Self Employed Physiotherapist

How long have you lived in the ACT: Since 1987

Your first orienteering event: Lake Leschenaultia, WA 1979

Your most recent orienteering event: –Wattle Ridge– at Hilltop NSW on 3rd April. Not a good race – forgot to take my brain with me! (Ed note, On 9th April Liz won the W50 ACT Middle Distance Champs by 12 minutes and backed up on 10th April to win the W50 ACT Long Distance Champs by 9 minutes - remembered to take the brain this time!)

Most memorable orienteering events:

7-man Night Relays at Belanglo hut with a Parawanga Team including Andy Hogg and Nicki Plunket-Cole. I enjoyed running in at 2am and having trouble waking Andy up for his run. Lots of fun – can't remember the result!

My first World Champs in 1987 in France. Jenny Bourne 39th, Liz Abbott 41st for Australia. 11th in the Relays.

Swedish Interclub Club Relay event for Taby SOK (Swedish O Klubb). 28-man relay. I ran first leg with 2 other runners for the club. The first 3 legs had 3 runners each, and we all ran across a paddock opening our maps which were in paper bags and then most people stopped at the forest edge – chaos. Maybe we came 7th overall?

Harvester Relay UK for Happy Harts Club. 7-man Relay starting at midnight. We ran a female team and won something?

Australian Champs Dubbo 2008. Winner W50 beating Jenny Bourne my main rival.

Worst orienteering mistake: Missing the final flag on the last day of Easter 3 Days 2003(?). Would have won W40 had I punched it. Must have turned the brain off too early.



Best orienteering tip received: "If you get mislocated, think about where you've been" from Carol McNeil, British WOC Coach, in a card she sent me just before the 1987 WOC, France. Really works if I remember to use it.

Favorite orienteering area in ACT: Granite maps.

Favorite orienteering areas outside ACT: Lots of "Cantara Dunes" in SA (challenging sand-dune terrain), Swedish or Norwegian areas (lovely soft marshes to run in), Pagoda Rock maps at Lithgow (amazing rock cliffs), Grindelwald in Switzerland (great blueberries), Wattle Ridge NSW (except last weekend!).

Furthest you have travelled for an orienteering event: "Sorlandsgaloppen" 6 day event Norway 1996 by ferry from Newcastle, UK.

Other sports or interests: Family, rogaining, bushwalking, summer-sixes soccer, reading science history, cross-stitch, gardening.

Photo: John Harding

[Phil Walker](#)

Parawanga Annual General Meeting and Annual Awards

Sunday, 20 March 2011

Annual General Meeting: The leafy verandah of the Pywell's (thanks Gay and Wal) abode was the delightful setting for the Parawanga Club AGM on 18th February, and with over 30 attendees it was obvious that no-one was frightened off by the possibility of being elected to a committee position. All current committee members were elected unopposed, not surprising as most have only served one term. Next year we will be expecting some stiff opposition!

Annual Parawanga Club Awards: Greg Lane handed the Snail trophy for persistence to Graham Atkins, who managed a leg on one major event which was 6 standard deviations from the mean time for participants on that leg (we all believed Greg when this was announced). After more than 50 minutes searching he then went on to run some of the fastest splits on other legs of the course, as well as being M40 Australian Sprint champ for 2010. Well done for not giving up Graham! So, if you hear of similar worthy runs during 2011 make sure to let Graham know, so he can choose the most worthy recipient for a handover in December.



The award for services to the club was presented to Sue Garr, particularly her efforts at Easter 2010, but also the many other times she organised and helped at events during the year. Most Improved, according to the impeccable statistical analysis done by Darryl Erbacher, was presented to Liz Abbot. The club trophies are now sitting in pride of place on their mantleshelves.

Photo of Frank Ingwersen taken by John Harding.

[Phil Walker](#)

Parawanga Club Meetings and Training

Friday, 3 December 2010

The most recent Parawanga Club Meeting was attended by about 30 club members who discussed planning for the coming events to be organised by Parawanga plus instruction in the use of the computer and event management software. The traditional Parawanga feast of pizza, salads and desserts rounded off the evening. The next social event is the club Christmas Party on Sunday 5 December then the AGM in February 2011.



[Phil Walker](#)

Parawangan in Profile - Bill Monaghan

Saturday, 30 October 2010

Name: Bill Monaghan

Birthplace: Clermont central Queensland.

Occupation: Part work / part retired (and its great).

How long have you lived in the ACT: Since 1965 or 45 years.

Your first orienteering event: One of the cold winter Saturday events somewhere in Canberra back around 2002.

Your most recent orienteering event: October 2010, the Victorian Middle and Long Distance Championships then before that the 2010 South Australian and Australian Championships.

Most memorable orienteering event and why is it memorable: The 2008 Australian 3-days Easter event in Dubbo where I came second in the last event (after running well both previous days but making one crucial error each day to ruin my time).

Worst orienteering mistake: At the 2006 Easter 3-day event in Castlemaine where I unfortunately followed Wal Pywell around for over an hour while we searched for control number one. (Editors Note: this probably just out ranks Bill's memorable sprint finish at the Easter 2010 event at Collector Hill - you best ask Bill for an explanation).

Best orienteering tip received: "Run like the clappers" - advice often given out by our venerable ex-leader, Darryl.

Favourite orienteering area in the ACT: Honeysuckle Creek.

Favourite orienteering area outside the ACT: The Beechwood area in Victoria.

Furthest you have travelled for an orienteering event: Maryborough Qld for the 2008 Australian Championships.

Other sports or interests: Golf, swimming, reading chess and rugby.

Photo: Bill Monaghan at the 2009 World Masters.



[Phil Walker](#)

Parawangans at 2010 World Orienteering Championships

Tuesday, 19 October 2010

In July this year, 8 Parawanga Orienteers – the Erbachers, Garrs, Hoggs and Ingwersens – left Canberra’s winter and headed to Switzerland to compete in the World Masters’ Orienteering Championships (WMOC 10). The competition events of Qualifiers and Finals in Sprints and Long Distance ran over 8 days in the Neuchatel Canton (NW Switzerland). All of us had been to WMOC previously but each venue and country has its own distinctive character and quirks.

The orienteering is always challenging and fun; unknown terrain and mappers, thousands of competitors (4,500 this year, with 356 in M65 class and 207 in W65), enormous "elephant tracks", distinctive organisation, different food, lots of camaraderie and catching up with international friends. Some of our memories from this WMOC include:

- Physically and mentally challenging Long Course maps; following rain, faint unmarked tracks become huge elephant tracks after hundreds of feet raced over them.
- Sprint Final; narrow alleys and passageways of the old town of Neuchatel, controls being located directly below Ingwersen's and Hogg's apartments (in a 500 year old heritage building).
- Qualifier 2 and Final; tough terrain, mud, prunings, limestone hollows underfoot, moss covered rocks and stone walls masquerading as vegetation but mapped as rocks and walls.
- One bloke clapping every finishing competitor (all 4,500).
- The oldest competitor, a 95 year old Finn for whom a special course was set, jumping down from the presentation podium after a 5 minute standing ovation.
- 80+ year olds being bussed from the finish to the Assembly as it was a long distance.
- Swiss precision and impeccable organisation (900+ volunteers) "except when they forgot to talk to a local farmer. Competitors were bussed 3 km from the train up a narrow, 1 way loop road to the Assembly. That morning, unbeknownst to the organisers, the farmer took his cows out along the downhill section of this loop, forcing busses to wait for an up coming bus to arrive before they could return to the station. Start times were put back 1 hour!
- "Bribery" of (excellent) Swiss chocolate to competitors who were willing to walk back to the station after this event.
- SMS used to tell competitors their start times for the Finals and results.
- Being serenaded by Swiss Alpenhorns.
- Free transport for all competitors throughout Neuchatel Canton.
- Wonderful scenery, real mountains, cows, watch museums and underground mills, rain and mud.
- Swiss Nationalism "flags flying everywhere, even from huge rocks up high cliffs, fireworks which lit the sky for hours on Swiss National Day.
- "Cross training" by dragging luggage up 500 year old flights of stairs (no lifts).
- Free soup at the Sprint Qualifier finish.
- Whisky still with queue at another event.
- BBQ to beat all BBQs at the Finals. Traditional Swiss sausages (30-40 cm long, 8-10cm diam.) cooked in the coals of a huge bonfire next to the finish chute, workers in full firemen's clothing and tractor with a hydraulic lift.

And for anyone interested in the orienteering results "check the WMOC 10 web site at <http://www.wmoc2010.org/content/view/120/99/lang.en>

We look forward to the next time we can attend a WMOC.

Story and photo, of the BBQ to beat all BBQs, by Ann and Frank Ingwersen.



Parawangan in Profile - Rohan Hyslop

Wednesday, 6 October 2010

Name: Rohan Hyslop

Birthplace: Sydney, Australia

Occupation: Teacher

How long have you lived in the ACT: Since 1972 with some gaps.

Your first orienteering event: A twilight event on Red Hill in 2006 then at Buckenderra in March 2007 after which I was sold.



Your most recent orienteering event: 2010 SA and Australian Championships in the Barossa Valley and surrounding areas.

Most memorable orienteering event and why is it memorable: Probably the sprint finals at the World Masters at Homebush. I was used to having about seven competitors in my age class not seventy and the map and courses were excellent.

Worst orienteering mistake: My first major event was Oceania in 2007. The middle distance was at Honeysuckle. I got to a control and must have read the control number wrong because I went everywhere but back to that control – knowingâ€™™ it wasnâ€™™t right and getting more and more desperate and confused. After about forty minutes I went to it and it was my control.

Best orienteering tip received: For areas like Honeysuckle to filter out the rock and focus on the contours until you are in the control circle.

Favourite orienteering area in the ACT: Boboyan Divide

Favourite orienteering area outside the ACT: Chewton Diggings, Ophir and Sappho Bulga. Probably too hard to answer, just running on a new map is great.

Furthest you have travelled for an orienteering event: When we went around Australia in 2008 we designed the

trip so that we went from the Kimberley across Northern Australia to get to the Australian champs at Maryborough, Queensland. We then turned around and drove right back across the centre back to Western Australia.

Other sports or interests: I've always been involved in outdoors activities, bushwalking, climbing, fly fishing, camping and bird watching. I also enjoy cooking, reading and gardening. However orienteering has taken over my life in the last couple of years. Most weekends are spent travelling to events, competing and socialising afterwards.

Photo provided by John Harding: Rohan having completed Glendale in March 2010.

[Phil Walker](#)

Parawangan in Profile - Doug Kemp

Saturday, 21 August 2010

Name: Doug Kemp

Birthplace: Wagga Wagga

Occupation: RAAF Pilot

How long have you lived in the ACT: Since Jan 2009 and previously 2002-2005.

Your first orienteering event: It would have been in Sydney in the 1980's.

Your most recent orienteering event: Mt Majura in the Saturday comp.

Most memorable orienteering event and why is it memorable: The NSW state comps at Falls Creek in (about) 1981. Memorable only because my team mate and I, being poor students, had no transport and camped out at Falls Creek for the comp (I'm sure the latter was mildly illegal). We managed to survive hitching from Albury, hypothermia, and living among red bellied black snakes to run a reasonable comp.



Worst orienteering mistake: I'm not sure but it would have involved blundering around the sandstone cliffs of Sydney.

Best orienteering tip received: On my return to the sport after a few decades of distractions, someone pointed out that writing the control numbers on the punch card was a good idea. I think by then I'd actually realised that the numbers were on the control description - I don't remember them being there in the olden days.

Favourite orienteering area in the ACT: Anywhere without pine trees.

Favourite orienteering area outside the ACT: The Snowy Mountains as long as hitch hiking and camping isn't required.

Furthest you have travelled for an orienteering event: Depends if it's measured by distance travelled or time taken, but all within NSW/Vic.

Other sports or interests: Spending money on farming or time with the kids.

[Phil Walker](#)

Parawangan in Profile - Sue Garr

Thursday, 17 June 2010

Name: Sue Garr

Birthplace: Bendigo, Victoria

Occupation: Teacher

How long have you lived in the ACT: 27 years.

Your first orienteering event: After retiring from a long career in hockey, I decided to try a non-team sport (where you didn't have to train in the dark and freezing nights of winter). I'd heard about orienteering from a physio (Liz Abbott) who'd worked with one of the representative teams I'd played in, which combined my two loves of long distance running and the bush. That was way back in 1993 and I've been hooked ever since.



Your most recent orienteering event: QBIII, Dubbo.

Most memorable orienteering event and why it is memorable: There have been so many memorable events, which is why I love going to as many events around Australia and overseas as I can. Probably the ones that stand out the most are APOC in rural China, where the courses ran through farm plots and the local populous looked on in bemusement and the rather primitive toilet facilities were a challenge, the World Masters in Portugal because there were over 4000 competitors, the organisation was faultless and the camaraderie amazing, and the 2006 Australian Championships in Western Australia, where I finally won an Australian title.

Worst orienteering mistake: There have been so many over the years it's hard to single one out! A costly one in an Australian Championships was on a long leg where I was pretty much following the red line but when I turned the map over where I'd folded it, I followed a different line that was on another long leg that crossed over the original. It took me far too long to realise why nothing seemed to fit as I approached the control. By the time I worked it out, I had a big time blowout and all hope of doing well was gone.

Best orienteering tip received: Aim for the big features and use the contours.

Favourite orienteering area in the ACT: Honeysuckle Creek and Boboyan in Namadgi.

Favourite orienteering area outside the ACT: The big cliffs of the Southern Highlands maps and the Lithgow area.

Furthest you have travelled for an orienteering event: Portugal for the World Masters in 2008 and so to be Sweden & Switzerland in 2010.

Other sports or interests: AFL, I'm a one-eyed Collingwood fan, cricket, travelling, and reading.

[Phil Walker](#)

Parawangan in Profile - Chris Helliwell

Friday, 12 March 2010

Name: Chris Helliwell

Birthplace: Yorkshire

Occupation: Molecular Biologist

How long have you lived in the ACT: 15 years

Your first orienteering event: A community program event on Black Mountain. I only had running gear so came back with shredded legs from running through all the prickly bushes

Your most recent orienteering event: Summer series at Black Mountain Peninsula

Most memorable orienteering event and why is it memorable: A NOL at the 2004 NSW championships on the Ganguddy map which has a lot of big rock features. It was a long race with a map change and I'd gone really slowly round the first loop and had been going for 1h45. I had decided that I'd stop at the map change and save some energy for the rest of the week. As I jogged into the arena, the cockies coach back then, Jason McCrae ran up "Devil - you've got to finish, there are only three cockies left in the race". The cockies needed to have three finishers to score points in the national league so I had to go on, Jase appeared with some snakes and an energy gel. It took nearly three hours to get round, probably the longest orienteering race I've done, but definitely memorable.



Worst orienteering mistake: Hmm, there are quite a few. And I keep adding to them!

Best orienteering tip received: Don't run faster than you're navigating.

Favourite orienteering area in the ACT: Honeysuckle Creek - it always throws up surprises

Favourite orienteering area outside the ACT: Kyoorra, have only run there once but would definitely go back

Furthest you have travelled for an orienteering event: Tasmania

Other sports or interests: Running, triathlon

[Phil Walker](#)

Ann Ingwersen Elected as Parawanga Orienteering Club President

Saturday, 20 February 2010

NAME: Ann Ingwersen

BIRTHPLACE: Corryong (Northern Vic.)

OCCUPATION: Retired (again) from my most recent incarnation.

LIVED IN THE ACT: Since 1969

1ST O EVENT: 1986, Scabbing Flat, out of Queanbeyan (no longer available for orienteering). My 11 year old daughter had been orienteering for several weeks and I decided I should be more responsible so went with her to see what she did â€œout there in the bushâ€.

MOST RECENT EVENT: World Masters 2009, based at Lithgow (as well as the Wednesday evening events).

MOST MEMORABLE EVENT: APOC events in Kazakhstan. Especially the sunny day when the young male officials (?) strategically placed in the bush (to catch cheats?) were disporting themselves, lizard-like on the sunny rocks, stripped down to their minimalist â€œAbbotsâ€! VERY distracting.

WORST MISTAKE: Iâ€™ve made all the 101 orienteering mistakes. My most memorable mistake - see 1st event (above). I shared a map with above mentioned daughter and as neither of us had any navigation skills we argued all the way! We went our separate ways next time - I was hooked and havenâ€™t stopped orienteering since.

BEST TIP: Donâ€™t let other competitors (or officials) on your course distract you (see â€œmost memorable eventâ€ â€“ unable to ignore this advice, I suffered the consequences with a huge error). Another useful tip, for boulder covered maps â€“ boulders are mapped variously according to the ideas of the mapper, so read the contours under the boulders.

FAROURITE AREA IN/AROUND ACT. Big Badja.

FAVOURITE AREA OUTSIDE ACT : Sand-dunes near Hobart.

FURTHEST TRAVELLED: Portugal and Kazakhstan

OTHER SPORTS AND INTERESTS: Cycling, gardening, family (especially the 9 grandchildren!) â€“ anything to stay active.

[Phil Walker](#)

Parawanga wins OACT Club of the Year Award 2009

Saturday, 12 December 2009

Parawanga's success in winning the 2009 trophy for top club from the Winter OACT League was announced at the recent Parawanga Club Christmas Party. Over 30 Parawanga Orienteering Club members attended the latest social gathering for the club, a Christmas BBQ at Uriarra Crossing.

Included in the celebrations was the announcement and display of the trophy for the OACT Award for the club achieving the best results across the 2009 Winter OACT League events. Other highlights for Parawanga for 2009 were; the club ran 22 events with many members participating as course setters, organisers and controllers; the club was well represented with 5 top 10 performances at the World Masters Orienteering Championships (WMOC), 5 1sts and 13 places in the A class Australian Championships and over 30 top 3 places in the A class State Championships. 'Off the field' there were the regular social gatherings in Canberra and at most State, Australian and WMOC events.

In his Christmas message to the assembled Parawangans Club President, Darryl Erbacher, thanked the club for the wonderful effort in



2009 and said that it is a pleasure to belong to a club that works hard as well as plays hard.

The next social gathering for the club will be nibbles, pizza, desert and wine (all good healthy orienteering food) at the Annual General Meeting in February 2010.

Picture: 2009 Parawanga Christmas Party.

[Phil Walker](#)



Parawanga Club Awards for 2009

Saturday, 12 December 2009

The Parawanga Club Awards for 2009 were presented at the recent Parawanga Club Christmas BBQ and the worthy winners were Greg Lane for the Snail Award and Geoff Wood for the Blue Man.

The Blue Man Award is selected by the club president, Darryl Erbacher, and presented to a Parawanga Club member for efforts in the organisation of orienteering. There were several worthy nominations reflecting the level of involvement across the Club, with this years award going to Geoff Wood for his effort at both a Club and Association level. Well done Geoff.

The Snail Award is given for perseverance in the face of adversity of one's own making. In other words, you stuff up and eventually get yourself out of it. This year's competition was judged by last years winner Pat Miethke. Pat declared that it was a very close two horse race but in the end there could be only one winner.

The eventual runner-up has to be commended on the consistent effort he put in for the entire year at high level events. At St Helen's in the Tasmanian Long Distance Champs he was spotted by the little old lady brigade struggling to relocate on the map, and spent 28 minutes doing so, on an 8 minute leg. Coming to the fore again in Victoria at the Australian Long Distance Champs, the judges happened to notice his map fluttering in the hand of his wife and were impressed by the spaghetti-like trails drawn on it. In the A final of the World Masters he made a last desperate attempt to win the Snail Award and spent a while getting to the first control and we believe he then spent 26 minutes struggling through the rough terrain from control 1 to 3 and back to 2, though this may be just malicious gossip.

Pat finally decided **Bruce Bowen** had over-stepped the mark in attention-seeking and relegated him to second place. Besides, the old hands in Parawanga have kept this trophy to themselves for far too long.



This year's winner has everything going for him that a judge likes. He wrote up his own submission, complete with split times, and published it on the Parawanga website, thereby saving the judges any effort. He freely admits to folding the Murryong Ridge map in half, so that when he over-ran the first control and ran on to the hidden half of the map, it made relocation very difficult, and resulted in a 10 minute first leg in a sprint race. And being relatively new to orienteering, we feel that he deserves the encouragement of winning a major trophy. Well done, **Greg Lane**! Greg now has the job of finding next years winner.

Pictures: Greg and his Snail (bottom), Geoff's Blue Man (top).



[Phil Walker](#)

Parawangans at the Australian Relay Championships

Friday, 30 October 2009

The final event of the carnival was the Australian Relay Championships, in which state-based teams of three compete for the honours of being relay champions. This event was held at Mt Killawarra, also at Warby Range State Park.

The event arena provided much excitement, and many spectators surrounded the "graveyard" to cheer on the mass start.

Team-mates watched anxiously at the spectator control, which was about 600m from the finish, and the finish chute alongside the spectator area added to the excitement of the relay atmosphere. Short distances between controls required rapid but accurate navigation, and most courses involved a mix of steep, rocky hillsides combined with faster running across wide gullies and saddles. The relays were a fun finale to a great series of races involving challenging navigation in physically tough terrain - congratulations to all Parawangans who competed at the Australian Championships!



Parawangans at the Australian Long Championships

Friday, 30 October 2009

The second event of the Aus champs weekend was the Australian Long Championships, held at â€œNorthern Spursâ€, Warby Range National Park.

This event is one of the most technically and physically challenging races in the Australian competition calendar, with one of the Long Distance requirements being that the courses should be held in â€œpreferably hillyâ€ terrain! This year the Long Champs lived up to its tough reputation, with competitors required to negotiate steep and rocky hillsides as well as thick vegetation. Many legs involved careful reading of flat rock features and clearings in amongst the green, and the final controls on the steep rocky hillside at the end of the courses were some of the most challenging.

Parawangans who achieved top three placings in their classes included Thomas Hyslop, Scott Bowen, Darryl Erbacher, Rebecca Hyslop, Cathy Hogg, Anna Hyslop, Liz Abbott, and Ann Ingwerson. Results of the Long Championships: Andy Hogg, 23rd, M21E; Chris Helliwell, 37th, M21E; Geoff Stacey, 42nd, M21E; Sandra Oliver, 26th, W21A; Thomas Hyslop, 1st, M10A; Richard Hyslop, 22nd, M16A; Scott Bowen, 2nd, M20A; Rohan Hyslop, 8th, M40A; Graham Atkins, 17th, M40A; Tony Garr, 26th, M50A; Phil Walker, 31st, M50A; Bruce Bowen, 38th, M55A; Bill Monahan, mp, M60A; Darryl Erbacher, 2nd, M65A; David Hogg (pictured), 8th, M65A; Frank Ingwerson, mp, M65A; Rebecca Hyslop, 1st, W10A; Kate Bowen, 10th, W14A; Cathy Hogg, 1st, W21A; Anna Hyslop, 3rd, W35A; Pat Miethke, 15th, W45A; Sue Garr, mp, W45A; Liz Abbott, 3rd, W50A; Sandra Hogg, 28th, W60A; Ann Ingwerson, 2nd, W60A; Barbara Martin, 8th, W35AS; Jill Walker, 4th, W45AS.



Story by Sandra Oliver. Photo provided by John Harding.

[Phil Walker](#)

Parawangans at the Australian Sprint Championships

Friday, 30 October 2009

Many Parawangan orienteers ventured south to Victoria for the Australian Championships held in early October. The â€œAus champsâ€ is one of the main events on the Australian orienteering calendar, and this yearâ€™s carnival was situated mainly at Warby Range State Park, near Wangaratta. The first event for the weekend was the Sprint Championships in the township of Benalla. Competitors started on the banks of the river on the edge of the townâ€™s centre, and the courses ran beside and across the river through parklands, then back beside a sports oval and across a bridge alongside the assembly area to the finish. Highlights of the courses included a very visible spectator control situated on the opposite side of the river from the assembly area, and the long leg from the river towards the sports ground that featured on most courses and required competitors to think rapidly about their route choice at the start of this leg.

Parawangans performed well in the rainy and cool conditions, and congratulations to Thomas Hyslop, Darryl Erbacher, Rebecca Hyslop, and Ann Ingwerson who placed in the top three in their classes. Results of the sprint were: Andy Hogg, 20th, M21E; Chris Helliwell, 31st, M21E; Geoff Stacey, 36th, M21E; Sandra Oliver, 25th, W21A; Scott Bowen, 32nd, M20E; Thomas Hyslop, 2nd, M10A; Richard Hyslop, 14th, M16A; Graham Atkins, 9th, M40A; Rohan Hyslop, 14th, M40A; Tony Garr, 20th, M50A; Darryl Erbacher, 2nd, M65A; David Hogg, 11th, M65A; Frank Ingwerson, 25th, M65A; Rebecca Hyslop, 1st, W10A; Kate Bowen, 9th, W14A (pictured); Cathy Hogg, 2nd, W21A; Anna Hyslop, mp, W35A; Pat Miethke, 22nd, W45A; Sue Garr, mp, W45A; Barbara Martin, 27th, W55A; Ann Ingwerson, 3rd, W65A.



Story by Sandra Oliver. Photo provided by John Harding.

[Phil Walker](#)

Liz Abbott and Anna Hyslop Win Silver at WMOC

Thursday, 29 October 2009

This is the first of several news items that will be posted over the coming weeks from Parawangans covering the 2009 Victorian, Australian and World Masters Orienteering Championships. Over the three weeks of late September and early October many Parawangans enjoyed themselves competing and socialising at orienteering events in wet and cold Victoria, wet and cold Canberra, partly fine Sydney and wet and cold Lithgow. Although there were many very good performances from Parawangans, this news item congratulates our two World Championship medallists, Liz Abbott (second in W50 Long Course) and Anna Hyslop (second in W35 Long Course). After narrowly missing out on a medal in the W35 Sprint event, Anna secured second place with consistent efforts in the two Long Course Qualifiers then the Long Course Final. Only 34 seconds separated 1st from 3rd in the W50 Long Course Final with Liz completing the 3.8km in 39.18, 32 seconds behind the Gold Medal winner, Natalia Deconescu from the USA and 2 seconds ahead of the 3rd place finisher, Carey Nazzari from NZ.

Photo provided by John Harding



[Phil Walker](#)

Parawangans from the Past - Bruce Rennie. Where Is He Now?

Bruce Rennie, a Parawangan from the 1970s returned as an honorary Parawangan for his time at the recent World Masters Orienteering Championships. Bruce, representing Canada, competed in the World Master's Event Sprint Race on his old University grounds and then at the Long Course Championships at Lithgow in the M55 class. Bruce was born in 1951 in Merritt, British Columbia. He is currently married to Robyn Rennie (nee Abbott - Liz Abbott's sister) and lives in Vancouver. He lived in Australia with his family for five years whilst he studied at Macquarie Uni and then moved to Canberra becoming a Parawangan member in 1975 to 1977.

Biggest Difference between Orienteering in Australia and Canada:

Australia has hard ground, more rock features, intricate gully systems and kangaroos. Canada has soft ground, bigger hills and bigger animals (bears, coyotes, deer and moose).

Furthest he's Travelled for an Orienteering Event:

When travelling by car for the Canadian Champs in 1999, Robyn and Bruce drove for three days from Vancouver to Whitehorse in the Yukon Territory.

Most Memorable Event:

~Hopewell Rocks~ at the Bay of Fundy National Park in New Brunswick (pic. The map is on a tidal area which is underwater at high tide, approximately 49 feet at its peak. There are tall columns of rock and archways to run around. Watch out if you're too late getting back.

Biggest Navigating Mistake:

In 1971 at his first Intervarsity Rogaine the team took six hours between controls at night as they had headed off down the wrong track and were too scared to turn off the track into the forest at night.

Best Bear Story:

On a map just half an hour from home at Mt Seymour, North Vancouver, whilst rogaining, Bruce came down a hill from thick bush onto a track and could hear crashing in front of him. He saw the backside of a black bear ahead of him approximately 12 feet away going towards the same control as him. This bear had two large yellow tags in its ear, meaning it was ~known to rangers~, so Bruce decided to take a new direction leaving that control for the bear. Bruce headed back via the start to warn the organisers who already knew of its existence, and then carried on for other controls.



Best Orienteering Tip:

Bruce learned this from Ted De St Croix who was the Canadian Elite Men's Champion for over 10 years (1970's ~80's). ~Fold the map into the crook of my hand to allow the thumb or thumb compass to be placed on exactly where I was at the time.~

Photo (Bruce Rennie) provided by John Harding. Photo (Bay of Fundy) provided by Bruce Rennie.



[Phil Walker](#)

Parawangan in Profile - Sandra Oliver

Wednesday, 23 September 2009

Name: Sandra Oliver

Birthplace: Australia

Occupation: Scientist

How long have you lived in the ACT: On and off since 2001.

Your first orienteering event: I don't remember my first, I was very young, but I do remember one event when I was about five years old. I badly scraped my knee after falling over and still have three horizontal scar lines on my kneecap from it.

Your most recent orienteering event: The team's race out at Sparrow Hill - I had a good run there!

Most memorable orienteering event and why is it memorable: I once ran in a race in the Czech Republic, right on the border with Germany, and the course crossed over the line of stones in the forest marking the border between the two countries several times.

Being an Australian, it was quite a novelty to run over a land border!

Worst orienteering mistake: Too many to count, I make mistakes on every course!

Best orienteering tip received: "Straight is great".

Favourite orienteering area in the ACT: Sandhills and Mulloon Creek because they're generally open and fast terrain.

Favourite orienteering area outside the ACT: Near Kassel in the centre of Germany - the surrounding villages are so pretty there and the forests are spectacular in Autumn.

Furthest you have travelled for an orienteering event: I once travelled in a minibus that took a group of orienteers from Berlin all the way to southern Germany - it was an interesting trip and the accomodation involved sleeping on the floor of a gymnasium along with about a hundred German orienteers.

Other sports or interests: If I'm not working, I'm usually out running!



Parawangan in Profile - Darryl Erbacher

Friday, 4 September 2009

Name: Darryl Erbacher

Birthplace: Gladstone, Queensland

Occupation: Retired

How long have you lived in the ACT: Since 1965

Your first orienteering event: Burra (near Queanbeyan)

Most memorable orienteering event and why is it memorable: ANZ Challenge, Seven Mile Beach, Tasmania. 1988. Got to assembly and found no punch card. Ran 1k to car, got card, ran 1k to assembly, ran 1k to start. Australian and NZ teams were anxiously looking for me. Ran straight into start box, picked up map and off. Won by 7 minutes. Lesson: Always warm up. It puts off the opposition as well.

Worst orienteering mistake: ANZ Challenge NZ 1989. Decided to run around a marsh and rubbish to come at the control from behind. Description was middle cliff. From the other side looked like a large boulder. Fluffed around, found the next control, came back carefully to my rock (did this twice). Then I decided to look at the other side of the rock (4 meters high and across) and here is a split in the rock. Lesson: When you know you are in the right place look on the other side of the feature, or else go straight.

Best orienteering tip received: Never stop running and always run in the direction of the control.

Favourite orienteering area in the ACT: Glendale

Favourite orienteering area outside the ACT: Cascades, Queensland, Seven Mile Beach, Hobart



Furthest you have travelled for an orienteering event: Portugal

Other sports or interests: Golf

[Phil Walker](#)

Parawangans at the 2009 NT Orienteering Championships

Friday, 17 July 2009

Barbara Martin and Pat Miethke represented Parawanga at the NT orienteering champs in July.

The Sprint event at Charles Darwin University started badly with Pat being forced to relocate off the start after spending a considerable time failing to find the first control, and an impassable fence caused problems for both Barbara and Pat later in the race. Barbara managed to find some thick green jungle and sported scars for the rest of the trip. The sunset BBQ and drinks session on the cliff above the beach went well.

The Middle distance event at Manton Dam south of Darwin was in tough country, but great courses were set. Loose rocks hidden by tall dead grass rolled under every footstep. 4 metre boulders hid behind small clusters of palm trees. The 18 degree magnetic deviation around the high point didn't help. The long red course was variously named "course 4" and "hard 2", the short red course was "c3" or "hard 1", so despite there being only 4 courses, several people ran off with the wrong map.

The NT Long distance Champs at Coomalie Creek was a wonderful day. World War II aircraft from the nearby airfield strafed the runners on a series of courses involving head-high dead grass, loose rock underfoot, blacksoil plains, 4 metre high termite mounds, gullies clogged with vegetation which might or might not be hiding a control, WW II relics, and gold mining diggings. The ACT Bushflyers are aptly named, as everywhere there was yet another of the Poland family buzzing past. And at the last control, there was Bob Mouatt taking photographs, just like at home.

Barbara was 4th in W55, Pat 4th in W45, and they had a marvellous time.



Parawangan in Profile - Geoff Stacey

Monday, 13 July 2009

Name: Geoff Stacey

Birthplace: Canberra

Occupation: Student studying Engineering and IT at the ANU

How long have you lived in the ACT: All my life

Your first orienteering event: Started going around with mum at a young age, but I only remember pine forests.

Your most recent orienteering event: Saturday event at Mt Wanniasa, in preparation for the Metrogaine the next day.

Most memorable orienteering event and why is it memorable: In anticipation of the next question, I'll go for one that wasn't memorable for all the wrong reasons. The Monday of Easter 2008 was the final selection trial for the JWOC team and was a chasing start. Having made a mess of the day before, this meant that I was in 13th place, with something like 6 people starting within two minutes before me, at about 20 second intervals. I needed to catch them all in order to have any chance of selection. I flew out of the start and managed to catch the first person by control 1. I passed him, came to a big open area on the second leg, and saw a trail of the next four people stretched out ahead of me. I rapidly closed the distance between us, before entering a large patch of rock in which the control was hidden. Here, I took a moment to look around, and counted the number of people scrambling all over the rocks, who were searching wildly. 1, 2, 3, 4, 5, 6, 7. I had caught them all by control 2! I punched the control and raced off to control three, one person with me and the rest behind. Myself and the other person came over a ridge, both clearly feeling a little uncertain. He ran off in one direction, while I decided to check out a suspicious looking cliff, which turned out to be the control feature. While I was behind the cliff, the others came over the ridge, saw the other guy running up the hill and decided to chase after him, not seeing me. Once they'd passed by, I came out and continued on my merry way. Now, it was only a matter of holding them off after such an explosive start, and somehow I managed it. This race was filled with chaos, pressure, hilarity and competition, making it the most tremendous racing experience of my life.

Worst orienteering mistake: There are many ways to measure how bad a mistake is, but I think time is the most obvious. My first ever red course was set by Darryl Erbacher at Badja. I knew I had to take it steady, but it was far beyond anything I'd ever come across in my life. The first control was a long leg, and when I became lost there was a large region of the map in which I

could plausibly be. After something like an hour of searching in circles, I ran into the only other competitor in my age class, who was having quite a similar experience. We searched together for a time, before he decided to head out to the road along the edge of the map to relocate. I decided to look around a little more, finally found a control and checked the number. It was my control 7. Well, at least I knew where I was. With renewed hope, I set out again, but it didn't take long for me to lose my place once more. After more time searching, I found another control. This turned out to be my second control, meaning that I'd overshot the first one by a few hundred metres in very dense forest. Very carefully, I made my way back to control 1 (only just managing to keep track of my location), and finished that first leg with a time of around two and a half hours. The rest of the course went in similar fashion, although the legs were shorter, but after getting lost once more on control 6, and guessing that the course had probably closed, I made my way back to the finish through bitter cold and rain, to be given a four and a half hour DNF and to find that the other competitor in the age class had given up long ago.

Best orienteering tip received: Hmm...I think it would have to be to check my control codes!

Favourite orienteering area in the ACT: The ANU, I think.

Favourite orienteering area outside the ACT: Hard to say...keeping it to within Australia, I think somewhere like Sunset Mountain, typical spur-gully.

Furthest you have travelled for an orienteering event: To the other side of the world, for JWOC in Sweden!

Other sports or interests:

I think just about anything could go here!

Sports: soccer, tennis, squash, rogaining, and adventure racing.

Other Interests: people, music, philosophy, psychology, pretty much any form of games, arts, and even maths!



[Phil Walker](#)

Parawangan in Profile - Rebecca Hyslop

Tuesday, 23 June 2009

Name: Rebecca Hyslop

Birthplace: Canberra

Occupation: Student

How long have you lived in the ACT: Always!!

Your first orienteering event: Western Park (October 2006)

Your most recent orienteering event: QBIII in Newcastle and I won!!

Most memorable orienteering event and why it is memorable: Australian 3-Days in Dubbo, Easter 2008. It was the first big event I had taken part in and I came first in W10A. I also had a great time meeting a whole lot of new orienteering friends.



Worst orienteering mistake: Not being able to find the last control on a blue course in Tasmania and running around near the finish even though it was taped!

Best orienteering tip received: Making sure your map is orientated.

Favourite orienteering area in the ACT: Aranda Bushlands (and *older brother* Richard set some awesome courses there recently).

Favourite orienteering area outside the ACT: Benbullen in Tasmania. I was first finisher of the day out of 600+ orienteers, even though I couldn't get over the fence.

Furthest you have travelled for an orienteering event: Going via Broome to get to the Australian Champs in Queensland in 2008.

Other sports or interests: Soccer, running, camping, spelling and reading.

[Phil Walker](#)

Parawangan in Profile - Morten Pedersen

Tuesday, 16 June 2009

Name: Morten Pedersen

Birthplace: Roskilde, Denmark

Occupation: Research Fellow, Centre for International Governance and Justice, Australian National University

How long have you lived in the ACT: Six months. We are still settling in, but my family is enjoying the space after eight years in Rangoon and Tokyo and we have just applied for permanent residence.

Your first orienteering event: I think my first competition was the Danish Easter 3-Days in 1977 when I was 9 years old. The next 10 years, I spent most weekends and holidays orienteering in Denmark and around Europe. Since 1987, I have been very little active, but with our recent move to Canberra I hope to change that.

Your most recent orienteering event: The Saturday event in June 2009 at Mt Majura West.

Most memorable orienteering event and why it is memorable: There have been so many, and most a long time ago. In 1986, I was part of the first (and last, I think) Danish team to win "Ungdommans 10-Mila" (the youth class). That was quite an experience, especially beating the Swedes on their homeground (to be fair though, we had two or three future world champions on our team). But perhaps my most memorable run was at the Spring Cup Relay in Denmark five or so years later. I had been called in for OK Pan Aarhus' first team despite having already retired from elite orienteering several years earlier (to go travelling), and I suddenly

found myself going out in the lead on the third leg, two minutes ahead of a chasing group of five top Swedish and Finish teams. I was eventually caught on the last loop and changed over as fifth or sixth (with terrible cramps in both calves), but to lead such a high-profile relay for nearly an hour, running really far beyond my capacity, was quite a rush. I can still clearly remember the feeling, and the terrain!

Worst orienteering mistake: Whew. Not sure, but losing 15 minutes to the first control at the recent ACT Long Distance Champs would be up there among the worst, especially considering that it wasn't (or shouldn't have been) that difficult. The 9,4 km was already more than I am really in shape for, so it was a struggle to finish the course after that.

Best orienteering tip received: Make sure you don't miss the first control!!

Favourite orienteering area in the ACT: Honeysuckle Creek. But it will take a while before I get my head around the Australian granite terrains and can fully enjoy them. Afterall, orienteering is the most fun when you find that "flow" and can run fast and without mistakes.

Favourite orienteering area outside the ACT: I love the highly technical pine forests in Sweden, Norway and Finland. But I think what I appreciate the most is the variation between different areas and the ever-changing challenges.

Furthest you have travelled for an orienteering event: As a junior, I would go 4000 kilometre by bus each winter to prepare for the new season in snow-free terrain near Bordeaux, France (although we did stay for 10-14 days).

Other sports or interests: I tried soccer and badminton for a few years as a kid and have done a fair bit of skiing. But once I seriously started with orienteering I dropped everything else and I always knew I would return to it someday. I just didn't know it would be halfway around the world.

[Photo by John Suominen](#)



[Phil Walker](#)

Parawangan in Profile - Bruce Bowen

Saturday, 23 May 2009

Name: Bruce Bowen

Birthplace: Hamilton in Victoria

Occupation: Public Servant

How long have you lived in the ACT: Since 1985

Your first orienteering event: Introduced to orienteering in Sydney in 1982 but only did a few events. Took it up seriously as my main sport in 1988.

Your most recent orienteering event: 2009 ACT Championships. Prior to that the Easter 2009 events in Tasmania.

Most memorable orienteering event and why is it memorable: Lots of these – too many to recount –

but they include night orienteering in England on maps such as Burnham Beeches, running in the complex goldmining area at Naseby in New Zealand and in the 6-day SÅrlansgalloppen in Norway. But at the top of the list has to be the “Marriage O”™ I organised for friends that attended our wedding!!

Worst orienteering mistake: Trying to run too fast in a sprint race in Norway and ending up at the same wrong control site twice in an event (the second time I even walked from the previous control and still ended up at the same wrong flag!)

Best orienteering tip received: For spur gully terrain (like we have around Canberra), navigate very carefully if a leg on a course goes either down a spur or up a gully that divides.

Favourite orienteering area in the ACT: Anywhere the navigation is tricky – e.g. Honeysuckle Creek and Big Badja maps

Favourite orienteering area outside the ACT: Sand dune maps such as near Newcastle and Hobart plus granite terrain like Koororya near Bendigo.

Furthest you have travelled for an orienteering event: I have been fortunate to have been able to orienteer in Sweden, Norway, France, UK, Czech Republic, Canada and NZ. Because of my work I have occasionally travelled home from Geneva to Canberra, got off the plane on a Sunday morning, and went straight to an event and ran – that is about 12000 kms to an event!!

Other sports or interests: Watching my children playing sport, non-fiction books, mountain bike riding.

Photo: Tony Garr, Scott Bowen and Bruce Bowen at QBIII Relays.



[Phil Walker](#)

Parawangan in Profile - Tony Garr

Sunday, 26 April 2009

Tony Garr Birthplace: Brisbane

Occupation: Engineer

How long have you lived in the ACT: 4 years but have orienteered in ACT competition for about 16 years.

Your first orienteering event: Can't remember but Badja near Cooma was one of the first. I DNF'ed there when I punched a control which had a number that was different from that on my control card but only out by one. At that time I didn't know that course setters and controllers rarely make mistakes with control numbers and I should have looked elsewhere for the right control.

Your most recent orienteering event: Tasmania Easter 3 Day, April 2009.

Most memorable orienteering event and why is it memorable: Asia-Pacific Orienteering Championships in Kazakhstan in 2004.

Just getting there was an adventure requiring transiting via Moscow and Uzbekistan. The events were of a high standard and very challenging. There were masses of performers in traditional costume at the opening ceremony making it an event to remember.

Worst orienteering mistake: It is difficult to pick just one from my collection of "1001 mistakes you can make at orienteering" but at the Tasmanian Championships at Pittwater Dunes about 5 years ago I took about 3 hours to do the course but never did find one control in the sand dunes even though I tried to approach it from at least 5 different attack points. Normally I try to avoid DNF'ing, "letting the course defeat you" as a president of our club once said, but I capitulated on that occasion.

Best orienteering tip received: Aiming off (among others).

Favourite orienteering area in the ACT: Honeysuckle Creek/Apollo Road. Thousands of granite rocks, tricky gullies and creeks and lots of thick scrub. Have been a good variety of testing courses set there in recent years. I like the term "Bermuda Triangle" that an elite orienteer used to describe the vague area there that has small gullies and spurs and, unusually for this map, hardly any rock features. Course setters love to have legs criss-crossing that area and lots of orienteers disappear there for some time but usually reappear eventually. My goal is to complete my course one day without making any significant errors.



Favourite orienteering area outside the ACT: Badja. Big (some are enormous), small and numerous rock features and tricky terrain. Was used for a World Cup event some years ago.

Furthest you have travelled for an orienteering event: World Masters Orienteering Championship 2008 in Portugal. Lots of international competitors with a fairly large contingent from Australia including ACT. Courses mostly in sand dune terrain but some also through old city alleyways. Had fun times socialising with the small group of Parawangans who attended and doing post-mortems on our courses after events.

Other sports or interests: Cross country skiing, tennis, photography.

[Phil Walker](#)

Parawangans in Tasmania Easter 2009

Friday, 24 April 2009

A large contingent of 30 Parawangans journeyed across Bass Strait recently to compete in the TasE 2009 Easter 3 Day Orienteering Carnival. They were very successful, coming 2nd in the Champion Club Trophy and were the leading non-Tasmanian club. Well done

everyone. Congratulations to our Easter champions: Ann Ingwersen in W65 (pictured), Liz Abbott in W50, Suzie Kluth in W35 and Rebecca Hyslop in W10. Go girls! Other placegetters included Scott Bowen 2nd in M17-20A, Sandra Oliver 2nd in W21A, Heather Lane 2nd in W10 and Thomas Hyslop 3rd in M10. Geoff Stacey and Kristen Walker also put in good performances running in the elite classes representing the ACT Cockatoos. Everyone else enjoyed the competition, which included getting wet and muddy on one day (a phenomenon weâ€™ve almost forgotten), achieving personal goals, finishing all 3 days, or just having fun. It was also good to catch up with some â€™long lostâ€™ members Glenn and Nicola. Welcome back. Of course the traditional Parawanga socialising occurred, with a BBQ one evening at the picturesque Longford Caravan Park, complete with friendly ducks and a warming blaze in an old washing machine tub. The Centennial Hotel in Launceston proved an ideal location for a second club dinner, with the deer heads mounted on the wall keeping a close eye on Rohan as he tucked into his venison. After the 3 Days there were other events to compete in or sight-seeing and touring to do. It didnâ€™t seem to matter which part of Tasmania one travelled to, one bumped into other Parawangans or ACT orienteers. The Lanes were spotted cruising the Gordon River in Strahan, the Garrs hiking in Cradle Mountain, the Bowens walking at Freycinet Peninsula and the Walkers catching up with friends in Hobart. Some ended up back in Launceston for the Tasmanian Sprint Championships at the university, although Phil hardly warmed up, dashing around the course in 12 minutes! The Ingwersens, Walkers, Bowens and Hyslops then made the trip to St Helens for the last event at Livelyâ€™s Bog where Ann Ingwersen once again won her class and the Hyslops were well represented on the winners podium. Thank you to Tasmania Orienteering for an enjoyable and well organised carnival. Itâ€™s our turn next year. Story by Sue Garr. Picture by John Harding.



[Phil Walker](#)

Parawangan in Profile - Lucy McGarva

Monday, 20 April 2009

Birthplace: Wagga Wagga

Occupation: Public Servant (Enviro. Mgmt)

How long have you lived in the ACT: on & off since 2002

Your first orienteering event: I can't remember! ... though I'm pretty sure it was a blue course with my dad following closely behind.

Your most recent orienteering event: Sunday 22nd March 2009 at Sparrow Hill

Most memorable orienteering event and why is it memorable: Aust Champs relays in South Australia (possibly '94?), I remember the course going right along the beach with amazing views (though it was a bit distracting, I remember having a terrible run).

Worst orienteering mistake: Aust. champs in about 1997... I did a 180 from a control and didn't realise for about a kilometre. I'm pretty sure I was well off the map by then!

Best orienteering tip received: Direction, Distance, Detail...

Favourite orienteering area in the ACT: Commonwealth Park (it's the only place with no hills!)

Favourite orienteering area outside the ACT: The spur gully areas up near Wollindilly Bend.

Furthest you have travelled for an orienteering event: I did a few events in Scotland...

Other sports or interests: Running, climbing, travelling, hockey...

[Phil Walker](#)



Name: Greg Lane

Birthplace: Portland, Vic (but a spiritual Queenslander, to the eternal frustration of my wife, Jodie, who is also a Victorian).

Occupation: Scientist.

How long have you lived in the ACT: My family moved here 30 years ago when my Dad was transferred with the RAAF. I've lived here ever since, other than the period from late 1995 to early 2001, during which Jodie and I lived on the east and west coast of the U.S.A. with first 0, then 1, and finally 2, out of our eventual 3 kids.

First orienteering event: I did a few events in my early teens somewhere around 1980, but it wasn't until 2005 that I started again, beginning about half way through the Wednesday lunchtime community series.

Most recent orienteering event: As I write this, it was yesterday at Sparrow Hill.

Most memorable orienteering event: One of my very first red courses in early 2006 at Glendale Crossing. It was cold, wet, windy, and trying very hard to snow. I was dead last (by nearly an hour!) on Red-1 and spent over 2 1/2 hours running around in circles, misjudging distances and miscounting gullies. I eventually managed to find all the controls, and, as I ran into the finish, wet, cold and covered in blood after finding every thorn-bush-filled green section on the map, I remember thinking to myself, "that was awesome!".

Worst orienteering mistake: Where do I start?!? My most common mistake is that on a 1:5000 map, I, almost without fail, manage to over-run the first control. At the recent Murryong Ridge event I folded the map in half and took off. By the time I decided I had run too far, I had managed to (without realising) run off onto the folded under half of the map. I then spent ages trying to relocate on a clearing along a gully. Eventually I flipped the map over, to see that there was another clearing along a gully on the other half of the map. Cursing my stupidity, I was at the control within 90 seconds of flipping the map over. The end result of all this foolishness was a 10:04 opening split, four minutes more than the next closest competitor, and with the vast majority of people having run 2:30 or less. Way to start a sprint event!

Best orienteering tip received: Thumb the map, slow down, and use your brain, not your legs. (Clearly I still need to practice this.)

Favourite orienteering area in the ACT: I'm a sucker for climbing any sort of hill, especially one with rocks on it. I will nearly always go over the top just to spend a few moments enjoying the view. The Boboyan Divide map used for the Oceania Long Distance championships in 2007 ticked all the right boxes for me.

Favourite orienteering area outside the ACT: I loved the granite terrain in Dubbo at the Easter carnival last year.

Furthest you have travelled for an orienteering event: Currently that would be Dubbo, but we are about to head down to Tassie for the upcoming Easter carnival. Lets hope it doesn't rain too much as we are planning to camp!

Other sports or interests: Most activities in the bush. Presently that would be rogaining, bike-riding, mountain-running and bushwalking. In an ideal world I'd find time to get back into cycle-touring with Jodie and the kids, and maybe even some climbing and caving.



Parawanga Orienteering Club Awards for 2008

Wednesday, 18 February 2009

The Blue Man Award: The recipients of the Parawanga Blue Man (or should it be Blue Person or Blue People) Award for 2008 were Anna and Rohan Hyslop. This prestigious award recognises contributions to the Parawanga Orienteering Club and by association to Orienteering ACT. The Hyslop family organised or were course setters for many events during the first half of 2008. Of special note was their work to course set and organise an event at Red Hill on Saturday 21 June followed by organising the Orroral event on Sunday 22 June 2008. All this in the week before they headed off on a 6 month 4WD trek to Central Australia and beyond, which included a many thousand kilometre detour to Maryborough for the Australian Orienteering Championships. A thoroughly well deserved award, although it was noted by some that the Blue Man trophy did not accompany the Hyslops on the 6 month trek. This may prejudice their chances of obtaining back to back awards.

The Snail Award: This award recognises persistence in the face of adversity of one's own making. To qualify for the award the nominees had to make an amazing error of navigational judgement and then persist in their efforts to relocate and complete the course. An amazing error of judgement followed by a DNF does not qualify. Competition for the very attractive Snail Award was strong in 2008 with five worthy nominees, including Australian representatives and current and ex Australian Champions. After great consideration the 2008 Snail Award was presented to Pat Miethke for her efforts at the Australian Middle Distance Championships. The citation for Pat's award read; "awarded to Pat Miethke for her effort from control 2 to 3, a distance of 75 metres which she completed in 10 minutes, 25 seconds for a kilometre rate of 140 minutes per kilometre."

The story goes that, control 2 was in a dry gully high on a hillside. Another lady punched just after Pat and tore off down the gully towards control 3. Pat decided she wasn't going to just follow her, she'd cross the gully and go down the opposite bank. Having done that, she then had to cross another tributary gully which had 3 metre high erosion banks and it took her ages to climb down into it and get out again. She then headed off and crossed the top of the gully the control was in without even seeing it, and came to a large creek with vertical banks. No control upstream, no control down stream. No other people either, which seemed a bad sign. She slowly climbed down into it and went downstream and started pushing through dense Melaleuca thickets. The creek joined a wider flat stony creek with lots of regrowth, not at all like the dry watercourse the control was supposed to be in. Pat persisted, hoping that something would happen. Eventually it seemed a good idea to go back uphill to control 2 and start again. Control 2 was easy to find, it was up this big hill. Pat got there and had a drink. The water container then fell over of its own accord and water started pouring down the hill. Pat righted it and built it a better base, and then set off to follow the original lady's track. After taking only 10 steps she could actually see the flag for control 3 in a nice dry watercourse. Unfortunately this error cost Pat a top three place in her age category at the Australian Championships. Pat now has the honour to judge the nominations and award the Snail Trophy to the next lucky recipient.

[Phil Walker](#)