



# Orienteering NSW

Newsletter of the Orienteering Association of N.S.W.

Issue No. 219

[www.nsw.orienteering.asn.au](http://www.nsw.orienteering.asn.au)

September 2009

## Volunteers—An Essential Component of the Sport

As we approach the “business end of the season”, those NSW orienteers who recently travelled the Hume Highway would have enjoyed two days of challenging orienteering on a quality area and a quality map. The Association thanks the dedicated members of Waggaroos for staging this year’s championships. Waggaroos, like a number of NSW clubs, while not a large club were able to conduct the two events with a level of professionalism and enthusiasm that is a credit to all of their members. Once again, thank you to all the Waggaroos involved with the two events.

With the NSW Championships now behind us, while some NSW orienteers will be looking forward to this year’s Australian Championships, many NSW orienteers have their eyes firmly set on the World Masters Orienteering Championships, more-so from an organisational perspective than a competitive one. As I write, the printing of the maps has already

commenced and the organisation is being finalised for all events by Event Director Nick Dent and his team. While a number of NSW orienteers have already offered their services as volunteers, the event still needs more. With the final of the Sprint event being held within Sydney Olympic Park a greater number of volunteers than normal is required to ensure the event passes without a hitch. Amongst the tasks currently being allocated, Nick and Course Planner Andrew Lumsden are looking for volunteers who can “baby-sit” controls within the Olympic Park area for a few hours. Nick would greatly appreciate hearing from anyone who can lend a hand. At this stage, anyone who is able to assist in any way should contact Nick directly at: [ndent5@bigpond.com](mailto:ndent5@bigpond.com).

At the other end of the age spectrum, our juniors under the guidance of Karen and Russell Blatchford will be competing at this year’s Australian Schools Championships in Victoria in

September. The squad selected earlier in the year to represent NSW will have a final camp in the ACT on the 12th and 13th September. We wish them well and again thank Karen and Russell for volunteering to assist in the development of the NSW junior orienteers. I ask that those NSW orienteers attending this year’s championships in Victoria give Karen and Russell as Managers of the Schools Team your support while in Victoria.

Finally, and as you will read elsewhere in this newsletter, the 16th Annual presentation dinner will again take place at the North Ryde RSL in November. In addition to the traditional awards being presented, this year’s awards evening will also see “Foot-O” members joined by “MTB-O” members and the Summer Series fraternity. It promises to be a grand affair and I look forward to seeing you all there – and don’t forget to send Ron Pallas your Wombie nominations well in advance!

Paul Prudhoe

## Annual Presentation Dinner

The Sixteenth Annual Awards Presentation Dinner will be held on Saturday 14 November 2009 at North Ryde RSL Club on Pittwater Road, North Ryde.

There will be lots of awards presented on the night and clubs are invited to bring table decorations along for a chance to win the ‘Gold Table’ award. Tables will seat ten people and they will be set up with a tablecloth.

Awards will be presented in the following categories:

- 2009 Orienteer of the Year
- 2009 MetrO League
- 2009 MTBO Super Series
- 2009 Sydney Orienteering Series
- 2008-09 Sydney Summer Series
- 2009 Special (President’s Trophy, Club of the Year, Rookie of the Year, Encouragement

Award, Course Planner of the Year)

- 2009 Waratah Junior Awards
- 2009 ‘Wombies’

Wombies are awarded for outstanding unconventional efforts. These tales of unusual exploits are always great fun and a good chance to get back (in the nicest of ways) at many an orienteer. So get your Wombie nominations in to Ron Pallas [ronpallas@hotmail.com](mailto:ronpallas@hotmail.com) by 1 October.

At the 2008 Presentation Dinner there were a record number of Waratah Junior Awards presented. If you have some juniors in your club who have been attending events on a regular basis they may be eligible for the award. Please tell club secretaries about your keen junior and they will pass a summary of the

information on to Lyn Malmgron ([nevlyn@zeta.org.au](mailto:nevlyn@zeta.org.au)) by 1 October. More information can be found on the OANSW website in the Juniors section.

Meals will be available from the Bistro from 6:00pm and they will be served in the auditorium (also on the first floor). The presentations will begin at 8:00pm.

The RSL club is located on the eastern side of Pittwater road at the intersection with Magdala Road, just south of Epping road. To cover the hire costs of the room an entry fee of \$5 for seniors (juniors free) will be collected on the night.

Please RSVP by 30 October with the name(s) and club to: [orienteering@sydney.net](mailto:orienteering@sydney.net) or 8116 9848.

## JWOC 2007 Area now available in Catching Features

Earlier this year OANSW was approached by young Finnish orienteer Jukka-Pekka Seppänen requesting if he could convert one of the JWOC 2007 areas for use on Catching Features. Without ever having visited Australia Jukka has managed to transform the JWOC Long Distance area at Sappa Bulga for use on Catching Features and given it a “look and feel” of the typical Australian gully-spur terrain familiar to Australian orienteers.

For those NSW orienteers who are not familiar with “CF”, it is a computer-based game that you can play on a PC. Several different modes of play are available. Individual courses are run with interval starts against computer opponents, or with a mass start against lots of them. For more information on Catching Features visit [www.catchingfeatures.com](http://www.catchingfeatures.com)

## RouteGadget

In addition to the NSW newsletter being made available via the OANSW website, some of you may have noticed a link on the home page to RouteGadget: <http://garingal.com.au/cgi-bin/gadget3/reitti.cgi>

This web-based utility, currently housed on the Garingal Orienteers server, allows orienteers to draw and compare their routes. Used in conjunction with split times from SportIdent it is possible to watch a race to see where it was won and lost. Those orienteers with GPS tracking devices (Garmin Forerunner for example) can download their route directly into RouteGadget, while orienteers without a GPS tracking device can still draw their route on a hand.

## NSW Relay Teams for AUS Champs

Entry for these was included with the AUS Championships Carnival entry. The organisers will provide OANSW with a listing of NSW entries and the NSW Selectors (Robyn Pallas, Hilary Wood, Geoff Todkill) will then put the entrants into teams. They will try to select one or two good teams in each class and then assemble the others on the basis of clubs. A preliminary listing will be sent out with the NSW e-bulletin in mid-September and will be on our website.

The selectors will be the team managers at the Championships, so you will need to contact them about your team running order and to obtain your competition numbers. It is presumed that the numbers will be available at the AUS Championships on the Saturday.

## Optional Electronic Newsletter

This newsletter has been prepared in both hard-copy and electronic versions. With the recent membership renewal members were given the opportunity to advise which form they wanted the NSW Newsletter and Coming Events pages (The Australian Orienteer magazine will continue to be provided in printed form and posted to all full members). If you wish to change the way you receive the newsletter, contact the office at [orienteering@sydney.net](mailto:orienteering@sydney.net)

The Orienteering Association of NSW Acknowledges the support of



# Mapping Matters

The Orienteering Australia Mapping Committee met at Easter in Tasmania. A number of matters were discussed at the Meeting that are of possible interest to many NSW orienteers. Further information can be obtained from the OA Mapping Committee Chair, Adrian Uppill (aruppill@chariot.net.au).

## Digital Printing

The use of digitally printed maps for Group A events (AUS Championships, AUS 3-Days, NOL Events) needs to be approved by the OA Mapping Committee Chair. As part of this approval process a Print Tech 'test sheet' should be provided to the Mapping Chair when requesting approval. This sheet provides an excellent basis on which to assess the suitability of the printer and paper used. An electronic version of the sheet is available from the Association office.

## CMYK Colour Settings

For digital printing the recommended CMYK course marking colour setting for Purple is 30/100/15/00 but subject to a print test on the course map. This setting appears to be more acceptable to a wider range of people. The default setting for OCAD of 100% Magenta should not be used. For other colours the recommendation is to use the OA "OCAD Colour table" as the starting point for digital

printing, then fine tune to the individual printer.

## MTBO Track Classification

The 2 x 4 track classification as developed in Australia has been accepted by the IOF MTBO Discipline Committee but not the IOF Map Commission. The 2 x 4 therefore remains non compliant, although for uniformity within Australia it should be used as the standard track classification. OCAD copies of the ISMTBOM 2007 incorporating the "standard 2 x 4" track classification are available from Andrew Slattery or Adrian Uppill

## Sprint Maps

A number of minor matters have been identified in relation to sprint maps. These are as follows:

- 1 It is suggested that non-standard symbols be avoided where an existing symbol will suffice (e.g. using the fence symbol for horse jumps).
- 2 There is need in some cases to highlight a passageway by using course planning symbols crossing point (708) or crossing section (708.1)
- 3 The use of a bounding line improves legibility for olive green (forbidden areas/gardens), particularly for small areas.
- 4 Note that sprint maps only have two fence symbols - passable (522) and impassable (524). The broken fence symbol does not apply to sprint maps

# Club-level Coaching to get a Boost

The Orienteering Association of NSW is proposing to conduct a Level 1 Coaching Course on the weekend of 21 and 22 November this year at Belanglo. The course is designed to equip orienteers to coach others in the club environment. The ultimate goal is that every Orienteer in NSW has good quality coaching available within their club. Attendance at the course will also form the major requirement of a formal Australian Sports Commission Level 1 accreditation.

To make this weekend a success we are seeking expressions of interest both from people wishing to attend, and those willing to help organise and run the course.

If you are interested in being a part of this event, please contact Mark Darvodelsky on email [darvod@optusnet.com.au](mailto:darvod@optusnet.com.au) or phone 0423 314699.



Clicking on the links to the club websites will open up the results pages

This listing includes all events from 24 May 2009 to 23 August 2009

2009 Orienteer of the Year scores are available at [www.stateleague.nsw.orienteering.asn.au](http://www.stateleague.nsw.orienteering.asn.au)  
2009 MTBO Super Series scores are available at <http://mountaindevils.nsw.orienteering.socialfx.net/results>

## 24 May 2009, NURRAGINGY METRO LEAGUE #4 (Final), SYDNEY SCHOOLS SERIES #1

**Organiser** Simon George  
**Controller** Carol Osborne for Big Foot Orienteers  
Results of Metro League matches and final scores are available at [www.metroleague.nsw.orienteering.asn.au](http://www.metroleague.nsw.orienteering.asn.au)  
Results of Schools Series competition are available at [www.nsw.orienteering.asn.au/Schools/SchoolsSeries](http://www.nsw.orienteering.asn.au/Schools/SchoolsSeries)  
Event results are available at [www.bigfootorienteers.com](http://www.bigfootorienteers.com)

## 24 May 2009, CURRAMBENE STATE FOREST 4 HOUR MTBO ENDURO

**Organiser** Andy Halliday  
For Mountain Devils MTB Orienteering Club  
Results and splits are available at <http://mountaindevils.nsw.orienteering.socialfx.net/results>

## 31 May 2009, LINFIELD - SEAFORTH THE GREAT NOSH FOOTRACE

**Organiser** Robert Spiry for Bennelong Northside Orienteers and the Association  
Results are available at [www.bennelong.nsw.orienteering.asn.au](http://www.bennelong.nsw.orienteering.asn.au)

## 6-8 June 2009, SOUTHAMS ROAD WEST / POPPET HEAD / NEWCASTLE UNIVERSITY QUEENS BIRTHDAY 3-DAYS, STATE LEAGUE #6, 7 and 8, NSW SPRINT CHAMPIONSHIPS (SL 8)

**Organiser** Geoff Todkill, Margaret Peel  
**Planners** Karen Blatchford, David Kitchener, Ian Dempsey  
**Controllers** Geoff Peel, Russell Rigby, Arthur Kingsland for Newcastle Orienteering Club  
Results, splits and other information (including maps, photographs and route gadget) for each of the days plus the overall results are available at [www.newcastle.nsw.orienteering.asn.au/home/qb3/](http://www.newcastle.nsw.orienteering.asn.au/home/qb3/)

## 17 June 2009, RIDGE TO RANGERS WINTER SOLSTICE EVENT

**Organisers** Bryony & Tim Cox for Garingal Orienteers  
Results are available at [www.garingal.com.au](http://www.garingal.com.au)

# NSW E-Bulletin

Every (or almost every) Tuesday throughout the year Neville Fathers produces an electronic bulletin of news items and notices, which is emailed to any members requesting it. If you are on the list you would be receiving these regular bulletins.

If you aren't getting them but want to be included, email Neville [nevelyn@zeta.org.au](mailto:nevelyn@zeta.org.au) and he will add you to the list.



## Orienteering NSW

Newsletter of the  
Orienteering Association of N.S.W.

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[www.nsw.orienteering.asn.au](http://www.nsw.orienteering.asn.au)

This newsletter is published in January, March, June, September and December.  
Copy deadlines are 22 December, 15 February, 15 May, 15 August and 15 November respectively.

# Badge Credits

In the results printed in the June Newsletter were two badge events on 2 May at Hilltop and 3 May at Windellama. Badge credit levels for these (and all other badge events in Australia) are available on the results pages for the relevant event at [www.orienteering.asn.au](http://www.orienteering.asn.au)

# NSW Schools Team

Following the Queens Birthday 3-Days, the NSW Selectors (Hilary Wood, Robyn Pallas and Geoff Todkill) announced the NSW Schools Team to contest the Australian Schools Championships near Bendigo, Victoria on 29/30 September. The Team Managers are Karen and Russell Blatchford.

Congratulations to the following for their selection:

## Junior Girls

Michele Dawson GO  
Nicola Blatchford NC  
Alinta Merrotsy NT  
Rhiana Roberts NC  
Reserves  
Felicity Barker-Smith NT  
Bridget Bennett GS

## Junior Boys

Matthew Hill GO  
Lewis Berkholtz NC

Angus Roberts NC  
Chris Yuan GO

## Senior Girls

Eleanor Ross NC  
Sally-Anne Henderson NC

## Senior Boys

Joshua Blatchford NC  
Alex Massey NC  
Rob Bennett GS  
Kasimir Gregory NT  
Reserves  
Huon Wilson GO  
Glen Charlton NC

The team wishes to thank those orienteers who supported their fund-raising efforts by patronising the food/drink tent at State League events. A total of \$1850 was raised.

**21 June 2009, WESTERN SYDNEY REGIONAL PARK  
SYDNEY ORIENTEERING SERIES #1, SYDNEY  
SCHOOLS SERIES #2**

**Organiser** Matt Hackett

**Planner** Steve Dunlop

Controller Paul Baker for Western & Hills Orienteers

Event results and splits are available at

[www.westernhills.nsw.orienteering.asn.au](http://www.westernhills.nsw.orienteering.asn.au)

Results of Schools Series competition are available at  
[www.nsw.orienteering.asn.au/Schools/SchoolsSeries](http://www.nsw.orienteering.asn.au/Schools/SchoolsSeries)

**28 June 2009, WALLAROO SF  
MTBO SUPER SERIES #5**

**Organiser** Damian Welbourne

for Newcastle Orienteering Club

Event results, splits and Super Series scores are

available at

<http://mountaindevils.nsw.orienteering.socialfx.net/results>

**28 June 2009, BALLS HEAD  
CLUB EVENT, SYDNEY SCHOOLS SERIES #3**

**Organiser** David Bowerman

**Planners** Paul Heiskanen & Barbara Hill

Vettor Dennis Sparling for Garingal Orienteers

Results are available at [www.garingal.com.au](http://www.garingal.com.au)

Results of Schools Series competition are available at

[www.nsw.orienteering.asn.au/Schools/SchoolsSeries](http://www.nsw.orienteering.asn.au/Schools/SchoolsSeries)

**5 July 2009, SOAPY FLAT EAST  
SYDNEY ORIENTEERING SERIES #2**

**Organiser** Garry Stewart

**Planner** Sandra Stewart

**Controller** Peter Meyer for Southern Highlands  
Occasional Orienteers

Results and splits are available at

[www.southernhighlands.nsw.orienteering.asn.au](http://www.southernhighlands.nsw.orienteering.asn.au)

Results of Schools Series competition are available at

[www.nsw.orienteering.asn.au/Schools/SchoolsSeries](http://www.nsw.orienteering.asn.au/Schools/SchoolsSeries)

**8 July 2009, WHALE ROCK  
MOONLIGHT MADNESS SERIES #1**

**Organiser** David Stitt for Garingal Orienteers

Results are available at [www.garingal.com.au](http://www.garingal.com.au)

**19 July 2009, THE PIGGERY (Revisited)  
SYDNEY ORIENTEERING SERIES #3**

**Organiser** Sarah Garnett

**Planner** Mark Darvodelsky

**Controller** Lisa Lampe for Uringa Orienteers

Results and splits are available at

[www.uringa.nsw.orienteering.asn.au](http://www.uringa.nsw.orienteering.asn.au)

**26 July 2009, PENNANT HILLS PARK  
CLUB EVENT, SYDNEY SCHOOLS SERIES #4**

**Organiser** Michael Halmy

for Bennelong Northside Orienteers

Results are available at

[www.bennelong.nsw.orienteering.asn.au](http://www.bennelong.nsw.orienteering.asn.au)

Results of Schools Series competition are available at

[www.nsw.orienteering.asn.au/Schools/SchoolsSeries](http://www.nsw.orienteering.asn.au/Schools/SchoolsSeries)

**2 August 2009, MITCHELL PARK  
SYDNEY ORIENTEERING SERIES #4, SYDNEY  
SCHOOLS SERIES #5**

**Organiser** Rod Eckels

**Planner** Graeme Dawson

**Controller** Jim Merchant for Garingal Orienteers

Results and splits are available at [www.garingal.com.au](http://www.garingal.com.au)

Results of Schools Series competition are available at

[www.nsw.orienteering.asn.au/Schools/SchoolsSeries](http://www.nsw.orienteering.asn.au/Schools/SchoolsSeries)

Final Sydney Orienteering Series Point Score results are  
available at [www.uringa.nsw.orienteering.asn.au](http://www.uringa.nsw.orienteering.asn.au)

**5 August 2009, ANOTHER OLD CEMETARY  
MOONLIGHT MADNESS #2**

**Organiser** John Havranek for Garingal Orienteers

Results are available at [www.garingal.com.au](http://www.garingal.com.au)

**8 August 2009, THE LOT  
TOUR DU VIN, MTBO SUPER SERIES #6**

**Organiser** Michael Roylance

for Mountain Devils MTB Orienteering Club

Event results, splits and Super Series scores are  
available at

<http://mountaindevils.nsw.orienteering.socialfx.net/results>

**9 August 2009, KILLINGWORTH  
TOUR DU VIN, MTBO SUPER SERIES #7**

**Organiser** Simon Nott

for Mountain Devils MTB Orienteering Club

Event results, splits and Super Series scores are  
available at

<http://mountaindevils.nsw.orienteering.socialfx.net/results>

**16 August 2009, DUNDAS VALLEY  
CLUB EVENT**

**Organisers** Alison & Michael Hanratty

**Planner** Jim Forbes

**Vettor** Peter Annetts for Garingal Orienteers

Results are available at [www.garingal.com.au](http://www.garingal.com.au)

**23 August 2009, WINSTON HILLS, LOWER DARLING  
MILLS CREEK, LAKE PARRAMATTA, JAMES RUSES  
DRIVEWAY, VINEYARD CREEK  
HILLS TURKEY TROT**

**Organiser** Chris Crane

**Planner** Ian Miller

**Controller** Ted Mulherin for Western & Hills Orienteers.

Results are available at

[www.westernhills.nsw.orienteering.asn.au](http://www.westernhills.nsw.orienteering.asn.au)

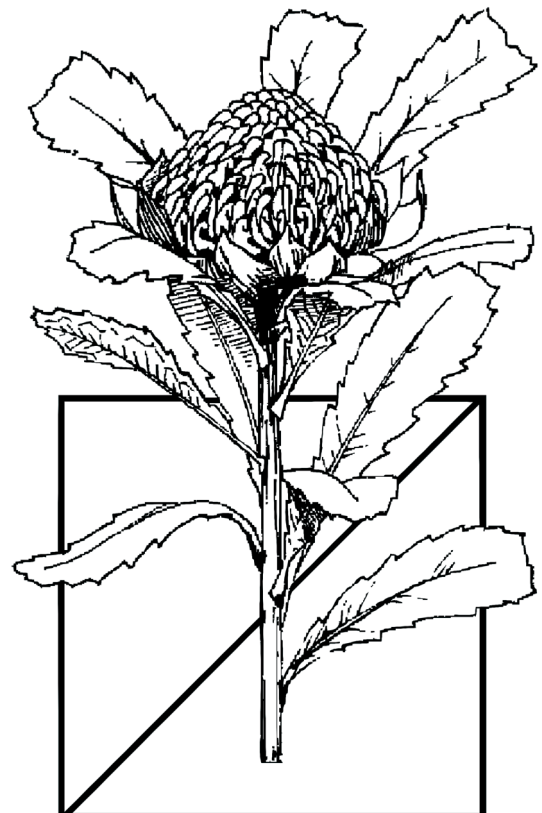
**23 August 2009, VINEYARD CREEK  
CLUB EVENT**

**Organiser** Andy Vesey-Wells

**Planner** Ian Christopher for Western & Hills Orienteers.

Results are available at

[www.westernhills.nsw.orienteering.asn.au](http://www.westernhills.nsw.orienteering.asn.au)





# Awards night

Come and join us to celebrate all of the achievements of NSW orienteers in 2009.

Enjoy a great night out with your friends and competitors!

The 'Gold Table' award will be given for the best decorated table on the night.

Make sure your table looks great!

RSVP: 30 October with your name and club to [orienteering@sydney.net](mailto:orienteering@sydney.net) or 8116 9848

6:00pm for dinner 8:00pm for presentations

Saturday 14 November

North Ryde RSL Club, Pittwater Road, North Ryde