

DuO Adventure Series 2012-13

Thanks to the tireless efforts by Greg Bacon of Newcastle Orienteers, who was last year's Cox's Cup winner, DuO is now into its third summer.

DuO is a mix of MTBO and Foot O and offers 3 course lengths. We had 192 unique participants and 272 entries across the four events last summer.

Long Men 3rd	Malcolm Roberts	Newcastle
Long Men 2nd	Justin Stafford	Newcastle
Long Men 1st	Greg Barbour	Big Foot

Long Women 3rd	Marina Iskhakova	Bennelong
Long Women 2nd	Mary Fien	Big Foot
Long Women 1st	Nicole Haigh	Newcastle

Medium Men 3rd	Greg Bacon	Newcastle
Medium Men 2nd	Andrew Power	Newcastle
Medium Men 1st	Rob Prentice	Newcastle

Medium Women 3rd	Marlene Bailey	
Medium Women 2nd	Toy Martin	Newcastle
Medium Women 1st	Carolyn Matthews	Newcastle

Short 3rd	Robert Spry	Bennelong
Short 2nd	Chris & Logan Radford	
Short 1st	Peter Newton	Newcastle

MTB Orienteering Super Series 2013

In 2013 there were six events. Certificates are awarded for first place for men and women in each of five courses. It is pleasing to see these awards being shared around 4 clubs.

The winners are:

Course 1 – Men	Steven Todkill	Newcastle
Course 1 – Women	Marina Iskhakova	Bennelong

Course 2 – Men	Andrew Power	Newcastle
Course 2 – Women	Kim van Netten	Newcastle

Course 3 – Men	Darius Cartwright	WHO
Course 3 – Women	Carolyn Matthews	Newcastle

Course 4 – Men Greg Bacon Newcastle
 Course 4 – Women Nicole Sellin Garingal

Course 5 – Men Bert van Netten Newcastle
 Course 5 – Women Rita Mein

Metro League 2013

The Metro League this year expanded to a record 29 teams in five divisions. Division 1 had five teams, which meant a bye, while Divisions 2-5 had six teams each.

The top two teams in each division contested a final.

This year we also introduced an individual medal for the orienteer with the highest points aggregate in each division. These were all very closely contested.

Divn 1 – Big Foot (Patrik Gunnarsson, Andy Simpson, Jock Davis, Greg Barbour, Mark Shingler, Simon George, Andrew Brown). **Medal - Patrik Gunnarsson.**

Divn 2 – Bennelong (Marina Iskhakova, Fedor Iskhakov, Darren Slattery, Joel Putnam, Gordon Wilson, Mel Cox, Adam Halmy, Wayne Pepper). **Medal – Ian Jones (Uringa).**

Divn 3 – SHOO (Doug Jay, Garry Stewart, John Russell, Michael Davis, Chippy le Carpentier, Stephan Wagner). **Medal – Doug Jay.**

Divn 4 – Big Foot (Ewan Shingler, Paula Shingler, Alistair George, Jo Parr, Callum Davis, Nicky Nygh, Michael Roylance, Richard Lauder). **Medal – Salme Fuller (IKO)**

Divn 5 – Garingal Legless (Jonathan Koruga, Lewis Redner, Kaj Bollerup, Joanna Hill, Sue Thomson, Ross Duker, Nick Wyche, Terence Chiang). **Medal – Jonathan Koruga.**

NSW Orienteer of the Year badges for 2013

This year there were 13 State League events. A person's best 7 scores count towards the badges. 700 points is the highest aggregate possible.

M-10A					M21A				
1	Alec Power	NCN	9	635	1	Greg Barbour	BFN	7	642
2	Anakin Trotter	NCN	9	574	2	Lee Coady	WHN	11	612
3	Oliver Freeman	BFN	4	400	3	Jock Davis	BFN	9	603
M-12A					M21AS				
1	Ewan Shingler	BFN	10	700	1	Huon Wilson	GON	7	692
2	Tom Kennedy	GON	11	576	2	Darren Slattery	BNN	9	620
3	Oscar Power	NCN	7	540	3	Jose Zapata	CCN	6	530
M-14A					MOpenB				
1	Duncan Currie	GON	13	700	1	Ian Jessup	GON	8	695
2	Callum Davis	BFN	12	654	2	Dean Gingell	GON	10	651
3	Alistair George	BFN	7	638	3	Mike Hanratty	GON	10	472
M-16A					M35A				
1	Daniel Hill	GON	11	699	1	Patrik Gunnarsson	BFN	13	700

2	Toby Wilson	GON	13	679	2	Michael Burton	BFN	5	419
3	Scott Charlton	NCN	8	649	3	Jock Davis	BFN	3	296
M-18A					M35AS				
1	Aidan Dawson	GON	13	700	1	Shane Jenkins	NCN	13	700
2	Lawrence Jones	URN	13	610	2	David Kitchener	NCN	10	611
					3	Mark Brindley	GON	5	432
M-20A					M40A				
1	Matthew Hill	GON	10	677	1	Shane Trotter	NCN	12	699
2	Angus Roberts	NCN	6	570	2	Scott Simson	NCN	6	576
3	Luke Robertson	NCN	1	7	3	Dmitry Stukov	WHN	8	559
M45A					M65A				
1	Ian Jones	URN	12	671	1	Terry Bluett	BNN	12	700
2	Peter Annetts	GON	13	665	2	Steve Flick	BNN	7	672
3	Mark Freeman	BFN	8	597	3	Ross Barr	GON	9	654
M45AS					M70A				
1	Michael Halmy	BNN	11	673	1	Chippy Le Carpentier	SHN	12	700
2	Peter Orr	NCN	11	594	2	Ted Mulherin	WHN	8	664
3	Peter Newton	NCN	11	529	3	John Hodsdon	SHN	12	614
M50A					M75A				
1	Russell Blatchford	NCN	9	684	1	Barry Hanlon	WHN	13	700
eq 2	Mark Shingler	BFN	9	632	2	Brian Cleland	URN	7	574
eq 2	Simon George	BFN	8	632	3	Lloyd Gledhill	GON	7	461
3	Peter Charlton	NCN	9	630					
M55A					MWOpenC				
1	Eoin Rothery	BFN	11	700	1	Katie Wallace	WPN	12	700
2	Geoff Todkill	NCN	10	657	2	Justine Brindley	GON	6	486
3	Alex Davey	WRN	10	642	3	Melanie Trotter	NCN	3	300
M55AS					W-10A				
1	Garry Stewart	SHN	8	700	1	Nea Shingler	BFN	3	293
2	Michael Roylance	BFN	11	607	2	Erika Enderby	NCN	2	197
3	Graham Galbraith	BNN	7	492	3	Mikayla Enderby	NCN	2	139
M60A					W-12A				
1	Nick Dent	CCN	11	699	1	Sophie Jones	URN	12	700
2	Gordon Wilson	BNN	13	685	2	Joanna Hill	GON	9	653
3	Peter Shepherd	IKN	9	601	3	Ellen Currie	GON	11	558
W-14A					W35A				
1	Rebecca Kennedy	WPN	9	700	1	Brook Martin	GON	10	700
					2	Anna Fitzgerald	GSN	8	690
W-16A					3	Carolyn Haupt	GON	5	377

1	Georgia Jones	URN	13	700					
2	Melissa Annetts	GON	12	612	W35AS				
3	Rebecca George	BFN	7	464	1	Caroline Taurany	NCN	11	700
					2	Cath Chalmers	BFN	3	300
W-18A					3	Vanessa Freeman	BFN	2	183
1	Amylee Robertson	NCN	12	700					
2	Kerryn Davis	BFN	1	32	W40A				
					1	Barbara Hill	GON	8	700
W-20A					2	Cath Chalmers	BFN	3	288
1	Michele Dawson	GON	11	698	3	Nicole Haigh	NCN	2	200
2	Nicola Blatchford	NCN	9	692					
3	Alinta Merrotsy	NTN	11	633	W45A				
W21A					1	Karen Blatchford	NCN	11	700
1	Lisa Grant	GON	10	684	2	Linda Sesta	URN	6	583
2	Briohny Seaman	WRN	8	481	3	Margaret Jones	URN	8	573
3	Marina Iskhakova	BNN	5	469					
					W45AS				
W21AS					1	Maria Orr	NCN	8	583
1	Margaret Peel	NCN	9	688	2	Barbara Dawson	GON	10	581
2	Julie Griffiths	WHN	9	446	3	Gayle Shepherd	URN	11	517
3	Sally Devenish	WPN	9	379					
					W50A				
WOpenB					1	Carolyn Matthews	NCN	10	696
1	Karen Wallace	WPN	12	611	2	Paula Shingler	BFN	9	693
2	Elaine Murdoch	GON	13	596	3	Gayle Quantock	NCN	7	633
3	Kate Morris	NCN	5	476					
W55A									
1	Debbie Davey	WRN	10	700					
2	Hilary Wood	CCN	12	678					
3	Lyn Dabbs	WHN	9	609					
W55AS									
1	Sandra Stewart	SHN	9	695					
2	Lyn Malmgron	SHN	9	627					
3	Julie Mann	IKN	9	606					
W60A									
1	Robyn Pallas	CCN	9	700					
2	Carolyn Rigby	NCN	12	495					
3	Carol Jacobson	GON	6	478					
W65A									
1	Val Hodsdon	SHN	12	671					
2	Toy Martin	NCN	7	667					
3	Jenny Hawkins	NTN	7	567					
W70A									
1	Carolyn Chalmers	NCN	9	634					
2	Janet Morris	WHN	13	617					
3	Maureen Ogilvie	URN	13	604					

President's Junior Award 2013

Nomination - Toby Wilson (GO)

Toby is a reliable and helpful member of GO. He readily puts his hand up to assist and his can-do attitude is much appreciated. Toby's contribution to orienteering in 2013 includes:

He has volunteered at 3 space races (but due to appendicitis missed one). He volunteered to help at two schools champs (Sydney West and Hunter) (but on the day before both got called off due to rain).

He set a course at Gladesville (but again appendicitis stopped him putting out controls). He has collected controls at State Leagues – these include the CC events at Lithgow, GO at Lithgow and the Sprint event at Pymont.

He also collects controls as needed at club events eg without a torch on bush tracks in the dark at the recent SSS at Field of Mars.

On the coaching side, Toby also very happily took a younger member of GO around bush controls at GO's Lithgow event providing tips on how to navigate in the bush and excellent encouragement to his younger club member. At smaller events he readily steps up to help newcomers when required.

Toby also assisted at Spooks and contributed to GOs 40th birthday celebrations plus assisted with the instruction of the CSIRO kids from the Helix club at the 15 September event (organised by Lisa Grant).

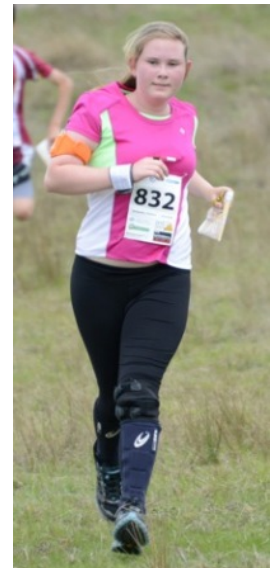
Combined nomination - Samantha Wallace and Kate Kennedy (WP)



Kate and Samantha have been an integral part of the revival of Western Plains Orienteering Club. Without their help, the 2 active organising families would have found running a full program impossible.

They are always available to help the club set up and pull down events, put out and bring in controls and help out whenever they can. They have volunteered to set a Summer Series event on East Ridge and have located challenging control sites. They played an important part in the

setting up of SL10 at Rocky Falls to assist GS.



Both girls have introduced new runners to orienteering and mentored them to encourage their re-attendance at events. They have been willing coaches at the clubs Space Racing Series. They are currently helping to organise a promotional stall and course around their school as part of the school's Spring Fair.

The winners are... **Samantha Wallace and Kate Kennedy (WP)**

Encouragement Award (Cox's Cup) 2013

Awarded to an orienteer who makes efforts to encourage other orienteers by both personal efforts and example



In December 2012 a casual conversation between this man and a disabled taekwondo athlete in Coffs Harbour resulted in the staging of Orienteering without Limits in June, an event primarily designed for wheelchair users in Coffs Harbour to try orienteering.

The event, using the Sprint format for orienteering, was a success with 30 people - including 4 wheelchair users - turning up on the day. The uniqueness of the event resulted in media attention leading up to the day, with a story in the local newspaper, two radio interviews and a mention on local TV.

Some 4 months later our winner was again in the thick of it, providing support to ONSW's latest regional participation and membership expansion project in Coffs.

He supported the project by arranging the printing and distribution of flyers in the region, planning one course and checking control sites for another three courses, as well as assisting at all 6 events, and being the 'go-to' man for 3 of the events.

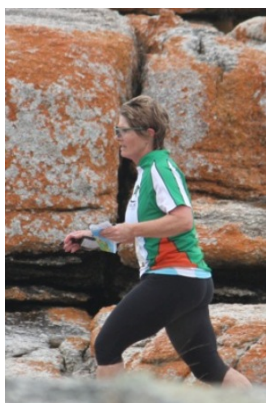
These events also gained media attention, with our winner again being interviewed by the local NBN TV station.

As a result of the success of the promotional events with 147 individuals taking part in one or more of the 6 events and with his ongoing support, it seems highly likely that there will be another new NSW orienteering club in the not-too-distant future.

The winner of the 2013 Cox's Cup Encouragement Award is Bruce Meder from the Northern Tablelands club.

Rookie of the Year 2013

Awarded to a new (less than 2 seasons) orienteer showing a high level of competitive achievement



In only her second year of bush orienteering, our winner's results and improvement have been inspirational.

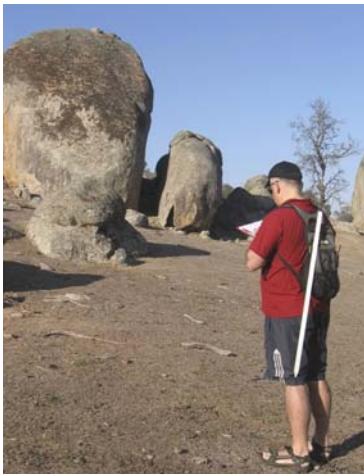
She started with a small taste of bush in the O'Shea weekend in 2012 and has progressed to tackling hard courses at State League events.

At the Australian championships this year, in a highly experienced field in W55A, her results were: sprint 12th out of 27, long 17th out of 23, middle 11th out of 23.

Rookie of the Year for 2013 is Jai di Tommaso of Garingal

Graeme Mitchell Award 2013

Awarded to the OY Course Setter of the Year based on the results of a website survey by participants.



This event had excellent courses at all levels. The hard courses had lots of short, interesting legs; changes of direction and good route choice.

The non-hard courses were all really good; the easy course used non-track linear features very well. The terrain chosen was excellent with interesting vegetation and rock.

Course Setter of the Year is Robert Bradley of WHO for his Middle distances courses at State League #9 at Roseberg State Forest near Blayney.

NSW Interclub Trophy 2013

This is awarded to the club with the highest club score in the State League events. This has become an annual tug of war between our two biggest clubs, Garingal and Newcastle, and 2013 was no different.

3	Big Foot	601
2	Newcastle	1314
1	Garingal	1432



NSW Club of the Year 2013

Awarded to a club showing a high level of achievement in promotion, membership, event organisation and competition

Our winners grew their club membership in 2013 by 50% and retained all their 2012 members. They also conduct monthly coaching sessions as part of their winter program.

Goldseekers



President's Award 2013

Awarded by the President to an orienteer making an outstanding contribution to the furtherance of NSW orienteering



Our winner was the Garingal club newsletter editor from 1981 to 1984, and then GO secretary 1985 to 2013.

He established and coordinates the successful Moonlight Madness series and for many years has organised an event as part of Lane Cove Council's Cameraygal Festival.

He has been an active mapper, and has created and updated a number of the club's suburban maps. In addition he is a regular volunteer at club events and frequently pitches in even when he is not rostered on.

Most recently our winner ran an information booth as part of the local Willoughby Council Spring fair.

David Stitt (Garingal)