



## NSW STINGERS

### ORIENTEERING TEAM

**NSW Had a massive 21 Stingers travel to Victoria to compete in the Easter 3 Day Carnival.** Events for the Elites comprised a Sprint Prologue at La Trobe University Bendigo, a middle distance event in complex goldmining terrain of "Yorkshire Hill", a gruelling long distance event at Mt Alexander and finally a reverse chasing start relay distance event in the fast, open terrain of Kangaroo Flat, "Crusoe" map. **Thanks Stingers for your great efforts!!!**

The **Men's 21 Elite competition** was fierce the entire weekend, and 13 of the 46 competitors were wearing NSW blue.

Without listing all results, some of our impressive performances included

#### In the Prologue

- Ezy 8<sup>th</sup>
- Dave 9<sup>th</sup>
- Matt Parton 11<sup>th</sup>
- Rob Preston 13<sup>th</sup>
- Steven 18<sup>th</sup>
- And unfortunately Josh and Kas may have been in the mix but both mispunched

It was a worrying time for everyone following the race when our very own Rob Preston collapsed and was taken to hospital with low electrolyte count and low blood pressure. He was in hospital overnight and didn't race again over the weekend (thanks to the advice from his 10 new mothers). Rob and Kathryn did join us for dinner Saturday night and despite the meal and service being quite disappointing a nice night was had by all. We hope Rob has now made a full recovery and is taking very good care of himself x

The M 21E Stingers had great results in the complex terrain of the **Middle distance race**, with 8 finishing in the top 20!

- Dave 7<sup>th</sup>
- Matt P 8<sup>th</sup>
- Josh 11<sup>th</sup>
- Kas 15<sup>th</sup>
- Patrik 16<sup>th</sup>
- Ecmo =18<sup>th</sup>
- Ezy =18<sup>th</sup>
- Andy 20<sup>th</sup>

The **long** for the men was 11 ½ km and Craney completed it in 5 min 50/km rate. A fantastic effort to once again have 7 Stingers in the top 20.

- Matt P 8<sup>th</sup>
- Ezy 9<sup>th</sup>
- Josh 10<sup>th</sup>
- Ecmo 11<sup>th</sup>
- Kas 15<sup>th</sup>
- Alex 16<sup>th</sup>
- Steven 17<sup>th</sup>

The **chasing start final day** was fast and furious with no room for error. Best performances were from Matt P 6<sup>th</sup>, Josh 9<sup>th</sup> and Dave 10<sup>th</sup>, all clocking just over 5 min/km pace with Ezy, Kas, Alex and Ecmo all in the top 20.

We had two competitors in the **Women's 21 Elite competition**, Tracy and Briohny, both posting some pleasing and consistent results. Hopefully we can get a full women's team to the next NOL's. Tracy showed her experience with consistent placings ranging from 8<sup>th</sup> in the Long to 15<sup>th</sup> in the Prologue sprint. She ended up 10<sup>th</sup> overall which is just fantastic. Briohny performed creditably given her more-than-ample-share of leg injuries.

In the junior elites we had 4 men and 3 women racing. In **M 17-20** Matt Hill performed consistently with placings for all races around 10<sup>th</sup> to 12<sup>th</sup>, his best performance being in the prologue. In Angus's first races for a while he impressed with some terrific results including a 9<sup>th</sup> in his preferred long distance event to finish 10<sup>th</sup> overall. Aidan's best result was 15<sup>th</sup> in the Prologue and we can all see that his pace will be a huge asset in the future; Lawrence didn't make it for the Prologue but had some promising results in his first races at this level

In a strong **W 17-20** field our very young competitors put in some great efforts. It is terrific to have Bridget return to the field after a bit of a break and she will surely benefit from all the racing we hope she'll do this year. Michele finished 8<sup>th</sup> overall and her best performance was 6<sup>th</sup> in the Relay distance; Nicola finished 6<sup>th</sup> overall and pulled out a terrific 2<sup>nd</sup> by only 8 seconds on the final day. Following results in Victoria and South Australia both Michele and Nicola are fortunate enough to have gained selection in the Australian team to contest the Junior World Champs in Czech Republic in July. Great to have two NSW reps ☺

**Overall placings for the carnival can be found on the Golden Ponds website:**

<http://easterorienteering2013.com.au/results/>