

# **Orienteering Association of New South Wales Inc.**

## **Annual Report 2004**



**ORIENTEERING ASSOCIATION OF NSW INC**  
**Affiliated with the Orienteering Federation of**  
**Australia**

**OFFICE BEARERS 2004**

President	Ron Pallas	UR
Secretary	Dave Lotty	UR
Finance Director	Stuart McWilliam	GO
	To July 2004	
	Robert Spry	BN
	From August 2004	
Technical Director	Dick Ogilvie	UR
Promotion Director	Paul Prudhoe	CC
Communications Director		
	Ken Sinclair	WH
Coaching Director	Ron Junghans	GO
Special Projects Director		
	Lyn Malmgron	SH
Planning Director	Mike Weller	GO
Statistician	Ken Sinclair	WH
Selectors	Ron Pallas	UR
	Dave Lotty	UR
	Sandra Stewart	SH
Junior Squad		
Coach	John Porter	BN
Coordinator	Dave Lotty	UR
Senior Squad		
Coordinator	Linda Sesta	UR
Coach	Eric Morris	BN
	Rob Preston	NC
Metro League		
Secretary	Frank Assenza	BN
Commissioners	Ron Pallas	UR
	Dave Lotty	UR
	Ted Mulherin	WH
Belanglo House Manager		
	Chris Murphy	UR
MTBO Officer	Rik Eagles	MD
OA Councillor	Ron Pallas	UR
Auditor	Tom Nolan	
Professional Officer		
	Dave Lotty	
Development Officer (Part Time)	Lyn Malmgron	

**PRESIDENT**

From an OANSW perspective the "Grapes of Rocks" Tour was the highlight of a fantastic year. This carnival was jammed with events especially for those clubs running the midweek events. The large numbers of competitors were treated to a wide variety of terrain from the pagoda jungle at Rylstone to the open granite of Clonalton the events had it all. I must also mention the outstanding social events plus the marvellous promotions that were the hallmark of the event. What a week.

Throughout the year our events were of a high standard. Whilst there was the occasional glitch here and there our fantastic group of event volunteers deserve congratulations.

The 5 days up in Armidale was a great success. Despite the distance there was a fair turnout and each days run was well received by the competitors. Fortunately the weather was cool, at times quite chilly, which made for great running weather.  
 2004

Membership rates in 2004 showed some recovery from previous years and participation rates have improved. The Summer Series and Metro League have consolidated into well attended high standard events.

State League events were in the main well attended and again all clubs should feel satisfied that they were able to put hold high standard events.

I would like to congratulate each Board Member for their efforts this year. It is no easy matter to head off to Glebe each month. Whilst a lot of the business conducted is related to the actual sport, there is a considerable time spent on preparing and evaluating programs that are required to receive our Government Grant.

In the next few years it would be good to see a changing of the guard on the Board. Not that our silver haired fellows are not doing a good job – there, however, comes a time when some new blood is a blessing.

Ron Pallas

**COACHING**

I organised a Level 1 Coaching Accreditation course at the end of March this year at Belanglo State Forest organised with help from John Porter, Barbara Junghans and Chris Baker. To complete the course, a Friday evening of talks and activities was held. Thanks go to Jan Sargood and Jock Davis for their help that evening. Nine orienteers from six clubs participated. Four of these have successfully completed the follow up work to gain their accreditation: Chris Baker, Ron Junghans, Rob Chapman and Adrian White. In addition, Robbie Preston who had completed the weekend course a year ago completed his follow up work and gained accreditation. There are now 27 accredited coaches within NSW – all at Level 1. In the next year we are hoping that at least some of these will be working towards their Level 2 accreditation.

The Senior Squad's training has been organised within the group, mainly under the direction of Eric Morris. At present, the Association is working with the Stingers to put together more formal arrangements concerning the way that activities and training are undertaken.

The Junior Squad has had a successful year under the leadership of John Porter and Dave Lotty, with help from others. Five camps were held during the year, with up to 19 juniors participating. Thanks to all those people who helped to make these camps so successful. Our future elites will be rising from these ranks.

Ron Junghans

**PLANNING**

As usual, the Board dealt with a host of administrative matters. Operationally, the emphasis was on major events, with the conduct of the Aus Champs Carnival, and the commencement of planning for JWOC. Following are highlights of 2004 activities.

- 2004 saw the Board return to a full complement of 9 directors with the Communications portfolio being filled by Ken Sinclair (WHN). A casual vacancy occurred mid-year, when Stuart McWilliam (Finance) stood down due to work commitments. The Finance position was filled by Robert Spry (BNN).
- Board members continue, in turn, to attend Dept of Sport & Recreation directors' courses to maintain Board competence. Lyn Malmgron and Paul Prudhoe attended courses.
- Forests NSW has developed a Sustainable Recreation Policy that guides user access, and has a draft access policy for Orienteering. On behalf of the Association, Mike Weller has

entered into discussions with Forests about a formal agreement, which will hopefully guarantee access and standardise fees for orienteers.

- The Australian Championships Carnival was successfully conducted. This provided better than expected income, and should prevent a general fee increase in 2006.
- A JWOC committee was established early in 2004, and Carnival planning has commenced. Several key issues have emerged, namely the event management structure, initial funding (loans are being sought from clubs), and the post carnival map distribution.
- Sydney was awarded the 2009 World Masters Games. As a result, OANSW will be hosting WMOC, probably in the greater Lithgow area.
- The XMAS 5-Days was held in the Armidale area.
- Only one significant promotional activity was conducted – a 'Come-and-try-it' style mini event was held at the Forests NSW Family Fun Fair, organised by Malmgron and Lotty, with most helpers from Garingal.
- The NSW Junior squad received greater exposure with the purchase of new banners (sponsored by the Carbine Club).
- Moves are afoot to increase funding to the Stingers (NSW NOL team), to encourage better performance and participation in competitions against other States. This may include scholarships to AIS in Canberra.
- Ron Junghans conducted a Level 1 coaching course at Belanglo in March.
- The annual Association prize-giving was poorly attended.
- Two Association meetings were held; none in regional centres.
- Pallas, Lotty, and Weller attended the OA National Conference in December.
- The Board continued its ongoing detailed review of operations as part of a risk management strategy.
- The NSW e-bulletin continues with success (Neville Fathers).
- MTBO continues strongly.

Mike Weller

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#### COMMUNICATIONS

This Board position is new for 2004 and includes the old portfolio of 'Newsletter' as well as looking after the webpage (Jon McComb is the webmaster) and keeping everything up and running. We have now in place a process that should ensure that the electronic version of the Association Manual is kept current.

I also last year spent some time investigating the replacement of our radio equipment which was 20 years old with some new digital handhelds and base station. This equipment is held in the Association Office and is available for use by event organisers.

The newsletter side involved compiling snippets of news from various sources and passing this on to Barry Hanlon, who does a fantastic job of typesetting the pages and feeding that on to the printer. I endeavoured this year to get clubs to send in newsy items for publication and if I am again in this position

will try to get more of that especially from our country clubs.

Thanks to all who contributed over the year and remember that there is room for letters to the editor!

Ken Sinclair

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#### PROMOTION

2004 was another full year for orienteering in NSW, with the sport's premier event, the Australian Championships, being conducted in NSW. It is the running of events such as the Australian Championships Carnival, and the associated positive impact that our sport has on the various local communities by way of accommodation, café, restaurant and retail outlet usage, and liaison with local landowners that best promotes our sport. Without the support of the local communities, Orienteering in some of the magnificent areas that we have access to would not be possible.

Last year it was announced that NSW had been awarded the Junior World Orienteering Championships (JWOC) in 2007. To ensure the event is a success a committee of interested and committed volunteers has been formed. The first major target is the submission of a grant application to the NSW Dept. of Sport and Recreation at the end of March 2005. The hosting of JWOC2007 should be seen as a golden opportunity for the sport to promote itself, especially in light of the Premier's views that the sport is of benefit to the health of the school aged community.

The Summer Saturdays conceived and organised by Lyn Malmgron, and aimed at families and the promotion of Orienteering in the Western Suburbs of Sydney commenced in 2004. The success of the events in attracting new orienteers has yet to be gauged, but the events are nevertheless giving seasoned Orienteers an opportunity to run during the off- season.

The Sydney Community College 'Introduction to Orienteering' courses also commenced in 2004 as a part of the adult education environment. This is an ideal way to introduce navigation and map reading. The Association conducted a number of courses.

The best form of promotion of orienteering continues to come from the public's exposure to a variety of well-run events, with minimal impact on the areas used. Most clubs continue to run Come and Try It or local "low-key" events. These events are essential to attract newcomers to the sport. Informal surveys show that most newcomers find out about these events through their local club, people they know or by use of the local press. As a continued part of the promotion of the sport the Association mapped the Cumberland State Forest (near Castle Hill) and attracted more than 50 newcomers to an event held in October. The event was held in conjunction with State Forests' Family Forest Fair. Blue and Green courses were on offer to a mainly junior entry.

Television promotion was not as widespread as 2003, however thanks to the efforts of Garingal's Tim Cox, the Australian Championships Carnival did receive excellent local media coverage in the Central West of the State.

The Sydney Summer Series goes from strength to strength, under Ross Barr's direction. Ross and all of the clubs involved are to be congratulated. It is one thing to spend a weekend setting up an event to cope with around 200 entrants – it is something completely different to cope with almost 200 entrants over a period of 2 hours and with entries fees taken at the event. The Summer Series continues to attract

novice orienteers and offers them the opportunity to develop map-reading skills on the run. With the continued success of the Series is it time to split it in to a Northern and Southern Sydney Series, or perhaps an Eastern and Western Series?

The Summer Series and Winter Series continue to attract both experienced and novice orienteers, but how do we convert the newcomers to bush orienteering? Should the Association be concerned if the conversion rate to the more conventional form of bush Orienteering is low? Or should we be satisfied that Summer Series numbers are being maintained?

Newcastle Orienteering Club continued with their own version of mid-week street orienteering events and 2004 also saw the OANSW 2004 Club of the Year, Central Coast Orienteers, initiate a Summer Series of its own for runners in their area.

The MetrO League competition continues to be well supported by club teams, and apart from the few relay events held each year the MetrO League is really the only opportunity for clubs to compete together as teams; again, this is another promotional opportunity to the local community. 2005 will see the adoption of a National Orienteering Day in May. It is planned that this be an annual occasion with each State conducting an event to promote the sport.

The State League events provide opportunities for clubs to use local press as well as providing a venue for the promotion of our elite Orienteers and the sport in general.

Mountain Bike Orienteering took a giant leap forward with both the successful 2004 World MTBO events in Victoria, and with the excellent results achieved by the Australians competing in the events.

Orienteering in NSW continues to show an increase in active participants and it was good to see the large number of junior orienteers participating in the 2004 Waratah Awards. We must ensure that we continue to encourage and nurture our juniors for the sake of the future of the sport in NSW.

One final noteworthy mention of an event that promotes the sport is the annual Xmas 5 day competition. Originally organised on the Central Coast and offering the opportunity for a run in the bush, followed by more leisurely activities in the sea and sand, the venue has since moved on to be organised in different areas around the country. The events, and the current coordinator, OANSW's Technical Director Dick Ogilvie, are to be congratulated. The event has for many years attracted orienteers from around the country and from overseas, and last year's event held in the New England region of NSW was no exception.

As with most annual reports, while they are designed to be a reflection on the past, they should also look to the future. This being the case, the following areas of the sport in NSW will require support and consideration from the Association's membership next year and beyond.

1. As reported above, the organisation for JWOC 2007 is already underway. This event will require the support from the clubs of NSW and individuals. The running of JWOC 2007 will give the Association future access to quality terrain for the next few years after JWOC has been concluded.

2. As a result of NSW being awarded the 2009 World Masters Games, OANSW will (almost certainly) be invited by the IOF to conduct the World Masters Orienteering Championships in conjunction. This will be a further opportunity to promote the

collective skills of the NSW orienteering community both nationally and internationally.

4. OANSW and OA promotional materials remain available to each club and should be visible at all events, especially Come & Try It's and Street-based events. If the sport is to continue to grow it is essential that every club has a promotions officer to assist setters, organisers and other club officials.

5. Orienteers are the best ambassadors and promoters of the sport. For the sport to grow each member of the Association should take it upon themselves to try and introduce at least one new member every year.

6. To reach the wider public, clubs should look to promote themselves and the sport in whatever ways are possible. It is recommended that clubs look to their local newspaper for advertising and promotion opportunities. It is the cheapest and easiest form of publicity and reaches a large audience with the minimum amount of effort.

Paul Prudhoe

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## **SPECIAL PROJECTS**

### Schools/Juniors

2004 was a fantastic year for orienteering in schools. Over 900 children took part in Regional school competitions and many teachers were introduced to competitive orienteering through these events. Our aim in the future should be to encourage these competitors to participate in the NSW Schools Championships.

Thanks go to Sandra Stewart, Diane Van Netten and Lyn Malmgron for their capable management of the NSW Schools Team. They spent a huge amount of time organising fund raising, new tracksuits and T-shirts as well as looking after the wellbeing of the team at competitions. The team worked hard to raise funds to add to their sponsorship funds from The Carbine Club. Unfortunately they were out-classed on the day but Matt Parton, Joshua Roberts and Emily Prudhoe gave very strong performances. Joshua and Emily were chosen in the National team to compete against New Zealand in 2005 and Matt in the 2004 Honour Team.

Support for the Junior Awards (Waratah, Banksia and Wattle) continues to increase, with 38 awards being made at the Annual Presentation Dinner. There has been a huge increase in the amount of Waratah awards with 18 children gaining over 200 points.

Thank you to Dave Lotty and the coaches for their continued support in training the Junior Squad and to the parents of all juniors for their efforts in getting young orienteers to events. It was very pleasing to see so many of our 'old' juniors taking on mentoring roles both at events and at training camps.

### Belanglo

The Association continues to lease the house at Belanglo Forest from Forests NSW. The lease is contingent upon our maintaining the house and Chris Murphy as Hut Manager has ensured that this is done. The re-painting of the house commenced in 2004 and will be completed in early 2005.

The Siberian Husky Club and a number of Caravan/Mobile Home Clubs used the house during the year and together with regular orienteering use the costs of the house are comfortably covered. Forestry workers have also used the house as accommodation during the summer months.

### MTBO

A program of 8 events was conducted during the year, primarily organised by MD with some assistance from BF and NC. The events attracted a good entry with a large percentage of these not being footO competitors.

The World MTBO Championships in Ballarat in October will no doubt contribute to the development of the discipline and it was pleasing that NSW had 2 representatives in the very successful Australian Team.

Lyn Malmgron

### TECHNICAL

#### Standard of Events

Thirteen Major events were held in 2004, comprising the NSW Championships and 12 other NSW State League Events. All were of a high standard with no cancellation of courses for any reason.

#### Controller Accreditation

One new Controller was accredited.

The current numbers of NSW Controllers are:

	L1	L2	L3	IOF	Total
Men	24	16	11	(3)	52
Women	7	3	0		10
<b>Total</b>	<b>31</b>	<b>19</b>	<b>11</b>	<b>(3)</b>	<b>62</b>

#### OA Technical Committee

The OA Technical Committee meeting at Easter in Ipswich, Qld, was attended.

#### Association Manual

Updating and review of various regulations in the OANSW Manual continued.

Dick Ogilvie

### MEMBERSHIPS 2004

	F	S	J	A	T
BF	18	8		0	26
BN	18	21		3	42
CC	13	2		0	15
GO	37	29		0	66
GS	9	2		18	29
IK	18	5		0	23
MD	5	8		32	45
NC	31	17		24	72
NT	7	2		10	19
SH	16	2		5	23
UR	18	12		1	31
WH	19	16	5	10	50
WR	13	6			19
Associated Groups					1
	222	130	5	103	461
	Junior	Senior	Masters	Total	
Male	198	67	343	589	
Female	144	60	227	431	
	323	127	570	1020	

#### Previous Years

1998	439	(377 renewals)	1004
1999	427	(365 renewals)	936
2000	428	(364 renewals)	905
2001	452	(348 renewals)	954
2002	463	(362 renewals)	990
2003	446	(363 renewals)	980
2004	461	(362 renewals)	1020

### EVENTS 2004

National Events

nil

Major Events

"A" Events

AUS Champs	1	886
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AUS Relays	1	603
AUS Schools	2	1068
AUS Sprint	1	377
NSW Champs	1	765

"B" Events

NFL Events	4	664
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"C" Events

NSW Major Events	7	1740
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17 6103 (359)

Minor Events

"D" Events

MetrO League	6	1072 (179)
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Minor Weekend	27	1852 (69)
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Xmas 5 Days	5	1173 (235)
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"E" Events

Summer Twilight	22	3524 (160)
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60 7621 (127)

**Grand Total**

**77 13724 (178)**

**Club (Regional) Events**

**108 4359 (40)**

**MTBO Events**

**8 538 (67)**

Previous Years

1998	69	7901 (120)
1999	69	10409 (151) AUS Champs
2000	74	10579 (143) 2 x Xmas 5 Days
2001	61	8377 (137)
2002	70	13243 (189) AUS 3 + Xmas 5
2003	68	9630 (142) Xmas 5 Days
2004	77	13724 (178) AUS Ch + Xmas

### STATE CHAMPIONS 2004

The NSW Championships were held near Rylstone ("Ganguddy") on 26 September.

Organiser Geoff Peel

For Newcastle Orienteering Club

Planners Rob Preston

Controllers Paul Prudhoe CC

W-10	Michelle Dawson	GO
W-12	Brianne Stewart	SH
W-14	Kylee Gluskie	TAS
	Emily Prudhoe	CC resident (2)
W-16	Ineka Booth	ACT
	Bronwyn Steele	UR resident (12)
W-18	Vanessa Round	SA
	Jayde Livingstone	SH resident (12)
W-20	Felicity Brown	BN
W21	Jo Allison	ACT
	Tracy Bluett	BN resident (2)
W35	Linda Sesta	UR
W40	Christine Marshall	TAS
	Jo Parr	BF resident (2)
W45	Jan Sargood	UR
W50	Sue Neve	VIC
	Lynn Dabbs	WH resident (3)
W55	Patricia Aspin	NZL
	Judi Hay	BN resident (4)
W60	Jean Baldwin	GS
W65	Bunny Rathbone	NZL
	Janet Morris	WH resident (4)
W70	Anne Stewart	GO
M-10	Matthew Hill	GO
M-12	Todd Never	VIC
	Steven Darvodelsky	BF resident (4)
M-14	Lloyd Barker-Smith	NT
M-16	Morten Neve	VIC
	Liam Parton	GS resident (4)
M-18	Simon Uppill	SA
	Matt Parton	GS resident (12)
M-20	Conrad Elson	TAS
	Adrian White	WH resident (3)
M21	Eric Morris	BN
M35	Jock Davis	BF
M40	Andy Simpson	BF
M45	Mark Darvodelsky	BF
M50	Nick Wilmott	UR
M55	Hugh Moore	ACT

	Terry Bluett	BN resident (3)
M60	Alex Tarr	VIC
	Dick Ogilvie	UR resident (2)
M65	Clive Pope	QLD
	John Hodsdon	SH resident (2)
M70	Ian Hassall	IK
M75	Kevin Paine	ACT
	Mal Stewart	GO resident (2)

Bennelong Trophy (ACTvNSW)  
NSW 39½ d ACT 30½  
On results of NSW and ACT Championships

#### STATE NIGHT CHAMPIONS 2004

The NSW Night Championships were held at Helensburgh ("Gaza Strip and West Bank") on 1 May  
Organiser Vicki Wilmott

for Illawarra Kareelah Orienteers  
Planner Barry Pearce

Controller Keith Jay

W-16	Kim Van Netten	NC
W45	Robyn Pallas	CC
W55	Val Hodsdon	SH
W60	Merran Warlters	SH
W65	Maureen Ogilvie	UR
M21	Shane Trotter	NC
M35	Peter Annetts	GO
M40	Michael Burton	BF
M45	Geoff Todkill	NC
M50	Gordon Wilson	BN
M55	Dave Lotty	UR
M60	Kevin Williams	WH
M65	John Hodsdon	SH
M70	Neil Schafer	GO

#### STATE RELAY CHAMPIONS 2004

The NSW Relay Championships were held at Helensburgh ("Gaza Strip and West Bank") on 2 May. I.

Organiser Ian Froude

For Illawarra Kareelah Orienteers

Planner Barry Pearce

Controller Ken Mills

MW-12 Uringa/Central Coast (Jordan Fuller, Alexander Orr, Ingrid Wilmott)

W13-16 Uringa/Central Coast (Thea Sargood, Tamara Orr, Bronwyn Steele)

W21 Western and Hills (Sheralee Bailey, Marie Ringer, Lynn Dabbs)

W35 Big Foot (Carol Osborne, Jo Parr, Paula Shingler)

W45 Central Coast (Robyn Pallas, Julia Prudhoe, Hilary Wood)

W55 Garingal (Carol Jacobson, Anne Stewart, Margaret Craig)

M17-20 Uringa/ Central Coast (Pat Murphy, Daniel Orr, Adrian Steele)

M21 Big Foot (Jock Davis, Mike Burton, Tracy Bluett)

M35 Big Foot (Nick Wilkinson, Mark Darvodelsky, Andrew Wisniewski)

M45 Bennelong Northside (Terry Bluett, Rod Parkin, Gordon Wilson)

M55 Garingal (Ron Junghans, Ross Barr, Jim Merchant)

#### STATE MTBO CHAMPIONS 2004

The NSW MTBO Championships were held near Oberon ("Black Springs") on 7 November.

Organiser Geoff Charnock

for Mountain Devils MTB Orienteering Club

Planner Phil Ward

W21	Mary Fien	BF
W40	Dympna Baker	MD
W50	Kate Chown	MD
M21	Anthony Darr	BF
M40	Andy Simpson	BF
M50	Paul Haynes	MD
M60	Bill Filson	MD

#### STATE TEAMS 2004

##### Australian Schools Championships

W16+	Sarah Denham	SH
	Jayde Livingstone	SH
	Lauren Stewart	SH
	Kim Van Netten	NC
M16+	Tim Denham	SH
	Sebastian Froude	IK
	Liam Parton	GS
	Matt Parton	GS
W-15	Claire Darvodelsky	BF
	Emily Prudhoe	CC
	Thea Richardson	UR
	Bronwyn Steele	UR
M-15	Lloyd Barker-Smith	NT
	Boahdan Gregory	NT
	Joshua Roberts	NC
	Jamie Van Netten	NC

##### Australian Championships

W21	Tracy Bluett	BF
	Briohny Davey	WR
	Orla Murray	UR
M21	Julian Dent	CC
	Ian Meyer	SH
	Eric Morris	BN
	Peter Preston	NC
	Robert Preston	NC

##### Honour Team

W-10	Nicola Blatchford	NC
	Michele Dawson	GO
W-12	Krystal Livingstone	SH
	Brianne Sewart	SH
W-14	Claire Darvodelsky	GO
	Emily Prudhoe	CC
W-16	Kim Van Netten	NC
W-20	Felicity Brown	BN
	Alice Prudhoe	CC
W35	Karen Blatchford	NC
	Barbara Hill	GO
	Linda Sesta	UR
W40	Lisa Lampe	UR
	Carol Osborne	BF
	Jo Parr	BF
W45	Julia Prudhoe	CC
W50	Lynn Dabbs	WH
	Robyn Pallas	CC
W55	Judi Hay	BN
	Val Hodsdon	SH
W60	Jean Baldwin	GS
W65	Janet Morris	WH
W70	Maureen Ogilvie	UR
	Anne Stewart	GO
M-10	Aidan Dawson	GO
	Daniel Hill	GO
	Matthew Hill	GO
M-12	Steven Darvodelsky	GO
M-14	Lloyd Barker-Smith	NT
M-16	Liam Parton	GS
	Joshua Roberts	NC
M-18	Sebastian Froude	IK
	Matt Parton	NT
M35	Jock Davis	BF
	Mark Freeman	BF
M40	Michael Burton	BF
	Simon George	BF
	Andy Simpson	BF
M45	Ross Coyle	UR
	Alex Davey	WR
	Mark Darvodelsky	BF
M50	Peter Shepherd	IK
	Nick Wilmott	UR
M55	Terry Bluett	BN
	Steve Flick	BN
	Dave Lotty	UR
M60	Dick Ogilvie	UR
M65	Barry Hanlon	WH
	John Hodsdon	SH
M70	Frank Assenza	BN
	Ian Hassall	IK
M75	Neil Schafer	GO

Mal Stewart GO

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**ORIENTEERS OF THE YEAR 2003**

W-10	Michelle Dawson	GO
W-12A	Brianne Stewart	SH
W-14A	Emily Prudhoe	CC
W-16A	Kim Van Netten	NC
W-18A	Jayde Livingstone	SH
W-20A	Kirilee Russell	NC
W21A	Tracy Bluett	BN
W21AS	Nadine O'Dowd	NC
W21B	Naomi Kemp	GS
W35A	Linda Sesta	UR
W35AS	Anne Darvodelsky	BF
W35B	Vanessa Freeman	BF
W40A	Carol Osborne	BF
W45A	Lynn Dabbs	WH
W45AS	Sandra Stewart	SH
W50A	Carol Jacobson	GO
W55A	Judi Hay	BN
W60A	Jean Baldwin	GS
W65A	Maureen Ogilvie	UR
M/Wopen	Ian Warlters	SH
M-10A	Matthew Hill	GO
M-12A	Steven Darvodelsky	BF
M-14A	Jamie Van Netten	NC
M-16A	Sebastian Froude	IK
M-18A	Daniel Orr	CC
M-20A	Adrian White	WH
M21A	Julian Dent	CC
M21AS	Doug Jay	SH
M21AX	Sean O'Dowd	NC
M21B	Osric van Aggelle	BN
M35A	Jock Davis	BF
M35AS	Stephen Darby	GO
M35B	Mike Hanratty	GO
M40A	Andy Simpson	BF
M45A	Mark Darvodelsky	BF
M45AS	Robert Spry	BN
M50A	Rob Prentice	SH
M55A	Dave Lotty	UR
M55AS	Dennis Sparling	GO
M60A	Dick Ogilvie	UR
M65A	John Hodsdon	SH
M70A	Ian Hassall	IK

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**NSW INTERCLUB 2004**

1	Garingal	811
2	Newcastle	637
3	Southern Highlands	611
4	Bennelong Northside	586
5	Uringa	507
6	Big Foot	484
7	Central Coast	414
8	Western and Hills	360
9	Goldseekers	345
10	Illawarra Kareelah	260
11	Northern Tablelands	184
12	Wagga and Riverina	128
13	Mountain Devils	0

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**AUSTRALIAN LONG CHAMPIONSHIPS 2004**

The Australian Long Distance Championships were held near Eugowra NSW ("Seldom Seen") on 2 October.

Organiser Larry Weiss  
For Garingal Orienteers  
Planner Ron Junghans  
Controller Basil Baldwin GS and Eric Andrews QLD

Firsts

W-10	Michelle Dawson	GO
W-12	Brianne Stewart	SH
W-14	Emily Prudhoe	CC
W35	Karen Blatchford	NC
W55	Judi hay	BN
W70	Maureen Ogilvie	UR
M-20	Julian Dent	CC
M70	Ian Hassall	IK

Seconds

W-10	Nicola Blatchford	NC
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W50	Lynn Dabbs	WH
W55	Jitka Kopriva	UR
W65	Janet Morris	GO
M-10	Daniel Hill	GO
M-20	Julian Dent	CC
M35	Jock Davis	BF
M45	Mark Darvodelsky	BF
M55	Terry Bluett	BN
M65	John Hodsdon	SH
M75	Neil Schafer	GO

Thirds

W-12	Krystal Livingstone	SH
W35	Barbara Hill	GO
W60	Carolyn Chalmers	NC
W70	Anne Stewart	GO
M-20	David Meyer	SH
M21	Eric Morris	BN
M35	John Havranek	BF
M45	Ross Coyle	UR
M70	Frank Assenza	BN

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**OFA Shield (overall Points)**

1	NSW	79
2	ACT	46
3	VIC	41

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**Ambassadors Trophy (W21 Teams)**

1	ACT	281-52
2	NSW	295-43
3	WA	300-58

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**Silva Trophy (M21 Teams)**

1	ACT	313-19
2	VIC	333-28
3	NSW	341-12

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**AUSTRALIAN RELAY CHAMPIONSHIPS 2004**

The Australian Relay Championships were held near Reids Flat NSW ("Clonalton") on 3 October.

Organiser Ted Mulherin  
For Western and Hills Orienteers  
Planner Sheralee Bailey  
Controller Gordon Wilson WH

Firsts

W55	NSW (Jean Baldwin, Judi Hay, Val Hodsdon)
M21	NSW (Rob Preston, Eric Morris, Julian Dent)
M35	NSW (Rob Vincent, Mark Freeman, Jock Davis)
M45	NSW (Mark Darvodelsky, Ross Coyle, Nick Wilmott)

Seconds

W-16	NSW (Emily Prudhoe, Bronwyn Steele, Kim Van Netten)
W35	NSW (Barbara Hill, Deborah Cox, Jo Parr)
W45	NSW (Debbie Davey, Lynn Dabbs, Robyn Pallas)
MW-12	NSW (Steven Darvodelsky, Matthew Hill, Brianne Stewart)
M-20	NSW (David Meyer, Daniel Orr, Matt Parton)
M60	NSW (Basil Baldwin, John Hodsdon, Dick Ogilvie)

Thirds

W-20	NSW (Felicity Brown, Jayde Livingstone, Alice Prudhoe)
W21	NSW (Tracy Bluett, Briohny Davey, Orla Murray)
W45	NSW (Julia Prudhoe, Vicki Wilmott, Hilary Wood)
M-16	NSW (Lloyd Barker-Smith, Liam Parton, Jamie Van Netten)

M55 NSW (Terry Bluett, Steve Flick, Dave Lotty)

Xanthorrhoea Trophy (Interstate Pointscore)

1	NSW	34points
2	VIC	19
3	TAS	10

**AUSTRALIAN SCHOOLS CHAMPIONSHIPS 2003**

The Australian Schools Championships were held near Rylstone NSW ("Tarcoola" and "Eastwood") on 28/29 September.

Organiser Colin Price

For Central Coast Orienteers

Planners Julian Dent, Phoebe Dent and Alice Prudhoe

Controller Nick Dent and Arthur Kingsland

Individual

No placings

Individual Teams

No placings

Relays

Third

W-15 NSW (Bronwyn Steele, Thea Richardson, Claire Darvodelsky)

Overall

1	ACT	40 points
	VIC	

6	NSW	25
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Australian Honour Team

M16+	Matt Parton	GS
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**AUSTRALIAN MIDDLE CHAMPIONSHIPS 2004**

The Australian Middle Distance Championships were held near Stanthorpe QLD ("The Cascades") on 16 April

Firsts

M21	Julian Dent	CC
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**AUSTRALIAN SPRINT CHAMPIONSHIPS 2004**

The Australian sprint Championships were held at Orange ("University Campus Orange") on 30 September.

Organiser Jean Baldwin

For Goldseekers Orienteering Club

Planner Mark Freeman

Controller Nick Dent CC

Seconds

M-18	Matt Parton	GS
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M21	Julian Dent	CC
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Thirds

M21	Eric Morris	BN
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**AUSTRALIAN MTBO CHAMPIONSHIPS 2004**

The Australian MTBO Championships were held near Stanthorpe QLD ("Amiens" and "Passchendaele") on 13/14 April.

Middle Distance

No placings

Long Distance

Firsts

W-16	Emily Prudhoe	CC
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M40	James Lithgow	GO
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Seconds

M50	Robert Prentice	SH
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Thirds

W50	Lynn Dabbs	WH
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**AUSTRALIAN TEAMS 2004**

Australian Teams were selected to contest the World Junior Championships in POL in July, World Championships in SWE in September, Test Series v NZL in AUS and NZL in June, September and October and the World MTBO Championships in AUS in October. NSW orienteers in the teams were:

JWOC Team

W-20	Felicity Brown	BN
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M-20	Julian Dent	CC
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	David Meyer	SH
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WOC Team

M21	Eric Morris	BN
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Test Series Teams

W21	Orla Murray	UR
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	Tracy Bluett	BF
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	Briohny Davey	WR
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M21	Ian Meyer	SH
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	Rob Preston	NC
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	Julian Dent	CC
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WMTBOC Team

W21	Mary Fien	BF
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M21	Anthony Darr	BF
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