

Metro League 2016

The Metro League this year expanded to a record 30 teams in five divisions. Division 1 had four teams, Divisions 2-3 six teams, and Divisions 4-5 seven teams each.

It was encouraging to see SHOO and IKO pool their talents across Divisions 2-5, and to field a separate SHOO team in Divn 5.

We were delighted to debut two venues – Mulgoa by WHO and Galston by Garingal. These maps got us back to true Sydney bush and were highly regarded by competitors. The final round was very close across all Divisions – and if not for mispunches some results would have been different.

Divn 1 – Garingal Goannas (Aidan Dawson, Toby Wilson, Steve Ryan, Duncan Currie, Istvan Kertesz, Ross Morrison, Peter Annetts,). **Medal – Andrew Hill (WHO).**

Divn 2 – SHOO-IKO (Doug Jay, David Green, Dean Williamson, Simon Louis, Alex Karavaev, Angus Shedden). **Medal – Doug Jay (SHOO).**

Divn 3 – Bennelong Northside (Alitia Dougall, Chris Cunningham, David McGhee, Peter Hopper, James Southwell). **Medal – Ross Barker (IKO).**

Divn 4 – Garingal Legless (Terence Chiang, Justin Brown, Jonathan Koruga, Angus Leung, Tania Kennedy, Peter Erlandsen, Ian Jessup). **Medal – Ian Jessup (GO).**

Divn 5 – WHO (Janet Morris, Jay Seeho, Steve Holloway, Karen Langan, Nerise McQuillan, Maria Stankova). **Medal – Riley Grainger (GO).**

President's Junior Award 2016

Nomination - Toby Wilson (GO)



At the beginning of the year Toby did some mapping – he contributed to Snow Hills, Sydney Olympic Park Sprint map extension; and did the Ku-ring-gai Wild Flower gardens.

He took on the NSW Coaching Director's role. He attends both Garingal committee and Board meetings to provide a young perspective to both committees.

Helped training the juniors including at the July camp in Dubbo. Whenever Toby attends a camp Jock relies on him to provide coaching and logistical support.

He has vetted/controlled two urban events this year and been involved in varying capacities in a number of other events. Toby is also course setter for the Aust schools relay next year. Toby also gives generously of his knowledge and time at events helping newcomers and encouraging juniors.

At any event or training he is always willing to help and discuss. For example, at his

mum's Garingal event he was seen putting out controls and collecting them at the end and in between coaching newcomers.

Toby has also volunteered to be a coach at the Sydney South West Regional Champs for 2 years in a row. Unfortunately both years were washed out (we don't hold that against him), but it was a long way for him to come and we appreciated it.

Toby's contribution to his club and ONSW has been consistent over many years, earning him the President's Junior Award in 2014.

Nomination – Rebecca George (BF)



Rebecca planned the excellent courses for the NSW Middle Distance Champs at Snows Hill, an area that is a pretty long trip from Sydney. The courses were excellent and went off without a hitch.

Following that she started work on her first mapping project – Turramurra High School, followed by “Twin Creek’ and currently ‘Elanora Heights’.

Rebecca has also assisted at several large school events: setting out controls, coaching the students and bringing in controls. Rebecca has been at a number of Space Races this year and was a big hit due to her pleasant manner with youngsters.

Rebecca also designed the snazzy new NSW Schools Team uniforms that looked great at the recent Australian championships in Queensland.

And, showing even more diversity, she found time to place 3rd in the great Big Foot Anzac bake-off, trailing only experienced bakers Tracy Marsh and Paula Shingler.

A great contribution to both the club and the broader orienteering community.

The winner is... [Rebecca George \(BF\)](#)

Encouragement Award (Cox's Cup) 2016

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



This busy mum in the past 12 months:

- did the admin duties for the Xmas 5-Days in Armidale
- mapped Casuarina (the Steiner school in Coffs Harbour) and conducted events on it for the students
- organised an event for World Orienteering Day at the Botanic Gardens in Coffs Harbour
- planned a number of the Bush n Beach events in 2016
- mentored her son (Oscar, aged 12) to plan an event on the Bush n Beach calendar
- has acted as Secretary for Bush n Beach since its inception and has been the major driving force in the background organising and administration of the club

The biggy, though, was her involvement with this year's QB III event in which she took on the overall organiser's role to:

- liaise and coordinate with many volunteers from Coffs, Armidale, Dorrigo, Grafton, Newcastle, Sydney and even interstate (the planner for the Long Distance event is a member of the Ugly Gully Club in Queensland)
- liaise with the Deep Sea Fishing club to provide an excellent site for the Middle Distance and the venue for meals that night
- liaise with the administration at Coffs Harbour Education Campus (CHEC) to ensure a great site for the Sprint, including managing the change that was necessary when CHEC discovered a clash with their examination timetable
- organise the design and printing of the QB III badges
- generate media coverage resulting in a large number of first-timers participating

When the Bush n Beach Club was still just an idea one of the women who came along to the promotional events said: "If I can do one thing for the new club it will be to get Helen O'Callaghan to be the secretary." Never a truer promise was made.

The winner of the 2016 Cox's Cup Encouragement Award is Helen O'Callaghan from the Bush n Beach club.

Rookie of the Year 2016

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



Our winner, for a nice change, is a junior. Just 15, his improvement has been impressive to say the least. Now a regular at his local regional schools champs, he was invited this year to join the NSW Junior Squad for training camps. Encouraging State League performances in his first year doing hard courses in the M16A class led to selection in the NSW All Schools Team. At the Australian champs in Queensland he showed no nerves as first runner in the junior boys relay team, which was narrowly beaten by NZ – but claimed Australian champion honours in the process.

A delightful young man with a great future in orienteering, he also picked up a third placing in the M16 Australian relay champs.

Rookie of the Year for 2016 is Lachlan Billett (Waggaroos).

Graeme Mitchell Award 2016

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



Although the campus looked simple on paper, the course setter made great use of the various canopy areas, stairways and ramps. There were route choices on nearly every leg - and sometimes the best one was only obvious when studying the map after finishing. The courses featured good technical navigation and also a nice open leg up the hill where contour reading provided handy to limit climb! The setter made great use of the arena in the middle of the map, with long legs across it providing a particular challenge.

Course Setter of the Year is Bruce Meder of Bush n Beach for his Sprint courses at the QB III weekend at Coffs Harbour Education Campus.

NSW Interclub Trophy 2016

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 in 2016 we have a change of ownership.

3	Big Foot	701
2	Garingal	984
1	Newcastle	1130



NSW Club of the Year 2016

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

One of the driving forces of NSW orienteering over the past 50 years. They host more events, have more participations, more major events, more come-and-try it activities, great internal communications and an active and high-functioning executive. Although in general an older a club, they have a growing youth squad and elite group that has won Metro League two years running in the top division. Simply one of the gold standards of our community. A club that does the heavy lifting in NSW, and also entertains us with monthly night orienteering in winter as well as the quirky Goanna event, not to mention weekly training sessions. They deserve regular recognition.

Garingal



President's Award 2016

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



Our winner's service to orienteering is really the complete package: starting as a junior and rising to the dominant elite male in Australian orienteering. He represented Australia for many years at the top level. Always a superb physical presence and great navigator. Even from the early days he was willing to coach those younger than himself and helped many achieve elite status over the years. In addition he has put in many hours of hard work though mapping and course setting from the start and is now one of NSW's premier organisers, setters and mappers. It is a surprise that he has not previously won this award. His influence on NSW and Australian orienteering has been and will continue to be immense.

Rob Vincent (Newcastle)