

Metro League 2018

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

We debuted two maps – Whalan by WHO and William Howe Reserve by SHOO. These were gentler on the navigation side and an excellent way to bring newcomers into Metro League.

Divn 1 – Big Foot (Alastair George, Mark Shingler, Ewan Shingler, Andy Simpson, Andrew Brown, Greg Barbour, Bart Vonhoff). **Medal – Alastair George (BF).**

Divn 2 – Uringa-Central Coast (Michael Warlters, Ant Nolan, Finn Mackay, Paul Prudhoe, Nick Dent, Serje Robidoux, Serena Doyle, Shane Doyle). **Medal – Shane Doyle (UR).**

Divn 3 – Bennelong Northside (Bob Morgan, Julian Ledger, Terry Bluett, Michael Halmy, Simon Nash, Rod Parkin, Peter Thomason). **Medal – John Bulman (GO).**

Divn 4 – Garingal Molochs (Ian Jessup, Rod Eckels, Carolyn Davies, Jim Forbes, Robert Herkes). **Medal – Robert Herkes (GO).**

Divn 5 – WHO (Janet Morris, Karen Langan, Maria Stankova, Nerise McQuillan, Martine Valais, Steve Holloway). **Medal – Melanie Christie (UR).**

President's Junior Award 2018



Our winner this year has some pedigree, and some ability.

He was born into an orienteering family - we suspect with compass in hand! As soon as he was old enough he was competing - rapidly, and with great success, moving up the age classes. Since being old enough he has represented his school and state at Australian Schools Championships - many will remember the 2014 Junior Boys Relay when he, Callum and Duncan came from complete underdogs to winning Gold, much to the surprise and annoyance of the other states. He is also a solid member of NSW Stingers and Big Foot – assisting the

club regain and retain the coveted Metro League Division 1 Trophy in 2017 and 2018. This dedication to his sport, and hard training, meant that this year he was selected to represent Australia at JWOC.

Apart from personal achievement, this young man is a quiet presence at events. Always happy to assist with putting out controls, bring them back in, put up tents, bring them down and put them back up the right way, put out and bring down many kilometres of tape, and man the Junior Catering Stall.

Although just finishing school, he has already started to set courses and help organise events for both his club and Stingers and is planning to do more in the near future. Alastair is an integral part of ONSW and we congratulate him on his achievements so far.

Our winner is **Alastair George (BF).**

Encouragement Award (Cox's Cup) 2018

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

This busy chap has:



- Helped organise, map and promote a highly successful NSW championship weekend on awesome new granite maps
- Served as an ONSW director for many years, ensuring the website and all ONSW communications ran smoothly
- Has for more than 20 years run an annual schools gala day attracting more than 700 students each time – making it easily NSW's biggest annual event
- He has held most committee positions, been club webmaster
- He has controlled and set numerous State League events

The winner of the 2018 Cox's Cup Encouragement Award is Maurice Anker from Northern Tablelands.

Rookie of the Year 2018

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



Our winner started orienteering by trying a summer series event in 2016/17. Engaged by orienteering, she joined the Adult Beginner Course presented by Maggie Jones in February in 2017. Maggie reports that she 'graduated with flying colours' and comments that our winner did particularly well given her only previous experience with a map was at school for her Duke of Edinburgh.

As soon as she could, she tried bush orienteering. She put her toe in the State League waters in 2017, finishing 26th of 28 in W45A. In 2018 she finished 5th of 17 and took out the NSW Sprint Champs in W45A. She won the 2018 Metro League Individual Medal for Division 5, running for the Uringa-Central Coast Kestrels.

Our winner became Uringa's first aid officer soon after joining the club and spent her first NSW Long Distance Champs patching up everyone else rather than running a course. She always takes her responsibilities very seriously!

Rookie of the Year for 2018 is Melanie Christie (Uringa).

Graeme Mitchell Award 2018

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



Our winner, for all his decades of orienteering experience, is a relative newcomer at setting bush courses.

Yet his QBIII Sprint at Rylstone Common drew such high praise that it outscored the winners of this award for the past five years.

And he had some stiff competition, with the outstanding NSW Long and Middle champs at Armidale taking second and third places respectively.

Here is some of the praise for his courses...

“Looks so simple, but every leg challenged.”

“Short, varied, hard!”

“There was enough vegetation to reduce the visibility without really impeding the running nature of a sprint course. The changes in direction added interest and I didn’t feel like I could switch off too much.”

“The Easy course had lots of route choice and change of direction that caught out kids who just blasted around without paying attention.”

“The Very Easy course had a nice progression in difficulty for a beginner. We kids love creek beds, so going up the creek to control 9 was awesome.”

Our winner is **Colin Price (Central Coast)**.

NSW Interclub Trophy 2018

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 2018 the status quo has been maintained.

3	Big Foot	1117
2	Garingal	1539
1	Newcastle	1620

NSW Volunteer of the Year 2018

Awarded for outstanding dedication to orienteering in a volunteer capacity



Our inaugural winners are passionate volunteers who regularly assist at ONSW, club and SOS events.

For ONSW, they readily assist at school regional carnivals, school programs, Space Racing and promotional events. Both regularly donate their rostered days off work and have even been known to take leave to help out. Whether it be driving around Sydney collecting equipment, running a start for hundreds of eager but inexperienced students, sorting a zillion p-Cards, coaching beginners, running the results computer, course marshalling or putting out or collecting controls, they get through a mountain of tasks and do it with a smile on their face - and they do it enormously well.

The SOS events in particular are a weekly commitment. Our winners are always among the first to arrive putting controls out and setting up as well as last to leave after collecting controls at the day's end. Always cheerful and always helpful, their skills and experience are highly valued.

For Garingal, they assist at events in many ways. This year they have organised an ultra-sprint but also volunteered to assist putting controls out, collecting controls, beginner coaching and much, much more.

Something special about this couple is that not only do they regularly volunteer as part of rosters or pleas for assistance - they foresee a need and offer to assist even before a request is made.

They are worthy winners. They are excellent representatives of orienteering: always cheerful, always helpful and always thoughtful.

Elizabeth and John Bulman (Garingal)

NSW Club of the Year 2018

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



In association with Bold Horizons our winners have supported the growth of orienteering in the Hills District through 2018. A 12-week program of events was introduced to the Hills District in 2018 and proved very successful at attracting newcomers to the sport and their club. The weekly help with events that their members provided created a welcome introduction to the club for locals. The club supported the series through:

- * A roster of club members who welcomed and provided introductory coaching;
- * Importantly they also followed up newcomers in subsequent weeks and provided encouragement whilst personally welcoming them to the orienteering community;
- * Assisting with setting out and collecting controls; and
- * The provision of maps (even remapping areas and developing new maps).

As measured by memberships, the club's efforts were successful with membership growing across winter 2018.

The club also plays a key role in supporting the Sydney West Schools Regional championships. This event grew to record student numbers this year with 900 students participating across the 3 days. The club was also closely involved through the provision of their ever-popular Fred Caterson Reserve map, course setting services, volunteers on the day and equipment for the conduct of the event.

As the club has grown, it has seen the mix of members also change with an influx of inexperienced, young members and families. To their credit, the club has embraced these new members and welcomed them into the fold. Club members have made an effort to personally get to know new members, provided club clothing, invested in new club kit and encouraged greater involvement in club activities. For example, regulars have readily given up their own ML runs in favour of introducing newcomers to the inter-club races.

In addition to newcomer coaching, more experienced members have also readily stepped in to guide newer members as their skills have developed. The club now has a number of juniors breaking into representative levels thanks to the encouragement and ongoing coaching provided by members.

Looking to the future, the club has also invested in the Wyangala Dam map as well as developing skills amongst members for course setting and organising major events. We are confident that they will deliver a first-class NSW Championships in May 2019.

WHO

President's Award 2018

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



Our winner is one of Australia's original orienteers and still very active after starting as a junior in Victoria around 1970. He progressed quickly and in the 1970s was one of Australia's most promising juniors.

Unfortunately, he lessened his elite activity as a senior but has maintained a competitive interest over nearly half a century. However, he is not being awarded this prize for longevity.

He is the unassuming volunteer behind the administration of orienteering in NSW. He has worked countless hours unpaid on orienteering over the past 30 years including controlling major carnivals, mapping, negotiating landowner access and creating the framework of technical systems that ensures the quality of our events.

He is our technical guru and leader of the controllers' workshops that maintain standards for us all to enjoy. His remit includes ensuring appropriate course challenges for us all, with safety paramount.

Largely unseen, he is rarely recognised for his efforts but hugely influential and hardworking a worthy and overdue recipient.

Andrew Lumsden (Big Foot)