



2013 CARBINES REPORT

TRAINING AND MAJOR ACHIEVEMENTS DURING 2013

The NSW Juniors have once again been under the guidance of Nick Dent as coach and Karen Blatchford as Manager.

We had a very successful training camp in Canberra during the Easter holiday break, using the opportunity to become familiar with ACT terrain in preparation for the Australian Schools Champs to be held in September. We invited ACT juniors to join us at the activities which not only enables new friendships to develop but provides extra competition for our juniors.

We have been trying to cement the link between the juniors, the junior elites and the senior elites and hence it was terrific to have assistance at the camp from notable elites, Dave Meyer, Matt Parton, Lizzie Ingham, Shannon Jones, Lachy Dow and Rob Walter. Lizzie Ingham and Shannon Jones give a most worthwhile talk about sprint orienteering, and Rob Walter spoke about his achievements and orienteering opportunities overseas. It's so important that our juniors become familiar with the elites and their achievements and that we use the wealth of knowledge and experience that is so readily available in Australia.

AUSTRALIAN CHAMPS AND SCHOOLS CHAMPS

2013 saw NSW once again able to send a full team to the **Australian Championships in the ACT**. This has been an ambition of ours and we are ecstatic that we have been able to do so for the last three years, and much of our thanks goes to the Carbine Club for their continued financial support of our group of young athletes.

The team consisted of the following juniors and seniors

JUNIOR BOYS:

Duncan Currie, Callum Davis, Alastair George, Hugh Gingell, Alex Kennedy.

JUNIOR GIRLS:

Melissa Annetts, Georgia Jones, Rebecca Kennedy

SENIOR BOYS:

Scott Charlton, Aidan Dawson, Daniel Hill, Lawrence Jones, Toby Wilson

SENIOR GIRLS:

Nicola Blatchford, Kate Kennedy, Amylee Robertson, Samantha Wallace

Hopefully with the enthusiasm we can see in this group at present, these are names we will be seeing in orienteering competitions for many years to come

The team went into camp on Friday 27th September, accommodated at the Carotel Motel/Caravan Park with all other States and the New Zealand Schools team.

The Carnival consisted of the Australian Sprint, Middle and Long Distance champs, and of course the Australian Schools Champs Carnival.

Notable results (top 15) from our NSW juniors in the Australian Champs Age classes include:

Aust Sprint	Aust Middle	Aust Long
M20 Aidan 11 th		M20 Aidan 12 th
W20 Nicola 13 th	W20 Nicola 8 th	W20 Nicola 9 th
M14 Duncan 7 th Callum 10 th	M14 Alastair 7 th Callum 8 th Duncan 11 th	M14 Alastair 6 th Duncan 11 th
M16 Daniel 7 th Toby 8 th Scott 12 th	M16 Daniel 1 st Toby 6 th	M16 Daniel 7 th Toby 11 th Scott 15 th
W14 Rebecca 13 th		
W16 Georgia 7 th	W16 Georgia 11 th Melissa 14 th	W16 Georgia 4 th

SENIOR GIRLS:





2013 CARBINES REPORT

SENIOR BOYS



The most exciting part of the Carnival for our team was the Australian Schools Champs, consisting of an individual run and then a State relay competition the following day. Of course we were not only competing against

Australia's best juniors, but also New Zealand stars. Overall the team did fantastic.

Performances in the individual races included:

Aidan 6th overall, 3rd Aussie in Senior boys; creditable performances by all with not much time between Daniel, Lawrence and Toby. NSW Senior boys placed second in the team aggregate.

Nicola 3rd overall and 2nd Aussie in Senior girls; solid and somewhat rewarding performances by the other girls Amylee, Sam and Kate.

Alastair started off flying in the junior boys but all ended up having some navigational challenges during the course. Reserve Hugh with the quickest time and all keen to make amends tomorrow.

Georgia 6th overall and 5th Aussie in the junior girls; close times between Kate and Melissa

THE RELAYS are always a particularly exciting part of the carnival. All team members were very excited leading into the event. To have a mass start with a runner from each State team and NZ and have the runners visible at various times during the course made for some terrific spectating.

Most notable performances came from our Senior Boys, ending up with the Silver medal, second Australian team with three solid performances from Aidan, Toby and Daniel.

Nicola ended up finishing the Senior girls first leg in 3rd position however a few navigational difficulties for the other runners prevented the team from maintaining that position.

The Junior girls finished a creditable 4th Australian team, just out of the medals but with promising performances from all three girls.

JUNIOR GIRLS





2013 CARBINES REPORT JUNIOR BOYS

Australian Honour Team:

Following the performances of all juniors at the Schools Individual and Relay events Orienteering Australia announces an Honour Team, composed of the top four performers in Junior and Senior boys and girls.

NSW have 2 of our team members in the 2013 National School Honour Team:

Aidan Dawson (Senior boy)
and Nicola Blatchford (Senior Girl)



XMAS Training Camp

The NSW Juniors finalised a terrific year with a Xmas Camp, held in the Hunter region last weekend. We focused on welcoming newcomers to the squad and farewelling juniors as they reach the age of 20 yrs. We did some sprint and bush training and had a fantastic time together.

A HUGE THANKYOU

The NSW training squad, Coaches, Managers, and family members would sincerely like to thank the Carbine Club for their ongoing support of our athletes and the sport in general. We have worked hard to build the profile of the NSW team over the past few years and team morale has never been higher. With your assistance we have become one of the more solid performing and active





2013 CARBINES REPORT

State Teams and the future is certainly promising with increasing numbers and improvements in our quality training and performances. We look forward to continuing with this progress and would not be where we are now without you.

Your support is sincerely appreciated by all.



kindest Regards

Coach: Nick Dent

Manager: Karen Blatchford

All juniors and family members and support people associated with the team.