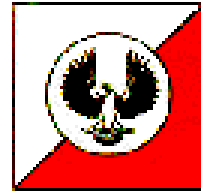


# ORIENTEERING ASSOCIATION OF SOUTH AUSTRALIA INC.



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## 2006 ANNUAL REPORT

### SPONSORSHIP AND SUPPORT

SA Office for Recreation and Sport	<i>Statewide Enhancement Program Stream 1 Statewide Enhancement Program Stream 2 SASI Talent Scholarships SASI High Performance Scholarships Active Club Program Grants</i>
SA Secondary Schools Sports Association SA Primary Schools Sports Association	<i>SA Schools Orienteering Championship</i>
Joggers World	<i>Summer Series 2006-2007</i>
Southern Orienteering Supplies, Paddy Pallin	<i>Summer Series 2006-2007</i>
Snap Printing (Hilton)	<i>Printing design and supplies</i>
Bicycle Express (Brighton), Lifecycle Bicycles (Norwood), Paddy Pallin, Ultimax Socks	<i>MTBO</i>

## ORIENTEERING ASSOCIATION OF SOUTH AUSTRALIA INC 2006 COUNCIL

The Council, comprising the Management Committee and Club Delegates listed below, met on the third Monday of even numbered months to oversee the development and conduct of orienteering in South Australia. The Management Committee met in the odd numbered months.

### Management Committee

President	Gerry Velaitis
Secretary	Jennie Bourne & Michelle Chamalaun
Treasurer	Jennie Bourne
Assistant Secretary	Michelle Chamalaun
Technical Officers	Jenny Casanova (Mapping Coordinator Adrian Uppill)
Coaching Coordinator	Adrian Craig, Susanne Casanova
Schools Coordinator	David Tilbrook
Newsletter Editor	Michael Round
Publicity and Promotion Officer	Maarten Nieuwenhoven & Heinz Leuenberger
MTBO Coordinator	Steve Sullivan
Government Grants Coordinator	Robin Uppill

### Club Delegates

Lincoln Orienteers	John Lyon
Onkaparinga Hills Orienteering Club	John Such and Jenny Hembrow
Saltbush Orienteers	Ken Thompson
Southeast Orienteers	
Tintookies Orienteers	Ken Thompson and Barry Wheeler
Top End Orienteers	Jennie Bourne
Tjuringa Orienteers	Tyson Hillyard and Chris Davill
Wallinga Orienteers	Jenny Casanova and Peter Kreminski/Frank Tomas
Yalanga Orienteers	Doug Fotheringham

## 2006 MEMBERSHIP STATISTICS

Club	2006 m/ships	2006 people reg'd	2006 Family	2006 Senior	2006 Junior	2006 School***	cf. 2005 m/ships
LI	19	48	14 (1+13R*)	5 (1+4R)	0	0	28
OH	40	96	25 (22+3C**)	11 (9+2C)	3	1	40
SB	27	78	20 (2+18R)	7 (7R)	0	0	29
SE	5	9	2 (2R)	3 (3R)	0	0	7
TE	35	81	19 (5+14R)	16 (5+11R)	0	0	41
TJ	25	44	11	10 (9+1C)	1	3	27
TT	43	96	20 (19+1C)	19 (16+3C)	2	2	47
WA	17	27	5	10 (9+1C)	1	1	18
YA	26	56	14 (13+1C)	8	2	2	24
<b>2006</b>	<b>237</b>	<b>535</b>	<b>130 (83+47R)</b>	<b>89 (64+25R)</b>	<b>9</b>	<b>9</b>	
<b>cf. 2005</b>	<b>261</b>	<b>630</b>	<b>155 (105+50R)</b>	<b>92 (60+32R)</b>	<b>6</b>	<b>8</b>	<b>261</b>

\* R is remote membership- counted as fraction of whole membership by OA

\*\* P is pensioner/concession which counts as Senior for OA

\*\*\* School not counted for membership nos and no assessment of no of people registered

Summary: 2006 OASA membership

83 F + 64 S + 9 J =156 memberships

47 RF + 25 RS = 72 remote memberships

plus 9 Schools

## PRESIDENT'S REPORT

### *Highlights for 2006*

The key highlight for all Australian Orienteers would surely have been Australia's first ever Gold medals at the Junior World Orienteering Championships (JWOC) in Lithuania, for classic distance in July, and at the World Orienteering Championships (WOC) Sprint event in Denmark in August. Hanny Allston of Tasmania capped off a number of other world firsts with her wins, : namely first non-European to win a JWOC event, and the first ever competitor to simultaneously hold Junior and Senior World titles. (and Hanny also collected a Silver medal at the JWOC sprint event) Truly an inspiring performance, which made headlines in Europe ( while barely rating a mention in the Australian media). A number of our own OASA members were competing overseas at the time and were fortunate to witness these outstanding achievements.

Among our own members, both Simon Uppill and Vanessa Round are currently Australia's top juniors, in Mens & Womens 17-20 Elite classes, and lead their fields by significant margins. These top rankings are the result of outstanding talent and hard work and discipline, demonstrated on a consistent basis in Australian (and overseas) competition throughout 2006. At the Senior Elite level, Kerrin Rattray was chosen in Australia's team to compete at WOC and other international events. Susanne Casanova also finished 2006 with a ranking in the top 10 of the W 21 Elite class. These representatives bring credit to OASA, and to their coaches, managers and colleagues, by their outstanding performances, and by the way they have conducted themselves as ambassadors of our region.

The program of events held in 2006 included all the club run events over the winter program, both foot Orienteering and Mountain Bike Orienteering. We are struggling to build numbers of participants for the latter discipline, limited in part by the availability of areas to present new challenges. However MTBO continues to be enthusiastically coordinated by Steve Sullivan.

Wonderful weekends of Orienteering were held at BriGlen north of Burra in April by WA and YA, Flinders Ranges on the June long weekend by OH, TT and SB, and on the Wirrabara maps in July by OH and TT. In August, TT also hosted an excellent State Championships on the new Ngaralta Country map near Monarto. The State Relays Championships were also highly successful, and universally praised, being planned and run by the Southern Arrows as a fund-raising and team-building exercise.

The Summer Series continues to grow, under the co-ordination of Ken Thompson for 2006-07. Events were organised on behalf of OASA by the juniors with much appreciated support where necessary from event coordinators Barry Wheeler, Adrian and Robin Uppill. They have delivered excellent and professionally presented events supporting the dual aims of using these events for the purpose of a run and social gathering for the regulars and a promotional series for newcomers. Heather Lee kept the juniors efforts on track by arranging and constantly updating the roster to provide full coverage while sharing the workload.

A large number of newcomers and less regular orienteers attend the Summer Series events, and to maintain and increase the membership, some of these need to be converted into new members. As membership is at the club level, the clubs need to contribute by following up newcomers and using their own street-park events as promotional activities, in order to build up their own membership base. Maintaining and increasing membership needs to be a joint effort between OASA and the clubs.

A significant contribution to the future success of the Summer Series (and for other street-park events) has been the completion of the Torrens Mapping project by Ken Thompson and Andrew Slattery, being the updating and linking of various maps along the Torrens Valley from Hackney to Highbury, into one unified whole, enabling much greater variety of courses, and higher quality events, than was ever possible in the past.

### **Office for Recreation and Sport**

OASA continues to receive significant funding from the Office for Recreation and Sport (ORS), and we have guaranteed funding of \$30,000 per year until the 2006-07 financial year as the last year in a three year funding cycle of the StEP Stream 1 Grants. Reporting for the second year of 2005-06 was submitted in September 2006. We also received funding of \$5700 for the purchase of IT equipment including SI (timing) units, with first use to support the Australian Easter Three Day Carnival .

Without the ORS funding, many of the programs undertaken (refer to the financial report) would not be possible. In particular, subsidies contribute to team travel (schools and NOL), coaching activities, advertising by OASA, and school and other development activities including production of school and other maps.

### **Policies**

OASA has developed and continues to maintain a number of policies. Although these are part of the requirements to receive the funding from the Office of Recreation and Sport, they are also considered necessary by management for the running of the sport in South Australia. These include Safety Policy and Guidelines (incorporates Hot Weather Policy), adoption of the Orienteering Australia (OA) Anti-Doping Policy, and the OA and State Government Member Protection Policy (MPP). Early in 2006, OASA created the position of Member Protection Information Officer as part of its on-going commitment to this area, with thanks to Bec Hatcher for taking on this role.

### **Land Access**

Orienteering continues to be pressured with respect to land access, particularly in the Adelaide Hills, where ForestrySA and the Department of Environment and Heritage are the land owners of many of our areas. For consistency of approach, it is essential that dealings with such bodies be initiated at the OASA level to determine access conditions for the clubs and other groups (e.g. coaching activities). We are then able to demonstrate that we have a consistent set of policies being used by all clubs (e.g. safety, environmental). Then, if issues are raised with event organisers that change previous conditions affecting mapped areas, they should be brought to the attention of OASA management to follow-up. OASA are currently working with DEH and Forestry SA on policies for Orienteering, and also respond to management plans for specific areas. Recent management plans reviewed by OASA include Anstey Hill, Redbanks, Sturt Gorge and Shepherds Hill.

### **National Level**

Two years ago, Orienteering Australia (OA) had its funding removed from the Australian Sports Commission for development activities, although funding for high performance and elite activities was retained. In order to make up some of the funding shortfall, new State-body registration fees have recently been introduced by OA, as well as a participation levy for all publicly advertised events commencing in 2007.

OA also has a number of committees, and now that OA has reduced its paid officers (as an outcome of reduced funding), these committees are taking a more active role. From OASA, Robin Uppill chairs OA's IT committee. OASA is also well represented on the OA Board, via Ben Rattray as OA's Director of Development, and via Robin Uppill as Director Special Projects.

OASA was represented at national level meetings with Jenny Casanova and myself attending the AGM, and Tyson Hillyard and myself the Annual Conference in December. Robin Uppill also attended these and other meetings, as Board and Committee member of OA.

South Australians continued to participate in national events with many individuals competing at the Australian Three Days in the Castlemaine area, and the Australian Championships in Western Australia.

The schools team competed in the Australian Schools Championships in Western Australia (jointly managed by Heather Lee and Bec Hatcher, assisted by coach John Nieuwenhoven). Heather Lee deserves particular praise for her energy and enthusiasm in co-ordinating fundraising activities throughout 2006, which were a major factor in defraying the higher-than-usual costs of flying the schools team to WA and meeting other travel expenses. I also extend my personal appreciation for the professionalism and leadership shown by Managers Heather and Bec, as I noted while observing their team in action in WA.

The National Orienteering League (NOL) now includes junior and senior divisions, and we had representatives from the Southern Arrows at all NOL events, although not always a full team, due to financial or study constraints. Particular thanks must go to Tyson Hillyard as manager, and to Susanne Casanova as coach, for continuing to develop the Southern Arrows team, not only as a competitive force, but also as an enthusiastic and committed group of young people representing our region with great team spirit.

In 2007 the Australian Three Day carnival will be held in South Australia with events based around Burra for the Easter weekend, with the Australian Middle Distance Championships and a badge event to be held the following weekend in the Mount Lofty Ranges. Planning for this is well underway under the leadership of Jenny Casanova, and oversight from Robin Uppill as overall event controller. It is noteworthy that two of the events in this carnival will have International ranking status for elite Orienteers.

### ***OASA Management***

For all of 2006, OASA was unable to fill the key role of Secretary.

In many ways this is symptomatic of an organisation that is stretching its volunteers to the limit, by attempting to provide an ever-widening range of services to its members, while at the same time meeting increasing requests for information and statistics and reports from its parent body and from its funding agencies.

While the business of OASA is primarily the oversight of Orienteering in our region, as both a sport and recreation, the burden of compliance is significant, and is a real barrier to attracting volunteers to senior positions, such as Secretary. Such a key position, when vacant, necessarily increases the burden on remaining office bearers. So it is with particular gratitude that I thank Treasurer Jennie Bourne, immediate Past President Robin Uppill and Minutes Secretary Michelle Chamalaun for their pro-active co-operation in seamlessly plugging the gaps and taking on and sharing the workload of our missing Secretary during the whole of last year.

Fortunately, a few weeks ago, Ken Thompson volunteered to fill the position of Secretary, so 2007 should be a more manageable year in that regard.

OASA has been led during the past year by the following management group –

Treasurer: Jennie Bourne

Secretary: various persons, as described above

Minutes Secretary: Michelle Chamalaun

Technical Officers: Jenny Casanova (Mapping coordinator - Adrian Uppill)

Schools Coordinator: David Tilbrook

Member Protection Information Officer: Bec Hatcher

Coaching and Training Coordinators: Susanne Casanova and Adrian Craig

Editor *SA Orienteer*: Mike Round

Publicity and Promotion: Maarten Nieuwenhoven and Heinz Leuenberger

MTBO Coordinator: Steve Sullivan

Easter 2007 Coordinator: Jenny Casanova

Government Grants Coordinator: Robin Uppill

I thank the above management team for their efforts in 2006, and to club delegates for attending the OASA Council meetings. The role of club delegates is essential in reporting back to clubs on OASA activities and bringing feedback to OASA in response to items raised.

I also record my personal appreciation of Robin Uppill's assistance, via consultation and advice, which helped me climb the learning curve in this Presidential role. Robin's many years on the OASA Management Committee, including three years experience as immediate past President, and current management roles within OASA and OA, have created a wealth of knowledge and wisdom that I appreciate being able to draw upon in my role. It is fitting that the contributions of both Robin and Adrian Uppill were recognised last November via presentation of OASA's annual John Hall Memorial Service Award.

### ***Other Activities***

Much of this is covered in other reports, however I would like in particular to thank

- Contribution of John and Jeffa Lyon in developing the Talent Identification program, including the Year 7/8 camp accommodated on their property.
- Garry Harris for maintaining the OSA web site
- Phil Davill for membership data and distribution of "ad hoc" email news and information items.
- John Williams for publicising results in the media
- Peter Clark for the OY results
- The state selectors in 2006 of Lachlan Hallett, Claire Davill and Peter Clark

### ***Looking back, and looking ahead***

As I look back over my first year as OASA President, I see a year of significant achievements, and of consolidation, as we move relentlessly towards the National Easter 3-Day carnival this April, hosted by our region, being the major event on our 2007 Calendar. This event will utilise and focus the talents of a great number of OASA members, who will be helping in some way or other to ensure overall success.

Following Easter, the major focus of OASA will return to the long-standing goals of increasing our membership, retaining existing members and their skills, looking after and expanding our pool of volunteers, reducing individual workloads to avoid burnout, operating within our financial limits, and all the while aiming to provide relevant and effective services to Orienteers of all ages, whether casual or committed, whether active members of our organisation or interested participants from the general public.

And finally, I must also thank the members of my family, Pat and Nadia, for their help, for their patience and perseverance, whenever Presidential responsibilities have taken up too much of my time.

**Gerry Velaitis, President**

## **TREASURER'S REPORT**

Jennie Bourne delivers her report to Bob Smith at Snap Printing for inclusion in final report

## TECHNICAL REPORT

During 2006, the position of Technical Officer was held by Jenny Casanova, with Adrian Uppill as Mapping Coordinator, and supported by invaluable advice from Robin Uppill.

The course planning workshop held Sunday February 5th was very successful with 28 attendees from all metropolitan clubs, and a huge amount of material covered. Thanks to all speakers and participants. Some of the information has not yet found its way to the OASA website due to the Technical Officer's other commitments.

The Level 2 Controllers' workshop on Saturday May 27th was attended by about a dozen level 1 and 2 Controllers. Thanks to Robin and Adrian Uppill for their assistance. Unfortunately the accreditation forms were mislaid at the Orienteering Australia level, and have only recently been submitted to ASC.

Controllers for 2006 were:

John Lyon - Club Relays, Gravel Pit, June 4th

Peter Clark - Badge event, Gumeracha Goldfields, September 17<sup>th</sup>

Adrian Uppill - Sprint Championships, Wadmore Park, Feb 24<sup>th</sup>

Gil Hollamby - SA Middle Distance championships, Wilpena Spurs, June 12<sup>th</sup>

Rob Hillyard - Badge event, Mannawarra, June 11<sup>th</sup>

Peter Mayer - SA Long Distance championships, Ngaralta Country, August 6<sup>th</sup>

David Tilbrook - SA Schools Championships, Shepherds Hill, August 14<sup>th</sup>

Thanks go to all these people for their efforts. Controllers are reminded that their reports should be submitted to the technical officer, so that future organisers, planners and controllers can learn from past events.

Adrian Uppill has collated a list of all maps where clubs are currently experiencing issues with land access. Orienteering access to public forests is becoming an issue in other states also; a separate task force was mooted at the OA AGM but does not appear to have eventuated.

Most clubs have now obtained OCAD 9 and workshops are being held to familiarize people with it. All course planners for the Easter 2007 carnival are using OCAD 9.

The major events schedule produced by OA allocates the Australian Championships carnival to SA in 2010. From 2008 onwards, all Australian Championships – Long, Middle Sprint and Relay are to be held in the same week, and the requirement to be a member of a club in order to run a National Championships has been removed. All OASA members are encouraged to consider suitable areas, as we will need to come up with a venue, and potential maps, by the end of 2007.

### ***Changes to Orienteering Australia Rules as of January 2007***

Orienteering Australia has released the 2007 versions of the Competition Rules and National Orienteering League Guidelines. Both of these can be downloaded as PDF documents from the Orienteering Australia website [www.orienteeing.asn.au](http://www.orienteeing.asn.au)

The major changes to the rules involve a substantial reduction in the number of age classes recommended for State Long Distance Championships and Badge Events. It is suggested that for these we have 10-year age groups above M/W 35, only about four AS classes, all senior, and the only B classes offered would be Junior and Open. At the Australian Championships and Easter 3-Day, senior age classes will still stay at 5-year intervals, but there will be a reduced number of AS and B classes on offer.

Bear in mind that the reduction in age classes is not compulsory at state level; more than the minimum number of classes can be offered if there is demand. A Short and B classes seem to be more popular in SA than they are in other states, and SA has already expressed an opinion that the reductions are a bit drastic. Having said this, at a lot of events there are only 2-3 entrants in many age classes, and it might be more fun for them to run against a couple of extra people, and mean a bit less work for the organisers.

Adrian Uppill has produced a table of course-class relationships with appropriate distances for recommended winning times, which, having been made available to all clubs, will now require further changes due to the change to age-class groupings as recommended by OA regulations. In particular, Orienteer of the Year events are likely to fall in with 10-year senior age groupings.

**Jenny Casanova**, Technical Officer

## **PUBLICITY AND PROMOTIONS REPORT**

2006/7 has seen some significant events and signs of promise for the future. However we must be vigilant as some clubs have low membership numbers. This has an exponential effect in that; the remaining members need to follow up any leads for potential members and work harder to hold their existing members – not an easy task with low numbers. This has brought about the suggestion of mergers for the smaller clubs. No firm proposal has been put forward as yet. It is disappointing to see that there are not enough juniors to come up through the ranks.

Gerry Velaitis went to the brief development conference in Western Australia last year and brought back some suggestions for improvement. A broader development conference is being held in Canberra in May, organised by Ben Rattray, this should be of benefit if we adopt the ideas and changes suggested for improvement. We can also find out what works for other states and adapt them to suit our needs. Ben Rattray has also compiled the current resources from other states on the OA website for all to use as required. Much has been said of late about the fact that we are a minority sport and can endeavour to improve the image but not to expect overnight changes.

National Orienteering day was held in May last year and advertising was tried. The day was hampered with threatening thunderstorms, keeping attendance down. This Year National Orienteering day will be on May 6<sup>th</sup> and everybody is encouraged to bring friends, family or workmates I believe this is the most effective advertising of all.

We have recently had great exposure at Wayville showgrounds with the Caravan and Camping & Outdoor Adventure Show. We were invited to set up a display and run a small 'come and try it' course. Exhibitors normally pay a premium for space and tent hire but ours was provided free. 5000 maps were printed for the CATI course and I believe on the weekend business was hectic. Overall a great success and hopefully will attract many new participants. Many thanks to the volunteers setting up, and manning the stall for the duration.

Another achievement was the exposure of orienteering on channel 9 'Postcards SA'. A segment was filmed at Mt Crawford recently featuring a number of young orienteers and a much older one. This will go to air in March and hopefully will feature a plug for the Easter carnival.

I would like to thank Heinz Leuenberger for his assistance – unfortunately Heinz was heavily involved with study and work and could not contribute as much as he would have preferred.

**Maarten Nieuwenhoven (& Heinz Leuenberger)**, Publicity and Promotions Coordinators

## **COACHING REPORT**

### ***Joint Coaching Coordinators***

In 2006, OASA had two coaching Coordinators; Susanne Casanova and Adrian Craig. This allowed a greater degree of effort in the coordination and conduct of coaching and training within OASA.



### ***Squad and Team Coaches***

Susanne Casanova was the coach of the Southern Arrows, John Nieuwenhoven the coach of the Junior Squad and Schools Team and Adrian Craig the coach of the Sub-junior Group.

Qualified coaches and others from the Southern Arrows assisted in the coaching of the Junior Squad.

### ***Junior Squad and Schools Team Training***

Fitness training was conducted during the year on Tuesday (and Thursday in Third Term) nights and this was reflected in results through out the year.

Technical training was conducted in the period May to September on Friday nights.

Training for the squad and team was conducted regularly before the Australian Schools Championships and in 2006 the SA Schools Teams performed better than in recent years.

A Junior Camp was conducted near Burra in July with Southern Arrows coaches assisting.

A successful training day for juniors and sub-juniors was conducted in the last week of the Summer school holidays. It is hoped to make this an annual event.

### ***Establishment of a Coaching and Training Pool of Equipment***

During the year a pool of equipment was purchased and donated by clubs. Coaching and Training can now conduct most of its activities without borrowing from clubs.

### ***OASA Training Days***

During the year a number of training days (two in February, one in June and one in November 2006 and three in February 2007) were conducted around Adelaide with coaches from most clubs assisting. Attendance was below desired unfortunately.

### ***Wednesday Afternoon Training***

In addition to the 13 events (essentially one every four weeks) programmed for 2006 another three were conducted. Most of those who regularly attended the training did well during the various championships.

In 2007 the tempo will increase from one every four weeks before significant championships and carnivals.

### ***Women's Coaching Weekend***

A successful weekend was conducted during 2006 and another is in the 2007 Program

### ***Duty Coach System and Training After Events***

The duty coach system operated on a number of Sunday events. Those who used it benefited and orienteers are encouraged to use it in the future.

A number of training sessions after Sunday events were conducted in 2006 with again attendance disappointing. More of this training will be conducted in 2007.

### ***Statistics – Participation in Training Events 2006***

A total of 380 orienteers some multiple times participated in OASA organised training events in 2006 (excluding Tuesday night fitness training and after Sunday event training).

**Adrian Craig/Susanne Casanova, Coaching Coordinators**

## **SCHOOLS REPORT**

In 2006, as in previous years, the main activity was with Primary Schools, typically with teachers who follow up the information page in the Sports Shorts Magazine: the publication of the Office of Recreation and Sport which is distributed to all South Australian School sites. About 20 such visits were made across both public and private schools in the Metropolitan area. In general, these days begin with a session where all students are introduced to the sport, often including a video. Then on a class basis there is a practical session involving a warm up activity followed by short courses around their school yard using a basic B/W map: usually 4 courses are offered with each consisting of 4 controls. The children invariably really enjoy this 45 minute lesson and I encourage teachers to follow up with experiences on coloured Park maps or to attend the Programmed Schools "Warm Up" events. This sometimes does happen but more often than not the difficulties seem to outweigh the benefits.

One notable success was with Paringa Park Primary School. After an initial visit to talk with a teacher, a day visit took place (as described above). A fortnight later, using a shuttle bus, four classes spent an hour doing simple courses in the Park Area, south of the Oaklands Park Road Safety Centre. Some weeks later the class of the key teacher came to a "Warm Up" Event at O'Halloran Hill, with students being brought by parents in private cars. Children and parents enthusiastically did courses and some continued on to participate quite creditably in the Schools Championships.

I did not work with any Secondary Schools in 2006 but visited several schools to discuss mapping proposals. I again did a session at the annual A.C.H.P.E.R. Conference at Westminster School during April and in partnership with Adrian Uppill, we conducted four, 2 hour sessions for trainee teachers at Flinders Uni. in October. Earlier in the year I had done three similar sessions at the Uni of SA, Mawson Lakes Campus.

The Mid-Week Events, low key events for schools leading up to the Schools Championships and Relays were provided by Jeffa Lyon, Adrian Craig/John Such and I. It is a shame that not more students do not have the opportunity to run on coloured maps before attempting the two major events. Nevertheless both the Championships run by Wallaringa at Shepherd's Hill Reserve, and the Relays run at Athlestone were most successful events. Thanks once again to Jeffa Lyon for again organising the Relays. For the second year in a row, the Perpetual Shields were distributed to 6 different schools!

Finally, thanks to all those who have assisted in any way during the last twelve months. In addition to those are named above, special thanks to Barry Wheeler and John Lyon who assisted with A.C.H.P.E.R. Sporting Expos during Physical Education Week in November.

**David Tilbrook**, Schools Coordinator

## **MOUNTAIN BIKE ORIENTEERING REPORT**

In 2006, a total of five MTBO events were held in Kuitpo and Mt Crawford Forest areas. In addition, one training event was held at Mylor which introduced several new competitors to MTBO.

The Paddy Pallin Bike Challenge MTBO was held over two days in the Kuitpo Forest with the team of Bruce Greenhalgh and Scott Bradley winning the event after 7 hours and 127km of competition by one control.

The SA State Championships were organised by Yalanga Orienteers on an updated map produced by Andrew Slattery. Unfortunately the event was cancelled due to total fire ban which denied access to the Forestry SA land and an alternative date was not possible due to on going hot weather.

Three South Australians traveled to Western Australia in October and competed in the Australian Sprint, Middle and Long Distance MTBO Championships. The weekend was very successful for this small group, returning home with the following results:

Brett Merchant (TJ) (Mens Open B): 2nd Middle, 2nd Long  
Lee Merchant (TJ) (M50) 2nd Sprint, 2nd Middle, 2nd Long

The MTBO program received generous sponsorship from members of the outdoor industry. These were: Bicycle Express, Lifecycle, Paddy Pallin and Ultimax Socks, who each donated prizes for the major events. MTBO events also require dedicated volunteers and I appreciate the efforts of the course setters and event organisers who made this year's events enjoyable.

**Steve Sullivan**, MTBO Coordinator

## **SOUTHERN ARROWS – SOUTH AUSTRALIA'S ELITE ORIENTEERS**

### ***Sponsorship/Fundraising***

- We have secured 3 sponsors, Paddy Pallin, Townhouse Properties, and Veska & Lohmeyer who have donated \$500 each to help us purchase new uniforms.
- The NOL orienteering tipping competition, the FOOL, generated \$650 for the Southern Arrows after expenses paid out. This activity will be run again in 2007.
- The 2006 Club Relays, mentioned in detail below, generated \$695.46 for the Southern Arrows after expenses.
- The money generated from fundraising and sponsorship is being used to assist travel costs, support our talented athletes, and develop our team's professional image.

### ***New Racing Tops***

- Together we have designed and ordered new racing tops which the Southern Arrows will wear at future NOL races and other strategic events within Orienteering and competitions outside of the sport.
- These tops are now being manufactured by JAX Sports and will be the culmination of more than 12 months development and design work from the Southern Arrows.
- We will be unveiling wearing our new uniforms at the Prologue to the Australian 3 Days in Burra.

### ***2006 Club Relays***

- The inaugural Southern Arrows Club Relays "the Southern Arrows Roulette" held at Gravel Pit, was a huge success. We generated significant publicity through this event and provided those who competed with endless entertainment during the day.
- Entries totaled 68 teams from the 5 metropolitan clubs with a total of 136 runners. A total of 272 maps were used.
- Yalanga must be thanked for their generosity in donating the event, including the maps and allowed us to use their trailer and equipment for the event.
- John Lyon acted as controller for the event and offered some good wisdom for future events to be run by the Arrows.
- Simon, Vanessa and Zebedy took on the course setting, and showed that their abilities as course setters were just as good as their abilities as athletes.

### ***Competition***

- In 2006 we fielded teams at the following events:
  - NOL Rounds 1, 2, 3 Cowra NSW, March 11/12, 4 Athletes
  - NOL Rounds 4-9 Central Victoria, April 14-22, 10 Athletes
  - NOL Rounds 10, 11, Maryborough QLD, August 19/20, 10 Athletes
  - NOL Rounds 12-17, York WA, Sept 30 – Oct 8, 12 Athletes

- Our final standing in the National Orienteering League for 2006:
  - 4<sup>th</sup> Overall
  - 7<sup>th</sup> Womens
  - 4<sup>th</sup> Mens
  - Best Male: Kerrin Rattray 6<sup>th</sup> Place
  - Best Female: Susanne Casanova 6<sup>th</sup> Place
- Our final standing in the Junior National Orienteering League for 2006:
  - 6<sup>th</sup> Overall
  - 5<sup>th</sup> Mens
  - 5<sup>th</sup> Womens
  - Best Male: Simon Uppill 1<sup>st</sup> Place
  - Best Female: Vanessa Round 5<sup>th</sup> Place
- National Representation:
  - Kerrin Rattray WOC
  - Simon Uppill JWOC and Bushrangers
  - Vanessa Round JWOC and Bushrangers
  - Susanne Casanova Bushrangers
  - Ben Rattray Bushrangers
  - Tristan Lee National Junior Squad, National Schools Team, and National Honour Team
- The Southern Arrows were involved with 3 fun runs in 2006. The squad took out the teams event in the Australia Day Fun Run in 2006, set around Rymill Park on the Torrens river. The team were also seen in the City- Bay fun run all in their Arrows Uniform. And the Black Hill Fun run saw the team tackle the gruelling Black Hill, The Girls team won the team competition.

### **Coaching**

- The Southern Arrows participated in two training camps with technical focus in 2006. The February two day weekend camp was based at Mack Creek, and 5 training exercises were set and conducted by Arrows members in terrain nearby. The focus of the weekend was to establish Southern Arrow team and individual goals for the season, and practice technical skills in preparation for Easter 2006. The second camp was held in the July school holidays at Burra. This camp was run by the Arrows for the Junior Squad, and Arrows members set courses, conducted exercises, and shadowed and coached those juniors who attended.
- Arrows members took turns to conduct technical training exercises in the city on Friday nights in second and third term, and were responsible for providing technical coaching to many juniors throughout the course of the year. The Arrows also assisted John Nieuwenhoven (Schools' Team Coach) in conducting fitness training aimed at juniors on Tuesday and Thursday nights during the year.
- Group Arrows training became a common occurrence during the course of the year, with many long runs and interval sessions conducted as a group. Training times and venues were organised with a view to making sessions as accessible as possible to the Adelaide based Arrows members. The camaraderie that resulted was very positive for the Arrows.

### **Thanks**

- Thanks to all athletes who gave their time to train and compete. The athletes who contributed to the Squad in 2006, by competing in either Senior or Junior Elites were: Tristan Lee, Simon Uppill, Michael Roberts, Kris Colwell, Vanessa Round, Mallory Hughes, Shannon Nicolson, Lauren Gillis, Kerrin Rattray, Ben Rattray, Lachlan Hallett, Greg Morcom, John Nieuwenhoven, Timo Sild, Tyson Hillyard, Susanne Casanova, Jenny Casanova, Zoe Radford and Zebedy Hallett..

- Thanks to everyone who supported the Southern Arrows in 2006, the year proved to be our most productive and advanced us from just a name to a fully fledged team.

**Tyson Hillyard**  
Southern Arrows Manager  
**Susanne Casanova**  
Southern Arrows Coach.



## 2007 EASTER TO BAROSSA ORIENTEERING CARNIVAL COORDINATOR

My thanks to the many members who have been busy preparing for the Burra to Barossa Easter 2007 Carnival during 2006. Robin Uppill is the overall controller for the Burra Easter events and Alison Radford is the overall controller for the Barossa events. As of February, Event Secretary Ken Fisher has processed over 400 entries for the Easter 3 Days and around 200 for the Middle Distance and Badge events. In February, Event Treasurer Jennie Bourne had received sufficient Carnival monies to cover the seed loan provided by OASA. Julie Crebbin has been working with various Burra organisations to provide Event Centre, Catering and Camping. Jenny Hembrow is coordinating merchandise and Badges. Maarten Nieuwenhoven is the Equipment Officer and John Williams has been promoting the event. The Registration team will be TT members coordinated by Erica Diment, the Start team will be TJ members coordinated by Jan Hillyard, the Finish Team will be WA members coordinated by Peter Kreminski, Computing will be coordinated by Tyson Hillyard and Ken Thompson, Start Draw will be done by Michelle Chamalaun and Robin Uppill, LI members will Setup tents, SB will be providing Parking officers and YA will provide the important Loo Fairy team. The following people are the course setter, organiser and controller for the events:

Good Friday:	Adrian Uppill, Vern Hembrow, Claire Davill
Day 1:	Peter Mayer, Barry Wheeler Phil Davill
Day 2:	Bob Smith, Barry Wheeler, Peter Cutten
Day 3:	Adrian Uppill, John Such, Gerry Velaitis
MTBO:	Andrew Slattery, Steve Sullivan
ASC Galaxy Sprint:	John Nieuwenhoven, Gil Hollamby, Controller
Aus Middle Distance:	Tony Radford, Peter Clark, Alison Radford
Badge Event	Steve Cooper, John & Jeffa Lyon, Phil Hazell

OASA would like acknowledge the Burra to Barossa 2007 full sponsors of Maesbury Plumbers/Tradelink, Paddy Pallin, Snap Printing

**Jenny Casanova**, Burra to Barossa Carnival Controller



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## **SOUTH AUSTRALIAN AWARDS**

### **John Hall Memorial service Award**

The 2006 John Hall Memorial Service Award for services to orienteering in South Australia was awarded Robin and Adrian Uppill.

### **Orienteer of the Year**

Awarded on the basis of a person's 6 best performances in designated OY events throughout the year, for orienteers aged over 14 years. Our thanks to Peter Clark for calculating the results.

W16	Nadia Velaitis (YA)	M16	Rory McComb (OH)
W18	Mallory Hughes (OH)	M18	Tristan Lee (TJ)
W20	Vanessa Round (TT)	M20	Jason Nicolson (YA)
W21	Susanne Casanova (WA)	M21	Simon Uppill (OH)
		Sledge	Darrin Smith (OH)
W35	Michelle Chamalaun (OH)	M35	Greg Morcom (TJ)
W40	Erica Diment (TT)	M40	Paul Hoopmann (TJ)
W45	Robin Uppill (OH)	M45	Dave Nicolson (YA)
W50	Fiorella Pahor (TT)	M50	Lee Merchant (TJ)
W55	Alison Radford (TT)	M55	Tom Bullock (WA)
W60	Jennie Bourne (OH)	M60	Robert Smith (TT)
W65	Robyn Cutten (WA)	M65	John Lyon (TT)
W70	Jeffa Lyon (TT)	M70	George Reeves (TT)
W75	Rae Harris (WA)	M75	Ron Larsson (TT)
		M80	Lance Fairclough (OH)

### **Junior Consistency Badges**

The following juniors aged up to 14 years were awarded Consistency Badges:

Kellie Bertei (TE)	Luke Hazell (TT)	Bryn McComb (OH)
Samantha Bouly (SB)	Harry Hood (LI)	Bethany Overall (SEO)
Emily Brougham (SB)	Sophie Hood (LI)	Rachel Sampson (TT)
Brodie Dobson-Keefe (YA)	Ben Lee (TJ)	Aaron Sullivan (TE)
Riordan Dose (TT)	Christopher Mason-Fyfe (TT)	Nathan Wedding (LI)
Brett Fisk (YA)	Helen Mason-Fyfe (TT)	Sarah Wedding (LI)

The following juniors were awarded Encouragement Badges:

Caroline Barnett (TT)	Rhiannon Dobson-Keefe (YA)	Bryn Soden(OH)
Daniel Bell (OH)	Rachel Fisk (YA)	Tarn Soden (OH)
Talia Colwell(OH)	Ruby Genborg	Aidan Sullivan (YA)
Liana Crebbin (YA)	Sarah Golfis	Justin Valladores (YA)
Trent Crebbin (YA)	Billy McFarlan (TT)	Amy Weber

Please note that calculations are made on the basis of results published in the *SA Orienteer*. Thus, to be sure of being counted, juniors should put their own names (and not parents' names for example) on registration slips at events. Also, put all names on the slip when going out in groups, not just one representative name.

## SASI Scholarships

**Talent:** Talent Scholarships funded by the South Australian Sports Institute (SASI) were awarded to Tristan Lee, Vanessa Round, Zebedy Hallett and Simon Uppill.

**High Performance:** Awarded to Susanne Casanova, Ben Rattray and Kerrin Rattray.

## State Selectors

This year's state selectors were Peter Clark, Lachlan Hallett and Claire Davill.

## SA INTERNATIONAL REPRESENTATION

### Australian Team for Junior World Orienteering Championships in Lithuania.

Congratulations on selection to Simon Uppill and Vanessa Round.

### Australian Team for World Orienteering Championships in Denmark

Congratulation on selection to Kerrin Rattray (Sprint Distance).

## SA ORIENTEERS RESULTS

### South Australian Events

#### South Australian Championships

This year's state championships were held at Ngaralta Country near Monarto. Resident Champions in brackets.

W10	Georgia Hicks TT	M10	Aiden Sullivan YA
W12A	Liana Crebbin YA	M12A	Brodie Dobson-Keefe YA
W14A	Helen Mason-Fyfe TT	M14A	Riordan Dose TT
W16A	Nadia Velaitis YA	M16A	Tom Dose TT
		M16B	Henry Hazell TT
W17-20A	Rebecca Hembrow OH	M17-20A	Brett Merchant TJ
W21A	Susanne Casanova WA	M21A	Bruce Arthur MF (VIC) (Simon Uppill OH)
W21AS	Claire Davill TJ	M21AS	Miguel Clark WA
W21B	Rebecca Hatcher TJ	M21B	Aaron Maddison OH
W35A	Michelle Chamalaun OH	M35A	Ruhi Afnan YA
W35-44AS	Rowena Morris YA	M35-44AS	Robert Kriesl SE
W40A	Erica Diment TT	M40A	Steve Cooper YA
W45A	Robin Uppill OH	M45A	Andrew McComb OH
W45AS	Teri McComb OH	M45AS	Douglas Lee TJ
W45+B	Robyn Dose TT	M45+B	
W50A	Helen Schofield NE (VIC)	M50A	Lee Merchant TJ
W55A	Alison Radford TT	M55A	Rob Tucker YA
W55+AS	Marian Arthur TT	M55+AS	Al Sankauskas OH
W60A	Helen Smith TT	M60A	Robert Smith TT
W65A	Dorothy Adrian NEV (VIC) (Robyn Cutten WA)	M65A	Frank Tomas WA
W70A	Jeffa Lyon TT	M70A	Allan Andersen WA
W75A	Rae Harris WA	M75A	Ron Larsson TT

## **South Australian MTBO Championships**

The event was to be held at Knott Hill but was canceled due to a Total Fire Ban. It has not been possible to reschedule the event and hence there will be no result for 2006.

## **National Events**

### **Australian 3-Days Castlemaine, Victoria**

The following SA orienteers won places in Castlemaine:

W14A	1 <sup>st</sup>	Rachael Sampson TT	M10N	3 <sup>rd</sup>	Kai Buckman YA
W17-20AA	1 <sup>st</sup>	Shannon Nicolson YA	M12A	2 <sup>nd</sup>	Brodie Dobson-Keefe YA
W21A	1 <sup>st</sup>	Jenny Casanova WA	M12A	3 <sup>rd</sup>	Bryn McComb OH
M21B	3 <sup>rd</sup>	Margaret Bourne OH	M14B	3 <sup>rd</sup>	Thomas Hicks TT
W35-44AS	3 <sup>rd</sup>	Heather Smith TT	M15-20B	1 <sup>st</sup>	Henry Hazell TT
W45-54AS	3 <sup>rd</sup>	Teri McComb OH	M17-20A	2 <sup>nd</sup>	Andrew Slattery TT
W45+B	1 <sup>st</sup>	Regina Mogridge TT	M17-20E	1 <sup>st</sup>	Simon Uppill OH
W45+B	2 <sup>nd</sup>	Zita Sankauskas	M35A	3 <sup>rd</sup>	Greg Morcom TJ
W45+B	3 <sup>rd</sup>	Pat Velaitis	M35-44B	1 <sup>st</sup>	Steve Hicks TT
W50A	2 <sup>nd</sup>	Robin Uppill OH	M35-44B	3 <sup>rd</sup>	Dean Fyfe TT
W55A	2 <sup>nd</sup>	Alison Radford TT	M55A	2 <sup>nd</sup>	Tony Radford TT
W55+AS	1 <sup>st</sup>	Marion Arthur TT	M55+AS	2 <sup>nd</sup>	Clive Arthur TT
W70A	3 <sup>rd</sup>	Jeffa Lyon TT	M60A	3 <sup>rd</sup>	Robert Smith TT
			M70A	3 <sup>rd</sup>	George Reeves TT
			M75A	3 <sup>rd</sup>	Ron Larsson TT
			M21E Prologue	3 <sup>rd</sup>	Kerrin Rattray OH
			M17-20E Prolog	1 <sup>st</sup>	Simon Uppill OH
			M17-20A Prolog	1 <sup>st</sup>	Andrew Slattery TT

### **Australian Schools Championships**

There were no South Australian placegetters in this year's Australian Schools Championships. Nadia Velaitis and Tristan Lee were selected for the Australian Schools Honour Team.

### **Australian Long Distance Championships**

The following SA orienteers won places in Western Australia:

W14A	2 <sup>nd</sup>	Helen Mason-Fyfe TT
W50A	1 <sup>st</sup>	Robin Uppill OH
M17-20A	2 <sup>nd</sup>	Michael Roberts OH
M17-20A	3 <sup>rd</sup>	Jason Nicolson OH
W21B	2 <sup>nd</sup>	Rebecca Hatcher TJ
W45B	2 <sup>nd</sup>	Zita Sankauskas OH
W17-20E	1 <sup>st</sup>	Vanessa Round TT
M17-20E	2 <sup>nd</sup>	Simon Uppill OH



### ***Australian Middle Distance Championships***

The following SA orienteers won places in Western Australia:

M14A	2 <sup>nd</sup>	Benjamin Lee TJ
M55A	3 <sup>rd</sup>	Tony Radford TT
M75	1 <sup>st</sup>	Ron Larsson TT
W21E	3 <sup>rd</sup>	Susanne Casanova WA
W50	2 <sup>nd</sup>	Robin Uppill OH

### ***Australian Sprint Distance Championships***

The following SA orienteers won places:

W17-20E	1 <sup>st</sup>	Vanessa Round TT
M14A	3 <sup>rd</sup>	Riorden Dose TT
M35A	3 <sup>rd</sup>	Stephen Dose TT

### ***Australian Relay Championships***

M21E	3 <sup>rd</sup>	Ben Rattray, Simon Uppill, Kerrin Rattray
M35A	1 <sup>st</sup>	Stephen Dose, Dave Nicolson, Trevor Diment

### ***Australian MTBO Championships***

M50-59	2 <sup>nd</sup>	Long	Lee Merchant TJ
M50-59	2 <sup>nd</sup>	Middle	Lee Merchant TJ
M50-59	2 <sup>nd</sup>	Short	Lee Merchant TJ
MOpenB	1 <sup>st</sup>	Long	Brett Merchant TJ

## EVENTS AND PARTICIPATION

The main event programme and participation:

Month	Date	Event	Club	Numbers	Comment
January	13	Mawson Lakes	SS	71	be active SS
	20	Bonython Park	SS	39	be active SS: > 35°
	27	River Torrens	SS	94	be active SS
February	3	Springfield	SS	110	be active SS
	10	Felxtow	SS	92	be active SS
	17	Flinders Uni	SS	100	be active SS
	24	Wadmore Park	SS	25	be active SS
				42	SA Sprint Championships
March	4	Victor Harbor	OH	87	
	5	Port Elliot	OH	96	
	19	Wilfred Taylor Reserve	TJ	96	AGM
	26	Belair	OH	191	
April	2	BriGlen	YA	86	OY
	9	Bundy Forest	TJ	189	
	30	Mt Crawford	WA	160	OY
May	7	North Adelaide	TT	65	National O Day (stormy evening)
	13	Panorama	WA	77	Saturday afternoon
	20	Black Hill	YA	42	Saturday afternoon
	20/21	Kuitpo		23	MTBO 2-day Challenge
	28	Big Jacks	TJ	164	OY
June	4	Gravel Pit	TA	138	S/Arrows SA Relays
	10	Wilpena Creek	SB	154	SB
	11	Mannawara	OH	184	Badge/OY
	12	Wilpena Spurs	TT	161	Middle Distance Champs
	18	Blood 'n Thunder Gully	WA	125	
	25	Simmonds Hill	TT	100	
July	1	Oaklands	TJ	7	Saturday (bad weather)
	9	Broccoli Hill	LI	63	OY & EP Champs
	22	Wirrabara	OH	74	Saturday
	23	Walnut Gate	TT	76	
	30	Vixen Gully	YA	153	
August	6	Ngaralta Country	TT	178 + EOD20	SA Champs
	13	Flinders Uni	OH	110	Sledge
	19	Keynes Gap	YA	37	Night Champs
	20	Marne Rocks	YA	65	
	27	Tothill	WA	65	OY
	September	3	Pymton	TT	119
9		Anstey Hill	TT	34	Saturday
16		Mt Crawford	OH	22	MTBO
17		Gumeracha Goldfields	TJ	114	Badge/OY
24		Kersbrook Glades	TT	64	
October	22	Portuguese Bridge	TT	18	MTBO
November	5	Monterey	TJ	43	MTBO
	19	Knott Hill	YA		MTBO Champs cancelled
December	1	Oakden	SS	82	be active SS
	8	Southeast Parklands	SS	47	be active SS: 35 - 32°
	15	Hawthorndene	SS	104	be active SS