



Congratulations to Olivia Sprod

who won a place in the Junior World Championships Team on the basis of her excellent run on Day 3 at Easter. They compete in Bulgaria later this year, in time for us to see the maps, and hear all about O and life in general in Bulgaria. Perhaps at our Christmas Function. I wonder what sort of terrain awaits her.

Congratulations, too, to the people who went to the Easter-3-day at Rylstone (NSW), especially Basil Baldwin (a life member of TT) and Tony Radford, both 1st in their classes and to both Abigail George who came 3rd and Joanna who won 2 of the 3 days!

Congratulations to some TT Rogainers who did well recently—Karen Wishart, Ian and Max Grivell and especially Andrew Slattery and Bruce Greenhalgh who won outright. It was good to see Mike Round at the Rogaine, and looking very chuffed about Vanessa's success in the Australian team this year. Read on...by Vanessa Round

I am in Spain after the two World Cup races, next step to Portugal for the European championships.. You'll be happy to hear it was a very successful weekend for me!

On Saturday we had a very tough, long long distance race. The terrain was a bit similar to the Flinders orienteering maps but with some areas of steeper gullies. The first leg was over 2km long and I was doubting my route the whole way but barreled along through the spiky grass and found the control well (it ended up that I had the 11th fastest time and only a bit over a minute slower than the fastest on this leg!) Then I messed up the 2nd control losing 2-2.5mins. I was caught by a Finnish girl and thought oh no, she will be much faster than me, I hope I can keep up for a bit... But I managed to keep ahead of her into most of the controls and was orienteering more confidently than her in the tricky bits, and even on a long section on a track I was running ahead of her. It was so long, like we would never get to the finish! I lost about 30seconds just before the last little loop so ran behind the Finnish girl in the last few controls, and my SHOE fell off about 4 minutes before the end. My heel popped out and I ran a bit with it as a slipper, then just took it off and ran in the sock into the finish, holding my shoe! Anyway, my time seemed very long but so was everyone else's and I ended up 13th! My best result by far in a world cup! I was very happy with the result and pretty happy to run strongly for such a long race.

Today was a middle distance. I felt so happy and excited to be running, not nervous at all but determined to run well and get the controls cleanly. I haven't felt so comfortable orienteering for a long time. I think just the dry air, the smell of dusty bush, hot sun, prickly plants and hard earth made me feel more at home compared to other parts of Europe and the orienteering was just natural, even if the Flinders Ranges type terrain was never my best at home! It was pretty tricky with lots of little creeks. I caught up a Russian girl at the 2nd control, and again was surprised that I could keep up pace with her and lead her into most controls. We took a different route on a long leg and she got ahead a bit (I went over a steep hill that was slower than I expected, more bushy, she went a long way around on a track but was probably a faster runner on the flat than me anyway), so I ran the last half alone. When I ran through the spectator loop they announced I was the fastest so far (but I was an early starter) so I ran the last 1.5km hard and was very pleased in the finish. Not a perfect run, a few small mistakes at the end (getting tired!) but good enough to leave me in 9th position at the end! And only 2:40 behind the winner from Sweden! I have never been even close to that before and we don't often get Australian top 10s! My friends from other countries were happy for me too. Some of the runners were not there, for example the best Swiss girls are 'resting' for the European championships, but especially today it was a strong enough field of girls who are usually faster than me.

Also Timo was 3rd today! That's the best Estonian result in a world cup since his father won WOC in the 1980's. I was talking to him at the start, and about how it was bit similar to the Flinders and he said his best orienteering in Australia was a race in the Flinders where he beat Simon so maybe that memory helped him. I got a picture of him on the podium to send you later. I met his little brother (actually bigger than Timo) who is very funny.

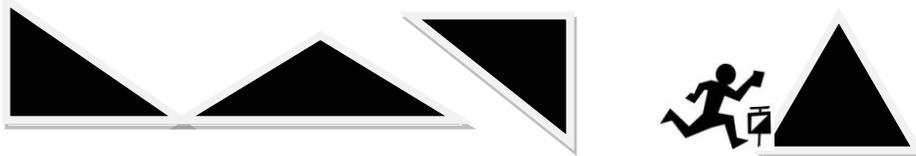
So now I am looking forward to meeting the other Aussies in Portugal tomorrow.

TT lunch at Narrenyeri Hills. There would have been 40 of us if Ken hadn't argued with a boulder and made a hasty departure. We got to know our newer members better (and vice versa, I hope) Bakers, Lloyds, Georges and Grivells.

Technical discussions.... There really were quite heated debates on what TT course-setters do when they are unaware of what the fine print says---or even what someone else prefers! For instance, "the Finish should be at the Assembly area" was hotly disputed by the committee. At a major event this obviously provides more spectator excitement, but at Pewsey Vale, for example, the remote Finish cut out a mindless run down a track, followed by weaving through the parked cars. Just give it some thought when it is your turn to course-set.

Another technical comment made of some of our efforts was that we don't always remember to break the control circle in order to expose some map detail which is otherwise obscured!

Yet another comment is that controls should not be put anywhere on a boulder FIELD (isosceles triangle, aligned in any way the mapper wanted). If the mapper has used that symbol, he is saying the detail is too complicated so don't put a control there. On the other hand an equilateral triangle, with its base-line West-East, is a clearly defined BOULDER CLUSTER. Use it and add its height. You can also centre the circle just on the side you are putting the flag.



Course-setting in 1979. Gil is the course setter for Mack Creek this July, 2014. In his archives he found Basil's courses for 1979...." AH! No-one will remember them. I'll use them again." Alas, half of Basil's control sites were termite mounds which disappear over time and we don't map them anymore (unless they are 1 m high....or 2m tall as they are in N.T. and parts of N.S.W.)....so Gil is already thinking about his own courses for July.

TT running tops. TT running top. TT running tops can only be ordered in bulk, so we are ordering a variety of sizes in bulk. Please make yourself recognisable in the Assembly Area and in the bush. Get a new running shirt from Allison, the TT President—a good way to meet her if you haven't already done so. She'll have the tops at events once the order arrives.

An extra unscheduled event for TT.

OPAL stands for Obesity Prevention and Lifestyle. This project is run by SA Health and local councils and they want to get people taking exercise by orienteering in the Enfield area and the "Stockades" map, once it is brought up to date, is just right. If you feel you ought to help this worthy cause let Fi know you will help.. It's sometime in September.

“What goes around comes around” as Sue Millard used to say. At the Conservation Council of SA on May 1st 2014 a hot topic was “Nature Play SA”---a new initiative of DENR aiming to get young people into the bush. Much discussion centred on encouraging people to get into the bush and enjoy it.. A few years ago orienteers were kept out of Kaiser Stuhl!

Tintogie Awards. Nearly a dozen people have been nominated already. For the strangest of reasons...So at Olivia’s talk in December we will discover why you might get an award.....

Tintookies Club Training Day – by Trevor Diment

We were met on arrival at the TT training day by a very energetic Jeffa offering us a lot of choices and some recommendations.

One of the training exercises that I completed was done in pairs – Jeffa suggested that I go with John Lyon. This scared me, as John knows what he is doing (Unlike me).

We each had an identical marked map with some control sites shown.

The idea was that one runner took a control flag and headed off to the first control site while the second member of the pair waited. While they waited the first runner located the correct control position, placed the flag and waited (hidden if possible). After a suitable time had elapsed the second runner in the pair ran to find the control, while being observed by the first runner. I went first and had asked John to allow me some extra time as I was sure that I would take a long time to find the correct placement. This was just as well, as when I went to hide I found the spot where I should have placed the flag and had to retrieve it and correct my mistake. Once the control was located we were supposed to discuss how we found the control. (What attack points did you use, what route choice did you make, what errors did you make or observe). In our case this didn’t work well, because, much to my surprise, John never found the control! He actually found a very similar group of rocks which had not been mapped. These had previously been in the “dark green” area, but recent fires had cleared the land and revealed the unmapped rocks for John to find. After a bit of a chuckle and some discussion about mapping and the effect of fire, we swapped places and John headed for the second point to place the flag, while I waited to seek the control after a few minutes. And so we worked our way around the course, separating, meeting and discussing as we went.

We have helped to set some courses before and have found that placing controls can be a great teacher. When you have to put a control on the right feature you need to check the surrounding possible attack points and other features of the land to ensure that you are correct. It is much easier to run to where you think and find the control waiting for you (hopefully).

It was great to do this exercise together, as it gives a chance for you to share tips with each other about what you look for when seeking a control, and how you think about the map as you run through it. John’s wisdom was great for me to hear. Thanks to Steve Sullivan for setting the exercise. (Yalanga joined with us for the day, so Steve and his son Aiden came along to the training.)

Thanks also to Jeffa who pulled the day together, and to Bob Smith and Tony Radford who also set exercises. Of course, one of the best parts of a Tintookies Training Day is sitting around together afterwards, and sharing a joke and some food. It was a lovely day and we were right by the lake, so the atmosphere was ideal for wasting a couple of hours together in a very enjoyable way. Jenny’s cake and Fi’s red were both great.

If you missed it this year, try not to miss it next year. It’s great education and great fun in great company and there is always good food at the end.