



ORIENTEERING SA

SOUTH AUSTRALIAN ORIENTEER

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INTRODUCING STEFANO RAUS

Italian orienteer Stefano Raus is now in SA for approximately 6 months as a coaching scholar sponsored by OSA, Stefano arrived in Australia in October (via Qld) and competed in the last 2 events of the Australian Championships. He will be here to support and extend OSA coaching programs, and is also available for mapping, initially urban mapping. Adrian Uppill will be working with him on a couple of initial mapping projects.

Stefano will be available to undertake club mapping projects (for payment as he will need to cover expenses whilst here), and also to provide coaching to clubs as well as assist with squads. So if clubs could please consider identifying projects he could undertake or coaching activities they would like for their club. If Lincoln or Salt Bush clubs have any projects, they will need to provide travel and accommodation.



Hi friends I'm Stefano, born 1995 and from Trento (Trentino, ITA). I live in the heart of the Alps so I like to go ice skating, skiing, have climbing ways with my girlfriend Martina and mapmaking. I love to spend good time with my friends, watching sport & movies and listening to music (from "Nightwish" to "Chainsmokers").

Orienteering in Trentino is amazing even if we have very steep terrains: I would like you to come there one day and you'll be my special guests!

Why orienteering? Because it's the best sport - it is not just running and it makes you travel to amazing locations, discover beautiful places and meet new people – and an orienteer is always a special person. I really hope to see you lots of times during my period here in SA. I'll be coaching, setting courses, organizing events, mapping new areas and having a good time, so don't miss out!

I would also like to try new activities and run in great maps. You can take a look at my o-blog!

www.orimarty-raus.blogspot.com

Ed. See an article written by Stefano on pages 3 & 4

From the President – Rob Tucker

The year is rapidly coming to a close and provides an opportunity to reflect on progress made to improve our sport of orienteering, and the contributions of many to achieve that end.

Earlier in the year we had a planning day to develop a strategic plan. During the year we have acted on a number of aspects including maintaining a favourable fee structure and free membership for newcomers until new memberships commence next February. There will be a number of new initiatives that will unfold over the coming year.

Erica Diment, Robin Uppill, Jenny Casanova and Simon Uppill will be attending the annual Orienteering Australian Conference in the first weekend of December to represent South Australia. They have put a lot of work into reviewing the agenda and preparing our position.

Continued over



We had the OSA Presentation Afternoon in mid November, and despite the blustery inclement weather , it was well attended. It provided an opportunity to celebrate the individual successes at events, the achievements of our team events nationally and recognise the enormous volunteer effort that has been made in administration, running events and providing training for our sport . Of particular note is the John Hall Service Award to Kevin Vigar of Port Lincoln. More detailed coverage of this event has been provided by Robin Uppill on the OSA web site.

Support our sponsors who support us throughout the year! They are: Snap; Paddy Palin; Dirty.d; Wildfire Sports and Orienteering Services of Australia.

We also acknowledge the generous support from the SA Govt. Office of Recreation and Sport and Australian Sports Commission.

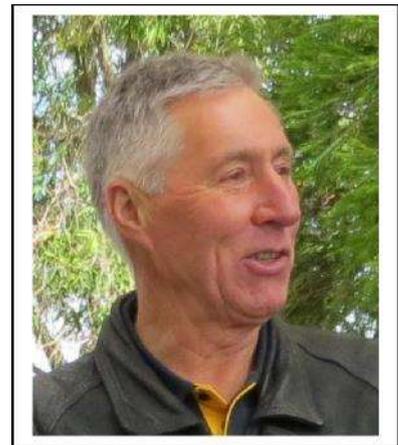
The OSA Committee has worked hard this year. However, the task would be made easier if we could secure a person willing to take on administration of the Schools Orienteering Program. It is a most important function, particularly when one sees the number of schools wishing to run orienteering programs.

In 2018 South Australia will host the Australian Championships Carnival. There will be a lot of work necessary leading up to this major event, and preparations are already at hand. We will need many volunteers to fill important organisational duties and look forward to our members support.

New Orienteering SA clothing is now available for ordering, so be smart next year!. Check out the OSA web site for details, closing date for the first round of orders is the 23rd December.

We have the great benefit of our OSA Coach in Residence, Stefano Raus from Italy. Stefano has been very busy in preparing maps at great speed, setting courses and providing training opportunities. Checkout the OSA web site for details!. Our thanks go to the Uppill family for accommodating and organising activities with Stefano, and to the Colwell family for providing a car.

Finally, OSA will provide a BBQ at the Summer Twilight Series event on the 16th December at Morialta, and I look forward to seeing many of you there.



2016 ORIENTEERING SOUTH AUSTRALIA COMMITTEE

President:	Rob Tucker
Treasurer:	Andrew Kennedy
Secretary:	Erica Diment
Assistant secretary:	Fi Pahor
Technical:	Robin Uppill
Coaching coordinator:	Bridget Anderson
Training Coordinator:	Adrian Craig
Newsletter:	Jan Hillyard
Enews:	Robyn dose (Ken Thompson as back up)
Schools coordinator:	vacant
Publicity and promotion	David Tilbrook
IT Manager	Ken Thompson

If you have an article or photo that you feel is newsworthy and would be of interest to other orienteers please email me on editor@sa.orienteering.asn.au

CHANGES TO THE SAO & AO

From the start of 2017 the SAO will be issued as an electronic document and a link provided to all OSA members.

The Australian Orienteer will also be in electronic form with the option of full members getting a hard copy mailed.

NOMINATION FOR JOHN HALL SERVICE AWARD

I would like to nominate Kevin Vigar, founding and Life Member of Lincoln Orienteers and Life Member of Orienteering South Australia, for the 2016 John Hall Service Award. Kevin is one of those extraordinary human beings with passion, commitment and energy that are sustained over many years – for Kevin this has manifested itself in outstanding service to his chosen sport of orienteering.

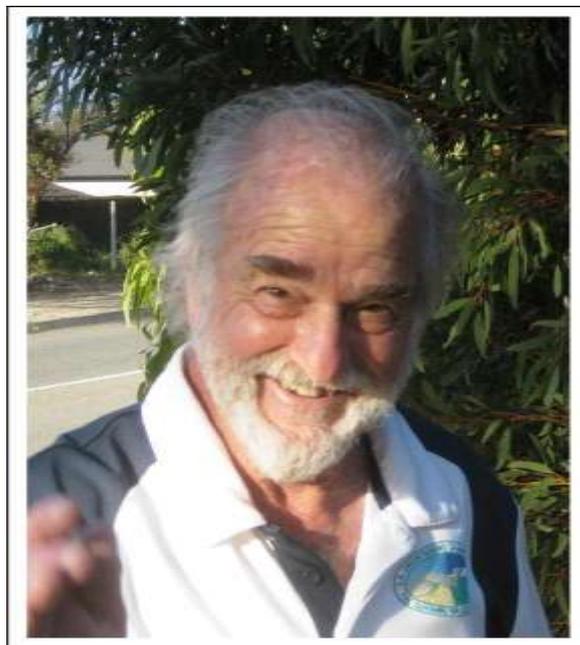
Kevin Vigar commenced his relationship with orienteering in the mid-70s and offspring of that relationship continue to be produced, healthy offspring in the form of a very viable orienteering club, well-run, well-known and highly regarded on Eyre Peninsula and further afield; in the form of a library of numerous maps (Kevin, being also a dedicated record-keeper, will know exactly how many) and a store of well-kept equipment; in the form of a large core of club members who, as a result of Kevin's quietly inspirational style of leadership, volunteer their time to confidently and collaboratively support in the management and organisation of orienteering on Lower Eyre Peninsula; in the form of years of successful orienteering seasons, of which 2016 is another outstanding example, highlighted by increasing levels of participation and growing family involvement.

In the early years of Lincoln Orienteers' history, Kevin ensured that the club kept abreast of the 'technology' of orienteering and that it developed its procedures and structures in line with Australian and International expectations. He led by example and, being a teacher, led by instruction – he continues to be an advocate for course planning, mapping and orienteering navigation skills workshops at the grass-roots club level. Kevin's insights are always welcomed and sought-after; he is a lateral and independent thinker who speaks his mind and respectfully considers others' views. He is equally at home leading a discussion on the intricate aspects of event controlling as he is directing fellow-orienteers to their car-parking spaces in the bulldust of an Easter 3-day event; Kevin Vigar knows that every job is a crucial one and that successful organisations require willing workers no matter the job.

Kevin Vigar commenced mapping for orienteering in the mid-70s and 40 years down the track it continues. The environmental, problem-solving and artistic elements of mapping appeal to Kevin,

and his energy has not diminished. He has taught others to map and introduced OCAD use to the club. He completed a large project for Saltbush this year and is almost finished a new map for Li's second Permanent Orienteering Course. When bushfires wiped out Li's ability to use nine cross-country maps in the early 2000s Kevin commenced mapping of Coffin Bay, Cummins, Louth Bay and Tumbly Bay townships as well as the whole of the Port Lincoln urban area (nine separate street/park maps!) and introduced a Street/Park series to compensate for the loss and to maintain club momentum, while the club sought out and worked on new cross country maps outside the fire zone. Kevin has also managed mapping projects for Adelaide metro clubs and in the Northern Territory.

As we all have, to satisfy a love of the bush, running with a purpose and the need for intellectual challenge, Kevin found orienteering perfect. He has competed in orienteering events in many parts of Australia and inspires others to do the same. As well as all parts of SA, many Port Lincoln locals have followed Kevin to competitions in NSW and Victoria. While he is personally determined to do as well as possible on every course, Kevin remains acutely aware of the need to keep people involved in the sport through recognising the physical constraints that they might bring – as a result of Kevin's wisdom in this regard, Li's Hard-navigation Course X, with distance and climb restrictions, has now enjoyed many years of popularity among the aging, infirm, temporarily slowed-down or those moving into



hard navigation. Similarly, the Kev's Shield Street/Park Series Award, via a complex but effective handicapping system, gives every competitor an equal chance at seasonal success. To encourage course planners, Kevin established an annual award in the 90s – a side-effect was that the judges, in their scoring deliberations, also learned more about planning of courses! Kevin's creativity is boundless, as those who have seen any of his 'Hasty Hare' or 'Golden Tortoise' sculptures will attest, and the beneficiary of this creativity is orienteering in its broadest sense. Kevin Vigar firmly believes that a viable future is built upon respect for and recognition of the past. He is an avid record-keeper who has an extensive knowledge of orienteering, as well as other sports. Kevin recently authored a meticulous history of Li, recording in his inimitable writing style the 38 years

since Li's incorporation. It's a great read, celebrating with wonderful balance of reverence and humour the efforts, achievements and milestones of others. Those who know him will recognise that, though he doesn't feature inordinately in the history, it is Kevin Vigar's inordinate amount of passion, energy, commitment and leadership that created this history.



I commend Kevin

Vigar to you. Kind regards,

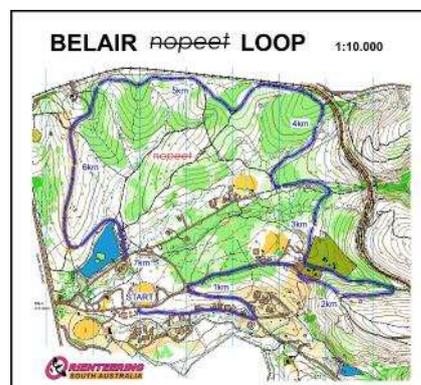
David Winters

AN ARTICLE BY STEFANO RAUS

Nopeet Loop - Belair National Park

What is the Nopeet Loop? Maybe you read or heard about it but you don't know exactly what it is. So this is a circuit of 7km at Belair National Park with the start at the Gums Oval and the finish at Court number 1, just south-east from the lake.

The terrain is various: it starts on a flat paved road, then it goes on a dirt track with a big climb just before the 2nd km, after that it is mostly hilly until the last kilometre, that is again on a paved road that goes downhill till the lake and the finish line. See the full course, on the orienteering map.



Why Nopeet?

Nopeet is a sunglasses brand from Finland, that provides a pair of sunglasses to the junior boy and girl with the best time on this loop! I will give the first pairs out after the first week of December, so to the juniors out there, run the Nopeet Loop and try to beat your friends. And what about the actual result list?

Here it is, and if you run the Loop just write me your time and date: stefano.raus@gmail.com

MEN			WOMEN		
	Total	Climb		Total	Climb
Simon Uppill	00:26:13.4	0:01:42	Zara Soden	00:33:15.8	0:02:23
Angus Haines	00:26:24.0 (PB)	0:01:26	Abigail George	00:33:22.0	0:01:52
	00:29:26.0	-	Meredith Norman	00:33:22.7 (PB)	0:01:56
Ruhi Afran	00:30:53.0	-		00:33:37.7	0:02:09
Ben Cazzolato	00:34:53.0	-	Joanna George	00:33:23.3	0:01:52
Stefano Raus	00:35:06.0	0:01:41	Bridget Anderson	00:34:49.1	0:02:26
Des Norman	00:35:39.8 (PB)	0:02:32	Jenny Casanova	00:39:07.4	0:02:39
	00:35:52.3	0:02:38	Sarah Lim	-	-
Adrian Uppill	00:39:34.6	0:02:25	Lauren Gillis	-	-
Dave George	-	-	Robin Uppill	-	-

Last Updated 25/11/2016 13:04

If your name/time is not in the results send it to stefano.raus@gmail.com
The nopeet loop is available also on [STRAVA](#)

You can also find the info and the standings about Nopeet Loop on the SA Orienteering website.

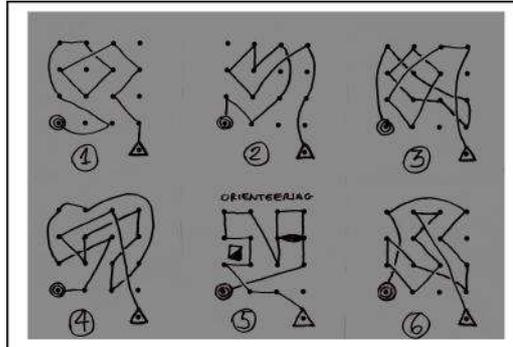
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Belair National Park - Junior Arrows Trainings

Every Thursday, from 6 pm, we have at Belair National Park different orienteering activities before running the Nopeet Loop. First of all we had a funny Punching Competition, and I just uploaded a short clip online on the Official OrienteeringSA YouTube Channel. We had 10 controls with SI-stations all of them in a small area; we had to reach all of them in the order that we wanted and each of us had 3 tries.

After every run we had to download our time and to declare the punching competition winner we had a couple of knockouts between two of us, with proper quarterfinals, semifinals etc.. The final was held between Bridget and Simon, and the Punching Competition winner was Simon, just for a couple of seconds!

The week after we had a different activity: a sort of grid which we had to run with a map. We had a starting point and the finish control, and other 15 SI-stations. On the map every control was marked with a black dot and they were connected with lines that was our course.

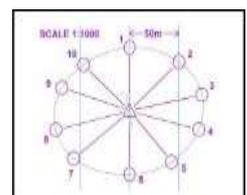


In total we had 6 different courses and actually Simon won all of them, sometimes for less than a second! Here you can see the final standings about all the participants:

NAME	COURSE						Total
	1	2	3	4	5	6	
Simon	25,50	29,50	35,60	41,00	27,60	35,10	194,30
Stefano	27,90	30,70	36,90	42,70	27,80	36,10	202,10
Angus	31,90	30,10	37,40	46,30	28,50	37,90	212,10
Ben	36,10	33,90	44,50	45,30	35,60	50,30	245,70
Sarah	36,90	36,50	43,60	51,80	36,10	48,30	253,20
Bridget	38,80	34,30	49,10	58,10	32,10	43,50	255,90
Jenny	35,50	36,50	48,30	65,20	40,20	53,40	279,10
Adrian	35,80	39,90	49,10	61,60	44,80	51,60	282,80
Robin	44,40	38,90	51,10	55,40	43,50	52,60	285,90
Zara	54,50	42,10	56,30	58,30	50,20	57,30	318,70
Aylvin	50,50	44,80	60,60	85,20	38,80	57,20	337,10

Finally last week I created a new exercise that actually just came to my mind a couple of hours before the training, while I was kayaking with Adrian along the River Murray. Then I came back home and in 1 hour everything was ready. This exercise is to get more accurate with your compass.

We are at the South-West oval and it has lots of posts around itself: actually they are 265! I was able to count them thanks to the aerial image provided by Aerometrex and I taped around some of them a little piece of tape with the control number. It is not visible from the cricket pitch that is at the center of the oval. So you start from the triangle and you have to reach one post, the one you think has the tape behind, and if you are really good with your compass you will easily find the correct one. If not, you just need to count how many posts you missed and in which direction. Then you can calculate your ability percentage just with a proportion. See you at the next training session!



Stefano Raus <http://www.orimarty-raus.blogspot.it/>

NATIONAL RANKINGS 2016

Congratulations to the SA runners who have made the list.

Rankings in the non-elite classes for 2016 have been determined based on results in each of the days in the Australian Easter 3-Days (E1, E2, E3) and Australian Championships (AS, AM, AL)

Points are awarded for each event completed on the basis of 100 points for first place and lower scores for other orienteers. An orienteer's best 3 events count towards their ranking. Where more than one orienteer in a class achieves the maximum points, orienteers are ranked on the average of their best 3 winning margins.

In 2016 Easter was held near Canberra and the national competition was held in Qld – between the Gold Coast and Stanthorpe. Those who attended these competitions really enjoyed them.

M12

2 Remi Afnan YA.S 84.39 ALASAM

M14

8 Max Grivell TT.S 74.96 AMALAS

10 Ethan Penck YA.S 73.43 AMALE2

21 Jack Marschall TT.S 50.61 AMASAL

M16

8 Dante Afnan YA.S 77.00 AMALE3

M45

5 Ruhi Afnan YA.S 78.52 ASE3E1

M50

11 Steve Cooper YA.S 75.83 E2ASE3

M65

2 Adrian Uppill OH.S 96.39 E3ALAS

5 Paul Hoopmann TJ.S 94.40 ASAME1

18 Robert Tucker YA.S 72.62 E2E3E1

M70

7 Robert Smith TT.S 79.79 E1E2E3

M75

7 Peter Kreminski WA.S 66.24 ASAMAL

10 Frank Tomas WA.S 50.74 E1E3E2

W12

9 Ana Penck YA.S 61.88 E2E1E3

W14

3 Joanna George TT.S 94.96 E3E2E1

5 Abigail George TT.S 90.77 ALE3E2

W16

8 Meredith Norman TJ.S 73.59 ASE2E3

9 Sarah Lim TJ.S 71.20 E3ASAM

12 Emily Sorensen TT.S 56.82 ALASAM

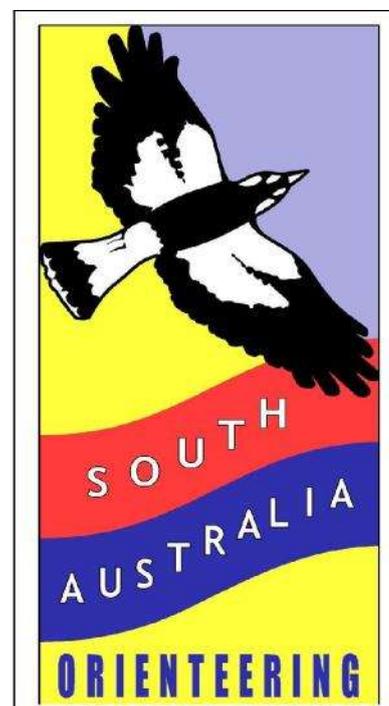
W60

3 Robin Uppill OH.S 79.85 E2E3AS

SOME INTERESTING LINKS FOR YOU

The link to the Tasmanian online newsletter. ueb85de5-b621-4602-9b6e-0f28527a0669

The new Easter Tasmania 2018 website can be found at: <http://eastertasmania2018.net.au/>



ORIENTEERING SOUTH AUSTRALIA PRESENTATION CEREMONY

(It was a very cold and windy occasion)



Eliza being presented with a participation award from Rob Tucker and Jeffa Lyon.

Carol Such receiving her OY glass



The Sue Millard "Most Improved Junior Female" Trophy presented to Alyce.

The team relay guidelines and map for the event held before the presentation.



ORIENTEERING
SOUTH AUSTRALIA

THE FRIENDSHIP TEAM RELAY
Thorndon Park - 13th Nov 2016

This event will be conducted in the spirit of friendship in the form of mixed teams of kids, juniors, elites etc. from different clubs. Each team will consist of three or four competitors; each runner will receive a map with all of the controls (25) before the race. The time allowed for planning the teams' routes will be 1 minute; the start will be a mass start.

The teams will decide how to share out the controls and which member visits which control, starting from the 1st area. The winner will be the team that returns to the finish in the shortest time, having visited all the controls.

There are obligatory meeting points: controls 109, 117 and 125 (blue color), which will be punched on the map in a blue box. At these obligatory meeting points all the team members must meet and punch their maps together.

The teams will run together from the last control (125) to the finish line, crossing the finish line all holding hands.

The emphasis of this event shall be fun and cooperation between the young people rather than competition.

HAVE FUN!

PARTICIPATION BADGES

Participation badges are awarded to those juniors who have regularly competed in 2016 and who are of skill level to be reading their own map. This year we had a good mix across the various clubs. The badges were awarded at the presentation day to those who were present and will be sent to others by various means.

Congratulations

to Lucas Burden

Marcus

Cazzolato Austin

Clem Portia Clem

Abbie Faulkner

Lucy Fogarty

Finn Fogarty

Eliza Grivell Liam

Laurie Jemima

Lloyd Annabel

Lloyd Ben

Marschall Emily

Marschall

Nemayah Munday

Sequoia Munday

Ana Penck

Kian Sankauskas

Ella Stevens

Shane West

Izabelle Luders

ORIENTEER OF THE YEAR AWARDS

Congratulations to all who won OY awards in 2016.

Notably Andrew Slattery and Tyson Hillyard tied for the M21AS after a year of stiff competition.

We had five SA orienteers who scored the maximum 6000 points. Congratulations to Adrian and Robin Uppill, Joanna George and Kate Marschall for this achievement.

M20 – Nicolas Congedi

M21AS – Tyson Hillyard

M21AS – Andrew Slattery

M35 Andrew Kennedy

M45 AS Rob Kriesl

M55 Craig Colwell

M55AS Al Sankauskas

M65 Adrian Uppill (6000

points)

M75 Peter Kreminski

W16 Joanna George (6000)

W20 Meredith Norman

W21AS Shannon Nicolson

W35 Kate Marschall (6000)

W45 Evelyn Colwell W45AS

Jill Congedi

W55 Robin Uppill (6000)

W65 Marian Arthur W55AS

Ruth Nicolson Mens Open

B – James Lloyd Womens

Open B – Carol Such W21

Bridget Anderson (6000) M

21 Simon Uppill

INAUGURAL COURSE PLANNERS AWARD

For the first time this year Orienteering SA awarded a Course Planners Award.

A link to a voting questionnaire was sent out, and members were invited to vote for their top 5 courses for the year from a list of the championship, OY and badge events.

First vote was awarded 5 points, second 4 points (down to 1 point for fifth choice), and then the total tallied at the end.

The event voted the most popular was the Prelinna event (Ultra long and long SAchamps) in the Flinders Ranges.

Congratulations to Robin Uppill for her course setting at this event and to Jenny Casanova who controlled it.

Second place went to the Twigham event (Gerry Velaitis with Andrew Kennedy controlling) and third to the Waite Sprint Champs (Steve Cooper, with Peter Cutten controlling)

This award recognises the effort put in by course planners to set a challenging and enjoyable course for the competitors.

We would like to thank all who planned courses this year. The time, thought and effort that you have donated for the enjoyment of others is appreciated.

If you would like the chance to compete for this award in 2017 please offer your talents to set one of the OY, Badge or Championship courses.

AUSTRALIAN CHAMPIONSHIPS CARNIVAL

Over the 10 days from September 23rd to October 2nd, South Australian orienteers including our schools team competed in the Australian Championships carnival in Queensland. Events were held from the Gold Coast (2 sprint events) to the scenic rim area (Australian Relays, Schools Individual and Relays) near Maroon to Stanthorpe (Australian Long and Middle Distance Championships).

Reports from all events, links to results, maps on Route Gadget and some GPS tracking (including the schools events) are available from the event web site - <http://www.auschamps2016.com/>

The SA schools team had their best results for several years, finishing 3rd overall just behind Queensland who had the home ground advantage, with ACT taking the overall win. Four team members were named in the All Schools Australian Team – Angus Haines, Dante Afnan, Emily Sorenson and Joanna George. This followed SA achieving 3 first places in the Schools Sprint (Dante, Angus and Joanna), and 3 placings in the forest individual event (Dante – 2nd, Emily 3rd and Angus 2nd). The team was coached by Bridget Anderson and Simon Uppill.

Other SA highlights were Bridget Anderson winning the W21E class at the Australian Middle Distance Championships on the very challenging granite map at Cascades North. Simon Uppill won the Australian Sprint Championships at the Gold Coast Campus of Griffith University, a very technical sprint map with lots of traps and uncrossable features for requiring careful map reading and route planning.

The events were also the final events for the National League for senior and junior divisions. The senior men's team had the best results, 3rd overall with Simon Uppill the individual winner. The final points score are [here:http://orienteering.asn.au/index.php/points-score/](http://orienteering.asn.au/index.php/points-score/)



The South Australian boys team
(their matching socks look great)

2016 NIGHT CHAMPIONSHIPS

A nice crowd of adventurous orienteers attended Mt Crawford for the annual SA Night Championships . As organizer, there was some concern about the weather forecast: high winds and early heat followed by rain. The decision was made not to have the campfire, as is tradition, but, although breezy, the wine and cheese nibbles captured most runners for post competition analyses and gossip.

Whilst quite overcast, the first Start was deferred until 8 pm for sufficient darkness.

43 individuals and 5 groups (an additional 12 people) braved the forest at night. Most of the forest was damp underfoot and low areas wet with puddles. The recent storms knocked a lot of trees down so some areas were very difficult to traverse due to the tangle of branches.

Many competitors camped overnight for a warm, but dry sleep.

The Night Championship is determined by points allocated to the top three runners in each class and then total points for each Club tallied. On the night, Tintookies claimed victory by One Point, and they were very happy. BUT, checking the results identified a runner misplaced in her class, and this changed her from 6th to 2nd. Tragically for TT, this meant OHOC won by ONE POINT.

Congratulations, OHOC!!! Many thanks to all TTs for making the night a success.

Barry Wheeler

ORIENTEERING SA IS KEEN TO ENCOURAGE YOUNG ORIENTEERS AND THEIR FAMILIES.

This year a number of decisions have been made in order to encourage the participation of both the young people and their families.

We recognise that children are not able to orienteer without parental support and it is hard to get families to travel to hills and rural areas for events.

We also recognise that costs for a family to orienteer can mount up. Although orienteering is still not an expensive sport, with very little special gear, and low competition fees and membership, it can still be hard to meet the costs.

Here are some things which are happening to encourage juniors and their families.

1. The SA Government offer Sports Vouchers to each Primary School aged child to encourage participation in sports. These can be used to go towards membership costs for Orienteering, bringing down the costs of family membership, or individual membership.
2. Orienteering SA have decided to reduce costs for juniors to compete.
 - o Members aged up to 14 will compete for free at junior and newcomer series, back to bush series, standard events and orienteer of the year events. Other events will cost them only \$5
 - o Members aged from 14 to 21 will compete for \$5 for all but the badge events, where it will cost them \$10 to compete.
 - o Family fee will align with the cost of 2 adults
 - o Groups will align with the cost of one adult plus one junior.
 - o National league and major carnival event fees will be determined based on the event.
3. New members can join for free during October, November, December or January and enjoy the benefits of club membership (including notably reduced participation fees) over that time. This will also give clubs an opportunity to

get to know them and encourage them to continue involvement.

4. We have a sub-committee of Kay Haarsma, Aylwin Lim, Ben Cazzolato and Bridget Anderson working on a strategy to build up cluster school areas and to foster interschool competition for upper primary aged students. It is intended that these after school events will be held on school maps and parks nearby. They will include parental involvement, giving parents a taste for orienteering and encouraging them to get involved. They will also give a chance to identify kids and families with talent or interest and encourage them to stay involved. Cluster schools for 2017 will probably involve schools which have participated in orienteering in 2016 and build on to that base.
5. A Series of events held in May will offer courses in the suburbs which include some bushland as well. This will give a taste of bush orienteering as well as the street and park orienteering. Families will then be encouraged to transition to the bush series as a natural flow on from these events.
6. Schools individual champs will be held on the 15th of May as a trial in 2017. This will give an opportunity for those who show potential to be invited along to training with the Darts or Junior Arrows and to events immediately after and to get involved over the winter orienteering season, keeping up the momentum and helping to build a habit of attendance.
7. Southern Darts (5-12) and Junior Arrows (12 to end of High School) will continue to offer training and fun events targeted at their age and skill levels. This is a great opportunity to learn about orienteering, but also to make like-minded friends and for parents to meet and build friendships.

If you have friends or acquaintances who might be interested, please invite them along to the twilight series and encourage them to get involved through 2017.



SUPPORT THE SPONSORS WHO SUPPORT OUR SPORT

EXCITING DEVELOPMENTS HAPPENING IN SA

From Erica Diment, Secretary Orienteering SA

50 new memberships so far

SA ORIENTEERING RUNNING TOP It has been a while since we had a running top for SA orienteers. Just at the moment we are all feeling very proud to be South Aussies, especially coming off the back of the amazing efforts of the juniors at the national championships.

Next year we are keen to all be wearing an SA top as we support them in Bathurst. In 2018 we want to be showing our colours when the rest of the country come to visit us for the champs.

Stefano and Bridget have come up with some great designs for a running top, running pants and a jacket.

The running top is made of a really light, quick drying fabric which moves with the body well. We should look fantastic as we all tear through the bush in our state colours.

There will be room on the chest to add a club badge if you wish to identify with your club as well as your state.

Email Stefano if you would like to place an order. Link to sizes is on the web. stefano.raus@gmail.com

We hope to get the order in before Christmas.

MEMBERSHIP NEWS

We have been doing a lot of work looking at membership and participation costs and trying to work out something which will not be costly to clubs, will encourage families in particular and will increase membership.

One of the things we have decided to do is to offer free membership (to NEW members only) from the start of October.

This means that people can come to events, join a club for free and enjoy the benefits of decreased participation costs and one issue of the Australian Orienteer before their free membership expires at the end of February 2017.

At that stage we hope that they will decide they like the idea of being a member and will re-join for the 2017 year. The plan is that forms for this will be available at each metro event and Ken Thomson has offered to add the members in to the database. The form will be available on the web for organisers to download soon (so that they can have it available).

As clubs will (hopefully) be gaining some new members in this time, we would love it if all clubs planned some ways to include these new members and offer some club benefits (whether social or in the form of training) over the time that they are part of your club. What a great opportunity to include new people and show them what a great thing orienteering is, both socially and physically.

New Orienteering South Australia clothing



Jogging suit jacket
* windproof
* suitable for running and representative
* lycra breathable back



Standard O-Top
* with side panels
* quick drying fabric
* option with long sleeves



Standard O-Pants
* mesh part
* durable fabric



DONATIONS OF UNUSED SI STICKS NEEDED

It was suggested at the SA Schools Relay Championships that to allow us to use full SI at next year's event people may have unused SI sticks they may be prepared to donate. One person present confessed to having 3 or 4 in a drawer somewhere! If you have one or more please put it (them) in an envelope with your name on (Donated by....so that we can alter the record of who has what) and hand them in at registration at the next event you attend. This would be greatly appreciated.

So far no one has taken up the offer of de cluttering their O bag or draw. THINK ABOUT IT.

Ken Thompson IT Manager Orienteering SA

HOW TO KEEP YOUR EVENTOR INFORMATION UP TO DATE

Recently I sent out an email to all members and registered casual orienteers. Some of these bounced because the email address no longer exists. Did you know that you can update any of your personal information yourself on Eventor? To do this just follow these steps:

Log on to Eventor. If you have forgotten your password click on to "I have forgotten my login details" If you have forgotten your username let me know and I can look it up for you and reset your password if need be.

Go to My pages -> Edit profile and update any information needing changing. Click on save.

Keeping this information up to date is a big help to all clubs as we use the database for many things including mailing out newsletters, keeping the ENEWS mailing list up to date and updating the archive used for electronic timing at events.

Ken Thompson IT Manager Orienteering SA email:

itmanager@sa.orienteing.asn.au

WADA (the World Anti- Doping Authority) issued the latest update on banned substances in late September. If you are seriously competing in orienteering it is worth taking a look at the entire list, and updating yourself on the changes. The entire list can be found at

https://wada-main-prod.s3.amazonaws.com/resources/files/2016-09-29 - wada_prohibited_list_2017_eng_final.pdf

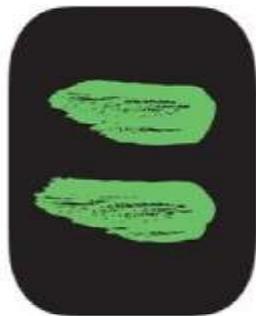
You can also download an app

WADA Prohibited List 2016

[View More by This Developer](#)

By World Anti-Doping Agency

Open iTunes to buy and download apps.



[View in iTunes](#)

Description

The List of Prohibited Substances and Methods (List), is the International Standard that designates what is prohibited in- and out-of-competition. The List also indicates whether particular substances are banned in particular sports. The List is updated annually.

[WADA Prohibited List 2016 Support](#)

[...More](#)

What's New in Version 2.8.8

Fixed character encoding for french and spanish language



Snap Print Hilton

MTBO ARTICLE

After the 4 previous events had been wet riders were pleased to have perfect sunny weather for the State Champs at Kuitpo. This saw 41 riders tow the start line next to the Forest HQ. A 3 hr score event format had been used in previous events but a traditional line course was used for the Champs, with electronic SI timing. Riders actually received 2 maps and initially went north into the flatter section for 3 to 5 kms before heading into the steeper southern section of the forest.

There were 4 courses to cater for the different age classes but with many common legs. Outstanding performances were achieved by Amber Tomas & John Allison. Amber had a clear win in W21 over two elite mountain bikers in Sorcha Flett & Aurelia Stozik, who were both doing their first mtbo event for the season. Impressively Amber recorded faster splits on most common legs than the M21 riders. John Allison, arguably Australia's best M60 cross country rider, absolutely smashed course 4, taking just 66 minutes, and had the fastest overall finish split as well.

In M21 Andrew Slattery took the title by just 90 seconds over our visiting Italian O scholar Stefano Raus with Bruce Greenhalgh 3rd. Both male & female elite winners received a \$50 voucher from Bicycle Express. Craig Watkin won M40 and Carolyn Strong W60. Frustratingly both good riders in W40, (Anthea Williams & Michelle Watkins) managed to miss 1 control each.

It was great to see three father & sons groups on Course 3. In fact Henry & 15 yr old Jasper Rutherford, regular participants during the season, actually recorded the best time on course 3. Not far behind were Ben & 12 year old Toby Cazzolato, while Kevin Anderson and youngsters Jarrad & Lachlan had a good ride but didn't quite finish the course.

My thanks to the many people who helped run this event, especially as I was quite sick. Rob Tucker put the controls out and Steve Cooper managed the SI timing and towed the Yalanga trailer down. Amber Tomas ran the registration and collected some controls, as did David Tilbrook. Greg Morcom (TJ) prepared the maps; Ken Thompson assisted with purple pen and Jan Hillyard cut up all the watermelon that was eagerly devoured at the finish. Phil Hazel collected the winner's medals but when I went to present them they proved to be the wrong ones! Correct medals now on their way!

Article by Kay Haarsma



Scarlett & Craig Reynolds



Michelle Watkin and Karen
Wishart



Morris Allen

TECHNICAL NEWS – Robin Uppill

Changes to Badge Events for 2017

Each year SA runs 3 Badge Events, these are generally all Long Distance format (if we host a major carnival any Australian Championships are also locally run Badge events). At these events, competitors can gain Badge credits, the process is an Appendix on the OA Foot rules as summarised below. Some clubs then purchase badges for their members.

6.1 An orienteer shall qualify when 3 badge credits have been earned such that the third credit is attained within two years of attaining the first credit. The year in which the third credit is earned shall be considered as the year in which the badge is earned.

6.2 A badge credit shall be earned by bettering the cut-off time for the credit standard appropriate to the relevant age class

6.3 The cut-off times for the appropriate credit standards shall be calculated for each class in each age-group according to the following formulae:

A Classes

Winners time x 1.25 (Gold Credit)

Winners time x 1.50 (Silver Credit)

Winners time x 2.00 (Bronze Credit)

AS, AX Classes

Winners time x 1.50 (Silver Credit)

Winners time x 2.00 (Bronze Credit)

B Classes

Winners time x 2.00 (Bronze Credit)

A change is proposed for 2017 and 2018, to be reviewed for 2019.

The 3 SA 3 Badge Events will be

1. SA Long Championships
2. SA Middle Championships
3. SA Sprint Championships

These events require a L2 controller from a different club, not from the organising club.

However in order to keep 2 high quality long distance forest events as well as the SA Long

Championships, 2 of the other OY events will be termed OY long with format the same as the current long distance Badge events (or possibly reduced to 11 courses by removing Course 3 – M45A moves to C2, W35A moves to C4). The OSA course specifications are to be updated to reflect this and the following will also apply:

1. Fees as suggested for Badge events can be charged, but levies will be reduced from current Badge events as no OA Badge event levy will apply
2. Pre-entry to be encouraged for all, except for limited EOD courses, as for current badge events
3. Internal club control/course vetting is required (clubs can ask for a review by an external vetter if they prefer).

AUSTRALIAN THREE DAYS IN 2017 JUNE IN WAGGA WAGGA

As many of you are aware the Australian Three Days in 2017 will not be run at Easter because the World Masters Games is to be held in New Zealand a week after Easter. So the Oceania Championships are also to be held in New Zealand over Easter. As a result a reduced Australian Three Day events is to be held in Wagga Wagga in NSW on the Queen's Birthday weekend. Dates are the 10th - 12th June 2017 and there will be a Middle Distance, Long Distance and Sprint Distance race with a full range of age classes to be offered.

Cumulative times over the 3 days will determine the overall results. Each day will be a National Orienteering League race (NOL).

Wagga Wagga is one long day's drive from Adelaide for those interested.

The Orienteering Association of South Australia gratefully acknowledges the support given to orienteering by:



OFFICE FOR
RECREATION & SPORT

2018 AUSTRALIAN CHAMPIONSHIPS CARNIVAL - Notes from Thursday 27th October meeting prepared by Robin Uppill (adapted by Jan Hillyard)

The carnival dates are Saturday 29th September 2017 up to and including Sunday 7th October.

Proposed Areas

An interested group is investigating having the first weekend including an event on the Monday public holiday in the Riverland and the schools championships and the second weekend in the Mount Lofty Ranges.

Publicity e.g. a postcard will be distributed at the Oceania Championships and World Masters Games in New Zealand.

Committee and major positions required for the carnival include:

1. Carnival coordinator - required
2. Committee secretary (attend meetings and keep minutes, manage correspondence) - required
3. Finance director – Sue Bament
4. Technical director – Robin Uppill
5. Mapping coordinator – Adrian Uppill
6. Equipment Coordinator - required
7. Publicity and Promotion - required
8. Sponsorship – a suggestion has been made
9. Schools Championships Coordinator –this person would have the opportunity to travel with the schools teams in 2017 (NSW) - required
10. Computing/IT (entries through to finish and results) - required
11. Live Centre Coordinator (live results etc.) – required

Plus

1. Organisers, Course Planners and Controllers for each event (a L3 controller workshop may be held in Adelaide in 2017 to ensure L3 controllers are available for the 3 individual Australian Championships and The Australian Relay Championships.
2. Major Work Teams – event set up - toilets (share between 2 clubs), registration, start, finish (IT Team, logistics at finish)
3. Logo Design – Bridget Anderson

Next Meeting is to be held early in 2017.

Why not consider volunteering to be part of this very exciting carnival and working with a great group of likeminded dedicated orienteering members to make these events a great success.

Contact Robin Uppill for more information

EVENT ORGANISATION WORKSHOP – 2017

This is planned to be held in Feb 2017 on 2 weeknights (to avoid taking a day of a weekend) – venue is to be advised due to the lease at State Association House expiring at the end of 2016.



Bennett Garson Conveyancing
Australian
Conveyancing
Group

10 REASONS WHY ORIENTEERING IS THE BEST SPORT EVER

by [Alison Ingleby](#) on [October 18, 2016](#) in [Running](#)

Who would have thought getting lost could be this much fun?

When you see the word orienteering, what springs to mind? Funny red and white flags? Getting lost in damp forests? Strange people dressed like they've just emerged from a 1980s psychedelic pajama party? (If the latter, then you must have been to a 'proper' orienteering event.)

I would be the first to admit it can appear a crazy sport. The basic principle is this: you have a compass, an electronic dibber thing and a 'map', which to the uninitiated looks rather like an artist's impression of the London tube map overlain with hieroglyphics. And it probably makes about as much sense.

But stick with it. Because with a little patience (and a good sense of humour), what is at first confusing, transforms into a delightful puzzle. There is no other sport that tests both the mind and the body in quite the same way. It's like trying to solve a level four sudoku puzzle whilst simultaneously running an obstacle course and playing a virtual reality car racing game. Are you convinced yet? If not, then read on for ten very good reasons why you should get out orienteering today.

1. Orienteering is a sport for life

Literally. As soon as you're able to toddle on your own two feet, eager parents will be fighting to take you round the string course (especially if there are sweets at the end). At the large events there are age classes that cater for runners from age ten (younger competitors can 'run up') to ninety, and everyone shares the same finish lane. There aren't many sports when you can carry on winning well into your eighth decade.

2. It's not all about running

'But you have to be a super-fit runner to orienteer...' is probably one of the most common excuses I hear for not trying out the sport. And the answer to this is a big, fat resounding no. Sure, if you want to be winning events then it helps to be a decent runner, and elite orienteers are some of the fittest bods around, but fitness is no barrier to orienteering. Many people walk round their courses, and if you're just starting out this can be a good idea whilst your navigation improves. Plus, there are actually four disciplines of orienteering: [foot](#), [mountain bike](#), [ski](#) and [trail orienteering](#) (designed for people of all physical abilities to compete on equal terms). So there's something for everyone.

3. Every event is different

Bored of running the same old training routes? Plodding the same streets, week after week. Yup

me too. This is why running is BORING and orienteering is FUN. I can pretty much guarantee that in your orienteering lifetime, you will never run the same route twice. Which means there is always an element of the unknown when you set off. Variety is the spice of orienteering life.

4. Orienteering is the friendly sport

Orienteers love introducing new people to the sport. Turn up to any event and you'll be sure to find some eager face to help you work out which bit of the compass points north, the difference between a re-entrant and a depression and what the blue squiggly lines on the map mean. Most [orienteering clubs](#) have specific events aimed at beginners or [young families](#), plus training sessions when you can get to grips with basic navigational techniques.

Many clubs hold post-training socials, and at the larger events, members congregate in club tents. Wander in after you've finished and within two minutes someone will be peering at your map excitedly jabbering about 'optimum route choices' and whether you took the direct or long route to number five. Just humour them, ok? It'll be you one day.

5. There's always room to improve

There is rarely such a thing as a perfect run in orienteering. Even on your best day, you'll lament the two seconds you 'wasted' climbing over a stile, or debate whether you could have stolen a minute if you'd have taken a slightly different route. Don't get me wrong, it can be incredibly frustrating when you mess up. (And even more frustrating if you're stuck in the car with a sulking companion for two hours on the drive home.) But it means there's always something you can work on and some way to get better.

6. Orienteering takes you to places you'd never otherwise go

Quite literally. Many orienteering events are held on private land where the organiser has to get special permission from the landowners to hold the event. So you get to explore woodlands, moors and valleys you'd never normally go to.

7. It's a full body workout

Orienteering is not just off-road, it's off-trail. Once you get beyond the easier beginner routes, the courses are designed to avoid paths as much as possible. Depending on the area, the terrain can vary from beautifully runnable pine forests, to heather strewn moors, and intricate boulder fields. You may end up jumping across streams, leaping

fallen trees or fighting through thickets of trees (usually only if you've got lost). This is why orienteering courses are quite short. But try running a 7km road race and compare that to a 7km orienteering race in the Lake District and tell me which one you wake up aching from the next day. Yup, and that's your core aching as *well* as your legs.

8. But it's not all about getting muddy

Whilst orienteering is traditionally associated with hills, forests and parks, a whole new niche of orienteering has sprung up in towns and cities across the country. Urban orienteering combines lightning-speed navigation with fast running. Many clubs run monthly, or even weekly urban evening events, particularly during the winter months. As the navigation and the maps tend to be much simpler, these can be a great introduction to orienteering for newbies. Plus they usually start and finish in a pub. It's important to rehydrate .

9. You can compete all over the world (without being an elite athlete). There aren't many sports where you can compete in 70 countries, whatever your level of expertise. Once you've learnt the basic [orienteering map symbols](#), the language is the same wherever you go. Many countries host

orienteering festivals: multiple days of events with social activities in the evenings. And city races are a great way to add a bit of interest (and exercise) to your next city break.

If you're looking for international events, the [World of Orienteering Calendar](#) is a good place to start, but it's by no means exclusive.

10. It gives you skills for life

I'd like to see anyone try and deny that navigation skills aren't important. EVEN in this modern day world of iPhones, Google maps and GPS watches. I sometimes wonder why other people struggle to remember directions, seem to have absolutely no sense of direction and can't hold a map the right way round. Then I remember that these people probably weren't sent out into a deep dark forest to get lost (literally) from the tender age of ten. (Thanks Dad.)

So the moral of the story is: parents take your children orienteering! Let them go out and get lost! It will teach them to be independent, adventurous and non-directionally challenged. And one day they will thank you for it. Even if it's just because they managed to find their way home from the club rather than spending the night behind the wheely bins.



Government of South Australia
Office for Recreation and Sport

be active.

WILDFIRE
S P O R T S

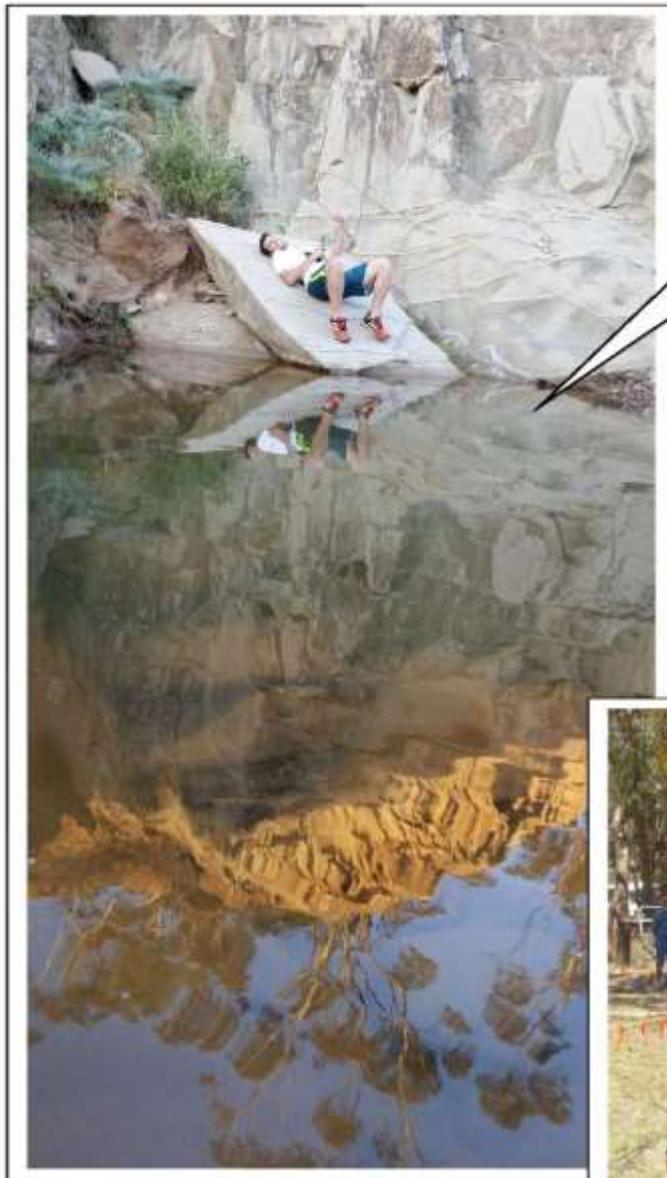
HAPPY HOLIDAYS TO YOU!

Stay safe when travelling and enjoy the holiday break.

See you in the new year.

Orienteering South Australia

THE SAO PHOTO ALBUM



Stefano relaxing by a billabong on the "Paradise No Shooting" map after a long day in the field checking the map in preparation for the State Championships to be organised by Tjuringa Orienteers.

Olivia Sprod attained the lowest finish split time of the day at the Australian Champs in Queensland when forced to dodge the flying finish tent. Eliza, on her first team trip would certainly have been amazed at seeing a tent fly by.



Proud members of Tjuringa displaying their winning 'medals' presented at the club relays.

Some of these

medals didn't make it to the trophy shelf for display at home as they were eaten even before their owners left the event site. They were very large ginger biscuits with ribbon attached made by Jenny Casanova and were very tasty and a very novel trophy.

GUESS WHAT ORIENTEERS DO WHEN THEY ARE NOT ORIENTEERING?

Some Rogaine.



It is all in the planning for Meredith, Abigail and Joanna for the 3 hour rogaine.. They WON!!



Evelyn Colwell and Robin Uppill planning their 3 hour rogaine route.



Rob Tucker, Doug Fotheringham, Peter Milnes and Gerry Velaitis enjoy their training sessions along the Torrens in 'uniform' : being the 2012 Oratunga rogaine shirts.

Their run is more of a jog, and they probably undo all its benefit by adjourning afterwards to the British Hotel for a schnitzel and Guinness.



John Such is a "smithy"



Rob Tucker likes to show off his antique motorbike.

be active.

e

be active and receive a variety of benefits
such as:

- Being more alert, feeling better and less anxious.
- Improved self-image and self-esteem.
- Improved blood pressure, cholesterol levels
and fitness.
- Decreased chance of heart problems, diabetes
and some cancers.

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