



ORIENTEERING SA

SOUTH AUSTRALIAN ORIENTEER

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From the President – Rob Tucker

We are now well into the orienteering year having completed the Twilight and Snap Sprint Series, finishing with the enjoyable Sprint Champs at Trinity College.

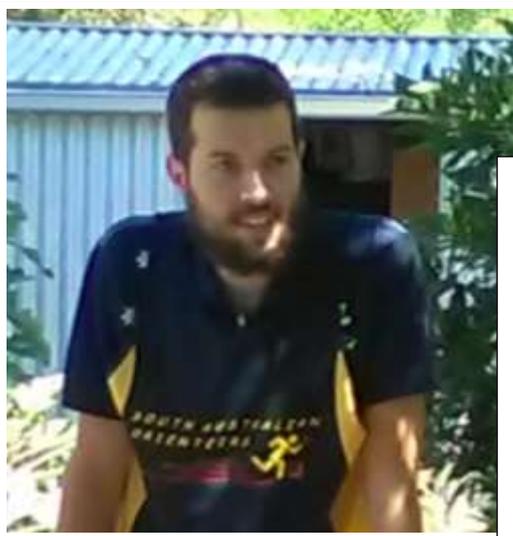
Our coach in residence, Stefano Raus, is soon to complete his stay with us. He has significantly boosted the mapping, coaching and training sessions, with particular emphasis on schools and our younger contingent. We are actively seeking a replacement for later in the year.

The Schools Cluster Program and Sporting Schools Funding have provided an important focus on introducing students to orienteering, and improving the skills of those already involved. It is quite heartening to see many parents involved in the after school activities, and it is hoped this interest will translate to the regular orienteering events. The involvement of so many orienteering members in running these school sessions is very much appreciated.

Preparations for the 2018 Australian Championships Carnival to be held in South Australia are well underway.

There will be a call on the resources of clubs to undertake this important event, and in particular we are seeking someone to take on the role of coordinator !

We wish good fortune to those participating in the Oceania Championships and World Masters Games next month in New Zealand.



John Lyon celebrated his 80th birthday by hosting an orienteering event on his property. Tintookies club members were invited as were members of the other four Adelaide based clubs. Unfortunately, the weather was not the best but that didn't stop anyone from running a course and enjoying lunch and catching up with other orienteers before the "O" season begins .

Stefano Raus celebrated his 22nd birthday at the Cazzolato house where a "brunch" was enjoyed by about 30 OSA members .

THANKS FOR YOUR DEDICATION

**To the outgoing 2016 ORIENTEERING SOUTH AUSTRALIA COMMITTEE;
your commitment to the sport of orienteering is appreciated!**

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
Schools coordinator	vacant
Publicity and promotion	David Tilbrook
Auditor	Vacant
IT manager	Ken Thompson



**The Orienteering South Australia Annual General Meeting
was held on Sunday 26th March 2017 at Belair National Park.**

INTRODUCING THE 2017 ORIENTEERING SOUTH AUSTRALIA MANAGEMENT COMMITTEE

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Auditor	Allison Whittaker
IT manager	Ken Thompson



2018 AUSTRALIAN CHAMPIONSHIPS CARNIVAL - Robin Uppill

South Australia is hosting the Australian Championships and the Australian Schools Championships in 2018. Planning on event areas in 2016 has resulted in the following proposed program. This begins with 3 events near Renmark and the remaining events near Adelaide.



Sat	Sep 29	SA Middle or Australian Middle Distance Championships	Crooked Straight Northeast of Renmark
Sun	Sep 30	Australian Relay Championships	Wiela - New area Northeast of Renmark
Mon	Oct 1 (Public Holiday – SA, NSW, ACT, WA and Qld)	Australian Sprint Distance Championships	Renmark Schools New map
Tue	Oct 2	Australian School Sprint and Public Sprint	Schools Campus in Adelaide
Wed	Oct 3	Australian School Individual and Public Event	Wirra Wirra – East side
Thu	Oct 4	Australian School Relay and Public Event	Mt Crawford
Fri	Oct 5		Rest Day
Sat*	Oct 6	Australian Long Distance Championships	Gumeracha Gold Fields – western part(Tower Hill to Wats Gully)
Sun	Oct 7	SA Middle or Australian Middle Distance Championships	Keynes Gap To be remapped

The major work in the next few months is organising mapping of the 3 main areas requiring either a total remap or a new map is to be produced. To support the mapping LIDAR coverage is to be obtained through Airborne Research Australia. As well as providing detailed and accurate photogrammetry, LIDAR provides additional information that will lessen the field work (see the article on LIDAR in the December Australian Orienteer). Information on mapping tenders will be distributed in April. A carnival logo designed by Bridget Anderson reflects the location of the first 3 events in the Riverland. As for previous major carnivals in SA, the events will be managed by an OSA committee, enabling contributions from anyone interested with the skills in the areas needed. This also enables skilled teams to run the various major tasks for all events with commonality of processes for the volunteers, as well as for the competitors. The committee has a number of major roles as listed below, and each event requires an organiser, course planner and controller. The main committee roles are:

1. Carnival coordinator – need a volunteer to take overall coordination responsibility, Robin Uppill has coordinated meetings to date, however an overall carnival coordinator is required
2. Committee secretary – attend meetings and keep minutes, manage correspondence
3. Finance director – Sue Bament
4. Technical director – Robin Uppill
5. Mapping coordinator – Adrian Uppill, and an assistant??
6. Equipment Coordinator – Craig Colwell
7. Publicity and Promotion – Peter Mayer with contributions by others (e.g. for web site management, Facebook)
8. Merchandise (dependent if carnival merchandise is required)
9. Sponsorship – Peter Mayer with contributions by others (Bridget Anderson)
10. Schools Championships Coordinator – this person would have the opportunity to travel with the schools teams in 2017 (NSW), may need to be a shared role with one person managing accommodation and another focussing on the actual orienteering requirements
11. Computing/IT – Ken Thompson with contributions by others
12. Club representatives (if not filled by roles above)
13. Live Centre Coordinator (live results etc.)



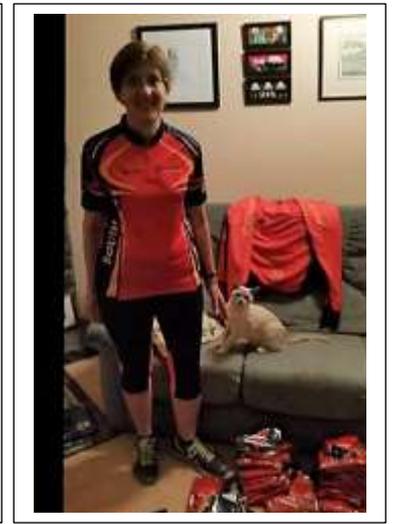
Have YOU considered helping?

NEW SA RUNNING GEAR

You will see SA orienteers running around in new clothing very soon if you have not noticed it happening already. Thanks to Bridget and a willing band of critics for the design inspiration and to Stefano for offering the contact at a terrific price.

This first shipment is not necessarily the last, so don't be upset if you have missed out so far. There will be further opportunities to obtain this cool SA Orienteering branded clothing.

We hope that this will help to raise the profile of orienteering in SA (one of our strategic goals).



We encourage all orienteers to be enthusiastic about wearing your new gear out and about (not just at orienteering) and to talk to anyone who is interested about Orienteering in SA (the best sport there is).

AUSTRALIAN THREE DAYS IN WAGGA WAGGA - JUNE 2017

<http://onsw.asn.au/aust3days2017/>

Because we are missing out on Easter in Australia, it was decided to hold a 3 day event over the June long weekend in Wagga Wagga. Orienteering NSW will host a 3 Day carnival from 10th - 12th June 2017. Four clubs will be organising and running the event on behalf of ONSW Illawarra Kareelah, Southern Highlands, Uringa and Waggaroos.



The competition will comprise a Middle Distance, Long Distance and Sprint Distance race. A full range of age classes will be offered and results will be based on cumulative times over the 3 days. Each day will be a National Orienteering League (NOL) event. The events will be held on existing maps (updated especially for the carnival) and there will be lots of lovely granite terrain on all three days - including the sprint.

The event centre, Wagga Wagga, is centrally located between Sydney, Canberra and Melbourne with easy road access and also accessible by air (Rex and Qantas) for those travelling from further afield. I hear that accommodation is filling fast, so get in soon if you are planning on going to this carnival.

NATIONAL CHAMPS IN BATHURST

<http://onsw.asn.au/ozchamps2017/>

From the 23rd of September to the 1st of October you can take part in the "Seek Gold" carnival based around Bathurst. Here our school representatives will show the skills that they have been practicing so regularly under the guidance of Bridget, Simon and Stefano.

The Australian Sprint Championships and Middle distance Championships will be held on the first weekend, the schools races on the 26th (individuals), 27th (sprints) and 28th (relays) and then the Australian Long Champs and Relay Champs on the second weekend.

This is always a fantastic opportunity to try some great new orienteering maps and to support the Juniors and the Arrows as they compete for our state honour.



TRAINING WITH STEFANO



*Submitted by
Bridget Anderson and
Robin Uppill*

Over the summer many of us have had lots of fun training with Stefano on week day evenings. He has created some new maps just for training. Adrian Uppill took him for a drive to Glenelg and he came home and made a sprint map from an aerial photo and Google Street View.

New maps were also made after visits to Port Adelaide and Semaphore Park (northern West Lakes). The latter was then updated and used for one of the Sprint Series events.

Training activities included control punching exercises and maze orienteering. As well as setting these up Stefano also created videos – these are on the OSA You Tube channel

: <https://www.youtube.com/channel/UCSrZVpB1et3JoeNdvOHh09w>. For these and many of the other activities the SI Training Kit purchased last year with an ASC grant has been used.

Also on You Tube are videos of some other training exercises including a sprint relay at Apex Park, Hawthorndene and night orienteering start at Belair NP. Two of these commence as Stefano drives out of our garage!

Some of the map training was as standard courses but many were not. Mobile phone orienteering in the SE parklands meant the runner had no map and had to be directed around the courses over the phone (preferably on speaker) by their partner back at the start with the map. We had some relay competitions (2 persons doing 2 or 3 legs each) at Apex Park (see the video), Glenelg and Mount Barker.

More serious sprint training was held at Flinders Uni and Magill campus with a qualifying heat and a final. At Flinders he even made Bibs for the A qualifiers.



And then there were the modified maps – Waite Campus with the bubbles making route choice there even more complicated. And the most crazy of all – the “Surfer” “Time to Stop Drink Driving”, “Night Vision” and “Acid Warehouse” at Port Adelaide .

And for the forest challenges we went to Pewsey Vale where we all found it physically and technically demanding as well as the friendlier courses at Rocky Paddock. And then there was night orienteering at Belair, Wadmore Park and the South Parklands.

Lots of running included the NoPeet Loop at Belair– see the route and times at the bottom of this link - <http://sa.orienteering.asn.au/coachingandtraining/>.

More recently juniors have done time 3 km trials at Santos Stadium. Times are here: <http://www.trent-o.org/OSA/3000results06march.html>

In amongst the training he has also helped get OSA started using LIDAR, made several school and other maps, set courses for three Twilight Series, and this term coordinated orienteering training at Sturt St and Rose Park Primary Schools. With the start of the 2017 NOL season, Stefano ran for the Southern Arrows at NOL rounds in Tasmania and Canberra. Not to forget he also ran for SA in the Australian Middle and Long Distance Championships in Qld 2 days after arriving in Australia.

And for Stefano’s own version of some of his activities – see his blog - <http://orimarty-raus.blogspot.com.au/>. In particular the “3 Days of Adelaide” around Australia Day – but you need to translate from the Italian!

Stefano has been an excellent asset for the senior members of the Southern Arrows team, providing training programs for them for WOC trials. In the past, many of the Southern Arrows members would have had to create their own training for themselves and others so it was fantastic for these members who could sit back and let another person help specialise their training. Stefano also analysed GPS tracking and provided race reports for each member of the squad after NOL events.

GPS analysis for the 2nd Sprint event held at Semaphore Park calculated by Stefano Raus

GPS ANALYSIS

The 2nd event of the Sn@p Sprint Series at Semaphore Park (a new and very interesting sprint map) was set by the Southern Arrows runners Alyce and John. The courses were full of short and long route choices and we all had lots of fun.

Let's start with leg 2 and leg 4 of the long course:
Image 1

We have 3 different routes and definitely the Georges sisters took the best one going around east. For control number 4 we have Ben who got sucked into the fenced playground, while the 3 girls all decided to run the longest way... (around 30 seconds mistake for all of them)

Image 2

Number 6 was also interesting and here we see how much faster Angus is; and for the next control there were 4 different routes. Angus took the longest one as did Meredith, but he ran at an incredible pace!

Image 3

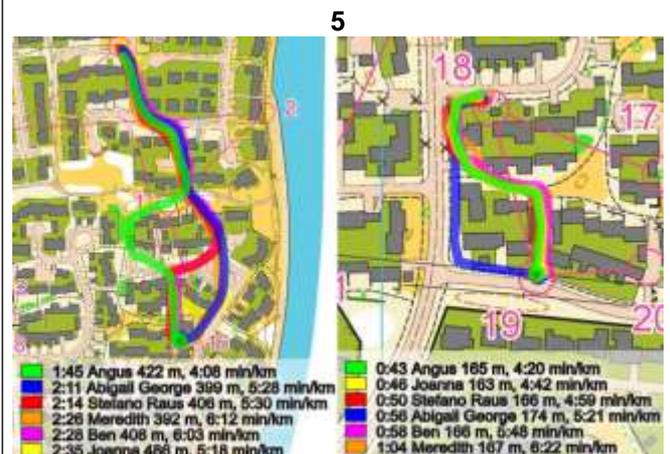
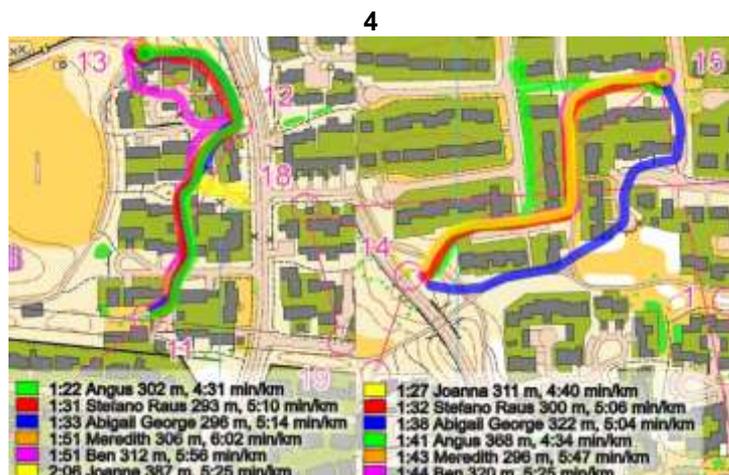
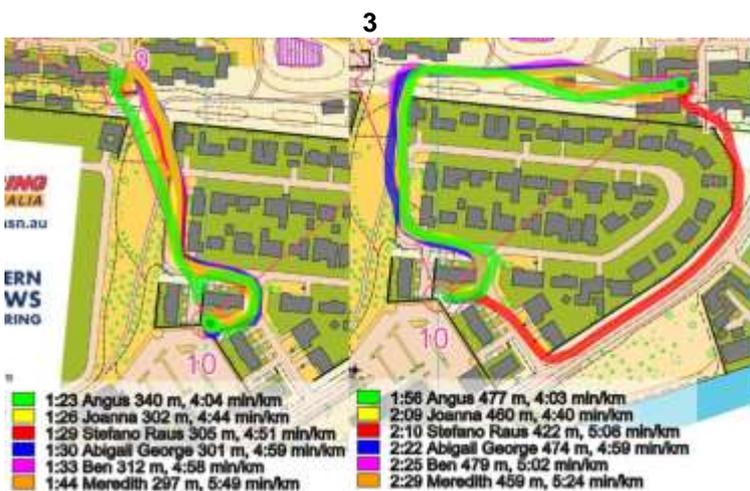
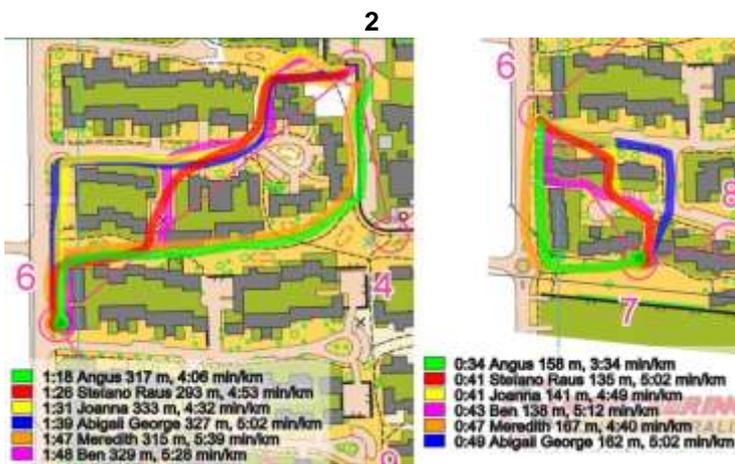
Both 9 and 10 were easy controls, if you can read the control description. A lot of people went outside the corner at number 9 and Angus made a mistake at number 10. To number 11 Stefano took the shortest route.

Image 4

A little mistake for Joanna (around 30 seconds) to control 12 and complex route choice for Ben to the next control. A much bigger mistake for Angus now going to control 15 and alternative (but not bad) route choice by Abigail.

Image 5

Last two legs to analyse: 15-16 and 18-19. We were all done apart from Angus, as you can read the pace data. But he took again a longer route... Abigail really good here. And again definitely not bad her decision to no19.



SUMMER SERIES SCATTER RESULTS

2016 - 2017 Scatter Points Table		SE Parklands	Colonel Light	St Peters	Blackwood Park	Morialta	Coromandel Valley	Athelstone	Marino	Total
Men										
1	Morris Allen John	8	15	20	12	20		20	20	115
2	Nieuwenhoven	15	10	8	15	8	20	8	12	96
3	Greg Rowberry		13	17	20	13		17		80
4	Peter Kreminski	11	11	11	11			11	10	65
5	Trent McInerney	6	17	13	13	6		6		61
6	Steve Cooper		20	12		17		10		59
7	George Reeves	7		2	10	10		13	11	53
8	Ron Smernik	17	9	9					17	52
9	Simon Gilbie	13		5		7	16		9	50
10	David Tilbrook		12	7	9	12		9		49
11	Jack Marschall	4	8	6	7	4	13		6	48
12	Richard Borrelli	13		5			16		9	43
13	Lewis Carter							15	17	32
14	Andrew Kennedy	5		3	6	5		5	7	31
15	Robin English	3		10	8			7		28
16	Clive Arthur			15		11				26
17	Doug McMurray					9		12		21
18	Jarrold Harkness	20								20
19	Antonio Garcia				17					17
20	John Lyon				5		12			17
21	Dion Byas					15				15
22	Ian Winn	10								10
23	Anton Steketee	9								9
24	Ian Weis	2								2
Women										
1	Joanna George Jenny	15	15	13	20		20	20	20	123
2	Casanova	12	20		15	17	17		15	96
3	Abigail George		12	15	17		15	17	17	93
4	Evelyn Colwell	11		12		13	13	15	13	77
5	Ann Nolan		13	20		15				48
6	Amber Tomas Josephine	20	17							37
7	Smernik	17		17						34
8	Marian Arthur					20				20
9	Carolyn Strong	13								13

WHY ORIENTEERING? **Frank Burden**

And some lessons learnt and relearned by a returning orienteer.

In the last SA ORIENTEER, a couple of articles attempted to answer the question "Why Orienteering?". I thought I'd provide a perspective from the other end of the age spectrum.

At the beginning of the 1990s, I gave up all forms of running because of persistent leg injuries. Just over a year ago, and ironically, an accident and another leg injury provided the impetus for my return to orienteering.

My interest in running started at the age of 12 when watching Peter Snell (NZ - 800m) and Herb Elliot (Aus - 1500m) win their respective races in the 1960 Rome Olympics. I then joined an athletics club and teamed up with a keen group of runners. Training and racing dominated our lives almost daily for the next 10 years.

My first experience of orienteering was in about 1967. A fellow runner and I entered an event in Wales organised by Chris Brasher, who was the 1956 Olympic 3000m steeplechase champion and responsible for introducing orienteering to the UK. Although I always ran faster than my friend on the track, road and cross country, he beat me by a large margin in this first orienteering event, and most subsequent events. My friend was an army reservist and had clearly mastered the art of navigation during his army training. I thus discovered early that speed in the forest hardly ever compensates for poor navigational skills. This was a lesson I kept relearning over the next 20+ years, and have been reminded of over the past year since taking up the sport again. I continued to compete in all forms of running, but orienteering gradually took over as my main sport until leg injuries forced my first retirement.

So why did I decide on orienteering for my belated return to sport? Firstly, I needed a physical challenge and one that I could measure improvement against in order to maintain motivation during a repetitive and very slow rehabilitation period following my accident three years ago. I couldn't think of a better and more interesting challenge than orienteering, because of the ability to select course length and level of difficulty. Once started it's then just you solving problems set by the course planner invariably in interesting surroundings. You run or walk at your own pace without feeling the pressure to keep up with other competitors that you get in a running race. And, it's not until the finish that you can compare your performance with that of other competitors over the same course or in your age group. Orienteering allowed me to ease slowly back into active sport, albeit at less than half the speed of my younger days.

In just over a year, my experience of orienteering in South Australia far exceeded my expectations, and has not failed to provide the motivation to keep me going with my exercises. I thank the many volunteers,

mappers, planners, controllers and organisers who dedicate their spare time to support the sport in their many different ways and, in particular, produce first-class events.



About Frank, in a snap shot:
Orienteered in the UK, France and Germany from the late 1960s to late 1980s. No significant wins - just an average club competitor. Mapper and planner for 1981 British Army orienteering championships in Germany. Immigrated with family to Australia from the UK in 1989. Son and his family first discovered orienteering in SA in 2015, which initiated Frank's reintroduction to the sport. Joined Onkaparinga Hills Orienteering Club in early 2016.

Since I last took part in orienteering over 25 years ago, many innovations have been introduced that have improved the sport and increased its interest and attractiveness as an international activity for everybody. Sprint, urban and park events have allowed the hot summer gap to be filled with orienteering challenges similar to those experienced in cool-season bush events. SPORTident allows progress around a course, and mistakes (I've discovered that time seems to pass more slowly and that time lost is not as great as I'd often suspected), to be compared with that of fellow competitors. Also, pre-printed maps, even at minor events, thumb compasses, and Youtube hadcam videos, simplify orienteering and make it possible for beginners to gain insights into the experiences and techniques of world-class orienteers.

Over the past year, I have learnt and relearned many new things about orienteering, so I thought I'd write here about some of these experiences ... with compasses.

Compass Lesson 1. There is usually a good reason why some compasses are cheap. I made the mistake of buying a Chinese-made thumb compass on eBay. It was advertised as suitable for use in the southern hemisphere, but when it arrived was clearly designed for northern hemisphere use. The needle wasn't correctly balanced, which resulted in one end rubbing against and sticking in grooves in the base of the capsule. The north-south parallel line had been formed on the inside of the capsule, unlike higher quality compasses where they're formed on the outside. This resulted in me heading off in wrong directions on several occasions before I realised what the fault was.

Compass Lesson 2. If a bubble forms in the compass, don't waste time trying to fix it. On an old Silva compass, which I tried repairing for sentimental reasons, I refilled it

with different fluids and mixtures. After much experimenting I found a mixture of glycerine and water that gave the correct needle damping, but after just one event the bubble reappeared. Not only is the fluid used in compasses a closely guarded trade secret, an even more closely guarded secret is how to close up the hole used to inject the fluid into the capsule and make it air tight!

Compass Lesson 3. If a compass suddenly and inexplicably begins pointing in the wrong direction, don't throw it away, as somebody advised me to do. Not only will the compass send you off in the wrong direction, the needle becomes unbalanced and drags against the capsule base. The problem can be caused simply by placing the compass too close to a mobile phone or

other metal object such as a pair of scissors, which reverses the polarity of the needle's magnet. Re-polarising the needle is performed by placing a magnet aligned with the compass needle, and quickly sweeping the magnet below the capsule along the length of the needle. This technique worked first time for me, and saved the expense of purchasing a replacement compass.

I am sure that orienteers, especially those older more experienced ones among you, have many tips and tricks learned over the years that fellow orienteers might find useful. Why not write about them and let everybody know?

Frank Burden

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 (Attn. Ken Thompson, 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 drawer. THINK ABOUT IT.

Ken Thompson IT Manager Orienteering SA

What do orienteers do when they are not orienteering? These orienteers meet regularly on a Wednesday afternoon at Belair National Park for a ride or a walk.



SUPPORT THE SPONSORS WHO SUPPORT OUR SPORT

COACHING ASSISTANCE

Brodie Nankervis has recently taken on the role as coach of the targeted talented athlete squad at the national level and is looking to expand the list of coaches/mentors for the athletes in the squad. He is looking for both qualified coaches and current or previous elite level orienteers who would be interested in mentoring orienteers involved in the program.

If you are interested in being involved please email him directly on brodie_nank@live.com.au

ACTION IN SCHOOLS

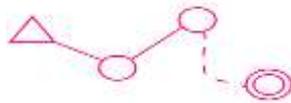
There has been a lot happening in the last few months in Schools.

The government continue to encourage Orienteering as one of the 23 options available through their "Sporting Schools" funding. This means that primary schools currently can access funding if they choose to do so, to pay for a map , equipment and coaching.

We also have the individual schools championships coming up very soon on Monday 15th May, so schools have been keen to get in some early training for that.

We have had some very active coaches – Kay Haarsma, Stefano, Clive and Marian Arthur, Adrian Craig, Aylwin Lim, Ben Cazzolato and David Tilbrook have all been active in the first term.

We have 3 active cluster of schools involved in group activities – One in the hills involving the area around Lobethal and Woodside, one in the Eastern area involving Eastern Primary Schools and one in the close South which included Black Forest, Sturt St and Goodwood Primary Schools. Our active group of coaches have enthusiastically taken on this project and it will be interesting to see the results. We certainly saw some Goodwood and Black Forest families out at Belair for our first bush event in late March.



SA SCHOOLS ORIENTEERING CHAMPIONSHIPS

Monday 15th May 2017

Registrations due by Monday 1st May 2017

Watch for the entry form online and at events or

click here for the entry form

<http://sa.orienteering.asn.au/qfolder/juniorsandschools/SchoolsOrienteering/SchoolsChampsEntryForm2017.doc>

Conducted by Tjuringa Orienteers Inc for Orienteering South Australia in conjunction with SAPSASA and SSSSA



Tjuringa Orienteers are seeking support from members of the Orienteering community to help them to successfully conduct this event.

Watch for the "Helpers" board at the registration site at coming events and put your name down.

For further information about this event, please contact the event secretary Jan Hillyard on 8381 4696 or 0407 714 135 or hillyard@senet.com.au or chat to her at any event.

SOME INTERESTING LINKS FOR YOU

Oceania 2017 in New Zealand <http://oceania2017.nz/>

The Australian Orienter link to the AO newsletter <http://www.sa.orienteering.asn.au/australianorienteer/>

The link to the Tasmanian online newsletter. aeb85de5-b621-4602-9b6e-0f28527a0669

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

NATIONAL LEAGUE EVENTS IN CANBERRA

Some of our elite junior and senior orienteers of the Southern Arrows were competing at National League Events in Canberra over the weekend, with a sprint qualifying and final race on Saturday, and a Middle Distance Race on Issacs Ridge (used for the Australian 3 Days in 2016) on Sunday. Bests results were first place to Simon Uppill on both days, and with the men's team fielding 3 runners in both the previous NOL in Tasmania and in Canberra, sees them in 2nd place overall. Bridget Anderson ran a great 3rd place in the sprint against a quality field, after finishing first in her heat.

All results are on Eventor – [Sprint](#) and [Middle](#)



Southern Arrows in the ACT - Stefano, Will, Nick, Angus, Simon, Bridget and Jenny

SITING OF AND VISIBILITY OF CONTROL FLAGS *Taken from the technical page on the Orienteering SA website*

The control flag should be placed at the feature in accordance with the control description, it should be visible to the competitor when they can see the described position (orienteering is not a treasure hunt). If this is not the case, then the map is of no further use to the competitor and the only solution is to hunt around until the flag is found resulting in success becoming a matter of luck and not orienteering skill. The value of good legs may be lost if a control site at the end of it leads to a significant time loss due to the flag being hidden, location or description ambiguous, or even worse misplaced.

If the control is on a linear feature eg watercourse, the control flag should be visible in *either* direction, from a distance which is between 5-10% of the distance from the nearest attack point, with a minimum of 5m. So don't hide the control behind a bush, especially if this results in the control being more visible from one side than the other.

For broader features eg spur, gully, the control flag should be visible in any direction from a distance that is between 5-10 % from the nearest attack point, with a minimum of 10 m. Controls on point features must be visible when the competitor is standing at the feature as described on the control description.

Siting of controls on the same type of feature in close proximity is not recommended eg adjacent gullies both with controls. When siting nearby controls on the same or similar features (eg boulder and boulder cluster, distinctly different on the map and in the terrain) they must be at least 60 m apart. Use control flags with significantly different number codes. Also controls placed too close on different courses can mislead runners who have correctly navigated to the control site, so ensure that close spaced controls are significantly different in both their terrain location and type of feature, otherwise the element of luck returns. Controls on different features should not be closer than 30 m.

Placing controls in a maze of illegible detail, in dark green, or on isolated point features in otherwise featureless terrain should be avoided, these generally become the "bingo controls". Controls are not technically difficult because they are hidden. Controls, which are in greener areas, should have good attack points or other features that assist in defining the location of the control due to the reduced visibility.



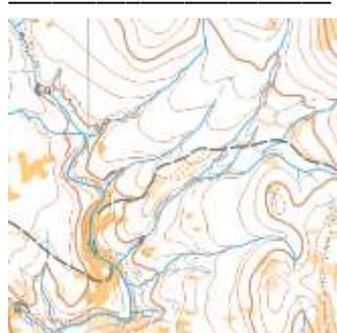
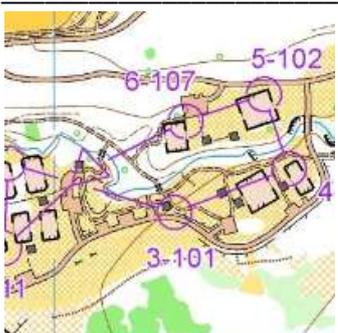
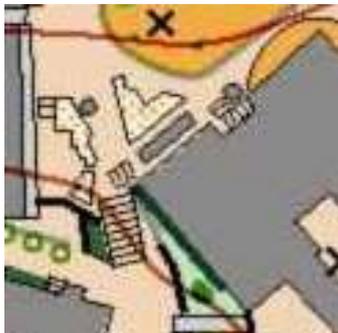
Snap Print Hilton

TJURINGA ORIENTEERING CLUB celebrated the start of the 2017 orienteering season by holding a training/social weekend at Normanville Caravan Park. Stefano Raus, with the support of Aylwin Lim, the Tjuringa Club president, organised activities and training sessions for the members on Saturday afternoon and Sunday. A happy hour was enjoyed late Saturday afternoon and after dinner Saturday night Aylwin entertained the Tj members with a quiz night. The Tj members enjoyed a fish and chip lunch together on Sunday afternoon after team training on sand dune courses.

A page from the Tjuringa Camp Quiz

1) When was Tjuringa founded? _____ Name a founding member _____ (2 points)

2) Name these maps: _____ (6)



3) Name Donald trump's five Children. _____ (5)

4) Which city does Stefano Raus come from and which club does he belong to? How old is he? _____ (3)

5) How many states of the USA have a Pacific Ocean coastline? _____ (1)

6) Name the 4 South Australian orienteers in the Schools All Australian Team for 2016. _____ (4)

7) What is the biggest annual orienteering event, which has more athletes competing in than in the Olympics? _____ What country is it in? _____ How many competitors? _____ (3)

8) What is the name of the river that flows through Normanville and the Caravan Park? _____ (2)

9) How many books are there in the Harry Potter series? _____ (2)

10) Which animals have caused the most deaths annually in Australia? Circle the top four from this list. (4)
 Snakes Bees Sharks Cows Spiders Dogs Kangaroos Horses Crocodiles Jellyfish Birds





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

