



ORIENTEERING SA

SOUTH AUSTRALIAN ORIENTEER

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September 2017



CONGRATULATIONS

to our young South Australian orienteers who have travelled to Bathurst for the 2017 School Sport Australia Orienteering Championships .

The selected team members are:

Senior Boys: Dante Afnan, Cameron Green, Angus Haines and Rohan Jackson

Senior Girls: Alyce heap, Sarah Lim, Meredith Norman, Emily Sorensen, NTR Maia Von Baumgartner-Tucker

Junior Boys: Toby Cazzolato, Max Grivell, Jack Marschall, Ethan Penck, TR1 Leith Soden, TR2 Oscar Johnston

Junior Girls: Zoe Carter, Abigail George, Joanna George, Ana Penck, NTR Jemima Lloyd

Coaches and Managers: Bridget Anderson, Simon Uppill and Olivia Sprod

Follow the events and results here:

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

and on Facebook

<https://www.facebook.com/OrienteeringSA/?ref=hovercard>



STOP PRESS: Placings for the Aus. Sprint Champs. 1st Paul Hoopmann, 3rd Marcus Cazzolato, Joanna George and Jemima Lloyd.

Placings for the Aus. Middle Distance Champs. 1st Al Sankauskas and Andrew Kennedy, 2nd Joanna George and 3rd Simon Uppill.



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

From the President – Rob Tucker

It is most gratifying to see how often our orienteering community turn out in difficult weather conditions to support the efforts of their fellows in organising events and running support activities, when probably staying home next to a warm fire might have been a better option.

Over recent months we have had hail and icy winds, but many participants have been undaunted, and sustenance has continued to be provided by the catering in support of the Junior Arrows. More recently rain and most inclement weather did not deter competitors in the Mt Barker sprint events.

It is important that we support the efforts of our orienteers irrespective of discomfort at times. Orienteers are a stoic lot.

All the best for those South Australians competing in the Australian Championships in NSW.



THE 2017 ORIENTEERING SOUTH AUSTRALIAN MANAGEMENT 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
Schools coordinator	vacant
Publicity and promotion	David Tilbrook
Auditor	Alison Whittaker
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 the editor on editor@sa.orienteering.asn.au

ORIENTEERING SA has a Facebook page, why not have a look?

<https://www.facebook.com/OrienteeringSA?ref=hovercard>

2018 AUSTRALIAN CHAMPIONSHIPS CARNIVAL

<http://sa.orienteering.asn.au/2018AusChamps>



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 Watts Gully)
Sun	Oct 7	SA Middle or Australian Middle Distance Championships	Keynes Gap To be remapped

VACANT event personnel positions:

Committee secretary, Merchandise coordinator, Schools Championship - Orienteering Coordinator, and Equipment Coordinator.

Can you help?



WADA publishes new education tool: PARENTS' GUIDE TO SUPPORT CLEAN SPORT

The World Anti-Doping Agency (WADA) is pleased to publish their latest education tool entitled [Parents' Guide to Support Clean Sport](https://www.wada-ama.org/en/media/news/2017-08/wada-publishes-new-education-tool-parents-guide-to-support-clean-sport).

Specifically designed for parents of athletes, this education resource is intended to inform them about essential topics so that they can assist with clean athlete development by preventing the use of substances and methods prohibited in sport.

The short booklet covers basic facts and includes links to websites with further information for parents.

Want to read more, follow the link below.

<https://www.wada-ama.org/en/media/news/2017-08/wada-publishes-new-education-tool-parents-guide-to-support-clean-sport>

Congratulations to Ben Cazzolato and Brian Ashton graduating from Level 0 to Level 1 orienteering coach.



ARE YOU RUNNING IN THE RIGHT AGE GROUP?

Here is an update about what year to run what age group.

<http://www.orienteering.asn.au/wp-content/uploads/2013/10/201FootCompetitionRules310314.pdf>

These are the basics - for publication and clarification for all.

Classes

1. Competitors are divided into classes according to sex, age, course length and degree of difficulty (see Appencix1.) Women may compete in men's classes.
2. Competitor aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.
3. Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.
4. The main competition classes are called W21 and M21, for women and men respectively.
5. Elite (E) classes may normally only be provided for age classes M/W 21 and M/W 20. Where an elite class is offered it becomes the championship class.

QUIZ NIGHT, Friday 15th September 2007

Well done to all the young orienteers who supported Bridget and Simon to coordinate the quiz night. It was a great fun event with about 150 fellow orienteers and friends participating. Bridget promised only one orienteering question and quizzed the tables on a wide variety of subjects, pop culture being one of them. One of the four Tjuringa Orienteering tables was outright winner on the night.

There were plenty of prizes to bid on for the silent auction and the main raffle was won by Paul Hoopmann and Chris Franklin, a B & B weekend in McLaren Vale.

The evening raised around \$3,200 which is to go toward the hire of the bus for the South Australian team travelling to the National Championships.



Bennett Garson Conveyancing
Australian
Conveyancing
Group

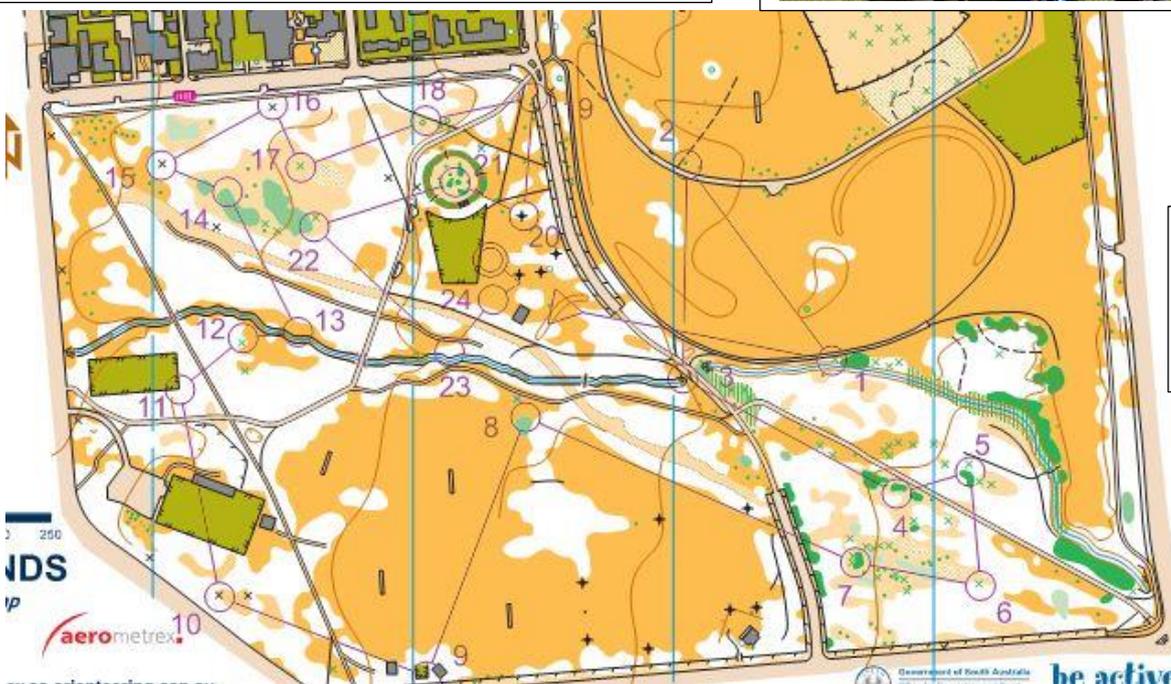
SCHOOL RELAY ORIENTEERING CHAMPIONSHIPS – Ken Thompson

On Friday 11th August, in perfect weather conditions, 48 teams from South Australian Primary & Secondary Schools competed in the South Australian Schools Relay Championships in the South Eastern Parklands. Well done to all those schools who took part and a big thank you to all the club members who assisted in the organisation of the event. Well done to David Tilbrook (organiser) and Clive & Marian Arthur (Course Planners). Particular thanks also to both the Adelaide Croquet Club and the South Tce Croquet Club for allowing us to use their facilities. Full results and splits can be found on the [results page](#)



Above – Primary Girls winning team, Burnside Primary School
Below – Senior Girls winning team, Trinity College

Above- Primary Boys winning team, Goodwood Primary
Below – Senior Boys winning team, Pembroke School



A senior boys course.

WORLD CHAMPIONSHIPS IN ESTONIA - Monday, 17 July 2017

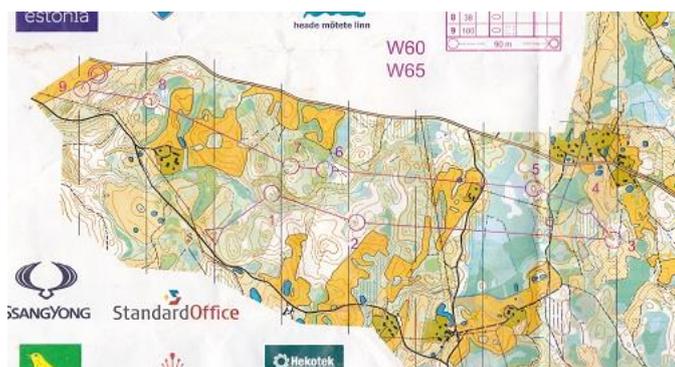
The WOC were held in the Tartu area of south-eastern Estonia about 2 hours drive from the capital Tallin. The SA Schools Team coaches, Bridget Anderson and Simon Uppill, represented Australia with Bridget running the Middle Distance (Bridget was also a keen supporter of other team members as they competed), and Simon the Sprint, Sprint Relay, Middle Distance and Forest Relay.

Robin and Adrian Uppill also attended as spectators, running in some of the public races, and Adrian also attended meetings of the IOF Mapping Commission.

The events were very well organised, with a spectator control on all courses, although for the Long Distance this was towards the end of the race. Estonia towns have Song Centres which are outdoor stages and arenas, one of these was the start and run through for the Sprint Relay. Relays are often the most exciting races, and this was no exception as the 3rd leg runners from Switzerland and Great Britain, and who were leading at the time, made major errors in the tricky forest area in the latter part of the course, allowing Sweden and Denmark to take the 1st and 2nd places.

For an analysis of how each race was run, see the World of O article here.

<http://news.worldofo.com/2017/07/12/woc-2017-analysis-summary-of-all-races/>



W60 course in Estonia O Week event

Again the forest relay proved to be an exciting race, as several of the fancied men's teams made major mistakes in the tricky first 2 controls of the first leg. Simon ran the first leg, coming through in 4th place, overall the team finished 18th.

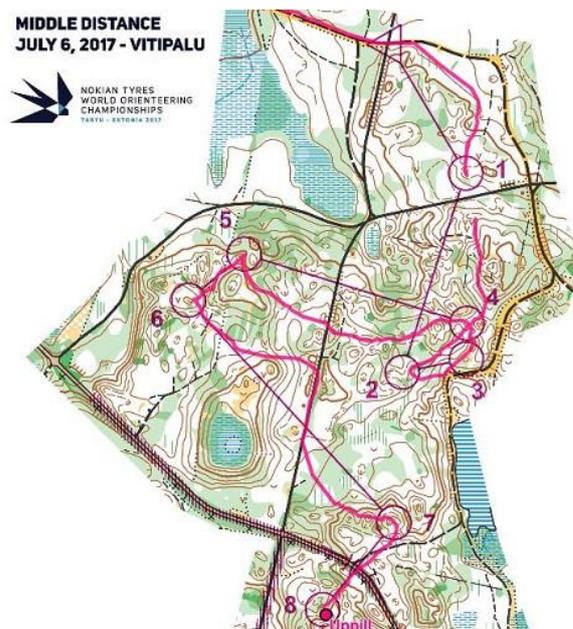


Simon leads Estonia and France at the spectator control, men's relay

The Baltic countries are known for stork nests, with the large nests commonly atop various poles. The assembly area for the Long Distance at Rouge featured a giant stork nest sculpture. The long distance event covered gently undulating but marshy terrain with many major and minor tracks. Although not a detailed technical map, making the best choice of the long legs and having the strength in the terrain was the key to doing well.

The public event covered a similar area. On the W65A course, 6 of 9 controls were on marshes, and these were generally more long ponds with a lot of water and surrounding mud.

The Middle Distance and Relay events used the same assembly area and spectator run through. Many runners found the areas challenging including Bridget and Belinda Lawford, the second runner for Australia in the women's race. Simon had a relatively clean run, with a few minor hesitations, finishing 34th of the 82 runners.



Simon's route for the first part of the Middle Distance, using control 4 as a route to control 2



Women line up in the Song Centre for the Sprint Relay

WORLDS END AND WIRRA WIRRA – LONG OY EVENTS ON CONTRASTING WEEKENDS

Contrasting events from the Worlds End South event on a fine and sunny but breezy day, on steep spur gully map, often stony under foot. In contrast the second Long OY event at Wirra Wirra was on a cold wet day, with some heavy showers and hail, in lower visibility pine forest, with most courses in the flatter part of the map area.

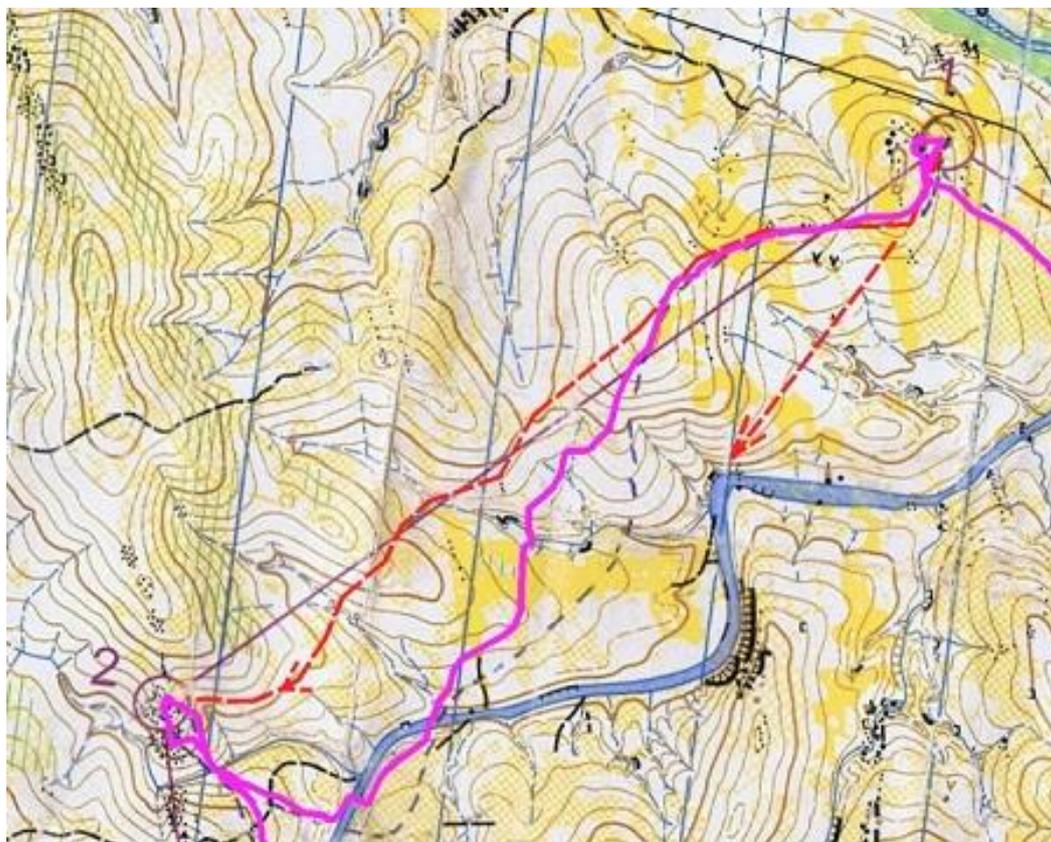
The Worlds End event weekend on 22nd – 23rd July presented by Onkaparinga Hills Orienteering club comprised a minor event on Saturday afternoon, on Worlds End North. Camping was on the Burra Creek which separates the North and South Worlds End maps, with about 30 to 40 people taking advantage of this arrangement. Gerry Velaitis enthralled a number of the campers during the evening hosting a star viewing seminar, using his impressive telescope, under the very bright Milky Way.



Craig Colwell provides start instructions at Worlds End North

Followed on the Sunday by a Long OY event on Worlds End South, with courses set by Vern Hembrow with assistance from John Such and Vince Loye in getting the controls out.

On Course 4, a route choice example below is described by Craig Colwell. Craig changed his mind several times during this leg and ending up getting very confused as to his location. Fortunately, after crossing the big creek bed alarm bells started ringing and he managed to relocate to the control before getting himself hopelessly lost. Leaving No 1 the initial thought was to aim for the big creek bend, then head direct to No 2, but shortly after heading off Craig changed his mind and decided to use the first three hill tops and follow a more direct route as indicated by the dashed red line. When he reached the third hill top, he changed his mind again and decided to drop down to the more open flatter area, go over one creek line, hit the big creek and work his way around to the control. The dashed red pen line shows what he thought he did (after the event) and the pink line shows what he actually did. Lost about 1.5 minutes on this leg.



Sunday, August 6: Long OY event at Wirra-Wirra - Peter Kreminski

Our club deserves congratulations for running this event so successfully in such severe weather conditions, particularly as so many obstacles had to be overcome leading up to it. Hence the author (PK), as organiser for the day, extends his sincere thanks to all Wallaringans who helped:

Amber Tomas, Peter and Paula Ashforth, Jenny Casanova, Peter Cutten, Robin English, Meredith Rasch, Mark Overton, Andrew Kennedy, Greg Rowberry, Regina Rueter, Phil Stoeckel, Frank Tomas, Olivera and Andrew Waterman and Tyson Hillyard.

The Good News

The new map of Wirra-Wirra, an area unused for orienteering for fifteen years, was finished some months before and Amber had kindly agreed to be the Course Planner, drawing-up twelve courses for what was the equivalent of a Badge Event. Permission had been granted from Forestry, a key to the gate had been obtained, and the event advertised. PK met Amber at the event site, taped the Assembly Area, and walked around part of the map. What could possibly go wrong?

The Bad News

It was decided that direction signs for the event were to be placed both from the south as well as the west. Amber had the misfortune of severely straining her back a week before D Day.

The Good News

Jenny Casanova accepted the task of putting out the southerly signs. Amber's father Frank and brother-in-law Tyson were able to tape the control sites in good time.

The Bad News

Unfortunately, Frank then had to urgently fly to Western Australian for family reasons.

The Good News

Peter Cutten and PK stepped up to the mark to work with Tyson putting out the controls. Moreover, last-minute changes were made to the maps by Andrew Kennedy and the printed copies were picked up from Snap Printers.

The Bad News

High winds and rainfall was forecast for the weekend by the Bureau of Meteorology.

The Good News

A more specific forecast obtained from other sources stated that the weather would not be that severe in the Wirra-Wirra area. This proved to be correct on the Saturday when the controls were put out – the three Wallaringans completing the task in no more than three hours. A shortfall of four maps was made up by Andrew Kennedy who delivered these A3 sheets to PK's door.

The Bad News

Sunday, dawned cold, overcast and windy. Then the wind increased and rain began to fall as the direction signs were being placed. This continued all day except for one or two brief breaks and one or two episodes of hail. The temperature did not go over 7.

At the assembly area the parking had to be modified: The planned site for the registration/download tent was abandoned because of boggy ground and the tent erected in a more elevated area. It consequently blew down, severely damaging it, burying Regina and almost decapitating Peter Cutten. Fortunately this was at the

end of the event and we were helped in restoring order by a couple driving by. The toilet also became a problem – soon overflowing as a result of the saturated ground and competitors keeping their hydration up. Eventually this structure too gave up the unequal struggle and blew down.

Out in the field the problem was that the creek, which all courses crossed, was now flowing briskly and knee high at its shallowest point. The question arose as to whether to allow the sub-juniors to compete. Fortunately, the dilemma was solved by parents who made the decision themselves.

Just as the worst was thought to be over, Regina Rueter alerted us that a competitor was missing. Hasty plans were being put into action for a search when the missing person walked up the Finish Shute wondering what the fuss was all about. There was, after all, still two minutes to Course Closure and she had not moreover been any more than three hours out.

The pack-up was somewhat chaotic but eventually achieved. Twenty-four controls were left out in the field, in spite of Andrew Kennedy excelling himself by bringing in nine of the more distant ones (and a water canister), fording the creek both ways.

To cap the day off, Peter Cutten, towing the Club trailer, was fortunate in being able to stop in time as a full sized tree was blown across his path on the Williamstown to Kersbrook Road. He managed a U turn and made it home via an alternate route.

There were 80 pre-entry competitors, we had hoped for at least a hundred, plus 20 or so Enter-on-Day. As it was, the total numbers were but 67. PK went to bed with a migraine.

The Good News

Three days later the weather was fine and sunny, the creek only a few centimetres deep and PK with former Wallaringan, Adam Kreminski, enjoyed collecting the remaining controls (and a component of the tent). The task was equitably allocated – seven controls to PK, seventeen to Adam.

The Final Bad News

Lunch was at Williamstown on the way home. There, PK was stung by a wasp; this appeared to be of that particularly vicious sub-species found only at Wirra-Wirra.

The Irony

PK, who had lobbied long and hard at Committee level to have all event maps printed on waterproof paper, ended up labelling and bagging all 110 of them. Such is life.



Controls were put out on the Saturday. Here, Tyson Hillyard and Peter Cutten are readying themselves for the task. A Forestry Ranger driving by saw the controls laid out on the ground and enquired if we were putting out rabbit traps. The implied metaphor is rather appropriate.

Bunnies in the Forest

Most competitors nevertheless found the day enjoyable. Here two newcomers cannot help laughing as they cross the creek after failing to follow the taped leg and making a 180 degree error. They had not picked up a control description sheet (which were given out at Registration instead of the Start because of the weather). When it was pointed out that this information was on the map as well, they gave profuse thanks, checked whether the red end of the compass needle was indeed the one pointing north, laughed again and sloshed off, disappearing into the rain and mist.



By the Creek

Left: A sub-junior wading through swiftly flowing water during the event on August 6, and the same site three days later.

Below: Much to the photographer's surprise, some juniors found that there was no need to wet their feet whilst crossing.



SALTBUSH AND LINCOLN COMPETE AT THE EYRE PENINSULA RELAYS – Karen Bilney

Saltbush orienteers hosted the annual Eyre Peninsula Relays on Sunday June the 4th at Moonabie Range on a newly coloured map. The day was sunny and initially cold, with 39 orienteers participating in the relays and 21 orienteers completing recreation courses. Darren and Mel Bergmann, James Laurie, Mel Coad and Angie Stokes who normally orienteer as family groups, completed their courses solo, enjoying their role as part of a relay team.

Trophies were presented to the winning teams by Saltbush president, Jason Munday, after which course setter, John Brockhurst, recognised Darren Bergmann and Jason Munday, who completed their courses with very good times.

Lincoln orienteers Tim Ashman, Phil Clem and Tim Klau were members of the winning A team with a combined time of just over 164 minutes for their courses of 4.5 kms, taking home the Ironstone trophy.

Saltbush orienteers in the B team, Alison Wade, Tonia Munday and James Laurie were clear winners of the Jade trophy with a time of 186 minutes and 39 seconds. Their courses were 3.5km in length.

The C team from Lincoln orienteers won the Quartz trophy with a combined time of 134 minutes and 10 seconds for courses 2.5km in length. They were Austin Clem, Ella Stevens and Portia Clem. Congratulations to Lincoln Orienteers won the club trophy with 20 points over Saltbush with 16 points. Well done to all teams.

But of course, whether a team wins or loses, competing and enjoying the day is the real reason we all orienteer.

The Moonabie Range map was recently coloured by Kevin Vigar from Lincoln orienteers, and organisers are sure that all enjoyed courses set on such a pretty area of our countryside. The native pines and Moonabie Range itself, made a pleasant setting for the day's event and sitting around the campfire comparing route choices, well what better way to spend a Sunday with friends!

Great food was appreciated by all after completing courses, with thanks to all members who provided soup, cakes and biscuits and help in the catering tent. John Brockhurst set the courses and was happy with the event, and the good number of participants from both clubs.

All the days' results are on the website and lots of photos on our Saltbush Orienteers Facebook page too. We look forward to meeting with Lincoln Orienteers on their home ground for the Eyre Peninsula Championships in August.

<http://www.lincolnorienteers.com.au/>

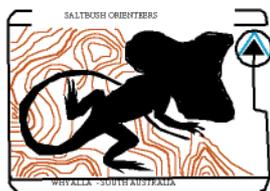
<http://www.sa.orienteering.asn.au/clubs/saltbush/>

www.facebook.com/pg/saltbushorienteers

OSA Newsletter editor note.

Saltbush Orienteers have been exploring the region for 42 years. The club was first established in 1974. Saltbush Orienteers are based in the city of Whyalla which is located on the eastern side of the Eyre Peninsula in South Australia. Most of the maps we use are in the nearby Middleback Ranges within 30-60 minutes driving time from the city.

Lincoln Orienteers. Orienteering first began in Port Lincoln in 1976 when an event was organised at Spalding Cove with the help of the *Eyre Peninsula Further Education Centre*. At the end of 1977 the formation of the club took place with plans underway to hold five events in 1978, plus two or three more if willing organisers could be found.



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

The link to the Tasmanian online newsletter. [aeb85de5-b621-4602-9b6e-0f28527a0669](http://www.eastertasmania2018.net.au/)



AN ORIENTEERING CARNIVAL FEATURING:



<http://www.eastertasmania2018.net.au/>

OPENING OF THE HAWTHORNDENE PERMANENT COURSE

Monday 21st August 2017, 4.00 pm

Adrian Uppill was able to see his 10 months of coordinating and planning with the Mitcham Council come to fruition with the opening of the Hawthorndene Permanent courses. David Tilbrook organized the opening ceremony inviting members of Mitcham Council and other local entities to attend as well as Rob Tucker, OSA President, and members of the Onkaparinga Hills Orienteering club. Zita Sankauskas invited students from Hawthorndene School to be the first to try out the 2 courses.



SUPPORT THE SPONSORS WHO SUPPORT OUR SPORT

WORLD MASTERS ORIENTEERING CHAMPIONSHIPS 2018 - Copenhagen, Denmark

Organisers: Danish Orienteering Federation, Farum OK, OK Øst Birkerød, Søllerød OK and Tisvilde Hegn OK

Contact information: Website: www.wmoc2018.dk Email: info@wmoc2018.dk

Venue

Denmark Situated in southern Scandinavia, the Kingdom of Denmark covers an area of 42.916 square kilometres and with a population of 5.6 million, the population density is 130 per square kilometre. You will discover Denmark to be a well-organised, friendly and safe country to visit. *Denmark* has a temperate climate. Average daily temperature in July is 15,6 °C. more info: www.dmi.dk.

Copenhagen Situated at Øresund, The Danish capital has a population of 1.2 million inhabitants. Among other things, Copenhagen is famous for the Tivoli Gardens, The Little Mermaid, Christiansborg Palace, the Queens residence Amalienborg and Nyhavn. Copenhagen furthermore encourages green living.

North Zealand Named Denmark's Royal Retreat due to the many Royal castles in the region. The beautiful north coast of Zealand is also called the Danish Riviera.



The Sprint competitions take place in Hørsholm north of Copenhagen and in central Copenhagen – the capital of Denmark. The Long and Middle Distance competitions are held in North Zealand – with the Qualification race and Middle Final in Tisvilde Hegn and the Long Final in Grib Skov.

Event Centre The Event Centre will be in Farum Arena, which is centrally located in North Zealand. It is easily accessible by car or public transport. Farum Arena offers O-camp and floor accommodation in class rooms. O-related workshops are planned to take place during the event week.

Farum Arena has hosted WTA Tennis tournaments and handball Champions' League matches. The nearby Farum Park has hosted football Champions League. There will also be accommodation possibilities here.

Distances from the Event Centre to:

- O-camp: 150 metres
- Sprint Model Event: 0 metres
- Classroom accommodation in school rooms: 50 metres
- Farum Bytorv shopping centre: 500 metres
- Farum S-train station: 1200 metres
- Furesøbad lake swimming site: 2000 metres
- Nørreskoven forest training area: 2000 metres

Programme

Thursday	5 th of July	Event Centre opens
Friday	6 th of July	Model event Sprint – Opening ceremony
Saturday	7 th of July	Sprint Qualification
Sunday	8 th of July	Sprint Final – Prize giving ceremony
Monday	9 th of July	Model event Forest Qualification and Middle Final – Rest day
Tuesday	10 th of July	Forest Qualification
Wednesday	11 th of July	Middle Final – Prize giving ceremony – Banquet
Thursday	12 th of July	Model event Long Final – Rest day
Friday	13 th of July	Long Final – Prize giving ceremony – closing ceremony

Competitions The WMOC Sprint distance competition consists of one Qualification race and a Final race. The WMOC Forest distances competitions consists of one Qualification race, a Middle Final race and a Long Final race. Qualifiers for each Final will be determined in accordance with IOF Competition Rules. Details will be published in Bulletin 2 and on our website when they are confirmed by the IOF.

Class	SQ+SF	FQ	MF	LF	Class	SQ+SF	FQ	MF	LF	Born
M35	12-15	50	30-35	70	W35	12-15	40	30-35	55	1983
M40	12-15	50	30-35	65	W40	12-15	40	30-35	50	1978
M45	12-15	45	25-30	60	W45	12-15	35	25-30	45	1973
M50	12-15	45	25-30	55	W50	12-15	35	25-30	45	1968
M55	12-15	40	25-30	50	W55	12-15	35	25-30	45	1963
M60	12-15	40	25-30	50	W60	12-15	35	25-30	45	1958
M65	12-15	40	25-30	50	W65	12-15	35	25-30	45	1953
M70	12-15	40	25-30	50	W70	12-15	35	25-30	45	1948
M75	12-15	40	25-30	50	W75	12-15	35	25-30	45	1943
M80	12-15	40	25-30	50	W80	12-15	35	25-30	45	1938
M85	12-15	40	25-30	50	W85	12-15	35	25-30	45	1933
M90	12-15	40	25-30	50	W90	12-15	35	25-30	45	1928
M95	12-15	40	25-30	50	W95	12-15	35	25-30	45	1923
M100	12-15	40	25-30	50	W100	12-15	35	25-30	45	1918

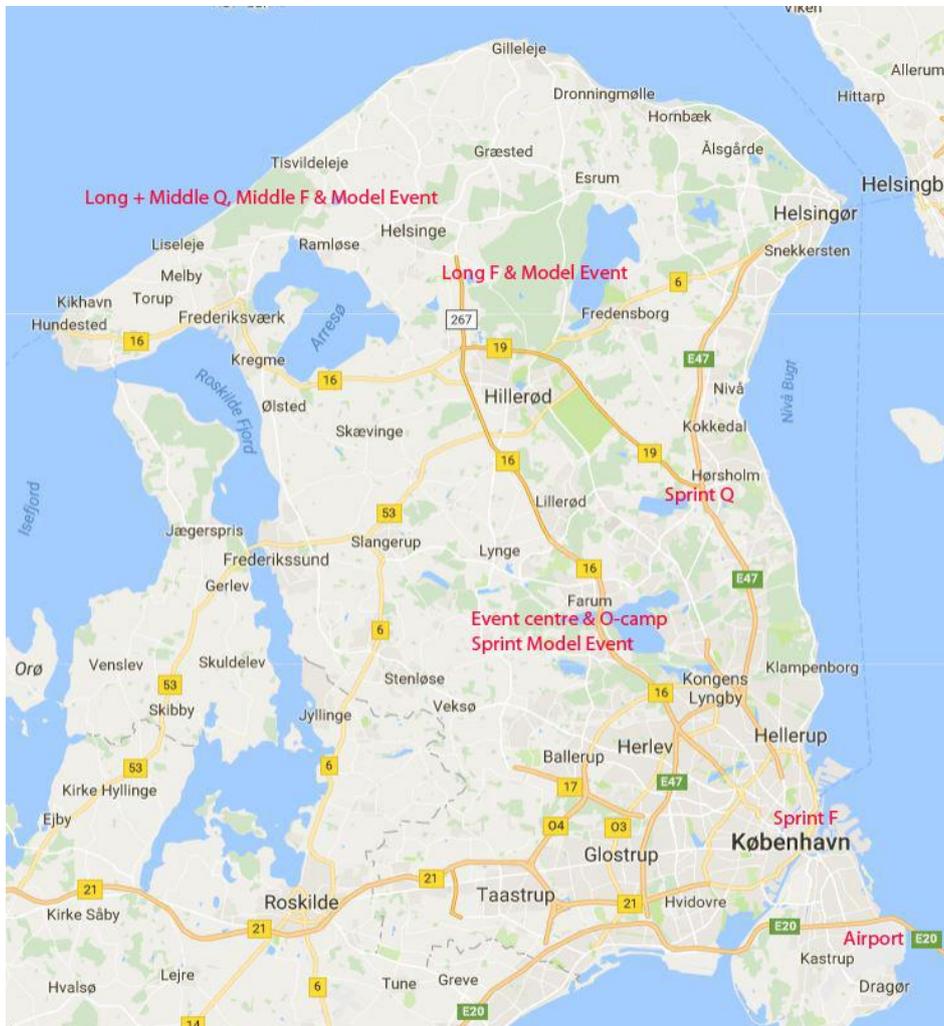
Legend

SQ = Sprint Qualification – winning time in minutes
SF = Sprint Final – winning time in minutes
FQ = Forest Qualification – winning time in minutes
MF = Middle Final - winning time in minutes

LF = Long Final – winning time in minutes
Born: In order to participate, the athlete must be born in the year indicated or earlier.

Medals: Will be awarded to the first three finishers in each class. (A-finals)

All in one place –Distances between the Event Centre and the different locations shown on map in red are less than 35 kilometres.



AYONE INTERESTED?

2018 MASTER GAMES – plan ahead

Orienteering will once again be in the 2018 Alice Springs Masters Games from October 13-20th 2018. This will enable people to have a few days rest after the Australian Championships carnival in SA and head up to experience outback orienteering. There will be three foot orienteering events and one mtbo event. Kay Haarsma

<http://www.alicespringmastersgames.com.au/>



Government of South Australia
Office for Recreation and Sport



AUSTRALIAN MTBO CHAMPIONSHIPS 2017 - Kay Haarsma

With entries opening on July 1 it's time to start planning for the **Australian MTBO Championships Carnival** from 4-8th October 2017. Based in the NSW Southern Highlands at **Wingello** this is just a 90 minute drive from both Canberra & Sydney. Full course details will be available in Bulletin 2 on 1 July, with Bulletin 1 available now. This also will be an Aus v NZ challenge.

Check out the accommodation package and other details on Eventor. If you plan on staying at Kirrikee Outdoor Centre, contact gregbacon63@gmail.com We already have a number of pre bookings.

The courses are suitable for everyone, the tracks and mountain bike trails are looking great. If you just want to join in for the fun side of MTBO in a Championships event, this location is ideal!

If you enter in the Recreation class you can ride as a pair! Junior's under 14, have free entry!

There is a short You tube on Wingello Forest. <https://youtu.be/nu26effDgc>



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



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.

beactive.com.au



Government
Of South Australia