



ORIENTEERING SA

SOUTH AUSTRALIAN ORIENTEER

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From the President - Rob Tucker

2017 was a good year for orienteering as witnessed at the presentation day. There were many successes on the national stage and our juniors made a strong showing, no doubt a result of the very active training program provided.

2018 will be a big year for us on account of the Australian Championships in the Riverland of South Australia. The events will be held on a remapped area and an entirely new area on the River Murray. The unique terrain of the eroded banks will provide a great challenge and interest for all orienteers.

The Championships will be followed by the Australian Schools Orienteering Championships, Australian Long Distance Championships and SA Middle Distance Championships in the Adelaide region.

The Friday evening Twilight Series continues for the next two weeks providing a great opportunity to have orienteering fun, a pleasant evening with colleagues and keeping ones fitness up. This is followed by the Sprint events in February.

Of course with all of this activity, there will be a considerable amount of organisational work to be done, and we look forward to everyone supporting the effort in whatever way they are available to contribute.

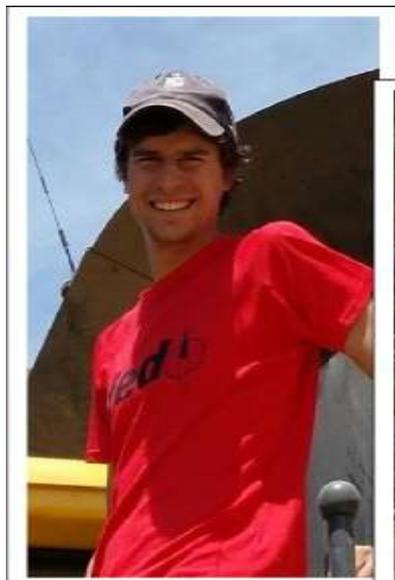
WELCOME MANU 2017-2018 SA Coach in Residence Manu Jurado

Manu Jurado is the current OSA Coach in Residence and is also, due to his mapping experience, mapping for the 2018 Australian Championships carnival. Manu was previously in Australia in the latter part of 2016 – here is a summary of that experience, and his activities between that visit and since his arrival back in Australia.

“Living and mapping in the Northern Territory was a dream come true. I was only in Darwin for three months but I was busy! I made more than 25 maps – schools, rain forest, aboriginal communities in the Outback and red granite terrains in Alice Springs. I had to get used to the tropical weather very fast as I did my mapping during the Wet Season (Monsoon Nov to March). In my two week holiday I went to the Australian Champs in Cascades Queensland, one of the best maps I have ever run on. Also I had the chance to visit beautiful spots in the Outback like Uluru (Ayers Rock), Kata Tjuta, Kings Canyon and Kakadu National Park. I helped Top End Orienteers Club organize evening events, promoted orienteering in remote and rural areas and helped Kay Haarsma during the Master Games in Alice Springs. I think my stay in Australia was very different to that experienced by scholars in other states. I am proud of what I achieved in those remote and wild places in Australia. A huge thank you to Lachlan and Susanne for their help and also to all Top End Orienteers who hosted me during my stay in the Northern Territory. Hope to see you all soon!”

In Adelaide two major mapping projects Manu has undertaken have been the mapping of Crooked Straight near Renmark and an update of Gumeracha Goldfields for the Australian Championships carnival in 2018.

Manu has already organised several coaching sessions, but unfortunately a knee injury has prevented him joining the group running sessions. He has also made several maps in the short time he has been in Adelaide. A sprint map of Heathfield HS was used for a training session. Over Christmas, Manu is holidaying in New Zealand.



THE ORIENTEERING SA MANAGEMENT COMMITTEE

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2018 AUSTRALIAN CHAMPIONSHIPS CARNIVAL

<https://sa.orienteering.asn.au/2018-australian-championships-event-program>



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)	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

The area for the SA Middle Distance Championship at Keynes Gap has been completely remapped based on LIDAR data. The terrain is mostly open farmland with large and extensive rock detail - shown below from the air. This final event also concludes the 2018 NOL calendar.



Snap Print Hilton

2018 - A BIG ORIENTEERING YEAR IN SOUTH AUSTRALIA

Taken from the OSA website (published on 28 December 2017.)

The early part of the year shows the continuation of the Friday evening Twilight Series which is followed by the shorter format sprint events in February. Being urban events these are great as an introduction to orienteering for new comers, as well as providing opportunity for regulars to keep fit and practice basic orienteering skills.

Friday 12th January – Torrens Linear Park, Paradise
Friday 19th January - Goodwood

These events culminate in the SA Sprint Championships at Tatachilla College near Maclaren Vale.

The Sunday event program commences in late March, with the following highlights.

- Urban series to further introduce orienteering to newcomers in May.
- Three events near Wilpena Pound in the Flinders Ranges on the June long weekend.
- In August the State Long Championships and the SA Night Championships on the areas northeast of Burra used for the 2015 Australian Three Days.

The main program ends with the 2018 Australian Championships and Australian Schools Championships.

The full program is listed here: <https://sa.orienteering.asn.au/2018-australian-championships-event-program>

CONGRATULATIONS to our young South Australian Orienteers who have qualified for the **ORIENTEERING AUSTRALIA 2018 NATIONAL SQUADS**

High Performance Squad – Bridget Anderson, Simon Uppill, Kerrin Rattray, Vanessa

Round National Development Squad - Olivia Sprod

Junior Development Squad - , Dante Afnan, Meredith Norman

Targeted Talent Athletes Squad - Joanna George, Abigail George and Angus Haines

2018 MEMBERSHIP

<https://sa.orienteering.asn.au/about-orienteering/join-now>

Join now and enjoy the benefits

New look OSA WEBSITE - <https://sa.orienteering.asn.au>

Have you been online yet to navigate the new OSA website? Some articles you may be interested in

- The latest online edition of the [Australian Orienteer](#) is now available.
- Information about all events is now on Eventor. To see this click on the event to the right. If it is a country club event Eventor will give you a link to their website when online.
- Upcoming Training Activities - details and locations on the [General Coaching & Training page](#)
- Our **permanent orienteering courses** can now be found in [About Orienteering -> DIY Orienteering](#)

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

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



SUPER STRING COURSE IN ESTONIA - an article written by Robin Uppill

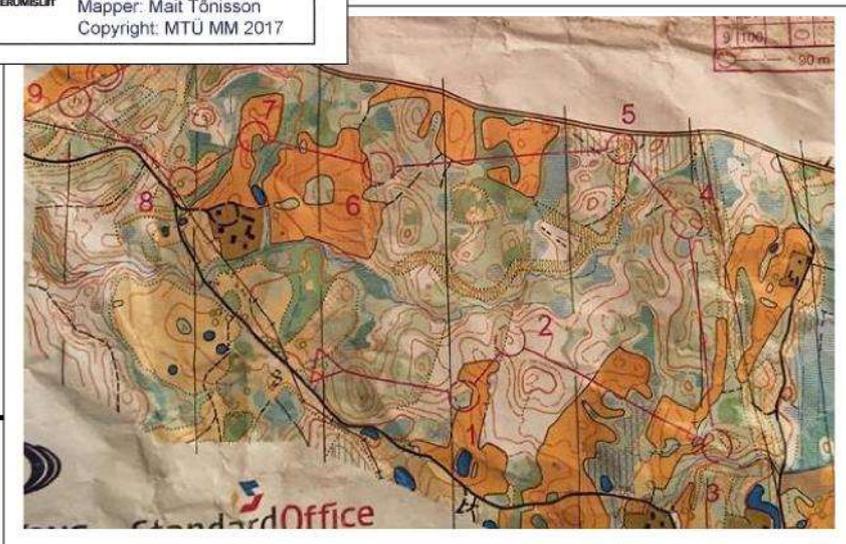
When attending the World Orienteering Championships in Estonia, we attended some of the events in the Estonian Orienteering Week. At the public event in Viljandi after the Sprint Relay, Adrian wondered what was the extra brown line on his map, it crossed over all the contours. At the finish they tried to say it was a contour line which it obviously was not. So when I was doing my course, I realised that the line coincide with a 4 – 5 cm plastic strip laid out on the ground.

We then further investigated what this line was, and discovered it was a marked line course. See the map of the 1.6 km course for the M08NR through to W10NR classes. So these classes are offered a course with a marked route the whole way. Looking at the map you can see this is not actually following the best and shortest route. So the course is deigned to follow a variety if features. I assume as juniors get more confident they can leave the tape and cut corners.

The organisers had forgotten to remove this line from all other courses maps where it appeared as a brown line, the same as the Index contour, rather than the purple colour on the actual map for those in these classes.

At one of the forest events I saw this tape going through the forest and tall grass, so it was not confined to simple line features.

Then juniors can move rapidly to more serious orienteering. The forest map (sorry for the poor quality – it is a photo by Bridget of the map used by one of the Keys) is of the W12 course, this is harder than many of the moderate courses that 14 year old juniors in Australia do. And although the yellow looks inviting to follow, it was high enough that it would have been offer the head of most 12 year olds. And this was an area that was very boggy and marshy to add to the challenge for these younger juniors.



MELBOURNE SPRINT WEEKEND
10 - 12 March 2018

6 RACES
3 DAYS

"High quality sprint races!
It's a great way to kick start
the season!"
Natalia Rey - W21C winner M082016

"Great races that were vital
for my preparation for
the World Championships!"
Patrik Steier - M21C winner M082016

"Simply the best sprint
orienteering weekend in Australia.
You'd be mad to miss it!"
Patrik Steier - M21C winner M082016
Patrik Steier - M21C winner M082016

www.parkstreeto.com.au/msw2018

ORIENTEERING
VICTORIA

Do you need a weekend away?
Melbourne Sprint Weekend 10 – 12 March 2018
www.parkstreeto.com.au/msw2018

2017 OSA PRESENTATION EVENT

The annual OSA Presentation afternoon-evening was held on Sunday 26th November at the Glenunga Hub. A BBQ/shared meal was enjoyed by at least 50 orienteers after the presentations.

Participation Badges – thanks to Jeffa Lyon for her continued interest in our younger orienteering members

Jayden Bertram (TJ), Yannika Bertram (TJ), Daniel Burden (OH), Zoe Carter (TJ), Marcus Cazzolato (TJ), Austen Clem (LI), Porter Clem (LI), Gizelle Draper (TE), Owen Draper (TJ), Lucinda Fogarty (OH), Matilda Fogarty (OH), Eliza Grivell (TT), Jessica Jarvis (WA), Finn Johnston (TJ), Liam Laurie (SB), Annabel Lloyd (TT), Ben Marschall (TT), Daniel Morcom (TJ), Mitchell Morcom (TJ), Nemayah Munday (SB), Reuben Smith (TE), Mitchell Stephens (YA), Ella Stevens (LI), Shawn West (TE)

Orienteer of the Year Awards - A big thankyou to Regina Reuter for compiling the scores

M16	Ethan Penk	M55AS	Rob Tucker	W45	Robin Uppill
M20	Nick Congedi	M75	Frank Tomas	W45AS	Jill Congedi
M21	Simon Uppill	MOB	James Lloyd	W55	Meredith Rasch
M21AS	Tyson Hillyard	W20	Joanna George	W55AS	Ruth Nicolson
M35	Ruhi Afnan	W21	Bridget Anderson	W65	Marian Arthur
M45AS	Rob Kriesl	W21AS	Fern Hillyard	W75	Helen Smith
M55	Craig Colwell	W35	Sarah Gilbert	WOB	Jacqueline Stephens

Course Planner Award

Steve Cooper for the SA Middle Distance Championships, with special mention of David George for the SA Sprint Championships and Angus Haynes and Nick Congedi for the Club Relays

Sue Millard Junior Awards

Junior Girl - Meredith Norman

Junior Boy - Ethan Penck



State champion winners



Jeffa presenting participation badges



Junior State champions

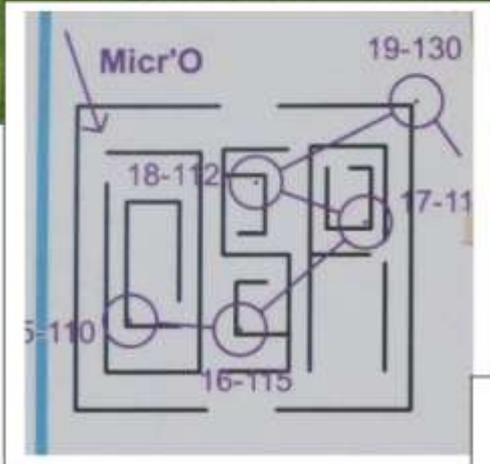


2017 state school team

A few Orienteer of the Year winners



The presentation afternoon event began with a 2 person relay with a maze section at the end of the run, set by Manu.



The intention was not to cross the tape boundaries, but Ben Cazzolato decided to demonstrate his athletic skills and leap one of the boundaries.

IS THIS THE SIGNATURE DISH FOR THE SOUTH AUSTRALIAN ORIENTEER? SAO VANILLA SLICE



INGREDIENTS Packet of SAO biscuits
Custard powder 6 tablespoons of castor sugar
Vanilla
750mls cold milk



Method

Make up custard powder according to directions...for 750 ml of milk I add about 7 tablespoons of custard, you want it to end up thick and yellow when cooked. Add sugar and vanilla and stir well.

Simmer on the stovetop or cook in the microwave until thick. You may need extra custard depending on the size of your tin. If using the microwave cook for a few minutes then remove and stir well then pop back in microwave.

Repeat until thick. Then grab a whisk and give it a few beats to ensure consistency is evenly smooth. Line a square cake tin or slice tray with SAO biscuits. Make sure the sides of the tin are high enough for your slice because no one likes a streamlined skinny custard slice!

Pour custard over the back of a spoon to cover the biscuits, keep the spoon low (in contact with biscuits) so the custard doesn't force biscuits to move around too much. Make sure you keep note of roughly where biscuits are because now you are going to pop the tops on. Cover with cling film and let stand until cool enough to pop in the fridge. The clingfilm will trap some steam and help to soften the biscuits. The longer you leave the slice before eating the softer the SAO gets...perfection.

The icing

Make a bowl of butter icing using 1 1/2 cups of icing mix and roughly 125 g of good real butter. Beat with a wooden spoon until it starts coming together. Add a dash of vanilla and a dash of milk then beat well. If your mix is too runny add more icing mix to thicken it.

Once slice is set (4 hrs or overnight) remove from fridge and while still in the pan spread the icing over the top. Then top with shredded coconut (great texture with the smooth custard). Return to fridge for an hour then slice, you will feel where the biscuit squares are and then trim edges of excess custard.

Maybe we need a tasting competition at the next OSA AGM?

Some quick links for you

<https://eastertasmania2018.net.au/>



AN ORIENTEERING
CARNIVAL FEATURING:



2018 MASTER GAMES – Orienteering will once again be in the 2018 Alice Springs Masters Games from October 13²⁰th 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.



[The Australian Orienteer link to the AO newsletter](#)

[Western Australian online newsletter](#)

[Lincoln Orienteers Website](#)

[Saltbush Orienteers Website](#) [Top End Orienteers Website](#)



Orienteering SA gratefully acknowledges the support given to orienteering by:



Government of South Australia
Office for Recreation and Sport



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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.