

TINTOOKIES NEWSLETTER May/June 2012

Editor Jeffa Lyon, assisted for this edition by Bob Smith

You should receive this newsletter before you head off for the Flinders Ranges orienteering weekend. You are going aren't you ?

We are doing the Night event in the northern part of the Rawnsley Park camping ground. Even if you're not very keen on orienteering at night (you can do courses in pairs if you prefer), you can enjoy the drinks and nibbles and the presentations afterwards, which have become a tradition of night events. The next 2 days' events will be in daylight but still very tricky, so you'll need to keep in good contact with the map and use your compass a fair bit. Good luck !

Lady Alice Event

We had lovely weather for this event for which John Lyon was the course setter. He was given great assistance with course checking and putting out controls by Steven Dose who has younger legs. Jeffa, the event organizer was taken ill the week before so Fi stepped in to take over the organizing role. Of course the event went well and Lady Alice has established itself as one of the best challenging areas in the Adelaide Hills. However we do have to be careful to keep on the right side of the Bellchambers family who run the Humbug Sanctuary.

Committee Meeting at The Shed

The new TT shed was the venue for this month's committee meeting. While we discussed various weighty topics, we were able to admire our new home in detail – the shelving, plumbing, lighting etc. We were kept sufficiently warm by 2 fan heaters, such that we resolved to have the July meeting there as well.

Apart from the huge amount of work done by Geoff in getting the shed built he has also been able to get a very good deal on insurance for the shed and contents. By piggy-backing on the Orienteering Australia policy the cost has been reduced to a fraction of what had been quoted when initial enquiries were made.

The O-SA program booklet was printed with a different format this year. Your feed-back is invited on whether you like the new layout with events grouped according to type, rather than as it has been in previous years purely by date.

TT is due to organize next year's State Long Distance Championships. We are thinking of using the Broken Hill maps which were made for when SA hosted the

Easter 3-Day event there in 1997. If we do decide to go to Broken Hill, probably over the June long weekend, we could make the Championships into a 2 day event, or ask another club to organize a second event on the weekend.

We discussed the issue of socializing at events, a topic raised by Wallaringa at O-SA council. It is recognized that we need to provide an environment that encourages orienteers (especially newcomers) to stay around after their runs to compare notes and to get to know each-other. Possibilities such as having a communal camp-fire, or a club providing hot soup were considered.



Also raised at council was the suggestion that we (O-SA or clubs?) should buy one or more EPIRB units (emergency position indicating radio beacons). Frequently course setters head off into remote areas on their own when planning for an event and they would be in a considerable predicament if an accident such as a bad fall or a snake bite occurred. The suggestion was met with approval and will be taken further.

Orienteering out of SA

You have probably seen how well South Australians have done in being selected to represent Australia in overseas events during the European summer.

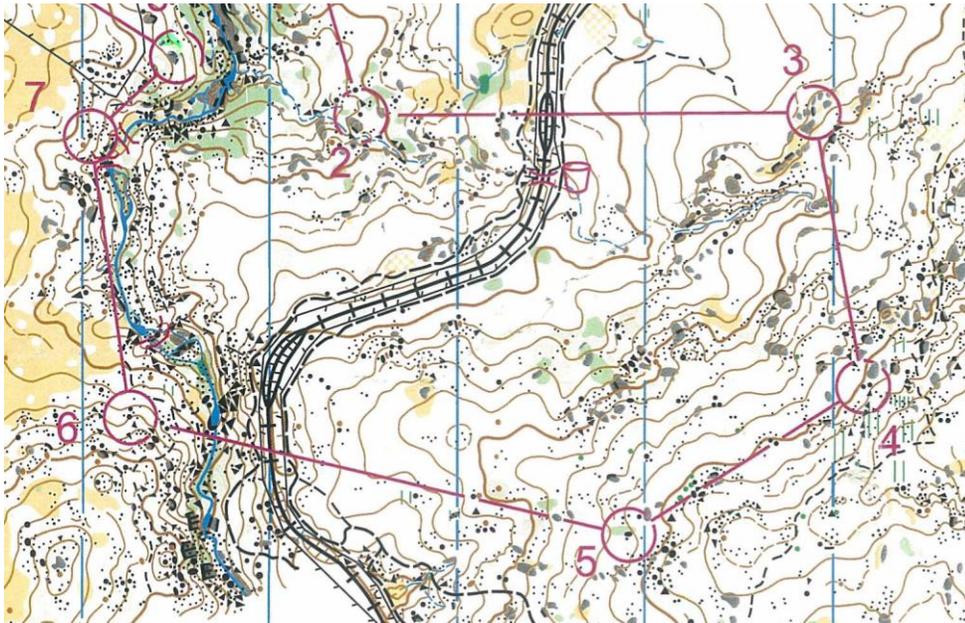


Tintookies' star orienteer Vanessa Round (left) has already departed for Europe after being selected for WOC (World Orienteering Championships) due to her excellent performances at the trials near Newcastle. As well as representing us at WOC (Switzerland, July 14-21) she is intending to stay in Europe for a year or so, working and orienteering.

Prior to the trials, Vanessa had also performed well at the Easter Carnival in Queensland where she finished 2nd in W21E. Other TTs to make the long trip were John Lyon who finished 3rd in M75A, Rob Kriesl 10th in M45AS and Bob Smith 10th in M65A. Both John and Bob made the 'unforgivable' mistake of losing big time (10-15 minutes) on the first control

on Day 1. They should know better considering that between them they've been orienteering for over 60 years !

The section of map shown is from the Day 3 event showing part of Bob's course.



After a poor route choice to 2 which involved too much running, 2-3 was a slow trudge up hill. From 3-4 I headed up the gully and played safe by using the track to get within striking distance of the control. Part way from 4 to 5 I got distracted by one of my competitors , lost a bit of height and ended up in a gully to the NW. The rest of the course was OK although the river crossing approaching 6 was hard work struggling through boulders and green.

Easter Next Year

Only about a dozen South Australians made it to this year's Easter 3-Day event out of 650 competitors there. In 2013, 'Easter' will be in Victoria so it will be a great opportunity for lots of us to go. The 3-day carnival caters for all standards and ages and there's time after your run each day to do some sight-seeing or eat cakes and drink coffee. How about starting to make plans now for next year's carnival (March 29-April 1)? Talk to some of the 'older' TTs if you want to know more about what to expect at an interstate carnival.

The Dangers of Orienteering

The weekend before last I spent some time watching the European Orienteering Championships. These were taking place in Sweden but a very comprehensive coverage was available via the internet. I can recommend watching events such as WOC and JWOC later this year. I'm sure there will be equally good, if not better, coverage of those events. The EOC coverage had several cameras in the

forest showing the progress of the runners but most interesting were the graphics made possible through each runner carrying a GPS unit on his/her back. These enabled the organizers to show the progress of each runner, in real time superimposed on the map. This was particularly effective during the relays with 30-40 runners heading off to different controls (not always the correct one).



It was so engrossing that the frying pan I had put on the gas stove to heat up ready for my roo steak got forgotten about. Fortunately the smoke alarm did its job so I was able to carry the flaming pan outside before serious damage was done. Although it was only the 'European' championships, the level of competition was just as high as at WOC since it is rare for a non-European to make the top 10 at WOC.

Jeffa's Quiz

What is hypsography ?

Just a Thought from Bob

You might think that at a sprint orienteering event, being able to run fast would be more important than usual. In fact the opposite can be true. Time losses at controls are likely to have a more significant effect on your result than on a longer course so it pays to be very careful. There are usually more controls and therefore more opportunities to make mistakes than on normal courses.