

TINTOOKIES

Newsletter



THANK YOU TO OUR RETIRING EDITOR JEFFA LYON

At the 2018 AGM Jeffa indicated that after many years of faithful service as editor of the newsletter that she wished to pass on the job to others (although remaining as a knowledgeable and (we hope) prolific contributor). The Lloyd family have taken on the role and we wish to begin this edition with a big thank you to Jeffa (and John) for their many years of keeping Tintookies members updated and in touch.

ADELAIDE SPRINT WEEKEND

On the Australia Day long weekend Orienteering Australia and Orienteering South Australia hosted the Adelaide Sprint Weekend. This was part of a training camp for elite orienteers from around the country, but many other orienteers also competed. There were 5 events held over the 4 days and it was big success, well over 100 people joined in. Congratulations to everyone who did well. Here are a few things written by Erica Diment about it.

There was a Tintookie named Max
Who bravely took on all attacks
To win the 4 days
To stun and amaze
It sure isn't speed that he lacks

This refers to Max Grivell's fantastic win over 5 runs on the medium course over the sprint Adelaide weekend.

Not only is he starting off at a new school this year (commuting to Flinders Uni to attend the Maths and Science school) but he started the year with an orienteering bang as well.

Well done Max.

Jack Marschall was not to be sneezed at either.

He ran the weekend events that he could get to against the elite runners and also made us feel very proud.

Jack even squeaked into the finals of the sprint competition at Flinders Uni – putting some of the more established of the runners on notice to watch out for him coming up fast behind them.

Both Jack and Max have worked very hard on their orienteering over the last few years and it shows now in their skill and speed.

A lanky Tintookie named Jack
Is a bit of a route maniac.
Now he runs fast as well
I should probably tell
You to watch out for him at your back.

TRAINING DAYS

There are a number of General Training Days planned for this year. The Club Training Day took place at Lucky Hit on Sunday 17th March and was well attended by Tintookies (together with quite a few attendees from other clubs). Many thanks are due to John and Jeffa Lyon for their planning and organisation and to Erica and Trevor Diment for providing an excellent map walk and the shade for our pooled lunch.

There are two more Sundays set in the calendar for general training. Anyone can come to these and find something to help them to progress.

2nd June at Chalks

4th September Mt Crawford (Bundy Forest)

There will be coaches available on these days to help you learn.

If you are free (or able to make yourself free) on Wednesdays then you also might be able to tap into the Wednesday training that happens once a month.

One hard course is offered at these events (usually around 4 km in length) , but this is an informal event, with lots of discussion available about techniques for orienteering if you want to have some help.

You can just come along and have a course to enjoy if you want to treat it as a normal course.

You can take your time here concentrating on your orienteering techniques and come back to enjoy lunch with other orienteers and discuss the map along with many other interesting subjects.

Highly recommended.

The dates for these events are:

20th Feb

20th March

17th April

22nd May

12th June

10th July

7th August

4th September

9th October

6th November

4th December

COMING EVENTS

JUNE LONG WEEKEND – COFFIN BAY

Coffin Bay, near Port Lincoln is a stunning little seaside town.

Over the years the Port Lincoln orienteers have done a great job of making some maps near here , and this year there is another new map.

There is an opportunity to enjoy a town orienteering event on Saturday around the town itself, to revisit the tricky map of sandmine/Broccoli Hill and to see the new “Tadpole” map

Over the years the Port Lincoln orienteers have done a great job of making some maps near here , and this year there is another new map.

There is an opportunity to enjoy a town orienteering event on Saturday around the town itself, to revisit the tricky map of sandmine/Broccoli Hill and to see the new “Tadpole” map.

The Lincoln Orienteers always offer great hospitality – usually this includes a nice warm fire to stand/sit around after the event and review the maps.

There is often hot soup on offer too and an urn of hot water for a cuppa

This year John and Jeffa have organised to take a bus across to the event so that people don't have to drive themselves.

They have also booked a great campsite. Nyroca camp <https://nyrocacamp.com.au/> offers accommodation for 40 in 8 dormitories and has free wifi and laundry facilities as well as kitchen facilities.

It is a lovely bush camp with lots of outside fun to be had if you have more energy left after the orienteering.

The bus will take campers to and from events each day and also to the dinner being organised by the Lincoln team .

The hospitality will be legendary and taking the bus will be a chance to chat and watch the landscape instead of driving yourself.

No need to find somewhere else to stay either.

Get in quick to take advantage of this great opportunity.

Get in touch with John and Jeffa to book your seats/beds. Jilyon2@skymesh.com.au

INTERSTATE EVENTS

Just a reminder that as well as the South Australian events there are a number of multi-day orienteering opportunities available each year. There are usually at least 2 or these a year – At Easter time and for the National Championships. Attending these events gives an opportunity to holiday in an interesting part of Australia with like minded people (and often with TT friends. It also gives a chance to practice orienteering skills on consecutive days,- which is really good for your orienteering skill level and fitness. It gives an opportunity to orienteer on terrain which is different from our normal SA areas. We've enjoyed in the past the big rocks in NSW, the goldmining in Bendigo and Castlemaine and the rocky mountains of ACT.

This year we have a feast on offer.

1. Easter

Over Easter you can enjoy 4 days of orienteering in and around Perth

- A Sprint on Good Friday – This has been advertised as a sprint relay event.

There is a sprint relay for elite runners and a special competition for families, but for the rest of us we will make 3 person teams and just have some fun on an interesting university campus.

Elites run in the morning – the rest of us have until the afternoon to arrive.

- Saturday – a sprint event on a college campus.

Sprint does not mean you have to run fast – it does mean that there will be shorter legs with lots of changes of direction (probably in a tricky area) which should be great fun.

- Sunday – we head for the country areas 100km south east of Perth to Beverley for a Long Event in Granite farmland. This might be a bit similar to Pymton or Keynes Gap
- Monday – back to Beverley for a middle distance event

There are some following events midweek and the following weekend if you have time to drive and take your time.

The following weekend sounds great and is near Narrogin (200km south east of Perth). Erica is not sure what a laterite breakaway is, but she intends to find out on that Sunday at the middle distance event.

2. September/October Oceania

This will be a moving carnival combining Oceania competition with Australian championship events.

Anyone can compete – you don't have to be a fast and excellent orienteer – you just have to be there.

The atmosphere will be good –with great course setting, good event arenas and probably lots of technology so that you can see what is happening out on the courses .SA orienteers tend to congregate together and support our schools teams and our Southern Arrows as they compete as well as giving each other a good boost of support.

We often end up sharing at least one meal together during the time of the carnival as well. The competition information can be found on the web

at <https://act.orienteering.asn.au/event-series/major-events/oceania-2019/>

But in a nutshell the competition will include:

- 28th September Sprint Wagga Wagga
- 29th September Australian Long Champs Cootamundra
- 30th September Oceania and Australian Relay
- 1st October Schools sprint and public event -Wagga Region
- 2nd October Schools Individual Long and public event- Wagga Region
- 3rd October Schools Relays and public event – Wagga Region
- 5th October Oceania Long – Wangaratta
- 6th October Oceania Middle distance- Beechworth

What a feast of Orienteering this will be in some magnificent country side (and we don't have to organise any of the events!!)

SIX DEGREES OF TINTOOKIES (OR for those who are too young to remember Kevin Bacon) NEWS OF TINTOOKIE MEMBERS FRIENDS AND RELATIVES)

- John and Jeffa met up with **Steve Dose** recently in Gumeracha and Jeffa has relayed his news

We've all seen Robyn's name regularly as the Editor of the weekly SA newsletter. Steve has been more elusive but he appeared in Gumeracha this week and said how much he'd like to do some bush O again soon. The mere fact of seeing him out and about once again means that day might come soon.

Steve gave a rundown on the family ;Katie has a job in marketing in Adelaide, while the boys have gone far and wide. Wes is doing post-doctoral research in Cambridge and has an 18-month old daughter; Tom is also married and is a secondary school teacher in Christchurch and Riordan is working in Canberra in "something to do with statistics". Also married.

- **Vanessa Round** came and spoke at our AGM late last year on her return from Europe. Sadly she has left SA again to start an exciting new job with the CSIRO in Victoria. No doubt Vanessa will be seen at some of the bigger events throughout the year when she comes home to see family and compete. Good luck with the new job Vanessa. We look forward to seeing you still running in a Southern Arrows top.
- **Luke Hazell (son of Phil and Anna)** is also back in Australia at the moment.

Welcome home Luke. Luke was planning to study in UK this year, but funding was not available at the last moment, so he is home. Luke powered around the Adelaide Uni course on Feb 1st despite still suffering from a measure of jetlag. He will no doubt add just a little more competition to the lively group of young men running in the sprint series at the moment.

- **Laura Diment**

See attached link for news on Laura Diment

<https://www.eng.ox.ac.uk/news/young-engineer-nominated-to-attend-global-summit-in-singapore/>

- Orienteering News from the Denmark Branch of Tintookies : **Bo and Kirsten's** winter letter:

At any rate, here follows some highlights from our edition of 2018: Lots and lots and lots of orienteering. As you may remember, we both started 2018 with various injuries. Bo sustained an unspecific knee injury in the autumn of 2017 and has had to walk the courses the entire year, whereas I was able to start running in February after having broken the collarbone in December. We both took part in the Easter 3 Days – on the island of Fanø, which is famous for a very complex and challenging terrain consisting mostly of more or less overgrown sand dunes. Together with around thirty runners from Søllerød OK, we had some great days first practicing in similar terrain in Western Jutland and then running the races, with a blizzard-like snowfall on Maundy Thursday, then a quiet Good Friday with sunshine and finally a

gale-force-windy Easter Saturday, where many runners had to surrender in the most challenging part of Fanø and either DNF'ed or (such as myself) finished after serious delays. We (I) returned home tired, slightly mystified about what happened on that last day, and ready to rest and relax for a few days before the next challenge. We continued to run the next months – Danish Ultralong and Sprint championships, Regional championships, and Tiomila (the world's largest relay event) near Stockholm in Sweden, which again was a great social experience for our club and resultwise a great success for our Youth and Senior Men's teams. All this happened while we prepared for the ultimate organisers' challenge: The World Masters Orienteering Championships 2018 in Denmark. Bo was the Event IT Officer and worked day and half nights to organize the data flow, extract entries from a dysfunctional entry software and turn them into operational data for start lists, accommodation, event bags and payment, and to plan the hardware set-up and results service during the event. I was the Event Medical and Emergency Officer and worked with my team to ensure first aid for the runners as well as contingency plans for more serious emergencies. We cycled around Tisvilde Hegn and Grib Skov to inspect access routes for ambulances, first aid posts in the terrain and in the arenas, and helicopter landing areas. We produced lists of the necessary utensils and drugs, rented walkie-talkies and a radio antenna for communication in Tisvilde, which is notorious for its poor mobile coverage. Then we met with the Regional Prehospital, Emergency and Ambulance Services (who provided excellent intellectual as well as logistic support), The Danish Red Cross (who provided first class medics and basic first aid suppliers throughout the event) and our own voluntary doctors to ensure mutual understanding of the task at hand. We described health and hygiene issues and access to the healthcare system in Denmark in the English Bulletin to the participants. As the summer, which started about two weeks after the blizzard on Fanø, progressed, the sun continued to shine, the temperature rose steadily, and all the green stuff turned more and more yellow... we realized that our task would be focused more on protection from wildfires, dehydration and heat stroke, rather than flooding and hypothermia!

Anyway... back to the record hot and sunny summer: finally the WMOC week arrived in the start of July: two sprint races (Qualifier and Final) in Hørsholm north of Copenhagen and in the middle of Copenhagen (The Parliament and surroundings), followed by three forest events, first two races in Tisvilde on the north coast of Zealand, and then one race in Grib Skov near Hillerød. Each day featured around 4000 starts in the competition classes and 500 starts in the Open classes. From an Emergency point of view, it was good to start with the sprints, which have shorter courses and smaller competition areas than the forest events. This enabled us to practice communication on the walkie-talkies as well as the flow for managing ill and injured runners, which became an advantage during the forest races, where we had much more cases than the statistic showed from the WMOC in Gothenburg, Sweden in 2015. We believe this was due to a mixture of faster terrains and the heat. Fortunately, the other WMOC teams took the potential risks very seriously; thanks to efficient water provisioning systems, alert officials at the Starts and Finish, helpful arena commentators, a diligent runner transport service and a very, very well-placed and skilled paramedic-on motorbike from the public

Emergency Services, the week passed not without critical incidents, but without these incidents developing into disasters. Our team finished the debriefing on the last day with high-fives and collective hugs and feeling very relieved that we had experienced no fatalities – which is not a given thing, seeing as the oldest runner was more than 95 years old... After this, organizing the next Danish Championships will feel like a walk in the park 😊😊 And no, we did not need the helicopter... After this, we spent an enjoyable and sunny week in Hiêres-sur-Amby, a small village near the High Jura region in France, where we competed in formidable terrains during the OO Cup. We returned rich on experiences and ready for a long and interesting autumn with more O races. That is, until I tore the so-called conjoined hamstring tendon, which connects two sets of hamstring muscles to the ischial tuberosity on the pelvis. This happened in mid-August and necessitated surgery, which was performed in early September. Ironically, this is the same injury that happened to Bo fifteen years ago, and which was not diagnosed and operated before more and a year later. This is ironic, because it is a quite infrequent injury, but it was lucky for me, because Bo reminded me that what I thought was a sprained muscle might warrant a check for a ruptured tendon. This enabled me to undergo surgery within the recommended limit of three weeks. The recovery has been uneventful so far (touch wood), but the progression is intentionally very slow (with the aid of a very skilled physiotherapist). I have been told not to start running until after a year (although I hope for a discount, given the uncomplicated recovery), and to expect that the muscles will not obtain their maximal strength (which will be less than before the injury) after two years. For now, I really enjoy walking the courses, and I am endlessly thankful to Bo, who not only suggested the diagnosis, but also patiently helped and supported me throughout. If you haven't tried it, I cannot recommend having a 50+-year-old bedridden woman in your house – but I will spare you the details and refer you to Bo, if he chooses to break his confidentiality obligation. Also, my colleagues and my club mates, and lots of other people have been extremely supportive. I went to work for important meetings after a week but did not return for regular duty until after three weeks, and was cleared to do rounds in the Neurointensive Care Unit in December. Still, orienteering keeps taking a lot of our spare time. Our club is quite young and is thriving and developing thanks to a huge shared enthusiasm. There is a lot of energy and, thanks to the lack of old, conservative powers, mental flexibility that allows us to figure out our own solutions to problems and dilemmas. This applies not least to the youth and junior training, where Bo has the main responsibility both for the original initiative to start this training, and in our current organisation of many, more or less experienced parents and other adults, who help and support the runners during training and competition events.

- Thank you letter from **Max Grivell**

Dear Tintookies members,

Thank you for your continued support for young orienteers competing at Australian Orienteering Championships, including me. I have been a part of the South Australian Schools Team for three years and hope to continue to represent the state in the future.

The competitors in the schools team from Tintookies did extremely well at the schools and other national events. Our results helped push South Australia into 2nd place which is an outstanding achievement.

I have met many new people from all over Australia during those three years and my time at nationals will be one I will always look back at.

But I would have not been able to compete at these events if it wasn't for the organisations supporting me financially, including Tintookies.

Your financial support has gone a long way in my continued participation in the sport that I love and has allowed me access to the opportunities it provides.

My parents and I greatly appreciate your support.

I also thank the volunteers, many of whom are in Tintookies, who helped make the 2018 Australian Orienteering Championships one of the best I have been to. The effort required to make such an event is astounding, so those who volunteered should be proud about what they put together.

Kind Regards,

Max Grivell

SOUTHERN DARTS

This year Erica has some good stuff planned for the Southern Darts.

The Southern Darts are the orienteers who are under 12 years old and learning to orienteer. We are planning for 2 overnight camps this year – on the 30th March and the 3rd of August. These will give us a chance to enjoy some longer time orienteering as well as a mix of fun activities and time to just have time getting to know each other.

Please mark these dates in your diary and keep them ready to the camp if you are a family with a Dart. We are also aiming to join our training with that of the junior arrows and hold it prior to some of the events so that it is something the family is coming to already and families with more than one kid of different ages can cater for all of them.

The Darts activities always include parents, with parents staying overnight with the kids on camps and welcome to learn alongside their kids or help out at activities. We aim to make it fun to learn the basic skills of orienteering. Thinking about distance, direction and what the ground looks like, orientating your map, thumbing your map, recognising map markings and control descriptions, and making good choices of route. The aim is to progress gently to confident orienteering.

We hope that by the time the kids are about 12 they are up to doing a moderate course alone and able to progress confidently to the junior arrows (with potential to then join the state representative team). We hope that their parents will be able to do the same.

If you have a child who is under 12 or are a child under 12 or know one then the Southern darts are the group to be part of.

For further information contact Erica Diment at ericadiment@adam.com.au

CONTRIBUTIONS

All and any contributions to future editions of the newsletter are welcome. Please send your links/emails/documents to juliawoithelloyd@gmail.com.

