

The Tjuringan Star

Volume 1, May 2019

Editorial

The start of 2019 welcomes another action-packed year. Since our last newsletter, we have had the 2018 National Orienteering Carnival, December Training Camp, the Summer Sprint Series, Encounter Bay Weekend and for a lucky few, an Easter in WA. Many Tjuringans attended these events.



ONE TAUGHT
ME LOVE



ONE
TAUGHT ME
PATIENCE



AND
ONE TAUGHT
ME PAIN

President's 2018 Report

2018 was an exciting year for Orienteering in SA. The highlight, of course, was the 10-day Australian Championships Carnival, which saw over 800 orienteers from all over Australia and overseas participate.

TJ started the year with our Annual Club Camp at **Port Elliot** in February. 47 people turned up to have fun, socialise, swim and orienteer in perfect weather.

In March, we successfully hosted the State Sprint Champs at **Tatachilla**. Thanks to Paul Hoopmann for awesome course setting. Many had expected it to be a relatively easy environment, but instead it proved to be a technical challenge with many route choices, and deceptively easy-looking legs that turned out to be not so easy after all. TJ had 28 competitors there, more than any other Clubs!

Fourteen Tjuringans joined a strong SA contingent at the **Easter 3-Days** in Hobart. Top three placings were achieved by Lan Kelly, Toby Cazzolato, Paul Hoopmann, Mitch Morcom, Greg M and Marcus C at one or more events. The SA team enjoyed 2 dinners together, and many took in the tourist sights of Mt Wellington, MONA and Salamanca Markets. The more intrepid even went for a swim in the sea and a training run in the legendary Pittwater sand dunes!

April saw an event at **Bundy Forest** in Mt Crawford. 90 people turned up despite the rain. Aylwin Lim set the courses. See TJ Facebook page for great video of event by Meredith Norman.

Ben Cazzolato set the courses for the **Shepherds Hill** event in May, with an MTBO event run concurrently by Steve Williams. This attracted 80 participants for foot-O and 35 for MTBO.

Ben and Aylwin organised several training sessions for our School Clusters in the lead-up to the **School Champs** in May and Relays in August. This resulted in many participants, and several medals for Goodwood, Black Forest, Col Light Gdns, Sturt St and Burnside Primary Schools.

Many TJs attended the weekend country events in the **Flinders Ranges** and **Burra** in June and August respectively. Apres-O, we shared dinners, campfires and games.

The Club Relays were held in August at **Moon Rocks** near Mannum. We came in fourth, one better than last year, with nearly 40% of our members turning up and fielding 12 teams. It was a beautiful winter day, with glorious views, exciting competition, and a delicious sausage sizzle and cake stall.

In September, we had an event at **Kuitpo Forest**. Max Ochota set the Easy and Moderate courses, and Aylwin the Hard ones. 15 people camped overnight at Kuitpo on Saturday. They enjoyed the 2 training runs planned by Oscar Johnston, and the campfire afterwards.

After that came the **Carnival**. We started off at Renmark for the long weekend, and then to Adelaide surrounds for the other 5 events. From the red riverbanks of the mighty Murray, to the cool, green forests of Mt Crawford. From sprinting school campuses, to navigating complex rocky hillsides. The venues showcased the best orienteering terrain SA has to offer.

34 Tjuringans participated in the Carnival. In addition were four more juniors from our School Clusters, Harry Glasson (who brought his friend Ned along to Keithcot Farm for his first ever orienteering experience), Josh Magarey, and Jayden and Yannika Bertram. Podium positions were achieved by Toby Cazzolato, Troy Merchant, Paul Hoopmann, Giselle Draper, Oscar Johnston, Keren Faulkner, Lan Kelly, Bec Campbell, Sarah Lim and Aylwin Lim.

Congratulations to Tjuringans **Rohan Jackson and Sarah Lim (Joint Team Captains), Meredith Norman, Toby Cazzolato, Oscar Johnston and Abbie Faulkner** for making the 18 member SA State Schools Team! SA came in second to ACT, our best result in 15 years. Well done to Bridget, their indefatigable Coach! Toby's great results ensured his selection to the All Australian Honour Team.

We also have new exciting talent within our ranks, up and coming juniors who, with a bit of experience and training, may one day also receive the honour of representing our State at National competitions. Aside from those mentioned above, there's Zoe Carter, Daniel and Mitch Morcom, Max Ochota, Finn Johnston, Marcus Cazzolato, Owen Draper, Max Faulkner, Sophia and Grace Homes, and Eamonn and Finlay Horan.

2018 welcomed more new members- the Faulkner, Morcom (Scott) and Ochota families; Chris Jackson, Susan Kay and Kate Wilson. Black Forest PS and Sturt Street Community School also joined up as school members.

Our membership now stands at 73, making us the largest Club in SA. It would be nice to see us pass a hundred in the next two years. In fact, I would like to see all SA Clubs have triple digit membership numbers too! That's not impossible, given that interstate and European clubs often have hundreds, even thousands, within their ranks.

More important than just numbers, though, is the fact that many of our members, both new and old, have been enthusiastically participating in and helping out at TJ and Orienteering SA events, and this augurs well for the Club's future.

Orienteering is like a pyramid. If we build a strong and stable base, it will make it easier for our elites at the apex to ascend to new heights. We all know what a great sport it is. So why not encourage your friends and classmates to come try it out for themselves?

Enjoy the Twilight Series this summer. We look forward to 2019, with major events in Perth (Easter), Port Lincoln (June) and the Carnival in Wagga (October). TJ will be hosting events at Victor Harbor (March, including Camp), Belair (May), Kuitpo (June), Paradise-Burra (August) and Mt Crawford (Sept). See you around!

Aylwin

December Training Camp 2018

In December 2018 many serious young Orienteers went to Ballarat for the annual Junior Orienteering Development Camp. Five Tjuringans went to the camp: Rohan, Meredith, Oscar, Toby and Ben. The camp went for 5 days and always had at least two coaching sessions daily. Many elite Orienteers attended the camp as inspiration and mentors for the younger athletes.

Types of Headache

Migraine



Hypertension



Stress



**"I WOULD'VE WON IF
I DIDN'T MAKE MISTAKES"**



My experience of the camp

For me, the Australian Junior Development Camp was one the best Orienteering experiences ever. This was due to the high intensity of the events and the one on one coaching done by the elites.

After each training we discussed and compared different route choices in small groups with at least one elite. This helped me see different route choice techniques. The terrain also varied over the 5 days, but the complexity of the courses remained technical.

Toby

2018 Australian Orienteering Championships

What a wonderful and memorable 10 days we have had! Over 800 orienteers from across Australia and the world turned up in force for the eight Australian Championships Carnival events. From the red riverbanks of the mighty Murray, to the cool, green forests of Mt Crawford. From sprinting school campuses, to navigating complex rocky hillsides. The venues showcased the best orienteering terrain SA has to offer.

34 Tjuringans participated in the Carnival. In addition were four more juniors from our School Clusters, Harry G (who brought his friend Ned along to Keithcot Farm for his first ever orienteering experience), Josh M, and Jayden and Yannika B. Podium positions were achieved by Toby C, Troy M, Paul H, Giselle D, Oscar J, Keren F, Lan K, Bec C, Sarah L and Aylwin L. (Sorry if I have missed anyone). SA came in second to ACT at the National School Champs, our best result in 15 years. Well done Bridget! Toby made the All Australian Honour Team.

Thanks everyone for helping out at the Carnival, especially those who did so every day, or on several days (Harry W and Paul H were familiar sights directing the traffic, and many helped with setting up tents, moving equipment, baking and serving at the food stalls etc). Ben C worked his butt off organising food supplies for the State School Teams. Amazing how much 200 hungry people eat! It

takes a brave man (and an understanding wife) to reschedule birthday celebrations to fit in with the Team's food deliveries! And I saw Phil Davill at the computers every day.

On the whole though, I think TJ got off lightly with Carnival duties, and we must be thankful to the Carnival Coordinator, Robin Uppill, and those who did the Starts (OHOC), Rego (TT) and Toilets (YA), as well as those who organised the events, planned the courses, did the new maps, managed the equipment, and towed the trailers etc, etc. If the Carnival was successful, it was only through the efforts of many, many volunteers who put in thousands of hours so freely.

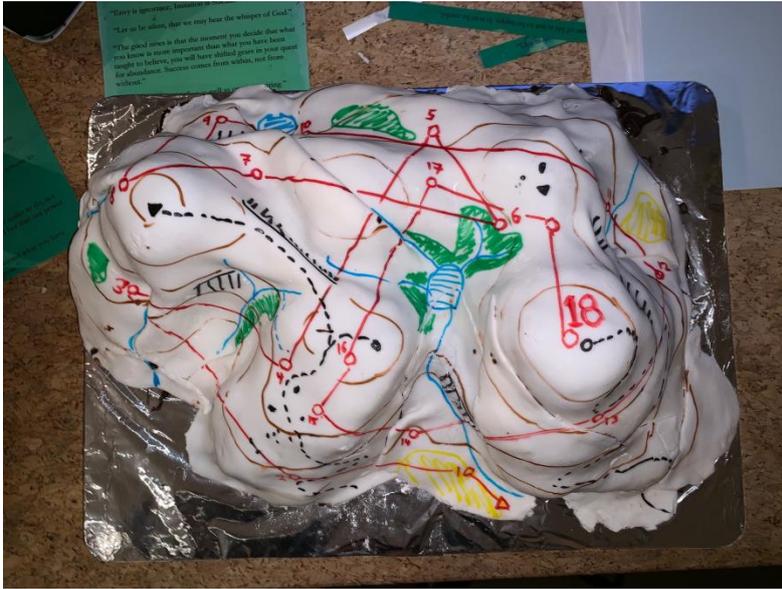
Chris Franklin and a host of interstate and overseas helpers proved invaluable at the Schools Invitational Team Camp at West Beach Caravan Park. The Camp was enjoyed by 86 participants (including parents and day visitors) from NZ and all Australian States except for Tasmania, and I was happy to see a healthy contingent from SA there.

Carnival Results, including Split times and RouteGadget, are on <https://sa.orienteering.asn.au/2018-australian-championships-results>. Check out the 75 photos of Carnival and Camp on our TJ Facebook page. There are hundreds more photos of the Carnival and everyone else on the Carnival Facebook page. If you were there, chances are you will find your photo posted. And if you were not, check it out anyway, just to see what you missed out on! <https://www.facebook.com/2018auschamps/>

Aylwin



Which Tjuringan turned 18?



Interview with Sarah Lim

How did you start orienteering?

I learnt it at school (Linden Park), and my dad took us to a few city and bush events. I liked it but my brothers didn't.

What do you like about orienteering?

Making friends, the community, nature, getting to travel around the country.
The Junior Arrows squad is really fun, and Bridget and Simon are great coaches.

Most memorable moments?

1. Getting lost at night as a 12 y.o. attending my first training camp at Flinders Ranges.
2. Bridget and Simons 'wedding' in Queensland.

What else do you do/like?

Church, painting, flowers, sunsets, tea.

How did you prepare for Year 12?

'Balance' is important. Learn to relax as well as study. Me and a few friends took a week off studying in July to go skiing.

Plans for 2019?

After earning enough money through waitressing and being an Outdoor Ed instructor, I will head to Perth for Easter, and then to Europe for 6 months. I will stay with an orienteering family in France for a month, then head to Belgium for a Christian youth program, then to UK to meet up with ex-SA orienteer, Lina Heuer, during her summer holidays. I'll be back in October.

Plans for 2020?

Dunno.

Kuitpo 2018

On the 9th of September 2018, Tjuringa Orienteers ran a successful event at Kuitpo Forest, held in beautiful spring sunshine. There were 106 participants, including 21 Tjuringans (In addition, many came to help but did not run- Thanks Lewis, Jan, Paul, Chris, Andrew, Greg and Fiona).

Event Organiser: Lewis Carter

Course Planners: Max Ochota (VE, Easy and Moderate courses) and Aylwin Lim (Hard courses).

15 people camped overnight at Kuitpo on Saturday. They enjoyed the 2 training runs planned by Oscar, and the campfire afterwards.



TJ Annual Camp/Encounter Weekend



Another great TJ Annual Camp, with three exciting events over 2 days at Victor Harbor. 49 members and their friends enjoyed the beautiful South Coast terrain and weather. Most of us stayed at the Port Elliot Caravan Park, where we had dinners, bbqs, swims and plays together. Others came just for the day.

It was a challenge being the organising Club for two official OSA events on the same day, but both Saturday events went off without a hitch, thanks to the large band of keen and hardworking helpers. Thanks especially to Paul Hoopmann, who made the journey south just to help put out and collect controls! Ben, too, did a lot of hard work before, during and after the events.

Sunday was more relaxed, with many enjoying a leisurely breakfast, going for a swim after the event, and then enjoying a shared picnic lunch on the shores of Horseshoe Bay. We had fish and chips from the Flying Fish Café. Yum!



Results*

The Bluff: Some great results by TJ! In the Easy course, **Max Faulkner, Lewis Faulkner, Marcus Cazzolato** and **Fiona Morcom** took 4 of the first 5 positions. In the Moderate course, it was another near clean sweep, with **Zoe Carter, Mitch Morcom, Sean Faulkner, Daniel Morcom** and **Finn Johnston** grabbing 5 of the top 6 spots! We found the other courses more challenging, with our best performances by **Sarah Lim** coming 6th in the Short Hard and **Toby Cazzolato** 8th in the Long Hard.

VH High Sprint: Again we dominated in the Short course, with **Abbie Faulkner, Mitch Morcom** and **Daniel Morcom** filling the top three placings. In the Long, our best was **Zoe Carter**, who placed 19th. For the Easy course, **Lewis F, Marcus and Max F** came in 3rd, 4th and 5th respectively.

Port Elliot: Long Moderate course- Our best was **Toby**, who placed 6th. Short Moderate- Congrats to **Zoe and Doug Johnston** who came in first and third in a crowded field of 39. Easy- **Abbie F** came 2nd. Very Easy- Great work by TJ blow-ins **Charlie Chappell** and **Kyle Lonsdale** who came in 2nd. **Marcus C** placed 5th, and **Lucy Chappell** and **Sylvie Ochota** teamed up to come 6th. The **Gameaus**, in their first ever orienteering competition, placed a very creditable 8th out of 29 participants, and even went out to do a second course!



Schools Cluster Training

A report by Ben Cazzolato

Over the last few years a number of enthusiastic orienteers have been running regular mid-week training sessions for school kids. What started out as ad hoc training for specific schools has since grown into a more formal structure called The Schools Cluster Training Program. As the name suggests, this program brings together local schools into a cluster which leads to a gain in efficiencies, builds critical mass and develops a sense of community. There are now four regular clusters operating across Adelaide: Eastern Schools Cluster (Aylwin Lim), South-West Schools Cluster (Ben Cazzolato), Mt Barker & Echunga Schools Cluster (Zita Sankauskas) and Belair & Hills Schools Cluster (Zita Sankauskas). Whilst numbers fluctuate depending on location and weather, collective attendance exceeds 40 students each week.

The South West Schools Cluster built around Goodwood Primary School and Black Forest Primary School is the oldest and largest of the clusters, with average attendance between 25-30 kids. The success of this cluster is due to the way the orienteering is formally linked with the schools. At Goodwood, Orienteering is one of several after-hours school sports run by parents, and hence benefits from the formal structures in place including advertising, communications, management and invoicing. Each student is invoiced \$30pa, and this is used to cover costs of maps, entries to both SA Schools Orienteering Championships and membership for the school, which ultimately reduces costs for the kids and encourages participation at OSA events. The Black Forest model is slightly different in that it is organised by an enthusiastic teacher Stuart Greene (and previously by Pat Velaitis), but the pricing structure is the same.

The SW Schools cluster will have had six training events in the lead up to the SA Schools Individual Orienteering Championships. The training program started with an introduction to the sport, how to read a map and a practice on a familiar area (Goodwood School grounds). Training then moved on to a more unfamiliar and difficult map (Forestville Reserve), with the objective to simply have fun and get a feel for the sport. At Goodwood Oval the kids learnt about the importance of keeping the map facing north and maintaining map to ground, followed by a number of line courses. One exercise involved following a conga line whilst at the same time keep the map always facing north with the assistance of the newly purchased thumb compasses (see photo across).



Something new in 2019 was a night training session at Soutar Park, a relatively small community park of 150m x 100m with a mix of open playing field, clumps of vegetation, tracks, impassable fences and play equipment. The weather gods were kind to us with a beautiful evening. Whilst a little apprehensive, the event was a huge success with a mass start of 30 kids and many requesting another night session. The relays feature in Purple Pen allowed for each student to have a slightly different map, with forks, pivot controls and multiple loops.



Two SW Cluster trainings were joint sessions in the South Parklands with the Eastern Cluster, run by Aylwin. These maps allowed for more difficult and longer courses on terrain and scales not dissimilar to the Schools Champs.

As the clusters develop, we have learnt what works and what doesn't. Whilst manual punches are ok, these have several issues – they are no good for mass starts because they are slow, and they also damage map bags. Fortunately, Orienteering SA have secured funding for several sets of SI units (electronic punching) to be used by the clusters which the kids love. The mini flags are also great – they are easy to carry and place, and are highly visible both night and day. The thumb compasses, recently purchased using funding from Orienteering SA, have opened new training opportunities. For example, the night training would have been very difficult for inexperienced juniors without having the compass to help keep their map aligned.

The training for the remainder of 2019 will include more advanced skills development, and other fun activities including night-O, maze sprints and perhaps multi-level orienteering.

In an effort to more broadly advertise the activities all cluster events have been entered in Eventor and can be found at: <https://sa.orienteering.asn.au/coaching-training/for-schools/school-events>

World Orienteering Day - Belair National Park

For mid-May the afternoon sun was a delight. With the recent fresh rain the old Belair golf course shone a spark of its former glory. Kangaroo's were abundant and probably quite surprised to see the crowds of runners and walkers enjoying a late afternoon adventure. We had a number of new faces attend the event to try orienteering for the first or second time. It was fantastic to see so many families involved. Most enjoyed the short course in the daylight but then we also had a large group of Joey Scouts embark in the dark joining the more experienced orienteers that were up for the challenge.

Hot soup and pizza were a warm welcome as the sun set and the mercury dropped. The cold didn't seem to discourage many as lots of people stuck around to test their skills on Aylwin's amazing "O" maze! With music, food and fairy lights it was the perfect way to celebrate our sport.

A big thank you to my family for helping on the day, Jan Hillyard for welcoming newcomers, Aylwin for all his help with organising and the the Maze course, the Uppill for the map and liaising with the rangers and Tyson Hillyard for his expertise with Purple Pen.

Side note: Officially we had 53 entrants. However, this didn't take into consideration parents and groups. I expect we would have actually had close to 80 people that went on a course.

Troy Merchant, Organiser.

A wrap-up of the 2018 Junior Arrows Camp by Sarah Lim

From Monday the 9th to Friday 13th of July over 20 south Australian juniors (plus some juniors from Victoria and western Australia) attended the annual junior arrows training camp once again amazingly organised by Bridget and Simon. The camp kicked off with some high intensity sprintervals at Flinders University. We then drove to the accommodation at the beautiful Shiloh Hills and got settled in (which included the exciting discovery of Netflix on the camp TV) (let's just say we watched a lot of movies in our spare time). We had amazing dinners prepared every night by the wonderful Julia Lloyd who was helped by many adult helpers, including several from TJ). The next days were more intense training, with juniors racking up to 13km of training a day. We trained at TJs heartland-Kuitpo. This training was with a twist as all clearings tracks and some other map features were taken off the maps-no catching features! This was followed by a peg relay and night Ø when we got back to the accommodation. Wednesday's training was at Pewsey Vale where we



practiced our map skills in the rock detail and did control picking exercises. Wednesday night saw us having the event of the camp-the quiz night. There was hot competition with difficult questions. Thursday's training was at Bundy Forest where we practiced taking bearings into difficult "bingo" controls. In the afternoon we drove to Lucky hit where we had a fun star relay in the beautiful forest. Lots of fun and competition. At night there was a course setting competition. Our last day was camp champs-this was at Pewsey Vale again and proved challenging but fun for all. Results as below. After an exhausting 5 days we all returned home after sharing one last lunch together. Overall it was a really great camp and many thanks go out to all the helpers especially Bridget and Simon for organising once again.

The 2019 Camp will be held on July 9-12. Don't miss out! Info and entries here:

<https://eventor.orienteering.asn.au/Events/Show/8640>

The second half of 2019

TJ events for the year are Kuitpo (June 30), Burra-Paradise (Aug 17) and Mt Crawford-Chalks (Sep 21). Please book these into your calendar.

Other major events are Port Lincoln: June 8-10, Rock Oyster: July 13-14, and the Oceania-AusChamps in Wagga/Beechworth on Sep 28-Oct 6.

The Relay School Championships are on Sept 13. As usual, Ben and Aylwin are planning to conduct Thursday after-school Cluster training sessions in the weeks leading up to the Champs for the Eastern and Inner SW schools. Mitcham Hills and Mt Barker areas will be covered by Zita, the OSA Schools Coordinator.

A complete program for 2019 is attached. It is also available on-line <https://sa.orienteering.asn.au/events/event-calendar>

Free and informal training sessions are held at various locations several times a week. All welcome. <https://sa.orienteering.asn.au/coaching-training/coaching-and-training>