



2010 SILVA National Orienteering League & Series – Round 1 Races 1 to 3 Central Victoria

2010 SILVA NATIONAL ORIENTEERING LEAGUE & SERIES

18th National Orienteering League

The 18th National Orienteering League, including the National Orienteering Series, will open with three races in central Victoria on 6-7 March. The competitions are similar to the Tour de France in that the teams' competition is based on the placings of team members in races. However, rather than all the races being staged consecutively, the races are spread throughout the year in rounds of races. The 2010 SILVA National Orienteering League and National Orienteering Series include 17 events in four rounds of races:

- 6-7 March: Three races in central Victoria
- 2-11 April: Seven races in Canberra region
- 15-16 May: Three races in southern highlands NSW
- 26 Sep – 3 Oct: Four races in South Australia

Competition Format

There are four divisions of the **National League** and of the **National Orienteering Series** (see below):

National League:

Senior Men: Based on the results in the Senior Men's division of the National Orienteering Series.

Senior Women: Based on the results in the Senior Women's division of the National Orienteering Series.

Junior Men: Based on the results in the Junior Men's division of the National Orienteering Series.

Junior Women: Based on the results in the Junior Women's division of the National Orienteering Series.

The **seven teams** in the competition are: Canberra Cockatoos, NSW Stingers, Queensland Cyclones, Southern Arrows, Tassie Foresters, Victorian Nuggets and Western Nomads.

Scoring Method. The times of the fastest three competitors of each team in each division in the National Orienteering Series races are aggregated to determine team placings in each division and awarded points for placings on the basis of, 9 for first, 7 for second, 5 for third, 4 for fourth, 3 for fifth, 2 for sixth and 1 for seventh. The total score for teams in the Senior divisions is the sum of points scored in all events. A reduced number of events is aggregated for the Junior divisions.

2009 National League Placings

Senior Men		Senior Women		Junior Men		Junior Men	
NSW Stingers	134	Victorian Nuggets	147	Victorian Nuggets	82	Queensland Cyclones	90
Canberra Cockatoos	104	Canberra Cockatoos	104	Canberra Cockatoos	69	Canberra Cockatoos	74
Southern Arrows	104	Queensland Cyclones	84	NSW Stingers	66	Tassie Foresters	60
				Queensland Cyclones	66		

2009 National Series Placings

Senior Men		Senior Women		Junior Men		Junior Men	
Julian Dent (NSW)	300	Hanny Allston (Tas)	300	Max Neve (Vic)	256	Belinda Lawford (ACT)	261
Simon Uppill (SA)	282	Kathryn Ewels (Vic)	288	Lachlan Dow (ACT)	249	Aislinn Prendergast (Vic)	261
Rob Preston (NSW)	217	Jasmine Neve (Vic)	246	Joshua Blatchford (NSW)	246	Bridget Anderson (Qld)	255

Preview for 2010. 2010 will see a continuation of the generational transition of orienteering in Australia. There are still a few orienteers competing who competed in the first National League and there are others now moving towards the senior ranks who were not born when the first races were run. The other change has been the improved competitiveness of the State teams. While the Canberra Cockatoos finished second in all divisions there was a long period from the start of the competition during which the Cockatoos were unbeatable.

Round 1 Central Victoria

Round 1 (races 1 to 3) of the 2010 SILVA National Orienteering League and National Orienteering Series will be staged in central over the weekend of 6-7 March. The races are:

- **Race 1. 6 March. Eureka Challenge at Castlemaine.** Mass start, multi-looped Long Distance race.
- **Race 2. 7 March. Sprint Distance race at Daylesford.**
- **Race 3. 7 March. Mixed Relay race at Daylesford.**

The **cover page** has photos of the leading competitors (from left), top row: Julian Dent (NSW), Hanny Allston (Tas), Simon Uppill (SA), middle row: Kathryn Ewels (Vic), David Shepherd (ACT), Anna Sheldon (Qld), bottom row: Craig Dufty (WA), current top juniors: Max Neve (Vic), Belinda Lawford (ACT).

Orienteering Australia would like to thank the Australian Government for their continued funding and commitment to our sport in this country. The Australian Sports Commission is the Government body that develops, supports and invests in sport at all levels in Australia. Orienteering Australia works closely with the Australian Sports Commission to develop orienteering from community participation to high performance level.