

8.4 MTBO 2016 REPORT

HIGH PERFORMANCE FUNDING

MTBO presently receives funding of \$18k, which represents approx. 12% of the total HP budget.

This consists of:

- \$10k WOC & JWOC MTBO team (this was reduced in 2015 from 18k – a 45% reduction.)
- \$ 6k MTBO Coordinator
- \$ 2 National training camps.

While Foot O WOC often has 3 officials and JWOC 2, the MTBO WOC&JWOC budget can only fully supports 1 official. Usually a parent assists as the 2nd official at the Championships.

Team budget – in the last few years we have had small teams (2016 =3 riders) in comparison with teams of 10 or 12 in earlier years, so the \$10k has been sufficient.

However, there needs to be some flexibility in team funding, and thus the OA budget, especially as we cater for both WOC & JWOC, to ensure that riders are treated fairly.

I believe that MTBO WOC & JWOC team members should be supported financially by OA to the same level as their foot O counterparts.

The other problem with funding is the low amount for training, making it difficult to support those identified as talented who live outside the main mtbo states.

The budget below is from Portugal this year, where prices are quite cheap.

MTBO Team BUDGET - \$10,000 ACTUAL

| % | | | |
|---|--------|--|----------|
| 28 | 3858 | Coach total expense (\$2086 Coach airfare + 1772 Accom, Car, Food) | |
| 6.1 | 830 | Manager – 50% o/s expenses | |
| 13 | 1800 | Entry fees | \$600 pp |
| \$6,488 TOTAL so far, with only 3 riders | | | |
| 22 | 3000 | Accommodation TR camp & WOC. | \$774 pp |
| 22.1 | 3040 | Car hire + fuel + tolls. | 761pp |
| 8 | 1188 | Food 70 days (5x 14) Cheap! | 237pp |
| .8 | 114 | miscellaneous tr event entries; laundry. | |
| | 13,596 | total o/s expenses | |

Extra costs incurred by MTB Team Riders

- Race insurance. This costs approx. \$300 pp and is taken out individually – separate to team budget.
- Van hire for bikes. Additional vehicle costs are incurred to transport bikes. – In team budget. Approx. \$400pp
- TOTAL - \$700pp
-

WRE events – because of low elite numbers it is no longer possible to offer these due to the IOF imposition of fees for running them. This means that Australian riders have little / no chance of doing enough races to get a ranking.

MTBO COORDINATOR ROLE

Management role within Australia of World Championship team needs

- Entries; uniforms; get info from riders; do budget; write letters re uni / sponsorship etc.
- Compliance for team members re ASADA education & procedures; Race insurance; IOF licences
- Liaise with team coach and mentor where necessary.

National training camps – monitor budget; engage coaches.

Write for OA Enews; Facebook; webpage; OA magazine

Liaise with IOF MTBO committees

Liaise with Craig Steffen (re NOL rounds; Selection Chair) & Blake Gordon (re NOL individual & team scores & awards)

Liaise with Orienteering NZ MTBO committee re event planning.

HP RESULTS

Our 3 rider team at the WORLDS all performed admirably.

18 yr. old Lucy Mackie gained Australia's 1st ever female JWOC podium with a 5th in the middle.

15 yr. old Fergus showed fitness and navigation skills much above his age while Ricky Thackray broke through for his best ever result in the elites.

TRAINING CAMPS 2017

These are likely to be 3 fold

– with Xmas 5 Days; 2 days immediately before selection trials in March; with re-scheduled ACT Champs.

AUS V NZ CHALLENGE

Lapsed in 2016. Although NZ wanted a challenge along with their nationals in November we didn't accept as it would have impacted negatively on WA's hosting of Australian Championships in October.

There are still 20 Aussies participating in the NZ events.

We will issue an invite for a Challenge with our Nationals in NSW in 2017.

STATE OF THE NATION

Number of Events

17 – VIC 15 – QLD 15 – NSW 10 – WA

6 – SA 4 - NT 1 - TAS

NOL Rounds

– Rider numbers. VIC – 87,92, 92 QLD – 90, 94, 95 WA - 58, 64, 66

While the number of events are extremely pleasing in 4 states, the rider numbers at our NOL events have plateaued.

STRENGTHS

-Professionalism of riders who do make World Champ teams and their relative successes.

-4 states with a large number of events.

- Masters numbers and pathways. The MTBO Masters Worlds is now well established and many Australian riders have participated. Both Australia & NZ have hosted rounds of the Masters Series and will continue to do so, as there is no additional cost.

-Australia v NZ Challenge

THREATS

-Lack of depth in elite & junior ranks.

-Lack of coaches.

-No financial help for talent identification and pathway to Jwoc.

-Cost of World Championships if team size increases.

- Lack of support from some state associations & clubs for grass roots MTBO development, especially in regard to map making.

-No WRE events in Australia

-Lack of different states to run NOL events and the timing of them is not always ideal.

OPPORTUNITIES

-Have own MTBO National Facebook Page.

-Promotion of talented juniors into Aus V NZ & Jwoc teams.

-Look at different event formats to encourage participation

(In SA we have successfully trialled a series of 3 hr score events which can also be done in pairs / small groups. This answers two needs – 1) to give riders a decent amount of time riding; and 2) to make the events more sociable by allowing pairs & groups and also be having everyone finish around the same time.)

-Access ASC & State based grant opportunities.

- Phone group discussions between state contacts could occur several times a year.

-Retain super master riders through possible rule change to allow Ebikes in 80+ classes.

Kay Haarsma 12/11/16

- World MTBO Championship 2016 – Portugal - Coach Report-

LEAD UP.

A 3 day coaching camp was held in Newcastle in February.

Follow up coaching was provided by email, phone, plus face to face discussions at the NSW Mtbo champs in Lithgow. The Mackies also came to a weekend of racing in Victoria which gave me further access.

Paul Darvodelsky, whilst living in Sydney, also provided some one on one armchair coaching with Lucy & Fergus Mackie.

SELECTION TRIALS.

The trials were held around Beechworth, with a Sprint, Middle and Long race fully testing the athlete's fitness and versatility.

A small team of M21: Ricky Thackray, Angus Robinson; W20 Lucy Mackie and M20 Fergus Mackie was selected.

Angus rode the trials with a previously sustained foot fracture, so his participation was contingent on his fitness. Sadly, he had to subsequently withdraw from the Worlds.

Once both his children were selected, Hamish Mackie decided to travel, subsequently becoming Team Manager.

OVERSEAS TRAINING

The team all arrived in Lisbon a week before the championship for the 5 day training camp, which had maps and controls placed by the organisers. Coaching was a mix of group and individual exercises, aiming initially at terrain familiarisation, honing skills and finally race preparation. The weather was becoming very hot, so this was taken into account.

We also competed in a local event 2 days prior to the champs, which provided, particularly Lucy and Fergus (who had never competed overseas before), with great race preparation.

In fact, Fergus won his event, and Lucy placed second. A great start.

ACCOMMODATION/FOOD

Very little was available near the event centre, and virtually nothing near the training venues. So we opted for a motel about 15km from event centre for the whole 2 weeks. It proved to be an attractive location, comfortable, moderate cost, plus many other teams were there too. Although we could not self cater, eating out nearby was quite cheap, plus a good priced breakfast was available. We also bought the organisers provided lunches.

CHAMPIONSHIP WEEK

The weather had been getting hotter during the training, and during championship week it was getting close to 40 degrees. This made for some tough racing. The obvious highlight was Lucy achieving our second ever junior Mtbo podium finish, coming 5th in the middle. Fergus also achieved some fantastic times, all the more exciting as he was only 15, and competing against some almost 5 years older than him.

Another great ride was Ricky's long race. A really long, tough and hot race, which had a high attrition rate, Ricky's fitness and experience showed though, to not only finish, but in a great time.

RESULTS: (Event, place, time, time behind winner)

| | | | | | |
|----------------|---|-----|----------|----------------|---|
| Lucy: | S | 22 | 26.14 | (12.02) | Was in a podium spot with 2 controls to go, then a big mistake. |
| | M | 5 | 42.09 | (4.59) | |
| | L | DNF | | (slashed tyre) | |
| Fergus: | S | 17; | 22.35 | (2.04) | |
| | M | 15 | 45.38 | (4.55) | |
| | L | 25 | 1.46.05 | (18.25) | |
| Ricky: | S | 53 | 28.18 | (6.10) | |
| | M | 58 | 61.12 | (14.37) | |
| | L | 38 | ;2.06.28 | (25.18) | |

MEN'S ELITE RELAY

1st CZECH REP 2hrs.05 42, 42, 40mins

14th AUSTRALIA 2hrs.51 1st leg Fergus 55 mins 2nd leg Ricky 51 mins 3rd leg Lucy 64 mins

This gave all another ride although with 2 juniors they were far from competitive.

Lucy's time can be compared against the very experienced German woman rider, Anke who had the advantage of riding first and recorded 59 mins.

INSURANCE

Team members and coach, besides normal travel insurance, were required to take out an additional "race" insurance of approx. \$300.

PORTUGUESE ORGANISATION

Although some aspects of the running of the event did not go smoothly, this tended to not impact on athletes.

Some of the team leader meetings became rather fraught.

However, all maps, courses and suitability of the areas was second to none.

Carolyn Jackson

Team Coach. October 2016