

WHO News



June 2019 (third edition for 2019)

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HAPPY BIRTHDAY WHO!

June 18 is a significant day. 36 years ago, Western and Hills Orienteers was formed. To celebrate we will be providing cake at the Metro at Nurragingy on Sunday (June 23rd). Please join us to celebrate WHO's birthday.

Thank you to all who helped with our Wyangala/Roseberg weekend. The club received numerous congratulations for the quality and organization of the Wyangala and Roseberg NSW Chs and NOLs. Your contributions made it an outstanding success. Detailed reports below.

Ian Miller, WHO President

NEXT WHO EVENTS

For more details see our web site who.orienteering.asn.au or Eventor at <http://eventor.orienteering.asn.au/Events>

Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director
June 19, 20 + 21	Sydney West Schools	Fred Caterson Reserve	Barbara Hill	Ted Mulherin	Graeme Hill
Sun 7 July	Turkey Trot	The Ponds	Ian Miller 0429 937 153	Dmitry Stukov	James McQuillan
Wed 7 Aug	Moonlight	Cowells Lane	Steve Dunlop 0407 269 892	Steve Dunlop	Ian Miller
Sun 22 Sep	Metro League	Mulgoa - ML Final	Maureen Fitzpatrick 0455 578 755	Matt Hackett	Steve Dunlop
Wed 9 Oct	SSS	Nielsen Park, Greyclif e Ave		Vivien de Remy de Courcelles	Steve Holloway
Wed 6 Nov	SSS	Brush Road, Brush Farm			
Sun 1 Dec	WSOS, WHO Cup + AGM	Ted Horwood Reserve			
Sun 15 Dec	WSOS	Plumpton Park (new map)		Karen Langan	

Wyangala and Roseberg – May 18/19

The making of a great O weekend

2019 NSW Champs Review

This was arguably the biggest event WHO has ever hosted and it was a resounding success. Despite the big increase in urban orienteering the purists still hold firm to the traditional form of our sport - in the bush. For good reason too. The challenge and subsequent satisfaction of running through a previously unknown natural area is something that can't be matched and can become very addictive. Plenty of wildlife to spot when out in the bush too. In the past month I've seen kangaroos, wallabies, goats, a fox, an emu, echidna, lyre bird and plenty of parrots.

As a club, we value this bush tradition and endeavour to contribute to the NSW State League by hosting at least one event each year. Since I have been involved with the club, we have always been smart and nominated for a Sprint or Middle distance event, relatively close to Sydney. However, the opportunity arose to resurrect an old map (last seen in 1991) out at Wyangala. Now Wyangala is 4 hours from Sydney but there is accommodation on site and terrain deemed suitable for a championship event. Well, one thing led to another and before we knew it we were committed to the 2019 NSW Middle Distance Championships at Wyangala to be held on the same weekend as the 2019 NSW Long Distance Championships in Roseberg State Forest. To up the stakes a little, we then combined these events with Round 4 of the National Orienteering League and the event in Roseberg would also be the first time the Ultra-long Championships would be held in NSW.

Planning began more than a year in advance. Rob Vincent (NC) updated both maps and was the Controller for both events. Rob Bradley and Steve Dunlop took on the course setting and I looked after organising. The list of tasks to be done was immense but as we got closer to the big weekend more and more club members became involved. We relied heavily on Colin and Dianne from Garinal for help with the radio controls, results screens and commentary set up. All up we had more than 40 volunteers contributing in various ways on the weekend and in many cases for hours and hours prior to the weekend. Both events went to plan, with close to 400 participants on each day. The courses were well received and winning times spot on. The arena at Wyangala was spectacular, with views over the lake and the pine forest arena at Roseberg was a perfect contrast. And to top it all off, the weather was exceptional.

It was extremely satisfying to see the whole thing come to fruition and go to plan. We have received very positive feedback from numerous people and I'm now looking forward to participating rather than organising for a little while. If you are thinking about getting involved in some of this bush stuff, I can't recommend it highly enough. There might be a bit of a drive but it'll be worth it. Check out the remaining NSW State League events or Australian Champs/Oceania Carnival in and around Wagga Wagga in late September.

James

Observations on the May weekend

The double event weekend of the NSW Middle Distance Championships and the NSW Long Distance Championships plus a NOL with an ultra-long course is the largest undertaking by WHO in many years. Congratulations to the organising team. Thank you to the many helpers who did tasks big and small to make the weekend a success. We have had numerous emails congratulating WHO on the quality of the weekend and the enjoyable courses.

The preparation for the events commenced almost two years previous with the idea of remapping the Wyangala area. The original map created by Gareth Prosser is of A3 size and known as "Giant". The club decided to use the southern section of the Giant map and asked Rob Vincent from Newcastle to update the map. WHO has a map of the Roseberg State Forest parts of which are known as Willagalong and Old Woman's Creek. A section of this area was used in October 2017 for the Australian Schools Championships. It was decided to update the rest of the Roseberg map and to use it for the NSW Long Championships. WHO nominated our double weekend for the NSW Middle and Long Championships and our nominations were accepted by ONSW. Orienteering Australia were looking for a location to run an Ultra-long distance event as a selection trial for the Australian team to go to the World Orienteering Championships. The WHO events were selected. The standard needed for both the NSW Championships and the national selection trials meant that the maps had to be of the highest quality. Rob Vincent worked on the remapping from the winter of 2018 through the summer right up to the event.

Under the guidance of Controller/Event Director Rob Vincent from Newcastle, we put our A team to work on organising and setting. James McQuillan was the organiser for both events with Robert Bradley setting Wyangala and Steve Dunlop setting Roseberg. Both areas provided challenges. At Wyangala there is a large height difference between the water level and surrounding hills. The team selected a spectacular location for the finish and assembly area. Finding a start was challenging. It needed to be within walking distance of parking and the assembly with not too much climb. At Roseberg the challenge of setting an ultra-long (24.4kms for M21E with over 1km of climb) meant that some controls could be a long way from the start. It was decided to design a course with three loops. The elites had two map changes as they passed through the changeover area near the finish. Oh! and we want a winning time of 150 minutes for the M21E class. Desk planning works so far but multiple visits are needed to talk to the landowners, view the terrain, visit and tag the control sites and make changes. Middle distance courses have lots of direction changes while long distance courses should have long legs with multiple route choices. How about we throw in a mass start to make it interesting and provide guidelines for winning times for each class. Robert and Steve nailed it all!

Organising the events meant interacting with the Wyangala Waters Park, with State Forests NSW, Orienteering Australia, Orienteering NSW, the mapper and course setters plus ensuring all the orienteering rules were complied with. Add to that getting the gear to the

event and volunteers lined up for roles ranging from parking, to starter, to enter on the day registration. If you think that the organiser has an armchair ride consider how to get toilets to the middle of Roseberg State Forest, arrange medical coverage when St John's are unable to assist, sorting out who will provide food to the hungry participants plus obtaining 150 plus prizes that also act as mementoes of a wonderful weekend. All while operating within a constrained budget. The result is that WHO has an extensive list of useful contacts.

The computer team was led by Tim Perry. His wingman was Dmitry Stukov with help from Maureen Fitzpatrick and Karen Langan. Essential members of the computer team were Garingal members Colin Burnett and Dianne Bergen. The computer is where it all comes together. The pre-event set up is extensive. Each SI unit has to be programmed and the control sequences for each course loaded into the computer. Setting up the computer took most of a whole weekend before the event. Radio controls only operate on line of sight and are key to providing the commentary and awareness of participants. At the event it is a hectic area as finish times are received and downloaded. Issues such as battery failure by an individual SI unit are only detected at the download. When you think things are quietening down, requests are made for the official results so that presentations can be made. By my count we had 55 classes and 165 awards.

Have you thought how the controls are deployed complete with flags and SI units? Once the start and assembly areas are chosen, course planning commences. Courses are first desk planned with possible control sites marked. Course lengths are calculated plus the amount of climb. A visit to each control site is mandatory. Often though the mapping is correct the site is not appropriate or a nearby site is better. Once the course and control sites are agreed all controls sites are tagged. The person putting the control out may not have been there before and the tag ensures they have put it in the right place. Control stands can go out a couple of weeks before the event. Flags are usually left on the ground beside the stand or may be covered by a plastic bag to avoid having the flag eaten by animals. Deploying the SI units is challenging. The SI units are usually added to the control stands in the two weeks before the event. They are turned off to save the battery. They take a few seconds to start up again. To avoid delaying the first runner to arrive at the control, the unit must be activated on the morning of the event. A late starting or afternoon event allows time to do this on the morning of the event but a morning event with 10am starts such as Roseberg, means helpers are needed to "turn on" each control. A number of WHO and Garingal members contributed to this challenge.

Getting water onto the course is important. Water at the start and finish is relatively easy as both are usually alongside drivable tracks. Water is heavy. Carrying 20 litres of water up a hill to a control site requires considerable effort. Half filling containers is best. Water for Wyangala and Roseberg was brought from Sydney as the water at Wyangala is not fully treated. The load was spread across two trailers. Containers were filled the day before packing so that leaks could be detected. The best course setters plan the water at controls close to roads. WHO has the best course setters.

I think I mentioned the 150 minutes winning time for the elites. This target was missed by just 20 seconds. That is 99.8% accuracy. It exemplified the quality of the weekend.

So many roles! Early on in the planning we identified that WHO would be stretched to cover all the roles. We offered WHO support to Garingal for their Hill End events and gratefully accepted their offer of help for our events. Garingal members helped with parking, turning on controls, collecting controls and with the computer. Their help was invaluable.

Over four days, WHO members were putting up or taking down equipment or starting controls or packing trailers, starting participants, parking cars, running courses and getting dusty. Then it was over. All the gear made it to the event and back with the assistance of members with utes, SUV's and trailers. Bringing the gear back to Sydney was one of the last tasks. Most is now back under Steve Dunlop's house.

Then on the Monday and Tuesday the organising team went back to their day jobs. Thanks James, Robert, Steve, Rob Vincent, Tim and team.

Forgive me if I have failed to mention someone I should. This was a team effort which enhanced WHO's reputation. Thank you.

Ian Miller

QB3 report

Day 1

A level 250 metres to the start. I start and am confronted with a leg to a shallow gully between two rock faces or cliffs. No problem when I see pine needles covered terrain and a course that nearly matches the pine trees. Four trees forward and one right repetitively should be about right and there is the control. I don't like this vegetated broken rock but I can see fast open below. This is terrific as I move through the open area and across the bare rock to Control 2. I can now see that a right hand turn is required into terrain that should be avoided but I persist and there is Control 3. We get out of the unpleasant area and move confidently to Control 4, stand in the control circle and then notice that the feature is a brown termite mound in brown terrain. Punch 4 and charge past 5 then back track and punch 5. Now we have a long leg over vague terrain to a shallow gully but as we approach the shallow gully we recognise it as an area to be avoided. Not to be deterred we scramble over the vegetated broken rock, slide down the gully, punch the control and scramble out. Now I am confronted with 7 and 8 which are both on rock with multiple route choices but my route shows me 8 before I relocate to find 7, I realise I can't scale the bare rock so move right and then move through to 8. Now a long leg to 9 which is across that wonderful pine needle terrain then we must skirt a line of cliffs to reach 10. Control 10 is shown to be at the foot of a cliff in a shallow gully but in reality is a dangerous climb and descent on a wet loose rock motor bike track. I survive this debacle and face the longest leg to the Finish which I fail dismally but with belated thought, complete.

Day 2

It is only 750 metres to the start and I get there although the route is not clearly marked. I start and notice that the map shows exactly what I can see. I can go right, left or straight line. There is some avoidable climb but direct appeals and shortly control 1 is in front of me. Exactly the same situation and there is Control 2, 3, 4 and 5. I would like to be faster but today I was totally in control.

Day 3

Sprint Orienteering is not my favourite but in a three-day event we must do all three days. We amble to the start, start and look at a map that shows that 10 of the 12 controls are on the opposite side of every applicable building. This is not a problem as we slowly move to 1, 2 and 4. Only a brief stop but then, with thought, move through 3, 4 (again) 5, 6 etc to the finish. As I look at the map at home, you can only be amazed how such a simple course should prove to be such a challenge.

Barry Pearce

MEMBERSHIP

WHO memberships number is slowly climbing. As of 17th June, WHO had **104** members. The most recent is George Kinneally. Welcome George.

If you are a new WHO member, you are entitled to a distinctive blue WHO shirt **at no charge**. Contact Ian Miller.

THANK YOU

To our sponsors for the May double weekend.

Maximum Adventure: Australia's leading outdoor adventure events company, hosts a series of large-scale adventure races, sporting and corporate events across the nation. They generously partnered with WHO for the Championship weekend and provided prizes for the NOL Ultra-Long on Sunday. They are offering an incentive to be part of a brand new trail running event - The Western Sydney Parklands Trail Run on Sat 22 June 2019. Use this code 'NSWORIENT19' to receive \$10 of entry to the event (valid until 19/06 and only for the 11, 19 & 35km categories) <https://westernsydneytrailrun.com.au/>

Wildfire Sports & Trek: Shoes, clothes, watches, packs, nutrition and heaps more. Wildfire will have you covered, whatever your passion maybe. They again provided prizes for the NOL Ultra-Long on Sunday and we thank them very much. Do yourself a favour and check them out <https://www.wildfiresports.com.au/>

SOS in the Hills District in 2019 Term 2 and 3

2019 Date	Event	Map / Venue	Organiser
Sat 22 June	SOS Term 2 Finale Combined event	Cherrybrook Technology High School	Bold Horizons
Sat 27 July	SOS Hills Term 3 #1	Baulkham Hills High School	Bold Horizons
Sat 10 Aug	SOS Hills Term 3 #2	Balcombe Heights TBC	Bold Horizons
Sat 17 Aug	SOS Hills Term 3 #3	John Curtin Reserve TBC	Bold Horizons
Sat 24 Aug	SOS Hills Term 3 #4	Lower Darling Mills Creek or Lake Parramatta TBC	Bold Horizons
Sat 31 Aug	SOS Hills Term 3 #4	Parramatta River TBC	Bold Horizons
Sat 14 Sept	SOS Term 3 Finale Combined event	Thornleigh TBC	Bold Horizons

METRO LEAGUE

There are two events this month – June 23 at Nurragingy and the postponed Boronia Park event on June 30.

2019 METRO LEAGUE PROGRAM

The Metro League program is printed here so you can plan your 2019 events. The program is also on the web at <https://www.onsw.asn.au/index.php/events/metro-league>

Event Date	Club	Location
ML3 June 23	BF	Nurragingy
ML1 June 30	GO	Boronia Park
ML4 July 28	GO	Galston
ML5 Aug 18	NSW	Junior Squad at Wianamatta
Finals Sep 22	WH	Mulgoa

CLUB DIRECTORY

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Secretary – Maureen Fitzpatrick 0428 261 350 Email: mozzafitz@yahoo.com

Treasurer – Matt Hackett 0422 935 545 Email: hackettmatt@yahoo.com.au

Vice President and Equipment Officer – Steve Dunlop 0407 269 892

Club Captain – Josh Braidwood 0400 305 818

Mapping Officer - Janet Morris 9872 2914

CLUB DISCUSSIONS

The item below is a Mapping Report presented to a recent meeting by Janet Morris.

WHO State League Participation

What is the importance of the State League (SL) ?

From a Sydney perspective, without the SL and major carnivals there would be no world class bush orienteering events available for orienteers, including juniors who might want training to compete in overseas major events. Also there is a group of competitors who are not interested in the urban scene. We hope, in Sydney, that there will be a progression from street events, to Metro League, then to bush events. Unfortunately, from Sydney, we have to travel to find quality map areas. The areas need to be of track and have complexity. They should not be used so frequently as to become too familiar to the competitors, but should not be used if they have changed too much. Though maps close to Sydney are not likely to be of equal quality to country maps, a reason for running SL events close to Sydney would be to encourage newer members to enter SL events

Information About WHO State League Maps and Future Options

Currently we have Wyangala, Roseberg SF and Mt Piper Hills as our only three country SL maps that can be used without further mapping expense. They are close to major towns which is an advantage.

Country Maps Previously Used

Clonalton- A rock map, some distance south-east of Cowra, which would need rechecking before use, which could be done by fit and active club members. The remote situation and lack of a close town make its reuse problematic.

Timberlight- Mainly spur and gully with termite mound detail. South of Goulburn on the Shoalhaven River. No close town. Has not been used recently, would need rechecking by fit and active club members. If updated could share a weekend in the Shoalhaven area with another club.

Rocky Creek- On the Newnes Plateau above Lithgow. Originally The Pinnacles map it was redrawn by Barry. Some rock, native forest and pine forest. Unfortunately too thick to use. Is comparatively close to Sydney.

Country Map possibilities visited and with base maps prepared -no fieldwork done

Barry can prepare base maps as free Lidar data has become available to be processed through OCAD 2018 and other programs. The presence of rock and vegetation density can be indicated by Lidar.

In all cases fieldwork would be necessary using the base maps and aerial photos.

Portland Common- A small area of bush west of Portland town. Subtle detail of spur and gully terrain similar to Falnash. Would be easy to map by club members or mapper and simple to assemble in the town park. Permission to use would have to be sought from the Portland Common Trust through Lithgow Council. An option for one day of a weekend.

Mt Piper Hills West – An area of bush between Mt Piper power station and Portland town. Adjoins our existing map of Mt Piper Hills. Looks like a good extension to the current map. Club members have driven around it but it needs to be evaluated on foot before proceeding further. Would need to employ a good mapper to match up to Alex Tarr's work. Possible Portland Riflerange needs to be investigated. The power station cooperation has been good previously for access. Could be used as one day of a weekend with another club with maps near Lithgow.

Capertee NP – In the scenic Capertee Valley this is the NW part of Capertee NP. Mostly open bush spur and gully with some rock with varying vegetation types. Remote but has some accommodation and camping available. National Parks of ered a suitable assembly area with parking. Could be used in conjunction with events at Rylstone. Would need to employ a good mapper.

Other Options in Country Areas

Barry and I have been visiting and assessing country areas for some years. Currently, Barry has identified from aerial photos two granite areas on private property near Oberon which will be visited this year. There are also areas we have seen which could be suitable north of Clandulla.

Options in the Sydney Area

Some maps suitable for Metroleague could be used for their first event as a State League venue because they would be unfamiliar to competitors. After their first event they would probably be then best for the Metro. Examples of this type of map are Glenbrook, Western Sydney Regional Park and Mulgoa. Our only current possibility for a new map in this category is Wianamatta West at Jordan Springs. It may be suitable as an urban bush sprint. It is probably similar in degree of interest to our current Wianamatta East map. I could map it. Many other areas have been visited and found to be not suitable. We continue to search. Any ideas for maps would be welcomed.

Suggestions for State League Event/s for WHO in 2020 –Ambitious or easy?

I propose that Wyangala and probably Roseberg should be used again in 2021 and another option be sought in 2020. Would we want to go for something easier in 2020?

Do we want an easy event after the big event of 2019? Or do we want to use the experience and expertise gained there to run another big country event? The answer depends on what individual club members want to do. If some individuals want to run an ambitious event in 2020 they should speak up and offer to do the work. Also we may be approached by another club to share a weekend.

Or should WHO decide to approach other clubs with a weekend proposal?

How much money are we prepared to spend on mapping for 2020? Would we get our money back?

We still have enough money in the bank to pay for any foreseeable mapping expenses.

Prepared by Janet Morris 7 February 2019

Next WHO Club Meeting is on July 1st. Details will be posted prior to the meeting. Come along and make your thoughts known.

ONSW 2019 PROGRAMS

2019 STATE LEAGUE

The State League program is printed here so you can plan your 2019 events. The program is on the web at <https://www.onsw.asn.au/index.php/events/nsw-state-league>

<u>Event</u>	<u>Date</u>	<u>Type</u>	<u>Club</u>	<u>Location</u>
SL8	Jul 13	Sprint	BN	Forestville
SL10	Aug 3	Middle	NC	Redgum Ridges, Awaba
SL11	Aug 4	Long	NC	Barraba Lane, Quorrobolong
SL12	Aug 31	Middle	ACT	Wee Jasper, ACT Middle Distance Chs
SL13	Sep 1	Long	ACT	Slap Up Creek, Jerangle. ACT Long Distance Chs
SL14	Sep 7	Sprint	SH/IK	Tudor House + Oxley College Bowral. NSW Schools Chs
SL15	Sep 8	Middle	SH/IK	Welby, NSW Schools Chs

UPCOMING NSW EVENTS

SCHOOLS EVENTS – May 19, 20 and 21 at Fred Caterson Reserve Castle Hill. Helpers wanted. Volunteer briefing at 9am. Coaching from 9:30am, Individual Events at 11am. Relays mass start at 1pm. Presentations at 2pm. Completed by 2:30pm. Bring your lunch.

METRO - June 23 at Nurragingy. Enter on Eventor and let Josh Braidwood know your availability.

METRO - June 30 at Boronia Park. Enter on Eventor and let Josh Braidwood know your availability.

For more details see Eventor at <http://eventor.orienteering.asn.au/Events>

Setters, organisers and event directors wanted

Our summer event schedule is decided (see Page 1 of this newsletter). We have vacancies for setters, organisers and event directors. This is a great opportunity to get experience in the roles without having to travel far. Let Ian Miller know of your interest.

Winter?

Summer is over. Isn't it? It is cooler but I am not sure the weather understands that winter has arrived. Watching the cricket the other night it was 15C at Castle Hill in Sydney at 9pm and 12C at Taunton in the UK at midday. Not complaining as the weather for the Wyangala and Roseberg events was outstanding.

FROM THE EDITOR

This is the third edition for 2019. Any errors are unintentional. Can we add something interesting to the newsletter? Do you have an idea for an article? A photo or two? Please send all contributions to Ian Miller.

This is the largest newsletter so far (25 pages) reflecting the busy time for WHO in May and June. Articles and photos in this edition were contributed by **James McQuillan, Janet Morris, Barry Pearce, Josh Braidwood, Tony Hill, Smug Mug photos, John Harding, Ian Jessup and Ian Miller.** Thank you.

All feedback is welcome especially suggestions for new WHO activities, stories and comments on the content or improvements to the newsletter. The next newsletter is planned for late August. Hope you enjoy this edition

Ian Miller, Editor

Wyangala





OCEANIA 2019 – ENTRIES NOW OPEN

Orienteering Carnival 28 Sep–6 Oct 2019

GENERAL INFORMATION

Every two years the IOF member nations of the Oceania region conduct the Oceania Championships in Sprint, Middle, and Long Distance orienteering events and a Relay event. At each Oceania Championships Australia and New Zealand also compete in the Australia-New Zealand Challenge (AUS-NZL Challenge), consisting of an Individual Challenge (based on the Oceania Sprint, Middle and Long Championships) and a Relay Challenge (based on the Oceania Relay Championships).

The Oceania 2019 Carnival is hosted by Orienteering ACT in conjunction with Orienteering NSW and Orienteering Victoria. The carnival will be centred on Wagga Wagga, NSW, the heart of the Riverina, but events will extend along the A41 Olympic Highway and beyond – from Cootamundra to the Beechworth / Wangaratta region in Victoria. The whole region boasts a range of natural and cultural attractions plus a fine array of places to eat and drink.

In addition to the IOF regional Oceania 2019 competition, this year the carnival as a whole incorporates multiple different events:

- **Oceania 2019 –all disciplines –Sprint, Middle, Long, Relay = events 1,8,7,3**
- **Australian Championships –Long and Relay disciplines = events 2,3**
- **Australian Schools Championships –Sprint, Long, Relay = events 4a,5a,6a**
- **Australian Universities Championships –held in conjunction with Oceania Sprint = event 1**
- **RiverinaRun –a mid-week public 3-day event held in conjunction with the Schools Championships –Sprint, Long, Long = events 4b,5b,6b**
- **Juniors Invitational Tour –see details on the web site**

Competition starts in NSW with the Oceania Sprint at Charles Sturt University, Wagga Wagga on the afternoon of Saturday 28 September and concludes with the Oceania Middle in Victoria at Beechworth on the morning of Sunday 6 October. Details of event dates, locations and personnel are shown on the website. Additional details will be provided on the carnival website and in Bulletins.

Website: oceania2019.orienteering.asn.au

Contact: Oceania2019@orienteering.asn.au

Telephone: +61 2 6162 3422 or +61 401 994 975

NOTABLE ACHIEVEMENTS

State Championship Successes - The double weekend at Wyangala and Roseberg was the NSW Middle Distance and Long Distance Championships. WHO did well (full results are later on in the newsletter). Congratulations to our 2019 NSW Champions. Janet Morris had double success winning both events in the W80A class. Lynn Dabbs won the Middle Distance in W65A. Constance Valais, Kevin Williams, Niamh Cassar, Barry Hanlon, Nerise McQuillan, Vivien de Remy de Courcelles, Martine Valais and Dan Smith achieved podium places in A classes.

ORIENTEERING NSW

ONSW Annual General Meeting minutes are on the ONSW website in the members section.

The May Board meeting minutes are not yet available.

REMINDERS

Enter State League 8 at Ferretville (Forestville) on July 13 for a sprint with a difference

Enter Newcastle State League Weekend August 2 and 3

More info at <https://eventor.orienteering.asn.au/Events>

DID YOU KNOW?

WHO WEB SITE – Check it out at <http://who.orienteering.asn.au/>

The club web site has been redesigned and is looking great thanks to Barry Hanlon. A new section on the club history will be added soon. The major source of information was the booklet created for the club's 21st birthday. WHO's 36th birthday is June 18. There are some gaps in our information. If you have old information about WHO please let Barry Hanlon or Ian Miller know.

WHO CLUB POINT SCORE – Barry Pearce searches Eventor for WHO members results. Each result is entered into the Club point score spreadsheet where a value is calculated using a secret formula. It is not easy to find all the results on Eventor as names are mis-spelt and club affiliations left of . So far Barry has found 914 WHO member's results. The latest points table is on Page 19. Thank you Barry.

WHO BLUE POLO SHIRTS – A new supply has arrived. Let Ian Miller know if you need a new one or if you are a new member and haven't received one yet.

KIDS WHO SHIRTS ARE ALSO AVAILABLE

If you can fit into children's sizes 1 to 7 then these are for you.

Nerise McQuillan designed the WHO kids' t-shirts and they are now available in sizes 1 to 7. Free to anyone who can fit into these sizes. Contact Ian Miller.

ACTIVE KIDS - Did you know parents and carers can apply for a new Active Kids voucher every year until 2021?

Do you have a concern that hasn't been addressed ?

If you have a complaint or a concern ONSW has someone you can talk to. Lisa Lampe and Adrienne Kirby are ONSW Members Protection Officers. They can be contacted via email on mpio1@onsw.asn.au or mpio2@onsw.asn.au

Setting a course?

WHO has upgraded our OCAD licence. The on-line course setting module can now be transferred to each course setter. If you are setting please contact Barry Hanlon or Janet Morris to find out how to access.

Where to find WHO on the Internet

WHO web site. <http://who.orienteering.asn.au/> The WHO web site is updated regularly. An important news source between newsletters. Barry Hanlon is looking for articles of interest.

WHO Facebook Page - Real time results, the latest news, more photographs and other good WHO stuff. Contact James McQuillan if you have an item of interest.

https://www.facebook.com/permalink.php?story_fbid=1069259263137830&id=363738563689907

THE 2019 WHO TURKEY TROT - JULY 7TH

One of WHO's iconic events is the annual Turkey Trot. This year the course will take on the tracks and pathways along the creeks in the Ponds/Rouse Hill area. The setter is Dmitry Stukov. The Start/Finish is at Stanhope Gardens Reserve. Three Turkey Trot courses are offered with lengths of 8kms, 12kms and 20kms plus Enter on Day shorter courses. Mapping has been completed joining together a number of WHO maps. It is a mass start event offering route choice and moderate navigation challenges. Hope to see you there on July 7th. More details on Eventor at <https://eventor.orienteering.asn.au/Events/Show/8091>

METRO REPORT

After a delayed start to the Metro League season, it was great to see a sea of blue WHO shirts champing at the bit on Sunday morning at Aquatic Reserve in Frenchs Forest. We were a little down on numbers due to illness and injury, but we were still able to field a full team in each division (with a little help from Uringa and Garingal...). Most divisions featured a lot of trails, the inevitable boulder controls that feature on this map, a little bush-bashing, and some of the streets of Frenchs Forest to mix it up a little – but there was no avoiding the uphill runs. Dodging mountain bikes was another hazard for the unwary.

Overall Bennelong gave us a great day of orienteering complete with good weather. Unfortunately success was thin on the ground for WHO, with only one division coming

out on top in their head-to-head. That was the WHO Evers in Div 1 who upset Garingal with a 29-26 win (thanks to Uringa for helping us out here). It was all downhill from there with the WHO Rays losing out to Big Foot in Div 2 34-20, the WHO Doos succumbing to Garingal in Div 3 35-23, and Big Foot soundly beating both our Div 4 and Div 5 teams (37-18 and 31-22 respectively). But it wasn't all bad news – there were some great individual performances which are worth highlighting:

Div 1 - Our top scorer was Karl Bicevskis who picked up 9 points (3rd overall)

Div 2 – Niamh Cassar was our best in her Div 2 debut picking up 6 points (18th overall) – great result Niamh!

Div 3 – Jay Seeho is back in form picking up 8 points to be our top Div 3 scorer (15th overall)

Div 4 – Anette Larsson was our top scorer in Div 4 with 8 points (8th overall)

Div 5 – The Valais family made a massive contribution, with Martine Valais our top scorer with 9 points (10th overall), and Aurelie Valais bringing home another 6 points.

And in a freak coincidence, two of our Div 3 runners – Tim Perry and Dmitry Stukov - finished with exactly the same time of 50.23. This will no doubt set the stage for a fierce rivalry for the rest of the season.

Josh Braidwood

NOSH REPORT

It was a lovely day for a run even if you were asked to cover 16kms or 22kms. A cool early morning became a fine warm day. Ted Mulherin and I were not entered. Ted was the marshal at the turn for an extra 6kms for those who thought 16kms wasn't enough and I provided water and snakes to those who did the extra distance.

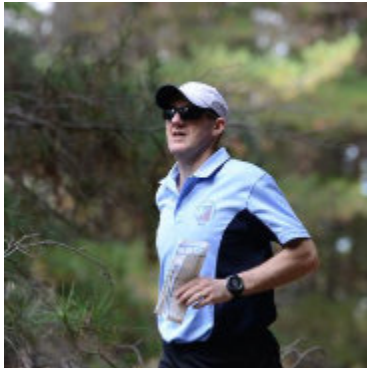
The NOSH is not easy. For many years its slogan was “When the tough get going”. The start is at Lindfield Oval and follows the fire trail along Middle Harbour down to Roseville Bridge. A steep climb onto the bridge then through Killarney Heights and Forestville before a run along the track adjacent to the Wakehurst Parkway to the finish at Seaforth Oval. The extra 6km loop takes a right turn just before Seaforth Oval onto the Timbergetters Track which drops down to sea level before climbing to Forrestville Oval and repeating the leg alongside the Wakehurst Parkway.

WHO was well represented by four of the Sweeney family (Seth, Selwyn Paul and Saf ron) plus Karl Bicevskis and Karen Langan. Karl was 1st overall on the 16kms course in 70:41 with Seth Sweeney 4th in the under 18 Men class in just over 90 minutes, 10 minutes ahead of Selwyn. Saf ron, Karen and Paul set PBs.

Congratulations to all our NOSH runners.

Ian Miller

ROSEBERG



2019 NOSH AND QB III



WHO CLUB CHAMPIONSHIP POINT SCORE

Name	Events	Score	Name	Events	Score
James McQuillan	42	6293	Martine Valais	14	1620
Vivien de Remy de Courcelles	36	6108	Shay Sweeney	11	1607
Janet Morris	50	5700	Belinda Kinneally	10	1584
Malcolm Gledhill	29	5600	Anette Larsson	1	1480
John Murray	22	5580	Matt Hackett	7	1148
Dan Smith	26	5520	Ezra Oosterhof	7	1100
Linda Chan	13	5096	Madelynne Chan	5	1080
Graeme Hill	26	4842	Constance Valais	8	1020
Steve Dunlop	32	4800	Jacinta Braidwood	8	933
Barry Hanlon	25	4699	Justin Murray	3	880
Karen Langan	25	4517	Sylvie Valais	3	800
Ian Miller	34	4167	Gill Springer	3	700
Niamh Cassar	22	4100	Janice Seeho	1	680
Selwyn Sweeney	23	3980	Robyn Dunlop	7	680
David Noble	20	3660	Aiden McQuillan	9	680
Emmanuelle Convert	28	3600	Elliott McQuillan	7	625
Tim Perry	22	3440	Katya Stukov	3	600
Paul Sweeney	18	3294	Joel Springer	3	560
Will Kay	19	3245	Karl Bicevskis	1	520
Saf ron Sweeney	20	3140	Jay Seeho	1	520
Josh Braidwood	11	3114	Lynn Dabbs	4	435
Savanna Sweeney	19	3100	Jeremy Chan	2	420
Justine de Remy de Courcelles	15	3093	Maria Stankova	2	360
Ted Mulherin	24	3040	Yvonne Fillery	3	360
Stephanie Chan	9	2920	Andrew Hill	2	336
Dmitry Stukov	22	2840	Cameron Chan	1	300
Andy Vesey-Wells	7	2800	Benny Holmgren	1	300
Stephen Holloway	24	2737	Mark Wigley	5	280
Martin Mansfield	23	2592	Joah Oosterhof	3	240
Aurelie Valais	14	2400	Robert Bradley	2	180
Barry Pearce	13	2080	Kevin Williams	3	180
Helen Parker	7	2040	Ivan Stukov	3	160
Nerise McQuillan	10	1995	Maureen Fitzpatrick	3	100
Marion Gledhill	23	1733	Hami Kinneally	1	80
Seth Sweeney	15	1640	Simeon Oosterhof	1	40
Compiled by Barry Pearce			As at 16 June		

RECENT RESULTS

NSW STATE LEAGUE

SL3 (Middle at Wyangala) & SL4 (Long) at Roseberg WHO Results

Name	Class	Middle	Class	Long
Lynn Dabbs	W65A	1st - 40:20	W65A	2nd - 54:21
Constance Valais	W Junior B	1st - 62:06	W Junior B	DNF
Aiden McQuillan	EODVE	1st – 26:43	EODVE	2nd – 35:56
Janet Morris	W80A	1st – 57:33	W80A	1st – 78:01
Andy Vesey-Wells			EODE	1st – 53:32
Elliot McQuillan			EODVE	1st – 35:50
Kevin Williams	M65AS	2nd – 36:00	M65AS	DNS
Tim Perry	EODHS	2nd – 33:58	M45AS	4th – 73:45
Barry Hanlon	M80A	3rd – 41:44	M80A	4th – 85:13
Jacinta Braidwood	OE	3rd – 69:18	OE	3rd – 55:55
Niamh Cassar	W16A	3rd – 33:15	W16A	4th – 61:24
Nerise McQuillan	W35AS	3rd – 58:05	W35AS	3rd – 76:41
Ted Mulherin	M75A	4th - 46:00	M75A	DNS
Vivien de Remy de Courcelles	M40A	5th - 54:27	M40A	3rd - 101:16
Savanna Sweeney	W12A	5th – 66:34	W12A	5th – 25:19
Dan Smith	M35AS	5th – 48:43	M35AS	2nd – 66:25
Maureen Fitzpatrick	W45AS	5th – 72:45		
Emmanuelle Convert	W40A	5th – 79:59	W35AS	4th – 89:34
Seth Sweeney	M16A	5th – 53:53	M16A	7th – 69:48
Saf ron Sweeney	W45A	6th – 106:49	W45A	6th – 203:53
Karen Langan	W50A	8th – 52:59	W50A	10th – 116:26
Aurelie Valais	W16A	8th – 93:43	W16A	6th – 108:16
Barry Pearce	M75A	10th–117:02	M75A	DNF
Josh Braidwood	M45A	10th – 61:27	M45A	14th – 155:05
Stephen Holloway	M65AS	Mis-punched	M65AS	DNS
Paul Sweeney	M45A	Mis-punched	M45A	15th – 220:53
Martine Valais	W14A	DNF	W14A	3rd – 49:34
Shay Sweeney	M/W10 Novice	DNS	M/W10 Novice	DNS
Dmitry Stukov			EODH	DNF
Ian Miller	M70A	DNS	M65AS	DNS

Easter (Australian 3 Days) in WA WHO Results:

Name	Class	Sprint	Long	Middle	Overall
Maureen Fitzpatrick	W45AS	8th – 21:46	8th – 156:37	9th – 45:07	8th – 223:30
Robert Bradley	M45AS	5th – 24:55	4th – 94:48	2nd – 24:06	3rd – 143:49

Easter (NZ Nationals) WHO Results:

Name	Class	Sprint	Long
Naimh Cassar	W16A	4th – 15:48	7th – 69:00

NOSH 16km Fun Run WHO Results:

Name	Time	Place		Name	Time	Place
Karl Bicevskis	70:41	1st Overall 1st Men 18-29		Seth Sweeney	90:42	44th Overall 4th Men under 18
Selwyn Sweeney	100:50	92nd Overall 8th Men under 18		Paul Sweeney	120:51	219th Overall 47th Men 40-49
Karen Langan	138:18	279th Overall 20th Women 50-59		Saf ron Sweeney	130:24	253rd Overall 32nd Women 40-49

SHOO Highland Forest Series #2 at Sutton Forest WHO Results:

Class	Name	Place	Time
Women's Short Hard	Niamh Cassar	3rd	55:19

SHOO Highland Forest Series #3 at Mt Annan WHO Results:

Class	Name	Place	Time
Men's Moderate	Andy Vesey-Wells	4th	52:06

Moonlight Series #2 at Kirribilli WHO Results:

Name	Class	Place	Points	Time
Karl Bicevskis	Open Men	1st	600	39:12
Vivien de Remy de Courcelles	Masters Men	3rd	550	46:55
Justine de Remy de Courcelles	Junior Women	1st	200	41:22

QBIII - 3 DAYS (SL 5, 6 & 7 in Southern Highlands) WHO Results :

Name	Class	SL5	SL6	Place After Race 2	SL7	Overall
Lynn Dabbs	W65A	1st - 52:27	1st - 46:16	1st		
Kevin Williams	M65AS	1st - 44:01	2nd - 40:57	1st		
Aiden + Elliot McQuillan	EODVE	1st - 28:55				
Janet Morris	W80A	1st - 72:33	1st - 57:00	1st	1st - 25:06	1st
Justine de Remy	EODVE		2nd - 40:04			
Barry Hanlon	M80A	2nd – 57:40	3rd – 42:12	1st	2nd – 19:48	1st
Savanna Sweeney	W12A	2nd – 27:26	2nd – 33:06	2nd	2nd – 15:06	2nd
Selwyn Sweeney	M16A	3rd – 47:45	4th – 45:26	3rd	1st - 20:49	3rd
Vivien de Remy de Courcelles	M40A	3rd – 56:35	4th – 118:40	4th		
Barry Pearce	M65AS	4th – 87:47	4th – 66:19	3rd	2nd - 38:03	2nd
Seth Sweeney	M16A	4th – 63:50	5th – 77:14	4th	5th – 23:46	4th
Dmitry Stukov	M45AS	5th – 63:00				
Niamh Cassar	W16A	5th – 53:40	2nd – 57:56	3rd	2nd – 13:35	3rd
Martine Valais	W14A	5th – 44:55	4th – 64:07	6th	5th – 19:50	4th
Saf ron Sweeney	W45A	7th – 100:21	5th – 135:18	5th	6th – 35:30	5th
Paul Sweeney	M45A	8th – 86:10	8th – 150:43	8th	7th – 26:40	6th
James McQuillan	M21A	9th – 59:13	6th – 132:03	6th	3rd – 20:11	3rd
Belinda Kinneally	W40A		6th – 90:02		3rd – 19:11	
George Kinneally	EODE				3rd – 22:52	
Aurelie Valais	W16A	DNF	MP		6th – 18:18	
Dan Smith	M35AS		MP		2nd – 17:28	
Karen Langan	W50A				5th – 22:41	

Metro 2 at Allambie Heights WHO Results:

	Place + Time		Place + Time
DIVISION 1			
Karl Bicevskis	3rd – 38:38	Dan Smith	8th – 46:04
James McQuillan	9th – 47:40	Shane Doyle (UR)	14th – 52:18
Laurent Billot (UR)	17th – 53:23		
DIVISION 2			
Niamh Cassar	18th – 42:47	Benny Holmgren	27th – 46:29
Josh Braidwood	30th – 48:31	Helen Parker	31st – 50:12
DIVISION 3			
Jay Seeho	15th – 44:53	Dmitry Stukov	27th – 50:23
Tim Perry	27th – 50:23	Barry Hanlon	38th – 94:04
DIVISION 4			
Anette Larsson	8th – 36:15	Ian Miller	22nd – 40:58
Karen Langan	25th – 41:56	Janice Seeho	28th – 43:50
Maria Stankova	31st – 45:37	Ted Mulherin	41st – 57:44
DIVISION 5			
Martine Valais	10th – 29:28	Aurelie Valais	21st – 34:21
Sylvie Valais	26th – 41:36	Steve Holloway	29th – 47:15
Janet Morris	32nd – 51:16		
EOD VE			
George, Hami & Dan	2nd - 12:49	Aiden McQuillan	4th - 15:41

Moonlight Series #3 at Pyrmont WHO Results:

Name	Class	Place	Points	Time
Karl Bicevskis	Open Men	1st	600	33:21
Vivien de Remy de Courcelles	Masters Men	5th	530	51:15
Justine de Remy de Courcelles	Junior Women	1st	160	32:07

Hills District SOS – Term 2

WHO Results for Events 1 to 4.

Name	Course	Event 1	Event 2	Event 3	Event 4
SCORE					
Shay Sweeney	Primary	190 points Time 8:03	100 points Time 9:29	150 points Time 20:06	90 points Time 20:52
Joel Springer	Primary			350 points Time 22:37	
SHORT LINE					
Savanna Sweeney	Primary	6th – 31:56	3rd – 36:55		6th – 43:17
Joel Springer	Primary		5th – 45:39		
Ezra Osterhof	Primary			2nd – 22:23	2nd – 30:13
Justine de Remy de Courcelles	Primary				10th – 67:20
Seth Sweeney	High	2nd – 12:14			
Niamh Cassar	High	3rd – 12:58			
Ambre Van Raalte	High	6th – 25:20	2nd – 35:49		
Jacinta Braidwood	High	7th – 27:37	4th – 48:05	6th – 30:35	4th – 37:43
Aurelie Valais	High			2nd – 14:59	
Paul Sweeney	Open	2nd – 14:11			
Ian Miller	Open	3rd – 18:55		2nd – 17:46	mp
Marion Gledhill	Open	11th – 59:11	7th – 87:14	10th – 46:17	
Sylvie Lamborelle	Open	mp	mp		
Saf ron Sweeney	Open			5th – 18:48	2nd – 26:55
Barry Pearce	Open			9th – 32:39	10th – 48:14
Robyn Dunlop	Open				8th – 34:59
LONG LINE					
Ezra Osterhof	Primary		1st – 54:38		
Niamh Cassar	High	2nd – 20:35		2nd – 22:13	5th – 25:29
Selwyn Sweeney	High	3rd – 21:08	2nd – 23:29	1st – 18:49	4th – 23:30
Stephanie Chan	High	6th – 29:34		4th – 26:03	
Seth Sweeney	High		3rd – 23:49		3rd – 23:17
Aurelie Valais	High		5th – 32:17	5th – 27:49	9th – 32:46
Martine Valais	High		5th – 32:17	6th – 28:18	11th – 35:37
Andy Hill	Open	1st – 16:33			
Josh Braidwood	Open	7th – 25:39	4th – 28:09	3rd – 25:14	14th – 32:42
Karen Langan	Open	12th – 30:01	13th – 36:40	mp	16th – 37:32
Saf ron Sweeney	Open	13th – 30:13	19th – 40:23		

Linda Chan	Open	17th – 35:39		16th – 39:26	17th – 37:47
Steve Holloway	Open	19th – 39:58		21st – 47:17	24th – 47:41
Malcolm Gledhill	Open	21st – 45:54	23rd – 47:31	mp	23rd – 47:22
Barry Hanlon	Open	25th – 51:58	28th – 56:53	26th – 50:26	32nd – 65:24
Janet Morris	Open	27th – 56:48	27th – 55:13	25th – 50:18	30th – 60:47
Ian Miller	Open	mp	16th – 37:43	14th – 33:55	20th – 40:26
Paul Sweeney	Open		9th – 30:29	4th – 25:22	10th – 30:45
Steve Dunlop	Open		14th – 36:46		18th – 37:49
Constance Valais	Open			17th – 39:53	28th – 51:12
James McQuillan	Open				2nd – 22:13
Vivien de Remy de Courcelles	Open				7th – 27:50

DID YOU KNOW?

Who in WHO has done the most events? **50** - Janet Morris, **42** – James McQuillan, **36** – Vivien de Remy de Courcelles, **34** – Ian Miller, **32** – Steve Dunlop, **29** – Malcolm Gledhill, **28** – Emmanuelle Convert, **26** – Graeme Hill and Dan Smith, **25** – Karen Langan and Barry Hanlon, **24** – Ted Mulherin and Steve Holloway.

TWO APPS FOR YOUR PHONE

Emergency+ Useful should you need to call the emergency services. Provides a gps location for them to find you.

Fires Near Me – From the Rural Fire Service and provides up to date information on bush fires.

THE SYDNEY SUMMER SERIES – SEASON 29

The planning for another Wednesday evening Sydney Summer Series (SSS) is underway. WHO will organise 4 events. The SSS Season Ticket will be back. Only 16 weeks until the first event.

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