



# “WHO runs the country”

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## June/July 2021

### From The President

As somebody who almost exclusively does bush orienteering it's great to see so many WHO members getting to State League this year. If you've never tried it and would like to know more please talk to me or one of our regular SL competitors. You can find their names in the results or stories in this newsletter.

Metroleague requires more helpers than most of our other events so thank you to everybody who contributed. Our other big event for the year is the State League & Schools Championships event in August in Western Sydney. Please put it in your calendar (August 29).

Congratulations to Savanna, Lachlan and Will on their selection in the NSW Juniors team for the Australian Championships.

With tougher COVID restrictions in place we might have extra precautions in place when events re-start. Please make sure you: don't attend events if you are unwell; check the COVID case locations prior to attending the events; and, follow appropriate safety precautions at events.

At our recent event we needed to work out if a competitor was still out on the course or had left without downloading. Thankfully they had their contact number in Eventor but we noticed some runners didn't. Please log into Eventor and check that you have a contact mobile number. It makes it easier for organisers if they need to confirm that you have finished. It also helps with contact tracing.

Rob

### COVID LATEST

**The Turkey Trot (July 4th) is cancelled. Greater Sydney is in lockdown until July 9th. Take care and stay safe.**

### HONOUR BOARD

Congratulations to the WHO members of the **2021 NSW Schools team** to represent NSW at the Australian Championships in Tasmania in September. The WHO members are: **Junior Girls - Savanna Sweeney and Junior Boys - Lachlan Coady and Will Kay.**

**Selwyn Sweeney** is ranked 21st in the 2021 Orienteering Australia National Orienteering League Junior Men rankings.

**Basil and Jean Baldwin** from Goldseekers who received Sports NSW 2021 Distinguished Long Service Awards

### WHO Event Program – July/Aug

DATE	EVENT	LOCATION
Sat 24 July	SOS	SOS Term 3 #1
Sat 31 July	SOS	SOS Term 3 #2
Sat 7 Aug	SOS	SOS Term 3 #3
Sat 14 Aug	SOS	SOS Term 3 #4
Sat 21 Aug	SOS	SOS Term 3 #5
<b>Sun 29 Aug</b>	<b>SL#13 / Schools Chs</b>	<b>WSRP (WHO) – SL13 + NSW Schools Middle Chs</b>

### The most popular echidna in the forest

From WHO FB page. Photo by Nerise McQuillan



## OY Point Score

WHO is doing well in the NSW Orienteer of the Year standings with 6 members leading their classes, 5 in second place and 5 in third. In the M40A class, WHO provides the top three placegetters. A bit to go but hopefully we can keep this strong show going. The next OY events are #8 and #9 at Port Macquarie / Wauchope on 17 and 18 July.

### WHO standings at 21 June 2021 (7 events)

	Class	Standing
Justine de Remy de Courcelles	W10A	1st - 500 points
Savanna Sweeney	W14A	2nd – 450 points
Martine Valais	W16A	6th – 5 points
Constance Valais	W Junior B	1st= 300 points
Jacinta Braidwood	W Junior B	4th - 25 points
Aurelie Valais	W18A	3rd – 98 points
Martine Valais	W18A	4th – 25 points
Aurelie Valais	W20A	4th – 258 points
Emmanuelle Convert	W40A	3rd – 269 points
Karen Langan	W50A	8th – 88 points
Maureen Fitzpatrick	W60A	4th – 20 points
Janet Morris	W80A	1st – 500 points
Nerise McQuillan	W35AS	3rd – 161 points
Saffron Sweeney	W45AS	4th – 284 points
Constance Valais	W Open B	14th – 41 points
Shay Sweeney	M10A	1st - 480 points
Levi Coady	M10A	5th – 108 points
Lachlan Coady	M14A	2nd – 377 points
Will Kay	M16A	5th – 218 points
Selwyn Sweeney	M18A	2nd – 310 points
Selwyn Sweeney	M20A	6th – 80 points
Seth Sweeney	M Junior B	2nd – 100 points
Vivien de Remy de Courcelles	M21A	10th – 131 points
Lee Coady	M40A	1st – 614 points
James McQuillan	M40A	2nd – 463 points
Vivien de Remy de Courcelles	M40A	3rd – 152 points
Josh Braidwood	M45A	9th – 68 points
Tim Perry	M60A	10th – 110 points

Barry Hanlon	M85A	1st – 600 points
Paul Sweeney	M45AS	3rd – 239 points
Robert Bradley	M55AS	7th – 116 points
Andy Vesey-Wells	M65AS	7th – 84 points
Barry Pearce	M65AS	8th – 82 points
Louisa Coady	Open Easy	4th – 200 points

## QBIII (State League # 5/6/7)

The June holiday long weekend saw the second major orienteering carnival in NSW for 2021. Newcastle Orienteers put on a great QBIII series. Day 1 at Redgum Ridges saw a blend of terrain starting with some open bush running which then moved into more intricate navigation around two different watercourses and the associated side gullies. Day 2 at Barraba Lane provided longer initial legs with then detailed navigation required across multiple watercourses and rock formations. The Very Easy course was very popular, especially as the juniors got to navigate and run along a creek bed! Day 3 at Avondale College campus at Cooranbong provided some unique challenges with the expansion to include the Sanitarium Factory. Some interesting multi-level options to keep you on your toes! WHO fronted up with a big team and saw reward for effort.

Results are accumulated over the three days. In the overall list WHO members achieved five 1st places - Justine de Remy de Courcelles W10A, Nerise McQuillan W35AS, Janet Morris W80A, Shay Sweeney M01A and Barry Hanlon M85A. Second places went to Savanna Sweeney W14A and Selwyn Sweeney M18A while Saffron Sweeney W45AS, Vivien de Remy de Courcelles M21A, James McQuillan M40A and Paul Sweeney M45AS recorded third places. Full results are on page 13.

## Broulee Sand Dunes

### (State League # 3/4)

21 intrepid club members travelled south of the Clyde River to engage with the complex sand-dune terrain at Broulee. There were some amazing performances by our top club athletes with 6 first placings, 4 second placings on Saturday and 5 first placings, 3 second placings and 1 third on Sunday.

On day 1 Lee Coady took 1st place and Vivien de Remy de Courcelles flew in 2nd in M40A. Justine de Remy de Courcelles crossed the finish line ahead of her junior competitors in the W10s. Rob Bradley achieved a presidential 2nd in M55AS and Saffron Sweeney led her field with a 1st in W45AS.

Day 2 saw Lee and Vivien repeating their day 1 results with 1st and 2nd places in M40A. Justine recorded a very creditable 2nd in W10. Aurelie Valais moved up to take 1st position in W20A and Saffron Sweeney powered into 3rd spot in W45AS. Juniors, Constance Valais steamed through the undergrowth to 1st position in WJuniorB and Louisa Coady was a close 2nd in M/WOpen. On Sunday M20E was included in the NOL Relay where Selwyn's team came 6th.

The Broulee event, organised by OACT was the final event on the NOL program for 2021. The area provided a rare opportunity to orienteer in tricky sand dunes. Control descriptions were often small depressions or knolls. The undergrowth was thick and it was key to know where you were on the map. Successful navigation meant using features different from the usual bush areas. Overall a great weekend in unique terrain.

## **NOSH June 6 - Lindfield to Seaforth**

Perfect Sydney winter weather greeted close to 400 runners for the choice of two distances - 16kms or 22 kms. The NOSH fun run is a fund raiser for ONSW and is supported by around 50 volunteers. Ted Mulherin led the WHO support team operating the water station at the 15km mark. This year was the 46th running of the Great NOSH Footrace. Its slogan is "When the going gets tough, the tough get going". True to the slogan, it is one of the most strenuous fun runs in Sydney. WHO members did well in the 16km event with **Seth Sweeney** finishing 2nd in the Men under 18 (18th overall in 88:59) and **Gary Farebrother** was 3rd in M50-59 (32nd overall in 96:57). Just finishing the event is a significant milestone and other WHO finishers were: Selwyn Sweeney in 107:36, Saffron and Paul Sweeney in 115:08 and Charissa Patacsil 134:16,

WHO had two finishers in the punishing 22km event where you complete the 16kms and then add on an extra 6km loop. Dan Smith's time was 148:30 and Karen Langan recorded 203:52. **Congratulations!**

## **Sydney West Schools Orienteering June 16, 17 + 18 at Fred Caterson.**

The Western Sydney Schools Orienteering Championships was held at Fred Caterson Reserve Castle Hill on June 16, 17 and 18. Barbara Hill of Bold Horizons was the organiser with support from orienteering club members. WHO's Ted Mulherin set the courses. A number of WHO members were involved as coaches and marshals.

Day 1 saw over 300 primary schoolers participate with around 150 more on Day 2 and a similar number from

local high schools on Day 3. The event is highly rated by the kids and their teachers and the enthusiasm of the kids is contagious. One teacher mentioned she hadn't seen the kids enjoy exercise that much.

The day starts with explaining how to read a map and how to use SI cards before a walk around a training course to point out how to relate the map to the physical surroundings.

During the individual races marshals provided assistance in running the courses and also as safety officers stopping those going the wrong way.

The individual races were followed by lunch and relays in the afternoon. Hills area schools as well as some from as far as Blackheath and Bilpin attended.

The top schools for 2021 were:

### **Secondary Schools**

1st - Rouse Hill High School

2nd equal - Richmond High School and The Ponds High School

### **Primary Schools**

1st - North Rocks Public School

2nd - Kellyville Ridge Public School

3rd - Schofields Public School

## **PUZZLE TIME**

Orienteers are good at problem solving. Here are four puzzles to test your skills. Some are Mensa puzzles. Answers on page 10. No peaking until you have your answers.

1. **With one line can you make this addition equation correct?**

$$5 + 5 + 5 = 550$$

2. **Which is the odd word out?**

**RETIRE ICONIC EDITED TRUSTY CHURCH**

3. **What is the missing number?**

$$143 \text{ ----- } 22$$

$$26 \text{ ----- } 4$$

$$104 \text{ ----- } 16$$

$$65 \text{ ----- } ?$$

4. **Paper plates are to be recycled. Nine used plates make each new plate. I have 145 plates. How many plates could I possibly make?**

## COACHING

### Learning from the State League events

State League events are on complex maps with lots of detail. It is challenging to make good route choices and navigate quickly to the controls. Below, James discusses the options for finding control #7 on his course.

A great way to improve your O skills is to work out your route and then hear how others have found the control. If you had just punched control #6 which way would you go to #7?

Zoom technology offers the chance to review courses after an event. The leg below was discussed on a Zoom call on 22nd June. Watch out for future call invitations.

### Leg Analysis – Part 1

#### NSW State League #2 at Wattle Ridge - Sunday 21Mar2021



This was leg 6-7 on the Hard 2 course, although it was a common leg on a few other courses too. It is a 1,177m leg that is just after halfway through this course. There are a number of things to consider for this leg and multiple decision points regardless of which route is chosen.

How would you attack this leg? Have a think and then have a look at the analysis a little further on in the Newsletter. (On Page 7)

## SOS is back - Term 3 starts July 24

As part of the arrangement with Bold Horizons for the Hills District SOS events, WHO provides someone early to help set up and another later to collect controls and tidy up. If you can assist please contact Steve Dunlop [stevedunlop47@gmail.com](mailto:stevedunlop47@gmail.com)

## MEMBERS INFORMATION

**New members receive a free blue WHO shirt** so please make yourself known to Ian Miller at one of the upcoming events.

## KIDS WHO SHIRTS ARE AVAILABLE

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

## STAY UP-TO-DATE WITH CLUB NEWS

The WHO Facebook page is up to date with club news at <https://www.facebook.com/Western-Hills-Orienteers-363738563689907/>

## WHO'S WEB PAGE (new url)

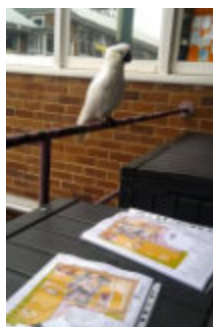
<https://whorienteers.net/>

## WHO CLUB MEETINGS

Club meetings are currently held using Zoom. We discuss future WHO events, map making and equipment purchases. It is all very informal and you are welcome to join in. You don't even need to leave home! Watch out for Maureen's meeting invitations for details.

**The next club meeting is on July 12 at 7:30pm.**

Current discussions include: upcoming events (preparations), recent event reviews, mapping, how to improve the volunteer experience at WHO events, new IT and any new business.



## METRO League

**Metro League** is for everybody - whether you are a beginner or an experienced orienteer. It is an opportunity to experience bush orienteering in a way that is highly accessible and close to home. And a great way to meet your fellow club members!

Metro League is a competition between clubs across 6 divisions - Division 1 being the longest/hardest and Division 6 being a course of Easy/Moderate standard suitable for new and or young orienteers. WHO enters teams across several divisions, with 5 people per team. Don't worry if you can't make every event, just come along to the ones you can!

Note the Metro League dates on your calendar.

**Aug 1** at St Ives and the Final on **Aug 15** at Scheyville.

Please drop me a line to let me know if you are interested in the **Metro League**. The more the better! If you want to know more, email me or give me a call on 0400 305 818.

Cheers  
*Josh Braidwood*  
Club Captain

### Metro League Round 4 – Eric Mobbs Reserve

Yet again WHO showed what a great event we can put on, giving the punters great value for money while showcasing one of Sydney's great pockets of bushland. So thanks to all who helped out on the day, and especially to the organising team - great job!

It was certainly hard work for a deceptively small scale map, with the steep sandstone valley of Excelsior Creek being used to full effect. We enjoyed some great courses set by Selwyn Sweeney, with times generally on the longer side.

The home ground advantage might have worked in our favour, with WHO picking up wins across three divisions.

The WHO Evers, our Div 1 team, were heavily depleted so it was always unlikely we would win this round against Big Foot - in the end we went down 36-16. James McQuillan picked up 9 points with a time of 56.22.

On the other hand, our consistently performing Div 3 team, the WHO Rays, maintained their great run of form with another win, this time over SHOO. The scoreline of 33-19 was pretty convincing. Lee Coady was again our best picking up 10 points with a time of 52.14, but great performances from Paul Sweeney and Niamh Cassar

ensured we rounded up the top three scores in this match up, picking up 9 and 8 points respectively (with only 4 seconds between them!). This puts WHO at the top of the ladder in Div 3, so we'll be cheering on the WHO Rays to be in contention come finals time.

Our Div 4 team, the WHO Doos, chalked up their first win for the season, thoroughly defeating SHOO-IKO 37-17. Could this be the beginning of a late season surge? Let's hope so! Saffron Sweeney picked up the 10 point prize with a time of 52.17, and Anthony Saunders was hot on her heels picking up 9 points for 53.57. Great result team!

The WHO RaHS of Div 5 were also in the winner's circle, overcoming SHOO-IKO 37-18, another substantial margin. Lachlan Coady and Savanna Sweeney demonstrated why they were recently selected for the NSW Junior Squad, picking up 10 points (47.08) and 9 points (53.18) respectively. In fact a great team effort all round. With two wins under their belt, this places the WHO RaHS at 4th place on the ladder, still within reach of the top end if we can get some more wins under our belt.

Unfortunately the Div 6 WHO HaHS couldn't quite get there, going down to Garingal 34-20. Justine de Remy de Courcelles was our stand out performer, picking up 8 points for her time of 60.49.

Round 5 will at St Ives on 1 August hosted by Big Foot (COVID permitting). Get the date in your calendar, and look forward to seeing you then!

Cheers,  
Josh

### Full WHO results on Page 14

### Metro League Round 3 - Manly Dam

We were at the same venue as the Metro League event hosted by Bennelong last season, but this time the weather was a lot kinder! The courses were focused on the bush areas south of the lake, with plenty of rock formations and changes in vegetation to keep it quite challenging. Unfortunately we didn't have quite the same degree of success as last round, with only our Div 3 team coming out on top of rivals Garingal. There were plenty of notable performances across the divisions.

Our Div 1 team, the WHO Evers, is yet to taste success, this time outdone by Garingal 25-29. James McQuillan was however the top performer in the head-to-head, picking up 10 points for his time of 47.11, closely

followed by Selwyn Sweeney who picked up 8 points with a time of 56.33.

The WHO Rays saw a little more success in Div 3 seeing off Garingal 29-23. That was despite one mis punch, with our rivals helpfully obliging with one of their own to keep it fair. Lee Coady was again our fastest with a time of 38.00, bringing in 10 points. Emmanuelle Convert also put in a great time of 45.02, earning another 8 points. With 2 out of 3 wins so far, the WHO Rays are level pegging with Big Foot for second place in the ladder.

The WHO Doos unfortunately went down to Garingal in Div 4, by a fair margin of 15-39. Jay Seeho was our fastest, putting in a respectable time of 49.46 which earned 6 points for the team.

The Div 5 WHO RaHS almost got there, unfortunately we were pipped by Garingal 26-28 in a close match up. Savanna Sweeney continue her great run with a time of 40.23 which brought home 8 points for the team. The WHO RaHS will remain a force to be reckoned with this season.

Finally, the WHO HaHS in Div 6 had no luck this time around, being beaten by Garingal 24-30. But what a great run by one of our youngest competitors Shay Sweeney, with a fast time of 32.36 worth 10 points.

We are about halfway through the season, so there is still time for us to make an impression in most divisions.

## Full WHO results on Page 14

### Metro League Round 2 - Lansdowne

Another big turnout from WHO in Round 2, and this time we tasted victory in several divisions!

Lansdowne has been a frequent Metro League venue the past few seasons, and is a great pocket of urban bush terrain with plenty of navigational challenges for the unwary. Our Div 1 team the WHO Evers were up against Bennelong, and unfortunately despite some good performances didn't quite get there going down 30-25. James McQuillan was our fastest this round picking up 9 points with a time of 49.34.

The Div 3 WHO Rays had a little more success beating IKO 29-26. Lee Coady was our fastest with a fast time of 36.34, earning him 9 points. A special mention to Will Kay who made his Div 3 debut and picked up 8 points with a time of 41.06.

In Div 4, the WHO Doos went down 23-32 to Bennelong. Seasoned campaigner Dmitry Stukov picked up 7 points

with a great time of 43.50. We were in the winners circle in Div 5, with the WHO RaHS beating Uringa - Central Coast convincingly 32-22. The younger generation carried the flag for WHO, with Matilda Saunders picking up 10 points with a time of 51.41, and Savanna Sweeney not far behind picking up 9 points with a time of 52.28. The future looks bright!

Div 6 continued our successful run, with the WHO HaHS downing SHOO IKO 33-21. The Chan family dominated, with Stephanie whizzing around the course in 21.04 picking up 9 points, and Linda not far behind on 25.27 (8 points). Special mention too to Shay Sweeney who made his Metro debut with a great time of 29.28.

Josh

## Full WHO results on Page 15

### Hanny Allston (OA Coaching Director)

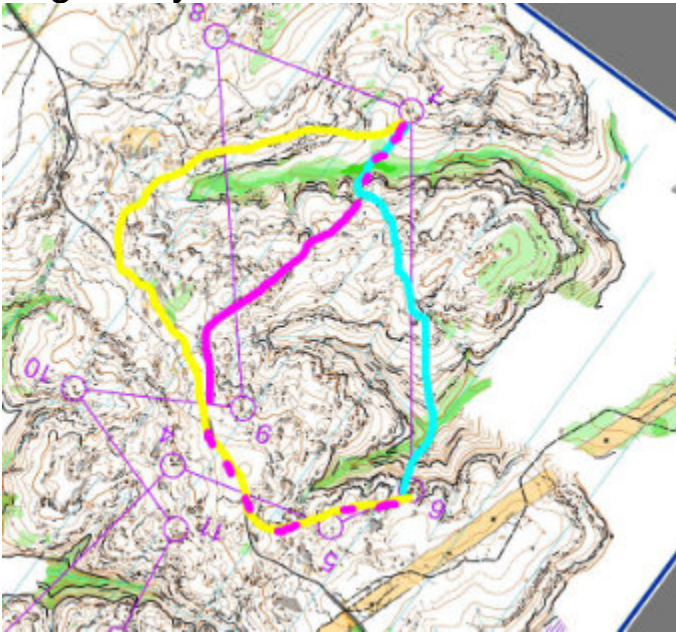
You should have heard of Hanny Allston. How many other World Orienteering Champions are there in Australia? Hanny lives in Tasmania and won her title in 2006. As far as I can determine, Hanny is the only non-European to win a world orienteering championship. Hanny has also won marathons in Melbourne and New Zealand and has taken up ultra-marathons.

Walking passed Dymocks book shop recently I noticed Hanny's book titled "Finding My Feet". Also available online. <https://www.booktopia.com.au/finding-my-feet-hanny-allston/book/9781925995268.html>

Orienteering Australia has appointed Hanny Allston to the board as Director – Coaching. Hanny Allston is the founding director of Find Your Feet, an award-winning Tasmanian business specialising in international trail running experiences, peak performance coaching and outdoor retail. She holds tertiary degrees in medical research, education, coaching and business. Hanny is an Australian Institute of Company Directors councillor, the tourism & recreation advisor on the Tasmanian National Parks & Wildlife Advisory Council and a director of Orienteering Australia. In 2015 she was the Tasmanian Young Businesswoman of the Year and in 2018 Find Your Feet won the Telstra Small Business of the Year. Hanny has authored two books, a podcaster and is a motivational speaker. Further to this she is a World Champion orienteer, ultra-endurance trail runner and now, a mother.

***Heard at the ONSW Awards Night - We were going to present an award tonight to those who can't read maps. Unfortunately they have not turned up.***

## Leg Analysis – Part 2



As with most good long legs they initially scare you but there are lots of features and lots of options. So take your time. Make a plan and execute.

The first choice is straight or wide? Yellow equates to more than double the straight line distance but has the advantage of the road for half of it and no major cliffs to climb. Take a bearing and head straight to the road. Follow the road until the saddle. There is a bend in the road and a clearing on the SW side at this point. Use these features to leave the road and start navigating off track. Head NE downhill across the smaller gully systems until the main E-W gully is crossed. Then keeping the green gully on your right follow the top of the cliff line. Cross the smaller N-S creek/gully before dropping down into the broad gully just W of our target control. Then up the hill. There are almost no other rock features lower than our control, so we can confidently run up the hill until we see the rocks. There are two smallish gullies just north and just south of our rock. That means our rock is on a small spur.

The other option is to go straight. It saves a lot of distance but adds in some more climb. Initially, find any way down through the cliffline. Reaching the green, head N and then up the spur, all the way to the top. Now pick which gap in the next cliffline to aim for. Head N across the flattish top then, once you've reached the bare rocks and cliffines head down into the gully. Upon reaching the main cliff there is a gap to the W (about 200m west of the purple line). Negotiate the cliff and across the green into the broad gully. Cross it and up the hill into the control.

The third option is the pink route, which is really a combo of the first and second. It's probably better to commit to one of the other ones than the pink one [confession: I did the pink route!]

## WHO RANKINGS Top 50 as at 30 June

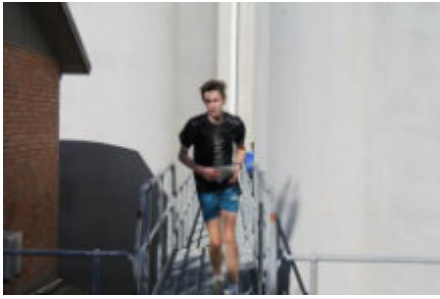
Compiled from event results by Barry Pearce

No	Name	No	Name
1	James McQuillan	26	Dmitry Stukov
2	Graeme Hill	27	Andy Vesey-Wells
3	Martin Mansfield	28	Matilda Saunders
4	Dan Smith	29	Anthony Saunders
5	Justine De Remy De Courcelles	30	Janet Morris
6	Malcolm Geldhill	31	Shay Sweeney
7	Gary Farebrother	32	Scott Henderson
8	John Murray	33	Aiden McQuillan
9	Paul Sweeney	34	Belinda Kinneally
10	Savanna Sweeney	35	Henry Shane
11	Lee Coady	36	Elliott McQuillan
12	Vanessa Cullen	37	Niamh Cassar
13	Stephen Dunlop	38	Jacinta Braidwood
14	Will Kay	39	Josh Braidwood
15	Selwyn Sweeney	40	Seth Sweeney
16	Saffron Sweeney	41	Sylvia Teoh
17	Emmanuelle Convert	42	Marion Gledhill
18	Vivien De Remy De Courcelles	43	Warren Bax
19	David Noble	44	Constance Valais
20	Karen Langan	45	Maria Stankova
21	Barry Hanlon	46	George Kinneally
22	Deb Walsham	47	Levi Coady
23	Tim Perry	48	Jay Seeho
24	Ian Miller	49	Ted Mulherin
25	Lachlan Coady	50	Barry Pearce

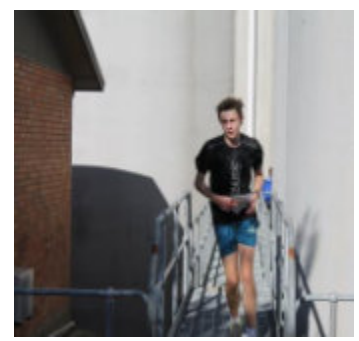
***I am NOT lost, I am orienteering !***

***Why is it that you hop in your car to drive to the gym to ride a stationary bicycle?***

## QBIII photos



## Our NSW Schools Representatives





## ONSW Events, Meetings, Workshops and Announcements

### ONSW Events

DATE	EVENT	LOCATION
Sun 11 July	Forest #4	Welby
<b>Sat 17 July</b>	<b>SL #8</b>	<b>Port Macquarie - Sprint</b>
<b>Sun 18 July</b>	<b>SL #9</b>	<b>Wauchope - Middle</b>
Wed 21 July	Moonlight #4	Artarmon
Sat 24 July	SOS	SOS Term 3 #1
Sat 31 July	SOS	SOS Term 3 #2
Sun 1 Aug	Metro #5	St Ives
Sat 7 Aug	SOS	SOS Term 3 #3
Sun 8 Aug	Forest #5	Soapy Flat
Sat 14 Aug	SOS	SOS Term 3 #4
Sun 15 Aug	Metro Final	Scheyville
Wed 18 Aug	Moonlight #5	Neutral Bay (Vivid)
<b>Sat 21 Aug</b>	<b>SL #10</b>	<b>ACT</b>
Sat 21 Aug	SOS	SOS Term 3 #5
<b>Sun 22 Aug</b>	<b>SL #11</b>	<b>ACT</b>
<b>Sat 28 Aug</b>	<b>SL#12 / Schools Chs</b>	<b>Milperra - SL#12 + NSW Schools Sprint Chs</b>
<b>Sun 29 Aug</b>	<b>SL#13 / Schools Chs</b>	<b>WSRP (WHO) – SL13 + NSW Schools Middle Chs</b>

**Changes could occur at short notice**  
**Check Eventor and the ONSW e-bulletins for information.**

**2021** Key dates for your diary are:  
**Sept 4/5** – State League 14/15, north of Lithgow  
**Sept 8** – World Orienteering Day  
**Sept 25/26** - Australian Championships (Tasmania)  
**Oct 6** – First event of the SSS season

### ONSW MEMBERS LOGIN

The ONSW board are planning to implement greater usage for the members-only area.

Access is via login. This is separate from the Eventor login. To get the members-only area login or if you have forgotten your password please email

[admin@onsw.asn.au](mailto:admin@onsw.asn.au)

### Purple Pen Workshops

**ONSW will hold a Purple Pen course setting workshop by Zoom from 6.30-9.30pm on:**

\* Tue 20 Jul, Tue 5 Oct

Please [email Jim Mackay](mailto:admin@onsw.asn.au) to register.

### 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. Angela Haynes is the ONSW Members Protection Officer. She can be contacted via email on [mpio1@onsw.asn.au](mailto:mpio1@onsw.asn.au)

### COVID-19

**Check Health NSW and the ONSW web page and e-bulletins for up-to-date information.**

ONSW processes are in action at all events. To maintain social distancing there are changes to the way to register for events and activities at the start, finish and assembly areas. Further information for participants and organisers can be found at

<https://www.onsw.asn.au/covid-19-updates>

COVID-19 remains a challenge. Please take care and stay safe.

## PUZZLE ANSWERS

### Last Newsletter's Puzzle Solution.



**The answers are:** 1. Canada, 2. West Indies, 3. Ireland, 4. Russia, 5. Mozambique, 6. Bahamas, 7. Taiwan, 8. New Zealand, 9. Holland, 10. Colombia, 11. Brazil, 12. Cuba, 13. Wales, 14. Portugal, 15. Romania, 16. Japan, 17. Liechtenstein, 18. Bali, 19. Iraq, 20. China, 21. Belgium, 22. Singapore, 23. Bahrain, 24. India, 25. Hungary, 26. North Korea, 27. Kampuchea, 28. Sweden, 29. Italy, 30. Hong Kong, 31. Bulgaria, 32. Grenada.

### Previous Month's Puzzle Solution.

My incorrect answer was  $(2+1+1) \times 7 = 28$ . The right answer was  $2+1+1 \times 7 = 10$ . Thanks Saffron

### Answers to Puzzles on Page 3

1.  $545 + 5 = 550$ . The single line is added to the top of the left hand + sign.
2. The odd word out is TRUSTY. Each of the other words start and end with the same two letters.
3. The missing number is 10. The common factor is dividing by 6.5.
4. The number of recycled plates is 18. If your answer was 16 you stopped the process too early! Continuing until you ran out of plates gives an overall total of 18.

## BIG PINK O RATINGS

You may not have heard of the Big Pink O Ratings <https://ranking.bigfootorienteers.com/display.php> It ranks all orienteers in Australia based on your recent results. Australian events up to June 27 are included. The WHO members listed are:

1. James McQuillan 77th with 7694 points
2. Andy Hill 87th overall with 7658 points
3. Selwyn Sweeney 141st with 7481 points
4. Lee Coady 213rd with 7307 points
5. Niamh Cassar 301st 7138 points
6. Dan Smith 303rd with 7136 points
7. Paul Sweeney 531st with 6765 points
8. Belinda Kinneally 605th with 6634 points
9. Joshua Braidwood 611th with 6619 points
10. Emmanuelle Convert 633rd with 6578 points
11. Tim Perry 670th with 6504 points
12. Warren Bax 718th with 6402 points
13. Anthony Saunders 745th with 6336 points
14. Dmitry Stukov 755th with 6310 points
15. Saffron Sweeney 782nd with 6226 points
16. Savanna Sweeney 830th with 6096 points
17. Aurelie Valais 846th with 6013 points
18. Karen Langan 864th with 5951 points
19. Lachlan Coady 900th with 5840 points
20. Nerise McQuillan 983rd with 5470 points
21. Matilda Saunders 994th with 5372 points
22. Maureen Fitzpatrick 1024th with 5137 points
23. Barry Hanlon 1028th with 5081 points
24. Constance Valais 1029th with 5078 points
25. Janet Morris 1048th with 4795 points

## WORLD ORIENTEERING DAY

Normally held mid-May, this year due to Covid has been re-scheduled to September 8th.

## ROGAINING CALENDAR

- Sat. 31 July, 12/6-hour Lake Macquarie
- 28-29 Aug, 24/8-hour NSW Championships at Gundabooka NP (Bourke)
- Sun. 17-Oct, Surprise Event near Newcastle
- Sat. 20-Nov, 8/4-hour Socialgaine, Lane Cove River

The dates may change. The complete, up to date list, is on the Rogaining website [here](#) Virtual rogaines can be accessed on MapRunF [here](#).

***Not all who wander are lost, some are orienteering.***

## Articles of Interest

### Finding Treasure while map making and Exercise

#### Bronze Age treasure found in Swedish forest by mapmaker

<https://www.abc.net.au/news/2021-05-01/bronze-age-jewellery-discovery-sweden-cartographer-forest-floor/100109090>

### What's the minimum dose of training to stay fit?

This review by Alex Hutchinson in Sweat Science assesses what it takes to maintain endurance and strength when circumstances interfere with your usual training

The review addresses three key training variables: frequency (how many days per week), volume (how long is your endurance workout, or how many sets and reps do you lift), and intensity (how hard or how heavy).

The overall conclusion of the new review is that you can get away with as few as two sessions a week as long as you maintain volume and intensity of your workouts. But they caution that maintaining your VO2 max isn't the same as maintaining your ability to perform long-duration endurance activities. Don't expect to run your best marathon after a few months of twice-a-week training: your legs, if nothing else, won't be able to handle it.

The literature on resistance training is much more varied, which makes for a more complicated picture but hopefully more reliable conclusions. Surprisingly, the overall pattern turns out to be pretty similar to endurance training. You can reduce both the frequency and volume of workouts as long as you maintain the intensity, and you'll preserve both maximum strength and muscle size for several months.

To read the review in full, [please click here](#)

### Not sure which type of exercise is right for you? Use this guide

22 options given but orienteering was not included

<https://www.abc.net.au/everyday/a-guide-to-what-type-of-exercise-is-right-for-you/11708912>

### The role exercise plays in increasing our sense of purpose

<https://www.smh.com.au/lifestyle/health-and-wellness/the-role-exercise-plays-in-increasing-our-sense-of-purpose-20210513-p57rgf.html>

### What is the best type of exercise?

<https://www.smh.com.au/lifestyle/health-and-wellness/the-best-type-of-exercise-a-blood-test-may-hold-clues-20210614-p580un.html>

### Winter Workout Warm Ups: How To Avoid an Injury in the Cold

<https://www.lifehacker.com.au/2021/05/winter-workout-warm-ups-how-to-avoid-an-injury-in-the-cold/>

**THANK YOU** To the newsletter contributors – Robert Bradley, James McQuillan, Barry Hanlon and Josh Braidwood for items in this newsletter.

## REMINDER

**Port Macquarie State League (July 17/18)**  
Entries close July 5th.

### Editors Mumbblings

The onset of winter and cooler weather has seen a plethora (not sure what it means? - google it) of events. The last newsletter was at the end of April and since then we have had three metros (one was ours), numerous SOS's including Cockatoo Island, 5 State Leagues including QBIII, the NOSH, two moonlights, maze day and 3 days of the Sydney West Schools events. All followed by a lockdown that took out the Turkey Trot. . A lot to include in the newsletter and inevitably some worth mentions will be left out. The lockdown provides a chance to read this newsletter.

## RESULTS

### Broulee Weekend – 15/16 May

WHO Results

#### **Prelude Sprint**

Name	Class	Place	Time
Lachlan Coady	Junior Men	22nd	<b>28:20</b>
Levi Coady	Junior Men	28th	<b>57:54</b>
Lee Coady	Masters Men	41st	<b>57:12</b>

#### SL #3

WHO Results :

Name	Class	Place	Time
<b>ELITE CLASSES</b>			
Selwyn Sweeney	M20E	13th	<b>42:25</b>
<b>AGE CLASSES</b>			
Justine de Remy de Courcelles	W10	1st	<b>19:42</b>
Constance Valais	W Junior B	1st	<b>49:45</b>
Janet Morris	W80A	1st	<b>85:45</b>
Saffron Sweeney	W45AS	1st	<b>37:28</b>
Barry Hanlon	M85A	1st	<b>45:50</b>
Lee Coady	M40A	1st	<b>48:14</b>
Aurelie Valais	W20A	2nd	<b>91:40</b>
Louisa Coady	M/W Open Easy	2nd	<b>53:31</b>
Vivien de Remy de Courcelles	M40A	2nd	<b>58:52</b>
Robert Bradley	M55AS	2nd	<b>42:04</b>
Savanna Sweeney	W14A	5th	<b>30:14</b>
Lachlan Coady	M14A	5th	<b>34:19</b>
Levi Coady	M10	5th	<b>46:21</b>
Andy Vesey-Wells	M65AS	5th	<b>54:17</b>
Emmanuelle Convert	W40A	6th	<b>55:04</b>
Maureen Fitzpatrick	W60A	7th	<b>68:13</b>
Barry Pearce	M65AS	7th	<b>69:59</b>
Will Kay	M16A	12th	<b>69:15</b>
Tim Perry	M60A	21st	<b>87:08</b>

#### SL #4

WHO Results :

Name	Class	Place	Time
<b>M20E Relay</b>			
Selwyn Sweeney	M20E	6th	61:07
<b>AGE CLASSES</b>			
Aurelie Valais	W20A	1st	<b>65:32</b>
Constance Valais	W Junior B	1st	<b>36:37</b>
Janet Morris	W80A	1st	<b>69:32</b>
Barry Hanlon	M85A	1st	<b>39:05</b>
Lee Coady	M40A	1st	<b>46:54</b>
Justine de Remy de Courcelles	W10	2nd	<b>17:52</b>
Louisa Coady	M/W Open Easy	2nd	<b>65:19</b>
Vivien de Remy de Courcelles	M40A	2nd	<b>58:25</b>
Saffron Sweeney	W45AS	3rd	<b>65:11</b>
Savanna Sweeney	W14A	4th	<b>28:37</b>
Lachlan Coady	M14A	4th	<b>25:29</b>
Robert Bradley	M55AS	4th	<b>44:00</b>
Emmanuelle Convert	W40A	5th	<b>58:02</b>
Levi Coady	M10	5th	<b>29:05</b>
Maureen Fitzpatrick	W60A	6th	<b>55:54</b>
Barry Pearce	M65AS	7th	<b>53:51</b>
Tim Perry	M60A	17th	<b>60:37</b>
Martine Valais	W16A	mp	
Will Kay	M16A	Mp	

## STATE LEAGUE RESULTS

### QBIII (June 12,13,14) - WHO Results.

(3 results required for an overall placing.)

Name	Class	SL5 Middle	SL6 Long	SL7 Sprint	Overall
Aiden McQuillan	M/W10N	19:23	22:43	10:41	
Elliott McQuillan	M/W10N	20:19	23:56	10:04	
Justine de Remy de Courcelles	W10A	1st - 17:50	1st - 18:29	2nd - 12:37	<b>1st</b>
Savanna Sweeney	W14A	2nd - 33:08	2nd - 68:51	3rd - 19:04	<b>2nd</b>
Aurelie Valais	W18A		mp	3rd - 27:28	
Jacinta Braidwood	W Junior B	3rd - 97:55		3rd - 41:34	
Nerise McQuillan	W35AS	3rd - 65:19	2nd - 89:20	3rd - 33:22	<b>1st</b>
Emmanuelle Convert	W40A	3rd - 56:27	5th - 130:54	4th - 29:04	<b>4th</b>
Saffron Sweeney	W45AS	4th - 64:31	6th - 109:55	6th - 26:57	<b>3rd</b>
Karen Langan	W50A	6th - 84:21	6th - 120:26	7th - 27:07	<b>5th</b>
Janet Morris	W80A	1st - 72:29	1st - 90:30	1st - 25:00	<b>1st</b>
Constance Valais	W Open B	4th - 65:10			
Shay Sweeney	M10A	1st - 14:03	2nd - 16:56	3rd - 10:12	<b>1st</b>
Levi Coady	M10A	5th - 31:21	6th - 43:11	5th - 13:03	<b>5th</b>
Lachlan Coady	M14A	Mp	3rd - 57:49	4th - 23:36	
Will Kay	M16A	4th - 75:06	4th - 65:03	6th - 29:15	<b>4th</b>
Selwyn Sweeney	M18A	4th - 48:41	2nd - 70:45	3rd - 24:03	<b>2nd</b>
Seth Sweeney	M Junior B			1st - 15:05	
Vivien de Remy de Courcelles	M21A	8th - 61:28	6th - 111:51	8th - 28:25	<b>3rd</b>
James McQuillan	M40A	2nd - 40:28	4th - 99:40	2nd - 18:47	<b>3rd</b>
Lee Coady	M40A	4th - 41:43	5th - 115:07	4th - 24:58	<b>4th</b>
Josh Braidwood	M45A	8th - 101:30		8th - 27:20	
Graeme Hill	M45A	9th - 123:36			
Paul Sweeney	M45AS	5th - 74:41	5th - 74:59	2nd - 20:56	<b>3rd</b>
Warren Bax	M60A	10th - 61:03	7th - 80:14	8th - 32:09	<b>6th</b>
Barry Pearce	M65AS	6th - 55:01	mp		
Andy Vesey-Wells	M65AS	7th - 58:27	mp		
Barry Hanlon	M85A	1st - 53:58	1st - 60:40	1st - 24:36	<b>1st</b>

## METRO RESULTS

### METRO #4

#### WHO Results

Name	Class	Place	Time
James McQuillan	Div 1	2nd	<b>56:22</b>
Dan Smith	Div 1	14th	<b>87:22</b>
Tim Perry	Div 1	18th	<b>108:17</b>
Lee Coady	Div 3	1st	<b>52:14</b>
Paul Sweeney	Div 3	12th	<b>66:54</b>
Niamh Cassar	Div 3	13th	<b>66:58</b>
Emmanuelle Convert	Div 3	10th	<b>70:11</b>
Josh Braidwood	Div 3	22nd	<b>70:25</b>
Warren Bax	Div 3	28th	<b>94:46</b>
Saffron Sweeney	Div 4	5th	<b>52:17</b>
Anthony Saunders	Div 4	9th	<b>53:57</b>
Dmitry Stukov	Div 4	17th	<b>61:45</b>
Karen Langan	Div 4	20th	<b>65:44</b>
Jay Seeho	Div 4	21st	<b>67:01</b>
Ian Miller	Div 4	30th	<b>94:52</b>
Barry Hanlon	Div 4	31st	<b>105:22</b>
Lachlan Coady	Div 5	3rd	<b>47:08</b>
Savanna Sweeney	Div 5	7th	<b>53:18</b>
Matilda Saunders	Div 5	12th	<b>58:29</b>
Maria Stankova	Div 5	16th	<b>70:56</b>
Jacinta Braidwood	Div 5	23rd	<b>81:39</b>
Barry Pearce	Div 5	mp	
Justine de Remy de Courcelles	Div 6	5th	<b>60:49</b>
Janet Morris	Div 6	15th	<b>93:56</b>
Shay Sweeney	Div 6	16th	<b>103:36</b>
Levi Coady	Div 6	17th	<b>111:29</b>
Aiden McQuillan	Easy	2nd	<b>18:09</b>

### METRO #3

#### WHO Results

Name	Class	Place	Time
James McQuillan	Div 1	4th	<b>47:11</b>
Selwyn Sweeney	Div 1	10th	<b>56:33</b>
Vivien de Remy de Courcelles	Div 1	14th	<b>60:14</b>
Gary Farebrother	Div 1	22nd	<b>80:36</b>
Tim Perry	Div 1	24th	<b>101:15</b>
Dan Smith	Div 1	mp	
Lee Coady	Div 3	1st	<b>38:00</b>
Emmanuelle Convert	Div 3	5th	<b>45:02</b>
Niamh Cassar	Div 3	15th	<b>50:45</b>
Paul Sweeney	Div 3	22nd	<b>54:24</b>
Josh Braidwood	Div 3	29th	<b>68:20</b>
Warren Bax	Div 3	mp	
Jay Seeho	Div 4	9th	<b>49:46</b>
Anthony Saunders	Div 4	17th	<b>62:29</b>
Dmitry Stukov	Div 4	19th	<b>65:22</b>
Saffron Sweeney	Div 4	22nd	<b>68:08</b>
Barry Hanlon	Div 4	mp	
Karen Langan	Div 4	mp	
Savanna Sweeney	Div 5	7th	<b>40:23</b>
Ted Mulherin	Div 5	12th	<b>48:59</b>
Matilda Saunders	Div 5	18th	<b>56:06</b>
Lachlan Coady	Div 5	20th	<b>57:25</b>
Jacinta Braidwood	Div 5	25th	<b>73:29</b>
Maria Stankova	Div 5	26th	<b>77:02</b>
Aiden McQuillan	Div 6	3rd	<b>29:52</b>
Shay Sweeney	Div 6	5th	<b>32:26</b>
Justine de Remy de Courcelles	Div 6	8th	<b>34:39</b>
Elliott McQuillan	Div 6	13th	<b>53:42</b>
Janet Morris	Div 6	17th	<b>71:16</b>

## METRO #2

### WHO Results

Name	Class	Place	Time
James McQuillan	Div 1	4th	49:34
Selwyn Sweeney	Div 1	6th	55:09
Dan Smith	Div 1	10th	60:52
Vivien de Remy de Courcelles	Div 1	15th	63:20
Gary Farebrother	Div 1	17th	76:02
Lee Coady	Div 3	2nd	36:34
Will Kay	Div 3	6th	41:06
Paul Sweeney	Div 3	13th	45:54
Emmanuelle Convert	Div 3	14th	45:59
Warren Bax	Div 3	16th	46:16
Belinda Kinneally	Div 3	17th	46:19
Josh Braidwood	Div 3	34th	74:05
Dmitry Stukov	Div 4	13th	43:50
Saffron Sweeney	Div 4	19th	46:46
Anthony Saunders	Div 4	21st	48:54
Ian Miller	Div 4	27th	55:49
Jay Seeho	Div 4	29th	58:04
Matilda Saunders	Div 5	11th	51:41
Savanna Sweeney	Div 5	12th	52:28
Karen Langan	Div 5	15th	55:09
Lachlan Coady	Div 5	16th	55:20
Janice Seeho	Div 5	mp	
Stephanie Chan	Div 6	3rd	21:04
Linda Chan	Div 6	5th	25:27
Shay Sweeney	Div 6	9th	29:28
Justine de Remy de Courcelles	Div 6	14th	33:53
Jacinta Braidwood	Div 6	17th	37:26
Janet Morris	Div 6	21st	54:28
Aiden McQuillan	Easy	2nd	32:55
Elliott McQuillan	Easy	4th	36:06
Levi Coady	Easy	DNF	
George Kinneally	Easy	DNF	

## OTHER RESULTS

### **Moonlight Madness – Wed 19 May**

Charissa Patacsil - Masters Women 1st 220 points  
Dan Smith – Masters Men 2nd 500 points

### **Moonlight Madness – Wed 23 June**

Ian Miller - Legends Men 2nd 360 points  
Charissa Patacsil - Masters Women 2nd 330 points  
Saffron Sweeney- Veteran Women 2nd 440 points  
Gary Farebrother – Veteran Men 7th 520 points

### **SHOO Forest Series #2 – Sun 30 May**

Dmitry Stukov - Men Hard Long Course 9th 69:46  
Tim Perry – Men Hard Long Course 10th 75:39

### **SOS Cockatoo Island Term 2 Finale Sat 19 June**

#### Long Line Open

Selwyn Sweeney - 5th 22:50  
Paul Sweeney - 27th 30:42  
Karen Langan - 48th 41:27

#### Long Line Primary

Justine de Remy de Courcelles – 2nd 66:36

#### Short Line Open

Paul Sweeney – 3rd 22:50  
Marion Gledhill – 20th 94:42

#### Short Line High School

Niamh Cassar – 4th 22:13

#### Short Line Primary

Shay Sweeney – 3rd 46:50

#### Score Open

Malcolm Gledhill – 2nd 350 points

#### Warm Up Primary

Shay Sweeney – 3rd 14:19