



“WHO runs the country”

President :- James McQuillan
Email president@whorienteers.net

Secretary :- Maureen Fitzpatrick
Email secretary@whorienteers.net

Newsletter Editor:- Ian Miller
Email millerian33@gmail.com

Dharug Country

April 2022

Goodbye to a wet summer !

The summer season is over, clocks are changed and we get ready for the autumn and winter events. In this newsletter we wrap up the summer and hopefully entice you to enter the WHO Wyangala event and be a member of WHO's Metro League teams.

It is stating the obvious to mention that our summer season was impacted by Covid and the wet weather.

Despite these challenges, since the last newsletter, WHO successfully delivered two SSS Wednesday evening events and a Sunday Sprint. We managed to avoid the worst of the rain at each event. Sometimes it rained the day before, sometimes on the morning and again after we finished. Councils closed sports grounds all over Sydney and we learnt to be agile, making changes to courses, closing routes to avoid newly created waterfalls and realising tracks were also watercourses. Thank you to our organising teams who added extra tasks to check on safety.

Hopefully with the autumn and winter events the usual Sydney weather will return and we can put away our soggy shoes and enjoy the NSW bush.

The Metro League season is getting near. For those not familiar with this series, it is an interclub competition.

WHO enters a team in five of the six Divisions and at each Metro event we compete against another club. At the end of the season the two best in each division play off in the final. The Metro events are held in the Greater Sydney area. Courses are designed to be midway between urban standard and state level and are great to develop your skills and enhance your navigation.

If you are looking for some bush events during the winter, there are two options within 2 hours of Sydney. Make a day of it – have a run in the morning and a bit of touring in the afternoon. To the south the Forest Series is organised by the Southern Highlands Club and to the north regular Newcastle events are often close to the motorway. Check Eventor for the dates and details. On your way home from the south a visit to Gumnut Patisserie is highly recommended. They have outlets in Berrima, Bowral and Mittagong. If returning from the north there are many beach-side places that have good coffee and great views.

New members

Welcome to Laura Cunneen and Chris Chan.

Hi Laura and Chris - We look forward to meeting you at the upcoming WHO events. See Metro and Wyangala items below. WHO members usually wear blue and are a good source of information. New members receive a free blue WHO shirt so please make yourself known to Ian Miller.

WHO CLUB MEETINGS

If you are keen to know more about our club and find out how you can contribute, join us at one of our upcoming meetings. The next **WHO meeting dates are:**

- Monday 11 April 7.30pm
- Wednesday 4 May 7.30pm

All welcome ! The meetings are currently held via zoom, We discuss future WHO events, map making and equipment purchases. It is all very informal. You don't even need to leave home! Watch out for the meeting invitations for details.

Don't hesitate to contact Maureen if you have any questions or feedback.

Maureen
Secretary and Public Officer
Western and Hills Orienteers Inc. (WHO).

WHO Upcoming Events

| DATE | EVENT | LOCATION |
|------------|--------------|----------|
| Sat 14 May | State League | Wyangala |

WYANGALA STATE LEAGUE EVENT

WHO is organising NSW State League #5, a middle distance event at Wyangala on Saturday May 14th. The organiser is Karen Langan. Courses are being set by Rebecca George and the controller is Sheralee Bailey. Helpers for a number of roles are needed.

The start window for our event is early afternoon. Some set up will be done on Friday afternoon with the major action on Saturday morning. All helpers will have the opportunity of running. Thank you to those who have already volunteered to help.



"Wyangala Waters" is undulating terrain with mainly open fields, but has some forest cover with some steeper and rockier areas. It is generally good running although there are some areas of thicker cypress pine. There is scattered to complex areas of granite rock and cliffs, with some areas quite intense. Excellent views of Lake Wyangala occur regularly across the area (see photo above)

Wyangala was last used for a NOL and the NSW Middle distance championships in May 2019. This is a top area to test your skills.

Rob Bradley who set the 2019 courses commented:
Wyangala is a great place to try bush/granite orienteering because:

1. It's middle distance so lots of shorter legs;
2. The maps is not much larger than 1000 x 500 metres and it has fences, tracks and a lake around most of the map so you can't easily wander off it;
3. There are tracks and roads through the map that can help with navigation;
4. The map has mainly open land or lightly forested areas so visibility is good and it's easy running;
5. It has great views of the lake from many parts of the map (But don't look at the views for too long and forget to navigate);

6. There are areas of complex granite that makes for challenging orienteering but they are not so large that you can get overwhelmed by it;
7. If it's a warm day you can have a swim in the lake after your run;
8. Despite the many advantages as a place for less experienced orienteers to try bush orienteering the runnability and complex granite can challenge even experienced orienteers;
9. It's one of the few places we orienteer that you can stay or camp on the map; and,
10. It's a nice part of the State to visit.

What you can expect looks like this:



Travel distances and times: Wyangala is 42km from Cowra (45mins), 115km from Bathurst (1.5h), 350km from Sydney (4 - 4.5h).

Accommodation:

WHO has made a booking at Reflections Holiday Park-Wyangala Waters which is on the map. Options available include cabins, cottages, bungalows, tent and caravan sites. See Maureen's email dated 4/04/22 for details.

Lyndhurst, Mandurama, Carcoar and Blayney on the Mid Western Highway have accommodation options also, as do the larger towns of Cowra and Bathurst.

The following day, Sunday 15th May on the nearby Roseberg map, Goldseekers will run a long distance State League, so block out the weekend. Roseberg State Forest is 40mins drive from Wyangala, 25mins from Lyndhurst and 1h from either Cowra or Bathurst.

METRO LEAGUE 2022

With the Summer Series behind us, it's time to gear up for Metro League, Sydney's premiere winter orienteering comp. Metro League is unique in that it is a team comp - each club fields teams across six divisions across 6 rounds, and different teams go head-to-head in each round. Last year, WHO fielded teams in Divisions 1, 3, 4, 5 and 6. Division 1 features the hardest/longest courses while Division 6 has moderate courses suitable for beginners and children.

Metro League dates are set for May 1, May 22, Jun 26, Jul 31, Aug 28, and Sep 18, although at this stage it looks like the first round on May 1 will be rescheduled. All venues are in the Sydney area, in fact its a great way to see some fantastic little pockets of bushland around Sydney. Its also a great transition into bush orienteering if you have mainly been running Summer Series.

We are now looking to gauge interest from club members in this season's Metro League so that we can estimate team numbers. Please contact your Club Captain Josh Braidwood joshuabraidwood@optusnet.com.au to register your interest or if you have any questions about how Metro League works.

There is something for everyone at Metro League. It's also a great way to meet your fellow WHO club members. If you're new to orienteering, there are suitable courses for you - we'd love to have you join us.

See you at Metro League!

Josh Braidwood
Club Captain

PUZZLE

REARRANGE THE LETTERS

Example DORMITORY = Dirty Room

ELEVEN PLUS TWO

Rearrange the letters to make it come out the same.

JUNIORS CAMP

The first junior camp for 2022 is April 9-14 in Armidale.

The provisional program is:

Apr 9-10 - State League events

Apr 11-13 - orienteering training

Apr 14 - travel to Kingaroy in readiness for Easter carnival

Any junior who would like to move up to Moderate courses is welcome to join the NSW junior squad - they have a lot of fun while improving their skills and fitness.

Have you run on every street in your suburb?

What do you do if the ultra-distance event you have trained months for is washed out ? Bel decided to run every street in her suburb All 50kms !

Orienteering Jargon and Acronyms

Having trouble with the acronyms and jargon. Several sneak into this newsletter. If you are unsure, check the WHO Orienteering Dictionary later in this newsletter.

Mapping Field Worker Wanted

We want to expand the Winston Hills map by adding a section on the northwest side of Old Windsor Road. Barry Hanlon has drawn the base map. It needs to be field checked. Field checking is where the theory and reality are matched. You check the map to the actual features and update the map if it doesn't look right. This is a great way to improve your mapping skills. You would work with a mentor who would add the updates to the OCAD map. Contact Barry Hanlon bhanlon@bigpond.net.au if you can help.



SOS NEWS

SOS is on holiday until Term 2 starts. However planning is underway for a SOS Training weekend on 30 April / 1 May. Watch out for details.

SYDNEY SUMMER SERIES WRAP

A very damp 31st season of the Sydney Summer Series concluded on 30 March at North Sydney followed by presentation of awards. A point score operates over the season with the winners in each gender age group scoring 100 points and the points scaled down for other finishers. This season your best 10 scores were counted meaning a maximum of 1000 points was possible.

WHO performed well achieving three first places, one second, four thirds and four fourths.

Thank you to all who assisted with the WHO events and congratulations to all the participants with special mention to Samanatha Teoh who led the Mini class, Savanna Sweeney first in the Junior Women and James McQuillan first in Masters Men. Only 180 days to the start of Season 32 !

SSS Point Score – WHO Results

Places are determined by the total points scored completed with the best 10 scores counting (maximum 1000 points) are:

Minis

Samantha Teoh 1st with 700 points
Justine de Remy de Courcelles 10th= with 100 points
Harvey Teoh 10th= with 100 points

Junior Women

Savanna Sweeney 1st with 905 points
Justine de Remy de Courcelles 3rd with 725 points

Open Women

Georgina Beech 3rd with 943 points

Masters Women

Sylvia Teoh 4th with 897 points
Emmanuelle Convert 5th with 801 points
Charissa Patacsil 16th with 72 points

Veteran Women

Deb Walsham 2nd with 959 points
Saffron Sweeney 4th with 856 points
Karen Langan 6th with 780 points
Yvonne Fillary 23rd with 144 points

Immortal Women

Janet Morris 3rd with 726 points
Marion Gledhill 4th with 710 points

Junior Men

Will Kay 3rd with 837 points
Seth Sweeney 4th with 774 points
Lachlan Coady 29th with 38 points

Open Men

Chris Chan 10th with 274 points
Barry Hanlon 25th with 59 points

Masters Men

James McQuillan 1st with 1000 points
Vivien de Remy de Courcelles 6th with 909
Dan Smith 24th with 161 points
Andrew Hill 31st with 100 points
Lee Coady 48th with 26 points

Veteran Men

Gary Farebrother 14th with 831 points
Scott Henderson 23rd with 721 points
Paul Sweeney 60th with 96 points

Super Veteran Men

John Murray 15th with 818 points
David Noble 18th with 808 points

Legends Men

Martin Mansfield 11th with 823 points
Ian Miller 12th with 760 points
Graeme Hill 13th with 753 points
Steve Dunlop 15th with 739 points

Immortals Men

Malcolm Gledhill 6th with 771 points
Ted Mulherin 13th with 202 points

(Ed. Apologies if I have missed anyone.)

The full results and point score list is at
<https://www.sydneysummerseries.com.au/season/20212/2/points>

O'SHEA 2022 – 40th birthday

The O'Shea weekend of orienteering organised by Central Coast Orienteers was celebrating its 40th anniversary this year. Held on the first weekend of March it is an unusual format for orienteering. There are 3 races for teams of two:

- First up is a relay with one team member doing a longer line course and the other a shorter line course with cumulative time being your team result.
- Then later on Saturday there is a night event, again two line courses of varying length but this time team members start together and only the time of the fastest is counted towards your team overall time.
- Finally on Sunday morning there is a sort of score course where teams must collect all controls by splitting them between both members. The time starts with map observation and decisions as to who will collect what and finishes when both team members punch the finish: no need for one team member to collect controls in 45

minutes if their teammate collects theirs in 55, they'll have to wait at the last control (the only control collected by both team members) to finish together.

The 2022 edition was Emmanuelle, Justine and my third participation. The format means that Justine was able to join Emmanuelle for some of the races each time.

Two years ago, the loss of access to the original area meant that the event was mostly a street and track event. Not very exciting but the team format is good fun and being by the water, some of us had a swim before and after the presentation on Sunday.

This year Saturday and Sunday were bush events of the hard level, similar to the upper divisions of a Metroleague in difficulty. The night event included Mt Penang botanic garden which was great fun, a sprint in the dark. Due to the rain, this year's bush events on Saturday and Sunday were made very challenging. Creeks were very wide and as most of us found out quite deep too with reports of swimming. The level of difficulty I would estimate as State League (I usually run hard 2 courses). If we thought it was wet on Saturday, running in the same area on Sunday after a huge downpour earlier in the morning made things worse with tracks looking like creeks, water level in creeks higher than the day before and slippery ground even when contouring.

A bit of fun was added to this year's Saturday event with the fastest runner on a number of legs for of the 3 courses on offer being awarded a box of chocolates. There were climbing leg, long leg, technical leg and fastest finish leg. You could only win one box of chocolates. That meant that all those who ran faster than me on the long leg had already won their share of chocolates on previous legs, so I was able to score my box of chocolate by running that leg probably 2 minutes slower than them!

Also winners of each category (there are long pairs and short pairs) and each event distance (long, medium and short) got a fruit cake at the end. The slowest team also gets a fruit cake: conveniently one member of the slowest team arrived during the presentation, her teammate was not there yet... and actually had still not finished by the time everyone left! And those who did not get a fruit cake got a bag of lollies. You really should have been there! Well there is always next year.

Vivien

Ed - We want to have a large contingent of WHO members for next year's O'Shea.

STATE LEAGUE 1 – March 19 NSW Sprint Championships

The NSW Sprint distance Championships launched the 2022 State League program at the Ourimbah Campus of Newcastle University.



Eighteen WHO members participated in almost ideal conditions with impressive results. Occasional light drizzle and the wet grassed area didn't seem to slow

Five WHO members are 2022 state champions.

Justine de Remy de Courcelles (W12A), Lachlan Coady (M14A), James McQuillan (M40A) Deb Walsham (W45AS) and Janet Morris (W80A). Second places were recorded by Will Kay (M16A), Lee Coady (M40A), and Barry Hanlon (M85A) and third by Levi Coady (M10A), Constance Valais (WOpenB), Emmanuelle Convert (W45A), Vivien de Remy de Courcelles (M45A), Karen Langan (W50A) and Stephen Dunlop (M70A).

STATE LEAGUE 2 – March 20

Harder courses were the order of the day for the first State League bush event for 2022. We again avoided the rain with the club team of 19 recording 6 first places in a broad range of classes from W12A to M85A.

Firsts were: Justine de Remy de Courcelles (W12A); Lachlan Coady (M14A). Janet Morris (W80A); Barry Hanlon (M85A); Martine Valais (W18A) and Emmanuelle Convert (W45A);. **In second place was:** James McQuillan (M40A) and **third places were gained by:** Levi Coady (M10A), Lee Coady (M40A) and Nerise McQuillan (W35AS).

The State League now heads off to Armidale for the weekend of April 9 and 10 with the Easter events in Queensland the following week. Best wishes for good results.

Sydney Sprint Series Final 13 March 2022

In a busy march, WHO organised the final sprint event just 6 days before the NSW Championships.

Thank you for contributing to the success of the sprint event at Balcombe Heights last Sunday evening. The

event went well and we even had a "walk in" who completed the short course.

Lachie Coady set the courses. His first time setting. His courses were deceptive, confusing some experienced orienteers. Lachie had a busy day as Sunday was also his cricket final which his team won and he did a shift on the computer learning to watch out for negative times (the clock went back 12 hours).

One of the great things of belonging to WHO is the spirit of volunteering that was once again in evidence last Sunday. We invariably have more volunteers than tasks which means that things get done quickly and efficiently. For example packing up was quickly completed and we had the gear back to Steve Dunlop before dark.

When we opened the start on Sunday, Dan Smith and I looked back at a large group of WHO members gathered around the registration tent chatting. It was a great reminder of how social our club is. Please continue this way.

There were contributions from too many for me to name for fear of missing someone.

Thank you for your assistance - Ian Miller / James McQuillan

You can see the results [here](#).

THANK YOU To the newsletter contributors – Robert Bradley, Vivien de Remy de Courcelles, Josh Braidwood and Barry Hanlon.

Summer in Sydney 2021/22. If you cant see the hills it is raining and if you can see the hills it is probably a gap in the showers.

NOL Round 4/5 – ACT. April 3/4

The National League moved to Bungendore for the ACT Wildfire Autumn Classics where the new "Sport" classification replaced the previous "AS" classes for the first time. Selwyn and Seth Sweeney represented NSW as part of the Stingers team.

Selwyn (M20E) placed 19th in 75:29 on day 1 and 16th in 122:00 on day 2.

Seth was 6th in M20Sport in 94:15 on day 1 and 7th in 129:15 on day 2.

Savanna was 3rd in W14A in 64:24 on day 1 and 2nd in 110:05 on day 2

Saffron was 6th in W50A in 89:50 on day 1 and 8th in 180:14 on day 2

Karen Langan was 8th in W50A in 115:06 on day 1 and 7th in 157:39 on day 2

Club member results are posted on the web at
<https://whorienteers.net/Club-News-2022>

Keep up to date with the latest Club News

on Facebook at

<https://www.facebook.com/pages/category/Community/Western-Hills-Orienteers-363738563689907/>

or the WHO web page at

<https://whorienteers.net/Club-News-2021>

COVID-19

The latest ONSW information for participants and organisers can be found at

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

Patient: The problem is that obesity runs in our family.
Doctor: No, the problem is no one runs in your family.

I cant wait to walk down the aisle one day and hear those magic words
"This is your captain speaking"

ONSW EVENTS AND ACTIVITIES

| DATE | EVENT | LOCATION |
|----------------|------------|--------------------------------|
| 9 to 11 Apr | Junior | Junior camp at Armidale |
| Sat 9 Apr | State | SL#3 at Armidale |
| Sun 10 Apr | State | SL#4 at Armidale |
| 15 to 19 Apr | Easter/NOL | Easter 3 Days Queensland |
| 30 Apr & 1 May | BH | Training Weekend Hunter Valley |
| Sun 1 May | Metro #1 | Mitchell Park, Cattai |
| Sun 8 May | Forest #1 | Highland Forest Series TBA |
| Sat 14 May | State | SL#5 at Wyangala (WHO) |
| Sun 15 May | State | SL#6 at Roseberg |
| Sun 22 May | Metro #2 | Grays Point |
| Sun 29 May | Forest #2 | Highland Forest Series TBA |
| 11 to 13 June | QBIII | Wagga area |

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

2022 NSW Schools Team.

Orienteering NSW is calling for nominations for the **2022 NSW Schools Team**.

Up to 20 high school students - junior boys and girls (15 and under), and senior boys and girls - are selected to compete in the [Australian All Schools Championships](#) in individual and relay races.

In 2022, the squad (known as the **Caribines**) will travel with a manager and coach to **Victoria** for a week of competition during the September/October school holidays.

Nominations close on April 9. The squad will be announced by mid-June on the ONSW website and on Facebook.

Compulsory selection events are the Armidale State Leagues on April 9-10 and the QB III carnival in Wagga on June 11-13.

Nominees are strongly encouraged to compete at all [State Leagues](#). Please submit your nomination via [Eventor](#).

ONSW 2022 Annual General Meeting

will be held on Monday May 2 at 7:30pm by Zoom.

Any member may attend. Only club delegates may vote.

As it is a Zoom meeting, pre-registration is required. To register, please email ONSW Administration Officer, John Murray admin@onsw.asn.au and cc to Secretary Mary Jane Mahoney secretary@onsw.asn.au with your full name (if more than one person is attending at your location, all names), club affiliation, email address and club delegate status.

CONGRATULATIONS It is 50 years since the first meeting that led to Orienteering NSW. The inaugural committee was elected on 24 March 1972..

NSW Winter 2022 Schedule

The updated [draft Winter 2022 calendar](#) can be found [here](#)

NATIONAL EVENTS

Easter 2022 Carnival & NOL Sprints

Late entry closes Friday 8 April

Visit the web page at <https://www.easter2022.com.au/>

Get all the latest news on our Facebook

<https://www.facebook.com/easter2022>

Challenge yourself on the superb terrain of the Kingaroy region. World-class granite orienteering - scattered to complex granite in predominately open and very runnable undulating eucalypt forest (15-18 April). Followed by the **NOL Sprint Round & sand dune fun** on the complex sand dunes and campuses of the Gold Coast (21-24 April).

- five fantastic events on the Gold Coast
- includes three brand new maps, an updated university map and an updated treasure

QBIII

Entries for the **QBIII carnival in Wagga** on the June long weekend are open. You can enter 1, 2 or all 3 days [here](#)..

AUSTRALIAN CHAMPIONSHIPS

Events from 24 September to 2 October
Entries close 28 August.

It would be great to have a large WHO contingent at the Oz Champs at the end of September. The information below is from the

Australian Orienteer magazine.

A CARNIVAL FOR ALL

The Australian Orienteering Carnival is a carnival for all abilities – make it your own

Many Orienteers in Australia have never been to one of the Australian Orienteering Carnivals. The great thing about these carnivals is they have something for everyone. They have four event types, sprints, middle distance, long distance and relays and more courses to choose from than a normal orienteering race. If members of your club are heading to the Australian Championships this year then why not join them? Apart from being the first championships for three years, the carnival is being held in a beautiful and historic part of Victoria – a great place for a holiday and it will showcase a variety of terrains; from a historic school to areas with gold mining and granite.

Even though some of these events are called Championships, there is no qualification or exclusion. Unlike just about every other sport's national championships, the "nationals" in orienteering are open to any orienteer that wants to give it a go. Usually that means eight or nine hundred giving it a go . Whilst there will be lots of opportunities to see Australia's best competitors in action, there will be nine diverse and high quality events that will have lots of ordinary orienteers out there. They will be enjoying the challenge of navigating around their courses without being too concerned if they win or lose, and quite likely without having done any training other than attending their local events.

What's really special about the carnival though is that it is the Big Event of the year. You will be amongst orienteers from all over Australia, and with any luck, many from New Zealand and beyond. The carnival also embraces the Senior schools championship so every state sends their schools teams and NZ sends teams over as well. The great thing is you can enter the types of event you want and can even chose different classes on different days. Some people enter their own age class for some events but chose to enter a shorter course for the longer events. Others chose to run "up" against the elites for the sprint event wanting the challenge of comparing themselves to the best. Some people enter everything while others cherry pick the events that suit them. How many of the nine events you do is up to you.

There are lots of distractions in the area. Lots of historic towns, great local wines, areas known for their restaurants, pubs and breweries or sit down at a gemütlich café or give the bike a spin.

So come along, and create a carnival that suits you. If you want any help with entries then please contact entriesaoc@vicorienteering.asn.au

Historians in Ireland have discovered what they believe to be the headstone of the world's oldest ever living man.

He was 193 and his name was Miles from Dublin



ROGAINE RESULTS

Teams are of two or more. Rogaines have numerous classes. Class W is women, M is men, F is families, V is Veterans, U is ultra veterans, X is male and female.

2022 Minigaine 27 Feb 22 at Cherrybrook (3 hours, 112 teams)

Kathryn Vaughan and Madonna Cavanagh
29th Overall, 4th in Class W, 1st in Class WV

Emmanuelle Convert, Justine de Remy de Courcelles
53rd Overall, 9th in Class W, 4th in Class F

Chris Chan, Bryan Ho and Justin Nam
67th Overall, 27th in Class M.

Lane Cove Rivergaine IV 3 Apr 22 at North Sydney (6 hours, 140 teams)

Georgina Beech and Tim Austin
3rd Overall and 1st in Class X

Belinda Kinneally and Dan Smith
16th Overall, 6th in Class X and 4th in XV

Graeme Hill and Anne Newman
18th Overall, 8th in Class X, 6th in XV, 1st in XUV, 1st in XSV

Kathryn Vaughan and Madonna Cavanagh
29th Overall, 4th in Class W and 3rd in WV

Lee and Lachlan Coady
48th Overall, 3rd in Class F, 21st in M

Chris Chan, Sunny Liang, and Justin Nam
74th Overall, 27th in Class M

Robyn and Steve Dunlop
91st Overall, 48th in Class X, 31st in XV, 10th in XSV,
4th in XUV

Emmanuelle Convert, Justine de Remy de Courcelles, Willow Langtry
106th Overall, 13th in Class N, 18th in W

The WHO Orienteering Dictionary.

Orienteers regularly use acronyms and jargon. Several sneak into this newsletter. Here are some explanations from the WHO orienteering dictionary:

Carbines – NSW Schools team sponsored by the Carbine Club

Easter 3 Days – National level orienteering carnival this year to be held in Queensland

Long distance events – endurance orienteering with lengthy distances between controls and winning times in excess of 40 minutes and up to 2 hours for elites.

Metro – The Metro League series of interclub events run between May and September.

Middle distance events – orienteering with multiple changes of direction with winning times of around 30 to 40 minutes.

NOL – National Orienteering League. National level events rotated around the states and used for selection of Australian teams.

ONSW – Orienteering NSW

QBIII (or QB3) - Queens Birthday long weekend orienteering carnival, this year to be held around Wagga.

Rogaining – Endurance orienteering of 3, 6, 12 or 24 hours where they hide controls to make them more difficult to find.

SL – State League. High level competition events held in NSW and the ACT from March to October.

SOS – Saturday Orienteering Series held around Sydney most Saturdays during school term times.

Sprint – Short distance orienteering with many changes of direction with winning times of around 12 to 15 minutes.

SSS – Sydney Summer Series held on Wednesday evenings around Sydney during daylight savings.

WHO – Western and Hills Orienteers

WSOS – Western Sydney Orienteering Series held during December and January.

PUZZLE ANSWER

Twelve plus one