



“WHO runs the country”

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Dharug Country November 2022

I think the most exciting news since our last newsletter is that of Savanna Sweeney being selected in the Australian Schools Honour Team. This was off the back of consistent performances at the Australian Champs in Vic and her contribution to NSW defending the trophy won in 2019. Well done Savanna!!

The carnival looked fantastic and I'm sure it was just that for those that travelled south. The next big event is Xmas 5 Days in the Lithgow region. WHO are contributing with an event at Mt Piper on Day 2. It isn't that far, just over the mountains and it promises to be pretty special. Slightly further off - keep in mind that the 2023 Easter Carnival will be on our doorstep, near Jindabyne. It would be awesome to have a big WHO contingent fronting up.

WHO is a club on the rise. Our memberships are growing and our performances are improving. We secured 3rd place in the NSW Interclub Competition for 2022, which is calculated from results in the NSW State League. It is weighted towards participation, so unsurprisingly the two largest NSW clubs of Newcastle and Garingal topped us. But we aren't too far behind and I'd like to see us move up a position in the next year or so. We'll need your help.

On a personal note, I broke my arm recently and am looking forward to recovering and being able to enjoy the Summer Orienteering schedule. Looking forward to seeing you at an event soon.

James McQuillan, President
Western & Hills Orienteers

WHO HEADLINES

SAVANNA AND SHAY EARN NATIONAL RANKING HONOURS

Based on their results at the Australian 3-Days Championship, Australian Championship and the Victorian Middle Championship, Savanna is in 5th place nationally in the W14 class, and Shay is in 4th place in M12.

Savanna also made the Australian Schools Honour Team in the Junior Girls section.

The Club congratulates our top juniors on their achievements.

WHO MEMBERS WIN STATE TITLES

Six more state champions plus 8 second places and 4 third places. See more on the NSW championships on Page 5

SETH WINS SSS#4

At Castlewood, Seth became the 13th WHO member to outright win a SSS event. Andy Hill leads the list for WHO with 172 SSS wins.

WHO RANKED THIRD IN STATE LEAGUE

On the State League table WHO achieved 3rd place with 948 points.

JAMES WINS METRO DIV 1

James won the medal for the best individual in the Metro League Division 1.

WHO CUP, WHO ANNUAL AWARDS and AGM

Sunday December 4th at Acacia Shelter Lizard Log Park (part of the Western Sydney Parklands). The entrance is via the corner of Cowpasture Road and The Horsley Drive Abbotsbury. Run first with starts between 9:30am and 11am. Lunch provided by WHO at 12 Noon. BYO drinks. Followed by award presentations and a short AGM. Target finish time is 1:30pm.. We have hired the Acacia Shelter at the Lizard Log area of Western Sydney Regional Park.

THIS EVENT IS FREE TO WHO MEMBERS.

Entries are open on Eventor at <https://eventor.orienteering.asn.au/Events/Show/18153>

Please pre-enter so we know how many to cater for and how many maps to print. If you want vegetarian food please select the “Vegetarian” option on the added services. Helpers needed to ensure everyone can run. Remember to RSVP to Maureen’s email.

WHO CUP TIME !

Your annual chance to make history has arrived. There are three trophies on the line at the WHO Cup. Fastest Female, Fastest Male and the ultimate prize Winner on Handicap. The secret handicapper creates kilometre times for each WHO member and applies it to the finish times. This is a very difficult trophy to win. The courses have been set for the WSOS so you compete in two competitions at one time.

WHO Awards - After the WSOS and WHO Cup runs, stay around for the WHO award presentations. There are five trophies including the WHO Club Champion and the Hank Van Oost award for the person who contributed the most to the club over 2021-22.

WHO AGM – Following the presentations we will hold the club’s Annual General Meeting. Traditionally this is a short meeting and we have targeted a 1:30pm finish.

THE NEXT WHO EVENTS

Wednesday 16 November – SSS at Darvall Park, Chatham Road, Denistone. Starts from 4:30pm to 6:45pm

XMAS 5 Days including WHO’s event at Mt Piper on 28 December

Entries are open for the Xmas 5-days on from 27-31 December around Lithgow. You can enter for 1, 2, 3, 4, or 5 days. Here is the link to further information

<https://eventor.orienteering.asn.au/Documents/Event/14467/1/Program>. Look out for the WHO banner every day as a meeting point.

WHO is organising the Day 2 event at Mount Piper on the morning of Wednesday 28th. Emmanuelle is the organiser with James and Karen the Controllers. We are looking for helpers for the day before and on event day. Help appreciated on the day prior (the morning of 27th), as the 1st event is the afternoon of 27th and we have to be ready to start our event at 8am on 28th!. Let Emmanuelle know if you can assist. Watch out for further information.

It is a good idea to book your accommodation now. WHO folk are staying at:

- Black Gold Motel, 121 Main St Wallerawang ph 02 6355 7305 (their usual motel dining room is not open during this time)
- Dalli’s Campground, 1570 Glen Davis Rd, Capertee ph 0419 901 993

New Members – Welcome to Nathan, Albert, Gracie and Lucas Tang. Great to have you as part of the WHO team. We look forward to meeting you at an upcoming orienteering event. New members receive a free blue WHO shirt so please make yourself known to Ian Miller.

COVID – Take care and stay safe. Covid has recently increased in NSW. The simplest way to protect yourself is to wear a mask in enclosed areas.

2022 AUSTRALIAN SCHOOLS CHAMPIONSHIPS

NSW is 2022 National Schools Champion

There were three WHO Juniors in action at The Australian Schools Orienteering Championships which were part of the Australian Championships Carnival and held from Monday 26th to Wednesday 28th September. Day 1 was the sprint distance, Day 2 the long and Day 3 the relays. There are seven state teams, two schools teams from New Zealand as well as Australian and New Zealand invitational teams.

Savanna representing NSW finished equal 5th in the Australian Schools Junior Girls and equal 9th in the trans-Tasman competition. Lachlan representing NSW finished 25th in the Australian Schools Junior Boys. Seth representing the All Australian Invitational Development team senior boys was the 14th Australian.

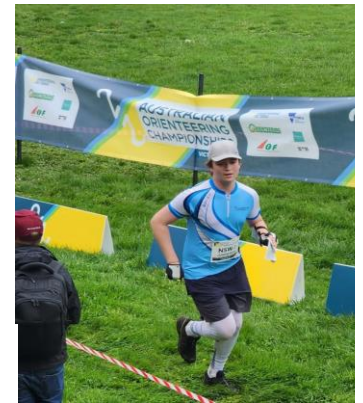
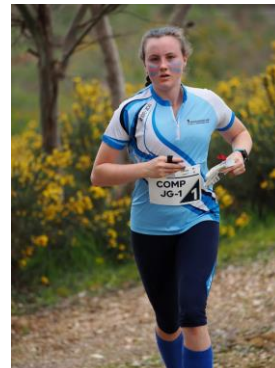
The NSW team (known as the Carbiners) defended the shield they won in 2019. Topping it off, Savanna has been named in the Australian Schools Honour Team!

Huge congratulations. What a week!

AUST SCHOOLS			
Sprint Chs	Class		Time
Savanna Sweeney	Junior Girls	9th	15:52
Seth Sweeney	Senior Boys	20th	16:11
Lachlan Coady	Junior Boys	36th	18:11

AUST SCHOOLS			
Long Chs	Class		Time
Savanna Sweeney	Junior Girls	10th	35:43
Seth Sweeney	Senior Boys	34th	65:08
Lachlan Coady	Junior Boys	38th	45:13

AUST SCHOOLS			
Relay Chs	Class		Time
Seth Sweeney	Senior Boys	7 th	53:54
Lachlan Coady	Junior Boys	9 th	50:23
Savanna Sweeney	Junior Girls	11 th	38:41



AUSTRALIAN CHAMPIONSHIPS

The 2022 Australian Championships were held in Victoria in “cool” conditions. The weather patterns were not kind to Victoria over the period before the Carnival with the competition terrain having received a lot of rainfall.

After a hiatus of 3 years, the Australian Championships carnival returned. The carnival offered diverse and high quality terrain in a beautiful area of Victoria. The Orienteering Grand Prix was added to showcase orienteering to a wider community, and offer head-to-head racing. It was a welcome return to the southern hemisphere’s foremost week of orienteering.

EVENTS (24 September to 2 October)

1. Victorian Middle Distance Championship at Daylesford
2. Orienteering Grand Prix at Daylesford
3. Australian Middle Distance Championship at Blackwood
4. Goldfields 3 Day - Day 1 and Australian Schools Sprint Championship at Kyneton
5. Goldfields 3 Day - Day 2 and Australian Schools Long Championship at Mt Alexander
6. Goldfields 3 Day - Day 3 and Australian Schools Relay Championship at Chewton
7. Australian Sprint Championship at Sunbury
8. Australian Long Distance Championship at Maldon
9. Australian Relay Championship at Campbells Creek

WHO had a strong contingent. Photos on Page 9 and results on Page 12 and 13 and also on the club web site.

Janet’s Australian Championships Observations

Barry and I have just returned from Victoria which we visited for the recent 9 day carnival of orienteering events which offered nine events. Multiday carnivals are a great way of experiencing new areas both for the terrain used for the maps and for the local attractions. Competitors were there from all States and from New Zealand. I think there

were more from New Zealand than NSW. The total number of competitors was over 1000.

For a Sydneysider, visiting the Goldfields area of Victoria is like visiting a different country. The wealth from the gold found in the 1800s financed the construction of impressive buildings in such towns as Daylesford and Castlemaine, where events were held. Also, the gold mining extensively altered the landscape leading to complex maps including pits, mounds, water channels and mineshafts.

A few WHOs made the trip. Two families did well, the Sweeneys and the Coadys. WHO results are listed on the WHO website. Outstanding results were Selwyn’s first in the Mens B course for the Goldfields 3 Day and Seth’s best time in the 21AS relay.

Janet Morris

THE WHO SUMMER PROGRAM

Our second SSS is imminent at Darvall Park, Chatham Road, Denistone on the Rolly Polly Hill map. The Western Series (WSOS) starts with **the WHO Cup on December 4th**. Mark the dates in your diaries.

DATE	EVENT	LOCATION
Wed 16 Nov	SSS #7	Darvall Park, Chatham Road, Denistone
Sun 4 Dec	WSOS #1 WHO CUP + AGM	Acacia Shelter, Lizard Log picnic area, Western Sydney Regional Park
Sun 11 Dec	WSOS #2	Saunders Park, St Clair
Wed 28 Dec	Xmas 5 Days	Mt Piper
Sun 8 Jan	WSOS #4	McCoy Park, Old Toongabbie
Sun 22 Jan	WSOS #5	Auburn Parks, Chiswick St, Auburn
Wed 22 Feb	SSS #21 NEW MAP	Ted Horwood Reserve Baulkham Hills.
Wed 22 Mar	SSS #25	Upjohn Park, Rydalmere

NSW MIDDLE & LONG DISTANCE CHAMPIONSHIPS

WHO celebrated success with a total of six NSW 2022 Champions along with seven second placings and five thirds.

Middle Distance

On Saturday 5 November they were challenged by intricate rocky terrain at Noahs Ark Ridge near Molong. Ten of our team placed in their events.

Making it into 1st places were Savanna Sweeney W14A, Lee Coady M40A and Barry Hanlon M85A. Taking second positions were Justine de Remy de Courcelles W12A, Paul Sweeney M45AS and Janet Morris W80A. We had four runners speeding into the third place slots: Levi Coady M10A, Lachlan Coady M14A, Shay Sweeney M12A and his brother Seth M18A.

Name	Class		Time
Savanna Sweeney	W14A	1st	38:29
Lee Coady	M40A	1st	57:56
Barry Hanlon	M85A	1st	57:36
Justine de Remy de Courcelles	W12A	2nd	25:11
Janet Morris	W80A	2nd	125:18
Paul Sweeney	M45AS	2nd	52:54
Levi Coady	M10A	3rd	29:05
Shay Sweeney	M12A	3rd	18:32
Lachlan Coady	M14A	3rd	41:43
Seth Sweeney	M18A	3rd	55:56
Emmanuelle Convert	W45A	5th	53:33
Vivien de Remy de Courcelles	M45A	5th	62:03
Selwyn Sweeney	M20A	6th	51:19
Saffron Sweeney	W50A	4th	96:05

Long Distance

The long event on Sunday 6th was held in technically and physically difficult spur-gully native forest at Rocky Falls just north of Mullion Creek. The Club team maintained their top level performance with most placing in their divisions.

Lee Coady dropped back but Justine moved up to fill the gap. 1st places were Barry Hanlon M85A, Savanna Sweeney W14A, Justine de Remy de Courcelles W12A. WHO seconds were: Lachlan Coady M14A, Seth Sweeney M18A, Paul Sweeney M45AS and Janet Morris W80A. Lee Coady sped into 3rd position in M40A.

Congratulations Team!

Name	Class		Time
Justine de Remy de Courcelles	W12A	1st	27:39
Savanna Sweeney	W14A	1st	54:37
Barry Hanlon	M85A	1st	73:10
Janet Morris	W80A	2nd	116:37
Lachlan Coady	M14A	2nd	42:22
Seth Sweeney	M18A	2nd	72:35
Paul Sweeney	M45AS	2nd	85:05
Lee Coady	M40A	3rd	105:11
Selwyn Sweeney	M20A	4th	93:55
Vivien de Remy de Courcelles	M21A	4th	136:04
Levi Coady	M10A	4th	17:35
Saffron Sweeney	W50A	4th	84:18
Emmanuelle Convert	W45A	5th	93:12
Shay Sweeney	M12A		mp

STATE LEAGUE UPDATE

WHO had a great State League season finishing third of the NSW clubs beaten only by the larger Newcastle and Garingal. See Page 11 for more details.

JUNIOR'S NEWS



The **National Junior Training Camp** will be held in Tasmania in the lead up to the Oceania Championships. It is for juniors running Moderate, transitioning to Hard, and running Hard navigation. The NSW contingent will be based at Hadspen Caravan Park.

WHAT ELSE HAVE WHO MEMBERS BEEN DOING?

GEORGINA's UTA50

While some WHO members love the kilometres covered in State League long distance events or a 12 hour Rogaine, one WHO member went further. Georgina Beech tackled the famed UTA50 event around Katoomba. With a distance of 50kms including 1750m plus of climb it drew 1736 starters.

The start is on the KCC Oval (opposite Scenic World) and heads east along sections of Cliff Drive and Prince Henry Cliff Walk. You visit the Fairmont Resort and Nature Track before hitting Wentworth Falls, and then onto Kings Tableland Road. At 28km you reach the turnaround, before heading back. Once off Kings Tableland Road, runners again go through Wentworth Falls, the Fairmont Resort and onto the Prince Henry Cliff Walk finishing at KCC Oval to complete the 50km.

Georgina completed the course in 5 hours 5 minutes and 51 seconds, finishing 2nd in the Veteran Women's class, 4th female and 45th overall. **Awesome ! Congratulations !**

SSS REPORT

A record 131 season tickets sold indicates the strength of this series in its 32nd season. Season tickets are still good value and make registration easier and quicker. They can be purchased on Eventor at <https://eventor.orienteering.asn.au/Events/Show/17791>

Six rounds in and WHO members are doing well in the points score.

SSS Point Score – WHO Results

Places are determined by the total points scored with the best 12 scores counting. The results after 6 (of 26) SSS events (maximum 600 points) are:

Minis

Shay Sweeney 1st= with 300 points
Samantha Teoh 4th with 190 points

Junior Women

Savanna Sweeney 2nd with 450 points
Justine de Remy de Courcelles 3rd with 334 points

Masters Women

Sylvia Teoh 3rd with 452 points
Vanessa Cullen 13th with 73 points

Veteran Women

Saffron Sweeney 2nd with 510 points
Karen Langan 7th with 406 points
Deb Walsham 8th with 371 points
Emmanuelle Convert 14th with 234 points
Yvonne Fillery 25th with 43 points

Immortal Women

Janet Morris 3rd with 358 points
Marion Gledhill 4th with 271 points

Walking Women

Kit Wong 2nd with 400 points

Junior Men

Will Kay 1st with 505 points
Seth Sweeney 3rd with 398 points
Selwyn Sweeney 5th with 265 points

Open Men

Chris Chan 20th with 81 points

Masters Men

James McQuillan 7th with 264 points

Veteran Men

Gary Farebrother 3rd with 486 points
Scott Henderson 14th with 386 points
Vivien de Remy de Courcelles 20th with 315
Dan Smith 33rd with 169 points
Paul Sweeney 43rd with 74 points

Super Veteran Men

John Murray 15th with 393 points

David Noble 30th with 163 points

Warren Bax 41st with 67 points

Legends Men

Graeme Hill 2nd with 557 points

Steve Dunlop 10th with 398 points

Martin Mansfield 19th with 76 points

Immortals Men

Ian Miller 1st with 459 points

Malcolm Gledhill 2nd with 458 points

Ted Mulherin 9th with 165 points

(Ed. Apologies if I have missed anyone.)

The full results and point score list is at

<https://www.sydneysummerseries.com.au/season/2021/points>

UPCOMING SSS EVENTS

DATE	LOCATION
Wed 16 Nov	Denistone
Wed 23 Nov	Belrose
Wed 30 Nov	Beacon Hill
Wed 7 Dec	Macquarie Uni
Wed 14 Dec	Lane Cove
Wed 21 Dec	Mosman
Wed 28 Dec	Westleigh

HOT REMINDERS

Enter the WHO Cup – December 4th at Western Sydney Regional Park.

Xmas 5 days near Lithgow December 27 to 31 -
Entries are now open on Eventor and close
Sunday 18 December

The WHO organised SSS is on Wednesday 16
November at Darvall Park, Chatham Road,
Denistone.

BLACKTOWN CITY SPORTSFEST

WHO were at Blacktown City Family Sportsfest on 24 September. This picture below shows a quiet moment....before a whole heap of kids swamped us to 'have a go' at our interactive O demo. Hardly surprising that they liked it. We all know that little flash/beep from the SI unit is pretty satisfying. Have you BEAN on a course?



SOS NEWS

SOS Term 4 is underway and on again this Saturday.

Saturday Date	Location
12 Nov	Knox Grammar Senior Campus, Borambil St, Wahroonga
19 Nov	Manly Vale Public School, 77 Sunshine St, Manly Vale

METRO WRAP

Congratulations to James McQuillan for having the best individual performances in Division 1 for 2022.

Metro League Final – Galston

The Metro League season finally came to a close with Garingal hosting us at Galston. And with the torrential rain we had received over previous days, this was always going to be a muddy affair! Fortunately reasonable weather prevailed during the event itself, with the sun even poking through a couple of times. Leeches were a hazard, with one WHO club member counting an amazing 16 leeches upon his return.

As far as WHO was concerned, all eyes were on our Div 5 team who were competing for finals glory with rivals Bennelong. In the end we were competitive but couldn't quite get there, going down 27-22. Thanks to Martin Mansfield (our highest scorer for the day with 7 points), Ian Miller, Maria Stankova, Janet Morris, and Nerise McQuillan for their huge effort on the day. And thanks also to all the others who contributed to Div 5 making the final this season: Matilda Saunders (our standout Div 5 runner for the season with 35 points in total), Ted Mulherin, Karen Langan and Jacinta Braidwood. Everyone contributed - great result team!

There was some other big WHO news: James McQuillan won the individual medal for Div 1, an outstanding achievement and a reflection of his consistently good performances across the season. The Div 1 field is as tough as they get, so this is a huge accomplishment - congrats James!

James was also our leading contributor to Div 1's success against SHOO-IKO-Bennelong on Sunday, where we picked up a 27-18 win. James picked up 9 points with a time of 50.59, supported by good performances from Selwyn Sweeney, Seth Sweeney, and Gary Farebrother.

We were up against Garingal in Div 2, and unfortunately went down 27-18, with Dan Smith our leading scorer with 7 points for a time of 61.52, ably

supported by Paul Sweeney and Matt Hackett (great to see you at Metro League again Matt). Dan Smith was also our leading point scorer in Div 2 for the season with 31 points.

We didn't come close to Uringa-Central Coast in Div 3, who beat us 34-18. Lachlan Coady, who has settled into Div 3 nicely this season, was our fastest picking up 6 points with a time of 56.58. Again, good support from Savanna Sweeney, Saffron Sweeney, and yours truly. Lachlan Coady was our leading point scorer in Div 3 for the season with 35 points - not bad for his season debut in Div 3!

No luck in Div 4 either, where we went down 38-11 to SHOO-IKO. We were only able to field 2 runners so it wasn't really a surprise - thanks Karen Langan for highly competitive 7 points 55.53 and a useful 4 points from Barry Hanlon. Jay Seeho was our leading point scorer in Div 4 for the whole season with 22 points.

It was a similar story in Div 6 where again we only fielded 2 runners against Garingal, who beat us 24-16. Shay Sweeney still managed to bag the 10 points though with a super fast time of 38.17, well supported by Levi Coady. Shay was also our leading point scorer in Div 6 for the season with a massive 45 points - well done Shay!

Thanks to everyone who joined in Metro League this season - it was great fun, and next season should be even bigger. If you haven't tried Metro League next year, give it a try next year!

Josh – WHO Club Captain

Ed - We may not have won anything but we did get to play in the water. Plenty of route choice – left through the water, right through the mud or straight ahead through mud and water. And then there were the leeches.

Thank you and congratulations to Garingal for delivering a great Metro Final in very trying conditions. Despite the heavy rain in the previous 24 hours the event was delivered well. Shows what great volunteers we have in orienteering.

AUSTRALIAN CH's PHOTOS



ONSW EVENTS AND ACTIVITIES

DATE	EVENT	LOCATION
Sat 12 Nov	SOS	Knox Grammar Senior Campus, Borambil St, Wahroonga
Sun 13 Nov	Central Coast	Kariong
Sun 13 Nov	River & Bay	Undercliffe
Wed 16 Aug	SSS	Darvall Park, Chatham Road, Denistone
Sun 20 Nov	Central Coast	West Gosford
Sun 20 Nov	River & Bay	Yarra Bay
Wed 23 Nov	SSS	Wyatt Reserve, Belrose.
Sun 27 Nov	Central Coast	Pearl Beach
Sun 27 Nov	River & Bay	Earlwood
Wed 30 Nov	SSS	Tristram Road Reserve, Beacon Hill.
Sun 4 Dec	WSOS	Lizrad Log, WSRP, Abotsbury

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

The Orienteering NSW 2023 draft calendar has been released and the Major Australian orienteering events schedule has been updated see https://onsw.asn.au/images/stories/events/2023_Winter_Calendar.pdf

OA (National) NEWS

Oceania 2023 Update

It is now two months to the start of the 2023 Oceania Championships in January. Preparations are proceeding apace. Go to the [Oceania 2023 Eventor pages](#) to enter. Flyer is [here](#).

What a great way to kick off your 2023 orienteering!

THANK YOU To the newsletter item contributors –Janet Morris, Josh Braidwood, James McQuillan, Barry Hanlon. Extracts from ONSW e-bulletins and OA E-news. Photos from Paul Sweeney, James McQuillan and ONSW and WHO Facebook pages.

KEEP UP TO DATE WITH WHO 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-2022>

ROGAINE EVENTS

The Search for Skippy Socialgaine, Terrey Hills, 20th November, [Enter Here](#)

This is your last chance to rogaine in 2022. Terrey Hills is one of the highest parts of Sydney. It is surrounded by Ku-ring-gai Chase National Park which features eucalypt forest, rocky cliffs, deep gorges with rainforest, and mangroves on the tidal areas.

DID YOU KNOW ?

2023 NSW Schools Championships

WHO will be organising the 2023 NSW Schools Championship weekend in August with two sprint events on Saturday 26th on a new map near Parramatta and the middle distance event on Sunday 27th at Mulgoa. Watch for further information.

STATE LEAGUE STANDINGS

The results, splits and Livelox are on the [State League page](#)

WHO achieved 6 first places, 8 second places and 4 third places. In the club competition list WHO gained third place behind mega clubs Newcastle and Garingal.

STATE LEAGUE POINTS SCORE

You can see the updated OY scores [here](#).

WHO Standings (maximum = 900 points)

MEN

M10A – Levi Coady 2nd with 739 points
M10A – Aiden McQuillan 4th with 341 points
M10A – Elliott McQuillan 11th with 74 points
M12A – Shay Sweeney 2nd with 808 points
M12A – Levi Coady 6th= with 10 points
M12A – Blake Spencer 6th= with 10 points
M14A – Lachlan Coady 1st with 900 points
M14A – Thomas Spencer 7th with 12 points
M16A – Will Kay 6th with 516 points
M16A – Lachlan Coady 9th with 66 points
M18A – Seth Sweeney 4th with 533 points
M20A – Selwyn Sweeney 4th with 656 points
M20A – Seth Sweeney 10th with 92 points
M21A – Lee Coady 13th with 85 points
M21A – Andy Hill 17th with 62 points
M21A – Vivien de Remy de Courcelles 18th with 59 points
M40A – Lee Coady 2nd with 815 points
M40A – James McQuillan 3rd with 723 points
M45A – Vivien de Remy de Courcelles 2nd with 832 points
M45A – Dan Smith 5th with 246 points
M45A – Matt Hackett 10th with 43 points
M45AS – Paul Sweeney 2nd with 857 points
M45AS – Dmitry Stukov 5th with 139 points
M50A – Josh Braidwood 17th= with 15 points
M55AS – Robert Bradley 5th with 378 points
M60A – Warren Bax 13th with 91 points
M60A – Tim Perry 18th with 47 points
M70A – Steve Dunlop 13th with 145 points
M75A – Ian Miller 8th with 51 points

M75A – Barry Pearce 9th with 15 points
M80A – Ted Mulherin 7th with 134 points
M85A – Barry Hanlon 1st with 896 points

WOMEN

W12A – Justine de Remy de Courcelles 1st with 900 points
W14A – Savanna Sweeney 1st with 900 points
W14A – Matilda Saunders 2nd with 700 points
W18A – Martine Valais 4th with 100 points
W21AS – Constance Valais 4th with 100 points
W35AS – Nerise McQuillan 2nd with 407 points
W40A – Belinda Kinneally 3rd with 273 points
W45A – Emmanuelle Convert 1st with 889 points
W45AS – Deb Walsham 5th with 100 points
W50A – Saffron Sweeney 5th with 531 points
W50A – Karen Langan 7th with 324 points
W55AS – Maureen Fitzpatrick 13th with 40 points
W60A – Maureen Fitzpatrick 10th with 20 points
W80A – Janet Morris 1st with 900 points
WJuniorB – Aurelie Valais 2nd with 110 points
WJuniorB – Jacinta Braidwood 3rd with 105 points
WOpenB – Constance Valais 10th with 220 points

OPEN

OpenEasy–Hamilton Kinneally 3rd with 132 points
OpenEasy–George Kinneally 9th with 15 points
OpenEasy – Aurelie Valais 11th with 5 points

FOR THOSE THAT HAVE GOT THIS FAR

Did you know that one of Kings Arthur's Round Table knights was responsible for keeping the maps up to date? His name was Sir Veyor.

AUSTRALIAN CHAMPIONSHIPS RESULTS

EVENT 1			
Vic Middle Chs	Class		Time
Barry Hanlon	M85A	1st	38:35
Seth Sweeney	M20A	2nd	47:48
Shay Sweeney	M12A	3rd	18:06
Lee Coady	M40A	5th	51:04
Janet Morris	W80A	6th	60:56
Levi Coady	M10A	7th	14:49
Karen Langan	W50A	17th	50:22
Savanna Sweeney	W14A	17th	37:39
Saffron Sweeney	W50A	20th	62:51
Lachlan Coady	M14A	21st	42:27
Selwyn Sweeney	M20E	23rd	39:54
Paul Sweeney	M50A		mp

EVENT 2			
Grand Prix	Class		Time
Levi Coady	M10A	3rd	15:28
Shay Sweeney	M12A	6th	10:53
Saffron Sweeney	W50A	7th	24:39
Lee Coady	M40A	10th	26:34
Karen Langan	W50A	12th	26:49
Selwyn Sweeney	M20E	27th	20:44

EVENT 3 (WRE)			
Aust Middle Chs	Class		Time
Barry Hanlon	M85A	1st	29:37
Shay Sweeney	M12A	4th	17:44
Janet Morris	W80A	5th	52:10
Savanna Sweeney	W14A	11th	37:18
Lachlan Coady	M14A	17th	37:39
Seth Sweeney	M18A	18th	86:11
Selwyn Sweeney	M20E	23rd	52:33
Saffron Sweeney	W50A	24th	79:36
Lee Coady	M21E	27th	58:45
Paul Sweeney	M50A	27th	98:28
Karen Langan	W50A	28th	117:41
Levi Coady	M10A		mp

EVENT 4			
Goldfields Day 1	Class		Time
Selwyn Sweeney	MHB	1st	15:21
Shay Sweeney	MWEasy	6th	5:07
Paul Sweeney	MHC	10th	20:43
Saffron Sweeney	WHC	13th	21:57
Levi Coady	MWEasy	18th	6:56
Barry Hanlon	MHD	40th	29:07
Lee Coady	MHA	42nd	26:44
Janet Morris	WHD	48th	35:22

EVENT 5			
Goldfields Day 2	Class		Time
Shay Sweeney	MWEasy	4th	14:56
Saffron Sweeney	WHC	7th	42:57
Selwyn Sweeney	MHB	12th	41:49
Levi Coady	MWEasy	25th	33:04
Paul Sweeney	MHC	39th	82:55
Lee Coady	MHA	39th	75:13

EVENT 6			
Goldfields Day 3	Class		Time
Shay Sweeney	MWEasy	7th	25:18
Selwyn Sweeney	MHB	9th	53:17
Paul Sweeney	MHC	16th	58:38
Levi Coady	MWEasy	19th	42:51
Saffron Sweeney	WHC	35th	86:01
Lee Coady	MHA	39th	85:15
Barry Hanlon	MHD	45th	88:23
Janet Morris	WHD	49th	119:07

EVENT 7 (WRE)			
Aust Sprint Chs	Class		Time
Shay Sweeney	M12A	4th	6:10
Lachlan Coady	M14A	7th	6:57
Savanna Sweeney	W14A	8th	8:04
Levi Coady	M10A	9th	17:28
Seth Sweeney	M20E	19th	17:07
Selwyn Sweeney	M20E	20th	17:19
Paul Sweeney	M50A	24th	22:30
Lee Coady	M21E	27th	19:45
Saffron Sweeney	W50A	31st	23:33

EVENT 8 (WRE)			
Aust Long Chs	Class		Time
Janet Morris	W80A	4th	106:50
Levi Coady	M10A	9th	35:47
Seth Sweeney	M18A	9th	77:14
Shay Sweeney	M12A	10th	23:42
Savanna Sweeney	W14A	14th	46:21
Saffron Sweeney	W50A	15th	75:18
Lachlan Coady	M14A	21st	45:58
Selwyn Sweeney	M20E	21st	112:39
Lee Coady	M21E	25th	226:50
Paul Sweeney	M50A	27th	149:53
Karen Langan	W50A	29th	122:24
Barry Hanlon	M85A		mp

EVENT 9			
Aust Relay Chs	Class		Time
Savanna Sweeney	W21AS	1st	37:33
Lachlan Coady	M14A	2nd	24:30
Shay Sweeney	MW12A	3rd	16:15
Seth Sweeney ++	M21AS	3rd	35:11
Lee Coady	M35A	3rd	90:23
Janet Morris	W65A	4th	100:21
Levi Coady	MW12A	7th	21:43
Paul Sweeney	M45A	10th	73:57
Selwyn Sweeney	M20E	10th	67:57
Saffron Sweeney	W45A	11th	84:15
Karen Langan	Mixed	13th	68:05
Barry Hanlon	Mixed		mp
++ Fastest in class			

ARTICLES OF INTEREST

Cathy Freeman's tips for getting your running on track.

It can be daunting if you've never been a runner or are trying to get back into it, but star sprinter Cathy Freeman says anyone can do it.

<https://www.abc.net.au/news/2022-09-13/cathy-freeman-tips-for-getting-your-running-on-track/101429834>

Walk this number of steps each day to cut your risk of dementia

<https://edition.cnn.com/2022/09/06/health/step-dementia-risk-wellness/index.html>

Doing 10,000 steps a day is good, but study shows walking fast is better

<https://www.smh.com.au/lifestyle/health-and-wellness/doing-10-000-steps-a-day-is-good-but-study-shows-walking-fast-is-better-20220912-p5bhfu.html>

How peaking physically in middle age can mean a longer, healthier life

<https://www.smh.com.au/lifestyle/health-and-wellness/how-peaking-physically-in-middle-age-can-mean-a-longer-healthier-life-20220913-p5bhgz.html>

The time of day you exercise can make a difference in how effective it is

<https://www.smh.com.au/lifestyle/health-and-wellness/the-time-of-day-you-exercise-can-make-a-difference-in-how-effective-it-is-20220929-p5blvv.html>