



Dharug Country — November 2025

“WHO runs the country”



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Thanks James and Vivien for contributing articles. Send any articles for future newsletter to [Vivien](#).

Photos above: Congratulations to Matt and Tiffany on their podium finish at the Aus Champ sprint.

From the Editor and Development Officer

We have now entered summer and it was a big year of orienteering in NSW and Australia for WHO members be it at local events, State League, national carnivals and even international events.

You don't have to go far or to high profile events to experience the best of orienteering. Some of my favourites this year were the SOS events and particularly the relays during the fourth term of school. Our sport is run individually but relays or team formats such as those found at Metroleague and the Central Coast O'Shea bring to our running the social aspect of the sport that we usually only enjoy pre or post run.

We are in Summer Series season on Wednesday afternoons and the western series is starting this Sunday with our very own WHO cup. What's best is that it is [free to enter for WHO members](#). Micaela and Emmanuelle have worked hard to offer a puzzle for everyone with long, medium and short line

courses as well as a score course; See further for more details.

Next year major events will be accessible for us in NSW with Oceania championship in sprint and bush distances coming to the Central Coast and the ACT. There are categories for everyone to try bush orienteering. And of course Metroleague will be back.

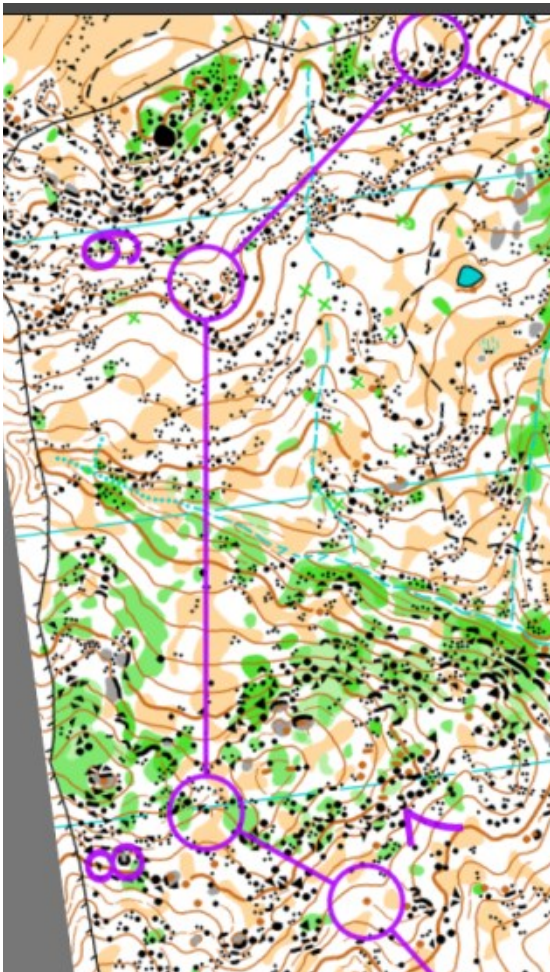
If you have any question about stepping up to bush orienteering let me ([Vivien](#)) know here.

Note: James is on the photo not Vivien!



Exercise in Route Planning (at NSW Championship)

How would you go from control 8 to control 9?



If we save 10 seconds on every leg of a 14-leg course, we finish more than 2 minutes ahead of the other runners or this can make up for a mistake we might make elsewhere.

Having said that this faster route choice is a combination of good planning, chance and sheer laziness. First of all laziness: I did not want to go down to the watercourse to then go up on another steepish hill so I tried to reduce the climb down and up. Moreover I could see another runner I knew was on the same course and he was walking -it seemed slowly-up the hill from the watercourse to #9. By contouring I was therefore staying more level and using less energy.

Luck came in the form of a very clear animal track as soon as I left the grassy part of my route so I could maintain good running speed along it.

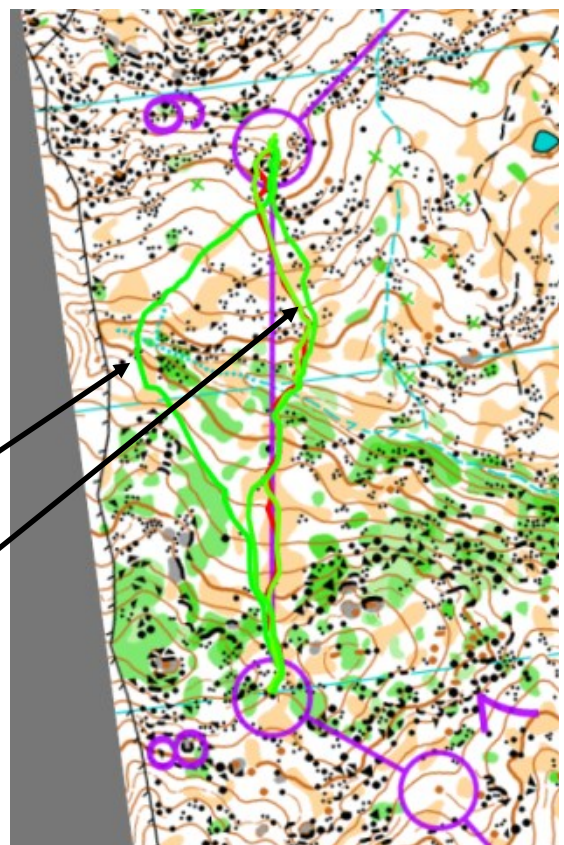
Good route planning was that I saw this as a possible route choice whereas it looks like either no one else did or rule it out as an option.

The map shows a watercourse running between the two controls and open ground most of the way either grassland or open forest with just a bit of green near the watercourse. Not too many boulders except on the approach to #9. When standing at #8 most of the way along the straight line could be seen including some of the slope going up from the water course to the control. Straight line route was very inviting!

Now let's look at what everyone did.

The fastest time was achieved by taking the left (north) route.

Only 10 and 20 seconds faster than the other two green lines and up to 2 minutes faster than the red line and others who did not upload their route on Livelox.



Relocating

Sometimes we make mistakes and we get “lost” or “geographically embarrassed”, “confused”....

One skill that all orienteers need to master is how to relocate themselves. One way to do so is just to retrace our steps until we reach our last known location. Another way is to look at the features around us to figure out where we are on the map.

After executing very well the previous three legs and being the fastest of all those running my course on them, I miscounted the watercourses I crossed: yes counting to two is sometimes beyond me! My route is the red line on the right of the map.

I crossed what I thought was the second watercourse and arrived at the fence. There should not

have been a fence there I thought! Unfortunately it took me some times to figure out my location and I crossed the fence once to cross it again within 15 seconds. Once I found the fence on the map, the corners helped pinpointing where I was. For this I used my compass to see what direction the fence ran to. I could (should) have saved some time by crossing the watercourse back but instead went up the spur I was on. Dooh!

Looking at other routes on this 9-minute leg, it is interested to see that despite being quite long the route on the left was less than 30 seconds slower than the more direct green route. It comes from a combination of avoiding steep terrain and going through open land with little obstacles in the form of boulders.



Where's WHOLli

Can you find WHO members on these two photos of the NSW School team and the NSW team at Aus Champ? Hint: there are 8 of them in the first photo and 17 in the second one.



WHO Cup

Our annual WHO cup is coming soon, and this will coincide with our AGM.

The WHO Cup is our very own club event and is part of the Western Summer Series of orienteering events. It is free for all WHO members to enter and is followed by lunch and our club's AGM. That every member is welcome to attend.

This year's WHO cup is set based at Ted Horwood Reserve (Baulkham Hills) . It offers 3 line courses (short, medium and long). WHO members can challenge each others for line honours at each course, handicap honours across medium and long distance or the ultimate WHO Cup on the long course. Parents and family members are also welcome and can enjoy a free run.

Navigation will be of easy standard on the short course and moderate standard (with a couple of hard controls) on medium and long courses.

This year, we are trying something different for lunch: please bring a plate of something that you would like to eat and share, the club will provide drinks.

The schedule for the day is as follow:

- Western Sydney Orienteering Series #1 and WHO Cup (free to WHO members) 9.30-11am starts with course closure at 12.30pm or earlier if possible.
- Pack up the event asap including control collection
- Lunch at the reserve, please BYO plates/ cutlery and cups as well as camping chairs.
- AGM.



Christmas 5 Days

This year, Newcastle Orienteers are organizing Christmas 5 days , one of the rare opportunities to experience bush orienteering in summer. It is based in the Lake Macquarie and Cessnock region.

Low cost Camping will be available at Martinsville near Cooranbong thanks to the Stafford family and a social dinner is schedule at Toronto Diggers on Tuesday 30th.

Day	Location	Map	Format	Starts
Sat Dec 27	Ryhope	Palmers Creek	Middle (30-35 min)	4 - 5.30pm
Sun Dec 28	Honeyeater Hideout	Richmond Vale	Middle (30-35 min)	8 - 9.30am
Mon Dec 29	Belford NP	Belford	Long (40-45 min)	8 - 9.30am
Tue Dec 30	The Poppethead	Kitchener	Long (40-45 min)	8 - 9.30am
Wed Dec 31	Avondale University	Cooranbong	Sprint (15-20 min)	8 - 9.30am

Event Calendar

There are many events all around Australia or even all around our own state of NSW. Rather than listing them all here, we'll focus on our local events as well as State League events. For more check [Eventor](#).

Summer Series

The program of the Wednesday afternoon series of score course event has just been released [here](#). It runs between October and March and the first few events are below. Two of them are organized by WHO.

Start anytime between 4.30pm and 6.45pm and try to score as many of the 600 points on offer over 30 controls.

3 Dec 25	Field of Mars	Pidding Park, Ryde
10 Dec 25	Devilins Creek	Cheltenham Oval, Beecroft
17 Dec 25	Sheldon Forest	Mimosa Oval, Turramurra
23 Dec 25	Mosman	Spit West Reserve, Mosman
30 Dec 25	Cammeray	Green Park Scout Hall, Cammeray
7 Jan 26	La Perouse	Yarra Bay Bicentennial Park, Phillip Bay
14 Jan 26	St Ives Chase	Warrimoo Oval, St Ives Chase
21 Jan 26	Kings Cross	Reg Bartley Oval, Rushcutters Bay
28 Jan 26	Mermaid Pool	David Thomas Reserve, Manly Vale
4 Feb 26	Whale Rock	North Epping Bowling Club, North Epping
11 Feb 26	Meadowbank	Meadowbank Park, Meadowbank
18 Feb 26	The Cemetery	Lionel Watts Reserve, Frenchs Forest
25 Feb 26	Lilyfield Lanes	Rozelle Parklands, Rozelle
4 Mar 26	Cromer Park	Cromer Park , Cromer
11 Mar 26	Fireclay Gully	Wyatt Reserve, Belrose
18 Mar 26	Rogans Hill	Castle Hill Heritage Reserve, Castle Hill
25 Mar 26	Chatswood West	Chatswood Golf Club, Chatswood

