



Dharug Country — May 2024

# “WHO runs the country”



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Thanks Josh, Charlotte and Vivien for contributing articles.

Send any articles for future newsletter to Vivien (vivien.rc@exemail.com.au)

## **From the President James McQuillan**

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Since our last newsletter, we’ve wrapped up the Summer Season and are well into the winter bush season. I love the opportunity to get into the bush and through the NSW State League we have had 3 great events so far. Obviously the WHO hosted event at Roseberg was great to kick off the season and it was fantastic to see so many WHO members there. My first foray into organising/controlling was at Roseberg State Forest, so I feel like I’ve been over that map more than the average punter. But I feel that the extra time I’ve spent on that map actually makes me appreciate it even more. I really like it. But I bet of all the people reading this, Ted Mulherin has been there the most!

Garingal are busy preparing the events for KBIII, which are the next bush events on the calendar.

I’m controlling one of the days, so know a bit about the plans. It looks to be a fantastic long weekend out Rylstone way. Fingers crossed for chilly mornings but sunny skies.

Three other things that I’m looking forward to are:

1. JWOC - 1-6 July in Czech, with 6 of the 12 member team from NSW! The streaming of this event in the past few years has been pretty good.
2. Turkey Trot - first Sunday in July. It’s going to be a fast, flat course with cracking views of Parramatta River.
3. WOC - 11-16 July. It’s a Sprint year in Edinburgh. The sprint format, particularly KO Sprint is great for television, so if you get the chance watch some top class live orienteering.

## **New Members**

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Welcome to Peter, Marcus, Stanley, Wai Man, Nathan, Alexander, Reid and Claire.

Great to have you as part of the WHO team; We look forward to meeting you at an event soon. New members receive a free blue WHO shirt so please make yourself known to Ian Miller.

## Orienteering On Holidays

The Palmer/Marra and Convert/de Remy de Courcelles recently went back to their respective native

land and enjoyed some orienteering. Charlotte and Vivien tell you all in the following two articles.

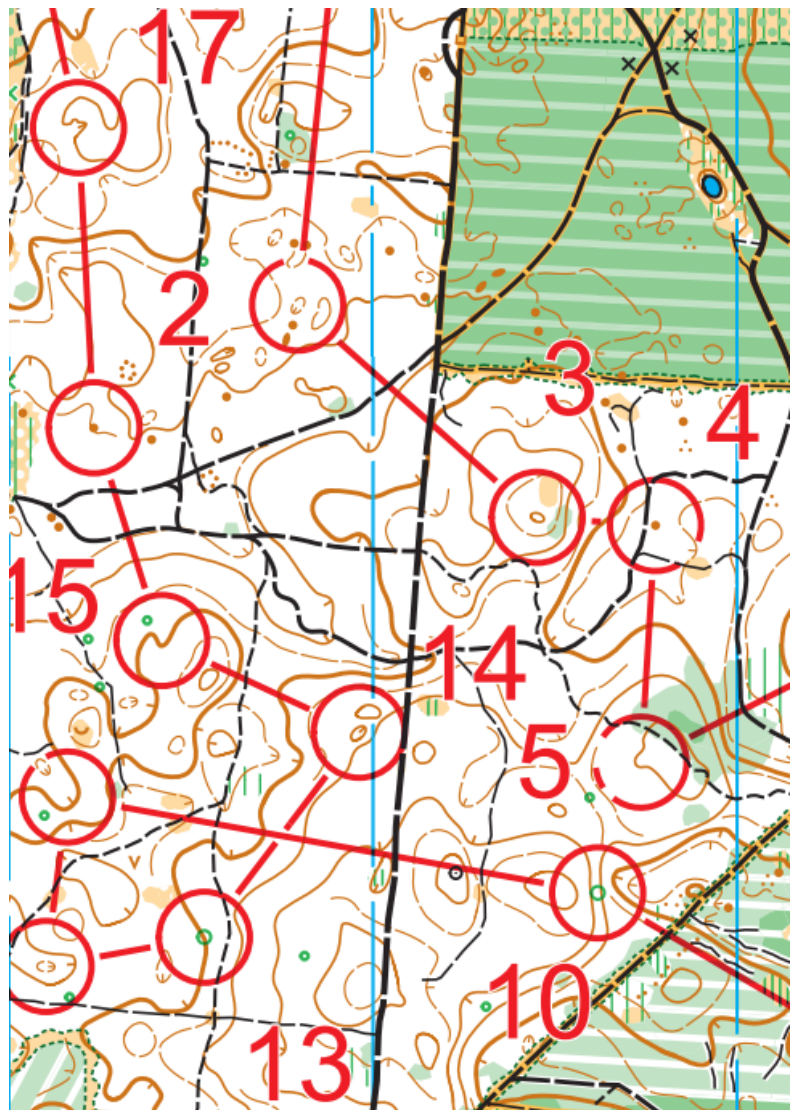
### A French Experience

As we were preparing our trip to France I looked at the program of events on the website of [French Federation of Orienteering](#). As the trip took shape around family time, we did not enter any event. However France offers a staggering number of permanent courses. So many in fact that twice on walks or runs we found random controls in the country side but could not find a course they were part of on the above webpage!

We were lucky that there are such permanent courses located a short 15-minute walk from my parents in Lacanau on the Atlantic Coast. Four courses are on offer: very easy (vert/green in French rating), easy (bleu/blue), moderate (rouge/red) and hard (noir/black). You can download a 12-page booklet from the website of the club that created the course. In the booklet there is everything that beginners need to have a go and it includes a map with descriptions for each course as well as all-control map and all-control descriptions in symbols and English. We found out later that a bunch of my cousins and their kids tried orienteering for the first time on these same courses recently, proving that

good communication and material can go a long way to introduce new participants to our sport.

Emmanuelle, Justine and I had a bit of navigation training on the longer and harder black course one afternoon. The openness of the forest made it easy to find controls but it was a good exercise in reading contours as the forest is planted on sand dunes and therefore depressions



are not due to water erosion. There are also many pits and depressions including on sloping ground (see map). It was very refreshing to walk through a pine forest I have known all my life but always enjoyed from cycleways or roads and I had not noticed the intricacy of the topography.

Justine and I returned to run the easy course. It turned out to have the hardest control! Overgrown, very indistinct tracks, low visibility, false tops and a not-so-distinct vegetation boundary had us looking for the control for some time. Looking at the map now it looks like we misread a vegetation boundary as a track! Live and learn.

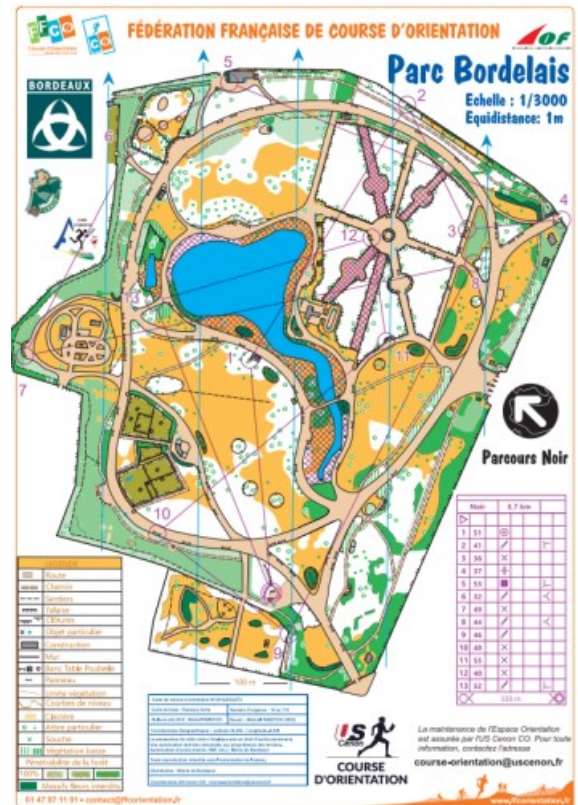


Meanwhile Emmanuelle was spending some time with her sister in Bordeaux and found that there are permanent courses in a lot of the city's parks. These would be similar to our own Centennial Park course for instance so good training for sprints or just having a run that is not just doing lapse of the park.

A few interesting points:

These maps and proper orienteering courses have been created by local clubs but the council has created its own courses with a theme such as the latest rugby world cup that was partly held in Bordeaux

The website of the City of Bordeaux offers 8 locations for permanent course for orienteering but only one of these is on the French Federation of Orienteering. I think this show how despite not being a mainstream sport, orienteering can be promoted beyond the usual organisations.



## NZ South Island Orienteering Champs 2024

We decided to combine our family holiday back home to Christchurch with the South Island Champs, which meant we had 3 generations at the one event as convinced my dad to dust off the compass (and be careful due to a false hip) thus spanning M70A, M/W 40A and W12A.

The champs were a 3 day event held over Anzac weekend, located on the Otago peninsula at Dunedin. The weather gods smiled as although cold (5-10 degrees when running) it didn't rain and the wind eased off.

First event was the Sprint, which covered ground across a school, church, market gardens, a field with horses and if you were lucky a last control which gave the option of going down a slide. There were so many controls that checking numbers was super important – I nearly did a mispunch on the last control.

The Long distance was on the 315m high volcanic 'Harbour Cone', near Larnach castle. It was very steep farmland, no marked fences, some rocks, pockets of bush, new plantings with deep grass, thickets (gorse) and ruins. Sounds like you'd be able

to see the controls but they were placed cleverly so you needed to be super close. Decisions involved either contouring via sheep tracks or down into a marsh and up.

It was so steep that the start was 200m above the finish and a shuttle bus had to take you up. Each course still had climb but it was a lot of fun doing more down than up. Unless you were on the elite course with 11km and 755m of climb.

The final day was Middle distance, right out at the end of the peninsular where the sea lions sunbake – and so some controls had to be modified. Farm on sand dunes with 2.5m contours and variable marshes. Technically challenging as it all looked the same, key was to stay in contact with map.

It was also full of rabbit holes, and as luck would (not) have it I managed to stand in one and break my ankle.

Apart from a dramatic end we all had a great time, caught up with orienteers from 25 years ago still going strong. Highlight results were me winning the Sprint (W40A) by 40secs and Long (W40AS) by 9 secs, Tiffany coming 3<sup>rd</sup> in the Sprint (W12A) and Matt winning the Middle (M21AS).



## 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](#).

### Saturday Orienteering Series (SOS)

Organised on Saturday mornings during school term by the Bold Horizons team including some of our junior members. This term they cover the Northern Sydney and Hawkesbury regions.

<i>Northern Sydney</i>		
<i>Date</i>	<i>Event</i>	<i>Location</i>
25 May	Robert Pymble Park	Pymble
1 June	Frenchs Forest Girl Guide Hall	Frenchs Forest
15 June	Wyatt Avenue	Belrose

<i>Hawkesbury</i>		
<i>Date</i>	<i>Event</i>	<i>Location</i>
25 May	Windsor High School	McGraths Hill
1 June	UWS Richmond	Richmond
15 June	Wiananamatta Reserve	Ropes Crossing

### Moonlight Madness

Similar to Summer Series with 45 minutes to complete your course including as many or as little of the 30 controls on offer, all by torchlight.

<i>Date</i>	<i>Event</i>	<i>Location</i>
12 June	Waverton. Vivid Special.	Brennan Park
17 July	Artarmon	TBA

### State League

Bush events are great fun. They are line courses with all sorts of lengths or navigation difficulties from easy to hard.

<i>Date</i>	<i>Event</i>	<i>Location</i>
8-10 June	King's Birthday carnival. State League #5 to 7	Rylstone area (west of Blue Mountains)
29 June	State League #8—Sprint	Wollongong Uni
30 June	State League #9—Middle	Kentlyn
20 July	State League #10—Middle	Poppethead Kitchener
21 July	State League #11— Long	Baraba Lane, Quorrobolong
17 August	NSW School Forest Championship and SL #12	Turrumurra
18 August	NSW School Sprint Championship and SL #13	Macquarie University
24 August	SL #14 and ACT League #11—Middle	Wild Deer Sand near Bungendore
25 August	SL #15 and ACT League #12—Long	Birkenburn near Bungendore

## Metroleague and Other Events

2 June	The Great NOSH Footrace. 16and 22km trail runs fundraiser for Orienteering.	Lindfield to Seaforth
16 June	Paddy Pallin rogaine. 6-hour score course set be Emmanuelle, Justine and Vivien. Post event food included!	Rydal, near Lithgow
23 June	Metroleague #3	Pennant Hills
7 July	Turkey Trot. Line courses of easy navigation with multiple maps. Choose between 8, 14 and 20 km. <b>Organised by WHO</b>	Putney Park, Putney
28 July	Metroleague #4	Clay Pan—Belrose area
4 August	Metroleague #1	Appin

## Metroleague Report

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### Round 2 - Sydney Park

Metro League 2024 finally got off the ground after Round 1 at Appin was cancelled due to wet conditions. It was looking like it would be pretty wet for Round 2 at Sydney Park as well, but fortunately not wet enough to keep us away.

At face value navigation should have been fairly straightforward in this inner-city parkland environment, but there was some deceptively tricky legs on what is quite a detailed map. Apartment-dwelling dogs out to stretch their legs certainly enjoyed sniffing out these strange people running around their park with sodden maps in their hand.

With our Div 6 team having the bye this round, we were able to field pretty full teams across the divisions. It was particularly good to welcome some Metro League debutants - welcome Tahlia Chapman, Matthew Palmer, and Sai Shing!

And pleasingly, WHO kicked off the season with a bang, pocketing plenty of wins in our head to head contests!

Our joint WHO-UR-CC Div 1 team had a ripper, beating perennial Div 1 champions Big Foot 27-22. Not something we see too often - what a great result team. Seth Sweeney picked up the 10 points speeding around the course in 39.44 - he will be hard to beat this season.

Our Div 2 team (also WHO-UR-CC) picked up an

easy win against Garingal, who basically forfeited the round due to lack of numbers. Even so 34-0 looks pretty good on the scoreboard and a win's a win. Savanna Sweeney continued the family's winning ways, picking up 10 points with a time of 44.48.

In Div 3, WHO was up against KNOX. Matthew Palmer made a real impression to kick off the Metro League season with 9 points for a time of 42.28. This helped see us home to a 27-22 victory over KNOX.

Div 4 was a showcase for our juniors, and they certainly didn't disappoint, beating IKO 32-23. The Sweeney's were in the winners circle again with Shay picking up 10 points for a super fast time of 36.55. Special mention goes to debutant Tahlia Chapman who was our second fastest with a time of 42.38 for 7 points. Such a strong outing from our juniors bodes well for the future.

Finally, in Div 5 we were up against UR-CC and incredibly finished with a 27-27 draw. Karen Langan was in town and thought she would pick up 10 points while she was here, with a great time of 38.34.

This must be one of WHO's most successful rounds I can recall, and it was thanks to some great participation from everyone across all of our teams. Can't wait for Round 3 in Pennant Hills on June 23 - this could be WHO's year!

## First State League of 2024

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WHO organized the first State League event of the season helped by Sheralee from Bennelong who was setting and Ant from Uringa who was controlling. Many WHO members participated and helped. Special mention to Barry for coming all the way just to help and Karen for organising.



## Who was successful at O'Shea?

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Well WHO was! O'Shea is a pair event with interesting format of a relay, a night event and a course to split between the 2 team members. And if you win overall you get a trophy and a cake. And if you win only one of the legs you get a cake. And if you are last you get a cake. But you can only win one cake so chances are that you'll get a cake for being second or third. If you want to win a cake pencil the first weekend of March in your diary. O'Shea is organized by our friends on the Central Coast so an easy drive from Sydney.

