



Dharug Country — May2025

“WHO runs the country”



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

From the President James McQuillan

If we are talking about cricket, the traditionalists will say Lords. If it is football, they might swoon over Wembley. If it's tennis, well it's probably Wimbledon. Every sport has a 'home', the place that holds the history, the place that has the most passion, the place where memories are made. For orienteering that place is somewhere in Europe. Our sport's biggest competitions rotate around European countries with only the occasional non-European exception. Every year more than a handful of Aussies partake in a European summer pilgrimage to experience the best our sport has to offer. And this year, our very own Savanna Sweeney has booked her ticket to the other side of the world. Sav has been selected to represent Australia at the European Youth Orienteering Championships in Czechia, which kindly invite Australia and NZ to participate. A bit strange that Aus and NZ get a run but maybe it's a bit like Eurovision?! Congratulations Savanna!! She was also named as

a reserve for JWOC, so this might not be her only chance to rep some WHO gear in Europe. I've also heard that Niamh Cassar is planning to try some Italian orienteering soon. We look forward to seeing the photos and hearing the stories when you both get back.

That's what orienteering is all about - having adventures. We have an opportunity almost every week to have some more. The local SOS or SSS, Metroleague with a bit of bush or State League further afield. We've had a terrific start to the bush season with fantastic participation across all events, which you can read about in this newsletter. I'm looking forward to KBIII, for which WHO is hosting Day 1 on Kahli's Rocks, just outside Bathurst. No doubt we'll create some more memories!

Creating Child Safe Sport

In the last newsletter I introduced the National Integrity Framework and NSW's commitment to child safety in sport so if you missed it, please go and read that article. There are 10 Child Safe Standards put together by the NSW Office of the Children's Guardian. A summary of the 10 standards can be found [here](#). In this newsletter we will look at the first 3 (of 10) standards.

Standard 1 - Child safety is embedded in sport club leadership, governance and culture:

- Develop a child safety commitment statement
- Have staff and volunteers comply with codes of conduct that set out behavioural standards
- Regularly discuss child safety e.g. at meetings, inductions, training
- Develop a risk plan - identify and mitigate risks to children at our club
- Appoint a volunteer to oversee child safety and drive good culture

Standard 2 - Children participate in decisions affecting them and are taken seriously

- Set up a WHO youth advisory committee - get ideas from young people
- Ask kids to provide feedback in a way that's friendly to them
- Talk to kids about safety, let them know how you keep them safe
- Ask kids how they'd like to contribute

Standard 3 - Families and communities are informed and involved

- Families have primary responsibility and participate in decisions affecting their child
- The organisation engages in open, two-way communication with families and communities about its child safety approach and relevant information is accessible
- Families and communities have a say in the organisation's policies and practices
- Families and communities are informed about the organisation's operations and governance

As a member club under ONSW we follow their policies and procedures many are in the manual <https://www.onsw.asn.au/resources/onsw-manual>, however, details are not often included so it is up to our club to consider the standards and how we can apply them.

ACTIONS

- Think about the above 3 standards and if you have any suggestions please send ideas to secretary@whoorienteers.net
- If you are a course organizer:
 - * consider child safety and identify/mitigate risks
 - * Obtain feedback from participants about the event, including children (parental consent will be required)
- If you have children ask them for feedback on events, camps, other - this can be provided in person or email secretary@whoorienteers.net

Saffron Sweeney, Child Safety Officer



O'Shea

O'Shea, a fun pair-based event held on the Central Coast the first weekend of March, is traditionally the start of bush orienteering season in NSW.

This year WHO had teams in both the long pair and short pair events. Vivien-Marcus and Vivien-Justine (are you confused yet?!) entered the long pair option. Tiffany-Matt and Emmanuelle-Charlotte were the WHO teams in the short pair event. After the Saturday afternoon relay including a mass start, the

night individual run and the Sunday get-them-all score-like course (plus a non competitive swim on Saturday), all our teams came back with a cake as slowest overall, fastest on one leg, or if someone already won a cake second, third... : play your cards right, only one cake can be won by each team.

Matt and Tiffany also were second overall of the short pairs and Vivien and Justine second of the long pairs.



NSW State League

NSW Sprint Championship

What a first day of State League for WHO! So many members were on the podium at the NSW Sprint Championship hosted by Garingal at Macquarie Uni. Wins in 11 classes, silver in 6 classes and bronze in 5 classes. Another 12 members made the top 10 in their class. A new rule has been introduced that if you mispunched at this event you have to be (re)elected as president next year.



Falnash

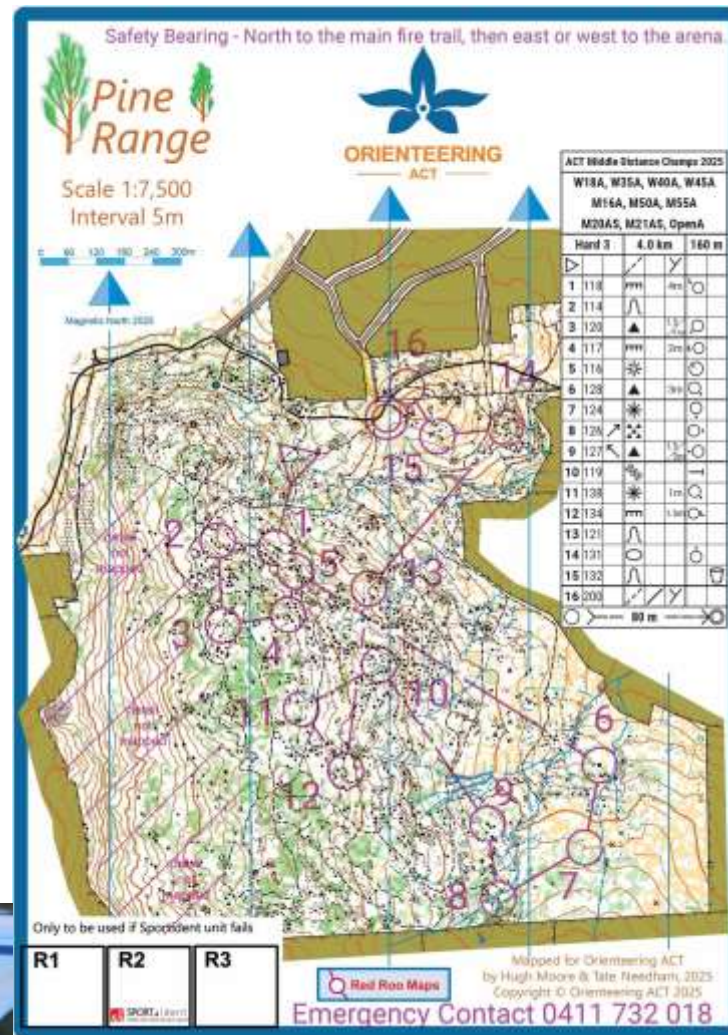
It was a bit of a trek for State League number 2 the day after the NSW Sprint Champ. Big Foot organised a compass bearing exercise in Falnash State Forest. Those who went there enjoyed open forest and seeing plenty more kangaroos than at Macquarie Uni. The wet weather did not dampen the sense of camaraderie particularly among juniors who benefitted from the coaching of elite runners. Another good showing from WHO members as again we were second in the interclub competition at that event. Photo by Andrew Macdonald.



ACT Middle Championship

Red Roos of ACT hosted the third NSW State League in conjunction with ACT middle distance championship. We were on the outskirts of Cooma, a short walk away from the many cafes, restaurants and pubs: the sure sign of a quality event. As per usual for ACT Champ, it was a very technical event with so many rocks that it was hard to see the tracks on the map. WHO has now a bunch of ACT young champions in Nathan, Justine and Matilda. Marcus is another of our young members who made the podium and Lee, Vivien, Matt, Rob and Anthony joined him in older classes earning a cookie in the process. Anyone who finished their course or even just managed to find a bunch of controls should be considered a winner in such a terrain. There was a lot of discussion post event about route choices!

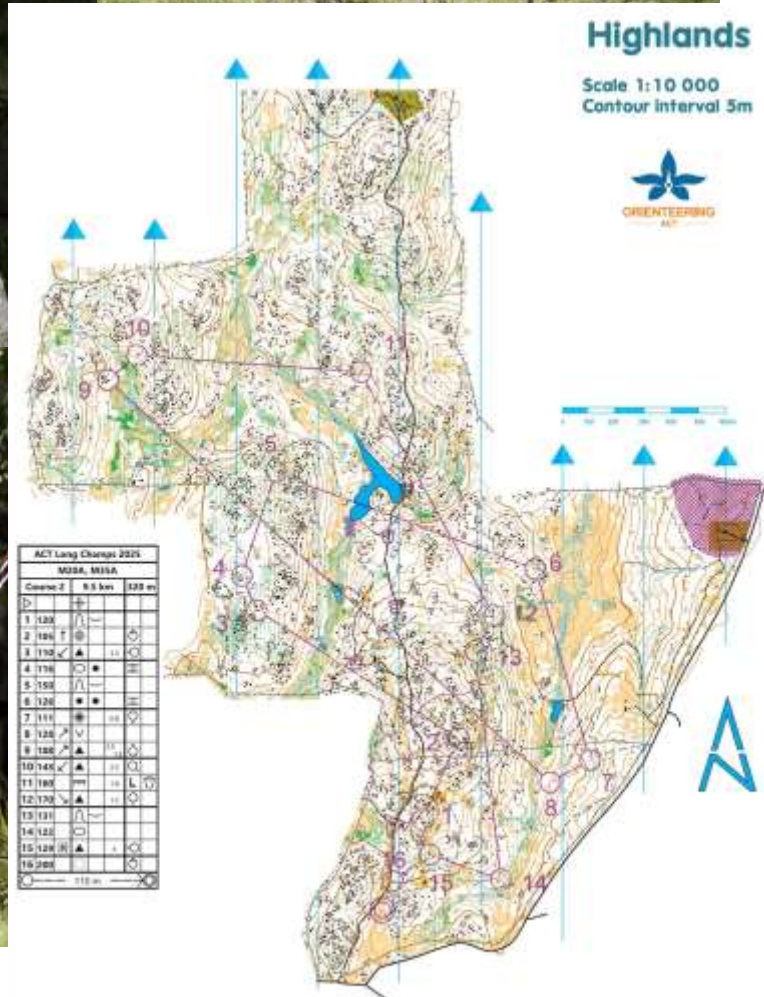
Photos Orienteering ACT and SHOO



ACT Long Championship

Sunday was on the Highland map near Nimmitabel that was also the playing field at Easter 2023. It was interesting spotting features and being reminded of all the mistakes made back then. Technical terrain again with some very long legs made for interesting route choices. Lachlan and Tiffany replaced Lee and Anthony on the list of cookie winners but otherwise the same names made it to the podium. There was some sprinting for finish chute glory between Matilda and Emmanuelle and it was good to see Maureen back on a map that left her scarred two years ago.

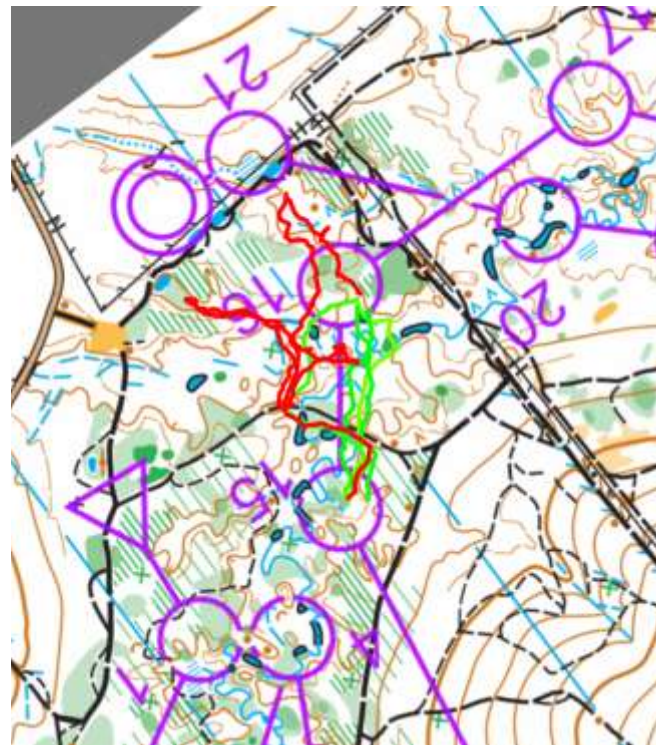
Photos by Sandra Stewart (SHOO)



Olney State Forest

Central Coast Orienteers hosted us on a wet weekend for State League 5 and 6 on the very technical map of Olney State Forest. The tricky rainforest terrain of the valley floor called for accurate navigation and a slower pace whereas the slopes were more open and offered tracks as route options but the rain made everything very slippery. Some went for a swim, others for a slide or both but everyone got puzzled at some point. Charlotte's [Facebook post](#) reflects everyone's feeling at some point.

On the right is Vivien's route in red between controls 15 and 16 on Saturday. The original plan was to follow the route Lee took (left green line) but a decision to ignore compass direction cost 8 to 9 minutes and almost the win in M35A.



Round 1 - Centennial Park

Round 1 kicked off with a bang with a huge turnout of keen orienteers excited to get back into another Metro League season. It was beautiful weather at Centennial Park, and while we have been at the venue several times in seasons past, this time around courses were more focused on the lesser used southern end of the park. This made for some interesting courses, with some slower sections in the sandy grassed areas of Fearnley Grounds as well as the more familiar fast open sections of the park. There were still plenty of obstacles to negotiate, sometimes in the form of a kids birthday party or a wedding, but the bicycles were probably the biggest hazard when crossing the road.

So how did WHO fare in Round 1, particularly coming off our most successful season in many years in 2024? Actually we did pretty well.

Division 1 - oh so close, but for a mispunch we might have pipped Garingal but unfortunately it wasn't to be. Garingal just beat us 28-26 in a very close contest. Seth Sweeney continued last year's stellar form, picking up 9 points for a time of 38.29. We clearly have the firepower, so I'm still confident WHO-UR will be in the mix come finals time.

Division 2 - unlike Division 1, this wasn't close at all. Bennelong effectively forfeited the round with only one entrant. This meant the points all came our way, with WHO-UR winning 40-5. Matthew Palmer was our fastest picking up 10 points for a fast time of 35.10 - things are looking good for our Div 2 team.

Division 3 - another win for WHO. We had an extraordinary number of entries in Div 3, so picking a team was very tricky, and some that weren't picked definitely showed they had the goods, so picking teams for next round should be a real headache. Even so, we comfortably beat the much fancied Big Foot 31-21. Many of last year's junior heavy super-successful Div 4 team have now been promoted to Div 3, and based on some of these results they are

showing their promotion is well deserved. Shay Sweeney was our fastest with a time of 41.17 for 9 points.

Division 4 - another comfortable win for WHO, beating Garingal 35-20. It was great to see a super-fit Tim Perry back at Metro League, and he didn't disappoint not only picking up the 10 points for his exceptional time of 32.02, but clocking the fastest time in the division overall!

Division 5 - yet another victory for WHO, trouncing IKO 35-17. Aiden McQuillan zipped around the course in 37.35 to pick up 10 points - soon he'll be leaving Dad in his wake.

Division 6 - great to see a packed Division 6 team, and while we had some great performances, we couldn't quite get there against Bennelong who beat us 30-25. Definitely some signs of up-and-coming talent, with Levi Said our fastest with a time of 35.16 for 8 points (and Blake Read not far behind picking up 7 points). Definitely some promising signs for the future.

So there you have it - wins in Divisions 2, 3, 4 and 5 - not a bad start to the season. So make sure you mark May 4 in the calendar for Round 2 at Yeram-bah Lagoon for what should be another great day out in the bush.



Round 2 - Yeramba Lagoon - May 4th 2025

Special thanks to Jacinta Braidwood for preparing this round's Captain's blog

Round 2 continued the Metro League 2025 season with a large turnout and good scores creating a positive outlook for the rest of the season, May the 4th be with us. Returning to this much-loved venue allowed us to explore it from a different angle and make the best out of the freshwater wetland. The extensive track network and runnable bush encouraged route choice. With byes in Divisions 2 and 6, all the pressure was on Divisions 1, 3, 4, and 5.

So, how did they do?

Division 1 - It was a close shave for division 1, WHO-UR beating Big Foot by only 1 point with a score of 28-27 although, we did have the 10 point scorer Seth Sweeney.

Division 2 - Bye

Division 3 - WHO tied with KNOX in Division 3 at 27 points each. However, our Division 3 runners have proven themselves more reliable than the opposition since we had no mispunches.

Division 4 - Without a full team in division 4 WHO unfortunately lost 20-34 to IKO. Congratulations to Aiden McQuillan for your promotion into Division 4 and continued excellent performance with our fastest time of 47.29 and highest point scorer (8pts) in WHO Division 4 this round!

Division 5 - Despite our best efforts the 4th was not with us in Division 5. It was a tough one this round

for WHO Division 5 who lost 21-34 against UR-CC.

Division 6 - Bye

Whilst this was not our best round, there was a win in Division 1 and a tie in Division 3. Looking forward to seeing divisions 2 and 6 back in the game next round at Round 3 Kentlyn where we can hopefully have a full team in Division 4, so don't forget to mark May 25th Metro League 3 Kentlyn in your calendars!

Photos by IKO



Easter 3 Days And Victoria Championship

The Easter orienteering carnival offers the best orienteering in Australia equal to the Australian Championship. When you attract 800 orienteers, you must be good.

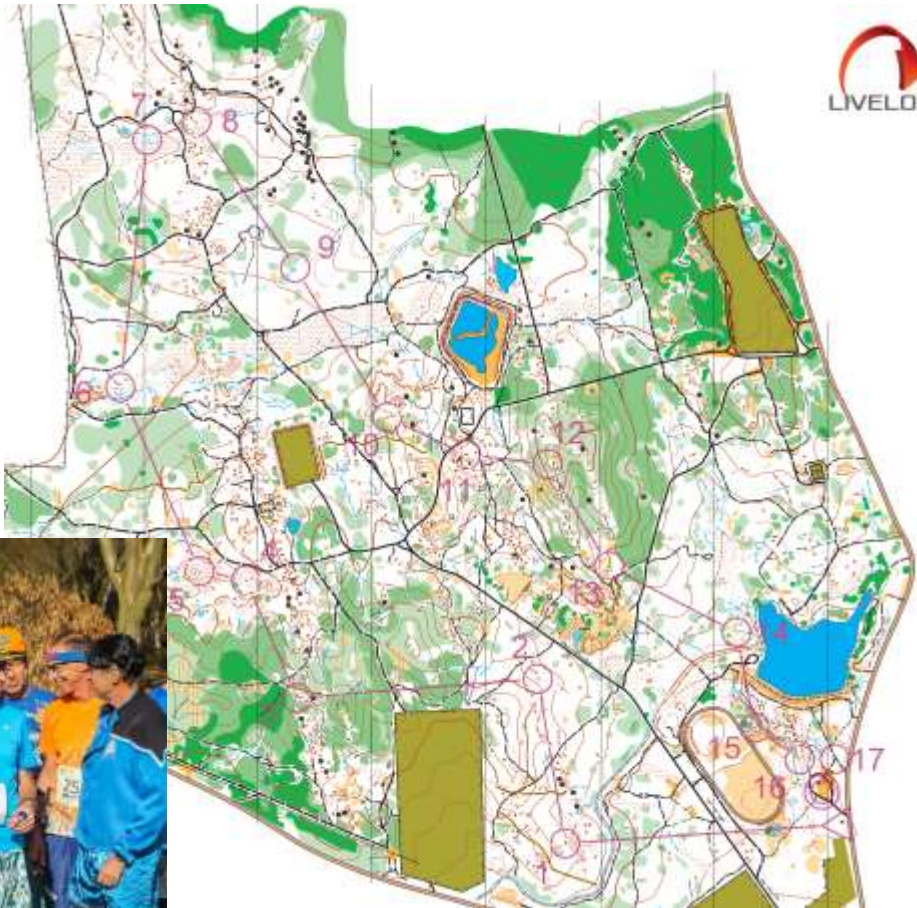
Several WHO members made the trip to the Loddon Shire of Victoria (near Bendigo) to attend 4 days of great orienteering followed by some sightseeing, junior and senior training on the site of the 1985 world championship and finally 3 days of Victorian championship.

The Easter prologue on Good Friday and the final day in Tarnagula as well as Saturday in Inglewood were held in old gold mining terrain with many pits, mining shafts, some of them unescapable if falling into, and mounds. Sunday was in a very complex rocky terrain with many dense patches of scrub. The hot weather was to be factored as well. Matt, Justine, Tiffany, Shay, Nathan and Vivien all made it to the podium of their categories on at least one day and Tiffany and Vivien came back with a bronze medal while Justine won gold by a mere 6 seconds after three days of running. Only the M20E class was more contested with the top three runners finishing within 3 seconds of each other.

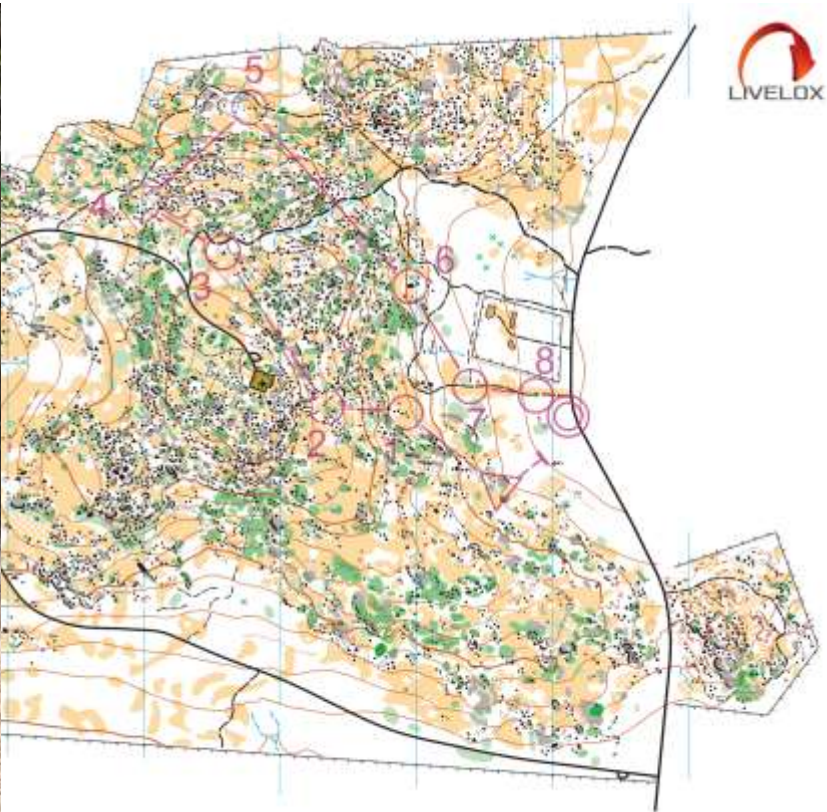
Victorian Champ had some more mining terrain, rocks and big boulders and rocky slabs.



Easter Day 1: Sledge map and runners

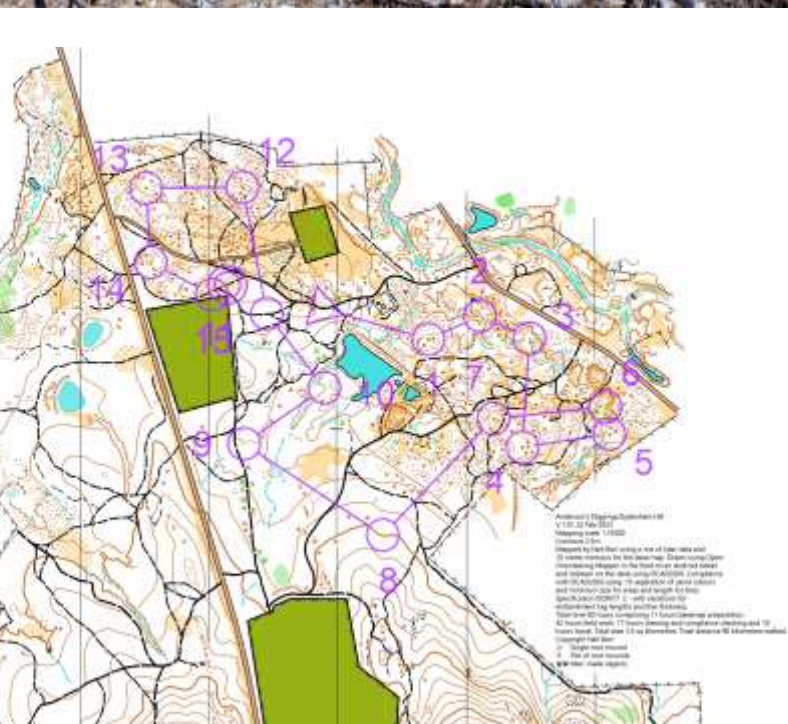


Easter Day 2: W14 map and runner





Photos from Easter, prizes at Vic Champ, granite on training ground and maps of one of the short courses and long course at Vic Champ.



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](#).

State League

The 2025 NSW State League is in full swing. Remaining events are below.

Juniors who want to be considered for selection for the State School team due to compete at the Australian School championship held in and around Brisbane in October need to enter the King's Birthday weekend events and run moderate courses for those aged 12 to 15 and hard courses for older juniors. Attendance is expected at all State League event in case of selection.

June 7	Kahli's Rocks (organized by WHO)	Middle	Central West NSW
June 8	Kahli's Rocks	Long	Central West NSW
June 9	CSU	Sprint	Bathurst
July 19		Middle	Newcastle
July 20		Long	Newcastle
August 23	Tallowa Gully	Middle	Southern Tablelands
August 24	TBA - Tudor House?	Sprint	Southern Tablelands
Sept 13		NSW Middle Champs	Armidale
Sept 14		NSW Long Champs	Armidale

Saturday Orienteering Series (SOS)

Organised on Saturday mornings during school term by the Bold Horizons team including some of our junior members. This term event are held in northern Sydney and Macarthur.

Date	Northern Sydney	Hawkesbury-Nepean
17 May	Spit Reserve—Mosman	Penrith Selective High School
24 May	North Harbour Reserve—Balgowlah	Kingswood High School
31 May	Punt road—Gladesville	WSU Kingswood
14 June	Suakin Drive—Mosman	WSU Kingswood
21 June	Stirgess Reserve, Stirgess Ave, Curl Curl	51 William St, Werrington

National Selection

Congratulations to Savanna and Marcus on being selected to represent Australia at the European Youth Orienteering Championship (EYOC) in Brno, Czech Republic, from 16 to 20 July. With more than 400 athletes from 28 countries (including nations beyond Europe), this is the largest and most prestigious orienteering competition for young orienteers competing in the W/M 16–18 classes. Marcus and

Savanna will compete across three formats: Long, Sprint, and Relay.

EYOC is considered a fantastic springboard to the Junior World Orienteering Championships (JWOC). And indeed Savanna is also a reserve for the Australian team at JWOC this year.

We are wishing you both a wonderful experience.

State League Club Competition

As mentioned in the State League reports above, WHO did brilliantly on an individual level as well as a club level at the first 4 events of the season. We were even the best scoring NSW club at the State League in Cooma. Currently, WHO sits in second position behind Newcastle and ahead of Garingal.

So how does the scoring work? Points are allocated for the first 5 NSW finishers in each class (5 for 1st, 4 for 2nd, 3 for 3rd, 2 for 4th, 1 for 5th). The trophy is awarded to the club with the highest point total at the end of the year.

WHO regularly finishes in third position or as high as second last year which is a great achievement considering how points are gained and that we are a much smaller club than the other 2 podium finish-

ers. So how can we better our position from past years?

Barry and Janet have the wiser classes covered. We are doing rather well in the younger categories. We are spreading our point gathering in the 35 to 50 categories well: Matt and James cover M40A and M45A when Lee and Vivien enter randomly the M35A class to get maximum point in that unloved class. And here is where we can improve the club tally: by entering a category with less entries to get maximum points.... Don't mispunch though!

We are a bit thin in the 55 to 75 classes as well. So check the State League calendar on page 5 and enter one of these events: your club needs you!

Are You The Next WSSS Coordinator?

The 2024/25 Western Sydney Summer Series has just been completed. There were four events two run by WHO, and one each run by Bennelong and Garingal. For some history, the series was started by ONSW, originally as score events similar to the SSS. A south series was started at the same time. Both the west and south series have evolved into a calendar of line course events held in bush and park areas. Generally each event attracts over 50 participants and the events are held on Sunday mornings.

I have coordinated the west series, by organising with clubs to run the events over summer and with the ONSW office to put them on the website but not recently with any extra publicity. It is possible that the series could be extended or improved so if anyone would like to take it over from me I would be happy to pass on the role of coordinator. If you are interested or want more information just contact me by email or at an event.

Janet Morris janetmorris27@yahoo.com.au