



“WHO runs the country”

Dharug Country — November 2024



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

From the President James McQuillan

What a day for NZ sport! The Black Caps just became the first team to beat India 3-0 in a series in India! For those that aren’t following, this is cricket and of almost no relation to orienteering whatsoever but I was born in NZ and thought it appropriate to share my excitement! Actually a high percentage of WHO medal winners at the recent Australian Championships have some Kiwi blood in them too.....hmmm. Aus Champs was a fantastic event, which you can read all about later in this newsletter.

WHO finished the winter season in second place in the NSW Interclub Challenge thanks to some excellent participation from our members at all State League events and closer to home, we cleaned up in the Metroleague with our most successful year that I can recall. WHO is certainly flying high at the moment.

The summer orienteering season is now underway with the Sydney Summer Series in full swing. The most Western club in Sydney (us) got the ball rolling with event #1 on the most Eastern map in Sydney (Vaucluse) thanks to Ian and Steve. We have a number of regular SSS attendees at all events but if you are a bit new to the mid week, after work/school puzzles, you might like to keep an eye out for the three that we are hosting in the new year closer to home (Telopea, Parramatta and Epping).

Also, everyone should mark Sun 8 Dec 2024 in their diaries.....now! It’s the Annual WHO Cup, which will be followed by a free lunch and a very quick AGM. This year it will be held at Bungarribee Parklands, Blacktown. I would really encourage everyone, including partners and parents to come along. The run/walk is free. The lunch is free. We want you all to be there. Just register on Eventor, so we know roughly how many are coming.

New Members

Welcome to David and Shaun Hegarty.

Great to have you as part of the WHO team; We look forward to meeting you at an event soon.

Metroleague—The Captain's Report

Metroleague #5 (report by Vivien)

Big Foot organised Metroleague #5 at Nurragingy reserve that offers a mix of native bush, grassy lawns, a Chinese garden and a lot of visitors.

WHO's results were mixed with some hard-fought battles.

Our div 6 team, and indeed the whole div 6 field, was spearheaded by a very fast Blake Spencer. A mistake at control 10 cost Elliott McQuillan the lead and despite Hamilton and Janet support, the team missed out on a win.

In div 5 our WHO team that was already sitting on top of the table confirmed with a 1-point win over Bennelong. Levi Coady had a very impressive run, the second fastest runner in the division and bringing 10 points to the team. Well done to Alex Chapman on what I believe is his debut at Metroleague: 11th overall and 6 points to the team. It was a close finish in the middle of the table with Micaela, Aiden and Nerise all less than 2 minutes off Alex's pace.

Div 4 continued its winning streak making it 5 out of 5 for the year. The whole team placed in the top half of the table that was topped by Shay and an impressive 4th place by Tahlia. Anthony did not miss the opportunity to bring 5 points to the team before assuming organiser's duties at the next event. Tiffany and Justine rounded the point tally with only 10 seconds between them.

An injured Matt Palmer was meant to take it easy but topped the results in div 3 and brought 10 points to the team. Emmanuelle, Saffron, Matilda and Charlotte's effort was almost good enough for a win but unfortunately the team lost by 1 single point. Their perfect record until this event will see them in the final anyway.

The suspense in div 2 was unbearable: WHO-Uringa needed a win to guarantee a place in the grand final

or needed Garingal to win over SHOO. Unfortunately the latter did not eventuate and our opponent Bennelong had a very strong team. Lachlan our best performer, Dan tried some interesting navigation, Savanna was reliable as always and the help of Maggie and Serena from Uringa made the match a contest nonetheless.

WHO needed the single point of a draw over the last two events to secure the win in div 1. Being the fine strategist that I am and confident my fellow runners would perform well, I misplayed to ensure that we did achieve that draw and nothing better. Well done James, Seth, Selwyn and Michael from Uringa for bringing home the points!

It is to be noted that WHO had no less than 33 runners at the event. With our collaboration with Uringa in div 1 and 2 and with too many entries in some divisions, some of them could not be added to a team. Amongst them congratulations to Nicholas Crass on his Metroleague debut with an excellent 10th place in div 2. Paul was just behind Charlotte in div 3. Barry, Stanley and Ian had a bit of a club competition going on in div 4 and Barry Pearce was ready to step in in div 5. Let's not forget that unlike me, Lee did complete his course in div 1... and would have brought the winning points had I named him in the team instead of myself!

Metro League Final - Castle Hill

After a lot of anticipation, WHO hopes were high as we gathered at Eric Hobbs Reserve in Castle Hill to host the Metro League final on 15 September. We had seen consistent success through the season - but would this translate into collecting the silverware on the day it counts?

Anthony Saunders set some finals-worthy courses in the steep terrain of Bidjigal Reserve, which tested



score. A well-deserved accolade for Seth who has been the runner to beat all season. Well done to the entire WHO-UR Div 1 team for holding up the Frank Assenza trophy for the first time since 2008 - truly a landmark for our club and a long time between drinks! All our Div 1 runners contributed to this outstanding result - well done Seth Sweeney, James McQuillan, Vivien de Remy de Courcelles, Selwyn Sweeney, Dan Smith and our Uringa colleagues Michael Walters, Ant Nolan, Johnny Nolan, and Shellie Davis.

runners both physically and mentally. Times were on the longer side as a result, and definitely sorted out the contenders from the others in the pack across most divisions. The weather was clear and the sun was out. The scene was set for a great day of orienteering.

WHO featured in the final for Divisions 1, 3, 4 and 5, reflecting one of the most successful seasons we have had in recent memory. In fact, we had already done enough in Division 1 to have the honours in the bag. So how did we go on the day?

Despite already having the trophy in the bag, our Div 1 team did not take their foot off the pedal in the final, soundly beating a depleted Bennelong 31-14. Seth Sweeney capped off a great season picking up the 10 points for a time of 50.29, which was a fast time on a challenging course. Seth Sweeney also took out the individual medal for the entire season with 47 points all up, sharing the honours with Ryan Armstrong of Bennelong who achieved the same

The WHO-UR Div 2 team was not in finals contention, but nonetheless put up a brave show against Bennelong, unfortunately going down 29-25. Lachlan Coady was our fastest picking up 9 points for a time of 48.10. In the season individual points score, Savanna Sweeney was our highest scoring with a total of 37 points, reflecting her consistent performances throughout the year. A big thank you to all who joined our Div 2 squad throughout the season, including Lee Coady, Lachlan Coady, Savanna Sweeney, Paul Sweeney, Dan Smith, Matthew Palmer and Nicholas Crass, along with our Uringa colleagues Maggie Mackay, Jim Mackay, Shane Doyle, and Serena Doyle.

In Div 3 WHO was fighting for finals glory against SHOO-IKO, and despite the absence of two regular team members who were part of the event organising committee, triumphed with a 30-24 victory! Our fastest was the ever-dependable Matthew Palmer



who picked up 9 points for a time of 47.47.

Matthew Palmer also achieved the highest individual score in our team or the season picking up a total of 37 points, with Emmanuelle Convert not far behind on 34 points. Well done to all who formed part of our Div 3 squad throughout the season, including Matthew Palmer, Emmanuelle Convert, Paul Sweeney, Saffron Sweeney, Charlotte Palmer, Sai Shing, Silvia Teoh, Matilda Saunders and Josh Braidwood.

Div 4 was another division in which we were in finals contention, this time up against Bennelong. We yet again brought it home comfortably with a 33-22 win. This young team has proven to be outstanding the whole season, and all did us proud. Shay Sweeney picked up the 10 points with his time of 40.47, with Tahlia, Tiffany, Justine and Stan only minutes behind. Shay Sweeney was our highest individual scorer for the season with an amazing 59 points, only one shy of division medal winner Euan Shedden. Shout out to all our Div 4 team members throughout the season who made this possible, including Shay Sweeney, Justine de Remy de Cour-



celles, Tiffany Palmer, Tahlia Chapman, Stanley Shing, Anthony Saunders and Matilda Saunders.

Div 5 was the remaining division in which we were finals contenders, again against Bennelong. Some of our usual Div 5 runners weren't available on the day, and while we still put up a valiant effort, this time we didn't quite get there, going down 37-18. Well, it would be a bit unfair for us to win everything. This round, Nerise McQuillan was our fastest picking up 7 points for a time of 61.38. Special mention goes to Aiden McQuillan who was our highest scorer for the entire season picking up 45 points in total - great work Aiden! Thanks to the long list of people who helped pave the way for our Div 5 team to reach the finals this season, including Barry Hanlon, Janet Morris, Kelly Simmonds, Ted Mulherin, Maria Stankova, Aidan McQuillan, Jacinta Braidwood, Levi Coady, Alex Chapman, Micaela Ashton, Stan Stanley Shing, Nerise McQuillan, Karen Langan, and Elliott McQuillan.

While we weren't competing for finals glory in Div 6, I'm pleased to report that Toby Said picked up 10 points for WHO with his fast time of 50.10 - Toby might be one to watch for next season! We were low on numbers so went down to Garingal 24-10. Janet Morris was our highest individual scorer for the season with 24 points. Thanks to our Div 6 runners this year - Hamilton Kinneally, Elliott McQuillan, Janet Morris, Blake Spencer and Toby Said.

What a season! Easily the most successful season I can recall for WHO at Metro League, walking away champions in Divisions 1, 3 and 4. Considering it has been a while since WHO has won any division, to win 3 is certainly testament to our persistence and commitment to developing new talent. So if you are new to our club, consider joining us for Metro League next season - its a great introduction to orienteering and there will be courses to suit you. Thanks for a great year, and see you at Metro League 2025!

NSW Championship

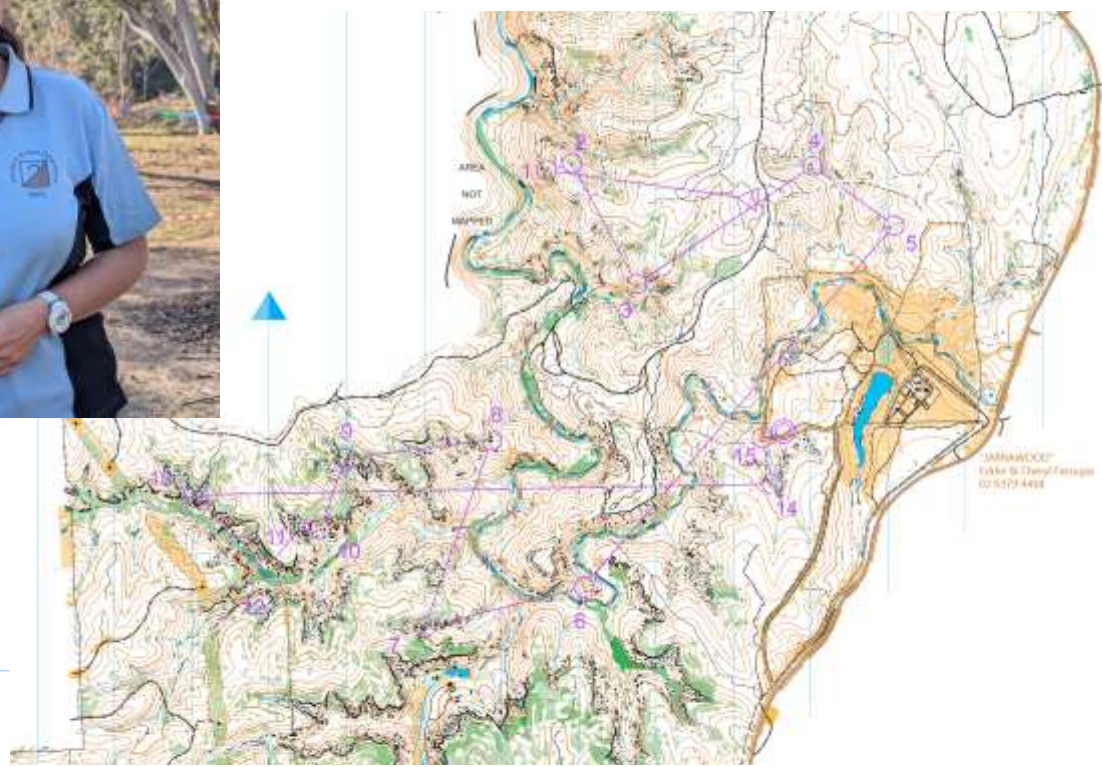
The middle and long distance NSW championships were held in Clandulla near Rylstone. We have travelled to that region many times in the last 18 months and for good reasons as the terrain and rocks out there are fantastic: great orienteering challenges and plenty to look at.

It was a great preparation for Aus Champ including on the social side of things for those who stayed at Cherry Tree Farm campground and had dinner at

the on-site bistro: we had members of WHO, Benelong, Big Foot as well as Red Roos from the ACT and a couple of Tasmanians.

WHO achieved some great results in many age categories including unexpectedly in M21A... See the News section of the WHO website for details or Eventor for complete results ([Saturday](#) and [Sunday](#)).

Photos by Sandra Stewart.



Australian Championship and School Championship

The Australian Orienteering Championship (AOC) was held in and near Armidale on 28-29 September and 5-6 October. Between the two weekends, from Tuesday to Thursday, the Australian School Orienteering championship (ASOC) was on including the Southern Cross challenge with two New Zealand school teams and the Thunderbolt 3-day series of public events. Seven events were on offer over 9 days. Here are a few personal highlights. Photos by Sandra Stewart, Geoff Peel, Simon George and Terry Cooke.

Arenas

It is common to have online live results at State League and even sometimes commentary but at the national carnivals we also experience live video footages, radio controls and GPS tracking of elite runners. Add spectator controls and run through at all events of AOC 24 and orienteering becomes a spectator sport. You can relive the experience [there](#).

Having the same arena for the first weekend and Saturday of the second weekend was a bonus.



Mass start and relay

There was a relay for everyone on the first Saturday: 3 runners represented their State and each ran a leg with slight variations. What an atmosphere we experienced at the mass start with the 500 or so second and third leg runners counting down the start for the odd 250 first runners.

There was also a relay on the last day of ASOC with results and finishing position relating to other State teams deciding on the final overall results after NSW and Queensland were tied in first position at the end of day 2.

Thunderbolt 3-day had a mass start on day 2 as well.

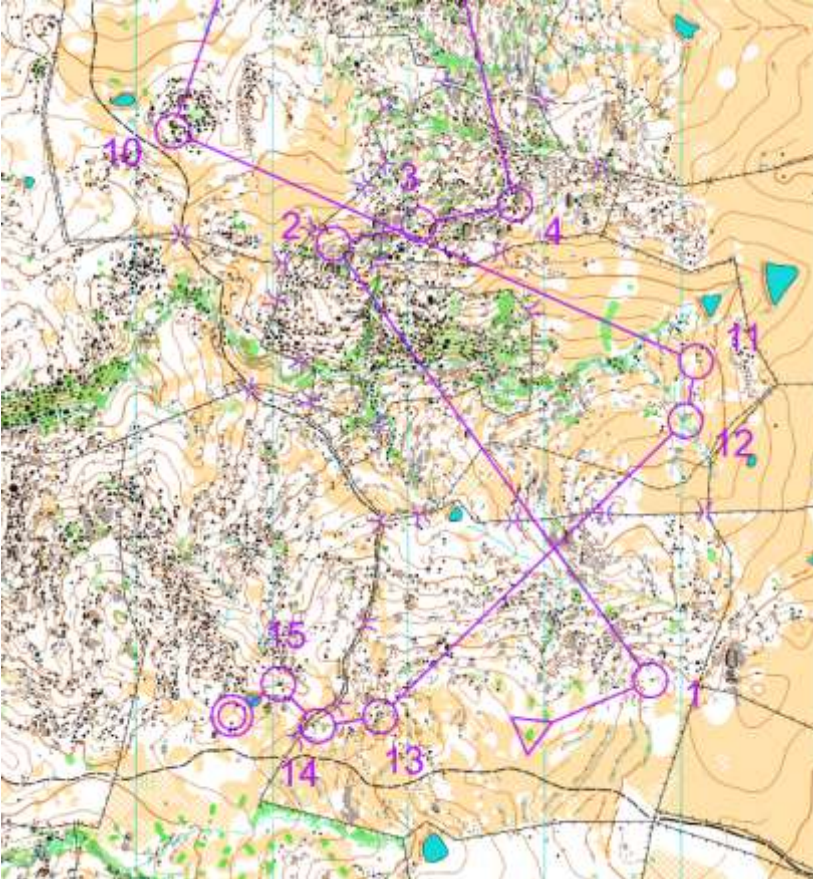
Mass starts led to a different kind of navigation as well as some serious sprinting between close finishers!



The (granite) rocks

In 2023 and 2024 we have had many events in areas with great and impressive rock formations in NSW. The granite rocks in Armidale were quite special: look at all the black and grey area on the extract of the map from course 6 of the long distance event at AOC. What about Lee disappearing in rocks... Or all

the rocks in the background of Rob running: so many option for control location!



The camaraderie

It was great to see members of the school teams from all the states , ACT and New Zealand bond together. I has a lot to do with teams staying together at the same venue and sharing activities post-run. One member of the ACT team was cheering up on anyone she knew the name of at ASOC relay! Well done to all involved and particularly Saffron, the (winning) NSW team manager.

Another great tradition of ASOC is for the whole State team to run with their last finishing runner into the finishing chute. See Justine's comments on next page. Can you spot the dinosaur below?

Let's not forget our own WHO social gathering that Anthony was so keen on attending that he drove 6 hours to get there!



Justine's Take On The Carnival

What was your favourite event of AOC, ASOC and/or everything?

My favourite event from AOC would have to be the AOC long. I was very proud of my run on that day because it ended up being my cleanest run. My favourite event of ASOC was the relay. Even under the pressure of having to beat the Queensland team, we (Tiffany, Jess and I) still had a solid performance and came fourth Australians!



What were your favourite memories from the carnival?

I had so much fun throughout the entire carnival but if I had to pick, these would be my top three. Coming in strong in third place, the Scavenger Hunt, specifically the phone box and the dance. The Scavenger hunt is a list of tasks that each state team can complete for extra points. It is optional but some of these tasks can be tons of fun. My personal favourites were, the phone box challenge, in which we tried to fit as many team members as possible in a phone box (13 of us fitted in), and the dance, in which we had to choreograph a dance for the whole team to perform at the Games Night. In second, the disco. Dressing up in our costumes and spending the night dancing with friends was a great way to end the carnival and was one of the highlights of ASOC. My number one most favourite memory was running in with my teammates at the end of the

ASOC relay. Traditionally the first and second leg runners run behind their third leg runner with the state flag. Doing this with my fellow junior girls felt good and it felt amazing to be supporting my teammate through the finish chute. It felt even better to run in with the very last runner from the NSW team and to show the strong camaraderie formed within the team.

Would you do it again next year?

I would 100 percent repeat the entire carnival again next year because it was one of the best experiences of my whole life.

What did you learn?

The main thing I learnt while out on the course was, always check your control descriptions! I made a large mistake on the ASOC long because I found my number 10 before my number 9 and didn't realise until I was a good 100 metres away from the control. Unfortunately I didn't go back and try to correct my error, instead I blundered off into the bush and spent another 4 minutes searching for that pesky number 9.



Volunteering

Even for big carnivals with 750 odd participants, orienteering is run by volunteers. There were no less than 9 clubs listed in the organisation of AOC 2024. Members of other clubs including WHO's Maureen, Rob, Karen, Vivien and Emmanuelle were also on

hand to help with arena set up, quarantine control, control collection, start duty and more.

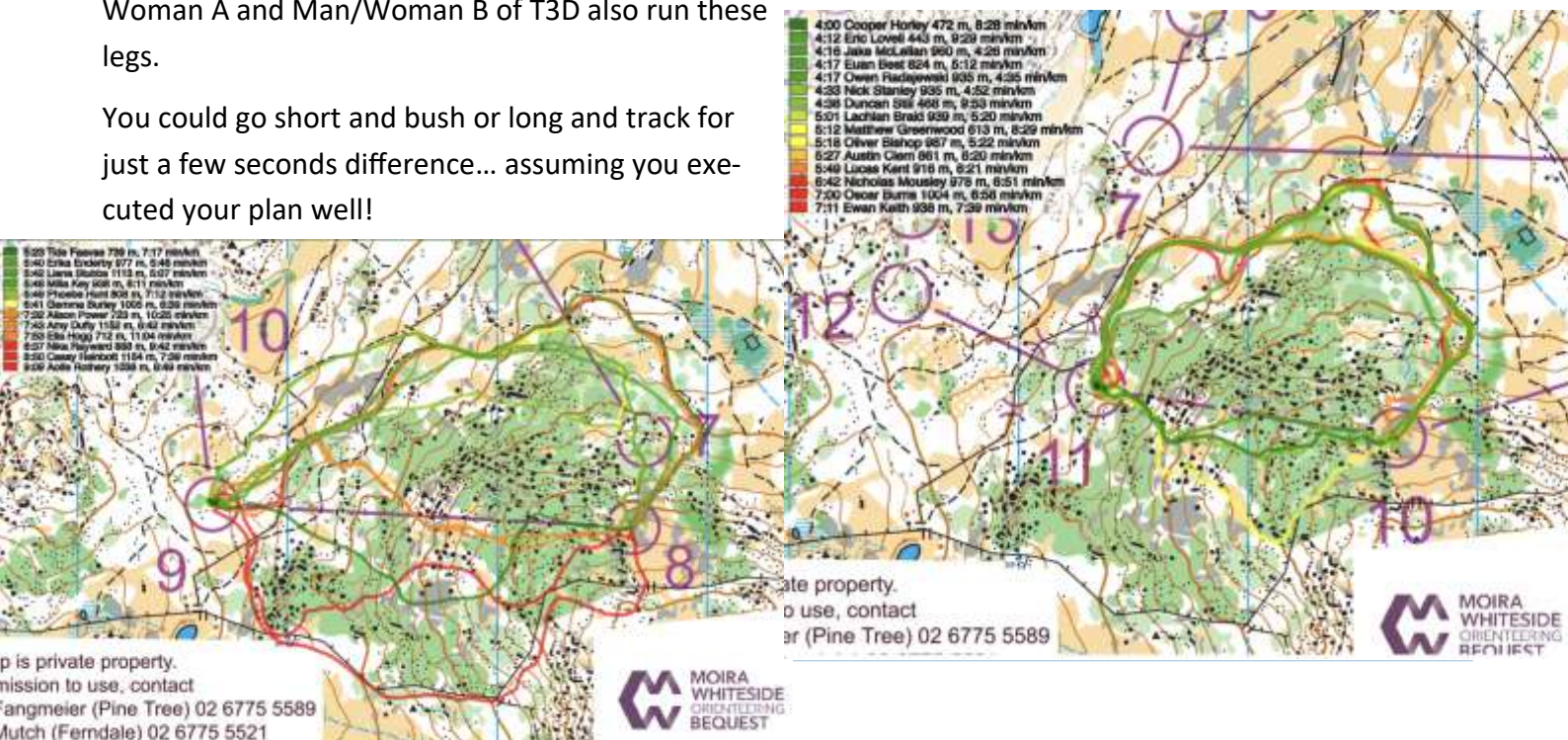
A great way to socialize with other orienteers, find that control that one of us forgot to punch at the relay and share a good time overall.



Volunteering

Some interesting route choice comparison amongst the best senior runners of the ASOC long. Man/Woman A and Man/Woman B of T3D also run these legs.

You could go short and bush or long and track for just a few seconds difference... assuming you executed your plan well!



Wrapping up

AOC and Easter 3 days are the top orienteering carnivals in Australia with excellent courses and orienteers from all states and territories as well as, for AOC 2024, orienteers from New Zealand, New Caledonia and even Vancouver and Finland.

Why not try one of these carnivals? Easter will be in Central Victoria in the Loddon Shire. Make a trip of it by staying the week as the following weekend is the ANZAC long weekend during which 3 events are also planned.

AOC and ASOC will be in and around Brisbane.

This year's NSW team at ASOC included 5 members from WHO: Matilda, Justine, Tiffany, Savanna and Shay. Five of the junior members were just 12 years old so a very young (winning) team that will develop in years to come.

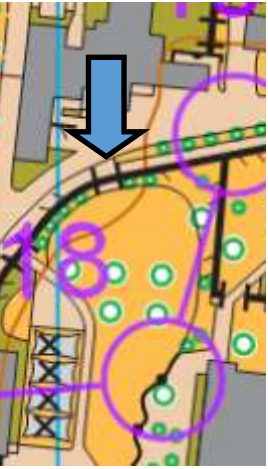
In 2024, selection criteria for the NSW school team were for all nominees to attend school with senior boys and girls being at least 15 years old and running hard courses and junior boys and girls being between 12 and 15 years old by December and running moderate courses. Selectors considered performances at the first 4 State league events of the season and attendance at the junior camp during the April school holidays. Selected students were expected to run most if not all State league events of the year (about 16 events).

If you are interested in selection next year, keep checking ONSW website, Facebook and weekly bulletin and Blue Bottles Facebook page. Four of the senior students are leaving school at the end of 2024 and their places need to be filled to have a full team in 2025



Sprint Orienteering

At ASOC sprint there was an incident with runners using a gate that was marked as closed on the map



and therefore could not be used as a route (see blue arrow on left). The young generation of orienteers that were involved showed us what fair play is by disqualifying themselves. Later on, on the same course, at the Thunderbolt 3-day, many instances of orienteers crossing out of bound (OOB) areas were observed.

This is a common occurrence at sprint events, including from much more experienced orienteers than our juniors, and is more a consequence of the specific rules of sprint orienteering being unknown than a will to cheat.

So what are these rules?

Let's start with the below box that is usually added to sprint maps and bulletin for sprint events.



The purple hatching is usually clear both on the map and on the ground: out of bound, no go.

Buildings (dark grey) are usually impossible to cross on the ground. However even if we see an open door and passageway from one side to the next, we cannot use it if it is not mapped as an undercover area.

Body of water surrounded by a black line cannot be crossed or jumped over. At ASOC/T3D, there was even a note and below examples in the event bulletin



showing a narrow creek and explaining that it could not be crossed or jumped over... not that everyone followed the rules.

Dark green is used for vegetation tight in the bush and can be crossed in this situation (don't though, you'll regret it!) but at sprint orienteering it is a no go.

Olive green usually maps garden beds but sometimes such as ASOC/T3D sprint, it is used for a lawn as shown on the map extract on the right. Again it cannot be run over.

We can also see that the fence has 2 ticks meaning it is uncrossable.

We can see a dark green line on the left of the lawn on the map (and bottom of the OOB box). This is an edge that cannot be crossed.



Finally a black line cannot be crossed as shown on the box on the right of the out-of-bound box.

As stated in the OOB box, these features cannot be entered, crossed, jumped over but also we cannot reach across to punch our control: we have to run around an impassable fence for instance. They should be seen as an impassable wall for the linear features or surrounded by an impassable wall for the OOB areas.

On the day of the event there was an opening in the impassable fence shown on the right of the extract of the map above. Some orienteers were seen walking on the lawn (marked as olive green) and then using that opening (marked as impassable fence). If entering and OOB area, an orienteers should retrace their steps in a way that does not give them unfair advantage.

More detailed explanations can be found [here](#) and [here](#).

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 annual series of Wednesday night runs during day light hour period. You have 45 minutes to complete your course including as many or as little of the 30 controls on offer.

<i>Date</i>	<i>Location</i>
6 Nov	LINDFIELD Primula Oval, Primula Street
13 Nov	NEWTOWN Camperdown Memorial Rest Park, Federation Road
20 Nov	NORTH WAHROONGA Golden Jubilee Field, Esk Street
27 Nov	ALLAMBIE HEIGHTS Allambie Heights Oval, Allambie Road
4 Dec	CHATSWOOD Beauchamp Park, Nicholson Street
11 Dec	CASTLE COVE Castle Cove Park, Holly Street
18 Dec	PUTNEY Morrison Bay Park, Frances Road
23 Dec (Monday)	MOSMAN Georges Heights Oval, Suakin Drive
30 Dec (Monday)	MANLY St Paul's Catholic College, Darley Road
8 Jan	SURRY HILLS Prince Alfred Park, Chalmers Street
15 Jan	TELOPEA Sturt Park, Sturt Street
22 Jan	ERSKINEVILLE Erskineville Oval, Fox Ave
29 Jan	DOVER HEIGHTS Hugh Bamford Reserve, Military Road
5 Feb	CONCORD St Luke's Park North, Crane Street
12 Feb	MOSMAN Reid Park, Avenue Road
19 Feb	PENNANT HILLS Pennant Hills Park Netball Courts, off Britannia Street
26 Feb	PARRAMATTA James Ruse Reserve, Hassall Street
5 Mar	CONCORD Ron Routley Oval, off Nullawarra Avenue
12 Mar	LEICHHARDT Pioneers Memorial Park, Norton Street
19 Mar	EAST LINDFIELD Lindfield Oval, Tryon Road
26 Mar	EPPING West Epping Park, Dent Street
2 Apr	NORTHBRIDGE Northbridge Golf Club, Sailors Bay Road-Stay for dinner and presentation

Saturday Orienteering Series (SOS)

Organised on Saturday mornings during school term by the Bold Horizons team including some of our junior members .

<i>Date</i>	<i>Event</i>	<i>Location</i>
9 Nov	Gore Hill Oval	St Leonards
16 Nov	The Ponds High School	The Ponds
23 Nov	Mort Bay Park	Birchgrove

The WHO Cup

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 a free lunch and our club's AGM.

This year's WHO cup is set in the Bungaribee area of Western Sydney Parkland. It offers 3 line courses (short, medium and long) set in the park and nearby streets.

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 (with a couple of moderate controls) on the short course and moderate standard (with a couple of hard controls) on medium and long courses. The course setter assures us that most legs will offer route choices. No road will have to be crossed on the short course.



Christmas 5 days

Organised in Sydney this year. WHO is in charge of the first day in Pennant Hills. Help will be needed and appreciated.

<i>Day</i>	<i>Location</i>	<i>Map</i>	<i>Format</i>	<i>Starts</i>
Fri Dec 27	Hills	Pennant Hills HS	3D Sprint	5-6pm
Sat Dec 28	City	Centennial Park	Short Loops	8-10am
Sun Dec 29	City	Sydney Uni	Long Sprint	8-10am
Mon Dec 30	Manly	North Head	Score	4.30-6.45pm
Tue Dec 31	Inner West	Pioneers Mem	Ultra Sprint	8-10am