



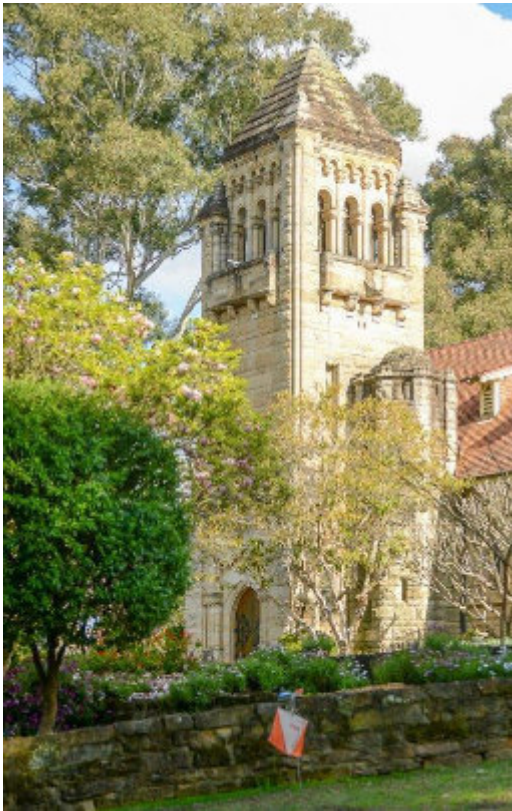
“WHO goes Orienteering”

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Newsletter Editor:- Ian Miller

Dharug Country September 2023



handful of new maps in Western Sydney, the future is looking very promising. With only a couple of kids from any given school participating, maybe this trophy will lead to a few more giving it a go.

Speaking of WHO juniors, congratulations to Savanna Sweeney, Shay Sweeney, Matilda Saunders and Lachlan Coady who are off to Western Australia representing NSW at the Australian Champs in less than 4 weeks. Shay and Matilda get their first taste of the action and I'm sure they will love the experience. But before we get to Aus Champs, we have the NSW Champs, which Garingal are promising to be unbelievably good. They've teased us with photos of big rocks and zero undergrowth, so I'm really looking forward to it.

And just around the corner is another summer, which for many of us means the Sydney Summer Series. I love this series. There is no better way to see this city than after work on a Wednesday with a map puzzle in your hand. See you out there.

James McQuillan President
Western & Hills Orienteers

FROM THE PRESIDENT

Sydney West declared Champion School Region for the first time!

What a fantastic way to top off our recent NSW Schools and State League weekend. A quick look at the trophy shows that the past 10 years have been dominated by Sydney North and the Combined Independent Schools but not anymore!

We have always thought that our region is full of potential and now with a number of WHO juniors in the ranks, regular SOS events in T2 and T3 and a

Winter is over. Welcome Spring !

Spring is sprung, the grass has riz. I wonder where the birdies is.

I heard the birds are on the wing but that's absurd, the wing is on the bird! - Anon

WHO had a busy winter with our 40th birthday, the NSW School Championships and the Turkey Trot.

NSW SCHOOLS CHAMPIONSHIPS **at The King's School and Mulgoa**

Thanks everyone.

BIG effort from a number of people over a long time to make sure we had the events we did on the weekend. From arranging permissions, to creating maps, to setting courses, preparing the units/ computers and dealing with the logistical challenges that the Schools weekend brings - many aspects to pull it all together. We've contributed to this weekend in previous years but never 100% by our own club, as we did this past weekend. I'm pretty proud that our club is growing and developing such that we are willing and able to do something like this. And it's pretty pleasing to see our (public school) region win the Schools Championship for the first time - Sydney West. We are a club on the rise, so hang on for the ride!

Cheers James

We started out with 2 sprint races at The King's School. Being a new sprint map, there were plenty of eager orienteers, keen to see what the campus had in store. Over 200 competitors of ages 5 to 85 enjoyed the challenges set by Selwyn and Niamh.

Race 1 sent competitors weaving through the Senior School buildings and around well-manicured gardens, with a finish adjacent to the JS White Oval - a ground of SCG quality (but OOB for us!)

Race 2 was on the other side of the campus and included a little bit of climb, past the old stone church, before navigating the compact buildings of the Prep School. The early climb out of the start meant for a fast downhill finish.

It was great to see both very experienced and beginner orienteers out on the courses. The overall results were cumulative times from the two races. Results, splits and maps can be found here: <https://eventor.orienteering.asn.au/Events/ResultList ...>

The following day we headed west to Mulgoa for a change of scenery. This section of the Blue Mountains National Park is on the east side of the Nepean River. It features quite a few contours and sandstone rock features amongst a variety of bush vegetation. The bush certainly holds a different sort of challenge from the man-made buildings of a school campus and this area with longish courses proved to be quite physical and technical.

Consequently, many classes had new winners. Results, splits and maps can be found here: <https://eventor.orienteering.asn.au/Events/ResultList ...>
At the end of the day - Sydney West were crowned as Champion Region. Seems fitting, as both maps were in the Sydney West Region!! **Congratulations**

WHO results are on page 12 and 13. Photos are on the next two pages.

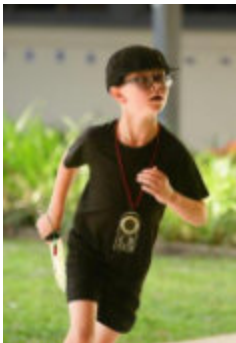
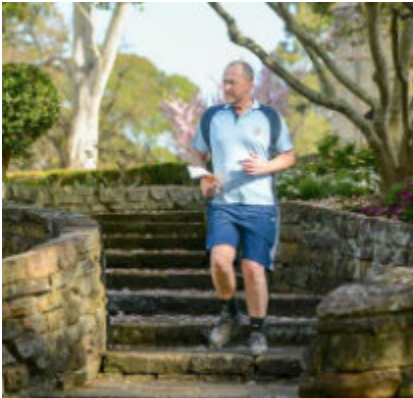
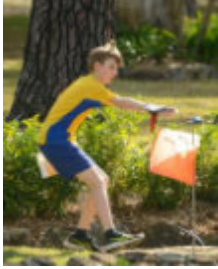
THE NEXT WHO EVENTS

DATE	EVENT	LOCATION
Wed 4 Oct	SSS #1	Eric Primrose Reserve Rydalmere
Wed 15 Nov	SSS #7 NEW MAP	
		James Henty Drive Oval, Dural
Sun 3 Dec	WHO Cup WSOS #1	Lapstone

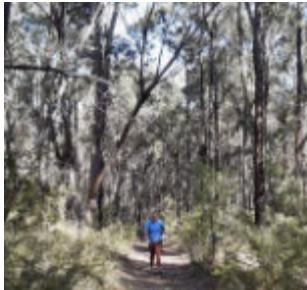
SOS EVENTS

Saturday	Location
16 Sep	Ted Horwood Reserve Field 5, Baulkham Hills or Blackman Park, Lane Cove
23 Sep	Term 3 Final at Willoughby

NSW Schools Sprint Chs at The King's School



**NSW Schools Middle
Distance Chs at Mulgoa**



WHO HEADLINERS

Four WHO members were selected in the 2023 Schools team to represent NSW at the Australian Championships. Congratulations to **Lachlan Coady, Matilda Saunders, Savanna Sweeney and Shay Sweeney.**

The WHO Juniors excelled at the NSW Schools Championships. In the sprint distance, **Shay, Lachlan and Savanna** placed 1st, with **Levi, Justine and Thomas** placing second and **Matilda and Chelsea** third. In the middle distance, **George, Lachlan and Chelsea** placed 1st, with **Elliott, Aiden, Jacinta and Matilda** placing second and **Thomas and Savanna** third.

In the associated State League events, **Kelly and Seth** achieved 1st places on both days, while **Paul, Janet, Lee, Belinda, Emmanuelle, Anthony and Barry H** led their classes on one of the two days.

At the Turkey Trot the **Sweeney family** had a field day with **Savanna** winning the women's section of the 8km course and **Shay** winning the men's section. In the Women's 12km course, **Saffron** came second and in the Men's 21kms, **Seth** came second a mere 5 seconds behind the winner.

The NSW Night 3 hour Rogaine saw a WHO blitz with **Seth Sweeney** and **James McQuillan** first overall, Emma Inglis and Sue More won the Veteran Women category, while **Savanna and Saffron Sweeney** won three categories as did **Steve Dunlop** and **Ian Miller.**

HOT REMINDERS

SSS Season Tickets are on sale at
<https://eventor.orienteering.asn.au/Events/Show/19392>.

Next Metro is the final at St Ives on Sunday 17 Sept

NEW MEMBERS

Welcome to Kelly Simmonds, Nelson Woodbury and Angus Maple. Welcome back to Chelsea and Thomas Olbrich who have re-joined.

Great to have you as part of the WHO team.

We look forward to meeting you at an upcoming event. New members receive a free blue WHO shirt so please make yourself known to Ian Miller. WHO shirts are available in sizes, XL, L, M, S, 14, 12, 10, 8.

NSW Championships and the Australian Championships

We wish all our WHO members attending the 2023 NSW Championships and the 2023 Australian Championships the very best for great runs.

LATEST WHO NEWS

on Facebook at

<https://www.facebook.com/pages/category/Community/Western-Hills-Orienteers-363738563689907/>

With MORE WHO INFO on the WHO web site at

<https://whorienteers.net/Club-News-2023>

WHO CLUB MEETINGS

If you are keen to know more about our club and find out how you can contribute, join us at our next meeting on 7.30pm Sydney time on **Tuesday 12 September** – either in person or via zoom for those who can't get there.

All welcome ! We discuss future WHO events, map making and equipment purchases. It is all very informal. You don't even need to leave home! Watch out for the meeting invitation for details.

Don't hesitate to contact our Secretary Maureen if you have any questions or feedback at secretary@whorienteers.net

WHO 40TH BIRTHDAY

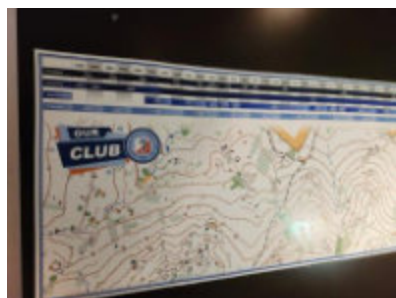


On Saturday June 24, WHO members celebrated the club's 40th Anniversary



Present and past WHO members enjoyed reminiscing and catching up. Western and Hills Orienteers was formed on 6th June 1983. Pleasingly a number of the 1980's members shared the occasion at the Baulkham Hills Sports Club.

Current and ex-WHO members total 350 and their names were skilfully included in a commemorative orienteering map created by Nerise McQuillan. Close inspection of the contour lines shows that each name is individually listed.



An amazing collection of action photos ran throughout on the big screen. The collection was created by James McQuillan and featured current

and ex-WHO members. A search of members photo archives provided some gems with special thanks to Trisha Crane.

Other ex-members at the event included Gerry Wong, Ashley Crane, Paul, Pat and Peter Baker and Owen Sharpe.



Robyn Pallas (ONSW President) congratulated Western and Hills Orienteers on our milestone.



Peter Stevens the inaugural President was unable to attend and sent his apologies. Apologies were also received from Trisha Crane, David and Dayle Green, Steve Holloway, Mal Mackintosh, Barry Pearce, Tim Perry and Ken Sinclair.

A highlight of the evening was the presentation of Life Membership to Steve Dunlop. Steve was the inaugural WHO Treasurer, President in 1985 and 1986 and has held many roles since including his current role of equipment officer. Congratulations Steve!

The other WHO Life members were all present – Ted Mulherin, Janet Morris and Barry Hanlon with Bruce Cooper, a long-standing life member and one of the great orienteering pioneer builders of our Club, flying in from Hobart.

The evening concluded with members looking forward to attending the 50th celebrations in 2033.

Turkey Trot #19, July 2nd 2023

The first Sunday in July is reserved annually for the WHO organised Metropolitan Turkey Trot. This year's event was held in the Fairfield area with the start and finish at the entrance to Fairfield Showgrounds. The flatish terrain utilising creek lines led to excellent times on all courses.

Started in 2005 from a concept developed by Barry Hanlon this event has a cult following with regular participants declaring it their favourite event. It is the longest orienteering event held in the Sydney metropolitan area with courses this year 21kms for the long, 12kms for the medium and 8kms for the short. MTBO and runners complete the same courses.

The Sweeneys zipped around the cycle tracks and pathways of Fairfield taking four top placings. They are now the Club's top turkeys!

Seth crossed the finish line in second place in the Men's Long division. Only five seconds behind Steven Horrocks. **Shay** steamed in first position in Men's Short, 35 seconds ahead of Michael Ridley-Smith. In second place in Women's Medium, **Saffron** was only 28 seconds behind Melissa Joseph. **Savanna** streaked into first position in Women's Short 1:49 ahead of Carolyn Matthews.

Congratulations to the Club's top team!

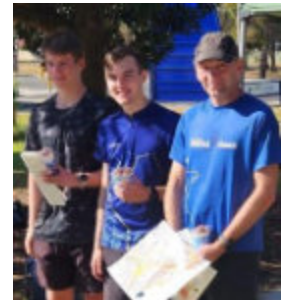


WHO results are on page 13 and the complete results are at <https://eventor.orienteering.asn.au/Events/ResultList?eventId=18907&groupBy=EventClass>

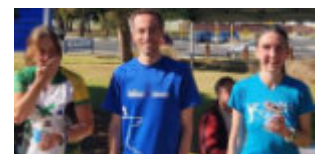
Thank you to the course setter Matt Hackett, organisers Dan Smith and James McQuillan and Janet and Barry for mapping such a large area. The support of helpers was much appreciated.

Feedback was positive. Matt set good courses using only 21 controls (much appreciated by those putting them out at 7am on a cool winter morning).

It was disappointing that Fairfield Showground developments meant no kids courses and we encountered the event officials' nightmare of finding 2kms of new construction fence on Sunday morning. The latter created an extra challenge and lessons were learnt.



PRIZES READY !



ROGAINE NEWS

Rogaining Event Calendar for 2023 is at

<https://nswrogaining.org/coming-events/>

DATE	EVENT	LOCATION
Sat 30 Sept	Australian Championships	Goobong NP, Parkes
Sat 28 Oct	Spring 12/6hr	ACTRA
Sun 29 Oct	Surprise Rogaine 3/6hr	Newcastle Region
Sun 19 Nov	Socialgaine	Sydney Harbour

A night at the Opera Rogaine

Rogaine NSW organised a night event in the Upper Lane Cove area of Sydney area on Saturday 29 July. 3 hour and 5 hour course times were offered with most WHO members taking on the 3 hour event.

It was a very successful evening for WHO members with 7 category wins.

In the 3 hour event James McQuillan and Seth Sweeney powered home to win the Overall and Men's categories with 1050 points in the near perfect time of 2:57:59. Second overall and first in the Women's, Family and Novice categories were Savanna and Saffron Sweeney with 730 points. Emma Inglis and Sue Moore won the Veteran Women category with 550 points and were second in the Women's section.

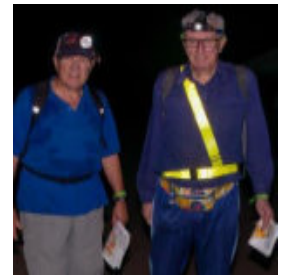
In ninth place overall and second in the Men's and Family categories were Lachlan and Lee Coady with 530 points closely followed by Steve Dunlop and Ian Miller with 510 points who were 3rd in the Men's category and won the Men's Veterans, Men's Special Veterans and Men's Ultra Veterans categories.

Tim was our only rep in the 5h event, finishing 15th in the Men's category.

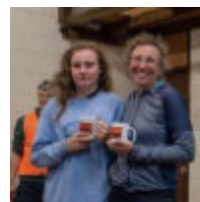
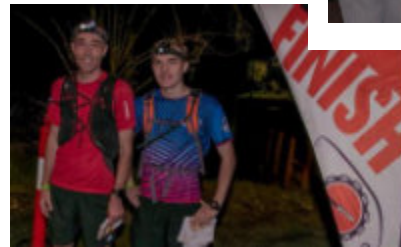
To complete the WHO involvement Vivien was the event administrator. The Hash House food was great. Thank you Rogaine NSW.



A GOOD PLAN IS IMPORTANT



EXECUTING THE PLAN



WINNERS ARE GRINNERS WITH NSW ROGAINE MUGS !

Orienteering meets parkour? at Gumble for State League #6



SYDNEY SUMMER SERIES
SEASON 33

Four weeks until Event #1 !!!!

THE EVENTS ARE IN EVENTOR

WHO is organising the first event on 4th October at Eric Primrose Reserve, Rydalmere.

SSS Season Tickets are on sale at

<https://eventor.orienteering.asn.au/Events/Show/19392>.

IMPROVING YOUR O SKILLS

Our home page <https://whorienteers.net/> now has a link to a training video which will be updated frequently. Check it out.

Training video – Setting the map



Charlotte Ward of South London Orienteers demonstrates setting the map.

DATE	EVENT	LOCATION
Wed 4 Oct	SSS #1	Eric Primrose Reserve, Rydalmere
Wed 11 Oct	SSS #2	Boronia Park Reserve, Hunters Hill
Wed 18 Oct	SSS #3	Killarney Heights Oval
Wed 25 Oct	SSS #4	Ruddock Park, Westleigh
Wed 1 Nov	SSS #5	Bicentennial Park, West Pymble
Wed 8 Nov	SSS #6	Blackman Park, Lane Cove
Wed 15 Nov	SSS #7	James Henty Drive Oval, Dural
Wed 22 Nov	SSS #8	Aquatic Reserve, Frenchs Forest

Most SSS events by WHO members

Graeme Hill 579, Janet Morris 475, Ian Miller 432.

THANK YOU

To the newsletter contributors Josh Braidwood, James McQuillan and Barry Hanlon. Extracts from ONSW e-bulletins, OA E-news, the NSW Rogaine newsletter, WHO Facebook and web pages. Photos from Vivien de Remy de Courcelles and Tony Hill, James McQuillan, Ian Miller, ONSW, SSS and WHO Facebook pages.

METRO LEAGUE 2023

Next up is the Season Finale

DATE	EVENT	LOCATION
Sun 17 Sep	Metro #6	St Ives (BF)

Round 5 - Lansdowne

We were hosted by Uringa for Round 5 of Metro League at Lansdowne on August 6, an important round which sorts out which teams will be battling it out for honours in the final. Lansdowne always provides a variety of challenges, with the vegetation a little thicker and grass a little longer in some parts than the last time we visited this area. So how did WHO fare?

In Div 1 we were up against Div 1 which was always going to be an uphill battle. Even so, we produced some good results, with Seth Sweeney again coming in with our fastest time of 35.51 for 8 points (pipping brother Selwyn by 4 minutes). Our total of 21 points wasn't enough to get us there against Big Foot's total of 33.

An interesting outcome in Div 2, where we drew against our opponent Garingal 27-27. A pretty rare outcome in Metro League, but we had the fastest runner in the division with Lee Coady picking up the 10 points with a time of 34.27. And considering we fielded a team of 4 against Garingal's 5 it was a pretty good result.

No signs of success in Div 3 where we went down 16-38 against SHOO-IKO. Jay Seeho was our fastest with a time of 41.25 for 7 points with the rest of the team clustered pretty close behind.

Things got a little brighter in Div 4 where we beat SHOO-IKO 32-20. Emmanuelle Convert had an outstanding run with a time of 33.57 for 10 points, the fastest time for the entire division.

Victory continued into Div 5, where we pipped SHOO-IKO 29-26 in a close match up. A super fast

Shay Sweeney made the difference picking up 10 points for a time of 26.36, again the fastest time in the division.

The luck ran out in Div 6, where we were short on numbers, going down 17-35 to Bennelong. Justine de Remy de Courcelles continued her winning ways however, picking up 9 points for a time of 27.26.

So where does this leave us as we face the final round on September 17 in St Ives? Well in Div 1 we will be playing for pride, given that we are coming fourth in the division. In Div 2 we are 5th out of the 6th teams with just one win and one draw for the season. In Div 3 we look to have a firm grip on the wooden spoon with no wins so far this season. In Div 4 we have 2 wins for the season but in a crowded field this still leaves us 5th out of 6 teams. Div 5 was our best chance, and despite 3 wins for the season, we were unfortunately pipped by Bennelong on the for and against, leaving us just out of contention in the final - so close! Div 6 we have only one win for the season so sadly sit at fourth. So while there won't be any finals glory for WHO this season, we have had some outstanding performances including a number of runners knocking loudly on the door for a promotion which bodes well for the future. Let's get a big turnout on Sep 17 and go out of the season with a bang!

Round 4 - Frenchs Forest

Long term Metro Leaguers will be quite familiar with the bush around Aquatic Reserve that was home to Round 4 on Sunday, hosted by Bennelong. Courses predominantly stuck to tracks, with some areas of bare rock and a few physically demanding elevation changes thrown in to add to the challenge. Although we were a little down on numbers, we still put in some competitive performances.

In Division 1, we were up against a strong Garingal team, yet still managed to come within 3 points of pulling off an upset. Going down 26-29, our result was quite impressive when you consider we were fielding one less runner than Garingal - what could

have been! In a remarkable coincidence James McQuillan and Seth Sweeney both came home with an identical time of 37.10 for 9 points each - given they started well apart it was all above board. But what a great time.

In Div 2 we faced off against Bennelong, but again having one less runner we couldn't quite get there, going down 22-32. Lee Coady was our fastest picking up 7 points for a time of 44.12, with Savanna Sweeney and Lachlan Coady not far behind.

Div 3 was also up against Bennelong in what turned out to be a fairly lopsided match up, with Bennelong winning 38-16. Saffron Sweeney maintained the honour for WHO picking up 7 points with a time of 42.57.

Our Div 4 team was never really in the hunt, only fielding three runners against a fully stacked Bennelong side, who won 40-16. Ouch. Thanks to Matilda Saunders who nonetheless put in a great time of 46.06 earning 5 points.

Things start to look better once we move to Div 5, with WHO beating Bennelong 29-25 on their home turf. Special mention to Shay Sweeney who put in a remarkable time of 29.04 for 10 points, and the fastest time across the division as a whole. Wow - he just keeps getting better.

The good news continued into Div 6 where we finally picked up a victory, beating Garingal 28-24. Justine de Remy de Courcelles again led the way whizzing around the course in an astonishing 17.49 for 10 points.

So now that we are getting towards the pointy end of the season, where does that leave us? Div 1 is sitting at the bottom of the table on 2 points, equal with Bennelong-SHOO-IKO. Our Div 2 team is also hoping for a late turnaround with only 2 points at the bottom of the table (equal with Garingal Frill Necks). Div 3 is anchored at the bottom with no wins at all for the season - oh dear. Our Div 4 team

is at least only 2nd last with 2 points equal with Garingal and ahead of Uringa-Central Coast. Things look a little better in Div 5 where we are technically in third place but in reality we are equal second on 4 points with Bennelong and SHOO-IKO - so we are still in with a chance to make the final here. Our Div 6 team remains in last place but at least now we have 2 points to our name which puts us equal with Garingal.

Let's turn it around in Round 5 at Lansdowne on 6 August - get your entries in now!

JOSH – WHO Club Captain

JUNIOR'S NEWS

NSW SCHOOLS ORIENTEERING TEAM 2023

Orienteering NSW is sending a team to the 2023 Australian Schools Orienteering Championships to be held in Western Australia on October 3-5.

Saffron Sweeney has been appointed by the ONSW Board as the NSW Schools Team Manager for 2023. **Lee Coady** has been appointed Schools Squad Coach.

WHO has four representatives – **Lachlan Coady, Matilda Saunders, Savanna Sweeney and Shay Sweeney**

Junior Participation Diaries 2023

Updated diary spreadsheet available [here](#)

AUSTRALIAN JUNIOR DEVELOPMENT CAMP

Beechworth Victoria December 15th to 20th
Registration now open.

KEEP AN EYE ON EVENTOR AND STATE NEWSLETTERS FOR UPDATES

ONSW ACTIVITIES

XMAS 5 DAYS ON THE CENTRAL COAST



This iconic orienteering event returns to the Central Coast where it all started in 1985.

Five days from Wed 27th to Sun 31st of December 2023. Five events — late afternoon Wed, early morning all other days. See [Flyer](#). Multiple formats—long, middle, sprint, loops, micro orienteering.

Camping Available at Martinsville for the Xmas 5-Days

Camping for tents and caravans available on private property. No power but other facilities. Go to <https://eventor.orienteering.asn.au/Documents/Event/16795/1/Camping-Option> for full details and booking info.

- Great maps:
 - Day 1 Ourimbah University Campus
 - Day 2 Olney State Forest western section
 - Day 3 Olney State Forest eastern section
 - Day 4 Rumbalara Reserve
 - Day 5 Terrigal Beach.

Mountain Bike Orienteering

Ian Jessup (GO) is organising a MTBO event on the 1st October see link -

[Eventor Australia - Event information: GO-GO Bike Hike \(orienteering.asn.au\)](#)

Explore the fire trails and quiet back streets of Duffys Forest and Terrey Hills. Choose from a 90-minute or 3-hour course.

Finance Director Vacancy

If you have the knowledge and experience to perform the role of ONSW Finance Director the Board would very much appreciate your contribution. Please email nominations to Secretary Gayle Quantock secretary@onsw.asn.au

2023 STATE LEAGUE EVENTS

DATE	EVENT	LOCATION
Sat 9 Sep	SL#14 NSW Middle Chs	Breakfast Creek
Sun 10 Sep	SL#15 NSW Long Chs	Breakfast Creek

ONSW EVENTS AND ACTIVITIES

DATE	EVENT	LOCATION
Sun 17 Sep	Metro Finals	St Ives Showground
Sun 24 Sep	Hunter Valley Championships	Kimbriker
Sun 22 Oct	River & Bay #1	Beaman Park, Earlwood
Sun 29 Oct	River & Bay #2	Yarra Bay
Sun 5 Nov	River & Bay #3	Hughes Park, Earlwood
Sun 5 Nov	Central Coast #1	The Entrance
Sun 12 Nov	River & Bay #4	Ramsgate
Sun 12 Nov	Central Coast #2	Davistown
Sun 19 Nov	River & Bay #5	Lees Park, Ashbury
Sun 19 Nov	Central Coast #3	Mt Penang
Sun 26 Nov	River & Bay #6	TBC
Sun 26 Nov	Central Coast #4	Norah Head

NATIONAL EVENTS

Australian Orienteering Championships Bulletin 1 See link [here](#)



The September edition of *The Australian Orienteer* is available online at https://issuu.com/orienteeringaustralia/docs/auso-2023-3?fr=xKAE9_zU1NQ.

WHO RESULTS

SCHOOLS SPRINTS #1 and #2

	CLASS	PLACE	TIME
Levi Coady	M9/10A	2nd	28:57
Elliott McQuillan	M9/10A	4th	48:24
Shay Sweeney	M11/12A	1st	12:45
Blake Spencer	M11/12A	4th	17:13
Aiden McQuillan	M11/12A	5th	19:29
Justine de Remy de Courcelles	W13/14A	2nd	33:20
George Kinneally	M14B		mp
Thomas Spencer	M15+B	2nd	26:14
Lachlan Coady	M15/16A	1st	41:47
Savanna Sweeney	W15/16A	1st	26:07
Matilda Saunders	W15/16A	3rd	35:04
Chelsea Olbrich	W17+A	3rd	42:24

SCHOOLS MIDDLE DISTANCE

	CLASS	PLACE	TIME
Finn McQuillan	MW/10N	6th	26:26
Elliott McQuillan	M9/10A	2nd	12:53
Levi Coady	M9/10A	4th	13:46
Aiden McQuillan	M11/12A	2nd	25:41
Justine de Remy de Courcelles	M13/14A	1st	54:05
George Kinneally	M14B	1st	45:44
Thomas Spencer	M15+B	3rd	55:15

Chelsea Olbrich	W17+A	1st	55:15
Jacinta Braidwood	W17+A	2nd	69:22
Lachlan Coady	M15/16A	1st	49:04
Aaron Mei	M15/16A		mp
Matilda Saunders	W15/16A	2nd	77:01
Savanna Sweeney	W15/16A	3rd	82:15

OPEN SPRINTS #1 and #2

	CLASS	PLACE	TIME
Seth Sweeney	M20A	1st	30:08
Lee Coady	M21A	4th	41:28
Dan Smith	M45A	5th	30:01
Paul Sweeney	M45AS	1st	34:32
Anthony Saunders	M45AS	4th	35:56
Micaela Ashton	W45AS	6th	49:04
Gary Farebrother	M50A	5th	35:47
Thomas Olbrich	M50A	6th	48:51
Saffron Sweeney	W50A	3rd	38:26
Karen Langan	W55A	6th	40:48
Steve Dunlop	M70A	3rd	47:50
Ian Miller	M75A	3rd	42:48
Ted Mulherin	M80A	3rd	48:33
Barry Hanlon	M85A	2nd	43:26
Janet Morris	W85A	1st	52:29
Kelly Simmonds	WJuniorB	1st	70:28

OPEN MIDDLE DISTANCE

	CLASS	PLACE	TIME
Seth Sweeney	M20A	1st	52:39
Selwyn Sweeney	M20A	2nd	57:49
Lee Coady	M21A	1st	70:32
Belinda Kinneally	W40A	1st	65:19
Dan Smith	M45A		DNF
Emmanuelle Convert	W45A	1st	67:11
Anthony Saunders	M45AS	1st	68:02
Paul Sweeney	M45AS	4th	87:28
Thomas Olbrich	MOpen B	2nd	53:15
Saffron Sweeney	W50A	3rd	101:18
Karen Langan	W55A	6th	98:11
Barry Hanlon	M85A	1st	103:21
Janet Morris	W85A		DNF
Kelly Simmonds	WJuniorB	1st	89:25

ARTICLES OF INTEREST

Explore the great outdoors with the Hills Shire's newest bushwalks

<https://www.thehills.nsw.gov.au/News-and-Publications/Explore-the-great-outdoors-with-the-Hills-Shires-newest-bushwalks>

How to get a PB in your next race

<https://www.smh.com.au/lifestyle/health-and-wellness/how-to-get-a-pb-in-your-next-race-20230720-p5dvp5.html>

How to ease leg cramps

<https://thenewdaily.com.au/life/2023/07/23/how-to-ease-leg-cramps/>

Turkey Trot July 2 at Fairfield - MEN

	Class	Place	Time
Seth Sweeney	Long	2nd	92:25
Selwyn Sweeney	Long	8th	114:18
Vivien de Remy de Courcelles	Long	9th	115:21
Tim Perry	Long	17th	133:42
Paul Sweeney	Medium	8th	69:07
Joshua Braidwood	Medium	9th	76:33
David Noble	Medium	10th	77:40
Shay Sweeney	Short	1st	48:48
Aiden McQuillan	Short	6th	63:09
Steve Dunlop	Short	8th	72:20

Turkey Trot July 2 at Fairfield - WOMEN

	Class	Place	Time
Rachel Merton	Long	3rd	195:54
Saffron Sweeney	Medium	2nd	69:46
Emmanuelle Convert	Medium	4th	74:50
Savanna Sweeney	Short	1st	48:51
Silvia Teoh	Short	4th	55:14
Justine de Remy de Courcelles	Short	5th	63:09
Jacinta Braidwood	Short	9th	108:37

Get stronger and help prevent your next injury <https://www.recoverathletics.com/>

Short bursts of energy found to reduce cancer risk

<https://www.smh.com.au/lifestyle/health-and-wellness/take-the-stairs-short-bursts-of-energy-found-to-reduce-cancer-risk-20230727-p5drnd.html>

Men can cut the risk of nine cancers with certain exercises, study finds

<https://www.independent.co.uk/news/health/cancer-study-men-cardio-jogging-b2393721.html>

STATE LEAGUE POINTS SCORE

The State League series points score page for 2023 is [here](#)

With two events to go WHO has 4 first places, 9 second places and 3 third places.

WHO Standings after 13 of 15 events

W12A – Justine de Remy de Courcelles 1st with 800 points
W14A – Justine de Remy de Courcelles 2nd with 194 points
W16A – Savanna Sweeney 2nd with 703 points
W16A – Matilda Saunders 4th with 366 points
WJuniorB – Kelly Simmonds 1st= with 200 points
WJuniorB – Chelsea Olbrich 4th with 100 points
WJuniorB – Jacinta Braidwood 5th with 74 points
W18A – Chelsea Olbrich 5th with 36 points
WOpenB – Jacinta Braidwood 4th with 188 points
WOpenB – Karen Bax 15th with 20 points W35AS – Nerise McQuillan 5th with 169 points W40A – Belinda Kinneally 6th= with 100 points W45A – Emmanuelle Convert 2nd with 740 points W45AS – Michaela Ashton 8th with 61 points W50A – Saffron Sweeney 3rd with 552 points W55A – Karen Langan 11th with 63 points W55AS – Maureen Fitzpatrick 14th with 20 points W85A – Janet Morris 1st with 800 points

M10A – Elliott McQuillan 3rd with 504 points
M10A – Levi Coady 4th with 262 points
M12A – Levi Coady 3rd with 331 points
M12A – Aiden McQuillan 4th with 299 points
M12A – Shay Sweeney 7th with 100 points M12A – Blake Spencer 11th with 64 points M14A – Shay Sweeney 5th with 248 points M16A – Lachlan Coady 2nd with 760 points M16A – Aaron Mei 11th= with 5 points MJuniorB – Thomas Spencer 2nd with 197 points M20A – Seth Sweeney 2nd with 692 points M20A – Selwyn Sweeney 5th with 500 points M21A – Lee Coady 2nd with 562 points
M21A – Vivien de Remy de Courcelles 5th with 331 points
M21A – James McQuillan 13th with 104 points
M40A – James McQuillan 2nd with 494 points

M45A – Lee Coady 7th with 100 points
M45A – Dan Smith 8th with 86 points
M45A – Vivien de Remy de Courcelles 11th with 25 points
M45AS – Paul Sweeney 2nd with 671 points
M45AS – Anthony Saunders 4th with 496 points
M45AS – Josh Braidwood 8th with 169 points
M50A – Gary Farebrother 14th with 86 points
M50A – Thomas Olbrich 20th with 44 points
M55AS – Robert Bradley 4th with 424 points
M60A – Warren Bax 9th with 174 points M70A – Steve Dunlop 12th with 58 points M75A – Ian Miller 7th with 169 points
M80A – Ted Mulherin 9th with 43 points M80A – Barry Pearce 11th with 10 points M85A – Barry Hanlon 1st with 800 points MOpenB – Thomas Olbrich 8th with 89 points

THE LAST PAGE FOR THOSE THAT HAVE GOT THIS FAR

ODE TO THE SPELL CHECKER

Eye have a spelling checker
It came with my pea sea
It plainly marques four my revue
Miss steaks eye kin knot sea.
Eye strike a key and type a word
And weight 4 it 2 say
Weather eye am wrong oar write
It shows me strait a weigh.
As soon as a mist ache is maid
It nose bee fore two long
And eye can put the error rite
Its rare lea ever wrong.
Eye have run this poem threw it
I am shore your pleased two no
Its letter perfect awl the weigh
My chequer tolled me sew!

www.writerswrite.posterous.com