



“WHO runs the country”

Dharug Country — August 2025



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

From the President James McQuillan

The Sydney Marathon was held on the weekend and I took the opportunity to head into the city to cheer on the greatest marathon runner of all time - Eliud Kipchoge. It was a huge event with crowds lining the whole course. The atmosphere was terrific and I did get to see the King run past. As Bruce would say, it was special! The positivity at an event like that is so good. It genuinely feels as though the crowd is willing every runner onto their own PB.

Obviously orienteering in Australia doesn't have the buzz and atmosphere of a huge global event like this but we do have our biggest event of the year coming up - the Australian Orienteering Championships in QLD. The first weekend which will host the Sprint and Long Distance Championships has 800+ participants and I know from past experiences that it's going to be a lot of fun. I'm

really looking forward to cheering on our juniors as they compete for NSW in the Schools Championships too. The equivalent event next year will be in Canberra, much closer than Brisbane, so think about joining us. It's a great week, with great events, great people and terrific atmosphere.

We've had some top notch State League events this winter and our Metro season is now coming to a close. With today being the first day of Spring, it won't be long before the Sydney Summer Series is back underway. Again, we will have 4 offerings 'out west' - Oct, Nov, Feb, Mar but the others, slightly further afield, will be worth travelling for. I can't wait.

Creating Child Safe Sport

Creating Child Safe Sport

Last newsletter I provided information on the first 3 (of 10) Child Safe Standards which have been 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 next 3 standards.

Standard 4 - Equity is upheld and diversity is taken into account

- Actively anticipates children's diverse circumstances and responds effectively to those with more vulnerabilities
- All children have access to information, support and complaints processes

The organisation pays particular attention to the needs of Aboriginal and Torres Strait Islander children, children with disability, and children from culturally and linguistically diverse backgrounds

Standard 5 - People working with children are suitable and supported

- Recruitment, including advertising and screening, emphasises child safety
- Relevant staff and volunteers have Working With Children Checks
- All staff and volunteers receive an appropriate induction and are aware of their child safety responsibilities, including reporting obligations

Supervision and people management have a child safety focus

Standard 6 - Processes to respond to complaints of child abuse are child focused

- Have a child-focused complaint-handling system that is understood by children, staff, volunteers and families
- Have an effective complaint-handling policy and procedure which clearly outline roles and responsibilities, approaches to dealing with different types of complaints and obligations to act and report

Complaints are taken seriously, responded to

promptly and thoroughly, and reporting, privacy and employment law obligations are met

As a member club under ONSW we follow their policies and procedures many are in the [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 organiser* and a junior is also involved please consider how you contact them and it is preferred that you

Do some of the free [child safety courses](#) or [webinars](#) or [videos](#) etc

Obtain a Working With Children's Check ([WWCC](#)).

*actually I would recommend that everyone do these two items as our collective care for children in our sport

Saffron Sweeney, Child Safety Officer



Turkey Trot

Emmanuelle set very interesting courses for this year's Turkey Trot, a multiple-map line course event that one participant called the best event on the orienteering calendar.

Most legs had many route choices as shown below and from the start as shown on the video of the [start of the long course](#): some runners started in one direction to quickly change their route.

Look up Turkey Trot 2026 on the first weekend of July



KB3

We've had many weekends of orienteering since the last newsletter in May. Metroleague is almost all completed, State League won't be much longer and many SOS and Moonlight Madness have been run. The big event for WHO was the first day of the King's Birthday long weekend at Khaly's Rocks near Bathurst. All hands were on deck and most of these hands were numbed by the cold weather the whole weekend. For my second visit there, I (Vivien) still

don't like the place but at least I enjoyed myself this time around. Funnily enough it was also a cold, windy and at time wet day the first time I orienteered there.

Some good results across the board for WHO members with the usual suspects in the junior categories joined on the podium by Micaela, Lee and Vivien.



How cold did you feel in Bathurst?

It seems not as cold as others if your name is Sweeney



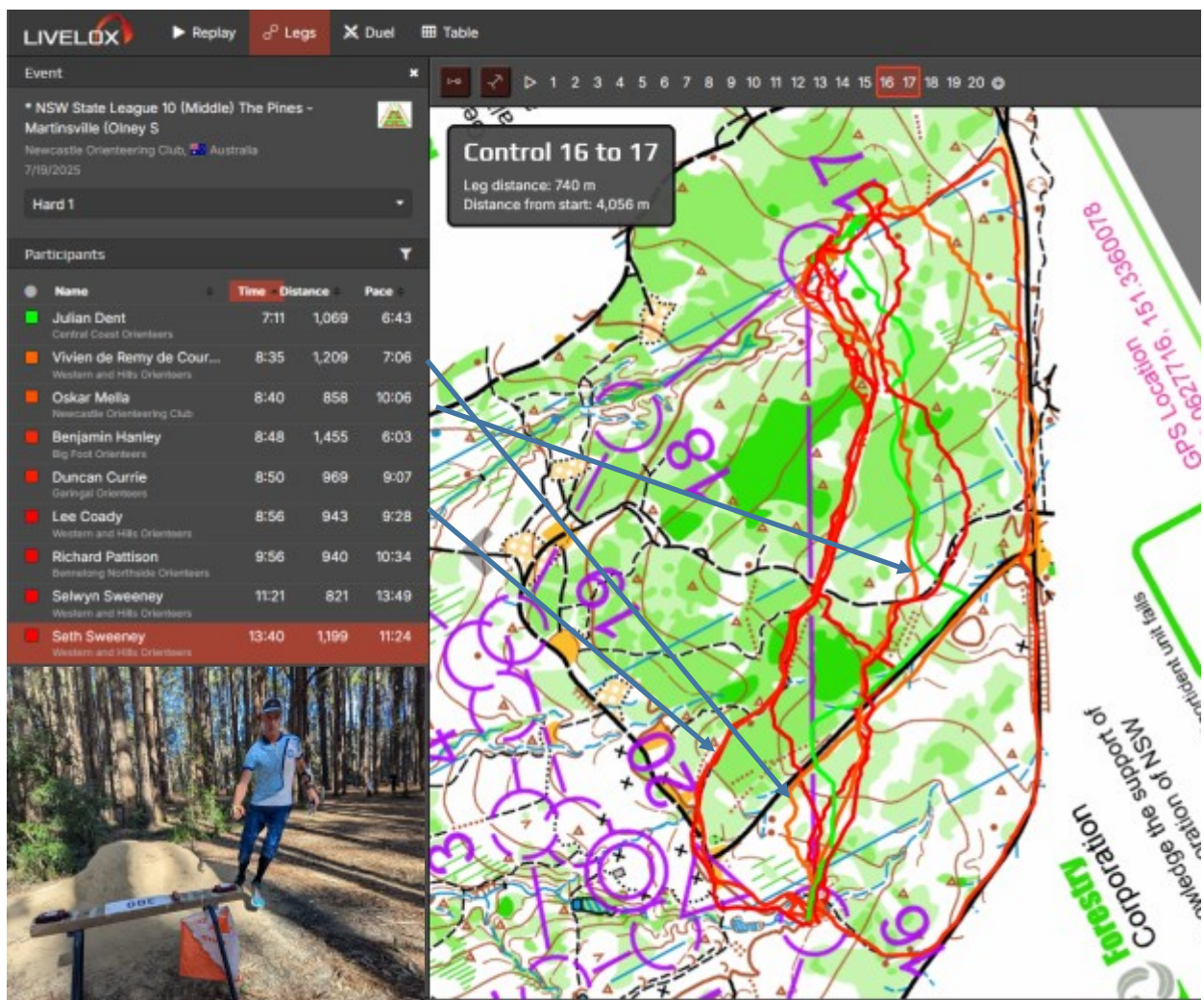
AUSCHAMPS • BRISBANE • 2025
RUN THE RIVER

Route Choices (at State League 10 and 11)

Newcastle Orienteers (WHO's nemesis at the State Club Championship) organized a weekends of very enjoyable events in July. Let's have look at some of the legs on offer during these two days and route options taken by various orienteers. The following are extracts from Livelox. Livelox is set with maps of events and participants can upload their GPS record and see how they went in relation to other runners in their class or on the same course. You can replay your or someone else's run individually or replay all runs together or, as done below, look at a course leg by leg and analyse route choices. This is useful to improve skills both for orienteers and course setters.

The first extract is from hard 1 course with routes of runners in M21A and M35A categorie. We can see that the fastest on that leg was Julian Dent (green line) who joined the dirt road between control 16

and 17 and used it for a short while before cutting directly through the bush. The second fastest was Vivien who started similarly but kept going to the next road intersection and followed the road before short cutting toward the control but not as directly as intended. Oscar went a similar way to Julian and Benjamin a similar way to Vivien but stayed longer on the second road. Duncan and Lee went to the left on almost identical routes. Interestingly Vivien, Oscar, Benjamin, Duncan and Lee all took more or less the same time despite vastly different route choices and different length of routes. This shows that route choices are personal: Vivien would usually prefer an off-track bush option but in this case thought that navigation would be easier using the roads and despite the longer option, running at a good speed was possible on the roads rather than a slow run (or walk) through the bush.



This next leg is taken from the moderate course on the Sunday in the dunes of Stockton. Very complex terrain with as many depressions as there are hills. The little tag lines on the contour lines show depressions. Justine took the left option with more track running. Levi is the middle green line with some track running in the last third of the leg and Baxter went a more direct route all off-track on the right. I think the middle red line shows walkers rather than

runners hence the time difference. We have 3 route choices and only 16 seconds between them. Justine's longer route allowed her to both run faster on track but also to navigate accurately and not make a mistake at the end of the leg. The complexity of the terrain at this event meant that off-track options could lead to more mistakes and some difficulties in relocating.

LIVELOX | Replay | Legs | Duel | Table

Event: * NSW State League 11 (Long) - Salt Ash
Newcastle Orienteering Club, Australia
7/20/2025
Moderate

Participants

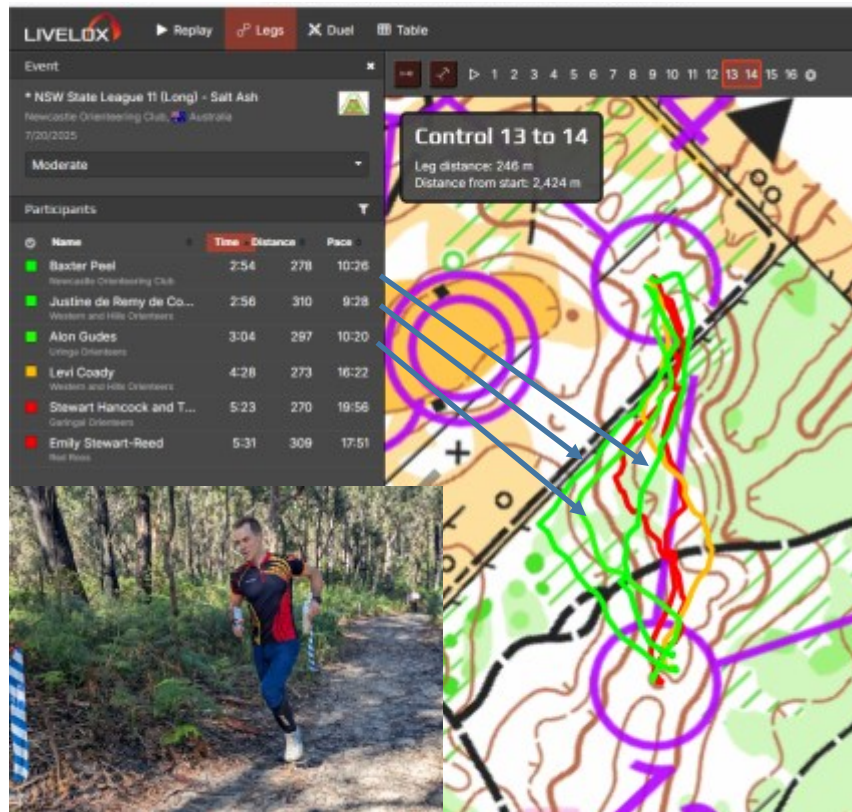
Name	Time	Distance	Pace
Baxter Peel Newcastle Orienteering Club	2:04	241	8:35
Levi Coady Western and Hills Orienteers	2:17	243	9:24
Justine de Remy de Co... Western and Hills Orienteers	2:20	302	7:44
Stewart Hancock and T... Garingal Orienteers	5:18	230	23:03
Alon Gudes Uringa Orienteers	5:43	352	16:14
Emily Stewart-Reed Red Roos	6:38	379	17:30

Control 2 to 3
Leg distance: 199 m
Distance from start: 472 m



Still on the moderate course, leg 13 to 14 has Baxter going through the bush in a straighter line than Justine and Alon who mostly used track. Alon seems to have lost a few seconds by not going directly to the track. However the three of them are within 10s of each other.

Both examples show that Justine prefers using big handrails (think tracks, watercourses, cliffs, earth banks...) which make navigation easier and allow her to run without slowing down to check her map often. Would she have been faster on a more direct route? Would Baxter be faster using tracks more? Perhaps and perhaps they both chose the route that suits them better and that is one interesting thing about orienteering: there is no universal best option; a good orienteer will pick the best route for them.



Photos State League 10 and 11

Our host Newcastle orienteers organised great arenas for socialising and follow everyone's progress thanks to the radio controls provided by Mesh'O.

On Sunday a walk through with maps and coaching by Justin Stafford helped us all improve our skills. Look up for more walk-through after events. The last Metroleague probably rescheduled in October should offer this option or do not hesitate to ask experienced club members after your run.



State School Champ and State League 12 and 13

Some challenging courses for the NSW school championship in Wingello for the middle distance and fun school campus for the sprint event.

There were some great results from the WHO juniors. No wonder our Div6 team at Metroleague is doing so well only leaving 1 spot for others in the top 6 of the sprint in M12A. It was also good to see

girls coming through the ranks in W14 courses after a few years with a depleted field: six girls made the podium over the weekend... and two of them from WHO!

Many of the adults also did well!





Round 5 - Western Sydney Regional Park

Metro League was back on Sunday 27 June with WHO hosting at Western Sydney Regional Park. Thanks to a big turnout from WHO members we were able to field full teams and put on a great event. Thanks to Matt and Charlotte in particular who pulled together some great courses and a smoothly organised event. The courses provided a good variety of challenges, with a decent mix of open grassland, parkland, bush, and climb. And the odd pretty decent view of the Sydney skyline as well. And to add to the success of the event, WHO actually performed pretty well in our head to head match ups as well. Let's digest the results.

In **Division 1**, WHO-UR were up against Big Foot who, fortunately for us, were down a couple of people. We came home convincing winners 31-21, with Seth Sweeney yet again leading the charge picking up the 10 points for a very fast time of 36.05. This puts WHO-UR very solidly in second place on the leaderboard, with 3 out of 4 wins under our belt placing us just behind Garingal.

Our triumph over Garingal in **Division 2** was all too easy with our opposition only fielding one entrant. The lopsided scoreline of 40-5 was backed by some great performances, most notably Lee Coady picking up 10 points for a time of 45.13, and Dan Smith not far behind with 9 points for 46.35. This means we now sit atop the Div 2 leaderboard, equal with SHOO-IKO on number wins (3 out of 3 wins) but ahead of them on points difference.

We were on the right side of another walkover in Division 3, beating Bennelong 38-14. Shay Sweeney seems to just keep getting better, picking up 10 points with a time of only 27.45 - how does he do it? Hot on his tail was Ho Lam Marcus Cheung picking up 9 points for 32.46. We sit in 2nd place on the leaderboard after 3 wins and 1 draw, a good place to be at this end of the season.

Unfortunately we couldn't quite get there against Bennelong in **Division 4**, who beat WHO 34-22 this round. That was despite some good performances, in particular Paul Sweeney who picked up 8 points for a time of 32.07. We sit at 5th place (out of 6 teams) on the leaderboard with only one win under

our belt so far this season - hopefully we can have a late season surge.

We were back in the winners circle in **Division 5**, just edging out Bennelong 28-27 in an absolute nail-biter. Big call out to Rachel Merton who picked up 9 points for a time of 33.59 (welcome back to Metro League Rachel!) and Micaela Ashton who picked up 8 points for a time of 35.14. We are at the top of the leaderboard in Division 5 after 3 wins this season - looking good.

Probably the result I'm most excited about is our overwhelming victory in **Division 6** where we had across the board great performances from some of our younger WHO members, including from some not even in the team but definitely banging on the door. Blake Read picked up the honours with 10 points for a lightning fast time of 22.34, but only seconds behind him was Toby Said with 9 points for 22.45, and Levi Said only seconds behind Toby with 23.08 for 8 points! Then when you consider Hamilton Kinneally came in with 30.21 and Tin Yan Na-



than Cheung with 39.33, you realise just how good this team is. We now sit at 2nd place on the leaderboard after our 2 wins this season, just behind Bennelong.

So all in all, a very successful outing for WHO, with wins across 5 of the 6 divisions!

Round 4 - Darks Common

Sunday August 17 saw us at Darks Common, Lapstone for the rescheduled Round 4 of Metro League. Many WHO members will be quite familiar with this map from past events, but for some this will have been a new introduction to an interesting corner of the foothills of the Blue Mountains. On some courses, runners were treated to some spectacular views down Glenbrook Gorge. But of course, being the penultimate round, all eyes were on the results to see whether WHO would find itself in the final for any divisions. Let's walk through the results:

A lot was at stake in **Division 1**, where WHO-UR was up against division leaders Garingal. This was a must win for WHO-UR in order to remain in contention. In what was an incredibly close match up, Garingal proved why they have been so consistent at the top end this season, edging out WHO-UR 29-26. In so doing, Garingal now have the Frank Assenza Trophy in the bag, a heartbreaking outcome for our team. But we can hold our heads up high, because we certainly gave them a run for their money, and realistically were the only other team that was in real contention this season. Seth Sweeney was yet again the flag carrier this round picking up 9 points for a time of 53.18, just a few minutes ahead of our president James McQuillan who bagged 7 points for a time of 58.07.

We couldn't quite get there in **Division 2** either, with SHOO-IKO proving too good for WHO-UR with a scoreline of 30-24. Notwithstanding, we had some great performances from stalwarts Lee Coady (8 points, 52.20) and Dan Smith (7 points, 59.36), with Dan no doubt enjoying the run in his own backyard. Nonetheless, we have still done enough this season

to secure our place in the final for division 2, having picked up 3 wins for the season. It will be the undefeated SHOO-IKO we are fighting it out for, so a chance for redemption.

Our fortunes turned in **Division 3**, where we staged an impressive victory over SHOO-IKO, beating them 33-19. Youth dominated, with Justine de Remy de Courcelles bringing home 9 points for 54.53, and Shay Sweeney 8 points for 57.38. WHO has dominated Division 3 all season with 4 wins and 1 draw, and as a consequence is locked in for the final against SHOO-IKO.

Despite a close result, it was a bridge too far for our **Division 4** team, going down 26-29 to SHOO. Some great individual results though, notably Paul Sweeney with a time of 51.20 (8 points) and Stanley Shing with 52.13 (6 points). Unfortunately, with only 1 win under our belt this season, Division 4 is out of contention for the final.

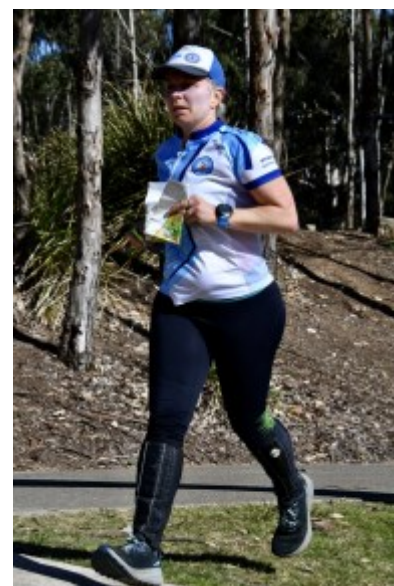
Even closer still was **Division 5**, where there was only one point in it - unfortunately we were pipped by SHOO 28-27. Jacinta Braidwood impressed with her best run for the season picking up 9 points for a time of 50.06, with Martin Mansfield not far behind with a time of 50.55 (8 points). Fortunately, we have done enough this season to earn our place in the final, having 3 wins under our belt. We will be up against Garingal for the glory.

And on a positive note, our **Division 6** team came up triumphant in a close match up with Knox, beating them 28-26 (despite our team being down one runner!). Toby Said picked up the 10 points whizzing around the course in 19.24, closely followed by Blake Read's 22.02 (8 points). Again, youth has dominated our performances in this division. Pleasingly, this means that with 3 wins this season, our team tops the ladder and is locked into the final, which will be against Bennelong.

Despite some close calls and heartbreak this round, WHO is now set up beautifully for the finals. We are in the finals for 4 out of 6 divisions (2, 3, 5 and 6) - an incredible feat. Unfortunately, the Final

Round at Mitchell Park scheduled for 31 August has had to be postponed due to flooding - the organisers will advise when a new date has been set (at this stage, likely to be October). But that just allows us to build the anticipation even more and become match fit for the finals. Just a reminder too of the rules around eligibility to be selected for a team that is in contention for the finals - you must have run in at least 2 Metro League rounds during the season (not necessarily in the same division) in order to be eligible for selection. And as always, everyone gets to run, regardless of whether they have been selected, or whether their team is in the final.

And finally, also keep an eye on the individual medal scores as we go into the final. At this stage, both Seth Sweeney (division 1) and Shay Sweeney (division 3) are in the lead in their respective divisions for the individual medal. Can they hold onto the lead in the final round? I personally can't wait to find out. Good luck Seth and Shay.



Event Calendar

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

Summer Series

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

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

8-Oct-25	Glebe	Jubilee Park, Glebe
15-Oct-25	Holroyd	Jones Park, Parramatta (WHO)
22-Oct-25	Berry's Creek	Manns Point Park, Lane Cove
29-Oct-25	7 Little Australians	Bert Oldfield Oval, Killara
5-Nov-25	Hunts Creek	North Rocks Park, Carlingford
12-Nov-25	Dee Why	James Meehan Reserve, Dee Why
19-Nov-25	Brush Farm West	Darvall Park, Denistone (WHO)
26-Nov-25	Blackbutt Creek	Gordon Golf Club, Gordon
3-Dec-25	Field of Mars	Pidding Park, Ryde
10-Dec-25	Devlins Creek	Cheltenham Oval, Beecroft
17-Dec-25	Sheldon Forest	Mimosa Oval, Turramurra

Saturday Orienteering Series (SOS)

Organised on Saturday mornings during school term by the Bold Horizons team including some of our junior members. This term events are held in Northern Sydney and Hills District.

Term 4 will run between 18 October and 22 November and will see the return of optional fun relays.

<i>Date</i>	<i>North Side</i>	<i>Hills District</i>
6 Sep	Lane Cove West	Rouse Hill
20 Sept	Willoughby (set by Justine)	
27 Sept	Cumberland State Forest (tentative)	