

# WHO News



**August 2019** (fourth edition for 2019)

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## SPRING IS ALMOST HERE

Winter is gone. Footy finals await. Spring is officially here on September 1st. Trees, plants and summer series enthusiasts are waking up from hibernation. Lots of results to catch up on. About time for another WHO News.

## MEMBERSHIP – A NEW RECORD!

The WHO memberships number has climbed to a new record. As of 23rd August, WHO had **114** members. The most recent new members are the Olbrich's - Jill, Tom, Emalee and Chelsea who are regulars at the SOS events. We also welcome back Ezra Oosterhoff and the Coady family.

A reminder to new WHO members, that you are entitled to a distinctive blue WHO shirt **at no charge**. Contact Ian Miller.

## CONGRATULATIONS

Well done Niamh Cassar who set the courses for the August 18th Metro at Wianamatta. This was Niamh's first time setting Metro courses.

## THANK YOU

**Helpers:** Thanks for your help to deliver the winter events. Volunteering is a strong part of WHO culture.

## METRO LEAGUE AT MULGOA SEPT 22

**The final Metro for 2019 is on September 22nd at Mulgoa. This is a WHO organised event so we need a large turnout of members to compete and help run the event.** Enter on Eventor and let Josh Braidwood know your availability.

## NEXT WHO EVENTS

For more details see our web site [who.orienteering.asn.au](http://who.orienteering.asn.au) or Eventor at <http://eventor.orienteering.asn.au/Events>

Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director
Sun 22 Sep	Metro League	Mulgoa - ML Final	Maureen Fitzpatrick 0455 578 755	Matt Hackett	Steve Dunlop
Wed 9 Oct	SSS	Christisen Park, Old South Head Road, Vaucluse	Malcolm Gledhill	Vivien de Remy de Courcelles	Steve Holloway
Wed 6 Nov	SSS	Brush Road, Brush Farm	Steve Dunlop	David Noble	Steve Dunlop
Sun 1 Dec	WSOS, WHO Cup + AGM	Ted Horwood Reserve	Janet Morris and Steve Dunlop	Janet Morris	Steve Dunlop
Sun 15 Dec	WSOS	Plumpton Park (new map)	Barry Hanlon and Karen Langan	Karen Langan	Barry Hanlon

## SOS in the Hills District in 2019 Term 3

2019 Date	Event	Map / Venue	Organiser
Sat 24 Aug	SOS Hills Term 3 #4	Rouse Hill Public School	Bold Horizons
Sat 31 Aug	SOS Hills Term 3 #4	The Ponds High School, 180 Riverbank Dr	Bold Horizons
Sat 14 Sept	SOS Term 3 Finale Combined event	Blackman Park, Lane Cove	Bold Horizons



## WHAT IS ORIENTEERING?

**A frequently asked question.** The best explanation I can give is that it is an outdoor social exercise activity that takes half a day. You spend 40 minutes doing the exercise and four hours explaining how you could have done better!

# KEEP UP TO DATE WITH WHO NEWS

Check the Facebook page and club website.

**Facebook page** - <https://www.facebook.com/Western-Hills-Orienteers-363738563689907/>

Real time results, the latest news, more photographs and other good WHO stuff. Has 56 Turkey Trot photos. Contact James McQuillan if you have an item of interest.

**Website** - <http://who.orienteing.asn.au/>

An important news source between newsletters. Barry Hanlon regularly adds more features and new articles. Scroll down on the home page for the interesting "stuff". The Club Captain's blog has been updated with the Wianamatta Metro results and comments at

<http://who.orienteing.asn.au/Metro-League>

**Do you have web skills and can help with the WHO web site? (see B.H email)**

The screenshot shows the homepage of the Western Hills Orienteers website. The navigation bar includes links for Home, What's On, Club News, More About Us, and Contact. The main content area features several news items:

- Turkey Trot 2019 Club Achievers:** Lists results for various categories such as Renaldo Hora (M-Medium 3rd), Belinda Kinneally (W-Long 1st), Niamh Cassar (W-Short 1st), Helen Parker (W-Medium 2nd), Ted Mulhrein (EOD-Short 2nd), and Janet Morris (EOD-Short 3rd). Includes a link for "Full Results are on Eventor" and a "Sydney Metropolitan TURKEY TROT" banner.
- 3 WHO Juniors selected for the 2019 NSW Schools (Carbines) Team:** Congratulates Niamh Cassar (Senior Girls), Schwyn Sweeney (Senior Boys), and Martine Valais (Junior Girls). Includes a photo of the team and a link to the photo.
- Open the June Club Newsletter, it's a good read!** Includes a "LINK" button.
- The Club had 22 entries in the QBIII competition in the Southern Highlands:** Mentions 11 intrepid team members finished and provides a link for "Team achievers results are here".
- NSW Orienteering Champs 2019 - NOL Round 4:** Includes "Home Page" and "Results" buttons, and a link to "Check out the club team results for the state champs at Wyangala and Roseberg".
- Coming Club Events:** Includes a "LINK" button.

At the bottom, there is a section for "Learn about Orienteering from 'Swiss O-Week 2019' videos..." with a "SWISS O-WEEK 2019" logo and a "CLICK HERE TO VIEW VIDEO" link.

## METRO REPORTS

Can be found first on the club web page at <http://who.orienteering.asn.au/Metro-League>

### Metro League Round 5 - Wianamatta

Round 5 of Metro League was held at Wianamatta Regional Park, very capably organized by the NSW Junior Squad with the course setter being our very own Niamh Cassar. And Niamh didn't disappoint with some challenging courses on flat but sometimes tricky terrain. Certainly at least one of the control locations proved to be a test for the Club Captain who spent far longer out there looking for it than he should. Great work Niamh! Most of our runners managed to avoid the infamous tiger pear, although Selwyn Sweeney did get the full Wianamatta experience bringing home some samples of the cactus attached to his leg. This was the penultimate round before the finals, setting up an interesting contest for the final event we will be hosting at Mulgoa. Our Div 1 and Div 2 teams finish Round 5 anchored at the bottom of the table, with the heavily depleted WHO Evers going down to Big Foot 38-14 and the WHO Rays being similarly thrashed 33-22 by UR-CC. Div 3 and Div 5 both got steamrolled by the schoolboys of Knox, with the WHO Doos going down 31-24 and the WHO Hahs having a rare loss 32-20. But our Div 4 team the WHO Rahs did us proud bringing home this round's only victory, thrashing Garingal 29-7. However the WHO Hahs' loss was not enough to stop them from being title contenders in Div 5 where they will be up against Knox again at the final – we'll all be cheering you on!

Some performances worth highlighting:

- In Div 1, James McQuillan picked up 7 points (7<sup>th</sup>overall)
- In Div 2, Vivien de Remy de Courcelles continued his good form with 8 points (13<sup>th</sup>overall)
- Emmanuelle Convert was our best in Div 3 picking up 8 points (10<sup>th</sup>overall)
- In Div 4, Kathryn Vaughan dominated with 10 points (7<sup>th</sup>overall)
- And in only her second Metro League outing, Sylvie Lamborelle was our top Div 5 runner with 8 points (3<sup>rd</sup>overall)

The next event is the final at Mulgoa on September 22 which we will be hosting – so be sure to come along, have a run, and lend a hand.

### Metro League Round 4 - Galston Reserve

A big WHO contingent turned out for Metro League Round 4 at Galston on Sunday, where we were hosted by Garingal. It was great to see some new faces, with Sylvie Lamborelle making her Metro League debut in Div 5, and the return of some familiar faces (welcome back Lee Coady). It turned out to be our most successful round this season, with the WHO Evers (Div 1), the WHO Rahs (Div 4) and the WHO Hahs (Div 5) all picking up wins against hosts Garingal. Div 4 was a nailbiter, with much of the credit for our one point victory going to seasoned campaigner Stephen Holloway who was drafted into Div 4 at the last minute and proved his worth by bringing home the single point needed for victory. Some notable performances include:

- In Div 1 James McQuillan cruised home with 10 points (5<sup>th</sup>overall)

- In Div 2 Vivien de Remy de Courcelles maintained his consistent form with 7 points (16<sup>th</sup>overall)
- Belinda Kinneally did it again in Div 3 picking up 10 points (5<sup>th</sup>overall)
- In Div 4 Martine Valais was our fastest with 9 points (11<sup>th</sup>overall)
- Maria Stankova had a great run with 10 points in Div 5 (9<sup>th</sup>overall)

Next round is at Wianamatta on August 18 – see you there!

**If you keep up with Metro happenings you would know that for this year only, Round 1 fitted in between Rounds 4 and 5.**

## Metro League Round 1 - Boronia Park, Hunters Hill

The long awaited Round 1 of Metro League at Boronia Park (which confusingly came after Round 3 the previous week) proved to be a great day out under sunny skies. A map familiar to Summer Series runners was adapted to Metro League and full use made of the intricate track network within the park. Slippery surfaces and an unusual map scale added to the challenge. We welcomed back some runners who were making their first Metro League outing for the season (great to see you Vivien and Reinaldo) and two younger WHO members made their Metro League debut in Division 5 (welcome to the team Will and Jacinta). Our teams in the higher divisions struggled to make an impact, with the WHO Evers in Div 1 going down to Big Foot, the WHO Rays not good enough for Bennelong in Div 2, and the WHO Doos also succumbing to Bennelong in Div 3. But it wasn't all bad news with the WHO RaHS picking up their first win of the season against Bennelong in Div 4, and the WHO HaHS continuing their top form with a win against Garingal in Div 5.

Some good individual performances worth highlighting:

- Karl Bicevskis picked up 8 points (9<sup>th</sup>overall in Div 1)
- Vivien de Remy de Courcelles hit the ground running with 9 points (3<sup>rd</sup>overall in Div 2)
- Belinda Kinneally's top form continues with 10 points (4<sup>th</sup>overall in Div 3)
- The Valais family has immediately made an impression in Div 4 with Aurelie our top performer (9 points, 6<sup>th</sup>overall) closely followed by Martine (8 points, 7<sup>th</sup>overall) – and when I say close I mean close – there was only three seconds separating them!
- And I'm excited to report that Will Kay, on debut, was our best performer in Div 5 with 9 points (7<sup>th</sup>overall).

We do it all again on 28<sup>th</sup> July at Galston – lock it in your diaries!

Josh Braidwood WHO Club Captain

# Turkey Trot 2019

## COMMENTARY ON 2019 TURKEY TROT



The Sydney Metropolitan Turkey Trot for 2019, held in North Western Sydney, stood in stark contrast to the past few years events. Sure, it was a cold start but that's where the similarities ended. The fire trails, tracks, bush and contours were replaced with a predominantly flat area with numerous parks, cycle paths, creeks and a couple of the new NW Metro stations. The morning started with a heavy damp fog that only started lifting well after runners had begun. This, and some overnight rain, ensured that most people's feet were well and truly wet, even before they got to the creeks. Some people reported skipping across no problem, whilst others took to swimming as the best way to cross.

**Ewan Shingler** and **Glenn Horrocks** were the two fancied runners on the Long Course. Glenn has won it more times than we can remember but Ewan was looking to knock off the Turkey Trot King, in his first attempt at the premier distance. They were neck and neck, with less than 30s separating them until Ewan found some extra gas on the last few legs to relegate Glenn to second and win by just over a minute. There was daylight back to third, where **Ross Morrison** edged in front of a number of other contenders. The lead changed multiple times for the women too and there was only 3s in it with 3 controls to go. But **Toni Bachvarova** maintained her consistency and took full advantage of a **Zoe Melling** mistake to take the win. If it wasn't for a slight detour to the wrong side of the creek, **Belinda Kinneally** could have pushed for second but had to settle for third.

In the Medium Course **Fergus Mackie** took the lead at the map exchange and didn't look back. **Wayne Eliot** finished strongly to narrow the gap to just 15s, claiming second and **Reinaldo Hora** snuck a podium by just 4s edging out the unlucky Bob Morgan. **Paula Shingler** is a well known face at the Turkey Trot and once again she dominated the competition by taking the female lead early and slowly extending it to over 4mins by the end. (There will be some serious Rocky Road overload in the Shingler household!) **Helen Parker** tried valiantly to reel her in but to no avail. Unluckily, Tshintia Hopper mispunched (water control!) but this allowed **Karin Hefftner** to come home in third.

Both podiums for the Short Course were loaded with people that had collected Rocky Road in previous years and were obviously back for more! There was one exception. In her debut TT run, **Niamh Cassar**, cleaned up the more experienced opposition in the Women's race. She



must have heard about the Rocky Road! Although **Carolyn Matthews** was only a minute behind and **Nikolett Halmai** a further minute or so later for third. The winner for the guys has entered but not finished the TT multiple times. The Gods were with him this time though as **Joel Putnam** showed a clean pair of heels to put his TT nightmares to bed. **Nick Stanley's** first foray into the TT was in the 2016 edition with his Grandad, who he left far behind. He got in trouble for that but this time his Dad managed to keep up with him as he ran home second. **Malcolm Roberts** rounded out the podium positions.

Congratulations to all runners and volunteers. Most runners returned with water in their shoes and smiles on their faces after enjoying the unique mass start navigational race that is the Turkey Trot. See you next year. Same time. Different place.

James McQuillan

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### **Turkey Trot Wrap**

The Turkey Trot is one of WHO's major annual events. It is the only event of its type with long legs to controls and long (in this case very long) courses. It is unique to WHO. Thank you to the club members who helped deliver another great Turkey Trot. A cool, very foggy day greeted the Turkey Trotters. The fog stayed until mid-day with flights and ferries cancelled but orienteering happens regardless.

**Dmitry Stukov** set excellent courses and **James McQuillan** ensured it all happened as it should.

Planning Turkey Trot courses in an urban environment means finding suitable crossings of main roads. Dmitry took participants under and over major roads even using the newly built overpass (complete with lifts) at Kellyville Metro Station. Courses followed the creeks out and back to Stanhope Gardens Reserve utilising the adjacent bush areas and pathways as they ventured through The Ponds / Rouse Hill area. Route choice is the key decision for Turkey Trotters and this year the creeks provided additional challenges to the straight-line option. You could be conservative and find a nearby bridge or be bold and take your chance at finding a way across the creeks. Recent rain plus the fog and the heavy dew meant that no one finished with dry feet! Every finisher seemed impressed and most committed to return next year. All the place-getters received Nerise McQuillan's highly rated Rocky Road prizes which I have been told work wonders for recovery from muscle soreness.

The Valais Family had an eventful TT. One (not named) lost her SI stick on the way to the start while another (also un-named) was the only bare-foot finisher.

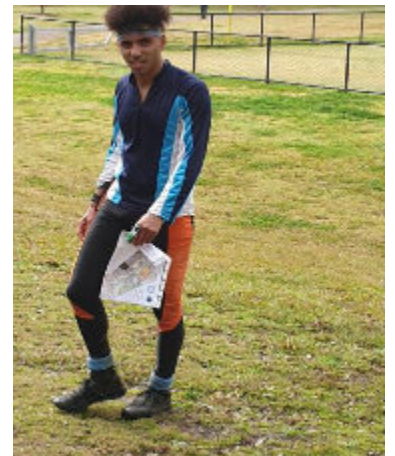
It was again a great event and I repeat the thank you to all the helpers.

Ian Miller

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More photos at  
<https://www.facebook.com/363738563689907/photos/a.2458850027512073/2458852870845122/?type=3&theater>

# TT Photos





## The WHO Soap Box.

This is a new item to allow members to raise issues and improvement suggestions. The views are the author's and not necessarily those of Western and Hills Orienteers. The editor reserves the right to decide what is published. Please send short articles to the Editor.

### Limited opportunities to learn the skills to set and control top level events

WHO has a reputation for producing quality State League events. To maintain our reputation we need to develop the skills of members by stepping them through organising, setting and controlling roles for minor events such as summer series to State League and National events. The challenge is how to do this with the limited top level event opportunities. WHO usually has one State League event each year, meaning only one WHO member gets experience at this level and can maintain or grow their skills. WHO currently has two accredited controllers and three top level course setters. If they look after the WHO State League event every second year, how do we develop new talent? Only accredited persons "should" control State League events. The controller accreditation system has become a bottleneck to skills development.

Using our senior controllers and setters in mentoring roles and ignoring the accreditation requirement seems the logical way forward thereby providing a pathway for younger members to gain top level experience.

Ian Miller

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## Running gags

Run for a good cause – yourself!

I went to a bookstore and asked the saleswoman, "Which way to the orienteering section?" She said if she told me it would defeat the purpose.

Where do bush orienteers go to get away from it all?

My training program is designed around the maxim that long, slow distance running produces long, slow runners.

Start slow and taper off.

I love orienteering. Track work is for hamsters.

When I ask for directions, please don't use words like "east".

The trouble with training is that by the time you realize you're not in shape for it, it's too far to walk back.

Back of T-shirt "If you can read this, I'm not in last place"

Train hard. Zombies get the unfittest first

## INTERESTING ARTICLES

### Source = Medibank Wellness

#### Are winter blues real?

[https://www.medibank.com.au/livebetter/be-magazine/wellbeing/is-the-winter-blues-real/?utm\\_medium=email&utm\\_source=salesforce&utm\\_campaign=mem\\_022\\_live\\_better\\_monthly&utm\\_content=f1\\_hwc\\_winterblues&j=207461&sfmc\\_sub=116414910&l=42\\_HTML&u=3181812&mid=7304599&jb=334](https://www.medibank.com.au/livebetter/be-magazine/wellbeing/is-the-winter-blues-real/?utm_medium=email&utm_source=salesforce&utm_campaign=mem_022_live_better_monthly&utm_content=f1_hwc_winterblues&j=207461&sfmc_sub=116414910&l=42_HTML&u=3181812&mid=7304599&jb=334)

#### How long does it take to lose your fitness? and 5 tips to get your fitness back on track this spring

[https://www.medibank.com.au/livebetter/be-magazine/exercise/how-long-does-it-take-to-lose-your-fitness/?utm\\_medium=email&utm\\_source=salesforce&utm\\_campaign=mem\\_219\\_01\\_live\\_better\\_monthly\\_august\\_edm&utm\\_content=readmore&j=208879&sfmc\\_sub=116414910&l=42\\_HTML&u=3205658&mid=7304599&jb=167](https://www.medibank.com.au/livebetter/be-magazine/exercise/how-long-does-it-take-to-lose-your-fitness/?utm_medium=email&utm_source=salesforce&utm_campaign=mem_219_01_live_better_monthly_august_edm&utm_content=readmore&j=208879&sfmc_sub=116414910&l=42_HTML&u=3205658&mid=7304599&jb=167)

## CLUB DIRECTORY

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**Secretary** – Maureen Fitzpatrick 0428 261 350 Email: [mozzafitz@yahoo.com](mailto:mozzafitz@yahoo.com)

**Treasurer** – Matt Hackett 0422 935 545 Email: [hackettmatt@yahoo.com.au](mailto:hackettmatt@yahoo.com.au)

**Vice President and Equipment Officer** – Steve Dunlop 0407 269 892

**Club Captain** – Josh Braidwood 0400 305 818

**Mapping Officer** - Janet Morris 9872 2914

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## CLUB DISCUSSIONS

The items below are covered at WHO monthly meetings. The next is on Sept 2nd at Maureen and Rob's place at 2 Levy Street, Glenbrook.

### WHO 2020 State League Participation

NSW allocated Sunday March 29 as the WHO 2020 State League date and asked us to run a middle distance event on a map close to Sydney. Most of the WHO State League level maps are not close to Sydney. Glenbrook (Knapsack Gully map) was the best option so the Council was contacted and Rob and Maureen did a reconnaissance visit. There has been extensive hazard reduction on the Knapsack Gully map and the Council asked us to avoid using that area. Rob and Maureen's reconnaissance reported that the remaining area of the map was too small to set State League level courses. Mulgoa is being used for the Metro final in September 2019 so was ruled out. Our third option was to create a new map west of the current Wianmatta map but this was also ruled out when the National Parks Ranger

advised that public access was not yet available and they had no date yet when they would let us map it. ONSW suggested we borrow a Sydney area map from another club but after discussion we decided not to follow upon this suggestion. As the pine forest at Roseberg is likely to be logged in 2020, our preferred State League map for 2020 is Mt Piper with a possible return to Wyangala/Roseberg in 2021 if allocated a bush event. Currently ONSW has scheduled WHO for a sprint event in 2021. We are investigating creating new maps and updating maps not used for some time. Discussions with ONSW continue and we will advise the results on the website, Facebook page and newsletter. At this time WHO will not have a 2020 State League event.

**WHO Flyer** will be developed to publicise local events and WHO club.

**Assistance to Juniors** selected for State Teams. WHO will assist with expenses for the three WHO members selected.

**Metro Final at Mulgoa Sept 22.** Preparations are well advanced.

**SSS (Wednesday evening)** Summer Series WHO events planning has commenced.

**WHO AGM** will be held in conjunction with the Western Summer Series event at Ted Horwood Reserve on December 1. Courses from 9am to 11:30am. Lunch will be provided for WHO members and AGM commences at 12 noon.

**WHO Banner** agreed to purchase a new banner to replace our old banner.

**ONSW Booklets** ONSW advised that the winter and summer booklets would be discontinued. WHO will produce a flyer to publicise local and WHO events.

**Finances** The club has received monies for the May State League, the Turkey Trot and Moonlight events and is in a healthy financial state. All events were in surplus.

**Next WHO Club Meeting** is on September 2nd at Maureen and Rob's place at 2 Levy Street, Glenbrook. Details will be posted prior to the meeting. Come along and make your thoughts known.

## ONSW 2019 STATE LEAGUE

The State League program is printed here so you can plan your 2019 events. The program is on the web at <https://www.onsw.asn.au/index.php/events/nsw-state-league>

<b><u>Event Date</u></b>	<b><u>Type</u></b>	<b><u>Club</u></b>	<b><u>Location</u></b>
SL12 Aug 31	Middle	ACT	Wee Jasper, <b>ACT Middle Distance Chs</b>
SL13 Sep 1	Long	ACT	Slap Up Creek, Jerangle. <b>ACT Long Distance Chs</b>
SL14 Sep 7	Sprint	SH/IK	Tudor House + Oxley College Bowral. <b>NSW Schools Chs</b>
SL15 Sep 8	Middle	SH/IK	Welby, <b>NSW Schools Chs</b>

## ONSW 2019 PROGRAMS

### ONSW Meeting held at Newcastle August 3.

ONSW held a “club engagement” meeting after the August 3 event. They asked clubs to investigate making quality maps of small bush areas near Sydney. ONSW Survey results were released. Discussions were on a wide range of topics including - ONSW / Bold Horizons relationship and using different membership renewal software.

### Purple Pen Training Courses

ONSW will be organising an advanced PP workshop at Sports House in Sydney Olympic Park. No date yet. They plan to run a combination, with a beginner's workshop followed immediately by an advanced workshop.

## UPCOMING NSW EVENTS

**Sept 11** - Moonlight at Naremburn Park, Naremburn

**Sept 14** – Lane Cove Spring Festival Blackman Park

**Sept 15** - Willoughby Emerge Festival Small Street, Willoughby

**Oct 9** - SSS #1 at Christisen Park, Vacluse

For more details see Eventor at <http://eventor.orienteering.asn.au/Events>

## ORIENTEERING NSW BOARD

The June Board meeting minutes are on the ONSW website in the members section. The August 21 Board meeting minutes are not yet available.

## FROM THE EDITOR

This is the fourth edition for 2019. Any errors are unintentional. Can we add something interesting to the newsletter? Do you have an idea for an article? A photo or two? Please send all contributions to Ian Miller.

Another large newsletter (24 pages) with lots of results reflecting the number of recent events. Two new items in this month are the Soap Box and Running Gags. Articles and photos in this edition were contributed by **James McQuillan, Barry Pearce, Josh Braidwood and Ian Miller**. Thank you.

All feedback is welcome especially suggestions for new WHO activities, stories and comments on the content or improvements to the newsletter. The next newsletter is planned for early November. Hope you enjoy this edition.

Ian Miller, Editor



## OCEANIA 2019 – ENTRIES CLOSE AUGUST 31

### Orienteering Carnival 28 Sep–6 Oct 2019

#### GENERAL INFORMATION

Every two years the IOF member nations of the Oceania region conduct the Oceania Championships in Sprint, Middle, and Long Distance orienteering events and a Relay event. At each Oceania Championships Australia and New Zealand also compete in the Australia-New Zealand Challenge (AUS-NZL Challenge), consisting of an Individual Challenge (based on the Oceania Sprint, Middle and Long Championships) and a Relay Challenge (based on the Oceania Relay Championships).

The Oceania 2019 Carnival is hosted by Orienteering ACT in conjunction with Orienteering NSW and Orienteering Victoria. The carnival will be centred on Wagga Wagga, NSW, the heart of the Riverina, but events will extend along the A41 Olympic Highway and beyond – from Cootamundra to the Beechworth / Wangaratta region in Victoria. The whole region boasts a range of natural and cultural attractions plus a fine array of places to eat and drink.

In addition to the IOF regional Oceania 2019 competition, this year the carnival as a whole incorporates multiple different events:

- **Oceania 2019 –all disciplines –Sprint, Middle, Long, Relay = events 1,8,7,3**
- **Australian Championships –Long and Relay disciplines = events 2,3**
- **Australian Schools Championships –Sprint, Long, Relay = events 4a,5a,6a**
- **Australian Universities Championships –held in conjunction with Oceania Sprint = event 1**
- **RiverinaRun –a mid-week public 3-day event held in conjunction with the Schools Championships –Sprint, Long, Long = events 4b,5b,6b**
- **Juniors Invitational Tour –see details on the web site**

Competition starts in NSW with the Oceania Sprint at Charles Sturt University, Wagga Wagga on the afternoon of Saturday 28 September and concludes with the Oceania Middle in Victoria at Beechworth on the morning of Sunday 6 October. Details of event dates, locations and personnel are shown on the website. Additional details will be provided on the carnival website and in Bulletins.

**Website:** [oceania2019.orienteering.asn.au](http://oceania2019.orienteering.asn.au)

**Contact:** [Oceania2019@orienteering.asn.au](mailto:Oceania2019@orienteering.asn.au)

**Telephone:** +61 2 6162 3422 or +61 401 994 975

## REMINDERS

**Enter State League 14/15** at Southern Highlands on Sept 7 and 8. NSW Schools Championships. Students enter via Trybooking. Entries close August 28.

**Enter OCEANIA** events (see details above). Entries close August 31.

**More info at** <https://eventor.orienteering.asn.au/Events>

**NSW Sprint Championships** has been re-scheduled to Sunday Nov 10 at Sydney Uni

## DID YOU KNOW?

**WHO BLUE POLO SHIRTS** – A new supply has arrived. Let Ian Miller know if you need a new one or if you are a new member and haven't received one yet.

### **KIDS WHO SHIRTS ARE ALSO AVAILABLE**

**If you can fit into children's sizes 1 to 7 then these are for you.**

Nerise McQuillan designed the WHO kids' t-shirts and they are now available in sizes 1 to 7. Free to anyone who can fit into these sizes. Contact Ian Miller.

**ACTIVE KIDS** - Did you know parents and carers can apply for a new Active Kids voucher every year until 2021?

### **Do you have a concern that hasn't been addressed ?**

If you have a complaint or a concern ONSW has someone you can talk to. Lisa Lampe and Adrienne Kirby are ONSW Members Protection Officers. They can be contacted via email on [mpio1@onsw.asn.au](mailto:mpio1@onsw.asn.au) or [mpio2@onsw.asn.au](mailto:mpio2@onsw.asn.au)

### **Setting a course?**

WHO has upgraded our OCAD licence. The on-line course setting module can now be transferred to each course setter. If you are setting please contact Barry Hanlon or Janet Morris to find out how to access.

## THE SYDNEY SUMMER SERIES – SEASON 29

The Wednesday evening Sydney Summer Series (SSS) is ready to go. The program is on the web at <http://www.sydneysummerseries.com.au/#programme>

WHO will organise 4 events. The SSS Season Ticket is back. Only 7 weeks until the first event (to be organised by WHO). The SSS Season Ticket is now available at <https://eventor.orienteering.asn.au/Events/Show/8935>

## THE WESTERN SERIES IS ON AGAIN – SEASON 8

The Western Series returns with 7 events during December and January. The program is on the web at <https://www.onsw.asn.au/events/summer-series/summer-series-west>

WHO will organise 4 events. Only 14 weeks until the first event (to be organised by WHO).

## WHO CLUB CHAMPIONSHIP POINT SCORE

Name	Events	Score	Name	Events	Score
Janet Morris	56	7140	Shay Sweeney	14	1847
Vivien de Remy de Courcelles	41	7056	Ezra Oosterhoff	9	1720
James McQuillan	46	7042	Matt Hackett	9	1512
Linda Chan	18	6700	Kathryn Vaughan	3	1340
Karen Langan	30	6653	Jay Seeho	4	1280
Dan Smith	29	6520	Madelynne Chan	5	1080
Malcolm Gledhill	31	6265	Justin Murray	3	980
Barry Hanlon	31	5846	Janice Seeho	3	920
Niamh Cassar	28	5840	Karl Bicevskis	2	860
John Murray	22	5820	Gill Springer	3	800
Steve Dunlop	34	5306	Sylvie Valais	3	800
Graeme Hill	27	4860	Robyn Dunlop	7	680
Ian Miller	37	4788	Aiden McQuillan	9	680
Aurelie Valais	17	4500	Elliott McQuillan	7	625
Josh Braidwood	16	4482	Katya Stukov	3	600
Paul Sweeney	21	4446	Joel Springer	3	600
Selwyn Sweeney	25	4360	Reinaldo Hora	1	550
Tim Perry	24	4300	Gary Farebrother	1	520
David Noble	22	4180	Benny Holmgren	3	480
Will Kay	22	4175	George Kinneally	4	480
Stephen Holloway	28	4012	Lynn Dabbs	4	435
Saffron Sweeney	23	3820	Jeremy Chan	2	420
Justine de Remy de Courcelles	18	3693	Robert Bradley	3	400
Savanna Sweeney	22	3640	Yvonne Fillery	3	360
Emmanuelle Convert	29	3640	Andrew Hill	2	336
Andy Vesey-Wells	10	3533	Cameron Chan	1	300
Ted Mulherin	27	3382	Maureen Fitzpatrick	4	283
Belinda Kinneally	15	3366	Hami Kinneally	2	280
Stephanie Chan	11	3360	Mark Wigley	5	280
Martine Valais	15	3100	Joah Oosterhoff	3	240
Dmitry Stukov	22	2840	Lee Coady	1	220
Jacinta Braidwood	12	2773	Thomas Olbrich	1	220
Martin Mansfield	24	2736	Lachlan Coady	1	192
Helen Parker	9	2616	Kevin Williams	3	180
Barry Pearce	16	2533	Ivan Stukov	3	160
Constance Valais	14	2400	Annabelle Di Bari	1	80
Maria Stankova	5	2340	Levi Coady	1	60
Anette Larsson	4	2020	Chelsea Olbrich	1	60
Seth Sweeney	18	1980	Sylvie Lamborelle	1	40
Nerise McQuillan	9	1963	Simeon Oosterhoff	1	40
Marion Gledhill	25	1893			
<b>Compiled by Barry Pearce</b>			<b>As at 12 August</b>		

## WHO STATE LEAGUE POINT SCORE

**2019 State League Point Scores** - numbers up to and including State League 11 held on August 4th. WHO is the 5th ranked club with 358 points. Congratulations to all our State League achievers.

**M16A – Selwyn Sweeney** 3rd with 585 points

**M16A – Seth Sweeney** 5th with 342 points

**M21A - James McQuillan** 2nd with 491 points

**M35AS – Dan Smith** 8th with 238 points

**M40A – Vivien de Remy de Courcelles** 3rd with 549 points

**M45A - Paul Sweeney** 10th with 80 points

**M45A – Josh Braidwood** 11th with 60 points

**M45A – Matt Hackett** 13th with 45 points

**M45AS– Robert Bradley** 4th with 440 points

**M45AS - Dmitry Stukov** 6th with 244 points

**M45AS - Paul Sweeney** 8th with 58 points

**M45AS – Tim Perry** 9th with 51 points

**M65A – Steve Dunlop** 21st with 57 points

**M65AS – Kevin Williams** 3rd with 295 points

**M65AS – Barry Pearce** 6th with 52 points

**M65AS – Andy Vesey-Wells** 7th with 39 points

**M65AS – Steve Dunlop** 8th= with 5 points

**M65AS – Steve Holloway** 8th= with 5 points

**M75A – Ted Mulherin** 7th with 175 points

**M75A – Barry Pearce** 9th with 45 points

**M80A – Barry Hanlon** is 1st with 605 points

**WOpenE – Jacinta Braidwood** 3rd with 220 points

**W12A – Savanna Sweeney** 2nd with 454 points

**W14A – Martine Valais** 6th with 261 points

**W16A – Naimh Cassar** 3rd with 528 points

**W16A – Aurelie Valais** 6th with 110 points

**WJuniorB – Naimh Cassar** 1st with 200 points

**WJuniorB – Constance Valais** 2nd with 128 points

**WOpenB – Sylvie Valais** 13th with 61 points

**W35AS – Nerise McQuillan** 4th with 239 points

**W35AS – Emmanuelle Convert** 7th with 54 points

**W40A – Belinda Kinneally** 5th with 205 points

**W40A – Emmanuelle Convert** 13th with 20 points

**W45A – Saffron Sweeney** 7th with 145 points

**W45AS – Maureen Fitzpatrick** 5th with 195 points

**W50A – Karen Langan** 7th with 94 points

**W65A – Lynn Dabbs** 2nd with 400 points

**W80A – Janet Morris** 1st with 700 points

The full point score list can be found at <https://www.onsw.asn.au/state-league-results>



## RECENT RESULTS (UP TO 18<sup>TH</sup> AUGUST)

### WHO TURKEY TROT WHO results:

Division + Name	Place + Time	Division + Name	Place + Time
<b>Long Course - Men</b>		<b>Long Course - Women</b>	
Vivien de Remy de Courcelles	8th – 125:31	Belinda Kinneally	3rd – 146:44
Graeme Hill	16th – 168:55		
<b>Medium Course - Men</b>		<b>Medium Course - Women</b>	
Reinaldo Hora	8th – 84:32	Helen Parker	2nd – 89:51
Josh Braidwood	6th – 94:33	Karen Langan	4th – 107:28
<b>Short Course - Men</b>		<b>Short Course - Women</b>	
David Noble	7th – 66:42	Niamh Cassar	1st – 60:35
Matt Hackett	8th – 67:08	Aurelie Valais	4th – 69:57
Martin Mansfield	11th – 92:18	Constance Valais	11th – 111:30
Barry Pearce	15th – 141:17	Martine Valais	13th – 115:14
<b>EOD Long</b>		<b>EOD Short</b>	
Steve Holloway	5th – 68:20	Ted Mulherin	2nd – 23:32
Linda Chan	6th – 82:30	Janet Morris	3rd – 29:35
		Barry Hanlon	5th – 50:35

## NSW STATE LEAGUE

### SL8 (Sprint at Ferretville) WHO Results

Name	Class	Middle		Class	Long
Shay Sweeney	M/W10N	1st – 16:17		Savanna Sweeney	W12A 2nd – 19:23
Niamh Cassar	W16A	1st – 36:16		Selwyn Sweeney	M16A 1st – 40:11
Seth Sweeney	M16A	2nd – 51:40		James McQuillan	M21A 4th – 31:15
Belinda Kinneally	W40A	3rd – 36:55		Vivien de Remy de Courcelles	M40A 2nd – 28:05
Saffron Sweeney	W45A	3rd – 55:40		Maureen Fitzpatrick	W45AS mp
Robert Bradley	M45AS	2nd – 32:36		Paul Sweeney	M45AS 6th – 64:06
Andy Vesey-Wells	M65AS	3rd – 70:09		Ted Mulherin	M75A 2nd – 52:36
Janet Morris	W80A	1st – 55:18		Barry Hanlon	M80A 1st – 47:35

George Kinneally	EODE	1st – 23:09	Justine de Remy de Courcelles	EODE	6th – 30:57
Hamilton Kinneally	EODE	mp	Martine Valais	EODM	5th – 37:40
Aurelie Valais	EODL	5th – 36:28			

## [SL9 \(Sprint\) has been rescheduled to November 10](#)

## [SL10 \(Middle at Freemans Waterhole\)](#) WHO Results

Name	Class	Middle		Class	Long	
Nerise McQuillan	W35AS	3rd – 50:49		Maureen Fitzpatrick	W45AS	3rd – 80.:12
Janet Morris	W80A	1st – 52:35		Selwyn Sweeney	M16A	3rd – 34:09
James McQuillan	M21A	5th – 50:35		Josh Braidwood	M45A	8th – 65:00
Robert Bradley	M45AS	2nd – 39:14		Paul Sweeney	M45AS	6th – 94:46
Barry Pearce	M75A	3rd – 93:53		Barry Hanlon	M80A	1st – 31:28
Jacinta Braidwood	Open Easy	1st – 42:11				

## [SL11 \(Long at Stockrington\)](#) WHO Results

Name	Class	Middle		Class	Long	
Nerise McQuillan	W35AS	5th – 83:31		Maureen Fitzpatrick	W45AS	1st– 94.:34
Janet Morris	W80A	1st – 61:54		Selwyn Sweeney	M16A	4th – 57:41
James McQuillan	M21A	4th – 105:19		Josh Braidwood	M45A	6th – 94:40
Robert Bradley	M45AS	2nd – 63:07		Paul Sweeney	M45AS	5th – 92:11
Barry Pearce	M75A	3rd – 101:17		Barry Hanlon	M80A	1st – 35:36
Jacinta Braidwood	Open Easy	1st – 33:11				

## [City CBD 30 min Score Series – Event #1](#) WHO Results:

Name	Place, Points + Time
Emmanuelle Convert	25th – 190 pts 27:57

**Metro 3 at Narragingy** WHO Results:

	Place + Time		Place + Time
<b>DIVISION 1</b>			
James McQuillan	4th – 40:47	Dan Smith	13th – 54:55
<b>DIVISION 2</b>			
Niamh Cassar	8th – 38:53	Benny Holmgren	mp
Josh Braidwood	31st – 52:56		
<b>DIVISION 3</b>			
Belinda Kinneally	6th – 22:58	Tim Perry	9th – 24:20
Jay Seeho	18th – 26:23	Barry Hanlon	35th – 52:12
<b>DIVISION 4</b>			
Aurelie Valais	15th – 27:08	Ian Miller	16th – 27:32
Anette Larsson	18th – 27:52	Kit Wong	33rd – 41:57
Janice Seeho	36th – 58:00		
<b>DIVISION 5</b>			
Kathryn Vaughan	5th – 18:40	Karen Langan	6th – 19:38
Maria Stankova	22nd – 26:41	Andy Vesey-Wells	31st – 31:41
Constance Valais	32nd – 35:13	Janet Morris	33rd – 35:40
Steve Holloway	36th – 40:04	Barry Pearce	mp
<b>EOD Easy</b>			
Jacinta Braidwood	2nd – 15:28	George Kinneally	mp
<b>EOD VE</b>			
Hamilton Kinneally	2nd - 21:52		

**Metro 1 at Boronia Park** WHO Results:

	Place + Time		Place + Time
<b>DIVISION 1</b>			
Karl Bicevskis	9th – 52:17	Dan Smith	20th – 70:07
Reinaldo Hora	22nd – 84:45		
<b>DIVISION 2</b>			
Vivien de Remy de Courcelles	3rd – 46:54	Helen Parker	22nd – 58:00

Niamh Cassar	28th – 61:18		Josh Braidwood	36th – 68:45
<b>DIVISION 3</b>				
Belinda Kinneally	4th – 33:29		Jay Seeho	22nd – 41:07
Kathryn Vaughan	24th – 43:43		Barry Hanlon	36th – 81:22
<b>DIVISION 4</b>				
Aurelie Valais	6th – 30:23		Martine Valais	7th – 30:26
Karen Langan	15th – 36:11		Anette Larsson	20th – 39:36
Janice Seeho	40th – 67:40		Karen Langan	15th – 36:11
<b>DIVISION 5</b>				
Will Kay	7th – 29:58		Linda Chan	17th – 38:08
Steve Holloway	20th – 40:19		Janet Morris	23rd – 42:59
Maria Stankova	25th – 44:25		Jacinta Braidwood	31st – 50:12
Constance Valais	34th – 57:05		Andy Vesey-Wells	36th – 69:07
<b>EOD Easy</b>				
Justine Convert	5th – 52:45			
<b>EOD VE</b>				
George Kinneally	1st - 22:30		Kathryn Vaughan	3rd – 30:29

### Metro 4 at Galston WHO Results:

	Place + Time			Place + Time
<b>DIVISION 1</b>				
James McQuillan	5th – 44:16		Lee Coady	11th – 51:46
Dan Smith	12th – 54:36		Reinaldo Hora	13th – 56:22
<b>DIVISION 2</b>				
Vivien de Remy de Courcelles	16th – 50:08		Niamh Cassar	23rd – 57:24
Benny Holmgren	28th – 62:03		Josh Braidwood	30th – 62:49
Emmanuelle Convert	34th – 77:02			
<b>DIVISION 3</b>				
Belinda Kinneally	5th – 45:46		Tim Perry	18th – 53:17
Kathryn Vaughan	19th – 55:58		Barry Hanlon	30th – 102:43
Jay Seeho	mp			



<b>DIVISION 4</b>			
Martine Valais	11th – 46:49	Karen Langan	14th – 50:01
Anette Larsson	15th – 51:29	Ted Mulherin	23rd – 60:25
Steve Holloway	31st – 74:28	Alex Burnett	34th – 106:47
<b>DIVISION 5</b>			
Maria Stankova	9th – 50:30	Will Kay	13th – 56:27
Constance Valais	15th – 59:59	Linda Chan	23rd – 68:26
Janet Morris	25th – 72:37	Sylvie Lamborelle	30th – 81:05
Jacinta Braidwood	31st – 87:42	Barry Pearce	33rd – 95:15
<b>EOD Easy</b>			
Lachlan Coady	5th – 47:07		
<b>EOD VE</b>			
Hamilton Kinneally	2nd - 17:23	George Kinneally	3rd - 17:24
Levi Coady	6th - 26:34	Annabelle Di Bari	7th - 28:37

### Metro 5 at Wianamatta WHO Results:

	Place + Time		Place + Time
<b>DIVISION 1</b>			
James McQuillan	7th – 45:54	Selwyn Sweeney	15th – 60:53
Dan Smith	19th – 65:05		
<b>DIVISION 2</b>			
Vivien de Remy de Courcelles	13th – 46:38	Robert Bradley	22nd – 56:04
Benny Holmgren	23rd – 56:44	Josh Braidwood	32nd – 84:36
Ian Miller	33rd – 85:04		
<b>DIVISION 3</b>			
Emmanuelle Convert	10th – 45:59	Seth Sweeney	14th – 48:06
Jay Seeho	18th – 50:18	Belinda Kinneally	21st – 52:14
<b>DIVISION 4</b>			
Kathryn Vaughan	7th – 33:51	Karen Langan	14th – 41:55
Paul Sweeney	18th – 43:26	Dmitry Stukov	19th – 44:37
Barry Hanlon	mp		
<b>DIVISION 5</b>			
Sylvie Lamborelle	3rd – 35:35	Maria Stankova	12th – 38:05

Saffron Sweeney	16th – 46:24		Janet Morris	19th – 51:18
Jacinta Braidwood	26th – 83:10		Janice Seeho	mp
<b>EOD Easy</b>				
Savanna Sweeney	1st – 28:11			
<b>EOD VE</b>				
George Kinneally	2nd - 14:30		Shay Sweeney	3rd - 15:08
Aiden McQuillan	4th - 24:17			

### [Moonlight Series #4 at South Turramurra](#) WHO Results:

Name	Class	Place	Points	Time
Will Kay	Junior Men	2nd	350	44:39
James McQuillan	Masters Men	1st	540	47:47
Vivien de Remy de Courcelles	Masters Men	3rd	480	51:21
Justine de Remy de Courcelles	Junior Women	3rd	280	43:58

### [Moonlight Series #5 at Ermington](#) WHO Results:

Name	Place	Points	Time	Name	Place	Points	Time
James McQuillan	1st	600	39:22	Dan Smith	9th	570	46:34
Gary Farebrother	12th	500	46:38	John Murray	14th	470	44:02
Ian Miller	24th	390	46:12	Tim Perry	36th	260	40:44

### [SHOO Highland Forest Series #4 at Appin](#) WHO Results:

Class	Name	Place	Time
<b>Women's Moderate</b>	Martine Valais	1st	31:53
<b>Men's Moderate</b>	Andy Vesey-Wells	10th	79:11
<b>Women's Short Hard</b>	Niamh Cassar	1st	53:40
<b>Women's Short Hard</b>	Janet Morris	7th	110:54
<b>Men's Short Hard</b>	Barry Hanlon	10th	128:13
<b>Men's Long Hard</b>	Selwyn Sweeney	5th	57:13

**SHOO Highland Forest Series #5 at Boxvale Tramway** WHO Results:

Class	Name	Place	Time
Women's Short Hard	Janet Morris	3rd	122:02
Men's Short Hard	Barry Hanlon		mp

**Hills District SOS – Term 2**

WHO Results for Events up to August 17th

Name	Course	Term 2 Finale	Term 3 #1	Term 3 #2	Term 3 #3
<b>SCORE</b>					
Shay Sweeney	Primary	220 points Time 15:20		270 points Time 11:02	180 points Time 17:36
Joel Springer	Primary		350 points Time 25:53	360 points Time 18:23	170 points Time 38:35
Merryn Springer	Primary			360 points Time 19:273	
<b>SHORT LINE</b>					
Savanna Sweeney	Primary	6th – 41:56	6th – 44:41		
Joel Springer	Primary				
Ezra Osterhoff	Primary	7th – 43:48		6th – 36:25	8th – 58:57
Justine de Remy de Courcelles	Primary				
Shay Sweeney	Primary		2nd – 31:58		
Seth Sweeney	High				
Niamh Cassar	High				1st – 22:44
Ambre Van Raalte	High				
Jacinta Braidwood	High	6th – 53:12		2nd – 36:06	
Aurelie Valais	High		1st – 17:48		
Martine Valais	High		2nd – 23:07		
Chelsea Olbrich	High		3rd – 32:12		3rd – 38:04
Constance Valais	Open	13th – 39:03	2nd – 22:45		
Paul Sweeney	Open			1st – 17:58	3rd – 36:17
Ian Miller	Open		4th – 24:32		
Marion Gledhill	Open	19th – 87:00	16th – 83:11	mp	
Sylvie Lamborelle	Open				
Saffron Sweeney	Open				
Barry Pearce	Open				
Robyn Dunlop	Open				

Tom Olbrich	Open		7th – 27:50		1st – 31:56
Janet Morris	Open		11th – 38:40	4th – 29:27	5th – 51:03
Barry Hanlon	Open		12th – 39:24		
Malcolm Gledhill	Open		13th – 43:56		
Steve Dunlop	Open				2nd – 35:49
<b>LONG LINE</b>					
Ezra Osterhoff	Primary		1st – 43:00		
Niamh Cassar	High	2nd – 28:36			
Selwyn Sweeney	High		1st – 22:02	1st – 21:14	1st – 41:01
Stephanie Chan	High	8th – 38:52	4th – 53:23	3rd – 48:29	
Seth Sweeney	High	3rd – 28:46	2nd – 22:17		
Aurelie Valais	High	7th – 37:38	mp		
Martine Valais	High				
Andy Hill	Open				
Josh Braidwood	Open	15th – 34:20		5th – 25:08	4th – 56:12
Karen Langan	Open				14th – 82:32
Saffron Sweeney	Open	31st – 45:51	17th – 34:55		
Linda Chan	Open	28th – 42:58	22nd – 38:47	12th – 37:31	
Steve Holloway	Open				
Malcolm Gledhill	Open	36th – 54:24		mp	
Barry Hanlon	Open	43rd – 68:57			
Janet Morris	Open	42nd – 64:32			
Ian Miller	Open	29th – 45:05	20th – 37:41		15th – 87:48
Paul Sweeney	Open	18th – 35:24	12th – 30:13		
Steve Dunlop	Open	25th – 41:40	21st – 38:33	9th – 31:44	
Kathryn Vaughan	Open	27th – 42:32			
Constance Valais	Open				
James McQuillan	Open			1st – 18:29	
Vivien de Remy de Courcelles	Open				
David Noble	Open		16th – 33:56		10th – 68:34
Gillian Springer	Open		24th – 41:21	11th – 34:04	12th – 77:17

## DID YOU KNOW?

**Who in WHO has done the most events?** **56** - Janet Morris, **46** – James McQuillan, **41** – Vivien de Remy de Courcelles, **37** – Ian Miller, **34** – Steve Dunlop, **31** – Malcolm Gledhill, **31** - Barry Hanlon, **30** – Karen Langan

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