



“WHO runs the country”

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April 2021

HAPPY EASTER! This is a great time of the year. The weather is warm and the forecast is for less rain than a few weeks ago. It is the time when the orienteering event list flips from short urban summer events to longer bush events. This year NSW hosts the Easter 3 Days and NSW Championships in close succession. As a highlight to the end of the summer, we have five NSW State Sprint Championship winners.

Have an enjoyable break and best wishes for success at all the upcoming events.

From The President

Hi - WHO had a busy summer running 4 Sydney Summer Series, 4 Western Sydney Orienteering Series and 1 Sprint event. All this was made more complicated by the need to delay one of the events due to a COVID outbreak. A big thank you to everybody who helped make the summer events a success.

We can't entirely put out our feet up because we have 2 winter events: A Metroleague and a State League/ Schools Championships. I look forward to a big WHO attendance to run and help out at both events.

The end of the summer events brings the bush season. We have 29 members entered for the Easter 3 days and 23 entered for the 2020 (Yes, we are time travelling back in time) NSW Championships. These are numbers we rarely get at non-WHO bush events. Good luck to all! Don't let the rock talk to you.

I highly recommend that you try bush orienteering. It can be very rewarding. If you haven't tried it before, and have questions or concerns, you are welcome to contact me.

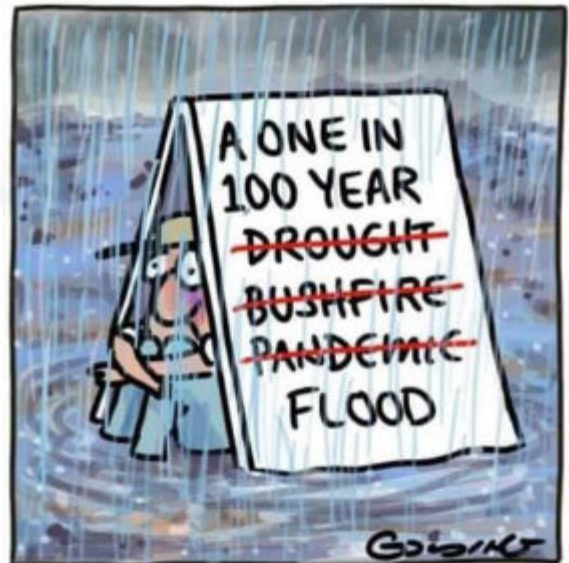
Rob

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WHO Event Program - April/May/June

DATE	EVENT	LOCATION
April		No WHO organised events
Sat 1 May	SOS Hills	First SOS Hills event for Term 2. Location TBA
Sat 8 May, 22 May, 29 May, 5 June, 19 June	SOS Hills	SOS Hills events for Term 2. Location TBA
Sun 20 June	Metro #4	Eric Mobbs Reserve, Castle Hill

WHO provides helpers to the SOS Hills events. If you can assist please contact Steve Dunlop stevedunlop47@gmail.com



MEMBERS INFORMATION

New members – Welcome to Heidi Doyle, Scott Henderson, Finn McQuillan, Eunice Walsham, Brad, Ben, Josh, Chloe and Vanessa Erickson, Warren Bax, Raghu Venkateswaran, Manuel Ceballos.

We look forward to meeting you at the upcoming events. Our **new members receive a free blue WHO shirt** so please make yourself known to Ian Miller. Ian has received new supplies of shirts so should have one in your size.

We wish Janet Morris a speedy recovery and hope to see her at an event soon (sans moon boot).

STAY UP-TO-DATE WITH CLUB NEWS

The WHO Facebook page is up to date with club news at <https://www.facebook.com/Western-Hills-Orienteers-363738563689907/>

WHO'S WEB PAGE HAS MOVED

<https://whorienteers.net/> is our new url.

We changed service providers and needed a new url. Please update your records. For a limited time the old address provides a re-direct. Please adjust your favourite link for WHO to [Home - Western & Hills Orienteers](#)

WHO'S WHO

Profiles of WHO orienteers.

The full profiles are on the club Facebook page. Check them out.

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

The current member featured is Belinda Kinneally.

WHO Club Meetings

Club meetings are currently held using Zoom. We discuss future WHO events, map making and equipment purchases. It is all very informal and you are welcome to join in. You don't even need to leave home! Watch out for Maureen's meeting invitations for details. The next club meeting is on May 4 at 7:30pm.

CLUB CHAMPIONSHIP POINT SCORE

WHO Championship Point Score is underway. Your individual scores are on page 8 of this newsletter.

The numbers are calculated from your performance at events. The harder the competition the more points you

score. The quickest way to score points is to enter the State League, Easter 3 Days and the Australian Championships and run well.

WHO BLUE POLO SHIRTS – 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

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.

THANK YOU

To the newsletter contributors – **Robert Bradley, Maureen Fitzpatrick, Karen Langan, Barry Hanlon and Barry Pearce** for items in this newsletter.

OA BADGES

A number of major events are also "badge" events where you can win a gold, silver or bronze badge depending on how close your time is the winner's time. Each year the club purchases Orienteering Australia Silva awards for those who won them. Maureen Fitzpatrick wants to hear from you if you want your medal for 2020. The list of winners is:

Niamh Cassar	W18	Silver
Barry Hanlon	M85	Silver
Andrew Hill	M21	Gold
James McQuillan	M35	Bronze
Janet Morris	W80	Gold
Ted Mulherin	M75	Gold
Paul Sweeney	M45	Silver
Saffron Sweeney	W45	Bronze
Selwyn Sweeney	M16	Silver
Seth Sweeney	M16	Bronze
Martine Valais	W16	Bronze

Please let Maureen know **preferably before the end of April**.

METRO LEAGUE

Sydney's inter-club competition the Metro League starts a new season on Sunday 18th April at Picnic Point. There are teams at all levels so come and join us and represent WHO. WHO is keen to field a full set of teams. Please let our Club Captain, Josh Braidwood (joshuabraidwood@optusnet.com.au) know of your availability.

SUMMER WRAP

WHO had a busy summer organising Wednesday evening SSS events, Western Summer Series events, a sprint and the WHO Cup. All events went well and complied with Covid regulations. **Thank you.** There are a lot of tasks to get right and the assistance of members is greatly appreciated. A special thank you to our course setters, organisers and controllers.

SSS Season Wrap and Awards

March 31st saw the end of a very successful Season 30 of the Sydney Summer Series (SSS) with some excellent WHO performances. In the junior classes, Will Kay was 3rd in Junior Men and Justine was 5th in Junior Women. In the adult classes, we had winners with Vanessa Cullen in Walking Women's class, James McQuillan in the Masters Men and Graeme Hill in Legends Men class. Also on the podium were Deb Walsham who was third in Veteran Women, Janet Morris second in Immortal Women's class and Malcolm Gledhill second in the Immortal Mens class.

Season 30 was arguably the best season so far. Record numbers participated and despite Covid requiring two events to be re-scheduled, all 26 events were completed.

James McQuillan and Ryan Armstrong (BN) had a titanic tussle all summer. Both recorded the maximum 1200 points. With only the last event to go they were equal - both having 12 victories. James secured his win by being fastest overall at the final event and winning on count back.

The presentation evening held at Chatswood Bowling Club was well attended with a highlight Graeme Hill's speech in appreciation of Ross Barr's 30 years co-ordination of the SSS. Ross was presented with a bottle of 1991 wine.

SSS Point Score – WHO Results

Only the best 12 scores count so the maximum is 1200 points. The final results for Season 30 are:

Junior Women

Justine de Remy de Courcelles – 5th with 637 points
Niamh Cassar 13th with 150 points
Savanna Sweeney 23rd with 43 points

Masters Women

Emmanuelle Convert 5th with 989 points
Charissa Patacsil 9th with 544 points
Sylvia Teoh 10th with 518 points
Belinda Kinneally 23rd with 85 points

Veteran Women

Deb Walsham 3rd with 1157 points
Saffron Sweeney 10th with 887 points
Karen Langan 11th with 846 points
Yvonne Fillery 21st with 201 points
Anette Larsson 37th with 69 points

Super Veterans Women

Maureen Fitzpatrick 28th with 23 points

Legends Women

Robyn Dunlop 10th with 358 points

Immortal Women

Janet Morris 3rd with 902 points
Marion Gledhill 5th with 860 points
Eunice Walsham 6th with 261 points

Walking Women

Vanessa Cullen 1st with 1200 points
Marion Gledhill 15th with 73 points

Junior Men

Will Kay 3rd with 1037 points
Selwyn Sweeney 8th with 748 points
Lachlan Coady 35th with 66 points

Open Men

Aaron Hill 19th with 115 points

Masters Men

James McQuillan 1st with 1200 points
Vivien de Remy de Courcelles 6th with 1077
Dan Smith 10th with 1033 points
Lee Coady 40th with 115 points

Veteran Men

Gary Farebrother 17th with 951 points
John Murray 29th with 871 points
Scott Henderson 39th with 609 points
Paul Sweeney 41st with 588 points
Dmitry Stukov 47th with 456 points
Shane Henry 55th with 331 points
Anthony Saunders 69th with 134 points
Josh Braidwood 72nd with 100 points

Super Veteran Men

David Noble 18th with 976 points
Tim Perry 33rd with 279 points

Legends Men

Graeme Hill 1st with 1200 points **Steve Dunlop** 8th with 1004 points **Martin Mansfield** 14th with 967 points **Ian Miller** 18th with 911 points

Immortals Men

Malcolm Gledhill 3rd with 1144 points

Ted Mulherin 12th with 382 points

Barry Hanlon 14th with 89 points

(Ed. Apologies if I have missed anyone.)

The full results and point score list is at

<http://www.sydneysummerseries.com.au/results.htm>

More WHO results: The SSS Cup is for the most points with a maximum of 2600 from 26 events, Graeme Hill was 2nd with 2547. James McQuillan was 10th with 2339.

If you visit each of the 30 controls at a SSS event in 45 minutes or less you score 600 points. James McQuillan attended 24 events, averaged 549 points and scored a whopping 13,170 points placing him second highest overall. Also posting very high total scores were Will Kay (10,660 at an average of 426), Graeme Hill (10,610 at an average of 424), and Vivien De Remy De Courcelles (10,540 at an average of 479).



SSS PRESENTATION NIGHT PHOTOS



MARCH WAS A BIT DAMP !

March 2021 will be remembered for the amount of rain that fell and the floods along the east coast. Whether you were in Sydney (270mm at Castle Hill) or along the coast up to Brisbane you got wet. Australian Orienteers are slow to understand what happens when it rains for 4 straight days so they head off to events as it is rare for events to be cancelled.

The NSW State League chose the wettest of the weekends to launch the State League series. Saturday's course was a sprint at UWS at Campbelltown. Karen supplied the photo below. I understand that flippers were available but most chose to pretend the water wasn't there !



Who members range far and wide for events. Rob and Maureen went to Queensland where they caught up with Andy Hill. Andy has been a WHO member since he was a nipper. Andy, Amy and family live on the Gold Coast. It was wet in Queensland too. The photo below shows Andy holding the remnants of his map. Not a lot left to guide you around the course. Oh ! I forgot to mention that despite the map challenges, Andy posted the fastest time at the event.



MARCH ALSO OFFERED THE FIRST BUSH EVENTS FOR 2021

Three bush events in nine days!!

After a drought of bush orienteering for too many months, I was very happy to do three bush events in nine days between 6 & 14 March = heaven!

On the Saturday I did day 1 of the Bold Horizons' Women's Coaching Weekend, which is pretty much my annual warmup every March for the winter bush season. It was in the bush near Appin Scout Hut with enough tricky bits and testing exercises to get my brain back into gear - sort of. I only did half the weekend because Rob and I were driving to Brisbane to visit my family, so off we headed on the Saturday night, having swims in the sea on the way up on the Sunday and first thing Monday morning. On the Thursday we went off to a 'mid-week' bush event at a koala conservation area in Daisy Hill, Brisbane. It was lovely bush and very relaxed with no SI units at the controls and three courses - short, medium or long. Everyone was very friendly as you can probably tell from the article about the group in the latest orienteering magazine. It was so relaxed I even was given a finish time despite missing the last three controls as the heavy rain downpour made it impossible to do anything but walk carefully back on paths that had become rushing streams. No koalas spotted but we did catch up with Andrew Hill. He and his family are still WHO members even though they live on the Gold Coast and you can see from the photo how very wet it was. We met some Qld-ers there who were really looking forward to coming to NSW for Easter. I hope they left Greater Brisbane before the latest wave of lockdowns up there. We decided to detour on our return drive home, after two more sea swims at Brunswick Heads and Ballina, and come home via Armidale and a bush event on the Sunday. This was wonderful - it felt like a very relaxed StateLeague as we were in proper bush down a dirt track on someone's private property, with lots of native flowers including many different bush orchids. We headed off afterwards at 12.15pm into terrible rain all down the New England Highway and got home eight hours later but it was all worth it and I could feel my orienteering improving with each bush outing. I was so inspired I even went out at the WHO Summer Series on 17 March - hadn't gone prepared but it was another opportunity to orientate the map and stride out. I had meant to make it four bush events in 16 days but we decided not to go to StateLeague 2 at Wattle Ridge on 21 March due to the weather warnings. Such as shame as it sounded amazingly tough but hey, I'm very happy that my 2021 bush season has gotten off to such a great start.

Maureen Fitzpatrick

SL1/SL2 REPORT

FIVE WHO NSW SPRINT CHAMPS WINNERS

The 2021 NSW State League program got off to a very soggy start. Only the highly committed attended as the wet weather made getting to the courses very challenging. The weekend was an opportunity to tune up for the Easter events.

On Saturday, sixteen WHO members splashed around the NSW Sprint Championships at Western Sydney Uni MacArthur Campus at Campbelltown achieving five first places a second and five thirds. Our NSW State Champions are: Shay Sweeney (M10A), Savanna Sweeney (W14A), Constance Valais (W Junior B), James McQuillan (M40A), and Paul Sweeney (M45AS).

The weather remained a challenge on Sunday for the long distance event at Wattle Ridge. Twelve WHO members made it to the start with only eight finishing their events on very tough courses for two wins, three seconds and a third.

Results on page 9.

The **BIGGEST** Australian orienteering event of 2021 – The Easter 3 Days is on NOW and the NSW Championships – Middle and Long are just days away.

WHO is well represented at these major events. The Australian Easter 3 Days is a national level carnival. NSW is hosting the 2021 carnival and there are a large number of interstate entries. There has been no national level orienteering for the last 12 months so the best of the best are here in NSW. Full details can be found at <https://onsw.asn.au/easter2021/>

The Easter weekend is followed by mid-week events in Orange and Ophir before the NSW Middle Distance and Long Distance Championships at Eugowra next weekend.

The full program is:

Friday April 2 – Australian 3 Days Prologue

Race: Elite Sprint (World Ranking Event), Family Sprint Relay and Public Sprint

Location: Charles Sturt University, Orange

Saturday April 3 – Day 1 of Australian 3 Days

Race: Australian 3 Day Championships - Middle Distance

Location: Noahs Ark Ridge, SW of Molong NSW

Sunday April 4 – Day 2 of Australian 3 Days

Race: Australian 3 Day Championships – Long Distance (World Ranking Event)

Location: Gumble Pinnacles, SW of Molong NSW

Monday April 5 – Day 3 of Australian 3 Days

Race: Day 3 of Australian 3 Day Championships - Long Distance

Location: Gumble Pinnacles, SW of Molong NSW

Wednesday April 7 – Sprint and Ultra-Sprint

Race: Mid-week Sprint/Ultra Sprint

Location: Elephant Park, Orange NSW

Thursday April 8 – Middle Distance Race: Mid-week Middle Distance

Location: Ophir Reserve, 27km NE of Orange.

Saturday April 10 – NSW Middle Distance Chs

Race: NSW Middle Distance Championships

Location: Eugowra, NSW

Sunday April 11 – NSW Long Distance Chs

Race: NSW Long Distance Championships

Location: Eugowra, NSW

STOP PRESS

NSW Stingers - Prologue Fri 2 Apr

M18A – 8. Selwyn Sweeney 21:18

M21E – 35. James McQuillan 21:21

WHO - Prologue Fri 2 Apr

M10A – 1. Shay Sweeney 13:53

WJuniorB – 1. Constance Valais 84:09

MJuniorB – 1. Seth Sweeney 51:24

More on the Easter/NSW Championships in the next newsletter

ONSW Meetings and Workshops

The **ONSW Annual General Meeting** is on **20 April 2021 using Zoom**. Pre-registration to attend is necessary by Thursday April 15. Please email your registration with name, club and whether you are a delegate to the [Admin Officer and Secretary](#).

ONSW will hold a **Purple Pen** course setting workshop on:

* **Tue 13 Apr, Tue 20 Jul, Tue 5 Oct** - by Zoom, 6.30-9.30pm.

Please [email Jim Mackay](#) to register.

ONSW Events

DATE	EVENT	LOCATION
Fri 2 Apr	Easter	Prologue & Sprint – Molong
Sat 3 Apr to	Easter	3 Days – Molong
Mon 5 Apr	Easter	
Wed 7 Apr	Mid-week	Orange City Sprint
Thu 8 Apr	Mid-week	Ophir Long Distance
Sat 10 Apr	NSW Chs	Eugowra – Middle Distance
Sun 11 Apr	NSW Chs	Eugowra – Long Distance
Sun 18 Apr	Metro #1	Yerambah Lagoon, Picnic Point
Wed 21 Apr	Moonlight	Jubilee Park, Glebe
Fri 23 Apr	Seniors Week	Mort Bay, Balmain
Sun 25 Apr	SHOO	Highlands Forest #1 – William Howe
Sat 1 May	SOS	SOS Term 2 #1
Sun 2 May	Metro #2	Boggabilla Lansdowne Park, Bass Hill
Sat 8 May	SOS	SOS Term 2 #2
Sun 9 May	CC	Sprint #1

Changes could occur at short notice
Check Eventor and the ONSW e-bulletins for information.

ONSW Announcements

Junior Coach and Team Managers

Bjorn Mella (NC) is the Junior Coach for 2021. **Helen Callaghan (BB)** will manage the junior squad and **Jenny Enderby (NC)** will manage the Schools team.

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. Angela Haynes is the ONSW Members Protection Officer. She can be contacted via email on mpio2@onsw.asn.au

COVID-19

Check Health NSW and the ONSW web page and e-bulletins for up-to-date information.

ONSW processes are in action at all events. To maintain social distancing there are changes to the way we register for events and activities at the start, finish and assembly areas. Further information for participants and organisers can be found at <https://www.onsw.asn.au/covid-19-updates>

COVID-19 remains a challenge. Please take care and stay safe.

REMINDERS

NSW Schools Team nominations

Nominations are via [Eventor](#) and close on April 14.

New SI Stick? If you get a new SI stick please update your number on Eventor.

SOS 2021

The SOS Term 2 NW program starts May 1st. Watch Eventor and the Bold Horizons web sites for details.

2021 Key dates for your diary are:

April 2/3/4/5 – Easter at Orange/Molong/Gumble NSW

April 10/11 – SL3 and 4 at Eugowra

April 18 – Metro 1 (IKO)

May 2 – Metro 2 (UR)

May 15/16 – SL 3 and 4 at Broulee NSW

May 23 – Metro 3 (BN)

June 6 – NOSH

June 12/13/14 - QBIII at Newcastle

June 20 - Metro 4 at Excelsior (WHO event)

July 4 – Turkey Trot (WHO event)

WHO CHAMPIONSHIP POINT SCORE

as at 23 Mar 20221. Compiled by Barry Pearce

	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>
1	McQuillan James	33	7810
2	Farebrother Gary	19	7294
3	Hill Graeme	22	6228
4	Mansfield Martin	27	6086
5	Sweeney Paul	25	6075
6	Sweeney Selwyn	24	5488
7	Gledhill Malcolm	23	5181
8	Smith Dan	18	4900
9	Dunlop Stephen	27	4780
10	Murray John	17	4658
11	Sweeney Saffron	30	4606
12	Cullen Vanessa	27	4110
13	Sweeney Savanna	22	3604
14	Noble David	25	3500
15	Saunders Anthony	14	3484
16	Miller Ian	23	3367
17	Hanlon Barry	20	3120
18	Coady Lee	12	3111
19	Kay Will	24	2865
20	Walsham Deb de Remy de Courcelles	16	2800
21	Vivien	21	2790
22	Saunders Matilda	11	2760
23	Perry Tim de Remy de Courcelles	10	2700
24	Justine	19	2618
25	Cassar Niamh	14	2400
26	Convert Emmanuelle	22	2400
27	Langan Karen	23	2240
28	Vesey-Wells Andrew	7	2240
29	Henderson Scott	7	1880
30	Morris Janet	25	1849
31	Henry Shane	5	1740
32	Braidwood Joshua	4	1656
33	Stukov Dimitry	10	1620
34	Kinneally Belinda	5	1275
35	Coady Lachlan	12	1222
36	Gledhill Marion	13	1107
37	Teoh Silvia	7	1080
38	Fillery Yvonne	5	930
39	Sweeney Shay	11	880
40	Sweeney Seth	2	840
41	Braidwood Jacinta	3	800
42	Valais Constance	6	700

	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>
43	Valais Constance	6	700
44	Coady Levi	10	620
45	Erikson Brad	6	580
46	Mulherin Ted	6	528
47	Di Bari Annabelle	3	520
48	Dunlop Robyn	6	500
49	Gallagher Tova	3	360
50	Pearce Barry	6	360
51	Stankova Maria	1	360
52	Kinneally George	3	320
53	Kinneally Hamilton	3	320
54	Moore Sue	2	300
55	Inglis Emma	3	260
56	Valais Aurelle	3	240
57	Vaughan Kathryn	2	240
58	Valais Martine	5	227
59	Erikson Ben	3	220
60	Hill Aaron	2	220
61	Saunders Scarlett	1	220
62	Doyle Eloise	1	180
63	Erikson Josh	3	180
64	Gallagher Ajay	1	180
65	Patacsil Charissa	4	160
66	Valais Sylvie	1	140
67	Larsson Anette	1	120
68	McQuillan Aiden	2	120
69	Walsham Eunice	4	100
70	Farebrother Megan	1	90
71	McQuillan Elliott	2	75
72	Fitzpatrick Maureen	2	50
73	Braidwood James	1	40

What did you do in the lockdown?

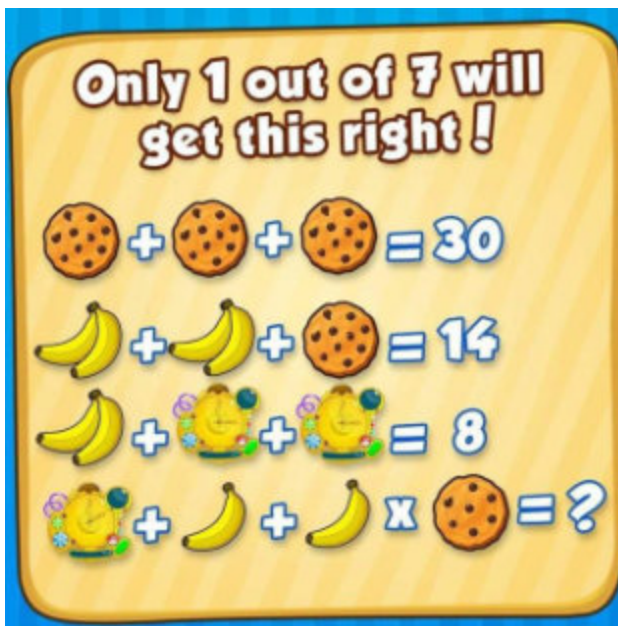
This is a question often posed in Queensland where they have regular lockdowns. Here in Andy Hill's words is what he did in the November 2020 lockdown.

"Been so fortunate to be able to run 5 x marathons with over 240km covered the last few months in such great areas. And all the extra lockdown hours have paid off with places 2, 2, 2, 1, 4. Thanks so much to D'Aguilar 2 Ups Marathon [AAA Racing & Coaching](#) Rainbow Beach Marathon [Run Queensland](#) Lamington Classic Marathon [The Lamington Classic, Lamington National Park, South-East Queensland](#) BTU 60km [Brisbane Trail Ultra](#) The Guzzler 50km [The Guzzler Ultra](#) for putting on fantastic races. What amazing trails and scenery in this part of the world. Can't wait to go around again."

Ed- I may have to re-jig my training schedule.

PUZZLE TIME

Orienteers are good at problem solving such as how to get to the next control. Here is a puzzle to test your skills. It is not as easy as it looks and needs careful study. The answer will be posted to the club Facebook page.



RESULTS

State League 1 – Sat. 20 Mar NSW Sprint Championships

M10A – 1. Shay Sweeney 10:16 **M10A**
– 3. Levi Coady 30:09
W14A – 1. Savanna Sweeney 20:27
M14A – 3. Lachlan Coady 29:36 **M16A**
– 3. Will Kay 27:00
W18A – 3. Martine Valais 30:28 **M18A**
– 2. Selwyn Sweeney 25:10 **W20A** – 4.
Aurelie Valais 27:18 **WJuniorB** – 1.
Constance Valais 36:17 **M40A** – 1.
James McQuillan 18:52 **M40A** – 3. Lee
Coady 19:26
W45AS – 4. Saffron Sweeney 33:13
M45AS – 1. Paul Sweeney 18:08
W50A – 4. Karen Langan 29:12 **M60A**
– 8. Tim Perry 29:14
M65AS – 5. Andy Vesey-Wells 58:28

State League 2 – Sun 21 Mar Long Distance

M10A – 2. Shay Sweeney 28:37
M10A – Levi Coady dnf
W14A – Savanna Sweeney mp
M14A – 2. Lachlan Coady 75:41
M16A – Will Kay mp
M18A – 2. Selwyn Sweeney 127:29
M40A – 3. James McQuillan 159:36
M40A – 1. Lee Coady 144:52
W45AS – 4. Saffron Sweeney 128:29
M45AS – Paul Sweeney mp
W50A – 5. Karen Langan 191:57
M85A – 1. Barry Hanlon 82:33

MAPPING

The following links will help you upgrade your skills

Introduction Level

[Creating Base Maps](#) from Western & Hills Orienteers
[Creating Orienteering Maps with OCAD](#) from OCAD AG

Introduction Level

Updating an old O Sprint map? This [OCAD YouTube video](#) shows you how. Includes georeferencing.

WORLD ORIENTEERING DAY

Normally held mid-May, this year due to Covid has been re-scheduled to September 8th.

ROGAINING CALENDAR

- 17-18 Apr, [ACT Championships](#), Abercrombie NP – run by ACTRA
- Sat. 8-May, 12/6-hour [Spoilt for Choice Autumn](#)gaine at Belanglo
- 29-30 May, [Australian Championships at Burra](#) – run by SA Rogaining Ass'n
- Sun. 20 Jun, 6-hour Paddy Pallin Rogaine, Blue Mountains
- Sat. 3-Jul, 5/3-hour Night Rogaine
- Sat. 7-Aug, 12/6-hour Lake Macquarie
- 28-29 Aug, 24/8-hour NSW Championships at Gundabooka NP (Bourke)
- Sun. 17-Oct, Surprise Event near Newcastle
- Sat. 20-Nov, 8/4-hour Socialgaine

The complete, up to date list, is on the Rogaining website [here](#) Virtual rogaines can be accessed on MapRunF [here](#).

Interesting Quotes

One notable British middle distance athlete once said competition was what he did between injuries.

If you are not paying for the product you are part of the product.

Articles of Interest - Diet and Exercise

How much exercise do you need for better heart health?

<https://www.smh.com.au/lifestyle/health-and-wellness/how-much-exercise-do-you-need-for-better-heart-health-20210218-p573kc.html>

Some athletes use sugar and salt strategically to minimise the risk of cramps, enhance performance and recovery.

<https://www.smh.com.au/lifestyle/health-and-wellness/sugar-salt-exercise-the-truth-about-improving-athletic-performance-20210330-p57feh.html>

Recommended

Read the “**Don’t know what you got till its gone**” article in the March 2021 OA magazine.

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