



“WHO runs the country”

President :- James McQuillan
Email president@whorienteers.net

Secretary :- Maureen Fitzpatrick
Email secretary@whorienteers.net

Newsletter Editor:- Ian Miller
Email millerian33@gmail.com

Dharug Country

December 2021

TO ALL WHO MEMBERS AND FRIENDS - BEST WISHES FOR A MERRY CHRISTMAS AND A HAPPY NEW YEAR !



From The President

Hi, my name is James McQuillan and I have accepted the role of President of Western & Hills Orienteers. For anyone reading this that doesn't know much about me - come and say hi! I've been a member of WHO for more than 10 years, after discovering the Sydney Summer Series back in 2006. Since then I've been actively involved in the club in various ways. I'm married to Nerise and we have three boys - Aiden (8), Elliott (6) and Finn (11mo). In fact our club has a healthy number of kids at the moment and this bodes well for the future. When I'm not chasing little orange and white flags, I work at the Sydney Adventist Hospital in the Clinical Trials Unit.

Since I've been involved in WHO, the President role has been held by Ted Mulherin, Steve Dunlop, Ian Miller and most recently Robert Bradley. I'd like to take this opportunity to thank them for their past and current involvement in our club and I hope that I can continue to lead successfully as they have.

Orienteering can appeal to the runner, academic, map enthusiast, bushwalker, adventurer, explorer and problem solver. You can challenge yourself, someone else, have an archenemy on the scoreboard (who probably doesn't know it) or no one at all. There can be something for the old and young alike. Some prefer the convenience of the nearby parks and bike paths, whilst others lean towards the wild trackless bush terrain. Whatever your fancy, you obviously, like me, quite like this orienteering caper and I'm glad you are all still here, so we can enjoy it together. I'm looking forward to leading a club that represents people with lots of varied interests and skills.

I'd also like to encourage each of you reading to get involved. Your navigation WILL get better if you set courses and regularly collect flags. Organising events, from permissions through to computer set up, is remarkably satisfying and a great way to get to know others who enjoy the sport. Mapping new areas can be an excellent adventure and a great way to learn more about the details found on the map. I'm looking forward to doing all these things and more with you.

James McQuillan
President WHO

CONGRATULATIONS !

To our NSW State Champions, **Justine, Shay, Janet** and **Barry** and our WHO Cup winners, **Belinda** and **Vivien** and the **21 WHO members** winning OA merit badges for performances at State League events.

HANK VAN OOST TROPHY 2021

Janet Morris was a worthy winner of the Hank Van Oost Award for overall contribution to Western and Hills Orienteers.



WHO CLUB CHAMPION 2021

James McQuillan



What do you call Father Christmas on the beach? **Sandy Clause!**

WHO CUP December 5

The 2021 WHO Cup was held on the Darling Mills map in Bidjigal Reserve with the assembly area off the end of Mill Drive. 37 WHO members competed for the three trophies (fastest male, fastest female and handicap). The handicaps are secret known only to the official handicapper with the winner receiving the Chris Crane Cup. For many years Chris was the handicapper so it is fitting the trophy bears his name. This year's handicap winner was Vivien de Remy de Courcelles who is in excellent form and who also won the trophy for the fastest male. Belinda Kinneally was the fastest female (for the second year) and rumour has it that she is in training for a much longer ultra-event in 2022. The courses were set by Karen Langan and the event organised and controlled by James McQuillan. James commented "*Thanks everyone. The event went well and I heard some positive feedback about the courses. Well done Karen. As you all know, it takes quite a bit of time and effort to make these events happen and it's very satisfying when it works out, mostly as intended. I had a quick look at Livelox and can see route choice variation in the routes that have been autoloaded.*"

Thank you to everyone that helped haul gear down the hill, in the rain and more importantly back up the hill! Those that brought the controls back after already working out their legs on their own earlier courses. Dmitry with the computers was vital once again. Paul got some great action shots, which will make it to FB shortly. All very much appreciated.

Looking forward to seeing how things unfold with this new President. Fingers crossed.

*Cheers
James*

WHO Cup Results and photos are on pages 9 and 10

Keep up to date with the latest Club News on Facebook <https://www.facebook.com/pages/category/Community/Western-Hills-Orienteers-363738563689907/>

or the WHO web page at <https://whorienteers.net/Club-News-2021>

Check the Covid rules that apply to everyone in NSW [here](#)

What did Santa say when he stepped into a big puddle? **It must have reindeer**

WHO AGM

The 2021 WHO AGM was held immediately after the WHO Cup on Sunday December 5th with a good attendance of members. Rob Bradley (the out-going President) chaired the meeting. Reports were circulated prior to the meeting. The meeting opened at 12:35 with an acknowledgment of country and presentation of awards. The WHO Cup Fastest Female was won by Belinda Kinneally with Vivien de Remy de Courcelles winning the Fastest Male and Handicap trophies. James McQuillan is 2021 WHO Club Champion and Janet Morris was a worthy winner of the Hank Van Oost Award for overall contribution to Western and Hills Orienteers. There were no questions on the club reports. Robert Bradley did not re-stand for President and James McQuillan was elected President with Dan Smith Vice President. Karen Langan was returned as Treasurer, and Maureen Fitzpatrick as Secretary and Public Officer. Dmitry Stukov takes over from Tim Perry as IT Lead. The holders of the other club positions were unchanged. Josh Braidwood continuing as Club Captain, Barry Pearce as Club Statistician, Janet Morris as Mapping Officer, Barry Hanlon as Webmaster, Steve Dunlop as Equipment Officer and James McQuillan as Development Officer. There were no Notices of Motion and the meeting closed in the usual efficient WHO fashion at 12:47pm.



From The Out-Going President

I need to thank a lot of people who make WHO happen. Each of you has made a significant contribution in the past year:

- Maureen - Secretary and Public Officer
- James - Vice President
- Karen – Treasurer
- Janet - Mapping and Event Scheduling
- Barry H - Webmaster
- Josh - Club Captain

- Barry P - Club Championships
- Tim & Dmitry - IT
- Steve - Equipment
- Ian - Newsletter Editor and Clothing
- Nerise and James – Social media
- Every course setter, event organiser and event director/controller
- Every WHO member who helped out at an event, did a task in the background to make the club or an event work or attended a club meeting. The most challenging items of business for the year, as it was last year, were the decisions to cancel or postpone some events because of COVID. I particularly want to thank our members who worked on events that didn't take place.

Lastly I would like to thank the ONSW Board and Staff for their assistance and support through the year.

My time as President has been a pleasure, excluding the impact of COVID. I am stepping down as President, however, as I need to more spend time in the bush at a more leisurely pace with a different type of map. I wish the 2022 Committee all the best.

Rob Bradley

WHO'S NEXT EVENT is the Western Series (WSOS) at John Curtin Reserve Huxley Drive, Winston Hills on 16th January.

Your assistance is requested. Please contact James McQuillan if you can help. Matilda and Anthony Saunders are setting the courses.

REMINDERS

Renew your ONSW membership. There is a saving to be made on entry fees. If you delay renewing you will be charged the casual rate for events. Avoid the surcharge by renewing before you enter your 2021 events.

New SI Stick please update Eventor – If you get a new SI stick for Christmas please update your Eventor record. Also check that your mobile phone number and emergency contact numbers are correct. They must be different numbers.

What do call Santa when he stops moving? **Santa Pause!**

NSW CHAMPIONSHIPS

The NSW Middle and Long Champs were held on November 20-21 at Lidsdale north west of Lithgow on the Gardiners Gap and Long Swamp maps.

WHO has four new state champions at the middle distance and three state champions at the long distance. WHO's strengths are in the 10 years, 40 years and 80 years age groups.

Justine de Remy de Courcelles, Janet Morris and Barry Hanlon are dual champions while a fascinating battle occurred in the M40A class where Vivien, James and Lee "duked" it out finishing in consecutive order on both days. On Saturday Vivien was 40 seconds ahead of Lee with James 97 seconds later. Vivien stretched his lead on the Sunday with James gaining enough time to pass Lee on the standings.

The weather leading up to the event was wet making challenging conditions for organisers and participants. Our thanks to the Central Coast and Uringa clubs for delivering a high-quality championship weekend.

NSW Middle Distance Championships

Class	Name	Place	Time
W80A	Janet Morris	1st	95:26
M85A	Barry Hanlon	1st	72:20
M10A	Shay Sweeney	1st	19:16
W10A	Justine de Remy de Courcelles	1st	22:01
M40A	Vivien de Remy de Courcelles	2nd	77:26
M65AS	Steve Dunlop	2nd	42:22
W60A	Maureen Fitzpatrick	3rd	174:09
M40A	Lee Coady	3rd	78:06
W45AS	Saffron Sweeney	3rd	73:33
M16A	Will Kay	3rd	59:21
M18A	Selwyn Sweeney	3rd	78:44
M14A	Lachlan Coady	3rd	32:01
W40A	Emmanuelle Convert	3rd	99:29
M40A	James McQuillan	4th	79:43
W14A	Savanna Sweeney	4th	44:06
M45AS	Dmitry Stukov	5th	92:29
M10A	Levi Coady	5th	56:47
M65AS	Barry Pearce	5th	114:57
M55AS	Robert Bradley	6th	71:52
W50A	Karen Langan	8th	93:29
M60A	Warren Bax	17th	144:49

NSW Long Distance Championships

Class	Name	Place	Time
W80A	Janet Morris	1st	124:18
M85A	Barry Hanlon	1st	71:40
W10A	Justine de Remy de Courcelles	1st	21:02
W40A	Emmanuelle Convert	2nd	112:22
M14A	Lachlan Coady	3rd	49:51
M18A	Selwyn Sweeney	3rd	101:31
M40A	Vivien de Remy de Courcelles	3rd	95:16
W14A	Savanna Sweeney	4th	45:25
M65AS	Barry Pearce	4th	107:48
W45AS	Saffron Sweeney	4th	52:12
M40A	James McQuillan	4th	99:55
M10A	Levi Coady	5th	47:16
W50A	Karen Langan	5th	115:28
M40A	Lee Coady	5th	116:00
M16A	Will Kay	6th	76:34
M60A	Warren Bax	11th	93:21

WESTERN SYDNEY SERIES

Three events of the WSOS series of 6 events have been held. The first event was at Baulkham Hills on December 5th, the second at Lake Parramatta on December 12th and the third at Baulkham Hills on December 19th. Karen Langan set the round 1 courses which were challenging physically and mentally requiring constant concentration. This event was also the WHO Cup so tougher courses were to be expected as the prestigious trophies were fought for. Bennelong delivered round two. It is a while since we ran in Lake Parramatta so was good to revisit the tracks and bush surrounding the lake. Dan Smith set the courses on the recently updated Torry Burn map for Round 3. The WSOS will now take a short break returning on January 16th at Winston Hills.

WSOS Events Program

DATE	EVENT	LOCATION
Sun 16 Jan	WSOS #4	Winston Hills
Sun 23 Jan	WSOS #5	Werrington
Sun 30 Jan	WSOS #6	North Epping

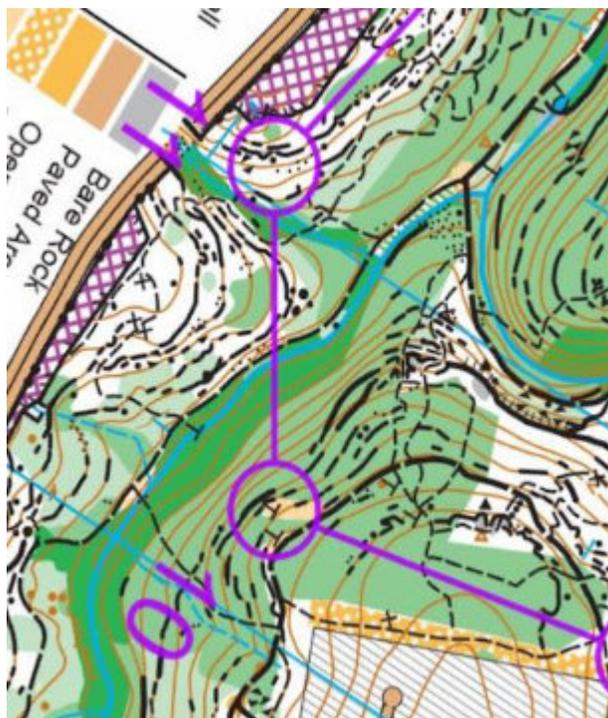
FROM THE EDITOR

Take care, stay safe and have a great Christmas

LEG ANALYSIS – Part 1

Bidjigal

2021 WHO Cup at - Sun 5Dec2021



This was leg 10-11 on the WHO Cup Long course. This is the classic left or right orienteering scenario.

Which way would you go? Have a think and then have a look at the analysis a little further on in the Newsletter.

Look out for members of the extended Hill Family as they are in Sydney for Christmas and are likely to be at the SSS at George's Heights. A full set includes Graeme, Yvonne, Andrew, Aaron, Taryn, Michelle, Janine and the next generation. Great to see Andy Hill at the recent WSOS. Welcome to all.

What does Rudolph want for Christmas? **A pony sleigh station!**

What's so special about the Christmas alphabet? **There's Noel !**

When Santa sets off from the North Pole on Christmas Eve which direction does he go? **South** – all directions are south from the North Pole. All good orienteers know that !

WHO 2021 OA MERIT BADGE WINNERS

Congratulations to the 21 members who qualified for an Orienteering Australia (OA) Merit badge for 2021. The club will buy your badge. **Please let Maureen know if you want to receive your badge.** In alphabetic order by surname our winners are:

Name	Class	Award
Lachlan Coady	M14	Bronze
Lee Coady	M40	Bronze
Emmanuelle Convert	W40	Bronze
Justine de Remy de Courcelles	W10	Gold
Vivien de Remy de Courcelles	M40	Silver
Barry Hanlon	M85	Gold
Andrew Hill	M21	Gold
Will Kay	M16	Bronze
Karen Langan	W50	Bronze
James McQuillan	M40	Gold
Nerise McQuillan	W35	Bronze
Janet Morris	W80	Gold
Paul Sweeney	M45	Silver
Saffron Sweeney	W45	Silver
Savanna Sweeney	W14	Gold
Selwyn Sweeney	M18	Silver
Seth Sweeney	M17	Bronze
Shay Sweeney	M10	Gold
Aurelie Valais	W20	Silver
Constance Valais	W17	Bronze
Martine Valais	W18	Bronze

JUNIOR'S NEWS

The Juniors are partnering with IKO to deliver the January 5th SSS event at Rushcutters Bay.

The NSW junior squad has a new name, logo and shirts. Read all about it [here](#).

The ONSW Board confirmed the roles below. The normal term of appointment is following the completion of the Australian Orienteering Championships in one year to the end of the Championships in the next year.

Junior Squad Manager	Helen O'Callaghan	2021-2022
Schools Team Manager (Carbines)	Jenny Enderby	2021-2022
Junior Squad /Schools Team Coach	Björn Mella	2021-2022
Stingers Coach	Renate Leuenberger-Widmer	Until Feb 2022

The orienteering skill of patience

Our new president offered me the role of development officer. He reckons I have good navigation skills and I could give good advice. He must have forgotten how he caught up with me at the first control of the medium distance of the recent NSW championship only to see me taking a terrible bearing to the second control. The rest of my course was however pretty good and in fact in the last few weeks, I have felt improvements in my orienteering skills which led to some of my best results. The terrain and courses of the latest events might have suited me more than other runners but the most important reason I did better than usual is to be found in my attitude and particularly the patience I applied in running my courses.



In the past I would have tried to run fast without stopping often enough to check my map. Usually I run in the general direction I want to go to, trying to identify some features and hope for the best. I used to say “close enough is good enough”: it works when you are on a bushwalk looking for a campsite and not bound by time, it kind of works when rogaining and the flag is at eye level (don’t expect to win anything though), it is definitely not the right way to approach an orienteering course! On that first day of the NSW championship near Lithgow, I started my usual way and was looking for my first flag, checking every boulder in the vicinity of the flag rather than taking the time to identify the correct one and heading for it. In doing so I realised that the map was incredibly precise, something new to me in this type of terrain: indeed the many bushwalks I did in pagoda country involved navigating with a map at a scale of 1:25000 and 20m contours! It was like a switch in my brain. For the rest of the weekend (bar that second leg mentioned above) I stopped often, taking the time to analyse the terrain. This probably took me only a couple of seconds each time but in the past it would have felt like half a minute or more which I believed I could not afford to waste. Even with this renewed mind frame I made mistakes – how about leaving control 12 and

running toward 14 - but overall I was faster by spending more time to navigate.

This attitude of taking time to navigate paid off again at the summer series in East Lindfield, an interesting event because despite being a score course, runners of similar abilities to mine tended to run the same course making the event a bit of a line course. I scored 10 or 20 points more than runners who are faster than me and usually end up 10 or 20 points ahead of me. In fact one of them caught up with and overtook me before my first control and again half way through my course: you guessed it he made a big mistake in between these two. Later he wasted so much time on the dreaded 11-30 leg that, on his run to the finish, he abandoned a 30 pointer for lack of time. Uncharacteristically for me I stopped at each track intersection between 11 and 30 and made sure I identified it on the map: turns out it was the right move. Slower was actually faster. And doubly so because when I make a mistake, I try to make up for it by running faster and pausing less to navigate which leads to... more mistakes and time lost.

I have known all of this for a while but I am finally applying this basic rule. If I needed more confirmation that being consistent and patient work better than trying to be fast, I can look at split times at another recent line event at which I took the lead after a series of third and even fifth split times. Never the fastest on any given leg but none of my usual catastrophic first or second leg either. It might not always be enough to win or even place well but it sure keeps us in contention for a good finish and it is always satisfying to execute a plan well. So my first piece of advice (and possibly the only useful one) is: be patient.

Vivien

Puzzle

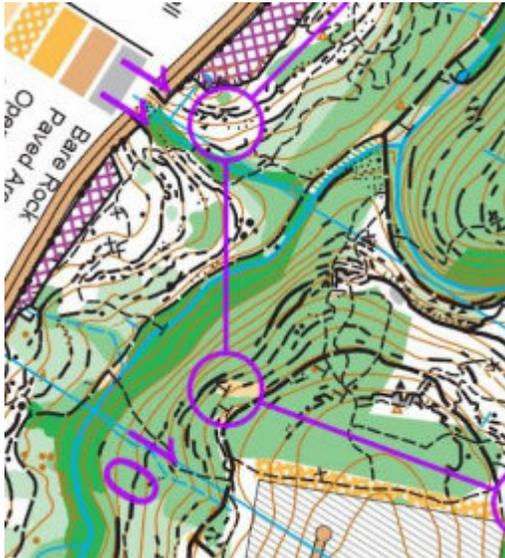
Some businesses have clever names. Can you work out from their name what business they are in? Answers at the end of the newsletter.

Eg: British Hairways – hairdressing

1. Harris on Ford
2. Lino Richie “its me your looking floor”
3. Surelock Homes
4. Jamaican Me Hungry
5. Treewisemen
6. Barber Streisand
7. Florist Gump
8. The Rolling Cones
9. Spruce Springclean
10. Back to the Fuschia
11. Mowsart
12. Curl up and Dye
13. Melon Cauli
14. Pane in the Glass

LEG ANALYSIS – Part 2

2021 WHO Cup at Bidjigal - Sun 5Dec2021



As you can see because of the green and the steepness, straight isn't an option. That leaves either the NE or SW track options. At first glance it really does look like a 50/50 decision, so don't hesitate. Just pick one and go. But when we analyse the actual distance travelled it looks to be at least 150m shorter taking the NE tracks. The trick is to identify the common points to both legs. The little pink crosses are points that have to be crossed for either route. If you draw an imaginary leg between those pink crosses, the NE route option now looks to be a much better one than the SW. However, before we do this simple exercise it really does look like a 50/50 decision.

Of the people that ran this leg and uploaded their GPS tracking to Livelox, we can see that Saffron (NE route) executed perfectly, with a distance of 592m. Lee (NE route), who wasn't quite as precise in the circle as Saffron, had a leg distance of 646m and Selwyn (SW route), whose GPS track in the circle was the least precise of the three, had a leg distance of 798m. Saffron out-naving Lee and Selwyn would be a rare occurrence. But it seems that honours for this leg do indeed go to Saffron. Well done.

James

What do you get if you cross a duck with wrapping paper?. **A Christmas quacker !**

ONSW Events

DATE	EVENT	LOCATION
Dec 27-31	Xmas 5 Days	Southern Highlands
Mar 5 and 6	CC	O'Shea at Yambo.
Sat 19 Mar	SL#1	TBA
Sun 20 Mar	SL#2	TBA
Mar 25 to 27	MTBO	Australian Championship at Newcastle

The 2022 winter calendar is now finalised ([here](#)).

2022 NOL program

Round 1: Mar 12-13 - Melbourne Sprint Weekend (2 Sprints + forest relay) [3 NOLs]

Round 2: Apr 2-3 - ACT - Middle, Long [2 NOLs]

Round 3: Apr 15-18 - Easter Qld - (Sprint, Middle, Middle, Long) [4 NOLs]

Round 4: Apr 21-24 - Gold Coast Finals - (Fri Mixed Night Relay, Sat 2 Sprint, Sun Knockout Sprint, Sun Social evening) [4 NOLs] (KO sprint still under discussion on whether to include)

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

The Sydney Summer Series

DATE	LOCATION
Wed 23 Dec	Georges Heights, Mosman
Wed 30 Dec	Turrumurra
Wed 6 Jan	Rushcutters Bay
Wed 13 Jan	East Killara
Wed 20 Jan	Curl Curl
Wed 27 Jan	St Ives
Wed 2 Feb	Rhodes
Wed 9 Feb	Pymble

THANK YOU To the newsletter contributors – **Vivien de Remy de Courcelles, James McQuillan** and **Paul Sweeney** for items in this newsletter and to all who contributed during 2021.

WHO's WHO

CLUB MEMBER – BRUCE COOPER



How and when did you get into orienteering?

Having a relationship with an avid nationally ranked orienteer got me started, with a first event at Castlereagh S.F. in 1981.

When did you join WHO?

After moving to Northmead in 1982, a chance meeting in 1983 with Peter Stevens at a servo on Windsor Road and an impromptu discussion about why there needed to be a club to service us orienteers who lived in the western suburbs of Sydney, we decided to get together in a meeting room in Westfield Parramatta one evening in 1983 with a couple of other orienteers in the area including Steve Dunlop, to have a chat about the pros and cons. Over some cake and port, we decided to accept the challenge and WHO was born – except it wasn't WHO, it was HWOC (Hills and Western Orienteering Club). We knew it would be difficult but persevere we did and miraculously secured some equipment (and a sponsor) (I have a vague memory that this was down to Steve) to enable us to run our first event at Parramatta Park. Soon after, we decided that HWOC wasn't that catchy and after a throwing around a few different ideas, WHO was born.

Which class do you currently compete in?

Last class I competed in was M35 before a series of knee operations ended my orienteering career...whilst competitive orienteering may have gone by the wayside, map making still enabled me to spend time in the bush. Then a double knee replacement really put an end to it, followed by a move to Tassie in 2017.

Preferred Terrain? Urban or Bush? What type of bush?

Bush always.....prefer open or lightly forested terrain, especially termite spur/gully like Timberlight, or granite country like Clonalton.

Favourite map in Australia?

Might be biased having mapped it, but loved every minute I spent on Clonalton.

What do you do for a job?

Finishing up my career here in Tassie working with Parks & Wildlife, managing the research programs that support our management of the Tasmanian Wilderness World Heritage Area.

Have you held an official WHO position before?

Too many to name.

Have you helped organise, set or control an event before? Which?

An early accredited controller, meant I was involved in setting and controlling many events. Most went smoothly, although there were a few where errors crept in which always detracted from the effort, but never stopped me wanting to do it all again.

What wildlife have you spotted whilst orienteering?

Macropods or all shapes and sizes, echidnas, snakes, pigs.....mapping fieldwork gave me even more opportunity to spend some alone time with the Australia's native animals and some introduced ones as well.

What do you like about orienteering?

I still have dreams about orienteering and being able to run.....so many memories and wonderful people and places.....got to see so much of Australia that most people wouldn't even know about.

Do you have a preferred format? Sprint? Middle? Long?

Bush long events

Most memorable mistake?

One that haunts me from early in my orienteering life was an Aus Champs at Bob's Farm sand dunes north of Newcastle. A complete navigational disaster from start to non-finish.....having never experienced dune country before, it totally destroyed me.

Do you have any advice for other orienteers?

Win, lose or DNF.....just enjoy the camaraderie and our mind blowing landscapes and terrain....and always show some appreciation for the map maker and all the weeks that they may have spent alone in the bush to enable you to experience that area.

Editor's Comment Bruce is a WHO Life Member. His name is on numerous WHO bush maps and he was well known for finding new areas. You may not have seen Bruce at our local events recently. He is our most southern member living in Tasmania.

WHO CUP WINNERS
Belinda Kinneally



Vivien de Remy de Courcelles



WHO Cup - Dec 5, 2021
Darling Mills

Handicap – (Chris Crane Cup)
1. Vivien de Remy de Courcelles

LONG (6.8kms)

Vivien de Remy de Courcelles 51:55 (Fastest Male)

Selwyn Sweeney 53:33

Will Kay 58:45

Lee Coady 62:44

Belinda Kinneally 66:13 (Fastest Female)

Josh Braidwood 74:47

Seth Sweeney 82:06

Saffron Sweeney 84:18

Tim Perry 85:01

Anthony Saunders 85:42

Savanna Sweeney 86:08

Emmanuelle Convert 93:52

Sylvia Teoh 108:55

Sue Moore 122:55

Emma Inglis 122:56

MEDIUM (4.3kms)

Dan Smith 49:25

Christine Kiddier 72:02

Steve Dunlop 76:07

Paul Sweeney 94:57

Maria Stankova 99:04

Ian Miller 104:59

Barry Hanlon 115:22

Janet Morris 147:06

SHORT (2.3kms)

Justine de Remy de Courcelles 35:34

Aiden McQuillan 38:34

Elliott McQuillan 38:36

Hamilton Kinneally 41:46

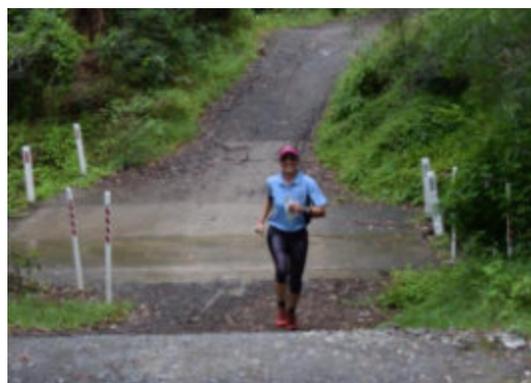
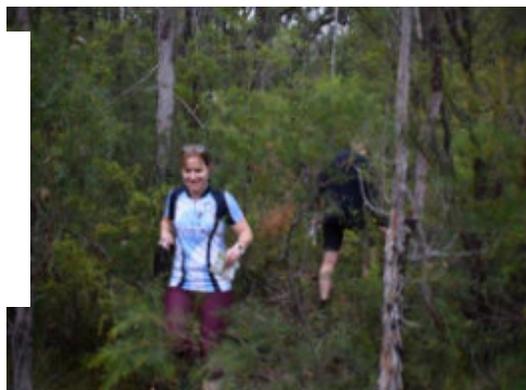
Jacinta Braidwood 43:12

Levi Coady 73:06

Lucas Coady 74:30

Barry Pearce 78:01

WHO Cup – 5 Dec at Bidjigal



WHO MEMBERS INFORMATION

WHO GEAR

We want you to look good in your WHO gear. Watch out for additional offerings in the New Year.

WHO COMPETITION TOPS

With the worst possible timing an order for WHO competition tops was placed with our supplier in New Zealand. The stopping of flights plus the lockdowns in Sydney and Auckland halted production and deliveries. There is light at the end of the tunnel. The latest information (December 19th) is: **THEY ARE IN AUSTRALIA.**

WHO BLUE POLO SHIRTS

New members receive a free blue WHO polo shirt so please make yourself known to Ian Miller at one of the upcoming events.

Do you have a child who would fit into a t-shirt size 1 to 7?

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

WHO Events Program

DATE	EVENT	LOCATION
Sun 16 Jan	WSOS #4	Winston Hills
Sun 23 Jan	WSOS #5	Werrington Lakes
Wed 23 Feb	SSS	Knightsbridge
Wed 23 Mar	SSS	Wahroonga
Sat 14 May	State League	Wyangala

Each event has an organiser, a course setter and a vettor/controller, plus IT support. WHO appoints experienced members to these roles. Offers of assistance are always appreciated so that everyone can have a run. Other roles on the day of the event include setting up the start and finish areas, putting out and collecting controls and helping newcomers. Assistance is always appreciated with these activities. If you can assist please let Maureen know prior to the event or offer on the day.

WHO MEMBERS INFORMATION

WYANGALA STATE LEAGUE EVENT

WHO is running a NSW State League event at Wyangala on Saturday 14th May. The organiser is Karen Langan. Helpers for a number of roles will be sought. Set up will commence on Friday with final prep on Saturday morning. All helpers will have the opportunity of running. Goldseekers will run a State League on Sunday 15th May on the Roseberg map so block out the weekend.

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! **The next club meeting is early February.** Watch out for Maureen's meeting invitations for details. Discussions include: upcoming events (preparations), mapping, NSW information, equipment, IT and new business.

FUTURE EVENTS

OCEANIA – NZ January 2022

Due to travel restrictions the OCEANIA events have been cancelled.

Easter in Queensland

Quality orienteering over 10 days in Queensland! You'll find details of all the courses and classes on their [website](#).

Like their [Facebook](#) page for all the updates

NSW Winter 2022 Schedule

The NSW 2022 winter calendar is now finalised. [Details](#) will be on Eventor.

SOS

The SOS is on holiday and will be back in February.

ROGAINING

The first event for 2022 is the 3 hour Minigaine on Sunday 27 February.

COVID-19

The latest NSW 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.

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

If you have a complaint or a concern NSW has someone you can talk to. Angela Haynes is the NSW Members Protection Officer. She can be contacted via email on mpio1@onsw.asn.au

Christmas Riddles

What do you have in December that you don't have in any other month?

What's tall and wobbly and stands in the middle of Paris?

Answers at the end of the newsletter.

Did you hear that the Norwegian Navy had added QR codes to their ships so that when they return to port they can be scandinavianians !



OY Point Score

WHO did well in the NSW Orienteer of the Year standings with 6 first places, 3 seconds and 5 thirds. In the M40A class, WHO provided the top three placegetters. In a Covid hit season there were 9 events with the best six results counted. The point scores can also be found on the club news page at <https://whorienteers.net/Club-News-2021>

WHO Results (600 points maximum)

Name	Class	Standing
Justine de Remy de Courcelles	W10A	1st - 600 points
Savanna Sweeney	W14A	4th – 514 points
Martine Valais	W16A	8th – 5 points
Constance Valais	W Junior B	1st= 300 points
Jacinta Braidwood	W Junior B	4th - 25 points
Aurelie Valais	W18A	3rd – 98 points
Martine Valais	W18A	4th – 25 points
Aurelie Valais	W20A	4th – 258 points
Emmanuelle Convert	W40A	2nd – 342 points
Karen Langan	W50A	9th – 100 points
Maureen Fitzpatrick	W60A	5th – 30 points
Janet Morris	W80A	1st – 600 points
Nerise McQuillan	W35AS	4th – 161 points
Saffron Sweeney	W45AS	4th – 328 points
Constance Valais	W Open B	19th – 41 points
Shay Sweeney	M10A	1st - 580 points
Levi Coady	M10A	6th – 103 points
Lachlan Coady	M14A	3rd – 432 points
Will Kay	M16A	4th – 293 points
Selwyn Sweeney	M18A	3rd – 340 points
Selwyn Sweeney	M20A	6th – 80 points
Seth Sweeney	M Junior B	2nd – 100 points
Vivien de Remy de Courcelles	M21A	13th –131 points
Lee Coady	M40A	1st – 591 points
James McQuillan	M40A	2nd – 581 points
Vivien de Remy de Courcelles	M40A	3rd – 352 points
Josh Braidwood	M45A	12th – 68 points

Warren Bax	M60A	8th –212 points
Tim Perry	M60A	10th –110 points
Barry Hanlon	M85A	1st – 600 points
Paul Sweeney	M45AS	3rd – 239 points
Dmitry Stukov	M45AS	11th – 10 points
Robert Bradley	M55AS	9th – 126 points
Barry Pearce	M65AS	6th – 102 points
Stephen Dunlop	M65AS	7th= – 100 points
Andy Vesey-Wells	M65AS	9th – 84 points
Louisa Coady	Open Easy	4th – 200 points

Articles of Interest

5 big reasons people don't exercise (and how you can overcome them)

<https://www.abc.net.au/everyday/exercise-how-to-start-exercising-reasons-people-dont/100560888>

Is 100 the new 75? The keys to ageing well

<https://www.smh.com.au/lifestyle/health-and-wellness/is-100-the-new-75-20211207-p59fe5.html>

The muscle group that's vital for running is also the most ignored

<https://www.smh.com.au/lifestyle/health-and-wellness/the-muscle-group-that-s-vital-for-running-is-also-the-most-ignored-20211206-p59f3g.html>

15 Best Sydney Walks and Hikes

https://www.qantas.com/travelinsider/en/explore/australia/new-south-wales/sydney/best-sydney-walks-hike-trail-tracks-bondi-coogee-more.html?alt_cam=au:gd:in:edm:travel-insider:ti-international:20210904:intl-aus:full:syd-walk&cid=DM72113&bid=751112232

You're lost in the Australian bush. Here's how to survive – and be found.

<https://www.abc.net.au/news/2021-09-22/getting-lost-bush-walking-what-to-prepare-trevor-salvado-aj/100472184>

-----//-----

WHO CLUB CHAMPIONSHIP

Compiled from event results by Barry Pearce

1	James McQuillan	36	Elliott McQuillan
2	Graeme Hill	37	Niamh Cassar
3	Martin Mansfield	38	Jacinta Braidwood
4	Dan Smith	39	Josh Braidwood
5	Justine De Remy De Courcelles	40	Seth Sweeney
6	Malcolm Geldhill	41	Sylvia Teoh
7	Gary Farebrother	42	Marion Gledhill
8	John Murray	43	Warren Bax
9	Paul Sweeney	44	Constance Valais
10	Savanna Sweeney	45	Maria Stankova
11	Lee Coady	46	George Kinneally
12	Vanessa Cullen	47	Levi Coady
13	Stephen Dunlop	48	Jay Seeho
14	Will Kay	49	Ted Mulherin
15	Selwyn Sweeney	50	Barry Pearce
16	Saffron Sweeney	51	Hamilton Kinneally
17	Emmanuelle Convert	52	Maureen Fitzpatrick
18	Vivien De Remy De Courcelles	53	Aurelie Valais
19	David Noble	54	Nerise McQuillan
20	Karen Langan	55	Stephanie Chan
21	Barry Hanlon	56	Linda Chan
22	Deb Walsham	57	Yvonne Fillery
23	Tim Perry	58	Robert Bradley
24	Ian Miller	59	Louisa Coady
25	Lachlan Coady	60	Toya Gallagher
26	Andy Vesey-Wells	61	Annabelle Di Bari
27	Dmitry Stukov	62	Emma Inglis
28	Matilda Saunders	63	Sue Moore
29	Anthony Saunders	64	Kathryn Vaughan
30	Janet Morris	65	Robyn Dunlop
31	Shay Sweeney	66	Eloise Doyle
32	Scott Henderson	67	Ajay Gallagher
33	Aiden McQuillan	68	Aaron Hill
34	Belinda Kinneally	69	Charissa Patacsil
35	Henry Shane	70	Martine Valais

71	Anette Larsson	74	Kevin Williams
72	Eunice Walsham	75	Brad Erikson
73	Megan Farebrother	76	Janice Seeho

You may be wondering how you become the Club Champion. Points are allocated for your performances during the year and the winner is the person who accumulates the most points. The 2021 winner is **James McQuillan**. Barry Pearce keeps an eagle eye out for WHO members' results and his searches and meticulous counting are much appreciated.

More Reminders

SSS season tickets are on sale to members [here](#).

Oceania 2022 in NZ will not happen due to travel restrictions.

MapRun update - version 6.5 has been released, with a host of new features. Details are [here](#).

Riddle answers

What do you have in December that you don't have in any other month? The letter "D".

What's tall and wobbly and stands in the middle of Paris? The Trifle Tower.

Apologies for the corny jokes. Thought we needed a diversion. Ed.

Puzzle Answers

1. Car sales
2. Flooring contractor
3. Locksmith
4. Restaurant
5. Tree services
6. Men's hairdresser
7. Florist
8. Ice Cream shop
9. Cleaning company
10. Florist
11. Lawn mowing
12. Ladies Hairdresser
13. Fruit shop
14. Glazier