



“WHO runs the country”

President :- Robert Bradley Ph 0418 296 008
Email rrobbad@yahoo.com.au

Secretary :- Maureen Fitzpatrick Ph 0455 578 755
Email mozzafitz@yahoo.com

Newsletter Editor:- Ian Miller Ph 0429 937 153
Email millerian33@gmail.com

April/May 2021

A BUSY APRIL Some WHO members have done a lot of orienteering in the last few weeks. Some have done a lot of distance and others have spent more time in the bush in April than any other month in their lives!

The April O calendar included the Easter 3 Days, NSW Middle and Long Championships, the first Metro of the year and a Moonlight. The Hills District SOS starts May 1st.

CONGRATULATIONS

Savanna Sweeney is the NSW Sprint and Middle Distance Champion in the W14A class and **Barry Hanlon** is the NSW Middle and Long Distance Champion in the M85A class. They lead our Honour Board for 2021.

NSW Champions	Class	Distance
Savanna Sweeney	W14A	Sprint + Middle
Barry Hanlon	M85A	Middle + Long
Shay Sweeney	M10A	Sprint
Constance Valais	W Junior B	Sprint
James McQuillan	M40A	Sprint
Paul Sweeney	M45AS	Sprint

Over the three distances WHO had eight first places seven seconds and seven thirds. Savanna went very close to taking all three titles coming second at the long distance. Selwyn Sweeney is ranked 7th on the M18A national rankings. Yeah Team Sweeney!

Welcome Back – Great to see Kev Williams in the Easter 3 Days results.

From The President

Sydney Summer Series finished since our last newsletter. A very big thank you to all our summer series setters, vetters and organisers. Thanks also to everybody who helped at the events. Ross Barr from Garingal, the driving force behind SSS is retiring from his role organising the series. He has organised summers series for the last 30 years. He deserves to put his feet up and take it easy. Thanks and well done.

Bush orienteering started with the Easter 3 Days at Molong and Manildra and the 2020 NSW Championships at Eugowra. A large WHO contingent attended both events. Most of the WHO Competitors are fairly new to complex granite orienteering and they found the courses fairly tough.

James came up with an idea about having a regular on-line meeting, particularly after state league events, to review route choice and navigation techniques. We had our first meeting last week which generated really useful discussions. Even if you don't run State League events, I encourage you to join us. The route choice and navigation techniques we discuss are equally useful for events like Metro League. At future meetings we can look at some Metro League legs too.

Metro League commenced for the year. Thanks Josh for continuing to organise our teams. It's never too late to join our Metro League teams. Even if the teams are full everybody can still run. If you are keen to run and haven't signed up, please contact Josh.

Rob

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

SOS is back – May 1st at Samuel Gilbert School, Ridgescrop Drive.

WHO Event Program - May/June

DATE	EVENT	LOCATION
Sat 1 May	SOS Hills - First event for Term 2.	Samuel Gilbert Public School, Ridgescrop Dr, Castle Hill. Helpers – James (early), Ian (later)
Sat 8 May,	SOS Hills	Location TBA. Helpers – Steve (early), Valais Family (later)
Sat 22 May	SOS Hills	Location TBA. Helpers – Karen (early), Sweeney Family (later)
Sat 29 May	SOS Hills	Location TBA. Helpers – James (early), Valais Family (later)
Sat 5 June	SOS Hills	Location TBA. Helpers – Steve (early), Ian (later)
Sat 19 June	SOS Hills	Location TBA. Helpers – Karen (early), Sweeney Family (later)
Sun 20 June	Metro #4	Eric Mobbs Reserve, Castle Hill

As part of the arrangement with Bold Horizons for the Hills District SOS events, WHO provides someone early to help set up and another later to collect controls and tidy up. If you can assist please contact Steve Dunlop stevedunlop47@gmail.com

EASTER / EUGOWRA OBSERVATIONS – Part 1

EASTER FAMILY TRAINING CAMP

The Family Training Camp ran 2nd to 11th April 2021 at the Canobolas Scout Camp, Orange. It was organised by Helen O'Callaghan from Bush 'n' Beach Orienteering Club in Coffs Harbour and Toni Brown from Bushflyers Orienteering Club in Canberra. There were people from NSW, ACT and even SA who were there and participated in the activities.

Savanna, Shay and I were there for the whole time and the rest of my family participated for the two weekends. We arrived after the Family Relay at Charles Sturt University, most were exhausted as they had very long drives with Easter traffic and the inability to use Bells Line of Road due to the flood.

Each afternoon we had a different presenter talking on different aspects of orienteering from training plans, running, debrief techniques, sprint orienteering, attack points, big rocks and the transferability of skills to Mountain Bike Orienteering. In addition to the competitions on the weekends and mid-week we had a night relay run by Oscar Woolford which was extremely fun, went ten pin bowling in Orange, did some running 'tackling terrains' and did a walk on a contour only map.

There was a friendly community feeling and it was great to see the older teenagers/young adults helping with some more junior orienteers. We had a bonfire two times and the kids really loved roasting marshmallows (see photo below).

With the Easter and Eugowra maps being so challenging it was good to have other orienteers available to discuss the map and their route choices no matter what map and level you were at. The kids (and parents) also had time to form friendships and spend time together. Walks around Lake Canobolas, cricket, tag and touch footy kept everyone entertained.

Saffron Sweeney



EASTER / EUGOWRA OBSERVATIONS – Part 2

*If you can keep your head when all about you
Are losing theirs ...*

WHO knew that Rudyard Kipling had been to Gumble and Seldom Seen?

Our Central West NSW week away started with plenty of traffic heading west. However as we live at Glenbrook in the lower Blue Mtns we got a bit of a head start and weren't too troubled by it. We weren't doing the sprint on the Friday but wanted to make the most of our excellent accommodation (Dragonfly Cottages on a property just outside Orange = much recommended).

Easter 3-days (3-5 April): I had fun and games at Noah's Ark Ridge at Molong then Gumble x2 near Manildra and completed all three days in a row (unlike my new W60A arch-enemy, who only managed to finish two of the three days). However for others there was much *grumble about Gumble* as the challenging terrain and vegetation was a shock to the orienteering brain after no winter bush events in 2020.

Noah's Ark Ridge had really unusual, long parallel bands of intermittent cliff lines. This area of rock is only about 150m wide in total but three kilometres long on the map. It was really tricky as some parts looked like high points from above but from below they were undercut cliffs. I was fairly happy with how I went despite losing my glasses for ~ ten minutes on the way to #2 after a low tree whipped them off (thanks Karen for finding them). My major glitch was following others making a 90-degree error on the way to #13 then having to figure out where I was (without following them again). Rob's major glitch was to jump from a height into a hole and keep moving forward while his foot was trapped ... he had been leading his M55AS mob until that point.

Gumble Days 2&3 were uneventful – not – they were 'value for money' as I swanned around trying to make sense of the ROCK ... there are such huge boulders there that many areas would normally be mapped as boulder clusters but they were just shown as rocky ground, so it was tough and you had to focus on the contours while only taking notice of the really gigantic rocks.... easier said than done.

Some went home between the two weekends or like Saffron, Savannah and Shay did the mid-week events and joined in the juniors' camp. Instead Rob and I went camping for two nights at Nangar National Park with bushwalking club friends, which was wonderful. It's a

lovely little spot and we were lucky to be there after rain with water continuously flowing through the creek around the campsite. Some others used the time between the two weekends to see the fish fossils at Canowindra, visit the zoo at Dubbo, go mountain biking, do other touristy things or *drive as far away as possible from Seldom Seen as they've sworn never to orienteer there again (true story)*. We relocated to a motel in Canowindra for the last three nights and Rob continued his search for the perfect pub crumbed cutlet. While walking the streets pre and post said expeditions we counted a few live and dead mice in the streets (and actually there were two live ones while we were camping but I didn't hear about them until after we'd left, thank goodness).

Seldom Seen on 10-11 April was just outside Eugowra, a sweet village with murals and an excellent food truck. There was a great view from the assembly area ... of more monster boulders hidden in the trees, the green vista of surrounding farms, wonderful on site catering and passing clouds that on the Sunday dumped some rain on us all. The Middle Distance Champs on the Saturday were very challenging again – more so than Gumble for me and again I was pleased to find all my controls (and a few others) then finish to see that my arch-enemy had mispunched! However the Long Champs on the Sunday were too much for me and that's where I lost my head. I should have done an AS course, not a long A and I came unstuck at #4, which was the furthest control on my course but I walked back from there and joined a constant trickle of orienteers returning from them-thar-hills via the walk to the start rather than the finish shute. I was not alone in the twilight zone of mispunches but my archenemy completed her W60A course that day ... a true champ (cue gnashing of teeth).

Even though I questioned my sanity a number of times during the five days of tough orienteering I really enjoyed the challenges and felt insanely good whenever I hit a control or beat someone there (when you can't win a race then not being last on some legs is something to celebrate). I also really enjoyed the company of the WHO crew and other ring-ins under the blue flag every day and out for dinner one night in Orange. It was truly a hoot and I'd do it all again... but I'll try and keep my head every day next time.

Maureen Fitzpatrick (mostly, with input from Rob)

COACHING

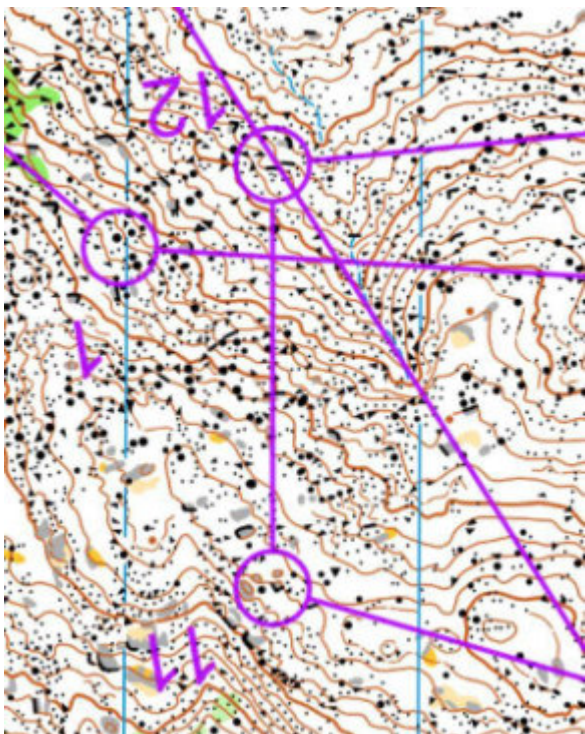
Learning from the Easter/Eugowra events

The recent high-level events were on complex maps with lots of detail. It was challenging to make good route choices and navigate quickly to the controls. Below James discusses the options for finding control #12 on his course. A great way to improve your O skills is to work out your route and then hear how others have found the control. If you had just punched control #11 which way would you go to #12?

Zoom technology offers the chance to review courses after an event. The leg below was discussed on a Zoom call on Monday 20th April. Watch out for future call invitations.

Leg Analysis – Part 1

2020 NSW Long Championships at Eugowra -
Sunday 11Apr2021



This was leg 11-12 on the Hard 2 course. It is a 431m leg straight down a rather steep slope, strewn with boulders, boulder clusters and rocky ground. It appears towards the end of this course when the legs have already become fatigued and the brain has already done it's best work.

How would you attack this leg? Have a think and then have a look at the analysis a little further on in the Newsletter.

MAPPING

Guula Ngurra NP

This new National Park at Canyonleigh is an area particularly set aside for protection of koalas. It is to the south west of Belanglo where the Wingecaribee and Wollondilly Rivers meet. The park ranger has indicated two areas of the park in which they would allow orienteering. The park has been closed to the public but we are now allowed to visit.

What to do next?

We need WHO members to visit and look at the two areas to assess for suitability for orienteering. Barry and I propose to go down there for two days, a Friday and Saturday – either 21 and 22 May or 28 and 29 May. However, we will not be able to walk more than a few kilometres.

We invite WHO members who can walk a longer distance (nothing very long – perhaps 8k) in possibly steep terrain, to join us there, either for one or two days. We propose that we go out, either alone or as small groups, to cover as much terrain as possible. Of course, If you wish to visit at another time, either alone or as a group, let me know and we can supply base contour maps. The ranger would like us to let her know when we are visiting.

This is an opportunity to be among the first to visit a new National Park and perhaps identify a new country map for WHO.

If you are interested, please contact me for more details.
Janet Morris
Mapping Officer
janetmorris27@yahoo.com.au
0439919569

HAVE YOU COLLECTED YOUR OA BADGE?

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. Maureen Fitzpatrick wants to hear from: Niamh Cassar, Barry Hanlon, Andrew Hill, James McQuillan, Janet Morris, Ted Mulherin, Paul Sweeney, Saffron Sweeney, Selwyn Sweeney, Seth Sweeney and Martine Valais as they have badges to collect.

METRO League

Metro League is for everybody - whether you are a beginner or an experienced orienteer. It is an opportunity to experience bush orienteering in a way that is highly accessible and close to home. And a great way to meet your fellow club members!

Metro League is a competition between clubs across 6 divisions - Division 1 being the longest/hardest and Division 6 being a course of Easy/Moderate standard suitable for new and or young orienteers. WHO enters teams across several divisions, with 5 people per team. Don't worry if you can't make every event, just come along to the ones you can!

Note the Metro League dates on your calendar.

May 2 at Lansdowne, **May 23** at Manly Dam, **June 20** at Eric Mobbs Reserve, Castle Hill.

Please drop me a line to let me know if you are interested in **Metro League** this year. The more the better! If you want to know more, email me or give me a call on 0400 305 818.

Cheers
Josh Braidwood
Club Captain

Metro League Round 1 - Yerambah Lagoon

There was a great turnout to the first Metro League outing for the season at Yerambah Lagoon at Picnic Point in Sydney's south. WHO was well represented, fielding full teams in Divisions 1, 3, 4, 5, and 6. This is a map that hasn't been used for many years, with a maze of well-defined and not-so-well-defined tracks criss-crossing this patch of bushland not far from the Georges River.

Despite all WHO teams being full, unfortunately we didn't win any of our match ups this round. In Div 1 we were up against perennial champions Big Foot and went down 22-33. Big shout out to Selwyn Sweeney who was the best of the WHO performers picking up 8 points with a time of 56.49.

In Div 3, we had the firepower of Lee Coady who picked up the 10 points with his super fast time of 39.48, but this wasn't enough to get us over the line against Big Foot who beat us 31-24. Welcome to our first time Div 3 runner Warren Bax who picked up a handy 4 points.

Div 4 was a much closer affair, with our team going down 27-28 to Uringa/Central Coast. Jay Seeho led the way picking up 9 points for WHO with a time of 41.19.

In Div 5 we were up against Big Foot, and unfortunately they beat us 30-25. Some solid performances from Karen Langan (8 points 46.48) and Janice Seeho (7 points 46.55) kept the score line respectable.

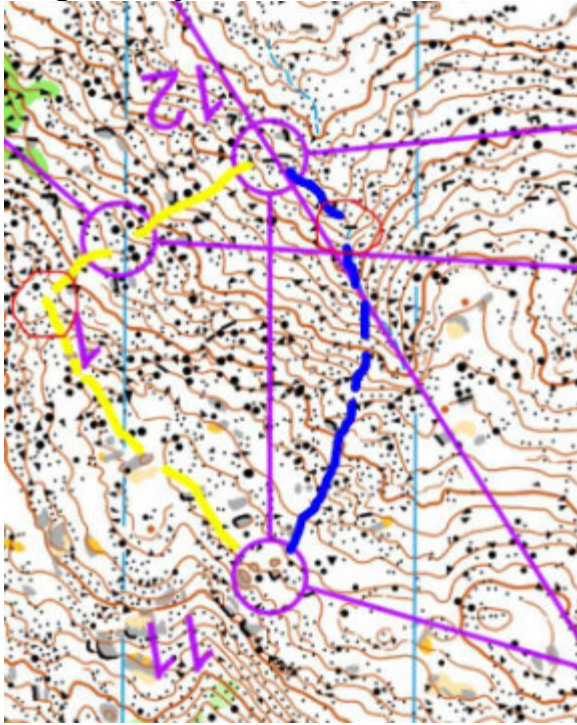
Finally, in Div 6 we were up against Garingal who won 34-21. Stephanie Chan picked up the 10 points whizzing around in 16.06!

All in all a great day of orienteering. Looking forward to Round 2 at Lansdowne on 2 May! Get your entries in.

METRO #1 WHO Results :

Name	Class	Place	Time
Selwyn Sweeney	Div 1	5th	56:49
James McQuillan	Div 1	8th	60:41
Vivien de Remy de Courcelles	Div 1	14th	67:42
Dan Smith	Div 1	19th	80:42
Niamh Cassar	Div 1	22nd	96:18
Lee Coady	Div 3	1st	39:48
Warren Bax	Div 3	28th	68:48
Josh Braidwood	Div 3	31st	71:21
Paul Sweeney	Div 3	33rd	77:48
Jay Seeho	Div 4	4th	41:16
Dmitry Stukov	Div 4	11th	46:43
Anthony Saunders	Div 4	12th	47:46
Ian Miller	Div 4	26th	63:11
Saffron Sweeney	Div 4	28th	68:35
Barry Hanlon	Div 4	32nd	110:59
Janice Seeho	Div 5	9th	46:55
Karen Langan	Div 5	10th	46:58
Maria Stankova	Div 5	13th	49:47
Savanna Sweeney	Div 5	15th	50:48
Ted Mulherin	Div 5	23rd	58:58
Matilda Saunders	Div 5	24th	59:11
Constance Valais	Div 5	30th	79:07
Stephanie Chan	Div 6	2nd	16:06
Lachlan Coady	Div 6	10th	25:17
Justine de Remy de Courcelles	Div 6	14th	32:00
Jacinta Braidwood	Div 6	16th	36:06
Linda Chan	Div 6	22nd	63:14
Levi Coady	Easy	3rd	37:11

Leg Analysis – Part 2



At first look the leg is quite daunting but that is possibly because there is so much going on in this part of the map. That's a good thing because there are lots of details to help navigate off. The trick is to pick the right ones. Identify a strong attack point.

The rockface in the watercourse (on the blue route) would be an excellent one. To get there, run downhill into the most defined gully (and watercourse) on the slope.

Then follow the watercourse until the rockface. This would undoubtedly be a waterfall if the stream was running and would be quite a distinct feature. The rockface is on the same contour as control #12 and within 100m. So follow the contour East. The control is at the foot of the rockface on the edge of the gully. There are some boulder clusters, big boulders and bare rock on the far side of the control circle too. Use these as 'catching features' just in case you miss the control.

Another option could be to target the saddle further along the ridge (yellow route). Saddles are quite obvious and the massive boulder in this one would help too. From the saddle, turn down the hill, past control #1, which happens to be in the same gully as control #12. Now just stick to that gully until the control pops up on your right. Watch out for the bare rock/rockface on the far edge of the circle and the watercourse (downstream from the blue route).

These are the giveaways that you've gone too far.

The third option is to plunge straight South down the hill and just hope you get the line right. I guess it's possible but not a high probability of spiking the control.

MEMBERS INFORMATION

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

KIDS WHO SHIRTS ARE AVAILABLE

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.

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.

WHO CLUB MEETINGS

Club meetings are currently held using Zoom.

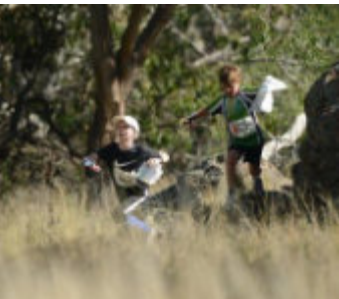
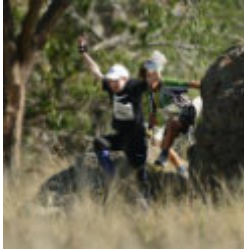
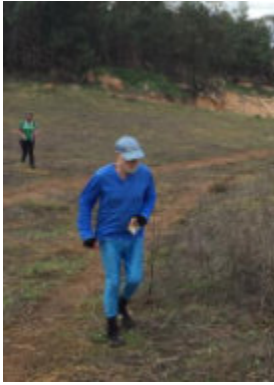
We discuss future WHO events, map making and equipment purchases. It is all very informal and you are welcome to join in. You don't even need to leave home! Watch out for Maureen's meeting invitations for details.

The next club meeting is on May 4 at 7:30pm.

Current discussions include: upcoming events (preparations), progress with the grant application to improve the volunteer experience at WHO events (new IT etc), discussions re mapping and any new business.



The Easter 3 Days and the NSW Championships.



ONSW Meetings and Workshops

The ONSW Annual General Meeting was held on 20 April 2021 using Zoom. Andrew Lumsden stood down as Technical Director after nine years in the role and Louise Brooks (SH) was elected to the Board.

ONSW Events

DATE	EVENT	LOCATION
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
Sat 8 May	Bold Horizons	Training in Southern Highlands
Sun 9 May	CC	Winter Sprint #1
Sun 9 May	Bold Horizons	Training in Southern Highlands
Sat 15 May	SL #3	Broulee Dunes
Sun 16 May	SL #4	Broulee Dunes
Wed 19 May	Moonlight	Kirribilli
Sat 22 May	SOS	SOS Term 2 #3
Sun 23 May	Metro #3	Manly Dam
Sat 29 May	SOS	SOS Term 2 #4
Sun 30 May	SHOO	Forest #2 Penrose
Sat 5 June	SOS	SOS Term 2 #5
Sun 6 June	NOSH	Lindfield to Seaforth
Sat 12 June	SL #5	QBIII Newcastle
Sun 13 June	SL #6	QBIII Newcastle
Mon 14 June	SL #7	QBIII Newcastle
Wed 16 June Day 1	Syd West Schools	Fred Caterson Res, Castle Hill
Thu 17 June Day 2	Syd West Schools	Fred Caterson Res, Castle Hill
Fri 18 June Day 3	Syd West Schools	Fred Caterson Res, Castle Hill
Sat 19 June	SOS	SOS Term 2 #6
Sun 20 June	Metro #4	Castle Hill (WHO)
Wed 23 June	Moonlight	TBA
Sun 27 June	SHOO	Forest #3 Belanglo
Sun 4 July	WHO	Turkey Trot

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

Purple Pen Workshops

ONSW will hold a Purple Pen course setting workshop by Zoom from 6.30-9.30pm on:

* Mon 3 May, Tue 20 Jul, Tue 5 Oct

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

ONSW Announcements

1) Big Foot elite Alastair George is conducting weekly training sessions on Tuesdays from 4-5pm. See Eventor for details. Usual entry fees apply and Active Kids vouchers are accepted.

2) The Sydney regional schools' champs start with the three days for Sydney West at Fred Caterson Reserve in Castle Hill: **June 16-17-18**. Please [email Barbara Hill](#) if you can assist on any of the days. Lunch is provided.

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 to 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.

2021 Key dates for your diary are:

July 17/18 – SL 8/9

Aug 1 – Metro 5

Aug 15 – Metro Final

Aug 21/22 – SL 10/11

Aug 28/29 – SL 12/13

Sep 4/5 – SL 14/15

Sep 25/26 - Aus Chs

WHO CHAMPIONSHIP POINT SCORE

as at 15 Apr 2021. Compiled by Barry Pearce

	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>
1	McQuillan James	38	7986
2	Farebrother Gary	19	6773
3	Sweeney Paul	30	6270
4	Hill Graeme	22	6228
5	Mansfield Martin	27	6086
6	Sweeney Selwyn	29	5796
7	Gledhill Malcolm	23	5181
8	Smith Dan	21	5020
9	Sweeney Saffron	35	4984
10	Dunlop Stephen	27	4780
11	Murray John	17	4658
12	Cullen Vanessa	27	4110
13	Sweeney Savanna de Remy de Courcelles	27	3927
14	Justine	24	3502
15	Noble David	25	3500
16	Saunders Anthony	14	3484
17	Miller Ian	23	3367
18	Hanlon Barry	22	3360
19	Coady Lee	12	3111
20	Kay Will de Remy de Courcelles	24	3056
21	Vivien	26	2900
22	Walsham Deb	16	2800
23	Saunders Matilda	11	2760
24	Perry Tim	12	2740
25	Convert Emmanuelle	27	2620
26	Cassar Niamh	14	2400
27	Langan Karen	26	2380
28	Vesey-Wells Andrew	7	2240
29	Henderson Scott	7	1880
30	Morris Janet	25	1849
31	Henry Shane	5	1740
32	Stukov Dimitry	12	1720
33	Braidwood Joshua	4	1656
34	Kinneally Belinda	8	1496
35	Sweeney Seth	7	1240
36	Coady Lachlan	10	1222
37	Sweeney Shay	16	1140
38	Gledhill Marion	13	1107
39	Teoh Silvia	7	1080
40	Fillery Yvonne	5	930
41	Valais Constance	9	900
42	Kinneally George	5	820

	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>
43	Braidwood Jacinta	3	800
44	McQuillan Elliott	6	775
45	Kinneally Hamilton	4	640
46	Coady Levi	10	620
47	Erikson Brad	6	580
48	McQuillan Aiden	6	560
49	Mulherin Ted	6	528
50	Di Bari Annabelle	3	520
51	Dunlop Robyn	6	500
52	Valais Aurelle	6	480
53	Fitzpatrick Maureen	7	475
54	Bax Warren	3	460
55	Pearce Barry	8	440
56	Gallagher Tova	3	360
57	Stankova Maria	1	360
58	McQuillan Nerise	4	320
59	Moore Sue	2	300
60	Valais Martine	8	287
61	Inglis Emma	3	260
62	Vaughan Kathryn	2	240
63	Bradley Robert	3	220
64	Erikson Ben	3	220
65	Hill Aaron	2	220
66	Saunders Scarlett	1	220
67	Doyle Eloise	1	180
68	Erikson Josh	3	180
69	Gallagher Ajay	1	180
70	Patacsil Charissa	4	160
71	Valais Sylvie	1	140
72	Larsson Anette	1	120
73	Walsham Eunice	4	100
74	Farebrother Megan	1	90
75	Williams Kevin	1	72
76	Braidwood James	1	40

THANK YOU

To the newsletter contributors – **Saffron Sweeney, Robert Bradley, James McQuillan, Janet Morris, Josh Braidwood and Maureen Fitzpatrick** for items in this newsletter.

REMINDERS

Do Now

Enter **SOS** for May 1 and Metro for May 2.

Enter **State League at Broulee** closes May 2.

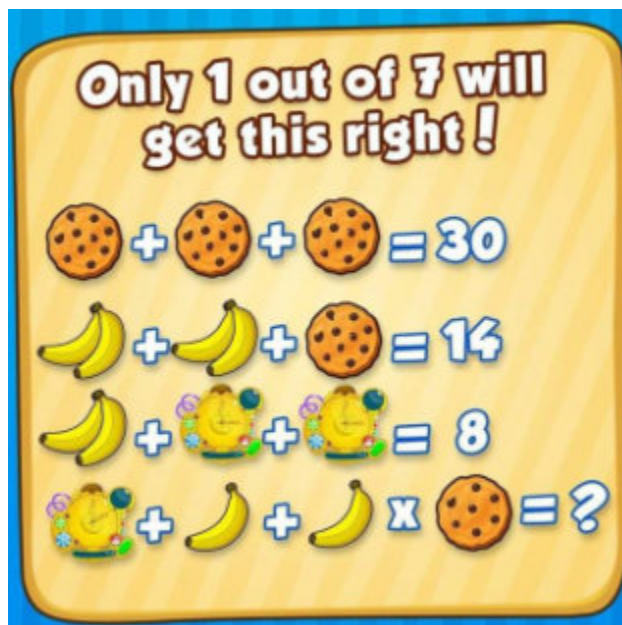
PUZZLE TIME

Orienteers are good at problem solving. Here is a puzzle to test your skills. How many countries can you name? Answers in the next newsletter.



Last Month's Puzzle Solution.

You had to count the bananas and the dots on the biscuit. At the top the biscuits had 10 dots each meaning three biscuits had 30 dots. In the last row the biscuit had 7 dots. The bananas were pairs in rows 2 and 3 but singles in the last row and the clock moved from three o'clock to 2 o'clock so the answer was $(2+ 1+ 1) \times 7 = 28$.



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

Moonlight Madness – Wed 21 Apr

Emmanuelle Convert - Masters Women 2nd 460 points
Charissa Patacsil - Masters Women 5th 330 points
Karen Langan - Veteran Women 5th 320 points
Gary Farebrother – Veteran Men 17th 460 points

WORLD ORIENTEERING DAY

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

BIG PINK O RATINGS

You may not have heard of the Big Pink O Ratings <https://ranking.bigfootorienteers.com/display.php>
It ranks all orienteers in Australia based on your recent results. Australian events up to April 25 are included.
The WHO Top 9 are:

1. Andy Hill 40th overall with 7846 points
2. James McQuillan 78th with 7639 points
3. Selwyn Sweeney 121st with 7500 points
4. Niamh Cassar 207th 7246 points
5. Paul Sweeney 442nd with 6731 points
6. Saffron Sweeney 551st with 6451 points
7. Karen Langan 664th with 5892 points
8. Savanna Sweeney 681st with 5739 points
9. Barry Hanlon 753rd with 5256 points

Selwyn scored 1244 points for his Metro League #1 run. His was the best result for that week based on how many standard deviations a competitor beats their average performance by.

ROGAINING CALENDAR

- Sat. 8-May, 12/6-hour **Spoilt for Choice** [Autumngaine 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](#).

MORE REMINDERS

Queens Birthday Weekend (QBIII)

Enter QBIII this year in Newcastle.

Sunday May 2nd

The Metro League on May 2 has different start times due to conflicts with cycle races. The ML starts are strictly from **10.45-11.14am**. EOD starts are from 11.15-11.30am. Course closes at 1pm.

Dave Lotty (UR) recognized for services to orienteering

Over Easter, Orienteering Australia (OA) announced their 2021 awards and long-time stalwart of ONSW, Dave Lotty (UR) was elevated to the Orienteering Australia Hall of Fame. Dave's citation and ONSW announcement can be found at <https://onsw.asn.au/1620-dave-lotty-admitted-to-oa-hall-of-fame>

Dave started orienteering in 1971 and has done most things in orienteering. He was the Secretary for ONSW for many years becoming the first professional officer as the sport grew. Dave has an enormous collection of maps and if you want to see him at an event, just include the words "new map" and he will be there. Many club members have enjoyed discussions with Dave on the merits of maps and route choices.

This was a well-deserved recognition.

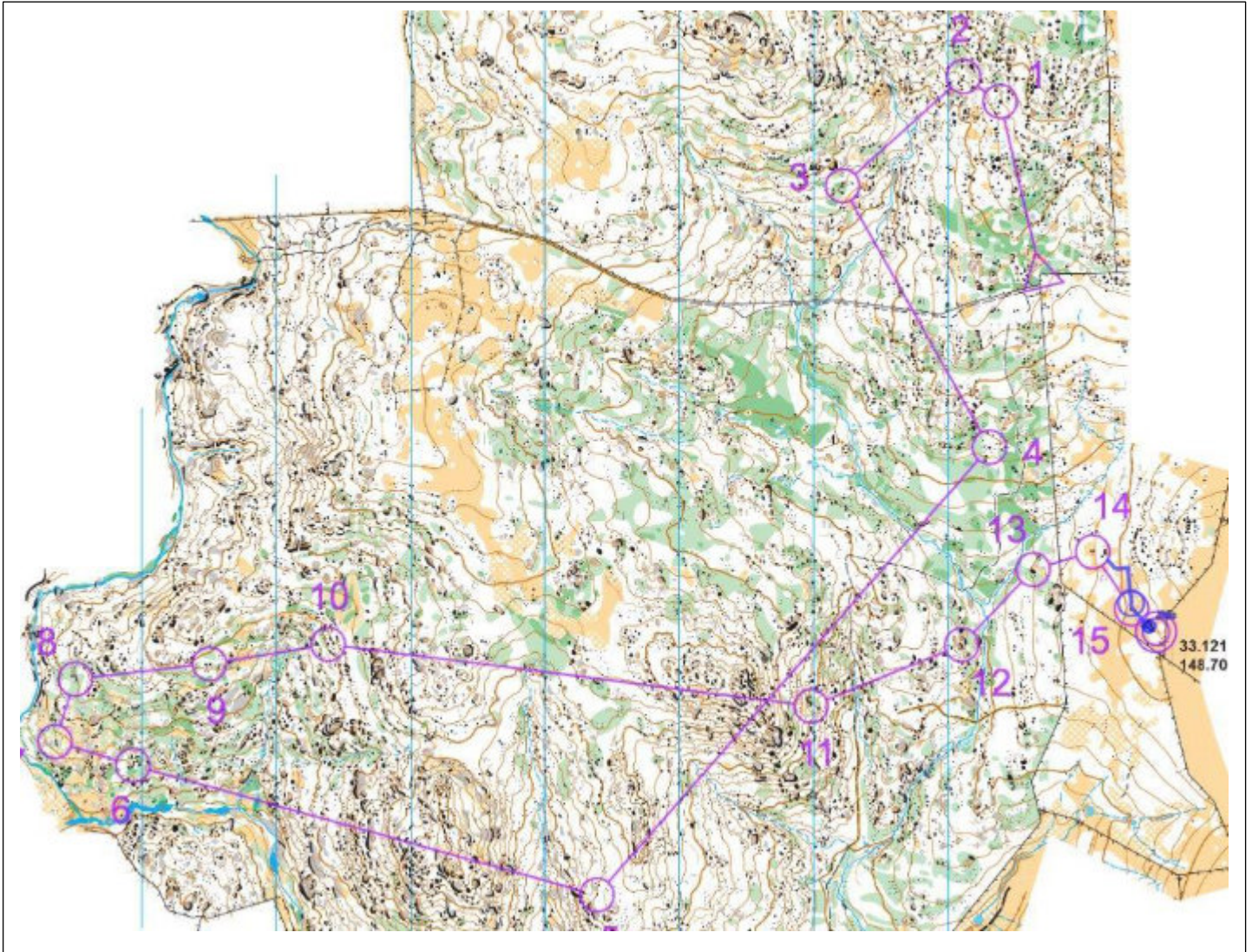
Articles of Interest - Diet and Exercise

What's behind the runner's high? It's more likely endocannabinoids than endorphins

<https://www.abc.net.au/news/science/2021-04-24/endorphin-rush-runners-high-endocannabinoids-brain-neuroscience/100044972>

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

EASTER DAY 2 Map for M40A – This is the course completed by Vivien and James. How would you find each control?



EASTER 3 DAYS + Prologue - WHO Results

Name	Class	Prologue	Day 1/SL3	Day 2/SL4	Day 3/SL5	Overall
ELITES						
Selwyn Sweeney	M18E	1st - 21:18	7th - 71:16	8th - 152:41	8th - 84:20	5th
James McQuillan	M21E	35th - 21:21				
FAMILY RELAYS						
Sweeney - 1		Selwyn – L 21:18	Seth – M 26:22	Savanna – S 7:19	54:59	17th
Sweeney - 2		Saffron – L 30:26	Paul – M 26:14	Shay– S 18:14	74:54	34th
de Remy de Courcelles		Vivien – L mp	Justine – M 31:04	Emmanuelle S 24:47		
AGE CLASSES						
Constance Valais	W Jun B	W Middle – 57th 24:26	1st - 84:09	1st - 110:23	3rd - 81:19	1st
Seth Sweeney	M Jun B		1st - 51:24	1st - 76:24	1st - 38:39	1st
Justine de Remy de Courcelles	W10A		4th - 18:07	3rd - 54:36	2nd - 32:00	3rd
Shay Sweeney	M10A		1st - 13:53	4th - 31:38	2nd - 40:30	3rd
Aurelie Valais	W20A	W Long – 17th 29:31	3rd - 106:03	3rd - 151:41	1st - 93:42	3rd
Saffron Sweeney	W45AS		12th - 70:37	3rd - 106:13	8th - 73:58	3rd
Belinda Kinneally	W40A	W Long – 5th 22:39	7th - 79:34	5th - 165:13	6th - 110:45	4th
Savanna Sweeney	W14A		6th - 62:19	5th - 91:39	6th - 43:06	5th
Nerise McQuillan	W35AS	W Middle – 39th 21:07	5th - 69:18	7th - 104:09	8th - 118:59	5th
Paul Sweeney	M45AS		5th - 49:04	8th - 117:53	6th - 94:49	5th
James McQuillan	M40A		8th - 56:20	7th - 144:38	7th - 78:39	7th
Maureen Fitzpatrick	W60A		16th - 100:40	15th - 131:56	10th - 124:12	11th
George Kinneally	M/W10 Shadow	M Easy – 7th 15:04	3rd - 13:48		15th - 64:05	
Aiden McQuillan	M/W10 Shadow	M Easy – 11th 17:04	mp		7th - 35:19	
Elliott McQuillan	M/W10 Shadow	M Easy – 12th 17:22	9th - 19:00		12th - 54:36	
Hamilton Kinneally	M/W10 Shadow	M Easy – 13th 18:51	7th - 16:13			
Dan Smith	M35AS	M Long – 24th 26:29	6th - 87:25	dnf	8th - 121:01	
Karen Langan	W50A	W Long – 25th 35:37	13th - 99:08	mp	14th - 134:02	
Robert Bradley	M55AS		7th - 49:26		dnf	
Emmanuelle Convert	W40A		8th - 85:33	dnf	5th - 91:58	

Vivien de Remy de Courcelles	M40A		9th - 65:48	mp	9th - 101:50	
Warren Bax	M60A		23rd - 74:39	dnf	28th - 113:27	
Martine Valais	W20A		mp	mp	dnf	
Barry Pearce	M75A			mp		
Kevin Williams	M65AS				3rd - 57:40	

NSW MIDDLE + LONG DISTANCE CHAMPIONSHIPS - WHO Results

Name	Class	Middle	Middle	Long	Long
Savanna Sweeney	W14A	1st - 44:28	NSW CHAMPION	2nd - 71:28	
Barry Hanlon	M85A	1st - 91:38	NSW CHAMPION	1st - 126:35	NSW CHAMPION
Robert Bradley	M55AS	2nd - 58:59			
Justine de Remy de Courcelles	W10A	2nd - 19:32		2nd - 18:20	
Nerise McQuillan	W35AS	2nd - 97:06			
Dmitry Stukov	M45AS	2nd - 71:28		mp	
Emmanuelle Convert	W40A	3rd - 86:22		mp	
Aiden McQuillan	M/W10 N	3rd - 21:08		5th - 25:31	
James McQuillan	M40A	4th - 60:36		8th - 145:18	
Shay Sweeney	M10A	4th - 16:54		4th - 22:03	
Selwyn Sweeney	M18A	4th - 56:54		4th - 122:47	
Elliott McQuillan	M/W10 N	4th - 22:21		6th - 30:23	
Saffron Sweeney	W45AS	5th - 95:22		6th - 189:37	
Vivien de Remy de Courcelles	M40A	6th - 86:12		6th - 141:27	
Maureen Fitzpatrick	W60A	8th - 132:24		rtd	
Tim Perry	M60A	mp		mp	
Paul Sweeney	M45AS	mp		mp	
Seth Sweeney	M16A	mp		mp	