



# “WHO runs the country”

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**Dharug Country August 2022**

Mid-winter in Australia and the number one event in town is the Turkey Trot. We had absolutely awful weather but those that fronted enjoyed it and I actually think the route choices on offer were some of the best the TT has ever had. If you missed out, mark the first Sun in July down for next year. If you were there, remember to tell your friends about it. There are a number of competitors that rate it as their favourite orienteering event of the year. Next year, the plan is to take it south to Fairfield, with a new map Barry is preparing.

I've been eagerly keeping an eye on the European orienteering season. World Champs, Junior World Champs and European Champs, have all had Aussies competing. Some events have TV coverage and commentary. The Knock-Out Sprints at WOC, in Denmark, made for great television and with Aston Key mixing it with the best it was really exciting to watch. Most other races were behind paywalls and often in the middle of the night for us but they all have live GPS tracking and results, which can be reviewed the following day. I've enjoyed checking out the maps, courses and routes taken and following our Big Foot friends on their adventures. Maybe we'll be able to follow some of our own WHO members in future years?

As a club we have been busy preparing for our coming summer events (SSS x4 and WSOS x4) and the main winter calendar for 2023 is now locked in. WHO will be contributing to the State League competition by hosting the NSW Schools Championship weekend, with some help from the Stingers. The weekend will be in August with 2 Sprints on the Saturday and a bush event on the

Sunday at Mulgoa. There are plenty of opportunities to contribute to the success of our future events. We need setters (to plan the courses), organisers (to liaise with council, roster, gear, toilets) and controllers (keep an eye on the other two). We need computer operators and photographers. Please come and talk to me about being involved.

James McQuillan

President  
Western & Hills Orienteers

**New Members – Welcome to Micaela Ashton, Thomas and Blake Spencer and Craig Burley. Great to have you as part of the WHO team.**

We look forward to meeting you at an upcoming orienteering event. New members receive a free blue WHO shirt so please make yourself known to Ian Miller.

## **SOS NEWS**

SOS in the Hills is on again this Saturday.

<b>Saturday Date</b>	<b>Location</b>
13 Aug	Fred Caterson Reserve, Castle Hill
20 Aug	Bobbin Head

**THANK YOU** To the newsletter item contributors –Josh Braidwood, James McQuillan, Barry Hanlon. Extracts from ONSW e-bulletins and OA E-news. SOS photos by Tony Hill. Rogaine photo from NSW Rogaine

## OUR JANET HONOURED WITH SPORT NSW AWARD

### *2022 Sport NSW Awards Night*

Janet Morris (Western & Hills Orienteers) was awarded the 2022 Distinguished Long Service Award for Orienteering at the Awards Evening on June 30, 2022. The award was presented by NSW Minister for Sport Stuart Ayres. Mary Jane Mahony (ONSW Awards Committee) represented ONSW President Robyn Pallas and Steve and Robyn Dunlop represented WHO.

A sport may nominate one person with a record of at least 25 years distinguished service. The service must be in a particular area that has been of significant benefit to the sport / organisation and community and there should be leadership and development of others within the sport.

Janet's nomination centred on her dedication to the making, maintaining and using of orienteering maps. The importance of map-making to the sport of orienteering was highlighted during the presentation and in the printed program for the evening. The ONSW Board thanks [Western & Hills Orienteers](#) for their effort to make the nomination happen.



## WHO NEXT EVENT

**Sunday 28 August Metro #4 at Wianamatta**

**Event entry and more information is at <https://eventor.orienteering.asn.au/Events/Show/16696>**

WHO is the event owner so we need plenty of helpers to run the event and allow all to get a run. Maria is the organiser, Dan is setting under the watchful eye of Steve D. Entering early helps the organisers and club captain schedule run times and roles. The organisers will no doubt arrange a warm, dry day. Look forward to seeing you at Wianamatta.

## THE WHO SUMMER PROGRAM

The coldest month of the year (July) is history so it is time now to plan your spring and summer orienteering. The Sydney Summer Series starts on October 5th and the Western Series (WSOS) starts on December 4th. **The most important date for your diary is the WHO Cup on December 4th.** The WHO Cup is contested by WHO members only with awards for the fastest male and female plus the highly sought after handicap trophy. A not to be missed opportunity to achieve fame. Mark the dates in your diaries.

DATE	EVENT	LOCATION
Sat 13 Aug	SOS	Fred Caterson Reserve Castle Hill
Sun 28 Aug	Metro #4	Wianamatta, Ropes Crossing
Wed 26 Oct	SSS #4 NEW MAP	Castlewood Oval, Castle Hill
Wed 16 Nov	SSS #7	Darval Park, Ryde
Sun 4 Dec	WSOS #1 WHO CUP + AGM	Lizard Log picnic area, Western Sydney Regional Park
Sun 11 Dec	WSOS #2	Saunders Park, St Clair
Wed 28 Dec	Xmas 5 Days	Mt Piper
Sun 8 Jan	WSOS #4	McCoy Park, Old Toongabbie
Sun 22 Jan	WSOS #5	Auburn Parks, Chiswick St, Auburn
Wed 22 Feb	SSS #21 NEW MAP	Ted Horwood Reserve Baulkham Hills.
Wed 22 Mar	SSS #25	Upjohn Park, Rydalmere

## Old SI Stick Buy Back

Bennelong pays a cash refund for old SI sticks and has extended its programme to members of WHO. If you want a bit of cash for your old SI Stick, contact Sharon Lambert the Bennelong Treasurer at [treasurer@bennelongnorthside.com.au](mailto:treasurer@bennelongnorthside.com.au)

Buy-back prices are:

SI8 = \$25

SI9 = \$30

SI10 = \$35

SI11 = \$37.50

The program is limited, so if you want to declutter, get in early to avoid missing out.

## Metro Wrap

### **NEXT METRO – AUGUST 28 AT WIANAMATTA**

Metro League Round 4 is at Wianamatta on August 28 - hosted by WHO! Helpers will be needed, and remember - everyone helping still gets a run. Entries are open on Eventor.

### **Metro #3 July 31 at Lake Parramatta**

It was another great day of Metro League at Lake Parramatta, a location well known to many WHO club members. Bennelong hosted us and presented some interesting courses, with enough tricky controls off the main tracks to make the run around the lake suitably challenging. There was a fair bit of mud to contend with on some of the tracks thanks to the recent rain. It was another good turnout from WHO, although we were a little light on in Division 2. More importantly, we had some WHO club members join us for Metro League for the first time - great to see you Silvia Teoh and Thomas Spencer, hopefully you'll be back again for more!

We were up against Big Foot in Division 1, which was always going to be a tough round given their dominance at this level. WHO managed a respectable 24 points, but not quite enough to beat Big Foot's 31. James McQuillan was again our fastest picking up 8 points for a time of 55.23. The Sweeney brothers again put in a strong performance, with Selwyn managing 59.10 and Seth 64.00. At the mid point in the season, we are in the middle of the pack in Div 1.

Division 2 was low on numbers this round, but Paul Sweeney and Dan Smith carried the flag to bring home a solid 7 and 6 points respectively. Our total of 13 wasn't enough to get us close to a swift Big Foot outfit who dominated with 32 points.

We were up against Garingal in Div 3, but despite having some solid performances we went down 23-

32. Savanna Sweeney was the standout picking up the 10 points for the round with a super fast time of 48.38. A special mention as well for Silvia Teoh who, in her very first Metro League outing, managed a highly competitive time of 63.12.

Pleasingly, as we move to the lower divisions WHO starts to see more success. Div 4 was a victory for WHO, beating Garingal decisively 32-20. This puts WHO at the top of the Div 4 table. Belinda Kinneally, having been out of Metro League action for a while, took out the 10 points with a time of 46.53. She was ably supported by solid performances from the rest of the team, with Karen Langan's time of 53.07 earning her 8 points.

WHO had to take on KNOX in Div 5, and just managed to edge them out 27-25. It was a great welcome back to Metro League for Nerise McQuillan, who took out the 10 points with a time of 60.47. Ian Miller is also getting back into Metro action with his first outing for the season and also put in a solid result with 9 points for a time of 69.17. Great work from the whole team!

Finally, WHO managed to pick up a win in Div 6 against Garingal, beating them 26-23. Justine de Remy de Courcelles has proven to be our Div 6 standout, again being our fastest with 9 points for a time of 57.26. Shay Sweeney was not far behind, with 8 points for a time of 59.44. And a special mention goes to Thomas Spencer who made his very first Metro League outing - great to see you Thomas and hope you can join us again next time!

Next Metro League is Round 4 at Wianamatta on August 28 - hosted by WHO! Mark that one in your calendar. Lots of helpers will be needed, and remember - everyone helping still gets a run. See you then!

Josh  
WHO Club Captain

## TURKEY TROT REPORT

**The WHO Turkey Trot is unique. Held on the first Sunday in July with 8kms, 12kms or 20kms options it offers longer courses in interesting areas of Sydney. The 2022 Turkey Trot was held in the bush and streets of Castle Hill.**

### **Comments and race report on the 2022 Turkey Trot from President James.**

Thank you so much for your help in making this year's TT happen.

Barry, Janet, Rob and Karen helped put the controls out, **in the rain**. Steve, Graeme, Barry and Janet were onsite early Sunday morning, **in the rain**. Rob looked after the map exchange, hiding in the underpass for shelter **from the rain** for a good few hours. Dan, Steve, Karen, Vivien, Emmanuelle and Justine brought the controls back in, **in the rain**. Lee put his hand up to shadow some late newbies on the Easy course and collect those controls at the same time, **in the rain** - after his own run and in his dry clothes. Nice one Lee! Steve has a big job drying all our gear. And thanks to Dmitry for previously checking the courses, Ian for liaising with council and of course Nerise for the Rocky Road.

The rain and wind made volunteering a bit miserable but it was all very much appreciated by me and the runners. There are a handful of runners that rate the TT as their favourite event, so thank you once again for your contribution.

Cheers  
James

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### **2022 Turkey Trot Race Report.**

The Sydney Metropolitan Turkey Trot had been cancelled for two years straight due to the COVID-19 pandemic. It was three years since we were last

on the trot. The eagerly anticipated return was somewhat dampened by atrocious weather - predominantly a LOT of rain. Unfortunately the weather was responsible for about 25% entrants staying at home. But those that fronted up enjoyed the route choices on offer and the chance once again to battle for Rocky Road.

**Glenn Horrocks** - undisputed King of the Trot - had a battle on his hands with first timer, **Ryan Armstrong** on the Long Course. Ryan built a 2min lead going into the map change but Glenn came back and an unfortunate late mispunch negated Ryan's efforts in outsprinting him to the line. **Steven Horrocks** made the same mispunching error, which allowed **Vivien de Remy de Courcelles** to take second and **Geff Harper** running with **Gary Farebrother** to run in third together. **Zoe Melling** turned the tables on **Toni Bachvarova** in the women's race. They had a ding dong battle last start but this time Zoe led from the first control and slowly extended that lead throughout to eventually win by 13 mins.

In the Medium Course **Seth Sweeney** held a narrow lead at the map exchange but took advantage of a familiar last map to extend that lead to 6 mins at the finish. **Keith Tonkin** had a consistent race, claiming second with **Tim Giles** outsprinting the female winner by 4s to take third. In her second TT race **Niamh Cassar** only lost one split and won by 13 mins. Last start she won the Short Course, so now with a 2 from 2 record, we assume she will move up to take on the Long Course next year? **Saffron Sweeney** was in second place for almost the whole race. She dropped to third by 1s at the last control but found the extra gas to keep that second spot safe from the persistence of **Emmanuelle Convert**.

The Short Course provided a real highlight. **Savanna Sweeney** (first timer) and **Carolyn Matthews** (previous winner) switched places multiple times. Savanna hit the lead with 3 controls to go but Carolyn closed strongly in the final stages, winning the last 4 splits to move from

4th to 2nd, finishing only 11s behind Savanna. **Silvia Teoh** couldn't handle Carolyn's strong finish and was relegated to third. The guys were no match for the girls pace this year with the best placed, **Malcolm Roberts**, coming in 5th overall. **Matt Hackett** started strongly but Malcolm had him covered by the end of the first map. **Andrew MacDonald** looked good for second for most of the race but Matt passed him with only four controls to go to claim the second podium spot.

For the first time a MTBO category was added for the Turkey Trot. Starting slightly before the runners and with a staggered start for safety, **Michael Ridley-Smith** flew around the long course to claim inaugural MTBO Turkey Trot bragging rights.

Congratulations to all competitors and volunteers - especially considering the conditions this year. Most returned absolutely drenched and exhausted but with smiles on their faces after enjoying the unique navigational race that is the Turkey Trot. See you next year. Same time. Different place.

## **HOT REMINDERS**

**SL#14 and SL #15 at the ACT – entries close Sunday 14 August**

**The WHO organised METRO is on Sunday 28 August at Wianamatta**

**Australian Rogaine Championships in Victoria – early entry closes Monday 15 August**

## **JUNIOR'S NEWS**

### **NEXT SQUAD CAMP**

**Dubbo August 27 to 29**

Athletes based in NSW and 16 years and over are welcome. Camp accommodation will be in Dubbo. Plans include using the exciting Sappa Bulga map created for the 2007 Junior World Orienteering Championships. More details on [Eventor](#).

# SKILLS

## Understanding Control Descriptions

The idea for this article came from an item in the June 2022 OA Newsletter. Often while waiting to start we wonder “What is that control description?”

Examples used are from the OA Newsletter article and the recent Vision Valley SOS event. Thank you to both authors.

Orienteering has control descriptions that provide precise descriptions of the feature we are looking for. It is the responsibility of competitors to be familiar with control descriptions.

## Control Description Course Information

In the example below the M21E class is competing on Course 1, which is 13.0kms long with 585 metres climb.

<b>M21E</b>			
<b>Course 1</b>	<b>13.0 km</b>	<b>585 m</b>	
----- <b>80 m</b> ----->		▶	
▶	↙	▲	1.5 ○

## Start Location

The start location is on the first line of the control descriptions described in the same way as the other controls. In the above example there is a taped route from the map distribution point to the start of the course. The taped route is 80 metres long. The start is marked with a control flag on the northern side of the south-western boulder which is 1.5 metres high. In examples 2 and 3, the start is adjacent to the map distribution and at a track and road junction.

**Example 2** shows the control descriptions for a short line course. At the bottom of the control list is the distance from the last control to the Finish. An example is **O< ----70 m---- >O** The horizontal lines indicate a taped route to the finish. If the description looks like this **O< 70 m >O** (no horizontal lines) then there are no streamers.

## Example 2

SOS VV 2022			
Warm Up		1.1 km	
▶		↙ / ↘	Y
1	51	Π	
2	52	↙ / ↘	Y
3	53	X	
4	54	↙ / ↘	Y
5	55	↙	↗
6	56	*	1.2 ○
7	57	X	
8	58	X	
9	59	X	
10	60	X	
		70 m	○

## Example 3

SOS VV 2022					
Score		350 points			
▶		↙ / ↘	Y		Start: track and road junction
1	51	Π		10	Building pass-through
2	52	↙ / ↘	Y	10	Road junction
3	53	X		10	Man-made feature
4	54	↙ / ↘	Y	10	Track junction
5	55	↙	↗	10	NE tip of fence
6	56	*	1.2 ○	10	SW side of termite mound, 1.2m high
7	57	X		10	Man-made feature
8	58	X		10	Man-made feature
9	59	X		10	Man-made feature
10	60	X		10	Man-made feature
11	61	mm	8 L	20	Foot of cliff, 8m high
12	62	*	8x4 ○	20	W side of bare rock, 8m by 4m
13	63	↙	<	20	Bend in track
14	64	mm mm	2 2	20	Between cliffs, 2m high and 2m high
15	65	∩		20	Gully
16	66	↙	<	30	Bend in track
17	67	✈		30	Cave
18	68	▲ ▲	2 3	30	Between boulders, 2m high and 3m high
19	69	↙ ▲	3 ○	30	N side of SW boulder, 3m high
20	70	mm mm	1.5 1.5	30	Between cliffs, 1.5m high and 1.5m high

### What is in each column?

**Column 1** - For a line course Column 1 lists the controls in the order required to complete the course. For a score course the controls are in sequential order.

**Column 2** provides the number of the control so you know you have found the right one.

**Column 3** provides additional information where there are multiple similar features. In our example the nineteenth control has an arrow pointing downwards to the left. This indicates the feature you are looking for is the south west feature.

**Column 4** identifies the feature. The common features used on our example are road junction (second control), track junction (fourth control), fence (fifth control), man-made feature (controls seven to ten) cliffs (control eleven, fourteen and twenty), gully (control fifteen), boulders (controls 18 and 19).

**Column 5** provides additional feature information using the same symbols as column 4. Control fourteen is between two 2 metre cliffs.

**Column 6** provides additional information such as size in metres or bend or junction.

**Column 7** explains where the control is located on the feature. Control five is at the north east point, while control 6 is on the south west side. Control 11 is at the foot of a cliff and fourteen between two cliffs.

**Column 8** shows the points scored for each control on the score course. This is not used for line courses.

**Column 9** is the English translation and is often not provided.

As the English translation is optional it is worth studying the symbol list. If you are not sure what the course description means, please ask. We have

all been unsure. At the worst if you find a control in the middle of the circle on your map and it has the right number you will know what the symbols mean.

May you always go directly to the centre of the control circle !

**Note.** A one page list of the mapping symbols used for Foot-O can be found at [https://www.sa.orienteering.asn.au/images/Coaching/ISOM\\_2017.2\\_symbol\\_sheet\\_20210325.pdf](https://www.sa.orienteering.asn.au/images/Coaching/ISOM_2017.2_symbol_sheet_20210325.pdf)

Sprint orienteering as a separate set of symbols. [https://www.sa.orienteering.asn.au/images/Coaching/ISSprOM2019\\_Symbol\\_Sheet.pdf](https://www.sa.orienteering.asn.au/images/Coaching/ISSprOM2019_Symbol_Sheet.pdf)

## WHY IS THE WIANAMATTA MAP CALLED “ROADS TO NOWHERE” ?

Wianamatta is “the Mother Place” to the Darug people.

**Wianamatta Regional Park** was created in March 2008 and covers an area of 765 hectares. The park is still being developed along with adjacent suburbs. It contains one of the best remaining sections of the Cumberland Plain woodlands.

The park was an Australian Defence Industries site known during World War 2 as the St Marys Munitions Filling Factory. Evidence of its previous use are spread across the map with the remains of the railway connection to St Marys, a few remaining buildings, blast mounds and roads that no longer lead to anywhere significant. The latter is why the map is called “Roads to Nowhere”.

While navigating on the map you may notice ridges in the shape of squares having a hollowed out centre. These are blast mounds. The centres would have contained an ammunition factory building and the mounds were to stop sideways damage should the ammunition explode.

**COVID** – Take care and stay safe. The winter Covid surge is still here in NSW. The simplest way to protect yourself is to wear a mask in enclosed areas.

## **WHO CLUB MEETINGS**

If you are keen to know more about our club and find out how you can contribute, join us at one of our upcoming meetings. The next **WHO meeting date is:**

**- Wednesday 7 September 7:30pm**

Looking further ahead! The WHO Cup and Annual General Meeting will be at the first Western Sydney Orienteering Series on **Sunday 4 December 2022.**

All welcome ! The meetings are currently held via zoom, We discuss future WHO events, map making and equipment purchases. It is all very informal. You don't even need to leave home! Watch out for the meeting invitations for details.

Don't hesitate to contact Maureen if you have any questions or feedback.

Maureen  
Secretary and Public Officer  
Western and Hills Orienteers Inc. (WHO).

## **WATCH OUT FOR** ***THE AUSTRALIAN ORIENTEERING*** ***CHAMPIONSHIPS IN VICTORIA***

24 September to 2 October 2022

**Event entry and more information**

<https://aoc.orienteering.asn.au/>

## **Exercise Lessons in Life**

You may have heard that exercise helps you make better decisions. Its true. This morning I went for a run up the biggest hill I could find and decided I am never doing that again!

I never thought I would be one to get up early and exercise. This far I was right.

## **Google Knows Everything – Right?**

So I asked

**“What is the coldest month in Sydney?”**

Google's Answer:

## **July**

**The cool season lasts for 2.8 months, from May 29 to August 22**, with an average daily high temperature below 65°F. The coldest month of the year in Sydney is **July**, with an average low of 47°F and high of 62°F.

**I didn't know that the dates for the “cool season” were so precise. Bring on August 23rd !**

65F is 18.3C. 47F is 8.3C. 62F is 16.7F



## ONSW EVENTS AND ACTIVITIES

DATE	EVENT	LOCATION
Sat 13 Aug	SOS	Fred Caterson Reserve Castle Hill
Sun 14 Aug	Forest #5	Highland Forest Series – Boxvale Tramway
Wed 17 Aug	Schools	Sydney West Primary Schools Day 1 Nurragingy Reserve
Wed 17 Aug	Moonlight #4	Lindfield
Thu 18 Aug	Schools	Sydney West Primary Schools Day 2 Nurragingy Reserve
Sat 20 Aug	SOS	Bobbin Head
Sat 20 Aug	State League #12	Pine Island ACT
Sun 21 Aug	State League #13	Tidbinbilla ACT
Sat 27 Aug to Mon 29 Aug	Stingers Training Camp	Dubbo
Sun 28 Aug	Metro #4	Wianamatta, Ropes Crossing
Sat 3 Sep	NSW Schools Chs + State League #14	Cherrybrook High School and Hills Grammar
Sun 4 Sep	NSW Schools Chs + State League #15	Scheyville

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

Change of Date – NSW Championships now on November 5th and 6th. The middle distance event on Saturday will be at Noah’s Ark Ridge and the long distance on Sunday at Rocky Falls in the Mullion State Forest.

**The Orienteering NSW 2023 draft calendar** has been released and the Major Australian orienteering events schedule has been updated see [website](#).

**NOTE – WHO is running the 2023 NSW Schools Championships on August 26 + 27**

### **HELPERS WANTED FOR SYDNEY WEST SCHOOLS ORIENTEERING CHAMPIONSHIPS at Nurragingy Reserve, Doonside**

**Friday 12 August** (Secondary Students)

**Wednesday 17 August 2022 and Thursday 18 August** (Primary Students)

If you can help, please contact Barbara Hill at [barbara@boldhorizons.com.au](mailto:barbara@boldhorizons.com.au)

**(1) Interclub Pointscore** has been updated [here](#).

**(2) OY scores** have been updated [here](#).

**(3) Entries close this Sunday** for the next State League event on August 20 & 21 which incorporates the ACT Middle and Long Distance Championships at Pine Island and Tidbinbilla. **Click here for entries.**

**(4) Clarification of how many results count for the OY State League points score:**

Where there are up to 10 events, the number of scoring events is the number of events minus 3.

Where there are 11, 12, or 13 events the number of scoring events is 7.

Where there are 14 or more events the number of scoring events is half the number of events (rounded down to the nearest whole number) plus 1.

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Western and Hills Orienteers has announced that as dogs cannot contract Covid-19 they can be let out of quarantine and participate at orienteering events. To be clear, WHO let the dogs out.

In the orienteering race reports why don't we ever see the headline 'Psychic finds missing control'?

I've always had an irrational fear of rock faces, but I'm slowly getting over it.

## **ROGAINE EVENTS + RESULTS**

### **NSW Championships, Gundabooka NP,**

24-25th September, [Enter Here](#)

Entries close 4<sup>th</sup> September. Located between Cobar and Bourke, 800km from Sydney, Gundabooka National Park, features woodlands, floodplains, sandhills and the rugged Mount Gunderbooka that rises 300m above the western plains.

### **Australasian Championships, Pyrenees**

**Ranges, (about 220kms north-west of Melbourne) Victoria, 8-9th October** [Enter Here](#)

Early Entry closes 15<sup>th</sup> August. Late entry closes 30<sup>th</sup> September.

### **A great night out for the intrepid WHO adventurers excelling at the Bidjigal Night Rogaine. 16 July**

In the 5 hour event overall results, Dan Smith and Lee Coady finished 3rd, Kathryn Vaughan and Madonna Cavanagh 6th, and David Noble and Sue Hailstone 17th. Their category results include one first, two seconds and two thirds.

In the 3 hour event overall results, James McQuillan and Silvia Teo came 5th timing their finish to perfection arriving with 13 seconds to spare! Emmanuelle and Justine finished 16<sup>th</sup> overall and second in the family category.



### **5 HOUR NIGHT ROGAINE**

Name	Cat	Place	Score	Time
Dan Smith + Lee Coady	Overall	3rd	2220	4:29:06
	M	3rd	2220	4:29:06
	MV	1st	2220	4:29:06
Kathryn Vaughan + Madonna Cavanagh	Overall	6th	2080	4:24:40
	W	2nd	2220	4:29:06
	WV	2nd	2220	4:29:06
David Noble + Sue Hailstone	Overall	17th	1530	4:21:37
	X	6th	1530	4:21:37
	XV	3rd	1530	4:21:37

### **3 HOUR NIGHT ROGAINE**

Name	Cat	Place	Score	Time
James McQuillan + Silvia Teoh	Overall	5th	1220	2:59:47
	X	4th	1220	2:59:47
Emmanuelle Convert + Justine de Remy de Courcelles	Overall	16th	880	2:49:49
	W	4th	880	2:49:49
	F	2nd	880	2:49:49

#### **Rogaine Categories**

M = Men, MV = Veteran Men

W = Women, F = Family

X = Mixed, XV = Veteran Mixed

## **STATE LEAGUE STANDINGS**

The results, splits and Livelox are on the [State League page](#)

### **WHO are doing great stuff in the State League points tables**

**WHO has 11 first places, 3 second places and 4 third places** after 11 of 17 events. In the club competition list WHO is excelling in third place behind mega clubs Newcastle and Garingal.

## **STATE LEAGUE POINTS SCORE**

You can see the updated OY scores [here](#).

### **WHO Standings after 11 of 17 events**

#### **MEN**

M10A – Levi Coady 1st with 555 points  
M10A – Aiden McQuillan 4th with 244 points  
M12A – Shay Sweeney 2nd with 456 points  
M12A – Levi Coady 6th with 10 points  
M14A – Lachlan Coady 1st with 871 points  
M16A – Will Kay 3rd with 516 points  
M18A – Seth Sweeney 4th with 262 points  
M20A – Selwyn Sweeney 5th with 253 points  
M21A – Lee Coady 9th with 85 points  
M21A – Andy Hill 12th with 62 points  
M21A – Vivien de Remy de Courcelles 13th with 31 points  
M40A – Lee Coady 1st with 768 points  
M40A – James McQuillan 3rd with 530 points  
M45A – Vivien de Remy de Courcelles 1st with 708 points  
M45A – Dan Smith 8th with 101 points  
M45AS – Paul Sweeney 2nd with 491 points  
M50A – Josh Braidwood 11th= with 15 points  
M55AS – Robert Bradley 4th with 378 points  
M60A – Warren Bax 12th with 91 points  
M60A – Tim Perry 15th with 47 points  
M70A – Steve Dunlop 11th with 145 points  
M75A – Ian Miller 7th with 51 points  
M75A – Barry Pearce 8th with 15 points  
M80A – Ted Mulherin 6th with 134 points  
M85A – Barry Hanlon 1st with 696 points

#### **WOMEN**

W12A – Justine de Remy de Courcelles 1st with 900 points  
W14A – Savanna Sweeney 1st with 700 points  
W18A – Martine Valais 1st= with 100 points  
W35AS – Nerise McQuillan 2nd with 407 points  
W40A – Belinda Kinneally 3rd with 180 points  
W45A – Emmanuelle Convert 1st with 869 points  
W45AS – Deb Walsham 5th with 100 points  
W50A – Saffron Sweeney 5th with 345 points  
W50A – Karen Langan 6th with 237 points  
W55AS – Maureen Fitzpatrick 9th with 40 points  
W60A – Maureen Fitzpatrick 10th with 20 points  
W80A – Janet Morris 1st with 705 points  
WJuniorB – Jacinta Braidwood 1st= with 105 points  
WJuniorB – Aurelie Valais 3rd with 5 points  
WOpenB – Constance Valais 11th with 127 points

#### **OPEN**

OpenEasy–Hamilton Kinneally 4th with 84 points  
OpenEasy – Aurelie Valais 6th= with 5 points

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### **FOR THOSE THAT HAVE GOT THIS FAR**

There is a fine line between a numerator and a denominator. Only a fraction of people will find this funny.