



“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 May 2022



How good is that photo?! I'm genuinely excited by it and let me tell you why. There are 30 WHO members in that photo, which represents over 40% of our membership. In fact we had more members present than any other club. I can't recall that ever happening before. This was at Wyangala on the weekend and these 30 people, with Karen as event organiser, delivered a terrific middle distance State League event. The State League is the pinnacle of bush orienteering in NSW and it is very pleasing to see so many from our club enjoying both contributing and participating. Plus, what a good looking bunch!

As you'll find out in the next few pages, our club members have been pretty active. I went to QLD with the family and had a great time at the Easter Carnival and then the Gold Coast sprints the following weekend. I rolled my ankle early, made some bad nav decisions and general fitness let me down but other than that it was excellent.

The atmosphere of the big events is really great, the maps and courses are of a very high standard and you always get to explore the surrounding area after the event. I'm already looking forward to next Easter, which is a tad closer to us with Jindabyne as a base. Lock it in your diaries and let's get a big WHO contingent down there.

I'm also super excited about the MetroLeague. Orienteering is an individual sport and with staggered start times we can often miss seeing certain people at an event. Metro gives us the opportunity to hang out together, still have a run and contribute to the team. See you out there.

James McQuillan

President
Western & Hills Orienteers

WYANGALA STATE LEAGUE EVENT

Our major event for 2022

What a great set of results. Nine first places, six second places and five thirds. WOW !

The full list of WHO results is later in this newsletter.

Thank you to our great band of helpers and to our excellent organising team



189 entered our 2022 NSW State League #5 middle distance event at Wyangala on Saturday May 14th organised by Karen Langan with courses set by Rebecca George (BF). The event was controlled by Sheralee Bailey (BN) and they were helped by numerous WHO members.

The early crew arrived Thursday night with more leaving Sydney on Friday morning. Set up started on Friday with controls going out and stepped up to the major set activities on Saturday morning ready for an early afternoon first start.

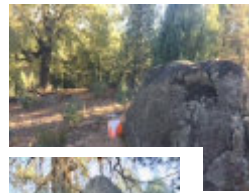
ONSW (aka James) reported "Terrific technical terrain met competitors at Wyangala Waters for State League 5 – a middle distance event hosted by **Western and Hills Orienteers**. Recent rain made the rocks slippery and there are lots of rocks! But the full dam and steep banks created a picturesque setting."

A queuing start was used with the first off at 12:30pm and the course was closed at 4pm to allow time to collect controls in daylight.

Wyangala Waters" is undulating terrain with mainly open fields, but has some forest cover with some steeper and rockier areas. It is generally good running

although there are some areas of thicker cypress pine. There is scattered to complex areas of granite rock and cliffs, with some areas quite intense. Great views of Lake Wyangala occur regularly across the area (see photo above).

The area is an excellent bush orienteering area with good the runnability and complex granite which can challenge even experienced orienteers. Wyangala was last used for a NOL and the NSW Middle distance championships in May 2019.



Our team at Wyangala



The following day, Sunday 15th May on the nearby Roseberg map, Goldseekers held a long distance State League event, Roseberg is a WHO map and was lent to Goldseekers for the event. James Lithgow (GO) extended and updated the map. Thanks James.

Another great result. Six first places, seven second places and two thirds. The full list of WHO results are later in this newsletter.

WHAT DID WHO MEMBERS DO IN APRIL AS A WARM UP FOR OUR EVENT AT WYANGALA?

The summer series finished abruptly at the end of March and left a gap in local events. This has not stopped WHO members from being active. Some went orienteering or rogaining while the fittest participated in ultra events. Our members were inventive in finding ways to keep fit and active. Orienteering in Newcastle (no problem), orienteering further north - Armidale and Queensland (again no problem). An Ultra in the Brindabella outside Canberra (a bit of a challenge) or perhaps taking the whole family regaining in the wilds of the Snowy Mountains.

Maybe not a typical WHO month but certainly varied and interesting.

We could go Orienteering in Newcastle

When there are no local events in Sydney check out what is on at Newcastle. If the event is near the M1 it is a speedy two hour journey to the event. Often held in one of the great bush areas that surround Newcastle. Ask Maureen and Rob how they did it.

Or to the State League Orienteering in Armidale

Making a trip to Armidale becomes interesting when you can do two State League events over a weekend in the great area of the Northern Tablelands and escarpments.

WHO was well represented with Emmanuelle, Justine and Vivien, the Coady clan, Will, Karen, Tim, Janet and Barry making the trip. Their results are further on in this newsletter.

Ok so they were still in NSW. The next lot weren't !

Maybe An Ultra in the ACT?

Have you heard of a GUMBY? Ask Georgina.

“I was in need some distance training in my legs, but I’ve realized this is really miserable business running any sort of distance by myself. With the race I’d planned recently cancelled I needed another last-minute substitute. One quick google search later I was signed up to a race held by the Ultra Mediocre Runners of Canberra.

There were two options for this race, the GUMBY and the GUMBaby. The GUMBY is in Backyard Ultra last-one-standing format, runners complete a (6.7km) lap every-hour-on-the-hour, this can go on for days potentially until there really is only one person still standing! And the GUMBaby is the wimpier option (I chose this option!!) also on the same course, it’s a 8 lap race (total of 53km).

In my haste to sign up to the event I actually hadn’t read the course description. I had assumed that I was turning up to a non-stop race, complete your 8 laps then you’re done (it was only while chatting to other runners during our first lap of the race that I worked out what was actually going on).

This too is an every-hour-on-the-hour race. It doesn’t matter how fast or slow you get back to the start, so long as you’re ready to start the next lap at the hour mark... So your speed doesn’t matter at all... until the final lap. The final lap is an all-out sprint and the winner is the first person back after that lap.

Completing every lap on the hour seemed pretty easy at first, until you’re about 5 laps in and suddenly the muscles don’t want to play the game anymore. But it was a fun day out and the Canberra running crew really welcomed me amongst their crew for the day.

It was a fun (tiring) day out. Who knows... maybe I’ll have to give the real deal last one standing a crack next time?”

.....Georgina

How about we take the whole family to the Snowy Mountains for a Rogaine? (supposed conversation between Dan and Belinda).

ACT 24 hour Championships

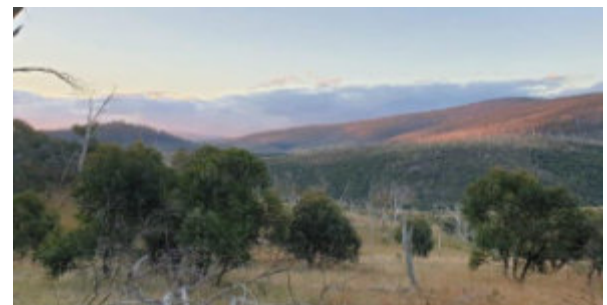
The ACT 24hr Rogaine Championships were held on the weekend of the 23rd and 24th of April. Since this coincided with school holidays our family headed down via a couple of days sightseeing and mountain biking in Canberra.

Bel was part of a team of 3 ladies who planned to stay out for as much of the 24hours as possible. This was part of their training for “The Unreasonable East” which is a 100-mile race that is coming up on the 25th of June in the Blue Mountains. They were out for around 22 hours and placed 2nd in the women’s veteran class.

George, Hamilton, and I made up a family team. Our plan was to go out at the start, come back in time for dinner and a good night’s sleep and then collect a few more controls the next morning. This plan went fairly smoothly, slightly delayed when the start whistle went off and George was still on the toilet. But once we got going we managed to cover nearly 13km, collect 4 controls and get back for dinner before dark. There was talk of collecting a control or 2 after dark but this was forgotten once dinner was consumed. We woke up the next morning to find ice on the tents. After breakfast we set out bright and early (9:45am) to collect more points. We covered around 5.5 km and collected 3 more controls. We ended up finishing 42nd out of 43 teams but got 2nd place in the family category.

Spent Sunday night in Cooma. While Bel was catching up on sleep the boys and I managed to secure tickets to the hottest show in town, namely the eagerly anticipated (if you are aged 9-11) sequel to Sonic the Hedgehog at the Cooma Twin Cinema!

Dan

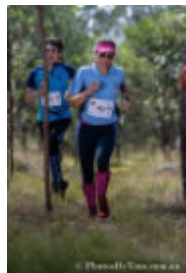
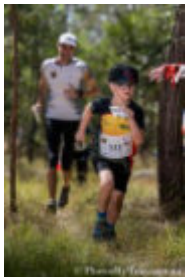


What if we went to Queensland?

Well if we haven't made you envious how about heading to Queensland for some serious orienteering at Easter followed by fun events taking in the Anzac weekend. First up was the Easter 3 Days and then the NOL Sprints on the Gold Coast.

WHO was represented by the Coady's, Sweeney's and McQuillan's and was again to the fore. Results are further on in the newsletter. Here is Saffron's review of the Gold Coast experience.

Easter at Kingaroy (Reedy Creek and Coomba Falls)

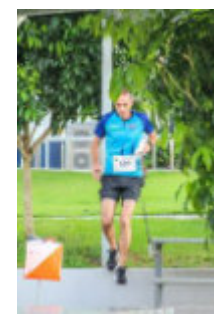
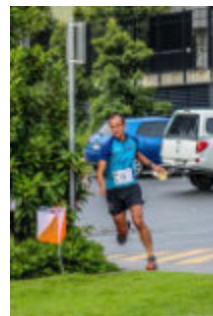


Saffron reviews The NOL Sprints in Queensland



For those who hadn't got their fill of orienteering at Easter (and hoped to have a small holiday in Queensland) we were able to attend the NOL Sprint weekend on the Gold Coast the weekend after Easter. On Thursday we had a sand dune social event with the course set by Andy Hill (still runs for WHO but lives in Queensland). The Friday night mixed teams sprint relay was just for elites. Each State picked teams with 2 men and 2 women in 21E (over 20) or 20E (20 and under) categories. NSW had more male entrants than female entrants but had enough to have a 21E team and two 20E teams. Any other registrations were able to be put in a composite team or run individually. Unfortunately the rain came and this made it difficult to see and not slip, however, it was a fun start to the sprint weekend. WHO member Seth Sweeney was selected in the second NSW 20E team.

Saturday had two sprint events at two locations. For elites, the first was classed as a qualifier and the second a final. It had rained, and even poured during the event, so there was a bit of slipping and sliding, a collision and a tumble turn at the spectator controls.



Four WHO members ran for NSW in the elite competition (James McQuillan, Andy Hill, Selwyn Sweeney and Seth Sweeney). Unfortunately none of them qualified for the main final. Other WHO members ran in the public sprints and Savanna Sweeney won the Women's Moderate category.

On Sunday there were elite knockout sprints and public competitive knockout sprints plus a morning and afternoon sprint for others at different orienteering levels/distances. With the elite men there were heats and quarter finals at the first location where all others just had heats. Semi-finals and finals were run at the second location, those who were not in semi-finals (i.e. would not have had a chance to run on the afternoon map) ran in a consolation race and the elites in the consolation group also got a consolation final. It was a bit confusing (and I have attempted to explain it below) but a lot of fun with Seth Sweeney running in 20E quarter finals, Paul Sweeney ran in the men's competitive public sprint semi-finals and I actually made it to the women's competitive public sprint final (which picked up my spirits after my poor results at Easter, however I do think I got lucky with the heat and semi-final I landed in). Savanna Sweeney won on both Women's Moderate maps and Shay Sweeney came first on the morning map and second on the afternoon map for Open Easy.

One interesting quirk of the men's elite knockout event was that those who made it to the quarter final actually had choice over which quarter final they would compete in (i.e. they had some choice on who their competitors were and which of the quarter finals in terms of start time they would run in). Second from the heat chose first, then first place chose, then third and finally fourth. Another challenge to give different route choices was that the quarter finals for elite men and the competitive finals were given 20 seconds to select whether they would take a route choice A, B or C on a small section (showing 3 or 4 controls) of the map and that is the map they would pick up at the start. This was my first time and it caused me confusion as although the snippet you saw showed a start triangle and 1,2,3

in fact it was somewhere in the middle of the map and when I first turned over my map I was confused that it was suggesting my first control was East when I thought I would be going West, so it definitely challenged me!

Elite Men and Women

Heats - > top 4 to quarter final

|

Quarter final - > top 3 to semi-final and if not in top 3 they ran in the consolation race

|

Semi-final - > top 2 to final

|

Final

Consolation semi-final race - > top person to consolation final

|

Consolation final

Public Competitive Men and Women

Heats - > top 2 to semi-final and if not in top 2 they ran in the consolation race

|

Semi-final - > top 2 to final

|

Final

Consolation race

Other categories (Open Hard Medium, Open Hard Short, Men Moderate, Women Moderate, Open Easy and Open Very Easy) ran one sprint at each location.

.....Saffron

HOT REMINDERS

QBIII at Wagga – entries close Friday 20 May

METRO #1 is on Sunday May 22

WORLD MAZE RACE Saturday May 28 at Rouse Hill PS

WHAT'S NEXT?

THE SYDNEY METRO STARTS THIS SUNDAY AT GRAYS POINT

Event entry and more information is at <https://eventor.orienteering.asn.au/Events/Show/16693>

There is still time to contact Josh Braidwood, our WHO Club Captain to let him know of your availability and to find out more about Metro's. Come along and try it out.

The Metro League is Sydney's premiere winter orienteering comp. Metro League is unique in that it is a team comp - each club fields teams across six divisions across 6 rounds, and different teams go head-to-head in each round. This year WHO will field teams in each of the Divisions 1 to 6. Division 1 features the hardest/longest courses while Division 6 has moderate courses suitable for beginners and children.

Metro League dates are set for May 22, Jun 26, Jul 31, Aug 7 & 28, and Sep 18. All venues are in the Sydney area, in fact its a great way to see some fantastic little pockets of bushland around Sydney. Its also a great transition into bush orienteering if you have mainly been running Summer Series.

Please contact your Club Captain Josh Braidwood joshuabraidwood@optusnet.com.au to register your interest or if you have any questions about how Metro League works.

There is something for everyone at Metro League. It's also a great way to meet your fellow WHO club members. If you're new to orienteering, there are suitable courses for you - we'd love to have you join us.

See you at Metro League!

WHAT EVENTS SHOULD WHO ORGANISE NEXT SUMMER AND WINTER? *Join us at our next meeting to hear more.*

WHAT TO WATCH OUT FOR THE AUSTRALIAN ORIENTEERING CHAMPIONSHIPS IN VICTORIA during the September/October school holidays. **Event entry and more information to be available soon on Eventor**

JUNIOR'S NEWS **JULY SQUAD CAMP**

Port Macquarie July 6-8

The next junior squad camp will be from July 6-8. The plan is to be based in Port Macquarie ready for the State League that weekend. Wed-Thu is intended for high schoolers, and Fri for primary age juniors aged 8 and above, with parents. Older juniors to assist younger juniors on this day. Details to come.

APRIL SQUAD CAMP **Armidale, April 9-13**

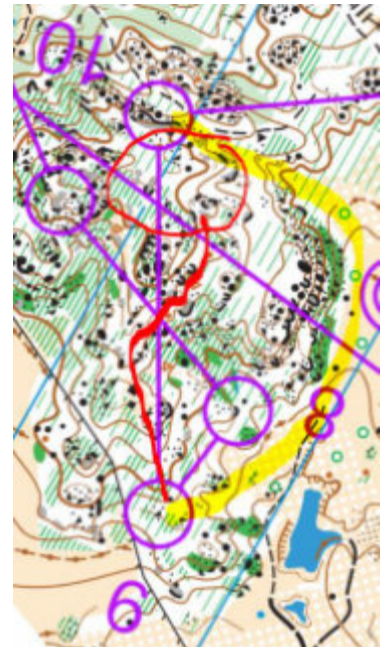


Around 20 juniors and a dozen parents (including a couple of Coady's) enjoyed the first NSW junior squad camp for 2022 in Armidale in April. The camp took place immediately after the State League weekend and was an excellent lead-in to the national Easter carnival in Queensland the following weekend. Thanks to junior squad manager Helen O'Callaghan and her coaches, plus all the parents who helped.

Learning from recent courses #1

Easter Day 3 at Coomba Falls - Monday 18Apr2022

James asks "How would you do this leg?"



This was leg 9-10 on my course (M40A). It is 453m, which offers 2 or 3 realistic options. Initially, I saw the obvious, easy route around the outside (yellow) but as I exited the control, I looked up the hill to the North and changed my mind for the straight (red) option. MISTAKE. I navigated OK to the red circled area and then the wheels fell off. I thought I had gone far enough. I couldn't match any of the rocks. Then when I gave up and tried to relocate off the track, I found another unmarked track, which confused the situation even more! I don't think I concentrated enough on the really obvious (in hindsight) gully in that red circle. The gully BEFORE my control. I ended up taking 23:33 for that leg and probably would have done 5 min, if I'd taken the yellow route with the really easy attack point up the gully.

What would you have done?

Learning from recent courses #2

Vivien explains why you should "Never give up!"

Since I started orienteering, not counting the bit I did at school, I have made mistakes at most events I entered. Most of the time I kept going, thinking that if I make mistakes my opponents might also make the same 20 minutes/30points mistake(s). Most of you are experienced enough to know that I was totally delusional in my thinking, possibly severely dehydrated or both.

Well I am delighted to report that after some 12 years of running, sometimes in circles, my persistence has finally paid off not once but twice.

At the middle-distance event of the Armidale State League it took me 24 minutes to find control #3, that's about 19 minutes more than my most serious competition! However, by the time we left the venue I was the only finisher in my category... a good sign. Checking results online later in the day I discovered that one of the two other runners took 43 minutes on the same third leg and the faster runner had mispunched later on; and had he not mispunched he made a couple of terrible mistakes himself so overall my optimism was not misplaced.

It is therefore armed with great confidence that I tackle the long-distance event the following day. Perhaps a bit too much confidence and not enough looking at the map: the line between controls 1 and 2 crossed the line between controls 8 and 9 and with control 9 being on one side of a ridge and 2 being on the other side. The astute reader would probably have guessed by now that I went looking for #9 instead of #2 losing 8 minutes in the process... and not finding 9 which could have been useful later on. Anyone remembers what I wrote in a previous newsletter about being patient and not rushing? Confidence did not abandon me though as I spent a minute chatting with another orienteer near my control 6: strangely enough he knew where he was but was looking for his next control in the wrong direction (and he's been to Limoges in France where I lived for 20 years). Anyway I kept on going with my course, found #9 in the right sequence of controls and rather quickly to finish strongly to take first, 3 minutes ahead of second. Sure there were only three of us on Saturday and two on Sunday and 12 years is a long time for sheer doggedness to pay off but it only makes the success more pleasurable. Well had I not made that mistake on the long event I would be sole leader of Orienteer of the Year in M45 so still some room for improvement.

.....Vivien

THANK YOU To the newsletter item contributors – Georgina Beech, Saffron Sweeney, Belinda Kinneally, Dan Smith, Karen Langan, Vivien de Remy de Courcelles, James McQuillan, Josh Braidwood, Maureen Fitzpatrick, Barry Pearce, ONSW e-bulletins and OA E-news. Photos from Tom de Jong, Karen Langan, Paul Sweeney, James McQuillan, Belinda Kinneally and Dan Smith.

**Q. Which club had the largest entry at SL5 & 6?
A. WHO had 31 at SL5 and 32 at SL6.**

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 dates are:**

- **Wednesday 8 June 7.30pm**
- **Monday 4 July 7.30pm**
- **Monday 1 August 7.30pm**

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).

SOS NEWS

SOS in the Hills is underway. WHO provides two helpers for each SOS event. .

As per the table below we are still after helpers, esp for the next 2 weeks - let Steve Dunlop know if you can assist on any of the 4 vacant spots. Be quick as these are very desirable! Email Steve at stevedunlop47@gmail.com

Saturday Date	Location	Early WHO Helper	Late WHO Helper
21 May	Castle Hill Heritage Park		
28 May	Rouse Hill Public School + maze		Covered
4 June		Covered	Covered
18 June		Covered	Covered
25 June			Covered

ONSW EVENTS AND ACTIVITIES

DATE	EVENT	LOCATION
Sat 21 May	SOS	Castle Hill Heritage Park
Sun 22 May	Metro #2	Grays Point
Sat 28 May	SOS	Rouse Hill PS – World Maze Race
Sun 29 May	CC-Winter	Bateau Bay
Sun 29 May	Forest #2	Highland Forest Series – Penrose State Forest
Sat 4 Jun	SOS	Baulkham Hills HS
Sun 5 Jun	NOSH	Great Nosh Footrace – Lindfield to Seaforth
11 to 13 Jun	QBIII	Wagga area
Wed 15 Jun	Moonlight#2	Kirribilli
Sat 18 Jun	SOS	The Ponds HS
Sun 19 Jun	Metro #2	St Ives Showground
Sun 3 Jul	TT	WHO Turkey Trot – Castle Hill

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

2022 NSW Schools Team

In mid-June, a squad of up to 20 high school students - junior boys and girls (15 and under), and senior boys and girls – will be selected to compete in the Australian All Schools Championships in individual and relay races.

The squad (known as the Carabines) will travel with a manager and coach to Victoria for a week of competition during the September/October school holidays. The squad will be announced by mid-June on the ONSW website and on Facebook.

The final compulsory selection event is the QB III carnival in Wagga on June 11-13.

NSW Winter 2022 Schedule

The Winter 2022 calendar (latest update 13 May) can be found [here](#)

INAUGURAL PORT MACQUARIE STATE LEAGUE EVENT

ONSW is delighted to announce [entries are now open](#) for the long-awaited and much delayed Port Macquarie State League weekend!

These are the first major events for the Hastings Orienteering Group club.

If you entered last year before the COVID postponement, please check that your age class in Eventor is correct for 2022.

There will be a Sprint on Saturday afternoon and a Middle Distance on Sunday morning.

NEW ONSW GENERAL MANAGER

On April 27, **Katherine Crawford** joined ONSW as General Manager. Katherine has worked as an abseiling guide and is a regular rogainer and trail runner. Her career has mainly revolved around the pharmaceutical and medical industries, Welcome Katherine.

NEW ONSW BOARD MEMBERS

At the ONSW AGM on May 2nd, three new Board members were elected. They are:

Rob Bennett (Goldseekers),
Angus Shedden (SHOO) and
Sheralee Bailey (Bennelong Northside).

Sheralee, who was the controller for our Wyangala State League event, steps into the new role of vice-president.

WHO thanks the retiring Board members **Robert Spry, Andrew Power** and **Mary Jane Mahony** for their service.

ROGAINES

EVENTS

<https://nswrogaining.org/coming-events/>

Sun June 19 - 6hr Paddy Pallin at Hilltop

Sat 16 July - 5/3hr Nightgaine at Bidjigal (The Hash House will be at the West Pennant Hills Community Centre, off Hill Road)

Sat 13 August - 12/6hr Lake Macquarie at the Watagans

24/25 Sept - 24/8hr NSW Champs at Bourke

Classes Explained

Teams are of two or more. Rogaines have numerous classes. Class W is women, M is men, F is families, V is Veterans, U is ultra veterans, X is male and female.

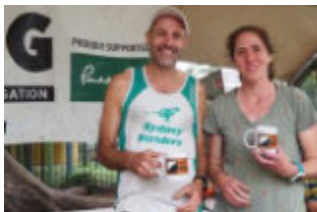
ACT 8hr and 24 Championships in the Kosciuszko National Park. April 23 / 24.

Belinda Kinneally, Anne Bennett, Jodie Green
2nd in Women Veterans, 3rd in Women Open, 25th Overall in 22hr 07:09 scoring 1470 points

Dan Smith, George Kinneally, Hamilton Kinneally
2nd in Families, 42nd Overall in 23hr 52:57 scoring 340 points

Lane Cove Rivergaine IV 3 Apr 22 at North Sydney (6 hours, 140 teams)

Georgina Beech and Tim Austin
3rd Overall and 1st in Class X



Georgina Beech (above right) and **Tim Austin** teamed to be third overall. Here's **Georgina's** summary of the day:

I was initially resigned to the fact that I wouldn't race at all in the Metrogaine, having been too slow to arrange a team. But I got lucky finding myself an entry at the last-minute subbing in for Dave of team 'Dave and Tim', and it was a lucky coincidence that Tim and I turn out to be pretty evenly matched runners.

We headed out in an anticlockwise loop, positioning ourselves next to the first of the 100 pointers just before the clock ticked over for the double-pointer hour of power. We got to Waverton station soon after the hour was over, from then, with tired legs it was a bit more of a shuffle than a run, to complete the rest of course.

It was great to see so many sights of Sydney that I'd never been to before, the Coal Loader, Wendy Whiteley's Garden and Berry Island, to name a few. I'm looking forward to going back to visit them, hopefully next time at a more leisurely pace. Thanks for organising such a great event, I can't wait til next time!

Belinda Kinneally and Dan Smith 16th Overall, 6th in Class X and 4th in XV

Graeme Hill and Anne Newman 18th Overall, 8th in Class X, 6th in XV, 1st in XUV, 1st in XSV

Kathryn Vaughan and Madonna Cavanagh
29th Overall, 4th in Class W and 3rd in WV

Lee and Lachlan Coady 48th Overall, 3rd in Class F, 21st in M

Chris Chan, Sunny Liang, and Justin Nam
74th Overall, 27th in Class M

Robyn and Steve Dunlop 91st Overall, 48th in Class X, 31st in XV, 10th in XSV, 4th in XUV

Emmanuelle Convert, Justine de Remy de Courcelles, Willow Langtry 106th Overall, 13th in Class N, 18th in W

BEHIND THE SCENES AT THE GOLD COAST SPRINT WEEKEND



What a weekend it was!

Five events in three days. Almost 350 competitors. Over 1000 maps printed. 86 heats, quarter and semifinals and finals on the last day alone. A mammoth effort of intricate planning and superb co-ordination by the organization team lead by Brenton Gray and Anna Sheldon. It was a huge carnival with a dedicated and extremely hardworking team and it flowed like clock-work without a hitch (except for the rain!). A huge thank you to all involved. It was a spectacle of what the new-look sprint orienteering format is all about – map choice, heat choice, forking, rivalry, tactics and race strategy. We were treated to some fabulous exhibitions of super-fast orienteering and there was never a dull moment.

Friday night was the Night Mixed Relays at Coomera Anglican College. Held in the teeming rain, teams of four runners (two male and two female) fought it out.

Starting early on Saturday morning, the qualifying rounds for the NOL sprints and public races were run on the Benowa Schools map. This was followed

up in the afternoon with the World Ranking Event NOL sprint finals and public races at Griffith University Gold Coast campus.

Sunday saw the biggest day of all – the Knockout Sprints at Helensvale SHS (AM) and Upper Coomera State College (PM). Large pools of athletes were whittled down through a series of heats and final to the final exciting final races.

And who could forget the mid-week social event the sand dunes of The Spit. The organisers had a very difficult job after most of the map was underwater three weeks ago Andy Hill and Mark Roberts who visited the constantly changing terrain many times in the last month. It may seem hard to believe but a few weeks ago the road was closed, and the moderate course was waist deep in water. There was also a last-minute negotiation for a six-hour truce with a heap of excavators digging trenches. Consequently, courses were only finalised and maps printed in the last 24 hours once the location of the construction crew was known so to get 50 controls out at the last minute was a Herculean effort by the team. It was a wonderful, casual event with an amazing beach and skyline on what is not a regularly visited part of the Coast.



SYDNEY SUMMER SERIES

Martin Mansfield's Knightsbridge course was voted third equal best course.

STATE LEAGUE RESULTS

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

SL# 5 – May 14 at Wyangala

WHO Results

Saturday May 14 – Middle distance

M/W10N – Elliot McQuillan 1st 23:10
M10A – Aiden McQuillan 1st 24:50
M10A – Levi Coady 3rd 33:41
W12A – Justine de Remy de Courcelles 1st 26:55
M12A – Shay Sweeney 3rd 43:38
W14A – Savanna Sweeney 1st 27:19
M14A – Lachlan Coady 2nd 26:43
M16A – Will Kay 3rd 48:16
M18A – Seth Sweeney 5th 54:28
M20A – Selwyn Sweeney 4th 59:46
WJuniorB – Jacinta Braidwood 1st 76:42
W35AS – Nerise McQuillan 2nd 55:44
W40A – Belinda Kinneally 3rd 58:02
M40A – James McQuillan 1st 50:25
M40A – Lee Coady 2nd 52:05
W45A – Emmanuelle Convert 1st 38:54
M45A – Vivien de Remy de Courcelles 4th 54:57
M45A – Dan Smith 5th 61:32
M45AS – Paul Sweeney 2nd 47:27
W50A – Saffron Sweeney 4th 47:30
M50A – Josh Braidwood 6th 122:46
M55AS – Robert Bradley 3rd 43:11
M60A – Tim Perry 9th 80:09
M70A – Steve Dunlop 9th 70:28
M75A – Barry Pearce mispunched
M80A – Ted Mulherin 2nd 27:17
M85A – Barry Hanlon 1st 45:10
Open Very Easy–Hamilton Kinneally 1st 57:17
Open Easy–Hamilton Kinneally 2nd 34:14

STATE LEAGUE 6 – May 15 at Roseberg

WHO Results

Sunday May 15 – Long distance

M10A – Aiden McQuillan 2nd 36:44
M10A – Levi Coady 3rd 41:03
W12A – Justine de Remy de Courcelles 1st 28:21

M12A – Shay Sweeney 1st 24:33
W14A – Savanna Sweeney 2nd 77:59
M14A – Lachlan Coady 2nd 77:30
M16A – Will Kay 4th 63:26
M18A – Seth Sweeney 5th 111:20
M20A – Selwyn Sweeney 5th 168:17
WJuniorB – Jacinta Braidwood mispunched
W35AS – Nerise McQuillan 1st 100:10
W40A – Belinda Kinneally 1st 98:56
M40A – Lee Coady 2nd 115:04
M40A – James McQuillan 3rd 144:56
W45A – Emmanuelle Convert 2nd 112:14
M45A – Vivien de Remy de Courcelles 2nd 89:53
M45A – Dan Smith 5th 129:34
M45AS – Paul Sweeney mispunched
W50A – Karen Langan 7th 112:15
W50A – Saffron Sweeney 8th 156:28
M50A – Josh Braidwood mispunched
M55AS – Robert Bradley 4th 83:22
M60A – Tim Perry mispunched
M70A – Steve Dunlop 6th 86:58
M75A – Barry Pearce 5th 166:52
W80A – Janet Morris 1st 135:21
M80A – Ted Mulherin 2nd 54:33
M85A – Barry Hanlon 1st 77:45

SL# 3 and 4 – April 9 and 10 at Armidale

Long grass made for slow times at the Armidale State League weekend that served as a great tune-up for the national Easter carnival in Queensland. The summer's big wet turned countryside that last year was bone dry into tall fields that significantly reduced visibility and speed..

WHO wins included Lachlan Coady (M14A), Will Kay (M16A), Lee Coady (M40A), Emmanuelle Convert (W45A). Vivien de Remy de Courcelles (M45A), Janet Morris (W80A) and Barry Hanlon (M85A).

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

STATE LEAGUE 3 – April 9

WHO Results

Saturday April 9 – Middle distance

M10A - Levi Coady 3rd 43:08
W12A- Justine de Remy de Courcelles 2nd 29:34
M14A - Lachlan Coady 1st 34:44
M16A - Will Kay 3rd 61:26
M40A - Lee Coady 1st 81:18
W45A - Emmanuelle Convert 1st 57:35
M45A - Vivien de Remy de Courcelles 1st 67:42
W50A - Karen Langan 6th 94:44
M60A - Tim Perry 11th 92:02
W80A - Janet Morris 1st 106:51
M85A - Barry Hanlon 1st 94:23

STATE LEAGUE 4

WHO Results Sunday April 10 – Long distance

M/W10N – Archer Hill participated
M/W10N – Zachary Hill participated
M10A - Levi Coady 2nd 28:46
W12A - Justine de Remy de Courcelles 2nd 43:07
M14A - Lachlan Coady 2nd 64:03
M16A - Will Kay 1st 84:16
M21A - Andrew Hill 4th 123:45
M40A - Lee Coady 2nd 145:16
W45A - Emmanuelle Convert 1st 129:42
M45A - Vivien de Remy de Courcelles 1st 109:31
W50A - Karen Langan 6th 133:59
M60A - Tim Perry mispunched
W80A - Janet Morris 1st 142:58
M85A - Barry Hanlon 1st 94:23

WHO are doing great stuff in the State League points tables

WHO has 12 first places, two second places and 3 third places after 6 of 15 events. Full list on the right.

STATE LEAGUE POINTS SCORE

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

WHO Standings after 6 of 15 events

M10A – Levi Coady 1st with 252 points
M10A – Aiden McQuillan 5th with 194 points
M12A – Shay Sweeney 3rd with 110 points
M14A – Lachlan Coady 1st with 589 points
M16A – Will Kay 2nd with 516 points
M18A – Seth Sweeney 4th with 62 points
M20A – Selwyn Sweeney 7th with 23 points
M21A – Andy Hill 8th with 62 points
M21A – Vivien de Remy de Courcelles 11th with 31 points
M40A – Lee Coady 1st with 472 points
M40A – James McQuillan 2nd with 342 points
M45A – Vivien de Remy de Courcelles 1st with 450 points
M45A – Dan Smith 7th with 101 points
M45AS – Paul Sweeney 4th with 101 points
M50A – Josh Braidwood 10th= with 15 points
M55AS – Robert Bradley 4th with 191 points
M60A – Tim Perry 13th with 47 points
M70A – Steve Dunlop 5th with 145 points
M75A – Ian Miller 9th with 51 points
M75A – Barry Pearce 10th with 15 points
M80A – Ted Mulherin 4th with 134 points
M85A – Barry Hanlon 1st with 591 points
MOpenEasy–Hamilton Kinneally 4th with 84 points

W12A – Justine de Remy de Courcelles 1st with 600 points
W14A – Savanna Sweeney 1st with 200 points
W18A – Martine Valais 1st= with 100 points
W35AS – Nerise McQuillan 2nd with 257 points
W40A – Belinda Kinneally 3rd with 180 points
W45A – Emmanuelle Convert 1st with 597 points
W45A – Deb Walsham 4th with 100 points
W50A – Karen Langan 6th with 114 points
W50A – Saffron Sweeney 7th with 61 points
W60A – Maureen Fitzpatrick 10th= with 10 points
W80A – Janet Morris 1st with 505 points
WJuniorB – Jacinta Braidwood 1st= with 105 points
WJuniorB – Aurelie Valais 3rd with 5 points
WOpenB – Constance Valais 6th with 127 points
WOpenEasy – Aurelie Valais 5th= with 5 points

EASTER RESULTS

Public Bush Sprint

OPEN LONG

James McQuillan 21st 24:07

Karen Langan 76th 43:41

OPEN MEDIUM

Nerise McQuillan 116th 40:50

Barry Hanlon 133rd 50:52

Janet Morris 139th 66:35

OPEN EASY

Elliott McQuillan 57th 30:05

Aiden McQuillan 60th 33:35

RACE 1

M20E – NSW Stingers

Selwyn Sweeney 20th 65:54

MW10N - Elliott McQuillan 8th 31:34

MW10N - Aiden McQuillan 10th 34:47

M12A - Shay Sweeney 5th 26:20

W14A - Savanna Sweeney 4th 28:57

M18A - Seth Sweeney 6th 65:32

W35AS - Nerise McQuillan 3rd 63:26

M40A - James McQuillan 3rd 73:30

M45AS - Paul Sweeney 10th 89:32

W50A - Karen Langan 11th 87:46

W50A - Saffron Sweeney 14th 128:24

W80A - Janet Morris 3rd 56:47

M85A - Barry Hanlon 1st 41:08

RACE 2

M20E – NSW Stingers

Selwyn Sweeney 17th 139:21

MW10N - Elliott McQuillan 9th 13:01

MW10N - Aiden McQuillan 6th 11:41

M12A - Shay Sweeney misspunched

W14A - Savanna Sweeney 4th 32:10

M18A - Seth Sweeney 10th 104:42

W35AS - Nerise McQuillan 4th 111:42

M40A - James McQuillan 3rd 109:16

M45AS - Paul Sweeney 9th 87:15

W50A - Karen Langan 12th 89:13

W50A - Saffron Sweeney 11th 88:23

W80A - Janet Morris 3rd 82:32

M85A - Barry Hanlon 1st 54:52

RACE 3

M20E – NSW Stingers

Selwyn Sweeney 21st 79:49

MW10N - Elliott McQuillan 3rd 21:51

MW10N - Aiden McQuillan 16th 37:57

M12A - Shay Sweeney 7th 26:31

W14A - Savanna Sweeney 2nd 34:59

M18A - Seth Sweeney 8th 70:31

W35AS - Nerise McQuillan 4th 79:37

M40A - James McQuillan 4th 87:39

M45AS - Paul Sweeney 11th 104:56

W50A - Karen Langan 14th 86:49

W50A - Saffron Sweeney 7th 62:25

W80A - Janet Morris 2nd 79:26

M85A - Barry Hanlon 1st 63:24

OVERALL

M20E – NSW Stingers

Selwyn Sweeney 17th 285:04

MW10N - Elliott McQuillan 6th 66:36

MW10N - Aiden McQuillan 8th 84:25

W14A - Savanna Sweeney 2nd 96:06

M18A - Seth Sweeney 6th 240:45

W35AS - Nerise McQuillan 4th 254:45

M40A - James McQuillan 3rd 270:25

M45AS - Paul Sweeney 11th 281:43

W50A - Karen Langan 12th 253:48

W50A - Saffron Sweeney 14th 279:12

W80A - Janet Morris 2nd 218:45

M85A - Barry Hanlon 1st 159:24

GOLD COAST RESULTS

Thursday April 21 - The Spit Sand Dunes

HARD LONG

James McQuillan 19th 30:01
Selwyn Sweeney 21st 30:59
Saffron Sweeney 46th 55:07
Karen Langan 49th 61:14

HARD MEDIUM

Seth Sweeney 2nd 26:05

HARD SHORT

Paul Sweeney 10th 39:29

MODERATE

Savanna Sweeney 5th 26:50

EASY

Shay Sweeney 2nd 11:35

VERY EASY

Aiden McQuillan 2nd 7:06
Elliott McQuillan 6th 9:29

Friday April 22 - Night Mixed Relay

Held in the teeming rain, teams of four runners (two male and two female).

JUNOR ELITE

Team 16 (4 members) – 6th
Seth Sweeney 17:13

Friday April 22 – Night Individual

MEN

Andy Hill 4th 15:27
Selwyn Sweeney 6th 17:31
James McQuillan 8th 18:34

Saturday April 23 - NOL Sprint Qualifier and Public Sprint

Qualifying rounds for the NOL sprints and public races were held early Saturday morning with the World Ranking Event NOL sprint finals and public races in the afternoon.

MEN ELITE HEAT B

Andy Hill 17th 14:21
James McQuillan 19th 14:30
Selwyn Sweeney 26th 15:38
Seth Sweeney 27th 16:16

MEN PUBLIC COMPETITIVE

Paul Sweeney 34th 19:58

WOMEN PUBLIC COMPETITIVE

Saffron Sweeney 20th 16:14

HARD MEDIUM (MEN + WOMEN)

Karen Langan 17th 18:10

EASY OPEN

Shay Sweeney 2nd 12:43

Saturday April 23 - NOL Sprint Final and Public Sprint

MEN ELITE B FINAL

Andy Hill 9th 15:41
Selwyn Sweeney 22nd 18:12
Seth Sweeney 23rd 18:16
James McQuillan 28th 19:20

MEN PUBLIC COMPETITIVE

Paul Sweeney 31st 16:19

WOMEN PUBLIC COMPETITIVE

Saffron Sweeney 21st 23:14

HARD MEDIUM (MEN + WOMEN)

Nerise McQuillan 11th 20:33

WOMEN MODERATE

Savanna Sweeney 1st 12:07

OPEN EASY

Shay Sweeney 5th 19:54

OPEN VERY EASY

Elliott McQuillan 7th 13:35
Aiden McQuillan 8th 14:19

Sunday April 24 - NOL GC Knockout – AM Race

Sunday was the biggest day of all – the Knockout Sprints. Runners were whittled down through a series of heats and semi-finals to the final races.

ME HEAT 2

Seth Sweeney 3rd 8:17

ME HEAT 4

James McQuillan 7th 10:33

ME HEAT 7

Andy Hill 5th 7:38

ME HEAT 9

Selwyn Sweeney 6th 8:45

ME QF4

Seth Sweeney 5th 6:12

MPC HEAT 3

Paul Sweeney 2nd 9:46

WPC HEAT 2

Saffron Sweeney 3rd 13:14

OPEN EASY

Shay Sweeney 1st 6:36

Sunday April 24 - NOL GC Knockout – PM Race Sunday April 24

ME CONS SF 1

James McQuillan 3rd 8:08

Andy Hill 6th 8:33

ME CONS SF 3

Seth Sweeney 5th 7:57

ME CONS SF 4

Selwyn Sweeney 5th 8:44

MPC SF 3

Paul Sweeney 3rd 7:18

WPC HEAT 2

Saffron Sweeney 3rd 13:14

WPC SF 3

Saffron Sweeney 2nd 7:10

WPC F1

Saffron Sweeney 5th 8:52

HARD MEDIUM (MEN + WOMEN)

Karen Langan 8th 12:46

WOMEN MODERATE

Savanna Sweeney 1st 7:04

OPEN EASY

Shay Sweeney 2nd 5:42

WHO CLUB CHAMPIONSHIP

Points Score as at 17 May compiled by Barry Pearce

TOP 12

1. Deb Walsham 20 events 3654 points
2. Savanna Sweeney 29 events 3635 points
3. Seth Sweney 18 events 3570 points
4. James McQuillan 29 events 3458 points
5. Justine de Remy de Courcelles 29 events 3275 points
6. Saffron Sweeney 28 events 3192 points
7. Gary Farebrother 13 events 3179 points
8. Martin Mansfield 20 events 3136 points
9. Scott Henderson 10 events 3020 points
10. Vivien de Remy de Courcelles 29 events 2900 points
11. Georgina Beech 19 events 2880 points
12. Will Kay 26 events 2869 points

Keep up to date with the latest Club News

on Facebook at

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

or the WHO web page at

<https://whorienteers.net/Club-News-2022>

ARTICLES OF INTEREST

Cadence — could it be the key to improving your running performance?

<https://www.abc.net.au/news/2022-04-23/the-key-to-efficient-running-cadence-parkrun-health-fitness-jog/101003156>

LOOKING FOR A LONG DISTANCE EVENT?

If you like long distance events, the Navshield will be held at Tarlo NP north of Goulburn on the weekend of July 16-17. Entries are open and the number is capped. Details [here](#).

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