



“WHO runs the country”

Dharug Country — August 2024



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Thanks Josh, James and Vivien for contributing articles. Send any articles for future newsletter to [Vivien](#).

From the President James McQuillan

What a fantastic winter season we are in! We have had great attendance at both the local Metro-league events and the, further afield, State League events. Consequently, as you’ll read in Josh’s Captain’s Report, we are doing particularly well in the Metroleague this year. And even more exciting, we have moved into second in the interclub challenge (State League), with only megaclub Newcastle in front of us. As most of us know, orienteering isn’t all about the results but winners are grinners and we are grinning a lot lately.

A quarter of the NSW Schools team is from our club this year and with the club growing there is every chance that this level of representation will continue. Just for the record we currently have a 40/60 split in junior versus senior members and we have 104 members. It isn’t long until the Australian

Orienteering Championships, where those kids will represent us and NSW. I’ve seen some of the terrain photos on the socials and it looks like it will be a pretty awesome week come early October in Armidale. It’s going to be a lot of fun and I’m looking forward to sharing it with a bunch of WHO members.

We are seeing a number of newbies giving our sport a try at the moment. So if that’s you, welcome. As you might have worked out, orienteering is a sport for all ages and abilities, so if you are a parent of one of the new kids, I’d really encourage you to give it a try as well.



New Members

Welcome to Nicholas and Joanne Crass, Jacob Bishop, Blake Read, Abbey Lincoln, Toby and Levi Said and Susie Miller

Great to have you as part of the WHO team; We look forward to meeting you at an event soon. New members receive a free blue WHO shirt so please make yourself known to [Ian Miller](#).

Metroleague—The Captain's Report

Round 3 - Pennant Hills Park

Metro League Round 3 got underway on Sunday 23rd June, again with a good turnout from WHO. We were hosted by Bennelong at a fairly sodden Pennant Hills Park, but a little slipping and sliding on muddy tracks just added to the challenge. The map was a contrast to the previous round at Sydney Park, with the map featuring a lot of green and a reasonable amount of contour work. Let's look at the WHO highlights.

Despite the (hopefully short term) absence of one of our top runners, Seth Sweeney, our joint team with Uringa still managed to hand the host team Bennelong a walloping 38-14. Our president James McQuillan led from the front this round, picking up 10 points for a time of 43.34. This puts WHO-UR-CC at the top of the Div 1 ladder, well ahead of Garingal on points difference. Can we keep up the momentum? This is shaping up to be a great season at the toughest end of the contest.

Our WHO-UR-CC Div 2 team wasn't quite as lucky, going down to Garingal 34-21. The fastest WHO runner was Savanna Sweeney who picked up 6 points for a time of 50.17. This sees us at 3rd place (out of 6 teams) in the Division 2 ladder, so we still have a good chance if we can pull off some good performances for the rest of this season.

We were back in the winner's circle in Division 3, just edging out Garingal 29-25 in a close contest. Matthew Palmer was our fastest picking up 9 points for a time of 47.08. As a result, WHO sits in 2nd place on the Division 3 ladder, just behind SHOO-IKO on points difference. A great start to the year.

We were up against Garingal in Div 4 as well, and again we came out on top 32-23. The team was dominated by our juniors (and bolstered by the wisdom and experience of Anthony Saunders). Shay Sweeney was the fastest of the match up picking up 10 points for an incredibly quick time of 28.33. It has to be said all of our juniors in the team were in great form - this will be a team to watch. We now sit in 2nd place on the Division 4 ladder, just behind SHOO on points difference.

Div 5 saw yet more success for WHO over Garingal, with a commanding scoreline of 37-18. In another junior success story, Aiden McQuillan was the fast-

est picking up 10 points for a time of 36.07. In fact it was pretty consistently good performances across the team. Pleasingly, we sit at the top of the Div 5 ladder, so some more good performances will make us hard to beat this year.

We were well down on numbers in Div 6, so not surprisingly we lost 34-6 to Garingal, with the ever-dependable Janet Morris picking up 6 points for a time of 60.31. We are in 4th place (out of 5) on the Div 6 ladder.

With two rounds under our belt, this is one of the strongest starts to the season for WHO I can recall in recent years. Be part of the action, and join us at the next round of Metro League on July 28 at the Clay Pan.

Round 4 - Clay Pan

Maybe the gale force biting cold winds were meant to be a good omen, but it didn't feel like it when we arrived at Beacon Hill to take on the Clay Pan in blustery conditions. But once we were out in the scrubby coastal heath WHO members put their best foot forward and had a ripper of a day out. Challenges included puzzled bike riders at the BMX track, tracks that felt 'green' with the amount of fallen trees covering them, and being distracted by sweeping coastal views from the expansive bare rock platforms.

But best of all WHO had the most successful Metro League round I can recall. We achieved that rare honour - a clean sweep of all 6 head to head match ups in each division. So how did we do it?

Let's start with Division 1. In a competitive match up against Garingal, WHO-UR came out on top 29-25, despite our opposition picking up the two fastest times. The Sweeney speedsters Seth and Selwyn were our two fastest, with Seth getting around in 58.04 and Selwyn in 60.39. This means WHO-UR is clear at the top of the Div 1 table with 3 out of 3 wins giving us 6 points. Can we continue to set the pace?

WHO-UR was up against SHOO-IKO in Div 2, and picked up the win 29-23 - in an almost identical scenario to Div 1, we did so despite our opposition having the two fastest times. Uringa's Maggie Mackay

was the fastest for our team, and WHO's fastest was Lachlan Coody at 54.47. A special call out to Matt Palmer who got promoted to Div 2 and didn't disappoint picking up 6 points. WHO-UR is now second on the Div 2 ladder out of 6 teams - things are looking up!

The good news continued in Div 3, where WHO defeated SHOO-IKO 29-20. Charlotte Palmer was another successful promotion story, being our fastest runner with a time of 64.47 to pick up 9 points. This continues the run of success for our Division 3 team which is now clear on top of the ladder after 3 out of 3 wins with 6 points. Go Div 3!

As if all that success wasn't enough, WHO's Div 4 team trounced their SHOO opposition 34-15. This time Shay Sweeney was our fastest picking up 9 points for a time of 58.42. It was pretty consistently good times from the whole team though, which is primarily made up of juniors and one junior-at-heart. Consequently, WHO also sits proudly atop the Div 4 ladder with 6 points.

More victory in Div 5 for WHO, taking down SHOO-IKO 32-24. Aiden McQuillan picked up an impressive 10 points for a time of 57.00 (pipping mum by a mere 34 seconds). It was also great to see Ted Mulherin back in action in Metro League who contributed a tidy 4 points while we were in his neck of the woods. Also a call out to Kelly Simmonds who picked up 3 points on her Metro League debut - welcome to Metro League Kelly! So now WHO is on top of the Div 5 ladder as well with 5 points.

Finally we come to Div 6 where, to be honest, I wasn't really holding out much hope of a positive result given our lack of entries in this division. Well I needn't have worried, because all we needed was Janet Morris to singlehandedly bring home 10 points while our SHOO-IKO opposition effectively forfeited the round. So yet another victory! Pleasingly this lifts us off the bottom of the Div 6 ladder to second last place.

What can I say - well done to every WHO member who competed on Sunday for contributing to such a successful day. Let's see if we can continue the success through to the finals. See you next Sunday at Appin!

Round 1 - Appin

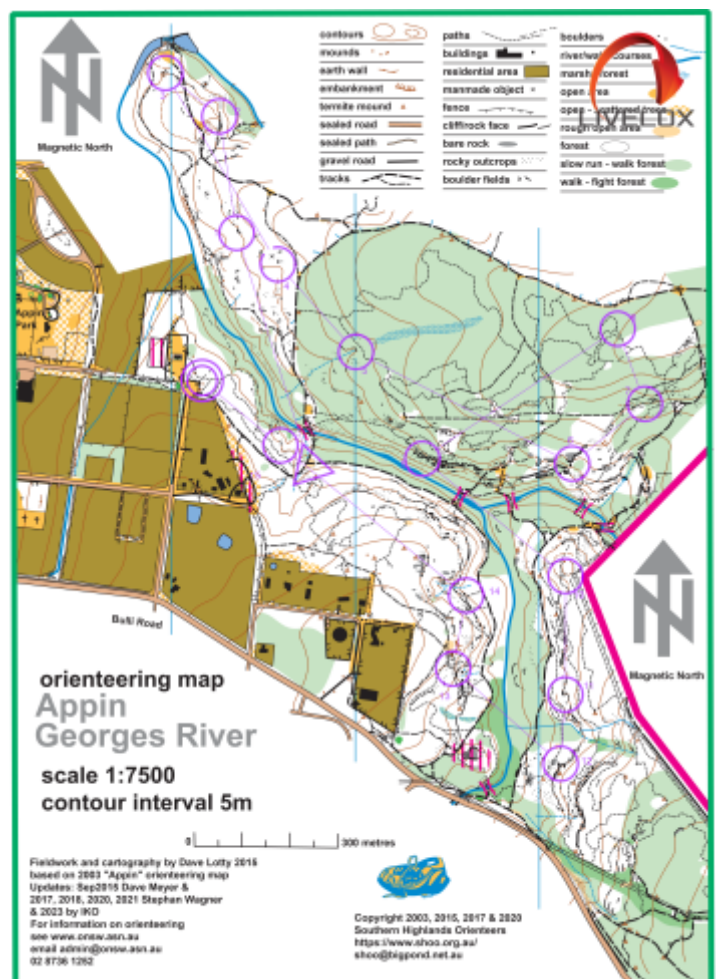
The long awaited Round 1 (postponed from April

due to wet weather) finally took place in Appin on Sunday 4 April. The map encompassed a beautiful and diverse bush setting with varied native vegetation, some steeper areas with boulder formations, and a fairly extensive network of tracks.

It was also yet another successful day out for WHO. We picked up victories in Divisions 1 - 5, further cementing our strong position in the league this season. Let's have a closer look at how we went.

In Division 1 (map below), WHO-UR beat our main rival Garingal comfortably, 35-19. Seth again picked up 10 points for his time of 45.22, but what is most notable about our Div 1 team is the consistent contributions we have seen from all team members each round - and this is reflected in the personal point tally where our team members have all amassed substantial totals for the season. This is a key reason we remain comfortably in front in the toughest division of all with 4 out of 4 wins giving us 8 points, well ahead of second placed Garingal on 4 points.

Similarly, WHO-UR beat Big Foot 32-22 in Division 2, with the most outstanding performance again going to Savanna Sweeney who picked up 10 points for a time of 49.23. WHO-UR is in 2nd place in Division 2



overall after 3 out of 4 wins, giving us 6 points, just behind Garingal on 8 points.

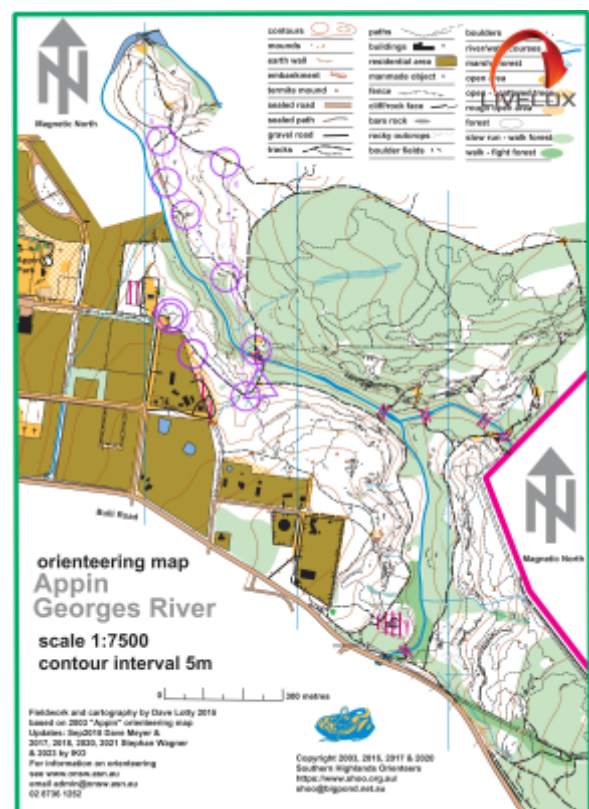
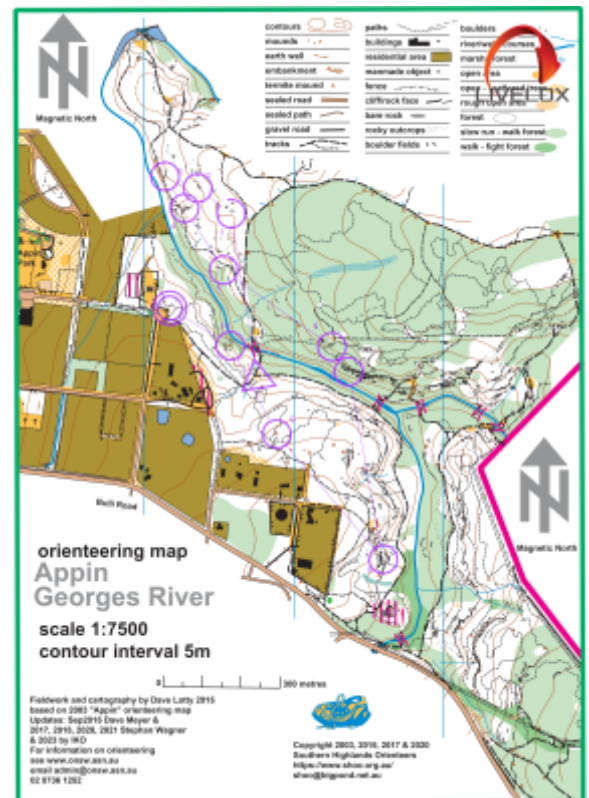
Another comfortable win for WHO in Division 3, where we comfortably came home against Big Foot 31-23. Charlotte Palmer was again our fastest picking up 9 points for a time of 52.49, with Matilda and Emmanuelle not far behind. Consequently, WHO is out in front in Division 3 with 4 out of 4 wins giving us 8 points, ahead of nearest rivals Garingal on 6 points.

WHO breezed home in Division 4 (see map opposite), overcoming Garingal 38-16. Shay Sweeney continued the family tradition being our top scorer with 10 points for a time of 29.44 - wow. In fact it has to be said all team members achieved some pretty solid times - great work Anthony, Tahlia, Tiffany, and Justine. This young team is looking the goods. And again, with 4 out of 4 wins, this team leads the Division 4 pack on 8 points, ahead of Bennelong on 6 points.

Now to Division 5, where we defeated long time rivals Knox 34-11. Aiden McQuillan has been outstanding this season, again picking up 10 points for a time of 45.09. WHO leads the pack in Division 5, with 3 wins and one draw under our belt giving us 7 points, ahead of nearest rival Bennelong on 6 points.

It was incredibly close in Division 6 (see map opposite) but we just got pipped by Bennelong by the barest of margins 23-22. Elliott McQuillan picked up 9 points for a super fast time of 21.36 with Hamilton Kinneally not far behind him at 23.54. It looks like we are continuing to build a great future for this club as our juniors come through the ranks. Probably the only division we are not in finals contention for, with only 1 win under our belt, but who knows how the rest of the season will pan out. More maps and photos on [IKO Facebook page](#).

So thanks to everyone who came down to Appin on Sunday, and make sure you mark September 1 in your calendar for Round 5 at Nurragingy as we approach the pointy end of the Metro League season.



State League

State League is well and truly under way now. After in- the inaugural weekend of events near Orange, the traditional King's Birthday weekend (KB3) was held in and around Rylstone starting with a short and very fun bush event at Rylstone Commons. An event in a regional town is always a good occasion to sample the local cafes offering and in this case visit the market. I recommend the huge scones at Café on Louee! As often our juniors performed well with Tiffany, Justine, Lachlan and Savanna being in a badge winning form (top 3) over the whole week-end. Saffron and Charlotte joined them with wins in their open categories. Terrains were varied and all sort of navigation tricks were needed plus the area is spectacular. A great weekend enhanced by the NSW junior catering making the assembly a great social hub.

Thanks Tony Hill for the photos.



Then on 29 June we met at the University of Wollongong for the NSW Sprint championship. Many great placings across the board from many club members. For me the best part was actually the

informal relay following the official event. Find a couple of orienteers, make a team, mass start for the first relayers: great fun and cheering all around from first to last. (photo by IKO)



Metroleague, State League: Are They For Me?

Often new orienteers hesitate in stepping into bush orienteering because they are worried they won't know what to do and they don't have the navigation skills to try Metroleague or State League events.

Like everything else, practice makes perfect... or rather better! No matter how experienced we are, we always learn new things during an event. I can only say give it a try and fear not being ridicule... because you can't do worse than me at the Kitchener event of the latest State League weekend.

Below you can see that my route from control 2 to 3 was fairly straightforward. It actually came as a surprise after the event to find out I had the best time split in my category for this leg.



Why was it a surprise you'd ask?

Well I somehow forgot I had already punched #3 as I was running towards #4! Yes within less than 500m my brain forgot that I had been to #3 and

therefore looked for... #3! I realized the map was not making much sense with what I could see on the ground. I pushed in a westward direction and saw a flag which turned out to be my #4. It was easy to find #3 from there. Once I got to it I thought it was very strange I had missed it as it was easy to see from a distance and near the major water-course. Well, let's push on to #4 and the rest of my course.

Even then and at the end of my run, I did not realise I had visited #3 twice. It is only in the evening when I saw my split time from #2 to #3 that it dawned on me.

Watching Livelox providing great post-dinner entertainment to everyone. I recommend it for a good laugh; you can find it [here](#). Below is my control 3 to 4 leg where you can see a line leaving #3 going north and west toward #4 then back along the creek to #3 and along the creek in the opposite direction to #4.



Event Calendar

There are many events all around Australia or even all around our own state of NSW. Rather than listing them all here, we'll focus on our local events as well as State League events. For more check [Eventor](#).

Saturday Orienteering Series (SOS)

Organised on Saturday mornings during school term by the Bold Horizons team including some of our junior members. This term they cover the Northern Sydney and Hills District.

<i>Northern Sydney</i>		
<i>Date</i>	<i>Event</i>	<i>Location</i>
24 Aug	Ku-ring-gai Wildflower Gardens	St Ives
14 Sept	TBC	

<i>Hills District</i>		
<i>Date</i>	<i>Event</i>	<i>Location</i>
24 Aug	Upjohn Park	Rydalmere
14 Sept	TBC	

Moonlight Madness

Similar to Summer Series with 45 minutes to complete your course including as many or as little of the 30 controls on offer, all by torchlight.

<i>Date</i>	<i>Event</i>	<i>Location</i>
14 August	Glebe	Jubilee Park, Victoria road

State League

Bush events are great fun. They are line courses with all sorts of lengths or navigation difficulties from very easy (all on track) to hard. (cross country navigation).

<i>Date</i>	<i>Event</i>	<i>Location</i>
17 August	NSW School Forest Championship and SL #12	Turrumurra
18 August	NSW School Sprint Championship and SL #13	Macquarie University
24 August	SL #14 and ACT League #11—Middle	Wild Deer Sand near Bungendore
25 August	SL #15 and ACT League #12—Long	Birkenburn near Bungendore
7 September	SL#16 and NSW Middle Distance Championship	Clandulla State Forest near Rylstone
8 September	SL#17 and NSW Long Distance Championship	Clandulla State Forest near Rylstone
22 September	SL#9 rescheduled—Middle Distance	Campbelltown

Metroleague and Other Events

31 Aug	Bigfoot sprints: 2 races about 2 hours apart; everyone races the same courses, with one mens and one womens class. Your time from the first race determines how far behind that race's winner you will start in the second race, in other words: a chasing start.	Cockatoo Island
1 Sept	Metroleague #5—Nurragingy	Knox Road, Doonside
15 Sept	Metroleague #4—Excelsior. Organised by WHO	

Have You Ordered Your WHO Shirt Yet?

Nerise and Charlotte have been working hard to get some great shirts with WHO colours at [Bryzos](#). You can also order O-pants.

The rumour is that they make you go faster. Hopefully they also help with finding controls!

Please use [this form](#) to order what you need.

Once you have submitted your order, we will contact you for the payment (after the deadline – 12th August 2024).

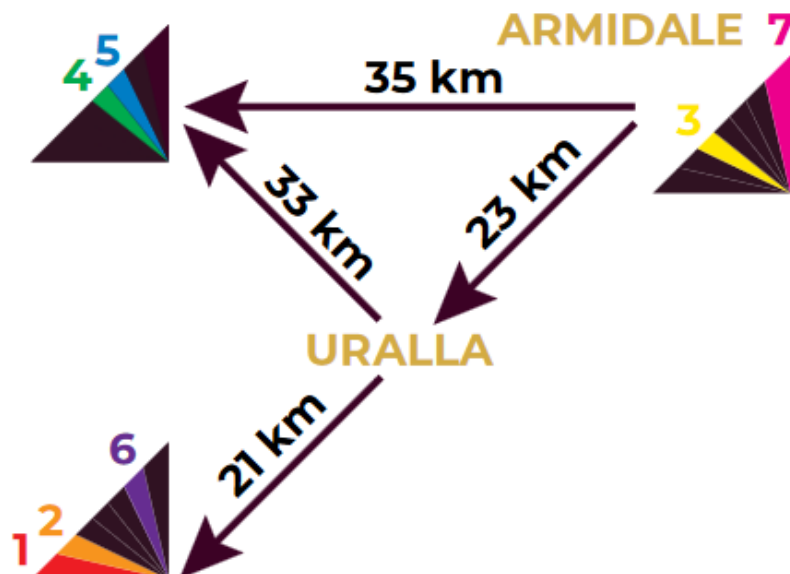


Australian Orienteering Championship

What are you doing for the next school holidays? Did you know that the [Australian Orienteering Championship](#) is organized in NSW this year. Seven days of events set near Armidale and Uralla. A couple of rest days allow you to visit some of the stunning waterfalls of the region. Uralla is also a bit of a foody must-go-to place. Of course the region offers some great orienteering in granite country and there are courses for all skill levels including novices.

The events during the week focus around the Australian School Orienteering Championship (ASOC) but events are opened to everyone. School age orienteer who were not selected as part of their State school teams can join the [independent athlete development camp](#) to meet orienteers from all over Australia and New Zealand and improve their skills.

DATE	EVENT	LOCATION
Saturday 28 Sept	1 AUSTRALIAN MIDDLE DISTANCE CHAMPIONSHIP WRE & NOL TEAM	"Glenburnie"
Sunday 29 Sept	2 AUSTRALIAN RELAY CHAMPIONSHIP NOL TEAM	"Glenburnie"
Monday 30 Sept	Rest day	
Tuesday 1 Oct	3A AUSTRALIAN SCHOOLS SPRINT CHAMPIONSHIP 3B THUNDERBOLT 3 DAYS	The Armidale School
Wednesday 2 Oct	4A AUSTRALIAN SCHOOLS LONG DISTANCE CHAMPIONSHIP 4B THUNDERBOLT 3 DAYS	"Pine Tree"
Thursday 3 Oct	5A AUSTRALIAN SCHOOLS RELAY CHAMPIONSHIP 5B THUNDERBOLT 3 DAYS	"Pine Tree"
Friday 4 Oct	Rest day	
Saturday 5 Oct	6 AUSTRALIAN LONG DISTANCE CHAMPIONSHIP WRE & NOL TEAM	"Glenburnie"
Sunday 6 Oct	7 AUSTRALIAN SPRINT DISTANCE CHAMPIONSHIP WRE & NOL TEAM	University of New England



Turkey Trot 2024

Turkey Trot is a long run with some basic navigation thrown in. James always sets courses that offer route choices between controls and this year was no exception. What was unusual was the ferry

ride to get back to the assembly area after the finish. Another great event organized by our club. Thank you to Emmanuelle, Charlotte, Tiffany and Matt for assistance on the day, James for setting, Nerise for making the rocky roads and anyone else

