

WHO News



February 2019 (first edition for 2019)

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Secretary :- Maureen Fitzpatrick Ph 0428 261 350
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Happy Lunar New Year Gong Hey Fat Choy

May the year of the pig be a good one for all WHO members.

EDITOR – We are back with more WHO Club news for 2019. Along with the familiar garish colours, typos and unintentional changes of fonts.

WELCOME TO OUR NEW MEMBERS

The beginning of the year marks the start of the NSW membership period so the WHO membership number is reset and increases as renewals are made. We achieved a high of 110 members in 2018 and are keen to beat it in 2019. As of February 20th WHO had **97** members.

By my count, WHO has 11 new members for 2019. A very warm welcome to the WHO team to **Kathryn Vaughan, Nana Zhang and Vivian, Oriana and Andy, Sylvie Lamborelle, Edwin Van Raalte and Ambre and Charlotte, Karl Bicevskis and Justine De Remy De Courcelles**. Justine is now a full member and our leading mini course orienteer. Welcome back and thank you to all who have signed on again for 2019.

If you are a new WHO member, please make yourself known to the WHO members at your next event. As a new member you are entitled to a distinctive blue WHO shirt **at no charge**. Contact Ian Miller.

If you are about to renew you can use the Eventor website or email or post to Orienteering NSW. Details are on the web at <http://www.onsw.asn.au/membership/join-or-renew>. Fees are; Family membership \$80, Senior membership \$60, Associate \$45 and Junior \$40.

Ian Miller
WHO President

CONGRATULATIONS

to **Niamh Cassar** on selection to the Orienteering Australia Targeted Talent Team. Niamh was one of three NSW orienteers to make the team of 20 up and coming juniors.

NEXT WHO EVENTS

For more details see our web site who.orienteering.asn.au or Eventor at <http://eventor.orienteering.asn.au/Events>

Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director
Sun 24 Feb	Sprint	Fred Caterson Reserve	Maureen Fitzpatrick 0428 261 350	Ted Mulherin	Robert Bradley
Wed 13 Mar	4th WHO SSS event	East Killara	Maureen Fitzpatrick 0428 261 350	Martin Mansfield & David Noble	Steve Dunlop

ORGANISER, SETTER AND EVENT DIRECTOR OPPORTUNITIES

There are only a few roles left to be filled for 2019. If you can assist please contact Ian Miller.

7 July – Turkey Trot. Organiser

8 August – Moonlight at Cowells Lane. Organiser, Setter and Event Director.

22 September – Metro Final at Mulgoa. Event Director.

NSW Chs 18/19 May 2019 - A key date for your diary

On the weekend of May 18 and 19 WHO will be delivering the 2019 NSW Championships. The Middle Distance Championships are on Saturday May 18 at Wyangala and the Long Distance Championships are at Roseberg on Sunday May 19. Mapping is complete except for some expected last minute changes and course planning is at the review stage. This is a major undertaking with the event featuring the top orienteers from around Australia. We are keen to deliver the event to a high standard. If you are available to help, please let James McQuillan know. This is an opportunity to be involved with top tier orienteering and to enjoy an autumn weekend in Central NSW. See flyer later on in this newsletter. It is recommended to book accommodation as soon as possible. Further information is at http://who.orienteering.asn.au/nswchamps/data/_uploaded/flyer/NSW%20Champs%20Info%20Flyer.pdf

It is some years since WHO took on the challenge of a high calibre event and we have our best team working on it. James McQuillan is the organiser for both events, Robert Bradley is setting the Middle Distance at Wyangala and Steve Dunlop is setting the Long Distance at

Roseberg State Forest. All under the guidance of our Controller/Event Director Rob Vincent from Newcastle. Rob has over the last year updated both maps. The Wyangala map was originally drawn by Gareth Prosser and gifted to WHO. It is a work of art and A3 in size. Graeme Hill transferred the map to OCAD. We are using only a portion of the original map. It was last used in the 1990s so will be fresh for almost all participating on May 18. Roseberg is another large map – in fact three maps that overlap. Part of it was used for the Australian Schools Championships in 2017 and Rob Vincent has updated more of map for use on May 19.

30/31 March 2019

The State League season kicks off at Hill End on the weekend of 30/31 March. Garingal are organising the double event weekend on the map that was created for the 2017 Australian Championships. It is an old mining area with complex gullies and tricky features requiring great concentration. WHO are helping Garingal with some additional helpers on the computer, registration and marshaling. In return Garingal will help at our State League event in May. Thank you to all who offered to help.

SOS in 2019

The Bold Horizons team is back with an expanded SOS in 2019. The Hills Districts program for Terms 2 and 3 will be in the next newsletter. During Term 1 there will be two SOS programs. The northern suburbs program has 3 events remaining:

<u>2019 Date</u>	<u>Event</u>	<u>Map / Venue</u>	<u>Organiser</u>
Sat 23 Feb	SOS Hills Term 1 #4	Pennant Hills High School	Bold Horizons
Sat 2 Mar	SOS Hills Term 1 #5	Killarney Heights High School	Bold Horizons
Sat 9 Mar	SOS Hills Term 1 #6	Northern Beaches Secondary College - Cromer Campus	Bold Horizons

The NEW MacArthur Region SOS is about to launch. Their program is:

<u>2019 Date</u>	<u>Event</u>	<u>Map / Venue</u>	<u>Organiser</u>
Sat 23 Feb	SOS MacArthur Term 1 #1	Bringelly Public School	Bold Horizons
Sat 2 Mar	SOS MacArthur Term 1 #2	Mawarra Public School	Bold Horizons
Sat 9 Mar	SOS MacArthur Term 1 #3	Narellen Vale Public School	Bold Horizons
Sat 16 Mar	SOS MacArthur Term 1 #4	Camden South Public School	Bold Horizons
Sat 23 Mar	SOS MacArthur Term 1 #5	Western Sydney University	Bold Horizons

See the flyer at the end of this newsletter

REMINDERS

Enter State League 1, 2, 3 and 4. <https://eventor.orienteering.asn.au/Events>

Enter the O'Shea March 2/3

https://eventor.orienteering.asn.au/Documents/Event/5426/2/Information-f_yer

Membership renewals are on Eventor.

Help WHO at the Sprint on February 24 and the SSS on March 13.

THANK YOU

Thank you to the members who delivered our first three events for 2019. On January 6th we were on our new map at Beaumont Hills (Caddies Creek) and on January 20th at Rouse Hill Regional Park. The two Western Series events were followed by our third Sydney Summer Series for the summer at Richie Benaud Oval, North Parramatta. All events were well organized and successful. Thank you to all who helped set up and run these events.

ORIENTEERING AUSTRALIA MERIT BADGES

In 2018 WHO achieved a club record 23 OA Merit Badges with 5 golds. The winners were:

GOLD – Savannah Sweeney W10, Niamh Cassar W16, Lynn Dabbs W65, Barry Hanlon M80, James McQuillan M35.

SILVER – Nerise McQuillan W35, Maureen Fitzpatrick W55, Janet Morris W80, Selwyn Sweeney M16, Seth Sweeney M14, Lee Coady M40, Matt Hackett M40, Robert Bradley M45, Kevin Williams M70, Ted Mulherin M75.

BRONZE – Yekatrina Stukov W14, Belinda Kinneally W35, Lachlan Coady M10, James Dunlop M21, Dan Smith M40, Paul Sweeney M45, Dmitry Stukov M45, Stephen Dunlop M65.

THE O'SHEA – MARCH 2 AND 3.

https://eventor.orienteering.asn.au/Documents/Event/5426/2/Information-f_yer

Vive La Différence ! This is Central Coast Club's event with a difference. Innovative events in NSW are at a premium so go to the O'Shea and try something different. Full details at the url above. The O'Shea is a pairs event over three distinct and different courses. A Saturday afternoon relay, a night-time line course and a Sunday morning score event. All less than 1.5 hours from the Hills area. You and your pair decide which length courses you will each do on Saturday and how to visit the score controls on the Sunday. If you don't have a pair, Central Coast will organize one for you.

ONSW 2019 PROGRAMS

2019 STATE LEAGUE

The provisional State League program is printed here so you can plan your 2019 events. The program is on the web at <https://www.onsw.asn.au/index.php/events/nsw-state-league>

<u>Event</u>	<u>Date</u>	<u>Type</u>	<u>Club</u>	<u>Location</u>
SL1	Mar 30	Middle	GO	Hill End
SL2	Mar 31	Long	GO	Hill End
SL3	May 18	Middle	WH	Wyangala NSW Middle Distance Chs , NOL & Badge Event
SL4	May 19	Long	WH	Roseberg NSW Long Distance Chs NOL & Badge Event
SL5	Jun 8	Middle	UR	QBIII Day 1 - The Piggery, Belanglo State Forest
SL6	Jun 9	Long	CC	QBIII Day 2 - Arthursleigh, Canyonleigh
SL7	Jun 9	Sprint	UR	QBIII Day 3 – WSU, Campbelltown
SL8	Jul 13	Sprint	BN	Forestville
SL9	Jul 14	Sprint	BF	TBA, NSW Sprint Chs , Badge Event
SL10	Aug 3	Middle	NC	Redgum Ridges, Awaba
SL11	Aug 4	Long	NC	Barraba Lane, Quorrobolong
SL12	Aug 31	Middle	ACT	Wee Jasper, ACT Middle Distance Chs
SL13	Sep 1	Long	ACT	Slap Up Creek, Jerangle. ACT Long Distance Chs
SL14	Sep 7	Sprint	SH/IK	Tudor House + Oxley College Bowral. NSW Schools Chs
SL15	Sep 8	Middle	SH/IK	Welby, NSW Schools Chs

2019 METRO LEAGUE

The provisional Metro League program is printed here so you can plan your 2019 events. The program is on the web at <https://www.onsw.asn.au/index.php/events/metro-league>

<u>Event</u>	<u>Date</u>	<u>Club</u>	<u>Location</u>
ML1	May 5	GO	Boronia Park
ML2	May 26	BN	Allambie Heights
ML3	June 23	BF	Nurragingy
ML4	July 28	GO	Galston
ML5	Aug 18	NSW	Junior Squad, Location TBA
Finals	Sep 22	WH	Mulgoa

2019 OTHER KEY EVENTS

SAT-SUN 9-10 MARCH. WOMEN'S TRAINING WEEKEND – HUNTER VALLEY

For all ages and abilities, whether you are new to orienteering or keen to sneak in some training before the winter season, this weekend has something for you. We have experienced, friendly female coaches to help you progress your navigation.

Contact Barbara Hill on 0418 270 476 or Barbara@boldhorizons.com.au or visit <https://www.boldhorizons.com.au/explore-discover-grow/events/wow/>

UPCOMING NSW EVENTS

ONSW AGM – March 30, 5pm at Hill End

SSS – February 20 at Castlecrag, February 27 at Fox Valley, Wahroonga (new map). March 6 at Belrose, March 13 at East Killara (WHO event), March 20 at Dee Why, March 27 (Final) at Bicentennial Park, West Pymble.

For more details see Eventor at <http://eventor.orienteering.asn.au/Events>

CLUB DISCUSSIONS

At the February WHO meeting the following items were discussed. If you want to know more or want to make a comment please see a member of WHO's Executive team.

Past Events – The organizer of each event reports on lessons learned and issues encountered. Western Summer series concluded successfully. Thank you to the members who helped at the events.

Upcoming 2019 Events – Planning for the NSW Championships (May 18/19) is well underway. The WHO Sprint event is on February 24 and the last WHO SSS event for this season is on March 13. Hills District SOS will be back for terms 2 and 3.

Future Events – Looking at maps and locations for events in 2020 and beyond.

Mapping – Field work for the Turkey Trot map is underway. Mulgoa map needs updating before September.

ONSW – February Board Meeting minutes received.

Financials – We have invested in the maps for the May events so the balance is lower but will improve with the income from events..

Membership – Renewals arriving steadily. The President to follow up.

Equipment – Additional locks and cables to be purchased.

Metro League – Should WHO enter two Division 5 teams?

Our next WHO meeting is on March 4th at the Dunlop residence. Come along and make your thoughts known.

WHO O TOPS

You will have noticed the great looking WHO O tops at events. The minimum order quantity is five, so if you want to order please let Nerise McQuillan know (nerise@gmail.com).

DID YOU KNOW?

Easter 2019 Events - WHO has two members entered in WA and one in New Zealand.

WESTERN SUMMER ORIENTEERING SERIES

The first season of the WSOS has successfully concluded. The aim of the Series was to provide events with a variety of courses for all family members, minimising the use of streets, using a period in the summer season when other events of that nature were not available in the Sydney metropolitan area. The success of the SOS Series during school terms, with similar courses, showed that this approach could fill a gap in the annual schedule for events suitable for families. The numbers of course entries are shown in the following table.

Date	Area	Short Line	Long Line	Score	MINI	Total
2 Dec	Rydalmere	21	33	16	6	76
9 Dec	Parramatta	18	27	13	3	61
16 Dec	Ermington	26	25	21	8	80
6 Jan	Beaumont Hills	19	27	11	2	58
13 Jan	North Epping	27	33	21	8	89
20 Jan	Rouse Hill	18	28	11	7	64

The consistent support for the Series and the clear preference shown for line courses confirmed that there had been a demand for these kinds of events. It was also seen that there were participants over a wide range of ages from the very young to the old so the courses were catering for everybody. Also, every event had newcomers to the sport competing so the events would have provided opportunities for the ONSW of ce to direct enquirers to suitable local events.

The pattern of the summer calendar 2018/19 was-

- October and November, South Sydney Orienteering Series -
- December and January, West Sydney Orienteering Series -
- February, Sydney Sprint Series

This calendar offered regular access to family suitable events over summer. I believe it is important to keep this pattern of no competition between Series in the metropolitan area. If there are competing events on the same weekend leading to low entry numbers, there would be strong disincentive to club members to put the effort into mapping areas and organising events.

The three clubs participating, (WHO, GO and SHOO) I believe, would have been happy with the number of entries this summer. The clubs all produced enjoyable events which supported the aims of the Series.

WHO supplied maps for five of the six events and will have sufficient different maps for similar events in summer 2019/20. I propose to coordinate, with support from the clubs, a similar calendar of six events in December and January 2019/20.

Janet Morris, 21 Jan 2019





**NSW
Orienteering
Champs
2019**

+ NOL Round 4

Between Bathurst and Cowra, this unmissable Championship weekend includes WOC selection trial and NOL Ultra-Long.

WHO is hosting this premier double header weekend and the more WHO participants and volunteers the better!

Wyangala Waters Holiday Park is on the edge of the Middle Distance map. All accommodation (cabins, cottages, bungalows; approx 100 beds) has been reserved for orienteers. Caravan and tent sites are also available. Plan your weekend now before this option is advertised!

Sat 18th May 2019 – Middle @ Wyangala



Last used for QBIII in 1991 and currently being remapped. This unique terrain now includes areas of young cypress pine, creating variation in visibility amongst the granite boulders.

Sun 19th May 2019 – Long @ Willagalong

Open eucalypt spur/gully terrain and areas of mature pine forests with a scattering of granite out-crops, minor watercourses and termite mounds, a map with it all! Last used for the Australian Schools Long Champs in 2017.



ORIENTEERING NSW

For more information:
who.orienteering.asn.au/NSWChamps



FROM THE EDITOR

This is the first edition for 2019. Any errors are unintentional. We want to make the newsletter interesting. Can we add something interesting to the newsletter? Do you have an idea for an article? A photo or two? Please send all contributions to Ian Miller. Articles and photos in this edition were contributed by **Janet Morris, Timeline Photos and Ian Miller**. Thank you.

All feedback is welcome especially suggestions for new WHO activities, stories and comments on the content or improvements to the newsletter. The next newsletter is planned for April. Hope you enjoy this edition

Ian Miller, Editor

Tony Hill entertains at SOS (note control in corner)



MORE REMINDERS

AWARDS

If you haven't received your awards yet, it is likely that the President (Ian Miller) has them. Please see him to collect your awards

ACTIVE KIDS

If you've created an Active Kids voucher don't forget to **use it before 31 December 2018**. It's \$100 towards sport, fitness and active recreation for your kids. Using your voucher is easy: find a registered Active Kids provider on the Service NSW website and simply present your voucher when registering.

WYANGALA ACCOMMODATION

Steve Holloway has some space in his cabin at Wyangala. 0428 038 032

DID YOU KNOW?

WHO BLUE POLO SHIRTS – Let Ian Miller know if you need a new one or if you are a new member and haven't received one yet.

KIDS WHO SHIRTS ARE ALSO AVAILABLE

If you can fit into children's sizes 1 to 7 then these are for you.

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

ACTIVE KIDS - Did you know parents and carers can apply for a new Active Kids voucher every year until 2021?

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. Lisa Lampe and Adrienne Kirby are ONSW Members Protection Officers. They can be contacted via email on mpio1@onsw.asn.au or mpio2@onsw.asn.au

Setting a course?

WHO has upgraded our OCAD licence. The on-line course setting module can now be transferred to each course setter. If you are setting please contact Barry Hanlon or Janet Morris to find out how to access.

Where to find WHO on the Internet

WHO web site. <http://who.orienteering.asn.au/> The WHO web site is updated regularly. An important news source between newsletters. Barry Hanlon is looking for articles of interest to WHO members.

WHO Facebook Page - Real time results, the latest news, more photographs and other good WHO stuff. Contact James McQuillan if you have an item of interest.

https://www.facebook.com/permalink.php?story_fbid=1069259263137830&id=363738563689907

WORD PUZZLE

G	I	
O		
N	G	
A		
R	I	
N		

How many words of 4 or more letters can you make from the letters in the table above? Each letter may be used once per word. Each word must contain the central letter. There is at least one 9 letter word. No plurals ending in "s" and no proper names.

Good = 18 words, Very Good = 23 words, Excellent = 27 words. Bonus points if you find words not on my list.

Answers on page 14 of this newsletter.

CLUB DIRECTORY

President - Ian Miller 0429 937 513 Email: millerian33@gmail.com

Secretary – Maureen Fitzpatrick 0428 261 350 Email: mozzafitz@yahoo.com

Treasurer – Matt Hackett 0422 935 545 Email: hackettmatt@yahoo.com.au

Dunlop 0407 269 892



WHO CHAMPIONSHIP POINT SCORE

Name	Events	Score	Name	Events	Score
James McQuillan	29	4816	Paul Sweeney	7	1404
Vivien de Remy de Courcelles	23	4428	Barry Pearce	5	1280
Dan Smith	19	4400	Madelynne Chan	5	1080
John Murray	18	4260	Matt Hackett	5	980
Linda Chan	9	4158	Belinda Kinneally	6	918
Janet Morris	31	3800	Seth Sweeney	5	900
Graeme Hill	20	3501	Justin Murray		880
Steve Dunlop	22	3366	Marion Gledhill	14	800
Ian Miller	26	3132	Ezra Oosterhof	4	780
Barry Hanlon	13	3034	Katya Stukov	3	600
Will Kay	16	2925	Josh Braidwood	3	450
Malcolm Gledhill	18	2905	Robyn Dunlop	4	440
Selwyn Sweeney	12	2880	Elliott McQuillan	4	425
Emmanuelle Convert	20	2780	Aiden McQuillan	4	420
Andy Vesey-Wells	6	2640	Gill Springer	1	380
Tim Perry	16	2600	Maria Stankova	2	360
Stephanie Chan	6	2560	Jeremy Chan	1	320
Savanna Sweeney	10	2560	Cameron Chan	1	300
Justine de Remy de Courcelles	12	2520	Jacinta Braidwood	2	240
David Noble	15	2440	Joah Oosterhof	3	240
Karen Langan	13	2256	Ivan Stukov	3	160
Niamh Cassar	7	2140	Joel Springer	1	160
Dmitry Stukov	14	2060	Andy Hill	1	156
Ted Mulherin	17	2014	Mark Wigley	3	120
Martin Mansfeld	17	1872	Martine Valais	1	80
Stephen Holloway	18	1870	Sylvie Valais	1	80
Helen Parker	6	1800	Simeon Oosterhof	1	40
Nerise McQuillan	6	1760	Avril Taing	1	40
Saf ron Sweeney	9	1600	Yvonne Fillery	1	30
Shay Sweeney	8	1480	Source: Barry Pearce	As at	18 Feb

RECENT RESULTS

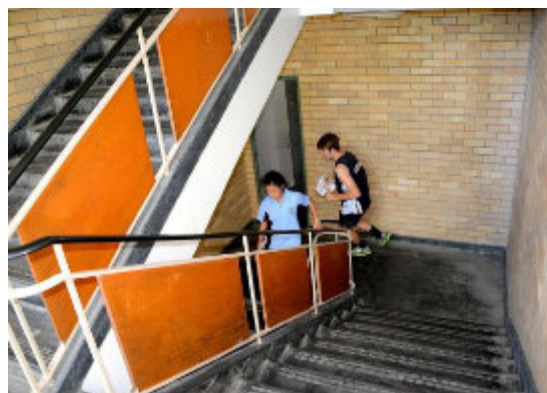
Sydney Summer Series (Wednesday) With 20 of 26 events completed, we are getting into the final straight for this series. The consistent performers are starting to show and those with point score targets are narrowing in on their numbers. We have one winner already. In the Walking Women’s class **Emmanuelle Convert** is in 1st place on 1200 points and can’t be beaten!

WHO members with Top 10 places are:

Name	Class	Place	Name	Class	Place
Will Kay	Junior Men	4th	Savanna Sweeney	Junior Women	9th
Karl Bicevskis	Open Men	8th	Karen Langan	Veteran Women	10th
James McQuillan	Masters Men	2nd	Robyn Dunlop	Legends Women	9th
Vivien de Remy de Courcelles	Masters Men	7th	Janet Morris	Immortal Women	2nd
Graeme Hill	Legends Men	1st	Marion Gledhill	Immortal Women	3rd
Malcolm Gledhill	Immortal Men	2nd	Emmanuelle Convert	Walking Women	1st
Ted Mulherin	Immortal Men	6th			
David Noble	Walking Men	5th	Ian Miller	Walking Men	10th

WORD PUZZLE ANSWER

ROGAINING, groaining, ignoring, gaining, ingoing, ingrain, ironing, raining, ranging, ringing, airing, goring, gringo, noggin, carring, origin, ranging, aging, argon, goin, grain, groan, grin, goring, gain, gang, gong, gran, grin, rang, ring, organ, ring.



SOS MacArthur Flyer



MACARTHUR Term 1, 2019

- 23/2/19 - Bringelly Public School
- 2/3/19 - Mawarra Public School
- 9/3/19 - Narellan Vale Public School
- 16/3/19 - Camden South Public School
- 23/3/19 - Western Sydney University

Start anytime between
9:30am and 11am

Register on the day at the venue.
See www.boldhorizons.com.au or
Facebook for details.



Beginners, regulars and super
stars welcome.

Entry: \$10-\$15.
Free introductory coaching



[WWW.SHOO.ORG.AU](http://www.shoo.org.au)

