



# “WHO goes Orienteering”

**President** :- James McQuillan  
Email [president@whorienteers.net](mailto:president@whorienteers.net)

**Secretary** :- Maureen Fitzpatrick  
Email [secretary@whorienteers.net](mailto:secretary@whorienteers.net)

**Newsletter Editor** :- Ian Miller

**Dharug Country June 2023**

**40th YEAR ANNIVERSARY**

**PRESENT OR PAST, OLD OR NEW, YOU ARE ALL INVITED TO THIS WHO BIRTHDAY DO**

**Saturday 24 June 2023 6.30pm**

Come for a night of celebration and nostalgia for all things orienteering in Western Sydney.

Baulkham Hills Sports Club  
11 Renown Rd, Baulkham Hills

**Register via Eventor**

Senior \$25, Junior \$15, Family max \$65

*Canapes, coffee and cake will be provided. Some may prefer a more substantial meal from the club prior to our function.*

an issue. Next up is KBIII and once again there will be terrific bush events within a few hours of Sydney. The NSW Schools team will be selected after these events, so good luck to those that have an eye on a spot.

Two Metro League events have now been run, with one of them hosted by us on our new map at Jordan Springs. The open fast terrain at West Wianamatta was a welcome sight for many orienteers used to thick scrubby Sydney bush and had surprisingly varied vegetation compared to the East Wianamatta map only a few kilometres away. Once again, our results weren't overly flash but that just gives us room for improvement next time!

The 18th of June marks the anniversary of the very first WHO meeting held in 1983, which makes us 40 this year. As hopefully you all know, we are holding a celebratory evening at Baulkham Hills Sports Club the following Saturday, 24th June, to mark the occasion. Jump on Eventor now to register your spot. It promises to be a fun evening with plenty of things to reminisce over and many more to plan for the future.

James McQuillan

President  
Western & Hills Orienteers

## **LATEST WHO NEWS on Facebook at**

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

## **FROM THE PRESIDENT**

We are almost midway through the winter season, with major bush events held in the Southern Highlands and Central West of NSW. The Easter carnival was also in NSW this year, but hosted by the ACT. We've had some great courses and wonderful bush to run around so far, despite coping some pretty cold weather for most of them. As is often the case in cold and or wet weather, the worst part is starting and once out on the course the cool temperatures or even the rain don't seem to be

## **THE NEXT WHO EVENTS**

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>Sat 24 Jun</b>	<b>WHO 40th Birthday</b>	<b>Baulkham Hills Sports Club, Renown Road</b>
Sun 2 Jul	Turkey Trot	Fairfield Showgrounds NEW MAP
Wed 2 Aug	Sydney West Primary Schools	Day 1 - Nurragingy
Thu 3 Aug	Sydney West Primary Schools	Day 2 - Nurragingy
Fri 2 Aug	Sydney West Secondary Schools	Day 2 - Nurragingy
Sat 26 Aug	SL#12 Sprint	NSW Schools Championships Kings School
Sun 27 Aug	SL#13 Middle	NSW Schools Championships Mulgoa

## **WHO HEADLINERS**

**Seth Sweeney** was 3rd overall in 16km section and 2nd in the Male under 20 class in 1:22:31.1

**Lynn Dabbs** returned to the Easter 3 Days after a 5 year break and placed third. Only two seconds behind the second place. Great to see you competing again.

**Lee Coady** has been appointed as the NSW Schools Team Coach.

**Saffron Sweeney** has been appointed by the ONSW Board to be the NSW Schools Team Manager.

**Seth Sweeney** has taken on a coaching role for the Knox Grammar squad.

## **NEW MEMBERS**

**Welcome to Lauren Witham and Karen Bax and to Charissa Patacsil who has re-joined.**

**Great to have you as part of the WHO team.** We look forward to meeting you at an upcoming event. New members receive a free blue WHO shirt so please make yourself known to Ian Miller.

## **WHO CLUB MEETINGS**

If you are keen to know more about our club and find out how you can contribute, join us at our next meeting on **Thursday 6 July at 7.30pm**

All welcome ! This meeting is face to face and on 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 invitation for details.

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

## **HOT REMINDER**

***Book a place at the WHO 40th birthday party.***

## **NSW SCHOOLS CHAMPIONSHIPS**

WHO is organising the 2023 NSW Schools Championships. The two sprint events will be held at Kings School on Saturday 26th August and the middle distance at Mulgoa on Sunday 27th August. Kings School is an exciting new venue and sure to challenge the best. The organising teams are in place with Selwyn, Niamh and James looking after the sprints and Josh, Dmitry and Steve the middle distance.

## **CHECK OUT MORE WHO INFO on the WHO web site at**

<https://whorienteers.net/Club-News-2023>

**KB111** – The inaugural Kings Birthday Weekend 3 Day event is at Newcastle. Best wishes for success to our WHO members.

**COVID** – Take care and stay safe. It is making a winter resurgence.

## **IMPROVING YOUR O SKILLS**

Our home page <https://whorienteers.net/> now has a link to a training video which will be updated frequently. Check it out.

### **Training video - Using the compass**



Hector Haines of South London Orienteers demonstrates compass techniques.  
[https://www.youtube.com/embed/PnvuEQXKa\\_o](https://www.youtube.com/embed/PnvuEQXKa_o)

## **METRO LEAGUE 2023**

DATE	EVENT	LOCATION
Sun 23 Apr	Metro #1	Mitchell Park (GO)
Sun 28 May	Metro #2 NEW MAP	West Wianamatta (Jordan Springs). (WHO)
Sun 25 Jun	Metro #3	Yerambah Lagoon (IKO)
Sun 23 Jul	Metro #4	TBA (BN)
Sun 6 Aug	Metro #5	Landsdowne (UR)
Sun 17 Sep	Metro #6	St Ives (BF)

### **Round 2 – Jordan Springs / Wianamatta West our new WHO map.**

We had perfect weather for WHO's Metro League event on the new map of Wianamatta West. There was some fast running in open Cumberland Plain forest, but with plenty of traps for the complacent thanks to some great course setting by our own Martin Mansfield. WHO was well represented across most divisions, and we had a little more

success this round compared to Round 1. Hopefully this is a trend that will continue!

Despite some great performances, we came up short in Div 1 against the star-studded Big Foot team, going down 38-17. Seth Sweeney was our fastest this round, earning 7 points for clocking in at a fast 44.55 (with brother Selwyn only minutes behind).

We didn't quite have a full team for Div 2, which was a contributing factor to our 23-31 result against Uringa/Central Coast. Lee Coady is hitting his straps, picking up 9 points for a time of 40.36.

We were even more underweight in Div 3, with only 3 runners, so it was always going to be a struggle against Knox who beat us 34-18 (probably helped by some excellent coaching from our own Seth Sweeney). Lachlan Coady was easily our best picking up 9 points for a time of 37.44.

Things look a lot better once we get to Div 4 who blitzed our Uringa/Central Coast opposition 32-13 (ok so they were a little down on numbers which helped as well). Emmanuelle Convert had an excellent run picking up 10 points for a time of 37.32, with a special mention to Rachel Merton who picked up 9 points for a time of 44.25. Great to see you back at Metro League Rachel!

Our Div 5 team was also in the winner's circle, beating Uringa/Central Coast 31-21. Shay Sweeney continues his great run of form picking up 9 points for a time of 32.41, with Anthony Saunders not far behind with a time of 34.09.

Finally, our Div 6 team couldn't quite get there against Bennelong, going down 24-30, however it is worth highlighting what great results we had from a team that consisted entirely of juniors. Great to see Thomas Spencer back at Metro League, picking up our fastest time of 28.08 for 8 points - super fast. Welcome too to brother Blake, and great to see Aiden McQuillan giving Div 6 a go and picking up 4 points! Great work from everyone on the team.

So now we have Round 3 to look forward to on June 25 at Yerambah Lagoon, hosted by Illwarra-Kareelah Orienteers. Let's get a big WHO contingent to head south for what should be another great event! See you then.

**JOSH** – WHO Club Captain

### **Round 1 – Mitchell Park**

Metro League 2023 kicked off with a bang at Mitchell Park on Sunday. Runners were put through their paces from the starting beep, with some of the toughest courses we have seen at Metro League for a while. Any times under an hour were outstanding on one of the best orienteering maps in the Sydney region. Navigational skills were put to the test, so don't feel bad if you found this round difficult – it was definitely on the harder side and will put you in good stead for the remaining rounds. We had a great turnout from WHO, which hopefully we can repeat in future rounds.

So how did we fare? Despite some great performances, we unfortunately didn't pick up any wins this round, although we were up against some tough opposition. But consider this a warm up. Most importantly, it's great to see some of our juniors moving up the ranks which bodes well for the future.

Our Div 1 team went down 25-29 to Garingal, which was still a pretty respectable result given that we had one less runner than our opposition. Seth Sweeney was the standout, picking up 9 points for a time of 58.53. And a big welcome to our Div 1 newcomer Tim Porritt – hope to see you at future Metro Leagues!

We had a full Div 2 team which picked up 24 points in total, a great result but not quite enough to pip our Big Foot opposition who picked up 30 points. Good to see Lee Coady back in form coming back from injury last year, picking up 8 points for a time of 61.31. The family dynasty dominated with Lachlan Coady hot on his heels with a time of 66.07 in his

Div 2 debut. The question is, when will the baton be passed on from father to son?

Another fairly close round for our Div 3 team which picked up 25 points, not enough to get over the line against Big Foot's 29. Matt Hackett was our fastest with a time of 67.36 picking up 9 points – great to see you back at Metro League Matt.

Our Div 4 team couldn't quite get there against Garingal, going down 23-29. Emmanuelle Convert picked up the 10 points for the round with her super fast time of 53.32.

Div 5 was a pretty close contest against arch rivals Knox, going down 25-27. Shay Sweeney, in his Div 5 debut, picked up the 10 points with a fast time of 62.50 – outstanding result on a tough course Shay!

Our Div 6 team couldn't quite match it against Garingal, going down 21-34. But a big shout out to Justine de Remy de Courcelles who picked up the 10 points for the round with an incredible time of 35.49! Aiden McQuillan made his Div 6 debut picking up a handy 3 points.

Next round is hosted by WHO on May 28 at West Wianamatta - a new map! Mark that in your calendar - see you next round.

**JOSH** – WHO Club Captain

### **SOS NEWS**

SOS is now in the Hawkesbury region as well as the northern suburbs.

<b>Saturday</b>	<b>Location</b>
17 June	Term 2 #5 at Wahroonga
24 June	Term 2 #6 at Richmond HS or North Epping

## The Things You See While Orienteering and Rogaining: by Graeme Hill

Reprinted from NSW Rogaine Newsletter 171 with the permission of the author.

We are blessed in our country to have such a variety of flora and fauna and through our rogaining and orienteering sports we see how fortunate we are.

I had my first orienteering event in 1989 and from that day onwards have experienced the beauty of our countryside over many parts of Australia. From mountainous terrain to coastal beaches and sand dunes, from all types of forests to more barren country in the outback, from creek crossings to wading through marshes.... we have experience it all.

But today I'll touch on all the animals I have encountered while rogaining and orienteering. You may be able to add to my list from your personal experience, especially if you have rogained overseas, but for me this is what I have seen:



Let's start with kangaroos.... I recall running in an event in the New England area and looking across to an adjacent mountain and it seemed to be moving such was the abundance of kangaroos hopping around. No wonder our visitors from overseas are intrigued about seeing kangaroos hopping around.



Then there was the koala at the start of an event near Ballarat sitting peacefully in a tree chewing on gum leaves - the only time I have seen on while orienteering. Add to that the wombat I came face to face within the Southern Highlands. He stopped and stared at me and then waddled into a log. And what about the emus in the sand dunes near Beachport in South Australia! I must have disturbed a family of them as I came out of a forested area to a clearing and they all started to madly run backwards and forwards. But I am still to see my first dingo, platypus, Tasmanian devil, crocodile, quokka, bandicoot, numbat or cassowary, let alone a Tasmanian tiger which is even more unlikely!

There were the farm and domestic animals that we all encounter mainly while running across fences on farms. For me these have included horses, cows, alpacas (behind fences in a distance), sheep, goats, dogs, cats, roosters, hens, rabbits and more. I even caught up with a wild pig in a forest - fortunately he just stared at me, oinked and turned away. And on more than one occasion a fox - just trotting along behind a kangaroo.

Some people have seen camels while we were orienteering in Broken Hill, but I can't add camels to my list. Or snakes, thank goodness, while orienteering - not while orienteering or rogaining anyway. While course setting and field working, yes. I even stepped on a red belly on a golf course. Gave us both the shock of our lives. He flipped up and slithered down a

hole beside the footpath the stuck his head up from the hole.



Oh, and the bird life. What an abundance of birds we have. Apart from the emus and chickens I have already mentioned I have seen a couple of lyre birds, satin bower birds nesting surrounded with blue pegs and any other blue items they could find, sea gulls, ibis and of course a lot of other common birds.

One of the strangest sights was a pair of echidnas nestled into the ground at Wyangala Dam. Also, the odd goanna and countless frilled neck lizards. And a shark offshore that was pointed out to my rogaining partner and myself and some whales in the distance.

And finally, how many animals or insects have you been bitten by while rogaining in the bush? The ones I am sure of are leeches, ticks, wasps (a swarm of them), mosquitos, especially along Toongabbie Creek, bull ants, march flies in the Snowy Mountains and probably other insects or spiders that have left their mark or swell without my ever finding out what bit me.

And I can nearly add another bitey. Shortly after my young son, Andrew, and I started orienteering, we entered a night even on the Macquarie University/ South Turrumurra map. Andrew was still very young and we used to run together at night events. Before we set off we were warned about a savage dog who had bitten one of the competitors in the bush behind a row of houses. Towards the end of our run, Andrew was leading when he suddenly came to an abrupt stop. I also stopped and staring right at us was what looked like a savage dog. We could see his bright beady eyes and his teeth and were waiting for him to start growling or attack us. But he didn't, and I said to Andrew "he's not moving". We shone our torches at him and then saw it was a child's rocking horse which had frightened the daylight out of us!

## **JUNIOR'S NEWS**

### **NSW SCHOOLS ORIENTEERING TEAM 2023**

Orienteering NSW will be sending a team to the 2023 Australian Schools Orienteering Championships to be held in Western Australia on October 3-5.

The team will consist of a maximum of 20 athletes, with a maximum of 6 athletes in each of the four classes. The four classes are Junior Boys and Girls (athletes 15 and under on December 31, 2023) and Senior Boys and Girls.

Saffron Sweeney has been appointed by the ONSW Board as the NSW Schools Team Manager for 2023. Lee Coady has been appointed Schools Squad Coach.

See link to [Full Selection Criteria](#)

## **NSW SCHOOL CHAMPIONSHIP DATES**

**Wed 21 June** - Sydney South West Secondary Schools

**Wed 28 June** - Sydney South West Primary Schools

**Tue 25 July** - Newcastle Hunter Schools

**Wed 2 August and Thu 3 August** - Sydney West Primary Schools

**Fri 4 August** - Sydney West Secondary Schools

**Mon 7 August** - Sydney North Schools

*Entry is via your school and the School Sport Unit.*

**Sat 26 August** - NSW School Sprint Champs

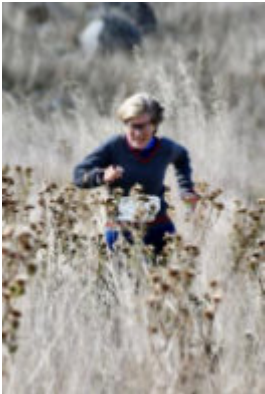
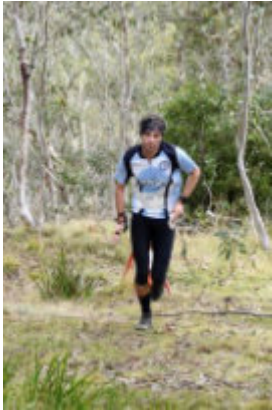
**Sun 27 August** - NSW School Forest Champs

*Entry is via Orienteering NSW*

## **THANK YOU** To the newsletter contributors

- Graeme Hill, Josh Braidwood and James McQuillan. Extracts from ONSW e-bulletins, OA E-news and the NSW Rogaine newsletter. Photos from James McQuillan, ONSW, SSS and WHO Facebook pages.

# PHOTOS



# WHO HISTORY

From *The Australian Orienteer* 6/1990.

<https://whorienteers.net/Archive1>



## WHO ???

*WHO indeed you may well ask!*

I'm here to tell you WHO. That's not UHOO but WHO — Western and Hills Orienteers, from the 'hills' in Sydney's west. If you are an orienteer from NSW you should be familiar with the WHO logo and double-blue colours. NSW Orienteering meetings often ring to the sound of WHO input from such stalwarts as Owen Sharpe or Bruce Cooper. So for the benefit of those who don't know WHO, I'll fill you in; after all you should want to know more about the club that will be staging the (National) 3-day Great Western Challenge at Cowra, in June 1991.

Western and Hills is a relatively young club by Australian and World standards. In 1983 a group of orienteers living to the west of Sydney, and belonging to clubs spread throughout the Sydney region (such as Garingal and Kareelah) thought it was time to start an orienteering club in their own area. At the first meeting in June, held at Parramatta, 10 enthusiasts formed the Hills and Western Orienteering club electing Peter Stevens as

President. Steve Dunlop produced the first map for the club, a black-and-white map of Parramatta Park. This was used in the club's first event in November 1983.

By 1984, membership had risen to 26, and the Club's logo and official name became Western and Hills Orienteers (WHO) - who else??? The drawing area, approximately 25 kilometres from Sydney, was defined to roughly extent to Ryde (east), Hornsby (north) and Warragamba Dam (south). A taste for administering major events was experienced when the Club jointly organised an OY 2-day Badge event (with NOSH) at The Boyd in October 1984 with Steve Dunlop as setter.

Since 1984 membership has grown slowly, and we are presently at our highest level of 35- a small club by some standards but luckily most members enjoy being involved in all aspects of this sport and consequently we have been able to achieve a lot in a small space of time. Being involved in the organisation of major OY events each year has developed the strengths within the club. From 1984 to 1987 WHO used maps belonging to other Clubs for OY events. For the State Champs in 1988, WHO engaged the services of Gareth Prosser to produce the map of 'The Pinnacles' at Newnes near Lithgow. Currently the club has five working maps. For the Great Western Challenge 1991 three new maps of the area centred at Wyangala Dam are being produced.

WHO is pleased to be a fore-runner with many innovations in NSW orienteering. Annual reports have been produced since 1986; an active publicity/promotions position has been held since 1987; a Club/Members championship has been contested since 1986; the State Championships were organised by WHO in 1988, only 5 years after the Club's inception; a 'sister' club contact, IBM Klubben, is in Sweden; the Club has prompted changes in the OY classes to accommodate a wider variety of entries and subsequent alteration of Club OY point scores, and has made innovations in



mapping — watch out for the Great Western Challenge maps!

The character of WHO is made up of its members so let's have a brief look at some of the characters. Original members (though not that old!) still competing for WHO in events are current President Bruce Cooper, and Hank van Oost. Bruce has orienteered since 1981 and involves himself in all aspects of orienteering. As he has a 'passion' for mapping, he was the Club's mapping officer for many years, as well as being Secretary (2 years) and Newsletter Editor. He is also the OANSW Newsletter Editor in 1990. He was setter for the NSW Championships 1988, and Controller of the Central Highlands Championships 2-day event at Newnes in September 1990. Now, as Chairman of the Steering Committee for the 1991 Great Western Challenge. Bruce is extensively involved in planning for this national event.

Hank is co-organiser for the 1991 event; he was Day 2 Setter for the 1990 Central Highlands Championships at Newnes and was one of the Club's delegates to the OANSW meetings in 1989.

Owen Sharpe joined WHO in 1984 and does not seem to have stopped creating and working for the Club since then! His work is evidenced by our Club logo (his creation), our name (prompted the mnemonic WHO), our colours, our Club flag (visible at many major NSW events) and our own Club Championships point score system. He has made the Club's annual trophies for a number of years. Decision-making and ideas have been his forte as Treasurer (1985, 1986), President (1987, 1988) and as a delegate to the OANSW since 1987. This year, he is our first member of the Board as Newsletter and Promotions Officer and he has been the OY Statistician for the past two years being particularly noted for his OY Point score tabulation.

Other members you may have encountered down the track include Gerry Wong (our man with the right

equipment) whose electronic Wong-calator is well-used at OY events to calculate finish times, along with his Printing Clock. Steve Hure began competing in orienteering events in 1988 having successfully run in numerous fun-runs and the odd marathon. He is currently our Club Captain and has a hard job in following Wattsy's footsteps. Helen Watts (W21A) was Captain since 1987 and her Pizza-and-Bowling nights as well as Bushdance evenings kept the club moving on the social scene. Ray Robison (M35B) is co-organiser for the 1991 event; his initiation as an 'organiser' was at the 1988 State Championships. His expertise at promoting the sport was used in his capacity as WHO's first Publicity Officer in 1988. Chris Crane is Secretary of WHO and Event Secretary for the 1991 event; he is probably training son Ashley, or daughter Adele, to take over either job at any stage. Barry Gill (M35B) is WHO's money-man and is renowned for his stringent control on Club funds.

Ken Sinclair (M40B) is editor for the WHO 'Who's Talking' newsletter, a bi-monthly 20-page or more, publication with news, views, results and gossip distributed to Club members. Articles submitted by WHO members are eligible for the keenly-contested annual 'Bruce Cooper Trophy for Literary Excellence'. Erich Weber, who has orienteered in Switzerland's Junior Squad (don't ask him how long ago!) is experienced enough to have won NSW OY in M40B twice, and the 1990 NSW Night Champs. The Bakers (Pat, Peter and Dawn) invaded us from Pommie-land in 1988 and even though Paul arrived late, he has made up time with good performances in OY events. He is the Club's current mapping officer. Rowena Whittle is another frequent competitor at major events and currently is the Promotions Officer for WHO. This is by-no-means an exhaustive list of WHO participants; look out for our Club T-shirts at events.

Our Club colours are recognisable as light blue and dark blue; the WHO logo is a large question-mark (obviously the logo to have!) and WHO members are very friendly. We may not be elite orienteers or have a lot of achievements to our credit but we like

to be social, and enjoy meeting fellow orienteers. We welcome all orienteers to come to the 1991 Great Western Challenge in June, at Lake Wyangala to see for yourselves just what this Club is capable of achieving.

We are confident it will 'TAKE YOUR BREATH AWAY'!

Rowena Whittle, WHO Promotions

## **REMINDERS**

**Next Metro is June 25th**

**Enter the Turkey Trot - July 2nd**

## **WHOLE LOT OF WHO MAPPING GOING ON !**

Our new West Wianamatta map debuted at Metro #2 on 28 May and was well received. A very runnable area with open bush close to Sydney. Thank you to Janet who found the area and was the prime instigator in developing the map.

Turkey Trot maps in the Fairfield area have been created.

Discussions are underway on which areas to use for State League events for 2024 and beyond.

## **NATIONAL EVENTS**



**Kambarang Karnival 2023**



Bulletin 1 for the Kambarang Carnival – the Australian Orienteering Championships 2023 in Western Australia is available. See link [here](#). OWA cordially invites all States and Territories to come west to enjoy a fantastic week of quality orienteering.

## **ARTICLES OF INTEREST**

**How many ways can exercise lower your risk of cancer? Here's what the science says**

<https://www.smh.com.au/lifestyle/health-and-wellness/how-many-ways-can-exercise-lower-your-risk-of-cancer-here-s-what-the-science-says-20230406-p5cyt6.html>

**Cardio, muscle mass and strength There are three factors important to quality of life in ageing, says Dr Attia, author of Outlive: The Science and Art of Longevity.**

<https://www.abc.net.au/news/2023-04-19/peter-attia-advice-for-improving-health-span-in-ageing/102219240>

**Are you an 'older runner'? (Ed. they mean around 40)**

Here's how to avoid injury and run faster <https://www.smh.com.au/lifestyle/health-and-wellness/are-you-an-older-runner-here-s-how-to-avoid-injury-and-run-faster-20230417-p5d0yp.html>

**A half-marathon? I would rather die than do that again**

<https://www.smh.com.au/culture/comedy/i-would-rather-die-than-ever-do-this-again-20230530-p5dcfd.html>

## **Orienteering Quips Needed**

There are catchy sayings for golf such as "a good walk ruined" so why aren't there a similar sayings for orienteering?

Perhaps

**"Orienteering - exercise for the directionally challenged" or**

**"Orienteering - The sport of discovery"**

Suggestions welcome respond by email to the editor.

## **SYDNEY SPRINT WEEKEND**

**Videos** - A number of ONSW members collaborated to produce a movie of the Female and Male Knockout Finals at the recent Sydney Sprint Weekend. It's a fantastic insight into what it's like to be competing at the elite level.

There were 11 cameras on the course, including GoPro action from Sam Woolford (competing in the final), Oscar Mella & Duncan Currie.

The footage was collated and produced by Richard Pattison & Melissa Thomas. The movies are available on YouTube:

**Female:** <https://youtu.be/kW6P9zAs0A>

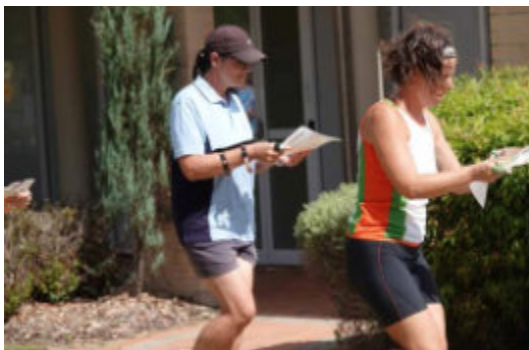
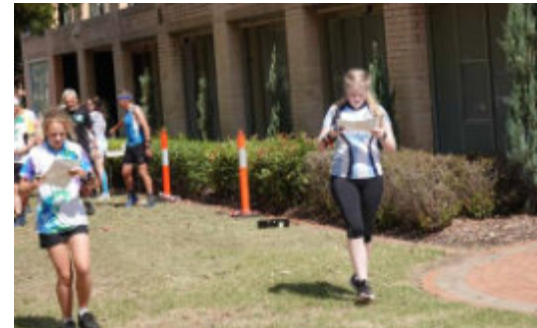
**Male:** <https://youtu.be/q89FuHzo3dM>

**Knockout Semi-finals:**

<https://www.youtube.com/watch?v=rCdI8Gxkzz0>

**Mixed Relay:**

<https://www.youtube.com/watch?v=XL4ugTEaHLs>



## ONSW ACTIVITIES

**Orienteering NSW 2023 AGM** was held on Monday, 8th May. See links for [Notice of AGM](#) & [QandA](#).

At the ONSW Annual General Meeting held on 8 May 2023, the following members were elected to the ONSW Board for a 2-year term:

**Finance Director** - Mark Schaefer (CC) (previously filled this position as a casual vacancy)

**Director** - Louise Brooks (SH) (continuing after serving 2-year term)

**Technical Director** - Nick Dent (CC)

Board members with one year remaining of their two-year term are:

**President** - Robyn Pallas (CC) /

**Vice President** - Sheralee Bailey (BN)

**Secretary** - Gayle Quantock (NC) / Coaching

**Director** - Jamie Kennedy (GO)

**Director** - Angus Shedden (SH)

There is one Director position vacant on the ONSW Board. As this position was not filled at the AGM, the Board may appoint a member of ONSW to fill the vacancy. Members are encouraged to consider nominating for this vacancy.

Further information regarding Board membership can be found in the [Board Membership Q&A](#).

ONSW wishes to thank the retiring 2022-23 Board Members for their service to ONSW:

Melanie Christie (UR) - Finance Director (2.5 years) - retired August 2022

Rodney Parkin (BN) - Technical Director (3 years)

Robert Bennett (GS) - Director (1 year)

### **2022 ONSW Annual Report**

The *2022 ONSW Annual Report* was approved at the AGM. Copy available [here](#).

### **2022 ONSW Annual Financial Statement and Auditor's Report**

The *2022 ONSW Annual Financial Statement and Auditor's Report* were approved at the AGM. Copy available [here](#).

## ONSW New GM

ONSW is looking for a new General Manager. Apply to Gayle Quantock, Secretary ONSW at [secretary@onsw.asn.au](mailto:secretary@onsw.asn.au)

## 2023 STATE LEAGUE EVENTS

DATE	EVENT	LOCATION
Sat 10 Jun	SL#7 Middle	Onley State Forest
Sun 11 Jun	SL#8 Long	Richmond Vale
Mon 12 Jun	SL#9 Sprint	Newcastle Uni
Sat 19 Aug	SL#10 Middle	Collector
Sun 20 Aug	SL#11 Long	Captains Flat
Sat 26 Aug	SL#12 Sprint	North Parramatta
Sun 27 Aug	SL#13 Middle	Mulgoa
Sat 9 Sep	SL#14 NSW Middle Chs	Breakfast Creek
Sun 10 Sep	SL#15 NSW Long Chs	Breakfast Creek

### **Orienteering NSW 2023 winter calendar**

[https://onsw.asn.au/images/stories/events/2023\\_Winter\\_Calendar.pdf](https://onsw.asn.au/images/stories/events/2023_Winter_Calendar.pdf)

## ONSW EVENTS AND ACTIVITIES

DATE	EVENT	LOCATION
Wed 7 Jun	Moonlight	Neutral Bay
Sat 10 Jun to Mon 12 Jun	K&B	Newcastle area
Sun 18 Jun	Highlands Forest #1	Welby
Wed 21 Jun	Sydney SW Schools	Camden
Sat 25 Jun	Metro #3	Picnic Point
Sun 2 Jul	Turkey Trot	Fairfield Showgrounds
Wed 5 Jul	Moonlight #3	Gladesville
Sun 9 Jul	Highlands Forest #2	Penrose SF

## SKI- O

**Just over 2 months left until 2023 ACT & NSW Ski-Orienteering Championship at Perisher Valley on Sunday 13th August. Entries are open on Eventor**

<https://eventor.orienteering.asn.au/Events/Show/17912>

# WHO RESULTS

## Easter 2023

For full results click [here](#).

WHO members did well at the Easter 3 Days held in the high country around Cooma. Our juniors made a strong statement with Seth, Selwyn, James and Vivien representing NSW in the Stingers team. Barry Hanlon won the M85A class on all three days. Seth Sweeney and Janet Morris also getting a first for their efforts. Additional podiums were achieved by Robert, Savanna, Lynn, Justine, Seth , Vivien and Paul.

The weather was the main topic of discussion. I think the following quote best sums it up. "Turkish playwright, novelist and thinker Mehmet Murat Ildan perhaps said it best when he wrote, 'If, of all the seasons, there is a season in which a person completely forgets himself and constantly watches the magical environment, it is undoubtedly autumn!' Mother nature calls the shots. Moving to her own rhythms, all will unfold as she decrees.

**AND SHE DECIDED EASTER WOULD BE COLD" !**

## **Australian 3 Days 2023 - NOL Prologue & Public Sprint**

	CLASS	PLACE	TIME
Seth Sweeney	M20E	8th	17:04
Selwyn Sweeney	M20E	32nd	21:55
James McQuillan	M21E	25th	17:54
Savanna Sweeney	W20E	10th	17:34
Aiden McQuillan	Open Easy	17th	12:34
Justine de Remy de Courcelles	Open Easy	19th	12:48
Elliott McQuillan	Open Easy	21st	13:30
Shay Sweeney	Open Medium	28th	21:39
Paul Sweeney	Open Long	28th	23:28

Vivien de Remy de Courcelles	Open Long	33rd	24:29
Saffron Sweeney	Open Medium	52nd	25:01
Nerise McQuillan	Open Medium	120th	38:51
Emmanuelle Convert	Open Medium	mp	

## **Australian 3 Days 2023 - Day 1 NOL WRE**

	CLASS	PLACE	TIME
Seth Sweeney	M20Sport	1st	41:03
Vivien de Remy de Courcelles	M21Sport	4th	51:16
Selwyn Sweeney	M20E	17th	65:14
Barry Hanlon	M85A	1st	41:12
Janet Morris	W85A	2nd	34:43
Robert Bradley	M55AS	3rd	38:58
Savanna Sweeney	W16A	3rd	38:21
Justine de Remy de Courcelles	W12A	5th	29:51
Lynn Dabbs	W70A	5th	45:52
James McQuillan	M40A	6th	60:48
Elliott McQuillan	M10A	6th	31:48
Nerise McQuillan	W35AS	7th	81:07
Shay Sweeney	M14A	10th	70:46
Emmanuelle Convert	W45A	10th	68:53
Aiden McQuillan	M12A	11th	56:13
Saffron Sweeney	W50A	11th	61:51
Maureen Fitzpatrick	W55AS	15th	60:31
Paul Sweeney	M45AS	dnf	

## **Australian 3 Days 2023 -Day 2 NOL WRE**

	CLASS	PLACE	TIME
Seth Sweeney	M20Sport	5th	111:25
Vivien de Remy de Courcelles	M21Sport	6th	134:28
Selwyn Sweeney	M20E	18th	116:27
Barry Hanlon	M85A	1st	43:33
Janet Morris	W85A	2nd	64:43
Lynn Dabbs	W70A	2nd	60:28

Justine de Remy de Courcelles	W12A	3rd	24:36
Robert Bradley	M55AS	4th	56:07
James McQuillan	M40A	5th	118:55
Paul Sweeney	M45AS	7th	170:08
Savanna Sweeney	W16A	8th	58:06
Shay Sweeney	M14A	10th	116:49
Emmanuelle Convert	W45A	11th	152:05
Aiden McQuillan	M12A	11th	44:35
Elliott McQuillan	M10A	mp	
Saffron Sweeney	W50A	mp	

### Australian 3 Days 2023 - Day 2 NOL

	CLASS	PLACE	TIME
Seth Sweeney	M20Sport	2nd	59:38
Vivien de Remy de Courcelles	M21Sport	3rd	77:34
Selwyn Sweeney	M20E	19th	71:23
Barry Hanlon	M85A	1st	42:23
Janet Morris	W85A	1st	47:43
Paul Sweeney	M45AS	2nd	52:53
Justine de Remy de Courcelles	W12A	2nd	28:26
Lynn Dabbs	W70A	3rd	47:10
Elliott McQuillan	M10A	5th	20:25
Robert Bradley	M55AS	7th	45:46
James McQuillan	M40A	7th	78:46
Nerise McQuillan	W35AS	7th	90:41
Paul Sweeney	M45AS	7th	170:08
Emmanuelle Convert	W45A	9th	95:57
Shay Sweeney	M14A	9th	53:21
Savanna Sweeney	W16A	11th	49:24
Aiden McQuillan	M12A	12th	61:08
Saffron Sweeney	W50A	15th	117:04

### 2023 NOSH RESULTS

The NOSH is a very tough point to point race with a lot of climb. It has two distance sections 16kms and 22kms. The WHO achievers all tackled the 16kms.

### PODIUM ACHIEVER

**Seth Sweeney** was 3rd overall in 16km section and 2nd in the Male under 20 class in 1:22:31.1

### CLASS ACHIEVEMENTS

**Selwyn Sweeney** was 51st overall and 5th in the Male 20-29 class in 1:44:27.6.

**Karen Langan** was 152nd overall and 14th in the Female 50-59 class in 2:19:24.6.

**Saffron Sweeney** was 160th overall and 15th in the Female 50-59 class in 2:22:38.7.

**Thank you** to the ONSW members who helped deliver another great NOSH.

### Bold Horizons World Maze Sydney Results

	Class	Place	Time
Matilda Saunders	Youth Female	1st	1:30
Niamh Cassar	Senior Female	1st	1:49
Shay Sweeney	Youth Male	2nd	1:41
Aiden McQuillan	Youth Male	3rd	1:46
Levi Coady	Youth Male	6th	2:26
Seth Sweeney	Senior Male	1st	1:13
Selwyn Sweeney	Senior Male	2nd	1:18
James McQuillan	Masters Male	1st	1:25
Lee Coady	Masters Male	2nd	1:29
Paul Sweeney	Masters Male	3rd	1:36
Anthony Saunders	Masters Male	5th	1:41

## **STATE LEAGUE POINTS SCORE**

The State League series points score page for 2023 is [here](#)

**WHO has 5 first places, four second places and five third places after 5 of 15 events.**

### **WHO Standings after 5 of 15 events (prior to KB 3 Days)**

W12A – Justine de Remy de Courcelles 1st with 498 points

W16A – Savanna Sweeney 2nd with 375 points

W16A – Matilda Saunders 6th with 50 points

WOpenB – Jacinta Braidwood 2nd with 183 points

W45A – Emmanuelle Convert 3rd with 359 points

W50A – Saffron Sweeney 3rd with 257 points

W55AS – Maureen Fitzpatrick 10th with 5 points

W80A – Janet Morris 1st with 500 points

M10A – Elliott McQuillan 3rd with 178 points

M10A – Levi Coady 4th with 96 points

M12A – Levi Coady 4th with 159 points

M12A – Ryder Seaman 5th with 151 points M12A

– Aiden McQuillan 6th with 67 points M14A –

Shay Sweeney 5th with 156 points M16A –

Lachlan Coady 2nd with 416 points M20A – Seth

Sweeney 3rd with 278 points M20A – Selwyn

Sweeney 4th with 260 points M21A – Lee Coady

1st with 361 points

M21A – Vivien de Remy de Courcelles 3rd with 239 points

M21A – James McQuillan 6th with 104 points

M40A – James McQuillan 1st with 221 points

M45AS – Paul Sweeney 2nd with 464 points

M45AS – Josh Braidwood 6th with 144 points

M45AS – Anthony Saunders 7th with 139 points

M55AS – Robert Bradley 5th with 265 points

M60A – Warren Bax 6th with 144 points

M75A – Ian Miller 6th with 80 points

M80A – Barry Pearce 10th with 10 points M85A –

Barry Hanlon 1st with 500 points

## **SYDNEY SUMMER SERIES SEASON 32 REPORT**

A successful season wrapped up with a well-attended dinner and presentations following event #26 on 29 March. Bryony Cox (GO) won the SSS Cup and Ross Barr (GO) the SSS Special Award. WHO members achievements are listed below. Badges and trophies were presented by Ian Jessup and Tristan White (co-convenors of the SSS). Of note was the absence of ONSW GM and Board members at the presentation and the lack of publicity on the ONSW web-site. The SSS is the key program for newcomers in Sydney and provides significant finances to ONSW and clubs. I am assured that they had other important events to attend.

### **SSS Milestones achieved**

**Steve** 400 events **Silvia and Will** 100 events, **Justine** 50 events, **James** 1200 points.

### **Most SSS events (WHO members)**

**Graeme** 579 events. **Janet** 475 events, **Ian** 432 events..

### **SSS Point Score – WHO Results**

WHO members did well in the SSS.

Places are determined by the total points scored with the best 12 scores counting.

**SSS Cup** (for highest points total for the whole season). Highest possible score is 2600 if you won all 26 events.. 637 people scored points.)

**Graeme Hill** 4th with 2403 points

**James McQuillan** 17th with 2133 points

**Will Kay** 28th with 2029 points

### **Minis**

**Shay Sweeney** 1st with 700 points

**Samantha Teoh** 3rd with 682 points

**Harvey Teoh** 6th with 396 points **Archer**

**Hill** 14th= with 100 points **Zachery Hill**

14th= with 100 points **Aiden McQuillan**

14th= with 100 points

### Junior Women

**Savanna Sweeney** 1st with 1181 points  
**Justine de Remy de Courcelles** 3rd with 1024 points

### Masters Women

**Silvia Teoh** 4th with 1112 points **Belinda Kinneally** 20th with 89 points **Vanessa Cullen** 23rd with 73 points

### Veteran Women

**Deb Walsham** 6th with 1084 points **Saffron Sweeney** 7th with 1075 points **Emmanuelle Convert** 9th with 988 points **Karen Langan** 17th with 664 points **Yvonne Fillery** 24th with 145 points **Rachel Merton** 26th with 137 points

### Immortal Women

**Janet Morris** 3rd with 920 points  
**Marion Gledhill** 4th with 829 points

### Walking Women

**Kit Wong** 5th with 500 points

### Junior Men

**Seth Sweeney** 3rd with 1108 points  
**Will Kay** 4th with 1066 points **Selwyn Sweeney** 9th with 533 points **Sam Kay** 32nd with 61 points

### Open Men

**Chris Chan** 19th with 161 points  
**Justin Murray** 40th with 52 points

### Masters Men

**James McQuillan** 1st with 1200 points  
**Andrew Hill** 20th with 200 points

### Veteran Men

**Vivien de Remy de Courcelles** 10th with 1030  
**Scott Henderson** 17th with 962 points  
**Gary Farebrother** 18th with 956 points  
**Paul Sweeney** 48th with 328 points  
**Dan Smith** 52nd with 260 points

### Super Veteran Men

**John Murray** 21st with 935 points  
**David Noble** 28th with 839 points  
**Warren Bax** 57th with 67 points

### Legends Men

**Graeme Hill** 3rd with 1179 points **Steve Dunlop** 14th with 961 points **Martin Mansfield** 17th with 892 points

### Immortals Men

**Ian Miller** 3rd with 1113 points  
**Malcolm Gledhill** 6th with 986 points  
**Ted Mulherin** 9th with 814 points  
**Barry Pearce** 19th with 66 points

### Walking Men

**James McQuillan** 6th with 385 points

(Ed. Apologies if I have missed anyone.)

The full results and point score list is at  
<https://www.sydneysummerseries.com.au/season/202223/points>

## POST SSS

**Balmain Walk – 5 April.** Zoe Melling (UR) set the courses for the SSS pride event at Balmain on March 1st. The course highlighted the history of Balmain and its involvement with the LGBT+ community. On March 1st we missed the history and spectacular views of the harbour, Barrangaroo and the city skyline so on April 5th we returned for a slower journey around the course with Zoe Melling as our guide. Four WHO members attended the walk around.





## ROGAINE NEWS

### Next Event

**PADDY PALLIN 6hr at Currumbene State Forest (south of Nowra) Sunday 18 June. Entries close 12 June**  
<https://nswrogaining.org/2023-paddy-pallin-6hr/>

**Rogaining Event Calendar for 2023 is at**  
<https://nswrogaining.org/coming-events/>

27 May to 12 June 2023	Virtualgaine	ACTRA - Canberra
Sunday 18 June 2023	6hr Paddy Pallin	Currumbene SF, Nowra
Saturday 24 June 2023	4hr Paddlegaine	Lower Shoalhaven River
Sunday 2 July 2023	4 hr Winter	ACTRA - TBA
Saturday 15 July 2023	27/12 hr Navshield	SES/BSAR - TBA
Sunday 6 August 2023	6 hr Metrogaine	ACTRA - Canberra
Saturday 26 August 2023	12/6 hr Lake Macquarie	Watagans
Saturday 2 September 2023	Night/Day/Cycle	ACTRA - NSW South Coast
Saturday 30 September 2023	Australian Championships	Goobang NP, Parkes
Saturday 28 October 2023	12/6 hr Spring	ACTRA - TBA
Sunday 29 October 2023	Surprise Rogaine	Newcastle Region
Sunday 19 November 2023	Socialgaine	Sydney Harbour

## IF YOU HAVE GOT THIS FAR

### **The 12 Laws of Orienteering**

#### **1. Law of the Wrong Route Choice**

If you change route choice the one you were following will always be faster than the one you took.

#### **2. Law of Dropped Items**

If you drop your SI stick or compass it will be found at the last place you look.

#### **3. Law of the Cold Start**

On a cold day after you are called to the start box you will have a desperate need to pee.

#### **4. Law of Visibility**

The probability of being seen is directly proportional to the magnitude of the navigational error.

#### **5. Law of Control Numbers**

If you run directly to a control flag it will not have your control number.

#### **6. Law of Close Encounters**

The probability of meeting someone you know increases exponentially when you go the wrong way.

#### **7. Law of Explanations**

When you try to explain to someone where you went, the best route will become obvious.

#### **8. Law of the Best Approach**

The control is always on the other side of the feature.

#### **9. Law of Start Times**

At any event, the person who you most want to beat has the start time immediately after yours.

#### **10. Law of Physical Appearance**

Orienteering skills and fashion sense are opposite characteristics. You can't have both.

#### **11. Law of good O shoes**

As soon as you find a shoe that works well for orienteering, they stop making it.

#### **12. The One and Only True O Law**

The discussion of where you went wrong and why takes at least twice as long as your finish time.

### Tombstone Humour

On an old tombstone was the following quote, *"Pause stranger, when you pass me by, as you are now, so once was I. As I am now, so you will be. So, prepare for death and follow me."*

Below that epitaph someone scratched the following, *"To follow you I'm not content, Until I know which way you went."*

Thanks to David Hess 7-3-2013, Genealogy Bank