



“WHO runs the country”

President :- Robert Bradley Ph 0418 296 008
Email rrobb@yaho.com.au

Secretary :- Maureen Fitzpatrick Ph 0455 578 755
Email mozzafitz@yahoo.com

Newsletter Editor:- Ian Miller Ph 0429 937 153
Email millerian33@gmail.com

December 2020 Newsletter

TO ALL WHO MEMBERS AND FRIENDS - BEST WISHES FOR A MERRY CHRISTMAS AND A HAPPY NEW YEAR !



From The President

The AGM was held after the WHO cup with 23 in attendance to allow for the room limit of 24. Thank you to all who attended and those who stayed outside to allow us to meet the room limit. It was quicker than usual and we were spread out to make it COVID safe. Hopefully we will be able to have lunch together and take our time next year.

The awards presented at the AGM were:
Club Championship - Selwyn Sweeney
WHO Cup Male - James McQuillan
WHO Cup Female - Belinda Keneally
Chris Crane WHO Cup Handicap - Barry Hanlon

**LATE NEWS - December 23rd
SSS at Georges Heights,
Mosman postponed until
January. New date to be advised**

The major award presented was the **The Hank Van Oost Award**. It acknowledges a person's all-round contribution to the Club. It was presented to Ian Miller. Ian's contribution included: setting and directing events; attending meetings; putting together the newsletter; providing wise advice to me as a new Club President. The Award also acknowledged Ian's work as Club President in the years preceding this year's award.

WHO is lucky to have many people to choose from when making this award. Thank you to everybody who helps to make the club work and our events a success.

The main item of business at the AGM was the election of Office holders and other positions. Thanks to everybody for putting your trust in me to be the President again.

I also need to thank the all our other office holders for the work they did last year and for agreeing to continue in their current positions in 2021.

Vice President: James McQuillan
Secretary & Public Officer: Maureen Fitzpatrick
Treasurer: Karen Langan
Mapping Officer: Janet Morris
Equipment Officer: Steve Dunlop
Club Captain: Josh Braidwood
E-News Editor: Ian Miller
Statistician: Barry Pearce
Webmaster: Barry Hanlon
IT / Tech Support: Tim Perry / Dmitry Stukov

As I write this COVID cases have become problematic again. Please remember, that at all events, we need to: practice social distancing; do hand hygiene before and after you run; and, arrive, run and leave. It's a fine line between no cases and cases out of control. Please continue to take care.

Rob
 -----//-----

COVID-19

Check Health NSW and the ONSW web page and e-bulletins for up-to-date information.

December events in the Sydney area have been postponed.

ONSW processes are in action at all events. To maintain social distancing there are changes to the way we register for events and activities at the start, finish and assembly areas. Further information for participants and organisers can be found at <https://www.onsw.asn.au/covid-19-updates>

As we are seeing with the Northern Beaches issues, COVID-19 remains a challenge.

Please take care and stay safe.

The WHO event program is:

DATE	EVENT	LOCATION
Wed 30 Dec	SSS	Don Moore Reserve, Tiernan Ave, North Rocks
Sun 10 Jan	WSOS	Rouse Hill Regional Park
Sun 24 Jan	WSOS	Tregear
Sun 31 Jan	WSOS	Heritage Park, Castle Hill
Wed 10 Feb	SSS	Barton Park, North Parramatta

WHO'S NEXT EVENT is the Sydney Summer Series at Don Moore Reserve, Tiernan Avenue, North Rocks on 30th December

Your assistance is requested. Please contact Martin Mansfield mmansfield56@hotmail.com 0422 751 184 with your availability and times as he is creating a roster of tasks for the day.

Josh Braidwood has planned the courses, the maps are being printed and the IT team are setting up the system.

We need at least 5 people on registration and to help newcomers understand orienteering. Two shifts 3:45pm to 5:15pm and 5:15pm to 6:45pm are planned to allow runs for everyone. If you're able to stay around to help with collecting the control points and packing up at 7.30, that would be greatly appreciated.

We are expecting around 190 to attend so your assistance will be greatly appreciated.

CLUB NEWS

The WHO Facebook page is up to date with club news at <https://www.facebook.com/Western-Hills-Orienteers-363738563689907/>

and our superb web site has it all at <http://who.orienteering.asn.au/>

Western Sydney Orienteering Series – January events.

Your assistance is requested at the January WSOS events. For January 10th please contact Ian Miller 0429 937 153 if you can help. Aurelie Valais is planning the courses and we have been contacted by a number of people aiming to try orienteering for the first time.

If you can help on January 24th, the contact is Maureen Fitzpatrick 0455 578 755. Dan Smith is planning the courses.

Helpers for January 31st please contact Janet Morris 0439 919 569. Karen Langan is planning the courses.

Members

New members – Welcome to Zaeem Arshad, Ajay and Tova Gallagher, Emma Inglis and Sue Moore. We look forward to meeting you at the upcoming WHO events.

New members receive a blue WHO shirt so please make yourself known to Ian Miller.

Recovering – Good to see Janet Morris and Marion Gledhill at SSS events and look forward to seeing Ted Mulherin soon.

A reminder to renew your ONSW membership. There is a saving to be made on entry fees. If you delay renewing you will be charged the casual rate for events. Avoid the surcharge by renewing before you enter your 2021 events.



WHO Cup - A highpoint of the club year is the WHO Cup held at the first Western Summer Series at Castle Hill Showground on Sunday Dec 6th. This year the courses started in the Showgrounds and entered Fred Caterson Reserve via the Showground Road underpass. The courses were a mix of bush and tracks and took participants to areas of the Reserve not previously used. The bush has recovered from the drought and visibility was reduced making courses challenging. The courses were set by Ian Miller and the event controller was Robert Bradley.

The WHO Cup is open to all members of Western and Hills Orienteers and there are three cups on offer. Fastest female and male and the highly sought after Chris Crane Handicap Cup.

The winners for 2020 are listed in the President's section on Page 1 while photos and full results are on Page 7.

WHO Club Champion – You may be wondering how you become the Club Champion. Points are allocated for your performances during the year and the winner is the person who accumulates the most points. The 2020 winner is **Selwyn Sweeney**. Barry Pearce keeps an eagle eye out for WHO members' results and his searches and meticulous counting are much appreciated. The 2020 club championship results are later in this newsletter. Counting has started for 2021.

WHO Club Meetings

Club meetings are currently held using Zoom. We discuss future WHO events, map making and equipment purchases. It is all very informal and you are welcome to join in. You don't even need to leave home! Watch out for Maureen's meeting invitations for details. The next club meeting is in early February.

ONSW Events

DATE	EVENT	LOCATION
Wed 23 Dec	SSS	Georges Heights POSTPONED TO 2021
Dec 27-31	Xmas 5 Days	Southern Highlands
Wed 30 Dec	SSS	Don Moore Res, North Rocks
Wed 6 Jan	SSS	Killara
Sat 9 Jan	SHOO Sats	Spring Farm
Wed 13 Jan	SSS	Haberfield

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

SOS

Thank you to our partner organisation SOS for a successful year of events. They finished the year in style. Ian Jessup's report on the ONSW web site is paraphrased here.

Bold Horizons took adventure racing another step further with a superb event at **Raging Waters** on Saturday morning.

Orienteers were granted special access to the Western Sydney theme park (formerly known as Wet n Wild and before that Australia's Wonderland), with a very early start window of 7.30-8.30am and everyone out by 9.30am.

Courses ranged from 1-4km, the highlights of which were the occasional forays into the water features (marked with a blue asterisk).

One of these was a huge bucket that tipped its bucket when full.

Lyn Malmgron's awesome [map](#) contained far more intricacy than was first apparent, using the many cabanas and shade shelters to great

effect and the garden beds to create puzzling route choices.

You can see **Tony Hill's** great photos of the event on Facebook [here](#).

Thanks to Bold Horizons, Raging Waters, the 80+ participants and especially **Barbara Hill** who conceived and designed the event. This was so much fun.





and proceed through to payment.
<https://eventor.orienteering.asn.au/Events>

Entries are open for: The NSW Middle and Long Distance Championships on April 18/19 at Eugowra

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

New SI Stick? If you get a new SI stick as a present this Christmas, please update your number on Eventor.

SSS Update

WHO is performing well as the SSS approaches the mid-point for Season 30. Will Kay is 2nd and Selwyn Sweeney 4th in Junior Men and Justine is 5th in Junior Women. In the adult classes, Vanessa Cullen leads the Walking Women. Graeme Hill, Malcolm Gledhill lead the Legends and Immortals Men classes and James McQuillan leads the Masters Men. WHO SSS results later on Page 9.

Season 30 is proving memorable as the SSS numbers are up significantly against last year with each of the first eleven events recording 200 or more main course participants. The 23rd January event has been postponed until January due to the outbreak of Covid-19 on the northern beaches.

DID YOU KNOW?

Our 30th December event is on the map at North Rocks. Why is it called North Rocks?

North Rocks derives its name from the large sandstone formations that previously dominated its landscape. The area was originally known as Jerusalem or Jerusalem Rocks, as the historical city of Jerusalem is situated on rocky slopes. In the early 1800's, North Rocks was considered one of the most

WHO'S WHO

Profiles of WHO orienteers.

The full profiles are on the club Facebook page. Check them out.

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

The excellent quality is a demonstration of Nerise McQuillan's skills. Below we feature the Sweeney family (see pages 12 and 13).

THANK YOU

To the newsletter contributors – **Robert Bradley, Nerise + James McQuillan, Barry Hanlon, Barry Pearce, Ian Jessup and Tony Hill** for items in this newsletter.

REMINDERS

Remember to renew your membership. When logged into Eventor, choose 'My Pages' then 'My Memberships', then from the bottom right hand corner of the 2019 box, click 'Renew'

loved spots to visit for walks and picnics, due to its beautiful landscape.

On the corner of Bettington Road and Pennant Hills Road there is a large rock, which is a North Rocks rock. It came from a nearby creek.

The North Rocks landscape consisted early in its history not only of large sandstone formations and lush forests, but also of rugged bushlands and caves. These provided the perfect environment for the bushrangers of the time to hide. The most famous local bushrangers were John Donohoe – also known as “Bold Jack Donohoe” and the Wild Colonial Boy – alongside John McNamara and William Underwood. These men struck fear into the local population and gained notoriety in the years between 1826-1830. The caves in the area also became a place where many illicit stills were built, making alcoholic cider from the locally grown fruit.

As a result of the large amount of sandstone in the area, many sandstone quarries were quickly established in the area. It was from these quarries that the sandstone was sourced to build the Parramatta Gaol in 1844, and Parramatta Dam at Lake Parramatta in 1855-1856. North Rocks rocks are a pinky/red hued stone as a result of the minerals in the area.]

Data from

<https://historyandheritage.cityofparramatta.nsw.gov.au/blog/2016/10/20/north-rocks-new-south-wales>

ONSW Meetings and Workshops

ONSW will be putting on a **Purple Pen** course setting workshop before Xmas.

* **Tue Dec 22** - by Zoom, 6.30-9.30pm.

Please [email Jim Mackay](#) to register.

WHO CLUB CHAMPION 2020

Selwyn Sweeney



HANK VAN OOST TROPHY 2020

Ian Miller



WHO CUP WINNERS
Belinda Kinneally



James McQuillan



Barry Hanlon



WHO Cup - Dec 6, 2020
The Showground Castle Hill

LONG (6.0kms)

James McQuillan (Winner)	37:19
Selwyn Sweeney	42:43
Vivien de Remy de Courcelles	43:01
Dan Smith	44:51
Lee Coady	45:08
Belinda Kinneally (Winner)	48:49
Tim Perry	56:22
Anthony Saunders	56:50
Joshua Braidwood	58:45
Niamh Cassar	58:52
David Noble	59:40
Paul Sweeney	59:44
Karen Langan	1:04:01
Emmanuelle Convert	1:04:44
Dmitry Stukov	1:12:49
Saffron Sweeney	1:34:43

MEDIUM (4.0kms)

Seth Sweeney	48:35
Martin Mansfield	58:24
Barry Hanlon (Winner)	1:03:16
Savanna Sweeney	1:12:27
Lachlan Coady	1:16:40
Malcolm Gledhill	1:18:43
Andrew Vesey-Wells	1:21:13
Hamilton Kinneally	1:34:38
Ajay Gallagher	1:35:16
George Kinneally	1:35:25
Tova Gallagher	1:35:29
Emma Inglis and Sue Moore	1:40:15
Justine de Remy de Courcelles	1:41:43
Janet Morris	1:43:09
Jacinta Braidwood	1:43:22
Barry Pearce	1:45:52

SHORT (1.5kms)

Aiden McQuillan	15:54
Shay Sweeney	20:02
Levi Coady	38:23

SCORE (45mins)

Vanessa Cullen	70	44:50
----------------	----	-------

ORIENTEERING SAYINGS

Orienteering – Running at the speed of thought

Orienteering – No one sits on the bench.

Orienteering – the sport that fashion forgot.

Education is important but orienteering is importanter

I was crazy long before I started orienteering

Not sure if the map is wrong or I am lost

Dont think of them as hills. Think of them as mounds of opportunity.

Of all the paths you take in life make sure some of them are dirt.

Orienteering – you can go your own way

ORIENTEERING WEIRD STUFF

There is a song called “Orienteering” by the band Chumbawumba. The LP was called “101 Songs about Sport” and recorded under the name “Sportchestra”.

Compass, whistle, cagoul and map.
Count your steps along the track
To checkpoint one Checkpoint two
Checkpoint three and back

Compass bearing sou-sou-west
Choose the route you think is best
Judging distance, pace and line
Head and feet to cut the time

To checkpoint one Checkpoint two
Checkpoint three and back
Checkpoint one Checkpoint two
Checkpoint three and back.

2020 - GOODBYE AND GOOD RIDDANCE !

Pay the count down to the New Year extra attention this year. Not so much to welcome the new year in more to make sure 2020 departs !

The Official flag of 2020



SSS Point Score – WHO Results

Current places are determined by the number of events completed and as only the best 12 scores count adjustments will occur before season end. The results after 11 SSS events (maximum 1100 points) are:

Junior Women

Justine de Remy de Courcelles – 5th with 366 points

Savanna Sweeney 16th with 43 points

Masters Women

Emmanuelle Convert 5th with 687 points

Sylvia Teoh 7th with 518 points

Belinda Kinneally 17th with 85 points

Veteran Women

Deb Walsham 6th with 577 points

Saffron Sweeney 7th with 570 points

Karen Langan 13th with 362 points

Yvonne Fillery 22nd with 86 points

Legends Women

Robyn Dunlop 9th with 206 points

Immortal Women

Janet Morris 4th with 277 points

Walking Women

Vanessa Cullen 1st with 973 points

Marion Gledhill 8th with 104 points

Junior Men

Will Kay 2nd with 831 points

Selwyn Sweeney 4th with 669 points

Open Men

Aaron Hill 13th with 115 points

Masters Men

James McQuillan 1st with 990 points

Vivien de Remy de Courcelles 8th with 871

Dan Smith 11th with 760 points

Lee Coady 30th with 115 points

Veteran Men

John Murray 15th with 765 points

Shane Henry 42nd with 331 points

Dmitry Stukov 43rd with 274 points

Paul Sweeney 35th with 435 points

Gary Farebrother 40th with 360 points

Super Veteran Men

David Noble 13th with 740 points

Tim Perry 39th with 42 points

Legends Men

Graeme Hill 1st with 1087 points

Steve Dunlop 4th with 907 points

Martin Mansfield 8th with 806 points

Ian Miller 14th with 629 points

Immortals Men

Malcolm Gledhill 1st with 989 points

Ted Mulherin 12th with 156 points

Barry Hanlon 14th with 50 points

(Ed. Apologies if I have missed anyone.)

The full results and point score list is at <http://www.sydneysummerseries.com.au/results.htm>

2021

Key dates for your diary are:

March 6/7 – O’Shea (Central Coast)

March 20/21 – SL1 and 2 SH/BF

March 28 – Metro 1

March 31 – SSS Final at Chatswood

April 2/3/4/5 – Easter at Gumble NSW

April 10/11 – SL3 and 4 at Eugowra

April 18 – Metro 2

May 15/16 – SL 5 and 6 at Broulee NSW

May 23 – Metro 3

June 6 – NOSH

June 12/13/14 - QBIII at Newcastle

June 20 - Metro 4 at Excelsior (WHO event)

July 4 – Turkey Trot (WHO event)

DID YOU KNOW?

WHO TRAGICS — In the twelve months to September 31st, Janet Morris competed in 49 events. Ian Miller was a distant second with 30.

WHO Achievers for Covid Year 2020

21 March, NSW Sprint Championships

Shay Sweeney 2nd M10A
Will Kay 4th M14A
Savanna Sweeney 4th W14A
Seth Sweeney 2nd M16A
Martine Valais 4th W16A
Selwyn Sweeney 3rd M18A
Aurelie Valais 2nd W18A
Niamh Cassar 3rd W18A
James McQuillan 1st M35A
Josh Braidwood 5th M45A
Paul Sweeney 2nd M45AS
Saffron Sweeney 2nd W45AS
Ted Mullherin 2nd M75A
Janet Morris 1st W80A
Barry Hanlon 1st M85A

3 October, NSW DUO, Appin

Dmitry Stukov 2nd

Sydney Summer Series 2019/20

Point score achievers for SSS Cup

Will Kay 4th JM
James McQuillan 1st MM
Graeme Hill 2nd LM
Malcolm Gledhill 1st IM
Ted Mulherin 3rd IM
Janet Morris 2nd IM
Ian Miller 5th WM
Emmanuelle Convert 1st WW

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. Adrienne Kirby is the ONSW Members Protection Officer. She can be contacted via email on mpio2@onsw.asn.au

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** 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.

WHO History

Did you find this plaque as you ran in the WHO Cup? Eight were originally placed around Fred Caterson Reserve in the 1990s as a permanent course. This marker was found by Robert and Ian while checking sites for the WHO Cup. The map has been lost so the whereabouts of the other 7 markers is unknown. Please keep an eye out when running in Fred Caterson Reserve.



WHO CHAMPIONSHIP POINT SCORE

compiled by Barry Pearce.

	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>
1	Sweeney Selwyn	28	5765
2	Sweeney Saffron	29	5670
3	Noble David	25	5628
4	Hanlon Barry	26	5270
5	Dunlop Stephen	27	5220
6	Mansfield Martin	25	5166
7	Mulherin Ted	29	5020
8	McQuillan James	27	5016
9	Murray John	23	4896
10	Saunders Anthony de Remy de Courcelles	18	4743
11	Justine	22	4680
12	Coady Lee	21	4658
13	Morris Janet	49	4528
14	Miller Ian	30	4455
15	Saunders Matilda	14	4380
16	Sweeney Savanna de Remy de Courcelles	25	4327
17	Vivien	26	4279
18	Sweeney Paul	21	4199
19	Hill Graeme	21	3570
20	Gledhill Malcolm	24	3476
21	Coady Lachlan	13	3072
22	Convert Emmanuelle	26	3040
23	Perry Tim	14	2960
24	Cassar Niamh	25	2745
25	Kay Will	22	2670
26	Valais Constance	17	2660
27	Valais Aurelle	14	2470
28	Sweeney Shay	17	2247
29	Teoh Silvia	15	2160
30	Stukov Dimitry	13	2060
31	Langan Karen	20	2040
32	Smith Dan	10	1840
33	Valais Martine	11	1720
34	Farebrother Gary	6	1700
35	Braidwood Joshua	7	1692
36	Springer Joel	5	1680
37	Gledhill Marion	22	1680
38	Chan Linda	6	1380
39	Vesey-Wells Andrew	7	1280
40	Kinneally Belinda	6	1242
41	Dabbs Lynn	5	1200

	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>
42	Chan Stephanie	2	1160
43	Pearce Barry	10	1133
44	Sweeney Seth	8	1120
45	Valais Sylvie	2	1085
46	Cassar Taine	4	1000
47	Holloway Stephen	5	952
48	Dunlop Robyn	8	827
49	Saunders Scarlett	9	820
50	Hill Andrew	5	810
51	Parker Amanda	5	792
52	Jones Mark	4	700
53	Harmer Amy	2	676
54	Hackett Matt	1	588
55	Kinneally Hamilton	5	500
56	McQuillan Elliott	5	500
57	McQuillan Aiden	5	480
58	Williams Kevin	5	468
59	Larsson Anette	3	460
60	Coady Levi	13	460
61	Seeho Jay	1	400
62	Kinneally George	4	400
63	Smail Andrew	1	380
64	Fitzpatrick Maureen	3	375
65	Smail Jackson	1	360
66	Hill Zachary	3	320
67	Langan James	1	288
68	Seeho Janice	1	280
69	Jones Marcus	2	280
70	Dunlop James	1	240
71	Hora Reinaldo	3	225
72	Vaughan Kathryn	1	200
73	Coady Louisa	4	200
74	Stankova Maria	3	150
75	Jones Ellysa	1	120
76	McQuillan Nerise	1	96
77	Fillery Yvonne	2	90
78	Braidwood Jacinta	1	80
79	Di Bari Annabelle	1	80
80	Merryn Springer	1	80
81	Hill Archie	1	40
82	Springer Gill	1	20

WHO'S WHO – The Sweeney's

HOW AND WHEN DID YOU GET INTO ORIENTEERING??



Saffron's work manager had orienteered for years and had mentioned it to her and suggested we try our first one when there was an event at Cumberland State Forest (basically next door to us) in May 2017.

We enjoyed the orienteering at the Cumberland State Forest so much we joined there and then!

WHAT DO YOU LIKE ABOUT ORIENTEERING??

It is something we can all do and at the same time and with four children and a fairly large age gap it works really well as well as parents not just sitting around and watching. It's great exercise, you use your brain and its out in the fresh air. We also love that there is differing terrains and course styles and you get to see more of our beautiful country.



4 of the Sweeney family; Seth, Paul, Saffron, Selwyn.

WHAT IS THE FURTHEST FROM HOME THAT YOU HAVE BEEN ORIENTEERING??

We went to the Oceania carnival last year which started in Wagga Wagga but then went over the border to Beechworth in Victoria. It was pretty exciting as Selwyn was in the NSW School's team. Savanna and Shay participated in the junior invitational tour. The courses were challenging and there was a variety of terrain.

PREFERRED TERRAIN? URBAN (SSS) OR BUSH? WHAT TYPE OF BUSH?

Paul – prefer bush with some open running; Saffron – bush; Selwyn – Sydney sandstone; Seth – urban; Savanna – urban bushland; Shay – urban



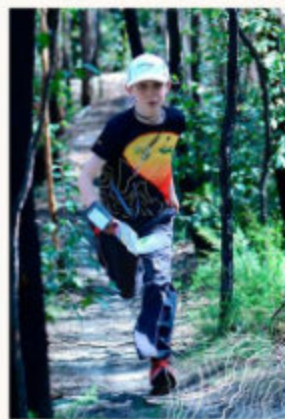
Savanna Sweeney

WHICH CLASS/ES DO YOU CURRENTLY COMPETE IN?

At the moment Paul competes in 45 men's short, Saffron in 45 women's short, Selwyn is in men's 16s, Seth is in men's 16s, Savanna is in women's 12s but she had been running 14s to get some Moderate practice and Shay has been running men's 10s without a shadow this year.

FAVOURITE MAP IN AUSTRALIA??

Paul – Careys Cave, Wee Jasper;
Saffron – Roseberg State Forest



Shay Sweeney

DO YOU HAVE A FAVOURITE MEMORY??

Paul – competing in the same class as friends and doing well, like at Oceania last year; Saffron – finishing without making major mistakes and especially after not performing well in a prior event so that my confidence came back; Selwyn – representing NSW in Schools Championships last year; Seth – beating James on the sprint to the finish; Savanna – first orienteering camp in Coffs Harbour July 2017; Shay – recent 505 event at the Ponds High School as there was a tape maze



Seth Sweeney

WHAT WILDLIFE HAVE YOU SPOTTED WHILST ORIENTEERING?

Plenty of kangaroos, wallabies, wombats, birds of various kinds, rabbits, some deer and the occasional snake.

WHAT DO YOU DO FOR A JOB? OR WHAT YEAR ARE YOU IN AND AT WHICH SCHOOL??

Paul - Chartered Accountant; Saffron - Actuary ; Selwyn - Year 12, Seth - Year 10, Savanna - Year 7 at William Clarke College; Shay - Year 3 West Pennant Hills Public School.



Selwyn Sweeney

MOST MEMORABLE MISTAKE?

Paul - entering a level I wasn't ready for and taking 4 hours to not finish a course; Saffron - competing in a long and was out for 4 hours on a high temperature day getting off map and having to hitchhike (twice as the first one took me in the wrong direction as their GPS wasn't working out there);

HAVE YOU HELPED ORGANISE OR SET AN EVENT?

Selwyn set a Summer Series at Bellbird Creek West Pennant Hills and set a SOS at North Rocks Public School. Also works for Bold Horizons at SOS events (mostly Hills).



Saffron Sweeney

DO YOU HAVE A PREFERRED FORMAT? SPRINT? MIDDLE? LONG?

Paul - middle, as no overly long lengths but enough time to make corrections; Saffron - middle as lengths not as long between controls ; Selwyn - middle as it is typically in the bush and more about navigation; Seth - sprints because I don't like the bush; Savanna - middle as I prefer distance running; Shay - sprint.

DO YOU HAVE ANY ADVICE FOR OTHER ORIENTEERS?

For people starting, make sure you learn the basics before going bush (or maybe start at the easy end). Ask lots of questions if you're not sure as there is assumed knowledge to what everything means. Keep contact with the map and only run as fast as you can navigate.



Paul Sweeney

up