



# “WHO runs the country”

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## February 2021

**HAPPY NEW YEAR! HAPPY LUNAR NEW YEAR AND WELCOME TO THE YEAR OF THE OX!**



### FIRST NEWSLETTER FOR 2021.

From The President

A big thank you to Janet for putting together the WSOS. We got good numbers of runners and lots of nice feedback. Thanks also to the setters, organisers, vettors and IT for recent events.

We are always looking for new members to take on roles. We can match you with somebody who can coach you though the process. Talk to me or one of the Club executive, if you are interested in taking on a role. We had many helpers at recent events but it's good when we can share the workload more. If you haven't helped recently, there lots to do: set up; IT help; EOD; start;

control collection; and pack up. if you haven't helped out recently please contact the event organiser to volunteer.

Things are quiet on the COVID front recently but this doesn't mean we can relax our COVID safety standards at events. Please remember to follow the COVID rules at all events.

Rob

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### WHO event program for Feb/Mar:

DATE	EVENT	LOCATION
Wed 10 Feb	SSS	Barton Park, North Parramatta
Mon 15 Feb	SSS	Don Moore Reserve, Tiernan Ave, North Rocks
Sun 28 Feb	Sprint #2	Ted Horwood Reserve, Baulkham Hills
Wed 17 Mar	SSS	Auburn

**WHO'S NEXT TWO EVENTS are the Sydney Summer Series at Barton Park, North Parramatta on Wednesday 10th Feb and on Monday 15th Feb the re-play at Don Moore Reserve, Tiernan Avenue, North Rocks.**

Your assistance is requested. Please contact James McQuillan [jamcquillan@gmail.com](mailto:jamcquillan@gmail.com) 0402 032 419 for Barton Park and Martin Mansfield [mmansfield56@hotmail.com](mailto:mmansfield56@hotmail.com) 0422 751 184 for North Rocks. Both are creating rosters of tasks for the day and would appreciate your help. The course planners are Malcolm Gledhill for North Parramatta and Josh Braidwood for North Rocks.

## BUT WAIT ! THERE'S MORE

**WHO has two more summer events. A sprint at Ted Horwood Reserve on the evening of Sunday 28<sup>th</sup> February and our final Sydney Summer Series at Auburn on Wednesday 17<sup>th</sup> March. The organisers are Robert Bradley and Karen Langan and they will be looking for offers of assistance.**

The course planners are Constance Valais for the sprint at Ted Horwood Reserve and Vivien de Remy de Courcelles for the SSS at Auburn.

James McQuillan has tweaked the WHO registration system and processes to be the best in NSW. We need 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 between 170 and 200 at each event.

## Members Info

**New members** – Welcome to

**Eloise, Heidi and Timothy Doyle, Scott Henderson, Charissa Patacsil, Eunice Walsham** and of course our youngest member **Finn McQuillan** born last month. We look forward to meeting you at the upcoming WHO events.

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

Good to see **Ted Mulherin** back at events and continuing his recovery.

## STAY UP-TO-DATE WITH CLUB NEWS

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

## WHO'S WEB PAGE HAS MOVED

<https://whorienteers.net/> is our new url.

We changed service providers and needed a new url. Please update your records. For a limited time the old address provides a re-direct.

## 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 Malcom and Marion Gledhill (see page 9).

## 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. You just missed the February 8th meeting. The next club meeting is in early March.

## CLUB CHAMPIONSHIP POINT SCORE

WHO Championship Point Score is underway. Your individual scores are on page 10 of this newsletter.

The numbers are calculated from your performance at events. The harder the competition the more points you score. The quickest way to score points is to enter the State League, Easter 3 Days and the Australian Championships and run well.

**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.

## THANK YOU

To the newsletter contributors – **Robert Bradley, Nerise McQuillan, Janet Morris, Barry Hanlon and Barry Pearce** for items in this newsletter.

# The **BIG** time comes to NSW

## Have you entered? This will be the biggest orienteering event of 2021.

Did you know that the NSW Championships – Sprint, Middle and Long are just a few weeks away? Add in the Australian 3 Days and you could complete in 10 top level events by mid-April.

This is a great opportunity to be part of a major event without travelling interstate. You don't have to enter all the events - come for one, two or three days or just the family relay. Experience the buzz having 400 plus orienteers at an event. There will be a good representation of WHO members to hang out with. Don't worry about over-extending your capabilities. It is harder to navigate in the bush but you will learn heaps and improve each time you run.

We are in full summer BUT the entries are open now. First up is a weekend of State League events on March 20/21 south of Sydney.

**Saturday March 20 – SL1 NSW Sprint Championships** at Western Sydney Uni MacArthur Campus at Campbelltown.

**Sunday March 21 – SL2 Long Distance** at Wattle Ridge

These important events are also opportunities to refresh your sprint and bush skills before the major events over Easter and the following weekend.

The Australian Easter 3 Days is a national level carnival. NSW is hosting the carnival and already there are a large number of interstate entries. There has been no national level orienteering for the last 12 months so the best of the best will be in NSW in April. Your chance to match yourself against the best and achieve a national ranking or maybe a world ranking.

Full details can be found at <https://onsw.asn.au/easter2021/>

The Easter weekend Carnival is followed by mid-week events in Orange and Ophir before the NSW Middle Distance and Long Distance Championships at Eugowra the next weekend.

**Entries close** at midnight on March 7<sup>th</sup> with late entries closing on March 10<sup>th</sup>. At last check there were 20 WHO members entered and 436 in total.

The full program is:

**Friday April 2 – Australian 3 Days Prologue**

**Race:** Elite Sprint (World Ranking Event), Family Sprint Relay and Public Sprint

**Location:** Charles Sturt University, Orange

**Saturday April 3 – Day 1 of Australian 3 Days**

**Race:** Australian 3 Day Championships - Middle Distance

**Location:** Noahs Ark Ridge, SW of Molong NSW

**Sunday April 4 – Day 2 of Australian 3 Days**

**Race:** Australian 3 Day Championships – Long Distance (World Ranking Event)

**Location:** Gumble Pinnacles, SW of Molong NSW

**Monday April 5 – Day 3 of Australian 3 Days**

**Race:** Day 3 of Australian 3 Day Championships - Long Distance

**Location:** Gumble Pinnacles, SW of Molong NSW

**Wednesday April 7 – Sprint and Ultra-Sprint**

**Race:** Mid-week Sprint/Ultra Sprint

**Location:** Elephant Park, Orange NSW

**Thursday April 8 – Middle Distance** **Race:** Mid-week Middle Distance

**Location:** Ophir Reserve, 27km NE of Orange.

**Saturday April 10 – NSW Middle Distance Chs**

**Race:** NSW Middle Distance Championships

**Location:** Eugowra, NSW

**Sunday April 11 – NSW Long Distance Chs**

**Race:** NSW Long Distance Championships

**Location:** Eugowra, NSW

## MAPPING

### New resource for WHO

About a year ago Barry Hanlon was working with an ONSW group led by Andrew Lumsden to update the ONSW website mapping resource pages.

Barry developed resource pages on the WHO website to replace the old pages on the ONSW website. He has made the pages available to WHO members who are interested in mapping. There is a link for members in the Club Maps section on the More About Us Page.

The link is:

<https://whorienteers.net/A-Resource-for-Mappers>

### Intrepid WHO mapping pair win ONSW award

Congratulations to **Janet Morris** and **Barry Hanlon** who won an ONSW award for their contribution to mapping.

We know that they are involved in every WHO map exercise, be it creating new or updating existing maps. This award recognizes their contribution outside WHO.

Janet and Barry often take trips around NSW searching far and wide for suitable bush maps for State League and visit areas in the greater Sydney region seeking interesting urban maps. Both Janet and Barry enjoy mapping fieldwork. Between them since 2016 Janet and Barry have completed 21 school maps, while Barry developed 23 base maps in 2019-2020. These provide the field worker with an excellent basis for the next stage of mapping. The award they received is known as the "Encouragement Award". We have seen the quality of the maps they produced prior to the award and look forward to seeing the new maps now they have been "encouraged".

Well done Janet and Barry!

The full citation can be found at

<https://onsw.asn.au/1579-who-couple-take-out-onsw-encouragement-award>



## ONSW Meetings and Workshops

ONSW will hold a **Purple Pen** course setting workshop on:

\* **Tue 16 Feb** - by Zoom, 6.30-9.30pm.

Please [email Jim Mackay](mailto:jim.mackay@onsw.asn.au) to register.

## ONSW Events

DATE	EVENT	LOCATION
Sat 13 Feb	SOS	Normanhurst
Sun 14 Feb	CC	Narara
Wed 17 Feb	SSS	Earlwood
Sat 20 Feb	SOS	North Rocks
Sun 21 Feb	Sprint #1	Baronia Park/Hunters Hill
Wed 24 Feb	SSS	Allambie Heights
Sat 27 Feb	SOS	Manly Vale
Sun 28 Feb	Sprint #2	Ted Horwood Res Baulkham Hills
Wed 3 Mar	SSS	Castle Cove
Sat 6 Mar	SOS ONSW CC	East Killara Womens Nav Training O'Shea
Sun 7 Mar	ONSW CC Sprint #3	Womens Nav Training O'Shea Georges Heights
Wed 10 Mar	SSS	Northbridge
Sat 13 Mar	SOS	Balgowlah
Sun 14 Mar	Sprint #4	Mort Bay
Wed 17 Mar	SSS	Auburn

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

### 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](mailto:mpio2@onsw.asn.au)

## COVID-19

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

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>

COVID-19 remains a challenge. Please take care and stay safe.

## REMINDERS

**Renew your membership.** If you delay renewing you will be charged the casual rate for events. Avoid the surcharge by renewing before you enter your 2021 events.

When logged into Eventor, choose 'My Pages' then 'My Memberships', then from the bottom right hand corner of the 2019 box, click 'Renew' and proceed through to payment. <https://eventor.orienteering.asn.au/Events>

**Entries are open for:** The Easter Australian 3 Days and the NSW Middle and Long Distance Championships. <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.

## SOS 2021

**The SOS Term 1 program starts this Saturday.** The first two events for Term 1 are in the north west. Normanhurst Boys High School on 13th February and Muirfield High School at North Rocks on 20th February. Muirfield is a new map.

## 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 leads the Legends and James McQuillan leads the Masters Men. Malcolm Gledhill is 2<sup>nd</sup> in the Immortals Men class. More WHO SSS results on Page 8.

Season 30 is proving memorable as the SSS numbers are up significantly and only the re-played Monday event recording less than 200 main course participants.

## INSPIRATION

Inspiration seems to have been react driven recently with service to fighting bush fires and fighting Covid. Inspiration also comes from those looking forward

Reading about Australia Day I was taken by the following comment.

**“Australia, as Noel Pearson has put it, has an ancient heritage, a British inheritance and a multicultural achievement.”**

If you haven't watched it, watch Amanda Gorman's presentation at President Biden's inauguration. This is a young lady to watch. Her piece was called "The Hill We Climb" and the words I noted were:

**“It's the past we step into and how we repair it”**

## THE BIG O QUESTIONS

Some orienteering questions are unsolved after many years of debate. Here are two for you to contemplate. Answers to the Editor as he needs to know for his next event.

1. If your next control is at the top of a big hill, is it better to run up the hill by the shortest steepest route or take the more gradual path to the top?
2. If you decide to mix walking and running on your course is it better to run in the shady parts and walk in the sun or is the reverse better?

## DID YOU KNOW?

**Ted Horwood.** Our 28<sup>th</sup> February sprint event is at Ted Horwood Reserve, Baulkham Hills but who was Ted Horwood and why is the reserve named after him?

Mr Edward Horwood was born in Baulkham Hills in 1906 and had a close association with Baulkham Hills Cricket Club from 1911 when his mother, Mrs Rachel Horwood, formed the Baulkham Hills Pleasures and Pastimes Club, until the time of his death on 11th September, 1971. He was a patron of the club for many years and the club's main playing fields are named after him (Ted Horwood Reserve).

Ted had a butcher shop on Old Northern Road for many years and played a major role in the development of the area during his time in local government. He was elected as Councillor to Baulkham Hills Shire in 1950 and continued as Councillor until his death in 1971, with the exception of a three-year period from 1959 to 1962, during which time he was Deputy President for a period of two years. He served on all Committees of Council and was a member of the North Western Transport and Town Planning Committee, a foundation member of Prospect County Council, member of Hawkesbury River County Council, a District Governor of the Lions Club and Patron of many Youth Groups.

Mr Horwood was widely respected in all circles of the community and exhibited a wonderful dignity which won him the affection and respect of all those with whom he came into contact.

The above was taken from the "Baulkham Hills Cricket Club 75th Anniversary - 1919-1994", published in 1994.]

## REPORT ON WESTERN SUMMER SERIES

### How Should the West Sydney Orienteering Series continue in 2012/22

As the WSOS for summer 2020/2021 has been completed it is a good time to review how the Series went and look forward to how it could continue next summer. It was initiated by ONSW so is traditionally not a WHO Series. Both WHO and Garingal ran WSOS events this summer, the location of events being in north and west Sydney on Sunday mornings.

**How important is the Series for WHO members?** Other clubs (Central Coast, SHOO, Uringa) run club series through the summer but only a few WHO members go to these events so the WSOS is important in providing local events for WHO members and to a lesser extent for Garingal. WHO takes most of the responsibility for this Series running four events in December and January. Comments on the future of the Series are welcomed from WHO members. Some questions follow. **Send comments to- janetmorris27@yahoo.com.au**

### How successful have events been this summer?

Date	Map	Total No	WHO No		GO No	Comments
6/12	Showground	59	38		9	Also WHO Cup
13/12	Caddies Ck	44	14		17	GO event
10/1	Rouse Hill Park	62	20		14	
17/1	Galston	81	17		30	GO event
24/1	Ropes Ck	50	22		9	
31/1	Heritage Park	73	29		14	

**Comments on numbers.** Numbers have been good enough to continue the Series. There is an indication of club loyalty as the WHO Cup was most attractive to WHO members. Galston was the only truly bush map and was the most popular event.

**What kind of map?** Currently –any map allowing an up to 4k course with no streets, therefore safe for children. The 6k course often involves streets. A possible change could be to use more bush maps for more traditional orienteering. Then maps such as Heritage Park, Upjohn Park Creeks and Ermington would be less likely to be used but Metro type maps would be more likely to be used.

**How important is distance from our club centre?** Currently usually close. If bush maps were used some would be further out – such as Knapsack Gully, Mulgoa, Cecil Hills. What is most important – using bush maps or maps that are closer or is it best to provide a variety of maps?

**What range of courses?** (Now maximums of 6k,4k,2k –also a score). The main purpose of the Series is to provide line courses, with no streets for the medium and short courses and minimum streets for the long. With bush maps there would be no street crossings on any course.

**Should results accumulate to give Series winners? Should a club picnic lunch after the event or morning tea during the event be encouraged? Any other ideas to promote more interaction between club members?**

### WHO possible maps- are all suitable?

Available Bush (also Metro)	Less urban–Not metro	Possible Future	Other more urban
Excelsior	Darling Mills	Cattai NP (if improved)	Heritage Park
WSRP	Eric Mobbs (part Excelsior)	Mulgoa (plus Fernhill?)	Upjohn Creeks
Wianamatta Ropes Crossing	Ted Horwood	Cecil Hills (when improved)	Balcombe Heights
Graveyard/Showground	Rouse Hill Regional	Wianamatta Jordan Springs (when amenities are ready)	Ermington
Knapsack Gully	Caddies Creek		Meadowbank
	Ropes Creek	Other new areas	Other SSS maps

**Note : We have more than enough maps so WSOS is an important opportunity to use them. Currently we have a limited number of events in the winter where these maps can be used.**

**Janet Morris– Series Coordinator 7th February 2021**

## 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 17 SSS events (maximum 1200 points) are:

### Junior Women

**Justine de Remy de Courcelles** – 5th with 477 points  
**Savanna Sweeney** 19th with 43 points

### Masters Women

**Emmanuelle Convert** 5th with 889 points  
**Sylvia Teoh** 8th with 518 points  
**Belinda Kinneally** 20th with 85 points

### Veteran Women

**Deb Walsham** 2nd with 1080 points  
**Saffron Sweeney** 9th with 678 points  
**Karen Langan** 13th with 601 points  
**Yvonne Fillery** 21st with 201 points

### Legends Women

**Robyn Dunlop** 9th with 280 points

### Immortal Women

**Janet Morris** 4th with 580 points  
**Marion Gledhill** 5th with 389 points  
**Eunice Walsham** 6th with 217 points

### Walking Women

**Vanessa Cullen** 1st with 1173 points  
**Marion Gledhill** 12th with 73 points

### Junior Men

**Will Kay** 2nd with 1005 points  
**Selwyn Sweeney** 7th with 669 points  
**Lachlan Coady** 33rd with 66 points

### Open Men

**Aaron Hill** 16th with 115 points

### Masters Men

**James McQuillan** 1st with 1196 points  
**Vivien de Remy de Courcelles** 7th with 1048  
**Dan Smith** 9th with 1002 points  
**Lee Coady** 35th with 115 points

### Veteran Men

**John Murray** 18th with 871 points  
**Gary Farebrother** 39th with 516 points  
**Paul Sweeney** 42nd with 509 points  
**Dmitry Stukov** 46th with 349 points  
**Shane Henry** 48th with 331 points  
**Scott Henderson** 66th with 93 points  
**Anthony Saunders** 77th with 65 points

### Super Veteran Men

**David Noble** 17th with 919 points  
**Tim Perry** 34th with 121 points

### Legends Men

**Graeme Hill** 1st with 1196 points  
**Steve Dunlop** 7th with 995 points  
**Martin Mansfield** 12th with 917 points  
**Ian Miller** 15th with 870 points

### Immortals Men

**Malcolm Gledhill** 2nd with 1124 points  
**Ted Mulherin** 12th with 301 points  
**Barry Hanlon** 15th 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 31** – SSS Final at Chatswood  
**April 2/3/4/5** – Easter at Orang/Molong/Gumble NSW  
**April 10/11** – SL3 and 4 at Eugowra  
**April 18** – Metro 1 (IKO)  
**May 2** – Metro 2 (UR)  
**May 15/16** – SL 3 and 4 at Broulee NSW  
**May 23** – Metro 3 (BN) **June 6** – NOSH  
**June 12/13/14** - QBIII at Newcastle  
**June 20** - Metro 4 at Excelsior (WHO event)  
**July 4** – Turkey Trot (WHO event)



# WHO'S WHO

## Profiles of WHO orienteers.

### Malcolm & Marion Gledhill



#### HOW AND WHEN DID YOU GET INTO ORIENTEERING??

**Malcolm** - I heard about the Summer Series from Graham Harrold and entered my 1st event in March 2003. According to the SSS statistics I have competed in about 100 of SSS events since.  
**Marion** - I entered SSS events occasionally from the 2011/2012 SSS season. I surprised both of us by becoming more interested and enthusiastic competing regularly in the SSS from early 2015.

#### WHAT DO YOU DO FOR A JOB?

**Malcolm** - a solicitor - part time three days  
**Marion** - a retired church minister - previously a social worker.



Malcolm Gledhill

#### WHICH CLASSES DO YOU CURRENTLY COMPETE IN?

We have always been in the older age classes in the SSS, for the last few years in the Intermediate (75 and older).

#### PREFERRED TERRAIN? URBAN (SSS) OR BUSH?

**Malcolm** - The Wednesday afternoon urban orienteering of the SSS is more convenient for us. We enjoy the different locations, the scenery - and also the bush areas but find we are not as nimble as our peers along bush tracks and do not navigate as well.



Malcolm Gledhill

#### WHAT WILDLIFE HAVE YOU SPOTTED?

**Malcolm** - Woodcock, snakes, lizards.  
**Marion** - Some form of wildlife spotted my ankle one evening at Summer Series, resulting in it developing into a very large boil on the shoe I reached emergency at our local hospital.

#### WHAT DO I LOVE ABOUT ORIENTEERING?

**Malcolm** - Discovering shortcuts and tracks that are slightly missed, the views from so many places like Christchurch Park, Vaucluse where you can look out over the ocean, being off the controls and the relief I feel if I finish in time. It's a great sport because of the way all ages and abilities can participate, and in the clubs (especially WHO of course) there are so many people willing to volunteer to assist in different ways.



Marion Gledhill

### Malcolm & Marion Gledhill

#### MOST MEMORABLE MISTAKE?

**Malcolm** - My 1st run (also handed to neighbouring club) was a 10km road race on road in Ku-ring-Gai when I accidentally left the bush track and became confused about where my control was. I kept trying to find a way to get to a control. There was no way (I needed) to take back.

**Marion** - I probably never misread a control in my 20 years in the orienteering areas of Castleknock. So I thought about Marion Murray (a friend) getting a control (I think) because she had a habit of going to the control (I think) and then I found out she had a habit of going to the control (I think) and then I found out she had a habit of going to the control (I think).



Marion Gledhill



Malcolm Gledhill

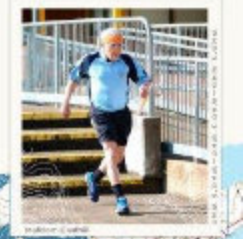
#### WHAT DO YOU LIKE ABOUT ORIENTEERING?

**Malcolm** - We like to call our races orienteering but we do not compete in bush events (usually) and have a mixed orienteering club. We enjoy the open course format of the SSS which allows for some training of the mind (navigation) as well as competing with better athletes and an occasional challenge. We also enjoy the fact that the SSS is a year-round event and we can plan our training around it.

**Marion** - I've not even been a sports person so I was surprised to discover how much I enjoy orienteering. It's a challenge - the challenge to develop skills to improve my time, to develop my navigation skills, the challenge to try physical activities, the challenge to try to do better than I did last time.

#### DO YOU HAVE A FAVOURITE MEMORY?

**Malcolm** - SSS event 34 Douce Creek (March 2013). The trip was outstanding - the views of the course with the mountains in the background did not go well - there was a small lead in my age category. Having been on the day with a small lead in my age category for the weekend I presumed that I had done that well for the best reasons. So I was more surprised to find that my age in my age category had also made it clear and that I had made it to the top of the day. Regrettably it turned out to be the last day of the final 2 events which I had to compete in - making me the age category winner I could have been overtake if those events had been held.



Malcolm Gledhill

# WHO CHAMPIONSHIP POINT SCORE

as at 31 Jan 20221. Compiled by Barry Pearce

	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>	<u>NAME</u>	<u>EVENTS</u>	<u>POINTS</u>	
1	McQuillan James	21	5236	37	Sweeney Seth	2	840
2	Murray John	16	4590	38	Gledhill Marion	6	613
3	Smith Dan	15	4360	39	Coady Levi	8	540
4	Farebrother Gary	9	4300	40	Sweeney Shay	6	520
5	Sweeney Selwyn	19	4158	41	Dunlop Robyn	5	440
6	Sweeney Paul	16	4065	42	Braidwood Jacinta	2	400
7	Mansfield Martin	18	4029	43	Valais Constance	2	400
8	Hill Graeme	13	3852	44	Gallagher Tova	3	360
9	Gledhill Malcolm	15	3531	45	Pearce Barry	6	360
10	Dunlop Stephen	19	3480	46	Stankova Maria	1	360
11	Cullen Vanessa	20	3090	47	Kinneally George	3	320
12	Coady Lee	10	3009	48	Kinneally Hamilton	3	320
13	Sweeney Saffron	19	2786	49	Moore Sue	2	300
14	Miller Ian	18	2665	50	Mulherin Ted	3	256
15	Noble David	18	2460	51	Henderson Scott	2	240
16	Saunders Anthony	10	2288	52	Hill Aaron	2	220
17	Saunders Matilda	9	2250	53	Inglis Emma	2	220
18	Vesey-Wells Andrew	6	2200	54	Saunders Scarlett	1	220
19	Hanlon Barry	12	2130	55	Valais Aurelle	2	210
20	de Remy de Courcelles Justine	15	2108	56	Doyle Eloise	1	180
21	Kay Will	13	1830	57	Gallagher Ajay	1	180
22	Vivien	14	1820	58	Valais Sylvie	1	140
23	Convert Emmanuelle	15	1800	59	Farebrother Megan	1	90
24	Henry Shane	5	1740	60	McQuillan Aiden	1	80
25	Langan Karen	14	1600	61	Walsham Eunice	2	60
26	Sweeney Savanna	12	1583	62	McQuillan Elliott	1	50
27	Perry Tim	5	1420	63	Fitzpatrick Maureen	1	25
28	Walsham Deb	8	1380	64	Valais Martine	1	20
29	Kinneally Belinda	5	1275				
30	Stukov Dimitry	7	1240				
31	Cassar Niamh	9	1125				
32	Coady Lachlan	8	1092				
33	Teoh Silvia	7	1080				
34	Braidwood Joshua	3	990				
35	Fillery Yvonne	5	930				
36	Morris Janet	13	899				

## Articles of Interest - Diet and Exercise

The following articles have been published locally about diet and exercise. As they seem to provide different views, you can choose the one that best fits your intentions.

### **The benefits of choosing moderate exercise over HIIT workouts**

<https://www.smh.com.au/lifestyle/health-and-wellness/the-benefits-of-choosing-moderate-exercise-over-hiit-workouts-20210125-p56wk6.html>

### **An 11-minute body weight workout with proven fitness benefits**

<https://www.smh.com.au/lifestyle/health-and-wellness/an-11-minute-body-weight-workout-with-proven-fitness-benefits-20210119-p56v56.html>

### **Four-minute bursts of intense exercise may be the secret to longevity**

<https://www.smh.com.au/lifestyle/health-and-wellness/four-minute-bursts-of-intense-exercise-may-be-the-secret-to-longevity-20201229-p56qno.html>

### **Exercise intensity: How to measure it**

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887>

### **Endurance and Sprint Training Improve Glycemia and VO<sub>2</sub>peak, but only Frequent Endurance Benefits Blood Pressure and Lipidemia**

[https://journals.lww.com/acsm-msse/Abstract/9000/Endurance\\_and\\_Sprint\\_Training\\_Improve\\_Glycemia\\_and.96137.aspx](https://journals.lww.com/acsm-msse/Abstract/9000/Endurance_and_Sprint_Training_Improve_Glycemia_and.96137.aspx)