



“WHO runs the country”

Dharug Country

President :- Robert Bradley
Email president@whorienteers.net

Secretary :- Maureen Fitzpatrick
Email secretary@whorienteers.net

Newsletter Editor:- Ian Miller
Email millerian33@gmail.com

WE'RE BACK !

With community sport restarting Orienteering is almost out of lockdown. Some restrictions remain such as less than 200 participants and the non-vaccinated can join in again from December 1st. .

From The President

After a few months with no orienteering it will be exciting to see old friends at upcoming events. With slogans like “freedom's day” and talk of no more lockdowns, it would be easy to think we had nothing to worry about. But we all need to remember that social distancing, even if we are all vaccinated, is still a key way to reduce the likelihood of transmitting COVID. Please take care at events. Follow the advice of ONSW and event organisers so we can all stay safe.

I have always found members keen to give a hand at events but sometimes it takes some work to get volunteers for key roles of organisers and setters. It would also be great if we could share the load for running the computers system for events amongst more members.

I encourage all members to think about volunteering. Having a role at events can be very rewarding. I have found course setting has made me a better orienteer.

You will be supported to learn what to do. Talk to any of the Committee if you have any questions.

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

WESTERN SYDNEY SERIES (WSOS) starts December 5

The WSOS series of 6 events starts with the first event at Baulkham Hills on December 5th.

NSW CHAMPIONSHIPS

ENTRY IS OPEN – BE QUICK !

The **NSW Middle and Long Champs** are going ahead on November 20-21. Entries close **November 7**.

* **At this stage due to Health Regulations there is a limit of 200 entries per day.** ONSW are making a case to NSW Health to increase this number in line with our expected entry demand... Watch this space.

* Anyone attending the event who is 16 years and over will need to be double vaccinated or have a recognised medical exemption. These will be checked on arrival prior to entering the car park each day.

* Events will be run in accordance with the NSW Health requirements at the time.

Saturday Orienteering Series

SOS is back !

Check Eventor or Bold Horizons for details.

SOS Events Program

DATE	LOCATION
Sat 30 Oct	Cumberland Forest, West Pennant Hills
Sat 6 Nov	Collaroy
Sat 13 Nov	TBA
Sat 20 Nov	Knox

The Sydney Summer Series starts November 17

The schedule is now on the [SSS website](#) and Eventor. Clubs will add further details as they come to hand, and there may be minor changes to assembly areas etc so please double check. **The SSS starts on Wed Nov 17.** Please note that under current covid rules, the first two events are only for fully vaccinated people, as they fall under the "80% restrictions".

Central Coast Series – Nov 7

First event 7 November at Avoca Beach. Check Eventor for details.

River and Bay Series – Nov 7

Starts 7 November at Botany. Check Eventor for details.

ONSW Reopening Roadmap

Rodney Parkin, Technical Director ONSW, Oct 18

The following summarises the current situation with regards Orienteering in NSW. For outdoor orienteering events in NSW:

From Monday Oct 18:

- All areas in NSW can run outdoors orienteering events. The maximum number of attendees is 200 with a COVID plan, 50 without. These numbers include adults and juniors, competitors and spectators, although they exclude “persons engaged in work” for the event.
- Events may be subject to ad-hoc localised lockdowns, at short notice, if significant outbreaks occur.
- All adults (16 and over) must be fully vaccinated (unless exempt).
- Travel is not permitted between Greater Sydney (including the Central Coast, Blue Mountains, Wollongong, and Shellharbour), and regional areas (and vice versa). Anyone from Greater Sydney can attend events anywhere in Greater Sydney, and anyone from regional NSW can attend events anywhere in regional NSW.
- A COVID Safety Plan is required for events with more than 50 participants. We will provide a suitable template COVID Safety Plan shortly.
- If following a COVID Safety Plan, contact tracing will be required using a Service NSW QR code (unless outside mobile phone coverage in which case other methods can be used).
- The assembly area, etc, must be large enough for 1 person per 2 sq m; no masks are required.

From Monday Nov 1:

- Travel between Greater Sydney and regional areas will be unrestricted - anyone from NSW can attend events anywhere in NSW.

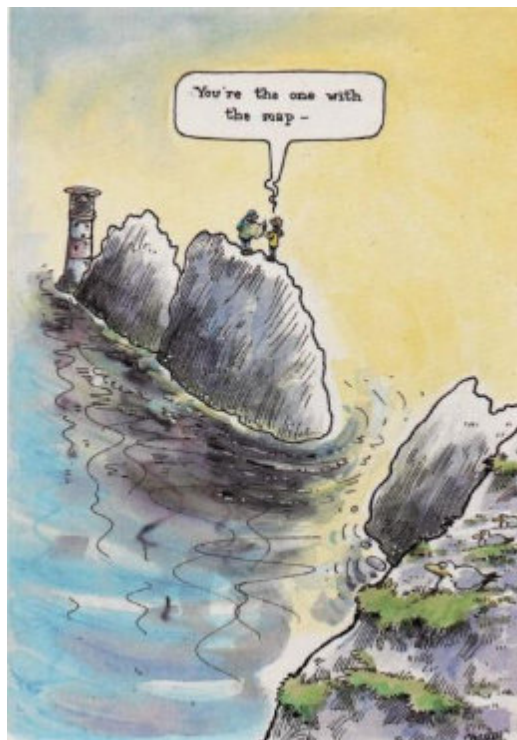
Looking beyond that, we are expecting significant relaxation of restrictions. The target date is December 1, although there are strong suggestions that it may occur sooner. From that time orienteering events should be largely unrestricted, although COVID Safety Plans may still apply.

EVENTOR – Check Regularly

* Event details can change at short notice.

* Events are opening for entries but may have short windows before closing.

* Add your mobile phone number and emergency contact number to your Eventor record. They must be different numbers.



THANK YOU To the newsletter contributors – **Robert Bradley** and **Saffron Sweeney** for items in this newsletter and to Maureen for doing a review.

REMINDER(S)
NSW Championships – places limited.
Entries close November 7.

Losing weight doesn't seem to be working for me, so from now on I'm going to concentrate on getting taller.



WHO Events Program

DATE	EVENT	LOCATION
Sun 5 Dec	WSOS #1, AGM + WHO Cup	Mill Dr, Baukham Hills
Sun 19 Dec	WSOS #3	Crestwood
Sun 16 Jan	WSOS #4	Winston Hills
Sun 23 Jan	WSOS #5	Werrington Lakes
Wed 23 Feb	SSS	Knightsbridge
Wed 23 Mar	SSS	Wahroonga
Sat 14 May	State League	Wyangala

Each event has an organiser, a course setter and a vettor/controller, plus IT support. WHO appoints experienced members to these roles. Offers of assistance are always appreciated so that everyone can have a run. Other roles on the day of the event include setting up the start and finish areas, putting out and collecting controls and helping newcomers. Assistance is always appreciated with these activities. If you can assist please let Maureen know prior to the event or offer on the day.

NEW WHO MEMBERS

A warm welcome to **Georgina Beech** and **Jessie Burke**. We look forward to meeting you at an upcoming WHO event. New members receive a free blue WHO shirt so please make yourself known to Ian Miller (contact details at top of the newsletter).

WHO AGM

WHO's 2021 Annual General Meeting will be on December 5th. The meeting will start at the completion of the WSOS. More details and reports will be available soon. If you are interested in taking on a role please let Maureen Fitzpatrick know (contact details are at the top of the newsletter).

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 on November 11 at 7:30pm.**

Current discussions include: upcoming events (preparations), mapping, ONSW information, equipment, IT and new business.

WHO COMPETITION TOPS

With the worst possible timing an order for WHO competition tops was placed with our supplier in New Zealand. The stopping of flights plus the lockdowns in Sydney and Auckland halted production and deliveries. There is light at the end of the tunnel. The latest information (October 15th) is:

"the specialist printers we use are back up and running and hopefully we're away! I'll have a better idea next week how far off we are with the order as we negotiate/navigate the backlog with others in their logjam. Hopefully we're looking at mid to late November if we don't get put back into a harder lockdown. I'll let you know as soon as I have a better idea of a completion date."

MAPPING NEWS

Led by Janet Morris mapping continued during the lockdown even with a 5km, same LGA restriction.

New Sydney Summer Series Maps for WHO

WHO could be in the unique position of contributing four new maps to the Sydney Summer Series in summer 2022/23.

WHO usually runs four events in the Series but this summer, due to the shortened season, will only run two events.

The first of our proposed four events for 22/23 is Castlewood at Castle Hill and West Pennant Hills. The map was ready for this year but the event had to be postponed. It is a very attractive residential area with a little bush and many small parks.

The second map would be Stevensons Creek at Baukham Hills. This creek is a rocky bush gully which runs into the Darling Mills creek. The Ted Horwood Reserve, previously mapped, will also be on the map.

The third map, at West Cherrybrook includes Pyes Creek fire trails and tracks and has some very attractive bush.

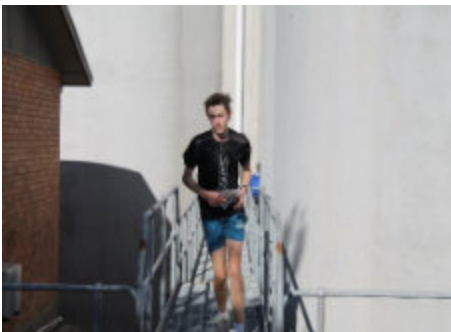
Lastly, we have a hope that approval may be gained for a map in the Newington, previously Olympic Village, area which was partly mapped some time ago. Its use is subject to approval by SOPA.

It can't be guaranteed that these plans will all be successful but activity is happening in all these areas.

JUNIORS SECTION

Congratulations to the WHO members of the **2021 NSW Schools team**. Unfortunately they were unable to represent NSW at the Australian Championships in Tasmania in September. The WHO members are: **Junior Girls - Savanna Sweeney** and **Junior Boys - Lachlan Coady** and **Will Kay**.

Our NSW Schools Representatives



JUNIORS LOCKDOWN ACTION

For many the cancellation of this year's Australian Championships Carnival in Tasmania was a disappointment, however, the NSW Junior Squad was encouraged to regroup and set new targets to make the extended lockdown more productive and enjoyable. Jenny Enderby, Bjorn Mella and Helen O'Callaghan came up with a series of challenges to keep the juniors connected and motivated.

Junior Challenge

Helen, the NSW Junior Squad Manager, arranged weekly zoom meetings. The juniors who were interested were put into teams of three and sent weekly challenges. The challenges included physical runs (long runs, hill reps and intervals) as well as orienteering items, cross-training and strength exercises. Participants were awarded points for completing tasks. Parents and siblings were also invited to join teams.

Orienteering related items - Every week had 'Street View' orienteering using google maps. They did quite a few of the Scottish Orienteering Association puzzles and Route Choice challenges which were on maps used for championship events. One week they had to map their home and another set a course and get a partner to virtually explain where to find the controls. Another challenge was to set a moderate course using a map provided.

This Junior Challenge ran for five weeks and each zoom meeting people shared what they accomplished in the week and Helen took them through the puzzles and some route choices etc. The sessions were interactive and social. Points for the five weeks were tallied and the top teams and top individual place getters were announced – points were about completing challenges, ie participation. We found this motivating and some juniors particularly enjoyed being better than their parents for some challenges (they easily beat the adults on screen related items!).

NSW Junior Virtual ASOC

All juniors were invited to compete in the NSW Junior Virtual ASOC on the same days that the Australian Schools Orienteering Competition would have occurred in the recent school holidays. Physical challenges were done via category (juniors, seniors). Each day had an online orienteering item, a puzzle and the physical challenge – Day 1: Sprint; Day 2: Long Distance; Day 3: Hills (elevation). There were two bonus challenges for the three days – puzzle and strength challenges.

Zoom meetings were held at the end of each day and results were announced for the winners of each day and overall by category and gender.

These events were a fantastic way of keeping the juniors motivated and connected. They were all looking forward to returning to orienteering events and using the skills they were developing whilst in lockdown.

Aus Champs Virtual Event

Some NSW juniors also joined in the Aus. Champs virtual event. Ten NSW juniors were in 6 different teams out of a total 23 teams. These teams ranked 1st, 2nd, 3rd, 5th, 10th and 11th – well done to the Juniors who participated!

Saffron Sweeney

There is more to come for and from the Juniors.

Though it is not yet listed in Eventor, planning is underway to hold a Junior Training Camp at Newcastle from December 17 to 19.

The Juniors will also be partners with IKO to deliver the January 5th SSS at Rushcutters Bay.

The most popular echidna in the forest

From WHO FB page. Photo by Nerise McQuillan



WHO MEMBERS INFORMATION

WHO GEAR

We want you to look good in your WHO gear. You may have heard the comment that Manchester United is a clothing company with a football interest. WHO have decided to follow their path. We are developing a Google Form to take your orders. On offer will be competition gear from our supplier DirtyD's, our original WHO polo shirts plus the kids t-shirts and our new line of hoodies. WHO will assist your purchase by subsidizing the cost. The kids t-shirts are free as are the original polos if you are a new member and \$20 for a replacement. We will shortly provide further details and a link to the order form.

New members receive a free blue

WHO shirt so please make yourself known to Ian Miller at one of the upcoming events.

KIDS WHO SHIRTS ARE AVAILABLE

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

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 (new url)

<https://whorienteers.net/>

THE WHO OBE AWARD

Ted Mulherin has joined the elite group of WHO members in the OBE (Over Bloody Eighty). Congratulations Ted. Look forward to catching up at SSS#1 on Nov 17.

GOOD NEWS

Robyn and Steve Dunlop have become grandparents for the 8th time. A 9th is in preparation. They also welcomed back family who managed to secure a flight and quarantine space.

Graeme and Yvonne Hill had a visit from their grandson Harry (age 4) who they hadn't seen in 3 years. Daughter Janine and family are back in Oz after a spell in the USA.

Missing the SSS?

You are not alone. An email received late on the evening of October 6th is printed below.

Fellow WHO-ers. Daylight savings has started, it is Wednesday afternoon after 4pm so the diary on my phone says it is time to go to the SSS. Today is/was the first event of season 31, so as not to get out of the habit, I went for a run.

You know the SSS rules - 45 minutes to get 600 points and 10 points off for every minute or part thereof that you are late.

How did I go you ask? Well not quite perfect. The start was on my driveway so I got there ok. I started at my fastest speed (relatively) and ran 5 minutes before realising that I didn't have a map, had forgotten my SI stick, there was no one to follow and the organiser had forgotten to put out the controls! With great skill I navigated to the finish which again was in my front yard. I must have been very late as the computer team weren't there so I couldn't download.

Good thing my effort didn't count as I was nearly three minutes late and would have recorded a score of minus 30!

Oh well there is always next week.

And the reply

Thank goodness you let me know. I was concerned when my Zoom meeting was interrupted by a police message – "Old Man missing in the Hills District". Dressed very shabbily, rolling across the footpath, in extreme danger of falling over, and looking completely confused. I immediately knew who it was.

I stopped our zoom meeting and rang your home but no one answered, then I didn't know what to do so I retreated to the wine cellar and opened another bottle of a newly acquired wine and I hoped all would turn out OK and this old man would be recovered and returned to sender. My apologies, I then forgot altogether about your potential loss of memory and enjoyed the wine.

Oh thank goodness you have been found.

The next week

Wednesday October 13th 4pm It is raining. It doesn't rain on SSS Wednesdays. I won't go for a run.

This week

Wednesday October 20th 4pm. I got enthused again and went for a run. It is a daylight savings Wednesday evening and I need to get the SSS pattern installed in my brain. I got in my car and drove around the block. I parked down the road, behind a line of cars. I took my orienteering gear bag and walked back to my place to the start. I put the gear bag under a tree and proceeded to the start. I took off at great pace up the hill - I hadn't run for 11 days so felt fresh and confident. Having heard that each contour line crossed adds 30 seconds to your time, I chose the flatest route. I reached the halfway mark in record time and turned for home. My pace slowed. I found a short cut home. My last 500 metres was done at impressive pace (impressive to me). I did about 90% of what I intended in about 90% of the time I hoped to achieve. My watch told me I had achieved a goal but doesn't say which one. It seemed impressed. The garage is empty. Where did I leave the car?

Do you have a concern that hasn't been addressed?

If you have a complaint or a concern NSW has someone you can talk to. Angela Haynes is the NSW Members Protection Officer. She can be contacted via email on mpio1@onsw.asn.au

ROGAINING

All 2021 NSW Rogaining events have been rescheduled. The first event for 2022 is the 3hour Minigaine on Sunday 27 February:.



ONSW News, Events, Meetings and Announcements

State League 2021

The State League 2021 season finishes with the NSW Championships on November 20 and 21.

ONSW Events

DATE	EVENT	LOCATION
Sat 20 Nov	NSW Middle Champs	Lidsdale NW of Lithgow
Sun 21 Nov	NSW Long Champs	Lidsdale NW of Lithgow

Rescheduled Events

The inaugural **Port Macquarie State League** weekend has been rescheduled to July 2022.

The **final Metro League** round for 2021, at St Ives Showground, has also been postponed to 2022.

Purple Pen Workshops

ONSW will hold a Purple Pen course setting workshop by Zoom from 6.30-9.30pm on:

* Mon 8 Nov

Please **email Jim Mackay** to register.

Child Safety Officer

Sandra Stewart (SHOO) has accepted the important new ONSW position of Child Safety Officer. Sandra has a lot of experience in this area, after 40 years in teaching, and has assisted Development Officer Lyn Malmgron with aspects of child safety for her school's competitions.

Sandra will advise ONSW on how best to comply and implement this, be the point of contact for clubs.

ONSW Junior Participation Awards

Please complete and submit your electronic diaries. If you need a copy, [contact Wendy McConaghy](#).

Point totals for 2021 awards have been reduced to acknowledge limited opportunity to participate: Wattle = 30, Banksia = 50, Waratah = 75.

The submission deadline is **Wednesday December 1st**. Download the diary [here](#) (Excel format). Events included are from 1/12/2020 to 30/11/2021.

FUTURE MAJOR EVENTS

OCEANIA – NZ January 2022

Despite COVID uncertainty, we are still all go with planning for next January! Our plan is to host events so long as we are safely able to, even if they are not the official Oceania Championships.

Check out a [sneak preview here](#).

We will keep you as up to date as possible over the next few months around the events and COVID restrictions.

See the COVID plan on our [website](#) for details on how the event may change under different COVID scenarios.

Please get vaccinated so we have the highest chance the events will go ahead. There may be requirements around vaccination for those participating in the event, as well as social distancing protocols and mask wearing. Otherwise we hope we can welcome as many of you as possible can to the beautiful South Island next year!

Winter 2022 Draft Schedule

The updated **draft Winter 2022** calendar can be found [here](#) (Excel format). Some State League and Metro League information is still to be confirmed, and SH-NC events are listed as a guide and subject to club confirmation.

AUSTRALIAN CHAMPIONSHIPS 2024

To be held in NSW. Nick Dent and Ron Pallas have been reconfirmed as 2024 joint carnival organisers. Originally scheduled for 2022, the carnival is already very much a work in progress. It takes a state to run a national championship carnival.



SOS Hyde Park – 23 October

Long Line High School		4.5km
Savanna Sweeney	9th	34:05
Long Line Open		4.5km
Gary Farebrother	17th	28:18
Selwyn Sweeney	19th	28:21
John Murray	33rd	31:43
Saffron Sweeney	54th	35:01
Anthony Saunders	56th	35:16
Long Line Primary		4.5km
Shay Sweeney	2nd	36:51
Score Open		
Yvonne Fillery 340 pts	7th	32:38
Short Line High School		3.5km
Savanna Sweeney	4th	33:52
Short Line Open		3.5km
Saffron Sweeney	7th	33:49

The cobwebs were blown away for some intrepid WHO members who ventured into Hyde Park. They will have an advantage on the rest of us who will still have to work out which hand holds the map and remembering to clear and check. Great morning to be out and congratulations to our first post-lockdown orienteers !

Shay at speed through Hyde Park



Orienteering challenges

1. Virtual London City Race

This is heaps of fun and a great way to combine some virtual orienteering with an exploration of the City of London, via Google Street View and the actual London City Race map from 2017. The links below take you to the course map, control description sheet and the instructions/questions sheet. You'll need all three to help you navigate, using your Google Street View skills and powers of observation!

London City Race [map](#)

Control descriptions [sheet](#)

[Instructions and question sheet](#)

[Start location](#) (Google Maps)

2. Test your knowledge with this

Control Description quiz: <http://www.richtig-orientieren.de/icd/>.

3. Scottish Orienteering's collection of nearly 100 puzzles

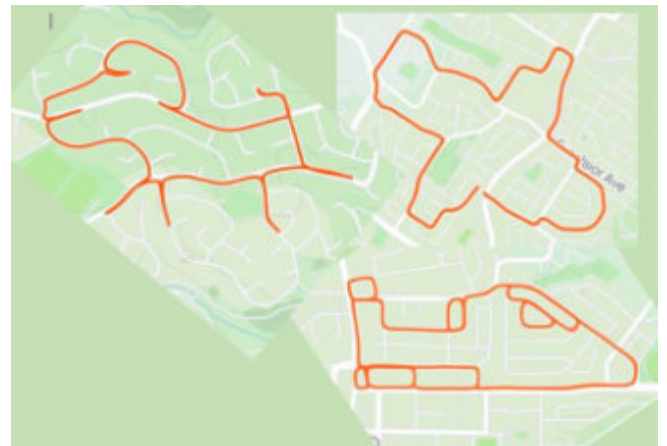
Click [here](#) for hours of fun.

4. How about a map memory game?

Click [here](#) to start.

STRAVA ART

Have you run any interesting Strava patterns? The Sweeney Family won a Bold Horizons prize for their recent contribution. Send your art to the newsletter editor.



Articles of Interest

15 Best Sydney Walks and Hikes

https://www.qantas.com/travelinsider/en/explore/australia/new-south-wales/sydney/best-sydney-walks-hike-trail-tracks-bondi-coogee-more.html?alt_cam=au:qd:in:edm:travel-insider:ti-international:20210904:intl-aus:full:syd-walk&cid=DM72113&bid=751112232

You're lost in the Australian bush. Here's how to survive – and be found.

<https://www.abc.net.au/news/2021-09-22/getting-lost-bush-walking-what-to-prepare-trevor-salvado-aj/100472184>

Workouts

If you are bored with your current exercise routine or have run or walked every possible route within 5km of your home you might try one or more of the following.

1. If you are into speed training using intervals or HIIT then **Google “exercise vigorously for four seconds”**.
2. If you can only fit seven minutes into your busy day then **Google “seven minute exercise”**
3. **15 Fun ways to get fit.**
<https://www.abc.net.au/news/2021-01-02/15-fun-ways-to-get-fit-this-summer-sporty/12724858>

4. Running efficiency and strengthening exercises with Tim Robards

https://www.medibank.com.au/livebetter/athome/move/running-with-tim-robards/?utm_medium=email&utm_source=salesforce&utm_campaign=mem_627_01_live_better_monthly_july_edm%20&utm_content=p6_spons_lbtimrobards&utm_idnt=A

How exercise may help keep our memory sharp

<https://www.smh.com.au/lifestyle/health-and-wellness/how-exercise-may-help-keep-our-memory-sharp-20210830-p58n1f.html>

Five home workouts to help get you moving safely. From Medibank Live Better

https://www.medibank.com.au/livebetter/athome/top-5-workouts/?utm_medium=email&utm_source=salesforce&utm_campaign=mem_681_01_live_better_monthly_september_edm&utm_content=f1_hwc_livebetterathome&j=243493&sfmc_sub=116414910&l=42_HTML&u=4174885&mid=7304599&jb=294&utm_idnt=A

How much exercise we need to live longer

<https://www.smh.com.au/lifestyle/health-and-wellness/how-much-exercise-we-need-to-live-longer-20210916-p58s2a.html>

NSW Health have a program called “healthy and Active for Life”. They have a range of services.

Active and Healthy – www.activeandhealthy.nsw.gov.au

Get Healthy – www.gethealthynsw.com.au

Eat for Health <https://www.eatforhealth.gov.au/>

Heart Foundation Walking <https://heartfoundation.org.au>

Local Council Services <https://www.olg.nsw.gov.au/find-my-council>

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 to 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.

Orienteering T-shirts

