



“WHO runs the country”

Dharug Country

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



With the upsurge in omicron variants in the community since Xmas, thankfully orienteering events have been relatively unaffected. Many WHO members have been out with 'map in hand' across Summer and in some cases achieved outstanding results.

The Sydney Summer Series is more than half way through and is a fantastic way of exploring our city. WHO is hosting two of the remaining SSS events, so make sure you come for a run and give us a hand after work on those two Wednesdays.

The Western Sydney Orienteering Series, with the help of BN and GO has wrapped up and I'd like to particularly thank those that put time and effort into making them happen. Feedback has been very positive on the courses and the maps used. The opportunity to run events in our own 'backyard' should not be underestimated. My very first orienteering event was within walking distance of my house and it was great to see a number of people giving orienteering a try during this series.

Sandwiched between Xmas and NY, the Xmas 5 Days offered some 'real' bush and line course orienteering, not

too far from Sydney. If you haven't done many of these types of events, I would highly recommend giving them a go and discover regional NSW.

Our club is currently preparing for our last 3 summer events (SSSx2 and a Sprint) and then our State League event at Wyangala in May. Wyangala dam has been filled with the recent rain and will look quite spectacular. Last time we were out there it was wonderful to see so many members participating, volunteering and having a great weekend of Orienteering.

Whilst I'm encouraging participation, I'd like to give a plug for our Rogaining cousins. There are a couple of events coming up within Sydney. These events are a bit like oversized SSS events, typically 3h+. As with most navigational sports, you can go at your own pace. The point of difference with Rogaining compared to Orienteering is that it usually involves a team, typically 2 or 3 people. It's an excellent way to get to know people and increase nav skills. So grab another WHO member and make a team.

Plus keep an eye out on the Winter Orienteering calendar. It starts in March, so it's not really winter! There are State League events around NSW and the Easter Carnival near the Gold Coast. These events do require a bit of coordination to get to but once again, they are of the highest standard and allow you to experience new terrains and explore Australia.

James McQuillan

President
Western & Hills Orienteers

New member – Welcome to Theresa Barnes

Hi Theresa ! 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.

WHO'S NEXT EVENTS

We have a busy month ahead of us with three events – two SSS on Wednesday evenings and a Sprint on Sunday evening.

Your assistance is requested. If you can help, please contact Ian Miller for February 23 and March 13 and James McQuillan for March 23. Helpers also get to run. Martin Mansfield is setting the 23 February courses, Lachlan Coody is setting March 13 and Vivien de Remy de Courcelles March 23.

WHO Upcoming Events

DATE	EVENT	LOCATION
Wed 23 Feb	SSS #15	Castle Glen Reserve, Ridgescrop Drive, Knightsbridge
Sun 13 Mar	Sprint	Balcombe Heights Oval
Wed 23 Mar	SSS #19	Adventist School, Wahroonga
Sat 14 May	State League	Wyangala

The SSS has a start window from 4.30-6.45pm though we aim to be ready around 4pm. The course closes at 7:30pm and we aim to be packed up around 8pm. Thank you to those who have already volunteered to help.

The Sprint start times are yet to be announced but are expected to be between 5pm and 6pm with course closure at 7pm.

WYANGALA STATE LEAGUE EVENT

WHO is running a NSW State League event at Wyangala on Saturday 14th May. The organiser is Karen Langan. Helpers for a number of roles are needed. Set up will commence on Friday with final prep on Saturday morning. All helpers will have the opportunity of running. Goldseekers will run a State League on Sunday 15th May on the nearby Roseberg map so block out the weekend.



WHO CLUB MEETINGS

If you are keen to know more about our club and find out how you can contribute, join us at one of our upcoming meetings. The next few **WHO meeting dates are**:

- Thursday 17 Feb 7.30pm
- Monday 11 April 7.30pm
- Monday 2 May 7.30pm
- Wednesday 1 June 7.30pm

All welcome! The meetings are currently held via 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 invitations for details.

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

Maureen
Secretary and Public Officer
Western and Hills Orienteers Inc. (WHO)

THE SOS IS BACK

Feb 19th. Venue: Muirfield High School
Feb 26th. Venue: Turrumurra High School

Start Window: 9:30am to 11am (you can start any time within this time window). Newcomers especially welcome.

O'SHEA celebrates 40 years

Central Coast Orienteers invite you to the 40th running of the **Toukley (O'Shea) 2-Day** event, based mainly at **Olney State Forest**.

This annual three-race event for pairs features fruit cakes adorned with spearmint leaf lollies as prizes, and this year will be held on the weekend of **March 5-6**.

Full details on Eventor

<https://eventor.orienteering.asn.au/Events/Show/16283>

Individual entries are welcome, and you can enter one or two events if you can't make all three.

JUNIORS CAMP

The first junior camp for 2022 is April 9-14 in Armidale. The provisional program is:

Apr 9-10 - State League events

Apr 11-13 - orienteering training

Apr 14 - travel to Kingaroy in readiness for Easter carnival

Any junior who would like to move up to Moderate courses is welcome to join the NSW junior squad - they have a lot of fun while improving their skills and fitness.

STATE LEAGUE and NSW Sprint Champs – March 19 and 20

Entries are open for our first [State League](#) weekend for 2022 which includes the **NSW Sprint Championships**. Central Coast will host the Sprints on **Saturday March 19** on the **Ourimbah campus** of Newcastle Uni, and Newcastle have a Long Distance event the next day (**Sunday March 20**) at **Richmond Vale**.

You can enter both at the same time via [this link](#).
Entries close Sunday 13th March at 11.59pm

SSS Update

Runners at SSS events aim to score as many points as possible with the fastest aiming for the maximum 600 points. Usually only one person achieves the 600 point maximum. At the SSS on February 2nd at Rhodes, 8 people achieved the 600. Three were WHO members **Georgina Beech, Seth Sweeney** and **James McQuillan**. To our knowledge this is the first time three WHO members have achieved the maximum.

WHO is performing well as the SSS completes two thirds of Season 31. Samantha is second on the Mini event table. Savanna and Justine lead Junior Women and Will is 2nd in the Junior Men. Deb leads Veteran Women and James leads Masters Men with Vivien in second place. In third placings are Georgina in Open Women, Marion in Immortal Women and Emmanuelle in Masters Women. Other top 5 places are Sylvia fourth in Masters Women, Saffron and Karen fourth and fifth in Veteran Women and Janet fourth in Immortal Women.

SSS Point Score – WHO Results

Places are determined by the total points scored completed with the best 12 scores counting. The results after 13 (of 20) SSS events (maximum 1200 points) are:

Minis

Samantha Teoh 2nd with 700 points
Justine de Remy de Courcelles 8th= with 100 points
Harvey Teoh 8th= with 100 points

Junior Women

Savanna Sweeney 1st with 737 points
Justine de Remy de Courcelles 2nd with 707 points

Open Women

Georgina Beech 3rd with 899 points

Masters Women

Emmanuelle Convert 3rd with 912 points
Sylvia Teoh 4th with 774 points
Charissa Patacsil 19th with 44 points

Veteran Women

Deb Walsham 1st with 1075 points
Saffron Sweeney 4th with 795 points
Karen Langan 5th with 733 points
Yvonne Fillery 21st with 144 points

Immortal Women

Marion Gledhill 3rd with 669 points
Janet Morris 4th with 551 points

Junior Men

Will Kay 2nd with 945 points
Seth Sweeney 8th with 415 points

Open Men

Barry Hanlon 24th with 8 points

Masters Men

James McQuillan 1st with 1191 points
Vivien de Remy de Courcelles 2nd with 1044
Andrew Hill 25th with 100 points
Dan Smith 30th with 74 points

Veteran Men

Gary Farebrother 17th with 739 points
Scott Henderson 27th with 554 points

Super Veteran Men

John Murray 19th with 706 points
David Noble 23rd with 571 points

Legends Men

Martin Mansfield 7th with 914 points
Ian Miller 10th with 764 points
Steve Dunlop 17th with 580 points
Graeme Hill 18th with 552 points

Immortals Men

Malcolm Gledhill 7th with 713 points
Ted Mulherin 13th with 202 points

(Ed. Apologies if I have missed anyone.)

The full results and point score list is at <https://www.sydneysummerseries.com.au/season/20212/points>

DATE	LOCATION
Wed 16 Feb	Balgowlah
Wed 23 Feb	Knightsbridge
Wed 2 Mar	Callan Park
Wed 9 Mar	Lindfield
Wed 16 Mar	Canada Bay
Wed 23 Mar	Wahroonga
Wed 30 Mar	North Sydney

ONSW EVENTS

NSW Sprint Championships and SL#1 – Mar 19
Sprint Workshop – Feb 26 – **Almost full**
Junior Camp – Apr 9-14

DATE	EVENT	LOCATION
Wed 16 Feb	SSS #14	Balgowlah
Sat 19 Feb	SOS	Muirfield HS North Rocks
Sun 20 Feb	IKO	Minnamurra
Wed 23 Feb	SSS #15	Knightsbridge (WHO)
Sat 26 Feb	Workshop SOS	Sprint Olympic Park Turramurra HS
Wed 2 Mar	SSS #16	Callan Park
Sat 5 Mar	CC SOS	O'Shea Yambo/Norah Head Killarney Heights
Sun 6 Mar	CC Sprint	O'Shea Yambo TBA
Wed 9 Mar	SSS #17	Lindfield
Sat 12 Mar	SOS IKO	Killara Cronulla
Sun 13 Mar	Sprint	Balcombe Heights (WHO)
Wed 16 Mar	SSS #18	Canada Bay
Sat 19 Mar	SL #1	NSW Sprint Chs Ourimbah
Sun 20 Mar	SL #2	Richmond Vale
Wed 23 Mar	SSS #19	Wahroonga (WHO)
Mar 25 to 27	MTBO	Australian Championship at Newcastle
Wed 30 Mar	SSS #20	North Sydney SSS FINAL

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

ONSW ACTIVITIES

Sprint Workshop Saturday February 26

Led by IOF Senior Event Adviser **Nick Dent** with special input from OA Head Coach **Tash Key** and junior world champ **Aston Key** (depending on covid situation).

This workshop is for:

- * orienteers of all abilities who want to get better at Sprint O
- * setters or new setters who want to learn the tips and tricks of Sprint O
- * controllers seeking accreditation/reaccreditation or who just want to ensure a quality event

Location: Sydney Olympic Park.

Cost: \$30 inc morning tea and lunch. Parking provided.

Time: 9am-4pm.

Please register via [Eventor](#).

NATIONAL EVENTS

Easter 2022 Carnival & NOL Sprints

Entries Open - Only two months to go!

Feel the excitement of a national carnival!

Entries are open for the **2022 Easter 3 Day Carnival!** Challenge yourself on the superb terrain of the Kingaroy region. World-class granite orienteering - scattered to complex granite in predominately open and very runnable undulating eucalypt forest (15-18 April).

Entries are also now open for the **NOL Sprint Round & sand dune fun** on the complex sand dunes and campuses of the Gold Coast (21-24 April).

- five fantastic events on the Gold Coast
- includes three brand new maps, an updated university map and an updated treasure

Checkout the [website](#) for more details

Entries via [Eventor](#).

Like our [Facebook page](#) for all the updates.

Visit the [Web Page](#) to check out Bulletin

AUSTRALIAN MTBO CHAMPIONSHIPS

Entries are now open for the **2022 Australian MTBO Championships at Kurri Kurri**, NSW from March 25 to 27. Four championship events in three days plus a warm up event on the previous Thursday. There are also recreational and e-bike classes for those who fancy a shorter ride.

<https://eventor.orienteering.asn.au/Events/Show/8654>

AUSTRALIAN CHAMPIONSHIPS

Entries are now open for the **2022 Australian Championships in Victoria**. Please read the [Entry Instructions](#) before embarking on the entry process. **Entries close 28 August**. Events form 24 September to 2 October.

THANK YOU

To the newsletter contributors – **Barry Hanlon, Janet Morris, James McQuillan and Maureen Fitzpatrick** for items in this newsletter and a belated thank you to **Bruce Cooper** for his profile in the December 2021 newsletter.

FUTURE EVENTS

ONSW Winter 2022 Schedule

The updated draft Winter 2022 calendar can be found [here](#)

2022 NOL program

Round 1: Mar 12-13 - Melbourne Sprint Weekend (2 Sprints + forest relay) [3 NOLs]

Round 2: Apr 2-3 - ACT - Middle, Long [2 NOLs]

Round 3: Apr 15-18 - Easter Qld - (Sprint, Middle, Middle, Long) [4 NOLs]

Round 4: Apr 21-24 - Gold Coast Finals - (Fri Mixed Night Relay, Sat 2 Sprint, Sun Knockout Sprint, Sun Social evening) [4 NOLs] (KO sprint still under discussion on whether to include)

Rogaines

Rogaining NSW have announced two events.

A 3-hour Minigaine "Cherry Pye-gaine", on Sunday 27th Feb 2022, 9AM Start

Check the [event website](#) for more info and Entry. This is the only Rogaine event each year that you can enter as an individual.

and a 6-hour Metrogaine, "LaneCoveRivergaine IV" on Sunday 3rd Apr 2022, 10AM Start



WSOS 2021-22 Wrap

The West Sydney Orienteering Series for summer 2021/2022 has just concluded. The purpose of the Series is to provide line courses in western Sydney at a time of year (December and January) when other similar events are not available. Therefore WHO, as the western club, organised four events, while this season, Garingal and Bennelong each also ran an event. The intention is to minimise street running and therefore make the Series more suitable for families. Participation ranged from 40 at Werrington to 71 at North Epping following a pattern of lower numbers at events further west. Nevertheless, as a western club we should continue to offer some events in far western areas. The average number of starters was 53. The maps used generally cover a smaller area than Metro maps so the Series provides a chance to visit a variety of areas.

WHO ran four events.

Darling Mills doubled as the WHO Cup, and showed off an extensive area of bush in the Bidjigal Reserve.

Torry Burn at Crestwood revived an old area with surprising amounts of park and bush along suburban creek lines.

Winston Hills bush hides an old area of quarries. Martin Mansfield, did a successful letterbox drop, which attracted several new starters.

Werrington Lake map is a combination of an attractive park and a rough bushy area. Again an old map revived.

Lots of thanks to the organisers, setters and veters- also to Dimitry on the computer- their work is very much appreciated.

Next season, I hope we can do it all again on four different maps- perhaps St Clair Parks, Meadowbank, WSRP - North part and Auburn Parks. Comments on the Series past and proposed, are welcome.
Janet Morris - Series Coordinator

WSOS – finished on a high. Excerpt from an email to attendees at the last event.

Thank you to everyone who entered the final WSSS event this summer at North Epping. We printed more maps than for any other WSOS event this summer, but we still did not have enough. Sorry.

A special thank you to entrants who arrived early and were asked to return their map so a later entrant could use it to run their course. And also a special thank you to those pre-entry entrants who arrived later in the morning, and we could only provide 'pre-loved' maps.

Regards, Carol (for the organisers)

2021 Christmas 5 Days Wrap

reprinted from

<https://whorienteers.net/Club-News-2021>

This year the **Christmas 5-Days** was held in the Southern Highlands of NSW. It wrapped up the Orienteering Year 2021. There were prizes for each day's placers and overall point scores for a runner's best 4 days. The overall winner in each division scored 100 points with the other finishers scoring a percentage based on their placing.

Several of our intrepid WHO Team performed exceptionally well against tough local and interstate competition.

Savanna Sweeney took the gold in Women E with 395 points and **Justine de Remy de Courcelles** was awarded the silver in Women F with 390 points.

In the Men's divisions both **Lachlan Coady** (Men E) and **Shay Sweeney** (Men F) achieved the silver in their classes.

Other significant placings were: **Georgina Beech** and **Saffron Sweeney** - 16th and 20th out of 43 in Women C; **Constance Valais** - 8th of 24 in Women E; **Vivien de Remy de Courcelles** - 19th of 49 in Men A; **Selwyn Sweeney** - 6th of 24 in Men B; **Paul Sweeney** - 8th of 24 in Men E; and **Aiden** and **Elliott McQuillan** who completed their courses on the final day's sprint event with high point scores of 95 and 90.



REMINDERS

Club Meeting Thursday Feb 17.

WHO events on Feb 23, Mar 13 and 23.

Enter NSW Sprint Chs/State League - entries close Mar 13 and Easter - entries close Mar 25.

Have you renewed your ONSW membership. Avoid the surcharge by renewing before you enter your next event.

Eventor up to date ? Update your SI Stick and check your mobile phone number and emergency contact numbers are correct. They must be different numbers.

CONGRATULATIONS !

To the Dunlop Family who welcomed another grandchild. So far that makes nine and still counting !

Keep up to date with the latest Club News

on Facebook at

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

or the WHO web page at

<https://whorienteers.net/Club-News-2021>

COVID-19

The latest ONSW information for participants and organisers can be found at

<https://www.onsw.asn.au/covid-19-updates>