



“WHO goes orienteering”

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Dharug Country February 2023

February 2023

What a treat the Xmas 5 Days was over in the Lithgow region. We had some variable weather from hot to coolish with rain but the bush and courses were terrific. WHO contributed with Day 2 at Mt Piper and it was great to see excellent participation across all 5 days.

Thank you to all members who have contributed in both large and small ways over summer. In the next few weeks we will support the Sydney Sprint Weekend for the final of 4 events at WSU Macarthur. This weekend will bring the best of the best to Sydney and will be the first time a Knock-Out orienteering competition has been held in NSW. I participated in a knock-out in QLD last year and it had a great atmosphere and vibe. No doubt the NSW version will be similar and I'm really looking forward to it. We will need a few volunteers to keep everything running smoothly. Please get in touch with Selwyn Sweeney if you can lend a hand.

And before you know it the 2023 NSW State League will begin. Let me encourage ALL of you to get out and enjoy the best orienteering opportunities in NSW for 2023. It does require a touch of preparation but some of the events are super close this year. The schedule includes Sydney, the Southern Highlands, Newcastle and Orange. Plus we are holding the NSW Schools Champs on our Mulgoa map and the Sprint Champs on our new Kings map. The map is being prepared at the moment but promises to be a world class sprint map

right in our own backyard. Pencil in the weekend of Aug 26/27 now.

BUT the biggest news of 2023 is the 40th anniversary of our club. We intend to hold a celebratory function on Sat 24 Jun to mark the occasion and would like to see as many of our past and current members as possible. So get the word out. It's going to be a great night of catching up, looking back and reflecting on this great little (but growing) club that we have.

James McQuillan

President
Western & Hills Orienteers

KEEP UP TO DATE WITH WHO 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-2022>

THANK YOU To the newsletter contributors –Lee Coady, Josh Braidwood and James McQuillan, Extracts from ONSW e-bulletins and OA E-news. Photos from James McQuillan, Ian Miller, ONSW, SSS and WHO Facebook pages. This is the first WHO newsletter for 2023. The plan is to produce newsletters quarterly.

BIG YEAR AHEAD !

Watch for announcements.



There are six divisions to cater for all levels of ability, from absolute beginners through to elite orienteers. So even if you are just curious but not sure what it is all about, we can find something suitable for you. If you have only run in Summer Series and are curious about bush orienteering, Metro League is perfect for you.

Last year our club had a team in all 6 divisions, and we hope to do so again this year.

Mark the dates below in your calendar. The first Metro League event is on April 23rd at Mitchell Park. The WHO organised Metro is on May 28th at West Wianamatta.

Please contact your Club Captain, Josh Braidwood at joshubraidwood1@gmail.com to let him know if you are interested in taking part in Metro League, or if you have any questions about Metro League.

Looking forward to another great season!

THE NEXT WHO EVENTS

DATE	EVENT	LOCATION
Tue 7 Mar	WHO Meeting	ZOOM details in Maureen's email closer to the date
Sun 12 Mar	Sydney Sprint #4	WSU Campbelltown
Wed 22 Mar	SSS #25	Upjohn Park, Rydalmere
Sun 28 May	Metro	West Wianamatta (Jordan Springs). NEW MAP

METRO LEAGUE 2023

Another exciting season of Metro League will soon be upon us!

For those of you not familiar with Metro League, it is a series of orienteering events across the winter months where the Sydney-based clubs compete with each other on a team basis. All events are in close proximity to Sydney and its a great way to get a taste for bush orienteering without venturing too far from home. Even better, its one of the best ways to meet your fellow club members.

The full Metro schedule is

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

NSW SCHOOLS CHAMPIONSHIPS

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

WHO HEADLINERS

OA 2022 MERIT BADGES

At the end of each year Orienteering Australia awards merit badges to the top performers well at national events. The WHO winners for 2022 were:

Gold

Lachlan Coady	M14	Gold
Lee Coady	M40	Gold
Emmanuelle Convert	W45	Gold
Justine De Remy De Courcelles	W12	Gold
Vivien De Remy De Courcelles	M45	Gold
Barry Hanlon	M85	Gold
Andrew Hill	M21	Gold
James McQuillan	M40	Gold
Savanna Sweeney	W14	Gold
Shay Sweeney	M12	Gold

Silver

Levi Coady	M10	Silver
Will Kay	M16	Silver
Janet Morris	W80	Silver
Paul Sweeney	M45	Silver
Saffron Sweeney	W50	Silver
Selwyn Sweeney	M20	Silver
Seth Sweeney	M20	Silver

Bronze

Karen Langan	W50	Bronze
Nerise McQuillan	W35	Bronze
Aurelie Valais	W20	Bronze

LEE COADY WINS WORLD O MAZE

Lee competed at the maze set up at Rouse Hill Public School as part of the Hills District Saturday Orienteering Series (SOS) and tied for first place in the Masters Men category with Chi Shing Cheung of Hong Kong in a time of 1 minute 27 seconds.

Almost 900 athletes competed in the 100m maze race all over the world - 32 events in 11 countries. The event was organised from Avesta, Sweden and was conducted at 32 venues around the world between May and October last year. Lee will be presented with a unique "Avesta Horse" designed by the local Swedish artists Fredrik Stenvall and Pernilla Semb for his win.

The World O Maze will be held again in May 2023.
[#WorldMazeRace](#)

We asked Lee for some background and tips on maze racing.

How did this come about? We did the Maze Race in 2021 and Lachlan and Levi loved the mazes (so did I), The event in 2022 was close by thanks to the multiple venues that were run and we were keen to give it another go, The events of the day are a typical line course with a few controls in the maze, then you have the option of doing some maze only mini maps, some head to head maps where you can race someone doing a mirror image of your race, and finally the championship race, You can do these in any order.

Did you train for it? No, we drove to the event. ;)

Was it intentional or accidental? I definitely had a good run, but it was an unexpected surprise, I am not well known for my speed. Luckily this event does not have many long legs, so it really makes it hard for the fast runners to get any decent speed, giving me a much better chance compared to a typical course!

In 2021 it was a very close race in the masters from the 2 Sydney and the Newcastle events, Peter Annetts did a 1:44, Barbara Hill and myself did 1:45 and Paula Shingler did 1:46, This is a race that every second counts. So having a nice and clean run and you are in with a chance.

Any tips for others contemplating entering next year's challenge? Concentrate: You have to be careful in how the map and yourself are oriented, it is easy to turn a corner and have the map the wrong way and it may take a second or two for you to realise what is going on, take a wrong turn or path and you have lost some valuable time.

Make Quick Decisions: If there is a 50/50 route choice, it is better to take either one immediately compared to taking 1-2 seconds trying to decide which is best, just go for what looks best.

Practice: Using the warm up races to get the feel of the map and the flow, I walked some of these while racing Levi and was making sure I made good route choices.

Look Ahead: Try to plan ahead and see your next leg before you punch the previous control.

Back Track: One tip that I have found useful is if you have to go into a path to punch a control then back out of it the same way, rather than punching the control, turning around 180 degrees and then having to then turn left or right, you can run in and punch the control, then run backwards and then take the left or right turn, this means that you don't need to turn 180, your map does not need to turn 180 and it is easier for you to keep concentration and plan the next leg.



New Members – Welcome to Michael Friend, Tim Porritt, Harvey Teoh Zoe, Amelia and Jake Fuller ... and their parents too plus Nathan, Albert, Gracie and Lucas Tang

Welcome Back to Tova Gallagher and Lynn Dabbs

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

Ex WHO Member wins ONSW award

Congratulations – Steve Holloway.

We train them well at WHO. Long-time WHO member Steve Holloway retired to the south coast and joined IKO. Great to our exports doing well.

2022 Volunteer of the Year



Stephen Holloway (left) being presented with the trophy by Illawarra-Kareelah, President Ken Mills

The Volunteer of the Year Award is presented to a member/s recognised for meritorious service to the sport of orienteering in NSW. (Sourced from the ONSW web site.)

2023 STATE LEAGUE EVENTS

Mark the dates in your diaries

DATE	EVENT	LOCATION
Sat 25 Mar	SL #1 NSW Sprint Chs	Burradoo (near Bowral)
Sun 26 Mar	SL#2 Middle	Belanglo
Sat 29 Apr	SL#3 Middle	Belanglo
Sun 30 Apr	SL#4 Long	Soapy Flat
Sat 20 May	SL#5 Middle	Kahli's Rocks
Sun 21 May	SL#6 Long	Gumble
Sat 10 Jun	SL#7 Middle	Onley State Forest
Sun 11 Jun	SL#8 Long	TBA
Mon 12 Jun	SL#9 Sprint	TBA
Sat 19 Aug	SL#10 Middle	ACT
Sun 20 Aug	SL#11 Long	ACT
Sat 26 Aug	SL#12 Sprint	Parramatta
Sun 27 Aug	SL#13 Middle	Mulgoa
Sat 9 Sep	SL#14 NSW Middle Chs	Breakfast Creek
Sun 10 Sep	SL#15 NSW Long Chs	Breakfast Creek

WRAPPING UP 2022

WHO CUP, WHO ANNUAL AWARDS and AGM

were held on a very warm Sunday December 4th at Western Sydney Parklands. Many thanks to our lunch caterers Rob and Maureen.

WHO CUP WINNERS 2022

Fastest Female: Belinda Kinneally

Fastest Male: Seth Sweeney

Handicap (Winner of Chris Crane Cup): Tim Perry

WHO Awards 2022

WHO Club Champion: Savanna Sweeney

Hank Van Oost Award: Dmitry Stukov.

WHO AGM –Office holders elected for 2022-2023 are:

President: James McQuillan

Vice President: Dan Smith

Secretary & Public Officer: Maureen Fitzpatrick

Treasurer: Karen Langan

Mapping Officer & Archivist: Janet Morris

Equipment Officer: Steve Dunlop

Club Captain: Josh Braidwood

Development Officer: Vivien De Remy De Courcelles

Social Media-FaceBook: Nerise McQuillan

E-News Editor: Ian Miller

Statistician: Barry Pearce.

Webmaster: Barry Hanlon

IT / Tech Support: Dmitry Stukov

Child Safety Officer: Saffron Sweeney

More information is on the club website:

<https://whorienteers.net>

Thank You to all who helped deliver events in 2022 and across the summer

XMAS 5 Days including WHO's event at Mt Piper on 28 December

Some great bush events and a sprint to wrap up orienteering for 2022. The first 4 Days were at Falnash, Mt Piper, Baal Bone Junction and Gardens of Stone, all just beyond Lithgow. WHO's best results though came on the final day, with the sprint at Blue Mountains Grammar School. We collected two firsts, two seconds and two thirds.

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

...

Overall Results, which were based on placings on the best 4 of 5 events:

2nd Justine (WF)

3rd Savanna (WC), Aiden (MG)

4th Levi (MG), James (MB)

<https://eventor.orienteering.asn.au/Stand.../View/Series/201>

BUT the big news was that WHO had the most participants of any club on Day 5 and equal most on Day 4. We contributed approx 10% of participants overall. Way to represent!!

WHO organised the Day 2 event at Mount Piper on the morning of Wednesday 28th. Emmanuelle was the organiser with James and Karen the Controllers. The courses were set by Vivien. Thank you to all who helped.

The Xmas 5 days for 2023 is scheduled for the Central Coast. Get on board.

Western Summer Orienteering Series (WSOS)

The 2022-2023 WSOS came to a successful conclusion at a damp Auburn Parks on 22 January. There were six events in the program – four delivered by WHO, one by Garingal and one by Bennelong. WSOS is held in December and January using maps in the west and hills areas and has a dedicated following. It is family oriented, a great introduction to orienteering plus useful to develop organising and setting skills for WHO members. It will return again in December 2023.

WHO HISTORY

WHO Aussie Champs Winners

Richard Pattison (BN) has been researching Australian Championship winners.

The table below lists the WHO winners (only age class winners) at the Australian Long Championships 1972 – 2017. Middle/Sprint/Relays are being worked on.

Year	Class	Club	Full Name
1989	M40B	WHN	Steve Hure
1991	W10A	WHN	Janine Hill
1992	M14A	WHN	Andrew Hill
	M20AS	WHN	Ashley Crane
	W10A	WHN	Janine Hill
1993	W12A	WHN	Janine Hill
	W35B	WHN	Lynn Dabbs
1995	M16A	WHN	Andrew Hill
1996	W40A	WHN	Lynn Dabbs
1999	W21B	WHN	Adele Crane
2004	MW12B	WHN	Luke Bailey
	W21A	WHN	Sheralee Bailey
2007	M55AS	WHN	Kevin Williams
2008	W55A	WHN	Lynn Dabbs
2012	W35A	WHN	Anna Fitzgerald
2014	W60A	WHN	Lynn Dabbs
2016	M80A	WHN	Barry Hanlon

HOT REMINDERS

Sydney Sprint Weekend entries close soon!

Normal entry deadline Sunday 26 February 2023 at 23:59 EDT

Late entry deadline Thursday 2 March 2023 at 23:59 EDT

Wed 1 Mar – Toukley 2 Days entries [Eventor](#)

Membership Renewal – Have you renewed your ONSW membership for 2023? Its not too late. One benefit is to pay the lower members only entry fees for events.

JUNIOR'S NEWS



Orienteering Tour of New Zealand King's Birthday 2nd to 5th June for Juniors 14-17 ears. See [Link](#) for more information.

BLUEBOTTLES SPRINT TRAINING

See [Flyer](#) for more details.

Invitation: You are warmly invited to attend our Junior Sprint Training to be held in Sydney on 4th - 5th March, 2023.

The skills of Sprint Orienteering: This opportunity will have a special focus on developing the skills of Sprint Orienteering, in preparation for the Sydney Sprint Weekend the following weekend. All NSW Juniors capable of running Moderate or Hard (on a sprint map) are welcome to attend.

All accompanying adults will also be welcome to participate in the training sessions.

Invitation: You are warmly invited to attend our April Orienteering Training Camp.

Venue - Tocal College, Paterson in the Hunter Valley.

Dates - 20th – 23rd April, 2023.

More details see Eventor and flyer in [Eventor](#).

WHOLE LOT OF WHO MAPPING GOING ON !

Janet and Barry have produced the Fairfield area base map for the Turkey Trot. Field checking has commenced.

Graeme Hill has a new map of Pyes Creek area of West Cherrybrook under development with help from Hornsby Council who have built a new bridge.

The WHO team have been busy at Kings School creating the map for NSW Schools Championships.

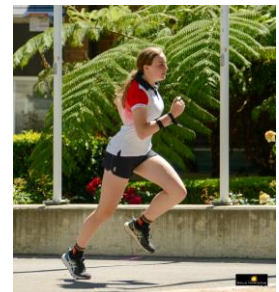
Janet has completed the West Wianamatta for our May Metro

PHOTOS

Left hand side: Dmitry winner of the Hank Van Oost Award; The WHO Cup: Savanna winner of the Club Championship, Seth receiving the WHO Cup fastest male award from James. Tim winner of the Chris Crane Cup,

Middle: Saffron at Falnash; Warren at the Falnash start; Justine at Blue Mtns Grammar.

Right hand side: Barry at Day 3 of the Xmas 5 Days; A tight squeeze for Lee at Blue Mtns Grammar. Harley, Silvia and Sammy at SOS Martin at Gardens of Stone; Savanna at Knox



ONSW EVENTS

Sydney Sprint Weekend entries about to close!

Normal entry deadline Sunday 26 February 2023 at 23:59

Late entry deadline Thursday 2 March 2023 at 23:59

Sydney Sprint Weekend (SSW) is a series of four exciting sprint orienteering races. Courses are offered to suit everyone who enjoys sprint orienteering, from age 12 and under to 70+, and from novice to elite. All races are on campus style terrain. The first race, the Individual Sprint, is a World Ranking Event (WRE) for Elites and an Australian selection trial for JWOC. All events make up Round 2 of Orienteering Australia's National Orienteering League (NOL). On the Monday there will be a low-key event in the morning with stunning views over Sydney's iconic harbour. We invite everyone to join us for a fantastic weekend of sprint orienteering.

See links for [Bulletin1](#) and to enter in [Eventor](#).

TOUKLEY 2 DAYS

Central Coast Orienteers invite you to the 41st running of the Toukley (O'Shea) 2 Days - two days of orienteering with lots of variety.

This is an event for PAIRS with three events in one. Saturday afternoon is a Pairs Relay with a longer and a shorter leg for each class. Saturday night is a Line Course for both or one of the pair (best time to count) and Sunday morning is a Pairs Score event (divide the controls up, collect all between you, meet and finish together). Saturday afternoon's relay is in Kincumba Mountain Reserve the Night leg will be at Terrigal West Duffys Oval, and the Pairs Score on Sunday morning is back in Kincumba Mountain Reserve.

[Click here](#) for further information or for details on how to enter please visit the following link: [Eventor](#)

Orienteering NSW 2023 winter calendar

https://onsw.asn.au/images/stories/events/2023_Winter_Calendar.pdf

ONSW EVENTS AND ACTIVITIES

DATE	EVENT	LOCATION
Wed 1 Mar	SSS	Balmain – World Pride event
Sat 4 Mar	SOS	Cherrybrook Tech HS
Sat 4 Mar Sun 5 Mar	Toukley 2 Days	Kincumba Mountain + West Terrigal
Sat 4 Mar Sun 5 Mar	Bluebottles Sprint Training	Cherrybrook + Pymont
Wed 8 Mar	SSS	Lindfield
Sat 11 Mar Sun 12 Mar	Sydney Sprint Weekend	Sydney Uni, UNSW, St Gregory's College and WSU Campbelltown
Mon 13 Mar	Sydney Sprint Epilogue	Middle Head + Georges Heights
Wed 15 Mar	SSS	Chatswood West
Wed 22 Mar	Upjohn Park, Rydalmere	Upjohn Park, Rydalmere
Sat 25 Mar	State League #1	NSW Sprint Chs Burradoo
Sun 26 Mar	State League #2	Belanglo Forest
Wed 29 Mar	SSS	Gordon – SEASON FINALE

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

National Events

2023 Easter 3 Days - Entries Now Open

Orienteering ACT is pleased to welcome all orienteers and their families and friends to the beautiful Snowy Monaro region. We will be offering you the opportunity to experience this wonderful alpine landscape from the rich perspective of orienteering in April 2023.

Further information is available on the [event website](#).

Bulletin 1 is now [available here](#). Entries are now [open here](#).

SYDNEY SUMMER SERIES SEASON 32 REPORT

Twenty-one rounds completed and only 5 to go!
WHO members are doing well in the points score.

WHO organises four SSS events for each season. Our third was on 22nd February at Ted Horwood Reserve. The fourth is at Upjohn Park, Rydalmere on 22nd March.

SSS Milestones achieved at our 22 Feb event
Silvia 100 events, **Justine** 50 events, **James** overall winner.

22nd February was the 678th SSS event and was highlighted by the presentation to Ross Barr to commemorate his participation in 600 SSS events.



Ross Barr surprised and delighted with cake and commemorative “600 and still running” shirt

SSS Quiz Question

Q. Which two WHO members have completed events in each of the 32 SSS Seasons ?

A. Janet Morris and Graeme Hill

SSS Vox Pop

Justine is the vox pop star for 22 Feb interviewed by Ian Jessup. Her Facebook comments can be found at <https://www.facebook.com/Sydney-Summer-Series-Orienteering-436657886470504/>

SSS Point Score – WHO Results

Places are determined by the total points scored with the best 12 scores counting. The results after 20 (of 26) SSS events (maximum 1200 points) are:

Minis

Shay Sweeney 2nd with 500 points
Samantha Teoh 6th with 286 points
Archer Hill 10th= with 100 points
Zachery Hill 10th= with 100 points
Harvey Teoh 10th= with 100 points

Junior Women

Savanna Sweeney 1st with 1142 points
Justine de Remy de Courcelles 3rd with 1017 points

Masters Women

Silvia Teoh 3rd with 1079 points
Belinda Kinneally 17th with 89 points
Vanessa Cullen 21st with 73 points

Veteran Women

Deb Walsham 4th with 1070 points
Saffron Sweeney 5th with 1033 points
Emmanuelle Convert 7th with 970 points
Karen Langan 17th with 664 points
Yvonne Fillery 24th with 145 points
Rachel Merton 26th with 137 points

Immortal Women

Janet Morris 3rd with 862 points
Marion Gledhill 4th with 786 points

Walking Women

Kit Wong 5th with 500 points

Junior Men

Will Kay 2nd with 1054 points
Seth Sweeney 5th with 898 points
Selwyn Sweeney 11th with 443 points
Sam Kay 30th with 61 points

Open Men

Chris Chan 18th with 161 points

Masters Men

James McQuillan 2nd with 1148 points
Andrew Hill 17th with 200 points

Veteran Men

Vivien de Remy de Courcelles 13th with 979
Gary Farebrother 16th with 956 points
Scott Henderson 17th with 950 points
Paul Sweeney 49th with 196 points
Dan Smith 52nd with 169 points

Super Veteran Men

John Murray 22nd with 908 points
David Noble 30th with 682 points
Warren Bax 57th with 67 points

Legends Men

Graeme Hill 3rd with 1174 points
Steve Dunlop 10th with 955 points
Martin Mansfield 14th with 882 points

Immortals Men

Ian Miller 3rd with 1108 points
Malcolm Gledhill 4th with 970 points
Ted Mulherin 9th with 797 points
Barry Pearce 18th with 66 points

Walking Men

James McQuillan 4th with 385 points

(Ed. Apologies if I have missed anyone.)
The full results and point score list is at <https://www.sydneysummerseries.com.au/season/202122/points>

UPCOMING SSS EVENTS

DATE	LOCATION
Wed 1 Mar	Balmain – World Pride event
Wed 8 Mar	Lindfield
Wed 15 Mar	Chatswood West
Wed 22 Mar	Upjohn Park, Rydalmere
Wed 29 Mar	Gordon – SEASON FINALE

SOS NEWS

Bold Horizons 2023 Term 1 dates are set and continues this Saturday.

See here for dates and venues - [Bold Horizons](#). Active Kids vouchers can be redeemed. Both the events below are 3D.

Saturday Date	Location
4 Mar	Cherrybrook Technology High School, 28-44 Purchase Road, Cherrybrook
18 Mar	Killara High School, Koola Ave, East Killara

ROGAINE NEWS

Next Event

6-hour Metrogaine at Forestville, Sunday

April 2. Entries are open now and close March 26. [More Info Here](#)

STRAY STUFF

NOW THAT IS FAST !

A 16 year old from Canberra ran 3 minute 55.44 seconds for the mile on Feb 23. That is a per km rate of 2 minutes 27.

FOR THOSE THAT HAVE GOT THIS FAR

So, you drive across town to a gym to walk on a treadmill?

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the toilet the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

TRAINING TIPS

Doing training runs from home can get a bit repetitive. Varying where you run can help. Two suggestions. 1. Plan a run that takes you on every street in your suburb. 2. Circumnavigate your suburb by running around the suburb's boundary. Option 1 is easier if you live in the middle and Option 2 is easier if you live on the edge. Google maps helps plan where to run. Strava or similar apps can show you how you have gone. If you live in a small suburb you may be able to cover it in a single run while larger suburbs may need multiple efforts. Good luck !

ARTICLES OF INTEREST

Cathy Freeman's tips for getting your running on track.

It can be daunting if you've never been a runner or are trying to get back into it, but star sprinter Cathy Freeman says anyone can do it.

<https://www.abc.net.au/news/2022-09-13/cathy-freeman-tips-for-getting-your-running-on-track/101429834>

Walk this number of steps each day to cut your risk of dementia

<https://edition.cnn.com/2022/09/06/health/step-dementia-risk-wellness/index.html>

Doing 10,000 steps a day is good, but study shows walking fast is better

<https://www.smh.com.au/lifestyle/health-and-wellness/doing-10-000-steps-a-day-is-good-but-study-shows-walking-fast-is-better-20220912-p5bhfu.html>

How peaking physically in middle age can mean a longer, healthier life

<https://www.smh.com.au/lifestyle/health-and-wellness/how-peaking-physically-in-middle-age-can-mean-a-longer-healthier-life-20220913-p5bhnz.html>

The time of day you exercise can make a difference in how effective it is

<https://www.smh.com.au/lifestyle/health-and-wellness/the-time-of-day-you-exercise-can-make-a-difference-in-how-effective-it-is-20220929-p5blvv.html>

COVID – Take care and stay safe. The simplest way to protect yourself is to wear a mask in enclosed areas.

ACTIVITIES OF INTEREST

Clean Up Australia Day – Sunday, 5 March

This year marks the 33rd Anniversary of [Clean Up Australia Day](#). This year's event is at Third Settlement Reserve, Winston Hills.

When: **Sunday, 5th March 2023**

Time: **9:00am to 11:00am**

Where: Meet at Winston Hills Scout Hall, 55 Edison Parade, Winston Hills

Scan the QR code to register your attendance

