



“WHO runs the country”



Dharug Country — February 2025

In This Issue

From The President.....	1	Event Calendar.....	6
New Members.....	1	Are You The Next WSSS Coordinator.....	6
Creating Child Safe Sport.....	2	O’Shea.....	7
The WHO Cup	3	Women’s Orienteering Training Weekend.....	7
Christmas 5 Days.....	4	Order the Best Orienteering Uniform in Australia.....	8
NSW State League 2025 Program	5		

Thanks Saffron, James and Vivien for contributing articles. Send any articles for future newsletter to [Vivien](#).

From the President James McQuillan

As you can read about in this edition, we held our annual WHO Cup and AGM in Dec. This was our opportunity to announce two special awards for 2024.:

1. Club Champion - Shay Sweeney. The winner is determined via a special formula in which Barry Pearce trawls through lots of results and applies a ‘weighting’. The weighting should allow comparisons between all ages and genders. Congratulations Shay.
2. Hank van Oost Award - Karen Langan. This award is for significant contribution to the club. Karen is our Treasurer despite living in Alice Springs! Her willingness to offer her time at registration, collecting controls, organising and setting events is very much appreciated. She will be setting our State League event this year at Kahli’s Rocks. Thanks Karen.

Speaking of State League, check out the schedule further on. I’d encourage everyone to try to get to as many of these as possible. They offer the best (mostly bush) orienteering NSW has to offer and give us an excuse to get to some places we would probably be unlikely to visit otherwise.

Keep an eye out for our local SSS events too. We had Telopea last month, which we just snuck in before a tremendous thunderstorm hit. We have Parramatta shortly and Epping in March. Again, an excellent reason to traverse the city and discover hidden gems all over Sydney.



New Members

Welcome to Matthew, Antony, Leah, Elliott and Corwyn.

Great to have you as part of the WHO team; We look forward to meeting you at an event soon.

Creating Child Safe Sport

It is very important that we ensure orienteering is a safe sport. The [National Integrity Framework](#) is a set of rules that all members of a sport need to follow when it comes to their behaviour and conduct in sport. There are many resources to help inform athletes and sports about the Framework, as well as resources and guides to assist sports manage matters outside of our statutory functions.

Safeguarding in sport involves protecting children, young people and adults from abuse, preventing harm and promoting their well-being by creating a safe and supportive environment for all. Participation in sport should be safe for all. Everyone involved in sport should be treated with respect and dignity and is protected from discrimination, harassment, bullying and abuse.

Child safety must be embedded in every Australian sporting organisation's culture. It must be understood and practised at all levels of the sport with zero tolerance for any behaviour that puts the safety, well-being of children and young people at risk or harm. It is important that everyone involved in delivering sports in Australia understands their legal and governance responsibilities to child safety, including boards, committees, administrators, volun-

teers, coaches, parents, and participants. Therefore it is important for the public to be committed and aware of child safety.

Orienteering NSW has a lot of information on our commitment to child safety in sport. You can find that information here <https://onsw.asn.au/juniors/safeguarding>

Actions

- read the main webpage of [National Integrity Framework](#) and <https://onsw.asn.au/juniors/safeguarding>,
- if you have children under 21 please either read with them (for 7-12 year olds) or encourage them to read (13-17 year olds we suggest asking them to summarise key points back to you to ensure understanding; for 18s and over they are adults under the law but often are included with the children so they especially need to be aware of the requirements) the links for age relevant items on the ONSW safeguarding page

Saffron Sweeney, Child Safety Officer

Can I Be a WHO Member Overseas?

Barry Hanlon found out that you can... at least in New Zealand where we have a sister club.

WHO-NZ is based the Northland city of Whangarei. The WH in Maori is a single consonant, similar to English F but more aspirated, and is never separated.

Their links are:

website: <https://www.revolutionise.com.au/whorienteering/home>

club email: whorienteering@gmail.com

facebook: <https://www.facebook.com/whangareiOrienteeringClub>



The WHO Cup

The WHO Cup and following AGM were held at Bungarribee . Most of the course was set in Western Sydney Parkland and extended to surrounded streets and parks. Unfortunately the weather was rather on the hot side of things pushing many runners to abandon their course or have a pit stop at the assembly arena for a drink of water and sit down.

Orienteers cam from as far afield as Port Macquarie just to have a chance to run a WHO event... OK they might have been in Sydney for the weekend.

Seth Sweeney took the honours on the long course as expected with Matthew Palmer the best of the rest. Savanna the first woman.

Blink on the medium course and you would have missed Stanley Shing who was more then 20 minutes ahead of second with Maria and Elliott completing a WHO podium.

On the short course we again had a full WHO podium of young members with Tahlia, Abbey and Levi showing their speed.

Maria was the winner of the handicapped Cup.

The course setter was both surprised and pleased to see that several runners chose the route through the high grass on more than one leg of their courses.



Christmas 5 Days

Christmas 5 days is usually a rare opportunity to experience bush orienteering in the warmer months of the year. This year however, the event was based in Sydney and included 4 sprints and one summer series.

The organisers and setters made a great job with it creating 5 distinctive events that were all enjoyable.

We started on Saturday in Centennial Park. It included three runs based on three aspects of orienteering: speed, skill and strength/climb.



Due to the hot weather on Friday, WHO's event was postponed to the Saturday afternoon. Selwyn played with our mind setting a course spread on 4 levels including outdoor areas at Pennant Hills HS. The clever use of temporary barrier forced us to choose between long routes or changes of level. And what a great touch to be offered ice-blocks at the end!

We then moved to inner Sydney and into the streets and lanes of Chippendale. A great new map put to good use by the expert touch of Duncan Curry.

Nick Stanley was another of our young course setters for the Monday Summer Series at North Head. Such great views out there and nice to run in the bush with a record crowd.



The final ultra sprint event in Leichardt included a maze and almost 60 controls that were all in use for the three courses that everyone had to run. No control description or control number so punch the correct control or risk a time penalty. Forget a control and you are still in the run but with a greater time penalty!

Overall Christmas 5 days delivered a fun-filled carnival.



NSW State League 2025 Program

The 2025 NSW State League calendar has been released. It includes 15 events.

We are still waiting for selection criteria for the juniors who want to be considered for selection for the State School team to the Australian championship held in and around Brisbane in October. However, it is likely that they will have to enter the first 4 State League events and run moderate courses for those aged 12 to 15 and hard courses for older juniors. Attendance is expected at all State League event in case of selection. I will communicate to all parents of junior members when we receive selection criteria (Vivien—Club Development Officer)

Date	Map	Event Format	Town / Locality
March 22	Macquarie Uni	NSW Sprint Champs	Sydney
March 23	Falnash SF	Long	Falnash.
April 5	Cooma	Middle	Cooma
April 6	Cooma	Long	Cooma
May 10	Olney SF	Middle (NOL)	Central Coast
May 11	Olney SF	Long (NOL)	Central Coast
June 7	Kahli's Rocks (organized by WHO)	Middle	Central West NSW
June 8	Kahli's Rocks	Long	Central West NSW
June 9	CSU	Sprint	Bathurst
July 19		Middle	Newcastle
July 20		Long	Newcastle
August 23	Tallowa Gully	Middle	Southern Tablelands
August 24	TBA - Tudor House?	Sprint	Southern Tablelands
Sept 13		NSW Middle Champs	Armidale
Sept 14		NSW Long Champs	Armidale



<https://aus3days2025.orienteering.asn.au/>

Event Calendar

There are many events all around Australia or even all around our own state of NSW. Rather than listing them all here, we'll focus on our local events as well as State League events. For more check [Eventor](#).

Summer Series

The annual series of Wednesday night runs during day light hour period. You have 45 minutes to complete your course including as many or as little of the 30 controls on offer.

<i>Date</i>	<i>Location</i>
19 Feb	PENNANT HILLS Pennant Hills Park Netball Courts, off Britannia Street
26 Feb	PARRAMATTA James Ruse Reserve, Hassall Street
5 Mar	CONCORD Ron Routley Oval, off Nullawarra Avenue
12 Mar	LEICHHARDT Pioneers Memorial Park, Norton Street
19 Mar	EAST LINDFIELD Lindfield Oval, Tryon Road
26 Mar	EPPING West Epping Park, Dent Street
2 Apr	NORTHBRIDGE Northbridge Golf Club, Sailors Bay Road-Stay for dinner and presentation

Saturday Orienteering Series (SOS)

Organised on Saturday mornings during school term by the Bold Horizons team including some of our junior members. This term events are held in northern Sydney and Macarthur.

<i>Date</i>	<i>Northern Sydney</i>	<i>Macarthur</i>
22 Feb	Knox Grammar School, Wahroonga	Camden Public School
1 Mar	Killara High School	Camden High School
8 Mar	Mimosa PS and Davidson HS, Frenchs Forest	Aird HS, Campbelltown
15 Mar	Narrabeen Sports HS and Narrabeen PS	St Gregory College Campbelltown, Gregory Hills

Are You The Next WSSS Coordinator?

The 2024/25 Western Sydney Summer Series has just been completed. There were four events two run by WHO, and one each run by Bennelong and Garingal. For some history, the series was started by ONSW, originally as score events similar to the SSS. A south series was started at the same time. Both the west and south series have evolved into a calendar of line course events held in bush and park areas. Generally each event attracts over 50 participants and the events are held on Sunday mornings.

I have coordinated the west series, by organising with clubs to run the events over summer and with the ONSW office to put them on the website but not recently with any extra publicity. It is possible that the series could be extended or improved so if anyone would like to take it over from me I would be happy to pass on the role of coordinator. If you are interested or want more information just contact me by email or at an event.

Janet Morris janetmorris27@yahoo.com.au

O'Shea

O'Shea is a fun pair-based event held on the Central Coast the first weekend of March. There is a long option and short option. It starts with a mass-start relay on Saturday: one member of the long pair completes the long distance course and the other member the middle distance course. For the short pair, one member does the middle distance course and the other one does the short distance course. Total time of the pair is the final result.

Then there is a night run in the evening. Three course on offer again with runners starting every 30 seconds in order of their pair's result in the relay.

Only the time of the fastest runner of the pair counts meaning one runner can opt out of this one.

Finally on Sunday morning, pairs have to divide controls of the map and have to visit all controls between them but meet at the last control to finish together. Time spent planning can feel like time lost but can actually work out better in the end if both team members arrive at the same time at the last control.

The event is great fun, allows for a swim and meal between the 2 events on Saturday and there are cakes to win including for the slowest teams!



Women's Orienteering Training Weekend

Bold Horizons (organisers of the Saturday Orienteering Series) are putting on a orienteering skills development weekend on 8-9 March in the Lithgow area. The next one is specifically for women, 13 years old and over, keen to learn or improve off-track navigation and orienteering skills. You are very welcome whether you have never navigated in a bush environment before or you are experienced but just want to brush up on skills or sneak in some practice (and spend time with an awesome bunch of peo-

ple!).

Beginner, intermediate and advanced level training options will be available.

Charlotte and Emmanuelle are already registered.

More info and rego link [here](#).



Order The Best Orienteering Uniform In Australia

One of the hot talks of the last Australian Orienteering Championship was the very good looking new WHO shirts and orienteering pants. Some even considered switching club to get their hands on these beauties.

What about you? Have you ever looked at your orienteering top and thought, "I need a new one"? Or maybe your pants have so many tears, they double as a ventilation system?

Good news! Another order for orienteering tops and pants is now available from WHO! Now's your chance to replace that "lucky" shirt and finally retire those pants that have survived one too many fence crossings.

Place your order now—because looking fast is half the battle!

Order [here](#) before 28 February.

