



“WHO runs the country”

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October Newsletter



Niamh leads in the NSW Carbines to win the 2019 Interstate Schools Trophy

In this newsletter So much has happened in a very short time. WHO ran a Metro at Mulgoa but that was nearly 4 weeks ago. The more adventurous section of WHO members then departed for Wagga and Beechworth for the Oceania Carnival. Those that stayed behind organised event #1 to launch the Sydney Summer Series for Season 29. As they say “no rest for the wicked”.

Upcoming WHO Events

Nov 6 (Wed)- SSS at Guide Hall Brush Road, West Ryde

Dec 1 (Sun)- WSOS + WHO AGM at Ted Horwood Reserve, Park Road, Baulkham Hills

HONOUR BOARD

OCEANIA CHAMPION Congratulations to **Robert Bradley** on his win at the Oceania Middle Distance Championships M45AS class.

NON-ELITE CLASS NATIONAL RANKINGS Congratulations to our Top 10 nationally ranked members.

W12 – 5th **Savanna Sweeney**

W65 – 8th **Lynn Dabbs**

Reminders

Junior Diaries for the 15 and under members are due by October 22nd. Details in the e-bulletin.

OCEANIA CARNIVAL

Major orienteering carnivals are about more than the events. There is the journey and the apres-O activities.

Robert and Maureen's Oceania Carnival

Our Aus/Oceania Champs journey started on a Friday morning with a route choice. West through the mountains, the slower but more interesting way, or south down the Hume. Thoughts of the Bathurst Patisserie made the choice easy. West! First stop was a creme brûlée tart for morning tea then we checked out the Bathurst Art Show. It was a lovely day so between Cowra and Young we had a picnic lunch. At Cootamundra in an antique store that had better things than the usual "junktique" stuff most stores stock, Maumau wanted half the shop.

We missed the sprint so our first event was the Aus Champs Long on a new map between Cootamundra and Junee. It was in a beautiful location with golden fields of canola and views of giant granite boulders.

My course had some great areas of complex granite but had many legs in the adjacent open farmland. In the granite I made a few small mistakes. Each of them going to the left of the control. Still can't work out why each of the mistakes was the same. The WHO highlight was Niamh's 3rd Australian in her class.

The next day was the relay on the same map. My first leg was a killer. A short very steep leg from the bottom to the top of the map. When I got there I was stuffed and had most of my course still to do. The whole course was in dense granite with no easy legs to rest your brain. Towards the end, a very steep descent on tired legs to a tricky control made you work hard to the very end.

M and I then drove home to go to work for a few days while everybody else continued to on midweek events near Wagga.

We returned to do Friday's model event at Beechworth to get a feel for the mapping style. We strolled around working out how the rock was and wasn't mapped. When we thought we understood it we wandered into town have a look around.

Saturday's Oceania Long was on Kangaroo Crossing near El Darado. It has lots of granite and big hills. The courses were tough and certainly sorted the sheep from the mountain goats. Discussions back at the finish focused on the long legs. Most agreed there was no obvious route choices. It was fascinating to see how many different ways the same leg was done. M and I retired to a cellar door in town for a glass of wine and tasting plate.

Sunday's middle distance event was in an area with granite again but generally runnable and not as steep as the long. Lots of shorter legs with changes of direction. There were a lot of very tired people at the finish.

We finished the day with a mini brewery crawl - If you can call a beer in two breweries a crawl.

We always enjoy Easter and Aus champs. If you haven't been, I highly recommend you consider Easter next year. It is in NSW, so it's easy to get to with the added bonus of two days on one of Australia's best maps - Gumble.

Robert Bradley and Maureen Fitzpatrick

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OCEANIA RESULTS

Congratulations also to the Wagga club, ONSW, OACT and Orienteering Victoria for delivering a great Oceania Carnival.

The WHO team performed well over the week with James McQuillan tackling the hardest class as our NSW Stinger M21E representative.

Oceania Sprint Chs – 28 September

M21E	James McQuillan	30th 25:37,
M10	Shay Sweeney	12th 16:02,
W12	Savanna Sweeney	7th 12:34,
W14	Martine Valais	20th 20:40,
W16	Niamh Cassar	13th 16:10,
W35	Nerise McQuillan	11th 35:29,
W45	Saffron Sweeney	21st 27:10,
M16	Selwyn Sweeney	23rd 23:09,
M16	Seth Sweeney	38th 32:06,
M45	Paul Sweeney	33rd 55:56

Australian Long Distance – 29 September

M21E	James McQuillan	20th 145:21
M/W10N	Shay Sweeney	9th 26:29
M/W10N	Aiden McQuillan	13th 42:12
W12A	Savanna Sweeney	13th 28:34
W14A	Martine Valais	27th 40:50
W16A	Niamh Cassar	8th 34:34
W35AS	Nerise McQuillan	3rd 78:01
W45AS	Maureen Fitzpatrick	18th 77:06
W45AS	Saffron Sweeney	9th 56:09
W65A	Lynn Dabbs	11th 50:15
M16A	Selwyn Sweeney	26th 64:07
M16A	Seth Sweeney	29th 66:38
M45AS	Robert Bradley	7th 68:36
M45AS	Paul Sweeney	9th 71:35
M65AS	Kevin Williams	4th 38:54
M65AS	Barry Pearce	10th 78:46

Oceania/Australian Relays – 30 September

M21E	- NSW#2 James McQuillan	10th 64:22
M/W12A	-NSW#3 Savanna Sweeney	11th 16:12
M14A	- NSW#2 Martine Valais	5th 46:23

M16A	- NSW#1 Selwyn Sweeney	4th 48:28
M16A	- NSW#2 Seth Sweeney	10th 81:22
W16A	- NSW#1 Niamh Cassar	6th 62:08
M21AS	- NSW#1 Paul Sweeney	7th 133:53
M45A	- NSW#3 Robert Bradley	11th 72:14
W45A	- NSW#4 Karen Langan	11th 86:16
W45A	- NSW#4 Saffron Sweeney	11th 98:47

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Australian Schools Championships

Our NSW Schools (Carbines) reps were Niamh Cassar (Senior Girls), Martine Valais (Junior Girls) and Selwyn Sweeney (Senior Boys).

Sprint Distance – 1 October

Junior Girls:	Martine Valais	38th 18:08
Senior Boys:	Selwyn Sweeney	28th 17:00
Senior Girls:	Niamh Cassar	14th 16:51

Niamh was quickest of the NSW Senior Girls and 8th Australian.

Long Distance - 2 October

Junior Girls:	Martine Valais	mp
Senior Boys:	Selwyn Sweeney	31st 70:39
Senior Girls:	Niamh Cassar	21st 69:16

Selwyn was the best of the NSW senior boys and 22nd Australian.

Relays – 3 October

Junior Girls:	Martine Valais	mp
Senior Boys:	Selwyn Sweeney	10th 58:34
Senior Girls:	Niamh Cassar	5th 43:43

Schools Shield won by NSW

Niamh needed to make up two and a half minutes on South Australia in the Senior Girls. Despite dropping time to the first radio control she caught up five minutes to power home and deliver the Shield to the Carbines!

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Riverina Run

Riverina Run Day 1, 1st October - Sprint

Women B	Aurelie Valais	35th 53:12
Women C	Saffron Sweeney	33rd 23:21
Women F	Savanna Sweeney	5th 14:45
Men A	James McQuillan	11th 16:00
Men C	Paul Sweeney	5th 16:47
Men D	Seth Sweeney	5th 14:42
Men E	Barry Pearce	10th 36:41
Men F	Aiden McQuillan	16th 20:13
Men G	Shay Sweeney	4th 15:33

Riverina Run Day 2, 2nd October - Long

Women C	Saffron Sweeney	28th 63:27
Women F	Savanna Sweeney	3rd 23:19
Women F	Aurelie Valais	12th 45:34
Men A	James McQuillan	46th 91:05
Men C	Paul Sweeney	29th 57:12
Men D	Seth Sweeney	3rd 48:00
Men E	Barry Pearce	6th 150:02
Men F	Aiden McQuillan	16th 65:36
Men G	Shay Sweeney	1st 19:37

Riverina Run Day 3, 3rd October - Middle

Women C	Saffron Sweeney	6th 35:12
Women E	Aurelie Valais	20th 74:00
Women F	Savanna Sweeney	4th 33:37
Men C	Paul Sweeney	25th 40:08
Men D	Seth Sweeney	4th 38:24
Men F	Aiden McQuillan	12th 61:52
Men G	Shay Sweeney	2nd 20:06

Riverina Run Combined (3 runs)

Women C	Saffron Sweeney	14th 150 points
Women F	Savanna Sweeney	4th 161 points
Men C	Paul Sweeney	20th 108 points
Men D	Seth Sweeney	2nd 148 points
Men G	Shay Sweeney	2nd 192 points

Shay was only 3 points behind the winner and Savanna was the first Australian in her class

Oceania Long Distance – 5th October

M21E	James McQuillan	29th 217:00
W12A	Savanna Sweeney	7th 54:34
W14A	Martine Valais	16th 41:37
W16A	Niamh Cassar	22nd 73:58
W45AS	Maureen Fitzpatrick	10th 133:30
W45AS	Saffron Sweeney	10th 163:23
W65A	Lynn Dabbs	7th 81:42
M16A	Seth Sweeney	32nd 99:20
M16A	Selwyn Sweeney	33rd 107:34
M45AS	Robert Bradley	2nd 84:06
M45AS	Paul Sweeney	9th 187:21
M65AS	Kevin Williams	4th 68:27
M65AS	Barry Pearce	mp

Oceania Middle Distance – 6th October

M21E	James McQuillan	35th 69:36
M/W10N	Shay Sweeney	2nd 21:20
W12A	Savanna Sweeney	5th 17:30
W14A	Martine Valais	11th 24:33
W35AS	Nerise McQuillan	3rd 62:22
W45AS	Maureen Fitzpatrick	9th 52:11
W45AS	Saffron Sweeney	12th 63:53
W65A	Lynn Dabbs	2nd 33:50
M16A	Seth Sweeney	32nd 54:09
M16A	Selwyn Sweeney	28th 51:21
M45AS	Robert Bradley	1st 44:01
M45AS	Paul Sweeney	3rd 68:11
M65AS	Kevin Williams	2nd 39:38

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SYDNEY SUMMER SERIES #1

The Wednesday evening Sydney Summer Series (SSS #1) kicked off with our event at Vaucluse. The organiser was Malcolm Gledhill, Vivien de Remy de Courcelles set the courses and Steve Holloway was the Event Director/Controller. A large contingent of members helped set up, run and tidy up at the event. Thank you.

A cool evening with a significant southerly breeze greeted participants. Vivien's course enticed many to try for one control too many and the climb back to the finish into the southerly led to penalty points. A new computer system and a changed registration process were used for the first time with success.

The first of the SSS events signals summer and longer daylight hours are on their way.

WHO members results included: James McQuillan 510 points, Dan Smith 490, David Noble 370, John Murray 320, Karen Langan 310, Emmanuelle Convert 290, Steve Dunlop and Malcolm Gledhill 280, Ted Mulherin 250, Ian Miller 200, Graeme Hill 160, Marion Gledhill 90, Justine de Remy de Courcelles 70. Aiden McQuillan completed the mini course in 16:05 and his brother Elliott took 16:58.

State League

The State League program has one event to go – the NSW Sprint Championships at Sydney Uni on November 10th.

Club Championships

The WHO points score concludes with the Oceania/Australian Championships. Barry Pearce has counted up the over 1400 individual results. The final table will be revealed in the November newsletter.

Reminders

SOS starts again October 19th at Gore Hill.

November 10th is ONSW presentation day.

Postscript

On 12th October 2019 Eliud Kipchoge ran a marathon in 1 hr 59 mins 40 secs. He averaged less than 3 minutes each kilometre for 42 kilometres. Incredible.

Thank You

Contributors – Robert Bradley.

Editors Comments I wasn't planning an October newsletter but so much happened that it was timely to publish. The observant readers may notice the change in format for this newsletter. Other layouts will be tried for upcoming newsletters. There is no schedule for the changes as they are closely related to the skills of the Editor and his ability to learn. You may be wondering about the slogan at the head of this newsletter. "Who runs the country" was the WHO slogan in the 1990s.

Photos

Photos courtesy of Tony Hill (SmugMug/Bold Horizons)





