



# “WHO runs the country”

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## September 2020 Newsletter



**New member** – A warm welcome to Joel Springer. You will likely see Joel at SOS events guiding his elders (mum Gillian and Grandparents Steve and Robyn) around the course or going faster on his own.

### Upcoming events (subject to Covid rules)

DATE	EVENT	LOCATION
Sat 12 Sept	SOS NW	Ermington
Sun 13 Sept	Metro	Scheyville
Sat 20 Sept	SOS	Willoughby Emerge Festival
Wed 23 Sept	Moonlight	Putney
Wed 7 Oct	SSS	West Pymble

### The WHO 2020 event program is:

DATE	EVENT	LOCATION
Wed 18 Nov	SSS	Homeland Reserve, Homelands Ave, Telopea
Sun 6 Dec	WSOS & WHO CUP	Castle Hill Showgrounds
Wed 30 Dec	SSS	Don Moore Reserve, Tiernan Ave, North Rocks

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

### Editorial

It is challenging to compile a newsletter when events are few and can change at a day's notice. Spring has arrived and that means we all got through a most unusual winter. Good on you! Look forward to seeing you at an event soon. Maybe from this weekend we will be back to the “new normal”. Hope you find something of interest in this newsletter.

## From The President

If all goes well WHO will have its first event for a long time on November 18. Graeme and Steve are setting and organising/vetting. A big thank you to both of them. By the time the event comes round it will feel like we need to dust off the cobwebs to run the event.

It is important that everybody keeps aware of the latest from the association on event safety and the safety requirements for every event you plan to attend. Organising an event is harder than it has ever been so it is essential that we all cooperate with event organisers safety requirements.

Rob

## Season 30 of the Sydney Summer Series starts Wed 7<sup>th</sup> October at West Pymble.

<https://eventor.orienteering.asn.au/Events/Show/10436>

## WHO Meetings

Club meetings are currently held on the first Monday of the month using Zoom.

At the September meeting we heard from the ONSW President Robyn Pallas and discussed the new Covid requirements, future WHO events, map making and equipment purchases. It is all very informal and you are welcome to join in. Next meeting Monday 19<sup>th</sup> October at 7:30pm. You don't even need to leave home!

## COVID-19

ONSW has adopted new processes. To maintain social distancing there are changes to the way we 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>

The NSW Government's priority is to reduce community transmission. Until the end of September extra restrictions are in place for community sport.

Victoria is steadily recovering from a community outbreak and has paid a high price. NSW has a low level of new infections and is determined not to let it grow. The other states and territories are at different stages of the recovery and have different timetables for relaxing restrictions.

The challenge of COVID-19 has many phases. Please take care and stay safe.

## WHERE'S WALLY BRUCE?



Clue: The photo is of Bruce Cooper doing field work for a WHO map. Where was he?

Email the President with your answer. There is a prize for the first correct answer.

## DID YOU KNOW?

**There is a WHO Group on Strava?**

**Are you on it?**

## Metro League

### Round 4 at Scheyville

Round 4 of the Metro League is on this Sunday (13th September) at Scheyville. Entries and information can be found at

<https://eventor.orienteering.asn.au/Events/Show/9913>

Metro League action continues with Round 4 coming up on Sunday 13 September. We will be hosted by Garingal at Scheyville National Park.

**You must pre-enter on Eventor for this event.** Please read the Information Flyer and COVID-19 Safety Plan contained within the Event Information on Eventor if you are planning on entering. In order to be able to run this event and satisfy COVID requirements, some further changes have had to be made, including restrictions on who can enter (no competitors from outside metropolitan Sydney) and queuing starts instead of allocated start times. For those unfamiliar with queuing starts this simply means you arrive sometime during the start window (from 9.30am for vulnerable members, 10-11am for everyone else), report to me at the assembly area, then go straight to the start.

Existing COVID-19 protocols will continue to apply, including:

- bring your own sanitiser
- social distancing to be maintained at all times (except within families)
- arrive, compete, leave
- **DON'T COME TO THE EVENT IF YOU ARE SICK**

Additionally, you should read the Event Information on Eventor which contains important information about body protection and parking.

**If you have never been to a Metro League event before and would like to give it a try but aren't quite sure how it all works, please get in touch with me.**

Get your entries in now! I will be allocating teams as usual but will not be allocating start times (as per above).

cheers

Josh Braidwood  
Club Captain  
joshuabraidwood@optusnet.com.au

### Round 3 at James Ruse Park, Ruse

Metro League was well and truly back into gear at Ruse on 16 July, in a socially distanced way of course. And let's just say the weather was a lot kinder to us than our previous outing at Manly Vale with bright sunny skies. Most of the course was in a long tract of bushland around Smiths Creek with a good mix of tracks, boulders, watercourses and man-made features to keep it interesting and challenging throughout. A number of us got caught out in what should have been the easier last leg of the course in street and parkland by not paying sufficient attention to the presence of an uncrossable fence on the map, so some precious minutes were lost. But overall it was a great outing for WHO. We picked up victories in both Div 3 and Div 4 this time around - well done team! Results in each division were as follows:

- Div 1 WHO Evers lost to Bennelong 32-24
- Div 3 WHO Rays beat SHOO IKO 28-26
- Div 4 WHO Doos beat SHOO IKO 31-23
- Div 5 WHO Rahs lost to SHOO IKO 35-20
- Div 6 WHO Hahs lost to SHOO IKO 36-18

When we look at the league table, this leaves the WHO Evers and WHO Hahs languishing in last place with no wins to their name, while our other three teams have each chalked up two out of three wins, keeping them in contention. This sets us up for a fascinating lead up to the final.

As always there were some great individual performances and interesting results.

James McQuillan yet again cleared the hurdle as our fastest Div 1 runner with a time of 53.30 picking up 8 points, but the real talking point was the uncanny co-ordination shown between Dan Smith and Vivien de Remy de Courcelles to both clock in at exactly the same time of 67.02 (not to mention Niamh Cassar within 40 seconds of both of them). This sets up one of the great Div 1 rivalries and it will be fascinating to see who prevails by the end of the season.

We have the Valais sisters Martine and Aurelie to thank for bringing home victory in Div 3, picking up 14 points between them with times of 49.28 and 50.50 respectively. An injured Lee Coady was still able to pick up 10 points in Div 4 to help us to victory along with some other great team performances, no doubt soon we will see him amongst the Div 1 elite once again. Despite a fantastic run from Saffron Sweeney in Div 5 (time 48.43) to pick up 8 points, and a good performance from Matilda Saunders (time 53.56) we were still beaten by SHOO IKO on their home turf. And finally, to top off the massive contribution from the Sweeney family across the divisions (31 points in total - thanks Selwyn, Paul, Saffron, and Savanna) Savanna was our best in Div 6 with a time of 41.21.

Thanks to everyone who came out to Ruse, and look forward to seeing you at the next Metro League.

Josh

## Round 3 Results

### DIV 1

7	James McQuillan	53.30	
14	Selwyn Sweeney	1:01.23	
17	Dan Smith	1:07.02	
17	Vivien de Remy de Courcelles		1:07.02
19	Niamh Cassar	1:07:40	

### DIV 3 - a win against SHOO\_IKO

16	Martine Valais	49.28	
20	Tim Perry	50.29	
23	Aurelie Valais	50.50	
24	Joshua Braidwood	50.58	
28	Belinda Kinneally	58.32	

### DIV 4 - a win against SHOO\_IKO

5	Lee Coady	36.42	
8	Paul Sweeney	39.28	
20	Dmitry Stukov	50.30	
22	Karen Langan	51.28	
27	Barry Hanlon	1:09.12	

### DIV 5

5	Taine Cassar	34.26	
15	Saffron Sweeney	48.43	
16	Constance Valais	50.56	
20	Matilda Saunders	53.56	
31	Janet Morris	1:03.32	
34	Anthony Saunders	1:12:42	
35	Maria Stankova	1:16.32	

### DIV 6

5	Savanna Sweeney	41.21	
17	Lachlan Coady	57.17	
19	Barry Pearce	1:10.29	

### Easy

2	Levi Coady	35.27	
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### Very Easy

1	George Kinneally	22.33	
1	Hamilton Kinneally	22.33	

## Metro League Round 2 at Manly Vale

It seems like an eternity since Metro 1 at Castle Hill back in March, but Metro League season 2020 finally resumed at Manly Vale on July 26. And we were greeted with a downpour, making for muddy tracks and slow times. The southern side of Manly Dam is a nice patch of bushland with some tricky boulder patches to trap the unwary.

Unfortunately victory was elusive for WHO with the notable exception of our ever-dependable Div 5 team, the WHO RaHS who triumphed against Garingal 31-23. There were some good performances in Div 5, with Anthony Saunders our best taking out 9 points and coming 7th overall. That also means the WHO RaHS are our only team to remain unbeaten at this early stage of the comp. Well done team!

All of our other head-to-heads were also against Garingal, except we came off second best in the other divisions. Even so, there were some good performances worth highlighting:

Div 1 - James McQuillan was our best taking out 8 points and coming 12th overall.

Div 3 - Belinda Kinneally earned the WHO Rays 7 points coming in 19th overall

Div 4 - Karen Langan topped the WHO Doos with 7 points coming in 14th overall

Thanks to everyone who came out in the pouring rain for a great day of orienteering. Round 3 will be on August 16 at Ruse, hosted by SHOO. Mark this in your diaries and get your entries in.

Josh Braidwood  
Club Captain

## Round 2 Results

### Div 1

- 12 James McQuillan 55:58
- 18 Niamh Cassar 65:45
- 16 Vivien de Remy de Courcelles 60:54

### Div 3

- 19 Belinda Kinneally 66:27
- 20 Tim Perry 67:52
- 22 Martine Valais 72:38
- 27 Emmanuelle Convert 79:03
- 29 Joshua Braidwood 81:20

### Div 4

- 14 Karen Langan 61:38
- 18 Paul Sweeney 65:45
- 24 Barry Hanlon 96:35
- Maria Stankova MP

**Div 5** our top team. They beat Garingal Molochs

- 7 Anthony Saunders 47:03
- 8 Saffron Sweeney 52:35
- 11 Ted Mulherin 58:07
- 17 Matilda Saunders 62:43
- 20 Janet Morris 69:38
- 25 Constance Valais 83:53

## The Orienteering “Two Step” as practiced by Janet Morris and Paul Sweeney



## Map Making – Janet Morris



Niamh and Selwyn accompanied Janet on an update of North Rocks PS on July 8 to learn about fieldwork. Understanding how a map is made helps your O-skills. Contact Janet if you want to get involved.

Janet Morris <janetmorris27@yahoo.com.au>

### **The perils of mapping**

#### **FIELDWORK ATTACK**

Down the street from home is one of Sydney's top rock climbing sites. I am currently mapping the rocks there for a Summer Series event. Though a very busy area on weekends, on a fine July weekday I was the only person there, quietly recording rock features on my clip board.

Suddenly, something heavy and active landed on my back. A very unusual sensation. I pushed it off, realising it was a bird, a sulphur crested white cockatoo.

Did it fly away?

No- it was a very angry bird. Its aim was to terrorise me, with continuing assaults. It knocked my hat off. It bit my hands three times, drawing blood. When I turned my back it nipped my heels and bit my shoes. It flew onto my back again and then grabbed my clip board in its beak. For a time I progressed with the clipboard in my hand with the bird hanging on. This all went on for several minutes.

I fled slowly uphill into thicker bush where it could not move easily and it fell behind as it was joined by other flock members. As I moved away onto a track I kept looking over my shoulder, but it did not reappear. Probably contemplating its victory over the intruder!

Janet Morris



## Tech Stuff

When compiling the newsletter I had the thought that a common interest for WHO members is the "tech" side of the sport. Tech covers a wide area from mapping to sports watches.

## Smart Watches

My wife offered to buy me a present for our anniversary. I settled on a sports watch. I started a discussion with Dmitry and received input from James and Tim. I thought this might be interesting for members contemplating a purchase.

### History

I had a Garmin Forerunner previously followed by a Tom-Tom.

### Initial research

Did a quick check of sports watches at Rebel and JB HiFi. They stock Garmin, Suunto and G Shock. Realised that it needed in-depth research on-line.

### On-line Research

Dmitry recommended the DC Rainmaker web site <https://www.dcrainmaker.com/> for reviews and road tests. I found it excellent.

I also searched Ryda, Rebel, JB HiFi and Amazon.

I ruled out delivery from overseas as the timeframes were not known.

Prices can be mind-blowing. \$240 gets a good running watch. \$1100-\$1300 gets you one that does everything except run the course for you. I wasn't interested in music. I wanted a good running watch with good apps that connects to a phone and a PC.

Decided it was a choice between Garmin and Suunto

Suunto have three ranges models 5, 7 and 9. Suunto are good but Garmin have market dominance so I went with them.

Garmin have four ranges (Fenix, Vivo, 200 series and 700 series) and more models than you could possibly research.

My eventual choice was a Garmin Fenix 5X from JB Hi Fi. The JB Hi Fi staff member spent a lot of time with me and was knowledgeable on the products. They matched the best on-line price and secured supply. Smart watch availability has been impacted by Covid lockdowns and some models were out of stock. JB Hi Fi rang around their stores to find a watch and mine arrived from Maitland 2 days later. Great service.

### Dmitry's comments:

- Previous history of owning Garmin watch – had from long before and liked it a lot. When battery died I tried to find a replacement and I did! There was a bit of soldering involved and it worked like new for a few months but then it died - my soldering was not good enough J
- I wanted a watch with long-lasting battery and some smart-watch features (mostly notifications). I hate an idea of charging watch too often and with Fenix 3 I charge it once in 4 weeks and it is still going pretty strong. Also, I planned to use it for long hikes (multi-day, but it never happened) so choice for a big battery was based on that.

All the other features of modern GPS watches are pretty similar. As James and Tim mentioned, all the data of your activities are automatically synced to Garmin web portal where you can see lots of various details and I used to use it for analysis when I was

running/training more. You can use any apps like Strava which integrate with Garmin. I used to log my activities to [www.atackpoint.org](http://www.atackpoint.org) where lots of orienteers share their activities, discuss mapping software and lots more.

But with Strava it is much easier as your activity automatically appears on the web and all your followers get notified. I use free version of Strava.

Dmitry

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**Tim's comments:**

I use a Garmin Vivo Active. I don't think it is made anymore, but I love the watch. It is super lightweight, battery lasts a few days, easy and fast to recharge. As James said, Garmin devices sync via bluetooth via phone to GarminConnect, which I rarely look at. I share that info (automatically) with Strava and RunKeeper. I have used Runkeeper since 2012, so am very loathe to stop using it. I only started using Strava when someone (?James maybe) made it sound like a good idea... which it is. It's nice to log in and see what Andy Hill is up to, what bits of bush Dmitry has been tramping around in and where James' latest epic took him, as well as seeing Niamh and others popping up.

I use the free version of each. I am only really interested in distance and average speed. I waste enough time looking at those 2 stats already, so do not need more data to ponder

:-)

Tim

(Garmin Vivo Actives are still available)

**James comments:**

I use Garmin 225 (235 is the current available model). GPS watches are expensive but that is usually because the best ones have a lot of features that most people will never use. Work out what you intend to use it for and purchase accordingly. And the cheaper ones only work paired with a phone, which I think is pointless.

Almost all watches sync to their own database (e.g. Garmin Connect or Movescount for Suunto). These databases are good but a lot of people pair them to other accounts such as Strava, which is essentially FB for athletes. This is available via web and app. Strava has a whole lot of cool things in it. Probably the most well known is the segment function, which will compare your time over a known 'segment', or section of your run, against every other person that has ever done the same. The segment may be the length of your street or the full 6ft track. You can create your own too.

I use Strava as a historical log of all my activities, creating new running routes, sharing runs with others and run analysis. It has pretty analysis of Pace, HR, cadence and also effort and fitness. The basic features are free but a subscription (\$83/year) will unlock all the additional features. They have a free trial period for this too. So give it a go.

Strava can be used direct from the phone, without a watch if you like. A lot of people that don't run as much as me use it this way. You have to carry your phone though. It can also record other activities - cycling, swimming, walking, kayaking..etc.

At least 15 WHO members are on Strava and plenty more Orienteers from other clubs. It's a great way to quickly see exactly how many times you circled that control before you found it!

Cheers James



## Dad Jokes to celebrate Fathers Day

Why couldn't the bicycle stand up by itself? It was two tired!

How many apples grow on a tree? All of them!

Why did the old man fall in the well? Because he couldn't see that well!

How do you make holy water? You boil the hell out of it.

If a child refuses to sleep during nap time, are they guilty of resisting a rest?

I'm reading a book about anti-gravity. It's impossible to put down!

What do you call someone with no body and no nose? Nobody knows.

I ordered a chicken and an egg from Amazon. I'll let you know

The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

Enough ? Maybe too much.

## Saturday Orienteering Series

**(SOS)** The Bold Horizon SOS events are back. Check the SOS Facebook page for details.

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

## Update emergency contact information on Eventor

All members and regular participants are requested to update their personal details on Eventor.

This information is important so that we can contact your family if you are injured, and so that we can ensure that you have returned to the finish and are not missing out on course. The inclusion of a phone number and car registration is important.

Please do the following:

- [Login to Eventor.](#)
- Click on 'My Pages' in the upper right corner.
- Click on 'Contact details' tab to display your email address, phone number, street address and Emergency contact.
- In box labelled 'Emergency contact' there is space to put in both the name and phone number of somebody who cares whether you return from Orienteering, and the registration number of your car. Please enter both these items.
- Check that your personal phone number is also already entered where it says Phone number (landline) or Phone number (mobile).

**Then click SAVE.**

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## THANK YOU

To the newsletter contributors – Tony Hill, Barry Pearce, Dmitry Stukov, Tim Perry, James McQuillan, Robert Bradley.

# WHO CLUB CHAMPIONSHIP POINT SCORE as at the end of August

	NAME	TOTAL EVENTS	TOTAL POINTS
1	Noble David	24	5376
2	Sweeney Selwyn	25	5365
3	Sweeney Saffron	26	5278
4	Mansfield Martin	25	5166
5	Dunlop Stephen	26	5040
6	Saunders Anthony	16	4820
7	de Remy de Courcelles Justine	22	4680
8	Murray John	21	4522
9	Hanlon Barry	23	4454
10	Coady Lee	19	4360
11	McQuillan James	26	4356
12	Morris Janet	46	4262
13	Mulherin Ted	27	4240
14	de Remy de Courcelles Vivien	25	4213
15	Miller Ian	27	4020
16	Sweeney Savanna	24	4007
17	Saunders Matilda	12	3810
18	Hill Graeme	21	3570
19	Sweeney Paul	18	3536
20	Gledhill Malcolm	24	3443
21	Convert Emmanuelle	25	2680
22	Kay Will	22	2670
23	Cassar Niamh	22	2610
24	Valais Aurelle	13	2440
25	Perry Tim	12	2380
26	Coady Lachlan	11	2336
27	Sweeney Shay	15	2067
28	Langan Karen	19	1880
29	Valais Constance	13	1820
30	Stukov Dimitry	12	1800
31	Smith Dan	9	1760
32	Gledhill Marion	22	1680
33	Teoh Silvia	14	1530
34	Valais Martine	9	1400
35	Chan Linda	6	1380
36	Springer Joel	4	1320
37	Vesey-Wells Andrew	7	1280
38	Braidwood Joshua	6	1260

39	Dabbs Lynn	5	1200
40	Farebrother Gary	4	1200
41	Chan Stephanie	2	1160
42	Sweeney Seth	8	1120
43	Valais Sylvie	2	1085
44	Kinneally Belinda	5	1026
45	Holloway Stephen	5	952
46	Pearce Barry	9	933
47	Saunders Scarlett	9	820
48	Hill Andrew	5	810
49	Parker Amanda	5	792
50	Harmer Amy	2	728
51	Jones Mark	4	700
52	Dunlop Robyn	7	687
53	Cassar Taine	2	680
54	Hackett Matt	1	588
55	McQuillan Elliott	5	500
56	Williams Kevin	5	468
57	Larsson Anette	3	460
58	Kinneally Hamilton	4	420
59	Coady Levi	11	400
60	Kinneally George	4	400
61	McQuillan Aiden	4	400
62	Smail Andrew	1	380
63	Fitzpatrick Maureen	3	375
64	Hill Zachary	3	360
65	Smail Jackson	1	360
66	Langan James	1	288
67	Jones Marcus	2	280
68	Dunlop James	1	240
69	Hora Reinaldo	3	225
70	Coady Louisa	4	200
71	Vaughan Kathryn	1	200
72	Stankova Maria	3	150
73	Jones Ellysa	1	120
74	McQuillan Nerise	1	96
75	Fillery Yvonne	2	90
76	Braidwood Jacinta	1	80
77	Di Bari Annabelle	1	80
78	Merryn Springer	1	80
79	Hill Archie	1	40
80	Springer Gill	1	20



