



# “WHO runs the country”

President :- Robert Bradley Ph 0418 296 008  
Email [rrobbad@yahoo.com.au](mailto:rrobbad@yahoo.com.au)

Secretary :- Maureen Fitzpatrick Ph 0455 578 755  
Email [mozzafitz@yahoo.com](mailto:mozzafitz@yahoo.com)

## January 2020 Newsletter

### **HAPPY NEW YEAR and HAPPY LUNAR NEW YEAR**

We hope you stayed safe during the bushfires and continue to stay safe throughout the summer. We welcome in both the calendar and lunar new year with the wish that 2020 and the year of the rat will be happy, healthy and prosperous for you and your families.

**Editors Comments** - Time has passed quickly since the previous newsletter. Christmas and New Year happened along with unprecedented bushfires. Summer orienteering continued with the Wednesday evening and Sunday morning events well supported. WHO had our AGM, WHO Cup and awards presentations and a new committee was elected. A bit to catch up on and much to look forward to. Ian Miller

### **Thank You**

Thank you from the incoming Committee and all club members to the following Office Holders who did not stand for re-election at the AGM:  
Ian Miller - President  
Steve Dunlop - Vice President  
Matt Hackett – Treasurer

### **Membership**

**Welcome to the Saunders family (Anthony, Gina, Scarlett and Matilda) and the Di Bari's (Michael and Annabelle).**

If you are a recent new member and haven't received your blue WHO shirt please let Ian Miller know.

### **Upcoming WHO Events**

**Jan 19 (Sun)** - WSOS #6 at Meadowbank Memorial Park. Enter off Adelaide Ave. Starts between 9:30am and 11am.

**Feb 3 (Mon) 7:30pm** - Club meeting at North Rocks. All welcome.

**Feb 9 (Sun)**- Sprint #2 at Eric Mobbs Reserve, Excelsior Avenue, Castle Hill. Starts between 5pm and 6pm. **NOTE.** There may be a late change. This event could move to February 2nd

**Feb 26 (Wed)**- SSS #21 at George Thornton Reserve, Hill Road, West Pennant Hills. Starts between 4:30pm and 6:45pm.

### **Introducing WHO's New President**

A new committee was elected at the WHO AGM with Robert Bradley taking over as President.

Hi

M (Maureen) and I came to orienteering from bushwalking and rogaining. We joined WHO and started summer series in Spring 2000. We moved onto bush events in 2001 and did most of the State League events and the Aus Champs that year. Over time we started doing fewer and fewer city events and are now almost exclusively bush orienteers.

My favourite maps are the most complicated ones. Granite maps with thousands of rock features like Gumble, which is being used for Easter this year. Subtle fractal spur gully maps like Snows Hills and the other maps along the upper Shoalhaven River. Sand Dune maps like those adjacent to Hobart airport. Complex gold mining like the maps around Castlemaine and Hill End. My favourite map might be Wyangala. It has great views and after a hot day doing course setting stuff I can go for a swim.

With WHO I was the club captain. It was so long ago I can't remember when. I think I have set 8 state league events, a few Metroleague and a schools champs. One of the main things I like about course setting is spending time in the bush without a crowd. I was involved with the organisation of the World Masters Orienteering Event in 2009. I ran the Administration and Event Centre side of the event.

My favourite orienteering event is the Easter 3 days. It's held in various states so we don't get to go every year. We went to WA last year and Tasmania the year before and had a ball both times. Your time each day is added up for the 3 days to work out the winner. It's hard work orienteering for 3 days in a row trying to make minimal mistakes. By going to some Easter and Aus Champs we also get to do lots of other interesting things like wine tasting, swimming at spectacular beaches (like Bay of Fires), visiting historical places and trying amazing local food. Easter is near Molong in NSW this year so it's easy to get to and is on great granite maps. There are already 10 WHO members entered. I'll organise a WHO dinner in Orange during Easter. Please think about joining us.

Rob

## WHO 2020 Committee and role holders:

President - Robert Bradley  
Secretary & Public Officer - Maureen Fitzpatrick  
Vice President - James McQuillan  
Treasurer - Karen Langan  
Club Captain - Joshua Braidwood  
Equipment Officer - Steve Dunlop  
IT Support - Tim Perry  
Junior Development Officer - James McQuillan  
Mapping Officer - Janet Morris  
Newsletter Editor - Ian Miller  
Statistician - Barry Pearce  
Webmaster - Barry Hanlon

**WHO Cup** – The WHO Cup is the highpoint of the competitions for WHO members. The 2019 courses were set by Janet Morris and the handicaps created by Steve Dunlop. The outright winners were **Naimh Cassar** and **James McQuillan**. Everyone is included in the handicap competition making it the ultimate prize requiring a performance well above your norm. The winner was **Lee Coady**. The rest of us we have to wait until December to once again make an attempt for fame. The much appreciated lunch was prepared by Robert Bradley.

**WHO Awards** - There are two annual WHO awards recognising performance over the full year. The **WHO Club Champion** is calculated from all our results for 2019 and meticulously counted by Barry Pearce. It was a close run with the Oceania results (the final event for the season) deciding the order. The winner for 2019 was **Naimh Cassar**. The other award is the **Hank Van Oost Award** for the person who contributed the most to the club over 2019. Hank was a WHO member in the 1990's who sadly passed away. He contributed in all aspects of club life and the award was named after him. The 2019 winner was **Steve Dunlop**.

## Honour Board

Congratulations to Emmanuelle Convert who was the first person to record the maximum 1200 points in this summer's SSS competition.

## Reminders

**Remember to renew your membership.** When logged into Eventor, choose 'My Pages' then 'My Memberships', then from the bottom RHS corner of the 2019 box, click 'Renew' and proceed through to payment.  
<https://eventor.orienteering.asn.au/Events>

### Entries are open for:

The NSW Middle and Long Distance Championships April 18 and 19 at Eugowra  
<https://eventor.orienteering.asn.au/Events>

## SSS Point Score – WHO Results

Current places are determined by the number of events completed and as only the best 12 scores count adjustments will occur before season end. The results after 14 SSS events are:

### Junior Women

**Niamh Cassar** 3rd with 368 points  
**Savanna Sweeney** 11th with 110 points

### Masters Women

**Sylvia Teoh** 5th with 509 points  
**Belinda Kinneally** 17th with 75 points  
**Nerise McQuillan** 24th with 39 points

### Veteran Women

**Karen Langan** 7th with 510 points  
**Saffron Sweeney** 18th with 124 points

### Legends Women

**Robyn Dunlop** 10th with 101 points

### Immortals Women

**Janet Morris** 2nd with 1085 points  
**Marion Gledhill** 3rd with 901 points

### Walking Women

**Emmanuelle Convert** 1st with 1200 points

### Junior Men

**Will Kay** 5th with 644 points  
**Selwyn Sweeney** 23rd with 74 points  
**James Langan** 35th with 52 points  
**Shay Sweeney** 46th with 40 points  
**George Kinneally** 54th with 32 points  
**Hamilton Kinneally** 54th with 32 points

### Open Men

**Tim Perry** 21st with 109 points  
**Andrew Hill** 23rd with 96 points

### Masters Men

**Vivien de Remy de Courcelles** 2nd with 1094  
**James McQuillan** 4th with 1019 points  
**Dan Smith** 24th with 224 points  
**Lee Coady** 32nd with 177 points

### Veteran Men

**John Murray** 18th with 768 points  
**Dmitry Stukov** 35th with 354 points  
**Paul Sweeney** 49th with 126 points  
**Gary Farebrother** 69th with 61 points

### Legends Men

**Graeme Hill** 7th with 922 points  
**Martin Mansfield** 8th with 914 points  
**Steve Dunlop** 18th with 613 points  
**Ian Miller** 26th with 390 points

### Immortals Men

**Ted Mulherin** 5th with 627 points  
**Andy Vesey-Wells** 11th with 46 points

### Walking Men

**Ian Miller** 4th with 421 points

(Ed. Apologies if I have missed anyone.)

The full point score list can be found at  
<http://www.sydneysummerseries.com.au/results.htm>

## Keep Up To Date with WHO news

Check the Facebook page and club website.

**Facebook page -**

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

Real time results, the latest news, more photographs and other good WHO stuff.

Contact James McQuillan if you have an item of interest.

**Website -** <http://who.orienteing.asn.au/>

An important news source between newsletters. Barry Hanlon regularly adds more features and new articles. Scroll down on the home page for the interesting "stuff".

**Do you have web skills and can help with the WHO web site?** If so please contact Barry Hanlon (b.hanlon@bigpond.net.au)

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## ONSW Meetings and Workshops

The next ONSW **Level 0 Coaching Course** will be on **Wednesday January 22 from 12-4pm** at **Sydney Olympic Park**.

Level 0 is for people coaching newcomers / children, and will include a brief intro in how to use **Purple Pen** to set courses. For people wishing to coach in the [Sporting Schools](#) program, it will include the OK-GO kit.

Please email **Jim Mackay** (development @ onsw.asn.au) if you are interested. They are free for orienteering club members and some parking can be arranged.

## Did You Know?

SOS starts again on Saturday Feb 8th at Killara High School

## The Events We Go To

What kind of event is most popular with WHO members? I counted the number of WHO members attending all reasonably close events during the whole of last year 2019 and this is what I found.

Series with a regular high attendance of WHO members were the Metroleague, State League, Sydney Summer Series and the SOS Northwest. The Turkey Trot, Xmas 5 days , Oceania and QBIII also attracted WHO members.

Events which very few WHO members attended were minor events out of our area including those in southern Sydney, Central Coast , Southern Highlands and Newcastle. Moonlight Madness was not a popular series. Series with a variable attendance were the Sprint Series, SOS North and Western Sydney Orienteering Series.

What I counted as a good attendance of WHO members at an event was 15 and above. But some events attracted more than 25 WHO members. These were the SL at Wyangala/ Roseberg, all the Metroleague events except Mulgoa, the WHO Cup/WSOS at Fred Horwood, and three SOSNW events at local high schools. The highest SSS entry was at our event at North Parramatta. So local is good for participation and also events organised by our club.

At the start of a new year it is a good time to ask members what kind of events and maps they prefer. I would be happy to hear members' opinions and preferences as I consider what maps we should use and what new areas we could map. In particular the Western Sydney Orienteering Series is a chance to have events specific to our area so please get in touch with ideas on how it could be improved for you. I would love to hear from you. My email address is [janetmorris27@yahoo.com.au](mailto:janetmorris27@yahoo.com.au)  
Janet Morris

## **Xmas 5 Days – WHO Results**

### **Overall**

**Lynn Dabbs** – 1st in Womens D  
**Shay Sweeney** – 3rd in M/W Novice  
**Louisa Coady** – 4th in Womens F  
**Barry Hanlon** – 4th in Mens E  
**Savanna Sweeney** – 5th in Womens E  
**Selwyn Sweeney** - 10th in Mens B  
**Levi Coady** – 11th in M/W Novice  
**Janet Morris** – 12th in Womens D  
**Saffron Sweeney** – 15th in Womens C  
**Lee Coady** – 19th in Mens A

### **Best Individual Event Results**

**Lynn Dabbs** – 1st Day 3+4 in Womens D  
**Shay Sweeney** – 1st Day 5 in M/W Novice  
**Louisa Coady** – 4th Day 1 in Womens F  
**Barry Hanlon** – 5th Day 3 in Mens E  
**Savanna Sweeney** – 2nd Day 1 in Womens E  
**Selwyn Sweeney** - 5th Day 1 in Mens B  
**Levi Coady** – 11th Day 1 in M/W Novice  
**Janet Morris** – 12th Day 1 in Womens D  
**Saffron Sweeney** – 12th Day 5 in Womens C  
**Lee Coady** – 20th Day 5 in Mens A  
**Kevin Williams** – 3rd Day 1+4 in Mens E  
**Lachlan Coady** – 8th Day 1 in Mens F  
**Paul Sweeney** – 21st Day 1 in Mens D  
**Seth Sweeney** – 15th Day 5 in Mens C

## **Other Clubs' Upcoming Events**

Unique amongst orienteering events is the highly recommended Central Coast's club **O'Shea 2-Days**. This year to be held on Feb 29-Mar 1 at Gwandalan on the northern tip of the Central Coast. It is a two-day series for teams of two with a relay on Saturday afternoon, a Saturday night event and a score event on Sunday morning. 3 runs inside 18 hours! The cakes for the winners are legendary. Individuals also welcome to enter any of the events. It is a quick trip up the motorway or you could stay in the Caves Beach/Swansea area. A truly enjoyable event. Details on Eventor at <https://eventor.orienteering.asn.au/Events/Show/9636>

## **Improve Your O Skills**

I have been wondering if the newsletter could help WHO members enhance their orienteering skills so I did an internet search. I searched for short articles to help all levels of experience.

### **Written Articles**

Orienteering Australia, Orienteering NSW and the state web sites have coaching articles.

The link below is to a one page item from Orienteering WA. It explains seven tips to improve your sprint orienteering.

<https://www.wa.orienteering.asn.au/get-involved/coaching/sprint-tips>

### **YouTube Clips**

YouTube has a lot of videos of varying quality from around the world. Some are training aids, others are actual run video. Check it out.

### **Newcomers/Getting Started Videos**

Orienteering Australia has a series of videos at <https://orienteering.asn.au/index.php/footer/orienteering/>

A Newcomers Guide to Orienteering (5:29) from the British Orienteering Federation.

<https://www.youtube.com/watch?v=26Zc5AVkFis>

There are a series of individual skill videos such as the Attack Points (4:32) video from the British Orienteering Federation.

<https://www.youtube.com/watch?v=rYOxXBxBs9w>

### **Orienteering Mistakes**

A short (2mins 22 secs) fun video watching the GPS tracking of elites who made big mistakes. We are not alone in getting it wrong.

Best Orienteering Mistakes 2:23

<https://www.youtube.com/watch?v=XnRzj0OSSt4>

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## Interesting Articles

Were you 1.8 metres out finding a control? Maybe the earth moved to the north-east? This article may explain more.

<https://www.smh.com.au/national/nsw-and-victoria-just-jumped-1-8-metres-north-20200102-p53ocx.html>

Could your navigational challenges be caused by the magnetic poles moving? The north pole is moving towards Russia at between 55kms and 60kms per year (that is more than a kilometre per week). Maybe your issue is because the south pole is not directly opposite of the north pole. This article will help you understand more.

[https://en.wikipedia.org/wiki/North\\_Magnetic\\_Pole](https://en.wikipedia.org/wiki/North_Magnetic_Pole)

How exercise may fight ageing.

<https://www.nytimes.com/2019/12/04/well/move/exercise-aging-inflammation-muscles-age-seniors-elderly-older.html>

## Interesting happenings

**Happy January Birthdays** to Nerise, Constance, Hamilton, Graeme and Marion.

## Editors Wrap.

Thank you to Rob Bradley and Janet Morris for contributions to this newsletter.

My aim is to make the newsletter interesting. To do this I need help. Please send in photos and articles and let me know of items of interest.

Ian Miller Editor ([millerian33@gmail.com](mailto:millerian33@gmail.com))

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May the road rise up to meet you.  
May the wind be always at your back.  
May the controls appear in front of you and the course appear too short.  
Stay in good health until you orienteer again.

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## WHO History

This photo is of the 2000 WHO Cup. Then President, Ted Mulherin is making the presentations.

