

WHO News



April 2019 (second edition for 2019)

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CONGRATULATIONS

to **Graeme Hill** for winning the Sydney Summer Series Cup. The SSS Cup is awarded to the person who has the highest total in the points score. It is a difficult trophy to win as not only do you need to attend a lot of SSS events BUT you also need to perform extremely well. Graeme attended all 26 Wednesday evening events and competing in the Men's Legends class won 15 of the 26 events scoring a total of 2540 points.

Other notable results in the SSS Cup were **Emmanuelle Convert** sixth with 2325 points, **Janet Morris** eight with 2271 points and **James McQuillan** thirteenth with 2207 points. The maximum possible by winning every week is 2600.

Our other big winner at the SSS prizegiving was **Justine De Remy De Courcelles** who completed the most MINI courses.



Summer is over, bush events are back!

The end of March signals the transition from the summer series to a mix of urban and bush events. The first two State League events have been held and their results are further on in the newsletter.

We are getting close to our big event for 2019. Over the weekend of May 18/19 WHO will deliver the NSW Middle Distance and Long Distance Championships. Both events are also part of the National Orienteering League (NOL) and are selection trials for the Australian teams to the World Orienteering Championships and Junior World Orienteering Championships. More on this below.

The winter program is gearing up with the Hills District SOS starting on May 4th at Crestwood, the Metro League at Boronia Park on May 5th and the Moonlight Madness series kicking off at Greenwich on Wednesday (17th April).

REPRESENTATIVE HONOURS

At the March 30/31 National Orienteering League events, **James McQuillan** represented NSW in the Stingers M21E team and **Karl Bicevskis** represented Tasmania in M21E. Congratulations James and Karl.

NEXT WHO EVENTS

For more details see our web site who.orienteering.asn.au or Eventor at <http://eventor.orienteering.asn.au/Events>

<u>Date</u>	<u>Event</u>	<u>Map / Venue</u>	<u>Organiser</u>	<u>Setter / Planner</u>	<u>Event Director</u>
18 May	NSW Middle Chs	Wyangala NOL	James McQuillan 0402 032 419	Rob Bradley	Rob Vincent
19 May	NSW Long Chs	Roseberg NOL Ultra-long	James McQuillan 0402 032 419	Steve Dunlop	Rob Vincent

SOS in the Hills District in 2019

The Bold Horizons team is back with the Hills Districts SOS program for Term 2.

<u>2019 Date</u>	<u>Event</u>	<u>Map / Venue</u>	<u>Organiser</u>
Sat 4 May	HD SOS Term 2 #1	Crestwood Public School	Bold Horizons
Sat 11 May	HD SOS Term 2 #2	Samuel Gilbert Public School	Bold Horizons
Sat 25 May	HD SOS Term 2 #3	Toongabbie Public School (TBC)	Bold Horizons
Sat 1 June	HD SOS Term 2 #4	James Ruse Agricultural High School	Bold Horizons

NSW Championships 18/19 May 2019

- A key date for your diary

On the weekend of May 18 and 19 WHO will be delivering the 2019 NSW Championships. The Middle Distance Championships are on Saturday May 18 at Wyangala and the Long Distance Championships are at Roseberg on Sunday May 19. Mapping and course planning are complete and control sites have been tagged. This is a major undertaking with the event featuring the top orienteers from around Australia. We are keen to deliver the event to a high standard. If you are available to help, please let James McQuillan know. This is an opportunity to be involved with top tier orienteering and to enjoy an autumn weekend in Central NSW. See flyer later on in this newsletter. It is recommended to book accommodation as soon as possible. Further information is at http://who.orienteering.asn.au/nswchamps/data/_uploaded/file/NSW%20Champs%20Info%20Flyer.pdf

It is some years since WHO took on the challenge of a high calibre event and we have our best team working on it. James McQuillan is the organiser for both events, Robert Bradley is setting the Middle Distance at Wyangala and Steve Dunlop is setting the Long Distance at Roseberg State Forest. All under the guidance of our Controller/Event Director Rob Vincent from Newcastle. Rob has over the last year updated both maps. The Wyangala map was originally drawn by Gareth Prosser and gifted to WHO. It is a work of art and A3 in size. Graeme Hill transferred the map to OCAD. We are using only a portion of the original map. It was last used in the 1990s so will be fresh for almost all participating on May 18. Roseberg is another large map – in fact three maps that overlap. Part of it was used for the Australian Schools Championships in 2017 and Rob Vincent has updated additional sections for use on May 19.

NSW State League 1 and 2 at Hill End - March 30/31

WHO was well represented at the season kick off for the State League at Hill End on the weekend of March 30/31. Garingal organised the double event weekend on the map created for the 2017 Australian Championships. It is an old mining area with complex gullies and tricky features requiring great concentration. WHO members assisted Garingal on the computer, registration and marshaling. Thank you to all the WHO helpers. Congratulations, Garingal for an excellent event.

The results are later in this newsletter. WHO achieved 14 podium placings with Niamh Cassar and Janet Morris gaining first places in their classes on both days.

The weather laid an ambush for participants. The previous two days were warm, dry and sunny but overnight on Friday much needed rain arrived along with a blustery cold wind. The spectators were chilled and damp and while the runners enjoyed the cooler conditions it made some areas of the course slippery. Photos from the event are throughout this newsletter.

MEMBERSHIP

Renewals are still arriving and the WHO membership number is climbing. As of 13th April, WHO had **102** members. Thank you to all who have signed on again for 2019.

If you are a new WHO member, you are entitled to a distinctive blue WHO shirt **at no charge**. Contact Ian Miller.

THANK YOU - 1

The club received a number of congratulations for the quality and organization of the SSS at East Killara and the sprint at Fred Caterson. All our summer events were well organized and successful. Thank you to all who helped set up and run these events.

THANK YOU - 2

Western and Hills Orienteers members extend their thanks to **Paul Prudhoe** for his contribution to orienteering in NSW. At the recent AGM, ONSW Executive Of icer Paul stepped down ending 16 consecutive years of service to NSW orienteering.

Paul, was first elected to the ONSW Board in 2003. He was ONSW President from 2008-2014 and took on the new role of Executive Of icer in 2015. Paul was presented with the President's Award in 2015 for his contribution to orienteering in NSW.

Paul is also a Level 3 controller, one of only three in NSW, an IOF Event Advisor, and has been in charge of major national and international events around Australia.

Last year Paul accepted the role of Executive Of icer for Orienteering Australia so we will continue to see him at events.

THE SYDNEY SUMMER SERIES – SEASON 28 WRAP

Another Sydney Summer Series (SSS) has ended with notable success by WHO members (mentioned in various places in this newsletter). We now have to wait 23 weeks for next season to again sit in the sun and chat about the courses after a 45 minute slog up and down hills in the Sydney suburbs. The SSS numbers improved over last year despite the weather "raining on our parade" at 10 events (last season it was wet for only two). The introduction of the season ticket went well and new maps were added to the inventory.

A special mention for **Will Kay** who come fourth overall in the Junior Boys class. Will has been giving up to eight years away to others in his class and has been steadily closing the gap. Thanks also to his mum (Deb) who shadows Will. I suspect that the shadowing task will become even more challenging next season.

WHO SSS results are near the end of this newsletter.

METRO LEAGUE

WHO will have 5 teams again in the 2019 Metro League.

The first event is only 3 weeks away.

2019 METRO LEAGUE PROGRAM

The Metro League program is printed here so you can plan your 2019 events. The program is also on the web at <https://www.onsw.asn.au/index.php/events/metro-league>

<u>Event</u>	<u>Date</u>	<u>Club</u>	<u>Location</u>
ML1	May 5	GO	Boronia Park
ML2	May 26	BN	Allambie Heights
ML3	June 23	BF	Nurragingy
ML4	July 28	GO	Galston
ML5	Aug 18	NSW	Junior Squad, Location TBA
Finals	Sep 22	WH	Mulgoa

CLUB DISCUSSIONS

At the April WHO meeting the following items were discussed. If you want to know more or want to make a comment please see a member of WHO's Executive team.

Past Events – The organizer of each event reports on lessons learned and issues encountered. Our March 13 SSS event at Killara was well received. David Noble's courses were highly rated. Thank you to the members who helped at the summer events. GO appreciated the assistance from WHO members helped on the computer, at registration and marshalling at the recent Hill End event.

Upcoming 2019 WHO Events – Planning for the NSW Championships (May 18/19) is proceeding well. Control sites are tagged, key role owners identified, purchases of trophies and equipment made. Both days are registered as World Orienteering Day events. A preparation weekend is planned for April 27/28. The Sydney West Schools events will be on June 19, 20 and 21 at Fred Caterson. Ted Mulherin is setting. Graeme Hill is the Controller. Barbara Hill is the organiser. Helpers will be needed as 400 school children are expected on Days 1 and 2 and 200 on Day 3. Hills District SOS starts again on May 4th.

Future Events – For next summer, WHO have nominated to organize four SSS and four Western Summer Series events.

Mapping – Field work for the Turkey Trot map is underway. The Mulgoa map needs updating before September. A number of new areas are being investigated.

ONSW – ONSW's Annual Report was released and can be found at https://www.onsw.asn.au/images/stories/admin/ONSW_Annual_Report_2018.pdf
The ONSW AGM was held at Hill End on March 30th. WHO advised ONSW we supported

the rotation of major events between clubs and also that we would focus on the Western Summer Series and not host one of the Xmas 5 Day events.

Financials – We have invested in the maps and preparations for the May events so the club balance is lower but will improve with the income from events.

Membership – 100 members milestone achieved

Metro League – WHO will enter a team in each division for 2019. Let Josh Braidwood know if you will be attending the Metro events.

Next WHO Club Meeting is on May 6th. Details will be posted prior to the meeting. Come along and make your thoughts known.

EASTER 2019 EVENTS

WA and NZ - WHO has two members entered in WA and one in New Zealand. We wish Maureen Fitzpatrick, Robert Bradley and Niamh Cassar all the best for success.

DUO - For those staying in Sydney for Easter, there are DuO events at Belrose and St Ives on Easter Saturday and Easter Monday. DuO events have a bike leg and a running leg. If you don't want to ride you can just do the running leg. The entry fee is \$10. If you are new you should do the short course. Experienced orienteers (eg: anyone who has done the Metro league) should do the long course. The mountain bike section is short and not difficult. No fancy bike needed. Give it a go. More information at

<https://eventor.orienteering.asn.au/Documents/Event/5682/1/Information-flyer>

DID YOU KNOW?

Who in WHO has done the most events over summer? (Top 10)

39 - Janet Morris, 36 – James McQuillan, 31 – Vivien de Remy de Courcelles, 30 – Steve Dunlop, 29 – Ian Miller, 26 – Emmanuelle Convert, 26 – Graeme Hill, 24 – Malcolm Gledhill, 23 – Martin Mansfield, 22 – John Murray

CLUB DIRECTORY

President - Ian Miller 0429 937 513 Email: millerian33@gmail.com

Secretary – Maureen Fitzpatrick 0428 261 350 Email: mozzafitz@yahoo.com

Treasurer – Matt Hackett 0422 935 545 Email: hackettmatt@yahoo.com.au

Vice President and Equipment Officer – Steve Dunlop 0407 269 892

Club Captain – Josh Braidwood 0400 305 818

Mapping Officer - Janet Morris 9872 2914





Between Bathurst and Cowra, this unmissable Championship weekend includes WOC selection trial and NOL Ultra-Long.

WHO is hosting this premier double header weekend and the more WHO participants and volunteers the better!

Wyangala Waters Holiday Park is on the edge of the Middle Distance map. All accommodation (cabins, cottages, bungalows; approx 100 beds) has been reserved for orienteers. Caravan and tent sites are also available. Plan your weekend now before this option is advertised!

Sat 18th May 2019 – Middle @ Wyangala



Last used for QBIII in 1991 and currently being remapped. This unique terrain now includes areas of young cypress pine, creating variation in visibility amongst the granite boulders.

Sun 19th May 2019 – Long @ Willagalong

Open eucalypt spur/gully terrain and areas of mature pine forests with a scattering of granite outcrops, minor watercourses and termite mounds, a map with it all! Last used for the Australian Schools Long Champs in 2017.



ORIENTEERING NSW

For more information:

who.orienteering.asn.au/NSWChamps



FROM THE EDITOR

This is the second edition for 2019. Any errors are unintentional. Can we add something interesting to the newsletter? Do you have an idea for an article? A photo or two? Please send all contributions to Ian Miller. Articles and photos in this edition were contributed by **Robert Bradley, Martin Mansfield, Tony Hill, John Harding, Timeline photos and Ian Miller.** Thank you.

All feedback is welcome especially suggestions for new WHO activities, stories and comments on the content or improvements to the newsletter. The next newsletter is planned for June. Hope you enjoy this edition

Ian Miller, Editor

Hill End



ORIENTEERING NSW

AGM Elections

ONSW Annual General Meeting, 30 March 2019 Declaration of Results

As Returning Officer, I declare that in accordance with Clause 10 of the ONSW Constitution the following were elected as members of the Board of Orienteering NSW Inc. for 2019-20.

President: Greg Barbour
 Secretary and Public Officer: Robert Spry
 Finance Director: Mark Shingler
 Directors: Anna Fitzgerald, Andrew Lumsden, Andrew Power, Michael Ridley-Smith

There remain two vacancies on the Board. Thanks to the two former Directors who stood down at the meeting; Brian Cleland and Alice Martin.

Robert Spry, Returning Officer

ONSW 2019 PROGRAMS

2019 STATE LEAGUE

The State League program is printed here so you can plan your 2019 events. The program is on the web at <https://www.onsw.asn.au/index.php/events/nsw-state-league>

<u>Event</u>	<u>Date</u>	<u>Type</u>	<u>Club</u>	<u>Location</u>
SL3	May 18	Middle	WH	Wyangala NSW Middle Distance Chs , NOL & Badge Event
SL4	May 19	Long	WH	Roseberg NSW Long Distance Chs NOL & Badge Event
SL5	Jun 8	Middle	UR	QBIII Day 1 - The Piggery, Belanglo State Forest
SL6	Jun 9	Long	CC	QBIII Day 2 - Arthursleigh, Canyonleigh
SL7	Jun 9	Sprint	UR	QBIII Day 3 – WSU, Campbelltown
SL8	Jul 13	Sprint	BN	Forestville
SL9	Jul 14	Sprint	BF	TBA, NSW Sprint Chs , Badge Event
SL10	Aug 3	Middle	NC	Redgum Ridges, Awaba
SL11	Aug 4	Long	NC	Barraba Lane, Quorrobolong
SL12	Aug 31	Middle	ACT	Wee Jasper, ACT Middle Distance Chs
SL13	Sep 1	Long	ACT	Slap Up Creek, Jerangle. ACT Long Distance Chs
SL14	Sep 7	Sprint	SH/IK	Tudor House + Oxley College Bowral. NSW Schools Chs
SL15	Sep 8	Middle	SH/IK	Welby, NSW Schools Chs

UPCOMING NSW EVENTS

MOONLIGHT MADNESS – April 17 at Greenwich. Starts from 5:30pm to 7pm. Course closes at 7:45pm. Bring a headlamp or torch.

For more details see Eventor at <http://eventor.orienteering.asn.au/Events>

ARTICLES OF INTEREST

What should your maximum heart rate be during exercise?

<https://www.abc.net.au/news/2019-04-02/what-should-our-max-heart-rate-be-during-exercise/10959894>

REMINDERS

Enter State League 3 and 4. <https://eventor.orienteering.asn.au/Events>

Helpers needed for the WHO NSW Chs May 18 and 19. Watch out for communications.

Don't forget to vote. The Federal election is on the same day as the Wyangala event. You should use the pre-poll option and vote before leaving for Wyangala.

AWARDS If you haven't received your awards yet, it is likely that the President (Ian Miller) has them. Please see him to collect your awards

DID YOU KNOW?

WHO WEB SITE – Barry Hanlon has done a great job of updating the WHO web site. It works from your phone or laptop. Check it out at <http://who.orienteering.asn.au/>

WHO BLUE POLO SHIRTS – A new supply has arrived. Let Ian Miller know if you need a new one or if you are a new member and haven't received one yet.

KIDS WHO SHIRTS ARE ALSO AVAILABLE

If you can fit into children's sizes 1 to 7 then these are for you.

Nerise McQuillan designed the WHO kids' t-shirts and they are now available in sizes 1 to 7. Free to anyone who can fit into these sizes. Contact Ian Miller.

ACTIVE KIDS - Did you know parents and carers can apply for a new Active Kids voucher every year until 2021?

Do you have a concern that hasn't been addressed ?

If you have a complaint or a concern ONSW has someone you can talk to. Lisa Lampe and Adrienne Kirby are ONSW Members Protection Officers. They can be contacted via email on mpio1@onsw.asn.au or mpio2@onsw.asn.au

Setting a course?

WHO has upgraded our OCAD licence. The on-line course setting module can now be

transferred to each course setter. If you are setting please contact Barry Hanlon or Janet Morris to find out how to access.

Where to find WHO on the Internet

WHO web site. <http://who.orienteering.asn.au/> The WHO web site is updated regularly. An important news source between newsletters. Barry Hanlon is looking for articles of interest to WHO members.

WHO Facebook Page - Real time results, the latest news, more photographs and other good WHO stuff. Contact James McQuillan if you have an item of interest.

https://www.facebook.com/permalink.php?story_fbid=1069259263137830&id=363738563689907

PUZZLES

Three puzzles this time to see if your brain is ready for complex orienteering.

Puzzle 1

S	A	T
A	L	A
R	I	U

How many words of 4 or more letters can you make from the letters in the table above? Each letter may be used once per word. Each word must contain the central letter. There is at least one 9 letter word. No plurals ending in "s", no words starting with capital letters and no proper names.

Good = 16 words, Very Good = 20 words, Excellent = 25 words. Bonus points if you find words not on my list.

Puzzle 2

I have 6 eggs. I broke 2, I cooked 2 and I ate 2. How many do I have left?

Puzzle 3

I am asleep in bed when there is a pounding on the front door. My parents have arrived for breakfast on their way to orienteering. In the fridge I have only a jar of marmalade, 4 slices of bacon in Tupperware, 3 eggs and a litre of milk. In the cupboard I have a packet of cereal and a loaf of bread in its plastic wrapper.

What should I open first?

Answers on page 18.

PHOTOS

“Even Ian should be able to find all these flags” – Steve Dunlop





WHO CHAMPIONSHIP POINT SCORE

Name	Events	Score		Name	Events	Score
James McQuillan	36	5684		Belinda Kinneally	8	1242
John Murray	22	5460		Marion Gledhill	20	1160
Vivien de Remy de Courcelles	31	5424		Matt Hackett	7	1148
Dan Smith	21	4860		Madelynne Chan	5	1080
Graeme Hill	26	4671		Seth Sweeney	7	940
Steve Dunlop	30	4290		Justin Murray	3	880
Linda Chan	9	4158		Ezra Oosterhof	4	780
Janet Morris	39	4140		Aurelie Valais	5	760
Malcolm Gledhill	24	3990		Josh Braidwood	4	738
David Noble	20	3580		Katya Stukov	3	600
Ian Miller	29	3420		Robyn Dunlop	6	540
Emmanuelle Convert	26	3360		Martine Valais	6	520
Will Kay	19	3240		Elliott McQuillan	4	425
Selwyn Sweeney	16	3160		Aiden McQuillan	4	420
Barry Hanlon	15	3108		Constance Valais	4	400
Justine de Remy de Courcelles	14	2720		Gill Springer	1	380
Tim Perry	19	2720		Maria Stankova	2	360
Andy Vesey-Wells	6	2640		Jeremy Chan	1	320
Savanna Sweeney	12	2620		Jacinta Braidwood	2	320
Ted Mulherin	21	2584		Cameron Chan	1	300
Niamh Cassar	12	2580		Mark Wigley	5	280
Stephanie Chan	6	2560		Sylvie Valais	2	240
Dmitry Stukov	20	2540		Joah Oosterhof	3	240
Martin Mansfield	23	2520		Robert Bradley	2	180
Karen Langan	16	2400		Joel Springer	1	160
Stephen Holloway	21	2346		Ivan Stukov	3	160
Nerise McQuillan	8	1856		Andy Hill	1	156
Helen Parker	6	1800		Maureen Fitzpatrick	2	75
Saf ron Sweeney	11	1660		Simeon Oosterhof	1	40
Shay Sweeney	8	1480		Avril Taing	1	40
Paul Sweeney	9	1476		Yvonne Fillery	1	30
Barry Pearce	5	1280		Source: Barry Pearce	As at	4 April

RECENT RESULTS

Sydney Summer Series (Wednesday) Another great SSS is over. Season 28 is done and dusted and put away on the shelf. Planning for Season 29 is underway. WHO had a number of winners collecting awards at the prizegiving after the final event. A number of PBs and point score targets were met and exceeded. Graeme Hill took out the major award (the Summer Series Cup) for highest point score with 2540 points (out of 2600).

We had three class winners. In the Walking Women's class **Emmanuelle Convert** was first equal with 1200 points. Emmanuelle won on 13 occasions but on three occasions shared the 100 points for first place. Janet Morris also came first equal in the Women's Immortals class securing 12 wins. Graeme Hill was the other winner convincingly leading the strong Men's Legends class with 15 wins.

James McQuillan and Ted Mulherin recorded 2nd placings with Malcolm Gledhill securing 3rd. The most popular placings for WHO members were in the 11th to 14th range.

Congratulations to Will Kay in the Junior Men class who gave away up to 8 years to his rivals and achieved fourth placing overall. Maybe next season mum, Deb will take an SI stick with her and record a score.

WHO members with Top 10 places are:

Name	Class	Place		Name	Class	Place
Will Kay	Junior Men	4th		Savanna Sweeney	Junior Women	9th
James McQuillan	Masters Men	2nd		Robyn Dunlop	Legends Women	8th
Vivien de Remy de Courcelles	Masters Men	7th		Janet Morris	Immortal Women	1st=
Graeme Hill	Legends Men	1st		Marion Gledhill	Immortal Women	3rd
Ted Mulherin	Immortal Men	2nd		Emmanuelle Convert	Walking Women	1st=
Malcolm Gledhill	Immortal Men	3rd				
David Noble	Walking Men	5th		Ian Miller	Walking Men	10th

THE 2019 O'SHEA

Was an enjoyable three events in two days. A relay at Kincumber Mountain, a night event at Kariong and a pairs score event on the flat at Kincumber. It was notable for the lack of success by WHO members. Best described as we came, they conquered and Martine Valais took home a cake !

NSW STATE LEAGUE 1 (Middle) & 2 (Long) at Hill End WHO Results

Name	Class	Middle		Class	Long
<u>NOL RESULTS</u>					
James McQuillan	M21E Relays	5th - 57:18		M21E	17th - 137:43
Karl Bicevskis	M21E Relays	3rd - 46:29		M21E	8th - 113:38
<u>SL RESULTS</u>					
Shay Sweeney	M/W10 Novice	Completed		M/W10 Novice	Completed
Savanna Sweeney	W12A	5th – 47:09		W12A	4th – 47:32
Martine Valais	W14A	8th – 58:45		W14A	6th – 57:01
Aurelie Valais	W16A	4th – 116:04		W16A	4th – 125:14
Emmanuelle Convert	W40A	8th – 78:36			
Saf ron Sweeney	W45A	4th – 130:37		W45A	2nd – 158:03
Maureen Fitzpatrick	W45AS	6th – 112:02		W45AS	6th – 134:49
Janet Morris	W80A	1st – 67:06		W80A	1st – 60:43
Selwyn Sweeney	M16A	5th – 46:42		M16A	6th – 71:11
Seth Sweeney	M16A	6th – 53:15		M16A	7th – 92:38
Vivien de Remy De Courcelles	M40A	3rd – 48:43		M40A	2nd – 117:54
Matt Hackett	M45A	8th – 59:23		M45A	9th – 136:41
Paul Sweeney	M45A	9th – 92:54		M45A	10th – 188:04
Robert Bradley	M45AS	2nd – 48:00		M45AS	4th – 90:43
Dmitry Stukov	M45AS	3rd – 48:17		M45AS	3rd – 84:57
Steve Dunlop	M65A	13th – 61:01		M65AS	Mis-punched
Barry Hanlon	M80A	2nd – 55:54		M80A	2nd – 49:13
Niamh Cassar	W Junior B	1st – 36:29		W Junior B	1st – 30:44
Constance Valais	W Junior B	2nd – 64:34			
Tim Perry	EOD Short Hard	5th – 50:31		EOD Short Hard	4th – 102:28
Karen Langan	EOD Short Hard	7th – 70:43		EOD Short Hard	2nd – 90:04
Nerise McQuillan				W35AS	DNF
Sylvie Valais				W Open B	7th – 64:33

SHOO Highland Forest Series #1 at Soapy Flat WHO Results

Class/Name	Place	Time		Class/Name	Place	Time
Men's Short Hard				Women's Short Hard		
Ted Mulherin	2nd	54:03		Maureen Fitzpatrick	3rd	98:19
Barry Hanlon	9th	86:05		Women's Moderate		
Robert Bradley	DNF			Niamh Cassar	1st	43:30

Minigaine - WHO results. Held this year at Western Sydney Parklands on 24th February.

Teams

Names	Points	Place	Class
Justine de Remy De Courcelles and Emmanuelle Convert	370	90th Overall	14th in Womens Open & 29th in Families

Individuals

Name	Points	Place	Class
Graeme Hill	1510	16th Overall	1st Men Ultra Veteran, 2nd Mens Special Veteran, 9th Mens Veterans, 13th Mens Open
Matt Hackett	1270	32nd Overall	22nd Mens Veterans, 28th Mens Open
Lee Coady	1210	35th Overall	24th Mens Veterans, 31st Mens Open
David Noble	1180	37th Overall	10th Mens Special Veteran, 26th Mens Veterans, 33rd Mens Open
Rachel Merton	1150	38th Overall	3rd Womens Veterans, 5th Womens Open
Karen Langan	1030	45th Overall	7th Womens Veterans, 9th Womens Open

PUZZLE ANSWERS

Are you sure you are ready to do complex orienteering?

Puzzle 3 - What did I open first ? My eyes as I was asleep.

Puzzle 2 - Eggs – Four. The two I broke, I also cooked and ate.

PUZZLE 1 - AUSTRALIA, austral, ritual, aralia, astral, atrial, lariat, ritual, tarsal, alias, altar, atlas, aural, sural, tail, talus, trail, trial, ultra, alar, alas, lair, last, liar, list, lust, rail, sail, salt, silt, slat, slit, slur, slut, tail.