



Dharug Country — February 2024

“WHO runs the country”



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From the President James McQuillan

Do you enjoy orienteering? Of course you do. You might think it's a stupid question. Why else would you be reading this newsletter! What if I told you a secret that would help you enjoy your orienteering more than you currently do? Actually it's not really a secret but I think we sometimes forget about it.

The more you put in, the more you get out.

At every WHO event we need a handful of people to hang around before or after their run to help out.

If you haven't had the chance yet, let me personally invite you to the intro task of control collecting. Anyone can do it. My 8y old son has done it. 5 or 6 collectors will knock over the job in 30 mins.

What about welcoming participants to our event? Sometimes newbies appreciate some extra time and explanation of what's going on. Maybe you

could look after our Square payment system? Or learn the ins and outs of our event software?

Obviously significant effort goes into event preparation. Would you like to contribute by planning courses, or overseeing the admin as the organiser? Or giving some of your time for the ONSW Board. It would be great to have some WHO representation there.

Bottom line: we can give you the opportunity to grow, to learn, to help, to contribute and to make a difference to our club.

Come and talk to me anytime.

Editors comment: perhaps do not try talking to James when he looks like that. Photo by Geoff Peel at Christmas 5 days.



New Members

Welcome to Fred, Ashleigh, Jasmine and Vanessa and welcome back Linda.

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

Understanding Categories And Event Types In The Bush



The transition from street orienteering to bush orienteering can seem daunting at first. The first hurdle is to understand the competition categories. Let's try to make things clear.

First of all there are 4 grades of difficulty in navigation.

- * **Very Easy:** course must follow drawn linear features (tracks, fences, etc.). A control site is needed at every turning point and all control markers must be visible on the approach side. Large obvious features, visible from and close (<25m) to the linear feature may also be used as control sites.
- * **Easy:** control sites must be on or near drawn linear features (eg track, fence, creek) but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country. Short distances along large linear features that are not drawn (such as large gullies or well-defined spurs) may be included in the course but then catching features are essential. Control markers should be visible from the approach side by any reasonable route.
- * **Moderate:** course should have route choice with big attack points near control sites and catching features less than 100m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point.
- * **Hard:** navigation should be as difficult as possible with small contour and point features as the

preferred control sites; there should be no handrails and no large attack points nearby. Route choice should be an important element of most legs.

In effect a moderate course is not always that much different to a hard course: it tends to depend on the map and the terrain.

Hard courses are then subdivided by length usually from the longest hard 1 for elite orienteers to hard 5 or hard 6 for older categories of competitors. Navigation is of the hard level as per above but the length of the course and the number of controls are reduced.

Orienteering classes are divided by gender and age either in increment of 5 years or 10 years. I am 46 years old so my class is M45A: M for man, 45 for anyone who is turning 45 on the year of the competition, A means I do the normal length course for my class usually hard 2 or hard 3. I could also enter a younger age class (M40A, M35A or M21E or A) if I wanted to do a longer course or just measure my skills with that of people running in a different class. Equally a junior orienteer might want to enter older age classes to run on harder courses. That is why when looking at the results of the 2023 state league season (<https://eventor.orienteering.asn.au/Standings/View/Series/208>), you may find the same name in 2 or more classes.

If you are new to bush orienteering, you may wish to start on a shorter course. For this you should enter an AS category. They run in 10 year increments eg. W35AS, W45AS... but no W40AS. You can also try a moderate course by entering in M Open B or W Open B: no age requirement for these.

Each competition class is attached to a course. The details of which course is published on Eventor before the event (look for the bulletin). M10 and W10 are always very easy courses, M12 and W12 are easy courses, W14 and M14 as well as open B are moderate and from then on it is hard courses for the other categories. An example of a row of a table showing the courses, competition classes, course length, climb, number of controls is below.

Course	Classes	Course Lengths (Kilometres)	Climb (metres)	Number of controls
Hard 4	W21AS, W35AS, W45AS, W55AS, W65A, W70A, M45AS, M55AS, M75A	2.8	95	13

Some orienteers choose to enter different age or length (A or AS) categories depending on the format of event. Orienteering courses are dividing into:

- * **Sprint distance:** many controls on a short course needing fast thinking to be do well. Usually set in an urban environment such as schools or Uni campuses. Winning time is around 15 minutes.
- * **Middle distance:** Taking place in the bush with an emphasis on detailed navigation. Controls can be separated by short distances with a couple of longer legs thrown in to test a wide range of navigation skills. Winning time is usually around 20 to 45 minutes depending on age.
- * **Long distance:** set in the bush Long distance courses emphasise physical endurance and route choice rather than finer navigation. Winning

time is usually around 20 to 90 minutes depending on age.

If you need any advice, don't hesitate to contact [me](#) (click on hyperlink).

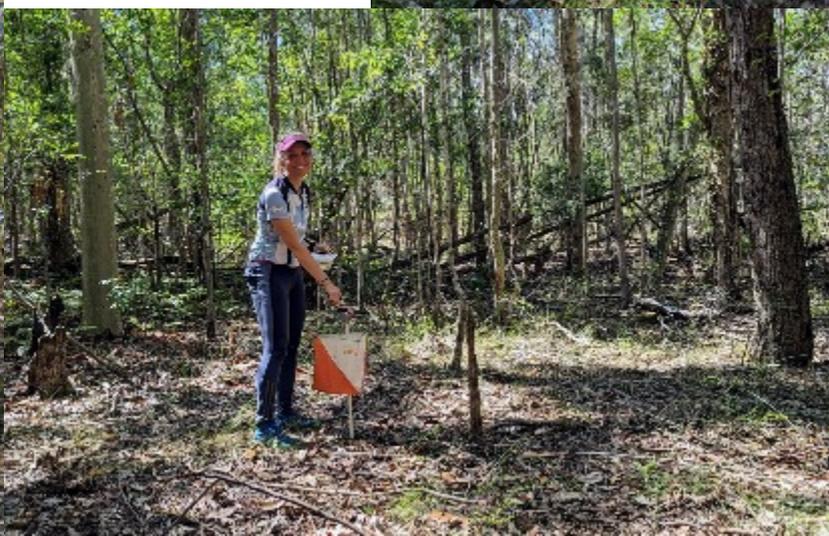
On Saturday 16 March WHO is organising the first State League event of the season, a middle distance event, in Roseberg State Forest south of Orange. Why not come over try bush orienteering and meet other club members. You can try an easier course and then be paired up with another more experienced member when we collect controls at the end of the event. This is a great way to build confidence in navigating in the bush.

On Sunday, there is a long distance event in the old mining area of Ophir, North of Orange. Goldseekers, the organising club, is promising that some courses will go through one of the old (short) mining tunnel!



Saffron's happy, Andy's happy, Vivien's happy, Justine knows where she is: bush orienteering is fun!!!

Photos by Geoff Peel at Christmas 5 days.



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](#).

Saturday Orienteering Series (SOS)

Organised on Saturday mornings during school term by the Bold Horizons team including some of our junior members Niamh, Savana, Selwyn and Seth.

This term they cover the Northern Sydney and Macarthur regions.

Northern Sydney			Macarthur		
Date	Event	Location	Date	Event	Location
2 March	Killara High School	Killara	2 March	Macquarie Fields High School	Macquarie Fields
9 March	Ryde Secondary College	Ryde	9 March	James Meehan High School	Macquarie Fields
23 March	NBSC Balgowlah Boys Campus	Balgowlah	23 March	Camden High School	Camden

Sydney Sumer Series

Created in 1991 and running every Wednesday afternoon these are 45-minute score courses set in a different suburb of Sydney every week. Maps are available on Eventor the night before to start planning your route and you can start running anytime between 4.30 and 6.45pm.

Date	Event	Location
6 March	Rozelle	King George Park, Manning St
13 March	Lane Cove	Pottery Green Oval, Phoenix St
20 March	North Rocks	Don Moore Reserve, Tieman Ave. Organised by WHO, come and help out!
26 March Tuesday 	North Ryde	Magdala Park, Magdala Rd. Stay for presentation night at North Ryde RSL!

State League and other events

Bush events are great fun. Usually they are line courses with all sorts of lengths or navigation difficulties from easy to hard.

Date	Event	Location
2-3 March	O'Shea—an annual team event on the Central Coast	Gosford
16-17 March	State League 1 and 2— SL1 in Rosberg State Forest is organized by WHO. Come and help out collect controls with an experienced WHO member to learn new skills.	Near Orange

Metro league: The Best Events to Start Bush Orienteering

Metro League is a great introduction to bush orienteering with courses to suit all levels of experience, including beginners. Metro leagues are conveniently located on the outskirts of, or near Sydney and run about once a month on Sunday morning between April and September.

And best of all you get to meet your fellow club members to have a chat, get some tips and compare notes. A post orienteering lunch at a nearby location is also on the card.

As usual for most orienteering events, everyone run their own course but there is a team result as well as a personal time: each of the Sydney clubs as well as Southern Highlands Orienteers, field teams of five runners in each of the 6 divisions (div 6 is easier and shorter, div 1 harder and longer). There is a draw for each Metro League with two teams facing off. The fastest runner of the match gets 10 points, the second fastest gets 9 points and so on. The team with the most points win.

WHO captain Josh is always looking for more members to make our teams. If you're interested, but want to find out more, reach out directly to [him](#) and he can give you the full run down and answer any questions you might have.

You don't need to attend every Metro League event - just the ones that suit you. Here are the scheduled dates for [Metro League 2024](#) - please note some of the proposed venues may be subject to change:

7 April - Appin

5 May - Lansdowne

23 June - Pennant Hills

28 July - Clay Pan

1 September - Nurrangyngy

15 September – Excelsior (WHO)

Get those dates in your calendar now.

Congratulations Selwyn

Selwyn received the Encouragement Award from Orienteering NSW.

In the words of ONSW: Selwyn Sweeney's attention to the experience of others has been recognised. He received the 2023 ONSW Encouragement Award for his course setting, coaching and event management. Still a junior in ONSW membership terms, Selwyn's efforts to support the orienteering experience, both within his club of Western and Hills Orienteers and within the ONSW Junior Squad, reflect an active commitment to ensuring success and enjoyment of orienteering by others.

Photo by Geoff Peel: Selwyn receiving the award from ONSW President Robyn Pallas.



Old SI Stick Buy Back

Bennelong pays a cash refund for old SI sticks (non-air) and is happy to extend its 'Old SI Stick Buy Back' programme to members of other Sydney clubs who may like to get a bit of cash for their old SI Stick.

So please let [Sharon Lambert](#) know if you are interested and she'll arrange payment in exchange for your old SI stick.

Buy-back prices are as follows:

SI8 = \$27.50

SI9 = \$32.50

SI10 = \$37.50

SI11 = \$37.50

If the response is overwhelming their generosity may have to be curtailed to the first 25 responders. So if you want to declutter, get in early to avoid missing out.

How's that for a control?

Seen at Christmas 5 days. Young WHO members Justine RC and Constance V took on the challenge

of this optional run-swim-run. Could have been a warmer day!



Why Not Try Rogaining?



Come explore the bush trails, parks, lookouts and streets of Glenbrook & surrounds!

Rogaining is a fun team sport, navigating using map, compass and clues to visit as many checkpoints as possible within the time limit.



Teams can be out on course from 10am to 4pm, for as much or as little of this time as they like.

Walk, run, stop for lunch, coffee or ice creams – your choice. But you lose points if you get back after 4pm!

Open to all ages and fitness levels.

www.nswrogaining.org/2024-metrogaine



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