



“WHO runs the country”

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April 2020 Newsletter

Please take care. Covid-19 will take time to recede. Orienteering events may not recommence for some time. We will get through this challenge and resume contacts and activities. The sacrifices we make now will allow us to again enjoy the good things. We wish you a safe path through the challenge and look forward to seeing you at an orienteering event in your WHO blue shirt.

Stay safe !

The summer orienteering season ended with a whimper and the cancellation of all events. A most unusual summer started with early heat compounding the drought that had been with us for months. The heat led to November and December bush fires and a Xmas 5 Days series that looked unlikely but was delivered by the Northern Tablelands club with ingenuity and quick thinking. We were barely into the New Year when the massive fires took hold along the south coast. Then came rain and floods. We welcomed the break from the heat and fires and thought that we were through the worst. February brought news of a virus outbreak and March brought it to our shores. New laws that wouldn't be contemplated in normal times have been passed and we wait out the coming months until a new normal emerges. 2020's summer will be long remembered for the acts of heroism from service personnel plus friendship, neighbourliness and concern for all. Orienteering like all sports rightly became an after-thought. This has been the most challenging time but we will get through it and there have been some highlights.

From The President

My bit in the previous newsletter was a sales pitch for Easter. As the closing date got closer there were lots more WHO entries than usual but also the increasing likelihood that it would not go ahead. It has been postponed to next year. The WHO Exec cancelled our metroleague and turkey trot events. The ONSW Board then cancelled all events for the time being.

With no orienteering there isn't much to write about. The Committee will continue to do some work in the background so we are ready when we can start back up again.

Please take care in the meantime so we can all meet up again in the forest and parks and discuss our navigation mistakes because we're all a bit rusty.

Rob

Summer Series Highlight

The two recent WHO Wednesday evening summer series events were set by two of our juniors - Selwyn Sweeney and Will Kay under the guidance of James McQuillan. Both events were successful with a record turn out at the February event and an exciting new map introduced in March. Both course setters had to wait until school finished to attend which for Will was a little easier as his school was the assembly area. Well done and thank you.

Thank You

.... to the team that delivered the SSS on February 26 at West Pennant Hills.

.... to the team that delivered the SSS on March 18 at The Seventh Day Adventist School at Wahroonga.

Members and Membership

As of 6 April, WHO had 103 members. WHO was the third club in NSW to reach 100 members.

Welcome to **Justin Po Mya** our newest member.

If you are a recent new member and haven't received your blue WHO shirt please let Ian Miller know (millerian33@gmail.com). Ian is currently adhering to the rules and staying at home, so it may take a while for delivery.

Upcoming WHO Events

April 13 (Mon) – WHO Virtual Meeting. Attendance restricted. Contact the secretary for details or to advise an item for discussion.

April 26 (Sun) – MetroLeague at Western Sydney Regional Park. **CANCELLED**

July 5 (Sun)- Turkey Trot – **CANCELLED**

Recent Events

March 15th – Sprint Final, Castle Hill

The postponed final of the Sydney Sprint Series finally got off the ground on March 15 at Eric Mobbs Reserve in Castle Hill, after a drought-breaking deluge forced us to move it from the original Feb 9 date. A decent turnout of 54 eager competitors came out for a run on a lovely Sydney evening, choosing between the three courses on offer (Long, Medium, and Short). The surrounding bush tracks got good use (unusually for a sprint event) and (in most cases) our runners kept carefully out of the way of the cricketers on field 1. A number of WHO club members pitched in and helped on the day - thanks to all for making the event a success. Our best WHO performer on the Long course was Selwyn Sweeney who came 6th overall at 24.32. Another notable performance was Matilda Saunders who came second in the Medium with a great time of 28.31. The Short course was dominated by WHO members, with Saffron Sweeney whizzing home in under 10 minutes. Josh Braidwood

Feb 26th – SSS at West Pennant Hills

See photos below and club face book page <https://www.facebook.com/Western-Hills-Orienteers-363738563689907/>

Mar 18th - SSS at Wahroonga

See photos below and club face book page <https://www.facebook.com/Western-Hills-Orienteers-363738563689907/>

Metro League 1 - Castle Hill

There was a big turnout from WHO for the opening of the Metro League season at Fred Caterson Reserve in Castle Hill on March 22. Although hosted by Big Foot this is WHO home territory and a map many club members will be familiar with. The weather was perfect, but a sense that this may be one of our last events for some time hung in the air - and so it proved to be. The absence of the usual score board left us in suspense to find out the actual scores, but in

the end there were some notable performances from WHO.

In Division 1, WHO went down to hosts Big Foot 22-33. James McQuillan was our best picking up 9 points, and it was pleasing to see good results from Niamh and Vivien who found themselves promoted to Div 1 this year.

The tables were turned in Div 3, with WHO beating Big Foot 28-26. Belinda Kinneally was our best performer picking up 8 points for the team.

WHO took out the honours in Div 4 as well, beating an understrength UR-CC 27-22. Paul Sweeney romped home with a nicely earned 10 points.

Div 5 was a continuation of the WHO success story, where we overcame the odds to beat a full strength UR-CC 24-21. Will Kay topped the division and sent a clear signal to his competitors, picking up 10 points on the way to lead us to victory. A great performance from Metro League debutant Anthony Saunders as well who brought home 9 points to seal the deal.

Finally, our inaugural attempt at the new Div 6 saw us go down to Big Foot 20-29, but on the back of lower numbers in this team (in fact we originally weren't looking like we'd be able to field a team in Div 6 at all so this was actually a good result). Lachlan Coady did the team proud bringing home 8 points with a great time.

Normally this is the point I'd be telling everyone to get the next Metro League date in their diaries, but sadly it may be some time before we're back for more. But we will be, so watch this space!

Josh Braidwood

SOS

The Hills District SOS on Saturday's in Term 2 will not be held. A decision on Term 3 has yet to be made. Check the Bold Horizons web site for the latest information.

<https://www.boldhorizons.com.au/explore-discover-grow/events/saturday-orienteeing-series/>

Honour Board

Congratulations to our SSS badge winners:-

1st - Emmanuelle Convert, James McQuillan and Malcolm Gledhill

2nd – Janet Morris and Graeme Hill

3rd – Marion Gledhill and Ted Mulherin

Presentations will be held at the first event for next season.

Reminders

Update Eventor: A field has been added for your emergency contact number. WHO has campaigned for this change for a number of years. **The field is not mandatory BUT IT SHOULD BE.** Please go to your Eventor record and add an emergency contact number.

SKIN CHECKS – Now that summer is over it is a good time to see your GP and ask for a skin check. Melanoma is:

- the **third most common cancer in Australian men**, after prostate and colorectal cancer
- the **third most common cancer in Australian women**, after breast and colorectal cancer
- the **most common cancer affecting to 39-year-old Australians**

Source: Melanoma Institute of Australia

FLU jabs – Will be available in April. This is a must do for 2020.

Mapping through March 2020

Though events have been cancelled or postponed work on maps and mapping can continue. There is even more time available to work on maps.

A Sydney Summer series event has been held on our new map of Coups Creek. We are very lucky to have been permitted to map this bush area behind the Sydney Adventist Hospital. With winter events cancelled we are looking ahead to complete maps which can be used for events next summer and beyond. Ian is upgrading the Castle Hill Showground and adjoining Fred Caterson Reserve Sprint maps. I am in the local bush completing a North Rocks map suitable for the Sydney Summer Series. I am also working on a large extension to the Eric Mobbs sprint map to be called Excelsior and to be suitable for a Metro League.

Also, updating of records is happening. OA has a database called Omaps Australia. The aim is to have all maps recorded on it so that the position of already mapped areas can be seen at a glance. I have been adding WHO maps gradually, with more to go. At the same time a few maps have been found to need georeferencing and sometimes an upgrade to the symbols used, and Barry has been working on those. This is also a place to put a record of reserved areas, such as Duck River, which will be worked on shortly. Barry has completed a major upgrade to our old Timberlight country map, ready for possible fieldworking which would be followed by use for a State League event. Hopefully fieldwork in the bush can continue in coming months.

Janet Morris - Mapping Officer

ACTIVITIES TO AVOID GOING STIR CRAZY

Outdoors

PERMANENT COURSES

An allowable activity is exercise and if it is essential that you get an O fix, you could try one of NSW's [permanent courses](#). You can go in your own time, on your own. Click on the link above to find the full list of course locations and instructions. Five locations to choose from. The nearest to most members will be Bi-Centennial Park, Homebush.

Indoors

ORIENTEERING AT HOME

Ok! Ok! you are not able to go orienteering and have to stay indoors but it is a good time to catch up on the skills update you have been putting off for months (and in my case years).

Check out the control description quiz.

<https://www.maprunner.co.uk/cd/>

My score was 61 out of 72 in 492 seconds. Not as easy as I thought and I learnt from my errors.

Simon Rouse often runs with a camera at events and downloads it onto YouTube. As he runs you can see his map and his view of the forest ahead. Search his name in YouTube to view his videos. Link to his run at our NOL last year:

<https://m.youtube.com/watch?v=CmWQuOgfajE>

Match the video to the map. It will help you locate features and learn how mappers translate reality onto a map.

ORIENTEERING PUZZLES FROM SCOTLAND - 14 puzzles (7 have solutions) and a challenge to map “Teddy Town”. Orienteering puzzles from [Scotland](#)

Map your own home [home](#)
Draw your own home on OCAD. Improve your OCAD map drawing skills. Once you have finished the inside perhaps you could do the outside as well?

THE ULTIMATE PLACE FOR O THINGS TO DO IS [here](#) British orienteer Chris Smithard has collated a range of different lockdown orienteering activities.
INCLUDES ** [Lockdown Orienteering Easter Championships](#) – A combination of the games and challenges below to find the best virtual orienteers (He is organising it). You could become the world virtual orienteering champion.

STILL NEED MORE TO DO?
Latest Australian Coaching Videos. Made since virus restrictions started. South Australian and Ted Mulherin’s niece **Bridget Uppill** has been creating a series of coaching videos: [Video 1](#), [Video 2](#) and [Video 3](#)

Missing the SSS already
Suffering SSS withdrawals? Go to the Sydney Summer Series Facebook page. <https://www.facebook.com/Sydney-Summer-Series-Orienteering-436657886470504/>
Click on 'Photos' on the left hand side of this page and print off a map you might have missed this season. There's your run for the week - in splendid social isolation!

ONSW NEWS

March 25 - ALL ORIENTEERING EVENTS CANCELLED
ONSW and OA announced last night that all orienteering events are off until further notice. The Prime Minister also announced last night that all Social sporting-based activities are not permitted - this would include orienteering events.

Practicalities
At some stage the Government will announce the relevant restrictions have been listed. After that ONSW will update its advice for event organisers regarding COVID-2019 and events can resume as currently scheduled.

Please ensure your club's officials and event organisers know of the change.

ONSW will cancel the ONSW sanctioned events in Eventor until end September (to ensure consistent presentation) and clubs should make any necessary changes to their website, etc.

Regards

Andrew Lumsden
Technical Director, Orienteering NSW

March 24 – An update on the coronavirus

Members and Organisers,

Following our Board meeting last night and in response to the Covid 19 pandemic, ONSW has decided to postpone or cancel all orienteering events in NSW until further notice.

We feel we have kept open our competitions as long as we can justify in terms of the

government requirements and also the desire of our members and society more broadly.

There will be disappointment at a lack of competition but in the interests of our members we believe this is the best way forward.

When the time comes to reopen we will notify clubs, organisers and members and resume our calendar with appropriate adjustments and agreement of the clubs concerned.

We expect this may be some months away and hope you all keep safe and well in the meantime.

Our office staff will continue to work on our various development and communication projects.

The ONSW Board.

ONSW Mapping: Hamish Mackie (BF) and Barry Hanlon (WH) are ONSW's new mapping officers. They are keen to get more people started at the beginner level. If you are interested in learning how to use Open Orienteering Mapper (OOM) to update or create maps, please [email Hamish](#). OOM avoids the messiness of OCAD.

SUUNTO 7 smartwatch reviewed

My old TomTom running watch is approaching its use by date and technology has moved on so I started researching on the web. Rather than having a separate running watch and an indoor watch, I looked for a combination. I decided that money was no object (at least for the research) and decided to look for watches with an orienteering option.

My search found the Suunto 7. Suunto have a background in orienteering (their orienteering compasses cost around \$50). The watch is not cheap at \$799.99. I found a couple of reviews

in up-market publications. The Suunto site says *"Discover the world around you using the free offline maps with terrain details, trails and contour lines. It is easy to glance the maps at any time, and they are always one swipe away during exercise."*

It uses Google's Wear OS software and connects to Android and iOS phones. In replies to reviews the Suunto respondent said *"We wanted a device that allowed you to take a break from your busy life (where its smart features and the variety of apps offered by Wear OS shine) to go for a run or a ride, thanks to our 70 default sport modes and exclusive heatmaps, without worrying about set-up and accessories."*

It is not a watch for multiday adventures or ultraruns, but can still provide enough battery life to last more than a full day of smart watch use and up to 12 hours of training (depending on the sport mode selected and settings like use of maps, music, and always-on display).

I couldn't find any reviews that commented on using the Suunto 7 for orienteering. If you decide this watch is for you please let me know your experiences. If you have experiences with other smartwatches please send your comments to the editor. (millerian33@gmail.com).

Disclaimers. The author and club have no connections with Suunto. The author doesn't own any Suunto products. His birthday passed recently and no one gave him a smartwatch !

Articles on the Suunto 7.

<https://www.suunto.com/en-au/suunto-collections/suunto-7/>

<https://www.executivetraveller.com/smartwatches-are-a-powerful-tool-for-travel-and-training>

<https://www.afr.com/technology/at-last-a-watch-for-every-extreme-sport-under-the-sun-20200207-p53ynd>

SSS Point Score – WHO Results

The Wednesday evening Summer Series ended with the WHO event at The Seventh Day Adventist School at Wahroonga on March 18th. The final point scores for Season 29 are:

Junior Women

Niamh Cassar 5th with 542 points
Savanna Sweeney 11th with 110 points
Aurelie Valais 25th with 31 points

Masters Women

Sylvia Teoh 6th with 867 points
Emmanuelle Convert 8th with 728 points
Belinda Kinneally 22nd with 75 points
Nerise McQuillan 30th with 39 points

Veteran Women

Karen Langan 7th with 888 points
Saffron Sweeney 22nd with 124 points
Anette Larsson 31st with 66 points
Linda Chan 37th with 42 points

Legends Women

Robyn Dunlop 10th with 157 points

Immortals Women

Janet Morris 2nd with 1183 points
Marion Gledhill 3rd with 1033 points

Walking Women

Emmanuelle Convert 1st with 1200 points

Junior Men

Will Kay 4th with 882 points
Selwyn Sweeney 18th with 174 points
Seth Sweeney 36th with 63 points
James Langan 47th with 52 points
Shay Sweeney 53rd with 50 points
Joel Springer 63rd with 36 points
George Kinneally 69th with 32 points
Hamilton Kinneally 69th with 32 points

Open Men

Andrew Hill 16th with 369 points
Reinaldo Hora 28th with 102 points

Masters Men

James McQuillan 1st with 1187 points
Vivien de Remy de Courcelles 4th with 1115
Dan Smith 25th with 461 points
Lee Coady 30th with 281 points

Veteran Men

John Murray 26th with 878 points
Dmitry Stukov 41st with 414 points
Paul Sweeney 54th with 172 points
Gary Farebrother 60th with 132 points

Special Veterans Men

David Noble 9th 1071 points
Tim Perry 35th 208 points

Legends Men

Graeme Hill 2nd with 1175 points
Martin Mansfield 11th with 1003 points
Steve Dunlop 15th with 932 points
Ian Miller 16th with 922 points

Immortals Men

Malcolm Gledhill 1st with 1194 points
Ted Mulherin 3rd= with 1165 points
Andy Vesey-Wells 11th with 46 points

Walking Men

Ian Miller 5th with 484 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

To stay up to date, 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.orienteering.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)

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

Editors Wrap.

Thank you to Rob Bradley, Barry Pearce, Josh Braidwood, Selwyn Sweeney, Janet Morris and Ian Jessup (ONSW) and OA 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)

Postscript

From a recent FitzFiles.

"I have been blessed to have had a lifelong connection with sport," he writes. "The benefits come not from making a red cent from playing the game, but from the friendship, support and sense of belonging to 'your people' that it brings. There must be many hundreds of thousands of never-was netballers, golden oldies, tennis and touch footy players yearning for the social contact that has been an essential part of their lives. I just hope that they are all able to sustain some form of contact with their friends and comrades for their own wellbeing in the months ahead." David Millar

I doubt it could be said better. I have always liked the description of orienteering "40 minutes of exercise followed by 3 hours of explaining how you could have done better". It is the social side that we remember most.

Take Care and Stay Safe.

WHO CLUB CHAMPIONSHIP

as at 1 April 2020

| NAME | EVENTS | SCORE |
|-------------------------------|--------|-------|
| David Noble | 24 | 6528 |
| Selwyn Sweeney | 20 | 5877 |
| Martin Mansfield | 25 | 5658 |
| Justine de Remy de Courcelles | 22 | 4680 |
| Saffron Sweeney | 21 | 4672 |
| Stephen Dunlop | 23 | 4572 |
| John Murray | 21 | 4522 |
| Vivien de Remy de Courcelles | 23 | 4037 |
| Ian Miller | 25 | 3780 |
| Barry Hanlon | 18 | 3672 |
| Savanna Sweeney | 22 | 3627 |
| Graeme Hill | 21 | 3570 |
| Janet Morris | 40 | 3502 |
| Ted Mulherin | 24 | 3400 |
| Malcolm Gledhill | 23 | 2981 |
| Anthony Saunders | 10 | 2940 |
| Lee Coady | 15 | 2800 |
| James McQuillan | 22 | 2736 |
| Will Kay | 22 | 2670 |
| Emmanuelle Convert | 24 | 2560 |
| Niamh Cassar | 18 | 2220 |
| Lachlan Coady | 9 | 2048 |
| Aurelie Valais | 9 | 1890 |
| Paul Sweeney | 13 | 1887 |
| Tim Perry | 10 | 1840 |
| Shay Sweeney | 12 | 1827 |
| Marion Gledhill | 21 | 1600 |
| Dan Smith | 7 | 1540 |
| Matilda Saunders | 6 | 1530 |
| Silvia Teoh | 12 | 1470 |
| Linda Chan | 6 | 1380 |
| Andy Vesey-Wells | 7 | 1280 |
| Lynn Dabbs | 5 | 1200 |
| Gary Farebrother | 4 | 1200 |
| Dmitry Stukov | 10 | 1200 |
| Stephanie Chan | 2 | 1160 |
| Seth Sweeney | 8 | 1120 |
| Sylvie Valais | 2 | 1085 |
| Constance Valais | 7 | 1060 |
| Karen Langan | 15 | 980 |
| Stephen Holloway | 5 | 952 |
| Martine Valais | 7 | 820 |
| Andrew Hill | 5 | 810 |
| Amanda Parker | 4 | 768 |
| Amy Harmer | 2 | 728 |
| Mark Jones | 4 | 700 |
| Belinda Kinneally | 3 | 666 |
| Scarlett Saunders | 6 | 620 |

| | | |
|---------------------------------|---|-----|
| Matt Hackett | 1 | 588 |
| Robyn Dunlop | 6 | 567 |
| Joel Springer | 1 | 560 |
| Barry Pearce | 5 | 520 |
| Elliott McQuillan | 5 | 500 |
| Josh Braidwood | 3 | 486 |
| Kevin Williams | 5 | 468 |
| Anette Larsson | 3 | 460 |
| Aiden McQuillan | 4 | 400 |
| Hamilton Kinneally | 3 | 380 |
| Andrew Small | 1 | 380 |
| Maureen Fitzpatrick | 3 | 375 |
| Zachary Hill | 3 | 360 |
| Jackson Small | 1 | 360 |
| George Kinneally | 3 | 320 |
| James Langan | 1 | 288 |
| Marcus Jones | 2 | 280 |
| Reinaldo Hora | 3 | 225 |
| Louisa Coady | 4 | 200 |
| Kathryn Vaughan | 1 | 200 |
| Levi Coady | 7 | 180 |
| Ellysa Jones | 1 | 120 |
| Nerise McQuillan | 1 | 96 |
| Yvonne Fillery | 2 | 90 |
| Annabelle Di Bari | 1 | 80 |
| Maria Stankova | 1 | 60 |
| Archie Hill | 1 | 40 |
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| Compiled by Barry Pearce | | |
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PHOTOS from Feb 26th SSS event



PHOTOS from March 18th SSS event.

