



# “WHO runs the country”

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## June/July 2020 Newsletter

**There is light at the end of the tunnel and Orienteering is on its way back. The first events are scheduled outside Sydney for July 5th.**

**It is likely that the first Sydney event will be on the 19th July.**

**The events will comply with the State Government regulations and use new processes to increase safety of participants.**

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

**We hope you are well and continue to stay safe. The future looks a lot brighter as we head to our “new normal”.**

**During the event hiatus your WHO committee has met monthly and has planned our future event program. We have no Metro League or State League events for 2020 so at this stage our next WHO organised event will be in November.**

**The WHO summer event program is:**  
**SSS = Sydney Summer Series**  
**WSOS = Western Sydney Orienteering Series**

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
<b>2021</b>		
Sun 10 Jan	WSOS	Rouse Hill Regional Park
Sun 24 Jan	WSOS	Ropes Creek
Sun 31 Jan	WSOS	Heritage Park, Heritage Park Dr, Castle Hill
Wed 10 Feb	SSS	Barton Park, Gladstone St, North Parramatta
Wed 17 Mar	SSS	Killeen St Park, Auburn
TBA Feb or Mar	SPRINT	Ted Horwood, Reserve, Park Rd, Baulkham Hills

**Notes.** The dates and details are correct at the time of publication but may change. The 2021 Sprint Series is yet to be announced.

### **Saturday Orienteering Series (SOS)**

The Bold Horizon SOS events are planned to return in Term 3. Check the SOS Facebook page for details.

<https://www.facebook.com/boldhorizons/photos/a.1491506884485181/2353176128318248/>

## From The President

A very big thank you to everybody who has volunteered to set, control and organise our summer events. Our event volunteers are:

*Aurelie Valais, Dan Smith, Graeme Hill, Ian Miller, James McQuillan, Janet Morris, Joshua Braidwood, Karen Langan, Malcolm Gledhill, Martin Mansfield, Martine Valais, Maureen Fitzpatrick, Rob Bradley, Steve Dunlop, Vivien de Remy de Courcelles*

With a range of requirements to be put in place to minimise the risks associated with COVID at events, it is best that our first event is during daylight hours so we won't be running the Moonlight Madness event in August. Please make yourself familiar with any requirements put out by ONSW and by event organisers. If we don't get it right and all follow the rules we risk having events stopped again.

After the Association AGM the Finance Director's Position is vacant. If any WHO Members have some skills in that area and some time to volunteer, the new President Robyn Pallas would like to hear from you. More information is in the link below:

<https://www.onsw.asn.au/1505-call-for-onsw-finance-director>

Rob

## COVID-19

ONSW is working on new processes. To maintain social distancing there will be changes to the way we register for events and activities at the start, finish and assembly areas. Further information can be found at [https://onsw.asn.au/images/stories/ONSW\\_COVID-19\\_Safety\\_Plan\\_-\\_Final\\_13\\_June\\_2020.pdf](https://onsw.asn.au/images/stories/ONSW_COVID-19_Safety_Plan_-_Final_13_June_2020.pdf)

The NSW Government's priority is to avoid a spike in cases of Covid-19 as restrictions are cautiously eased. Unfortunately, that takes time.

NSW and Victoria account for almost all the known active cases in Australia. The other states and territories are at different stages of the recovery and have different timetables for relaxing restrictions.

To increase the ability to track and contain any future COVID-19 outbreaks, please download the COVIDSafe app.

To download the COVIDSafe app, or for more information, please visit the [Health Department's COVIDSafe page](#).

The challenge of COVID-19 has many phases. The recent increase of cases in Victoria is a reminder that it hasn't been beaten. Please take care and stay safe.

## ITCHING TO GO BUSH?

It will be soon time to follow the sage advice of Canadian poet Edna Jaques "Go out, go out, I beg of you and taste the beauty of the wild. Behold the miracle of the earth with all the wonder of a child."

## RESULTS

**No results – boo hoo!**

In this newsletter we would normally print the results of the QB111 and report on the progress of the State League program, but not this year. It is not a normal year as you may have heard many times.

## ONSW EVENTS

**Metro** = Metro League, **SL** = State League

DATE	EVENT	ORGANISING CLUB
Sun 26 Jul	Metro 2	Bennelong
Sun 16 Aug	Metro 3	Southern Highlands
Sun 13 Sep	Metro 4	Garingal
Sun 18 Oct	Metro 5	TBA
Sat 5 Sep	SL-Sprint (Schools)	Wyangala
Sun 6 Sep	SL-Medium (Schools)	Illawarra Kareelah
Sun 27 Sep	SL-Long	ACT
Sat 10 Oct	SL-Medium	Newcastle
Sun 11 Oct	SL-Long	Newcastle
Sat 31 Oct	SL-Medium	Big Foot
Sun 1 Nov	SL-Sprint	Big Foot

Note. The dates and details are correct at the time of publication but may change.

## ONSW Meetings

### 2020 ONSW AGM

The ONSW AGM was conducted on Saturday June 6 at 8pm via Zoom.

Congratulations to our new Board members: **Robyn Pallas (President), Mary-Jane Mahony (Secretary), Melanie Christie, Jamie Kennedy, Rod Parkin. Robert Spry, Andrew Lumsden and Andrew Power** were re-elected. The Finance Director position is vacant.

The retiring Board members are: **Greg Barbour, Mark Shingler, Michael Ridley-Smith and Anna Fitzgerald.**

The meeting was held by ZOOM and the election for President used electronic voting, both firsts for ONSW. The attendance of 41 members was, it is believed, a new record.

The Board roles are honorary and we thank all for their service on our behalf. A particular thank you to **Greg Barbour** (President) and

**Mark Shingler** (Finance) who have contributed over a long period and been instrumental in guiding ONSW.

## EVENTS ON and OFF

### ON - Junior Camp July 16-19

There will be a junior camp at Wyangala Dam in the NSW central west from July 16-19. The accommodation is at Reflections Holiday Park at Wyangala Dam. Accommodation should be booked for the nights of July 16, 17 and 18. Mention 'orienteering' for a 10% discount. If the park is booked out please check the neighbouring towns. If you are staying outside the park there may be an entry fee each day. Entries are open on Eventor and close on Wednesday July 8th. There is a \$15 charge to cover map printing and incidental costs. Please make sure you enter via Eventor so that enough maps are available. WHO is well represented with seven juniors entered.

### OFF - 2020 Australian Championships Australian Championships 2020 cancelled but transformed to AOC2021

Orienteering Tasmania announced that due to the coronavirus pandemic the Australian Orienteering Championships 2020 have been cancelled.

The OT Board has taken this decision because there remains considerable uncertainty about whether it will be possible to hold the Championships this year. These uncertainties include when the restrictions on gatherings of over 100 people will be lifted; when travel restrictions, both within and to Tasmania, will be lifted; and the availability and affordability of flights even when travel restrictions are lifted. We are not able to delay our decision any longer in the hope that restrictions will be lifted, as this will not allow us sufficient lead-in time to complete the necessary planning to ensure success of the Championships.

With the support of Orienteering Australia and

the state associations, Orienteering Tasmania will now host the Australian Championships in 2021, from Saturday 25 September to Sunday 3 October 2021.

For the people who had already entered for this year, you will be contacted directly by OT about entry fee refunds or transfers to 2021. For all the people who won entry fees to the associated Turbo Chook 3 Days (including through the recent OA coaching survey), these will apply for 2021.

*"We hope you will celebrate orienteering with us next year when we can all be out and about in the forest doing our sport again,"* said Carnival Director Warwick Moore.

## Sydney Summer Series Statistics

The Wednesday evening summer series known as the Sydney Summer Series (SSS) is gearing up for its 30th season. The WHO events for next season are included in our event list. The full SSS program will be released soon. During the lockdown period Richard Pattison compiled statistics going back to the first season.

**Events Attended** – There are 780 who have attended 20 or more SSS events. #1 on the honour board is Ross Barr with 543 events attended. The WHO members with more than 200 events are:

- #4 – Graeme Hill – 509.
- #16 – Janet Morris – 427
- #18 – Malcolm Gledhill – 418
- #24 – Andrew Hill – 389
- #25 – Ted Mulherin – 385
- #28 – Ian Miller – 372
- #35 – Steve Dunlop – 345
- #45 – Steve Holloway – 326
- #61 – James McQuillan – 278
- #98 – Vivien de Remy de Courcelles - 217
- #102 – Emmanuelle Convert - 212

**SSS Cup** is the trophy awarded annually for the most points scored in an SSS season. WHO winners and placegetters are:

Andrew Hill – 1996/97, 1997/98, 2014/15 and second in 2013/14, third 1995/96

Graeme Hill – 2006/07, 2018/19, third in 2003/04.

**SSS Class Winners** - WHO members winning their class more than 50 times are:

Andrew Hill won his class on 191 occasions  
Ted Mulherin on 106, Janet Morris 102,  
Graeme Hill 82, Malcolm Gledhill 75 and  
Emmanuelle Convert 53 occasions.

## WHO Meetings

Club meetings are currently held using Zoom. A recent meeting screen capture below. Next meeting Tuesday 7th July at 7:30pm. To attend you don't even need to leave home!

The main discussions are:

- Arrange setters/organisers and controllers for WHO summer events.
- Advise dates and locations for WHO SSS events.
- Review plans for the WHO 2021 State League event
- Discuss areas suitable for mapping



## THANK YOU

To the newsletter contributors – Nerise McQuillan, Maureen Fitzpatrick, Robert Bradley and Ian Jessup (ONSW).

## WHERE'S WHO?

WHO members have been photographed at events around the country. Some are recent photos and some from the history files. In this newsletter we have two questions. The first is

## WHERE'S BARRY?

Robert Bradley is offering a prize to the first person to get the correct answer. (Barry – you can answer but are not eligible for the prize). Answers via email to [rrobbad@yahoo.com.au](mailto:rrobbad@yahoo.com.au)



## Please Update Eventor

**EVENTOR NOTICE** - Eventor has been updated to now include Emergency Contact details. The new field appears at the bottom of the existing member contact details (accessed via My Pages after logging into Eventor). Once users are logged in, this link will take you to your profile page to the [settings link](#). All members are asked to update their Eventor profiles and provide the name and mobile phone number of an Emergency Contact.

WHO first requested this information be available on Eventor about 4 years ago. It has taken the current emergency to make it happen and we encourage members to add their details.

## WHO HISTORY PHOTO

Who are these two handsome WHO orienteers? Where was the photo taken and when? The second photo might help. If you look at it closely there is a WHO person at the back of the car on the right.



## Get fit for your first event back

In an article in *Australasian Leisure Management* physiotherapists warn of the potential for injuries as Australians resume physical activity as Covid-19 restrictions are relaxed. Sports clubs and players are being urged to ensure they are match fit before they hit the court or field as Coronavirus restrictions ease and Australians return to normal life. While many Australians have been walking, running and cycling to maintain their fitness during quarantine, physiotherapists are warning this doesn't mean they're ready to go straight

back into a local football, netball or soccer game, nor onto a physically demanding orienteering course.

Physiotherapist and LaTrobe University Sport and Exercise Research Centre PhD candidate Brooke Patterson said a carefully planned return to competitive sport will help avoid common sports injuries to hamstrings, knees, ankles and hips/groins.

To continue reading this article, please [click here](#).

## Orienteering is an outdoor sport – right?

### Not at the Stockholm Indoor Cup.

This is mind blowing course setting. In the June 2020 Australian Orienteer magazine is an article on the Stockholm Indoor Cup. If you think indoor orienteering is not challenging this will make you change your mind. On pages 42 and 43 is the map for Course 11 the “Aunts” course at the Cup last February. Course 11 should be easy but this was held in a 10 floor building and one leg went from the first floor to the tenth while the optimum route for another leg required you to drop four levels before returning. One-way passages ways, up or down only staircases, closed doors and blocked off areas. There is a photo of one competitor mid-race sitting in a chair working out his course. This is brilliant course setting making an amazing challenge. This is course 11. Course 1 must be awesome.

If you have a hard copy of the magazine it is on pages 41 to 43. The softcopy link is [here](#). I recommend that you print the map to work out your route. There are up or down arrows in the staircases and open or closed doors to the stairwells indicating whether you can enter and exit on this floor. **Health Warning.** Nightmares may result from participating at this event.

## Need a skills refresh?

If your skills are getting rusty or you need a run with a difference, you have a choice. There are a number of [permanent courses](#) in NSW.

Follow the link for further information.

Permanent course maps can be printed from <https://onsw.asn.au/permanent-map-download>

Alternatively download the MapRunF app to your phone. Open the app, choose “Select Event”. Scroll down to “NSW” and selecting “Sydney” provides an alphabetic list of available courses ranging from easy to long, in line or score formats. Selecting your course downloads the map to your phone. Zoom in to expand the display. When ready hit “Start GPS” and go to the start triangle. Timing commences when you reach the start triangle and stops when you reach the finish. I am a novice with MapRunF so before you go out please check the instructions at the permanent course link above.

The nearest courses to the Hills area are at Bi-Centennial Park and Fox Valley Wahroonga. Fox Valley information is at <http://garingal.com.au/images/MapRun/FoxValley/The%20Fox%20Valley%20Courses.pdf>

You may want to print out a hardcopy map in preference to using your phone.

## WHO’S WHO

### Profiles of WHO orienteers.

The articles are first published on the club Facebook page. Check them out. <https://www.facebook.com/Western-Hills-Orienteers-363738563689907/>

The excellent quality is a demonstration of Nerise McQuillan’s skills. In this newsletter we feature our Secretary Maureen Fitzpatrick and our chief map maker Barry Hanlon.



### HOW AND WHEN DID YOU GET INTO ORIENTEERING?

Well I enjoyed doing that sort of thing when I was a Brownie then Girl Guide growing up in Brisbane and from that I've always been a bushwalker. I don't know why but I left it until 2000 to get into orienteering with Rob after we'd met through a bushwalking club then tried regaining together.

### WHICH CLASS/ES DO YOU CURRENTLY COMPETE IN?

Initially I spent two years on moderate (orange) courses until Lynn Dabbs took me out on a hard course (thanks Lynn). Then I stayed in W35AS->W45AS for a loooong time but this year I was actually 'training' for my first year in W60A (that will shock many people). I'd lost some weight and kept it off, started doing parkrun in November 2019 and was aiming to concentrate on the map and not the surrounds (sometimes I've been known to forget to be competitive in any way, shape or form and just go for a stroll in the bush). That will probably have to wait until 2021 now.

### DO YOU HAVE A FAVOURITE ORIENTEERING MEMORY?

Soooo many over the years! Combining holidays with Easter and /or Aus Champs : going up a hill to the start in SA and stepping over a ribbon marking the Goyder line (look it up - v interesting); getting to Fat Pig Farm in the Houn for a long lunch then to Bruny Island before Easter 2018 in Tasmania. We finished the next three days of events with a seafood lunch at the lobster shack before heading north to stay in a potters shed north of Launceston.

One year we did three state champs weekends in a row before Aus champs ... NSW, ACT, Vic ... we drove 5,000km over three weekends going back to work in Sydney each week and still managed to bring home lots of wine in boxes...those were the days!

One memorable June long weekend orienteering near Coffin Bay in SA we stayed in a cabin that was walking distance from a very good seafood restaurant; after completing an Aus champs event in SA and coming back to a bbq lunch provided from a butcher's truck we then drove to Broken Hill that same afternoon. We were not able to get accommodation so camped on a hillside with the van Nettens from Newcastle before heading back to Sydney via western NSW towns I'd only read about.

*I like going off track ... and seeing all sorts of places most people wouldn't usually get to go to.*



Maureen Fitzpatrick

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### PREFERRED TERRAIN?

Bush bush bush, preferably with plenty of complexity and rocks rocks rocks, Mind you I still remember a couple of great times in South Australia with very subtle features, 2m contours and sparse vegetation that completely bamboozled me.

*Pick an archenemy or two to compare your times to ... they don't have to be in the same gender or grade, just running the same course.*



*Make the effort, if you can, to go away for State League (SL) weekends or especially Easter or Aus Champs... it's wonderful to go to a big event.*

Maureen Fitzpatrick





### HOW AND WHEN DID YOU GET INTO ORIENTEERING?

I was a keen bushwalker spending whole weekends in the wilds. At age 45 I went back to university. I found it impossible to spend weekends in the bush and even a full weekend day with my walking club meant I didn't have the time I needed for assignments. I knew about orienteering. The local club had bush events most Sundays. So, I thought, if I go to their events I can get the same exercise in a shorter time, be home for lunch and complete my homework! It worked.

*I'm living proof that orienteering is a sport for all ages. Its one of the best family sports that I know of.*



Barry Hanlon

### PREFERRED TERRAIN? URBAN (SSS) OR BUSH?

Definitely bush. The wilder and more remote the better. (Since my accident I have mellowed and enjoy campus sprints but definitely not street events. These days I have to be more realistic!)

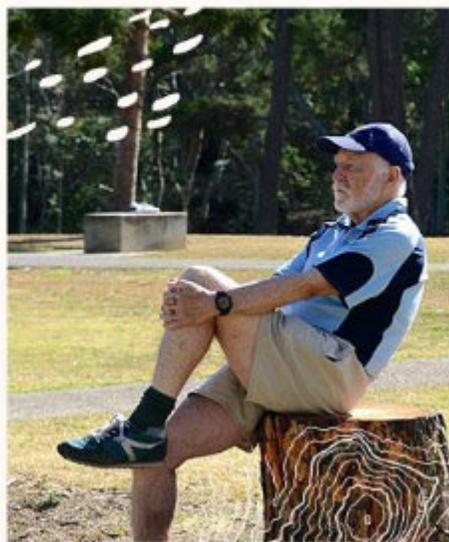
*Orienteering is like playing chess while getting a sweat up!*

### DO YOU HAVE A PREFERRED FORMAT? SPRINT? MIDDLE? LONG? AND WHY?

Have no preference so long as it is a well set line course. When I started orienteering (M45A) I preferred around 6-7 kms. Can still do that distance but these days probably the slowest time for the course.

### WHAT IS THE FURTHEST FROM HOME THAT YOU HAVE BEEN ORIENTEERING? TELL US A BIT ABOUT IT?

Kazakhstan. I organised a package for 30+ Australian orienteers, with stopovers in China, to participate in APOC (Asia Pacific Orienteering Championships). The event centre was Ostkamen (Russian: Ustkamenogorsk), the capital of East Kazakhstan and a closed city in Soviet times. We stopped over in Guangzhou, Urumqi and Almaty (the old Kazakh capital). All very interesting places with great scenery. The champs had events in the city (a sprint), suburbs and at rural centres where we stayed in local holiday cabins. After the events I organised a 10 day excursion for our team to Markakol National Park in the Altai mountains on the border with Xinjiang. To tell you all about the trip would take several volumes.



Barry Hanlon

### FAVOURITE AUS MAP?

Not sure. All bush maps are good. Probably Gumble Pinnacles west of Molong but I liked Big Badja!

### WHICH CLASS/ES DO YOU CURRENTLY COMPETE IN?

M85+, or open line courses.



