



“WHO runs the country”

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November 2020 Newsletter

From The President

WHO has its first event since last year's summer series on 18 November. We then have a busy period, subject to no new COVID restrictions, over the next few months. If you are a regular runner at our summer events, please consider volunteering to assist at some of our events.

A reminder that we still need to follow COVID safety procedures at our events and any other events we attend. Pre-entering, keeping our distance, cleaning our hands and not hanging around before/after events are simple things to. By doing this we reduce the risk to our club members, other orienteers and the wider community.

Rob

WHO'S NEXT EVENT is the Sydney Summer Series at Vineyard Creek on 18th November (this Wednesday)

Your assistance is requested for the SSS on 18th November. Please contact Steve Dunlop stevedunlop47@gmail.com or 0407 269 892 with your availability and times as he is creating a roster of tasks for the day.

Graeme Hill has planned the courses, the maps are printed and the IT team are setting up the system.

We need at least 5 people on registration and to help newcomers understand orienteering. Two shifts 3:30pm to 5pm and 5pm to 6:30pm are planned to allow runs for everyone.

We are expecting around 190 to attend so your assistance will be greatly appreciated.

Sydney Summer Series 30th Birthday– November 25th

▪ The Laverton / Balls Head Wednesday evening Summer Series event on 25th November marks its 30th birthday. In November 1991, a new orienteering event commenced. At the time Orienteering was almost exclusively a winter sport. A few local summer events had been tried on urban maps (including a BF one-off precursor at Ryland Ridge in November 1990) and were popular, so the idea of holding regular Sydney Summer events was developed. In the first season - 1991/92 there were 5 events, with a total attendance of 145. Gradually the idea took on. Ross Barr (GO) has been a driver from the beginning with other early helpers Terry Bluett (BN) from Season 4 and Chris Crane (WH) from Season 5 (1995/96). WHO's early involvement saw club stalwart Graeme Hill joining the organisers - and for many years carrying the scoring task. WHO has run 4 SSS events for some years and in recent times has wrapped our SSS events around the Western Summer Series. A new web-site has been

developed to celebrate the 30th anniversary.

<https://sydneysummerseries.com.au/>

It is loaded with the history of the Summer Series and all the known results dating back to the first event. You can find out how many SSS events you have attended and when by clicking on your name in the results lists.

The future looks good for the SSS. Season 30 attendances are up over last year and on target to reach 5000 entries this season for the first time.

Ross Barr's official 30-year anniversary quiz is on the web site. It contains questions on the most unusual control descriptions from recent seasons. To help you get tuned in for Ross's official quiz here is a Quick SSS Quiz.

1. How many SSS events has Graeme Hill attended?
2. Who was the first WHO member to compete in an SSS event and when?
3. Which formats have been used for the SSS in its 30-year history?
 - a. Line course
 - b. 30 minutes score course
 - c. 45 minutes score course
 - d. All of the above.

Answers A1. Graeme Hill has attended 518 SSS events. A2. Ian Miller – Event 4 1991/92. A3. (d) All of the above

Recovering – Janet Morris, Marion Gledhill, Deb Walsham, Aiden McQuillan and Ted Mulherin are recovering well from recent illnesses and accidents and looking forward to being back to full pace.

A highpoint of the club year is the WHO Cup coupled with the start of the Western Summer Series at Castle Hill Showground on Sunday Dec 6th.

The WHO Cup is open to all members of Western and Hills Orienteers. There are three cups on offer. The cups for the fastest female and male are decided on the long course only. The most prestigious trophy is the WHO Handicap Cup which is open to all WHO members completing the short or long WSOS courses. **ENTRY IS FREE for WHO members.** Start anytime between 9:30am and 11am. After your run, join fellow club members for the presentations. A short AGM will be held around 12:30pm. Due to Covid restrictions we can't provide food so it is BYO food and drinks.

WATCH EVENTOR for a separate WHO Cup entry for WHO members. We will be asking which course you will be doing so that the secret handicapper can calculate your handicap.

WHO Awards - December 6 After the WSOS and WHO Cup runs, stay around for the WHO award presentations. We have booked the George Bell Pavilion at the northern end of the dog arena at the Castle Hill Showgrounds. There are five trophies including the WHO Club Champion and the Hank Van Oost award for the person who contributed the most to the club over 2020. Covid regulations mean that the awards are BYO food and drink.

WHO AGM – December 6 – Following the presentations we will hold the club's Annual General Meeting. Traditionally this is a short meeting and we have targeted a 1:30pm finish.

Upcoming events

DATE	EVENT	LOCATION
Sat 14 Nov	SOS	Ryde
Sun 15 Nov	CC	Erina
Sun 15 Nov	River/Bay	San Souci
Wed 18 Nov	SSS	Telopea (WHO)
Sat 21 Nov	SOS	Palm Beach
Sun 22 Nov	River/Bay	Earlwood
Wed 25 Nov	SSS	Waverton – 30th Anniversary
Sun 29 Nov	River/Bay	Ramsgate
Sun 29 Nov	CC	East Gosford

The WHO 2020 event program is:

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

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

WHO Meetings

Club meetings are currently held using Zoom. We discuss future WHO events, map making and equipment purchases. It is all very informal and you are welcome to join in. You don't even need to leave home! Watch out for Maureen's meeting invitations for details.

ONSW Events

Summer events are back to normal schedules providing opportunities on Wednesdays and weekends.

The Xmas 5 Days events (Dec 27-31) in the Southern Highlands are now open for entries and can be found at

<https://eventor.orienteering.asn.au/Events/Show/10540>

The Central Coast Series has started and they have a [flyer](#) for the series with further information on their web site <https://ccorienteering.org/events/2020/Flyers/CCSOS.pdf>

They are also on Facebook at <https://www.facebook.com/ccorienteering/>

SOS is at Ryde Secondary College on 14th November and Palm Beach on 21st November. Ryde is a new map and Palm Beach offers the chance of a swim after a run.

South Sydney (River and Bay) is on at San Souci on 15th November, Hurlstone Park on 22nd November and Ramsgate on 29th November

COVID-19

ONSW processes are in action at all events. To maintain social distancing there are changes to the way we register for events and activities at the start, finish and assembly areas. Further information for participants and organisers can be found at <https://www.onsw.asn.au/covid-19-updates>

The NSW Government's priority is to reduce community transmission.

The challenge of COVID-19 has many phases. Please take care and stay safe.

THANK YOU

To the newsletter contributors – Josh Braidwood, Robert Bradley, Nerise McQuillan, Janet Morris for items in this newsletter.

DID YOU KNOW?

Ticks With summer arriving it's time to watch out for ticks. Information on symptoms and treatment can be found at

<https://www.healthdirect.gov.au/tick-bites>

The Australian group "Tick Induced Allergies Research and Awareness" advises that "If you are bitten by a tick, kill the tick where it is: For small ticks (larvae and nymphs), use permethrin cream (available at pharmacies). For adult ticks, freeze them with an ether-containing spray (available at pharmacies). And remember, household tweezers are tick squeezers! Avoidance of tick bites is the best option. This involves "dressing for the occasion" and the use of repellents". For more information and a video on how to correctly remove a tick go to their website

<https://www.tiara.org.au/>

Our 18th November event is on the Vineyard Creek map. Why is it called Vineyard Creek?

The traditional landowners, the Darug speaking Aboriginal Wallumetta clan, had subsisted for hundreds of centuries along the northern banks and hinterland of the Parramatta river... The clan ranged westward as far as the Subiaco and Vineyard Creeks where the Wallumettagal held corroborees on land granted to Phillip Schaeffer.

In 1788 Governor Phillip began to establish a settlement at what is now Parramatta and in 1792 he granted 140 acres of land to Phillip Schaeffer on the north bank of the Parramatta River.

Schaeffer's land bounded Vineyard Creek to the west and Schaffers Creek, later known as Subiaco Creek, to the east. A rough track utilised by settlers of 'The Ponds' near today's Ponds Creek, developed to the north of

Schaffers land. This later became known as 'The High Road', today's Kissing Point Road.

John McClymont relates that in 1792, alongside the house provided by the government, Schaeffer built a large brick house on the property, planted 1000 grapevines and named the area 'The Vineyard'.

Data from

<https://historyandheritage.cityofparramatta.nsw.gov.au/research-topics/agriculture-and-farming/history-of-vineyard-and-subiaco-estate-rydalmere>

Metro League

Metro League 5 - Lansdowne

Our Metro League season for 2020 finally wrapped up at Lansdowne on October 18. The rain held off, and WHO runners were champing at the bit to make an impression after a disrupted season. Lansdowne has been a Metro League venue a number of times, and is known for its great diversity of features within a relatively small area. Divisions 3 and 4 were where our best chances lay to take out the honours for the whole season, but unfortunately in both cases we didn't quite get there despite some good results. Let's run through the divisions.

The Div 1 **WHO Evers** were already out of contention for the crown so were fighting for pride with Bennelong. Unfortunately Bennelong got the better of us with 35 points against our 20. James McQuillan was again our best coming in 6th overall with a time of 58.12, but a special mention should also go to our other Div 1 runners all of whom have put in good consistent performances all season in what is a tough field. A shout out to Selwyn and Niamh in particular who really stepped up to the plate this year taking on Div 1. Looking at the individual point scores for the season, James was also well ahead in the WHO rankings with 42 points, which was also the third highest for the division overall.

The Div 3 **WHO Rays** were probably our best chance of taking out the crown, but frustratingly we drew against Garingal 27-27 allowing SHOO-IKO to be crowned Div 3 champions for the season. However we finished up second for the year which is a good result. A great run from Lee Coady saw him bring up the fastest time in the Division at 43.11. The field for top individual point score for the season was quite competitive in Div 3, but Belinda Kinneally took the honours with 27 points overall.

The Div 4 **WHO Doos** just beat Knox on the day 28-27, but this wasn't enough to beat Garingal's perfect record for the season, so WHO finished up 2nd in the division overall which is a great result. Paul Sweeney again pulled out the fastest time coming 4th overall with 42.55. Paul Sweeney was also our leading individual point scorer for the season with 43 points after some great consistent performances.

Our Div 5 team, the **WHO Rahs**, wasn't able to replicate the success of previous seasons this year, finishing 4th on the table after being defeated by Garingal 30-24. Even so there were some great performances, notably Anthony Saunders who came in 3rd overall with 41.50. Saffron Sweeney was our leading individual point scorer with 33 points for the season.

The Div 6 **WHO Hahs** were playing for pride and succeeded in doing so just beating Big Foot 18-17. Savanna Sweeney was the standout with a time of 48.30, 6th overall. Underlining the impact the Sweeney family has had on Metro League this season, Savanna was our leading point scorer for the season with 27 points.

A big thank you to everyone who took part in Metro League this year. We'll definitely be back in 2021, and I'll be reaching out to club members to gauge interest and plan our teams in the new year. Bring on 2021!

Josh

Metro Final Results

DIV 1 – vs BN

6	James McQuillan	58.12	
18	Selwyn Sweeney	69.13	
20	Dan Smith	70.29	
21	Vivien de Remy de Courcelles		81:42
22	Niamh Cassar	84:08	

DIV 3 - a draw with GO

1	Lee Coady	43.11	
4	Joshua Braidwood	48.23	
16	Belinda Kinneally	56.50	
23	Emmanuelle Convert	72:01	
mp	Martine Valais		

DIV 4 - a win against Knox

4	Paul Sweeney	42.55	
6	Dmitry Stukov	43.55	
25	Karen Langan	59.03	
35	Barry Hanlon	95.51	

DIV 5 vs GO

3	Anthony Saunders	41:50	
9	Saffron Sweeney	48.32	
19	Maria Stankova	61:30	
24	Matilda Saunders	75.29	

DIV 6 - win against BF

6	Savanna Sweeney	48.30	
12	Justine de Remy de Courcelles		68:34
15	Barry Pearce	93.51	

Easy

3	George Kinneally	37.03	
4	Hamilton Kinneally	37.25	
5	Levi Coady	50.57	
6	Shay Sweeney	48.30	

Falnash Frolic Results

Hard 1

8	James McQuillan	48.00	
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Hard 2

22	Dmitry Stukov	73.35	
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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 6 SSS events (maximum 600 points) are:

Junior Women

Justine de Remy de Courcelles – 4th with 107 points
Savanna Sweeney 11th with 43 points

Masters Women

Emmanuelle Convert 5th with 347 points
Sylvia Teoh 7th with 317 points
Belinda Kinneally 11th with 85 points
Deb Walsham 13th with 72 points

Veteran Women

Saffron Sweeney 9th with 226 points
Karen Langan 13th with 152 points
Deb Walsham 14th with 118 points
Yvonne Fillery 19th with 86 points

Walking Women

Vanessa Cullen 1st with 547 points

Junior Men

Will Kay 2nd with 481 points
Selwyn Sweeney 6th with 261 points

Masters Men

James McQuillan 7th with 492 points
Dan Smith 10th with 433 points
Vivien de Remy de Courcelles 11th with 432

Veteran Men

John Murray 12th with 432 points
Shane Henry 30th with 297 points
Dmitry Stukov 34th with 233 points
Paul Sweeney 39th with 196 points
Gary Farebrother 52nd with 122 points

Legends Men

Graeme Hill 1st with 589 points
Steve Dunlop 2nd= with 496 points
Martin Mansfield 8th with 446 points
Ian Miller 9th with 428 points

Immortals Men

Malcolm Gledhill 1st with 542 points
Ted Mulherin 11th with 156 points

(Ed. Apologies if I have missed anyone.)
The full point score list can be found at
<http://www.sydneysummerseries.com.au/results.htm>

WHO'S WHO

Profiles of WHO orienteers.

The full profiles are 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. Below we feature our foundation member and top event organiser Steve Dunlop (see pages 8 and 9).

2021

Key dates for your diary are:

March 6/7 – O'Shea (Central Coast)

March 20/21 – SL1 and 2 SH/BF

March 28 – Metro 1

March 31 – SSS Final at Chatswood

April 2/3/4/5 – Easter at Gumble NSW

April 10/11 – SL3 and 4 at Eugowra

April 18 – Metro 2

May 15/16 – SL 5 and 6 at Broulee NSW

May 23 – Metro 3

June 6 – NOSH

June 12/13/14 - QBIII at Newcastle

June 20 - Metro 4 at WSRP (WHO event)

July 4 – Turkey Trot (WHO event)

More to come

WHO CLUB ROLES – There are official positions in WHO such as President, Secretary, Club Captain etc. and there are roles related to events such as organiser, setter, controller. Over the next few newsletters we will describe some of the event related roles. WHO has a culture of having more volunteers than tasks at events. Your assistance with any roles is welcomed. You can't hold an event until someone makes a map so to start the series I asked Janet Morris to explain the steps on why and how a map is created.

Mapping Beginner's Guide

So you look at the maps at events and wonder how they are produced? Or do you just fancy getting involved in making maps yourself? So here is a rough outline of the path to making a map.

First find an area. And it should be possible to hold a particular type of event there. Is it a sprint area or suitable for a Metro or for a Summer Series. There are great bush areas too remote to be used and good Summer Series areas with nowhere to have an assembly so neither are worth mapping. In favour of an area is easy access, parking, shelter, and toilets

A club is needed to use a map for an event so the club needs to be consulted.

If the area is approved by the club the next step is to get a base map. A base map is the working document on which the finished map is built. A good base map will show contours and many features that can be seen on an aerial photo. It will be geo referenced, which means it has a coordinate system of north/south and east /west metre values which place it exactly on the earth's surface. This allows a grid to be drawn on the base map which can be related to handheld GPS reading. There are instructions on the WHO website on how to produce a base map using available free public information or you can ask an ONSW Mapping Officer to make one for you. You should be able to use

the base map file as your map file adding and deleting symbols as needed.

To draw the map you must decide whether to use OCAD or Open Orienteering Mapper.

These are drawing programmes which allow you to place symbols on the map.

Is it a sprint map? Then the latest set of sprint map symbols should be used.

Next step is the fieldwork. Even though the detail on the base map from aerial photos may be very good the area must still be visited and all the details checked. This will take many visits and quite a bit of walking.

A blown up part of the base map is taken on the field trip. It is usually covered with mapping film, a transparent paper sheet, on which the fieldwork is drawn. Just what coloured pencils are used, and how symbols are represented is decided by the fieldworker. The most useful technique is pace counting where the distance from point to point is measured in paces, when your individual number of paces per 100m has been previously measured. A useful item is a handheld GPS which can track your path and record places along the way, known as waypoints. These can be later downloaded onto the map at the same time the fieldwork is being transferred to the map. It is also important to use a compass- even a sighting compass which measures a direction in degrees, and of course, you need a rubber to correct mistakes.

Back at the computer, the fieldwork record is used to draw symbols onto the map. Correct placement of the symbols is assisted by background maps which can be placed semi transparently behind the map so that features can be lined up. The backgrounds can be aerial photos or scans of the fieldwork mapping film OCAD and OOM can be thought of as tracing programmes. GPS track traces and waypoints are also useful to pinpoint features. To finish the map all the extra items must be added such as scale, title, legend etc. There is a list of these available.

Janet Morris

Steve Dunlop

Orienteering is a sport that works for a certain of people... have an interest in exercise that isn't mindless.



HOW AND WHEN DID YOU GET INTO ORIENTEERING?

Started in 1980, was recovering from hepatitis and wanted the odd bit of exercise for a couple of weeks.

WHEN DID YOU JOIN WHO?

Joined with a couple of others from Garingal to form WHO, a club with a focus on, as per the name, western and Hills districts of Sydney that we saw was under represented in the sport.



Steve Dunlop



Steve Dunlop

WHAT DO YOU DO FOR A JOB?

Am a retired engineer

HAVE YOU HELD AN OFFICIAL WHO POSITION BEFORE?

Having being around long enough gets you the chance to do most roles – treasurer, secretary, president. Currently equipment officer.

WHICH CLASS DO YOU CURRENTLY COMPETE IN?

I've always been doing the Hard courses, as enjoy the thinking part – depending how fit / damaged I was as the whether A or AS. Now in M65.

PREFERRED TERRAIN? URBAN (SSS) OR BUSH? WHAT TYPE OF BUSH?

I do like the technical challenge of bush events, but getting to more than our own event each year has often been a challenge at times.

FAVOURITE MAP IN AUSTRALIA?

None, always enjoy just having a map to run on.



Steve Dunlop

