

WHO News



August 2018 (fifth edition for 2018)

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A WINTER OF IMPRESSIVE WHO ACHIEVEMENTS

What a great winter for WHO. WHO reached the 100 members. Niamh Cassar was selected in the NSW Schools Team (the Carbines) for the Australian Championships. We had 6 winners of classes at the NSW Sprint Championships. Hills District SOS set a new high for participation of 106 at North Rocks PS. The Sydney West Schools events had record entries. The Turkey Trot had over 100 entries in the awesome Refuge Rocks area. On the State League table WHO has leapt from 7th last year to 4th this year (after 12 SL events) with 6 members leading their SL classes.

But wait! There's more

It is likely that WHO is the fastest growing orienteering club in Australia. On 1 May last year we had 72 members. We now have 100 members. That is an increase of 39% over 16 months.

And more still

Our division 5 team won the Metro League !

We therefore have a lot to report on and with photos we have a total of 26 pages !

Spring starts this weekend and Summer is not far away. The planning for our events for the Western Summer Series and the Wednesday evening events is underway.

We wish our WHO members success at the Australian Championships in South Australia.

Ian Miller
WHO President

WELCOME TO OUR NEWEST MEMBER

We have one new member since the last newsletter. A very warm welcome to the WHO team to Amanda Parker (welcome back). Amanda took the **WHO membership total to 100 !**

CONGRATULATIONS

to Niamh Cassar on her selection in the NSW Schools team (The Carbines). Best wishes for success at the upcoming Australian Championships.

IN THIS NEWSLETTER

Solve the two puzzles - the target word and "What am I looking for?" on page 7.
Check out the photos on pages 8 and 24.

NEXT WHO EVENT

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

<u>2018 Date</u>	<u>Event</u>	<u>Map / Venue</u>	<u>Organiser</u>	<u>Setter / Planner</u>	<u>Event Director</u>
Sun 2 Sep	NSW Schools Middle Chs	Wianamatta	Steve Dunlop 0407 269 892	Rob Bradley	James McQuillan

This Sunday WHO will deliver the NSW Schools Middle distance Championships at Wianamatta (Ropes Creek). If you can help please let Steve Dunlop know. As the reserve opens at 8am and the first start is at 9:30am, helpers to set up quickly will be appreciated. The NSW Schools Sprint Championships are on Saturday September 1st at Hills Grammar and Cherrybrook Technology High School. EOD entry is available. More information on Eventor.

First Aid Skills

At the WHO August committee meeting, we discussed what first aid skills existed with club members. We realised that we knew nothing of the members first aid skills. Could you please let Ian Miller or Steve Holloway if you have first aid skills?

Our aim is to know who to contact if an issue arises. We don't envisage appointing first aiders to events. If an incident occurs, the appropriate emergency services should be contacted. Knowing that we have some expertise available to advise and make an initial assessment would be of great assistance to the event organisers.

We also want to hear from you if you are interested in gaining first aid skills. Let a committee member know as WHO may be able to help with the costs.

Metro League 2018 Final

The WHO Division 5 team were triumphant.

WHO had our best Metro results of the season winning 3 of 4 head to head battles to complete a successful Metro season. Our all women Division 5 team delivered again. Congratulations to all the Division 5 team members. Thank you to all the members who

participated in our Metro teams during the year. The Metro has a history of finding talent and delivered again in 2018. At Metro #4, Martine Valais was ninth fastest overall in Division 5, at Metro #5 she was fourth fastest at the Metro Final Martine was second fastest overall.

18/19 May 2019 - A key date for your diary

On the weekend of May 18 and 19 next year WHO will be delivering the 2019 NSW Championships. The Middle Distance Championships are on Saturday May 18 at Wyangala and the Long Distance Championships at Roseberg on Sunday May 19. Planning and mapping is underway. If you are available to help, please let James McQuillan know. This is an opportunity to be involved with top flight orienteering and to enjoy an autumn weekend in Central NSW. See flyer later on in this newsletter.



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 QBill 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

WHO SUMMER EVENT PLANNING

It will be another busy summer. WHO's summer program is in place with only a few roles left to fill. See cells in blue below. Let Ian Miller and Steve Holloway know what you want to do.

Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director
Wed 3 Oct	1st WHO SSS event TBC	Pymble - 2nd Gordon Scout Hut	Ian Miller 0429 937 153	Vivien de Remy de Courcelles	Ian Miller
Wed 31 Oct	2nd SSS WHO event	Meadowbank	Steve Holloway 0428 038 032	Ian Miller	Steve Dunlop
pm Sat 17 Nov	WHO Cup & AGM	WSRP - Lizard Log			
Sun 2 Dec	First WOS WHO event	Upjohn Park	Josh Braidwood 0400 305 818	Janet Morris	Matt Hackett
2019					
Sun 6 Jan	Second WOS WHO event	Beaumont Hills (new map)	Matt Hackett 0422 935 545	Karen Langan	Janet Morris
Sun 20 Jan	Third WOS WHO event	Rouse Hill Regional Park		Matt Hackett	
Wed 6 Feb	3rd WHO SSS event	James Ruse - Richie Benaud Oval	Karen Langan 0402 049 987	Steve Holloway	James McQuillan
Sun 24 Feb	Sprint	Fred Caterson Reserve		Ted Mulherin	
Wed 13 Mar	4th WHO SSS event	East Killara		Martin Mansfield & David Noble	

2019 NSW Membership opens on 1st September for new members – Do you know anyone who should be a WHO member?

FROM THE EDITOR

This is the fifth edition for 2018. Any errors are unintentional. We want to make the newsletter interesting. 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 Barry Hanlon, Nerise and James McQuillan 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 October. Hope you enjoy this edition. I look forward to seeing you at one of the WHO events.
Ian Miller, Editor

COMMENTARY ON 2018 TURKEY TROT – JAMES MCQUILLAN



The Sydney Metropolitan Turkey Trot has a habit of throwing up a few surprises and this year, did not disappoint. Fire trails, single tracks, roads, indistinct tracks, off-track and bare rock mixed with some steep ascents and descents made for a challenging but mostly rewarding morning. An icy morning gave way to a glorious winter's day as competitors dove into the technically challenging Refuge Rocks area before dropping into the Berowra Valley and looping back to Cherrybrook.

Glenn Horrocks does it again. There aren't enough superlatives for this guy! He was in a ding dong battle this time though with **Bart Vonhoff** and **Keelan Birch**. The lead changed multiple times throughout the long race and each took different route choices on a number of legs but Glenn, as he has many times before, got home first. Bart was 45s back with Keelan hot on his heels. **Aniko-Fozo Kertesz**, who won the Medium Course last year, stepped up to the challenge of the Long this year and found herself in a tussle with **Clare Williams**. Clare prevailed by a couple of minutes but both ran exceptional races, finishing 5th and 6th overall. A bit further back was **Toni Bachvarova**, who claimed third.

Duncan Currie dominated the Medium Course from the get go to continuing his winning streak in the Turkey Trot. 20 minutes further back things were much tighter. **Tim Giles** held off **Ruaridh MacDonald** by a mere 20s. The trifecta went to Big Foot in the Women's race. Mother - **Joanna Parr** - and daughter - **Rebecca George** - shared the podium for first and third respectively with **Nicole Mealing** separating them with second.

Michael Ridley-Smith was the closest of anyone from any course to breaking the hour mark. He won Mens Short and just pipped **Lida Lehtonen**, who won the Womens Short Course. They both had a buffer of over 10 minutes to the next runners with **Peter Fozo** and **Owen Shepherd** collecting second and third for the Men. **Nikolett Halmai** was the second woman across the line and fourth overall. **Ellen Currie** made sure her brother wasn't the only podium placer in the family by claiming third.

Congratulations to all runners and volunteers and a big thank you to Garingal for the use of their maps. The courses were navigationally challenging early on and physically demanding after that. As always there were many stories to tell at the finish - some of triumph, some of despair. Regardless of how you fared, we hope you enjoyed yourself had a great morning orienteering. Rumour has it that next year may well see a complete change up with the Turkey Trot likely to be in a new area with many parks and reserves and very little bush. See you next year. Same time. Different place.

STATE LEAGUE REPORT

Fourteen of the sixteen 2018 State League events have been run. The point scores have been updated for the first twelve events. WHO is the 4th ranked club with 487 points. This is a three-place improvement over last year. WHO members are leading in 6 classes with a further 6 pushing for higher podiums. May you all have strong runs in the final two events at Newcastle.

SL10 and 11 at Belanglo

Winners on both days were: James McQuillan M35A, Rob Bradley M45AS, Barry Hanlon M80A and Janet Morris W80A.

Niamh Cassar W16A, Lynn Dabbs W65A and Matt Hackett M40A were second on Day 1 and first on day 2.

Karen Langan was first on Day 1 and third on Day 2 in the Enter on Day Moderate class.

Dan Smith was first in M35AS on Day 2 and

Nerise McQuillan was second in W35AS on Day 2.

SL12 - WHO 2018 NSW Sprint Champions at UNSW

A great result for WHO with 6 NSW Sprint first places to - Savanna Sweeney (W10A), Karen Langan (W Open B), Jacinta Braidwood (EOD Easy), Paul Sweeney (M Open B), Niamh Cassar (W16A), James McQuillan (M35A). Seth Sweeney came second in M14A and Ted Mulherin second in M75A.

SL13 at Kahlis Rocks and SL14 at Ophir South

At Kahlis's Rocks there were 5 firsts: James McQuillan M35A; Robert Bradley M45AS; Barry Hanlon M80A; Janet Morris W80A; Nerise McQuillan W35AS. Seth Sweeney took 2nd place in M14A. Matt Hackett M40A and Jacinta Braidwood W12A placed third in their divisions.

On the following day in sub-zero temperatures our team had a repeat performance. 5 firsts: James McQuillan M35A; Robert Bradley M45AS; Barry Hanlon M80A; Janet Morris W80A; Nerise McQuillan W35AS. Seth Sweeney again in 2nd M14A. Matt Hackett M40A and Jacinta Braidwood W12A also repeating their thirds. Very consistent results

The Club congratulates our high-performance team for their successes at State Leagues.

HILLS DISTRICT SOS (HD SOS)

Based on the attendance numbers and the enthusiasm of participants, the first two terms of the Hills District SOS events have been a great success. The HD SOS was launched at Castle Hill High School on Saturday May 5th with an attendance of 50 and peaked at Crestwood PS with 84. Term 3 numbers have shown the strong interest has continued with Pennant Hills 65, North Rocks set a new record with 106 and Heritage Park 76.

Congratulations and thanks to the **Bold Horizons** team. The HD SOS numbers demonstrate the popularity of the Saturday morning format and validate the decision to expand in the Hills area. The blue WHO shirts (and members) have been much in evidence at these events. Thank you to the WHO members who assisted at the HD SOS events.

The term 3 season has two events left. September 8th at Eric Mobbs and the finale combined event at Willoughby on September 15th.

2018 Date	Event	Map / Venue	Organiser	WHO
Sat 8 Sep	SOS Hills Term 3 #5	Eric Mobbs Reserve	Bold Horizons	2 helpers required
Sat 15 Sep	SOS Term 3 #6 Combined at Willoughby	Willoughby	Bold Horizons	2 helpers required

Word Puzzle

E	E	E
I	N	O
R	R	T

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" and no proper names.

Good = 16 words, Very Good = 20 words, Excellent = 24 words.

Answers on page 23 of this newsletter.

What am I looking for ?

My next control description is

5	131	□	V	⋮⋮	4 x 3	.O
				⋮⋮		

Answer on page 23 of this newsletter.

Robert Bradley at Snow Hill - Photo from Timeline Photos



METRO REPORTS – JAMES MCQUILLAN

http://who.orienteing.asn.au/index.php/Metro_League

METRO 4: WILL HOWE

24 JUNE 2018



We travelled south to Mt Annan for Metro 4, hosted by SHOO on a new map - William Howe Reserve. It was a terrific day to be out and about, running around. The new map was similar to the nearby Botanic Gardens with some open woodland, a steep hill, open grassland and some suburban connecting streets.

The WHO Evers were in a state of desperation. Their spiritual leader - Andy - has moved to QLD and consequently the future looked bleak. A new recruit in Karl Bicevskis boosted the team to three runners and amazingly they pipped the GO Annas by one point. The WHO Rays were short runners too and this likely cost them the win over BN Faster. A crucial mp ended the WHO Doos hopes of coming out on top against BN Harder and might cost them a spot in the final. However, they should make the final providing they win their match next round. Unfortunately the WHO Rahs don't have the same hope. Their record reads 1 and 3 and will not be seeing finals action this year. They were soundly beaten by BN Better, who were much better. The WHO Hahs came up against a youthful KNOX team that put up a performance to remember. They posted five of the six fastest times overall, to dominate the results board. Like the WHO Doos, the WHO Hahs are well placed but will need another win to ensure a finals berth. See the [ONSW MetroLeague](#) page for complete results

Div	Team	Competition	Score	Front Runners
1	WHO Evers	GO Annas	25-24 W	Karl Bicevskis - 10pts, 2nd
2	WHO Rays	Bennelong Faster	25-29 L	Dan Smith - 10pts, 6th
3	WHO Doos	Bennelong Harder	25-29 L	Josh Braidwood - 9pts, 7th
4	WHO Rahs	Bennelong Better	21-28 L	Dmitry Stukov - 9pts, 8th
5	WHO Hahs	KNOX2	16-38 L	Karen Langan - 6pts, 5th

METRO 5: DARKS COMMON

22 JULY 2018



To the Mountains! Big Foot were hosting Metro 5 on the Darks Common map at Lapstone. It is a terrific area with numerous rock features, gullies and quite a complex track network. Coupled with the mostly runnable forest it proved to be a great morning for orienteering.

Once again, the WHO Evers were only able to field three runners. Despite this, the contest against BF was still relatively tight but the expected loss still eventuated. The WHO Rays have not fared well this season. Vivien had a cracker of a run to have the second fastest time overall but it wasn't enough to avoid the wooden spoon as BN Stronger pipped them by one point. In Div 3, the WHO Doos needed a win (and some luck) to make the final. They managed the win but unfortunately didn't have the luck. They finished level on points but miss out on a spot in the final to BN Harder with a poorer for and against record. Oh so close! The GO Molochs thrashed the WHO Rahs to clinch a finals berth. In Div 5, Martine ran her best race yet to spearhead the WHO Hahs to victory over UR-CC Kestrels. The win ensures a rematch in the final at Boggabilla. Hopefully the WHO Hahs can turn the tables on last year's result and come out on top. Good luck!

See the [ONSW MetroLeague](#) page for complete results

Div	Team	Competition	Score	Front Runners
1	WHO Evers	BF	23-26 L	James McQuillan - 9pts, 2nd
2	WHO Rays	BN Stronger	27-28 L	Vivien de Remy Courcelles - 10pts , 2nd
3	WHO Doos	KNOX	29-26 W	Josh Braidwood - 9pts, 8th
4	WHO Rahs	GO Molochs	19-36 L	Dmitry Stukov - 9pts, 7th
5	WHO Hahs	UR-CC Kestrels	31-24 W	Martine Valais - 10pts, 4th

REMINDERS

SUNDAY SEPTEMBER 2nd – NSW Schools Championships

WHO is organizing the NSW Schools Middle Distance Championships at Wianamatta. Garingal is organizing the NSW Schools Sprint Championships on Saturday September 1st. School entries are via the Trybooking system <https://www.trybooking.com/371838> and others enter via Eventor at <https://eventor.orienteering.asn.au/Events/Show/6483>

Entries close at midnight on Sunday 26th August.

SEPT 29th to OCT 7th - Australian Orienteering Championships

<https://www.sa.orienteering.asn.au/general-information> Eight events over 9 days - 2 sprint events and 5 forest events. The events cover a wide variety of terrain. The first 3 events are near Renmark in the Riverland near the SA-Vic border, with the subsequent events in the Mt Lofty Ranges near Adelaide.

Entries close 2nd September.

OCTOBER 13th to 20th - Alice Springs Masters Games

Orienteering is one of 32 sports offered. There will be 3 Foot O events and 1 MTBO. Course standard is Easy to Moderate. This would make an ideal add-on to the Australian Championships in South Australia. <https://www.alicespringsmastersgames.com.au/>

Entries close Friday 14th September.

THANK YOU

Thank you to the WHO members who assisted at the Turkey Trot and the HD SOS.

Thank you in advance to the helpers at the NSW Schools Championships events

Thank you to Bold Horizons and club members who take photos at events.

WHO O TOPS

You will have noticed the great looking WHO O tops at events. The minimum order quantity is five, so if you want to order a top please let Nerise McQuillan know (nerise@gmail.com).

CLUB DIRECTORY

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

Secretary – Steve Holloway 0428 038 032 Email: sholloway@inet.net.au

Treasurer - Graeme Hill. 0419 701 387 or 8850-3316 Email: graemelhill@bigpond.com

Vice President and Equipment Officer – Steve Dunlop 0407 269 892

Club Captain - James McQuillan 0402 032 419

Mapping Officer - Janet Morris 9872 2914

NEXT WHO MEETING

The next WHO meeting is on Monday September 10th at 7:30pm. A week later than usual. The venue, agenda and further information will be sent out prior to the meeting. All WHO members welcome.

CLUB DISCUSSIONS

At the recent 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. Recent events have all run well. Thank you to the members who helped at the Schools and the Turkey Trot events.

Upcoming 2018 Events – Planning for the NSW Schools Championships (Sept 2) is nearing completion. Summer event schedules have been finalised. We are in for a busy summer with 4 x SSS, 3 x WSS and 1 Sprint events.

Financial – We manage to a budget and are just under plan for 2018.

WHO 2019 Events – Planning and mapping updates are underway for the 2019 NSW Middle and Long Distance Championships on the weekend of May 18/19 at Wyangala and Roseberg. Both Wyangala and Roseberg maps will be updated for these events. The assembly area has been selected. The budget shows a manageable loss. Winter 2019 event planning has started.

Mapping – Mulgoa has had a fire and is much improved. The improvements to Caddies Creek Reserve have been completed and maps will be updated. Sprint maps are being created for Eric Mobbs Reserve and Ted Horwood Reserves.

ONSW – A general meeting is scheduled for September 1st.

DID YOU KNOW?

WHO TRAGICS – Janet Morris has done the most events with 57, James McQuillan is close with 52 and Ted rounds out the top three with 40 events completed. To get in the top 10 you had to do 30 events before July 31.

WHO BLUE POLO SHIRTS – 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.

SSS Season Ticket for 2018-2019.

Look out for the announcement in the e-bulletin. You can purchase entry for all 26 SSS events on Eventor and get a large discount. Great for the SSS tragics.

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

Watch out for new and improved maps

The Eric Mobbs Reserve map has been updated for the upcoming SOS. The Pymble and Meadowbank maps need updating before the SSS events. Caddies Creek Reserve has been developed by The Hills Council and will be added onto the Beaumont Hills map.

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

UPCOMING NSW EVENTS

Sept 1 – NSW Schools Sprint Championships. EOD entries available.

Sept 2 – NSW Schools Middle Distance Championships at Wianamatta. EOD entries available.

Sept 8 – SOS at Eric Mobbs Reserve, Ferguson Ave, Castle Hill and at Blackman Park, Lane Cove

Sept 9 – Hunter Valley Championships

Sept 15 – SOS Finale at Willoughby

Sept 16 – SHOO Highland Forest Series #6 at Appin

Sept 19 – Moonlight at Epping

Sept 22/23 – State League #15 and #16 at Newcastle

October 3 – First SSS event at Gordon (WHO event)

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

CLUB CHAMPIONSHIP POINT SCORE

Update from Barry Pearce. As at 31 July.

Name	Events	Score	Name	Events	Score
James McQuillan	52	7096	Dmitry Stukov	6	1680
Ted Mulherin	40	6300	Kevin Williams	13	1674
Steve Holloway	32	6175	Anette Larsson	3	1640
Josh Braidwood	18	5940	Savanna Sweeney	23	1540
Karen Langan	25	5680	Lee Coady	7	1280
Malcolm Gledhill	31	5586	Robert Bradley	17	1260
Steve Dunlop	35	5412	Reinaldo Hora	3	1230
Tm Perry	28	5160	Andy Vesey-Wells	10	1200
Vivien de Remy de Coucelles	23	4980	Jay Seeho	4	1160
Matt Hackett	28	4900	Sylie Valais	7	1080
Graeme Hill	29	4824	David Noble	4	1060
Linda Chan	18	4674	Justine Convert	6	1040
Niamh Cassar	34	4660	Barry Pearce	17	1000
Janet Morris	57	4620	Lynn Dabbs	13	990
Andy Hill	37	4584	James Dunlop	5	900
Martin Mansfield	30	4200	Taine Cassar	5	760
Nerise McQuillan	23	4096	Maureen Fitzpatrick	16	700
Emmanuelle Convert	23	4080	Aurelie Valais	3	680
Selwyn Sweeney	28	4042	Lachlan Coady	6	672
Ian Miller	36	3758	Benny Holmgren	4	620
Amy Harmer	7	3510	Elliott McQuillan	7	620
Dan Smith	17	3120	Aiden McQuillan	7	580
Shay Sweeney	21	2982	James Braidwood	2	440
Paul Sweeney	18	2918	Ben Fehlberg	3	400
Helen Parker	20	2904	Janice Seeho	1	300
Seth Sweeney	27	2742	Paul Cassar	1	280
Martine Valais	9	2340	Zachary Farebrother	4	260
Barry Hanlon	27	2320	Ivan Stukov	2	220
John Murray	12	2260	Robyn Dunlop	3	160

Belinda Kinneally	13	2250		Cameron Chan	3	70
Saffron Sweeney	21	2220		Katya Stukov	1	60
Maria Stankova	5	2070		Joel Cassar	1	40
Jacinta Braidwood	10	1920		Emily Farebrother	1	40
Gary Farebrother	4	1820		James Langan	1	36
Stephanie Chan	12	1760		Jodie Farebrother	1	20
Marion Gledhill	25	1720				

WHO STATE LEAGUE POINT SCORE

2018 State League Point Scores - numbers up to and including the NSW Sprint Championships held on July 29th. WHO is the 4th ranked club with 487 points. WHO members are leading in 6 classes with a further 6 pushing for higher podiums. Congratulations to all our State League achievers.

M10A - Lachlan Coady 3rd with 400 points

M12A - Ivan Stukov 14th with 10 points

M14A – Seth Sweeney 5th with 474 points

M16A – Selwyn Sweeney 6th with 408 points

M21A – James Dunlop 32nd with 68 points

M21AS – James Dunlop 7th with 196 points

M Open B – Paul Sweeney 1st with 846 points

M35A – James McQuillan 1st with 893 points

M35AS – Dan Smith 5th with 385 points

M40A – Lee Coady 5th with 334 points

M40A – Matt Hackett 6th with 320 points

M45A – Josh Braidwood 17th with 134 points

M45A – Matt Hackett 24th with 11 points

M45A - Paul Sweeney 25th with 10 points

M45AS– Robert Bradley 2nd with 845 points

M55A – Tim Perry 23rd with 124 points

M65AS – Steve Dunlop 3rd with 200 points

M75A – Ted Mulherin 15th with 172 points

W10A – Savanna Sweeney 1st with 991 points

W14A - Yekaterina Stukov 13th with 30 points

W16A – Naimh Cassar 1st with 872 points

W Open B – Karen Langan 10th with 200 points

W35A – Belinda Kinneally 4th with 205 points

W35AS – Nerise McQuillan 2nd with 644 points

W45A – Saffron Sweeney 11th with 145 points

W45AS – Maureen Fitzpatrick 5th with 389 points

W45AS – Saffron Sweeney 9th with 192 points

W65A – Lynn Dabbs 2nd with 872 points

W75A – Janet Morris 7th with 135 points

W80A – Janet Morris 1st with 700 points

M45AS - Dmitry Stukov 11th with 142 points

M65A – Steve Dunlop 23rd with 130 points

M70A – Kevin Williams 11th with 312 points

M80A – Barry Hanlon is 1st with 736 points

The full point score list can be found at <https://www.onsw.asn.au/state-league-results>

RECENT RESULTS

SHOO Highlands Forest Series #5 - August 12th at Boxvale Tramway

Andy Vesey Wells	2nd	Mens Moderate	64:13
Janet Morris	5th	Womens Short Hard	130:05
Barry Hanlon	9th	Mens Short Hard	104:23

NSW STATE LEAGUE #10 + #11 – July 7/8 WHO Results

SL#10 at Tallowa Gully. SL#11 at Belanglo State Forest.

Name	Class	SL#10 Middle	Class	SL#11 Long
Janet Morris	W80A	1st – 61:28	W80A	1st – 82:12
Barry Hanlon	M80A	1st – 70:47	M80A	1st – 69:12
James McQuillan	M35A	1st – 49:53	M35A	1st – 77:29
Karen Langan	EOD-M	1st – 49:41	EOD-M	3rd – 50:12
Robert Bradley	M45AS	1st – 46:06	M45AS	1st – 58:15
Matt Hackett	M40A	2nd – 69:02	M40A	1st – 109:47
Lynn Dabbs	W65A	2nd – 56:14	W65A	1st – 50:32
Niamh Cassar	W16A	2nd – 73:34	W16A	2nd – 83:14
Kevin Williams	M70A	4th – 62:14	M70A	DNF
Barry Pearce	M75A	8th – 130:47	M75A	8th – 126:20
Nerise McQuillan			W35AS	2nd – 78:50

NSW STATE LEAGUE #12 (NSW Sprint Chs) – July 29th WHO Results

SL#12 at University of NSW.

Name	Class	Result	Name	Class	Result
Karen Langan	WOpenB	1st – 22:44	Jacinta Braidwood	EOD-E	1st – 17:50
Paul Sweeney	MOpenB	1st – 19:52	Niamh Cassar	W16A	1st – 17:11
James McQuillan	M35A	1st – 18:06	Savanna Sweeney	W10A	1st – 17:14
Seth Sweeney	M14A	2nd – 14:22	Ted Mulherin	M75A	2nd – 20:06
Nerise McQuillan	W35AS	3rd – 20:45	Saffron Sweeney	W45A	3rd – 48:33
Yekatrina Stukov	W14A	4th – 26:34	Ivan Stukov	M12A	4th – 23:04
Selwyn Sweeney	M16A	4th – 22:54	Matt Hackett	M40A	4th – 19:13
Shay Sweeney	M/W10N	4th – 17:30	Josh Braidwood	M45A	5th – 19:41
Robert Bradley	M45AS	6th – 19:13	Dmitry Stukov	M45AS	7th – 23:35
Tim Perry	M55A	9th – 23:43			

NSW STATE LEAGUE #13 + #14 – Aug 18/19 WHO Results

SL#13 at Kahlis Rocks. SL#14 at Ophir South.

Name	Class	SL#13 Middle	Class	SL#14 Long
Janet Morris	W80A	1st – 48:56	W80A	1st – 86:06
Paul Sweeney	M45A	9th – 82:19	M Open B	2nd – 100:03
Seth Sweeney	M14A	2nd – 55:15	M14A	3rd – 114:33
Barry Hanlon	M80A	1st – 38:10	M80A	1st – 70:52
Selwyn Sweeney	M16A	4th – 35:02	M16A	4th – 58:31
Maureen Fitzpatrick	W45AS	4th – 53:06	W45AS	6th – 110:13
James McQuillan	M35A	1st – 37:35	M35A	1st – 73:57
Nerise McQuillan	W35A	1st – 38:34	W35AS	2nd – 76:58
Matt Hackett	M40A	3rd – 46:50	M40A	2nd – 120:40
Jacinta Braidwood	W12A	3rd – 36:47	W12A	4th – 70:26
Josh Braidwood	M45A	8th – 67:46	M45A	8th – 119:12
Barry Pearce	M75A	6th – 72:51	M75A	6th – 138:33
Robert Bradley	M45AS	1st – 27:36	M45AS	3rd – 60:12

Metro League #4 – June 24th WHO results:

	Place + Time		Place + Time
DIVISION 1	(WHO Evers)	25-24 Win over GO	
Karl Bicevskis	2nd – 34:17	James McQuillan	5th – 36:06
Richard Morris	6th – 37:03		
DIVISION 2	(WHO Rays)	25-29 Loss to BN	
Dan Smith	6th – 38:53	Matt Hackett	19th – 44:57
Helen Parker	22nd – 45:40		
DIVISION 3	(WHO Doos)	25-29 Loss to BN	
Josh Braidwood	7th – 37:20	Belinda Kinneally	13th – 42:06
Niamh Cassar	18th – 43:33	Tim Perry	26th – 48:21
Jay Seeho	Mis-punched		
DIVISION 4	(WHO Rahs)	19-36 Loss to GO	
Dmitry Stukov	8th – 45:32	Ted Mulherin	18th – 53:29
Steve Holloway	25th – 68:00	Aurelie Valais	Mis-punched
DIVISION 5	(WHO Hahs)	16-38 Loss to Knox 2	
Karen Langan	5th – 37:47	Martine Valais	9th – 44:38
Nerise McQuillan	17th - 50:50	Janet Morris	20th – 57:30
Maria Stankova	25th – 59:19	Sylvie Valais	34th – 93:28
OPEN EASY			
Ivan Stukov	3rd - 28:27	Jacinta Braidwood	10th – 53:29

Metro League #5 – July 22nd WHO results:

	Place + Time		Place + Time
DIVISION 1	(WHO Evers)	23-26 Loss to BF	
James McQuillan	2nd – 46:13	Richard Morris	5th – 49:28
Lee Coady	9th – 53:33		
DIVISION 2	(WHO Rays)	27-28 Loss to BN	
Vivien de Remy de Courcelles	2nd – 52:20	Dan Smith	10th – 61:13
Matt Hackett	22nd – 71:52	Benny Holmgren	26th – 76:02
Robert Bradley	29th – 86:36		
DIVISION 3	(WHO Doos)	29-26 Win over Knox	
Josh Braidwood	8th – 55:01	Jay Seeho	13th – 57:41
Emmanuelle Convert	17th – 58:28	Niamh Cassar	18th – 59:07
Tim Perry	30th – 86:49		
DIVISION 4	(WHO Rahs)	19-36 Loss to GO	
Dmitry Stukov	7th – 43:21	Ted Mulherin	12th – 47:14
Steve Holloway	26th – 66:51	Maureen Fitzpatrick	27th – 70:42
Barry Hanlon	28th – 71:10	Andy Vesey-Wells	Mis-punched
DIVISION 5	(WHO Hahs)	31-24 Win over UR-CC	
Martine Valais	4th – 38:13	Nerise McQuillan	8th - 42:11
Maria Stankova	9th – 42:21	Karen Langan	10th – 43:01
Janet Morris	17th – 57:14	Sylvie Valais	27th – 99:53
EASY			
Lachlan Coady	5th - 18:52	Jacinta Braidwood	9th – 28:57

Metro League Final – August 26th WHO results:

	Place + Time		Place + Time
DIVISION 1	(WHO Evers)	33-22 win vs SHOO-IKO	
Karl Bicevskis	2nd – 30:08	James McQuillan	5th – 32:51
Richard Morris	8th – 36:06	Lee Coady	18th – 43:04
Ben Fehlberg	21st – 46:39		
DIVISION 2	(WHO Rays)		
Vivien de Remy de Courcelles	11th – 39:02	Dan Smith	21st – 46:57
Matt Hackett	24th – 48:39	Benny Holmgren	27th – 50:26
Belinda Kinneally	DNF		
DIVISION 3	(WHO Doos)	30-25 Win vs GO	
Josh Braidwood	3rd – 35:21	Niamh Cassar	6th – 35:58
Tim Perry	15th – 40:53	Emmanuelle Convert	19th – 41:45
Jay Seeho	20th – 43:43	Barry Hanlon	28th – 67:43

DIVISION 4	(WHO RaHS)	24-31 Loss vs BF	
Dmitry Stukov	12th – 39:07	Ian Miller	15th – 41:15
Ted Mulherin	16th – 41:43	Anette Larsson	17th – 41:48
Steve Holloway	27th – 48:14		
DIVISION 5	(WHO HaHS)	32-23 Win vs UR-CC	CHAMPIONS
Martine Valais	2nd – 29:52	Nerise McQuillan	8th - 35:26
Maria Stankova	11th – 37:33	Karen Langan	3rd – 30:25
Janet Morris	23rd – 47:43	Sylvie Valais	25th – 63:13
EASY			
Lachlan Coady	3rd - 20:28	Levi Coady	9th - 41:20
Jacinta Braidwood	10th – 44:25		

Lake Macquarie 6hr Rogaine – August 18th The 2018 Lake Macquarie Rogaine was held at Olney State Forest in the Watagans near Morrissett. WHO was represented by Belinda Kinneally and Lee Coady, Steve Dunlop and Ian Miller.

Names	Points	Place	Class
Belinda Kinneally + Lee Coady	1090	14th Overall	4th in Open Mixed
Steve Dunlop + Ian Miller	1010	21st Overall	12th in Open Men, 9th in Veteran Men, 7th in Special Veteran Men, 4th in Ultra Veteran Men

GO Ultra Sprint – July 15th WHO results:

Name	Class	Place + Time
Niamh Cassar	Junior Women	1st – 26:01
Janet Morris	Senior Women	10th – 60:53
Ted Mulherin	Senior Men	18th – 45:23
Steve Holloway	Senior Men	22nd – 55:26
Barry Hanlon	Senior Men	24th – 63:41

Moonlight Madness #3 - June 27th WHO results:

	Place + Time		Place + Time
Vivien de Remy de Courcelles	470 pts	Emmanuelle Convert	230 pts
Steve Holloway	160 pts		

Moonlight Madness #4 - July 25th WHO results:

Name	Score		Place + Time
Karen Langan	320 pts		

Moonlight Madness #5 - August 22nd WHO results:

Name	Score		Score
Vivien de Remy de Courcelles	490 pts	Justine	160 pts

WHO TURKEY TROT – July 1st WHO results:

Division + Name	Place + Time	Division + Name	Place + Time
Men’s Long Course			
Vivien de Remy de Courcelles	8th – 2:30:48	Lee Coady	9th – 2:33:02
Gary Farebrother	12th – 2:40:39	Tim Perry	18th – 3:01:03
Graeme Hill	22nd – 3:38:57		
Men’s Medium Course			
Josh Braidwood	8th – 1:59:57		
Men’s Short Course			
Matt Hackett	8th – 1:29:20		
Women’s Long Course			
Belinda Kinneally	4th equal - 2:55:37	Amanda Parker	4th equal - 2:55:37
Women’s Short Course			
Maria Stankova	8th – 2:18:49	Linda Chan	10th – 2:43:26
EOD Long			
Karen Langan	2nd – 1:21:14	Barry Hanlon	6th – 2:04:10
EOD Short			
Janet Morris	4th – 42:25	Emmanuelle Convert + Justine	11th – 58:15
Jacinta Braidwood	12th – 65:02		

Hills District SOS – Term 2 #5 to Term 3 #3 WHO Results

(Results for Term 3 event 5 & the finale will be in the next newsletter).

Name	Term 2 #5 Crestwood	T2 – Finale Cumberland	Term 3 #1 Pennant Hills	Term 3 #2 Nth Rocks	Term 3 #3 Heritage Pk	Term 3 #4 UWS
Score – Open	-					
Shelley Cassar	2nd – 320 pts					
Josh Braidwood				2nd – 330 pts		
Score – Open						
Joel Springer						1st – 350 pts
Short Line - Primary						
Joel Springer	2nd - 26:51				11th - 54:13	
Shay Sweeney	4th - 35:49	3rd - 34:41	3rd - 40:10	3rd - 29:36		7th - 50:01
Sione Langi	5th - 38:25	8th - 46:17	6th - 50:13	9th - 33:28	9th - 50:13	
Kahu Langi	8th - 39:06	11th - 48:34	7th - 50:54	8th - 33:14	8th - 50:09	6th - 47:18
Ezra Oosterhoff	9th - 40:04	6th - 38:35	2nd - 37:34	2nd - 23:59	3rd - 37:51	14th - 68:10
Taine Cassar	11th - 41:16					
Jacinta Braidwood	20th - 50:27	18th - 55:05	10th - 71:54	11th - 37:04	12th - 58:29	
Savanna Sweeney	21st - 59:50	7th - 46:02	5th - 48:40	4th - 29:43	5th - 45:48	11th - 59:16
Stukov Family			5th - 48:40			
James Braidwood			9th - 66:22	18th - 50:20		
Lachlan Coady						3rd - 36:16
Liam + Aiden Hackett						8th - 50:23
Short Line - High School						
Seth Sweeney	1st - 14:33					

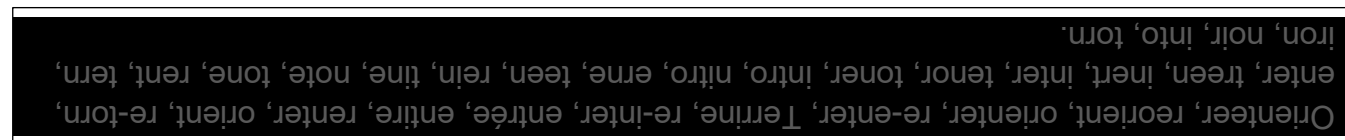
Selwyn Sweeney	2nd - 15:20	1st - 16:42	1st - 16:19	1st - 14:29		
Martine Valais	5th - 36:19	5th - 44:32				
Niamh Casssar			2nd - 16:37	2nd - 21:15	1st - 16:46	1st - 20:06
Stephanie Chan			3rd - 28:51			
James Langan			4th - 40:13	4th - 30:20	4th - 42:25	
Long Line - High School						
Niamh Casssar	1st - 21:29	2nd - 29:18	3rd - 30:36	2nd - 21:19		3rd - 28:28
Selwyn Sweeney	2nd - 21:49	1st - 26:02	1st - 27:03	1st - 20:39	1st - 29:18	2nd - 25:55
Seth Sweeney	3rd - 23:41	3rd - 30:08	2nd - 27:33	5th - 25:51	2nd - 31:08	
Stephanie Chan	6th - 34:14	8th - 40:19		8th - 28:46	5th - 43:10	5th - 40:02
Joah Oosterhoff	7th - 45:07	11th - 48:21	5th - 59:42	11th - 30:46	6th - 79:23	
Madelynne Chan				6th - 27:53	4th - 42:09	
Martine Valais				12th - 34:50		
Short Line - Open						
Linda Chan			1st - 36:45			
Gillian Springer	1st - 24:06					
Saffron Sweeney	2nd - 25:23					
Janet Morris		9th - 44:30			5th - 35:37	8th - 40:22
Sylvie Valais	4th - 38:44			5th - 34:56		
Barry Hanlon	6th - 43:09				7th - 41:23	9th - 41:05
Marion Gledhill		11th - 73:00			10th - 52:57	
Paul Sweeney				1st - 15:56		
Ian Miller				2nd - 24:53	2nd - 26:26	
Joel Springer				8th - 45:03		
Long Line - Open						
James McQuillan	1st - 19:23	1st - 25:51	2nd - 24:34	1st - 18:36	1st - 26:39	2nd - 23:57
Matt Hackett	5th - 24:27					
Paul Sweeney	6th - 24:55	17th - 36:54	26th - 58:58	6th - 24:30		13th - 39:47

Josh Braidwood	8th - 28:03	10th - 32:49	18th - 41:09	5th - 24:27	5th - 34:00	
Saffron Sweeney	12th - 32:00	33rd - 55:30	21st - 48:15	13th - 28:13	26th - 81:21	14th - 40:25
Ian Miller	13th - 32:13			21st - 36:08	15th - 42:37	
Steve Dunlop	14th - 32:35		20th - 43:31	17th - 32:58	17th - 44:24	15th - 44:35
Linda Chan	16th - 35:09	28th - 49:07		19th - 34:35	19th - 55:25	17th - 55:07
Steve Holloway	20th - 40:32					
Malcolm Gledhill	22nd - 42:34	38th - 65:13				
Janet Morris				27th - 46:44		
Barry Pearce				20th - 52:20		22nd - 79:15
Barry Pearce					22nd -69:06	
Gary Farebrother		11th - 32:56				
Karen Langan			23rd - 51:45	22nd - 36:33	16th - 43:17	
John Murray					6th - 34:07	
Lee Coady						7th - 29:26

CONTROL PUZZLE ANSWER



WORD PUZZLE ANSWER



2018 Turkey Trot Photos by Nerise McQuillan



Lovely day for a run

