

WHO News



October 2017 (fifth edition for 2017)

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Editorial

This is the fifth edition of WHO News for 2017. You don’t have to wait for the newsletter. Photos and results are on the club Facebook page or the club web site.

Facebook - https://www.facebook.com/permalink.php?story_fbid=1069259263137830&id=363738563689907

Website - <http://who.orienteering.asn.au/>

The Australian orienteering year climaxed with the Australian Orienteering Carnival at the end of September. This year the Carnival was centred around Bathurst NSW. A report from a WHO perspective can be found below.

Winter is over. Daylight savings is here and the summer series events have started! Lots of events to keep you fit.

Articles and photos in this edition were contributed by **James McQuillan**, **Barry Hanlon** and **Ian Miller**. Thank you. Any errors or omissions are un-intentional. All feedback is welcome especially suggestions for new WHO activities, stories and comments on the content or improvements to the newsletter. Hope you enjoy this edition.

Photos from recent events are near the end of the newsletter. The next newsletter is planned for early December.

Ian Miller

Club Directory

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

Secretary – Steve Holloway 042 038 032 Email sholloway@iinet.net.au

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

Vice President, Equipment Officer and Chief Mentor - Steve Dunlop 0407 269 892
S_dunlop@optusnet.com.au

Club Captain - James McQuillan 0402 032 419 jamcquillan@gmail.com

Mapping Officer - Janet Morris 9872 2914 janetmorris27@yahoo.com.au

Membership / Welcome to New Members

A very warm welcome to **Wes Harrison** and the **Valais family (Sylvie, Constance, Aurelie, Martine and Arthur)**. Please make yourself known to the team in blue.

With the addition of Wes and the Valais family, WHO has 91 members as at 8 October 2017. If you join now your membership runs until December 31st next year. 2018 renewals can also be made. Check the ONSW web site for details. <http://www.onsw.asn.au/membership/join-or-renew>

This time last year WHO had 67 members. 36% year to year growth must make WHO the fastest growing orienteering club in NSW for 2017. Our challenge is to maintain this growth.

President's Comments

The last few weeks have been dominated by the Australian Championships. Organising 7 events over 9 days for up to 900 starters is a very large task. Congratulations to the team who delivered the Australian Orienteering Carnival (AOC) and to all the planning that ensured the quality and standards were achieved. The WHO contributions and successes are mentioned in the report below. Thank you to all the WHO members for their contributions. A special thank you to **Steve Dunlop** (Organiser) and **James McQuillan** (Controller) who ensured that the Individual Australian Schools Long Distance Championships at Roseberg were a success

The timing of the Carnival allowed only a day or two to recover before the summer series started !.

At the beginning of September, WHO picked up the baton and at short notice organised a Metro League event at Fred Caterson reserve in Castle Hill. Thank you to the members who helped make this event a success. Special mention to **Graeme Hill** who set the courses and **Anette Larsson** who accepted the role as organizer. WHO had the major role with members of GO, BN, BF and ONSW helping deliver the event.

It was great to see our junior members attacking the Australian Championship courses with enthusiasm. **Taine Cassar, Niamh Cassar Selwyn, Seth** and **Savanna Sweeney** rapidly improved their skills. It was a great learning experience especially for those attempting bush events for the first time. All WHO Juniors should be updating their orienteering diaries as they are used for awards to be presented in November.

The Western Summer Series is gearing up for 2017. The first WSS event is being organized by SHOO at Bella Vista on October 15th. WHO will deliver three events. The first is on October 29th with **Martin Mansfield** organizing, **Anette Larsson** setting and **Matt Hackett** is the Event Director. Our other WSS events are on December 3rd at Van Montfort Oval, Forman Ave, Glenwood (**Steve Holloway** is the organizer, **Niamh Cassar** is setting and **James McQuillan** is the Event Director) and on December 17th at Rouse Hill Park, Worcester Road, with **Andy Hill** organizing and setting. **Graeme Hill** is the Event Director..

In the new year WHO will organize three Wednesday evening Summer Series (SSS) events. Organisers and Setters are needed for these events. There are limited roles for 2018 so if you want to organize, set or direct let me know asap. As a bonus the setters of these events receive 100 points in the SSS points score.

The WHO committee has been busy working on a number of items. One item is the WHO event program for 2018. Traditionally WHO's major events are a State League, a Metro League and the Turkey Trot. WHO also organizes, three Western Summer Series, three Wednesday evening (SSS) Summer Series, a Moonlight, a sprint, a Training Day and the WHO Cup plus the Cunning Running series. We also assist at two Sydney West Schools events plus the NOSH. This is a lot of events and it is timely to review our program and fine tune it for 2018.

At our September meeting we discussed our local events looking at "what works and why?" The WHO Cunning Running series was not as successful as expected in 2017 so we have decided to discontinue Cunning Running for 2018 and put additional effort into the Saturday events known as SOS. One observation is that regular events are more successful than sporadic. Your input is welcomed in this on-going discussion.

In 2018 the Sydney West Schools Championships will again be held at Fred Caterson Reserve in June. Following the success of 2017, it is likely that the Primary School section will be held over two days

WHO is committed to being a major player in the program for Western and North-Western Sydney and helping build participation numbers.

Our next WHO club meeting is on Monday 6th November 2017 at 7:30pm at Graeme Hill's home. All welcome. More information in the meeting invitation sent out by our Secretary, Steve Holloway.

On November 25th we will hold the most important event on the WHO calendar. The **Chris Crane WHO Cup** has both an outright and a handicap prize. The handicaps are determined by a mystery process based on your recent results. Competition is fierce especially for the handicap trophy. Following the run is a BBQ and the chance to

catch up with fellow WHO members. A (hopefully brief) AGM follows. This year the event is at the Dunlop residence. Mark the date in your diaries and watch for the invitation in your email.

Ian Miller

Congratulations

2017 Honour Board

Andy Hill - NSW representative in the M21E class for the Australian Championships Long Distance event.

James McQuillan – NSW representative in the M21E class for the Australian Championships Sprint and Middle Distance events.

2017 State League Point Scores (up to the Australian Long Distance Championships on 30th September). The Sprint Championships on November 19th is the last SL for 2017. WHO is 7th overall with 319 points.

M10A - Ivan Stukov 6 th with 337 points,	W12A - Yekaterina Stukov 4 th with 306 points
M10A - Lachlan Coady 7 th with 249 points	W14A – Naimh Cassar 19 th with 139 points
M14A – Selwyn Sweeney 19 th with 186 points	W35A – Belinda Kinneally 9 th with 91 points
M14A – Seth Sweeney 38 th with 60 points	W35A – Nerise McQuillan 13 th with 40 points
M21A – Andy Hill 22 nd with 222 points	W55AS – Maureen Fitzpatrick 4 th with 447 points
M21A – James McQuillan 54 th with 91 points	W65A – Lynn Dabbs 1 st with 697 points
M21A – Lee Coady 61 st with 69 points	W75A – Janet Morris 2 nd with 431 points
M21A – James Dunlop 71 st with 19 points	
M35A – James McQuillan 14 th with 132 points	
M35A – Lee Coady 17 th with 69 points	
M35AS - Dmitry Stukov 5 th with 242 points	
M40A – Matt Hackett 7 th with 231 points	
M40A – Dan Smith 16 th with 89 points	
M45A - Dmitry Stukov 38 th with 76 points	
M45AS – Robert Bradley 2 nd with 656 points	
M55A – Tim Perry 51 st with 57 points	
M55AS – Steve Dunlop 10 th with 178 points	
M55AS – Steve Holloway 27 th with 37 points	
M65AS – Andy Vesey-Wells is 4 th with 178 points	
M70A – Kevin Williams 8 th with 500 points	
M70A – Ian Miller 35 th with 86 points	
M75A – Ted Mulherin 19 th with 81 points	
M80A – Barry Hanlon is 4 th with 336 points	

Barry Pearce (M70A) completed 7 SL events. **Saffron Sweeney** (W45A) completed two W45A and one WOpenB SL events. **Savanna Sweeney** (W14A) and **Paul Sweeney** (M45A) completed one SL event.

Note: Interstate orienteers who competed in the AOC are included in the point score.
The full point score list can be found at <http://www.onsw.asn.au/state-league-results>

Thank you to

Kevin Williams, James McQuillan, Barry Pearce, Tim Perry, Steve Dunlop and **Ian Miller** who spent the weekend of August 12/13 tidying up Roseberg State Forest so that the assembly area was ready for the Australian Schools Championships. Imagine the horror when the team arrived the day before the event to find another large tree had fallen in the assembly area ! A quick trip to Kennards and some expert chain sawing by **Steve Holloway** had the area back to standard in rapid time.

Thank you to all those involved in the Metro League at Fred Caterson. A great event organized at short notice.

Reminders

WHO Cup and AGM – November 25th. Watch your email for the invitation.

Australian Orienteer Magazine is online. Editions are quarterly. Latest is September.

Junior Diaries - Do you have a junior (or two or more) in your family? Are you completing the Junior Diaries? Points are accumulated by competing in events during the year and badges are awarded in November. Diaries can be downloaded from [Junior participation diaries](#)

Next WHO Event – information is on the WHO website <http://who.orienteering.asn.au/> **and on Eventor** <https://eventor.orienteering.asn.au/Events/Show/5431>

Sunday 29th October – Western Summer Series Event #4 at Eric Primrose Reserve, John Street, Rydalmere Come and join us for another Western Summer Series. This is the 2nd event in the WSS. Two courses are available – a score course (do as much as you can in 45 minutes) plus a free MINI course for beginners and young people.

Start Times: Between 9am and 110am. First-timers are welcome, experienced orienteers will be available to provide instructions. All runners and walkers are welcome. Enter on the Day is available.

Organiser: Martin Mansfield 0422 751 184. **Planner:** Anette Larsson. **Event Director:** Matt Hackett.

October/November/December WHO Events

Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director	Computer	Helpers
Sun 29 Oct	First WSS WHO event	Eric Primrose Reserve, John St. Rydalmere	Martin Mansfield 0422 751 184	Anette Larsson	Matt Hackett	Computer team	Required
3.30pm Sat 25 Nov	WHO Cup & AGM	Steve Dunlop's home	Steve Dunlop 0407 269 892	Steve Dunlop	Ian Miller		
Sun 3 Dec	Second WSS WHO event	Van Montfoort Oval, Forman Ave. Glenwood	Steve Holloway 0428 038 032	Niamh Cassar	James McQuillan	Computer team	Required
Sun 17 Dec	Third WSS WHO event	Rouse Hill Park, Worcester Rd, Rouse Hill	Andy Hill 0403 373 206	Andy Hill	Graeme Hill	Computer team	Required

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

Next WHO Club Meeting - The next WHO meeting is at 7:30pm on Monday 6th November at the home of Graeme Hill. Agenda and further information will be sent out prior to the meeting. All WHO members welcome.

WHO Shirts are available in kids and adult sizes New supplies have arrived.

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.

Do you have a blue WHO shirt ? If you are a new member your first blue shirt is free ! Replacements are \$10. Also available from **Ian Miller**.

Upcoming ONSW and local Sydney events – For more details and events see Eventor at <http://eventor.orienteering.asn.au/Events>

October 11th Wednesday – Sydney Summer Series at Henley. SSS is in its 27th year!

October 14th Saturday – SOS at Chatswood High School

October 15th Sunday – WSS at Bella Vista and Southern Series at Tempe

October 18th Wednesday – Sydney Summer Series at Wollstonecraft.

October 21st Saturday – SOS at Killara High School

October 22nd Sunday – Southern Series at Marrickville

October 25th Wednesday – Sydney Summer Series at Chatswood

October 28th Saturday – SOS at St Ives High School

October 29th Sunday – WSS at Rydalmere (WHO event) and Southern Series at Earlwood

November 1st Wednesday – Sydney Summer Series at South Turramurra

November 4th Saturday – SOS at Pymble

November 5th Sunday – WSS at North Rocks and Southern Series at Monterey

November 5th Sunday – Central Coast Summer Series commences

November 8th Wednesday – Sydney Summer Series at Woolwich

Bandaged Bear Boost is on Sunday November 19th. See the advertisement on Page 10.

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

RECENT MAJOR EVENTS

Australian Orienteering Championships

From 23 September to 1st October orienteers from all round Australia plus a contingent from New Zealand and a few from the UK and Scandinavia assembled in Bathurst for the Australian Orienteering Championship and associated events. The Australian Championships were held on the weekends and the Australian Schools Championships were held mid-week. Alongside the schools events, was the Bathurst 3 Days for all those not in the Schools Championships. Selected WHO photos are further on in this newsletter.

For a number of WHO members it was their first experience of top level events. All were welcomed by courses that tested skills and fitness.

The event organisation was high standard and the nearly 900 were challenged in the sprints at Bathurst and the bush at Hill End, Roseberg and Macquarie Woods. Congratulations and "thank you" to all involved in the planning and delivery of the events.

The WHO Team results from the Australian Championships:

Australian Sprint Championships. 13 entered for 1 x 1st, 1 x 3rd, 1 x 4th, 3 x 5th. 1 x 6th. Best performance was **Taine Cassar** 1st in EOD VE with a winning time of 17:10. **James McQuillan** (representing NSW) came 36th in the Men's 21 Elite class.

Australian Middle Distance Championships. 19 entered, 18 started, 16 completed, 2 DNF, 1 mis-punched. 1 x 1st, 3 x 2nd, 2 x 3rd, 3 x 4th. Top club runners were **Taine Cassar** 1st in EOD VE, 28:18. **Robert Bradley** 2nd Men 45AS, 27:45. **Janet Morris** 2nd Women 75A, 34:14. **Lynn Dabbs** 3rd Women 65A, 25:43. **Stephen Dunlop** 3rd Men 55AS, 24:11. **James McQuillan** (representing NSW) came 37th in the Men's 21 Elite class.

Australian Long Distance Championships. 13 entered, 13 started, 11 completed, 2 mis-punched. 1 x 2nd, 1 x 4th. 1 x 5th, 1 x 6th, 1 x 8th. **Andy Hill** (representing NSW) came 21st in the Men's 21 Elite

Australian Relay Championships. M45A - **Robert Bradley's** team came 10th. W55A – **Maureen Fitzpatrick** mispunched. W65A – **Lynn Dabbs** NSW 1 team came first. In the Mixed – "Team Sweeney" (**Selwyn, Seth and Paul**) came 8th. **Saffron Sweeney** in the NSW 8 team came 13th.

Bathurst 3 Days Results - Overall

Mens A - **James McQuillan** 14th

Mens D - **Ian Miller** 56th

Mens G - **Seth Sweeney** 2nd, **Paul Sweeney** 8th

Womens B - **Maureen Fitzpatrick** 31st

Womens C - **Nerise McQuillan** 28th

Womens D - **Lynn Dabbs** 31st

Open VE - **Savanna Sweeney** 10th

EOD HL - **Steve Dunlop** 10th, **Ian Miller** 11th

EOD HS - **Steve Holloway** 13th

Bathurst 3 Days- Day 1 - 11 WHOs competed. The outstanding performer was **Lynn Dabbs** 1st in Womens D in 39:39.

Bathurst 3 Days - Day 2 - 10 WHOs competed. Best results were **Seth** and **Paul Sweeney**. They placed 2nd and 3rd in Men G.

Bathurst 3 Days Summary: **Seth Sweeney** did best of the men with two 2nd places in 3 races. **Lynn Dabbs** did best of the women coming 1st in Womens D on Day 1. **Nerise McQuillan** had a great run but forgot to punch at the drinks control on Day 1. **Steve Dunlop**, **Steve Holloway** and **Ian Miller** entered EOD classes for some events. These results were recorded separately to the Bathurst 3 Days totals.

The WHO Team's involvement in the Australian Orienteering Carnival:

WHO members made significant contributions to the Australian Orienteering Championships. **Graeme Hill** looked after the financials, **Nerise McQuillan** did the artwork and document creation and **Ted Mulherin** was in charge of map production. **Robert Bradley** and **Maureen Fitzpatrick** were part of the finish team handling each event.

James McQuillan and **Steve Dunlop** were the event controller and organiser for the Schools Individual Championships at Roseberg

Six weeks before the events **James McQuillan**, **Steve Dunlop**, **Kevin Williams**, **Tim Perry**, **Barry Pearce** and **Ian Miller** cleared the assembly area at Roseberg. Imagine the horror when the team arrived the day before the

Roseberg event to find another large tree had fallen in the assembly area ! A quick trip to Kennards and some expert chain sawing by **Steve Holloway** soon had the area back to pristine.

The Tuesday of the Australian Individual Schools Championships at Roseberg started cool (-2C at Bathurst). The WHO team assembled at Roseberg at 7am to turn on the SI units and complete the set up. **Maureen Fitzpatrick** drew the short (dusty?) straw and looked after the early arrivals. The SI unit start up was completed by **Lynn Dabbs, Kevin Williams, Robert Bradley** and **Ian Miller**. Along with **James McQuillan** and **Steve Dunlop** this team also collected controls and tidied up after the event. The first aid man was kept busy but no search and rescue was required.

The Significant Participation Award for the Australian Championships goes to **Barry Hanlon** for competing and completing his courses on crutches after breaking his leg in June.

It was great to see our juniors in action. This was their first AOC and their first real bush event. Congratulations to **Niamh** and **Taine Cassar** and **Selwyn, Seth,** and **Savanna Sweeney**. No doubt your orienteering skills have improved.

The following WHO members attended and assisted their families but were too young to compete:

Aiden McQuillan
Elliott McQuillan
Shay Sweeney

Finally a special mention to those doing family support roles - **Shelley Cassar, Saffron** and **Paul Sweeney, Nerise** and **James McQuillan** and **Amy Harmer**.

For the **Sweeney** Family this was their first ever bush orienteering events.

Congratulations to all and thank you for a memorable Australian Championships

WHO Metro Reports – by James McQuillan

These are extracts from James' reports. The full reports can be found at http://who.orienteering.asn.au/index.php/Metro_League

Metro Final Boggabilla 10 September 2017



The final round for MetroLeague 2017 was hosted by Uringa and held on the Boggabilla map. The map holds a wide variety of vegetation changes and a plethora of tracks. It was used for a State League event last year, so had the potential to hold a number of traps. The WHO Hahs (Div 5) had reached the final to defend their 2016 title. Unfortunately all our other teams were out of the running.

The WHO Evers, boosted by the return of Andy and Richard, beat SH-IKO to finish equal on points with Big Foot. However, Big Foot with a greater for and against claimed the trophy. The Rays only had three runners but claimed the fastest three times in their battle against the Go Frill Necks, which was good enough to sneak the win. Belinda saved her best run of the season for last to lead the WHO Doos to victory against the GO Skinks. However that's where the winning stopped. The WHO Rahs were easily beaten by SH-IKO but Niamh put up a promising run in only her second Metro outing to show up the rest of the seasoned regulars. The WHO Hahs were defending their 2016 title and despite Karen and Maria posting their best times this year it wasn't enough to stop the dominant UR-CC Kestrels. Better luck next year everybody.

[Eventor](#) for individual results I [Winsplits](#) for splits I [ONSW](#) for team results

Div	Versus	Score	Front Runners
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1	WHO Evers v SH-IKO	Win 31-24	Andy Hill - 10pts, 1 st
2	WHO Rays v GO Frill Necks	Win 27-25	Vivien de Remy de Courcelles - 10pts, 7 th
3	WHO Doos v GO Skinks	Win 30-25	Belinda Kinneally - 10pts, 2 nd
4	WHO RaHS v SH-IKO	Loss 19-36	Niamh Cassar - 8pts, 10 th
5	WHO Hahs v UR-CC Kestrels	Loss 21-34	Karen Langan - 8pts, 4 th

Metro 5 Fred Caterson 3 September 2017



Round 5 was scheduled to be at St Ives but a last minute spanner-in-the-works resulted in a hastily put together MetroLeague Event at Castle Hill. The late notice, new date (Father's Day) and new location resulted in a number of absences, which had us behind the eight ball from the get go.

Courses were set on our familiar Graveyard map at Fred Caterson Reserve in Castle Hill. In general they were a touch on the short side but no one was complaining as it felt more like Summer than the first weekend of Spring. The courses probably suited the speedsters with a large track network enabling them to get up to top gear. The notorious rock detail in the NE still caught out a few.

The WHO Evers suffered their first defeat of the season, being soundly trounced by BF, which will probably be enough for BF to claim the goodies next week. The Rays were badly depleted and consequently badly beaten by GO Dragons. The strong Div 3 KNOX team were too good for the WHO Doos despite some consistent performances. However the Div 4 KNOX team didn't fare so well and were toppled by a makeshift WHO RaHS led by Anette. The WHO Hahs now have to share top spot on the ladder with UR-CC after this round's loss. They will meet again in the final next week. The WHO Hahs will be defending their 2016 title and representing the rest of us who aren't in the running for anything. Good luck!

[Eventor](#) for individual results I [ONSW](#) for team results

Div	Versus	Score	Front Runners
1	WHO Evers v BF	Loss 16-39	Lee Coady - 6pts, 14 th
2	WHO Rays v GO Dragons	Loss 11-38	Benny Holmgren - 7pts, 8 th
3	WHO Doos v KNOX	Loss 20-25	Belinda Kinneally - 6pts, 19 th
4	WHO RaHS v KNOX	Win 25-15	Anette Larsson - 10pts, 15 th
5	WHO Hahs v UR-CC Kestrels	Loss 21-34	Niamh Cassar - 8pts, 6 th

RECENT WHO RESULTS

SSS #1 (4th October) - James McQuillan 590 points, **Vivien De Remy de Courcelles** 490, **Belinda Kinneally** 470, **Graeme Hill** 470, **Josh Braidwood** 410, **Ian Miller** 400, **Malcolm Gledhill** 310, **Ted Mulherin** 310, **Emanuelle Convert and Justine** 270, **Janet Morris** 190, **Marion Gledhill** 120.

Are you interested in mapping? Subject to obtaining permission from the Trust, WHO plans to map Portland Common in the Blue Mountains. **Barry Hanlon** has started on a base map containing contours and major features. Fieldwork is required to develop the base map into an orienteering map. A visit to Portland Common will be scheduled and volunteers are requested to help. This is an opportunity to learn how to draw orienteering maps. If you are interested please talk to or email **Janet Morris** at janetmorris27@yahoo.com.au

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.

WHO Facebook Page ! Real time results, the latest news, more photographs and other good WHO stuff.
https://www.facebook.com/permalink.php?story_fbid=1069259263137830&id=363738563689907

if you have an item of interest to WHO members please contact:.

WHO Facebook page. Contact - James McQuillan

WHO Web page. Contact - Barry Hanlon

Newsletters. Contact - Ian Miller

Emails for immediate communication of upcoming events and meetings. Contact – Ian Miller

Eventor for information updates on WHO events. Contact James McQuillan or Ted Mulherin

ONSW Facebook page for the latest ONSW news <https://www.facebook.com/Orienteering-NSW-251430311606129/>

PHOTOS A selection of WHO members at the Australian Championships.
Can you name them all ?

Photos on the Australian Orienteering Championships web site can be found at

<http://onsw.asn.au/ozchamps2017/aus-champs/photo-gallery>

and on Facebook at

<https://www.facebook.com/search/top/?q=australian%20orienteering%20carnival%202017>





Bandaged Bear BOOST



Join us for a bearishly adventurous day of orienteering and bear themed action at the Bandaged Bear BOOST.

A GREAT CAUSE: *The Adolescent Medicine Unit of The Children's Hospital at Westmead.*

You can enjoy the Bandaged Bear BOOST knowing that 100% of entry fees received and additional funds raised will be helping our finest doctors and researchers. We can all help to launch teenagers into a healthy adulthood.

A GREAT LOCATION: *The beautiful park-like grounds of Pymble Ladies' College, Sydney*



A TASTE OF ADVENTURE: *Run, walk or wheelchair a course.*

A COMMUNITY EVENT: *Everyone is welcome.*

From under 10's to over 80's, whether it's your first time orienteering or you are one of NSW's best: you are ready to enter the Bandaged Bear BOOST. The event will include beginners' options and also incorporate the NSW Sprint Orienteering Championships. Race for a title or start a new adventure with the family.



Enter, donate or volunteer to help at the Bandaged Bear BOOST plus obtain further information at www.boldhorizons.com.au

You can also follow Bold Horizons on  FaceBook for all the latest news.



If you would be interested in sponsoring the Bandaged Bear BOOST please email barbara@boldhorizons.com.au