

WHO News



May/June 2017 (third edition for 2017)

President :- Ian Miller Ph 0429 937 153
Email millerian33@gmail.com

Secretary :- Steve Holloway Ph 0428 038 032
Email sholloway@iinet.net.au

Contents: Items of interest in this edition include:

Editorial and Club Directory

New Members

President's Comments

Congratulations, Thank You's and Reminders

Next WHO Event and Upcoming Events

Did you know ?

Recent Event Reports

2017 Australian Orienteering Carnival

Where to find WHO

Results, Articles, Photos and more.....

Editorial

This is the third edition of WHO News for 2017. A lot has happened in the last two months. 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/>

Articles and photos in this edition were contributed by Barry Hanlon, James and Nerise McQuillan, Tim Perry 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. Hope you enjoy this edition.

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

Welcome to New Members - Record number !

WHO achieved a record number of new members in May. A very warm welcome to **Paul and Saffron Sweeney plus the family (Savanna, Selwyn, Seth and Shay)** and to the **Cassar Family (Paul and Shelley plus Joel, Niamh and Taine)**. Welcome back to **Lachie Howe** who re-joined after the North Rocks Cunning Running event. Lachie previously led and coached the Knox School team.

President's Comments

WHO has had a great couple of months. During April and May, WHO had eight new "A" Champions and one World Masters "B" Champion, twelve new members and we delivered a successful Metro.

Thank you to all those involved in the very successful Metro event at Wianamatta. A special thank you to **Janet Morris** and **Barry Hanlon**. Janet and Barry not only "found" the area and drew the map. They also set the courses and put out all the controls. The event received high praise with many keen to come back and strong support for Wianamatta to be used for a State League. **Matt Hackett** was the event organiser and he and Janet's

liaison with the Park staff left a good impression. The Metro was our biggest winter event for 2017 so it was great to have it succeed so well.

WHO's next event is a Cunning Running on Sunday 18th June at George Mobbs Reserve at Castle Hill. This is followed on July 2nd by the iconic Turkey Trot – see below for further information. On June 22nd and 29th the Sydney West Schools Championships will be held at Fred Caterson Reserve. If you can help please email Lyn Malmgron (Lyn Malmgron' <lynmalmgron@bigpond.com>)

We brought the June club meeting forward to last Monday and won't hold a July meeting. We are however, keen to see you at the next WHO club meeting on Monday 7th August 2017 at 7:30pm at Steve Dunlop's place. More information will be provided closer to the meeting.

Ian Miller

Congratulations – Eight 2017 A Champions and One World Masters B Champion!

Yeah ! WHO has two Oceanic A Champions ! In New Zealand in April **Lynn Dabbs** won the Oceania Long Distance W65A class in 46:58 (6:17 minutes clear of second place) while Amy Harmer won the Oceania Sprint Distance W21AS class in 54:01.

Kevin Williams also excelled by winning the B final in the World Masters M70 class.

Not only but alsoWHO has three 2017 NSW Middle Distance Champions !

State League #
3 at Appin was also the NSW Middle Distance Championship. Class wins were achieved by **Steve Dunlop** (M55AS), **Lynn Dabbs** (W65A) and **Barry Hanlon** (M80).

And on the same weekend WHO members achieved three 2017 NSW Long Distance Champions !

State League #
4 at Abbotsleigh in the Southern Highlands was the NSW Long Distance Championships. Class wins were achieved by **Lynn Dabbs** (W65A), **Ivan Stukov** (M10A) and **Barry Hanlon** (M80A).

Thank you to

Barry Pearce who volunteered as the Club Statistician. Barry is working on formula improvements for the WHO Club Championships.

Reminders

Australian Orienteering Championships - Have you entered ? Entries via Eventor close on August 28th. Information is at <http://onsw.asn.au/ozchamps2017/>

Australian Orienteer Magazine is online from June

Junior Diaries - Do you have a junior (or two) 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 from WHO website <http://who.orienteeing.asn.au/>

June 18 - Cuning Running #2 at Eric Mobbs Reserve, Castle Hill. Venue: Follow signs from the eastern end of Excelsior Avenue, Castle Hill.

Organiser: Josh Braidwood. 0400 305 818. **Planner:** Anette Larssen. **Event Director:** Belinda Kinneally.

Two courses: a 45 minute score course and a 4 km (approx.) line course to choose from. Sportident will be used.

Start Times: Between 9.30am and 10:30am. **Course Closure** 11:30am - all runners must report to the download desk.

Entry Fees: Orienteering club members \$10 seniors. Juniors \$5. Non-members \$5 extra. Sportident hire \$4 per event.

First-timers are welcome, experienced orienteers will be available to provide instructions. All runners, joggers and walkers are welcome. Enter on the Day is available.

June/July WHO Events

2017 Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director	Computer	Helpers
Sun 18 June	Cunning Running 2 (local event)	Excelsior Eric Mobbs Reserve	Josh Braidwood 0400 305 818	Anette Larssen	Belinda Kinneally	Computer team	Helpers required
Sun 2 July	Turkey Trot and Little TT - 6 distances	Glenbrook	Robert Bradley 0418 296 008	James McQuillan & Ian Miller	James McQuillan	Computer team	Helpers required.

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

The Turkey Trot on July 2nd

The Turkey Trot is a unique orienteering event. The concept is to provide courses of different lengths and start times such that the runners arrive back trotting in single file. Three long distance courses (approximately 8kms, 12kms and 20kms by the best route) are provided with route choice being the key skill to success. Enter on the Day courses of shorter length are also provided. The location changes each year and includes map changes as multiple maps are used. This year we are going bush and using the Lapstone map borrowed from Big Foot plus own own Knapsack Gully map.

Organiser needed for WHO 3rd September event

2017 Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director	Computer	Helpers
Sun 3 Sept	Cunning Running 4 (local event)	WSU Hawkesbury		Dan Smith	Steve Holloway	Computer team	Helpers required

June ONSW events requesting WHO helpers

2017 Date	Event	Map / Venue	Organiser	Setter / Planner	Event Director	Computer	Helpers
Sun 4 June	NOSH	Lindfield to Seaforth	Barbara Hill 0418 270 476	ONSW	ONSW	ONSW	Helpers requested. you can help. let Barbara Hill know.
Thu 22 June	Sydney West Primary Schools Chs	Fred Caterson Reserve	ONSW Lyn Malmgron 0414 397 584	Graeme Hill	ONSW	Ron Pallas	Helpers required.
Thu 29 June	Sydney Secondary Schools Chs	Fred Caterson Reserve	ONSW Lyn Malmgron 0414 397 584	Graeme Hill	ONSW	Ron Pallas	Helpers required.

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

June 3 Saturday – SOS at Ingleside

June 4 Sunday – NOSH Lindfield to Seaforth

June 7 Wednesday – Moonlight at Clontarf

June 10, 11 and 12 - The June long weekend (Queens Birthday State League) events are at Wagga. Enter on day is available. Pre-entry has closed.

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

What's that and where is it?

Do you know what the item in the photograph below is and where it is located ? Answer at the end of this newsletter



New WHO O-suits - The new WHO O-suits are scheduled to arrive mid-June. They were delayed by the production team attending the Oceania and World Masters orienteering events in New Zealand.

Did you know that we have WHO Shirts available in kids sizes?

Nerise McQuillan has designed new kids' t-shirts and they are now available in sizes 1 to 6. Free to anyone who can fit into these sizes.

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

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

RECENT MAJOR EVENTS

Oceania Championships and World Masters Games in New Zealand

In April the orienteering action moved to the North Island of New Zealand for a Carnival consisting of the Oceania Championships, the Middle Earth Championships and the World Masters Games. The Oceania Championships are held every second year with the 2017 events hosted by New Zealand. (2019 Oceania will be in southern NSW).

OCEANIA

The full OCEANIA results are at <http://oceania2017.nz/results/>

There were four events as part of the Oceania Championships. A sprint, a long distance, a relay and a middle distance. The Australia – New Zealand Challenge is held over the four events. New Zealand won the 2017 Australia-New Zealand Challenge 37 classes to 35.

WHO was represented by **Amy Harmer, Andy Hill** and **Lynn Dabbs**.

Lynn entered W65A and had a very successful Championships winning the long distance event in 46:58 (6:17 minutes clear of second place). Lynn was also a member of the Australian W65A team that placed second in the relay and in the middle distance Lynn was placed 11th in 37:05.

Amy only competed in the sprint distance event and had 100% success winning the W21AS class in 54:01.

Andy was in the M21E class against the best in Australasia plus a few overseas visitors to add more competition. In the sprint Andy placed 41st in 20:50 (winners time was 15:39) and in the middle distance M21E class Andy was 43rd in 57:22. In the long distance event Andy was 35th in 3:06:40. Andy was also a member of the Australian M21A team that placed tenth in the relay.

MIDDLE EARTH

Two days after the Oceania event the location moved to Rotorua for the Middle Earth Championships with a middle/long distance and a sprint. WHO was represented by **Andy Hill**. In the middle/long distance M21E class Andy placed 17th in 1:06:51 and in the sprint distance M21E class Andy placed 14th in 19:00.

WORLD MASTERS

The scene then moved back to Auckland for the World Masters Games with competitors from around the world.

WMOC results at <http://wmoc2017.com/results/>

Two events were held, a sprint with a qualifier and a long distance event with two qualifiers. WHO was represented by **Andy Hill, Lyn Dabbs** and **Kevin Williams**.

In the sprint qualifier **Andy** was placed 8th out of 30 in M35 and the next day placed 7th in the sprint final in 17:20 (winners time was 15:15). The long distance M35A final saw **Andy Hill** place 6th in 1:31:31 (winners time was 1:17:19). Andy had qualified 6th in a combined time of 2:23:19.

The WMOC long distance W65A final saw Lynn Dabbs place 9th in 51:40 (winners time was 43:07) and in the long distance M70 B final was won by Kevin Williams in 57:40.

NSW Middle Distance Championships - At the 2017 NSW Middle Championships - SL3 (Badge Event) – the WHO team of 12 achieved 8 placings: Three 1st places went to Steve Dunlop (M55AS), Lynn Dabbs (W65A) and Barry Hanlon (M80). Andy Vesey-Wells romped into 2nd place in M65AS and four 3rd places were taken by Steve Holloway (M55AS), Ted Mulherin (M75A), Janet Morris (W75A) and Maureen Fitzpatrick (W55A).

NSW Long Distance Championships - On Sunday at the 2017 NSW Long Championships - State League #4 - all of the WHO team of 8 placed. A great result. Three firsts went to Lynn Dabbs (W65A), Ivan Stukov (M10A) and Barry Hanlon (M80A). Robert Bradley (M45AS) and James McQuillan (M35A) took 2nd places and 3rd placings were taken by Janet Morris (W75A), Yekatarina Stukova (W12A), and Dmitry Stukov (M35AS).

WHO Metro 2 Report – James McQuillan

Metro 2 Wianamatta 21 May 2017



A brand new map was unveiled by WHO for the second round of the Metroleague competition. The ex-defence land, now Wianamatta Regional Park provided a flat (ish) experience with surprising variety in vegetation for a relatively small area. Some areas were open, fast running while others were various shades of green. Despite roads or fences being not more than a couple of hundred metres away from any given control, time was easily lost on many of them. Termite mounds in the middle of the light

green were harder than they looked and the lack of contours made it difficult to relocate quickly if a point feature was missed. The recent rain turned some clearings into ponds, causing quite some confusion too.

Once again Ondrej led the way for the WHO Evers, with a commanding display. Despite 'feeling the effects' of two big nights he finished almost 4min clear of second place. Big Foot put up a depleted team and paid the consequences. They don't often end up on that end of the scoreline. The joy was short lived though as the WHO Rays, Doos and RaHS were all thrashed in Div 2-4. Garingal were far too strong in each of these divisions and while WHO's performances across the board were largely consistent, they were unfortunately consistently bad. Well they weren't too bad but they did end up in the lower half of the field. The WHO Hahs bucked the trend and led by Karen, comfortably beat GO Blue Tongues to claim one back for WHO. Overall 3:1 to Garingal. We'll get them next time!

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

Div	Versus	Score	Front Runners
1	WHO Evers v Big Foot	Win 36-16	Ondrej Pavlu - 10pts, 1st
2	WHO Rays v GO Frill Necks	Loss 19-36	Helen Parker - 7pts, 18th
4	WHO Doos v GO Skinks	Loss 20-35	Emmanuelle Convert - 6pts, 19th
4	WHO RaHS v GO Monitors	Loss 21-34	Steve Dunlop - 9pts, 9th
5	WHO Hahs v GO Blue Tongues	Win 33-22	Karen Langan - 9pts, 7th

Moonlight Madness #2 - When the moon rises in the clear cool night sky, the Otago tragics start braying for the next moonlight event

The WHO team of Steve Dunlop and James McQuillan organised Moonlight #2 at Ermington on May 10th. Nine WHO members participated in the score event. Class results achieved were - 2 x 1st places: Ian Miller LM 420 points; Ted Mulherin IM 350 points; and 1 x 3rd place: Tim Perry SVM 480 points. Detailed Results can be found on Eventor. Many thanks go to the WHO Team for a successful event with 55 entries.

Australian Orienteering Carnival Update

(or What will you be doing in September ?)

From 23rd September until the 1st October, NSW is hosting the Australian Orienteering Carnival. The event centre is at Bathurst. Bathurst hosts two events, with others are at Hill End north of Bathurst, Macquarie Woods west of Bathurst and the Australian Schools Championships on WHO's Roseberg State Forest map south of Bathurst. The Carnival will be run by teams of officials moving from location to location for each event. WHO has provided the Roseberg map. The courses at Roseberg will be set by Marina Iskhakova. The organiser for the Roseberg event is Steve Dunlop and the Controller is James McQuillan. We need WHO members to help on the day. Four members of WHO have taken on key roles. Graeme Hill is working on the finances. Ted Mulherin is in charge of map printing. Steve Dunlop is the organiser and James McQuillan the controller for the Australian Schools Championships and the associated Public Race. WHO as a club is not running an event so please volunteer as individuals.

Entries are now open.

Steve Dunlop has booked 4 rooms at Hallows, Bathurst for the first weekend and up to the Tuesday of the Roseberg event. The rooms have kitchenettes. There is room for one more person and at last check there were additional rooms available. Please contact Steve Dunlop.

Website: <http://onsw.asn.au/ozchamps2017/>

Date	Event	Location
Sat 23 Sept	Aus Sprint Champs	Charles Sturt Uni, Bathurst
Sun 24 Sept	Aus Middle Distance Champs	Hill End
Monday	REST DAY	
Tue 26 Sept	Aus School Champs & Public Race	Roseburg State Forest
Wed 27 Sept	Aus Schools Sprint Champs & Public Race	All Saints College, Bathurst
Thu 28 Sept	Aus Schools Relay Champs & Public Race	Macquarie Woods
Friday	REST DAY	
Sat 30 Sept	Aus Long Distance Champs	Hill End
Sun 1st Oct	Aus Relay Champs	Hill End

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/>

Articles of Interest

A collection of web articles on orienteering, running and fitness compiled from various sources.

How long does it take to lose your fitness ? <http://www.abc.net.au/news/health/2017-04-09/how-long-does-it-take-to-lose-fitness/8426246>

An hour of running may add 7 hours to your life

<http://www.canberratimes.com.au/lifestyle/health-and-wellbeing/fitness/an-hour-of-running-may-add-7-hours-to-your-life-20170417-gvmkz4.html>

A marathon in 2hours and 25 secs ! <http://www.abc.net.au/news/2017-05-07/kipchoge-falls-26-seconds-short-of-first-sub-2-hour-marathon/8504084>

Penrith Press Metro 1 at Kingswood <http://newslocal.newspaperdirect.com/epaper/viewer.aspx>

Eight steps to pounding the pavement without injury <http://www.abc.net.au/news/health/2017-05-07/a-runners-guide-eight-steps-to-pounding-the-pavement/8487300>

PHOTOS

WHO Training Day April 9 Training Day -

Special Blue Course runners finishing at the WHO Training Day - Team 9 Ivy (11:34) Yiming (11:30) 22:64

LEFT: The "blue course" team finishing. **RIGHT:** IT aspirants at WHO training day



Answer to “What’s that ?”

It is the first marker on a permanent course in Fred Caterson Reserve created by WHO about 15 years ago. The first control marker is still there but the rest have disappeared along with the map of the course making it almost impossible to find the other control locations. There should be 9 controls in all as it spelt out the question – **WHO RUNS THE COUNTRY ?** If you know of the location of any of the controls please tell the editor !

-----//-----