

# COMMUNITY NEWS

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## 1000 in cunning running events

ALL runners in the orienteering events at Winona on Saturday and Sunday wore electronic wrist tags which they only needed to tap at the start, at check points and at the finish to have their race fully recorded down to the last second.

A runner the Herald spoke with, Alastair George, was representing Australia in his race and happy with his time of 34 minutes and 29 seconds, even though he "made a few mistakes".

"It was a tough course with a lot of boulders," he said, taking out a map showing 26 check points and peppered with black dots representing boulders.

Another runner, James, took 64 minutes to complete the course, finding most check points OK but hesitating from time to time to make sure he was in the right spot.



**LIVE VIDEO:** A big screen provided live video coverage of the events, with a camera at the finish line and two drones up in the hills.



Alastair George, running for Australia, was happy with his time of just over 34 minutes.



The nerve centre. Screens showing runners their times and scores as soon as they finished.

## Coota charities have rewarding two days

CAN Assist, Cootamundra Lions Club, Riding for the Disabled and two local businesses, Dusty Road and Little Apron, catered for healthy appetites on both Saturday and Sunday.

Can Assist had 12 volunteers attending over the two days, under the guidance of Jason and Heidi, and made \$1080.

Can Assist sold sausage sizzle and rissoles, with caramelised onion and meat supplied by Cootamundra Butchers, some of it donated.

Their next fund raiser will be this weekend at the Rodeo.

Volunteers enjoyed the two days thoroughly, finding the participants and their families very supportive.

In particular, said president Bev Withers, they loved seeing the children playing simply around an old gum tree in a gully.

Picture are: (right to left): Murray Izzard, Jason Carroll, Bev Withers, Kylie Bateup, Mavis Bracken, Joan Woods, Marg Somers and Ray Wood.



Orienteer Bruce Bowen from Duffy, ACT, buying a sausage sandwich from the CanAssist trailer at Wonona on Monday (volunteers names in article)

## BUSHFIRE SEASON

THE NSW Rural Fire Service has announced that the Riverina Zone will start the annual bushfire danger period early due to unseasonably dry conditions. October 14 will mark the official start of the statutory danger period and the NSW RFS is urging Riverina residents to prepare for the fire season now. NSW RFS Operational Officer Bradley Stewart said people wishing to light a fire in the open will need a permit.

## PARKINSONS SUPPORT

THE group meets on the third Wednesday of the month at the Stephen Ward room at 2pm. At the September meeting numbers were down but the members there were very positive and each person spoke on how their month had been, on medications, a visit to a new doctor and the general feeling was very positive. All agreed that attending the monthly meeting was very rewarding with friendships formed and each caring about each other.



Sue Kingwill, about to leave Cootamundra Hospital after recovering from a road accident in June, enjoyed using her laptop when she started feeling "up to it".

## WI-FI ACCESS IN HOSPITAL

A NEW wi-fi service has been introduced at Cootamundra Hospital, enabling patients and guests to stay connected with friends and family, access entertainment and manage their everyday lives.

The Murrumbidgee Local Health District has introduced the service to 28 facilities in its area, free of charge but with a paid option better for activities needing fast download, such as gaming or Netflix.

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