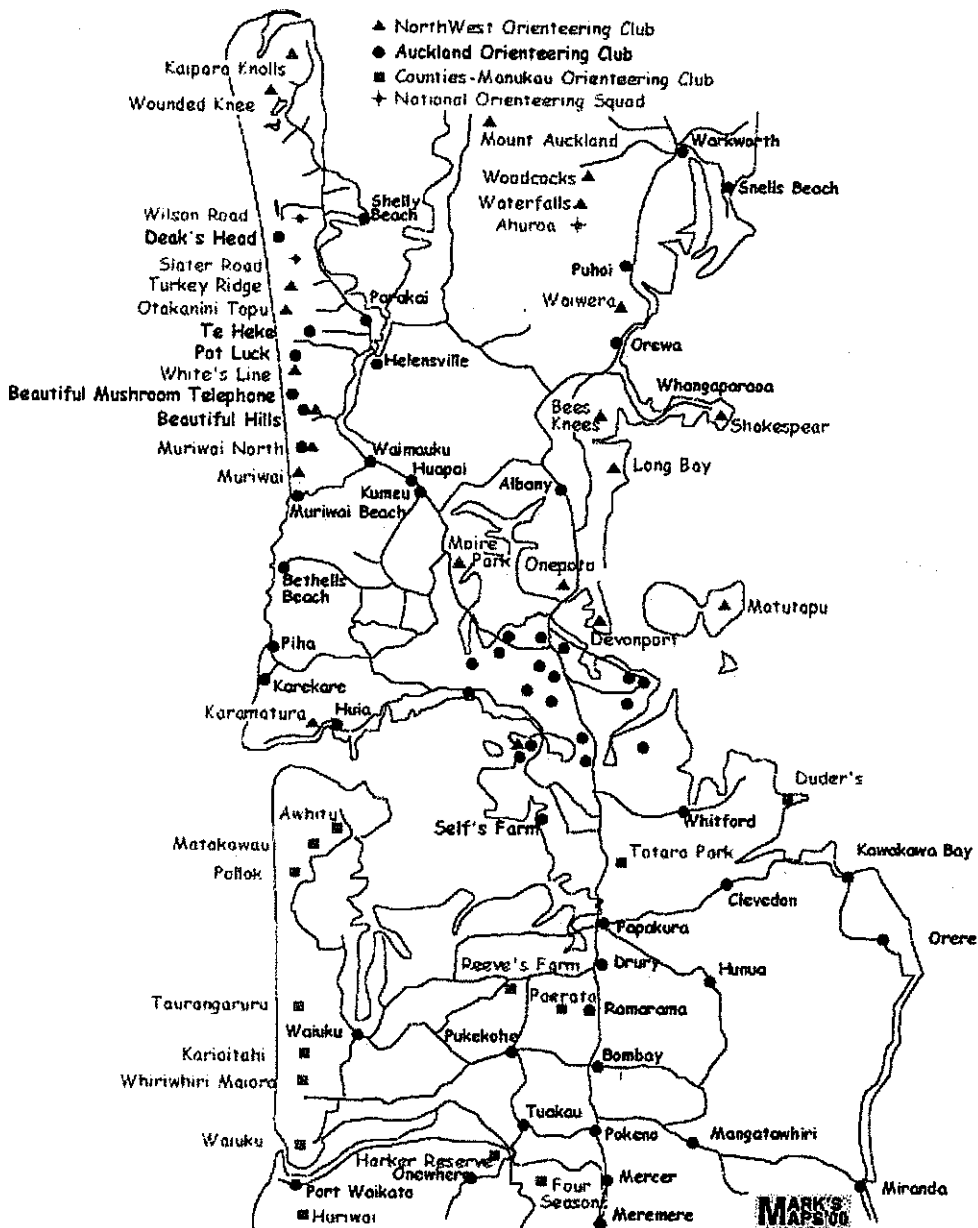


AUCKLAND REGION ORIENTEERING MAPS



FIRST THINGS FIRST

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ORIENTEERING ON THE WEB

NWOC	www.geocities.com/nwocnz
AOC	http://www.orienteingauckland.org.nz
CMOC	www.cmoc.co.nz
OY results	http://homepages.paradise.net.nz/pebble/orienteering/
Orienteering news	www.maptalk.co.nz
NZOF homepage	www.nzorienteing.com
MTB-orienteering	www.mapsport.co.nz/mtbo/mtbo.html
Rogaining	www.mapsport.co.nz/rog/rogaine.html
Ski-orienteering	www.mapsport.co.nz/skio/skio.html

The Auckland Orienter is the magazine of the Auckland Orienteering Association and incorporates articles from the Auckland Orienteering Club Inc., the North West Orienteering Club Inc., and the Counties-Manukau Orienteering Club Inc. It is produced monthly and is available online from the NWOC homepage. Other orienteering related publications are welcome to draw material from the AO pages although credit is asked for both the author (when stated) and the AOA. Information for advertisers is available from the editor (details in Last Bits) Cover: Ciaran Murphy of Counties Manukau Club competing at the Auckland sprint distance champs. Photo: Courtesy of Alistair and Joanna Stewart.

EDITORIAL

Hello

A fairly small issue this month - time of year I guess, everyone much busy on other tasks.

Sorry there is not more information on the event calendar this issue. It is not for want of trying. Please contact your club secretaries for information about events for the early part of next year. Hopefully by February I will have located more information.

Have a wonderful festive season and enjoy getting out on these long, hot days for some training.

Hope you enjoy your read. The mag is again available on the internet at www.geocities.com/nwocnz
Madeleine Collins

EVENT CALENDAR

Please call club secretaries for final confirmation of these details:

A	Auckland. Craig Pearce 09 579 4340	NOS	National Orienteering Squad. Wayne & Trish Aspin 09 235 1074
CM	Counties-Manukau. Hilary Iles 09 235 2941	R	Rotorua. Roger Pooley 07 349 0309
E	Egmont. Judy Martin 06 758 7955	T	Taupo Terry Brighthouse 07 378 9851
H	Hamilton. Ingrid Perols 07 829 7170	Wh	Whangarei Malcolm Mack 09 437 5161 big_mack@ihug.co.nz
NW	North West. Gary Farquhar 09 476 8510		

January

Tues 24 Summer Series - Big King, 3 Kings Plaza car park, Mt Albert Rd
Tues 31 Summer Series - Mt Eden, Tahaki Reserve, Mt Eden Rd

February

Tues 7 Summer Series - Lloyd Elsmore, Lloyd Elsmore Park, Pakuranga Highway
Tues 14 Summer Series - Auckland Domain, Bandstand
Mon 20 Night event - Ambury ARC Park, Park headquarters, Ambury Rd
Wed 22 Summer Series - Selfs Farm, Tidal Rd, Papatoetoe

March

Wed 1 Summer Series - Western Springs, Stadium, Stadium Rd
Tues 7 Night event - Western Park, Howe St, Ponsonby
Thur 9 Summer Series - Mangere Mountain, Domain Rd, Mangere
Thur 16 Summer Series - One Tree Hill, Hadyn Ave, off Manukau Rd

NOTICEBOARD

COME ORIENTEERING AT DUNEDIN MASTERS GAMES!!

The next NZ Masters Games is at Dunedin between 4 and 12 February 2006.

NZ's own Peter Snell is the featured celebrity and he has said that he wants to do orienteering! So come to Dunedin and you could be running with (or against) Peter Snell....

Two O events are scheduled:

SATURDAY 4 FEBRUARY: the first ever University Sprint (new map). Adjacent to the Games Village.

SUNDAY 5 FEBRUARY: classic event at The Pyramids (sand dune terrain, farmland and some plantation forest, on Otago Peninsula)

Grades: A grade (red) and social (yellow); mens and womens; 35+ and 50+.

For these Masters Games events, the eligible age is 35+. However if you are younger than this don't despair - CLUB EVENTS WILL BE RUN ON THE SAME MAPS later the same day. You won't get a medal but you can still join in the fun.

Of course there are more than 80 other sports besides O - from aerobics to woodchopping - and the more you enter the better value it is.

HOW TO ENTER:

Contact the Games website and you can register online. Alternatively, have a registration book posted out to you. Their contact address is PO Box 5845, Dunedin, or email dunedin@nzmg.com

Standard registration (entries up to 31/1/06)	\$45
Superannuitants (65 years plus)	\$35
Late entry surcharge for entries after 31/1/06	\$20
Sports fee per orienteering event	\$6

Jane Forsyth

NUMBER PLATE SURROUNDS FOR SALE

A few number plate surrounds are still available. \$12 per pair.

3 x Map Magic and 1 x Run the Country left.

Phone Kathy Farquharon 09 476 8510

CLUB NEWS



NORTH WEST NEWS

By Kathy Farquhar

Hey, Gay's away, what can we say??? Sorry folks, this is a fill in effort at the last minute. Rob is not well, Gay is busy, Christmas is on the way! What's new, what's hot??

The meandering Moen's have returned full of wonderful tales of France and Spain and wine, those photos of views to die for, cheeses to eat, mountains to gaze upon! Sounds like they had a superb time and they both looked so relaxed at the Auckland relay Champs - great trip folks, when is the next one??

North West cleaned up at the Auckland Relay Championships on the 13th November, winning the trophy for the most points on a well organized day in very pleasant surroundings - too pleasant really, not enough nasty hills or thick bush to fight one's way through! Tawharanui Regional Park is a lovely place for relays and those who stayed overnight had fun with the night rogaine kindly organized by the Stewarts.

The Round Taupo Ride drew 11,000 entrants with Thomas Reynolds finishing 280th, just ahead of Mark Lawson. Sarah Gilkison came 4th in her age group. I know Paul finished as well with Pip a solid support crew. The Farquhars were driving through to the Hawkes Bay - every other car had two or more expensive bikes on the back!! What a drive! Great going people - there is a hard core of North West orienteers who are now very talented bikers/ies as well - Gilkisons, Reynolds, Mark Lawson, Di Michaels, Marquita, Rob etc.

Their talent was on display again at the Auckland Mountain Bike Championships yesterday - 4th December, with Di Michaels, Marquita, Mark Lawson (a grade down) and Thomas (under 19) winning their grades and Katherine Reynolds 2nd in the under 15. Congratulations people - wonderful effort.

All of Thomas and Mark's efforts for their Mountain Bike Rogaine - Cyco Makarau Madness come to fruition this weekend 10th December - look out for results on the web site.

Auckland's Summer Series is being well patronized by North West club members - among the regulars are Beveridges, Ng Wai- Shings, Mathew Ogden, Reynolds, Mark Lawson.

The 2005 OY Series results produced 35 winners and placegetters from the club - congratulations to you all. Check the web site for details - great year, again, North West.

The North West club has a small group running an Urban Safari around the streets of Devonport, Takapuna and Northcote on March 17th 2006 as part of the Trans Tasman Masters Games. Check our club web site for details and do encourage friends and family to enter this very user friendly event especially if they haven't tried orienteering in the past. Please ask Jill or Kathy or Nick Harris for details or volunteer to help us on the day - the event will start at 4pm and 6pm with one hour and three hour options for entrants.

Exams for our juniors are finished and we hope you have done well and can look back on this academic year with satisfaction. Thomas was nominated for the ASB Junior Sports awards for both Orienteering and Mountain Biking - as a club we take great pride in the achievements of our juniors in and out of the forest - you are all inspiring.

Don't forget the Club dinner this Sunday 11th, have a wonderful Christmas people, stay safe, keep up the training and see you in 2006.



AUCKLAND CHATTER

By Craig Pearce

As they say at the end of Bugs Bunny cartoons, "that's all folks". It's now time for the silly season.

All the serious competition has occurred and apart from the summer series, there is no more orienteering until next year. The first forest based event is not scheduled until 26th February, when the first summer forest series event occurs.

The summer forest series will be a little different next year as compared with this year. Both NWOC and AOC will be running events under this name in the late summer and autumn.

NWOC have decided to give their popular score event concept a rest next year and instead have chosen a more classic orienteering format for their events before the OY season begins. There will be 6 summer forest series events next year. The formats of the AOC and NWOC events will be the same.

There will of course still be a score event next year; the Ralph King Score Championships is scheduled for the 3rd September 2006.

Speaking of not having score events, the Auckland relays was run as a classic relay rather than a mass start score type event. If you have any opinions of what you thought of the relay this year please come forward and have a chat to us about it. With only 1 score event next year you may appreciate a score type relay event. While our club will not be hosting it, it is of interest for when we get to host it again in 2008.

The great day O scheduled for 26th March 2006 is also something a bit different. The last great day O was about 6 years ago. The day promises to have courses for the enjoyment of most people who orienteer. Not only will it have the super long course for the adventure racer types but it will have a great day orienteering course, as well as a couple more in between.

CMOC COUNTIES CHIT CHAT

By Martin Peat

Wow this month has flown! Wayne, Trish, Claran and James won the Auckland Relays, with Counties' second team placing second (Unni, Andrew, Martin & Bruce). If only we had a third team and it could have been a clean sweep. Watch out 2006 is all I can say!

The AGM was a success, with all the current officers standing on for another year. Thank you very much for all your hard work to keep the club running. Speaking of which, the list of events is out for next year... now's the time to put your hand up to plan, control or coordinate

Last month I included a list of those in our club who had a podium finish at the Auckland championships. It is hardly surprising that now that the OY results for the year have been published that many of these names appear as orienteer of the year in their respective grades.

Congratulations to

Jonty Oram -M10
Toby Scott -M16A
Simon Jager -M18A
Roger Woodroffe -M21B
Arnold Leigh -M21B
Erika Mahe --W10
Kate Smirnova -W14A
Alina Smirnova -W16A
Imogene Scott -W18A
Melvina Wise - W21A
Elizabeth Pascal -W21C
Annette Orchard -W40AS
Heather Clendon -W50AS
Rae Powell - W60A

A couple of months ago I welcomed Steve Oram as a returning member of the club. His son Jonty has also joined the club and as you can see above he is the orienteer of the year for the M10 class. He has learnt a trick or two from his father. Other new members of the club include David Moorhouse and Heather Yang. I hope that I have got to welcome all new members this year. Just in case I failed to welcome anyone, welcome.

Christmas is less than a month away now so all that remains for me to do, is to wish you all a merry Christmas and a happy new year.

I look forward to seeing all your happy faces at an orienteering event soon.

one of the club's events. Options are: Promo's, Relays, OYs

The Robinson's are holding a club camp at Pauanui again early next year, February 11-12. It was a fantastic weekend last year so let them know that you're interested.

Finally, Merry Christmas, Happy New Year! See you at Waitangi weekend for the first major event of the year 2006.

Enjoy the summer sun.

REGULAR COLUMNS

SMALL TALK

By Thomas Reynolds

What a great year 2005 has been for Auckland juniors, dominant performances at both North Island and National Secondary Schools have made this year particularly memorable in terms of achievements. The OY series wrapped up the year and many grades were exceptionally close: try the tie in M18 for example or Mathew Ogden's 0.3 point win over Gene Beveridge in M14. Congratulations to all the OY winners, hopefully everyone can step it up again next year.

Being the end of the year it's also time for sports awards. I'm sure many people picked up awards at their respective schools for orienteering and other sports. Six Auckland orienteers were nominated for the ASB junior sportsperson awards held at Eden Park on the 25th. Simon Jager won the boys category in orienteering ahead of Andrew Peat and myself, while in the girls Nicola Peat was the winner for 2005 ahead of Greta Knarston and Adrienne Robins.

Interview with an elite.... Penny Kane

Superseries team.....Southerly Storm

Favourite o discipline.....Classic

Favourite map....Waikaia (beautiful native beech forest in South Otago)

Years orienteering....12

Best orienteering achievement...1st W21E nationals 2001,2002.

Orienteering aspirations.....Keen to keep on doing the A/NZ competitions

Memories from junior orienteering.... First trip to Australia in Perth - seeing Dave Stewart and Greg Flynn run as fast as they ever have running away from some tiger snakes!

Best orienteering advice.....Never go anywhere if you don't know where you're going!

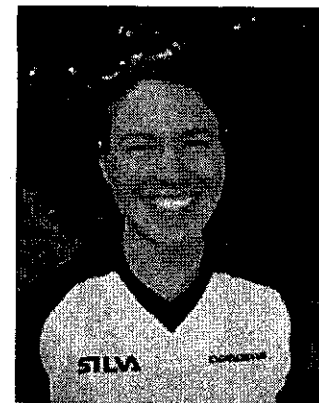
First represented NZ.....1998 (secondary schools in Australia)

In other areas Scott McDonald (our cover model last issue) was runner-up in the Hawkes Bay sports awards, beaten by a world champion no less. Also in Hawkes Bay Rachel Goodwin won the open womens grade at Hawkes Bay club champs, with Jack Vincent the runner up in open men.

This year's junior camp is shaping up to be a great one, heaps of participants coupled with lots of coaches, including Jaromir Svihovsky (ranked 74th in the world). I've heard some of what is planned for the week and by the looks of things its shaping up to be a busy one.

I hope that everyone has gone well in their exams, and that not too many were Saturday exams (ay simon!)

Keep on running....



FROM THE ARCHIVES

By John Powell

Twenty two teams took part in the interclub relay at Muriwai with Central club winning with placings of first, second and seventh. The winning Central teams were: first - Jessop/ M Stewart/ J&R Powell; second - Roberts/ Brewis/ R&M Howard; seventh - A Stewart/ CoryWright/ McGivern/ D Stewart.

The Auckland Junior team won the regional challenge against CDOA and WOA. Only two of the 24 team members are still orienteering in Auckland - an orienteering diaspora?

Geoff Mead reported on the Leppin Great Day O, which had 5 consecutive courses, using the adjoining maps of Muriwai, Pulpit Rock and Ngapuketurua. The winning time was about three hours.

The AGMs of Central and NW produced new listings of officials -
NW: president, John Watson; secretary, Ann Fettes; club captain, Phil Johansen; treasurer, "any volunteers"; social convenor, Lesley Stone.

Central had a cast of thousands - Leon McGivern (president), Tom Davies (past president), Rae and John Powell (secretary, AOA and gear), Rod Ball (\$\$), Mark Roberts (maps), Scott Vennell (events), Clare Codling (members), Hilary Weeks (AOA), Rob Jessop (coaching), Terry Nuthall (auditor) and Tom Clendon (without portfolio) and were still looking for people for publicity, KiwiSport and permanent courses!

COOK-O

This is an easy recipe using quality ingredients which can be served as a side dish along with lots of lovely Christmas food. Unfortunately the Alison is not a famous cook just a very good one, who is part of the family! A really useful recipe which serves about 6 people as a side dish.

Risotto - Alison's recipe

2 leeks or 2 onions - slice thinly
1.5 litres chicken stock
2 tbspsn butter
1 tbspn olive oil
50 gms pancetta/bacon or mushrooms
400gms medium grain rice (Arborio is the best for this)
125ml dry white wine
Salt and freshly ground black pepper
50gms grated parmesan cheese

Heat stock to just below simmering point. In a large saucepan, melt butter and olive oil, add pancetta/ bacon/mushrooms and cook lightly until lightly browned (approximately 5 mins). Add leeks/onions and cook gently until tender.

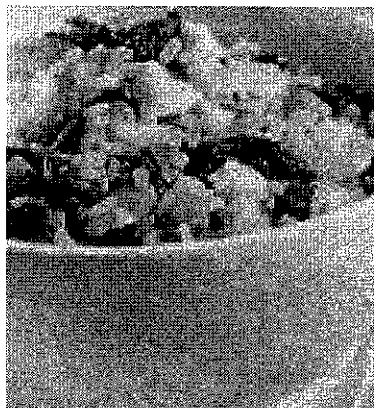
Add the rice and stir for 2 minutes until it is coated with the butter/oil. Add the wine and stir until the liquid is absorbed.

Add the hot stock, 125 mls at a time, stirring constantly and making sure the liquid has been absorbed before adding more. After about 10mins, stir in salt and pepper to taste. If more liquid is required, use hot water.

The risotto is cooked when the rice grains are tender yet still firm to the bite

Remove from the heat and stir in the parmesan cheese. Serve at once.

Have a great Christmas!



KNOW-HOW WITH NEIL

Unfortunately Neil Kerrison was unable to contribute a column this issue so we have guest columnist Helen Zaas.

Over Summer there are few orienteering events to keep us motivated. Luckily, Auckland is blessed with beautiful parks and bush to enjoy some long runs on these long sunny days. The Summer Series takes care of utilising the many parks within the city but how about if we venture beyond suburbia?

What your training appetite with some of these:

Mahurangi Regional Park (65 km north of Auckland):
Te Muri Loop (Not marked) - 2 hours return
From Sullivan's Bay, follow the track from the carpark to Te Muri beach. Cross the estuary at low tide and remember this for planning your return. Once on the other side of the estuary there is a marked loop track which passes an historic cemetery. This area of the park is often deserted and can provide refreshing solitude on a busy day.

Shakespear Regional Park (50 km north of Auckland):
Tiritiri Track - 90 minutes return
Starts from the carpark at Te Haruhi Bay, follows beside the beach before climbing up to farmland and a spectacular cliff-top summit with a great view of Tiritiri Matangi and the Gulf. From here take the farm road to the lookout and return via the Lookout Track.

Tapapakanga Regional Park (75 km southeast of Auckland):
Coastal Walk - 100 minutes return
From the carpark, follow the beach south, cross the stream and climb up to join the coastal track above the beach. This track follows the coast to the far end of the park, ducking in and out of the shade-providing bush. It also passes by the serenely beautiful Ashby family cemetery. From the southern end of the park the track loops around and climbs steeply on exposed grass to a trig. From the trig, you can follow the track back to the carpark. Spectacular views of the Coromandel and the Firth of Thames.

Waitakere Ranges (west of Auckland)
Montana Heritage Trail - 2.5 - 3 hours
Beginning from the Cascades carpark the Montana

Heritage Trail is accessed from the Auckland City Walk shortly after the start and is well signposted throughout. The tracks are well formed and pass through a variety of native bush including spectacular Kauri groves. Start the Auckland City Walk then take the Montana Heritage Trail on your right. Turn left when it meets the wider Long Road Track and left again at Fence Line Track. Follow Fence Line Track down to the Waitakere Dam where there are some beautiful sights. Continue along Fence Line Track then take Cascades Track which will meet with the Auckland City Walk.



Pararaha Stream Loop - 4 hours
Not for the light hearted, this loop follows unmarked tracks through the Pararaha valley and stream. There are many deluxe swimming holes along the way making it a fantastic run on a hot day. Many of the obstacles (tangles of logs, large boulders and significant waterfalls) may seem daunting at first but you will find a way and it will be well worth it!
From the Karekare carpark follow the Pohutukawa Glade Walk and then Zion Hill Tracks and into the Pararaha valley. Soon after the Muir Track sign the route becomes unmarked, following the stream till it meets the Odlin Timber Track leading out of the valley. Near the top of the stream you will come across what looks like a fork, go straight ahead (the left branch) and it is soon after this that the stream meets the track. Take the Odlin Timber Track on your left and follow it till a carpark on Lone Kauri Rd and the start of Buck Taylor Track which continues up the hill in open scrub. Pass through a gate at the top of the hill and re-enter the bush. Follow the Zion Ridge and then Zion Hill Tracks back to Karekare.

Please note that the times indicated are estimates only for running at a 'long, slow, distance' pace. Many orienteers will probably be faster. The author has not completed all of the excursions suggested above and takes no responsibility if they are not what you had hoped.

INTERNATIONAL NEWS

World Orienteering Unicycle Championships Friday, 25 November 2005

The 13th World Unicycle Championships will be held in Bern, Switzerland next year at the end of July, and orienteering is on the programme!!!

Other events include racing disciplines, such as the 100m, 400m, 800m, 4 x 100m relay and 10km. There are also many "freestyle" disciplines as well as the obstacle course, off-road down-hill, high & long jumps and parcoures, all on a unicycle.

Unicycle orienteering (known as "muni" for some reason) featured in the 1996 championships in Surrey and the 1998 champs in Germany. The score event format was used, and it was Germany's Lars Hommen who came back with the most points, 330 to be exact. Hommen got 420 points but incurred a 90 point penalty for finishing late. Impressively Japan's Yuuichi Hirano racked up a colossal 1260 point penalty. Hommen belongs to the club DJK Adler 07, which was interestingly formed as an orienteering club and later on decided that unicycling would also be fun.

The International Unicycling Federation (IUF) and Swiss Unicycling Association (SESV) are currently unable to confirm the orienteering discipline for the 2006 unicycling orienteering champs as they are still having discussions

with Swiss TV company Télévision Suisse Romande with regards to the inclusion of the controversial micr-O score event.

For more information on the Championships visit the homepage: unicon.xiii



IOF News – World Ranking Events

World ranking events for 2006 have been announced. Those in our part of the world are:

New Zealand

Sat 15 April 2006	National Championships	Long
Sat 3 June 2006	QB 3-Day	Long
Sun 4 June 2006	QB 3-Day	Middle

Australia

Mon 17 April 2006	Australian 3-Days	Long
Sat 19 August 2006	Australia/New Zealand Test	Middle
Sat 7 October 2006	National Championships	Long

Double for Adrian Jackson at the Australian MTBO titles

Monday, 21 November 2005

Adrian Jackson was a clear winner in middle and long distance races, winning the middle distance race by over 3 minutes from Alex Randall, and the long distance race by 15 minutes from Tom Walter.

Anna Sheldon was just over 3 minutes in front of Mary

Fien in the women's middle distance race, with Carolyn Jackson third, but Jackson prevailed in the long distance race to beat Sheldon by a similar margin.

Edited from article on www.orienteering.asn.au

FEATURES

ORIENTEERING LITE

By John Powell

Event: AOA relay championship.
Date: November 13, 2005
Venue: Tawharanui Regional Park
Weather: fina, light southerly, warm out of the breeze.
Planner: Mervyn Paity
Controller: John Powell
Organiser: David Scott

The courses

Leg	Km	m	
1	5.5	127	orange
2	2.2	70	yellow
3	4.5	127	orange
4	3.8	127	orange

Navigation on all courses was easy as the choices for legs and control sites were restricted to the grassed, broad and undetailed spur terrain.

The course setting strategy, therefore, was to provide an orienteering experience through as many route choice options as possible.

Five of the 11 course 1 legs had route choice options, four of the 7 for course 2; seven of the 10 for course 3; and five of the 9 for course 4.

Results

There were 53 runners in 12 teams of 4, one team with 3 members, one with two people and with three persons running two legs. CM only had 2 teams with the return travel time of over four hours from Pukekohe being a barrier to participation for those who did not want to camp overnight. NW and AOC both had 6 teams.

CM teams were first and second. NW won the interclub competition shield with team ranks of 3, 4 and 6. AOC's first three teams ranked 5, 8 and 10.

The NW teams which won the shield were:

third place: Geoff Mead, 34.19; Alison Carswell, 22.25; Nick Mead, 36.14; Elke Haag, 38.55.

fourth: Allan Janes, 39.30; Glen Middleton, 24.11; Phil Johansen, 37.21; Gary Farquhar, 42.49

sixth: Lisa Mead, 35.17; Mary Moen, 25.23; Terje Moen, 43.46; Kathy Farquhar 43.51.

Comment

This was an "orienteering lite" event where social aspects and the overnight camping experience at the beach were to compensate for the absence of any orienteering of any substance.

Rather like night orienteering, it has a minority appeal as evident in attracting only about a third of an OY event attendance and about a half of a team score event.

It would be interesting to see what sort of participation we would get with a relay providing high quality orienteering in a format similar to the national championship relay. Somebody try it – please.

A case was put to me at the event that CM should not be excluded from being eligible for winning the shield because they only had two teams. (The rules state the lowest sum of ranks of the fastest three teams in a club determines the winner). I declined their request on the grounds that having only two teams gave them an advantage over clubs with more than two teams. After all, if there had been a third team it may have been last!

LAST BITS

NEXT ISSUE

FEBRUARY 2006

Please send your editorial contributions to Madeleine Collins, 122 Victory Rd, Laingholm, Auckland, or e-mail shaun.and.mad@slingshot.co.nz tel 09 817 7621 to arrive before Sunday 21 January.