

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 Orienteer 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: From left, Darren Ashmore, Rachel Smith, Rebecca Smith, David Stewart and Jaromir Svihovsky finish to win the Moro Madness 8 hour relay on February 11. Photo: Courtesy of SimBarr photography.

EDITORIAL

Hello

Firstly, apologies for the late delivery of the February magazine. It was printed in the second week of the month but the printers overlooked the fact that they needed to be sent to the distributor - hence not making it to your letterboxes until recently.

Fairly empty magazine this month, no feature contributions at all. Perhaps I need to start requesting them from people more often!

The XPD race has just finished in Tasmania. Several Auckland orienteers took part in the 10 day epic adventure race. Check out www.xpd.com.au for photos and stories. Perhaps we will have an article for you next month.

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 Brighouse 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		

Please note that due to dry weather conditions forests may be closed to the public at short notice. Please check club websites for event cancellations.

March

Wed 1		Summer Series - Western Springs, Stadium, Stadium Rd
Sun 5	CM	Promo event 1 - Waiuku forest
Tues 7		Night event - Western Park, Howe St, Ponsonby
Thur 9		Summer Series - Mangere Mountain, Domain Rd, Mangere
Sat 11 -	Taupo	Katoa Po All Night Relays
Sun 12		
Thur 16		Summer Series - One Tree Hill, Hadyn Ave, off Manukau Rd
Fri 17	NW	Trans Tasman Masters Games - Urban Rogaine
Sun 19	AOC	Forest Series 2 - Hobbits Wood
Sun 26	AOC	Great Day O

April

Sun 2	CM	Promo event - Totara Park
Thu 6		Secondary Schools Teams Relay - One Tree Hill
Sun 9	NW	Forest Series 3 - Stags Roar
Fri 14 -		Nelson National Orienteering Championships
Mon 17		
Sun 23	AOC	Forest Series 4 - Hobbits Wood
Fri 28 -	Hutt V	North Island Secondary Schools Championships
Sat 29		
Sun 30	NW	Forest Series 5 - Turkey Ridge

May

Sun 14	CM	Promo Event - Waituku Forest
Thu 18	CM	Auckland Intermediate Schools Championships - Reeves Farm
Sun 21	NW	Forest Series 6 - Pulpit Rock
Thu 25	AOC	Auckland Secondary Schools Championships

NOTICEBOARD

WORLD ORIENTEERING CHAMPIONSHIPS
DENMARK, AUGUST 1-5 2006

TRIAL DATES

Trials to select the team for the World Championships 2006 will be held during Queens Birthday Weekend June 3rd to 5th 2006. Persons wishing to be considered for selection should ensure they run M/W21E in all events during this weekend.

Marquita Gelderman,
Convener of Selectors

Great day O ---- 26th March 2006

This great day of orienteering is a pre-entry endurance orienteering event. The event will be located in the Woodhill Forest coastal and open sand dune terrain areas, that can only mean a lot of great orienteering in a small flat area with a wide choice of complex and interesting control features and locations

There will be a choice of 4 courses, comprising of 30, 60, 90, 120 controls.
The difficulty rating of all 4 courses will be Red / Orange.

This will be a SPORTident event with several map changes for the longer courses.
Entry forms available from Summer Series events, Summer Forest series events and from the AOC website

Closing date 15th March

NZOF TEAM ANNOUNCEMENT

SILVA NEW ZEALAND TEAM
for
JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS 2006
Druskininkai, Lithuania, 2-7 July

Women

Tineke Berthelsen	Hamilton OC
Lizzie Ingham	Wellington OC
Amber Morrison	Hawkes Bay OC
Frances Peat *	Counties Manukau OC
Kate Rea *	Orienteering Hutt Valley

Men

Simon Addison	Hamilton OC
Riki Cambridge	Dunedin OC
Simon Jager	Auckland OC
Alastair Long	Counties Manukau OC
Sam McNally	Rotorua OC

Manager/Coach

Neil Kerrison

* Subject to fitness. Fitness to be proven on or before May 7th 2006.

Marquita Gelderman
Convener, NZOF Selection Panel

CLUB NEWS



NORTH WEST NEWS

By Gay Ambler

Well here I am folks, sitting at the screen, sipping on a wine and juice, feeling all gooey after having a glorious day at "Célébre" map in Woodhill. Heaven!! Had the fun of taking Rob's older brother out to show them 'how it's done' - Gay's style. Big brother (name of Kerry) wanted me to write something to effect that he was number one tracker??? and really good, first time up. Yeah right!! His daughter Nicole came along also, don't really know what she thought of her bossy Auntie or father who was trying to gather up his old Scout and Army techniques. Will he speak to me again after I have written this? Yes of course he will, he wasn't really that bad, and as I said at the beginning, it was fun.

North West had their AGM in the shadow of "Winnie", Rob and my Motorhome which is a Winnebago. We sweetened up our members by providing tea, coffee and cake and all went very smoothly. The 2005 committee were voted in again as they were all happy to go with the status quo!! It was Mary Moen's birthday so she got a very hearty rendition of Happy Birthday. For those of you who didn't know, Mary is a wonderful artist and is having her first Exhibition at the Zone Gallery, 23 Edwin Street, Mt Eden from 11th to 24th March. Not sure of the times it is open, but the phone number is 630 6543 for Zone Gallery.



Rob has been given the job of finding runners for Katoa Po (night champs) in Taupo. There doesn't seem to be a lot of enthusiasm this year, hope that we can get together at least a couple of teams. For my part, can hardly believe this time last year I was getting very excited about going to son Pete's wedding in Australia. It is a year since he married Kristina on 11th March.

The Middletons are about 3 weeks off moving in to their new home at Matakana. Obviously Glen is really looking forward to it as they haven't had a home of their own for almost 3 years. There is the usual little hiccups with them now looking at the things they picked, kitchen - wallpaper etc, and thinking "That's not what we ordered, is it?" They have style those two, without realising it I'm sure, and I know it will look sensational as usual.

Just talking to Yett Gelderman and she has told me that Rob Garden who is competing in a multi sport event in Tasmania over 10 days currently has been hit by heat stroke and his team has fallen back in the field, but she also said that Brent Edwards team is running second, as we speak. Gosh these Orienteers are good aren't they. Also Marquita is in Australia this weekend competing in a Mountainbike event near Melbourne.

The other club members that we have not seen for a while are Chris and Lorri O'Brien. They have come home from their travels to Italy, Wales and other countries in Europe. They had a wonderful time and have wonderful photos of their adventures. They left early 2005 have been away for about 10 months they say. They bought some land up near Keri Keri before they left and are getting set to build a home up there so I don't suppose we will see too much of them really.

I have tried tonight to get updated information on how Thomas Reynolds, Katherine Reynolds and Mark Lawson are doing in the Mountainbiking that they have been doing heaps of over the last few weeks. One thing I do know is that Thomas was picked for the Junior Squad and that Mark Lawson was running second in the series that they have been doing. Katherine I cannot get caught up on her efforts, but I know she is doing well.

GAY'S PHOTO ARCHIVES:

Enclosed are a few photos of the beloved Phoebe's Lake map south of Dargaville. Believe me you new orienteers, it was lovely. If you have a look in the background of the photos, under the trees, it really looked like someone had been out and mowed the grass under the trees as we drove up to compete. The first event that I can remember was a multi day and the orienteers stayed all around Dargaville and also in the little townships on the peninsula. We had a great time. Janice Little lived there and had a hand in organising things. It was a big event for a small club (Whangarei Orienteering Club), but everything seemed to go very smoothly. Have a look at the photos and see if you can see yourself, or see if you can recognise some of the North West members who were a few years younger. Early 1990's, but not sure of the year.



Pete looks like he is about 14 or 15 years old. Also do you recognise anyone that we have not seen for a while. Like Maurice Penney.

SOCIAL CALENDAR :

Sorry folks, still trying to fit in a day at Tiri Tiri, but the calendar is so full, when can we do it. Really the only option is a Saturday. How do you feel about that?

NEWSHOUND MARK !!

PS I did get through 3 wine and juices while doing the newsletter. Amazing that I am still typing straight!!!

adventure race - follow him and other orienteers at www.xpd.com.au

The spectacle which was Waitangi Weekend 2006 was tiring, stressful and an overall success. The variety of events, spectator friendly setting and constant commentary has set a high standard indeed. The results of these races propelled Alastair Long and Frances Peat* into the JWOC squad to travel to Lithuania in July. Congratulations, and keep up the hard work! This is particularly impressive given that Frances has been injured for the past two years, making a silent return at the Xmas 5-day in Australia over the new year.

Congratulations also to Clem Larson who has been appointed as High Performance Director.

See you in the dark of Katoa Po



AUCKLAND CHATTER

By Craig Pearce

I sometimes wonder what I should write about in Chatter. Most things that I write about are things you would probably be aware of anyway. I try to flag future events or upcoming possibilities so that they are not a surprise for when they do come up.

Some of the things I write about are season related, i.e. Merry Christmas, followed by, I hope you had a good holiday and are now refreshed.....great season coming up etc.

Not wanting to sound like a stuck record I wondered what to write about this month. As luck would have it, soon after writing last months Chatter it came to me what this months Chatter was going to be all about.

Just to take you back a little, the committee was posed a question about 3 years ago from a member who queried a decision that had been made. At issue was, had the committee made a decision that changed a remit voted on at an AGM?

What a great question, and where on earth would I locate the answer?

Being the secretary at the time it was my duty to provide an answer to the query.

I started going through the records of the club and asking some of the longer standing members if they had any old files, newsletters, correspondence etc. It seems a few people had quite a lot of material that had been in cupboards, in boxes and helping to full their garages. From this I located the minutes of a fair number of committee meetings and more importantly the AGM minutes for the last 20 years. I was able to determine that the committee's decision was in fact in line with an AGM remit presented about 4 years earlier.

I have collected what I have found and put it in folders for each year.

As part of this exercise I collected a pretty complete collection of the clubs magazines. I have been scanning them in order to make a digital record. Some are not in good condition, have been written all over, have complete pages missing which most have been due to entry form removal. Some of the early magazines were photocopied on copiers that had little toner as they are very grey and difficult to read. I will be making these into PDF so that they can be more easily accessed. I have been testing some software to make the produced PDF's searchable. I need to experiment a little before I continue with this.

I am currently processing 1986

1980 4 magazines only located

1981 3 magazines only located

1982 to 1985 complete apart from a couple of pages

If you have any old magazines send them my way.

This will be a long term project which no doubt will be well suited to the long nights of the winter. I will in the meantime scan the AGM minutes in for future reference.

It turns out that the Central orienteering club had its own magazine but in 1986 the first edition of *The Auckland Orienteer* hit the street. This was a magazine that represented the interests of the 3 Auckland orienteering clubs. In it was a column that was the forum of the Central orienteering club, which is still known today as the *Auckland Chatter*.

Getting back to my original thought, my subject for this Chatter is to wish Chatter a happy 20th birthday. I bet this is something you did not know.

Here is that Chatter for the record:

From the Treasurer: A GREAT BIG THANKS to all the willing, and the not-so-willing, helpers that have attended the club's office work parties. (What a Misnomer; who called those parties???) Through your efforts the club has raised a total of \$2069.60 from just five work efforts. The last two 7-hour efforts have resulted in a total of \$1460 being placed towards the club's mapping projects. We have found that some members when asked to attend have offered all sorts of excuses as to why they cannot. No doubt some of those were genuine, because of the short notice given. We don't require all those contacted to be there for the full time, particularly on the all-day occasions. A couple of hours help is all that will be requested. If you can give more time then the committee expresses a great big thank you. The club is given, at the most, only about two days notice of the work being available. The nature of the work is such, that all club members from the age of ten can assist. By so assisting you are all helping to obtain for the club, new, high quality maps made by experienced overseas mappers. If you haven't yet been approached and would like to help at the next party, then please contact me. If we can't raise the necessary manpower then some other club will benefit from this golden opportunity to raise money. Please don't let us default. Next Central Club meeting is on 10 February, at the Nicholl's place, 12 Princes Street, Mt Roskill, Commencing at 7.30pm. All members welcome.

The name of the other clubs "Chatter" were called North West News and the South Auckland Salutations.

You used to have to work hard to be a valued member of the club (sounds like hard labour to me!). All we ask for now, are helpers on the day and people willing to be controllers and setters.

How things have changed in just 20 short years.

If you would like to lend a hand without having to be asked please contact anyone on the committee, we would be only too pleased to accept your offer.

For your interest the Pot Luck map is no longer available for us to use, this area is about to be felled / pruned and so will not be that usable for a number of years.

CMOC COUNTIES CHIT CHAT

By Martin Peat

Hello again everyone! What an awesome summer it has been, and plenty of orienteering too. Firstly, my apologies for missing last month. Orienteering camp called.

There's plenty coming up in the next few weeks: Katoa Po, where the club will be defending the coveted prize; National camps; multiple summer forest events; and the rest of 2006!

Several club members went road-tripping around the North Island on Development Squad camp, and I can assure you that Alastair, Ciaran, Greta, Andrew, Frances, Nicola and I had a blast of a time visiting places as distant as Pio Pio, Wharepapa, and Berryville. Neil Kerrison did a fabulous job (once again) of organising a great camp. Brent Edwards was there to coach before heading off to Tasmania to compete in the XPD

REGULAR COLUMNS

SMALL TALK

By Thomas Reynolds

Summer has been a quiet time in Auckland junior orienteering. I haven't orienteered myself since junior camp last December! The main event recently was Waitangi weekend held down in Rotorua. By all accounts it was a great event and well run by Hamilton and Rotorua. Well done to Alistair for his win in the sprint-o. From what I have heard one thing that was especially well received by the juniors was the opportunity for juniors to run in the elite relay and compete in the m/w20e grades, separate from the other grades.

An important piece of news this month is the announcement of the JWOC team for Lithuania 2006 from the 2nd to the 7th of July. Well done to Simon, Alistair and Frances for their selection. Good luck with

training and preparation for the trip. Hopefully the splits will be updated live on the internet again this year so that we can follow the races while they're in progress.

As I mentioned last month there is a large number of orienteers who have become prefects or gained positions at their schools for 2006. Andrew Peat, Simon Jager, Cecelia Lambert, Kate Rea, Cara McDonald, Jess Young, Emma Watson, Kirsty Turner and myself all have positions. Pretty good for such a small sport if you ask me.

The summer series has begun again with huge numbers once again. Its good to see some people stepping it up and moving up a course.

Keep on running.....

Interview with an elite.... Martin Peat

Club.... Counties Manukau

Superseries Team.... MacNut Northerners

Favourite o discipline.... Middle Distance

Favourite map.... Waioneke

Years orienteering.... Since 2001

Best orienteering achievement.... 56th JWOC 05 classic

Orienteering aspirations.... Competing at WOC 2007

Memories from junior orienteering.... My first trip to Europe in 2004, and although its not oing related, visiting a concentration camp in Poland while on the trip.

Best orienteering advice.... Don't change anything for a big race. Just stick to your usual routine beforehand and remember orienteer like you normally do during the race.

First represented NZ.... ANZ challenge Jan 2002



FROM THE ARCHIVES

by John Powell

March 1996 Archives

Mark Roberts resigned as the AOA newsletter in March 1996 giving a ten point guide to his successor:

- a.. don't complain about no-one contributing,
- b.. don't apologise about being late with the newsletter,
- c.. don't write an editorial if you have nothing to say,
- d.. search out information about events because the gormless people who run them will not tell you and if no-one can tell you when or where or what or who then MAKE IT UP as they will use the newsletter to decide those facts,
- e.. double check all event information,
- f.. don't ask your readers to vote on what you should do with the newsletter as they will knock back EVERYTHING,
- g.. don't put unnecessary graphics in the newsletter that use up trees,

- h.. never promise in one issue what you will deliver in the next issue as it makes you feel stupid when you can't deliver and
- i.. never believe people who promise to send you articles and don't get upset if they let you down.

Counties-Manukau club's AGM reappointed Wayne Aspin as President and Linda Brighthouse and Roger Hiscock were appointed Secretary and Treasurer respectively.

March 1986 was a month of social events. The Auckland Night Championships on the Selwyn Road map were preceded by novelty events in the afternoon and a BBQ. South Auckland seniors provided a junior training weekend at the Jakeman picnic area in Waiuku forest in O techniques and floundering, cricket, volleyball and BBQs on Saturday evening. Central Club's summer series ended with a promotional forest event with BBQ at Selwyn Road with 104 of the 198 names on the results being non-club members.

COOK-O

A favourite with vegetarians and meat eaters alike as it can be an accompaniment as well as a main. Serve with a potato curry for vegetarians.

Main - Kashmiri Gobi

- 1 large onion
- 4 garlic cloves
- 5cm piece of ginger, peeled
- 3 med tomatoes
- 6T oil
- 1 large cauliflower, separated into florets
- 1t ground turmeric
- 1t cayenne pepper
- 1t ground cinammon
- 1/2t ground cloves
- 1t ground cardamom seeds
- 4 bay leaves
- 1t sugar
- 1t salt

- For the garnish
- 30g cashew nuts, toasted
- 30g raisins

Puree the onion, garlic, ginger and tomatoes together in a food processor. Heat the oil in a large heavy pan and, when hot, fry the cauliflower until it is beginning to brown and soften, then remove. Fry the puree with the turmeric and cayenne for 3 minutes. Then add the cinnamon, cloves, cardamom, bay leaves, sugar and salt. Return the cauliflower to the mixture and turn to coat well and heat through. Serve garnished with the toasted cashew nuts and raisins. (from the World Food Cafe cookbook isbn 07112 17513)

KNOW-HOW WITH NEIL

By Neil Kerrison

Choosing an Attack Point

Whenever I look at an orienteering leg, the first thing I see is not the next 50 metres but the last 50 metres. The first 50 doesn't have to be very accurate just fast, but the last 50 must be spot on every time, that's where the most amount of time is lost in navigation.

Therefore when it comes to reducing navigational errors, a lot of effort should be spent dealing with the approach to the control. Look for the easiest way to approach the control, the approach that will give you the highest chance of knowing exactly where you are and exactly where the flag is.

The easiest way to approach a control is usually from a very distinct feature close by. The very distinct feature is called an attack point. The attack point will be much, much easier to find than the control feature. The idea is that you can fly up to and find your attack point easily, then slow down and read your map as you tread carefully between attack point and control feature.

So what makes a good attack point? First, it must be an exact point on the map. A fence is not an attack point. A fence bend is. A re-entrant is not an attack point. The top of the re-entrant is.

Secondly, a good attack point should be easy to find. This doesn't necessarily mean it's big but it will help. Something that is easy to find on the ground will generally stand out on the map as well. Dark distinct colours stand out on the map and stand out on the ground...eg a blue lake, a black rock, a green distinct tree.

Thirdly, a good attack point is distinct from others around it. In some terrain a large rock is a great attack point...very easy to see. But, in Australia on rocky terrain, then a large rock is not that helpful if there are several similar rocks to confuse you. You want to know that you've got your attack point and nothing else. Before you start a race think about what features are prevalent in the area and which ones are scattered and distinct. For example, in Woodhill coastal sand dunes there are several 2 contour depressions. But distinctly scattered through the dunes and useful for attack points are 3 to 4 contour hills and fences. The fence ends and

hill tops provide good attack points. The depressions, unless unusually shaped, do not.

Fourthly, a good attack point is pleasantly close to the control feature, so that the time spent slowly and cautiously between attack point and control is minimised.

Sometimes (not very often) you might find it particularly difficult to identify a distinct attack point that is close to the control. This should set alarm bells off in your mind which signal that the leg is a hard one and that this is where the majority of your competitors will blunder. The undisciplined will declare no obvious attack point and gamble upon another skill or luck. However, now you have read this YOU will know better. The harder it is to identify an attack point the more important it is to define one. If your best attack point is a long way away from the control feature then you will need to navigate with extreme care for longer. You will need to fly to your attack point then proceed like normal but for longer from attack point to control. Look at this in a positive light, most will not recognise the "difficult" control and blunder it. You will have identified the trap and avoid it.

Choosing attack points is a learned skill that can be practised just like hitting a backhand in tennis. The more you practise, the quicker and more natural you will become until choosing an attack point becomes second nature and fast. So to practise I recommend going through your last few courses and noting an attack point for each leg (whether you used it or not). Give them a quick assessment of my above criteria. Once you've done that compare your attack points with a friend's attack points. Get a copy of an intricate overseas map from your club elite and go through with a friend/coach to compare your attack points. Once you get the hang of it, try to do a whole course in less than 20 seconds.

Let me know how you get on.

Neil



LAST BITS

NEXT ISSUE

APRIL 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 19 March.

DISTRIBUTION

If you change your address (and still wish to have this magazine reach you!), please contact your club membership officer or Steven Reynolds at 09 358 8549 or fax 09 355 6518 or e-mail stephen.reynolds@lion-nathan.co.nz

CREDITS

SPORT AND RECREATION NEW ZEALAND

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CHH
forests