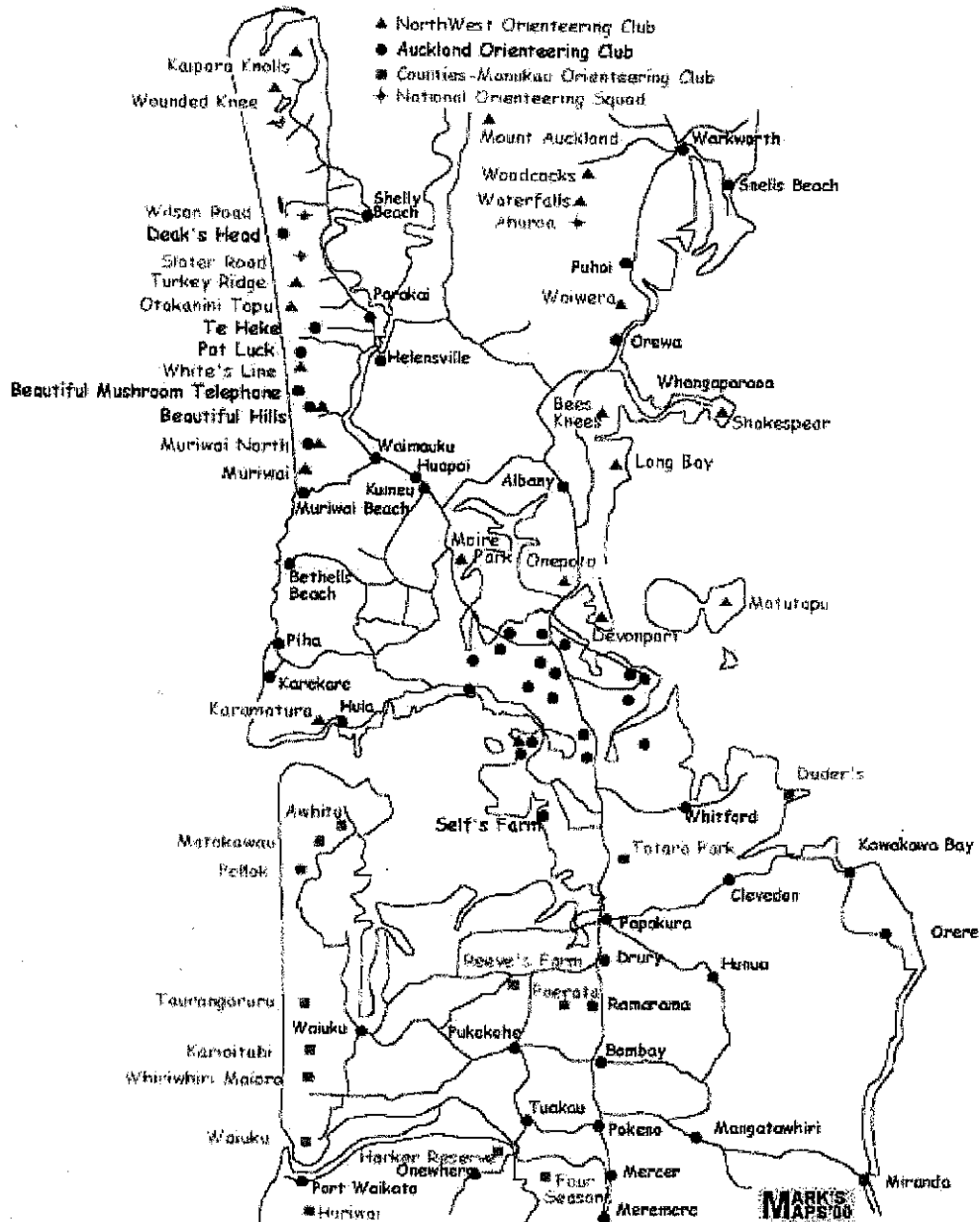


AUCKLAND REGION ORIENTEERING MAPS



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.nzorienteering.com
MTB-orienteering	www.mapsport.co.nz/mtbo/mtbo.html
Rogaining	www.mapsport.co.nz/rog/rogaine.html
Ski-orienteering	www.mapsport.co.nz/ski/ski.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 publications are welcome to draw material from the AO pages although credit is asked for both the author (if stated) and the AOA. Information for advertisers is available from the editor (details in Last Bits) Cover: Bri Edwards of Counties Manukau OC finishing the 'Bloody Murder' leg of Katoa Po 2006. Photo: Courtesy of M Peat.

EDITORIAL

Hello

Hope you have a comfy chair because there is a lot of great reading this issue. Martin Peat has contributed a fine article about Katoa Po and forwarded an article from the Eastern Courier about promising junior Alastair Long. Also regarding juniors is an article on the Taranaki Secondary Schools Rogaine Champs.

On the subject of juniors, if you are over 20 you are perhaps not in the habit of reading Small Talk. This issue Thomas Reynolds focuses on a comment made by NZOF President Rob Crawford regarding the outstanding intelligence, talents and capabilities of NZ Orienteering's juniors. Thomas puts up his hand on behalf of all of us that they be regarded seriously and given the opportunity to fill roles in the running of our sport.

For me three years in the role of editor has been enjoyable and rewarding but it is time to pass on the hat. I am at all interested in taking on the role of Editor of The Auckland Orienteer, please do not hesitate to contact me on 09 8177621 or at shaun.and.mad@slingshot.co.nz

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. Hillary 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
NW	North West. Gary Farquhar 09 476 8510		big_mack@ihug.co.nz

April			
Fri 14 - Mon 17			Nelson National Orienteering Championships
Sun 23	CM	AOE	Forest Series 4 - Hobbits Wood
Fri 28 - Sat 29			Hutt V North Island Secondary Schools Championships
Sun 30	NW		Forest Series 5 - Turkey Ridge
May			
Sun 14	CM		Promo Event - Waiuku Forest This will be signposted from the centre of Waiuku township. Adults \$5, Juniors/Students \$3, Family \$13. You can start any time between 10.00-11.30am, course closure 2.00pm.
Thu 18	CM		Auckland Intermediate Schools Championships - Reeves Farm
Sun 21	NW		Forest Series 6 - Pulpit Rock
Thu 25	AOE		Auckland Secondary Schools Championships
June			
Sat 3 - Mon 5	NW		Quens Birthday 3-Day Event -
Sun 18	CM		Auckland Relays
July			
Sun 2	NW		OY 1 - Weiti
Fri 14 - Sat 15	AOE		Silva National Secondary Schools Champs - Wiggles
Sun 16	AOE		OY 2 - Wiggles
Sun 23	AOE		Training on OY 2 map - Wiggles
Sun 30	NW		OY 3 - Pulpit Hills

NZOF SQUAD ANNOUNCEMENT

NZOF DEVELOPMENT SQUAD 20 March 2006

Women

Tineke Berthelsen
Sarah Gray
Lizzie Ingham
Greta Knarston
Cara McDonald
Amber Morrison
Frances Peat
Tessa Ramsden
Kate Rea
Imogene Scott
Kirsty Turner
Georgia Whitta

Men

Simon Addison
Daniel Barnfield
Simon Bloomberg
Riki Cambridge
Simon Jager
Alastair Long
Scott McDoanld
Sam McNally
Cairan Murphy
Andrew Peat
Thomas Reynolds
Jack Vincent

Hamilton
Peninsula & Plains
Peninsula & Plains
Dunedin
Auckland
Counties Manukau
Hawkes Bay
Rotorua
Counties Manukau
Counties Manukau
North West
Hawkes Bay

CLUB NEWS



NORTH WEST NEWS

By Gay Ambler

Hi everyone,

Today is Monday, the day after the "Great Day O" at Woodhill Forest yesterday. It was a great event and well organised. Not sure how many exactly competed in the four courses, but waiting at the end for Rob who did Course 3, we saw heaps of very tired and very happy competitors doing that last little run to the Finish. The weather I think added to the day, made it thrilling and dangerous. Really blustering winds from the East, could almost blow you off the tops of the sand dunes. I walked some of Course 4 with Debbie Beveridge and it was great, but there came a time when we got really too cold, probably not going fast enough, and headed down Coast Road to the assembly area and some warm drinks.

The Katooa Po - Taupo Night Champs were great as usual, lots of people having lots of fun. Our two teams were not in the winning teams, but did really well. Mark Lawson arrived to do his run after competing again in the Colville Challenge near the top of the Coromandel Peninsula and getting 6th place overall (First in the Master 2 Section). A long day for him, starting the ride about 9.00am at Colville, riding the 70kms (not sure of his time) having a rest and then driving to Taupo (about a 5 hour drive), standing around in the cold waiting for his 'Bloody Murder' leg and then after his run probably getting to bed about 1.00am on Sunday morning. A great effort Mark. The winners of Katooa Po this year were Taranaki. Apparently they were running 2nd after Auckland, but Karl Dravitski had an absolute blinder and ran the Bloody Murder leg in 45 mins.

Scott Carswell has to get the Prize for the Best Supporter. He sat in the Team tent and waved his flag until quite late, then slept in the Team Tent in the corner until his Dad came in. He had a revival and was sitting up quite happily with Andrew and Trevor waiting for

Darren Gosse to finish Bloody Murder at about 2.30am. WHAT A MAN SCOTT!!! and you didn't even look hung over in the morning.

The Trans Tasman Games "Urban Safari" held at Takapuna and down to Devonport on 17th March was a terrific event. There was a 3 hour event that was won overall by Peter Swanson of Auckland Club. He actually annihilated the field really. But there was lots of laughter and great feedback from the people that competed. There was a one hour Score Event around Takapuna. Peter Godfrey took on the 3 hour event, and made it back in one piece wishing he had drunk a bit more water by the time he got back.

I have just been talking to Thomas Reynolds who brought me up to date on his efforts on the Mountain Bike and also Mark's and Kathryn's placings. At the Auckland High School Mountain Bike Champs in Woodhill on Sunday 19th March, Kathryn achieved 3rd place in the Intermediate Girls and Thomas won the Senior Boys. He has been chosen for the National High School Mountain Bike Team and is off to the Nationals in a couple of weeks at Levin. A follow up on the NZ National Mountain Bike Series that Thomas, Kathryn and Mark were doing earlier in the year it seems that Mark finished 2nd in the Masters 2 and Thomas 5th overall in the under 19's. We will really enjoy having the Reynolds family 'en masse' back to Orienteering soon and I think Maggie will enjoy only having to drive to Woodhill on a regular basis.

Sorry no old photos for you this month, I am now going to have to look through the boxes downstairs. My old, old, old archives.

NEWSHOUND MARK II

PS Not one person talked to me about going to Tiri Tiri.



AUCKLAND CHATTER

By Craig Pearce

Katoa Po this year proved to be a fair night for night orienteering with the rain only coming after the event had concluded. Some people had a slightly uncomfortable nights sleep with some of their possessions getting a bit wet. The Auckland club entered 5 teams; two 7-man and three 5-man teams.

In one of the closest finishes in many years Karl Dravitzki passed Jaromir Svihovsky near the end to clinch the win for the Taranaki Turkeys. The Auckland team finishing a minute and a half behind.

Not to be denied a win the 5 man team made up of Lydia Scott, Alina Smirnova, Imogene Scott, Pete Swanson and Dave Crofts came in for the gold medal, the Po Keru Katoa Po trophy. This is the 2nd year in a row that Auckland has been the winner

Well done to all who took part:

Kate Smirnova, Alistair Stewart, Toby Scott, Jeff Greenwood, Simon Jager, David Stewart, Jaromir Svihovsky, Jonty Oram, Bronwyn Holcombe, Irena Smirnova, Nicola Kinzett, Steve Oram, Tim Renton, Malcom Gawn, Mari Kvanikova, Joanna Stewart, Catherine Crofts, Roger Woodroffe, Aiden Ellmers, Alex Bennett, Raewyn Bennett, Jen Trinick, David Scott, Norm Jager, Lydia Scott, Alina Smirnova, Imogene Scott, Pete Swanson and Dave Crofts

The great Day O will be happening when I submit this for inclusion in the newsletter. No doubt I will talk about the Great Day O in the next chatter.

I am the controller for this event and while I was walking about the sand dunes of Woodhill forest the other night checking control sites I got to thinking about why it is that one orienteers? In this case it was a great night for a long walk, I had found most of the marker tapes that Jeff had left for me to find and brain fade had yet to slow my progress down.

A couple of funny things happened though. I kept finding

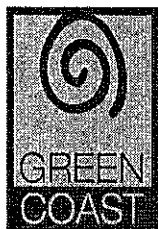
controls with the number 44 on them! The first one was a CMOC control lost at the junior training camp at Christmas. I understand that this control had all by itself strayed away from the line course it was on so was thought to be "lost". It is still out there but will get it back at the end of the Great day O. I am told that there is another control that waded off as well. Maybe someone else will have better luck finding it. The next one was one of ours, close to where 44 is to be positioned for the Great day O. Apart from my surprise at finding another control with 44 on it in Woodhill, how it came to get there was more easily explained. Scott had been out earlier putting out controls for the 2nd summer Forest series event.

Being a Tuesday evening, Woodhill forest was quite quiet, so quiet it seems the wild life may not have been on its guard. If I had been a hunter I would easily have got a shot off in 4 out of the 5 deer I saw. I was only about 25m away from them, hence my confidence. At that range any shot is likely to be good. I was wearing one of those bright orange high visibility vests, so maybe they could not make it out that I was a threat to them.

The reason I was wearing the vest is because I do not want any hunter to take a shot at me moving in the bush. Not that there should be any hunters out there of course, just like there are only motorcycles in the motorcycle park at Woodhill. One can never be too careful if there are guns involved. The club now has 3 such vests for course setters and controllers to use when they go out in the forest. Hunters wear "red" camouflage clothing for deer hunting because the deer can not see it.

I have run out of time to get this to the editor anywhere on time so I will finish now.

Next month I wish to talk about:
Summer series for next year
Auckland regional development forum
The function we held to honour Rob Jessop with his life membership
The Great Day O



www.greencoast.co.nz



CMOC COUNTIES CHIT CHAT

By Martin Peat

Congratulations team, great efforts down at Katoa Po! (we'll get 'em next year, don't worry).

So what's everyone been up to you ask? Greta, Alastair and Andrew have been training under the guidance of James and Dave's Auckland Junior Squad along with the JWOC team. Frances returned to the Counties Manukau lair for a weekend at home. Brent's been keeping himself busy on Waiheke - he won the Waiheke Challenge on 25th March in a time of 4hrs 1min. I ended up about 1hr behind him. Go Brent!

The Great Day O had some stunningly bad weather, and equally stunning long courses. I saw several of the club out their competing, slogging their guts out for over two hours in many cases. Good effort!

Scott McKenzie of King's College has joined the club, welcome Scott, will we see you at Nationals?

Neil Lewis has recently had an operation at Auckland Hospital and should be home and healing by the start of April. On behalf of the club we wish you a speedy and full recovery Neil and hope to see you out in the forest sometime in the near future.

Attention all juniors: Talk to your schools about the North Island Secondary Schools Champs, 28/29 April near Palmerston North/Levin.

The next club event is on 14th May at Waiuku forest. This will be signposted from the centre of Waiuku township. Adults \$5, Juniors/Students \$3, Family \$13. You can start any time between 10.00-11.30am, course closure 2.00pm. This is a great event to bring out family and friends to and introduce them to our fun sport and crazy clothes.

Counties Manukau has two OY events this year, the first being held at Kalland Road on 3rd September, the 2nd at Kariotahi on 17th Sept - please note this is different to the original calendar! These will both be signposted from Waiuku township. The costs for these remain the same as last year: Adults \$10, Juniors/Students \$5 with a family max of \$25.

How's orienteering going, are you training, what's your goal, any other sports, and good movies or books? What have you been doing of late? I need your stories! Email me at martinpeat@gmail.com

With nationals on the way lets all migrate down to sunny Nelson for a long weekend - see you there.



www.macnut.co.nz

REGULAR COLUMNS

SMALL TALK

By Thomas Reynolds

"all clubs should be looking at their juniors not only as an area to support and nurture, but also as a resource to use to help grow our sport." This is taken from Rob Crawford's column in New Zealand Orienteering and is a statement that I entirely agree with. Our sport is a labour intensive one, far more so than rugby or cricket. It requires not only setters and controllers to run an event, but also the field workers and cartographers who initially made the map. But beyond these contributions to orienteering are the people who sit on the various committees in the NZOF. Its really cool to see juniors setting events. Having had a go myself I can say that it's a really fun way to contribute. But I think its now time that some juniors started having a role in the running of our sport on a national scale. I know that Paul from Napier is the webmaster, but I'm talking about roles that actually have an impact on the running of orienteering in New Zealand. Some may say that our juniors aren't mature enough to be trusted with important roles, that we're not experienced enough. I have to disagree, some of the juniors in New Zealand are very intelligent individuals, and I'm sure many would be capable of making a positive contribution to the NZOF. Since we do make up "about 33%" of New Zealand

Orienteers, I think it justified that juniors are given more through which they can make suggestions and be involved in the NZOF. By all means you guys should take up the opportunities to set and control events, but I think the time has come for some of us to contribute to the running of our sport at NZOF level.

The summer series points competition has wound up now. It looks like Grammar might have won the boys school competition this year, helped immensely by Westlake Boys having only a few competitors at most events. The girls team competition was close, as were the individual results. It's into the forest now for some real orienteering with the summer forest series. We also have the Auckland Secondary School relay champs coming up soon as well.

This month I've interviewed Jaromir Svihovsky, the super fast Czech runner who is living in Auckland at the moment. His world ranking at the moment is 74th, and his results speak for themselves, with podiums at JWOC as well as being part of a winning team at Jukola. From the sound of things he's enjoying being in New Zealand as well as our orienteering.

Keep on running...

Interview with an elite.... Jaromir Svihovsky

- Club.... In New Zealand... Auckland orienteers
- In Finland... Turun Suunnistaajat
- In Czech Republic... Jicin
- Favourite discipline.... All of them
- Favourite map.... Maps in the Turku area of Finland
- Years orienteering.... About 15
- Best orienteering achievement.... JWOC 2000, 1st in the relay, 3rd in classic and 3rd in short
- Orienteering aspirations.... To compete at WOC and get in the top 10
- Memories from junior orienteering.... JWOC 2000, especially standing on the podium for the relay and hearing the national anthem
- Best orienteering advice.... Think ahead, make sure you think ahead of where you are on the course.
- First represented Czech Republic.... 1998, European Youth Champs in Hungary



FROM THE ARCHIVES

April 1996 and 1986

By John Powell

The 1996 national championships were held on limestone hill country at Pio Pio, near Te Kuiti. Rob Crawford organised a Woodhill forest run, NWOC had a promotional event at Pulpit Rock and CMOC hosted a club event at Totara Park.

WACO teams were placed first and second in the seven-person Katoa Po relay with Taranaki placed third. Some of the more inventive team names were "WHO Cares", "Thou Prickeared Cur of Iceland" (WACO) and "Hamilton Hydrocephalics".

An article, by an AOA orienteering season development group, outlined options for OY seasons based on the national championships being held at each of Easter, Queen's

Birthday, Labour weekend and late November. A questionnaire sought responses from AOA members. The suggestion for the Easter national championship situation was for seven OYs, starting in the first week of February and ending with the AOA championships in March. It never happened.

April 1986 OYs were held at Nga Puriri (south of Port Waikato), Weiti and Matakawau. Rob Jessop spent more than three hours on one of his first elite courses, which was won by Rob Garden in 122 minutes. The course planner and controller will probably still prefer to remain anonymous.

Nine of the twenty-five 1986 WOC development squad members were from AOA clubs. Those still orienteering in Auckland are Dave Melrose and Rob Garden. Alistair Cory-Wright, Julia Fettes and Rob Jessop are now with PAPO. James Brewis, Jeanine Brown, Alistair Landels and Bryan Teahan are no longer actively orienteering in NZ.

COOK-O

Shletta – A much loved North African/Algerian speciality

6 green capsicums – long pointed ones known as Mediterranean capsicums are best as they are sweeter, otherwise use the usual local variety
3 large tomatoes
½ cup of good quality olive oil
Seasonings
Water

Roast the capsicums in a hot oven until they start to blacken. Remove capsicums from the oven and put in a plastic bag. Dip tomatoes in boiling water for 10 seconds. Then take out (handle with care) and remove the skins. Chop roughly. Skin the capsicums and remove the seeds. Put the capsicums and tomatoes in a large frying pan with half the olive oil. Bring to the boil and season well. Lower the heat and add ½ cup of hot water. Cover and simmer for approximately 1 ½ hours. Occasionally mash the mixture with a fork or potato masher until the mix becomes a thick puree. Add the rest of the olive oil to the mixture, stir and pour into a serving dish. The mixture will have the consistency of a thick salsa

In North Africa, especially Algeria, Shletta is enjoyed best by breaking a piece of flat bread and using it as a scoop to take up the mixture to the mouth. Alternatively you can spread Shletta on to a chunk of crusty or even foccacia bread.

Algerians will have Shletta as part of most meals but for the rest of us it is ideal as part of an entrée course, as part of a Mediterranean/vegetarian feast or as a "sauce" when having a barbecue.

FEATURES

KATOPO 2006

By Martin Peat

Weekends away at orienteering rock! Katoa Po 2006 was no exception, but with a twist. Heading over the Bombay's at 4am on a Saturday morning is far from ideal, but some adventures are worth it. Kayaking the Fuljames rapid (downstream from Huka Falls) of the Waikato River provided the adrenalin rush to begin a fun-filled weekend in Taupo. Followed by a group run up Mt Tauhara (half way up for us injured folk) and then into the night with the night relays. Watching the event provided a much different perspective on things although I did manage a yellow course teaming up with Greg (on white) Tineke, Sam and Simon to compete the 7 leg relay. Whispers were floating round about an individual challenge in 2007 – is anyone game for 5 legs?

In the early hours of the morning Taranaki Turkeys stormed home to victory with Karl pulling off an amazing run and setting some form of km rate record in the process, followed closely by Auckland and Counties Manukau's top teams. After a nice mountain bike on Sunday morning it was back home for another week studying. Somehow I managed to get roped into writing about the event! So here's a brief report on the 26th Katoa Po Relays:



Hawkes Bay Orienteering Club presents "Black Attack", a novel theme for the night gaining the prize for team support and camaraderie. Strangely enough, they were quite hard to spot while running.

The 26th Katoa Po Relays are an annual showcase of night orienteering at it's finest. Held in Taupo since 1981, the March event attracts orienteering's recreational and elite competitors from around the country for a night of challenging navigation. As the 2006 planner, Chris Morris warned, "Keep in touch with your map or you may regret it".

Based on Budkavle, the Swedish night teams relay, the original concept is bringing together teams of mixed age and ability for a night of camaraderie and competition. The idea remains 26 years on with teams comprised of navigators aging from 10 to 70 years old, from novices following fences to New Zealand's World Championships representatives. It is definitely a shining example of the family orientated and elite competitiveness aspects of the sport.

Featuring a complex network of erosion gullies, a conservation forest and geothermal areas, the "Huka" map, at the foot of Mt Tauhara, hosted the 26th edition on a mild Saturday night. Defending champions Counties Manukau fielded a drastically changed team, retaining New Zealand representatives and night gurus Brent Edwards and James Bradshaw on the final legs, the team had a similar strength and were in with a shot at title number two. Stiff competition was expected from Auckland, with a team featuring Jaromir Svihovsky of the Czech Republic, and the Taranaki Turkeys starring the smooth Neil Kerrison and national speedster Karl Dravitski. Who would it be?



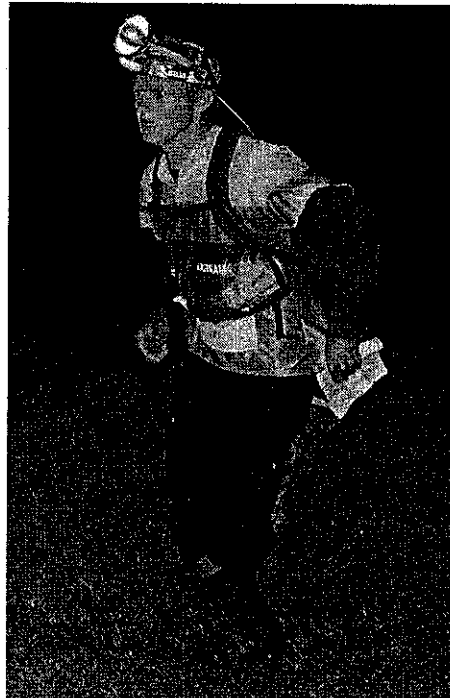
And they're off, hopefully some will come back

Kicking off at around dusk, the 10-12 year old novices charge off into the darkness to the tune of horns, bells and chants of support. Miraculously they pop out again half an hour later to pass on the thrill of orienteering by night to the remaining. Chanting could be heard from the township of Taupo as Auckland stormed to an early lead in leg three, closely followed by 'Black Mail' from Hawkes Bay and 'Hopeful Jafas' of North West Auckland. Taranaki slipped to fourth, 18 minutes off the

pace, with Counties Manukau a further 5 minutes behind. Historically the transition to leg four has been a turning point in the event as the navigation becomes more technical, and courses longer. Competitors began racing through the challenging conservation forest, and ventured further into the intricate maze of gullies and washouts.

The family oriented nature of the event continued into leg four, with a third Peat family junior heading out for Counties Manukau tasked with catching up the deficit. The elite flavour of the event began to spice up when Junior elites took up the challenge of leg five, by the close of which Auckland had cruised in to extend their lead to a seemingly unbeatable 18 minutes over now second placed Counties Manukau, holding out Taranaki 3 minutes further adrift. The race was on; could they hold out the skill and speed of their rivals in pursuit? The answer lay somewhere out in the dark of the night.

Looking back, both Taranaki and Auckland had taken out the prestigious trophy five times each, and with Counties Manukau defending their crown the atmosphere at the event centre and surrounding campground was deafening as the large contingents from clubs put a lot of effort into supporting their teams. Positions remained unchanged throughout legs five and six, but the gap was closing as Auckland sent out Czech national Svihovsky with a ten minute buffer on Edwards (Counties Manukau) and Dravitski (Taranaki) back another 2 minutes.

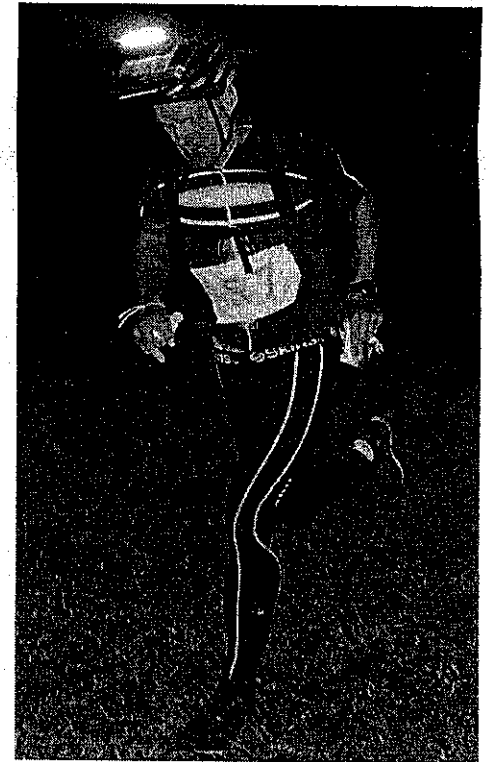


Orienteering Taranaki's Karl Dravitski taking out the 26th Katoa Po relay in style

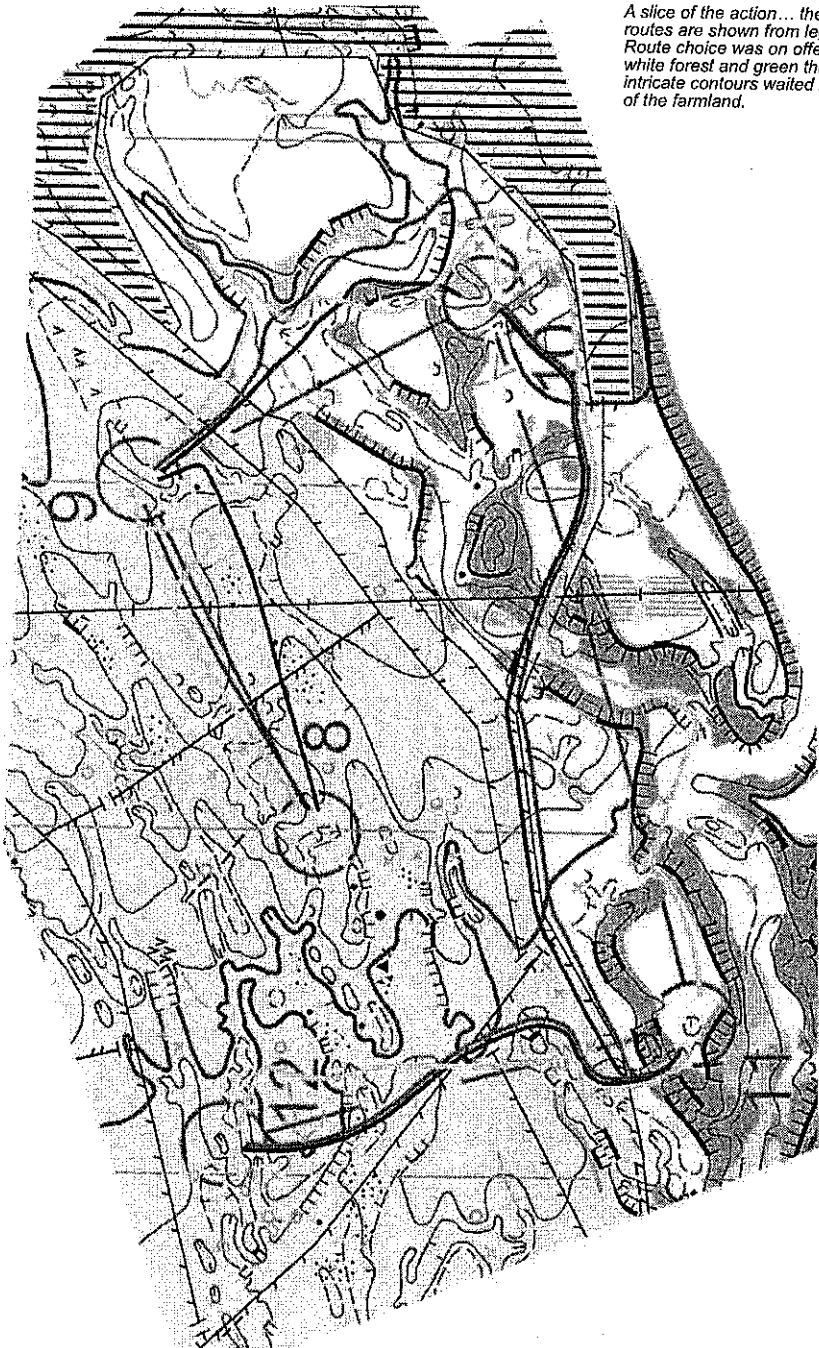
Your headlamp reflects back off your map, blinding you, forcing you to squint; each gully looks identical to the untrained eye, the horizon is a dull blur of dark colors and most people will only see a few meters. Anything can happen while out orienteering in the early hours of the morning, and everything happened on the final 'Bloody murder' leg of the 26th Katoa Po relays. Surging from behind, Dravitski catches Edwards approaching the spectator viewing location, and the pair is a mere 3 minutes off the lead. With Edwards still recovering from his efforts in the XPD Adventure race in Tasmania the week before, Taranaki star Dravitski was able to power away, continuing his stunning run to victory for the Turkeys in a total time of 273 minutes. In creaming the course in a stunning 39 minutes he finished 1 minute 29 seconds ahead of closest rival Auckland, who he mysteriously did not see in the dark of the night.

Taranaki's Turkey's got win number 6, combining the strength and skill of two top elites, with the commitment of family orienteers – and living proof to all concerned that where there's a will, there's a way.

With the 2007 event 351 days away at the time of writing, it's time to get out in the dark of night for a bit of a head start whilst checking out future details on www.nzorienteering.com



Brent Edwards, of Counties Manukau striding his stuff



A slice of the action... the leading three routes are shown from leg 6 of the relay. Route choice was on offer through the white forest and green thickets, while intricate contours waited in the shadows of the farmland.

ALASTAIR LONG

By Paul Charman, Eastern Courier

Alastair Long would be a good companion on any tough tramp, especially the kind involving rows over which path to take.

Long almost never loses his way, maintains a superb fitness and has been known to read maps just for fun.

Now training for a career in outdoor pursuits, Long has been a consistent performer in national and regional orienteering events, having achieved second, third and fourth placings.

In July the former Howick College student will join the New Zealand junior orienteering team to contest International Orienteering events in Lithuania, Finland and Sweden.

Competing in Scandinavia will be a big challenge, he says, since the sport had its origins in Sweden in 1918 and is still hugely popular there.

"In contrast, orienteering could be described as a minority sport here, regarded by some as a bit elitist, a sport for intelligent people.

"But orienteering is a fantastic challenge, drawing both sexes, all ages and people from all walks of life - more people should try it."

Long found it difficult getting many fellow Howick College interested in orienteering, but a teacher there, Lois Grimmer, was a huge support.

As a child, the Somerville 18-year-old was introduced to the sport by his father, Brian Long, who remains active in the sport.

Orienteering involves a timed cross country race in which individual participants use a map and compass for navigation.

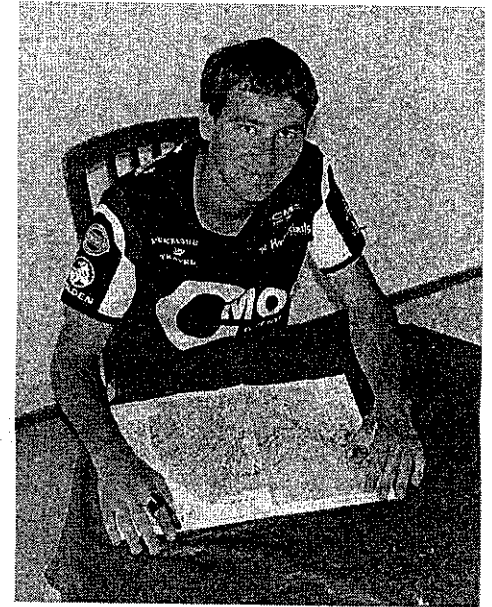
"It comes down to how fast a competitor gets to every control point along the course, so there is a big demand

for concentration and fitness."

He says efforts are being made to make orienteering more crowd-friendly.

Control points are now often located where spectators can see them and experiments are underway with using GPS to plot the progress of competitors on a big screen.

Photo and article courtesy of Eastern Courier.



Way cool Alastair Long, who often runs through the bush with only a map and compass for company, believes more people should check out orienteering. Photo: Paul Charman, Eastern Courier



www.greencoast.co.nz

TARANAKI SECONDARY SCHOOLS ROGAINE CHAMPS

Lake Mangamahoe, 8 Mar 2006
Orienteering Taranaki

The second Taranaki Secondary School Rogaine Champs attracted an amazing 120 students to the 3hr evening event at Lake Mangamahoe in March. Competing in teams, and the thrill of night navigation, are evidently a turn-on, with Orienteering Taranaki member Nick Collins describing short rogaines as "the new face of orienteering!"

The scenic reserve just outside New Plymouth has a network of tracks, a fair bit of up and down, and an area of just 3.5 sq.km. Yet even the NZ Veteran Rogaine Champion team of Collins and Don Paterson couldn't clean all the controls in 3 hours. All clubs have areas like this close to town; it doesn't matter whether they are forest or farmland; and of course they can be run in urban areas themselves.

Course planner Sue Scott reports...

This was the second year of holding the TSSA Rogaine champs in Taranaki and the surge in interest was huge - from roughly 50 entrants in 2005 the numbers increased to over 120 secondary school students this year. Most secondary schools in Taranaki were represented in what was a hugely fun and competitive night for all.



The event, a 3 hour rogaine, commenced at 6:00pm which gives a 2/1 daylight-to-dark split. It was run on a simplified orienteering map, (basically converted to MTBO standard with a bit of extra vegetation detail), at a scale of 1:15,000 with 5 meter contour intervals.

Approximately 35% of the total event points were set on or close to a two hour walking track, (30 minute run), around Lake Mangamahoe. This was done as an attempt to enable the less experienced/first time navigators/rogainers a shot at getting a moderate score.

A big thanks to NavLight creator Pete Squires for the use of his electronic punching system (looks like a wristwatch, left) for this event. The NavLight has been used in the past two NZ National Rogaining Champs,



and is to be used in the coming Australian and World Rogaine Champs events later this year - a tribute to the work Pete has put into this system. The NavLight system makes it easy for competitors to record controls and for organisers to sort out results. (Apart from the odd hiccup - we'll only allow pre-entry next time to avoid time-consuming updating on the day.)

On the night a happier group of teenagers you couldn't find. Let loose with torches in blackberry and gorse covered pine forest doesn't seem like the ideal event - but all those returning seemed to have something good to say. Even the team which was so late back that they lost all their points in time penalties could see the amusing side of things.

We recommend giving it a go in your area. Controller Rob Newbrook and I are happy to pass on what we can about events like this, so contact us, or have a chat at an event round the country.

This story first appeared on the NZOF Rogaine website. www.mapsport.co.nz/rog/rogaine.html

