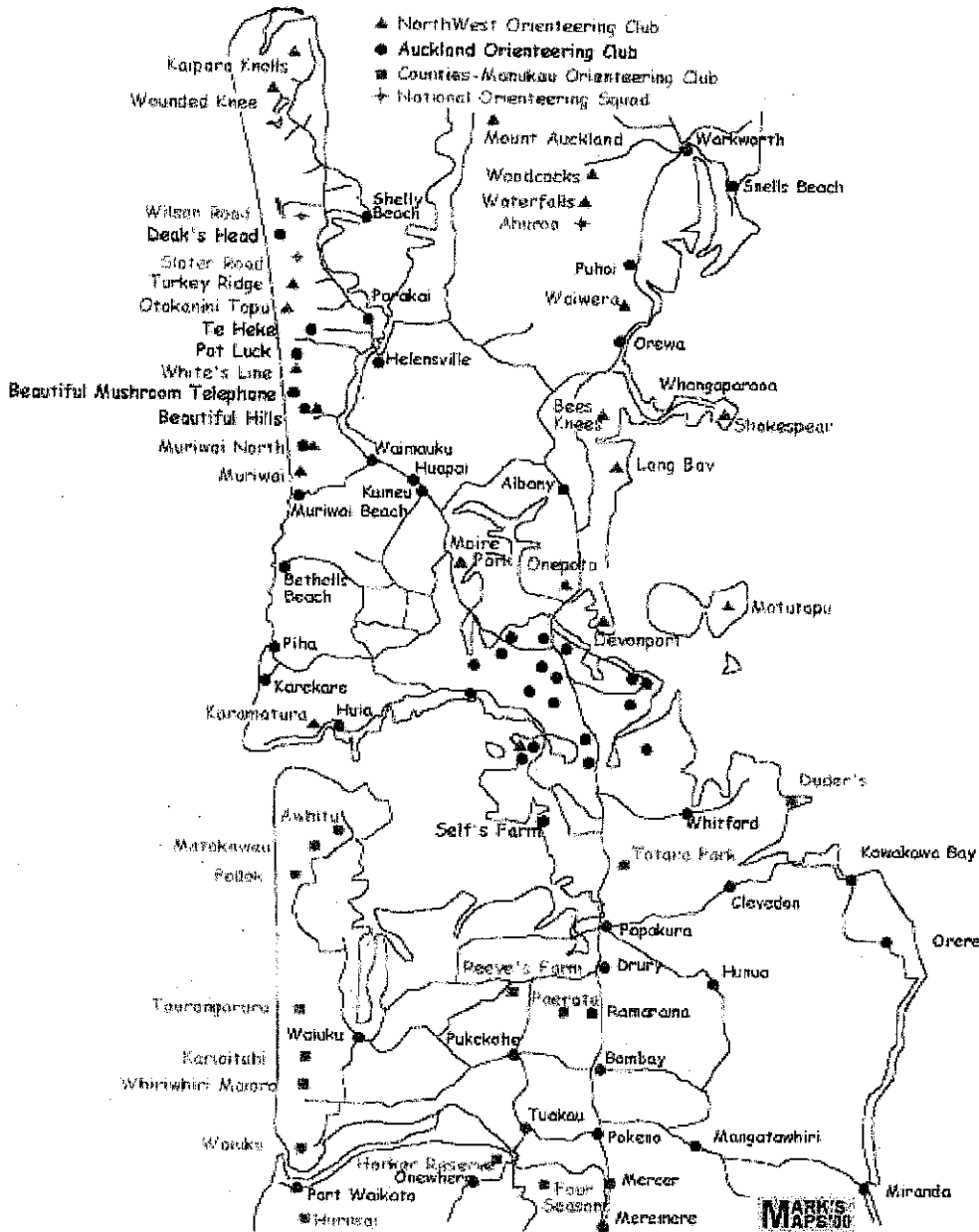


AUCKLAND REGION ORIENTEERING MAPS



FIRST THINGS FIRST

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ORIENTEERING ON THE WEB

NWOC	www.geocities.com/nwocnz
AOC	http://www.orienteeringauckland.org.nz
CMOC	www.cmoc.co.nz
OY results	www.geocities.com/nwocnz http://www.orienteeringauckland.org.nz
Orienteering news	www.maptalk.co.nz
NZOF homepage	www.nzorienteeing.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: Neil Kerrison competing in the Queens Birthday 3-day Sprint event. Photo: Provided by Martin Peat

EDITORIAL

Hello

It is the season for World Champs. Currently the Junior World Champs are being held in Lithuania. New Zealander Amber Morrison has done very well finishing 14th in the Sprint event and 17th in the Long distance. Hanny Allston from Australia has had an amazing competition gaining silver in the Sprint event and Gold in the Long distance.

The World Mountain Bike Orienteering Champs will be held in Finland from 9-14 July. Marquita Gelderman of North West, currently ranked world number 1, will be competing along with other North West members Fiona McBryde, Dianne Michels, Stuart Lynch and Michal Glowacki. Watch <http://mtbwoc2006.orienteering.org/sf/browser/showdocs?cust=mtben> for results.

Then at the end of the month a small New Zealand contingent travels to Denmark for the World Champs. Watch <http://www.woc2006.dk/> for information, photos and results.

I have been requesting a replacement editor for a few months now and the time has come for me today enough. The August issue of The Auckland Orienteer will be my last regardless of whether somebody takes over. If you are at all interested please contact me on shaun.and.mad@slingshot.co.nz or 098177621. All you need to do the job is a computer, e-mail and a publishing programme of some sort. The first couple of months will be busy but after that things calm down. Look forward to hearing from you!

Hope you enjoy your read.

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		

July

Sun 2	NW	OY 1 - Weiti
Fri 14 - Sat 15	AOC	Silva National Secondary School Championships - Wiggles
Sun 16	AOC	OY 2 - Celebre. Access from Rimmer Rd off SH 16.
Sun 23	AOC	Training - Celebre. Access from Rimmer Rd off SH 16.
Sun 30	NW	OY 3 - Pulpit Hills

August

Sun 6	NW	Training - Pulpit Hills
Sun 13	AOC	OY 4 - Hobbits Coast
Sun 20	AOC	Training - Hobbits Coast

September

Sun 3	CM	OY 5 - Kelland Rd, signposted from Waiuiku township.
Tue 5	AOC	Winter Night Street Event - Blockhouse Bay
Sat 9 - Sun 10	AOC	Training weekend - Pot Luck
Tue 12	AOC	Winter Night Street Event - One Tree Hill
Sun 17	CM	OY 6 - Karioitahi, signposted from Waiuiku township.
Tue 19	AOC	Winter Night Street Event - Parnell
Sat 23 - Sun 24	NW	Auckland Champs - Kaipara
Sat 30 - Thu 12		Australian Orienteering Champs, Western Australia

October

Sun 15	NW	Ralph King Score Event - Beautiful Hills, Woodhill Forest
Sat 21 - Mon 23		Wgtn Wellington Champs

November

Sat 4 - Sun 5		CDOA Champs
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NATIONAL NEWS



NATIONAL NEWS

NEW ZEALAND TEAM to contest a TEST MATCH against AUSTRALIA Maryborough, Queensland, 19 - 20 August 2006

Women

Lizzie Ingham
Amber Morrison
Rachael Smith
Rebecca Smith

Wellington OC
Hawkes Bay OC
North West OC
Auckland OC

Men

Darren Ashmore
James Bradshaw
Bryn Davies
Neil Kerrison
Ross Morrison

Taupo OC
Counties Manukau OC
Red Kiwi OC
Orienteering Taranaki
Hawkes Bay OC

Manager

Darren Ashmore

SILVA NEW ZEALAND TEAM TO CONTEST THE WORLD ORIENTEERING CHAMPIONSHIPS Denmark, 1 - 5 August 2006

Women:

Jenni Adams	Peninsula and Plains Orienteers	S, M, L, R
Lara Prince	Peninsula and Plains Orienteers	S, M, L, R
Tania Robinson	Counties Manukau OC	S, M, L, R

Men:

James Bradshaw	Counties Manukau OC	M, L
Karl Dravitzki	Orienteering Taranaki	S, M, L, R
Rob Jessop	Auckland OC	S, L, R
Ross Morrison	Hawkes Bay OC	S, M, R

Manager: Clem Larsen

Coach: Alistair Landels

S, Sprint distance
M, Medium distance
L, Long distance
R, Relay

The NZOF acknowledges the support of
Sport & Recreation New Zealand
SILVA
David Malrose Design
The MAPsport Shop
New Zealand Community Trust
The Lion Foundation
Oxford Sports Trust
McNally Valuation (2000) Ltd
Pub Charity Inc.
Access Immigration NZ Ltd

This issue of NZOF NEWS is also available at www.nzorienteeing.com

CLUB NEWS



NORTH WEST NEWS

NORTH WEST ORIENTEERING CLUB

By Gay Ambler

Another month has gone by and there has been quite a lot of fun Orienteering happening, and the first OY of the year was yesterday at Weiti.

Firstly, Queens Birthday seemed to be a great success, with the weather not being as bad as we were warned it was going to be. I was home with the flu on the Saturday and Sunday, but Rob told me of the happenings of the days. He said that Shanks Pony was great and the wind blew, but not too much rain. Sunday at Otakanini Coastal there was a "Willy Willy" which blew down almost every tent except the food one, but after the "Ten Minutes of Madness" things seemed to calm down and the event went along without too many hitches. I did make it to the event at Waioneke and when driving there early in the morning the wind was blowing and it was raining, and I was wishing that I had stayed home, but the weather gods smiled on good old North West just once more and by about 9.30am or a little later the clouds had rolled away and clear blue sky warmed the bodies of the competitors and finished off the event with an absolutely wonderful day. When we had arrived at the event the tracks were so slippery a few cars got out of control and bogged, so they got their gear out and went and did their courses, hoping that by the end of the day they would be able to get out, and they did. I think Bert Chapman was going sideways down the sheep track at one stage, and did some damage to his car when he said hello to a fence post.

From all reports the young Aussie's seemed to enjoy themselves. One guy from Canberra raved to Rob Garden how fabulous it was to run through the most magnificent forest at Waioneke and then run out on to lush green farmland to finish. When I hear comments like that I think that yes, maybe we don't really appreciate the beauty that surrounds us. I was in the finish tent when Eric Morris of Australia finished and fell on the ground absolutely exhausted and I was concerned that he was really in a bad way, but no he was SMILING!!! After a while when he did finally get his breath, he told me that he had done the 7 events and that he had enjoyed every one of them. SO TAKE A BOW ALL YOU SETTERS, CONTROLLERS, ORGANISERS ETC ETC ETC. YOU DID WELL!!!

Auckland Relays at Waiuku Forest was great. It was freezing, windy and we got a purple of patch for the space of time that the relay was run. We didn't get the number of runners that normally go, but we all had a lot of fun anyway. North West got the first three teams in and so won the Trophy again.



Yesterday was the first OY of the year run at Weiti Forest. The starting area was the same one used some years ago, but the trees were not very old then, and as soon as you started you pushed into the young trees, never to be spotted again. Of course you all know the weather was magic. Wasn't it wonderful? A great healing day, but the murmur of the day through the orienteers was that we are gutted that this magnificent forest will start to be felled this summer. Gone will be the lovely re-entrants filled with punge, really muddy and slushy valleys, magnificent pine trees, steep hills, open grassy areas, etc. Talking to Chris O'Brien yesterday he told me that it was the first area that he mapped. He didn't give me a year though! It obviously has some good memories for him too. I suppose we can just be very thankful that we have been able to use this lovely area over the years. When summer gets closer, maybe whoever is interested we could all go to Stillwater Park early on a Saturday or Sunday evening and have a BBQ and then go for a walk along the perimeter of the forest - sort of a pilgrimage, or a thank you if you will. I will organise a date for this. The other idea could be a Sunday and make a day of it. Tramp to Dacre's Cottage and picnic and then tramp back or through to Haig's Access Way and leave a car there to get the trampers back to Stillwater. Tell me what you think!!!

Anyway, good luck guys with the OY's ahead.

SOCIAL SCENE :

Movie Night at Windward Theatre at Avondale is Saturday 30th September. Please let me know if you are interested in going as soon as possible ph 09 4247010.

NEWSHOUND MARK II



AUCKLAND CHATTER

By Craig Pearce

Its either famine or feast!

In this chatter I have quite a few subjects that I would like to talk about.

"Its not what you can do for us but what we can do for you" is a famous saying or words to that effect, it sounds very presidential anyway.

The club has 2 trust funds from which members may apply for a grant to assist them to compete in events. Each fund has 3 trustees, whose positions are confirmed at the club's AGM. The constituent is slightly different for each fund, basically the differences concern who and how trustees are appointed and the source of the funds capital.

Basically, as a club member you only have to ask yourself one question if you wish to apply for a grant. Am I aged 21 or over? If the answer is yes to this question then you need to apply to the Nicholls memorial fund, otherwise you need to apply to the Junior Training fund.

The objectives of these funds are given below.

The Junior Training fund:

TO ASSIST JUNIORS AND STUDENTS UNDER THE AGE OF 21 YEARS, BEING MEMBERS OF THE AUCKLAND ORIENTEERING CLUB, WITH TRAINING EXPENSES AND FOR FEES/EXPENSES FOR REGIONAL, NATIONAL AND INTERNATIONAL EVENTS.

The Nicholls Memorial fund:

TO ASSIST SENIOR MEMBERS OF THE AUCKLAND ORIENTEERING CLUB WHO COMPETE IN INTERNATIONAL COMPETITON WITHIN NEW ZEALAND AND OVERSEAS.

To make life easy for you, you can direct any application to me as the president and I will forward your application to the appropriate fund trustees.

I am pleased to announce that Simon Jager has made a successful application to the junior training fund to assist his attendance at JWOC. Terry Nuthall has also been granted funds from the Nicholls memorial fund to

assist his entry fees for the World masters games in Austria. He will also be competing in Switzerland after the games.

I wish both Simon and Terry the best of luck at their respective events.

A training weekend is planned for the 9 & 10 September. The JWOC team have unfortunately decided to hold their fundraising, Forest run, on the Sunday. Sunday is the day that more advanced techniques will be covered. Once again the New Zealand orienteering coach, Darren Ashmore, will be the head coach for this event. More details will follow in future chatters.

Imogene Scott was last month named as the dux of the international college. I thought when I first became aware of this honour; it's a bit early in the year isn't it? It appears that this institution has its year aligned with the northern hemisphere. Dux of School is an honour usually awarded to the student who attains the best aggregate result over all subjects in examinations. Knowing the high standards that this school requires, this would not have been any easy thing to do. Imogene, once you get back from the UK you can then see if you can do the same in orienteering.

I must remind members that from time to time there are areas that are placed under embargo and so are out of bounds until the event has been held. The event I have in mind will most likely be over by the time you all get to read this but it is timely to remind members that if an area is embargoed, it is not fair to go to the location for training. If caught then your entry in the event would be in question.

We will be starting our practice of tea and cakes at our OY events. You are invited to have cake and tea with us. The cake will be pot luck so get baking and we will do the brewing.

The Auckland relays were held a couple of weeks ago, AOC only appears to have entered one team for the event. I can not say that we won the relay but we did not come last.

Until next time, happy orienteering and its now time to go skiing if that is your thing.

CMOC COUNTIES CHIT CHAT

By Martin Peat

My apologies for the lack of writing of late, it has been nothing short of chaotic around home!

Currently Alastair Long is in Lithuania about to start his JWOC campaign, James Bradshaw and Tania Robinson fly out to Denmark to take on WOC, with Clem in support of course. Several club members are also off to the World masters. Hold up, who's running the club right now?

Last month Hilary and George Iles took off to the South Island, she's done a fantastic job, over so many years, as club secretary and will be greatly missed. Her last act was setting the Auckland Interclub relays, and she was gifted a beautiful Kauri breadboard engraved with the club's name. Thanks for everything Hilary!

Coming up (and it will have passed when published) is the National Secondary School Champs. The field is huge and there'll be a number of the club's juniors racing up in Woodhill in the middle of July seeking places in the NZ Team and a trip to Western Australia.

CMOC has two more events this year: OY 5 on 3rd Sept at Kelland Road, being set by Nicola Peat, and OY 6 at Kariotahi on 17th Sept, being set by Alastair Long. By then the club will have sportident equipment too, thanks to grants from Lion Foundation and New Zealand Community trust to the tune of \$15000.

Until next month, follow your feet wherever they may take you.



Photos clockwise from above: Brent Edwards, James Bradshaw and Nicola Peat all of Counties manukau orienteering Club competing in the Sprint event at Queen's Birthday weekend. Photos provided by martin Peat.

REGULAR COLUMNS

SMALL TALK

By Thomas Reynolds

I must admit that I haven't really been at orienteering all that much lately, the old bike has been taking priority. Even so there hasn't really been much happening in Auckland junior orienteering lately. The big event for the year is happening this month though. NZSS champs are out at Wiggles on the 14th and 15th. This year we should have quite a strong showing from Auckland runners. There is the depth in senior boys and girls that should hopefully get a couple of titles but there are also runners coming through in the younger grades. I'm going to be watching Kate Smirnova and Matthew Ogden in particular.

By the time you read this JWOC will have finished, but as of today the team have finished the sprint with the

highlight being a 14th for Amber Morrison, an exceptional result, good payback for Amber who has been dogged by injuries for the last few years. The best of the boys was Simon Jager in 101st, a placing that gives testament to how close orienteering in Europe is. I haven't talked to anyone over there; I've just read the results of the internet. Next month I'll make sure I include a rundown from JWOC. Good luck to the team for the rest of their races.

Wellington have had their secondary schools champs. Senior girls and boys both ran the same course. Kate Rea was first ahead of Kirsty Turner. Both beat all of the senior boys runners.

Keep on running....

FROM THE ARCHIVES

By John Powell

July 1996

OY1 was at Slipper Lake, Mangawhai, (WHO) with Rhys Thompson controlling. Wayne Aspin and Rod Pilbrow ran OY2 in Waiuku forest.

Central produced the national secondary school championships, which was orchestrated by the Stewarts with Tom Davies coordinating, on the Beautiful Hills map. Central also had a park/street event at Pakuranga with Russell Howard and Eddie Reddish in command.

NWOC ran an enjoyable and memorable trivial pursuits evening for all clubs.

Mark Roberts reported that the amount of time to produce an Autumn Series event he controlled was 110 hours, which did not include mapping time, and he

considered this to be "painful". He made a number of suggestions to reduce labour input, in particular, having self start/finish, putting the controls and flags out when scoping control sites and using a compact area of the map.

Mark's provocative critique (what else but ?!) of the WACO club in the previous issue – don't have maps, do not run events, most members do not have university affiliations despite the club's name, poach the members of other clubs, have all the fun without the effort – received a spirited response from Rob Crawford, Shaun Collins and Jill Dalton.

Rob Ambier reported on the meeting he and CHH had with the local iwi about the breach of an agreement about its sacred areas in Woodhill forest. It was agreed that sacred areas would be marked out of bounds on maps and the names of some maps, which the iwi found objectionable, were changed.

COOK-O

Bulgar Wheat with Chick Peas & Tomatoes (Syria)

Serves 4-6

A tasty way to cook cracked wheat and makes a dish that is almost a complete meal in itself

4T vegetable oil
1 medium onion, peeled & finely chopped
2 medium tomatoes, peeled & finely chopped
180g cooked, drained chickpeas (about 3/4 of a tin so I used a whole tin)
1/2t + 3/4t salt
2T finely chopped fresh parsley
Bulgar wheat measured to 8-fl oz (225mls) in a measuring jug (about 115g)
Freshly ground black pepper

Heat the oil in a heavy 3L pot with a tight fitting lid over a medium flame. Put in the onion. Stir and saute for 2 minutes or until onion is soft. Add the tomatoes. Stir and cook for 3 to 4 minutes or until tomatoes are paste-like. Add the chick peas, 1/2t salt and parsley. Cook for about 10 minutes on lowish heat, stirring gently as you do so. Now put in the bulgar wheat, 250ml water, and the 3/4t salt. Stir and bring to a simmer. Cover and turn heat to very low and cook for 35 minutes. Turn off the flame. Remove the lid and quickly cover the pot with a tea towel. Put the lid back on over the tea towel. Let the pot sit in a warm place for 20 minutes. Put in the black pepper and stir the wheat gently



BAKE-O

To the editor:

Hi there, I have a request for the cook-O (a great idea by the way), or maybe an addition - the bake -O. After an OY event everyone gathers around for a chat and a munch on some yum homebaking, I would like to request that some of the great cooks out there would send in their favourite cake/slice/savoury recipe. To start the ball rolling this is a yummy moist cake, great for hungry orienteers.

Apricot and chocolate chip cake

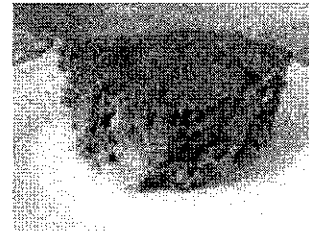
1 cup dried apricots chopped
1 cup apricot nectar (or tinned apricots blended)
125g butter
2/3 cup sugar
2 eggs, separated
1/2 cup milk
1 1/2 cup coconut
1 1/2 cup flour
2 tsp baking powder
1/2 cup chocolate chips

Soak apricots and nectar for 1 hour.
Cream butter and sugar together, add egg yolks (keep whites), milk; mix.
Add coconut, and half sifted flour and baking powder; mix
Add half apricot mixture, mix, add remaining flour and apricot mixture and chocolate chips; mix.
Beat egg whites until soft peaks form, fold into mixture.

Pour into 20 cm greased tin
Bake 1 - 1 1/4 hours at 180 oC

Enjoy

Mel Wise



LAST BITS

NEXT ISSUE

AUGUST 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 30 July.

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

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forests