



The Auckland

Orienteer



April 2007



Editorial

The Summer Series closes following another successful year in promoting the sport and giving Aucklanders an unmatched recreational activity. This issue features an article from the series coordinator, Roger Woodroffe, which I think will surprise many of you with the amount of work done and the large number of people who produce the events.

Notices

Tamoc

Pre-entries for the NWOC organised orienteering carnival on April 11 – 15 close on April 4. Entries will be accepted on the day on a first-come first-served basis for any surplus maps. See the March magazine or the NWOC web-site for the details.

Score Events

Map distribution at 10:45am with a mass start at 11:00am. Please register before 10:30am.

The events will have 30 controls with 10 @ 10 points; 10 @ 20 points and 10 @ 30 points. Competitors returning outside the 60 minutes time allowed will have 10 points deducted for each minute or part minute over time.

Event fees, which include spot prizes at the conclusion of the event, are:

	Juniors&65+	Seniors	Family
Members	\$7	\$10	\$25
Non-members	\$9	\$12	\$30

Mountain bike series

Sunday May 27th: Waiuku forest following a promotional foot orienteering event. Massed start at 2 pm for 90 minutes.

Saturday June 30 : 45 Slater Road, which is about 15 minutes north of Parakai off South Head Road. Massed start at 11 am for 90 minutes.

Sunday August 5th: 45 Slater Road. 3 courses with winning times between 60 and 90 minutes. Start times between 11 am and 12 am

Costs are \$20 seniors, \$10 juniors and profits will go towards making a new map. Di Michels will have cheap rotatable mapboards available for sale or hire.

Thanks to those of you have said they can pass this info onto email lists especially Lactic Turkey with over 1500 names that have been to their events. Any enquiries to Rob Garden, rg&mg@xtra.co.nz, 09 420 2849.

Winter Night Street Events Starting May 1

This year AOC is going to build on its night street series from the last 2 years with 2 series of 3 events, each followed on the fourth night by a 3 hour street rogaine.

The first of these series will be on Tuesday nights, beginning May 1 at Sir Dove Myer Park, Gladstone Rd, Parnell, with an event each Tuesday through to the rogaine on the 22nd May on the Tamaki map. Details will be provided in this magazine and on the Auckland Club website.

The events are 'scatter events' with 20 controls on the map and you choose to visit any 18 (course 1), 14 (course 2), 10 (course 3) or 6 (course 4). You choose the number of controls that will take you in the vicinity of 1 hour (6 controls can be walked in this time), returning to a hot cup of soup when you finish.

Maps will be distributed at 6.40 for a mass start at 6.45.

The 3 hour rogaine will also commence at 6.45. For this event you will go out in at least pairs (we can find a partner for you if you come alone) and we will have a sausage sizzle to revitalize you on your return. Costs – street events \$3 senior, \$2 student, rogaine, \$6 and \$4.

These are night events so you need to bring a torch, but controls will be on features on the road (like outside number 34) and using only well lit tracks between roads or across parks. For any further information phone the Stewarts 575-5695 or email auckoc@hotmail.com

Event Calendar

Note that the forest run advertised in the last magazine for Sunday April 13 has been cancelled.

Details of events may change between the publication in this newsletter and the date of the event. Check on club websites. Phone listed club contacts, if necessary, for confirmation.

The websites mapsport.co.nz and nzorienteeing.com contain a comprehensive listing of national and international events.

Auckland Area Events

April 2007

Sun 1	A	Forest promotional event, SH16/Rimmer Road, 10.00am-12.30pm
Fri 6	CM	Nationals, sprint, preentry and Auckland Secondary Schools Championships, Hill Road, Manurewa
Sat 7	CM	Nationals, middle, preentry, Waiuku town
Sun 8	CM	Nationals, long, preentry, SH27
Mon 9	CM	Nationals, relay, preentry, Waiuku town
Wed 11	NW	Tamoc, Massey Campus Sprint
Thu 12	NW	Tamoc, Woodhill forest, middle, South Head Rd, 30 minutes

		north of Parakai, 10.00am-12.30pm, preentry
Fri 13	NW	Tamoc, Woodhill forest, night event, relays or score, South Head Road, 5 minutes north of Parakai, preentry
Sat 14	NW	Tamoc, Woodhill forest, A level event, preentry, South Head Rd, 30 minutes north of Parakai
Sun 15	NW	Tamoc, Woodhill forest, A level event, preentry, SH16/Rimmer Road
Sun 29	A	Woodhill forest, SH16/Rimmer Road, 10.00am-12.30pm

May 2007

Tue 1	A	Night street event, mass start 6.45pm, Remuera/Parnell, start Sir Dove Myer Park, Gladstone Rd
Sun 6	NW	Score event, Peak Rd, about 5km south of Kaukapakapa, signposted from either end of Peak Rd. From the city, turn into Old North Rd, which is north of Kumeu on SH16, and follow it to Peak Rd. Register by 10.30am, map distribution 10.45am, mass start 11am. Spot prizes.
Tue 8	A	Night street event, mass start 6.45pm, Mt Albert, in the vicinity of St Lukes shopping centre, Mt Albert.
Tue 15	A	Night street event, mass start 6.45pm, Ponsonby, start at Cox's Bay Reserve
Tue 15	NW	Auckland Year 7/8 School Championships, Moire Park, pre-entry through school
Sun 20	NW	Score event, access via Wilson Road off South Head Road, signposted from the roundabout between Parakai and Helensville on SH16, allow 30 minutes from the roundabout. Register by 10.30am, map distribution 10.45am, mass start 11am. Spot prizes.
Tue 22	CM	Auckland Secondary School Champs, Waiuku forest, details through schools.
Tue 22	A	Night rogaine street event, mass start 6.45pm, Tamaki, start at Panmure Boat Club. See the notices for details about a rogaine.
Sun 27	CM	Waiuku forest promotional event, starts 10am –noon, signposted from Waiuku town
Sun 27	NW	MTBO event follows on from the above event in Waiuku forest with a mass start at 2pm for a 90 minute race time. Register by 1:30pm. Senior \$20, junior \$10.

Orienteering on the Web

Orienteering news	maptalk.co.nz
NZOF homepage	nzorienteering.com
Rogaining	mapsport.co.nz/rog/rogaine.html
Ski orienteering	mapsport.co.nz/ski/ski.html

Auckland Chatter

By Simon Jager

Firstly, we start by welcoming our new club members

Orienteering season is here once again and things are just hotting up! It was a good performance from AOC at the Katoa Po All-Night Relays in Taupo, 10-11 March. We picked up a win in the seven-man category with the team of Jonty Oram, Kate Smirnova, Alistair Stewart, Aiden Ellmers, Jeff Greenwood, Pete Swanson and myself.

In the five-man category, the Scott family team came in second ahead of a lot of competition. A first this year was the supporting events on the Saturday afternoon and Sunday morning with the funds going to this year's JWOC team.

Nationals are creeping up fast with only two weeks to go! Following that is The After Match Orienteering

Carnival. Entries for Nationals have closed and TAMOC entries are due to close soon!

There will be details about the next club social including travel directions in the club email newsletter. All club members are invited to come along!

Finally, we welcome all club members to attend the AOC Club Meetings. These meetings are open to all and it would be great to see some new faces come along and voice their opinions! It is always good to have some fresh ideas.

The Monday 7 May meeting May is at the Jager residence, 37 B Hillsborough Road in Three Kings, starting at 7.30pm.

Keep training hard and I look forward to seeing you at Nationals!

Counties-Manukau Chit Chat

By Greta Knarston

Katoa Po night relays proved to be very eventful this year with Counties coming away with a first in the 5 person team and a second (due to a mispunch) in the 7 person team.

As this was only the second time I have attended this event I was a little

bit apprehensive, my previous experience last year being pouring rain and following Duncan Morrison around my course before becoming hopelessly lost.

We had all the costumes planned and were about to feed our grumbling stomachs in Taupo when we got a

slightly urgent call from Martin saying I was meant to be starting in 5minutes. Thankfully Nicola was already at the event and was able to swap legs with me.

A frantic dash to the event and changing in front of everyone into my tights and g-string leotard just got me more excited and allowed me to nab Martin's headlamp so I could see the controls 50m away.

Everyone had great runs and we managed to finish with a 14min 30sec lead. But that wasn't enough,

Brent had mispunched so we were given a 15minute time penalty so were bumped into second by 30seconds.

The 5 person team had a convincing win and showed the other clubs who they should be watching out for at nationals.

Thanks to the organisers who make it all happen and everyone that attended the sprint beforehand and the middle on Sunday to fundraise for JWOC.

Counties-Manukau Club Coaching Dates

Sunday 1st April, Sunday 29th April, Sunday 27th May

All of these dates are on the same days as promo events with the intention to use these events for training. The coaching services that will be provided are:

- a small training exercise that uses controls from the event, which can be completed after your own course,
- shadowing on your course (or part there of) and instant feedback on your technical skills,
- post race analysis of your course and
- any general questions.

These coaching sessions are available free of charge to any Counties-Manukau club members although you will need to purchase your own map at registration. If there are any other people wishing to take part from another club there may be a small charge.

Try and get to the event early and do your courses as the training exercise will commence approximately sometime between 11:30am-12pm, (don't want to annoy the organisers by staying too long).

Cool, hope to see some of you come along. Any queries to:

James Bradshaw

Counties-Manukau Coaching Co-coordinator, skank1982@hotmail.com

North-West News

By Lesley Stone

All Night Relays

Six year old Scott Carswell saved the day when ran the junior leg for North West at the recent All Night Relays.

The club was in danger of not being able to field a 7-man team for the first time in over 20 years because of a lack of young competitors to do the first leg.

With his Dad guiding, Scott got over his initial panic of everyone running off and leaving him behind, and by the 4th control he switched on his torch, got his second wind, and completed the 2k course. He was not in last place either.

Dad Trevor then ran the 2nd leg and was going well until a rogue tree branch nearly knocked him out. He staggered on to complete his leg and for his efforts was awarded the prize for the most bloodied competitor. The things people do to get noticed!

Phil Johansen on leg 3 had a good run and the club was then about the middle of the eight team field.

Owen Means ran leg 4 and was doing well until a 'whoops' on the second to last control cost him some time.

Leg 5 was Thomas Reynolds who was having a good run until he realised that he had missed out a control.

Leg 6 Greg Flynn and Leg 7 Mark Lawson both recorded the fastest times on their respective legs. Mark who had taken part in a cycle race earlier that day just could not hold out Neil Kerrison in a sprint finish and North West ended up in 4th place.

Congratulations to all of you for representing the club so well.

Children's course

A big thank you to Sofie Herremans for setting special courses for children at the recent summer events. Instead of following a string, looking ahead and spotting the flag is part of the technique required. I'm told all the children had fun doing it.

NW Club member profiles

How well do you know your fellow club members?

Les Paver M65. This will be Les' 25th year with the club. For 11 of those years he had all the club's gear and controls stored in his basement. Controllers and event coordinators could always rely on

the tents being dry, the trailer well stocked and everything in order when they held their events.

Les enjoys being out in the forest and has become increasingly interested in the use of computers to aid mapping and course planning. Before he retired from teaching at Westlake High School he had encouraged and coached many boys in our sport.

He is currently Trips Co-ordinator for the North Shore Tramping Club and is often to be found in some wilderness area with its members. He also sang for a number of years with the Auckland Choral Society.

These days Les and Ann like to travel overseas to visit their children and grandchildren.

Miles Paver M60 on the other hand did not start orienteering until 2001 when introduced to it by Les.

For him the enjoyment comes from continually trying to improve his own performance and of course the outdoor environment. He has even tried his hand at course setting on that most awkward of maps Weiti.

His best result is he and Les winning the Super Vets class in the Woodhill 3hr Rogaine.

Miles' other interests include painting, drawing and pottery which he tries to do after taking his

Weimaraner dog for an hour's walk each day.

Mike Beveridge M55, Debbie W50, Gene M16 and Renee W14.

Mike arrived at the club in 1984 and over the years his love of geography and maps has seen him become one of the best orienteering mappers in New Zealand.

He remembers helping the mapper plan the very first map of Long Bay where a theodolite was used to plot the contours.

Field working, drawing maps and course planning are what give him the greatest satisfaction from orienteering.

Also high on the list is, together with Dave Middleton and Rob Ambler, beating the official M40 New Zealand relay team at the A/NZ challenge in 1990. Winning the highly competitive and large M35B grade in the Auckland Champs of 1989 is also a highlight.

Road cycling is now an interest and he accompanies Gene to school cycling events. Gene is one of the top M16 orienteers in Auckland and represents Massey High at the schools events. Like so many others his age it's a case of – so many sports, not enough time!

Renee and some friends have formed an orienteering team to

represent St Dominic's at these events and Mike is currently coaching them.

The family owns a hydroponic lettuce growing operation in Kumeu and Debbie fits in orienteering round the business when she is able.

Greg Flynn M21E. St Johns School in Hamilton in 1996 was Greg's introduction to orienteering and now he is one of the country's top competitors. This year he is hoping to get his training on track and be selected in the New Zealand team for the World Champs to be held in the Ukraine.

His most satisfactory result to date would have to be finishing 21st in the Junior World Champs in 2002.

For recreation Greg enjoys squash and cricket but with two years of his engineering degree to go, studying is also a top priority.

Darren Gosse M40 and Elke Haag W21 were flatting with Aidan Boswell in 2000 and Darren started

to become interested in the navigation required in orienteering. The two of them gradually became involved with the club.

Elke enjoys the thinking aspect of the sport and is able to beat fitter and faster competitors with her accuracy. A win in the OY competition and a 2nd in the national championship medium length course are highlights for her. Darren is fit but admits that sometimes silly mistakes can ruin an otherwise excellent run.

With two littlies under 6yrs they live on a lifestyle block in Taupaki where Elke, a vet, can indulge her horseriding interest. Darren meantime is into adventure racing, multi sport and hunting.

Thank you to all of the above for your contributions and as for the rest of you, I hope you have your answers ready when I call.

Good Luck to all those taking part in the upcoming National Champs and North West's After Match events.

Heart rate monitor: Overpriced Japanese gadget made of black plastic designed to make life hell. Worn by serious athletes.

Intervals: Training method whereby you run for an hour while everyone else has regular breaks

K's: Things belonging to Kay.

The Summer Series 2006/7

By Roger Woodroffe

The Summer Series is the result of the combined efforts of many members in the club. Thank you to everyone who helped, even if it was just for one day or event. It all added up to make the whole experience enjoyable for all.

Behind the scenes

Alistair and Joanna Stewart who had coordinated and run the Summer Series highly successfully over the past 10 years decided to step back and allow someone else to take the reins. Following a call for volunteers to help with the series, a committee was formed late July and we had our first meeting at an Indian restaurant in Ellerslie.

I was on strong pain medication and butter chicken at the time, recovering from recent surgery and in my happy state, feeling great, I was voted in as chair for future meetings. The series committee members for 2006-2007: are Roger Woodroffe (chair), Raewyn Bennett, Mervyn Paitry, Selwyn Palmer, Liz Pascal, Craig Pearce, Martin Peat, Alistair Stewart, and Joanna Stewart.

Looking back I'm very pleased I did agree to being involved. I have had a great opportunity to see how things work, meet and work with lots of new friendly and interesting people and

had encouragement to try new things.

There are full time degrees, courses, and thick textbooks dedicated to event management. From what I've seen, orienteering clubs seem to take event management in their stride. It just happens. I'm still trying to figure that one out.

Permissions

The 2006-2007 Summer Series included sixteen evening events and two night events. The events visited parks, reserves, domains, university campus, campgrounds, racetracks, farms, sports grounds, schools, institutes, and the streets and areas surrounding them.

Liz Pascal coordinated all the permissions required for each of the events for the series and our thanks go to her and out to the many landowners, schools, families, organizations, and councils who gave us permission to use their areas for the events.

Program Brochure

This year we built upon the previous years successful program brochure and converted it from the A5 single fold format to the DL triple fold, adding visual clues on the front to represent what the series is all about - a scaled down version of the

Mutukaroa Hamlins Hill map and a variety of photos. The selection of photos attempted to capture the diverse range and approach the series attracts as well as the pleasant park setting.

A big “Thanks” goes out to all the members who helped us distribute them and brought their friends along to have a go. Several have indicated they will definitely be coming back for more.

Maps

AOC has a great selection of maps built up over past years for the series. Selwyn Palmer, Mervyn Paitry and Alistair Stewart made further improvements and worked on updating them to the new sprint mapping standards. This is an ongoing project and you can expect to see more changes next year.

Each of the 18 events had at least two course maps, usually four, sometimes more. The cost to get multiple small runs printed by a professional printing service had increased. To combat this, the club investigated and purchased a colour laser printer to trial.

Alistair Stewart worked with Selwyn, Raewyn, course setters, and others to produce the maps we used throughout the season. Our long-standing high quality printing service (but not for this magazine – ed) DigitalLink in Balmoral produced the

triple fold brochures and A3 Western Springs maps.

Coordination

Joanna Stewart and myself coordinated with the setters, controllers, and volunteers of each event. The table below lists the setters and controllers involved in each event and gives the number of results recorded. In addition, many volunteers helped us set up, pack up, and collect controls at the end of the events.

The campomatic, gear, and accounts were stored and all handled by Raewyn Bennett. You will have spotted Raewyn, Joanna Stewart, Craig Pearce, Chris Jager as well as several other club members working on event registration and greeting participants.

Alistair and Joanna Stewart did a fantastic job of doing the results after each event, emailing them out, and getting them on the club website quickly. The results and commentary in each makes for interesting reading and a great reminder.

Next Summer Series

I’m looking forward to the next series which is only seven months away. Hopefully we can use and build on the resources we have been establishing over the past

seasons, take advantage of the new club website under development with advance season ticket sales and take the series to new heights by getting the number of participants to an all time high while retaining its all important relaxed and flexible qualities.

We have established a list of ideas and welcome new suggestions that we can look at as a team and decide how we will incrementally improve the next season.

One of the goals of the series is to allow people, who have never been involved with running an orienteering event before, to have a go under the guidance of some of the experienced members of the club. We had several first or second time setters and controllers over this last season. It was my first time setting up Sportident this year and first time helping with the coordination and running of the series. I feel I got a lot out of the experience.

We have three members volunteering to be setters for the next season already and we invite you to have a go. If you haven't done course setting before – I feel it really does give you a new perspective on the courses and the effort you put in is rewarded with better understanding.

Watch out for the chance coming up in the next few months to jump on board next seasons Summer Series Team. You can choose something that challenges you in new ways or something that you are familiar with and can do easily. All contributions make the series a success.



Setters and Controllers with Results Count

Date	Location	Setter	Controller	Special	C1	C2	C3	C4	Results
Wed, 1 Nov 2006	Auckland Domain	Nick Monteith Vic Fitzpatrick	Alistair Stewart		30	67	89	27	213
Tue 7 Nov	Craigavon Park	Jonty Oram	Steve Oram		23	43	39	19	124
Thu, 16 Nov	Mt Eden	Annette Orchard	Craig Pearce		20	64	87	17	188
Thu, 23 Nov	Macleans Park	Katherine Bolt	Clive Bolt		24	41	54	11	130
Tue, 28	Big King	Melvina Wise	Jeff	Memory	30	66	87	35	229

Nov			Greenwood	11					
Tue, 5 Dec	Panmure Basin	David Moorhouse	Scott Vennell		18	59	63	21	161
Wed, 13 Dec 2006	Churchill Park	Kerryn McLellan	Alistair & Joanna Stewart		28	56	59	18	133
Tue, 16 Jan 2007	Michaels Ave Res. & Waatarua	Jennifer Trinick	Peter Swanson		25	64	65	23	177
Tue, 23 Jan	Carrington (Unitec)	Aiden Ellmers	Norm Jager		33	70	85	14	202
Wed, 31 Jan	Lloyd Elsmore Park	Ellis Lam	Leon McGivern		27	41	52	23	143
Thu, 8 Feb	Western Springs	Kerry Linkhorn	Rudy Hlawatsch		29	82	84	32	227
Wed, 14 Feb	Mt Richmond & Hamlins Hill	Ionel Popovici	Alistair & Joanna Stewart	Memory 4	12	35	33	30	114
Tue, 20 Feb	Self's Farm Mangere	Roger Woodrooffe	Tim Renton	Sportident	23	51	40	21	135
Sat, 24 Feb	Ambury Regional Park	Alistair & Joanna Stewart		Night Event	18	19	20	N/A	57
Wed, 28 Feb	Alexandra Park	Alina Smirnova	Dougal Harding		24	77	76	35	212
Tue, 6 Mar	Ambury Regional Park	Robert Kingston	Ian Sydenham	1B - 15	14	46	65	28	168
Thu, 8 Mar	Craigavon Park	Marc Magerkorth	Wayne Munro	Night Event	20	18	11	N/A	49
Thu, 15 Mar 2007	One Tree Hill	Kate Smirnova & Lydia Scott	Catherine Crofts	Contours 24	26	69	50	46	191

The numbers in the above table certainly do not describe the actual number of participants orienteering at the events. The numbers are the actual count of clipcards that were returned to the results strings

and recorded. We know from map sales that generally 20% of map sales do not put their clipcard on the results string for whatever reason.

In addition, it does not distinguish between individuals and the people who choose to go around the course as a group using one map and clipcard. This means that a lot more people were out enjoying themselves than what these numbers suggest.

All events had fine weather except for the first Craigavon

event and the last event in One Tree Hill. For the first Craigavon event we had had heavy rain before the event that cleared up to become cloudy and warm. Prior to the One Tree Hill event we had several days of bad weather but the event itself was windy with occasional light showers.

Highlights from the Summer Series

- A very busy start to the season in the Auckland Domain. A successful event taking the additional restrictions, conditions, and safety procedures in place this year in its stride.
- Great to see many new faces and lots of people returning. Visitors came from all over New Zealand and throughout the world.
- Jonty Oram at 11 years old becomes one of our youngest setters. Well done Jonty!
- A challenging event was on offer at Mt Eden. The added restriction to protect the volcanic cones was handled with care.
- The setter for the Macleans Park event, Katherine, breaks her arm during ice-skating the night before the event! All goes well on the day including the fantastic weather. Great to see it is all healed and you are back on the course Katherine.
- Melvina's memory course adds extra challenge. In addition, six of the controls are taken during the event. The team works hard to replace them and keep an eye on them for the remainder of the event.
- Great to see the Scouts, Guides and schools taking part out in the courses.
- Some lucky orienteers passed a place on the Panmure basin where an enthusiastic local feeds fish to the Shag birds most evenings.
- Cherries and Christmas cheer before the courses at Churchill Park.
- An unmarked and new "uncrossable" 8 foot high fence appears at the entrance to an alleyway between Michaels Ave and Waitarua – no obstacle to some.
- Comments on challenging navigation and physically demanding courses.
- BIDDY BIDS!!! Removal of bidy bids from socks and shoes. Finished yet?

- Cattle attracted to controls at Self's farm, Sportident, and a fantastic purple sunset while collecting controls after the event.
- Keys lost out on the course; mobile phones left at control points; uncollected keys left in the campomatic; lots of drink bottles accumulated in lost property!
- "Contours Only" a popular challenge at One Tree Hill event.
- Good turnout to the training sessions offered by club coach David Stewart at the end of Self's Farm and One Tree Hill events.
- Fun in the MUD!!! Visiting small islands on the foreshore at Ambury Regional Park.

Club contacts

Auckland (AOC)

Immediate past president: Craig Pearce, 579 4340, cpearce@orcon.net.nz
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Counties-Manukau (CMOC)

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Editorial Bits

Next Issue: May 2007

Please send your contributions to John Powell at rae.jon@pl.net by March 20, phone 09 238 8159

Distribution

If you change your address please contact your club membership officer or Stephen Reynolds at 09 358 854 or Stephen.Reynolds@lion-nathan.co.nz

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