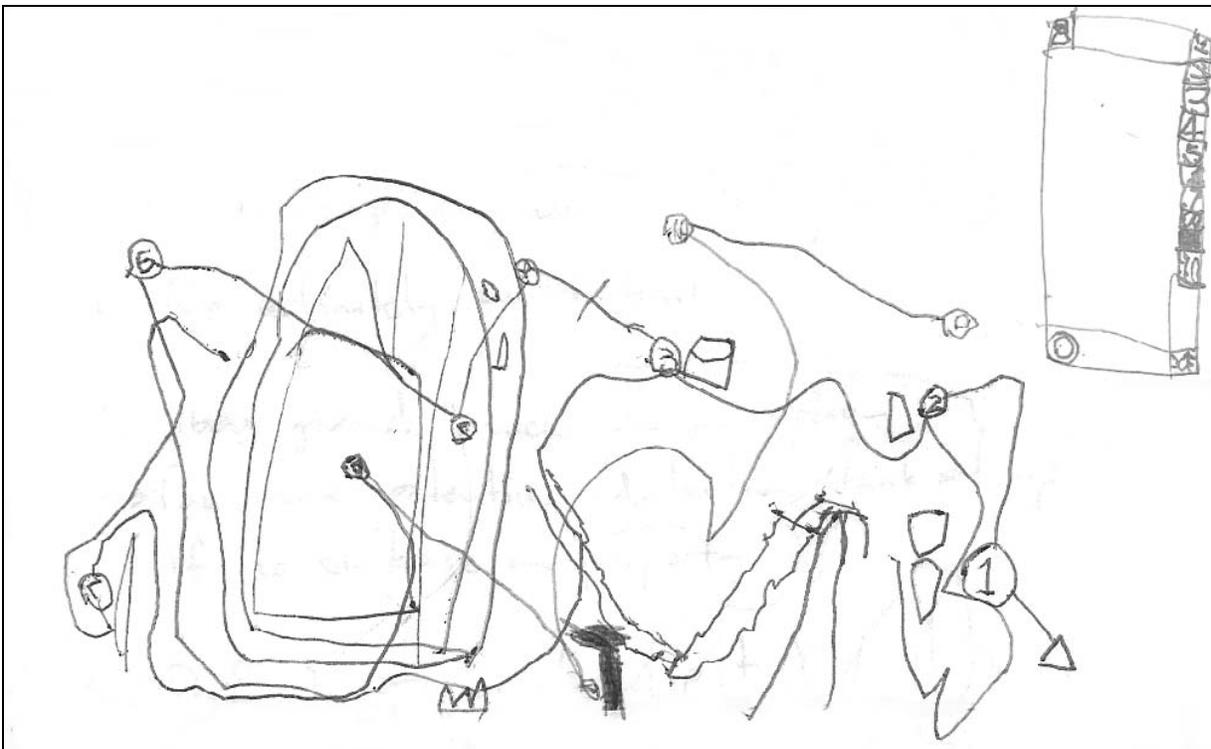




The Auckland

Orienteer



Four-year old Becky Greenwood has been doing some course setting. Her abstract impression shows the influence of string courses and has the innovative features of string crossings, false strings and, so we are informed, a rope swing as the route choice from control 3 to 4. This composition is further enhanced by a minimalist conceptualisation of the control descriptions.

May 2007



From the editor

The recent national championships will be given extensive coverage in the national magazine hence the only coverage provided in this edition is through the club news.

There is an article this month is on the secondary school relays. The school events are particularly relevant at this time of the year as:

- the secondary school relays were held in March,
- a secondary school competition has been in action from the beginning of the year culminating in
- the individual secondary school student championships this month and
- the Year 7/8 inter-school championships are also this month.

This issue also includes a coaching article with an associated practical exercise.

Any orienteering related photograph you take that looks worthwhile sharing then please email to me with any commentary for the readers. Print it in black and white first to see if it is suitable. Also, although there is no regular letters to the editor column the magazine is a venue for comment and discussion.

If you were surprised to see Rae and me on the start at the national championships then you probably do not know that we have retired to Pukekohe (all the advantages that a large rural town has over a city and only 30-35 minutes free-flow drive to Newmarket) and hence we have joined the Counties-Manukau club. The move was not uneventful – do not believe what builders tell you about new house completion dates and do not use the removal firm, 'Tiger Transport'; incompetent would be a polite description. Contact me if you want a medium size, short sleeve Auckland O suit at a bargain price.

Notices

Auckland Orienteering Association Club Relay Champs

When: 10 June 2007. Registration between 10-10.30am with mass start at 11am

Where: Otakanini Coastal Strip; (signposted from Rimmers Road off S/Hwy 16)

Who: Members of the Auckland/Counties Manukau/North West Orienteering Clubs

How much: \$10 per competitor

Format: This year's event will be based on a three-person relay. Each team will comprise of a long red/med red/short orange runner. Teams will be selected randomly on the day of the event after each club splits their entrants into thirds based on ability/speed.

All runners will start together at 11 am and run courses that will include splits and butterfly loops that ensure each team covers all controls evenly whilst discouraging following. Each team member's separate time will be added together to provide an overall time for the team.

The top 3 finishing teams from each club will have their times added together to provide an overall Club Championship winner.

How to enter: Please contact your club secretary (contact details in this magazine) to let them know you will enter by 4th June so we know how many maps to print. Payment and registration will be on the day.

More details: Andrew Bell 09-4284337 or the.bells@xtra.co.nz

Queen's Birthday 3 Day

Pre-enter by Saturday May 26. \$5 extra for on the day entries. See insert or website for details. Contact: Selwyn Palmer 09 625 7798, selwyn@quicksilver.net.nz

Mountainbike Orienteering

(This notice has new material additional to that published in the April magazine – Ed)

(a) North West Club's series of 3 MTBO events.

27th May

Waiuku Forest: follows a Counties-Manukau promo event with a massed start at 2 pm and a rogaine/score format for 90 minutes. Follow signs south from Waiuku town and have a go at both events.

30th June

Slater Road: 10 km from Parakai up the South Head peninsula. Rogaine/score format for 90 minutes with massed start at 11 am.

5th August

Slater Road: as above with 3 courses available, and winning times 60 minutes for course 3 and 90 minutes for courses 1 and 2.

Specially made maps with latest track changes and three special track width symbols to indicate ride-ability. All controls are on tracks so the navigation is achievable for anyone.

It is strongly recommended that you have a map-board, attached to the handlebars, that rotates so the map can be orientated at all times. Di Michels has kindly offered to make some low cost boards that can be bought or hired at each event. If you wish to be sure of one then email Di at dianne@michels.co.nz. If you are after a professionally made board, try Michael Wood at www.mapsport.co.nz

Costs are \$20 adults and \$10 juniors, and profits are going to making a new map. Riders can go as a pair if they wish.

(b) Trip to Aussie MTBO Champs.

The New South Wales MTBO champs and Aussie MTBO Champs in NSW are on consecutive weekends on 27/28th of October and 3rd/4th November. I am planning to organise a trip to both of these and to plan a 5-day training camp on the days between. Paul Darvodelsky is the main organiser of the Aus Champs and he has offered to help with all training maps. The ones he has sent look excellent so if you wish to have a fun holiday and learn heaps about MTBO come and join us.

Any enquiries to Rob Garden at rg&mg@xtra.co.nz or phone 094202849.

Winter Night Street Events Starting May 1

2 series of 3 events, each followed 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 AOC website.

The events are 'scatter events' with 20 controls on the map and you visit any 18 (course 1), 14 (course 2), 10 (course 3) or 6 (course 4) controls taking you about an hour (6 controls can be walked in this time), returning to a hot cup of soup when you finish. \$3 senior, \$2 student.

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. \$6 senior, \$4 student.

These are night events so you need a torch although controls will be on features on streets (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

2007 NZOF Development Squad



Men

Simon Addison (Hamilton), Simon Bloomberg (Peninsula & Plains)
 Riki Cambridge (Dunedin), Jourdan Harvey (Counties Manukau)
 Simon Jager (Auckland), Alastair Long (Counties Manukau)
 Sam McNally (Rotorua), Scott McDonald (Hawkes Bay)
 Ciaran Murphy (Counties Manukau), Andrew Peat (Counties Manukau),
 Thomas Reynolds (North West), Jack Vincent (Hawkes Bay)

Women

Tineke Berthelsen (Hamilton), Claire Dinsdale (Wellington)
 Rachel Goodwin (Hawkes Bay), Sarah Gray (Nelson)
 Lizzie Ingham (Wellington), Greta Knarston (Counties Manukau)
 Cara McDonald (Hawkes Bay), Amber Morrison (Hawkes Bay)
 Kate Morrison (Hawkes Bay), Frances Peat (Counties Manukau)
 Nicola Peat (Counties Manukau), Tessa Ramsden (Red Kiwi)
 Kate Rea (Counties-Manukau), Emma Watson (Hawkes Bay)
 Georgia Whitla (Peninsula & Plains)
Coaching Coordinator: James Bradshaw

SILVA New Zealand Team World Orienteering Championships Ukraine, 18 - 25 August 2007

Women: Amber Morrison, Hawkes Bay; Tania Robinson, Counties Manukau
Men: Greg Flynn, North West *; Rob Jessop, Auckland *; Ross Morrison, Hawkes Bay
Managers: Iryna Smirnova, Clem Larsen

SILVA NEW Zealand Team Junior World Orienteering Championships 2007 Dubbo, NSW, Australia, 8-13 July

Women

Tineke Berthelsen, Hamilton; Lizzie Ingham, Wellington
 Greta Knarston, Counties-Manukau; Amber Morrison, Hawkes Bay
 Nicola Peat, Counties Manukau; Kate Rea, Counties Manukau
 Reserve: Kate Morrison, Hawkes Bay

Men

Riki Cambridge, Dunedin; Simon Jager, Auckland; Sam McNally, Rotorua; Andrew Peat, Counties Manukau; Thomas Reynolds, North West; Jack Vincent, Hawkes Bay

Reserve: Ciaran Murphy, Counties Manukau

Note: Reserves are non-travelling.

Manager/Coach: Derek Morrison

Assistant Manager: Martin Peat

Assistant Coach: Mark Lawson

Jeff Greenwood, Convenor, NZOF Selection Panel

NZOF NEWS – APRIL 2007

CONGRATULATIONS

Well done to the Counties Manukau club for a hugely successful national championships. The weather was excellent, the venues were attractive, the organisation was efficient and the competition was exciting with different open champions in each championship – both men and women. A big thanks to Val Robinson, Unni Lewis, Martin Peat and the rest of the team.

NZOF AGM 2007

The AGM elected Paul Dalton as President and Graham Fortune as Vice-President. The meeting passed the following remit: That NZOF pay the race entry fees on behalf of all competitors selected to represent New Zealand at the World Orienteering Championships and the Junior World Orienteering Championships in foot orienteering.

SILVA AWARDS

The following awards sponsored by Silva, through the NZOF's sponsorship agreement with Ampro Sales, were announced at the AGM.

- Silva Award for services to orienteering in NZ: **Rob Crawford** (Counties Manukau).
- Silva International Performance of 2006: **Chris Forne & Dennis de Monchy** (PAPO) for 1st at the World Rogaining Championships, NSW, Australia.
- Silva Administrator for 2006: Waitangi 3-Day organiser, **Greg Flynn** (North West).
- Ampro Compass Club Growth-Development Award: **Auckland OC**.
- Silva Coach of 2006: **Gillian & Malcolm Ingham** (Wellington).
- Silva Magazine of 2006: ***On the Run***, edited by Lance Eccles for Central Districts OA.

OTHER AWARDS

The President's Award for volunteer service at club level went to **Bev & Lyndsay Shuker** (Counties Manukau) and the Brighthouse Trophy for the best performances across the 2006 Nationals and Area Championships was won by **Patricia Aspin** (Counties Manukau).

The Kapiti HAVOC trophy for best international junior performance of 2006 was awarded to **Amber Morrison** (Hawkes Bay) for her two top-10 placings at JWOC.

NEW SPONSORSHIP AGREEMENT

The NZOF is pleased to announce an agreement with a new sponsor, Viceroy Holdings Ltd, suppliers of **Inov8** clothing and shoes. The agreement, among other benefits, entitles members of the National and Development Squads to discounted terrain shoes and sports clothing.

DEVELOPMENT FUNDING

The NZOF Council approved two development grants at its recent meeting:

- Wellington OA for enhancements to the NZOF event calendar hosted on the Maptalk website;
- Peninsula & Plains Orienteers, under the Silva Schools programme, to assist with the holding of this year's Silva NZ Secondary School Championships.

ACKNOWLEDGMENT

The NZOF acknowledges, with appreciation, a grant from the **Bendigo Valley Sports & Charity Foundation** to support travel for round 4 of the SuperSeries held in Otago.

APPOINTMENTS

Recent appointments made:

- Jeff Greenwood (Auckland), Convenor NZOF Selection Panel. Previous convenor, Marquita Gelderman, remains on the three-person panel.
- Iryna Smirnova (Auckland), WOC 2007 Team Manager (assisted by Clem Larsen).

COMPETITION RULE CHANGES

The following is a summary of rule changes, recommended by the Technical Director, and endorsed by the NZOF Council at its April meeting.

- That in 14- and 13-course formats a separate course is recognised for W70A and older women's classes and M80A and older men's classes.
- That the winning time for M21E be 90-100 minutes.
- That a comment be included in the preamble to the course/class combinations: when planning the lengths of courses that notice should be taken of prior events held on the map or of events of similar type terrain.
- That the winning time for the Middle distance for the M/W21E classes be 30-35 minutes.
- That the Sprint distance be included in the competition rules with the winning time for all classes being 12-15 minutes.
- That for senior age groups, organisers have the discretion to offer ten year classes, except for the national championships.

NZOF VACANCIES

The following national volunteer positions remain open:

- Media Officer
- Ampro Liaison Officer.

If you are interested in either of these positions, please contact the General Manager for a job description.

The NZOF acknowledges the support of:

Sport & Recreation New Zealand

David Melrose Design

Access Immigration NZ Ltd

The Lion Foundation

Bendigo Valley Sports & Charity Foundation

Signs@Work, Picton

SILVA

The MAPsport Shop; Inov8

New Zealand Community Trust

Oxford Sports Trust

JohnandVal Investments

Event Calendar

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.

Auckland Area Events

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 at the end. |
| 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, 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 at the end. |
| 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 rogaine details..
- Sun 27 CM Waiuku forest promotional event, starts 10am –noon, signposted from Waiuku town
- Sun 27 NW MTBO event following the above foot-O event in Waiuku forest. Mass start at 2pm with a 90 minute race time. Register by 1:30pm. Senior \$20, junior \$10.

June 2007

- Sat 2 A Loop event, signposted SH16/Restall Rd, mass start 11 am
- Sun 3 A 4-hour rogaine, signposted SH16/South Head Rd, maps at 10am, racing starts 11am
- Mon 4 A 1-hour score event, signposted on SH16 at Waimauku, register before 10.20am, mass start 11am.
- Sun 10 NW AOA relays, signposted SH16/Rimmer Road. Register 10-10.30 am. Mass start 11 am.
- Sun 17 NW OY1, signposted SH16/Rimmer Road. Starts 10-12 am
- Sat 30 NW MTBO, 45 Slater Road, 15 minutes north of Parakai off South Head Road. Massed start at 11 am for 90 minutes. Senior \$20, junior \$10.

Major NZ Events

- | | | |
|------------|--------------|---|
| June 2-4 | A | Multiday, loop, rogaine, score |
| June 2-4 | W | Multiday, sprint, middle, long, loop, inter-region school relay. alan.horn@xtra.co.nz , 04 478 9768 |
| July 13-14 | PAPO | NZ Secondary School Championships. Details on www.papo.org.nz |
| July 29 | Dunedin | National Ski-O |
| Sept 16 | PAPO | South Island Secondary School Champs |
| Sept 22-23 | AOC | Auckland Area Championships |
| Oct 20-23 | WOA/CDOA | WOA and CDOA Area Championships, www.hborienteering.com |
| Nov 17-18 | Nelson-Marlb | South Island Area Championships |

North-West News

By Lesley Stone

The New Zealand Champs were held at Easter and many North West club members took part. It was a chance to enjoy the company and renew friendships with fellow orienteers and rivals from around the country. With various distances on offer over the four days, from sprint to relays, there was a course for everyone.

Our club had many placegetters. Those who stood on the winners' podium were: Paul Ireland - twice, Phil Mellsop - twice. Renee Beveridge - twice, Thomas Reynolds - twice. Matthew Ogden, Rolf Wagner, Ben Reynolds, Phillippa Poole, Lisbeth Hornell, Sofie Herremans and Suzanne Stolberger.

In the middle distance event for M16A, North West took all three placings with Matthew Ogden, Gene Beveridge and Nick Mead, while Mark Lawson, Lisa Mead and Thomas Reynolds brought the club team home 2nd in the Mixed A Relays. Full results are on Counties website. Thanks Counties.

TAMOC

The After Match Carnival which North West hosted featured a number of novelty events including sprint, night relay, night score event, standard courses and a loop event to finish.

The weather gods were kind to us and the venues were excellent. Full results

are on our club website. Many thanks to Andrew Bell and the team of setters, controllers and helpers for making things go smoothly. We are certainly spoilt for choice when it comes to volunteers to do the work.

The new club orienteering tops were given their first outing at the Nationals, and they certainly allow their wearers to stand out in a crowd! Very colourful indeed – no sneaking away from controls unseen now.

Sam Murphy

From Patrick Murphy – Sam Murphy completed his first Ironman NZ as the youngest iron man out of 1300 entries including 600 international and elite entries. He was 40th out of the water (out of 1300!). He was second in the under-20 Men following popping a ligament after 160km on the bike leg but finished in a hobble! Thanks to all his orienteering years of training! He's now training (and saving) for 2008!

Jill Dalton

Jill Dalton leaves at the beginning of May to take part in a Graham Frith organised trip starting in Tibet. A group of twelve will be cycling from Lhasa to Katmandu in Nepal, a distance of some 1100 km, all at altitude. She expects it

to take about a month. We look forward to hearing all about it when she returns.

Ralph King

Ralph King is still slowly improving and Dave tells me that they are hoping to make it out to an event later in the year. Meanwhile he loves hearing about how everyone is doing and still takes an active interest in orienteering news. Best wishes on your recent birthday. Another year and we will have to start a new grade M85A! Good one.

Here are some more club members that you may or may not know.

Ng-Waishing Family - Kingsley M50, Judy W40, Matthew M19, Ben M17, Merryn W14

Matthew began orienteering at Westlake High School around 2002 and soon the rest of the family decided to give it a go, with all the usual beginners' stories of highs and lows.

Kingsley recalls taking 3½ hrs to do a promotion event at Harker's Reserve and once Matthew was still looking for controls in the dark at Mt Eden after they had been brought in!

There have been successes as well; Ben being part of the winning Westlake Relay team at the 2005 Nationals and also coming second in the individual event in 2006.

Both boys have been to a junior development camp which they enjoyed.

Judy and Merryn like getting out into the forest and improving their skill level. Kingsley, when he is not tending to patients in his doctor's surgery, can be found coaching cricket teams at Westlake, which he really enjoys. The whole family are always willing to pitch in and help out at events as well.

Owen Means M45

Owen joined the club after trying orienteering at the Summer Series, 2004. His technical skills are improving each year and from one of his first OY races which took 2½ hrs he was second in the middle distance for M40S at the Hawkes Bay Nationals and first in the 2006 Nelson Nationals.

He has now stepped up to the challenge of a longer distance in the M45 grade, and was third in the middle distance race at the recent Nationals. Owen works in the 'IT' industry and his other leisure activities and interests are multi-sports and mountain biking.

Peter Godfrey M70.

While running with the Hash House Harriers on One Tree Hill, Peter ran on an orienteering course set by John Gregory. That was in 1989 and his interest grew from there.

He started in the 50B grade and after a couple of years progressed to the A grade. A bad road accident while cycling set him back in 1991, but being a stubborn person he determined not to let it beat him and appeared at an event

at Moire Park on crutches not long afterwards.

Wins at the Nationals in Dunedin 1998, and Tekapo 2002 are highlights of his orienteering while becoming confused amongst the rocks in Australia was a low point.

Peter still likes cycling and mountain biking and regularly attends the Master games at Wanganui where he competes in various other sports. He is currently Auckland OY Statistician which means he allocates the OY points won by everybody throughout the OY series of events.

While compiling these cameos and others to come I have noticed a trend. Most people have other outdoor activities that they enjoy, especially cycling of some sort, and I am amazed at the long times people took to do their courses when they first started. I am surprised that we ever saw them again!! Maybe time flies when you're having fun.

Keith and I will be holidaying in Europe in May and June, so Kath Farquhar will be compiling this column. Send any news and gossip to her. Thanks Kath.

Auckland Chatter

By Simon Jager, club captain

Wow! What an abundance of orienteering we have had over the past couple of weeks with Nationals and the After Match Carnival – 9 events in 10 days! Those of us that attended have either used our skills and fitness to our advantage or been kicked back into shape, and it now seems that everyone will be looking forward to getting into the forest for this season's events.

A special mention must go to our orienteers of the future – our M and W 10s who took part in the Nationals. Those that could be seen out in the bush were: Erika and Nikita Mahe, Tessa and Alex Boyd and James Sydenham – great stuff guys!

Some great club results from the Nationals with many A-grade podium places:

Sprint:

M16A – Toby Scott – 3rd
 M20A – Simon Jager – 3rd
 M21A – Ionel Popovici – 2nd
 M35A – Robert Kingston – 2nd
 M40A – Pete Swanson – 2nd
 M45A – Scott Vennell – 3rd
 M55A – Alistair Stewart – 2nd
 M65A – Vee Smirnov – 3rd

W12A – Meg Sydenham – 3rd
 W14A – Lydia Scott – 3rd
 W18A – Imogene Scott – 2nd
 – Alina Smirnova – 3rd
 W21A – Katherine Bolt – 1st
 – Catherine Crofts – 2nd

W21A – Sandra Faustl – 3rd
 W40A – Nicola Kinzett – 2nd
 W50A – Annette Orchard – 2nd

Middle:

M20A – Simon Jager – 1st
 M21A – Ionel Popovici – 3rd
 M40A – Guy Cory-Wright – 2nd
 M65A – Terry Nuthall – 2nd

W10A – Erika Mahe – 3rd
 W14A – Lydia Scott – 3rd
 W18A – Imogene Scott – 2nd
 W21A – Katherine Bolt – 1st
 – Charmaine Tate – 3rd
 W40A – Lyn Stanton – 2nd
 W40AS – Iryna Smirnova – 1st
 – Jennifer Trinnick – 2nd
 W55A – Joanna Stewart – 3rd
 W70A – Heather Clendon – 2nd
 – Jill Brewis – 3rd

Long:

M16A – Toby Scott – 1st
 M20A – Simon Jager – 2nd
 M21A – Ellis Lam – 3rd
 M35A – Robert Kingston – 3rd
 M40A – Pete Swanson – 3rd
 M55A – Alistair Stewart – 3rd

W10A – Nikita Mahe – 2nd
 W10A – Erika Mahe – 3rd
 W18A – Imogene Scott – 1st
 W21A – Katherine Bolt – 2nd
 W70A – Jill Brewis – 2nd
 W70A – Heather Clendon – 3rd

Relay:

AOC#1 – 6th AOC#3 – 17th
 AOC#2 – 20th AOC#8 – 27th
 AOC#9 – 38th AOC#7 – 43rd

AOC#5 – 41st AOC#4 – 45th
 AOC#6 – 52nd

What a list! Really good stuff from all our attending members!

In other news, our new club recruit from the Hutt Valley, Peter Bakos, is being called into action quickly. He is currently working on some mapping for the club in Woodhill forest. It is great to have another person who can help out with this side of things!

Queen's Birthday is fast approaching. This means that members need to be making plans for the events they will be attending. There is an A-grade 3-day event in Wellington but our club is also running some supporting events for a rogaine in Auckland on the weekend. That means that we need helpers as many of our usual core organisers will be heading to the events further south. If you can offer any help, please let a committee member know.

On that note, we could still do with more setters, controllers and general helpers for our upcoming forest and city events, so if you can help out we would love to hear from you.

The next Club Meeting is scheduled for May 7th, at the Jager residence – 37 B Hillsborough Road in Three Kings. All welcome so come along and put in your thoughts!

See you in the forest soon.

Counties- Manukau Chit Chat

By Greta Knarston

The nationals are over and I think it was probably the best nationals I have ever been to. Not that I have much to compare it to (last year was my first nationals) but now that I know all the effort that goes into putting on these major events, I think we managed to put on a great weekend. The weatherman even listened to our pleas.

A huge thank you to everyone that helped us out, from the club or not, every little bit helped to make it that much easier. Some particular people in the club who need to be thanked are obviously Robbie and Val who dedicate so much of their lives to the club; it doesn't go unnoticed. Also Bev, Lindsay, Unni and Neil. There are many more but I can't think of them off the top of my head. I'd also like to thank my mum and dad who cooked sausages, thanks guys you've put me off sausages for life!

Results from Nationals

Sprint

M20A -3rd Jourdan Harvey
 W21E -2nd Tania Robinson
 W20A -3rd Greta Knarston

Middle

M20A -3rd Ciaran Murphy
 W21E -2nd Tania Robinson
 W20A -3rd Greta Knarston

Long

W21E -1st Tania Robinson
 W20A -2nd Greta Knarston

Sorry to have missed off so many results but I had to choose a few grades and took the top 3. There were some fantastic runs and as a result four of the Counties Juniors have been selected to represent New Zealand at JWOC 2007 and another is the reserve of the men's team. They are Andrew Peat, Ciaran Murphy, Kate Rea, I and Nicola Peat.

Considering there are 14 in the team for 5 of them to be Counties members is a pretty impressive result.

The After Match Orienteering Carnival was held in the week after nationals and for those that stayed on it was a great event. Thanks to North West who organised the week and provided lots of variety and some very technical orienteering! Now we can start training again for Queens Birthday Weekend!

Notice: the training activities published in the April edition have been cancelled as James now has other national O commitments at those times. Perhaps something later in the year.

Key Terms and Definitions

From an AOC coaching session, which was likely led by Darren Ashmore and/or Rob Jessop. I did not keep any associated practical exercise so I have constructed one that follows this section – Ed.

Aiming off: Deliberately aiming to one side of your intended target so that you know which way to turn once you have reached the correct distance. Usually used if approaching a linear feature at right angles.

Attack point: An easy-to-find, definite, obvious feature that is close to the control.

CAR: This is an acronym for what to do on each leg. Look at your next control on the map (C), find a good attack point (A) to lead you into the control and choose the best route (R) to the attack point. The sequence is important as the apparently fastest route choice to a control may not lead to a good attack point.

Collecting feature: An obvious feature beyond the control which will be found if you overshoot.

Handrail: Any linear feature which can be easily followed. Man-made features such as tracks, roads, fences, power lines are the easiest. Natural features such as streams, distinctive vegetation boundaries. Contour features such as long hill systems, slopes or depression systems.

Radar vision: Pretend your neck is a swivel. Look at least 180 degrees around you and even behind you. You will be amazed at the extra detail you will see.

Simplification: The art of ignoring lots of detail when you don't need to use it. A very important skill in intricate areas like Woodhill. An area of spaghetti-like contours can often be simplified into "a hill". As long as you know there is a hill system that must be crossed, the finer details of that hill system are irrelevant.

Tag lines: Little tags on the contours which indicate a downward slope.

Thumbing: A technique where the thumb of the hand holding the map is constantly pointing to the runner's position on the map.

Traffic lighting: A system where the leg is broken up into fast, medium and slow sections. These "speeds" relate as much to mental speed as physical. Generally the fast section ("green") will be early in the leg where it is not necessary to know your exact position. The medium section ("yellow") is where care is needed to find the attack point. The slow section ("red") is where great care and fine navigation is needed

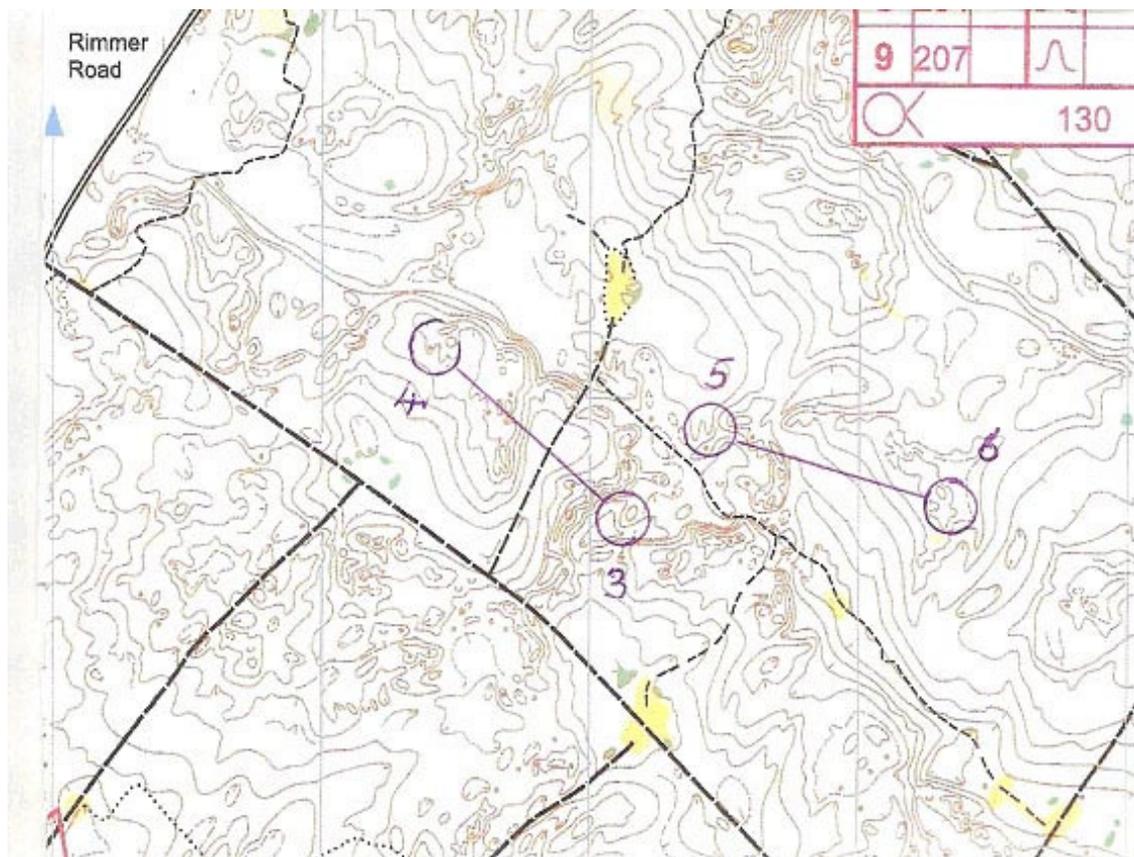
to find the control. Not all legs will have all sections - some difficult legs will be all "red", easy legs may only have "green" and "yellow" sections.

Exercise

The map below is a section of the Pot Luck map. There is a small clearing on the ridge top about 40m south of control 6 which may not show up in this print. Refer to the original map for this exercise if you have a copy. The forest is fast run but the visibility is restricted to around 20-30 m.

Your task is to use the terms aiming off, attack point, CAR, collecting feature, handrail and traffic lighting in describing your plan for each leg. Consideration should be given to all plausible route choices and a reason stated for your preferred choice.

I suggest that you allow yourself initially 10-20 seconds to decide what you would do, then write down your answer using the above terms, where appropriate, and repeat the exercise without time pressure. The Aspins will provide a comment in the June edition, which will give you time to revisit your initial answer, and provide a benchmark for you to evaluate your effort – Ed.



The Auckland Secondary School Relay 2007

By John Powell from information supplied.

Background

The Auckland secondary school orienteering relay championships was established by Alistair and Joanna Stewart in 2001. The event is sponsored by the ASB through ASB College Sport, which provides a secretariat facility, and contracts someone to organise the event, currently John Robinson. John also sets the courses.

The event is held on a Tuesday towards the end of term 1 with Cornwall Park/One Tree as the venue and the start/finish area at the archery club. About 8 orienteering club members help with the organisation on the day. This year they were Bert Chapman, Adrienne Harvey, Unni Lewis, Martin Peat, Rae Powell, John Powell, Val Robinson, Judy Wai Shing and Ken Taylor.

The event is held whatever the weather and uses clip-cards rather than SportIdent. The archery club venue provides an entertaining view for spectators with courses set to take runners across the face of One Tree Hill.

Three-person boy and girl teams run in junior, intermediate and senior grades. The relay is classical format with three variations for each course so that each team in a grade collectively run the same legs.

The winning school in a grade receives five points, the second three and the third one point. (Three, two, one for place points resulted in too many draws). The scores for a school are summed across the grades to determine the winning school for each of the boys and girls divisions.

There were 51 teams this year from 12 schools. This is a small minority of the secondary schools in the region and, in general, the schools involved have teachers or parents who are orienteers. The involvement of adult orienteering club members with secondary schools is a significant factor in promoting the sport within a school and in skills development. Club contributors include Mike Beveridge (Massey and St Dominic's), Graham Peters (Birkenhead), John Robinson (Pukekohe), Vy Smirnov (Epsom Girls and Auckland International) and Les Paver (Westlake Boys).

The number of schools has grown gradually over the past few years with Elim Christian School and Wentworth College being new this year. Auckland Grammar, which was dominant in the early years of the competition, has now completely disappeared from the scene. Of the 153 competitors, only 6 are club members.

Number of teams by school

	Snr boys	Int boys	Jun boys	Snr girls	Int girls	Jun girls
AKL Inter				1		
Birkenhead	2	3	2	2	3	1
Epsom				3	3	
Elim		3				
Glendowie		1			1	
Kings	3	2	2	1		
Massey		1				
Pukekohe		2	1	2	2	1
St Cuthberts				1	1	
St Dominics						1
WBHS	1	1	1			
Wentworth		2				1
	6	15	6	10	10	4

2007 results by grade**Boys**

	senior	intermediate	junior
first	Westlake	Massey	Kings
second	Birkenhead	Glendowie	Westlake
third	Kings	Kings	Birkenhead

Points: Westlake 8, Kings 7, Massey 5, Birkenhead 4, Glendowie 3

Girls

	senior	intermediate	junior
first	St Cuthberts	Epsom Girls	Pukekohe
second	Birkenhead	Epsom Girls	St Dominics
third	Pukekohe	Birkenhead	Birkenhead

Points: EGGs 8, Pukekohe 6, Birkenhead = St Cuthberts 5

Club contacts

Auckland (AOC)

Immediate past president: Craig Pearce, 579 4340, cpearce@orcon.net.nz

Secretary: Selwyn Palmer, 625 7798, selwyn@qicksilver.net.nz

www.orienteingauckland.org.nz

Counties-Manukau (CMOC)

President and AOA: Val Robinson, 09 238 6911, johnandval@clear.net.nz

Secretary: Martin Peat, 274 1693, martinpeat@gmail.com

www.cmoc.co.nz

North West (NWOC)

President: Andrew Bell, 09 428 4337, the.bells@xtraco.nz

Secretary: Diane Taylor, 834 8094, taylorken@xtra.co.nz

www.geocities.com/nwocnz

Editorial Bits

Next Issue: June 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

Sender

Jill Smithies, secretary/treasurer Auckland Orienteering Association, 4b Fairbanks Place, Glendene, Auckland.

The Auckland Orienteer is the monthly magazine of the Auckland Orienteering Association. It is produced monthly and is available online from geocities.com/nwocnz. Other orienteering related publications are welcome to draw material from the magazine although credit is asked for both the author, if stated, and the magazine.



Sender:

Auckland Orienteering Association
4b Fairbanks Place, Glendene, Auckland

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