

The Auckland



Orienteer



This cartoon was inspired by a Whangarei Club event where a 'weather bomb' rapidly turned a small stream into a brown, swiftly flowing, 3-5 metre wide stream. Those already on a course faced a route choice of a 2 km detour for a bridge crossing or a chest-high wade or swim. For the unlucky it was total immersion and for some whose maps disintegrated, the way back to the finish was a memory leg.

August 2007



Editorial

Back in the olden days, setters and vetters, now known as controllers and planners, used to write a report about their event, which formed a preamble to the list of results which were printed on paper and delivered in envelopes to street addresses. These would appear in letter boxes one to two weeks after the event.

The reports would traverse a variety of topics relevant to that particular event and typically would address a selection of items from notable performances, unexpectedly long or short win times, legs or control sites that gave an unusual level of difficulty, the route choices on a long leg, particular orienteering challenges that were planned into courses, the weather, the map, acknowledgements, special thanks, humorous moments and advice to future planners.

With the advent of SportIdent and widespread access to the Internet, the instant production of results eliminated the opportunity for planners and controllers to analyse results, reflect upon their experiences and write a report to go with the results. Hence, the article in this issue by Alistair and Joanna Stewart as the controller and planner of the recent OY2 is most welcome.

It is my intention to continue to publish OY results and points as it provides a different reading experience from a computer screen. The opportunity is there, therefore, for future controllers and/or planners to write an event report to go with the results. I am sure that they will be much appreciated by readers.

Also welcome is Tony Cooper's letter below, which is the first letter to the editor that I can recall for some years.

John Powell

Letter

By Tony Cooper

I don't go to the usual score events because they are too short. An event of an hour isn't enough to make a 2 hour drive worthwhile and to provide worthwhile exercise. I'd consider going if there were a 2 hour option and I'd definitely go if there was a 3 hour option. I went to the 4 hour Queen's Birthday event. That event had tracks between the controls so the fact that navigation is easy isn't a deterrent for me.

Fences: cross these at the thick posts, preferably at corners. Report any damage you cause to the event organiser.

Finish: report to the finish whether or not you have DNF'd otherwise at course closure time the organisers will think that you are lost or injured and start searching for you.

Gates: leave them as you find them.

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.

No dogs or smoking. Leave only footprints and gates as you found them.

Auckland Area Events

August

- Sun 5 NW MTBO, 45 Slater Road, 15 minutes north of Parakai off South Head Road. Three courses with winning times between 60 and 90 minutes. Start times between 11am and 12am. Senior \$15, junior \$10.
- Sun 12 CM OY4, Waiuku forest, signposted from Waiuku. Start 10am-12.30pm.
- Wed 15 A Night street event, Epsom/Mt Eden, maps at 6.55pm, mass start 7pm, Melville Park in St Andrews Rd.
- Sun 26 A OY5, Woodhill forest, signposted from SH16/Rimmer Rd. Start times 10am-12.30pm, entry fees: -all club members: snr \$12, jnr/student \$6, family \$24; non members: snr \$15, jnr/student \$7, family \$30
- Wed 22 A Night street event, Eastern Suburbs, maps at 6.55pm, start pm at Madill's Farm, Baddeley Rd, near Melanesia Rd, Kohimarama
- Wed 29 A Night street event, St Johns/Meadowbank/Ellerslie, maps at 6.55pm, mass start 7pm outside Meadowbank School, Waiaatarua Rd, Meadowbank.

September

- Sat 1 – Sun 2 A Skills development, Hobbits, signposted SH16/Rimmer Rd.
- Wed 5 A Night street rogaine, 2 or 3 hour options, start 7pm, venue yet to be decided – see website.
- Sun 9 CM OY6, Waiuku forest, signposted from Waiuku, start 10am – 12.30pm
- Sat 15 - Sun 16 A AOA championships, Woodhill South/Restall. Preentry – entry form in this magazine and on the AOC website.
- Sat 22 A Sprint event, Tamaki campus – Morrin Rd, Glen Innes, start 4pm - 4.45pm
- Sat 29 A Sprint event, venue to be advised later.

October

- Sat 6 A Sprint event, Western Park – Ponsonby, start 4 pm -4.45 pm
- Sat 13 A AOA sprint championships, Mt Smart. Entry form in this magazine.

Notices



New Zealand Orienteering Federation
General Manager: Stuart Payne
171A Fifield Tce, Christchurch 8023, NEW ZEALAND
ph: 64 - 3 - 337 2275 email: nzof@nzorienteering.com
Orienteering On-line at www.nzorienteering.com

NZOF NEWS – JULY 2007

DEVELOPMENT FUNDING

The NZOF Council recently approved a development grant of \$750 to **Dunedin OC** for the development of a Permanent Orienteering Course at Gabriel's Gully.

Clubs are reminded that "NZOF Development Project Funding Guidelines" are on the NZOF website. Projects referred to in the guidelines include: newer forms of orienteering, permanent courses, orienteering in schools, promotional resources (including web-based resources) and stronger clubs mentoring neighbouring clubs. The primary aim in each case is to increase participation in the sport with a flow-on effect for the recruitment and retention of club members.

ACKNOWLEDGMENTS

The NZOF acknowledges, with appreciation, the following grants:

- **Oxford Sports Trust** for air travel for the Silva NZ Junior team travelling to JWOC;
- **McNally Valuation (2000) Ltd** for the Silva NZ Junior team competing at JWOC;
- **The Southern Trust** for air travel for the Silva NZ team travelling to WOC;
- **New Zealand Community Trust** for air travel for the Silva NZ team travelling to WOC.

ANZ CHALLENGE 2007

The biennial challenge will take place at the beginning of October in ACT, Australia, as part of the Oceania Championships. The team for the senior classes (21E and older) has been named (refer NZOF website) and that for the junior classes will be named by the end of July.

ANZ MTBO CHALLENGE 2007

New Zealand has accepted an invitation from Australia to contest an Aus-NZ MTBO Challenge, 3-4 November, as part of the Australian MTBO Championships.

ON THE WEBSITE

Best Practice documents for clubs for the following are now available on the NZOF website at the Resources page:

- Annual Programme Planning
- Club Vision and Strategic Planning
- Attracting New Members

- Promotion - How To Do It
- Clubs and Schools.

Also on the website for comment are:

- A strategic plan for rogaining in NZ.
- A strategic plan for mountain bike orienteering in NZ.

SPORTS ANTI-DOPING RULES

The Sports Anti-Doping Rules made by Drug Free Sport New Zealand under the provisions of the Sports Anti-Doping Act 2006 have been adopted by the NZOF as its Anti-Doping Rules. They replace the existing NZOF Anti-Doping Policy and come into effect from 1 July 2007. The Sports Anti-Doping Rules 2007 are available at www.drugfreesport.org.nz.

COACHING DIRECTOR VACANCY

Unfortunately due to other work commitments, Darren Ashmore has resigned as National Coaching Director. The NZOF thanks Darren for the expertise he brought to this position. As a result, applications are now invited for this part-time, paid contract position.

The primary role of the Coaching Director is to identify the needs and priorities of orienteering coaching within New Zealand. This is translated into a network of coaches at various levels, with support (personal and materials) depending on funds available.

Applicants should have:

- Excellent communication and motivational skills,
- Sound interpersonal skills, as the role requires extensive liaison with many people,
- The ability to organise and plan,
- Coaching experience with a thorough understanding of the techniques involved in competitive orienteering,
- Senior NZOF coaching qualifications (or equivalent)

A job description is available from the General Manager.

Applications close 31 July.

NZOF VACANCIES

The following national volunteer positions are open:

- JWOC 2008 Manager/Coach
- Media Officer
- Ampro Liaison Officer.

If you are interested in any 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
Inov8
New Zealand Community Trust
The Southern Trust
Access Immigration NZ Ltd
JohnandVal Investments*

*SILVA
The MAPsport Shop
Access Immigration NZ Ltd
Oxford Sports Trust
Bendigo Valley Sports & Charity Foundation
McNally Valuation NZ Ltd
Signs@Work, Picton*

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



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
---------------	------------

Manager/Coach

Assistant Manager

Assistant Coach

Derek Morrison
Martin Peat
Mark Lawson

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.

NEW ZEALAND (Senior) TEAM
AUSTRALIA-NEW ZEALAND CHALLENGE
 ACT, Australia, 6,7 October 2007

Women

W21E	
Jenni Adams	Peninsula & Plains
Penny Kane	Hawkes Bay
Rachel Smith	Hawkes Bay

W40

Anna Robertson	Hutt Valley
Suzanne Scott	Taranaki
Raewyn Simpson	Rotorua

W45

Gillian Ingham	Wellington
Carey Nizzer	Taranaki
Phillippa Poole	North West

W60

Patricia Aspin	Counties Manukau
Jill Dalton	North West
Royce Mills	Red Kiwi

W70

Bunny Rathbone	Dunedin
Ann Scott	Southland
Hilary Weeks	Auckland

Men

M21E	
James Bradshaw	Counties Manukau
Neil Kerrison	Taranaki
Ross Morrison	Hawkes Bay

M40		M60	
Paul Dalton	Wairarapa	Wayne Aspin	Counties Manukau
Hamish Goodwin	Hawkes Bay	Dave Middleton	North West
Peter Swanson	Auckland	Michael Wood	Hutt Valley
M45		M65	
Alister Metherell	Peninsula & Plains	Graham Fortune	Wellington
Bruce Peat	Counties Manukau	John Robinson	Counties Manukau
Scott Vennell	Auckland	Gavin Scott	Hutt Valley
M50		M70	
Pat Bodger	Peninsula & Plains	Ian Basire	Hutt Valley
Don Paterson	Taranaki	Bert Chapman	North West
Graham Teahan	Red Kiwi	Ian Holden	Nelson

Manager

To be advised

Jeff Greenwood
Convenor, NZOF Selection Panel

Macadamia Nut Picking Day

There will be a macadamia nut picking day on the 19th of August at Yett and Chris Gelderman's orchard.

Yett and Chris will undertake to pay your 'wages' to either the development squad, or some other worthwhile orienteering cause to be determined by the NWOC. The amount of money paid will depend on the amount of nuts picked, that is, the more you pick the more they pay!

BBQ lunch will be provided, as well as all equipment needed to do the job.

If you feel keen to join them for the day, please phone 09 420 2992 (after 6pm) before 17 August.

Swiss Family Looking For A House To Rent

We are a Swiss family coming soon to New Zealand. We (two adults and three children, age 9, 7 and nearly 5 years old) will come for ten months to New Zealand in August.

As we like doing orienteering in Switzerland we would like to do it also in New Zealand. Maybe you can help us planning our stay. We intend to go to the north (also the south is possible) and like to stay in the Auckland area in a house from about August 20 to Xmas, preferably in a town and not in Auckland city. We like to send our kids into a primary school for that time and we like to join to an orienteering club.

If somebody knows a place we can stay, if there is a house to rent, we would be very pleased! We look forward to any information and help. Thank you very much!

Katja and Andreas Leonhardt
ka.leonhardt@hispeed.ch

Results - Auckland Area Relay Championship 2007

Place	Club	Total time	First team	Second team	Third team
First	CM	5.32.17	1.45.03	1.47.30	1.59.44
Second	NW	5.59.20	1.50.50	1.59.03	2.09.27
Third	A	6.25.06	1.46.17	2.07.55	2.30.54

1 CM 1:45:03

1 James Bradshaw 35:12
2 Nicola Peat 32:48
3 Unni Lewis 37:03

2 A 1:46:17

1 Simon Jager 36:40
2 Jovel Popovici 37:50
3 Nicola Kinzett 31:47

3 CM 1:47:30

1 Alastair Long 45:50
2 Wayne Aspin 35:02
3 Patricia Aspin 26:38

4 NW 1:50:50

1 Greg Flynn 35:19
2 Lisa Mead 36:14
3 Rob Vanstam 39:17

5 NW 1:59:03

1 Thomas Reynolds 34:50
2 Robin Ambler 45:58
3 Miles Paver 38:15

6 CM 1:59:44

1 Ciaran Murphy 41:26
2 John Robinson 41:53
3 Val Robinson 36:25

7 CM 2:00:09

1 Greta Knarston 38:14
2 Brian Long 45:25
3 Ann Humphrey 36:30

8 A 2:07:55

1 Rudy Hlawatsch 48:02
2 Alistair Stewart 36:08
3 Tom Clendon 43:45

9 NW 2:09:27

1 Gene Beveridge 47:54
2 Trevor Carswell 46:29
3 Alison Carswell 35:04

10 NW 2:18:52

1 Marquita Gelderman 45:00
2 Allan Janes 54:45
3 Les Paver 39:07

11 A 2:30:54

1 Imogene Scott 58:44
2 Terry Nuthall 58:23
3 Joanna Stewart 33:47

12 A 2:32:39

1 Malcolm Gawn 54:25
2 Katherine Bolt 38:33
3 Heather Clendon 59:41

NW mp (1:52:56)

1 Mark Lawson 37:51
2 Owen Means 38:33
3 Megan Officer mp (36:32)

A mp (2:00:06)

1 Tim Renton 46:23
2 Robert Kingston mp (37:16)
3 Sandra Faustl 36:27

CM mp (2:00:49)

1 Tania Robinson 39:57
2 Bruce Peat 35:02
3 Lindsay Wood mp (45:50)

A mp (2:00:52)

1 Aiden Elmers mp (38:23)
2 Nicholas Oram 45:59
3 David Scott mp (36:30)

A mp (2:03:10)

1 Scott Vennell mp (45:54)
2 Peter Bakos 38:38
3 Roger Woodroffe 38:38

NW mp (2:18:01)

1 Matthew Ogden 44:31
2 Rob Garden mp (37:49)
3 Gay Ambler 55:41

unof NW

2 Elke Haag 46:52
3 Bert Chapman 37:54

OY2 - Hobbit Coast

By Joanna & Alistair Stewart

We hope you enjoyed your time in the forest. We think it is a lovely area so taking lots of time will have meant you got plenty of enjoyment! Sorry it rained for the whole duration of the competition, as soon as you left it cleared up to be quite a pleasant afternoon. The rain does make orienteering a bit more difficult, especially for those of us who wear glasses.

We apologise that no results got displayed at the event - the printer said the air had too much wet in it for it to go. I even heard a prospective orienteer say the same thing - and she didn't go either.

Thank you very much to all those that helped us collect controls in after the training day on the 8th. It was great to have lots of helpers so the job was done very quickly and no one had more than 5 controls to collect.

A lesson for some from OY 2

As OY2 (1 July 2007) on the Hobbit Coast map was approaching the end there was talk



of a control being in the wrong place. The competitors weren't sure which one it was but thought it was probably control 5, by a thicket (box thorn bush).

The controller and setter were baffled because they had put in considerable effort to avoid a problem. The situation occurred early on in courses 1 and 2 which had in total 34 competitors.

The piece of relevant map is shown. The small irregular grey shapes in the centre of control circle 5 are thickets.

What appears to have happened was that some competitors popped the compass on the map, noted the line of travel indicated and shot off from control 4 and didn't find control 5.

It appears there was a gathering of lost souls (the number wasn't reported) and that the control was eventually found somewhere, 'on an unmapped feature', to the west.

No official complaint was made so no further action was taken. However the controller and another experienced orienteer visited the site, independently and without collusion. They both reported the same thing. Controls in the correct places, map showing all the pertinent features, except the sand had encroached a bit further at one point, but there was a distortion. The distortion was that the hill in the SW of the control 4 circle should be NW of its current position relative to control site 5. The re-entrant of control 4 is correct relative to the hill.

This means that those who set their compass and ran, ended up to the east of the control 5 circle and so eventually found the control to the west of them.

Lessons:

For the controller & setter:

On very short legs the competitor will know if the bearing is not spot-on.

Check the bearings carefully on all short legs – checking all the features is not enough.

For the competitors

Use more than one means of navigation – a compass bearing is not sufficient. In this case there were a number of features that competitors could have used to have got to control 5 quickly. The hill to the NE of the site was very prominent and it had a substantial bike track over the top. The hill to the NW of the control, on the ridge, was also quite obvious. The route down the re-entrant then left over the small spur just before the big hill seems to be a very obvious one. In a hurry though, a quick bearing and seeing the obvious hill was all that was necessary.

For everyone

The mapper tries to do his/her best but there are times when there is too much detail to be placed in the available space. This is not usually noticed as when the legs are longer a small distortion does not matter provided all the important features are drawn in the correct position relative to the others.

Photogrammetry of the coastal strip is not always useful as this area is for ever changing so the mapper has to draw much by eye. Although our mappers are very skilful they may not get every feature in exactly the right position relative to every other feature.

As controller and setter we apologise for not checking as carefully as proved to be necessary. We did actually put a rough compass on this leg and saw it pointed almost at the hill and thought no more about it. I suppose we thought that as the competitors left this control and saw the hill ahead there was little need for the compass. We actually had thought this a very trivial leg simply turning the runner round. Had we decided there was a distortion that would cause competitors a problem we would have had to not use this portion of the map as trying to correct it is probably not practical.

O-Trousers: Thin material worn over the legs to absorb blood from multiple puncture wounds

Post-mortem: A sort of group therapy session where all your hidden faults and mistakes are unearthed to the merriment of others.

OY2 Provisional Results

By Peter Godfrey, AOA statistician

Class	Name	Club	Time	Points	Points 2 Events
M21E	Course 1, 12.4 km)				
	1 Nick Harris	NW	122.16	20.0	35.1
	2 Guy Cory-Wright	A	144.31	17.7	31.3
	3 Roel Michels	NW	148.22	16.9	16.9
	4 Tony Cooper	A	213.10	11.1	17.6
M21A	Course 2 (7.9 km)				
	1 Greg Flynn	NW	66.40	20.0	20.0
	2 Tim Renton	A	73.53	18.4	38.4
	3 Aiden Elmers	A	86.41	16.0	16.0
	4 Robert Kingston	A	101.36	13.3	26.8
	5 Marlon Gevaert	NW	107.02	11.9	11.9
	6 Benjamin Ng				
	WaiShing	NW	110.05	11.0	11.0
	7 Ionel Popovici	A	121.00	8.8	24.9
<i>Casuals:</i>	<i>Kane Alward</i>	--	<i>114.15</i>		
	<i>Marcos Pelenur</i>	--	<i>182.38</i>		
	<i>Donavin Wick</i>	--	<i>182.41</i>		
	<i>Andy Georgetti</i>	--	<i>208.50</i>		
M40A	Course 2 (7.9 km)				
	1 Jeff Greenwood	A	71.41	20.0	40.0
	2 Pete Swanson	A	75.02	19.0	38.3
	3 Ross Brighthouse	CM	83.16	17.4	34.5
	4 Scott Vennell	A	92.29	15.6	31.9
	5 Geoff Mead	NW	100.01	14.1	28.8
	6 Ian Sydenham	A	100.43	13.5	13.5
	7 Dave Crofts	A	103.21	12.6	25.5
	8 Tom Frenz	NW	108.20	11.4	19.1
	9 Stan Foster	NW	111.24	10.5	22.0
	10 Rob Vanstam	NW	131.45	7.1	10.1
	11 Owen Means	NW	143.03	5.0	15.0
	Rudy Hlawatsch	A	mp	1.0	16.2
	Paul Ireland	NW	mp	1.0	1.0
	Bruce Peat	CM	mp	1.0	9.4
W21E	Course 2 (7.9 km)				
	1 Tania Robinson	CM	63.36	20.0	40.0
	2 Imogene Scott	A	92.28	15.0	15.0
	3 Sofie Herremans	NW	105.57	12.3	28.2
	4 Di Michels	NW	138.33	8.5	19.1
	Lise Moen	NW	mp	1.0	1.0
M18A	Course 3 (5.7 km)				
	1 Matthew Ogden	NW	51.06	20.0	40.0
	2 Toby Scott	A	52.35	19.2	19.2
	3 Nick Mead	NW	55.53	18.1	37.2
M21AS	Course 3 (5.7 km)				
	1 Peter Bakos	A	80.05	20.0	32.3
	2 Ellis Lam	A	103.37	16.6	25.1
	3 Roger Woodrooffe	A	107.45	15.5	15.5

M50A	Course 3 (5.7 km)				
1	Dave Middleton	NW	70.48	20.0	21.0
2	Wayne Aspin	CM	72.37	19.2	39.2
3	Robin Ambler	NW	79.01	17.8	31.3
4	Terje Moen	NW	82.57	16.8	32.6
5	Phil Johansen	NW	93.14	14.8	29.6
6	Nicholas Oram	A	110.54	11.8	11.8
W21A	Course 3 (5.7 km)				
1	Katherine Bolt	A	93.38	20.0	36.0
2	Sandra Faustl	A	112.05	17.5	34.4
	Sandra Toppin	A	mp	1.0	1.0
W40A	Course 3 (5.7 km)				
1	Trish Aspin	CM	74.36	20.0	38.7
2	Lisa Mead	NW	79.19	18.9	35.4
3	Nicola Kinzett	A	109.00	14.4	21.4
4	Lyn Stanton	A	120.55	12.3	20.2
	Melvina Wise	A	mp	1.0	10.5
M16A	Course 4 (4.2 km)				
1	Michael Cox	NW	63.08	20.0	21.0
2	David Eade	NW	73.30	17.9	18.9
3	Sam Spathis	NW	92.42	14.3	15.3
M40AS	Course 4 (4.2 km)				
1	Rolf Wagner	NW	49.20	20.0	38.6
2	Trevor Murray	NW	50.24	19.3	35.1
3	Steve Oram	A	61.04	16.6	34.4
4	Trevor Carswell	NW	64.19	15.5	15.5
5	Mervyn Paistry	A	77.28	12.3	12.3
6	Jonathan Wood	A	94.31	8.4	19.2
<i>Casual:</i>	<i>Brent Goodall</i>	--	66.22		
M60A	Course 4 (4.2 km)				
1	John Robinson	CM	45.40	20.0	40.0
2	Terry Nuthall	A	69.23	14.3	29.6
3	John Powell	A	71.21	13.4	31.3
4	Les Paver	NW	72.48	12.6	18.6
5	Rhys Thompson	NW	74.38	11.6	27.4
6	Miles Paver	NW	80.49	9.8	15.3
7	Paul Potter	NW	89.58	7.3	7.3
8	Wayne Munro	A	97.50	5.1	16.6
W18A	Course 4 (4.2 km)				
1	Alina Smirnova	A	85.08	20.0	20.0
W21AS	Course 4 (4.2 km)				
1	Alison Carswell	NW	63.05	20.0	20.0
2	Iryna Smirnova	A	64.46	19.2	19.2
3	Megan Officer	NW	75.17	17.1	33.7
4	Suzanne Stolberger	NW	88.24	14.5	34.5
W50A	Course 4 (4.2 km)				
1	Anne Humphrey	CM	75.47	20.0	20.0
2	Stephanie Wood	NW	76.06	19.5	31.4
3	Jill Dalton	NW	80.20	18.4	38.4
4	Mary Moen	NW	81.07	17.8	36.0
M50AS	Course 5 (2.6 km)				
1	Clive Bolt	A	51.29	20.0	34.1
2	Russell Howard	A	74.35	15.0	24.0
<i>nc</i>	<i>Selwyn Palmer</i>	A	34.33		

M70A	Course 5 (2.6 km)				
1	Graeme Peters	NW	41.25	20.0	33.6
2	Bert Chapman	NW	53.02	16.7	17.7
3	Tom Clendon	A	66.22	13.0	33.0
4	Peter Godfrey	NW	98.10	8.5	23.6
W16A	Course 5 (2.6 km)				
1	Renee Beveridge	NW	35.48	20.0	40.0
2	Anna Gray	NW	38.34	18.7	18.7
3	Kate Smirnova	A	38.57	18.1	18.1
4	Lydia Scott	A	47.24	15.3	31.2
5	Jenni Anderson	NW	64.41	9.9	21.9
	Margaret Sydenham	A	mp	1.0	1.0
W40AS	Course 5 (2.6 km)				
1	Alison Sydenham	A	mp	1.0	1.0
W60A	Course 5 (2.6 km)				
1	Val Robinson	CM	51.27	20.0	40.0
2	Lesley Stone	NW	70.14	15.8	15.8
3	Rae Powell	CM	80.13	13.4	31.8
4	Helen Bolt	A	87.21	11.5	11.5
W70A	Course 6 (1.9 km)				
1	Heather Clendon	A	40.03	20.0	40.0
	Jill Brewis	A	mp	1.0	1.0
M14A	Course 7 (4.4 km)				
1	Simon Cox	NW	83.04	20.0	20.0
2	Christopher Eade	NW	83.58	19.4	39.4
	Joseph Wood	A	mp	1.0	2.0
<i>Casuals:</i>	<i>Tyler Warwick</i>	--	<i>84.30</i>		
	<i>Jericho Malabonga</i>	--	<i>93.11</i>		
	<i>Glen Wright</i>	--	<i>mp</i>		
M21B	Course 7 (4.4 km)				
1	Nick Frentz	NW	79.23	20.0	20.0
<i>Casuals:</i>	<i>Tyler Casey</i>	--	<i>81.17</i>		
	<i>Jeremy Hall</i>	--	<i>mp</i>		
W14A	Course 7 (4.4 km)				
1	Katasha McCullough	NW	90.03	20.0	35.7
2	Merryn Ng WaiShing	NW	111.29	17.1	34.6
3	Laura Tattersall	NW	115.59	16.1	36.1
<i>Casual:</i>	<i>Amber Warwick</i>	--	<i>91.43</i>		
W21B	Course 7 (4.4 km)				
1	Cath Heppelthwaite	A	72.44	20.0	40.0
2	Judy Ng Wai Shing	NW	111.53	14.1	27.2
3	Christine Munro	A	123.21	12.0	12.0
	Chevelle Sands	CM	mp	1.0	18.8
M12A	Course 8 (2.5 km)				
	Jonty Oram	A	mp	1.0	21.0
<i>Casual:</i>	<i>Jamie Roberts</i>	--	<i>mp</i>		
W12A	Course 8 (2.5 km)				
1	Rowan Wood	A	120.15	20.0	40.0
<i>Casuals:</i>	<i>Alex Harrison</i>	--	<i>39.51</i>		
	<i>Hanna Lockie</i>	--	<i>40.02</i>		
M14B-16B	Course 8 (2.5 km)				
	Jeremy Frentz	NW	mp	1.0	14.1

W14B-16B	Course 8 (2.5 km)				
1	Rebecca Gray	NW	37.58	20.0	39.4
M21C	Course 8 (2.5 km)				
<i>Casuals:</i>	<i>Smyth Seymour</i>	--	<i>53.18</i>		
	<i>Dave Roberts</i>	--	<i>59.51</i>		
	<i>Bob Lindop</i>	--	<i>119.09</i>		
M10	Course 9 (2.1 km)				
1	Thomas Stolberger	NW	23.36	20.0	40.0
2	Liam Stolberger	NW	25.15	18.8	35.7
3	Scott Carswell	NW	30.52	15.9	15.9
4	Alex Boyd	A	33.49	14.2	25.4
<i>Casuals:</i>	<i>Matthew Goodall</i>	--	<i>25.10</i>		
	<i>Edward Stanton</i>	--	<i>31.42</i>		
W10	Course 9 (2.1 km)				
1	Heidi Stolberger	NW	26.39	20.0	40.0
2	Nikita Mahe	A	29.17	18.5	19.5
3	Tessa Boyd	A	37.27	14.9	31.3
4	Anna Cory-Wright	A	54.18	8.5	9.5
<i>Casual:</i>	<i>Danielle Goodall</i>	--	<i>32.37</i>		

Runners earning more than one OY point	105
Eligible runners not completing their course	22
Total eligible competitors (70 M, 48 F)	144
Unofficial competitors	1
Competitors not club members	20
Total ineligible competitors (17 M, 4 F)	21
TOTAL COMPETITORS (87 M, 52 F)	139

P.S. 91% of eligible males and 85% of female competitors completed their course.

Auckland Chatter

Hi All

First of all, welcome to our newest club members, the Wood family. We look forward to seeing you out in the forest.

M40 C final and finished a very creditable 67th despite having been sick. Great stuff Mal!

It has been a quiet time on the New Zealand front with most of the orienteering action over the past few weeks taking place at JWOC in Australia and in Europe with WMOC. Malcolm Gawn reports from Oringen in Sweden, saying the girls are pretty, the beer is good and the sun is hot! Sounds like a welcome break from a bleak winter. Malcolm previously represented AOC and New Zealand at the World Masters in Finland, where he qualified for the

I have also just returned from JWOC where the usual Aussie heat was replaced by cool mountain breezes. The team did great overall with a handful of Top 20 performances. We really took it to the Euros and the hard work put in before departure really paid off for some of the NZ representatives. It was awesome to have so many people sporting NZ Supporters' shirts and it made the competition area a real buzz of Kiwis. My best result was 48th in the

Sprint and I look forward to building and improving on that over the next two JWOCs.

In local club news, we have purchased a couple of new printers and this now enables us to print extra maps as required on-site at events, which is a major advantage. The deadline for entries for the Auckland Champs in mid-September has also been set – 31st August, so get your entries in!

The club also has a wicked social event coming up. Put the evening of Friday

24th August in your diaries now, and details will follow in an email soon! I'd love to meet some of our newer club members then as well as seeing the old hands.

As always, we would love to see more members having an input at the monthly club meetings. The next of these is on Monday 13 August at the Jager residence, 37B Hillsborough Road in Three Kings.

Ciao for now
Simon, Club Captain

Counties-Manukau Chit Chat

By Greta Knarston

Going back a few weeks to Queens Birthday weekend when we traipsed all the way down to Wellington for some great orienteering and a good warm up for JWOC. Despite the slightly chilly weather, Counties did very well, results are as follows:

Sprint

M21E- 5th James Bradshaw,
13th Ciaran Murphy
W21E- 2nd Tania Robinson
W20- 1st Frances Peat
W18- 2nd Greta Knarston,
5th Nicola Peat
M10- 1st Caden Larsen
M60- 1st John Robinson
W60- 2nd Val Robinson

Middle

M21E- 5th James Bradshaw,
10th Ciaran Murphy
W21E- 4th Tania Robinson,
6th Greta Knarston
W18A- 3rd Nicola Peat
M10- 1st Caden Larsen
M60A- 1st John Robinson
W60A- 3rd Val Robinson

Long

M21E- 1st James Bradshaw,
9th Ciaran Murphy
W21E- 1st Tania Robinson,
5th Greta Knarston
W18A- 3rd Nicola Peat
M10- 1st Caden Larsen

M60A- 3rd John Robinson,
7th John Powell
W60A- 3rd Val Robinson

Loops Race

M21E- 2nd James Bradshaw,
9th Ciaran Murphy,
11th Greta Knarston,
14th Nicola Peat
M40A- 9th Bruce Peat
M60A- 1st John Robinson
W21E- 1st Tania Robinson
W20A- 2nd Frances Peat
W60A- 1st Val Robinson

We definitely gave ourselves something to be proud of that weekend. Nicola and I ended up running M21E in the loops race by mistake in our efforts to run W21E.

We jokingly suggested it could happen as we walked to the start line, turned over our maps and looked at the long, long course. By then we figured it would muck up all the careful planning of maps so we would just try and beat some boys, which we did!

Thanks a lot to Wellington Club for such a great weekend.

Our next triumph was winning the Auckland Club relays, despite the rain and wind we stuck our heads down and managed to easily come away with the title. Thanks to North West for organising it and coming up with such an exciting race format, it was a great day, it probably helped that we won. For four of the clubs juniors it was a brilliant way to lead into the start of our JWOC adventure.

A week later, thanks to Tania, we were able to spend the week training in Woodhill forest with Hanny Allston, world champion, who really helped us out. She gave us some great tips for our first JWOC, mostly just being to go and have a great time and enjoy the experience.

We then had two great weeks of training in Warwick and Orange, Australia, before moving to Dubbo for the JUNIOR WORLD CHAMPS!! We were all very excited and came away with some brilliant results individually and as a team. A huge thanks to Mark, Martin, Derek, Caryn and all the supporters who came to watch, it definitely helped me run faster through the spectator controls! Also to our parents who provided the money trees, thanks mum and dad.

Sprint

92nd Andrew Peat, 19th Greta Knarston, 47th Kate Rea, 56th Nicola Peat

Long

100th Andrew Peat, 16th Greta Knarston, 58th Kate Rea, 69th Nicola Peat

Middle(all in B finals)

44th Andrew Peat, 1st Kate Rea, 2nd Nicola Peat

North-West News

By Lesley Stone

It's back to reality for us after five weeks in Europe. Keith's orienteering skills came to the fore as he navigated his way around the cities, and we became adept at dodging cars and motor scooters.

The memorable side of our trip would include the awe inspiring buildings and artwork, dating back centuries; generally friendly people, with a few exceptions; frequent train and bus services between towns and countries; and lovely weather.

Negatives would have to include the disgusting smell of cigarettes polluting the eateries and public places. After our smoke-free environment, this is quite noticeable.

I was amazed at the overwhelming number of people who isolate themselves from human contact with i-pods, mobile phones and text messaging. Maybe it's like that here and I just need to get out more!! Ken and Diane Taylor have also returned from their trip to the UK. Unfortunately rain

and flooding was the order of the day there as well as here.

Welcome back to Trevor Murray who has spent the last year in Italy. Good to see you out in the forest again.

Congratulations to Thomas Reynolds on his superb runs at the Junior World Champs in Australia. His best effort was a 14th out of 129 in the Sprint Event. He also qualified for the A final in the Middle distance and had a good relay run.

Four of our club Seniors have been selected in the NZ team for the ANZ Challenge to be held in the ACT in October. Good luck to Jill Dalton, Philippa Poole, Dave Middleton and Bert Chapman.

Sasha and Bruce have a daughter Neive Jessie born on May 1st. All very well.

Rhys Thompson M65. When Rhys was in his twenties his first love was motor sport and in fact he was at one time New Zealand

Rally Champion. There was more navigation involved in rallying in those days and the map reading aspect really interested him.

At a sports open day in Hamilton he saw the orienteering tent with it's maps and realised he could indulge his passion and get fit at the same time. That was in 1973 and he has been orienteering ever since.

He moved to North West and then to Whangarei where he was Company Secretary for NZ Refining. While there he and other keen orienteers started the Whangarei club in the early 1980's with the help of Laurie Baxter.

He enjoys being out in the forest as opposed to farm events – where not being

a fast runner becomes a handicap. Orienteering in strange corners of the world one would normally never visit is also a big attraction. His fondest memories are of the French 5-day events which he has done about five times. Rhys also has satisfaction in being selected in New Zealand age grade teams to compete against Australia.

When not orienteering he still follows motor sport closely. He also started the Tawharanui Open Sanctuary which has helped return the peninsula back to nature with it's predator fence.

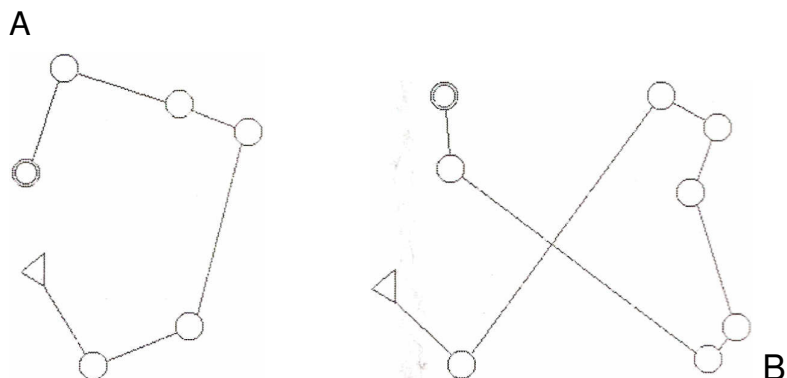
Rhys' daughter Angela also orienteers and still comes to a lot of events, and now his grandchildren are becoming interested.

Planning Tips

By Jenni Adams

Published in the PAPO magazine on the initiative of the PAPO club committee, which thought that small bits of information over months could be more digestible than "a single overloading". Amended for relevance to the AOA magazine. Contributions from AOA planners welcome- ed.

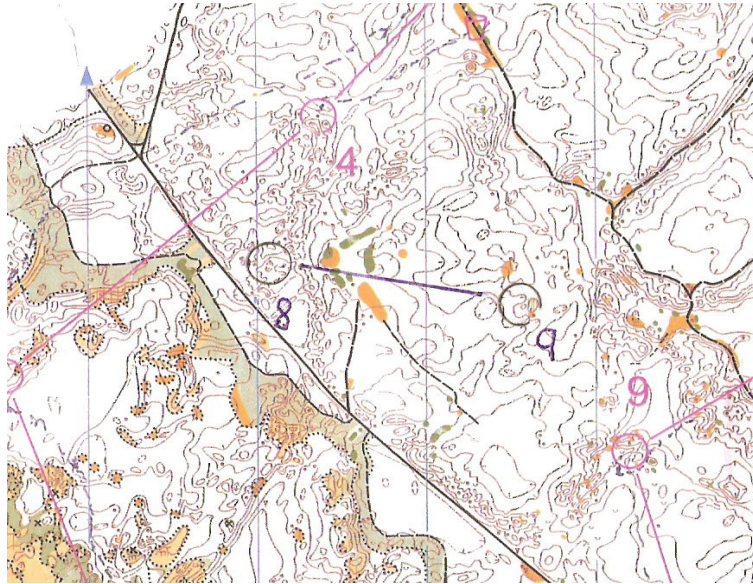
A good way to make a course more interesting is to include legs with a range of lengths, from very long legs down to short legs with frequent changes of direction. This means the orienteer has to vary the way to orienteer as short legs usually require close map contact the whole leg while longer legs can be broken into parts where the orienteer is just running to a catching feature or attack point without so much map contact, followed by closer map contact into the control. By encouraging people to run faster you can make the subsequent orienteering more difficult due to oxygen debt or plain tiredness. It's usually best to match the terrain with the leg length - long legs across featureless terrain and short legs in the detail rich areas. This might be achieved better by a cross over type course shape as in B below. The (imaginary) area to the right might be more detailed terrain which would be better utilised by Course B. Course B has more variation in the length of legs and direction changes than the "standard" course shape shown in A.



Leg Plan

By John Robinson

This is the map for the leg planning exercise in the July magazine. Do it again if you have forgotten your plan and then read what Robbie did – ed.



Orienteering is a combination of many skills. The trick is to choose the skill required for the moment. This could mean using several skills to a control point.

Prior to leg nine there was a long road run from control five to six which could stop you concentrating. This was followed by two short tight legs. This required a quick change of skill from the fast road run to red light orienteering with tight compass bearing --- read every land shape --- go slow.

Out of control eight there were two large clearings with green between. This part was easy but the danger signs should be flashing because after that was 200 meters of vague terrain on a compass bearing.

I don't use attack points, I prefer tram lines. Where ever possible I try to find the tramline into the control even if this means going off course. The tram line from 8 to 9 was small but it was there – the large depression to the West of the control followed by the small re-entrant.

I had two things in mind. The feel of the land. I had to be coming out of a depression with a land shape like a spur on my right. At about correct distance the land was raising to the right and in the low visibility it felt like I was in a shallow re-entrant. Every thing was OK. The land shape was telling me the hill was on my right. I turned right and there was the hill. My final thought was for the course setter Gene Beveridge. Very well done.

Club contacts

Auckland (AOC)

Immediate past president: Craig Pearce, 579 4340, cpearce@orcon.net.nz
Secretary: Selwyn Palmer, 625 7798, selwyn@quicksilver.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: September 2007

Please email contributions to John Powell at johnandrae@xtra.co.nz or mail to 8 The Glade North, Pukekohe, by August 20.

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

Auckland Orienteering Association, 132 Waikoukou Valley Road, RD2, Waimauku

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.

Signposting: the turn off from a main road to an event is signposted with distinctive signs with the word "orienteering" or the letter "O". Different clubs have different signs. In some cases, a warning sign will be given prior to the turn off. Changes in direction on farm/forest roads are also signposted.

If the start is not close to the event centre then where to go will be signposted and, if necessary, will be taped or tagged.

Whistles: carrying a whistle while on a course is highly recommended. The emergency signal is 6 blasts repeated at about 2 minute intervals or so until you run out of breath or get bored or become unconscious.

You are obliged to help someone who whistles for help. This applies to the person in your grade who consistently beats you by 5 minutes and always seeks you out to find where you went wrong that day.



Sender:

Auckland Orienteering Association
132 Waikoukou Valley Road RD2, Waimauku.

The
Auckland
Orienteer

