

The Auckland



Orienteer



.Kate Rea finishing at OY4

September 2007



From the Editor

My apologies for the poor printing of the maps in the last issue and the absence of some AOA champs entry forms - I had a misplaced confidence in the competence of the printer and did not inspect its quality before distribution.

This edition has two articles on relocating. The importance of this skill is indicated by the fact that seven of the thirteen competitors at OY3 in two age classes I surveyed had 5+ minute errors, some more than once.

Having to relocate is a common orienteering experience. Being able to keep the lost time to under a minute is a skill worth having. A single major "blow out" of 10+ minutes is not only demoralising, but it renders all your previous high quality legs absolutely irrelevant in competing against your usual competition. All you can do is hope that they have been equally inept. The two articles that follow give you the essential intellectual tools.

My major error at OY4 is an apt illustration of some of the words of wisdom in these articles. My first error was I left control 11 thinking that I was going to control 11. Yes, you read that correctly and this is not the first time I have left a control heading for an incorrect one.

I do not have this problem with clip cards so there is something clearly wrong with my technique in entering, registering and exiting a control when using SportIdent.

Published advice I have located all refers to clip card techniques. I and others

would be appreciative if some of you who do not suffer this control confusion disability would publish a description of what you do.

Having left the control in the wrong direction and with the (wrong) leg plan of jogging on a bearing to a road, I compounded the errors by not matching the ground to the map as I progressed.

It was a great surprise to me to come across a track before the road. I did one thing right – I stopped. As the Ashmore/Jessop article says - the most critical step in getting out of trouble is to STOP and ADMIT there is something wrong.

However, I broke the Jessop rules by 'floundering around' trying to match the map to the ground rather than the ground to the map. It was some minutes before I accepted that I had no idea where I was and followed Mark Robert's advice and retraced my steps.

It is, of course, best to avoid major errors rather than relying upon good recovery techniques by knowing why you make them and avoiding the causes. My 5+ minute errors are precipitated by:

- depleting my brain of oxygen,
- misreading North on a folded map,
- running for and missing an attack point without checking off intervening features,
- following someone when I am not sure where I am and
- forgetting to "thumb" the map.

What's yours?

STOP and ADMIT something is wrong.

Match the ground to the map.

Retrace your steps if

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. Leave gates as you find them.

Auckland Area Events

September

- Sat 1 – A Skills development, Hobbits, signposted SH16/Rimmer Rd. Details have been emailed to clubs. Contact: dangerdave@paradise.net.nz or phone David or James on 5758583 or David 021957585
- Sun 2
- Sun 5 A Mini street rogaine - Pakuranga, Beaconview Rise off Fisher Parade, Farm Cove. Start 6.45 pm, see AOC web site for details
- Sun 9 CM OY6, Waiuku forest, signposted from Waiuku, start 10am – 12.30pm
- Sat 15 - A AOA championships, Woodhill South/Restall. Further information in the August magazine.
- Sun 16
- Sat 22 A Sprint event, Tamaki campus – Morrin Rd, Glen Innes, start 4-45pm
- Sat 29 A Sprint event, Monte Cecilia Park, off Hillsborough Road, Hillsborough, start 4-45pm

October

- Sat 6 A Sprint event, Western Park – Ponsonby, start 4-45pm
- Sat 13 A AOA sprint championships, Mt Smart. Starts from 5.30pm. Pre entry event. See AOC website for entry details..

Labour Weekend – CDOA/WOA Champs - entry forms, information & on-line entry are now available at www.hborienteering.com

Major events 2008

Updated May 13

Date	Event	Host Club	Venue
Feb 2,3	NZ Masters Games	Dunedin	unconfirmed
2,3	“Waitangi Weekend part 1” (including Katoa Po)	NOS/Taupo	Taupo
4-6	“Waitangi Weekend part 2” (including CDOA Champs)	NOS/Hamilton	Waikato
9-10	“Waitangi Weekend part 3”	NW	Auckland
March 8,9	Otago Championships	Dunedin	unconfirmed
21-24	New Zealand Championships	Wellington	unconfirmed
April 25-27	South Island Championships	PAPO	unconfirmed

Notices

WINTER PARK SPRINT SERIES Culminating in the Auckland Sprint Championships

WHEN: Saturday afternoons in parks around Auckland. Start: 4pm-4.30pm

WHAT: 3 short courses, aimed for a winning time of 10 to 12 minutes. (Approximately 2.5km, 1.8km, and a simpler course about 1.5km)

START: 4pm-4.30pm

Electronic timing

Pre entry of intention to come by emailing auckoc@hotmail.com would be appreciated

Allocated start times, one minute intervals (possibly 30 seconds)

A sausage when you finish

PRIZES!!

Competition runs across the 3 events prior to the champs

We have been very fortunate indeed to again have wine generously donated by Barbarella McCarthy as prizes for this series. Our very grateful thanks to Barbarella. Ginger Beer for those under 18!!

GRADES

course 1 - M&W 17-20, M&W 21

course 2 - M&W13-16, W40+, M50+

course 3 - M&W 12 and under

Cost - Club members: \$5 senior, \$3 student; non members: \$7 senior, \$4 student

Event 1 SATURDAY 22nd September - Tamaki Campus, Morrin Rd, Glen Innes - **NEW MAP**

Event 2 SATURDAY 29th September - Monte Cecilia Park, off Hillsborough Rd, Hillsborough

Event 3 SATURDAY 6th October - Western Park, Ponsonby

**Auckland Sprint Champs,
Auckland Zoo!!
13th October**

Pre-entry event and discounted "early-bird" with Auckland Champs entry – otherwise see AOC website for entry details.

Starts from 5.30pm

Cost: senior \$17 (\$10 for zoo permission, \$7 AOC)

junior \$8 (\$5 zoo, \$3 AOC)

family \$40 (\$25 zoo, \$15 AOC)

DECO DOUBLE

CENTRAL DISTRICTS & WELLINGTON ORIENTEERING CHAMPIONSHIPS

HAWKE'S BAY
OCTOBER 20 – 22, 2007

Event 1 – Saturday 20th October: CDOA Long Distance Championship, The Slump – A level event

Event 2 – Sunday 21st October: WOA Middle Distance Championship, Whanawhana – A level event

Event 3 – Sunday 21st October: Deco Dash, Havelock North Village

Event 4 – Monday 22nd October: WOA Long Distance Championships, Whanawhana – A level event

Top 'O' Family Competition

As part of the event we are offering a Top 'O' Family competition. The competition will be based on the results of the three best performing family members in any three of the events over the weekend. The scoring system has yet to be finalised but will probably be based on an OY system of 25 points for a win with a percentage of winning time used to calculate other scores.

Late entries and changes: Entries received after the closing date of 8th October 2007 will be accepted only at the discretion of the organising committee, as will requests for changes in classes. A charge of \$10 per person/day will apply in each case.

Programme and further information: available online from the HB Orienteering Club website – www.hborienteering.com. Event information and start draws will be available around 13th October. Alternatively, printed copies of the programme and results will be available at \$5 a set.

Entry Fees	Saturday Long Dist	Sunday Middle	Sunday Sprint	Monday Long Dist	All four events
Senior	\$30	\$25	\$12	\$30	\$97
Junior	\$15	\$12	\$7	\$15	\$49
Family	\$75	\$62	\$31	\$75	\$243

A junior is anyone eligible to compete in M20 / W20 or younger classes. A family is up to two seniors living at the same address and any number of juniors that look to at least one of the seniors as a parent.

Event Enquiries: Please address enquiries to the event co-ordinator:
Pamela Morrison
Phone 06 – 877 4870
Email: pamela.m@xtra.co.nz

OY3 Results – Stag's Roar

By Nick Harris

OY3 took place on another wild, wet, winter Sunday. Orienteers raced rising flood waters that threatened to block access to the forest. People seemed more worried about making it to orienteering than about the prospect of being marooned by floods! Many thanks to all who attended despite the foul conditions.

Thanks to Neil Kerrison for controlling the event. His patience and support were much appreciated. Thanks also to Rob Ambler and his ruthlessly efficient NW team for co-ordinating the event centre; I could scarcely believe how smoothly things came together on the day.

My first experience of course setting was one that I approached with trepidation and excitement. Perhaps I was over-excited initially; I dreamt up crazed and complex loop systems desperately designed to use every available area of interesting and challenging terrain. You could hardly see a contour for all the red lines and circles. Fortunately, I'd calmed down significantly by the time I sent my draft courses to Neil, opting instead for more pragmatic designs which we could realistically complete in time.

The only notable remnant of my initial drafts was the long leg - really long for Woodhill, at approximately 2.2km – which was included in courses 1-3. This was intended to surprise people, to offer a route choice (particularly to tempt runners to short cut through the low-vis area), to test people's fitness and, of course, to soften competitors up before a series of short legs in the dunes. I am satisfied that it served these purposes. However, I will not make a habit of planning such legs in Woodhill, because the

roads/tracks generally proved to be the fastest route; Mark Lawson showed his experience and his unrelenting running speed to post the fastest split of 11.38 by avoiding the low-vis and using the roads. He wins the bottle of lemonade for bagging this split.



Selwyn - you're running past it ?!!

Course 3 times were much shorter than expected. However, on courses 4 & 5 times were much longer than I'd anticipated. Perhaps these were too long, or too physical, or both? If you happened to be a victim of these courses – please accept my apologies. Hopefully next time the courses will be better proportioned!

Greg Flynn (1:22:23) had a quick and clean run to win comfortably in M21E. Kate Rea (1:25:54), recently returned from JWOC won W21E and was third overall on Course 2.

I enjoyed the opportunity to try my hand at course setting, and I found Stag's Roar to be a superb map for a first time course setter; so much juicy terrain, so accurately mapped! I look forward to my next chance to design physical tests and mental traps for my fellow orienteers.

Class	Name	Club	Time	OY3 Points	After 3 Events	After Best 2
M21E	Course 1 (11.2 km)					
	1 Greg Flynn	NW	82.33	20.0	36.4	36.4
	2 Mark Lawson	NW	93.41	18.1	35.2	35.2
	3 Dougal Harding	A	108.03	15.9	15.9	15.9
	Tony Cooper	A	mp	1.0	18.6	17.6
	Guy Cory-Wright	A	mp	1.0	32.3	31.3
<i>Setter:</i>	Nick Harris	NW	DNS	tba	35.1	35.1
<i>Controller:</i>	Neil Kerrison	NW		tba		
M21A	Course 2 (8.4 km)					
	1 Tim Renton	A	103.33	20.0	58.4	40.0
	2 Rob Vanstam	NW	171.08	13.0	13.0	13.0
	Allan Janes	NW	mp	1.0	13.8	13.8
<i>Casual:</i>	<i>Kane Alward</i>	--	<i>114.25</i>			
	Robert Kingston	A	DNS		26.8	26.8
	Ionel Popovici	A	DNS		24.9	24.9
M40A	Course 2 (8.4 km)					
	1 Jeff Greenwood	A	72.31	20.0	60.0	40.0
	2 Paul Ireland	NW	79.20	18.6	19.6	19.6
	3 Peter Swanson	A	87.13	17.0	55.3	38.3
	4 Geoff Mead	NW	100.03	14.7	43.5	29.4
	5 Scott Vennell	A	102.19	13.9	45.8	31.9
	6 Tom Frenz	NW	131.36	9.3	28.4	20.7
	7 Stan Foster	NW	138.00	8.0	30.0	22.0
	Ross Brighthouse	CM	DNS		34.5	34.5
W21E	Course 2 (8.4 km)					
	1 Kate Rea	CM	85.54	20.0	20.0	20.0
	2 Imogene Scott	A	105.44	17.2	32.2	32.2
	Tania Robinson	CM	DNS		40.0	40.0
M18A	Course 3 (6.1 km)					
	1 Simon Jager	A	41.39	20.0	20.0	20.0
	2 Andrew Peat	CM	46.22	18.4	18.4	18.4
	3 Toby Scott	A	51.43	16.6	35.8	35.8
	4 Gene Beveridge	NW	53.12	15.7	15.7	15.7
	5 Nick Mead	NW	57.22	14.2	51.4	37.2
	Matthew Ogden	NW	DNS		40.0	40.0
M21AS	Course 3 (6.1 km)					
	1 Martin Freeman	NW	62.29	20.0	34.6	34.6
	2 Peter Bakos	A	79.37	16.8	49.1	36.8
	Roger Woodroofe	A	mp	1.0	16.5	16.5
<i>Casual:</i>	<i>Stu Barr</i>	--	<i>47.17</i>			
	Ellis Lam	A	DNS		25.1	25.1
M50A	Course 3 (6.1 km)					
	1 Wayne Aspin	CM	54.33	20.0	59.2	40.0
	2 Dave Middleton	NW	65.47	17.4	38.4	37.4
	3 Mike Beveridge	NW	66.05	16.9	16.9	16.9
	4 Norm Jager	A	73.24	15.0	15.0	15.0
	5 Terje Moen	NW	80.54	13.2	45.8	32.6
	6 Robin Ambler	NW	81.15	12.6	43.9	31.3
	7 John Barrett	NW	82.45	11.8	18.8	18.8
	8 Selwyn Palmer	A	88.42	10.2	19.3	19.3
	9 Phil Johansen	NW	92.16	9.1	38.7	29.6
	10 Nicholas Oram	A	141.34	5.5	17.3	17.3
W21A	Course 3 (6.1 km)					
	1 Lise Moen	NW	54.18	20.0	20.0	20.0
	2 Katherine Bolt	A	82.42	14.3	50.3	36.0
	3 Sandra Toppin	A	162.38	9.0	10.0	10.0

	Sandra Faustl	A	DNS		34.4	34.4
	Angela Levet	NW	DNS		20.0	20.0
W40A	Course 3 (6.1 km)					
1	Patricia Aspin	CM	60.06	20.0	58.7	40.0
2	Lisa Mead	NW	61.12	19.3	54.7	38.2
3	Marquita Gelderman	NW	63.53	18.4	38.4	38.4
4	Phillippa Poole	NW	94.50	12.8	22.8	22.8
5	Nicola Kinzett	A	105.58	10.4	31.8	24.8
6	Melvina Wise	A	108.55	9.4	19.9	18.9
M16A	Course 4 (4.2 km)					
1	Benjamin Reynolds	NW	61.29	20.0	20.0	20.0
	Michael Cox	NW	DNS		21.0	21.0
	Hamish MacMillan	CM	DNS		20.0	20.0
	David Eade	NW	DNS		18.9	18.9
M40AS	Course 4 (4.2 km)					
1	Trevor Murray	NW	51.54	20.0	55.1	39.3
2	Rolf Wagner	NW	61.08	17.7	56.3	38.6
3	Trevor Carswell	NW	65.12	16.4	31.9	31.9
4	Jonathan Wood	A	67.26	15.5	34.7	26.3
5	Kerry Linkhorn	A	68.21	14.8	14.8	14.8
6	Mervyn Paityr	A	98.50	8.5	20.8	20.8
<i>Casuals:</i>	<i>Brent Goodall</i>	--	<i>117.19</i>			
	<i>Jose Kean</i>	--	<i>135.52</i>			
M60A	Course 4 (4.2 km)					
1	John Robinson	CM	58.13	20.0	60.0	40.0
2	Paul Potter	NW	65.58	18.2	25.5	25.5
3	Terry Nuthall	A	71.43	16.7	46.3	32.0
4	David Scott	A	78.46	15.0	25.6	25.6
5	Les Paver	NW	86.02	13.2	31.8	25.8
6	Miles Paver	NW	89.59	12.0	27.3	21.8
7	John Powell	CM	113.49	7.4	38.7	31.3
	Rhys Thompson	NW	DNS		27.4	27.4
W18A	Course 4 (4.2 km)					
1	Katherine Reynolds	NW	86.32	20.0	21.0	21.0
2	Alina Smirnova	A	87.37	19.4	39.4	39.4
	Imogene Scott	A	DNS		20.0	20.0
W21AS	Course 4 (4.2 km)					
1	Alison Carswell	NW	65.53	20.0	40.0	40.0
2	Lyn Stanton	A	74.56	18.1	18.1	18.1
3	Iryna Smirnova	A	77.42	17.2	36.4	36.4
4	Sirkka Haase	NW	100.36	13.2	13.2	13.2
5	Suzanne Stolberger	NW	124.30	9.1	43.6	34.5
	Megan Officer	NW	DNS		33.7	33.7
W50A	Course 4 (4.2 km)					
1	Mary Moen	NW	76.13	20.0	56.0	38.2
2	Jill Dalton	NW	94.46	17.1	55.5	38.4
3	Anne Humphrey	CM	128.56	12.1	32.1	32.1
	Stephanie Wood	NW	DNS		31.4	31.4
C4						
Others	Course 4 (4.2 km)					
<i>Casual:</i>	<i>John Newton</i>	--	<i>64.19</i>			
M50AS	Course 5 (3.3 km)					
1	Chris Gelderman	NW	53.24	20.0	20.0	20.0
2	Leon McGivern	A	77.06	15.1	16.1	16.1
	Clive Bolt	A	DNS		34.1	34.1
	Russell Howard	A	DNS		24.0	24.0

M70A	Course 5 (3.3 km)					
1	Peter Godfrey	NW	63.57	20.0	43.6	35.1
2	Tom Clendon	A	69.54	16.4	49.4	36.4
3	Bert Chapman	NW	81.36	13.7	31.4	30.4
	Graeme Peters	NW	DNS		33.6	33.6
W16A	Course 5 (3.3 km)					
1	Kate Smirnova	A	53.45	20.0	38.1	38.1
2	Lydia Scott	A	68.21	16.8	48.0	32.7
3	Jenni Anderson	NW	86.59	12.8	34.7	24.8
<i>Unofficial:</i>	Katherine Wright	NW	86.56			
	Renee Beveridge	NW	DNS		40.0	40.0
W40AS	Course 5 (3.3 km)					
1	Jill Smithies	NW	76.07	20.0	40.0	40.0
2	Jennifer Seed	A	100.05	16.3	16.3	16.3
3	Maggie Reynolds	NW	110.09	14.5	28.0	28.0
<i>Unofficial:</i>	Christina Freeman	NW	85.11			
W60A	Course 5 (3.3 km)					
1	Val Robinson	CM	65.28	20.0	60.0	40.0
2	Rae Powell	CM	102.00	13.9	45.7	32.3
W70A	Course 5 (3.3 km)					
1	Heather Clendon	A	84.30	20.0	60.0	40.0
	Jill Brewis	A	mp	1.0	2.0	2.0
	Hilary Weeks	A	mp	1.0	1.0	1.0
C6						
Others	Course 6 (3.8 km)					
<i>Casuals:</i>	Kara Burns	--	84.29			
	Tony Hastie	--	86.58			
M14A	Course 7 (2.7 km)					
1	Joseph Wood	A	33.56	20.0	22.0	21.0
	Christopher Eade	NW	DNS		39.4	39.4
	Simon Cox	NW	DNS		20.0	20.0
W14A	Course 7 (2.7 km)					
1	Amber Warwick	NW	56.05	20.0	39.3	39.3
2	Katasha McCullough	NW	56.06	19.5	55.2	39.5
	Laura Tattersall	NW	DNS		35.6	35.6
	Merryn Ng WaiShing	NW	DNS		34.1	34.1
W21B	Course 7 (2.7 km)					
1	Chevelle Sands	CM	41.57	20.0	38.8	37.8
	Cath Heppelthwaite	A	DNS		40.0	40.0
	Judy Ng WaiShing	NW	DNS		27.2	27.2
M12A	Course 8 (2.8 km)					
1	William Linkhorn	A	35.50	20.0	20.0	20.0
<i>Casual:</i>	Jamie Roberts	--	mp			
	Jonty Oram	A	DNS		21.0	21.0
W21C	Course 8 (2.8 km)					
	Rowan Wood	A	mp	1.0	1.0	1.0
<i>Casual:</i>	Renee Foreman	--	32.38			
C8						
Others	Course 8 (2.8 km)					
<i>Casuals:</i>	Dave Roberts	--	57.50			
	Fiona Hayman	--	58.51			
	Sana Robertson	--	60.01			
M10	Course 9 (2.4 km)					
1	Liam Stolberger	NW	28.51	20.0	55.7	38.8
2	Thomas Stolberger	NW	31.43	18.5	58.5	40.0
3	Alex Boyd	A	38.03	15.8	41.2	30.0
4	Scott Carswell	NW	48.28	11.7	27.6	27.6
<i>Casual:</i>	Edwin Stanton	--	38.09			

W10	Course 9 (2.4 km)						
1	Heidi Stolberger	NW	32.54	20.0	60.0	40.0	
2	Tessa Boyd	A	37.00	18.3	49.6	34.7	
	Nikita Mahe	A	DNS		19.5	19.5	
C9							
Others	Course 9 (2.4 km)						
<i>Casual:</i>	<i>Matthew Goodall</i>	--	26.35				

Runners earning more than one OY point at OY3	89
Eligible runners not completing their course	7
Setters and controllers who will earn OY points	2
Total eligible competitors (60 M, 38 F)	98
Unofficial competitors	2
Competitors who were not club members	14
Total ineligible competitors (10 M, 6 F)	16
TOTAL COMPETITORS (70 M, 44 F)	114
93% of eligible males and 92% of female competitors completed their course	

OY4 Results – Waiuku

Class	Name	Club	Time	OY4 Points	Points After 4 Events	Points After Best 3
M21E	Course 1 (12.6 km)					
1	Mark Lawson	NW	89.22	20.0	55.2	55.2
2	Nick Harris	NW	109.14	17.3	52.4	52.4
3	Malcolm Gawn	A	132.17	14.2	14.2	14.2
4	Tony Cooper	A	177.47	8.6	27.2	26.2
	Jordan Harvey	CM	mp	1.0	1.0	1.0
DNS	Greg Flynn	NW			36.4	36.4
DNS	Guy Cory-Wright	A			32.3	32.3
M21A	Course 2 (9.0 km)					
1	Tim Renton	A	84.37	20.0	78.4	60.0
2	Allan Janes	NW	137.49	13.2	27.0	27.0
	Alastair Long	CM	mp	1.0	1.0	1.0
<i>Casual:</i>	<i>Kane Alward</i>	--	<i>111.47</i>			
DNS	Robert Kingston	A			26.8	26.8
DNS	Ionel Popovici	A			24.9	24.9
M40A	Course 2 (9.0 km)					
1	Peter Swanson	A	82.46	20.0	75.3	58.3
2	Guy Cory-Wright	A	89.05	18.7	18.7	18.7
3	Bruce Peat	CM	91.37	17.9	27.3	27.3
4	Scott Vennell	A	93.23	17.2	63.0	49.1
5	Stan Foster	NW	103.13	15.5	45.5	37.5
6	Owen Means	NW	120.33	12.9	28.4	28.4
7	Tom Frenz	NW	127.56	11.5	39.9	32.2
	Jeff Greenwood	A	mp	1.0	61.0	60.0
	Rob Vanstam	NW	mp	1.0	11.1	11.1
DNS	Geoff Mead	NW			43.5	43.5

W21E	Course 2 (9.0 km)						
1	Imogene Scott	A	105.57	20.0	52.2	52.2	
	Lise Moen	NW	mp	1.0	2.0	2.0	
DNS	Tania Robinson	CM			40.0	40.0	
DNS	Sofie Herremans	NW			28.2	28.2	
M18A	Course 3 (7.0 km)						
1	Toby Scott	A	54.46	20.0	55.8	55.8	
2	Matthew Ogden	NW	55.46	19.3	59.3	59.3	
3	Gene Beveridge	NW	63.41	17.4	33.1	33.1	
4	Matthew Ng-WaiShing	NW	67.35	16.2	16.2	16.2	
5	Ben Ng-Wai Shing	NW	75.23	14.2	28.8	28.8	
	Simon Jager	A	mp	1.0	21.0	21.0	
DNS	Nick Mead	NW			51.4	51.4	
M21AS	Course 3 (7.0 km)						
1	Andrew Bell	NW	75.05	20.0	40.0	40.0	
2	John Newton	Aus	88.01	17.8	17.8	17.8	
3	Ellis Lam	A	101.29	15.5	40.6	40.6	
4	Ewart MacLucas	A	130.09	11.2	11.2	11.2	
	Roger Woodroofe	A	mp	1.0	17.5	17.5	
<i>Unofficial:</i>	<i>James Bradshaw</i>	<i>CM</i>	<i>46.20</i>				
<i>Casual:</i>	<i>Rod Stevenson</i>	<i>--</i>	<i>127.39</i>				
DNS	Martin Freeman	NW			34.6	34.6	
M50A	Course 3 (7.0 km)						
1	Wayne Aspin	CM	61.03	20.0	79.2	60.0	
2	Dave Middleton	NW	63.31	19.1	57.5	56.5	
3	Rob Garden	NW	76.09	16.5	17.5	17.5	
4	Norm Jager	A	85.10	14.6	29.6	29.6	
5	Terje Moen	NW	85.18	14.0	59.8	46.6	
6	Nicholas Oram	A	86.57	13.3	30.6	30.6	
7	John Barrett	NW	95.52	11.3	30.1	30.1	
8	Phillip Johansen	NW	102.24	9.7	48.4	39.3	
DNS	Robin Ambler	NW			43.9	43.9	
W21A	Course 3 (7.0 km)						
1	Katherine Bolt	A	86.24	20.0	70.3	56.0	
2	Angela Levet	NW	88.30	19.3	39.3	39.3	
3	Sandra Faustl	A	107.23	16.6	51.0	51.0	
W40A	Course 3 (7.0 km)						
1	Marquita Gelderman	NW	59.10	20.0	58.4	58.4	
2	Patricia Aspin	CM	72.56	17.2	75.9	58.7	
3	Phillippa Poole	NW	81.13	15.3	38.1	38.1	
4	Nicola Kinzett	A	113.38	9.3	41.1	34.1	
5	Melvina Wise	A	114.28	8.7	28.6	27.6	
DNS	Lisa Mead	NW			54.7	54.7	
M16A	Course 4 (5.0 km)						
1	Scott MacKenzie	CM	53.30	20.0	20.0	20.0	
2	David Eade	NW	83.98	13.8	34.8	34.8	
<i>Unofficial:</i>	<i>Michael Cox (17)</i>	<i>NW</i>	<i>55.42</i>				
	<i>Sam Spathis (17)</i>	<i>NW</i>	<i>55.48</i>				
DNS	Hamish McMillan	CM			20.0	20.0	
DNS	Ben Reynolds	NW			20.0	20.0	
M40AS	Course 4 (5.0 km)						
1	Trevor Murray	NW	55.08	20.0	75.1	59.3	
2	Steve Oram	A	55.58	19.4	53.8	53.8	
3	Rolf Wagner	NW	60.37	18.0	74.3	56.6	
4	Jonathan Wood	A	64.14	16.8	51.5	43.1	
5	Kerry Linkhorn	A	67.59	15.2	30.0	30.0	
6	Selwyn Palmer	A	71.12	13.6	13.6	13.6	
7	Brent Goodall	HAM	75.40	12.3	12.3	12.3	

8	Craig Duthie	CM	91.44	8.9	8.9	8.9
<i>Casuals:</i>	<i>David Nevin</i>	--	<i>66.45</i>			
	<i>Egbert Koekoek</i>	--	<i>69.30</i>			
DNS	Trevor Carswell	NW			31.9	31.9
M60A	Course 4 (5.0 km)					
1	John Robinson	CM	46.38	20.0	80.0	60.0
2	Wayne Munro	A	73.52	13.7	30.3	30.3
3	Chris Gelderman	NW	75.17	12.9	30.2	30.2
4	Terry Nuthall	A	76.41	12.1	58.4	46.3
5	Vee Smirnov	A	79.45	10.9	10.9	10.9
6	Rhys Thompson	NW	80.31	10.2	37.6	37.6
7	David Scott	A	82.04	9.4	35.0	35.0
8	John Powell	A	82.43	8.8	47.5	40.1
9	Les Paver	NW	89.44	6.8	38.6	32.6
10	Paul Potter	NW	90.54	6.0	31.5	31.5
11	Miles Paver	NW	93.22	5.0	32.3	27.3
12	Dave Bliss	NW	107.15	4.5	13.4	13.4
	Alex Weir	A	mp	1.0	2.0	2.0
<i>Casual:</i>	<i>Jos Pols</i>	--	<i>61.29</i>			
W18A	Course 4 (5.0 km)					
1	Greta Knarston	CM	38.42	20.0	20.0	20.0
2	Alina Smirnova	A	76.04	9.8	49.2	49.2
DNS	Katherine Reynolds	NW			21.0	21.0
W21AS	Course 4 (5.0 km)					
1	Lyn Stanton	A	79.42	20.0	38.1	38.1
2	Megan Officer	NW	96.19	17.4	51.1	51.1
3	Joanne Mahe	A	101.14	16.3	29.4	29.4
4	Suzanne Stolberger	NW	105.11	15.3	58.9	49.8
	Sandra Toppin	A	mp	1.0	1.0	1.0
	Jennifer Trinick	A	mp	1.0	15.4	15.4
<i>Casual:</i>	<i>Shannon Colligan</i>	--	<i>123.12</i>			
DNS	Alison Carswell	NW			40.0	40.0
DNS	Iryna Smirnova	A			36.4	36.4
W50A	Course 4 (5.0 km)					
1	Jill Dalton	NW	71.54	20.0	75.5	58.4
2	Mary Moen	NW	82.10	18.1	74.1	56.3
3	Anne Humphrey	CM	85.05	17.2	49.3	49.3
4	Annette Orchard	A	86.01	16.5	16.5	16.5
5	Bronwyn Holcombe	A	101.29	13.9	13.9	13.9
6	Bev Shuker	CM	109.10	12.3	12.3	12.3
M50AS	Course 5 (3.5 km)					
1	Clive Bolt	A	53.41	20.0	54.1	54.1
2	Sean Duthie	CM	66.30	17.1	17.1	17.1
3	Leon McGivern	A	76.06	14.8	30.9	30.9
M70A	Course 5 (3.5 km)					
1	Graham Peters	NW	42.32	20.0	53.6	53.6
2	Peter Godfrey	NW	49.59	17.7	61.3	52.8
3	Tom Clendon	A	65.02	13.7	63.1	50.1
4	Bert Chapman	NW	68.09	12.5	43.9	42.9
5	Phil Mellsop	NW	74.12	10.6	11.6	11.6
W16A	Course 5 (3.5 km)					
1	Lydia Scott	A	35.52	20.0	68.0	52.7
2	Kate Smirnova	A	40.11	18.3	56.4	56.4
3	Jenni Anderson	NW	43.15	16.9	51.6	41.7
4	Anna Gray	NW	44.23	16.1	34.8	34.8
5	Renee Beveridge	NW	45.31	15.3	55.3	55.3
6	Bronte Linkhorn	A	46.25	14.6	14.6	14.6

W40AS	Course 5 (3.5 km)						
1	Louise Porteous	NW	56.52	20.0	20.0	20.0	
2	Jennifer Seed	A	65.57	17.9	34.2	34.2	
DNS	Jill Smithies	NW			40.0	40.0	
DNS	Maggie Reynolds	NW			28.0	28.0	
W60A	Course 5 (3.5 km)						
1	Val Robinson	CM	47.25	20.0	80.0	60.0	
2	Lesley Stone	NW	60.32	16.7	32.5	32.5	
3	Yett Gelderman	NW	60.50	16.2	17.2	17.2	
4	Glen Middleton	NW	63.08	15.2	29.9	29.9	
5	Rae Powell	CM	70.26	13.1	58.8	45.7	
6	Helen Bolt	A	77.37	11.1	22.6	22.6	
W50AS	Course 6 (2.8 km)						
1	Liz Pascal	A	111.59	20.0	20.0	20.0	
W70A	Course 6 (2.8 km)						
1	Jill Brewis	A	75.57	20.0	22.0	22.0	
2	Heather Clendon	A	79.08	19.1	79.1	60.0	
	Hilary Weeks	A	mp	1.0	2.0	2.0	
M14A	Course 7 (3.3 km)						
1	Simon Cox	NW	54.37	20.0	40.0	40.0	
2	Joseph Wood	A	61.26	18.2	40.2	39.2	
3	Kaito Walley	CM	65.52	16.9	16.9	16.9	
DNS	Chris Eade	NW			39.4	39.4	
M21B	Course 7 (3.3 km)						
1	Nick Frentz	NW	60.39	20.0	40.0	40.0	
2	Jericho Malabonga	NW	63.19	19.1	19.1	19.1	
3	Jack Walley	CM	87.07	14.6	14.6	14.6	
<i>Casuals:</i>	<i>Tyler Cassie</i>	--	<i>55.42</i>				
	<i>Rhys Llewellyn</i>	--	<i>57.56</i>				
DNS	Ewart MacLucas	A			20.0	20.0	
W14A	Course 7 (3.3 km)						
1	Cosette Savelle	CM	94.02	20.0	20.0	20.0	
2	Merryn Ng-WaiShing	NW	114.50	17.3	57.3	57.3	
<i>Unofficial</i>	<i>Jackie Leech</i>	NW	<i>96.52</i>				
<i>Casual:</i>	<i>Sana Robertson</i>	--	<i>mp</i>				
W21B	Course 7 (3.3 km)						
1	Kathy Heppelthwaite	A	69.10	20.0	60.0	60.0	
2	Laura Tattersall	NW	70.20	19.3	46.7	46.7	
3	Katasha McCullough	NW	77.23	17.8	60.4	50.5	
4	Amber Warwick	NW	102.01	13.2	45.7	45.7	
5	Judy Ng-Wai Shing	NW	115.16	10.3	35.5	35.5	
	Chevelle Sands	CM	mp	1.0	39.8	38.8	
	Sjan Wijdeven	CM	mp	1.0	1.0	1.0	
<i>Casuals:</i>	<i>Sheridan Wilson</i>	--	<i>84.50</i>				
	<i>Angela Guptill</i>	--	<i>114.22</i>				
	<i>Wendy Van Tiel</i>	--	<i>mp</i>				
M12A	Course 8 (2.7 km)						
1	William Linkhorn	A	46.16	20.0	40.0	20.0	
2	Truman Birtwhistle	A	46.25	19.5	19.5	19.5	
3	Timothy Stanton	A	50.30	18.1	18.1	18.1	
4	Jonty Oram	A	51.21	17.4	38.4	38.4	
5	Hiraku Walley	CM	86.33	9.3	9.3	9.3	
<i>Casuals:</i>	<i>Jonathon Graham</i>	--	<i>64.59</i>				
	<i>Jamie Roberts</i>	--	<i>66.44</i>				
	<i>Hendrik Koekoek</i>	--	<i>68.10</i>				
	<i>Tyne Wijdeven</i>	--	<i>71.48</i>				
	<i>Ashton Llewellyn</i>	--	<i>81.39</i>				

M14-16B	Course 8 (2.7 km)						
1	Christopher Stanton	A	49.46	20.0	20.0	20.0	
M21C	Course 8 (2.7 km)						
1	Jeremy Frentz	NW	mp	1.0	22.0	22.0	
W12A	Course 8 (2.7 km)						
<i>Casuals:</i>	<i>Sheila Graham</i>	--	<i>65.09</i>				
	<i>Mandy Miles</i>	--	<i>68.24</i>				
	<i>Fiona Hayman</i>	--	<i>69.46</i>				
W14-16B	Course 8 (2.7 km)						
<i>Casual:</i>	<i>Brydhi Stark</i>	--	<i>61.40</i>				
W21C	Course 8 (2.7 km)						
1	Rowan Wood	A	64.45	20.0	61.0	60.0	
M10	Course 9 (2.2 km)						
1	Caden Larsen	CM	19.58	20.0	20.0	20.0	
2	Liam Stolberger	NW	23.43	17.6	73.3	56.4	
3	Thomas Stolberger	NW	25.19	16.3	74.8	58.5	
4	Alex Boyd	A	40.08	8.5	49.7	41.2	
5	Edwin Stanton	A	75.08	8.0	8.0	8.0	
W10	Course 9 (2.2 km)						
1	Heidi Stolberger	NW	24.28	20.0	80.0	60.0	
2	Erika Mahe	A	47.43	10.0	11.0	11.0	
3	Anna Cory-Wright	A	69.09	9.0	18.5	18.5	
4	Tessa Boyd	A	74.39	8.5	58.1	49.6	
	Nikita Mahe	A	mp	1.0	20.5	20.5	

Runners earning more than one OY point at OY4	127
Eligible runners not completing their course	15
Setters and controllers who will earn OY points	2
Total eligible competitors (86 M, 58 F)	144
Unofficial competitors	4
Competitors who were not club members	21
Total ineligible competitors (15 M, 10 F)	25
TOTAL COMPETITORS (101 M, 68 F)	169

91% of eligible males and 88% of female competitors completed their course

Results tables from Peter Godfrey, AOA OY Statistician

Orienteering on the Web

Advanced tips for beginners - www.web-ling.com/orienteer.htm

Australian Orienteering Federation – orienteering.asn.au

Illustrated orienteering terms - www.orienteeringunlimited.com/visualglossary.htm

Interactive international control descriptions quiz – www.fortnet.org/icd/

International O news – www.worldofo.com

MapSport shop and news – www.mapsport.co.nz

NZOF - www.nzorienteering.com

Orienteering news - www.maptalk.co.nz

Tips for beginners - www.happyherts.org.uk/improve/

Tips for the advanced - www.orienteeing.asn.au/promotion/devel/develcoach/

Catching Features

Reviewed by Alistair & William Richardson in Contour Lines, July 2007-08-13

Catching Features is an orienteering computer game that can be downloaded from <http://www.catchingfeatures.com/>

There is a free demo version that can be downloaded as soon as you go to the site (6Mb download). This demo has an intro map with six different courses and another forest map that also has six and is more challenging. You can choose which competitor you want to be and compete against computer generated orienteers. After completing a course you can review where you went with a feature so you know where to go next time.

To see your map all you have to do is press 'space'. The only problem with this is you can't look you're going and look at the map at the same time (a bit like real orienteering in fact).

There is also a full version of the game that has more courses and better graphics. This can be downloaded from the site for \$30 US and is a 30Mb download. It can also be bought on CI US. There are many other possibilities including playing on-line against other competitors.

Planning Tips

By Jenni Adams

There are many useful websites with planning advice and checklists, for example:

www.nzorienteering.com (section 16 and appendices 2 and 3 in the rules (technical section))

www.britishorienteering.org.uk/documents/rules/regsappb1p0.pdf

www.racorienteers.co.za/quidelines.htm#eec

(Also, www.orienteeingauackland.org.nz/setting.htm - ed)

Many people think the red courses will be the most difficult to plan but actually the white course is one which often poses the most challenges.

The white course can never be too easy and the planner shouldn't be afraid of adding taped sections. Sometimes the places that will need tape aren't obvious from just looking at the map and you actually have to go out and try it, to see where those doing the white course might come unstuck.

This can be places where the track isn't as clear as the map indicates or where many people have walked so that it looks a bit like a track but isn't significant enough to be

added to the map. Another problem place that might require taping is where there is an obstacle along the expected route such as a fallen tree.

The judgement on whether or not something that looks a bit like a track will actually be on the map is difficult enough for experienced orienteers and well beyond white course participants.

Although doing the whole white course on knees is more than can be asked of most over-worked planners, sometimes it is worth getting down onto your knees to see what the view will be like for children, who make up the majority of those doing the white course.

Relocation Tactics

From lecture notes at a course which was likely presented by Darren Ashmore and/or Rob Jessop.

Despite your best efforts, you will still become temporarily misplaced on occasion and need to relocate.

STOP! The most critical step in getting out of trouble is to STOP and ADMIT there is something wrong. The sooner you do this, the quicker you will get back on track. Listen to those alarm bells in your head. The second something is not quite as you expected it to be, STOP! ORIENTATE the map. Check your compass and be absolutely sure your map is orientated to north.

Look around and try to match the ground to the map, NOT the map to the ground. It is very easy to make a map fit to terrain that is nowhere near it.

Identify your last known definite point. Where did you go from there? Could you have made a parallel error?

Climb up onto something high. Don't try to relocate standing in a hole in the ground.

Look for distinctive features that stand out. A one contour hill will not stand out amongst a whole lot of dot knolls but a three contour hill will.

Pairs of features are more distinctive, for example, a single knoll will look much the same as another one but a knoll right next to a depression will be distinctive.

Be decisive and make your way to a large feature like a track or large clearing. Don't flounder around hoping to see the control.

Don't panic.

Racing: What you do on the way to an event to get there in time for your start.

Results: Where one's performance is compared to those twice as proficient.

Sand dunes: very bad things.

I'm lost, what now?

From notes prepared by Mark Roberts (ex AOC) for his Brisbane O club.

I have a rough idea where I am but I can't find the control

You've run confidently into an area of bush bounded by strong linear features, you've attacked the control but can't find it. What next?

If you felt you were in touch with the map right up until a moment ago, then you must be near to the control. Maybe you are in the circle but simply didn't spot the control behind a bush. Invest a few moments in milling about looking behind every bush or in every pit.

The next most likely explanation is a parallel error. Stare at the map and see where you may have chosen the wrong gully or the wrong stream. Assume that you are at the wrong one, and navigate from there to the right one.

If that doesn't work, it's time to bite the bullet, go out to the road or up to the ridge and start over. You need to relocate, and that's generally only possible on strong linear features like fences that have on them strong point features like a bend or a stream crossing. Run out to the fence and run along it until you recognise something on the map. Now re-attack the control, preferably not from the same attack point as last time.

I don't know where I am at all

Grid-searching in this situation is a mighty waste of time.

If the map doesn't fit at all, and you can't relocate from the ridge or the road or whatever, you're really lost. It's time to put away the map and retrace your steps until you make it back to the last place where you were confident of your location.

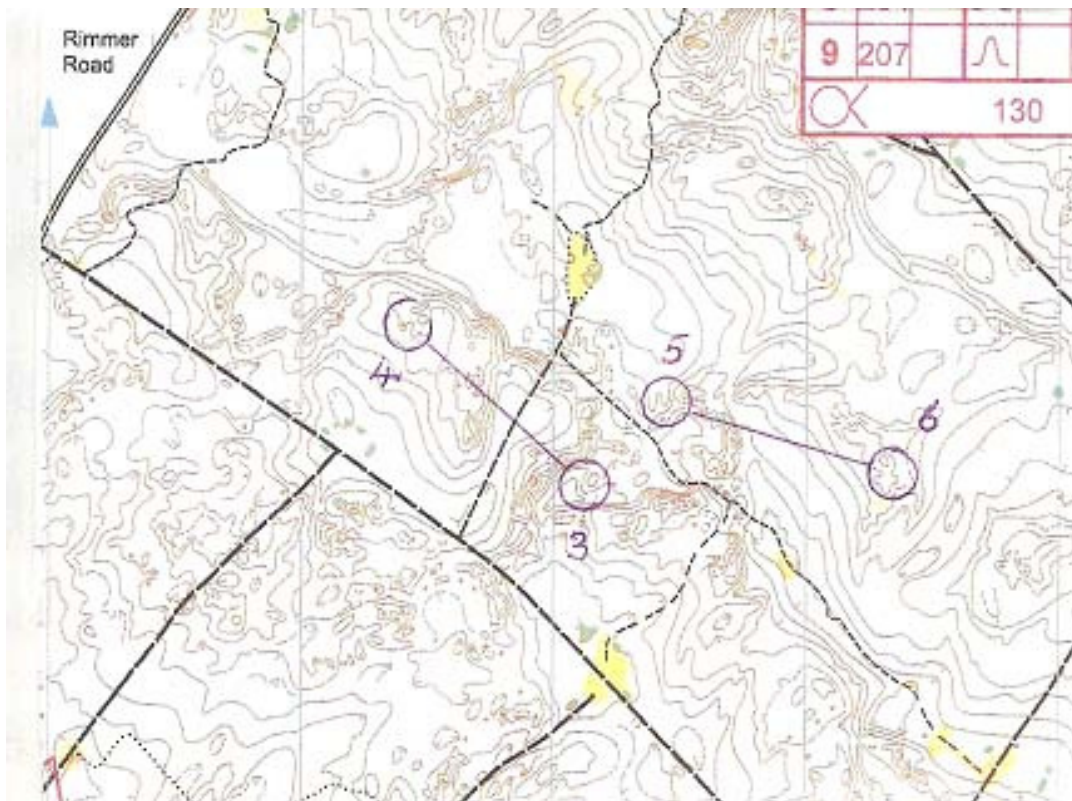
Your map and compass are useless while you do this, except if you come across some strong or distinctive feature that you may be able to find on the map. You've made some major blunder – a 180 degree error, or run off the map, or run along the wrong road – so your map can't help you to retrace your steps, it can only get you into more trouble!

In the very worst case where you have run around in circles and completely lost track of where you have been, consider the safety bearing. Many events advertise how to recover from being hopelessly lost by saying something like "travel north until you reach the highway, proceed west to the car park." This option is usually evident from looking at the map.

Serious athletes: Those who consider orienteering a race and involve themselves in training.

Spike: (vb) Rare occurrence when you find a control exactly where you expect it to be only to find it is not yours.

Relocation - Map Exercise



The map is part of the Pot Luck map.

The following commentary recounts what an average orienteer might experience on leg 4, that is, not every feature is noted, drifting 10 degrees off a compass bearing is not uncommon, climb and distance estimates are not exact and concentration fluctuates. Fast run with 30 m visibility. The gray areas are open land. The scale is 1:10,000 and 2.5m contour.

Your plan is to red-line the leg, contrary to Wayne's advice in the May magazine, with the attack feature being the hill to the right of the control. You climb a ridge after leaving control 3 then jog down a small spur, cross a track, climb a slope to the top feeling good that you did it so comfortably, note a reentrant to your left but do not see a knoll at its top as mapped and you hesitate a little as you continue to walk along while studying the map for another likely reentrant. You walk a bit further than you expected before you catch sight of a small spur at about 1 o'clock much where you expected it to be so you break into a jog, come around the spur into the reentrant and there is no control flag to greet you.

You study your surrounds. To the north is a shallow reentrant with the broad low hill to its west that you have just run over. The small reentrant you are standing in continues to the south behind you. You climb about 3 m out of the reentrant onto a spur to the east and you can see that the slope to the east flattens out about 3 m below you.

Give yourself a minute to try to match the ground to the map. If you have not found where you are after a minute, then decide how much longer you will try before executing Plan B. What is your plan B? Answer next month.

General Information

Cancellations: these are exceedingly rare and when they do occur it is likely due to some unforeseen circumstance so the first you are likely to know about a cancellation is when you arrive at the event centre or a farm/forest gate. Events are not cancelled because the weather is foul.

Course closure

You must return to the finish by this time even if you have not completed your course. Controls are collected in at this time and a search party will go looking for you if you have not reported into the finish.

Electric fences: Step over, vault or roll under. Use your plastic map bag and compass to hold down a top electrified wire but note that this does not work if they are wet. You will generally be advised if electric fences are on.

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

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

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