

*The Auckland*



# Orienteer



Sjan Wijdeven of Pukekohe High School and Taylor Rhind of Wentworth College at the secondary school championships start. Les Paver of NWOC is about to start them on their intermediate grade course.

June 2008



## Editorial

**Note these changes to the event calendar:**

- a MTBO weekend event on June 21-22 has been added,
- AOC's OY5 will now be held on August 3 and becomes OY6,
- the TONIC event in November this year has been moved to Labour Weekend, a consequence of AOC and NWOC hosting the national championships next year, and
- the correct date for the Auckland Relay Championship is November 30.

The overwhelming response to the survey in the last issue about the date for the Auckland Area Championships was that there is no preferred date.

The letter below has some robust criticism of the new OY series. The reasons for the radical changes made to the series and the details of its operation can be found in the February newsletter. What is apparent now is that the endeavour to maintain an age class competition has failed. Firstly, the published results do not record an age class and, furthermore, no effort has been made to provide a cumulative points comparison amongst competitors within an age class as the series progresses. Secondly, the 'course factor' mechanism for comparing performances on different courses lacks validity, credibility and transparency.

In my opinion, we should leave age-graded competitions to A level events and have the orienteer of the year awards made within courses in our regional competition. Course-based awards will provide a more authentic and valid comparative assessment of performance rather than the spurious effort currently made to maintain a fiction of an age-graded competition. It could be informative to provide the age classes for each competitor in a course even though it would form no part in determining the orienteer of the year for that course.

The feature article in this issue is by Robbie Jessop and provides a succinct but comprehensive account of navigational techniques to use in Woodhill sand dune terrain.

John

## Letter

For over 30 years the Orienteer of the Year events have been part of the Auckland calendar. It has always been a series of races held throughout the year to find the most consistent orienteer in each age group and rivalries were fierce. In order of importance, this competition used to be second only to the Auckland Championships; age grade specific with quality course setting and a points allocation system that was simple and understood by everyone. It was the highlight of each month's orienteering and not to be missed.

What have we now? Ho-hum. They are just ordinary events dotted throughout the year. The course setting has left a lot to be desired over the last few years and now there isn't even the challenge of competing against one's own age group on a specific course. If anyone can understand the points system, good luck to you. As for having a score event as an OY—unbelievable.

To me it smacks of laziness from the clubs. The winter months, which can often be the most enjoyable time to experience the forest, are coming up with absolutely nothing to attract or inspire the competitive orienteer to take part.

Do you want the OY series to be returned to its former importance in our calendar? Are you happy with the present system? Or is it just me?

Yours in disappointment,  
Lesley Stone.

## Editorial Bits

### Next Issue: June 2008

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz) or mail to 11 Cathcart Close, Pukekohe, by March 20. Contributions may be edited or abridged by the editor.

### 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](mailto: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, except January, and is available online from [www.nworienteering.org.nz](http://www.nworienteering.org.nz). 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.*

### Gemini

May 22 – June 21

Blessed are the losers, for they shall determine the winners.

Unlucky control: all of them.

### Cancer

June 22 – July 23

Remember not to get bogged down in fine detail, but to keep moving steadily forwards at all times.

As this is hard for the sideways-walking Crab, you may have to approach your goals obliquely.

Lucky control: any side of a building or boulder.

## Tip 2 - Navigate up spurs and down gullies

*By Mark Roberts*

Spurs join together as they climb; gullies join together as they fall. Choosing the wrong spur on the way down is very easy; choosing the wrong gully on the way up is even easier. So try to navigate using the safer feature. That doesn't mean you have to run in the gully on the way downhill, because spurs often have better runnability – they are usually less rugged and less green. You can run where you like as long as you can clearly see the gully to navigate by.

## Tip 3 - Headless chooks miss last controls

Something snaps in the minds of many an orienteer as the end of the course comes in sight. They are physically tired and mentally exhausted, they are scratched, bloody and bruised, their O suits are torn and their laces are undone.

Of all stages of the course, the last couple of legs are when the hard-working orienteer is least capable of reasoned thought. The risk-monitoring and process-following parts of the brain can be overpowered by the get-it-over-with lobe.

“Use up what's left” is a natural urge – borrow heavily from the oxygen bank, throw caution to the winds and common sense to the wolves, and sprint the last two legs. DON'T DO IT.

When you are making the speech notes that you are going to read from during your running of the course, tag the last control with a big red “BE CAREFUL” to remind you not to let your guard down. As for the last leg to the finish? Go for it!

## MTBO Weekend

**Saturday 21st June, 2 hour rogaine, mass start 1 pm**

**Sunday 22nd June, sprint event (15-20 minute winning time) followed by a choice of 3 courses with 70 to 90 minute winning times expected. Start times from 10am and 1 pm respectively.**

At 45 Slater Rd, which is 10 minutes from Helensville, signposted on SH16 off the roundabout between Helensville and Parakai.

We have a beautiful forest with many tracks including heaps built in the past month. The forest is sand based, so is rideable no matter what the weather.

The sprint will have a small flattish area with a multitude of tracks and will be mapped to 1:5000. Scale for other races is 1:10,000 and the contour interval is 5 metres.

A map board of some description is extremely useful and you can make your own (see <http://www.mapsport.co.nz/mtbo/mtboresources.html#mapholder>) or email Di Michels at [dianne@michels.co.nz](mailto:dianne@michels.co.nz) to hire one. Dianne has 8 for hire but be quick. A compass is also a useful aid.

People can ride in pairs if they wish, and we are willing to give assistance to newcomers.

Sport Ident timing will be used and costs will be \$15 per day and \$25 for both days. Sport Ident hire will be \$3. There will be heaps of yummy chocolate and salted macadamias for spot prizes on both days.

Local attraction is the Parakai Thermal Pools in Parakai which is 10 minutes drive.

Any enquiries contact me [rgmg@xtra.co.nz](mailto:rgmg@xtra.co.nz) or ph 094202849

Rob Garden

---

## NZ Team for WOC 2008

The SILVA New Zealand Team to compete at the 2008 World Orienteering Championships to be held in Olomouc, Czech Republic on July 10-20, 2008.

**Women** - Greta Knarston, CM, sprint, middle, long

**Men** -

Michael Adams, PAPO, long,\*  
Chris Forne, PAPO, sprint, middle,\*  
Neil Kerrison, NW, long\*  
Mark Lawson, NW, middle, long\*  
Ross Morrison, HB, sprint, middle, relay  
Thomas Reynolds, NW, sprint

\* Remaining relay team members to be selected from these athletes.

Manager: David Stewart

## NZ Team for World MTBO Championships 2008

*Ostróda, Poland, August 24-31, 2008.*

### Men

Greg Barbour, Orienteering Taranaki  
Chris Forne, Peninsula & Plains Orienteers

### Women

Kath Copland, North West OC  
Marquita Gelderman, North West OC  
Emily Wall Peninsula & Plains Orienteers

## NZ Team for World Junior MTBO Championships 2008

*Ostróda, Poland, August 24-31, 2008.*

### Women

Georgia Whitla, Peninsula & Plains Orienteers

Team Manager: Rob Garden

*Jeff Greenwood, NZOF Convenor of Selectors*

## 2008 SILVA NZ SECONDARY SCHOOLS ORIENTEERING CHAMPIONSHIPS (Incorporating Year 7 & 8 events)

*Officially sanctioned by the NZSSSC.*

### INDIVIDUAL CHAMPIONSHIPS – Friday 18<sup>th</sup> July

*This event is an NZOF 'A-Level badge event'*

Map:	Wharepapa South
Scale:	1:10,000 (red, orange & yellow), 1:7,500 (white), 5 metre contours
Location:	Wharepapa South, approx 50 mins from Hamilton
Terrain:	Gully / Spur with detailed rock formations
Levels:	Championship: for experienced orienteers
	Standard: for those with less experience
Start times:	First starts will be at 11am

### RELAY CHAMPIONSHIPS – Saturday 19<sup>th</sup> July

Map:	Wharepapa South
Scale:	1:10,000 (orange & yellow), 1:7,500 (white), 5 metre contours
Location:	Wharepapa South, approx 50 mins from Hamilton
Terrain:	Gully / Spur with detailed rock formations
Level:	Standard only
Starts	Starts will likely be from 10.00am
Teams:	“Official teams” are made up of students, of the same gender and from the same school, who are eligible to compete in the class. To cater for students who are not able to be placed in a school team, composite teams will be made up.

**ENTRIES CLOSE 4<sup>th</sup> July    ENTRIES CLOSE 4<sup>th</sup> July**

## ENTRY FORMS AND EVENT INFORMATION

All event information, entry forms, start draw and results will be available on the event website [www.cdorienteering.co.nz](http://www.cdorienteering.co.nz). The event programme and start draw will be available on this website for download on the 11<sup>th</sup> of July.

### COURSES FOR SCHOOL COMPETITIONS

<b>CHAMPIONSHIP</b> <i>(Experienced orienteers only)</i>	<b>Estimated winning time (minutes)</b>	<b>NZOF colour code</b>
Senior Boys	45 - 50	Red
Senior Girls	45 - 50	Red
Intermediate Boys	35 - 40	Orange
Intermediate Girls	35 - 40	Orange
Junior Boys	25 - 30	Yellow
Junior Girls	20 - 25	Yellow
Y7/8 Boys	25 - 30	Yellow
Y7/8 Girls	25 - 30	Yellow

<b>STANDARD</b>	<b>Estimated winning time (minutes)</b>	<b>NZOF colour code</b>
Senior Boys	35 - 40	Orange
Senior Girls	35 - 40	Orange
Intermediate Boys	25 - 30	Yellow
Intermediate Girls	25 - 30	Yellow
Junior Boys	20 - 25	White
Junior Girls	20 - 25	White
Y7/8 Boys	20 - 25	White
Y7/8 Girls	20 - 25	White

### CLASSES FOR SECONDARY SCHOOL COMPETITORS

Senior: born 1991 & earlier  
 Intermediate: born 1992 & 1993  
 Junior: born 1994 & later

### ELIGIBILITY

A student eligible to compete in this secondary school event must:

- be enrolled as a bona fide (Year 9 or above) student at the school of representation and studying at least 80% of a programme that is part of the timetable provided by the school for at least four weeks immediately prior to the event.
- have a satisfactory attendance record at the school. The final decision will be at the principal's discretion.
- The student must be under 19 years of age at the first of January in the year of the competition.
- **Y7/8 students are not eligible to compete in the secondary school classes.**

### NZ SCHOOLS COMPETITIONS (SECONDARY SCHOOLS)

#### Top School Competition

This is the longest running competition and caters for the broadest spread of students. It is intended that the trophies go to the schools that display the greatest depth of orienteering talent at all levels. There are separate trophies for boys and girls.

Only 3 competitors in each age grade will contribute to the school's points. That is, a maximum of 9 competitors (3 at each age) will be able to earn points for their school.

In the individual competition the best three results at each age grade, whether in the Championship or Standard event, will be counted. At least one of these results must be from the Championship level (i.e. a school entering all its competitors in the Standard level will be able to count only two results).

In the relay, only the highest positioned team from any school in each age grade will count. (Runners in composite teams do not count).

Points for this competition are as follows:

Individuals - Championship: 1st - 25 points, 2nd - 24, 3rd - 23, down to 25th - 1 point.

Individuals - Standard: 1st - 15 points, 2nd - 14, 3rd - 13, down to 15th - 1 point.

Relays - 1st team - 60 points, 2nd - 54, 3rd - 48, down to 10th - 6 points.

### **SILVA Premier School Competition**

This competition is supported by the event sponsor with boys' and girls' trophies. It is aimed at encouraging schools to support their top performing competitors at national level. The winners are the schools that have the best performance by their top competitors at championship level only. The results of one competitor from each school in each championship age grade count with points from 10 for 1st to 1 for 10th.

### **Small Teams Competition**

This competition is to cater for schools that have insufficient numbers or an inadequate spread of students to compete seriously in the Top School Competition. It is restricted to schools that have entered 5 or fewer competitors. There are separate boys' and girls' competitions. Certificates are awarded to the winning school and the placegetters. This competition will be based on results in the Top School Competition.

### **PRIZEGIVING**

A prize giving will be held at the completion of the relay on Saturday. Certificates will be awarded to all place-getters and trophies to the winning boys' and girls' schools.

Enquiries to: Simon Addison  
simonjaddison AT gmail.com  
027 428 8534

Entry forms to: Sam McNally, 8E Inverness Ave, Hillcrest, Hamilton

**ENTRIES CLOSE 4<sup>th</sup> July    ENTRIES CLOSE 4<sup>th</sup> July**

### **ACCOMMODATION**

Accommodation is on a do-it-yourself basis.

For larger teams we recommend getting in contact with one of the three large Christian Camps available in the Waikato:

Epworth	07 827 2848	<a href="http://www.epworth.co.nz">www.epworth.co.nz</a>
Finlay Park	07 827 2847	
Narrows Park	07 843 6862	<a href="http://www.narrowspark.co.nz">www.narrowspark.co.nz</a>

Epworth and Finlay Park are right next to one another. Both are around 25km from the event. Narrows Park is about 50km from the event.

Otherwise we recommend staying in Te Awamutu, 30km away.

- **Enquiries to:** Simon Addison, [simonjaddison@gmail.com](mailto:simonjaddison@gmail.com), 027 428 8534
- **Entry Forms to:** Sam McNally, 8E Inverness Ave, Hillcrest, Hamilton
- **Entry forms from** [www.cdorienteering.co.nz](http://www.cdorienteering.co.nz). The event programme and start draw will be available on this website for download on the 11<sup>th</sup> of July.

## OY3 RESULTS – Stags' Roar

Note: The points after three OYs apply only to the grade (e.g. Red 1) run at OY3. Points gained in, say, Red 2 at OY1 are not included in this table. Nor are the totals of runners not running at OY3.

Course	Name	Club	Score Points	OY3 Points	Points after 3 OYs
<b>RED 1</b>	<b>70 mins 30 controls</b>	<b>1650 points</b>	<b>Weight: 130</b>		
1	James Bradshaw	CM	1525	<b>269.7</b>	438.5
2	Gene Beveridge	NW	1430	<b>252.9</b>	512.6
3=	Simon Jager	AK	1410	<b>249.4</b>	389.7
3=	Thomas Reynolds	NW	1410	<b>249.4</b>	249.4
5=	Jourdan Harvey	CM	1385	<b>245.0</b>	245.0
5=	Shaun Collins	NW	1385	<b>245.0</b>	245.0
7	Peter Swanson	AK	1260	<b>222.9</b>	222.9
8	Greg Flynn	NW	1250	<b>221.1</b>	354.5
9	Toby Scott	AK	1200	<b>212.2</b>	483.7
10	Marquita Gelderman	NW	1190	<b>210.5</b>	210.5
11	Bruce Peat	CM	1180	<b>208.7</b>	208.7
12	Scott Vennell	AK	1160	<b>205.2</b>	205.2
13=	Geoff Mead	NW	1120	<b>198.1</b>	198.1
13=	Tania Robinson	CM	1120	<b>198.1</b>	198.1
15	Lise Moen	NW	1080	<b>191.0</b>	191.0
16=	Rachel Goodwin	HB	1050	<b>185.7</b>	185.7
16=	Kate Morrison	HB	1050	<b>185.7</b>	185.7
18	Stan Foster	NW	1010	<b>178.6</b>	280.8
19	Wayne Aspin	CM	970	<b>171.6</b>	171.6
20=	Mike Beveridge	NW	920	<b>162.7</b>	162.7
20=	Martin Spencer	AK	920	<b>162.7</b>	162.7
22	Imogene Scott	AK	900	<b>159.2</b>	159.2
23	Tim Renton	AK	850	<b>150.3</b>	274.7
24	Roel Michels	NW	840	<b>148.6</b>	148.6
25=	Nick Mead	NW	820	<b>145.0</b>	145.0
25=	Alistair Stewart	AK	820	<b>145.0</b>	145.0
27	Phillippa Poole	NW	790	<b>139.7</b>	139.7
28	Angela Simpson	R	750	<b>132.7</b>	132.7
29	Marlon Gevaert	NW	740	<b>130.9</b>	130.9
30	Allan Janes	NW	730	<b>129.1</b>	129.1
31	Renee Beveridge	NW	710	<b>125.6</b>	125.6
32	Tony Hastie	- - -	700	<b>123.8</b>	123.8
33=	Alastair Long	CM	690	<b>122.0</b>	122.0
33=	Lisa Mead	NW	690	<b>122.0</b>	122.0
35	Bert Chapman	NW	670	<b>118.5</b>	118.5
36=	Kate Smirnova	AK	660	<b>116.7</b>	116.7
36=	Nicholas Oram	AK	660	<b>116.7</b>	116.7
38=	Tyler Casey	- - -	640	<b>113.2</b>	113.2
38=	Iryna Smirnova	AK	640	<b>113.2</b>	112.2
40	Bronwyn Holcombe	AK	630	<b>111.4</b>	111.4
41	Annette Orchard	AK	620	<b>109.7</b>	109.7
42	Brian Edgar	AK	570	<b>100.8</b>	100.8
43	Aiden Ellmers	AK	550	<b>97.3</b>	97.3
44	Mark Wilson	AK	540	<b>95.5</b>	95.5
45	David Scott	AK	535	<b>94.6</b>	94.6
46	Peter King	- - -	510	<b>90.2</b>	90.2
47	Jo Dalton	- - -	495	<b>87.6</b>	87.6
48	Joanna Stewart	AK	470	<b>83.1</b>	83.1



49	Roger Woodroffe	AK	440	<b>77.8</b>	77.8
50	Raewyn Simpson	R	430	<b>76.1</b>	76.1
51	Ian Lightbody	AK	415	<b>73.4</b>	73.4
52	Peter Godfrey	NW	410	<b>72.5</b>	72.5
53=	Mark Hoffman	- - -	345	<b>61.0</b>	61.0
53=	Donald Jessop	- - -	345	<b>61.0</b>	61.0
53=	Kerry Linkhorn	AK	345	<b>61.0</b>	61.0
56	Jill Brewis	AK	260	<b>46.0</b>	46.0
57	Jennifer Seed	AK	220	<b>38.9</b>	38.9
58	John Powell	CM	mp	<b>0.9</b>	0.9

Course	Name	Club	Score	OY3	Points after
			Points	Points	3 OYs
<b>RED 2</b>	<b>60 mins 30 controls</b>		<b>1650 points</b>	<b>Weight: 75</b>	
1	Ionel Popovici	AK	840	<b>118.9</b>	248.1
2	Owen Means	NW	830	<b>117.5</b>	271.4
3	Rudy Hlawatsch	AK	790	<b>111.8</b>	111.8
4=	Steve Oram	AK	720	<b>101.9</b>	242.3
4=	Terje Moen	NW	720	<b>101.9</b>	101.9
4=	Les Paver	NW	720	<b>101.9</b>	101.9
7	Patricia Aspin	CM	705	<b>99.8</b>	99.8
8=	Wayne Munro	AK	640	<b>90.6</b>	90.6
8=	Michael Cox	- - -	640	<b>90.6</b>	157.3
8=	Terry Nuthall	AK	640	<b>90.6</b>	90.6
11=	Lorri O'Brien	NW	630	<b>89.2</b>	89.2
11=	Selwyn Palmer	AK	630	<b>89.2</b>	89.2
13	John Robinson	CM	620	<b>87.7</b>	87.7
14=	Chris Gelderman	NW	600	<b>84.9</b>	84.9
14=	Katherine Bolt	AK	600	<b>84.9</b>	159.7
16	John Barrett	NW	575	<b>81.4</b>	131.5
17	Miles Paver	NW	560	<b>79.2</b>	79.2
18=	Reuben Wilson	AK	550	<b>77.8</b>	77.8
18=	Jamie Munro	AK	550	<b>77.8</b>	77.8
20	Ross Johnson	- - -	530	<b>75.0</b>	75.0
21	Sandra Toppin	AK	520	<b>73.6</b>	73.6
22	Scot McDonald	HB	510	<b>72.2</b>	72.2
23	Phillip Johansen	NW	500	<b>70.8</b>	142.6
24	Jonty Oram	AK	470	<b>66.5</b>	66.5
25	Craig Pearce	AK	455	<b>64.4</b>	64.4
26	Mary Moen	NW	445	<b>63.0</b>	63.0
27	Paul Potter	NW	430	<b>60.8</b>	60.8
28=	Jonathan Wood	AK	425	<b>60.1</b>	60.1
28=	Steve Pyatt	- - -	425	<b>60.1</b>	60.1
30=	Alastair Smithies	NW	420	<b>59.4</b>	59.4
30=	Anne Humphrey	CM	420	<b>59.4</b>	59.4
32=	Leon McGivern	AK	360	<b>50.9</b>	50.9
32=	Tom Clendon	AK	360	<b>50.9</b>	50.9
34	Joanne Mahe	AK	320	<b>45.3</b>	45.3
35	Jill Smithies	NW	240	<b>34.0</b>	34.0
36	Chris O'Brien	- - -	235	<b>33.3</b>	33.3
37	Liz Pascal	AK	180	<b>25.5</b>	25.5
38	Heather Clendon	AK	80	<b>11.3</b>	11.3
	Mike Ashmore	AK	DISQ	<b>0.0</b>	0.0

Course	Name	Club	Score Points	OY3 Points	Points after 3 OYs
<b>RED 3</b>	<b>50 mins</b>	<b>30 controls</b>	<b>1650 points</b>	<b>Weight: 50</b>	
1	Daniella Lahav	---	530	<b>103.9</b>	103.9
2	Megan Wood	AK	410	<b>80.4</b>	80.4
3	Megan Officer	NW	330	<b>64.7</b>	110.5
4	Alex Boyd	AK	270	<b>52.9</b>	52.9
5=	Tessa Boyd	AK	260	<b>51.0</b>	51.0
5=	Lyn Stanton	AK	260	<b>51.0</b>	51.0
7	Bronte Linkhorn	AK	250	<b>49.0</b>	49.0
8	Val Robinson	CM	220	<b>43.1</b>	43.1
9	Rowan Wood	AK	215	<b>42.2</b>	42.2
10	Yett Gelderman	NW	190	<b>37.3</b>	37.3
11=	Lauren Abraham	---	0	<b>0.0</b>	0.0
11=	Marc Magerkorth	AK	0	<b>0.0</b>	0.0

Course	Name	Club	Score Points	OY3 Points	Points after 3 OYs
<b>RED 4</b>	<b>40 mins</b>	<b>30 controls</b>	<b>1650 points</b>	<b>Weight: 35</b>	
1	Clarke Truscott	---	410	<b>59.8</b>	59.8
2	Rhys Llewellyn	---	330	<b>48.1</b>	48.1
3	Kevin Jose	---	260	<b>37.9</b>	37.9
4	Rae Powell	CM	220	<b>32.1</b>	94.9
5	Phil Mellsop	NW	200	<b>29.2</b>	58.8
6	Bob Lindop	AK	0	<b>0.0</b>	0.0

Course	Name	Club	Time	OY3 Points	Points After 3 Events
<b>ORANGE</b>	<b>3.8 km</b>	<b>8 controls</b>	<b>Weight: 25</b>		
1	Kieran Woods	--	42:47	<b>45.2</b>	45.2
2	Simon Cox	BColl	53:01	<b>36.4</b>	108.4
3	Marc Van Kerckhof	BColl	56:21	<b>34.3</b>	52.9
4	Louis Prouting	BColl	56:32	<b>34.2</b>	51.7
5	Chris Eade	BColl	58:01	<b>33.3</b>	63.4
6	Julian Bryant	BColl	65:23	<b>29.6</b>	31.7
7	Katasha McCullough	BColl	66:32	<b>29.0</b>	61.9
8	Sam Spathis	BColl	67:36	<b>28.6</b>	28.6
9	William Linkhorn	AK	72:11	<b>26.8</b>	26.8
10	Laura Tattersall	BColl	73:36	<b>26.3</b>	52.9
11	Niamh Shaw	--	73:49	<b>26.2</b>	26.2
12	James Beattie	BColl	77:17	<b>25.0</b>	55.0
13	Murray Thomas		77:31	<b>24.9</b>	24.9
14	Samantha Beattie	BColl	77:54	<b>24.8</b>	26.9
15	Alex Shegay	BColl	80:40	<b>24.0</b>	54.8
16	Steve Simpson		89:23	<b>21.6</b>	21.6
17	Amber Warwick	BColl	91:17	<b>21.2</b>	23.3
18	Jenni Anderson	BColl	91:18	<b>21.2</b>	21.2
19	Sharina Xu	AK	95:51	<b>20.2</b>	45.9
20	Tracey Thomas	--	125:03	<b>15.5</b>	15.5
21	Karen Woods	--	125:53	<b>15.3</b>	15.3
	Michael Cox	BColl	mp	<b>1.9</b>	1.9
	Family Clark	--	mp	<b>1.9</b>	1.9

Course	Name	Club	Time	OY3 Points	Points After 3 Events
<b>YELLOW</b>	<b>3.0 km</b>	<b>10 controls</b>	<b>Weight: 20</b>		
1	Ashten Llewellyn	--	37:16	<b>28.2</b>	28.2
2	Georgina Llewellyn	--	37:17	<b>28.2</b>	28.2
3	Kelsi Heath	BColl	38:42	<b>27.1</b>	27.1
4	Hamish Simmonds	CM	39:50	<b>26.4</b>	26.4

5	Emma Van Kerchkof	BColl	40:46	<b>25.8</b>	25.8
6	Sarah McMann		44:29	<b>23.6</b>	23.6
7	Keren Feltham	BColl	45:11	<b>23.2</b>	23.2
8	Alex Ellice	BColl	45:23	<b>23.1</b>	23.1
9	Zakk Davies	BColl	47:49	<b>22.0</b>	38.6
10	Callum Chalmers	--	52:28	<b>20.0</b>	20.0
11	William Tongue	BColl	52:35	<b>20.0</b>	20.0
12	Sandra Murphy		57:40	<b>18.2</b>	18.2
13	Jemma Simmonds	CM	66:05	<b>15.9</b>	15.9
14	Jack Becroft	--	68:15	<b>15.4</b>	15.4
15	Nikita Mahe	AK	70:27	<b>14.9</b>	14.9
16	Erika Mahe	AK	70:34	<b>14.9</b>	14.9
17	Zara Collins	NW	104:35	<b>10.0</b>	10.0
	Borei Lubicich	BColl	mp	<b>1.1</b>	1.1
	Sharina Xu	AK	mp	<b>1.1</b>	14.7
	Karen Hally	AK	mp	<b>1.1</b>	1.1

### OY4 SHANKS PONY

Red 2 at OY1 are not included in this table. Nor are the totals of runners not running at OY4

Course	Name	Club	Runner's Time	OY4 Points	Points After Four Events	
<b>RED 1</b>	<b>6.8 km</b>	<b>Weight: 130</b>				
	1	Neil Kerrison	NW	60:45	<b>199.5</b>	342.3
	2	James Bradshaw	CM	64:32	<b>187.8</b>	626.3
	3	Pete Swanson	AK	67:20	<b>180.0</b>	402.9
	4	Nick Harris	NW	72:59	<b>166.1</b>	314.6
	5	Stan Foster	NW	86:26	<b>140.2</b>	421.0
		Median		93:14	<b>130.0</b>	
	6	Ionel Popovici	AK	100:03	<b>121.1</b>	121.0
	7	Mark Wilson	AK	107:49	<b>112.4</b>	207.9
	8	Ellis Lam	AK	134:36	<b>90.0</b>	90.0
	9	Tony Cooper	AK	141:02	<b>85.9</b>	236.4
		Tim Renton	AK	mp	<b>12.1</b>	286.8
<b>RED 2</b>	<b>5.0 km</b>	<b>Weight: 75</b>				
	1	Tania Robinson	CM	52:19	<b>115.3</b>	115.3
	2	Marquita Gelderman	NW	54:00	<b>111.7</b>	207.3
	3	Scott Vennell	AK	58:05	<b>104.0</b>	173.8
	4	Dave Middleton	NW	58:19	<b>103.4</b>	267.1
	5	Amber Morrison	HB	58:28	<b>103.1</b>	103.1
	6	Bruce Peat	CM	60:50	<b>99.1</b>	256.0
	7	Lise Moen	NW	61:34	<b>97.9</b>	284.3
	8	Shaun Bowler	---	64:41	<b>93.2</b>	93.2
	9	Wayne Aspin	CM	64:53	<b>92.9</b>	248.0
	10	Mike Beveridge	NW	66:03	<b>91.3</b>	91.3
	11	Darren Gosse	NW	70:13	<b>85.9</b>	163.5
	12	Imogene Scott	AK	70:54	<b>85.0</b>	255.6
	13	Owen Means	NW	73:19	<b>82.2</b>	353.6
	14	Phillip Johansen	NW	74:51	<b>80.6</b>	223.2
	15	Matthew Ng-WaiShing	NW	75:40	<b>79.7</b>	79.7
	16	Brent Goodall	HAM	80:07	<b>75.3</b>	182.5
	17	Annette Orchard	AK	80:24	<b>75.0</b>	75.0

18	Norm Jager	AK	82:12	<b>73.4</b>	73.4
19	Nicholas Oram	AK	84:14	<b>71.6</b>	80.1
20	Katherine Bolt	AK	85:41	<b>70.4</b>	230.1
21	Jamie Munro	AK	86:19	<b>69.9</b>	147.7
22	Alan Moore	AK	87:08	<b>69.2</b>	69.2
23	Ken Taylor	NW	93:12	<b>64.7</b>	64.7
24	Roger Woodroofe	AK	99:03	<b>60.9</b>	60.9
25	John Barrett	NW	100:22	<b>60.1</b>	191.6
26	Allan Janes	NW	105:50	<b>57.0</b>	57.0
27	Lyndsay Wood	CM	109:49	<b>54.9</b>	101.8
28	Niamh Tomes	- - -	118:38	<b>50.8</b>	50.8
29	Jennifer Seed	AK	130:32	<b>46.2</b>	46.2
	Kerry Linkhorn	AK	mp	<b>6.0</b>	6.0
	Miles Paver	NW	mp	<b>6.0</b>	85.2
	Phillippa Poole	NW	mp	<b>6.0</b>	80.7
	Sandra Toppin	AK	mp	<b>6.0</b>	79.6

Course	Name	Club	Runner's Time	OY4 Points	Points After Four Events
--------	------	------	---------------	------------	--------------------------

**RED 3      3.7 km      Weight: 50**

1	Stu Middleton	- - -	41:01	<b>80.3</b>	80.3
2	Kent Dickson	- - -	44:38	<b>73.8</b>	73.8
3	Lisa Mead	NW	47:12	<b>69.8</b>	69.8
4	Roel Michels	NW	47:27	<b>69.4</b>	69.4
5	Kevin Jose	- - -	47:51	<b>68.8</b>	68.8
6	Patricia Aspin	CM	49:58	<b>65.9</b>	147.9
7	Dianne Michels	NW	53:22	<b>61.7</b>	61.7
8	Les Paver	NW	57:50	<b>57.0</b>	148.4
9	Terje Moen	NW	60:07	<b>54.8</b>	167.2
10	Terry Nuthall	AK	61:09	<b>53.9</b>	53.9
11	Paul Potter	NW	61:12	<b>53.8</b>	157.5
12	Angela Levet	- - -	65:52	<b>50.0</b>	50.0
13	Jonathan Wood	AK	65:53	<b>50.0</b>	100.8
14	Trevor Murray	NW	66:47	<b>49.3</b>	124.2
15	Sandra Faustl	AK	71:40	<b>46.0</b>	150.0
16	Kingsley Ng	NW	74:02	<b>44.5</b>	44.5
	WaiShing				
17	Anne Humphrey	CM	75:43	<b>43.5</b>	43.5
18	Megan Officer	NW	77:21	<b>42.6</b>	153.1
19	Clive Bolt	AK	79:04	<b>41.7</b>	41.7
20	Iryna Smirnova	AK	79:15	<b>41.6</b>	99.9
21	Peter Ware	- - -	81:52	<b>40.2</b>	40.2
22	Stewart Aroa	HAM	82:11	<b>40.1</b>	40.1
23	Rhys Thompson	NW	82:21	<b>40.0</b>	97.2
24	Peter Godfrey	NW	91:21	<b>36.1</b>	75.5
	John Powell	CM	mp	<b>3.3</b>	46.8

**RED 4      2.9 km      Weight 35**

1	John Robinson	CM	37:24	<b>63.5</b>	63.5
2	David Scott	AK	47:54	<b>49.6</b>	145.0
3	Mary Moen	NW	52:20	<b>45.4</b>	45.4
4	Suzanne Stolberger	NW	54:40	<b>43.5</b>	78.7
5	Bert Chapman	NW	55:28	<b>42.8</b>	64.1
6	Val Robinson	CM	58:12	<b>40.8</b>	76.6
7	Jennifer Trinick	AK	60:29	<b>39.3</b>	39.3
8	Tom Clendon	AK	67:53	<b>35.0</b>	72.6

9	Leon McGivern	AK	76:49	<b>30.9</b>	30.9
10	Phil Mellsop	NW	79:48	<b>29.8</b>	88.6
11	Diane Taylor	NW	79:50	<b>29.8</b>	29.8
12	Jill Brewis	AK	83:42	<b>28.4</b>	57.6
13	Heather Clendon	AK	121:04	<b>19.6</b>	23.1
14	Bob Lindop	AK	130:09	<b>18.3</b>	18.3
	Rae Powell	AK	mp	<b>2.4</b>	97.3

Course	Name	Club	Runner's Time	OY4 Points	Points After Four Events
--------	------	------	---------------	------------	--------------------------

**ORANGE LONG 4.1 km Weight: 25**

	Jono King	---	mp	<b>1.6</b>	31.4
--	-----------	-----	----	------------	------

**ORANGE SHORT 3.0 km Weight: 25**

1	Duncan Badley	---	41:17	<b>36.6</b>	36.6
2	Celia Schofield	---	45:35	<b>33.1</b>	33.1
3	Sharina Xu	---	49:02	<b>30.8</b>	76.7
4	Murray Thomas	---	49:41	<b>30.4</b>	55.3
5	Stephen Boyd	AK	60:14	<b>25.1</b>	25.1
	Median		60:26	<b>25.0</b>	
6	Mike Roigard	NW	60:38	<b>24.9</b>	46.5
7	Lyn Stanton	AK	75:17	<b>20.1</b>	20.1
8	Alex Boyd	AK	75:19	<b>20.1</b>	20.1
9	Tracey Thomas	---	83:17	<b>18.1</b>	33.6
10	Jack Walley	CM	130:51	<b>11.5</b>	26.5

**YELLOW 2.5 km Weight: 20**

1	Matthew Goodall	HAM	25:32	<b>32.6</b>	50.4
2	Tony Goodall	HAM	28:26	<b>29.3</b>	67.2
3	Thomas Stolberger	NW	32:48	<b>25.4</b>	70.7
4	Hiraku Walley	CM	40:07	<b>20.8</b>	20.8
5	Lachlin Cordwell	CM	41:39	<b>20.0</b>	20.0
6	Kirsty Wilson	AK	49:21	<b>16.9</b>	16.9
7	Katrina Vanloon	---	51:04	<b>16.3</b>	16.3
8	Sandra Murphy	---	51:09	<b>16.3</b>	34.5
9	Julien Moore	AK	83:40	<b>10.0</b>	10.0

**WHITE 2.1 km Weight: 10**

1	Caden Larsen	CM	35:58	<b>14.2</b>	14.2
2	Family Badley	---	45:21	<b>11.3</b>	11.3
	Median		51:08	<b>10.0</b>	
3	Heidi Stolberger	NW	56:54	<b>9.0</b>	34.4
4	Liam Stolberger	NW	56:55	<b>9.0</b>	31.7

---

## Secondary School Championships

	First	Second	Third
<b>Senior Boys</b>	Jourdan Harvey Kings College 27:47	Gene Beveridge Massey High 28:22	Matthew Ogden Massey High 28:35
<b>Senior Girls</b>	Anna Gray St Cuthbert's 44:10	Katherine Reynolds Mt Albert Grammar 44.38	Jenni Anderson Birkenhead College 50:40
<b>Intermediate Boys</b>	Dominic Melchers Pukekohe High 30:15	Tyler Casey Massey High 32:22	David Fitzpatrick Kings College 35:27
<b>Intermediate Girls</b>	Renee Beveridge St Dominic's 30:29	Kate Smirnova Epsom Girls 32:47	Lydia Scott Glendowie College 34:25
<b>Junior Boys</b>	Kieran Woods Mt Albert Grammar 21:15	Jack Becroft Kings College 22:54	William Linkhorn Auckland Grammar 25.52
<b>Junior Girls</b>	Rebecca Gray St Cuthbert's 20:21	Hannah Lockie St Dominic's 22:36	Jazmin Hopper Wentworth 26.07

## Top School Competition

	Boys	Girls
<b>First</b>	Kings College, 13 points	St Cuthbert's, 11 points
<b>Second</b>	Massey High School, 8	St Dominic's, 8
<b>Third</b>	Mt Albert Grammar = Pukekohe High School, 5	Birkenhead, 4

## Event Calendar

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

### Auckland (A)

President: Peter Swanson, 525-0019, [peteswa@paradise.net.nz](mailto:peteswa@paradise.net.nz)  
 Secretary: Selwyn Palmer, 625 7798, [selwyn@palmer.gen.nz](mailto:selwyn@palmer.gen.nz)  
[www.orienteingauckland.org.nz](http://www.orienteingauckland.org.nz)

### Counties-Manukau (CM)

President: Val Robinson, 09 238 6911, [johnandval@clear.net.nz](mailto:johnandval@clear.net.nz)  
 Secretary: John Powell, 09 238 8159, [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz)  
[www.cmoc.co.nz](http://www.cmoc.co.nz)

### North West (NW)

President: Andrew Bell, 09 428 4337, [the.bells@xtraco.nz](mailto:the.bells@xtraco.nz)  
 Secretary: Diane Taylor, 834 8094, [taylorken@xtra.co.nz](mailto:taylorken@xtra.co.nz)  
[www.nworienteering.org.nz](http://www.nworienteering.org.nz)

## Auckland Area Events

**Promotion events:** have a major focus of providing an introduction to forest orienteering for beginners. Club members are rostered to help beginners and other club members are expected to help if needed. Courses are provided for experienced orienteers.

**OYs:** these are regional competition events where you choose your own course and start time and run according to rules agreed to by the Auckland region orienteering clubs. OK for novice and recreational orienteers.

### Event Fees – Auckland Club’s Night Street, Rogaines and Sprint Series

	Adult	Student	Family	
<b>1 hr road events</b>				
Club members	\$3	\$2	\$6	
Non-club	5	3	10	
<b>Rogaine</b>				
Club members	6	3	12	
Non-club	8	4	16	
<b>Sprints</b>				
Club members	4	2	8	SI hire \$2 extra
Non-club	6	3	12	SI hire \$2 extra

### June

Sun 15    CM    Promotional, Waiuku forest, signposted from Waiuku town, starts 1000 – 1200

Sat 21                    MTBO, 2hr rogaine, start 1300, 45 Slater Rd, 10 min North of Parakai off South Head Road. See notices above for further information.

Sun 22                    MTBO, sprint (starts from 1000) followed by a choice of 3 standard courses, (starts from 1300), venue as for Sat 21.

### July

Sun 13    CM    OY5, Waiuku forest, signposted from Waiuku town, starts 1000 – 1200.

Sat 26    A        Winter sprint series, Mt Roskill Schools, 1600-1630 starts, 3 courses, 10 - 12 min expected win times.

### 2008 Auckland Orienteering Calendar (as at May 20, 2007)

Date	Club	Event
<b>June</b>		
Sun 15	CM	Promotional
<b>July</b>		
Sun 13	CM	OY5
Sat 26	A	Sprint
<b>August</b>		
Sat 2	A	Sprint
Sun 3	A	OY6
Sat 9	A	Sprint
Sat 16	CM	Sprint Champs
Thur 21	A	Night/street
Thur 28	A	Night/street

Sat 30-Sun 31	A	Skills training
<b>September</b>		
Thur 4	A	Night/street
Thur 11	A	Rogaine
Sun 14	CM	OY7
Sun 21	NW	OY8
Sun 28	NW	training
<b>October</b>		
Sun 5	A	OY9
Sun 12	A	training
Sat 24-Mon 27	A/NW	Multi-day
<b>November</b>		
Sun 30	A	AOA relays

## NZOF Major Fixtures 2008

tbc = to be confirmed

WRE = world ranking event

Date	Event	Host Club	Venue
<b>May 2008</b>			
2,3	Nth Is Secondary School Champs	Hawkes Bay	Tangoio
18	City Safari	Hutt Valley	Wellington metro
24,25	NZ Rogaining Championships	Rot/Tau	Taupo area
<b>June</b>			
May 31-2	QB 3-Day (WOA Championships)	Red Kiwi	Osgiliath / Raumai Bombing Range
<b>July</b>			
18,19	Silva NZ Sec School Champs	Hamilton	Wharepapa South, Te Awamutu
27	National Ski-O	Dunedin	Waiorau
<b>September</b>			
	nil		
<b>October</b>			
11-12	Canterbury Championships	PAPO	Craigmore / Tekapo
25-27	Labour Weekend Carnival	NW	Woodhill Forest
<b>November 2008</b>			
8,9	TONIC (Sprint, Middle, Long)	Auckland	Woodhill / City tbc

Note that the North Island Championships – 8, 9 Nov, hosted by AOC is a new event.

## Overseas – Major Events 2008

28/6–5/7	WMOC, Portugal	1-7/9	WOC MTBO, Ostroda, Poland
29/6-7/7	JWOC, Gothenburg Sweden	20/9-1/10	Australian foot and MTBO champs, Queensland
10–20/7	WOC, Olomouc, Czech	10-12/10	European Youth Champs
21-25/7	Oringen, Sweden		

## NZOF Major Fixtures 2009 v.1.2 Updated 16 May 2008

Date	Event	Host Club	Venue
<b>January 2009</b>			
3,4	Pre-Oceania	Nelson/Marl. b.	Riwaka / Brayshaw Pk
5-9	Oceania Championships - Sprint, Relay, Long Middle	PAPO Dunedin	Lincoln / Kairaki / Craigieburn Duntroon
9,10	ANZ Schools Test	Dunedin	Duntroon/Naseby
10,12	Post-Oceania	Dunedin	Naseby
<b>March</b>			
??	Katoa Po	Taupo	TBC
<b>April 2009</b>			
10-13	NZ Championships	Auckland	TBC
24-25	Nth Is Secondary School Champs	North West TBC	TBC
24-25	Sth Is Secondary School Champs	PAPO	TBC



<b>May</b>			
??	City Safari	Hutt Valley	TBC
<b>June</b>			
May 30-1	QB weekend: Vacant	?	
<b>July</b>			
17,18	Silva NZ Sec School Champs	Red Kiwi	TBC
25.26	National Ski-O	Dunedin	Waiorau
<b>October</b>			
??	Auckland OA Championships	North West	TBC
24-26 LW	South Island Championships	Dunedin	TBC
<b>November</b>			
7,8	TONIC	Auckland	TBC
21, 22 ?	Wellington OA Championships	Wellington	TBC

## Points to note:

1. The Waitangi Carnival will not be held in 2009 because of the Oceania Champs in January. Waitangi Day is, however, on a Friday providing a 3-day weekend.
2. Nationals at Easter will now be hosted by Auckland OC (with assistance from North West OC) and not the CD clubs. As a result, Auckland will not now be holding their proposed 3-day carnival at QB weekend.
3. The Central Districts OA Championships may be hosted by Counties Manukau at a date yet to be confirmed.
4. NZRA's turn to host the NZ Rogaining Championships.
5. Date/host for NZ MTBO Championships open.
6. Dates for other major events, such as Katoa Po, OHV City Safari, Canterbury and Otago Champs requested.
7. As the programme currently stands there is not a viable high performance season through Autumn.

**Overseas championships - 2009**

JWOC: 5-12 July, Trentino Italy

WOC: 18-23 August, Miskolc Hungary

Australia: 26/9-4/10, Victoria

WMOC: 10-18 October, Sydney Australia

WOC MTBO: Dates TBC, Israel

<b>North West News</b>
------------------------

Hi All

Belated congratulations to Gene Beveridge, Tyler Casey and Matthew Ogden for their win in the Senior Boys Relay race at last months Auckland Secondary Schools event. Mike Beveridge coached St Dominic's were second in the Intermediate girl's event and Wentworth College (Andrew Bell) won the Junior Girls race.

Commiserations to Mark Lawson who, having been selected in the World Championships Team to compete in the Czech Republic, has had to pull out because of illness. We hope to see you out and about again very soon. Well done to Neil Kerrison and Thomas Reynolds who were also selected in the team and leave for overseas shortly.

Most of you will now know that Auckland Club and ourselves are to jointly host the New Zealand Champs at Easter next year. We will as well be combining to put on the North Island Champs this Labour Weekend – a 4 day event. One of the days will count for our Club Champs, so there is a lot to look forward to in the Spring. Nobody has let me know of any other news or gossip, so I guess there isn't anything more to report.

Lesley Stone

## Counties-Manukau Chit Chat

### Congratulations

Congratulations to Dominic Melchers, who is the Auckland Intermediate Boys Secondary school champion for 2008.

### Top ten finishers at OY3 were:

James Bradshaw, 1st, red 1  
Jourdan Harvey, 5th, red 1  
Tricia Aspin, 7th, red 2  
Val Robinson, 8th, red 3  
Rae Powell, 4th, red 4

### Top ten finishers at OY4:

Red 1 – James Bradshaw, 2nd  
Red 2 – Tania Robinson, 1st; Bruce Peat, 6th; Wayne Aspin, 9th  
Red 3 – Patricia Aspin, 6th  
Red 4 – John Robinson, 1st; Val Robinson, 6th  
Orange short – Jack Walley, 10th  
Yellow – Hiraku Walley, 4th; Lachlan Cordwell – 5th  
White – Caden Larson, 1st

### Committee News

The club will purchase 30 more SportIdent boxes which will make the planner and controller tasks easier.

Watch out for a horse riding group which may be sharing the forest with us on June 15.

Dominic Melchers is the course planner for the promotion event at Kelland Road with John Robinson coordinating and controlling. Fees will be \$5/adult, \$3/junior and \$10/family

Judith Birnie is course planner and Tony Hawke controller for OY6 on July 13.

Some training in the use of SportIdent will be provided in the not too distant future. Email Val if you would like to be included – it will be compulsory for some people!! The club really needs more people to operate the computer at the finish at events so please give serious consideration to volunteering for training.

Traffic cones for traffic control at events are available on request from the Shukers if you are coordinating an event and you think you might need some. They are useful if you wish to stop cars parking both sides of the event centre and to reserve an area for crèche parking.

Rae Powell has been appointed the club's membership officer.

*John Powell*

## Sand dune techniques

•  
By Rob Jessop in *NZ Orienteering*, Nov 2002

Woodhill is a flat to steep pine forest on a sand-dune base with a wide variety of runnability, visibility, vegetation types and contour detail.

Because of the varied terrain, speed control will be important. Knowing when to go fast or otherwise leads to fewer mistakes and faster times.

There are two common leg types in Woodhill, longer legs that cross block boundaries, like the leg to A below and shorter legs that stay within the blocks, for example, A-B.

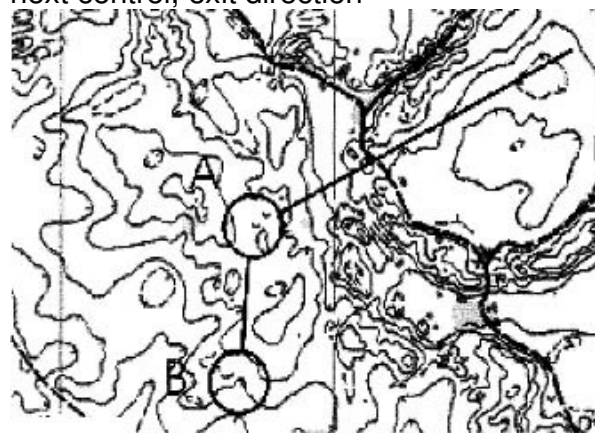
The longer legs can often be broken into two sections, the part before the boundary and the part from the boundary to the control. The first section can and should be done quickly using the boundary as a catching feature, that is, the fast section through the large depression to the track.

A compass bearing aids direction. Time should not be wasted reading unnecessary detail on the way, however your position on the boundary should be located so it may be useful to notice a couple of major features to confirm the direction given by the compass, for example, the long hill on the right.

The section from the boundary to the control resembles the second common leg type. **Sand-dune terrain is well known for its shorter technical legs and often there is nothing more than contours to navigate by.** Most route choices tend to be straight and should be based on a good solid compass bearing. The bearing would normally be taken from the previous control or from a defined point on the boundary of the block as you enter it. Look to simplify the leg as much

as possible and ignore excessive detail. Deeper depressions or higher hills are useful way or attack points.

Usually there is limited time and distance to complete all the necessary tasks for the leg (take compass bearing, identify route choice, read control descriptions, define next control, exit direction



and consider forward planning) therefore a smooth, conservative approach is more efficient than a fast-slow-fast speed.

The end of the leg to A is tricky as there isn't a solid feature directly on the way. A good compass bearing is vital and so is an idea of distance. Also note there is a climb of three contours, onto a spur. The clearing to the south and the hill and depression by the control may be useful.

The leg A-B should be done carefully on a direct compass bearing and again with an idea of distance. Importantly, the small hill immediately by A starts you on the leg then one should notice the depression and then the top of the re-entrant to the west, and the end of the long hill-top to the east. The control is over a spur. Try setting some legs of this type in your local forest and specifically train these techniques.



**Sender:**

Auckland Orienteering Association  
132 Waikoukou Valley Road RD2, Waimauku.

The  
Auckland  
Orienteer

