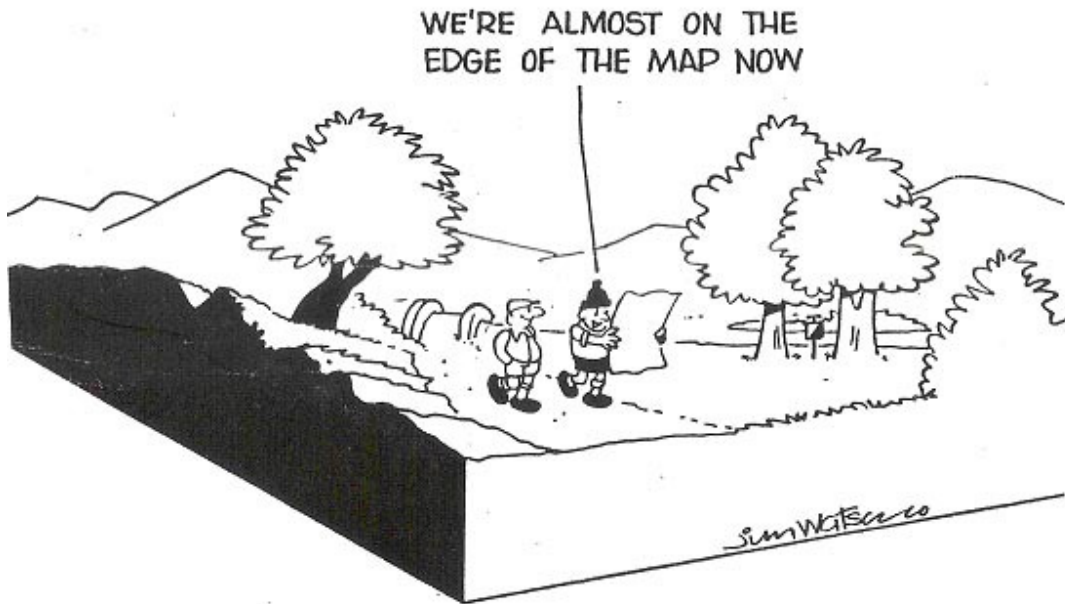
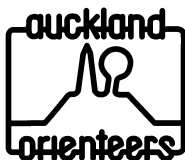


The Auckland

Orienteer



August-September 2008



Editorial

This issue is a bimonthly for August and September because I will be unavailable to produce a separate September edition.

July is the month for the flight of the 'O Wits' overseas for international events, which for 2008 were:

- WOC (World Orienteering Championships), Olomouc, Czech Republic
- JWOC (junior version for those under 21 years of age), Gothenburg, Sweden and
- WMOC (masters version for those 35+ years), Portugal

Like most orienteering events and unlike WOC and JWOC, the Masters provides for the range from the skilled athlete competing internationally to a recreational orienteer's holiday of tourism, family visits and orienteering. As one of the latter I can recommend WMOC as a good way to have a rewarding tourist and orienteering experience that is different from the usual. Orienteering is predominantly a European sport and the events are frequently held in Europe during its summer holiday break. This newsletter highlights some of the results from WOC, WMOC and JWOC.

Feature articles include part 2 of the article on using the map in the July newsletter and another tip from Mark Roberts.

You might recall that in last month's newsletter I surmised that the 1972 NZ O team was likely the same as for 1973. This was wildly inaccurate as Unni Lewis advises. See the following article for some interesting and informative information she has provided. You could also find the following NZ Herald report of the event also of interest.

John

Editorial Bits

Next Issue: October 2008

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at 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

Sender

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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. 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.

Leo

July 24 – August 23

All that training has done you good, but now you have to get out and measure yourself against others. Lucky grade: M100, there's not much competition.

Virgo

August 24 – September 23

Someone who claims to know what he is doing is wide of the mark this time. Your own judgement should be better than following this person blindly. You shouldn't be following anyway, it's against the rules. Lucky feature: taped route.

Editorial Bits

You might recall that in last month's newsletter I surmised that the 1972 NZ O team was likely the same as for 1973. This was wildly inaccurate as Unni Lewis advises that there was no women's team and Anne Garrett (later Audain) ran the course unofficially. Unni has provided the following additional information.

The men's team was Colin Batley, Beau Doherty, Perry Cunningham, Ralph King, Tony Nicholls (reserve), Gordon Pirie and Denis Townsend.

Neil Lewis was the mapper and course setter and the map was at Waiho forest behind Maraetai and was very steep. It was the first time contours had been used on an O map in NZ.

Jim Sneddon and Sverre Moen (Unni and Terje's father) helped put out the controls. Beau Doherty, with friends from the army, organised the start and finish areas.

Peter Snell came as a representative of the sponsors, Rothmans Sports Foundation.

Bob Jenner, who was not selected for the team but had the fastest time on the day, never came to orienteering again but did come to the 25th year celebrations of the establishment of orienteering in the Auckland region.

Jack Ralston was an official.

The NZ Herald report on the 1972 NZ vs AUS O Test

I found this news report in the archives on the NZOF website which I am grateful to Craig Pearce for drawing to my attention –choose the "rankings and statistics" section from the main menu. I was unable to get a good reproduction of the photograph referred to in the "Left to right" listing below – ed.

The New Zealand representative orienteering team, announced last night to contest the Australasian championships in November. Left to right: Mr P. G. Snell, representing the sponsor, D. Townsend, R. King, P. Cunningham, N. Lewis (course-setter), R. M. Doherty (captain), S. W. Moen (manager), D. A. G. Pirie and C. Battley.

N.Z. ORIENTEERS CHOSEN

R. M. Doherty, who captained the New Zealand representative orienteering team in Australia last year, was again appointed to lead this year's representative team which was announced last night.

The team is:

D. A. G. Pirie. D. Townsend, R. King, P. Cunningham, C. Battley and Doherty.

The 63-year-old Norwegian president of the New Zealand Orienteering Association, Mr S. W. Moen, was appointed team manager. The officials will be Mr N. Lewis and Mr J. Rolston.

All the team members are from Auckland, which is the strongest centre in this sport. Altogether, more than 60 orienteers from different parts of the country contested races and trials held throughout the winter.

A reserve is to be announced after the Auckland championships in the Waiuku State Forest on October 8.

R. Jenner and A. Nicholls finished equal in the trial series, and one of these will secure a reserve position at Waiuku. (Unni advises that this was Tony Nicholls).

The triple Olympic champion P. G. Snell announced the team for the association at a function last night, and presented them with representative badges.

The international event will be held in Auckland this year on November 10 and will be sponsored by the Rothmans Sports Foundation.

The actual venue of the contest, under the rules of the International Orienteering Federation will remain secret until the night before the event when it will be announced to both the Australian and New Zealand teams, thus ensuring a fair competition.

Notices

Auckland Sprint Champs 2008 Saturday 16th August

Venue Pukekohe high school - John Street entrance

Map New map which includes school grounds and buildings, industrial areas and park.

Directions Take the Bombay motorway exit to Pukekohe and follow the signs from the entrance to town. East St - Manukau Rd - Harris St - John St

Prizes all grades.

Starts from 4 pm followed by BBQ and social get together.

Courses and age classes

- 1 m18, m20, m21e, m30, m40, w20, w21e
- 2 m16, m50, m60, w16, w18, w30, w40, w50
- 3 m12, m14, m70, w12, w14, w60, w70
- 4 m10, w10

Entry fee (includes BBQ) Student - \$5; Adult - \$12; SportIdent hire - \$3

Entries close Friday 8th August

Cheque payable to Counties-Manukau Orienteering Club. Mail to John Robinson PO Box 575 Pukekohe or email your entry to johnandval@clear.net.nz and pay on the day at the caravan.

**Please provide the following entry details with your cheque or email:
your name, age class, email address (or postal if no email), SportIdent # or "hire"**

Let's have fun

NZ Pinestars Team Queensland 2008

NZ PINESTARS TEAM to compete against the Australian Bushrangers in a Test Match Series at the Australian Championships, 26-27 September 2008: - Tineke Berthelsen (W), Lizzie Ingham (W), Amber Morrison (HB), Rebecca Smith (Tau)Men: Darren Ashmore (Tau), James Bradshaw (CM), Simon Jager (A), Rob Jessop (A), Neil Kerrison (NW), Martin Peat (CM)

Oceania 2009

The website for the Oceania January 2009 event in the South Island is www.oceania2009.co.nz

Libra

September 24 – October 23

Don't panic, what you are looking for is closer than you think. Slow down and be careful as you approach your goal.

Mid-Season Review Orienteer of the Year 2008

By Alan Bell

When the new OY system was put together we were heading into new territory. The AOA set up the new system to encourage a wider group of competitors to be competing on various courses rather than strictly on an age-based system at individual events with your age grade only used to determine the OY winner at the end of the year.

We have seen good numbers turn out at this year's OYs and we are happy that the new look competition has gone some way towards its goals. We now have people able to run a course that is suited to their abilities and their skills whatever level that might be.

After a review of the results we do need to make a few changes to tweak the point scoring system to start from OY 5 in July.

- The factor used for Course 1 is reduced from 130 to 110. (this should bring Course 1 runners in line with other courses as they had been scoring too heavily).
- The points from the OY3 score event will not be counted. The score event was an experiment and unfortunately the points gained were so far out of kilter with the results of other events it threatened to overwhelm the years results completely.
- As a result of eliminating the score event the points gained from your best 5 events (was 6) will count to your total years points.

The results of the points so far based on age grades are published in the magazine. Please let Peter Godfrey know if there are any mistakes with your age grades, peterandmarion@actrix.co.nz. Remember these are assigned automatically based on information we receive from your club. If he doesn't have your age you will be assigned a M/W99 until we get that correct information from you.

Coaching/Skills Development weekend 30-31st August - Woodhill Forest

The Auckland Orienteering Club is organising a two day coaching weekend on 30th, 31st August for orienteering skill development of orienteers who compete on red or orange courses or are confident on yellow and ready to move to orange.

The training will take place on the coastal strip in Woodhill forest. Saturday will focus on more basic skills which we all need to use. Don't mistakenly feel that basic skills are below you! Sunday will build on what has been done on Saturday, focusing on more advanced skills. Younger yellow orienteers not confident to move off tracks or other hand rails may need to be accompanied by a more experienced orienteer or adult. The weekend will be organized by David Stewart, a senior coach with assistance from other qualified coaches and elite orienteers.

Both days will run from 10.00am to approximately 2.30pm

Cost - \$20/day senior; \$10/day student

AOC will subsidise Auckland O club members attending by 50%.

AOC members \$10/day senior, \$5/day student.

This training weekend has been timed with the Australian Orienteering Championships in mind as well as the North Island Champs in Auckland at Labour weekend and of course Oceania in New Zealand in the New Year. Don't miss this opportunity to come along and improve your skills. Orienteers spend almost all their time competing rather than putting time aside to improve the necessary skills of our sport.

We must know you are coming by Tuesday, 26th August so that David can prepare maps but would appreciate knowing as soon as possible so appropriate exercises can be planned.

Please reply to auckoc@hotmail.com or phone Joanna or Alistair Stewart 575-5695.

Results

WOC – JWOC - WMOC

At the world events the large numbers are catered for by having qualifying races with the results determining which group, A, B, C or D, a person is allocated to for competing in the final championship race. These groups usually have 60 – 80 persons each and have different courses with the A course being longer than the B. There were no NZ women entered in the Women's WOC event. The following information was obtained from the websites for the events. Apologies to anyone I missed – ed.

WOC**Sprint**

There were 107 entrants in the men's event with 46 selected for the final with Chris Forne (PAPO) and Ross Morrison (HB) representing NZL. There were no Australians in the final.

(N=107) 1st Andrey Khramov, RUS, 13.36.9; 2nd Daniel Hubmann, SWI, 13.39.3; 3rd Martin Johansson, SWE, 14.13.7 ... 36th Chris Forne NZL, 15.37.2 Ross Morrison NZL, 15.58.6

Middle Length:

Final (N=45):

1st Thierry Gueorgiou FRA, 33.49; 2nd Michael Smola CZE, 34.33; 3rd Valentin Novikov RUS, 34.27.....32nd Julian Dent AUS, 40.08.....Ross Morrison NZL, mp

Qualification races: Ross Morrison, 15th/38; Chris Forne 25th/37; Neil Kerrison 29th/38

Long Length

Final (N=45):

1st Daniel Hubmann, SWI, 106.08; 2nd Anders Nordberg, NOR, 107.23; Francois Gonon, FRA, 108.05.....44th Ross Morrison, NZL.....the only Australian entered, Kevin Rattray, did not make the final.

Qualification races: Ross Morrison (HB), 15th/35.....Kevin Rattray, 25th; Neil Kerrison (NW), 24th/35 and Michael Adams (PAPO) 22nd/35

JWOC

The results given here are from the total field rather than within a final group.

Middle Length:

Men (N=168)

Thomas Reynolds (NW), 87th; Simon Jager(A) 122nd; Scott McDonald (HB) 139th; Jack Vincent (HB), 148=

Women (N=120)

Lizzie Ingham (W), 57th; Kate Morrison (HB), 58th; Greta Knarston (CM), 62nd; Georgia Whitla 78th

Long:

Men (N=133)

Simon Jager (A) 74th; Thomas Reynolds (NW) 80th; Scott McDonald (HB) 115th

Women (N=121)

Lizzie Ingham (W) 42nd, Greta Knarston 77th, Tessa Ramsden (RK) 94th, Kate Morrison 101st

Relay

Men (N=57) Sweden 1st, 2.28.36; Russia 2nd, 2.33.42; Norway 3rd, 2.33.59,NZ, 27th, 3.02.52.....Australia, 32nd, 3.24.29.....Australia 2, 38th, 3.3638

The NZ team was Thomas (21st/56), Scott (22nd/57) and Simon (28th/55)

Women (N=43)

Sweden 1st, 2.19.53; Denmark 2nd, 2.21.13; Norway 2, 3rd, 2.28.21.....NZ 1, 23rd, 3.0537 ;

Australia 2, 27th, 3.19.21; Australia, 30th, 3.32.46;.....NZ 2, 33rd, 4.05.16

The NZ 1 team was Greta (33rd/43), Georgia Whitla (PAPO) 22nd/40; Lizzie Ingham (11th/38)

NZ 2 was Kate Morrison 39th, Tessa Ramsden 34th, and Angela Simpson (ROT) 31st

WMOC

A small group of 16 Kiwis went to Portugal to compete with the best in the world in their age class with some excellent results. Only A final results are listed below. There were, no doubt, world records set in wine tasting by the more recreationally inclined.

Sprint

Men: Alistair Stewart (A) M55, 36th; Ian Basire (HV) M70, 16th

Women: Suzanne Scott (TAR) W45, 28th; Joanna Stewart (A) W55, 67th; Pauline Abblett (S) W60, 5th; Trish Faulkner (PAPO) W65, 15th; Ann Scott (S) W70, 17th

Long

Men: Bill Edwards (HV) M40, 8th; Malcolm Ingham (W) M50, 24th; Alistair Stewart (A) M55, 56th.

Women: Caret Nazzer (T) W45, 7th; Gillian Ingham (W) W50, 8th; Royce Mills (RK) W60, 12th; Pauline Abblett (S) W60, 24th; Trish Faulkner (PAPO) W65, 20th; Ann Scott (S) W70, 9th; Bunny Rathbone (D) W70, 25th; Jill Brewis (A) W70, 41st

NZ Sec School champs

By Mike Beveridge

The Secondary Schools Nationals were held on the 18th and 19th July by the Hamilton Club on the recently remapped Wharepapa South map (used to be named Glenora). New Zealand's top school competitors were all there including the school age members of the JWOC squad fresh back from there exploits in Sweden. Nearly 450 entries were received for all grades and the competition was keenly fought.

The courses set by Simon Jager were of high quality and he made good use of the intricate rock detail. Sadly the weather didn't come to the party, and although there was intermittent rain on both days, the wind stayed away and it remained reasonably pleasant although wet underfoot.

The Senior Boys and Senior Girls titles went to Scott McDonald and Kate Morrison both members of the JWOC squad.

The Hawkes Bay and Wellington schools once again dominated proceedings. The Auckland students did not fare as well as hoped with no titles coming north. I feel that this was in some way due to a lack of any consistent orienteering in the past few months, something that must be addressed before next years event calendar is finalised.

The best Auckland performances were in the Senior Boys where they filled 4 of the top 6 places: Toby Scott (Glendowie) 2nd, Jourdan Harvey (Kings) 4th, Matthew Ogden and Gene Beveridge (both from Massey) 5th and 6th. The only Auckland victories on the day were by Arron Smith (Massey) in the Senior Boys standard and Kelsi Heath (Birkenhead) in the Junior Girls standard

In the Senior Girls, Nicola Peat (St Cuthbert's) finished 6th and in the Intermediate Girls, Renee Beveridge (St Dominic's), was the first Auckland home in 8th place. Ben Reynolds (Westlake) was a very close 3rd in the Intermediate Boys event. In the Junior Boys Kieran Woods (Mt Albert) and William Linkhorn (Auck. Grammar) finished 2nd and 3rd respectively, with Jonathan Wood (Rangitoto) 6th and in the Junior Girls Hannah Lockie (St Dominic's) was 4th, Hannah Mathieson (Birkenhead) 5th and Rebecca Gray (St Cuthbert's) 6th.

In the relays the Auckland teams had to be happy with only minor places.

- Senior Boys, Massey 4th
- Senior Girls, St Cuthbert's 4th

- Intermediate Boys, Birkenhead 3rd, Pukekohe High 4th
- Intermediate Girls, St Dominic's 4th
- Junior Girls, Birkenhead 3rd

A big thanks must go to Simon Addison and his band of helpers who helped to make the event a success and to all the competitors who entered.

Just out of interest the entries per grade where as follows.

	Champ	Standard
Senior boys	31	11
Junior boys	34	9
Interm boys	43	14
Senior girls	22	13
Interm. girls	37	12
Junior girls	25	18

OY5 Waiuku North

Planner: Tony Hawke, Controller, John Robinson

Course	Name	Club	Time	Points
RED 1				
(7)	9.1 km Weight: 110			
1	Matthew Ogden	NW	83:23	136.5
2	Gene Beveridge	NW	89:31	127.2
3	Jourdan Harvey	CM	96:04	118.5
(Median) 4	Mark Lawson	NW	103:30	110.0
5	Stan Foster	NW	113:09	100.6
6	Imogene Scott	AK	152:43	74.5
	Toby Scott	CM	mp	11.4
RED 2				
(19)	6.9 km, Weight: 75			
1	Bruce Peat	CM	66:33	104.9
2	Geoff Mead	NW	67:10	103.9
3	Dave Middleton	NW	68:19	102.2
4	Wayne Aspin	CM	72:22	96.5
5	Scott Vennell	AK	77:56	89.6
6	Rudy Hlawatsch	AK	81:36	85.6
7	Michael Cox	NW	85:01	82.1
8	BJ Reynolds	NW	88:29	78.9
9	Peter King	AK	89:55	77.6
(Median)10	Brent Goodall	HA	93:05	75.0
11	Annette Orchard	AK	109:45	63.6
12	Ionel Popovici	AK	110:34	63.1
13	Phil Johansen	NW	111:12	62.8
14	Mark Wilson	AK	118:57	58.7
15	Owen Means	NW	128:43	54.2
16	Nicholas Oram	AK	130:34	53.5
17	Stephen Reynolds	NW	139:22	50.1
18	Alistair Stewart	AK	152:13	45.9
	Lisa Mead	NW	mp	7.0
RED 3				
(27)	5.3 km Weight: 50			
1	Tania Robinson	CM	60:58	97.4
2	Patricia Aspin	CM	72:56	81.4
3	Kate Smirnova	AK	80:20	73.9
4	Trevor Murray	NW	87:36	67.8
5	Norm Jager	AK	92:47	64.0
6	Terje Moen	NW	97:11	61.1

Course	Name	Club	Time	Points
7	Reuben Wilson	AK	101:54	58.3
8	Anna Gray	NW	102:02	58.2
9	Melvina Wise	AK	104:53	56.6
10	Lorri O'Brien	NW	105:43	56.2
11	Angela Levet	---	108:03	55.0
12	Joanna Stewart	AK	109:57	54.0
13	Alina Smirnova	AK	114:13	52.0
(Median)				
14	Craig Pearce	AK	118:45	50.0
15	Renee Beveridge	NW	122:43	48.4
16	Megan Officer	NW	123:05	48.2
17	Katherine Reynolds	NW	131:02	45.3
18	Anne Humphrey	CM	133:28	44.5
19	Suzanne Stolberger	NW	135:33	43.8
20	Wayne Munro	AK	141:29	42.0
21	Les Paver	NW	145:59	40.7
22	Tony Reid	---	168:15	35.3
23	Miles Paver	NW	168:50	35.2
	Nick Mead	NW	mp	5.9
	John Powell	CM	mp	5.9
	Iryna Smirnova	AK	mp	5.9
	Roger Woodroffe	AK	mp	5.9
RED 4				
(24) 4.0 km Weight: 35				
1	Rhys Thompson	NW	69:28	63.1
2	Val Robinson	CM	71:14	61.5
3	Jonathan Wood	AK	75:32	58.0
4	Mary Moen	NW	79:49	54.9
5	Graham Peters	NW	82:37	53.0
6	David Scott	AK	92:09	47.6
7	Allan Janes	NW	97:43	44.8
8	Lyn Stanton	AK	101:11	43.3
9	Sandra Faustl	AK	107:48	40.6
10	Jenni Anderson	NW	111:59	39.1
11	Mervyn Paitry	AK	114:09	38.4
12	Joanne Mahe	AK	122:47	35.7
<i>Median</i>			125:12	
13	Rae Powell	CM	127:36	34.3
14	Bert Chapman	NW	132:56	33.0
15	Libby Crum	---	135:34	32.3
16	Peter Godfrey	NW	137:56	31.8
17	Angela Guptill	AK	142:04	30.8
18	Sharon Colligan	AK	143:18	30.6
19	Kane Alward	AK	147:40	29.7
20	Phil Mellsop	NW	148:05	29.6
	Nicola Peat	CM	mp	4.4
	Maggie Reynolds	NW	mp	4.4
	David Bliss	NW	mp	4.4
	Benjamin Ng-			
	WaiShing	NW	mp	4.4
ORANGE LONG (20) 4.6 km Weight: 25				
1	John Newton	---	49:55	44.2
2	Aaron Smith	---	56:36	39.0
3	Simon Cox	NW	59:48	36.9
4	Ian Lightbody	AK	61:13	36.1
5	Sjan Wijdeven	CM	61:35	35.9
6	Zaak Wijdeven	CM	64:41	34.1
7	Sarah Dallas	---	69:45	31.7
8	Neil Simmonds	CM	79:42	27.7
9	Russell Howard	AK	80:42	27.4

Course	Name	Club	Time	Points
10	Carey Walter	CM	87:21	25.3
	<i>Median</i>		88:21	
11	Sandra Toppin	AK	89:20	24.7
12	Julia Simmonds	CM	92:44	23.8
13	Christopher Eade	NW	96:23	22.9
14	Stuart Gray	NW	99:20	22.2
15	Alex Shegay	NW	103:57	21.2
16	Mark Van Kerckhof	NW	122:30	18.0
17	Christine Munro	AK	155:19	14.2
	Dan Roberts	---	mp	2.2
	Tyler Casey	NW	mp	2.2
	Rebecca Gray	NW	mp	2.2

ORANGE SHORT	(18) 3.5 km Weight: 25			
1	Joseph Wood	AK	33:27	50.8
2	Murray Thomas	---	43:24	39.2
3	Megan Wood	AK	45:55	37.0
4	Hannah Lockie	NW	47:48	35.6
5	Kieran Woods	---	50:19	33.8
6	Chevelle Sands	AK	57:34	29.5
7	Nathan Agnew	---	62:58	27.0
8	Stephen Boyd	AK	65:58	25.8
9	Sharina Xu	AK	66:40	25.5
	<i>Median</i>		68:02	
10	Bob Lindop	AK	69:24	24.5
11	Jack Walley	CM	80:53	21.0
12	Karen Woods	---	80:58	21.0
13	Mike Roigard	NW	87:24	19.5
14	Greg Roigard	NW	89:03	19.1
15	Adrienne Lovell	CM	93:52	18.1
16	Family Lauer	CM	99:32	17.1
17	Tracey Thomas	---	103:14	16.5
18	Hannah Matheson	NW	119:18	14.3

YELLOW (22)	3.0 km Weight: 20			
1	Tyne Wijdeven	CM	26:55	34.4
2	Matthew Goodall	HA	27:26	33.8
3	Tony Goodall	HA	28:39	32.4
4	Kelsi Heath	NW	29:07	31.8
5	Hiraku Walley	CM	30:19	30.6
6	Merryn Ng-WaiShing	NW	30:49	30.1
7	Thomas Stolberger	NW	33:49	27.4
8	Rebecca Wilson	AK	37:25	24.8
9	Dave Roberts	---	38:54	23.8
10	Jamie Roberts	---	42:39	21.7
11	Sonelle Roberts	---	44:42	20.7
	<i>Median</i>		46:21	
12	Sandra Murphy	---	48:01	19.3
13	Kees Van Tiel	---	49:44	18.6
14	Sandy Goodall	HA	50:05	18.5
15	Zack Davies	NW	51:58	17.8
16	Doreen Oldfield	CM	60:02	15.4
17	Andrei Popovici	---	73:41	12.6
18	Julie Barrack	---	76:00	12.2
19	Emma van Kerckhof	NW	mp	0.9
20	Alex Ellice	NW	mp	0.9
21	Lachlan Caudwell	CM	mp	0.9
22	Rhys Malcon	---	mp	0.9

Course	Name	Club	Time	Points
WHITE				
(12)	2.9 km	Weight: 10		
1	Vicki Wijdeven	CM	28:18	12.8
2	Hamish Simmonds	CM	32:47	11.1
3	Danielle Goodall	HA	33:03	11.0
4	Nikita Mahe	AK	33:04	11.0
5	Tessa Boyd	CM	33:17	10.9
6	Heidi Stolberger	NW	36:19	10.0
<i>Median</i>			<i>36:21</i>	
7	Liam Stolberger	NW	36:24	10.0
8	Erika Mahe	AK	36:31	10.0
9	Jemma Simmonds	CM	38:19	9.5
10	Ellenna Caudwell	CM	42:38	8.5
11	Natalie G	AK	44:02	8.3
	Zach Agnew	- - -	mp	0.4

OY POINTS

			OY1	OY2	OY4	OY5	Total
M10	Liam Stolberger (7)	NW	10.0	12.7	9.0	10.0	41.7
	Hamish Simmonds (9)	CM		17.9		11.1	29.0
	Alex Boyd (10)	A			20.1		20.1
	Caden Larsen (10)	CM			14.2		14.2
	Andrei Popovici					12.6	12.6
M12	Tony Goodall	H	16.9	21.0	29.3	32.4	99.6
	Thomas Stolberger (11)	NW	17.7	27.6	25.4	27.4	98.1
	Matthew Goodall (12)	H	17.8		32.6	33.8	84.2
	Hiraku Walley (12)	CM	6.4		20.8	30.6	57.8
	Tyne Wijdeven (12)	CM				34.4	34.4
	Lachlan Caudwell (11)	CM		9.9	20.0	0.9	30.8
	Gerard Melchers (11)	CM	22.3				22.3
	Rhys Malcon					0.9	0.9
M14-16	Matthew Ogden (16)	NW	110.1	135.1		136.5	381.7
	Joseph Wood (15)	A	24.8	38.9		50.8	114.5
	Simon Cox (15)	BHC	27.9	44.1		36.9	108.9
	Reuben Wilson (15)	A	5.6	44.8		58.3	108.7
	BJ Reynolds (14)	NW				78.9	78.9
	Dominic Melchers (16)	CM	36.6	32.4			69.0
	Chris Eade (15)	BHC		30.1		22.9	53.0
	Alex Shegay (16)	BHC		30.8		21.2	52.0
	Zaak Wijdeven (14)	CM	13.3			34.1	47.4
	Joris Melchers (14)	CM	37.4				37.4
	Marc van Kerckhof			18.6		18.0	36.6
	Zakk Davies (14)	BHC		16.6		17.8	34.4
	Kieran Woods					33.8	33.8
	Jonty Oram (13)	A	2.0	31.7			33.7
	Nathan Agnew					27.0	27.0
	Tyler Warwick	BHC		26.9			26.9
	Jamie Roberts					21.7	21.7
	Kees van Tiel					18.6	18.6
	Shaun McCullough (14)	BHC		15.0			15.0
	Kaito Walley (16)	CM	14.0				14.0
	Ashton Llewellyn (13)	CM	12.7				12.7
	Borei Lubicich (13)	BHC		11.3			11.3
	Rhys Llewellyn (16)	CM		5.6			5.6
	Tyler Casey					2.2	2.2

M18	Gene Beveridge (17)	NW	130.0	129.7		127.2	386.9
	Toby Scott (17)	A	134.9	136.6		11.4	282.9
	Michael Cox (18)	BHC	50.5	66.7		82.1	199.3
	Jourdan Harvey (18)	CM				118.5	118.5
	Nick Mead (17)	NW	89.4			5.9	95.3
	Aaron Smith					39.0	39.0
	Hamish McMillan (17)	CM		32.7			32.7
	Joshua Melchers (17)	CM	30.5				30.5
	Ben Ng-WaiShing (18)	NW				4.4	4.4
	Marc Magerkoth (18)	A	2.8				2.8
	Julian Bryant (18)	BHC		2.1			2.1
M20	Simon Jager (19)	A	140.3				140.3
	Matthew Ng Wai-Shing (20)	NW			79.7		79.7
M21	James Bradshaw	CM		168.8	187.8		356.6
	Neil Kerrison	NW		142.8	199.5		342.3
	Nick Harris	NW	148.5		166.1		314.6
	Ionel Popovici	A	57.3	71.9	121.0	63.1	313.3
	Allan Janes	NW	46.6	66.3	57.0	44.8	214.7
	Roger Woodroofe	A	41.5	46.0	60.9	5.9	154.3
	Ellis Lam	A	51.0	4.9	90.0		145.9
	Jamie Munro	A		75.6	69.9		145.5
	Tim Renton	A		124.4	12.1		136.5
	Greg Flynn	NW		133.4			133.4
	Martin Peat	CM	110.1				110.1
	Ian Lightbody	A	25.3	26.9		36.1	88.3
	Kane Alward	A	14.9	8.5		29.7	53.1
	John Newton					44.2	44.2
	Tony Reid					35.3	35.3
	Peter Bakos	A	5.6				5.6
	Dan Roberts					2.2	2.2
M40	Mark Lawson	NW	176.5	150.8		110.0	437.3
	Owen Means	NW	63.4	90.5	82.2	54.2	290.3
	Pete Swanson	A	106.3		180.0		286.3
	Scott Vennell	A	69.8		104.0	89.6	263.4
	Brent Goodall	H	51.8	55.4	75.3	75.0	257.5
	Darren Gosse	NW	61.9	77.6	85.9		225.4
	Jonathan Wood	A	50.8	60.5	50.0	58.0	219.3
	Jeff Greenwood	A	88.2	130.0			218.2
	Paul Ireland	NW	95.1	104.2			199.3
	Rudy Hlawatsch	A		83.5		85.6	169.1
	Steve Oram	A	50.1	81.3			131.4
	Andrew Bell	NW		93.2			93.2
	Guy Cory-Wright	A		80.3			80.3
	Mervyn Paistry	A		40.7		38.4	79.1
	Allan Moore	A			69.2		69.2
	Stephen Boyd	A			25.1	25.8	50.9
	Craig Pearce	A				50.0	50.0
	Carey Walter	CM	18.7			25.3	44.0
	Stewart Aroa	H			40.1		40.1
	Neil Simmonds	CM				27.7	27.7
	Dave Roberts					23.8	23.8
	Greg Roigard					19.1	19.1
	Malcolm Gawn	A	14.9				14.9
	Kerry Linkhorn	A			6.0		6.0
	Robert Vanstam	NW		4.9			4.9
M50	Stan Foster	NW	68.6	102.2	140.2	100.6	411.6
	Bruce Peat	CM	75.0	81.9	99.1	104.9	360.9
	Mark Wilson	A	57.4	57.2	112.4	58.7	285.7
	Phil Johansen	NW	45.5	71.8	80.6	62.8	260.7
	Mike Beveridge	NW	71.9	91.9	91.3		255.1
	Norm Jager	A	53.1	51.1	73.4	64.0	241.6
	Tony Cooper	A	70.1	80.4	85.9		236.4
	Trevor Murray	NW		74.9	49.3	67.8	192.0

	Geoff Mead	NW	84.7			103.9	188.6
	Nicholas Oram	A		8.5	71.6	53.5	133.6
	Alistair Stewart	A		81.5		45.9	127.4
	John Barrett	NW		50.1	60.1		110.2
	Murray Thomas			38.6	30.4	39.2	108.2
	Peter King	A				77.6	77.6
	Roel Michels	NW			69.4		69.4
	Mike Roigard	NW		21.6	24.9	19.5	66.0
	Rolf Wagner	NW	54.2	8.5			62.7
	Stephen Reynolds	NW				50.1	50.1
	Kingsley Ng WaiShing	NW			44.5		44.5
	Stuart Gray	NW				22.2	22.2
	Selwyn Palmer	A		4.9			4.9
	Rob Jacobs	A		2.0			2.0
M60	Dave Middleton	NW	73.7	90.0	103.4	102.2	369.3
	Wayne Aspin	CM	79.9	75.2	92.9	96.5	344.5
	Terje Moen	NW	49.2	63.2	54.8	61.1	228.3
	David Scott	A	39.9	55.5	49.6	47.6	192.6
	Les Paver	NW	56.0	35.4	57.0	40.7	189.1
	Lindsay Wood	CM	51.3	46.9	54.9		153.1
	John Robinson	CM	55.8		63.5		119.3
	Miles Paver	NW	34.7	43.2	6.0	35.2	119.1
	Terry Nuthall	A		58.9	53.9		112.8
	Chris Gelderman	NW	38.9	58.6			97.5
	Wayne Munro	A		29.3		42.0	71.3
	Russell Howard	A	38.9			27.4	66.3
	Ken Taylor	NW			64.7		64.7
	Bob Lindop	A		17.9	18.3	24.5	60.7
	John Powell	CM	43.5		3.3	5.9	52.7
	Lyndsay Shuker	CM	49.4				49.4
	Jack Walley	CM	15.0		11.5	21.0	47.5
	Clive Bolt	A			41.7		41.7
	Dave Bliss	NW		34.7		4.4	39.1
	Leon McGivern	A			30.9		30.9
M70+	Rhys Thompson	NW		57.2	40.0	63.1	160.3
	Paul Potter	NW	53.7	50.0	53.8		157.5
	Bert Chapman	NW	21.3	43.3	42.8	33.0	140.4
	Peter Godfrey	NW	5.6	33.8	36.1	31.8	107.3
	Graham Peters	NW		48.5		53.0	101.5
	Phil Mellsop	NW		29.6	29.8	29.6	89.0
	Tom Clendon	A		37.6	35.0		72.6
M99	<i>Kevin Jose</i>			<i>44.9</i>	<i>68.8</i>		<i>113.7</i>
	<i>James Wech</i>		<i>49.3</i>	<i>60.5</i>			<i>109.8</i>
	<i>Shaun Bowler</i>				<i>93.2</i>		<i>93.2</i>
	<i>Stu Middleton</i>				<i>80.3</i>		<i>80.3</i>
	<i>Kent Dickson</i>				<i>73.8</i>		<i>73.8</i>
	<i>Peter Ware</i>				<i>40.2</i>		<i>40.2</i>
	<i>Duncan Badley</i>				<i>36.6</i>		<i>36.6</i>
	<i>Doug McMillan</i>			<i>32.7</i>			<i>32.7</i>
	<i>Jono King</i>			<i>29.8</i>	<i>1.6</i>		<i>31.4</i>
	<i>James Beattie</i>			<i>30.0</i>			<i>30.0</i>
	<i>Dylan Carmichael</i>	<i>BHC</i>		<i>28.8</i>			<i>28.8</i>
	<i>Hayden Patel</i>	<i>BHC</i>		<i>28.3</i>			<i>28.3</i>
	<i>David Scott</i>			<i>27.7</i>			<i>27.7</i>
	<i>Tony Hastie</i>			<i>25.8</i>			<i>25.8</i>
	<i>Billy Stanley-Harris</i>			<i>25.0</i>			<i>25.0</i>
	<i>Shane Andrew</i>		<i>24.4</i>				<i>24.4</i>
	<i>Abraham Loren</i>		<i>20.0</i>	<i>2.1</i>			<i>22.1</i>
	<i>Max Griffiths</i>			<i>19.9</i>			<i>19.9</i>
	<i>Louis Prouting</i>			<i>17.5</i>			<i>17.5</i>
	<i>Jan Zazornik</i>	<i>A</i>		<i>12.0</i>			<i>12.0</i>

	<i>Calvin Du Plessis</i>	<i>BHC</i>		<i>10.6</i>		<i>10.6</i>
	<i>Declan Ross</i>			<i>9.2</i>		<i>9.2</i>
	<i>William Tongue</i>	<i>BHC</i>		<i>8.8</i>		<i>8.8</i>
	<i>William Steel</i>		<i>6.7</i>			<i>6.7</i>
	<i>Lucas Rocha</i>			<i>5.8</i>		<i>5.8</i>
	<i>Paulo Rocha</i>			<i>5.7</i>		<i>5.7</i>
	<i>Zack Agnew</i>				<i>0.4</i>	<i>0.4</i>
W10	Heidi Stolberger (10)	NW	10.0	15.4	9.0	10.0
	Danielle Goodall (9)	H	9.7			11.0
	Ellenna Caudwell (9)	CM		11.3		8.5
	Tessa Boyd (8)	A				10.9
	Erika Mahe (9)	A		0.5		10.0
	Anna Cory-Wright (6)	A		5.6		5.6
W12	Nikita Mahe (11)	A		10.1		11.0
	Kirsty Wilson (12)	A			16.9	16.9
	Jemma Simmonds (12)	CM		2.1		9.5
W14-16	Renee Beveridge (15)	NW	44.5	61.1		48.4
	Kate Smirnova (16)	A		59.0		73.9
	Lydia Scott (15)	A	41.4	51.7		93.1
	Megan Wood (16)	A		37.7		37.0
	Sjan Wijdeven (16)	CM	24.4			35.9
	Hannah Lockie (14)	NW		23.6		35.6
	Kelsi Heath (13)	BHC		23.1		31.8
	Kayla Caudwell (16)	CM	22.3	23.5		45.8
	Hannah Mathieson (14)	BHC		23.6		14.3
	Merryn Ng-WaiShing (15)	NW				30.1
	Laura Tattersall (16)	BHC		26.6		26.6
	Rebecca Wilson	A				24.8
	Alex Ellice (14)	BHC		19.6		0.9
	Suzie Eyres		20.4			20.4
	Emma VanKerckhof (14)	BHC		18.9		0.9
	Rebecca Gray	NW				2.2
	Amber Warwick (16)	BHC		2.1		2.1
W18	Alina Smirnova (18)	A		55.7		52.0
	Jenni Anderson (17)	C		56.7		39.1
	Chevelle Sands (17)	CM		30.7		29.5
	Anna Gray (17)	NW				58.2
	Katherine Reynolds (18)	NW				45.3
	Celia Scofield (18)	CM			33.1	33.1
	Katasha McCullough (17)	BHC		32.9		32.9
	Sarah Dallas					31.7
	Nicola Peat (18)	CM				4.4
W20	Imogene Scott (19)	A	82.9	87.7	85.0	74.5
W21	Lise Moen	NW	87.4	99.0	97.9	284.3
	Tania Robinson	CM			115.3	97.4
	Sandra Faustl	A	58.2	45.8	46.0	40.6
	Katherine Bolt	A		74.8	70.4	145.2
	Sharina Xu	A	25.7	13.6	30.8	25.5
	Claire Paterson	NW		92.7		92.7
	Joanne Mahe	A		41.3		35.7
	Karen Burns	NW		49.9		49.9
	Sirrka Haase	NW	47.5			47.5
	Shannon Colligan	A		3.5		30.6
W40	Marquita Gelderman	NW	71.0	95.6	111.7	278.3
	Suzanne Stolberger	NW	35.2	62.1	43.5	43.8

	Megan Officer	NW		45.8	42.6	48.2	136.6
	Elke Haag	NW	41.3	75.2			116.5
	Melvina Wise	A		50.0		56.6	106.6
	Iryna Smirnova	A		58.3	41.6	5.9	105.8
	Angela Levet	- - -			50.0	55.0	105.0
	Lyn Stanton	A			20.1	43.3	63.4
	Mary Wadsworth	A		49.6			49.6
	Angela Guptill	A		15.5		30.8	46.3
	Jennifer Seed	A			46.2		46.2
	Tracey Thomas			4.9	18.1	16.5	39.5
	Jen Trinick	A			39.3		39.3
	Sandra Murphy				16.3	19.3	35.6
	Sandra Toppin	A			6.0	24.7	30.7
	Santy Goodall	H	10.5			18.5	29.0
	Vicki Wijdeven	CM	13.3			12.8	26.1
	Julia Simmonds	CM				23.8	23.8
	Karen Woods					21.0	21.0
	Sonelle Roberts					20.7	20.7
	Connie Bell	NW		19.1			19.1
	Catherine Melchers	CM	0.6	18.5			19.1
	Julia Moore	A			10.0		10.0
W50	Annette Orchard	A	52.9		75.0	63.6	191.5
	Anne Humphrey	CM	34.8		43.5	44.5	122.8
	Joanna Stewart	A		49.5		54.0	103.5
	Lisbeth Hornell	NW	51.4	49.6			101.0
	Lisa Mead	NW	7.8		69.8	7.0	84.6
	Phillippa Poole	NW		74.7	6.0		80.7
	Dianne Michels	NW			61.7		61.7
	Debbie Bevens	- - -	25.0	25.0			50.0
	Bronwyn Holcombe	A	30.5	3.5			34.0
	Adrienne Lovell	CM	10.7			18.1	28.8
	Bev Shuker	CM	24.7				24.7
	Stephanie Wood	NW	17.7				17.7
	Christine Munro	A				14.2	14.2
	Maggie Reynolds	NW				4.4	4.4
	Raewyn Bennett	A		3.5			3.5
W60	Patricia Aspin	CM	5.6	76.4	65.9	81.4	229.3
	Mary Moen	NW		54.4	45.4	54.9	154.7
	Val Robinson	CM	35.8		40.8	61.5	138.1
	Lorri O'Brien	NW		53.0		56.2	109.2
	Rae Powell	CM	33.1	29.7	2.4	34.3	99.5
	Jill Dalton	NW		67.2			67.2
	Yett Gelderman	NW	18.7	43.3			62.0
	Glen Middleton	NW		54.7			54.7
	Lesley Stone	NW		47.2			47.2
	Diane Taylor	NW			29.8		29.8
	Liz Pascal	A	15.2				15.2
W70	Jill Brewis	A		29.2	28.4		57.6
	Heather Clendon	A		3.5	19.6		23.1
	Hilary Weeks	A		3.5			3.5
W80	Doreen Oldfield	CM				15.4	15.4
<i>W99</i>	<i>Amber Morrison</i>	<i>HB</i>		<i>91.7</i>	<i>103.1</i>		194.8
	<i>Niamh Tomes</i>				<i>50.8</i>		50.8
	<i>Celia Scofield</i>	<i>CM</i>			<i>33.1</i>		33.1
	<i>Libby Crum</i>					<i>32.3</i>	32.3
	<i>Natasha Mitchell</i>	<i>BHC</i>		<i>28.4</i>			28.4
	<i>Jemma Scott</i>			<i>27.7</i>			27.7
	<i>Taryn Kaitland</i>			<i>23.4</i>			23.4
	<i>Georgina Chase</i>		<i>19.2</i>	<i>2.1</i>			21.3
	<i>Kay Griffiths</i>			<i>19.8</i>			19.8
	<i>Katrina Vanloon</i>				<i>16.3</i>		16.3

	<i>Julie Barrack</i>			12.2	12.2
	<i>Gabriella Rocha</i>		5.7		5.7
	<i>Ella Mitchell</i>		5.6		5.6
	<i>Isabella Rocha</i>		5.6		5.6
	<i>Barbarella McCarthy</i>	NW	2.6		2.6
	<i>Samantha Beattie</i>		2.1		2.1
	<i>Robyn Clark</i>		2.1		2.1
	<i>Anna Horley</i>	BHC	2.1		2.1
	<i>Samantha Seymour</i>		1.1		1.1
	<i>Leanne Bernard</i>		0.5		0.5
<hr/>					
Other	<i>Family Haydon</i>		25.9		25.9
	<i>Family Linton</i>		21.1		21.1
	<i>Family Lauer</i>	CM		17.1	17.1
	<i>Family Badley</i>			11.3	11.3
	<i>Natalie G.</i>			8.3	8.3
	<i>Angela & Deborah</i>		2.6		2.6

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.

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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 all levels of experience and skill.

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.

Rogaines/Score events: in these events you plan your own course to get as many controls as you can in the time available, rather than having to follow the assigned course of a "classic" event. There may be a mass start, a fixed race time and a penalty for finishing late. Controls may be assigned points according to their difficulty so your planning has to take into account the point value as well as the location of a control. OK for everyone except white course children.

A events: these are national events operated according to NZOF rules, are pre-entry and you compete officially in your age class and have assigned start times. OK for novice and recreational orienteers.

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

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

August

Sat 2 A Winter sprint series, Tamaki Campus, Morrin Rd, Glen Innes 1600-1630 starts, 3 courses, 10 - 12 min expected win times.

Sun 3 A OY6 - Woodhill Forest, signposted from SH16/Restall Rd intersection. Start anytime between 10am and 12:30pm.

Sat 9 A Winter sprint series, St Kentigern College, Pakuranga Highway, 1600-1630 starts, 3 courses, 10 - 12 min expected win times.

Sat 16 CM AOA sprint champs, Pukekohe High School. John St, Pukekohe. See notices section in this newsletter for details.

Thur 21 A Night street event. Ruka Reserve, Ruka Lane, Ellerslie, 7pm mass start. Rogaine - visit any 6, 10, 14 or 18 controls in 1 hour. Bring a torch.

Thur 28 A Night street event. Mt Eden/OTH. Puhi Huia Rd (Clive Rd end). Car access off Mt Eden Rd 7pm mass start. Rogaine - visit any 6, 10, 14 or 18 controls in 1 hour. Bring a torch.

Sat 30 – Sun 31 A Skills training. Don't miss this training and practice opportunity. Suitable for all levels - improve your navigation and orienteering skills. Please email your interest to auckoc@hotmail.com and include an indication of who is attending and their experience level. Further details announced on our website www.orienteeringauckland.org.nz and in this newsletter.

September

Thur 4 A Night street event. End of Kingsley Street, Ponsonby, 7pm mass start. Rogaine - visit any 6, 10, 14 or 18 controls in 1 hour. Bring a torch.

Thur 11 A Night Street Rogaine. Start 7pm. 2 or 3 hour option, 134 Tiraumea Drive Pakuranga.

Sun 14 CM OY7 Signposted from Waiuku town, start 1000 -1230.

Sun 21 NW OY8 Woodhill forest, signposted from Restall Rd/SH16 intersection, start 1000 – 1230.

Sun 28 NW self directed training on the OY8 map. The gate will be open from 9.30-10.30 for entry and 12-1pm for exit and the cost will be \$5 per head.

October

Sun 5 A OY9 Woodhill forest, signposted from Restall Rd/SH16 intersection, start 1000 – 1230.

Sun 12 A self directed training on the OY9 map.

Sat 25 – Mon 27 NW A level multi-day, pre-entry event.

2008 Auckland Orienteering Calendar

Date	Club	Event
August		
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
September		
Thur 4	A	Night/street

Thur 11	A	Rogaine
Sun 14	CM	OY7
Sun 21	NW	OY8
Sun 28	NW	training
October		
Sun 5	A	OY9
Sun 12	A	training
Sat 24-Mon 27	A/NW	Multi-day
November		
Sun 30	A	AOA relays

NZOF Major Fixtures 2008

Date	Event	Host Club	Venue
October			
11-12	Canterbury Championships	PAPO	Craigmore / Tekapo
25-27	Labour Weekend Carnival	NW	Woodhill Forest

Note that the North Island Championships 8, 9 Nov has been deleted.

Overseas – Major Events 2008

1-7/9	WOC MTBO, Ostroda, Poland
20/9-1/10	Australian foot and MTBO champs, Queensland
10-12/10	European Youth Champs

NZOF Major Fixtures 2009 v.1.2 Updated 16 May 2008

Date	Event	Host Club	Venue
January 2009			
3,4	Pre-Oceania	Nelson/Marl. b.	Riwaka / Brayshaw Pk
5-9	Oceania Championships - Sprint, Relay, Long, Middle	PAPO Dunedin	Lincoln / Kairaki / Craigieburn Dunroon
9,10	ANZ Schools Test	Dunedin	Dunroon/Naseby
10,12	Post-Oceania	Dunedin	Naseby
March			
??	Katoa Po	Taupo	TBC
April 2009			
10-13	NZ Championships	Auckland	TBC
24-25	Nth Is Secondary School Champs	North West	TBC
24-25	Sth Is Secondary School Champs	PAPO	TBC
May			
??	City Safari	Hutt Valley	TBC
June			
May 30-1	QB weekend: Vacant	?	
July			
17,18	Silva NZ Sec School Champs	Red Kiwi	TBC
25.26	National Ski-O	Dunedin	Waiorau

October			
??	Auckland OA Championships	North West	TBC
24-26 LW	South Island Championships	Dunedin	TBC
November			
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

Counties-Manukau Chit Chat

The club's membership lists are having a rather serious audit by Rae and Robbie so if receiving this newsletter is a surprise to you then this may well be because you were not on the circulation list previously. Welcome to Celia Scofield who is a new member last month.

Thanks mates

Robbie and Val have been in the news recently being the winners of the June Counties-Manukau Sport 'Thanks Mate' award, which wins them a weekend in a Millenium Hotel. Counties Manukau Sport "recognises that volunteers are the people that make sport happen in the Counties-Manukau region and are truly the heart of sport through their hard work and dedication, their commitment and their enthusiasm to both their club and to their sport". The award is monthly and based on the nominations made. Your committee nominated Robbie and Val for their initiative, enthusiasm and effort in operating the 13 event summer series last summer. Further information on the CMS website.

NZ school O champs

The club was present in strong numbers at the recent New Zealand School Orienteering Championships and there were some good results. The Bombay School Year 7/8 boys relay team of Lachlan Caudwell, Hiraku Walley and Tyne Wijdeven, all CMOC members, were placed first. The Pukekohe High School intermediate grade relay team of Dominic Melchers, Kaito Walley and Zaac Wijdeven came fourth in the field of 18 teams and were beaten for third place by Birkenhead College by only seven seconds. Jourdan Harvey came fourth in the senior boys' individual event. The full results can be found on the AOC website.

Samantha Blanch, Sarah Dalla and Andrea Morris were the Pukekohe High School girls' seniors and Sjan Wijdeven, Kayla Caudwell and Cosette Saville were the 'Puke' intermediate girls.

Committee news

- A copy of the International Control Descriptions and map legend will be displayed at events.

- CM Sport are providing a family afternoon of sports in Pukekohe offering a variety of sports for families to try. The club will be there. Phone Val if you are able to help.
- Andrew Peat is doing the orienteering activity at SPARCS "Get to Go" event.
- We are seeking to get more SI boxes funded through an appropriate Trust.

The committee has proposed the following for the 2009 AOA season for deliberation by AOC and NWOC:

- Labour weekend – a CM club multiday of OYs 8 and 9 and the AOA relay championship on the Monday.
- AOA champs (NW) on Nov 8-9.
- OYs 1-7 on March 29 (CM), April 26, May 24, June 28, July 26, Aug 23 and Sept 20.
- CM promotion events on March 1, May 3 and June 7.

Auckland Chatter

This month we welcome back a member who has rejoined the club after a break of several years - great to see Peter King back and brushing up his orienteering skills again. We also welcome two new members to the club, Damien Strogon and Ashley Barratt.

It has been a busy time on the international calendar. The Junior World Champs were held in Sweden in the first week of July. NZ had an almost full team in attendance and recorded some very strong results given the home advantage given to the Scandinavian teams in particular by the location. I was pleased with my best JWOC result so far of 37th in the Sprint and it was good to be in the men's relay team which continued NZ's good finishes over the past few years. AOC also had a number of representatives at the World Masters including Selwyn Palmer and Alistair and Joanna Stewart. They reported that the Portuguese weather was lovely and that the large NZ team also did very well.

WOC has just finished, where New Zealand had a team of 5 men. They did really well, with Ross Morrison qualifying for A finals in all 3 individual disciplines.

The NZ Secondary Schools competition has also just taken place in Hamilton. I was the setter of the Individual courses and apart from one glitch on race day everything went really well. I was pleased with the eventual course structure and as the organisers we thought both days gave great spectating opportunities.

Toby Scott from our club picked up a 2nd place in the Senior Boys, a great effort from Toby which should hopefully see him picked for the NZ Schools team to travel to Australia in September. Maybe that secret pre-competition test run of the course Toby did help....

The OY series is in full swing and along with the Sprint series and Winter Night series that both start again soon constitutes the majority of the calendar for a little while now. Spring should see some regional championship events once again so we will look forward to those.

Ciao
Simon

Farm/forest access roads: some roads can be slippery in wet weather so drive slowly and carefully and be prepared to park early and walk in to the event centre. In some cases, the organisers may require you to park some distance from the event centre.

Deep pot holes can be a hazard on farm and forest roads as they sometimes cannot be seen until the last few seconds before you plunge into them. Best to follow another car but if you are in front or on your own then drive slowly and cautiously. Foresters are adept in giving you a kilometre of smooth road and then a pot hole around a corner.

North West News

Two of North West runners have been in Europe over the last month; Neil Kerrison and Thomas Reynolds.

Thomas was first in Scandinavia; Norway for a World Cup event and Sweden for JWOC, then joined Neil and the rest of the WOC team in the Czech Republic. Thomas said in an email home, "*Such amazing terrain. It makes orienteering in New Zealand look boring and easy - I really needed to be completely focussed on navigation. Awesome organisation by James Bradshaw and Norm Jager meant our travels were smooth and trouble free. It was a shock to see how fast and accurate the Scandis are.*"

Neil was in Czech Republic and Hungary before WOC getting some racing in. Hungary sounds like a really fun event. Both arrived in Olomouc about a week before WOC. Thomas ran the sprint only, missing qualification by about 55sec. He said it was a really fast course and was happy with how he went as one of only three JWOC runners who had gone onto WOC. Neil ran the middle and long and missed qualification in both in very difficult very fast terrain.

Lesley

Map reading – Part 2

The first part of this article was published in the July newsletter.

Line Orienteering

This is a popular form of training used to practice many different skills, depending how the line is drawn.

Draw a line on a map in the area where you want to practice. Use a red pen and try not to obscure any details. The line should wind through the terrain along and past significant features. Go to the terrain and orienteer along the line. Follow the line route as well as possible. If you commit an error, go back to where you left the line.

- The length and difficulty of the line should reflect your skill and fitness level. Every kilo metre of line usually takes 15 to 30 minutes to orienteer, so don't get carried away.
- Begin with an easy line that follows trails and fields, and doesn't change direction often or abruptly. As you improve your map reading skills, increase the difficulty of the line by drawing it through forest rather than along trails and fields. This intermediate line may have more changes in direction but it follows more major features in the terrain. Once you've mastered the intermediate line, try a more advanced line. This line can go anywhere on the map, but it usually travels through detailed terrain and has many changes of direction.
- Have a friend draw your line for you.
- Have a friend hang a few ribbons along your line to serve as checks that you orienteered the line successfully.
- For a challenge, time yourself.
- Don't stop your map reading along a relatively easy section of the line. Map read ahead of your self to determine what you should be seeing.
- Once you've improved, vary the line to practice map reading at different running speeds. A long line following handrails and with few turns is used for high speed map reading. A line with many turns in detailed terrain is good for precision map reading.
- Progressions in line orienteering are a function of time and difficulty. The faster you can map read and navigate the line, and the more difficult the line you can orienteer, the better you will be.

To be a good orienteer you must be a good map reader. Pay special attention to learning and

perfecting your map reading skills.

Map Read On the Move

A good map reader stops to read the map only when a change in the terrain or race demands it. Otherwise, the orienteer read the map on the move. This takes a great deal of long term practice.

When map treading on the move, hold the map steady and close enough to focus on. Be careful not to run into anything. Look ahead in the direction you are running to make sure the way is clear before you look at the map.

You may require some magnification to read all the details on the map. Special headsets are available with magnifying lenses that can be flipped down for reading and flipped back up for running. Many compasses also have magnifying lenses or you can carry a small magnifying lens if you wish.

If you're having problems map reading, check your basic skills: orienting the map with the terrain and magnetic north, map reading by thumb, and looking around in the terrain. Be critical of your basic skills. They're the key to success.

Map Read Frequently

Try to look at your map about 6 times a minute. During practice, use a watch with a second hand and time yourself to read the map every 10 seconds. This is probably more often than you presently read the map, but you'll be surprised at how much more effective your map reading becomes when you use quick, frequent checks. You may not run as fast as an elite orienteer, but you can train yourself to orienteer and map read as well.

Look Around In the Terrain

Your field of vision should be as broad as the terrain permits. You must look around you - forward to both sides and even behind sometimes. Without this information (what you see around you), your understanding of the map will always be too limited. This is a common problem with many orienteers and is referred to as "tunnel vision".

Read Ahead

Once you can successfully mark your location and map read the terrain near you as an orienteer, start reading ahead. This means looking at the map to determine what features and details you will be approaching. By reading ahead you'll be prepared for the terrain features coming up next. And that will make your progress through the terrain faster.

Restricted Map Reading

Don't restrict your map reading to the 50 to 100 metres on either side of your line of travel. Read the map in excess of 200 to 300 meters along both sides of your line of travel. The further you look, the more you see. The more you map read, the more information you have to continually mark your location and make decisions about your strategies and tactics.

Memory Orienteering

Try to remember the features you've read. This will help you orienteer more quickly since you won't have to stop or slow down to clarify your position. You must find a balance between what you can remember about the map from glances and how much information is required to navigate successfully. As a rule, when in doubt, read the map. It's safer than memory orienteering and always works if done properly. To be a good map reader, you don't have to be proficient at memory orienteering.

Map reading in its advanced form is a continuous series of glances at the map, as opposed to an intense single look. The glances last for only a second or two, but because they are frequent they constitute intense lengthy study - the same section of the leg and map is read repetitively as you move along to the next overlapping section.

When you are first learning, lengthy looks at the map are required, and in fact, you may have to stop

frequently in order to read the map. This improves with practice. There are no hard rules, but try to read the map for only 10 to 15 seconds at one time, even when first learning. As you improve, decrease the time per look at the map.

Mark Roberts' Tip - Never try to make up lost time

A good orienteer constantly monitors and modifies his running speed and rate of exertion to suit the terrain, his state of mind and body, his confidence in his contact with the map, the technical difficulty of what lies ahead, what physical reserves he has, what work remains to be done. He will run a course to the cadence that serves him best, learned from "experience", otherwise known as "lots of mistakes".

He may start slowly while taking in the map, take the easy legs at a fast clip and the difficult legs more slowly, reserve some oomph for the long leg, take extra care at the end of the long leg, back off around the 40/50/60 minute mark and wait for his second wind, and most important of all ensure that he has plenty of strength for the spectator leg.

You are a good orienteer (aren't you?), so you've done all that thinking and you've got a plan, your speed monitor is working flawlessly and your risk meter is well calibrated. Throughout the course your pace is finely tuned to your abilities and the challenges of the course. But then you make a mistake, you lose some time, your confidence takes a blow, your plans are scattered to the winds. Suddenly you want to try to make up the lost time, so you crank up the pace, dig deeper, push harder, take physical and technical risks, invest less time in planning, and throw caution to the wind.

DON'T DO IT.

What usually happens next is sometimes known as "Blowing up". Risks are repaid by further errors, yet more time is lost, fear feeds upon failure, soon you have forgotten whether north is the red end or the white end and by the finish you wish you'd stayed in bed this morning.

Orienteering on the Web

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

Australian Orienteering Federation – orienteering.asn.au

Game - <http://www.catchingfeatures.com/>

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

International control descriptions (one page) - sitemaker.umich.edu/susan.lee.douglas/files/orienteering_clue_symbols.pdf

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

International O news – www.worldofo.com

Map legend and control descriptions – www.treklite.com/bok/control_description.htm

Map legend – "sprint orienteering map" of the technical section of the NZOF website

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

NZOF - www.nzorienteering.com

Oceania – www.oceania2009.co.nz

Orienteering news - www.maptalk.co.nz

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

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



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