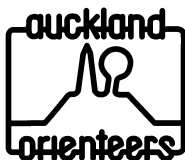


*The Auckland*  
**Orienteer**



October 2008



## Editorial

The map on the front cover is from the August training weekend. It is reproduced here so that you can use it if you wish as the area is accessible by foot from the Muriwai forest gate at the end of the road to the golf course. The SE-NW road on the map is Coastal Road, which starts at the forest gate, and the SW-NE road is Pulpit Rock Road (there is a road sign) which is about 1.5 km from the gate. You can print a colour map from the electronic version of this magazine on the NWOC website.

The exercises are best for pairs of similar speeds. Go around once consulting before each leg over attack points, route choice and exiting from the control site. There will, of course, not be any flags at the control sites. Go around the other way taking turns to lead and follow with the leader articulating thoughts aloud while the follower keeps quiet and notes items for later discussion at the end of the leg.

There was some discussion in one of the training groups about pace counting. I have included three articles in this issue about pace counting, which you could find informative. My opinion is that pace counting is useful if you do not have a well-developed sense of distance travelled in different types of terrain and where features are subtle and possibly ambiguous. For example, running on compass for a knoll where there are a number of knolls along the way, for example, in Woodhill sand-dune terrain.

I think that you will be interested to know that the OY competition in the Wellington Orienteering Association is under review because of a steadily diminishing number of participants and a reduction in the number of events held each year. Sound familiar? One solution offered, which does not include weighting factors for courses, is to accumulate OY points earned in the easiest eligible age-class run. For example, if you are M50 but run an occasional M40 course then the M40 points earned accumulate in your M50 age group.

John Powell

## 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](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.*

### Libra : September 24 – October 23

You have not really been pulling your weight recently. Volunteer to bring in the controls next time. Lucky number: 4.5 km with 60 m climb.

### Scorpio: October 24 – November 22

What you are seeking has been hidden by a nasty-minded person, but you will get your own back on them next time you plan an event.

Lucky colour: dark green.

## 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, [taylorlorken@xtra.co.nz](mailto:taylorlorken@xtra.co.nz)  
[www.nworienteering.org.nz](http://www.nworienteering.org.nz)

## Auckland Area Events

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

**A level 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.

**Summer Series** - The venues are park, streets and reserves and the events are self start and finish. Start times for weekday events are 5.30 – 6.45pm.

### October

Sun 5        A        OY9    Woodhill forest, signposted from Rimmer Rd/SH16 intersection. Forest restrictions may cause a change in venue. Please check website. Start 1000 – 1230.  
Sun 12       A        self directed training on the OY9 map.  
Wed 22      CM       Summer series, Cape Hill, Pukekohe.  
Frid 24 – Mon 27    TONIC (The North Island Orienteering Championships), pre-entry, 4-day A grade Orienteering Carnival.  
Frid 24       A        2 middle distance events South Woodhill, A level, preentry race 1 starts from 12.30; race 2 - chasing starts from 3.30.  
Sat 25        NW       multiday length, Beautiful Hills, first start 11.00am, A level, preentry  
Sun 26        NW       multiday length, White Lightning, first start 11.00am, A level preentry  
Mon 27        A        multiday length, South Woodhill, first start 10.00am, A level preentry  
 Best 3 of the 4 days counts towards the North Island Champs. Entries close Friday 10th. You should have already received an entry form in September.  
Wed 29       A        Summer series, Auckland Domain, cricket grandstand  
Wed 29       CM       Summer series, Pukekohe Hill

### November

Wed 5        A        Summer series, Mt Richmond, Great South Road, Otahuhu  
Wed 5        CM       Summer series, Showgrounds  
Wed 12       A        Summer series, Western Springs Park, Stadium Road  
Wed 12       CM       Summer series, Puni Domain  
Sat 15        A        Summer series, One Tree Hill, **night event**, start 8pm – 9.15pm, Haydn Avenue,  
Wed 19       CM       Summer series, Pukekohe High School

<u>Thur 20</u>	CM/A	Summer series, MacLeans Park, Eastern Beach, The Esplanade (southern end)
<u>Wed 26</u>	CM	Summer series, Roseville Park
<u>Thurs 27</u>	CM/A	Summer series, Ambury Regional Park, Mangere, Ambury Road
<u>Sun 30</u>	A	AOA relays, Woodhill forest, signposted from SH16.

### AOA 2009 Event Calendar

*Be prepared for changes to this calendar as circumstances change throughout the year – ed.*

2009 AUCKLAND ORIENTEERING EVENTS CALENDAR TEMPLATE				
Date		Club	Event (AOA agreed Calendar)	Notes
<b>Sat 3-Jan-09</b>	<b>Sun 4-Jan-09</b>	PAPO	Oceania	Oceania 3rd to 12th Jan
<b>Sat 10-Jan-09</b>	<b>Sun 11-Jan-09</b>			Wild Moa - 10 Jan
Sat 17-Jan-09	Sun 18-Jan-09			Lactic Turkey Off Road - 17 Jan
Sat 24-Jan-09	Sun 25-Jan-09			
Sat 31-Jan-09	Sun 1-Feb-09			
Waitangi w/e	Fri 6-Feb-09			
Sat 7-Feb-09	Sun 8-Feb-09			
Sat 14-Feb-09	<b>Sun 15-Feb-09</b>	AOC	<b>Summer Forest &amp; Farm Series 1 (Promo type event)</b>	Lactic Turkey 8hr off road - 14 Feb
Sat 21-Feb-09	Sun 22-Feb-09			Kaweka Challenge 21/22 Feb
Sat 28-Feb-09	<b>Sun 1-Mar-09</b>	NWOC	<b>Summer Forest &amp; Farm Series 2 (Promo type event)</b>	
Sat 7-Mar-09	<b>Sun 8-Mar-09</b>	CMOC	<b>Summer Forest &amp; Farm Series 3 (Promo type event)</b>	
Sat 14-Mar-09	Sun 15-Mar-09	Taupo	<b>Katoa Po</b>	Around The Bays - 15 March
Sat 21-Mar-09	Sun 22-Mar-09			
Sat 28-Mar-09	<b>Sun 29-Mar-09</b>	CMOC	<b>Summer Forest Series 4 (Promo type event)</b>	Lactic Turkey - Rotorua Lakes run - 28 Mar
Sat 4-Apr-09	Sun 5-Apr-09		Schools Training Weekend	
Easter				School Hols 10/4 - 27/4
<b>Fri 10-Apr-09</b>	<b>Sat 11-Apr-09</b>	AOC &	<b>Nationals</b>	
<b>Sun 12-Apr-09</b>	<b>Mon 13-Apr-09</b>	NW		

Sat 18-Apr-09	Mon 20-Apr-09			Lactic Turkey Waitakere Eco Challenge - 18 April
Fri 24-Apr-09	<b>Sat 25-Apr-09</b>	NWOC	<b>NI Sec School Champs/Promo</b>	
	Sun 26-Apr-09			
Sat 2-May-09	<b>Sun 3-May-09</b>	CMOC	<b>OY1</b>	
Sat 9-May-09	Sun 10-May-09			<b>CM - Akl Int School Champs??</b>
	<b>Wed 13-May-09</b>		<b>Akl School Relay Champs</b>	
Sat 16-May-09	<b>Sun 17-May-09</b>	AOC	<b>Akl Sec School Champs/Promo</b>	
Sat 23-May-09	Sun 24-May-09			
<b>Queens/ BDay</b>	<b>Sat 30-May-09</b>	CDOA	<b>CD Champs/Inter region junior champs</b>	
<b>Sun 31-May-09</b>	<b>Mon 1-Jun-09</b>			
Sat 6-Jun-09	<b>Sun 7-Jun-09</b>	CMOC	<b>Promo</b>	Australian MTBO Champs
Sat 13-Jun-09	<b>Sun 14-Jun-09</b>	NWOC	<b>OY2</b>	
Sat 20-Jun-09	Sun 21-Jun-09			
Sat 27-Jun-09	<b>Sun 28-Jun-09</b>	AOC	<b>OY3</b>	
Sat 4-Jul-09	<b>Sun 5-Jul-09</b>	CMOC	<b>Promo</b>	School Hols 4/7 - 20/7
Sat 11-Jul-09	Sun 12-Jul-09			
Sat 18-Jul-09	<b>Sun 19-Jul-09</b>	CMOC	<b>Akl 3hr Rogaine champs 1</b>	Silva School Champs 17/18 July?
Sat 25-Jul-09	<b>Sun 26-Jul-09</b>	NWOC	<b>OY4</b>	JWOC Italy 22-28 June
Sat 1-Aug-09	<b>Sun 2-Aug-09</b>	CMOC	<b>Promo</b>	
Sat 8-Aug-09	<b>Sun 9-Aug-09</b>	AOC	<b>OY5</b>	World MTBO Champs 9-16Aug
Sat 15-Aug-09	<b>Sun 16-Aug-09</b>	NWOC	<b>Akl 3hr Rogaine champs 2</b>	WOC Hungary 18-23 Aug
Sat 22-Aug-09	Sun 23-Aug-09			
Sat 29-Aug-09	<b>Sun 30-Aug-09</b>	NWOC	<b>OY6</b>	
Sat 5-Sep-09	<b>Sun 6-Sep-09</b>	AOC	<b>OY7</b>	
Sat 12-Sep-09	Sun 13-Sep-09	AOC	<b>Training Weekend</b>	

Sat 19-Sep-09	<b>Sun 20-Sep-09</b>	NWOC	<b>Akl Champs</b>		
Sat 26-Sep-09	Sun 27-Sep-09			School Hols 26/9 - 12/10	
				Australian/Victorian Champs 26 Sep-4Oct	
Sat 3-Oct-09	Sun 4-Oct-09				
Sat 10-Oct-09	Sun 11-Oct-09			World Masters O Champs 10-17 Oct - Sydney	
Sat 17-Oct-09	Sun 18-Oct-09				
<b>Labour w/e</b>	<b>Sat 24-Oct-09</b>	CMOC			
<b>Sun 25-Oct-09</b>	<b>Mon 26-Oct-09</b>	CMOC		SI Champs	
Fri 30-Oct-09	<b>Sun 1-Nov-09</b>	AOC	<b>TONIC</b>	Sprint/Mid/Long - Could be Counties if wanted?	
Sat 7-Nov-09	Sun 8-Nov-09				
Sat 14-Nov-09	Sun 15-Nov-09				
Sat 21-Nov-09	<b>Sun 22-Nov-09</b>	WOC	<b>Wgtn Champs</b>		
Sat 28-Nov-09	Sun 29-Nov-09				
Sat 5-Dec-09	Sun 6-Dec-09				
Sat 12-Dec-09	Sun 13-Dec-09				
Sat 19-Dec-09	Sun 20-Dec-09			School Hols 15 or 19/12	

## Notices

### General Manager Resignation

I regret to advise that Stuart Payne has announced his resignation as NZOF General Manager after eight years in the role. Stuart has been an outstanding administrator on our behalf and will be sorely missed. Stuart has kindly offered to continue in the role until the end of the year and we now begin the search for a someone to fill the big shoes Stuart will leave behind.

The position will be advertised with applications closing 31 October and an appointment to be made by the end of November to allow for a period of handover. We will keep people informed of progress as we reach the key milestones.

We will formally get the chance to thank Stuart appropriately in the New Year.

Paul Dalton  
President

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## NZOF GENERAL MANAGER

The General Manager is the chief administration officer of the NZOF, and responsible for ensuring the smooth running of the organisation, including the financial management, day to day operations and statutory obligations.

This is a two-year, part-time, contracted position, commencing 1 January 2009 and has a contract sum of \$31,500 per annum.

After hours worked will be required to maintain contact with orienteering clubs and officials.

A job description is available from:

NZOF President Paul Dalton

33 Paremata Haywards Road, R D 1 Pauatahunui, Porirua 5381

ph (04) 234 6659; email [thedaltons@xtra.co.nz](mailto:thedaltons@xtra.co.nz)

Applications with CV marked "NZOF General Manager" close 31 October 2008 with Paul Dalton at the above address. Interviews may be required with applicants and if so will be arranged in November.

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### **NZ SECONDARY SCHOOLS TEAM 2008** to compete in the Australian Schools Championships Queensland, 23 & 24 September 2008

#### **Junior Girls**

Paige Heavey	Havelock North High School
Juliana McMillan	Chilton St James School, Lower Hutt
Selena Metherell	Unlimited Paenga Tawhiti, Christchurch
Laura Robertson	Chilton St James School, Lower Hutt

#### **Senior Girls**

Rachel Goodwin	Iona College, Havelock North
Kate Morrison	Napier Girls High School
Nicola Peat	Saint Cuthbert's College
Angela Simpson	Rotorua Lakes High School

#### **Junior Boys**

Edward Lawley	New Plymouth Boys High School
Hamish Lewis	Napier Boys High School
Liam Paterson	New Plymouth Boys High School
Benjamin Reynolds	Westlake Boys High School, Auckland

**Senior Boys**

- Jourdan Harvey      Kings College , Auckland
- Scott McDonald      Karamu High School , Hastings
- Duncan Morrison      Napier Boys High School
- Toby Scott              Glendowie College, Auckland

Manager: Derek Morrison, Assistant Manager: Anna Robertson

**National Junior Training Camp  
Sunday December 14th to Friday December 19th, 2008**

Venue: Wanganui Scoutlands Camp

Eligibility:

1. You must be a member of a NZ orienteering club which is affiliated to the NZOF. The camp cost is subsidised by NZOF.
2. You must be 13 years and older and at a secondary school. Younger students who are already running red courses may make a special application to be considered for the camp.

Note that the camp has limited numbers so first in first served. We will take registrations until the camp is full.

Cost.

The camp will cost \$200 for the entire week including all maps, training, food, accommodation, and transport from when you get to Wanganui. You might want to bring some extra for chocolate and ice-creams and of course you will need extra \$ for getting to/from the camp.

Travel: There will be vans arranged from (and returning to) Wellington and we can also pick up (or drop off) at Wanganui Airport. Other travel (eg from Auckland) might be arranged but hasn't yet been discussed. It is possible that we will be able to collect/drop off at Palmerston North airport also (but not yet arranged). Times to be finalised but likely to be: arrive any time from 3 pm Sunday 14th and leave about 2 pm Friday 19th

Camp Organisers: Beverley Holder, Wellington Club, Anna Robertson, Orienteering Hutt Valley, Carol Ramsden Red Kiwi Club (Wanganui).

Parental Consent.

Even though the camp is in the school holidays, I have made sure that my child understands that there is a code of behaviour, the same as would be expected on a school camp that must be followed. He/she also realises that if this is breached they may risk being sent home from the camp early at their own cost.

I .....give my son/daughter .....

permission to attend the National Junior Orienteering camp in Wanganui, 14-19 Dec, 2008.

.....  
(Signed by parent/guardian)

I agree to abide by camp code of behaviour (set out below).....  
(signed by athlete)

**We want a copy signed by parent and athlete to be brought to the camp if not posted beforehand!**



**Camp details like where you are staying, who gets the tents and who gets the cabins, kit list etc are coming!**

Please make cheques payable to the NZOF and send to **30 Gurkha Cres Khandallah**, Wellington, 6035 or we can take DC's if you e-mail and ask: [bvlyhldr@xtra.co.nz](mailto:bvlyhldr@xtra.co.nz)

Queries to Camp Admin at [bvlyhldr@xtra.co.nz](mailto:bvlyhldr@xtra.co.nz)

**NZOF CODE OF BEHAVIOUR for JUNIOR & SQUAD TRAINING CAMPS**

**1. INTRODUCTION**

- 1.1 The New Zealand Orienteering Federation (NZOF), as the governing body for the sport of orienteering in New Zealand, provides residential coaching camps for its designated squads as well as its junior (20 years and under) membership.
- 1.2 Such camps includes (a) those for which participation is defined in terms of an NZOF squad (or subset thereof); (b) any camp that is financed by the NZOF – no matter how minor – or (c) any camp for which the NZOF has facilitated the provision of coaches.
- 1.3 NZOF has established this Code of Behaviour to clearly state the way in which participants at Junior camps, Development and National Squad camps are expected to conduct themselves and the consequences of any breach of the expected standards of behaviour.
- 1.4 This code incorporates both a contract of participation and rules of conduct.
- 1.5 Rights and responsibilities.

Each participant has

<b>The Responsibility</b>	and	<b>The Right</b>
To participate to the best of their ability.		To participate to the best of their ability without interference.
To help maintain a harmonious camp environment.		To be part of a harmonious camp environment.
To treat all others with courtesy and respect.		To be treated with courtesy and respect.
To participate without disrupting other participants.		

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**NZOF NEWS – AUGUST 2008**

**CONGRATULATIONS**

Well done to the **Hamilton** club for a successful national secondary school championships (sponsored by SILVA). A big thanks to Simon Addison and team. Forty eight high schools took part.

**NATIONAL MEMBERSHIP PASSES 1,700**

The national strategic plan has had a target of 1,700 members nationwide for the last few years and we can now report with satisfaction that this has been achieved: 1,704 at present. This may be the highest ever for New Zealand?

**KIWIS ABROAD**

Ross Morrison made all three finals (long, middle and sprint) at this year's World Championships in Czech Republic with a best placing of 40<sup>th</sup> in the sprint. Chris Forne also made the sprint final placing just ahead of Ross at 36<sup>th</sup>.

Best performances from NZ's ten-strong team at JWOC 2008 in Sweden were Lizzie Ingham 15<sup>th</sup> sprint, 42<sup>nd</sup> long; Greta Knarston 36<sup>th</sup> sprint and Simon Jager 37<sup>th</sup> sprint.

And at the World MTBO Champs, in progress as this News goes out, Marquita Gelderman has posted a 4<sup>th</sup> in the sprint, just 22 seconds off a bronze medal.

**DEVELOPMENT FUNDING**

The Silva NZ Secondary School Championships, referred to above, were assisted by a grant of \$1,000 from the NZOF, made under its Silva Schools programme.

Marlborough OC has received a grant of \$800 for a mapper training workshop to be held in October.

Templates for development funding applications, as per NZOF Development Project Funding Guidelines, are available from the General Manager on request. The Guidelines are on the NZOF website.

**CLUB AFFILIATION LEVY 2009**

The club affiliation levy for 2009 will increase by 4.0% (in line with the CPI for the year ended 30 June 2008). As a result the total levy for all clubs combined will be \$14,955.

**CODE OF BEHAVIOUR**

The Code of Behaviour for NZOF junior and squad training/coaching camps is now on the NZOF website.

**TEAM APPOINTMENTS**

Anna Robertson has been appointed assistant manager to Derek Morrison for the NZ Schools team to compete in the Australian Schools Championships in Maryborough, Queensland, late September.

John Robinson has been appointed manager of the New Zealand team for the ANZ Challenge to be held as part of the Oceania Championships in January 2009. The individual challenge will be held in conjunction with the Oceania Long Distance Championship on 7<sup>th</sup> January and the relay challenge will be held in conjunction with the Oceania Relay Championships the day before. Both of these events will be in Canterbury.

**CLUB ABBREVIATIONS**

Entrants of major events are asked to use either the full name of their club or the standard abbreviation (as per NZOF competition rules, Appendix 7). Similarly event organisers should publish the name of the club in the results using either the full name or the standard abbreviation.

For the record, the abbreviations are Auckland (AK), Counties-Manukau (CM), Dunedin (DN), Hamilton (HA), Hawkes Bay (HB), Hutt Valley (HV), Marlborough (MB), Nelson (NL), North West (NW), Peninsula & Plains (PP), Red Kiwi (RK), Rotorua (RO), Southland (SD), Taranaki (TA), Taupo (TP), Wairarapa (WA), Wellington (WN). So for Hutt Valley use HV not OHV, for Southland use SD, not SOC, and so on.

**VACANCY: NOS COACHING COORDINATOR**

The National Squad Coaching Co-ordinator is primarily responsible for raising the performance levels of a selected group of elite orienteers, with a view to improving the results achieved by New Zealand representative teams. The appointee should have NZOF coach accreditation but is not appointed as squad coach but instead as the person responsible for ensuring that coaching is delivered to squad members. This is a two year volunteer appointment. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 31 October.

**VACANCY: MANAGER, NZ SCHOOLS TEST TEAM**

Applications are invited for the position of Manager for the NZ Schools Team to contest a test against an Australian Schools team, as part of the Oceania Championships carnival, January 2009. The specific events will be individual match, Saturday 10<sup>th</sup>, and relay match, Sunday 11<sup>th</sup>, both in North Otago. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 30 September.

**VACANCY: MANAGER/COACH JWOC TEAM 2009**

Applications are invited for the position of Manager/Coach for the NZ Junior Team to compete at the 2009 Junior World Championships to be held at Trentino, Italy 5 – 12 July. The manager is expected to travel with the team and some expenses are met by the NZOF. A job description is available from the General Manager. Applications close 31 October.

**Counties-Manukau Chit Chat**

There will be 20 events in the club's 2008/2009 summer series programme, beginning on Wednesday October 22 at Cape Hill in Pukekohe with the last event being on March 25. Details will be provided as usual in newsletters and through email notices. The full programme will be published in a flier which will be available at club events. Organisation is as for last summer, in particular, start between 5pm and 6.45pm and start and finish yourself.

The venues for the club's other events next year are as follows.

March 8 Sun	Promotion	Totara Park or Duder Regional Park
March 29 Sun	Promotion	Duder Regional Park or Totara Park
May 3 Sun	OY1	Plantation map
June 7 Sun	Promotion	Waiuku North
July 5 Sun	Promotion	Waiuku North
August 2 Sun	Promotion	Waiuku North
October 24 Sat	OY8	Waiuku South
October 25 Sun	OY9	Waiuku South
October 26 Mon	AOA Relay champs	Waiuku South

**Auckland Chatter**

With daylight saving about to start again the time is right for the night street orienteering events and the new look OY series to be winding up ahead of the summer series getting underway – immediately after Labour weekend.

The last major forest event for the season is coming up at Labour weekend. TONIC (The Official Orienteering North Island Championship) is a multi-day event is a combined effort with the organisation being shared by AOC and North West. Four days of orienteering with a chasing start on the final day and should be great fun. Entries close on Friday 10<sup>th</sup> October, so hopefully you will be reading this in time to still get your entries in. More details of the events and the celebration dinner on the Sunday night, along with an entry form can be accessed from our website [www.orienteeingaukland.org.nz](http://www.orienteeingaukland.org.nz)

Hopefully the new look club tops will be ready just in time to make a first appearance at TONIC. By now you should have received the details circulated by email. If you missed getting the information you can contact Aiden at [ellmo1769@gmail.com](mailto:ellmo1769@gmail.com) for info or to place an order. They are going to be wicked shirts made by Tania and Clem of CMOC and Dirty D designs.

The last weekend in August was a big one for the club. A pot luck dinner hosted by Alistair and Joanna on the Friday night gave a chance for old faces to catch up and to also get to know several of our new members a bit better. This was followed by two days of concentrated coaching/training in

Woodhill forest – thanks must go to the Stewarts and their helpers for all their hard work in the organisation of those days. And speaking of new members we need to extend a warm welcome to some brand new club members – Claudia Kelly, Ginny Moore, Hanny Allston and Karen & Kieran Woods. We look forward to seeing you at coming club social events.

After seeing the great Kiwi performances at the Olympics perhaps a few of you have greater competitive aspirations. If so, get out training and you'll see the results. Now would be the perfect time to get some mileage under the belt before TONIC and the Auckland Relay Champs soon afterwards. Until next time, enjoy your orienteering.

Ciao

Simon

## JWOC 2008

*By Greta Knarston*

My first experience of orienteering in Scandinavia was definitely a good one. We began our trip in Norway where some of us were competing in a World Cup race on one day and joining the rest of the team in the general Norsk O-Festival for the other two days of racing. It was an amazing experience to be warming up and training, with the worlds best doing the same thing a few metres away.

However my expectations were firmly lowered when we all finished in the bottom quarter of the field. It was reassuring to know that jetlag may have been a large contributor to my lack of speed, but it also gave me a new appreciation for the Kiwi's who have gained good results in Europe. It's very hard to compete with the worlds best in their home terrain. This also proved to be the case at JWOC.

We had a week of training on the maps they gave us around Gothenburg which gave us a general feel for the terrain. However as I now know one week is nowhere near enough time to fully adjust to the different terrain, but because of uni there was no way around it.

I was relatively pleased with my results considering my lack of training due to suffering from glandular fever. Having glandular fever for the duration of the trip definitely impaired my performance but in the long run was potentially a good learning curve on what I can

handle physically. I managed to maintain the position of second best NZ female for the trip which I think is quite a good effort.

Due to my glandular fever, I was advised numerous times against going on this trip, however I think I made the right decision. Unfortunately I had to make the tough decision to pull out of the World Orienteering Champs (WOC). My decision was based on the reality

that JWOC is a lower level than WOC. I felt that despite my inability to train leading up to the competitions I would still get not only a valuable experience from JWOC, but also be able to be competitive. However I didn't think I was up to the level required for WOC and would have the added burden of a slower recovery from JWOC, due to my lack of fitness and being sick.

While it was a hard decision, I think it was a good one especially as I found the glandular fever affected me more than I had hoped while I

was at JWOC. It was a really valuable learning experience in terms of the long haul flight, the completely unfamiliar terrain and trying to compete against people who have run maps similar to this their whole lives. I think it definitely made me a better orienteer and I'm now looking forward to JWOC 2009 in Italy, where the Scandi's will also be on the back-foot and I'll have had the best physical build-up possible.



At the moment I'm trying to finally recover from glandular fever after using up all my final reserves trying to get past Hong Kong airport and back to NZ. My plan for this semester is to enjoy the proper Otago University lifestyle (relatively alcohol free due to my screwed up liver, thank you glandular fever!!) and enjoy having a bit of free time.

As I'm not able to run for 3 months (also because of glandular fever) I'm planning on starting training again for JWOC 2009 trials on my return to Auckland at the end of the year.

My results from JWOC 2008

Sprint - 36<sup>th</sup>

Middle - 2<sup>nd</sup> in the B Final

Long - 77<sup>th</sup>

Relay - 15<sup>th</sup>

### Mark Roberts' Tips

#### **If a group is milling around looking for a control, they're in the wrong place**

I won't explain this self-evident rule, but I will take a guess at what may have created this situation. If the group are on the same course and ran into the "wrong control circle" together, they were following someone who made a mistake, which could have happened almost anywhere on the course – you are none the wiser.

But if the group has arrived independently to gather at the site, they must have independently made the same error, and that error is very likely to be a parallel error very close to the control. The remedy is to stare at your map and try to imagine where you might be that is close to the control site and looks just like it, or has a similar attack point.

It's possible that the course setter (or the mapper) made the error, in which case it was probably also a parallel error, and the same solution applies.

#### **It's all in the head**

Orienteering happens at half a dozen or more levels in your brain. At the lowest level I'm looking where I put my feet, choosing whether to duck left or right round the tree, plotting a route across the hillside. What we might call "micro-orienteering" is a learned behaviour that improves with practice in terrain.

At the next level up I'm keeping track of the course, map-reading and navigating, planning the next leg and choosing the next exit route. This is the outwardly visible orienteering behaviour that takes years to learn and can be trained through experience, reading, discussion and considered reflection. But there are levels and levels above that which make the difference between mere proficiency - and orienteering as well as your parents' genes will allow you.

I'm not talking about the "steely determination to succeed" that distinguishes world-class athletes who spend a lifetime doing whatever preparation it takes to win. I don't have that (or athletic genes) so I won't try to describe it. I'm talking about the extra processing that happens in your head during an event that helps you in the constant quest for the Perfect Race.

There's the algorithm in your head that is constantly computing technical risk – the balance between speed and accuracy, risk and reward that you need at every moment of the race. And the brain software that is assessing your physical state, and anticipating what is coming later, so that you can balance strength, wind and pace to avoid crashing late in the race, or worse - finishing with too much still in the bank that you could have spent on the course.

We all need the Process Parrot on our shoulder which constantly repeats "Make a plan, what's the attack point, where's the backstop, what's plan B, did you remember to aim off, how will you explain this one to Coach at the debrief?" We are all lazy some of the time – but let's not be lazy during a race.

Really useful is the background process that looks over your shoulder and constantly asks “Are you sure? Why? What could you do wrong next? What could you have just done wrong?” – although it’s a big mistake to dwell on the past and rehearse in your mind the blunder you made on the last leg.

Higher yet is the most serene process of all, the gentle driver at the back of the mind, the wizard in the distant tower with the all-seeing eye who wills you to care so much about orienteering that when you finish you will know you haven’t wasted your day.

## Pace counting – 1

*By Jean Cory-Wright as part of a wide-ranging article on advanced orienteering techniques in the New Zealand Orienteer. Jean was the NZOF’s national coaching director at the time.*

### Distance judgement

- You should know what 200m, 100m, and 50m looks like in different terrain and what it feels like to run in different terrain and on a track.
- You should be able to estimate how far features are away from you just by looking at them.
- Pacing is under-rated and has its value if you practice it.
- Counting double paces is easier.
- I recommend pace in blocks of 100m and adjust as you go if you use it. ie know your 100m pace for tracks, flat terrain, rough terrain and hills. Pace the base 100m (ie 40 paces then add on 5, 10, 15 or whatever depending on that terrain. That way you can adjust as you go along and you are actually sensing the distance as well.
- Never measure off a distance in paces ie 320 paces to the next control, this is hard to adjust
- Never use pacing in isolation, read the map too.
- It is an ideal back up in areas with few handrails and lots of similar features.

## Pace counting – 2

Here are some comments posted on a blog in 2006.

[jicote](#): I pace-counted on one leg, in the dark, at the Rogaine last weekend. Whether it helped or not in that case is inconclusive, I'd say. Prior to that, I recall pace-counting once in October of 1988. I do pace-count when mapping when I run out of other options.

[Barbie](#): Although I have never really kept track of it and lost count way before I have reached the control, pace-counting helps me focus on tricky legs. Maybe like a mantra or some sort of transcendental meditation? IT's totally useless to me in terms of estimating distances, but it sure helps me stay focused and stop thinking about lipstick and nail polish. I'm a Barbie girl, in a Barbie world.

[furlong47](#): I hardly ever pace count, though occasionally I find myself in the middle of a long, featureless leg wishing that I did! The vast majority of the time, I just somehow know that I am getting close or coming into the circle and it's time to slow down and navigate more carefully. I also tend to rely more on thumbing along and collecting features as I go, then estimating distance. Since my mind tends to wander out there, I think I'd have issues keeping count anyway

[Kat](#): In my (limited) personal experience, I have found that pace counting is not necessary in technical terrain, but can be quite useful in vague areas with little features. In Sweden, there are little details everywhere on the map and I can usually relocate there just by using the features around me. In southern England, on the other hand, there are very few features on the maps and thus a significant number of controls feel like bingo controls. For example, there might be a pit in the middle of green-slashed woods, with no

other features in a 200-meter radius. If you run into this type of area going on a bearing only, you are most likely going to wind up lost in the brambles, with nothing to relocate off of. So, in this case, pace counting can be quite useful to give you an idea of how far to go before you start to search for the control.

That said, one has to \*know\* how to do pace counting properly in order for it to be beneficial. The pace counts through nice, fast terrain are different than pace counts through green, bracken, or areas of brushings.

[Ricka:](#)

I orienteer much better when I pace count on medium-long legs and in technical terrain. Less so with the big features of the midwest.

If I don't pace count on medium-long legs, I tend to start hesitating probably 1/2-2/3 of the way: "Am I there yet? Is this a mapped or unmapped gully? Is this a small re-entrant or the one I'm looking for?" With pace counting, I still check off features, but I'm smoother and don't start looking for control until 90% of count. Also, "300 m to the road" seems to go faster if I'm counting.

In technical terrain like US Champs in Oregon or at Telemark, pace-counting helps me distinguish mapped vs unmapped small features. (My best legs in Oregon Day 1 was in the lava fields - after I'd blown 20 minutes earlier in the course.) Also, pace counting helps compensate for a weakness I have in estimating vertical size of knolls and depressions in moraine terrain.

With more woods training, I suspect I'd rely less on pace-counting. On the other hand, pace-counting obviously uses a separate niche of my brain and is not distracting. While pace-counting, I can read the map and terrain, add distances in my head, say, "Have a good run.", and (unfortunately) still get mentally distracted.

Feynmann wrote of this in one of his books. His colleague could count and carry on a conversation simultaneously, but he and his colleague counted differently. Feynmann's was more aural, his colleague's was more visual (ala, numbers on adding machine tape).

[Sswede:](#)

I pace count all the time, even when I don't have to, I agree with Barbie in that I do it automatically. I'm not trying to avoid thoughts of lipstick (this girl only wears lipgloss) but usually how much pain I'm in at the time. Pace counting helps me focus on something else. As a down side, I do think I rely on pace counting more instead of looking for features and contours. I'm not ready to give it up though, I have found myself in tricky situations too many times with flat featureless terrain. Even with pace counting I can get mixed up...54, 55, 76, 77, oops...darn, where was I?? I just hate when that happens.

[lazydave:](#)

never pace counted, never will. Just read your map

[Nadim:](#)

I don't usually pace count. It's my way of keeping the information flow manageable; simplifying. I know that some like Peter have practiced it so much that it's almost unconscious to them. When rogaining we were going so slow that I usually had a much better sense of matching up things on the map with what I saw. When orienteering I don't think I read the map as fast as others and things come up quicker; more likely to overwhelm me. This is especially true for me while in green terrain where there are many distractions just to keep moving.

Practice and getting better at reading the map have allowed me to compensate for not pace counting. More often than not, I have a good sense of going the correct distance and stop appropriately. However,

measuring reinforces and gives one confidence.

**Benjamin G:** If I remember correctly, I think Peter Palmer, arguably the greatest GB coach and campaigner, once wrote that all the best elite orienteers will have pace counted at some point. Even if they claim not to have done, it is probably the case that they did as a junior but have forgotten. Automatic distance judgment comes after one has practiced pace counting. (Personally, I hardly ever pace count, partly because I'm too lazy. Something to work on.)

**Suzanne:** I sometimes pacecount. I find it useful if I'm in somewhat unfamiliar terrain where I don't know what to expect visually based on what I see on the map (if there are small unmapped features, unusual vegetation, not sure of how distinct trails will be, etc). It also helps when I'm feeling shaky or I find myself hesitating just out of sight of the control when I think I should be just about able to see it but start questioning myself. Like Sam, I also like pacecounting when I'm running a race where it doesn't feel like things are fitting well or where I'm distrustful of my own instincts (because I've been making mistakes). It just gives an extra certainty. It also can help me keep focussed throughout the course if my mind is starting to wander. It never seems to distract me; rather it's just a background thing once I've started it. That said, I often find that I will finish a race and have not pacecounted at all (and it will have been fine).

### Pace counting - 3

*By Dennis Wildfogel in the Dunedin OC magazine, 2001*

Pace counting is the means by which many orienteers keep track of how far they've moved through the terrain. The idea is to count the number of steps you've taken and then to translate that into a distance measurement. In order to do this successfully, two things are required: (1) you have to know how long your steps are, and (2) you have to remember to count your steps while you're doing all the other things one does while orienteering (no easy feat!).

Let's deal first with knowing how long your steps are. Usually, this gets expressed in the form of how many steps it takes you to cover 100 meters. The trouble is (as is immediately obvious) that that number changes drastically depending on whether you're running or walking, on a trail or travelling over rough terrain, going uphill, downhill or along a contour, etc. All those variables have to be dealt with, but the first step is to figure out what your pace count is for "normal" conditions.

Somewhere in your neighbourhood there is, in all likelihood, a standard running track of 400 meters in length. Whether you're a runner or a hiker, do a few laps around such a track while counting your steps. Simplify the count by only counting each time your right foot hits the ground. Most people would come up with a count of around 40 paces per 100m while running, and around 65 paces per 100m while walking. Do this on several days, both to calibrate your pace count more accurately and to get into the habit of keeping count over a considerable distance.

So, the next step is learning how to make adjustments to your normal pace count. The best way to do this is to use a tape measure to mark off 100m in a wooded area. Mark off several such stretches: one on level ground, one uphill, one in very thick woods, etc. Then count your paces along these stretches. Move at your normal orienteering pace and do each stretch several times, averaging out your pace count. Write down the results so you'll remember them.

For me, it takes 40 paces to run 100m through open woods on level ground, only 33 on a trail, but 45 if the woods are thick. Work this out for as many different conditions as you can. (Personally, I've discovered that I can't pace count going downhill because my stride length varies too much in that case.)

Finally, when should you pace count during an event? Answer: *always!* Get in the habit of doing it until you can do it in the background, that is, until you do it automatically, even while you're thinking about



other things. You'd be amazed how much this can help. You know those moments when you suddenly realise that you don't know where you are? If you then consult your background pace count, you at least know how far you are from the last place at which you were certain of your location - and *that* can be a real big help.

<b>Results</b>
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### OY6 --- WOODHILL SOUTH

Course	Name	Time	Points
<hr/>			
<b>RED 1</b>	<b>( 10 ) 9.9 km</b>		
	<b>Weighting: 110</b>		
<hr/>			
1	<b>Thomas Reynolds</b>	<b>76:14</b>	<b>156.2</b>
2	<b>Mark Lawson</b>	<b>78:31</b>	<b>151.7</b>
3	Toby Scott	89:49	<b>132.6</b>
4	Jourdan Harvey	101:49	<b>117.0</b>
5	Hanny Alston	103:34	<b>115.0</b>
	<i>Median</i>	<i>108:16</i>	<b>110.0</b>
6	Tim Renton	112:59	<b>105.4</b>
7	Stan Foster	119:53	<b>99.3</b>
8	Scott Vennell	122:04	<b>97.6</b>
9	Tony Cooper	201:33	<b>59.1</b>
	Dan Roberts	mp	<b>11.9</b>
<hr/>			
<b>RED 2</b>	<b>( 29 ) 7.2 km</b>		
	<b>Weighting: 75</b>		
<hr/>			
1	<b>Peter Swanson</b>	<b>82:21</b>	<b>107.7</b>
2	<b>Paul Ireland</b>	<b>86:38</b>	<b>102.3</b>
3	<b>Matthew Ogden</b>	<b>87:10</b>	<b>101.7</b>
4	Imogene Scott	88:50	<b>99.8</b>
5	Dave Middleton	88:54	<b>99.7</b>
6	Amber Morrison	92:55	<b>95.4</b>
7	Michael Cox	94:17	<b>94.0</b>
8	Geoff Mead	96:52	<b>91.5</b>
9	Owen Means	102:31	<b>86.5</b>
10	Dave King	106:11	<b>83.5</b>
11	Martin Spencer	106:21	<b>83.4</b>
12	Wayne Aspin	107:05	<b>82.8</b>
13	Ionel Popovici	107:28	<b>82.5</b>
14	Rudy Hlawatsch	113:33	<b>78.1</b>
15 ( <i>Median</i> )	Phil Johansen	118:12	<b>75.0</b>
16	BJ Reynolds	119:36	<b>74.1</b>
17	Lisa Mead	120:10	<b>73.8</b>
18	Bruce Peat	121:57	<b>72.7</b>
19	Phillippa Poole	122:28	<b>72.4</b>
20	Hamish Ellis	130:01	<b>68.2</b>
21	Kerry Linkhorn	130:02	<b>68.2</b>
22	Steve Oram	133:57	<b>66.2</b>
23	Matthew Jeans	137:08	<b>64.6</b>
24	Selwyn Palmer	139:34	<b>63.5</b>
25	Mark Wilson	142:37	<b>62.2</b>
26	Annette Orchard	154:09	<b>57.5</b>
27	James Wech	154:33	<b>57.4</b>
	Jennifer Seed	mp	<b>8.9</b>
	Rod Stephenson	mp	<b>8.9</b>

<b>RED 3</b>		<b>( 30 ) 5.0 km</b>	
		<b>Weighting: 50</b>	
1	<b>Andrew Bell</b>	<b>58:22</b>	<b>81.7</b>
2	<b>Aiden Ellmers</b>	<b>59:34</b>	<b>80.0</b>
3	<b>Kane Alward</b>	<b>60:30</b>	<b>78.8</b>
4	Trish Aspin	67:16	70.9
5	Steve Pyatt	74:15	64.2
6	Katherine Bolt	81:25	58.6
7	Jonathan Wood	84:54	56.2
8	Nicholas Oram	85:18	55.9
9	Shaun Bowler	85:43	55.6
10	Norm Jager	85:52	55.5
11	Anna Gray	87:19	54.6
12	Joanna Stewart	89:48	53.1
13	Angela Levet	89:59	53.0
14	John Robinson	90:12	52.9
15	Melvina Wise	95:11	50.1
<i>Median</i>		<i>95:21</i>	<i>50.0</i>
16	Elke Haag	95:31	49.9
17	Brian Edgar	97:17	49.0
18	Roger Woodroofe	98:55	48.2
19	Rolf Wagner	103:46	45.9
20	Craig Pearce	104:13	45.7
21	Les Paver	107:15	44.5
22	Megan Officer	118:36	40.2
23	Joseph Wood	125:25	38.0
24	Reuben Wilson	127:53	37.3
25	John Barrett	129:48	36.7
26	Miles Paver	129:57	36.7
	Renee Beveridge	mp	4.8
	Alison Comer	mp	4.8
	Mike Beveridge	mp	4.8
	Peter Ware	mp	4.8

<b>RED 4</b>		<b>( 37 ) 3.4 km</b>	
		<b>Weighting: 35</b>	
1	<b>Nick Mead</b>	<b>47:18</b>	<b>52.6</b>
2	<b>Allan Janes</b>	<b>49:52</b>	<b>49.9</b>
3	<b>Terje Moen</b>	<b>50:35</b>	<b>49.2</b>
4	Karen Burns	50:54	48.9
5	Wayne Munro	51:18	48.5
6	David Scott	53:53	46.2
7	Christine Browne	55:06	45.2
8	Jennifer Trinick	55:28	44.9
9	Rhys Thompson	56:42	43.9
10	Mary Moen	57:26	43.3
11	Peter Godfrey	60:39	41.0
12	Neal Brebner	61:54	40.2
13	Lyn Stanton	62:14	40.0
14	John Powell	62:31	39.8
15	Celia Schofield	64:03	38.9
16	Mervyn Paity	64:56	38.3
17	Suzanne Stolberger	66:05	37.7
18	Val Robinson	70:26	35.3
19 ( <i>Median</i> )	Stuart Gray	71:08	35.0
20	Kaito Walley	71:47	34.7
21	Louise Porteous	73:02	34.1
22	Sjan Wijdeven	73:26	33.9
23	Megan Wood	77:15	32.2
24	Joanne Mahe	80:17	31.0
25	Tom Clendon	82:42	30.1
26	Lydia Scott	82:49	30.1

27	Leon McGivern	83:24	<b>29.9</b>
28	Clive Bolt	88:35	<b>28.1</b>
29	Heather Clendon	90:34	<b>27.5</b>
30	Helen Bolt	98:30	<b>25.3</b>
31	Phil Mellsop	105:59	<b>23.5</b>
32	Maggie Reynolds	106:17	<b>23.4</b>
33	Bob Lindop	112:07	<b>22.2</b>
	Graeme Peters	mp	<b>2.5</b>
	Bert Chapman	mp	<b>2.5</b>
	Rae Powell	mp	<b>2.5</b>
	Mark Botting	mp	<b>2.5</b>

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<b>( 15 ) 6.0 km</b>			
<b>ORANGE LONG</b>		<b>Weighting: 25</b>	
<b>1</b>	<b>Simon Cox</b>	<b>86:29</b>	<b>34.2</b>
<b>2</b>	<b>William Linkhorn</b>	<b>89:40</b>	<b>32.9</b>
3	Sonja & amp, Alistair White	98:39	<b>29.9</b>
4	Debbie & Tracey Bevins	101:17	<b>29.2</b>
5	Tony and Amanda	107:43	<b>27.4</b>
6	Ginny Moore	109:11	<b>27.1</b>
7	Ian Lightbody	109:55	<b>26.9</b>
8 ( <i>Median</i> )	Murray Thomas	118:10	<b>25.0</b>
9	Jack Walley	127:59	<b>23.1</b>
10	Dave Pike	132:16	<b>22.3</b>
11	Ann Jeans	134:36	<b>21.9</b>
12	Chris Bradbeer	136:27	<b>21.7</b>
13	Rob Jacobs	143:09	<b>20.6</b>
	Jeremy Kuggeleijn	mp	<b>3.0</b>
	Debbie Hughes	mp	<b>3.0</b>

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<b>( 16 ) 2.9 km</b>			
<b>ORANGE SHORT</b>		<b>Weighting: 25</b>	
<b>1</b>	<b>Rhys Llewellyn</b>	<b>27:34</b>	<b>84.0</b>
<b>2</b>	<b>Zaak Wijdeven</b>	<b>44:04</b>	<b>52.6</b>
3	Rebecca Gray	54:29	<b>42.5</b>
4	Kieran Woods	66:28	<b>34.9</b>
5	N Abbott	74:21	<b>31.2</b>
6	Mike Reigard	80:10	<b>28.9</b>
7	Sharina Xu	80:44	<b>28.7</b>
8	Karen Woods	91:08	<b>25.4</b>
<i>Median</i>		<b>92:40</b>	<b>25.0</b>
9	Tracey Thomas	94:13	<b>24.6</b>
10	Ross Chirnside	97:49	<b>23.7</b>
11	Maggi Salmon	110:41	<b>20.9</b>
12	Adrienne Lovell	125:49	<b>18.4</b>
	Greg Geigard	mp	<b>2.3</b>
	Rebecca Wilson	mp	<b>2.3</b>
	Hannah Lockie	mp	<b>2.3</b>
	Shannon Colligan	mp	<b>2.3</b>

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<b>( 10 ) 2.4 km</b>			
<b>YELLOW</b>		<b>Weighting: 20</b>	
<b>1</b>	<b>Christine Munro</b>	<b>29:13</b>	<b>30.0</b>
<b>2</b>	<b>Alex Ellice</b>	<b>34:34</b>	<b>25.4</b>
3	Thomas Stolberger	37:38	<b>23.3</b>
4	Kelsi Heath	38:46	<b>22.6</b>
5	Keiren Feltham	42:33	<b>20.6</b>
<i>Median</i>		<b>43.53</b>	<b>20.0</b>
6	Emma van Kerckhof	45:12	<b>19.4</b>
7	Thomas Herbison	49:13	<b>17.8</b>
8	Joshua Botting	49:17	<b>17.8</b>
9	Keith Spencer Edgar	49:45	<b>17.6</b>
10	Sue Spencer	51:19	<b>17.1</b>

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<b>WHITE</b>		<b>( 12 ) 1.9 km</b>	<b>Weighting: 10</b>	
1	<b>Heidi Stolberger</b>	<b>22:51</b>	<b>13.7</b>	
2	<b>Liam Stolberger</b>	<b>22:57</b>	<b>13.7</b>	
3	Alex Boyd	23:47	<b>13.2</b>	
4	Georgina Llewellyn	24:33	<b>12.8</b>	
5	Natalie G	27:44	<b>11.3</b>	
6	Jess Swanson	29:09	<b>10.8</b>	
<i>Median</i>		<i>31.25</i>	<b>10.0</b>	
7	Erika Mahe	33:41	<b>9.3</b>	
8	Jack Heslin	57:21	<b>5.5</b>	
9	Harry McLean	57:28	<b>5.5</b>	
10	Jeff Greenwood	96:38	<b>3.3</b>	
	Nikita Mahe	mp	<b>0.3</b>	
	Thoma Perin	mp	<b>0.3</b>	

### OY7 --- WAIUKU SOUTH

<b>Course</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Points</b>	
<b>RED 1</b>		<b>( 8 ) 10.0 km</b>	<b>Weight: 110</b>		
	1	Mark Lawson	NW	72:58	<b>125.4</b> m21e
	2	Martin Peat	CM	75:20	<b>121.5</b> m21e
	3	Jourdan Harvey	CM	79:27	<b>115.2</b> m21e
	4	Toby Scott	A	81:05	<b>112.8</b> m18
<i>Median</i>				<i>83:11</i>	<b>110.0</b>
	5	Pete Swanson	A	85:17	<b>107.3</b> m40
	6	Matthew Ogden	NW	88:46	<b>103.1</b> m18
	7	Michael Cox	NW	103:35	<b>88.3</b> m18
	8	Imogene Scott	A	107:43	<b>84.9</b> w21e
<b>RED 2</b>	<b>(23)</b>	<b>6.1 km</b>	<b>Weight: 75</b>		
	1	James Bradshaw	CM	43:06	<b>120.0</b> m21e
	2	Aidan Boswell	HB	49:54	<b>103.6</b> m21
	3	Tania Robinson	CM	50:21	<b>102.7</b> w21e
	4	Gene Beveridge	NW	54:58	<b>94.1</b> m16
	5	Geoff Mead	NW	57:37	<b>89.7</b> m50
	6	Paul Ireland	NW	58:17	<b>88.7</b> m40
	7	Dave Middleton	NW	59:33	<b>86.8</b> m60
	8	Andrew Peat	CM	61:08	<b>84.6</b> m21e
	9	Stan Foster	NW	64:58	<b>79.6</b> m40
	10	Lisa Mead	NW	65:19	<b>79.2</b> w50
<i>Median</i>	11	Rudy Hlawatsch	A	68:21	<b>75.6</b> m40
	12	Phillippa Poole	NW	68:56	<b>75.0</b> w50
	13	Phil Johansen	NW	70:29	<b>73.4</b> m55
	14	Peter King	A	70:30	<b>73.3</b> m50
	15	Trevor Murray	NW	72:13	<b>71.6</b> m40as
	16	Sandra Faustl	A	78:24	<b>65.9</b> w21
	17	Kerry Linkhorn	A	80:07	<b>64.5</b> m40
	18	Katherine Bolt	A	82:39	<b>62.6</b> w21a
	19	Mark Wilson	A	90:39	<b>57.0</b> m50
	20	Ben Ng-Wai Shing	NW	93:45	<b>55.1</b> m18
	21	Steve Oram	A	93:49	<b>55.1</b> m40
	22	John Barrett	NW	110:56	<b>46.6</b> m50
		Jennifer Seed	A	mp	<b>5.2</b> w40
<b>RED 3</b>	<b>(30)</b>	<b>5.0 km</b>	<b>Weight: 50</b>		
	1	Ross Brighthouse	CM	40:36	<b>84.9</b> m60
	2	Aiden Ellmers	A	46:49	<b>73.6</b> m21e
	3	Mike Beveridge	NW	51:25	<b>67.0</b> m50
	4	Benjamin Reynolds	NW	53:37	<b>64.3</b> m14
	5	Kane Alward	A	56:34	<b>60.9</b> m21

6	Kate Smirnova	A	61:26	<b>56.1</b>	w16
7	Rolf Wagner	NW	61:46	<b>55.8</b>	m40as
8	Nicola Peat	CM	62:06	<b>55.5</b>	w21e
9	Lyndsay Shuker	CM	63:36	<b>54.2</b>	m60
10	Terje Moen	NW	66:25	<b>51.9</b>	m60
	Kingsley Ng				
11	WaiShing	NW	66:49	<b>51.6</b>	m40
12	Annette Orchard	A	67:16	<b>51.2</b>	w50
13	Renee Beveridge	NW	67:20	<b>51.2</b>	w16
14	Anna Grey	NW	67:23	<b>51.2</b>	w18
15	Nicholas Oram	A	68:10	<b>50.6</b>	m50
<i>Median</i>			68:56	<b>50.0</b>	
16	Angela Levet	--	69:43	<b>49.4</b>	w40
17	Lyn Stanton	A	71:05	<b>48.5</b>	w40
18	Lydia Scott	A	74:44	<b>46.1</b>	w16
19	Melvina Wise	A	78:03	<b>44.2</b>	w40
20	Chris Gelderman	NW	82:27	<b>41.8</b>	m60
21	Megan Officer	NW	82:34	<b>41.7</b>	w40
22	Les Paver	NW	84:03	<b>41.0</b>	m60
23	Roger Woodroofe	A	84:18	<b>40.9</b>	m21
24	John Robinson	CM	86:29	<b>39.9</b>	m65
25	Suzanne Stolberger	NW	96:36	<b>35.7</b>	w40
26	Reuben Wilson	A	103:41	<b>33.2</b>	m16
27	Alina Smirnova	A	109:35	<b>31.5</b>	w18
28	Megan Wood	A	120:57	<b>28.5</b>	w16
	John Powell	CM	mp	<b>3.4</b>	m65
	Iryna Smirnova	A	mp	<b>3.4</b>	w40
<b>RED 4</b>	<b>(30) 3.4 km</b>	<b>Weight: 35</b>			
1	Joseph Wood	A	38:03	<b>55.4</b>	m16
2	Jill Dalton	NW	38:39	<b>54.5</b>	w50
3	Allan Janes	NW	40:32	<b>52.0</b>	m21
4	Simon Cox	NW	41:43	<b>50.5</b>	m16
5	Mary Moen	NW	44:21	<b>47.5</b>	w60
6	Peter Godfrey	NW	44:56	<b>46.9</b>	m70
7	David Scott	A	45:05	<b>46.8</b>	m60
8	Jonathan Wood	A	45:18	<b>46.5</b>	m40
9	Rhys Thompson	NW	46:37	<b>45.2</b>	m70
10	Jennifer Trinick	A	47:07	<b>44.7</b>	w21
11	Val Robinson	CM	52:52	<b>39.9</b>	w60
12	Tom Clendon	A	55:15	<b>38.2</b>	m70
13	Kaito Walley	CM	57:35	<b>36.6</b>	m16
14	Glen Middleton	NW	58:24	<b>36.1</b>	w60
15	Lesley Stone	NW	59:10	<b>35.6</b>	w60
<i>Median</i>			60:14	<b>35.0</b>	
16	Bert Chapman	NW	61:18	<b>34.4</b>	m70
17	Bev Shuker	CM	63:01	<b>33.5</b>	w50
18	Miles Paver	NW	64:53	<b>32.5</b>	m60
19	Yett Gelderman	NW	66:09	<b>31.9</b>	w60
20	Glenn Clark	CM	69:01	<b>30.5</b>	m50
21	Rae Powell	CM	71:05	<b>29.7</b>	w60
22	Jill Brewis	A	72:46	<b>29.0</b>	w70
23	Heather Clendon	A	75:02	<b>28.1</b>	w70
24	Stuart Gray	NW	76:37	<b>27.5</b>	m50
25	Maggie Reynolds	NW	76:44	<b>27.5</b>	w40
26	Vivienne Leigh	A	77:04	<b>27.4</b>	w70
27	Phil Mellsop	NW	84:21	<b>25.0</b>	m70
28	Rob Jacob	A	121:02	<b>17.4</b>	m50
	Mike Powell	CM	mp	<b>2.1</b>	m65
	Caden Larsen	CM	mp	<b>2.1</b>	m10
<b>ORANGE</b>					
<b>LONG (9)</b>					
<b>6.5 km</b>		<b>Weight: 25</b>			
1	Taylor Ryan	--	64:27	<b>44.4</b>	
2	Ewen Cameron	DN	64:40	<b>44.3</b>	m21

	3	Harry Charles	--	99:29	<b>28.8</b>	m16
	4	Jess Charles	--	112:57	<b>25.4</b>	m16
<i>Median</i>	5	Murray Thomas	--	114:33	<b>25.0</b>	m40
	6	Bruce Nicholson	--	123:55	<b>23.1</b>	m40
	7	Jono King	--	131:13	<b>21.8</b>	m21
	8	Jack Walley	CM	161:39	<b>17.7</b>	m60
	9	Robyn Oldfield	A	mp	<b>2.9</b>	w21

**ORANGE  
SHORT****(21) 3.6 km****Weight: 25**

	1	Rebecca Grey	NW	43:44	<b>39.4</b>	w14
	2	William Linkhorn	A	50:34	<b>34.0</b>	m14
	3	Ian Lightbody	A	55:19	<b>31.1</b>	m21
	4	Russell Howard	A	56:28	<b>30.5</b>	m50as
	5	Tyne Wijdeven	CM	58:31	<b>29.4</b>	
	6	Zaak Wijdeven	CM	59:05	<b>29.1</b>	
	7	Chevelle Sands	CM	60:00	<b>28.7</b>	w21
	8	Jonty Oram	A	65:50	<b>26.1</b>	m14
	9	Hanna Lockie	--	65:57	<b>26.1</b>	w16
	10	Amber Warwick	NW	68:15	<b>25.2</b>	w16
<i>Median</i>	11	Arnold Leigh	A	68:51	<b>25.0</b>	m21b
	12	Greg Roigard	--	74:54	<b>23.0</b>	m40
	13	Mike Roigard	NW	75:00	<b>23.0</b>	m50
	14	Katherine Beck	--	75:24	<b>22.8</b>	w21
	15	Stephen Boyd	A	75:46	<b>22.7</b>	m40
	16	Liz Pascal	A	80:54	<b>21.3</b>	w60
	17	Carey Walter	CM	88:14	<b>19.5</b>	m40
	18	Tracey & HayleyThomas	--	96:08	<b>17.9</b>	fmly
	19	Vick Thorburn	--	96:20	<b>17.9</b>	
	20	Patrick Harris	A	96:59	<b>17.7</b>	m70
		Grace Barrack	--	mp	<b>1.7</b>	w10

**YELLOW****( 18 ) 3.0  
km****Weight: 20**

	1	Matthew Hughes	--	25:57	<b>42.2</b>	m14
	2	Michael Dempsey	--	27:05	<b>40.4</b>	m16
	3	Kelsi Heath	NW	31:59	<b>34.2</b>	w14
	4	Thomas Stolberger	NW	35:21	<b>30.9</b>	m12
	5	Annaliese Everts	--	39:06	<b>28.0</b>	w14
	6	Jarrod Bygrave	--	42:37	<b>25.7</b>	m16
	7	Emma van Kerckhof	NW	43:58	<b>24.9</b>	w14
	8	Tessa Boyd	A	53:18	<b>20.5</b>	w10
	9	Alex Ellice	NW	53:40	<b>20.4</b>	w14
<i>Median</i>				54:42	<b>20.0</b>	
	10	Julia Tillett	--	55:44	<b>19.6</b>	w16
	11	Victoria Bell	NW	57:02	<b>19.2</b>	w16
	12	Callum Ireland	NW	58:48	<b>18.6</b>	m12
	13	Family Barrack	--	60:33	<b>18.1</b>	fmly
	14	Alex Boyd	A	76:37	<b>14.3</b>	m10
	15	Kirsty Wilson	A	111:22	<b>9.8</b>	w12
		Rose Coveny	--	mp	<b>1.1</b>	w60
		Carl Leducq	--	mp	<b>1.1</b>	m16
		Grady Nunn	--	mp	<b>1.1</b>	m14

**Weighting:  
10****WHITE****( 7 ) 2.6 km**

	1	Liam Stolberger	NW	28:46	<b>14.0</b>	m10
	2	Jess Swanson	A	30:59	<b>13.0</b>	m10
	3	Owen Ireland	NW	38:02	<b>10.6</b>	m10
<i>Median</i>	4	William Street	CM	40:18	<b>10.0</b>	m10
	5	Asuka Fukamu	NW	40:46	<b>9.9</b>	w21
	6	Natasha Wilson	A	42:48	<b>9.4</b>	w10
	7	Family Winsor	--	48:14	<b>8.4</b>	fmly

## Orienteering on the Web

Advanced tips for beginners - [www.web-ling.com/orienteer.htm](http://www.web-ling.com/orienteer.htm)

Australian Orienteering Federation – [orienteering.asn.au](http://orienteering.asn.au)

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

Illustrated orienteering terms - [www.orienteeringunlimited.com/visualglossary.htm](http://www.orienteeringunlimited.com/visualglossary.htm)

International control descriptions (one page) - [sitemaker.umich.edu/susan.lee.douglas/files/orienteering\\_clue\\_symbols.pdf](http://sitemaker.umich.edu/susan.lee.douglas/files/orienteering_clue_symbols.pdf)

Interactive international control descriptions quiz – [www.fortnet.org/icd/](http://www.fortnet.org/icd/)

International O news – [www.worldofo.com](http://www.worldofo.com)

Map legend and control descriptions – [www.treklite.com/bok/control\\_description.htm](http://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](http://www.mapsport.co.nz)

NZOF - [www.nzorienteering.com](http://www.nzorienteering.com)

Oceania – [www.oceania2009.co.nz](http://www.oceania2009.co.nz)

Orienteering news - [www.maptalk.co.nz](http://www.maptalk.co.nz)

Tips for beginners - [www.happyherts.org.uk/improve/](http://www.happyherts.org.uk/improve/)

Tips for the advanced - [www.orienteering.asn.au/promotion/devel/develcoach/](http://www.orienteering.asn.au/promotion/devel/develcoach/)

## Abbreviations in common usage

AOA: Auckland Orienteering Association

AOC: Auckland Orienteering Club

CMOC: Counties-Manukau Orienteering Club

D-Squad: a nationally chosen squad targeted for development by national selectors

JWOC: Junior World Orienteering Championship.

MTBO: mountain bike orienteering

NWOC: North-West Orienteering Club

NZOF: New Zealand Orienteering Federation

OY: Orienteer of the year competition event.

PAPO: Peninsular and Plains Orienteering Club (Canterbury)

RKOC: Red Kiwis Orienteering Club (Manawatu/Wanganui)

SPARC: Sport and Recreation Council - a government funded organisation to promote sport in NZ

SW: south-western and similarly for other compass directions

TBC: to be confirmed

WOA: Wellington Orienteering Association

WOC: World Orienteering Championship/Wellington Orienteering Club

**Farm animals:** cattle and sheep are a farmer's livelihood and are very easily spooked into running wildly in every direction – a bit like what you do when you are lost. So go carefully around them avoiding stampeding them through a fence or giving the herd leader the impression you are challenging its authority.

You might find cattle, particularly calves, will trot inquisitively and sometimes aggressively towards you. This can be very frightening for some children who have not met this before so parents should accompany their children around courses which go through cattle paddocks until the children are comfortable enough to go on their own.

If you come across a bull then you will know immediately that you are out of bounds. Run away fast and hurdle the nearest fence.



**Sender:**

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The  
Auckland  
Orienteer

