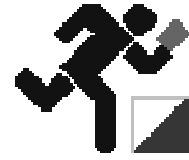


*The Auckland*



# *Orienteer*



A route choice leg from OY 4 with one shown. Give yourself 10 seconds to make a choice then check it against the commentary in the editorial over the page.

**July 2009**



## Editorial

I have had a lot of positive feedback about the online newsletter, particularly the OY map sections with the commentaries written by the planners. I hope that future planners will be as willing to share their experiences and thoughts.

Note that there is a new version of the AOA event calendar in this issue. In particular, the CMOC rogaine has been transferred from July 19 to August 2, where it will be held in conjunction with a promotion event, and the MTBO event which was to follow the orienteering has been cancelled.

The name 'rogaine' in the event calendar is used to describe a long distance version of the AOA's 1 hour score events. Orienteering rogaines use orienteering maps while rogaine events operated by specialist rogainers typically use topographical maps (true north-south lines, 20m contours and a much larger scale) of much more rugged terrain with more widely spaced check points and are at least 3 hours duration and frequently much more. There is a national rogaine association with a website and the MapSport website event calendar lists rogaines.

Leg 5 shown on the front cover proved to be problematic for a number of people. The other two route choices for leg 5 in addition to the one shown on the front page map, are through the narrow section of the green where there is a lighter coloured strip or the long way around the green to the right. The first choice I made was to go through the green as I do not move much faster than a walk even when I am in fast run terrain hence the long route had no advantage for me.

I chose to go and look at the green on top of the spur just to the below the red line, make a decision as to walkability, and default to the narrow strip if necessary. The green was walkable at a reasonable rate for 20 m along the top of the spur but then the vegetation closed in and a number of detours were needed to get around log jams. I decided by that stage that I was too committed to return so pressed on.

The light green strip was apparently easy to find and it was taped through to the other side. Analysis of split times showed that this was the faster route and by my calculation I lost 3 minutes on this leg through the inferior route choice.

John

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## Editorial Bits

### Next Issue: August 2009

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 June 25. Contributions may be edited or abridged by the editor.

### Distribution

If you intend to receive a printed copy of the newsletter from June and you change your address please advise the editor.

### Publisher

Auckland Orienteering Association (AOA), 11 Cathcart Close, Pukekohe

*The Auckland Orienteer is the monthly magazine of the Auckland Orienteering Association. It is produced monthly, except January. 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.*

## AOA Clubs

### Auckland (A)

President: Peter Swanson, 525-0019, [peteswa@paradise.net.nz](mailto:peteswa@paradise.net.nz)  
Secretary: Guy Cory-Wright, 845-4106, [gcwmaw@gmail.com](mailto:gcwmaw@gmail.com)  
[www.orienteeringauckland.org.nz](http://www.orienteeringauckland.org.nz)

### Counties-Manukau (CM)

President: Brian Long, 533-0556, [lynbrianlong@xtra.co.nz](mailto:lynbrianlong@xtra.co.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)

## Event calendar

### Auckland Area Events

**Promotion events** are low key, self start/finish, courses for all but with a restricted variety of red/orange courses available, minimal cost.

**Orienteer of the Year (OY) events** are a series of competitive events. Start any time between 1000 and 1230. Course closure 1430. Points are earned in each event and totalled over the year.

**Rogaines:** long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located on the course within a specified time. Checkpoints may be visited in any order.

**July**

Sun 5	CM	Promotion event, Waiuku North forest, signposted from Waiuku, start 1000-1200.
Sat 11	A	Sprint, Epsom Campus, start 4- 4.30 pm
Sat 18	A	Sprint, Mt Roskill Schools, start 4- 4.30 pm
Sat 25	A	Sprint, Western Park, start 4- 4.30 pm

**August**

Sun 2	CM	Promotion event, Waiuku North forest, signposted from Waiuku, start 1000-1200.
	CM	Rogaine 1, pre-entry
Sun 9	A	OY5, Woodhill forest, signposted from SH16, starts 1000-1230h
Sun 16	NW	Rogaine 2, pre-entry
Sun 30	NW	OY6, Woodhill forest, signposted from SH16, starts 1000-1230h

### AOA Event Calendar 2009 V10 - June 10

<b>Sun 5-Jul-09</b>	CM	Promo	Waiuku North	School Hols 4/7 - 20/7
Sun 12-Jul-09				
<b>Sun 19-Jul-09</b>		Event deleted		Silva School Champs 17/18 July
Sun 26-Jul-09				JWOC Italy July 5-12
<b>Sun 2-Aug-09</b>	CM	Promotion event 3hr Rogaine champs 1	Waiuku North	
<b>Sun 9-Aug-09</b>	A	OY5	Woodhill	World MTBO Champs 9-16 Aug
<b>Sun 16-Aug-09</b>	NW	Akl 3hr Rogaine champs 2		WOC Hungary 18-23 Aug
Sun 23-Aug-09				
<b>Sun 30-Aug-09</b>	NW	OY6		Spaghetti Soup
<b>Sun 6-Sep-09</b>	A	OY7	Woodhill	
<b>Sat 12 - Sun 13</b>	A	Training Weekend		
<b>Sat 19</b>	NW	<b>Auckland Champs</b>		Beautiful Hills
<b>Sun 20</b>				Whites Line
Sun 27-Sep-09				School Hols 26/9 - 12/10
				Australian/Victorian Champs 26 Sep-4Oct
Sun 4-Oct-09				
Sun 11-Oct-09				World Masters O Champs 10-17 Oct - Sydney
Sun 18-Oct-09				
<b>Sat 24 - Mon 26</b>	CM	OY8 OY9	Waiuku South	SI Champs
<b>October</b>		Auckland Relay		<b>Labour Weekend</b>
Fri 30 - Sun 1	A	TONIC	Woodhill	
Sun 8-Nov-09				
Sun 15-Nov-09				
Sun 22-Nov-09				WOA Champs
Sun 29-Nov-09				

Sun 6-Dec-09				
Sun 13-Dec-09				
Sun 20-Dec-09				School Hols 15 or 19/12

### NZOF Major Fixtures 2009

July			
17, 18	Silva NZ Sec School Champs	Red Kiwi	TBC
September			
19, 20	Auckland OA Championships	North West	TBC
October			
24-26 LW	South Island Championships	Dunedin	Gabriels Gully / TBC
November			
7, 8	TONIC: North Is. Championships	Auckland	TBC
21, 22	Wellington OA Championships	Wellington	TBC

### Notices

#### National Junior Training Camp 2009 Houghton's Bush Camp, Muriwai, Auckland 13 to 18 December

**Head of Coaching: Greg Flynn (also coach at 2008 Camp)**

This year clubs in the Auckland region will host the Junior Training Camp.  
Only Juniors of secondary school age will be eligible to attend.

The purpose of the training is to enable those who attend to move into, or become more proficient at, red level courses, therefore applicants should be of good yellow or orange course standard.

Attendees are limited to 60, and should applications exceed this number, selection will be on the basis of current and potential ability.

Further details and an application form will be sent out in August. The application form will also be available on the NZOF website.

Please contact Val or John Robinson if you have any questions, [johnandval@clear.net.nz](mailto:johnandval@clear.net.nz)

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#### WORLD ORIENTEERING CHAMPIONSHIPS MISKOLC, HUNGARY, AUGUST 18-23 2009

The following team has been selected to contest the 2009 World Orienteering Championships:

Rita Homes, Hawkes Bay OC (Sprint, Middle, Long)  
Tania Robinson, Counties Manukau OC (Sprint, Middle, Long)  
Bryn Davies, Red Kiwis OC (Sprint, Long)

Greg Flynn, North West OC (Middle)  
Chris Forne, Peninsula & Plains OC (Sprint, Middle, Long, Relay)  
Ross Morrison, Hawkes Bay OC (Sprint, Middle, Long, Relay)

Jeff Greenwood  
Convenor of Selectors

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## 2009 DEVELOPMENT SQUAD

### Men

Gene Beveridge (North West)  
James Bringham-Watson (Wellington)  
Ryan Cambridge (Dunedin)  
Sam Eames (Hawkes Bay)  
Jourdan Harvey (Counties Manakau)  
Simon Jager (Auckland)  
Scott McDonald (Hawkes Bay)  
Duncan Morrison (Hawkes Bay)  
Matthew Ogden (North West)  
Andrew Peat (Counties Manakau)  
Thomas Reynolds (North West)  
Toby Scott (Auckland)

### Women

Sara Bailey (Hawkes Bay)  
Claire Dinsdale (Wellington)  
Rachel Goodwin (Hawkes Bay)  
Jaime Goodwin (Hawkes Bay)  
Greta Knarston (Counties Manukau)  
Jula McMillan (Hutt Valley)  
Selena Metherell (Peninsula & Plains)  
Kate Morrison (Hawkes Bay)  
Erin Paterson (Taranaki)  
Nicola Peat (Counties Manakau)  
Laura Robertson (Hutt Valley)  
Imogene Scott (Auckland)  
Angela Simpson (Rotorua)  
Georgia Whitla (Peninsula & Plains)

Coaching Coordinator: James Bradshaw

Jeff Greenwood  
Convenor: NZOF Selection Panel

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## New Zealand Schools Team 2009

A New Zealand Secondary Schools Team is to be selected to compete for the Southern Cross Trophy against the eight Australian states in the 2009 Australian Schools Championships. The championships will be held in the Castlemaine-Bendigo region of Victoria as part of the Australian Championships carnival which runs from 26 September to 4 October.

The specific schools championship events are:

- (a) Individual championship, Tue 29 September
- (b) Relay championship, Wed 30 September.

Further event information is available at the [Australian Champs Website](#)

The team will be 16 in size (four each of senior boys, senior girls, junior boys and junior girls). Senior grades have a birthdate of 1993 or earlier.

Selection for the New Zealand Schools Team will be based on performances in major events in 2009 up to and including the NZ Secondary Schools Championships on July 17-18. All known form will be taken into account. Availability for selection is assumed, so no nomination is necessary.

The team will be announced by 10 August, 2009.

**Jeff Greenwood**  
NZOF Convenor of Selectors



**ROGAINE**  
**Waiuku forest and farmland**  
**August 2, 2009**



**Counties - Manukau Orienteering Club**  
[www.cmoc.co.nz](http://www.cmoc.co.nz)

**A 3 hour navigational challenge**  
**Teams of 2-5 people gain points by navigating to as many points as possible.**

Each team member receives an A3 colour map with marked checkpoints and a black and white map for planning. The map scale will be 1:10,000 and the contour interval 5 metres. The penalty for finishing late, that is taking more than 3 hours to finish, will be 5 points per minute or part thereof.

Registration 8.30 am - team captains check in and collect hired esticks  
Briefing and map hand out 9.00 am  
Start 9.30 am

### Entry

Email – to [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz), please put 'rogaine' in the subject line.

Postal – to 11 Cathcart Close, Pukekohe

### Entry information

The preferred method of entry is providing the information listed below in typed print by email. Please ensure correct use of lower and upper case in any email address you provide. If your entry is handwritten please use neat printing.

Closing date – July 19. Entries received after this date may be accepted at the discretion of the controller and upon payment of a late fee of \$5 per team member.

Entry confirmation: will be provided on request (for email select the ‘request message receipt’ option).

### SportIdent

SportIdent will be used to record which controls or check points that all team members have visited. The SportIdent esticks can be hired as part of the entry and collected at registration on the day. Instruction on their use will be given prior to the start.

### **Your entry should provide the following information.**

(a) Team captain contact details:

- name,
- email,
- phone,
- postal address,
- age in years and
- SportIdent number or “hire”.

(b) Other team members:

- Name,
- email or postal address,
- age and
- SportIdent numbers or “hire” of each of the other team members.

(c) The team category:

- choose one of Men, Women, Mixed, School or Corporate and
- choose one of Junior(<21), Open or Veteran (40+)

(d) The date of payment of fees if made by direct credit to the bank account listed below.

### Fees

(a) Event fee: - adult \$20/person, junior \$10/person

(b) SportIdent hire - \$4

There is a \$70 charge for failure to return a hired SportIdent stick.

### Payment

Team captains calculate the team fee and pay by either cheque or direct payment.

Make crossed cheques payable to “Counties-Manukau Orienteering Club” or pay directly to the club’s National Bank account 06 0401 0148081 000 using the team captain name in the reference field and “rogaine” in the particulars field.



### Refund

Fees will be refunded for exceptional circumstances at the discretion of the controller.

### Prizes

There will be a prize ceremony 15 minutes after the finish.

Entry enquiries: John Powell, 09 2388159, johnandrae@xtra.co.nz.

### Gear:

#### Compulsory

- (a) Food and drink
- (b) Waterproof jacket
- (c) Compass

Excluded: GPS devices are not allowed.

Recommended: whistle

### Conditions of entry

- (a) Teams stay in unaided verbal contact at all times.
- (b) Teams familiarise themselves with the hazards of participating in the event, which is in typical coastal pine forest and farmland, prior to participating and acknowledge that they are participating at their own risk.
- (c) Teams do not enter any areas marked out-of-bounds by narrow red or black stripes on the map.
- (d) Any damage caused is reported to an event official immediately after the team finishes.

**Clear and check your estick at the labelled eboxes by the start banner.**

**You record your start time electronically at one of the start boxes spaced around the start area.**

**The event centre will be signposted from Waiuku town by orienteering signs. The event centre is about 25 minutes drive from the town. Please park on the side of the road at the end of the queue formed from the event centre. Note that there is an orienteering event operating at the same event centre from 10 am.**

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## Coromandel Classic Event

The Coromandel Classic is a two day multi-sport event held the weekend of 29 - 30 August 2009. It starts at Thames with a MTB up the Kaueranga Valley, a mountain run over to Coroglen, kayak to Cooks Beach and cycle into Tairua on Day 1. Day 2 is a kayak up the Tairua River, cycle to Whangamata, mountain run over the Wentworth Track to Maratoto, then cycle back to Thames.

Each year we look for people who might like to help us organise the event. Orienteers like Martin Peat do the electronic timing, Mark Lawson has been tail end Charlie, Neil Kerrison, Phil Wood and Fraser Mills have also been associated with the event in the past.

This year we are again looking for a few helpers, Mark will be Tail End Charlie on the run over the Coromandel range, but we are looking for a 'Summit Sam' who checks runners through the saddle near the Pinnacles Hut, and one or two other helpers.

If you are interested in assisting, please contact Jill Dalton, [jill.mediaunlimited@gmail.com](mailto:jill.mediaunlimited@gmail.com) for more information. We assist with petrol, accommodation, and provide Leppin products as a thank you.

Jill Dalton  
Voyager Group/MediaUnlimited  
Sponsorship/Logistics/Safety/Events/  
Drink Bottles  
Phone 09 6400006 or 0274887803

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### **PowerBar Endurance Refuel Lemon/Lime 936g**

This product contains C2Max, an optimized ratio of glucose and fructose to help deliver more energy. It Encourages fluid consumption/improves hydration/maximises energy to muscles. This sports drink is designed to speed recovery after physical activity and extend endurance during physical activity.

Expired March 2009, but don't let that put you off, its good for at least another year.  
RRP \$49.95, but now just **\$15**

### **PowerBar Protein Plus Bars (12 box)**

Two flavours, Chocolate Crisp or Vanilla Yoghurt. Each bar has 23 grams of protein and provides sustained energy to get you through the day.

Expired March 2009, but good for at least another year.  
RRP \$5.25 Each, but now just **\$20 per box 12**

### **HOW TO BUY**

Email [jill.mediaunlimited@gmail.com](mailto:jill.mediaunlimited@gmail.com), to place an order and you can either pick up, or I will bring to an orienteering event.

Happy to negotiate a price for multiple units.

Jill Dalton - Leppinsport

## **Counties-Manukau Chit Chat**

Some **awesome** results this month from the Pukekohe High School at the Auckland Secondary Schools Individuals at Woodhill and the Relays at Ambury Park. All that hard work from Val and Robbie and some good runs from the teams made a great effort.

The Individuals at Woodhill was really great with the set up in such a thin stretch of land (lots of long legs) but getting through them eventually with VERY careful map reading ("Read your map carefully and know where you are ALWAYS" Robbie's said so many times it's sunken in now). These courses were definitely designed for the Champs, separating the men from the boys, and women from the girls with many common features through out, making it easy for mistakes to be made. Still, Puke did extremely well with Becky Pennell 1st in junior girls, Cosette Saville 3rd in intermediate girls. Other top ten results were from Dominic Melchers, Susie Evers and Sjan and Zaak Wijdeven. Not only did we get some great

individual results but with the combined total points from the girls, Puke took out the Top Girl's School cup. Nice work girls! First time for Puke to be on a cup!

Relay results though got even better at Ambury Park (originally for One Tree Hill). 72 teams entered in total (216 kids!) which made a big event. Nice open farmland made easy work of map reading but with the amount of controls that were so close to each other, you had to make sure you were running to the right one in the group. One spot on the map though that really tested some map skills was the rocky outcrops right at the back of the park, with many of the knolls and spurs being so close together that you may have lost yourself in the rocks. Good courses throughout and with long legs for each person in the team, really tested the fitness. More fantastic results with our Senior boys, Senior Girls and Junior girls teams all coming 2nd. Intermediate and junior boys just missing out on medals with 4th. Special mentions to Cossette Saville who 2nd fastest on her course in Intermediate girls and Jemma Simmonds who came 3rd on her course in Junior Girls. If these results weren't enough, Pukekohe won the best girls school overall as well. Well done to all girls! Same title in both events is a great effort! Improving so much in such a short space of time.

Another promo event open for all ages was at Waiuku Forest on 7th of June. With all the cars that showed up, it must've been a great turn out with all the courses having over 20 runners (almost 150 in total). The map was set in most of the west part of the forest with some tricky map reading on some of the harder courses, but then again Waiuku's always been tricky if you only vaguely know where you are (ain't gonna cut it with all the contours to get lost on). Thanks Carey Walters for course setting. It may have been your first but was brilliant courses so hope it won't be your last. 1st placing's on each course: Mark Lawson on Course 1 with 42.19; P Aspin on Course 2 with 39.21; Anneke Cockerell on Course 3 with 38.44 and Zaak Wijdeven on Course 4 with 20.00.

Great events have been happening and a reminder that there's another Waiuku Forest event on July 5th. Hope to see everyone there! Happy Orienteering.  
Sjan Wijdeven

### North West News

The news from NWOC is all good.

Greg Flynn has been selected for the NZ teams going to the World Cup rounds 1-4, and the World Orienteering Championships at Miskolc, Hungary in August. Well done and good luck Greg.

Several of our members travelling to Mt. Gambier in southeast South Australia for the Australian MTBO Championships 5-7th June, winning easily 13 - 8!

Marquita (Gelderman) W Open, and Dianne (Michels) W40 won all three of their races, and Marquita is No.7 in World Ranking. Lisa (Mead) W40 was 2nd in the Sprints and Middle distance, and 3rd in the Long.

Not to be outdone, our men also had a good showing with Rob (Garden) M40 coming 2nd in the Sprints and 3rd in the Long. Stu Lynch, M Open gained 2nd place in the Sprints and Middle distance, with Stan Foster coming 3rd in the Middle distance M60 class. With Di also being the team manager, and Rob involved in co-ordinating this was truly a superb NWOC effort - well done everybody.

Another topic of interest at the moment is our website. I don't think we are alone in wishing for a one click website that shows all the Auckland events on one tab, all Results on another, Auckland Maps another, travel directions to events, etc. etc. So, Owen Means is working towards this, by re-designing

our website, and he demonstrated his "mock up" website at our committee meeting last night - so clean and simple! Not complete yet, but it will be so easy to use .... we need a graphics designer for a new look next .....

Nick Harris our Coaching Co-ordinator is providing coaching sessions to youngsters and Club newcomers, particularly those from the Schools Series and the Boot Camp.

More help will be needed by Di Michels to run the NWOC Rogaine on 16th August - final details will be released soon. In September its the Auckland Championships, so we're all going to be busy over the next couple of months.

Finally, our committee has been approached to recognise Ralph King, a founder of Auckland orienteering. Thing is, we can't decide what is the most appropriate recognition. A book has been suggested, but where do we start? Ralph is now 86 years old and a life member of NWOC and NZOF. We are waiting for inspiration to strike!

**International control descriptions quiz**

July 09, c4		4.7 km		78 m	
Start	△	○		Ĥ	
1	230	↘	Y		
2	132	↗			
3	142	⊗		>	
4	143	⋯			☺
5	215	■		○	
○		=		○	
6	265	←	▲	1 m	⊥
7	166	↘	⊗	○	
○		50		○	

**Quiz questions**

1. Which course is this?
2. What is the climb on this course?
3. On what feature is the start triangle?
4. What information is given in the box between controls 5 and 6?
5. What information is given in the finish box?
6. Give the English language descriptions for each control.

(Answers at the end of the newsletter)

**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.

## Training

*This article is by Jean Cory-Wright of the Papo club and has been copied from the June 2009 edition of Contour Lines – Ed.*

By Jean Cory-Wright in Contour Lines, June 2009s

I realised that in April I would talk more about checking which track you were on and promised to add more in May. However, in May I got diverted on to Handrails and joining the dots.

Soooo, when you hit a track, AND check its direction, AND you are actually on a different track to the one you think you were on ... you have a few options.

If you have used some sort of distance estimation, be it pacing, timing, visualising or checking off features, you should know which track you have hit even if there are two tracks running the same direction.

If you are not sure, you can always do some parallel navigation. This means you are running along the track that you think you are on, but you are navigating along both possibilities of track that you could be on.

This means looking at all the features along the track; e.g. bends, knolls, vegetation etc. It is very unlikely that these features will be the same for both tracks for a long section of the track (although my dad once did a parallel error for 1 km, making everything fit.)

So at some point you will see something that will fit for one of the tracks that you think that you are on and not the other, and then you will be sure which track you were on. This is better than carrying on with only one possibility in your mind because when you have only one possibility in your mind you are closed off to looking for alternatives and so you tend to make the wrong track fit for longer!

The same can happen off track when you do a parallel error making everything fit for several hundred metres. If you knew where you were when you left a handrail, this should not happen. However, if you have the parallel route in your mind as well, you are likely to pick up on the mistake sooner.

**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.

## The Map - Our Playing Field

*By Michael Wood*

*In this article, copied from NZ Orienteering, May 2001 with some minor amendments, Michael Wood describes the map making process so that you can see what goes into creating our "playing field". This is the first of two articles.*

*Like all orienteering map makers, Michael learnt on the job, and as well as offering services commercially, puts in long voluntary hours mapping for his club Orienteering Hutt Valley..*

*Michael notes that since he wrote it the 105 min win time has become 90 min, which reduces the lengths and areas mentioned. Also, the introduction of electronic punching has allowed us to use areas more intensively.*

*The original maps were in black and white as it was before the national magazine went coloured - Ed*

To those outside orienteering, the fact that we make our own maps is an eye-opener. Other sportspeople don't have to sow the grass or pave the court, but we have a wide tradition of making our own maps, which is only slowly giving way to professional services.

In this issue:

- Choosing an Area
- Size - How Big Do you Need?
- Location - Where?
- Owners and Land Authorities
- Terrain Shape and Steepness
- Vegetation - Do You Need Trees?

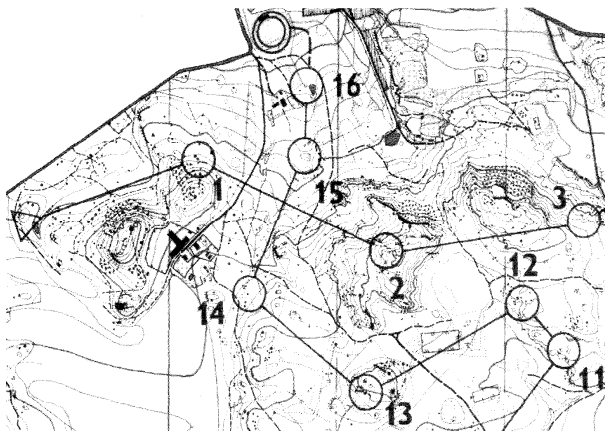
You've found the perfect orienteering area? Before you persuade your club to invest 100-500 hours in fieldwork and 50-100 hours in drawing, check it against some criteria. Put it through the SWOTT Test.

First be clear what the map is going to be used for. The requirements of competition are different from catering for the community. In this article we assume you'd like your map to start life in a major competition or two or three, followed by regional events such as OY s, and then see out its days on club events.

That's not to say that all maps need to stack up to these criteria. We need small maps close to where people live or we'll never get anyone new into the sport! Although it's desirable that small maps are

consistent with competition maps, it's far better to have any map than no map, so "anything goes". SWOTT just applies to maps for major competition

You may have heard of a SWOT analysis, but this one doesn't have anything to do with strengths or weaknesses, opportunities or threats! And it's got two tees. It stands for Size, Where, Owners, Terrain and Trees. These will be our headings for this article.



*Crossovers get the most out of a small area.*

### *Size - Is it Big Enough?*

It will help if you make a mock-up of the map. Take the relevant bit of the NZMS 260 (topo) map or anything else you can get hold of, and enlarge it to 1:15,000. Now you can draw the boundaries of the good bits and see how the piece of paper compares with other maps you are familiar with.

We used to think that 10 sq.km was needed, and maybe it was when economics forced us to print 1000+ maps at a time. The map had to have enough room for different start areas and different sets of courses during its lifetime. Now with "just in time" printing, we can have a map that is "just big enough". Always provided that you add "fieldworker and cartographer" to the jobs needing to be filled for each event.

Course 1 for an A-level one-day event such as an area championship needs to provide for 105 minutes. Leaving aside the possibility of a map change, this will require anything from 10 to 18km depending on the terrain.

Studying European courses gives great ideas for direction changes and crossovers which allow most of the area to be used. If all of it is usable, you'll need somewhere between 4 and 7 sq.km. Check that you can actually plot a course from a suitable event centre, avoiding the bits which you know from your exploring are not going to be usable.

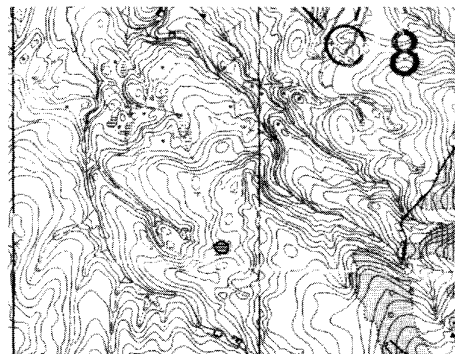
If it is not this big the area may still be useful. Multi-day courses are 70-90% of single-day ones. Short-distance orienteering is 40-60%. And for a first use it is quite OK to give the long courses a map change, and send them back through the same area. Theoretically you could get your 105min course on about 3 sq.km (steep) to 5 sq.km. (fast terrain) with a map change, although the second event on the map would seem a bit samey.

### *Where - the Location*

While you might get people to your brilliant faraway area for its debut event, you'll get less to an OY and fewer still to a club event if it's over an hour from where people live. You might also have trouble finding course planners, and your members won't turn up on time to do the on-the-day jobs. You'll have to compromise.

A club might have one faraway map because it's a fantastic area, and Waikaia springs to mind. (NZ's best-kept orienteering secret!). Other great maps 2+ hours from the population base are Naseby, Scotts Ferry (when owned by OHV), Tyger Country and Phoebes Lake.

*A club can't have too many areas as distant from its population as Waikaia, Southland, NZ's best-kept orienteering secret. 1:15,000*



But if you've already got one of these distant maps you should reign in your ambitions and look closer to home. Think of the usefulness of the map later in its life.

### *Ownership*

Hands up who enjoys the landowner liaison job? Thought so. If some one doesn't want us on their land, we haven't got a leg to stand on. We don't have the Swedish "everyman's right" to access the non-built-up countryside!

So you need to minimise the authorities involved in permission to use the area. Lifestyle block territory near cities is hopeless, and so apparently is land that is even being *thought of* for subdivision. (A club made a town planning submission opposing subdivision, but fell foul of an existing landowner who wanted to sell!)

Ask for permission, making sure the owner has a good understanding of orienteering. How many people come, how many cars, how often you would want to orienteer, the fact that we can't herd competitors through gateways. (And all the *good* things about orienteers, the impact is spread out, they don't smoke, they leave the place tidy etc etc.) Better to get turned down now than after the effort of mapping! Make sure you understand where the boundaries are, each owner will assume you are talking about their property only.

Keep an eye out for access fees. The Auckland clubs pay to use Woodhill Forest, and the Wellington Regional Council is talking about a user fee for its parks. And future plans, trees get cut down you know! Although rumours suggest that thinning and pruning is going out of favour, it's still happening. Take the owner's plans with a grain of salt, they will change with market conditions, and they won't remember to tell you. Other things that may affect orienteering include restrictions on vehicle access, lambing, and hunting seasons.

### *Terrain*

A problem with much of NZ is its steepness. You should be looking to set courses with under 5% climb, try counting contours on your theoretical courses (see above). Even if they are 20m contours it will give you an idea if the planner is going to be vertically challenged.

Of course we are looking for interesting nooks and crannies to challenge the "reddies". These can be provided by contours, or by something complex on top of the ground. Classic examples are Naseby (mining), Woodhill (sand dunes) Flock Hill, Maraetotara and Huriwai (rocks). Tekapo and Rotoiti are on glacial moraines, where ice melt has caused random depressions.

Underground erosion in limestone country also makes depressions called dolines (Craigmore, Piopio). Unstable ground can create strange bumps, as at Seacliff, The Slump, Hidden Lakes. The soft volcanic ash soils of Taupo erode in tortuous ways. And even the pattern of spurs and gullies caused by rivers and streams can be interesting, especially if there aren't many roads and tracks.

**Fences:** Cross these at the thick posts, preferably at corners. Please, report any damage you cause or see to the event organiser.

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



### *Trees (and other vegetation)*

Although known as 'The Forest Sport', trees are not compulsory for orienteering. Dense trees certainly make the navigation more challenging, but terrain features can make open land just as tricky. Indeed mature pine forest with good visibility is hardly different from open land, and many orienteers regard the former as "the ultimate"!

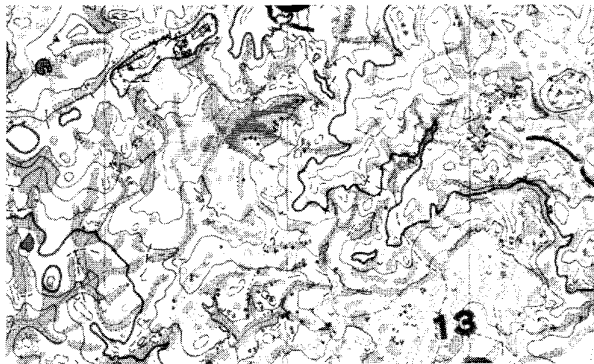
The vegetation should allow passage at better than half normal speed. No-one likes a jungle, and the essence of orienteering is a balance between *running* and navigating. Route choice and finding controls in medium and dark green involves too much luck. But having said that, a variety of tree densities can make things very interesting, as can passing between forest and open land. A block of forest with open land around it can provide this sort of variety.

And trees aren't the only sort of vegetation. The scattered boxthorn at Lake Wiritoa and the Lupins at Heaton Park are very difficult to navigate on. So are the scattered log piles and fingers of bush on the "green measles" map, Taurewa.

### *Does it Pass the Test?*

"Colour in" your mockup map and mark the owner details on it. Work out what income the map would earn, assuming that half the entry fees can go to paying off the map. (The other half goes into levies, organiser travel, equipment wear and tear and consumables.) Don't go beyond five years because there is too much uncertainty.

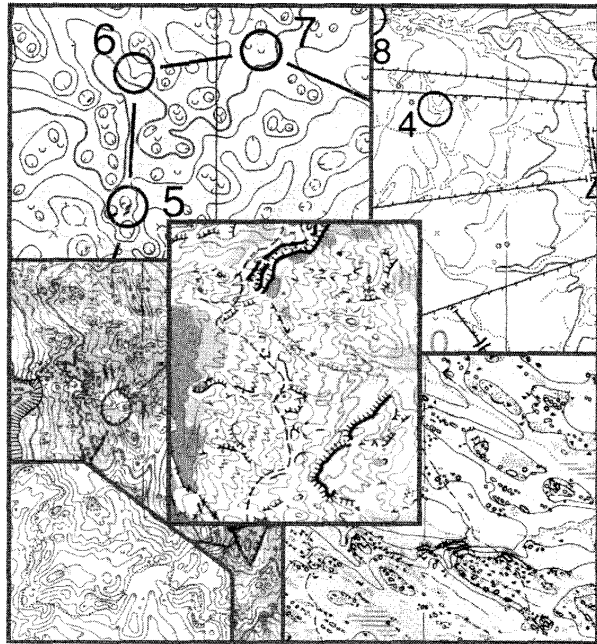
Now you've got something to take to your club, preferably including an A-level controller and someone who knows what mapping costs. You are either going to pay dollars to make the map or put in hundreds of voluntary hours, so your committee needs to decide whether it is "worth it". If it gets their OK, you've got a lot of work in front of you, starting with getting a good base map.



*The scattered log piles and fingers of bush at Taurewa made the "green measles" map deceptively tricky to navigate on. Taurewa, Taupo, 1994, 1:15,000*

**Forest car access:** car access to some events in a forest in the Auckland region is conditional upon you signing a form on entry into the forest that you have third party insurance on the car you are driving so that the forestry company is insured through you for any damage you cause like setting the forest on fire when you crash into a tree while you were trying to avoid a very large pot hole.

You are not allowed to go for a tour through the forest so please follow the O signs to and from the event centre. One good reason for this is the presence of tree felling and forestry trucks in other parts of the forest.



*As well as hills and valleys, the NZ landscape contains mining (Naseby, centre), and, clockwise from bottom left, sand dunes (Woodhill)), slumps (Wairarapa), dolines (Craigmore), the random gullies of Taupo and rocks (Gladbrook).*

**OY points by age group**

Grp	Name	Age	Club	OY1	OY2	OY3	TOTALS
<b>M10</b>							
1	Dominic Cleary	9	CM		17.0	11.0	28.0
2	Connor Cleary	10	CM		15.4	11.0	26.4
3	Liam Stolberger	8	NW		10.0	12.9	22.9
4	Jesse Swanson	8	AK		7.8	6.9	14.7
5	Hovey Dickson	9	NW	7.8			7.8
<b>M12</b>							
1	Lachlan Caudwell	12	CM		41.4	25.4	66.8
2	Thomas Stolberger	12	NW		27.7	22.4	50.1
3	Callum Cleary	12	CM		18.4	25.0	43.4
4	Matthew Cox	11	Birk		14.9	24.6	39.5
5	Caden Larsen	11	CM	19.3			19.3
<b>M14 -16</b>							
1	Joseph Wood	16	AK		56.7	76.9	133.6
2	Simon Cox	16	Birk		63.4	50.5	113.9
3	Benjamin Reynolds	15	NW	92.3			92.3
4	Jonty Oram	14	AK	42.3		39.1	81.4
5	Kieran Woods	14	AK		29.5	46.9	76.4
6	Reuben Wilson	16	AK	54.5	7.6		62.1
7	Tane Moore	14	NW		27.8	32.0	59.8
8	William Linkhorn	14	AK			52.6	52.6
9	Zaak Wijdeven	15	CM		48.0		48.0
10	Tyne Wijdeven	13	CM		44.4		44.4
11	Chris Eade	16	Birk			33.3	33.3
12	Tyler Warwick	15	Birk			32.8	32.8
13	Louis Prouting	16	Birk			31.7	31.7
14=	Shaun McCullough	15	Birk			25.0	25.0
14=	Matthew Goodall	13	HAM		25.0		25.0
16	Zakk Davies	15	Birk			23.9	23.9
17	Calvin du Plessis	14	Birk			21.8	21.8
18	Adrian Cochrane	14	Birk			9.1	9.1
19	Nathan Saluni	14	Birk			2.0	2.0
20	Keegan Pennell	13	CM		0.3		0.3
<b>M18</b>							
1	Dominic Melchers	17	CM	99.2	76.6	92.0	267.8

2	Toby Scott	18	AK	135.7	122.7		258.4
3	Gene Beveridge	18	NW		130.1	108.2	238.3
4	Nick Mead	18	NW			129.6	129.6
5	Taylor Rhind	17	NW			70.4	70.4
6	Kaito Walley	17	CM		51.2		51.2
7	James Beattie	17	Birk			35.8	35.8
8	Dylan Carmichael	17	Birk			31.3	31.3
9=	Alex Shegay	17	Birk			5.1	5.1
9=	Jericho Malabonga	17	Birk			5.1	5.1

**M20**

1	Michael Cox	19	NW		96.4	66.2	162.6
2	Jourdan Harvey	19	CM	11.5	4.1	119.5	135.1
3	Andrew Peat	20	CM		111.0		111.0
4	Simon Jager	20	AK			9.5	9.5

**M21**

1	James Bradshaw	27	CM	157.4	150.3	156.2	463.9
2	Mark Lawson	45	NW	153.5	146.0	156.1	455.6
3	Greg Flynn	27	NW	142.9	148.3	126.8	418.0
4	Mike Adams	33	PP	126.9	10.9	131.1	268.9
5	Aiden Ellmers	22	AK	120.0	109.3		229.3
6	Darren Ashmore		RO		158.4		158.4
7	Ionel Popovici	37	AK		68.5	82.7	151.2
8	Allan Janes	46	NW	11.5	61.5	75.5	148.5
9	Grant Burke	37	AK	69.5		59.8	129.3
10	Michael Rohde	23	CM	24.8	51.8	50.1	126.7
11	Nick Harris	35	NW			115.7	115.7
12	Aidan Boswell		HB		106.6		106.6
13	Kris Jones	26	CM	29.2	72.4		101.6
14	Alan Dobson	30	CM	24.2	24.5	25.0	73.7
15	Kane Alward	35	AK			72.8	72.8
16	Roger Woodroofe	35	AK			58.0	58.0
17	Ellis Lam	38	AK		53.5		53.5
18	Steven McKinstry	27	AK			36.4	36.4
19	Jonathan King	26	AK		33.4		33.4

**M40**

1	Paul Ireland	44	NW	114.4	113.8	139.8	368.0
2	Pete Swanson	45	AK	99.8	119.2	112.1	331.1
3	Phil White	49	NW	110.0	85.4	84.0	279.4
4	Jonathon Wood	46	AK	72.9	70.2	81.6	224.7
5	Rudy Hlawatsch	45	AK		94.2	77.9	172.1
6	Owen Means	49	NW		85.9	80.8	166.7
7	Rob Vanstam	44	NW	53.1	49.0	56.9	159.0
8	Steve Oram	45	AK	68.7		73.4	142.1
9	Jeff Greenwood	46	AK	109.2			109.2
10	Andrew Bell	42	NW			106.1	106.1
11	Darren Gosse	43	NW	92.5		9.5	102.0
12	Kerry Linkhorn	49	AK			75.8	75.8
13	Craig Pearce	45	AK			67.5	67.5
14	Kent Dickson	44	NW	61.4			61.4
15	Greg Roigard		AK	26.0	30.4	2.7	59.1
16	Peter Cleary	47	CM		31.0	23.2	54.2
17	Brent Goodall	47	HAM	5.8		25.2	31.0
18	Mervyn Paitry	44	AK		24.8		24.8

**M50**

1	Roel Michels	58	NW	76.6	93.0	65.7	235.3
2	Bruce Peat	51	CM	95.1		108.9	204.0
3	Tony Cooper	51	AK	75.7	64.9	50.5	191.1
4	Mark Wilson	52	AK	66.4	56.7	46.7	169.8
5	Stephen Reynolds	53	NW	72.3		76.0	148.3
6	John Barrett	57	NW	74.0		60.1	134.1
7	Norm Jager	53	AK	66.7		62.7	129.4
8	Nicholas Oram	54	AK		69.2	56.8	126.0
9	Peter Ware	50	AK	53.4	60.6	9.5	123.5
10	Geoff Mead	53	NW	98.7			98.7
11	Mike Roigard	51	NW	28.5	29.9	27.4	85.8
12	Murray Thomas	50	NW	24.3	28.1	26.4	78.8
13	Peter King	54	AK			75.0	75.0
14	Trevor Murray	55	NW		71.7		71.7
15	Kingsley Ng-WaiShing	52	NW	60.7			60.7
16	Rolf Wagner	56	NW	56.3			56.3
17	Stuart Gray	55	NW			46.1	46.1
18	Carey Walter	50	CM		23.5		23.5

**M60**

1	Wayne Aspin	64	CM	94.3	94.9	100.6	289.8
2	Rob Garden	60	NW	90.6	89.3	9.5	189.4
3	Terje Moen	64	NW	54.4	56.4	72.3	183.1
4	Selwyn Palmer	60	AK	50.0	48.2	62.1	160.3

5	Les Paver	69	NW	48.3	47.1	56.7	152.1
6	Phil Johansen	60	NW	76.0	60.2	9.5	145.7
7	David Scott	62	AK	43.6	51.0	50.7	145.3
8	Brian Long	60	CM	69.1	61.2		130.3
9	Clive Bolt	62	AK	33.4	39.7	49.9	123.0
10	Dave Middleton	63	NW			121.4	121.4
11	Wayne Munro	62	AK	44.2	7.6	60.9	112.7
12	John Powell	67	CM	3.7	48.2	48.9	100.8
13	Chris Gelderman	67	NW	50.0	50.0		100.0
14	Ross Brighouse	64	CM		96.4		96.4
15	Mike Beveridge	60	NW		81.9	9.5	91.4
16	Alistair Stewart	60	AK			91.3	91.3
17	Stan Foster	60	NW	73.2			73.2
18	Rob Jacobs	60	AK	5.8	41.2	21.0	68.0
19	Lyndsay Shuker	63	CM		63.5		63.5
20	Vee Smirnov	69	AK			59.0	59.0
21	Bob Lindop	65	AK	22.0	19.5		41.5
22	Ken Taylor	64	NW	3.7		28.9	32.6
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<b>M70</b>							
+							
1	John Robinson	70	CM	70.1	73.4		143.5
2	Terry Nuthall	70	AK	41.7	49.4	38.4	129.5
3	Peter Godfrey	73	NW	35.4	20.4	46.8	102.6
4	Tom Clendon	74	AK	29.3	35.7	31.5	96.5
5	Rhys Thompson	71	NW	43.3		51.7	95.0
6	Paul Potter	71	NW			45.3	45.3
7	Bert Chapman	75	NW	29.2	4.1		33.3
8	Phil Mellsop	79	NW	26.8			26.8
<hr/>							
<b>W10</b>							
1	Danielle Goodall	10	HAM	13.8	13.4		27.2
2	Tessa Boyd	9	AK			24.2	24.2
3	Ellenna Caudwell	10	CM		11.3	7.4	18.7
4	Erika Mahe	10	AK			5.6	5.6
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<b>W12</b>							
1	Heidi Stolberger	11	NW		17.3	21.4	38.7
2	Kaitlyn Pennell	11	CM		23.3		23.3
3	Nikita Mahe	12	AK			0.7	0.7
<hr/>							
<b>W14</b>							
-16							
1	Cosette Saville	16	CM	52.2		53.5	105.7
2	Rebecca Gray	15	NW		58.1	41.0	99.1
3	Hannah Lockie	15	NW	43.8	46.3	5.1	95.2
4	Isobel Jennings	15	NW		30.7	34.1	64.8
5	Helayna Ogden	13	NW	41.5		20.0	61.5
6	Lydia Scott	16	AK	54.7		5.1	59.8
7	Renee Beveridge	16	NW		57.4		57.4
8	Kate Salmon	13	NW		21.9	21.0	42.9
9	Merryn Ng-WaiShing	16	NW	36.6			36.6
10	Becky Pennell	14	CM		1.7	27.6	29.3
11	Jazmyn Garrett-Dalton	14	NW			23.2	23.2
12	Emma van Kerckhof	15	Birk			21.8	21.8
13	Helena Barnes	14	NW			20.4	20.4
14	Jess Scott	15	NW			20.0	20.0
15	Jesse Pukas	14	Birk			14.6	14.6
16	Holly Chase	14	Birk			10.7	10.7
17	Lizzie Morse	15	NW			2.0	2.0
<hr/>							
<b>W18</b>							
1	Kate Morrison	18	HB	95.8	104.3	84.9	285.0
2	Kate Smirnova	17	AK	53.1	63.5	62.7	179.3
3	Amy Cray	17	NW	31.5	28.0	26.7	86.2
4	Megan Wood	17	AK		42.2	43.1	85.3
5	Chevella Sands	18	CM	31.4	35.5		66.9
6	Kayla Caudwell	17	CM		18.5	30.4	48.9
7	Laura Tattersall	17	Birk			34.5	34.5
8	Amber Warwick	17	Birk			34.0	34.0
9	Anna Gray	18	NW			9.5	9.5
10	Natasha Mitchell	18	Birk			5.1	5.1
<hr/>							
<b>W20</b>							
1	Imogene Scott	20	AK	114.9	91.2	116.0	322.1
2	Alina Smirnova	19	AK	34.5	38.5	37.8	110.8
3	Katherine Reynolds	19	NW	38.3		49.3	87.6
4	Celia Schofield	19	CM	34.6	50.2		84.8

W21							
1	Amber Morrison	22	HB	98.1	118.6	110.9	327.6
2	Katherine Bolt	27	AK		75.6	90.0	165.6
3	Sandra Faustl	34	AK		66.0	46.6	112.6
4	Rebecca Smith		RO		110.0		110.0
5	Jenni Adams		PP			93.1	93.1
6	Claire Patterson	25	NW		71.4		71.4
7	Cath Heppelthwaite	37	AK	30.0	24.2	2.6	56.8
8	Tania Robinson	37	CM	11.5			11.5
W40							
1	Marquita Gelderman	42	NW	105.2	122.4		227.6
2	Megan Officer	41	NW	43.1	48.4	53.7	145.2
3	Melvina Wise	43	AK	65.4		75.7	141.1
4	Iryna Smirnova	47	AK	38.9	40.7	42.6	122.2
5	Suzanne Stolberger	43	NW		56.6	57.6	114.2
6	Elke Haag	41	NW	47.7		65.8	113.5
7	Lyn Stanton	45	AK	47.8		24.1	71.9
8	Angela Guptill	43	AK	17.0	26.5	20.1	63.6
9	Angela Levet	41	NW	51.8			51.8
10	Suzie Clark	40	NW	27.4	20.7		48.1
11	Karen Woods	45	AK		24.3	14.2	38.5
12	Tracy Thomas	42	NW		19.6	17.4	37.0
W50							
1	Phillippa Poole	51	NW	87.2	90.4	88.7	266.3
2	Annette Orchard	52	AK	55.8	75.0	72.0	202.8
3	Dianne Michels	51	NW	65.8	73.9	36.6	176.3
4	Lisa Mead	52	NW	78.5		90.1	168.6
5	Bronwyn Holcombe	54	AK	44.7	43.9	39.0	127.6
6	Maggie Reynolds	51	NW	29.1		26.8	55.9
7	Jennifer Seed	50	AK			55.6	55.6
8	Christine Munro	59	AK	20.7	10.0	16.9	47.6
9	Pauline Ogden	50	NW	25.0		14.5	39.5
10	Debbie Beveridge	55	NW	32.8			32.8
11	Raewyn Bennett	53	AK		15.2	16.5	31.7
12	Adrienne Lovell	58	CM	22.3			22.3
13	Judy Ng-WaiShing	50	NW	19.8			19.8
14	Anne Mortimer	50	NW	11.5			11.5
15	Joanna Stewart	59	AK			5.1	5.1
W60							
1	Patricia Aspin	63	CM	72.5		76.1	148.6
2	Mary Moen	61	NW	41.5	45.8	52.9	140.2
3	Jill Dalton	65	NW	46.3	56.4		102.7
4	Rae Powell	65	CM	28.2	30.3	32.2	90.7
5	Helen Bolt	62	AK	26.4	28.4	27.2	82.0
6	Anne Humphrey	60	CM	39.0	38.6		77.6
7	Val Robinson	69	CM	37.6	32.5		70.1
8	Yett Gelderman	67	NW	24.9	34.3		59.2
9	Diane Taylor	64	NW	25.0		21.8	46.8
10	Bev Shuker	60	CM		32.9		32.9
11	Lesley Stone	64	NW			25.8	25.8
W70							
+							
1	Heather Clendon	72	AK	25.8	24.1	27.6	77.5
2	Jill Brewis	72	AK		25.8	24.8	50.6

CLUB MEMBERS OF UNCONFIRMED AGE
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1	Bevan Jenkins		HAM		79.8		79.8
2	Mark Reeves		HAM		76.0		76.0
3	Matthew Goodall		HAM	26.9			26.9
4	Shaun Pennell		CM		18.2		18.2
5	Maggie Salmon		NW			16.8	16.8
6	Carsten Jorgenson		PP			11.6	11.6
7	William Steel		CM		9.2		9.2
8	Macy McLaughlin		CM		8.0		8.0

OTHERS OF UNCONFIRMED AGE
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1	Al White		---		55.7	57.7	113.4
2	Jos Pols		---	37.1	48.7	5.1	90.9

3	Ross Friedrich	---	30.5	26.2	24.1	80.8
4	Debbie Chambers	---		68.3	9.5	77.8
5	Stacey Lockie	---	46.5		21.8	68.3
6	Steve Pyatt	---			66.1	66.1
7	Al & Sonja White	---	64.7			64.7
8	Ian Riddick	---	35.0	23.7		58.7
9	Tracey McMillan	---	25.0	31.3		56.3
10	Shelley Gosse	---	18.1	21.9	16.1	56.1
11	Jeremy Kuggeleijn	---	27.6	25.5		53.1
12	Jollean Lockie	---	27.1		14.4	41.5
13	Kelsi Heath	Birk			34.9	34.9
14	Mike Morse				31.3	31.3
15	Kylie Jones	---	29.2			29.2
16	Luke Scott	---			28.3	28.3
17=	Cameron Sims	---		14.6	13.5	28.1
17=	Jacob Rennie	---			28.1	28.1
19	Oliver Tyack	---			26.9	26.9
20	Adrian Griffiths				25.9	25.9
21	Maria Bennett				25.7	25.7
22	Jesse Treløe	---		25.6		25.6
23	Debbie Bevins	---		24.8		24.8
24	Claire Dobson	---	24.2			24.2
25	Ashleigh Thomas	---	24.1			24.1
26	William Taylor	---			23.9	23.9
27	Simon Connolly	---		22.4		22.4
28=	Family Duff	---	21.2			21.2
28=	Stella & Grace Nightingale	---	21.2			21.2
30	Sam Peat				20.9	20.9
31	Ruby Kibblewhite	---	20.7			20.7
32	Luther Selwyn	---	19.3			19.3
33	Kieran Reid	---		18.9		18.9
34	Ashleigh Thomas	---			18.4	18.4
35	Maddison Lowe	---			18.2	18.2
36	Mac & Finnday Waymouth				18.1	18.1
37	Max Griffiths	---			18.0	18.0
38=	Brittany Wollense	---		16.3		16.3
38=	Laura Clements	---		16.3		16.3
40	Thomas Evans	---			15.6	15.6
41	Hayley Smith	---			15.2	15.2
42	Michael Irwin	Birk			14.7	14.7
43	Briar Corlett	---			12.2	12.2
44	Katie Perratt	---			9.8	9.8
45	Tyler Casey	---			9.5	9.5
46	Brigitte Handcock	---			9.4	9.4
47=	Ryan Lacey	---		9.1		9.1
47=	Cullen Rhind	---			9.1	9.1
49	Gillian Stretch	---			8.3	8.3
50	Brydee Agate				8.1	8.1
51	Tim & Sonja Cochrane	---			5.1	5.1
52	Robert Pasco	---			2.6	2.6
53	Family Figgins	---		0.8		0.8
54	Family Ferguson	---		0.3		0.3

## Orienteering on the Web

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

Australian Sports Dietitians Association – [www.sportsdietitians.com](http://www.sportsdietitians.com)

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

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

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

Multisport – [www.sportzhub.co.nz](http://www.sportzhub.co.nz)

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

NZ Rogaining Association – [www.rogaine.org.nz](http://www.rogaine.org.nz)

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

Running – [www.coolrunning.co.nz](http://www.coolrunning.co.nz)

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

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

### ICD quiz answers

1. Course 4
2. 78 m
3. Hill top
4. Mandatory passage through out of bounds
5. Unmarked 50m to finish
6. 230 path junction; 132 footbridge; 142 thicket, outside East corner; 143 narrow marsh, lower part, drinks; 215 East side of building; 265 western boulder, height 1m, at foot; 166 ride, sandy, Western part

### 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

DNF: did not finish the course

DSQ: disqualified

ICD: international control description

JWOC: Junior World Orienteering Championship.

mp: mispunched = DSQ or DNF

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

WMOC: World Masters Orienteering Championships

WOA: Wellington Orienteering Association

WOC: World Orienteering Championship/Wellington Orienteering Club

