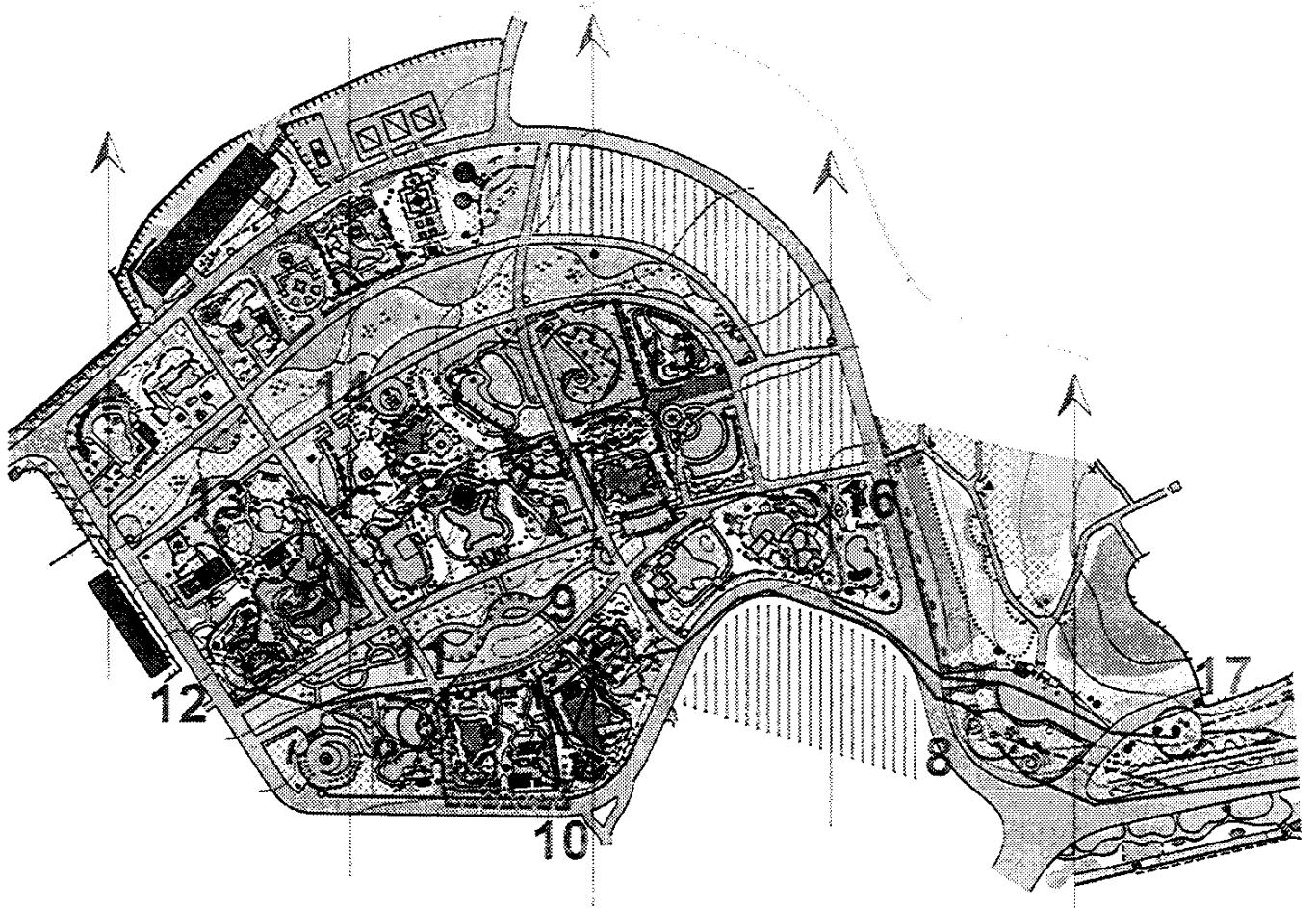


The AUCKLAND ORIENTEER

Park World Tour, Final
Kunming, China, 31 Oct. 2000



February 2001

EVENT CALENDAR

Please call Club Secretaries for final confirmation of these details: (A) Auckland: Nicola Kinzett 09 521 9535 (CM) Counties-Manukau: Hilary Isles 09 235 2941; (E) Egmont: Suzanne Scott (06) 758 4468; (H) Hamilton: Mike Baldwin 07 856 3887 (NW) NorthWest: Jill Smithies 09 838 7388; (P) Pinelands: Chris Jackson 07 886 5313; (R) Rotorua: Peter Fitchett 07 345 6786; (T) Taupo: Alison Mensen 07 378 0577; (WACO) Waikato and Auckland Campus: Melissa Edwards 09 634 8104; (Wh) Whangarei: Dick Rankin 09 434 6499; (NOS) National Orienteering Squad: Rob Crawford 09 412 9711. Unless otherwise stated, start times are 10 am to 12 midday. Summer Series start times from 5.30 pm to 6.45 pm.

February 2001

Wed 14 th	A	SUMMER SERIES - Mt. St. John Streets / Dilworth Dilworth School, off Great South Road, Newmarket
17/18		Kaweka Challenge, Hawkes Bay
Wed 21 st	A	SUMMER SERIES - Self's Farm Tidal Rd, Papatoetoe
Sat 24 th	NW	Night O Training – see details this magazine

March 2001

Thurs 1st	A	SUMMER SERIES - Auckland Domain Band Rotunda
Sun 4 th	NW	OY1 Otakanini Topu or Turkey Ridge
Thurs 8th	A	SUMMER SERIES - Macleans / Pakuranga Streets Eastern Beach Road NEW MAP
Sat 10 th	T	Katoa Po relays
Sun 11 th	T	CDOA OY
Thurs 15th	A	SUMMER SERIES - One Tree Hill / Cornwall Park Observatory Manukau Road
Sun 18 th	A	OY2
Wed 21 st	A	ORANGE LEVEL TRAINING EVENING Details TBA but probably at AUT – preparation for Nationals – route choice
Sat 24 th		The Wairamarama Rogaine – see details this magazine
Sun 25 th	NW	Promotional - Beautiful Hills
Sun 25 th	CM	Club Event - Maioro

April 2001

Sun 1st	CM	OY 3 - Matakawau
Sun 8th	NW	Score Series 1 - Muriwai
Sun 1 st	CM	Club event - Four Seasons
13 – 16th	CDOA	Nationals – Entry Form this magazine
20 – 21st	School	NI Sec School Champs
Sun 22nd	NW	Score Series 2 - Turkey Ridge
Sun 22nd	CM	Club event - Taurangaruru
Sun 29th	WHO	to be confirmed OY 4

May 2001

Sun 6th	NW	Score Series 3 - Beez Kneez
Sun 6th	CM	Club event - Harkers Reserve
Sun 13th	AOC	Promotional ?
Sun 13th	Squad	Forest Run
Thur 17th	NW	AKL Intermed School Champs - <i>Date to be confirmed</i>
Sun 20th	NW	Score Series 4 - Beautiful Hills
Sun 20th	CM	Club event - Totara Park
Tue 22nd	SS	Sec School Teams event - <i>date & club to be confirmed</i>
Sun 27th	NW	Score Series 5 - Otakanini Topu

June 2001

2 – 4 th	HB	Hawkes Bay 3 day
Sun 10th	NW	Score Series 6 - Slater Road
Sun 10th	CM	Club event - Reeves Farm
Sun 17th	NW	Great Day O
Wed 20th	CM	Akl Secondary Schools Champs - Waiuku Forest
Sun 24th	CM	Bell Trophy 1 – Waiuku

July 2001

Sun 08th	AOC	Bell Trophy 2 - Beautiful Hills
13 – 14 th	Wgtn	Silva Nat Sec School Champs
Sun 22nd	NW	Bell Trophy 3 - Otakanini Topu or Turkey Ridge

August 2001

Sun 5th	WACO	Bell Trophy 4
Sun 12th		training
Sun 26th	AOC	OY 5 - Pot Luck

September 2001

Sun 2nd		training Pot Luck
Sun 9th	CM	OY 6 - Kaioitahi
Sun 23rd	NW	OY7 - Kaipara Knolls (map to be confirmed)
Sun 30th		training Kaipara Knolls (map??)

October 2001

6 – 7th	CDOA	CDOA Champs
Sat 20th	AOC	Auckland Champs
Sun 21st	AOC	Auckland Champs
Sun 28th	NW	Ralph King Score event

November 2001

Sun 4th	NW	Auckland Teams event (relays) - Slater Road
10 – 11th	Wgtn	Wellington Champs

NORTH WEST NEWS

I'm ashamed to say that I haven't touched my compass or O shoes since mid-December, but from

all accounts, the summer series has been a success, despite unreliable weather and the calendar is jam packed with great events to look forward to:

NIGHT FRENZY: Saturday 24 February 2001 Warm up for the All Night relays (Katoa Po) with courses set by Tom Frenz. You don't have to run all night - these are standard length courses. All orienteers are invited to a Saturday evening Night-O, BBQ and camp at Woodhill Forest, with start times at 6.30 and 8.30pm.

Cost: \$8 / adults , \$6 / juniors and \$5 pp to camp.

Bring: Full body cover, torch and BBQ food (and breakfast?) and camping gear. Phone Tom (817 9645) or Bert Chapman (846 5083) for details

OCAD Training Workshop and Mapping Fieldwork training Both these workshops will be happening soon! Please contact Jill Smithies : (Phone 838 7388 or email Smifam@ihug.co.nz). Exclusive to NW members only and a great opportunity to become more involved in the key to enjoyable orienteering - our maps, whilst honing your own skills. You don't have to have been orienteering for 20 years to participate!

Great Day O By popular demand, this classic event is back, on Sunday 17 June, so mark the date in your diary. Course setters Stan Foster and Bert Chapman.

Not to be missed - just ask anyone who has ever devoted a day to this multi-map, long distance - O at Woodhill Forest. Also a shorter Long-O for the less masochistic / haven't trained / can't get an all-day baby-sitter. If you would like to help with the organisation of the event (course planners and setters have already volunteered), please phone Stan Foster (ph 836 7072) or Bert Chapman.

Katoa Po All Night relays : 10 March 2001 The orienteering and social highlight of the year for night-owls. We already have several enthusiastic teams but contact Bert Chapman very soon if you would like to be included in a club team. The relays start with easy legs at dusk (suitable for junior/ novice orienteers) through to a red course around 2.00am, or later if the moon is hiding.

Camping overnight at the relay venue, followed by an OY the next morning. The club will subsidise the relay entry fee.

NZOF Training 16-22 April This is a training camp to be held the week following the National champs at Easter. All types and standards of orienteers will be catered for - entry forms from Jill Smithies.

Club news Work is well under way on an extension of the Weiti Station map. Photogrammetry has been obtained and fieldwork commenced. Plans are also afoot to produce a "new" map based on the "Woodhill 81" map - and adjoining areas.

Congratulations to Mark Lawson, who continues to cement his place amongst the elite ranks of NZ orienteers by winning the Taranaki Turkey Trot.

Diane and Roel Michels were among the relatively few orienteers who supported a new event on the multisport calendar - a 50km point to point kayak / mountain bike / orienteering event held on Auckland anniversary day. They competed as a mixed relay team, with Diane completing around 22km of paddling (in one of 6 kayaks she has built herself!) and Roel tackling the land based legs. As usual, orienteers tended to have superior results on the legs requiring navigational skills, and the overall winners were Phil Woods and Matt Tuck.

Rolf Wagner played a major role in the administration of the event and in timing competitors in the various legs.

A couple of the club's younger members attended a half day of the junior training camp out on the Kariotahi map and were inspired and enthused by Darren Ashmore and benefited from individual attention from his very able assistant coaches. They were overheard declaring their intention to attend the full camp when old enough. The profit from last year's sausage sizzles is to be dedicated to a junior coaching day - if we can ensure younger people are hooked on the sport now, we can hopefully retain them for years to come.

Please return any library books and magazines to Lisa Mead (ph 445 4555).

Please note that it's time to renew your club membership again - or sign up newcomers - and be assured of continuing to receive the Auckland and national orienteering magazines. Please send

club fees to Treasurer Rolf Wagner (P.O.Box 76, Red Beach 1330 - Ph (09) 427 8524) or email rolf@cnacomputer.co.nz for a membership form if you have lost yours.

Next Club meeting: Wednesday 7th March, commencing 7.30pm. Hosted by proud new home owners Rob Garden and Marquita Gelderman on their Slater Road property (North of Parakai). Come early and bring your running gear and something for the BBQ. Phil Johansen (ph 444 4390) and Jill Smithies are planning to organise a car pool to this meeting.

The following month we meet on Wednesday 11 April at Jill Smithies' home, 4B Fairbanks Place, Glendene. All welcome.

LISA MEAD 445 4555

CMOC CALLING

Greetings fellow orienteers. Another "O" year underway and a few of us still recovering from injuries sustained competing in 2000. And not to forget the Aspin's who received injuries after taking a tumble on their motor bike over Christmas – Wayne was driving.

Our new committee has been elected for 2001

President	Ross Brighthouse	298 8380
Secretary	Hillary Iles	09 235 2941
Treasurer	Chris Rowe	09 294 8773
Equipment	Lyndsey Shuker	09 235 9828
Primary Schools	Val Robinson	837 4610
Secondary Schools	John Robinson	837 4610

To our out going committee members our thanks and appreciation go to Peter in his role as President and to John Briffett as Treasurer and Equipment Officer.

The Katoa Po all night relays will be held on Saturday 10 March 2001. This is a great not to be missed evening. All those keen to compete to make up the team contact Hillary on 09 235 2941 And may your torches all stay clear and bright.

The Junior Squad ran a training event based out at John Robbie's bach on the beautiful Awhitu Peninsula. This was attended by 20 or so keen juniors. Coached by Darren Ashmore, Jean Cory Wright and assisted by David Stewart. CMOC Juniors Marijka Currie, Jane Shuker and Kieran Murphy said they thoroughly enjoyed the camp and are looking forward to putting into practice their new found skills. Thanks to organisers, coaches and camp cook.

CMOC due to a lack of growth in our membership base, has adopted a Club policy for all future events (except pre entry events) where we shall set out to promote the sport to prospective members and beginners through a more intense advertising program. Fortunately with the full support of local papers.

We have a fortnightly program scheduled for this year starting with seven local park events mid week in February and March, then progressing on to Whiriwhiri, Four Seasons, Waiuku Forest maps etc on Sundays through until September. These events will include club coaching and training exercises.

There will be a Red Course set at all Sunday events and open to all orienteers. Maps are \$5.00. We hope to have a small prize giving and spot prizes will hopefully create an exciting atmosphere.

The local newspapers have agreed to run a feature article with photos in the Franklin Courier and the Counties Courier to kick off the promotional series, then following up with results and the upcoming event program.

Start Times for Sunday 10:00 am to 11:30 am, course closure 2:00 pm

Wayne & Trish have completed the field work on Duders Regional Park with the intention of establishing a permanent course and will be a valuable asset in the future promotional series.

With the felling of sections of Waiuku forest the club will be looking at the viability of using Waiuku Forest South in 2002.

Val and John Robinson are once again heavily involved with Counties schools. Val is soon to recommence promoting orienteering with the Primary schools. Robbie has 5 secondary schools keen to enlist his help and knowledge to train the teachers and pupils then form teams to compete in the secondary school series. There are weekend camps in the school programme which will hopefully draw mum and dad into the sport.

The March Club meeting will be at Bob Hatties residence at 7:30 pm 23 Coulthard Tce Papakura - ph: 299 6394

BOB HATTIE 2996394

AUCKLAND CHATTER

Katoa Po is a LOT of fun – newcomers are very welcome and will be looked after – let Joanna or Alistair Stewart know if you want to attend.

The AOC committee meeting this month saw a new record in recent history of 11 members present, AND it finished at a reasonable hour. Wow.

People Well done Alistair Cory-Wright, 3rd in the two-day Coast to Coast. He was beaten on the running leg by a new event record set by a chap you may have heard of – Carsten Jorgensen.

Sally Catherine was born to the Mains family on 17th January – 9lb 3oz.

Sarah Pilgrim and Tim Wright have left Auckland for a three month trip around NZ and then back to the UK. If anyone needs some household goods...

Welcome to new or returning members Keith Mitchell, Dougal Harding, Dave Crofts, Melvina Wise, Fraser Mills, Jeff Greenwood & Alison Comer, Sydenham family, Belinda, Ian, Alison, Meg & James

Help Please! Summer Series events for the remainder of the season will see more and more newcomers and will need more and more helpers – please do your bit by hanging around registration and looking helpful.

Subscriptions Fixed this year at the same rate as the last several years, subscriptions are due any minute now. You will receive an individual invoice by mail – please do Christine Jager a favour and reply ASAP with a cheque.

Overseas Magazines AOC receives the Australian and British natmags – who would like to be on their circulation list – contact Mark nmr@iprolink.co.nz or 521 9535.

Next Committee Meetings All Auckland Club members are welcome to the Brooks/Kinzett/Roberts residence at 6 Tautari St, Orakei at 19:30 on Wednesday 7th March, and to the Stewart residence, 38A Glendowie Rd, Glendowie on Wednesday 11th April.

TRAINING FOR O: INTERVALS

The concept of interval training was first developed by a Czech runner called Zatopek. He believed that as the heart was a muscle it should be trained like any other. The best training, he decided, was a series of stress-rest repetitions where the heart rate was increased then allowed to recover. He did this during the late forties and was way ahead of his contemporaries who were mostly favouring long, slow, distance (LSD) type running, Zatopek's method's culminated in him winning the running triple crown (5000m, 10,000m and marathon) at the 1952 Helsinki Olympic's. A feat never again repeated by anyone. Since Zatopek's time there have been much study and many variations of his methods. Today however there are no top class runners who don't use interval training at some time during race preparation.

Intervals consist of a series efforts followed by active or passive rest usually at a pace faster than a continuous type training run. There are four things that you can alter in an interval training session. They are distance or time, rest time or distance, effort, and the number of repetitions. Each of these can be varied to tailor the interval session to a persons individual goals.

Interval sessions are also quite stressful on the body. They should be followed by a relatively easy training day and more than on of these sessions in a week should be left to the elite athletes. Also as it is quite jarring on the feet/body the softer the surface the better off you are from an injury perspective. Softer surfaces are also slower than hard surfaces so times will be affected. Races are also usually on hard surfaces such as roads so a small percentage of your intervals should mimic race conditions.

I will briefly outline the some generic types of intervals and what they best train. Many different coaches have different names for these types of sessions. I will try and use the most common names.

Stride-Outs/Form Intervals.

These are fairly short intervals between 50m and 200m whose primary aim is to improve your running efficiency. They get your body used to travelling much faster than you are going to race. The theory is that if you continually do this then some adaptations will occur which mean that running slower will be easier. They can be done at any time during a season but are common in the week leading up to a race with long rests to gent your feet moving faster.

Rhythm Intervals

These are the most common form of intervals. They are run at a pace just faster than race pace with a fairly short rest between each interval. Sets above 10 repetitions are not uncommon with Rhythm Intervals. If you are training for a 10km event an example of Rhythm interval session would be 8 x 400m with 1.5mins rest between each interval run at 5km race pace. Although intervals ranging from 400m through to 3000m can be used when training for any event, normally the longer the event you are training for the longer the length of the intervals you would do. Marathon intervals are typically 800m, 1000m, and 1500m.

Power Intervals

These are directly aimed at increasing both the strength of your muscles and your VO₂ max and are designed to be run near your VO₂ max. For these intervals you run quite fast (95%) and have a longer rest. Also there are normally less repetitions than Rhythm interval sessions. You may have as much as 5 minutes rest between each interval in a power session. I prefer these sessions early on in the lead up to a race. This is to have maximum effect on VO₂ max early. Later on I switch to Rhythm intervals to fine tune the Anaerobic Threshold.

Hill Repeats

These intervals are vary hard and have significant effect on strength and power development within your leg muscles. Most muscles have two types of fibres:- fast twitch and slow twitch. The fast twitch are used when you run fast and to train them you can fun fast, or....research has shown that hill work strengthens them as well. Fast twitch fibres are recruited by the amount of power exerted by the muscle not its speed. Hills and intervals both require a high power output. They are also useful if your race will be on a hilly course. Different muscles are also used in hill running compared to racing on the flat. Strength is also more impportunity in the hills. The idea is to have a series of hard uphill efforts (say 6-8) jogging/walking down the hill in between each repeat. Remember to take it easy on the downhill, the eccentric action required can cause injury.

The Interval Session

Intervals are much more fun if they are done with a group. They are hard sessions and is helpful to have other people to pull you on and to provide moral support through the sometimes gruelling sessions. They can also be made quite fun with many different variations possible on the main theme. You should be sure to both warm-up and cool down thoroughly and a do series of slow

accelerations to ease you into the session.. Some people also stretch.

Fartlek

A discussion on Intervals would not be complete without mention of Fartlek. This form of training was developed in Sweden and means Speed Play. It is an unstructured form of intervals where you run fast and slow for as long as you like. The length of the "fast" bits can range from 30 seconds to a few minutes. It is typically done in a hilly country area with grass and dirt tracks where you can run with the wind being as playful as you can.

Taken from WOA news letter via RunCoach Running Tips

(<http://www.iinet.net.au/~coach/contents.html>)

KATOA PO

Leg 1 is open to NOVICES ONLY. Anyone finishing in under 15 minutes will be handicapped to 15 minutes. This course has been specially designed for beginners. Parents may follow their children (about 30 m behind), if necessary. Competitors can expect to be using their torch to read the map near the Finish. A handicap system may apply to leg 2 as well.

You can only represent ONE team.

ENTRY FEES: *Mixed 7-person team* **\$91.00**

Mixed 5-person team **\$61.00** (roughly based on \$8/Junior, \$15/adult)

Mixed 5 person Junior team (not required by other teams) **\$40.00**

Note: Reduced rate only applies to the **5 person Junior team** (no composite fees accepted)

Commemorative T-Shirt **\$19.00** (white logo on dark green T-shirt –

see below)

ENTRIES CLOSE: **Monday 26 February, 2001.** Entries must be in our hands by that day complete with **full** entry fee. Maps will have courses printed on them using OCAD.

Absolutely no late entries accepted.

Send to: Katoa Po, Taupo Orienteering Club, P O Box 666, Taupo

 Make cheque payable to: **Taupo Orienteering Club**

DIRECTIONS: Signposted (**from 4:30 p.m.**) from the intersection of State Highway 1 and Poihipi Rd turnoff, at the top of the Control Gates Hill (1 km north of the Waikato River). Travel west towards Kinloch, but stay on Whangamata Rd. Allow approx. 40 minutes from Taupo.

If you are taking the Western Access Road (SH 32) on the western side of Lake Taupo, turn east at Whangamata Road (signposted). Whangamata Rd is approx 3 km NE from the *Tihoi Trading Post*, and 25 km south of the Whakamaru turnoff. (Event Centre Map Reference: T17 502849)

REGISTRATION: At the Event Centre from 5 p.m. (**no earlier**). Please notify us at registration of any spare runners, or spaces for runners, or changes. **Register before 6:45 p.m.** so we can finalise teams in time.

Note: Each team is required to provide at least 1 person to help run the Event during the night as TOC hasn't enough members to run the Event and enter a team.

START: Leg 1 runners must be ready to start by 7:30 p.m. The actual time depends on light and weather conditions. Sunset is 7:43 pm. Twilight ends 8:10 p.m. The Moon rises at 8:22 p.m. The hills to the west may bring sunset forward a tad.

CLOTHING: Leg cover is recommended (may be the odd thistle/blackberry about!).

Long grass is to be expected in places.

ACCOMMODATION: Plenty of room for camping by Registration, handy to Start/Finish. Long-drop loos. **You need to be completely self-sufficient.** There is **untreated** bore water available from a tap at a woolshed (<50m from the campsite). There is a land-line telephone available for

emergency use only but cell-phone coverage good. No dogs allowed. No open fires - use a gas BBQ/stove. You are in a remote area. The nearest petrol station is either Kinloch or Whakamaru. The *Tihoi Trading Centre* (4.5 km away) is open from 11am-8pm – basic licensed restaurant, and it supplies fish and chips.

NO PROGRAMME WILL BE ISSUED PRIOR TO THE EVENT

- *just enter your team, pay the fee, and turn up*
- *any additional information will be sent to Club Secretaries and Contact person*

SUNDAY'S EVENT (CDOA OY #1) 11 March

This will take place on Waihora Station - new farm map. Across the road (south) from the Katoa Po map (a few hundred metres from the campsite). Complex gully systems with numerous marshes and forested conservation gullies. Further details will be sent out when they have been finalised.

Enter on the day. Scale: 1:10 000 Contour Interval: 5m Starts: 10:30 am – 1 pm

We may have premarked maps for Red courses available. Directions: as per Katoa Po map.

This is the map featured in an article in the December 2000 issue of NZ Orienteering.



T-shirt Logo

NIGHT - O TRAINING

North West have organised a night O event to be held in the Woodhill Forest on February 24th starting at the Taumauri Camp. Keep this date free and come along for some great fun. There are opportunities for all levels of experience. Camping is available at \$5pp so stay the night and enjoy the fun. Toilets, showers and gas BBQ on site. BYO food and refreshments. The gate in will be opened at 5pm and there will be starts at 6:30pm and 8:30pm. This will be score event with 24 controls, some easy, some medium and some hard. A score event has all the controls on the map and you visit as many as you can in a set time period.

Compete in full body cover as there will certainly be some cutty grass to go through.

Don't forget a torch or head lamp (and spare batteries).

For further information contact Bert Chapman on (09) 846 5083. This and more information as it comes to hand will appear on the Auckland O club web page auckoc.tripod.com/. There is the big night relays in Taupo on the 10th of March for club members and so this will help with the preparation!

ORIENTEER OF THE YEAR 2001

The Auckland Orienteer of the Year (OY) competition is a series of events open to all financial members of clubs in the Auckland Orienteering Association and Central Districts Orienteering Association. This year there are seven events in the series, starting in March, and competitors in these earn points based on both their placing and time. The best six performances of each competitor will be counted to determine the winner of the Orienteer of the Year award in each class.

Entering the competition

You do not have to do anything to enter; you will automatically earn points in the class in which you first compete. Competitors can only register points in one class, so if you wish to change classes later in the competition, you must advise the OY Statistician (Keith Stone, 14a Melandra Road, Whangaparaoa, 09 424 2640, pebble@paradise.net.nz). Once this advice has been received, points will be awarded in the new class and any points earned in the previous class will be removed.

Pre-start

A pre-start of six minutes will operate at each OY event. The start time entered on your clip-card will be the time you enter the pre-start to copy your course from the master maps. You then start your course six minutes later. Course setters must consider the number of competitors on each course and the length of course to be copied in order to provide an adequate number of master maps.

OY points

The points awarded in each class are calculated in two parts —

Place points are awarded to the first 20 in each class; 10 for 1st, 9.5 for 2nd, 9 for 3rd and so on, down to .5 for 20th (if there are that many)

Time points are awarded according to the following formula:

$$10 - \frac{\text{Your time} - \text{Winner's time}}{\text{Winner's time}} \times 10$$

This means that you lose one time point for every 10% of the winner's time that you are slower so that no time points are earned when your time is double the winner's time.

Each competitor's best six points earned from the seven events will be totalled to determine the series results.

OY awards

To qualify for an OY certificate, senior competitors must have run in a minimum of four of the seven events or earned more points than others in the grade who have run in at least four events. Junior competitors qualify after three events.

Results

Cumulative results are displayed at each OY event, in *The Auckland Orienteer* and at <http://homepages.paradise.net.nz/pebble/orienteering>.

Class and course combinations

Ages as at 31 December 2001 determine one's 'official' class but competitors may still be eligible to compete in a different class if they wish. Classes designated '21', e.g. M21E or W21B, are open to everyone. Junior classes (below 21) mean "up to and including this age" while senior classes (above 21) mean "this age or older". Classes designated 'S', e.g. M21AS or W40AS, provide a

shorter course for that age group. If you choose to run on a course, which does not provide a class for which you are eligible, you should enter “unofficial” in the class box on your clip-card.

This year there will be 8 courses and 27 classes —

Course	Men's classes	Women's classes	Technical difficulty	Winner's time
1	M21E		Red	90 mins
2	M21A M40A	W21E	Red	65 mins
3	M18A M21AS M50A	W21A	Red	60 mins
4	M40AS M60A	W18A W21AS W40A	Red	55 mins
5	M70A	W40AS W50A W60A	Red	55 mins
6	M16A M21B	W16A W21B	Orange	45 mins
7	M14A M21C	W14A W21C	Yellow	35 mins
8	M12A	W12A	White	25 mins

Technical difficulty

The following guidelines apply to typical forest maps and might change at other venues:

Red courses can be described “as technically difficult as possible”. They are intended for experienced senior orienteers.

Orange courses have controls near attack points but away from handrails, and offer some route choice. They are for experienced juniors and inexperienced seniors.

Yellow courses have controls near handrails, little route choice and no reliance on understanding of contours. They are for inexperienced juniors and novice seniors.

White courses have controls on handrails, all routes directly along handrails, no route choice and no contour features. They are for novice juniors.

Club officials

The OY Statistician relies upon lists of financial members prepared by the participating clubs — if competitors are not listed they are considered non-members. It is important that clubs advise the statistician before each OY event of any new financial members otherwise they will not be included.

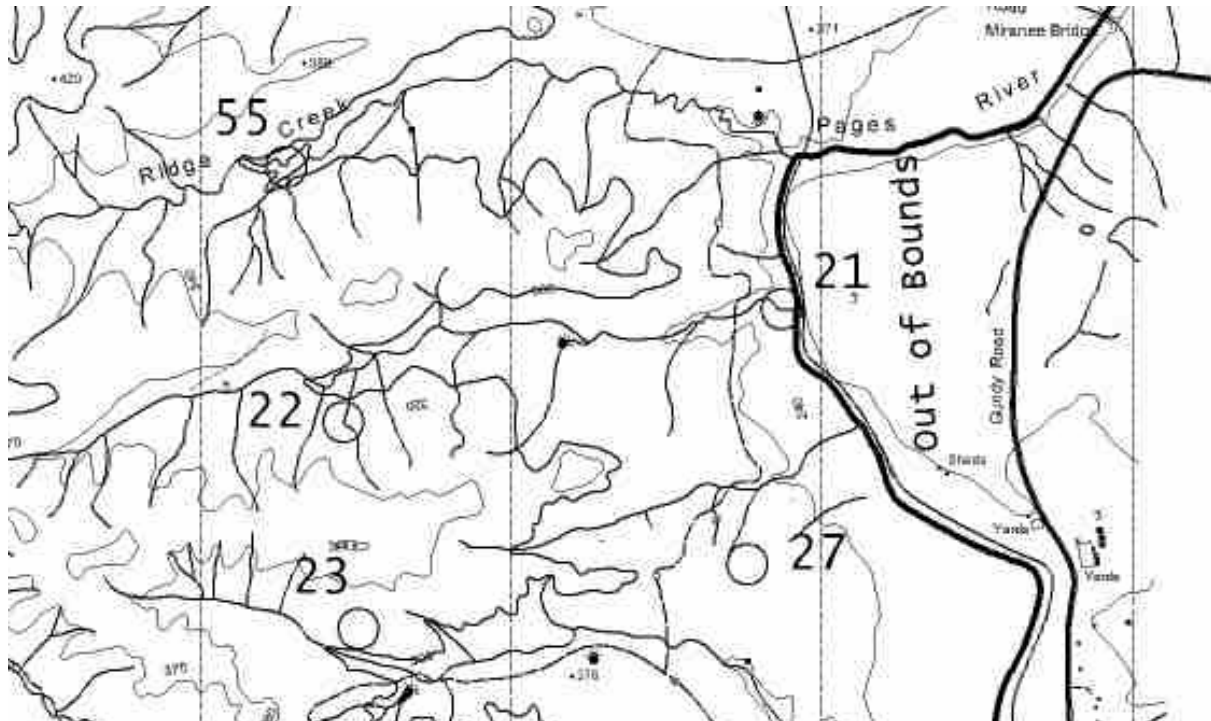
Course lengths and climb should be included in the published results for each event so that the competitor's times can be compared with other events.

THE WAIRAMARAMA ROGAINE

Looking for a unique physical and mental challenge where brain can triumph over brawn?

Saturday 24 March 2001 Wairamarama

(under the auspices of the Counties Manukau Orienteering Club)



The Auckland region's first official Rogaine is on. To be held over a 100sq.km in predominantly limestone terrain near Port Waikato, and ranging in height from sea level to 400 metres, the Wairamarama Rogaine promises something for anyone who loves the outdoors.

How Do I Enter?

Rogaines are for teams of 2-5, with 2 persons most common. **If you lack a partner you may enter on you own and we will do our best to match you with someone else on the day.** Pre-entry is required to get a map with the control points marked on it. Limited spare maps for on-the-day entries.

Entry Fees:

12 hour:	\$ 30 each person (includes full meal)
6 hour:	\$30 each person (includes full meal)
Junior(18 or under):	Half price each person
Late Entries	\$10 per person extra until we run out of spare maps.

You can add people to an already entered team on the day at \$30/20 each.

Please make cheques payable to: "The Wairamarama Rogaine"

If you would like us to acknowledge your entry, enclose a stamped addressed envelope.

Complete the form enclosed in this magazine and return with payment by Saturday 17 March to: The Wairamarama Rogaine, 21 Ripon Crescent, Meadowbank, Auckland.

What is a Rogaine?

A rogaine is a challenge of your physical endurance and route choice skills. You visit (on foot) as

many control points as you can in a given time. Those further away are worth more points. You lose points if you return over-time. The team with the highest score at the end of the allocated time is the winner.

Rogaines are held in scenic, bush or rural areas. We give you a standard 1:50,000 topo map. The points which you may visit are marked by circles, and are all on prominent features. You need to be able to hold the map the right way up, but the navigation is not difficult. The time allowed can range from a couple of hours up to the classic rogaine length of 24 hours.

How Long Is The Wairamarama Rogaine?

The Wairamarama Rogaine, being the Auckland area's first official rogaine, will be primarily a **6-hour** event. However, for really keen types or experienced rogainers, a 12-hour option will be offered.

6-hour option starts 12pm, finishes 6pm.

You won't have enough time for a large circuit, but you'll have to choose between checkpoints carefully to maximise your score.

12-hour option starts 6am, finishes 6pm.

You may well traverse the whole map and everywhere in between!

It is important to note that you don't have to stay out for the whole time. You get a result no matter how many or how few controls you visit.

Safety

In bad weather the usual risk of sprained ankles may be compounded by hypothermia. If necessary, we may reduce the length of the courses by delaying the start, advancing the finish, and/or declaring some of the control points out of the event, or any other steps to minimise risks. The most important safety feature is your team, and team-mates must stay in verbal contact at all times, except to obtain help for injury.

At a minimum teams must carry:

Good waterproof parka (1 per team member)

Warm clothing and a hat (1 per team member)

Compass, Whistle, Torch and Survival Blanket (1 per team)

It is recommended at least a litre of water, 500gm of high-energy food and a basic first aid kit also be carried at all times..

What Happens on the Day?

Find the event from Auckland by travelling south over the Bombay Hills to the Pokeno exit. Turn off the motorway into Pokeno. From Pokeno, take first right into Whangarata Road and proceed about 10km to where the road ends at a T-junction (i.e. bypass the turn-off to Tuakau). At the T-junction, turn left and travel 4km to the Tuakau Bridge across the Waikato River (known as the Caterpillar Bridge). Cross the Bridge and after 100m turn right up the hill onto the Onewhero-Tuakau Road (do not turn hard right after the Caterpillar Bridge). Follow the signs from this junction to the event centre. If travelling north follow the motorway turn-offs into Pokeno, travel through the village centre and turn left into Whangarata Road at northern end, then follow route above.

Camping (with a woolshed option) will be possible at Wairamarama on Friday and/or Saturday nights; please contact us if you would like to use this option.

The Wairamarama Rogaine will be held in remote farmland encompassing pockets of pine trees and native bush, limestone tomos and caves, spectacular waterfalls, stony bottom streams and mountain mists. Participants need only venture into areas in which they feel confident – your route is entirely up to you. You can collect your map, control list, score card and sheet of final

instructions half an hour ahead of your start time. You are free to plan your route before the start time. There is a briefing 10 minutes before, then GO.

Control points are prominent features such as bridges or fence junctions. You prove you have been to each one by writing down the special code found at each control point. (Bring a pen and a spare.) The navigation will not be difficult. The winners will be those with the best combination of fitness and choice of route. You return by 6pm. Late returners will have points deducted. We do a quick count-up and declare the results within a few minutes. We'll also send you the complete results and analysis of the most popular controls after the event.

One of the nice things about a rogaine is that everyone finishes at the same time - you can compare your routes. Included in your entry is a hearty after-event meal and drinks specially prepared for this event by the local landowners - always one of the highlights of a Rogaine.

Enquiries

The Internet: www.mapsport.co.nz/rog/rogaine.html Or: Mark Copeland Ph 09 578 2519 or Aidan Nelson Ph 09 232 8448 (Email enquiries at copeland@lowndeslaw.com)

For Sale – ASICS Duomax GEL-1050 ladies running shoes size 7 worn twice, as new. Half price \$80 contact Mark / Lisa 521 9535 nmr@iprolink.co.nz

NZOF

NOTICE OF ANNUAL GENERAL MEETING

Clubs are advised that the Annual General Meeting for 2001 will be held during the New Zealand Orienteering Championships at Easter, **Saturday 14 April, Lynmore Primary School hall, Rotorua, at 7:30 pm**. The annual report, to be tabled at the AGM, will be sent out early in March.

CALL FOR NOMINATIONS FOR ANNUAL AWARDS

Clubs are invited to make nominations for the following annual awards to be presented at the AGM

Silva Service Award - for outstanding services to New Zealand orienteering by an individual

Silva Performance Award - for achievement by an individual in international competition in 2000

Silva Administrator of the year- for outstanding contribution in administration during 2000 by an individual

Silva Coach of the year - for outstanding contribution in coaching during 2000 by an individual

Other awards to be presented at the Annual General Meeting (for which nominations are not required) are **Silva Club Award**; **Silva Magazine of the year**; **President's Award**, for volunteer contribution (a new award); **The Brighthouse Trophy**

SEMINARS

Also during the New Zealand Orienteering Championships at Easter, a series of seminars will be offered on the afternoon of Good Friday, 13 April, 3:30 pm to 6:30 pm. These will also be held at the Lynmore Primary School hall, Rotorua. The range of sessions, to run in parallel, and their presenters is still being finalised but likely topics will be:

Who's Afraid of the Media Wolf?

Tribal-O, Beach-O and other variations

Maths, Geography and Orienteering.

More details will be available, with the Annual Report.

COME TO THE COACHING BONANZA!

A lot is happening between the National Champs and the North Island Secondary School champs in the Taupo area. This Coaching Bonanza will have something for everybody:

- **National Squad training camp**
- **Development Squad training camp**
- **Camp for club members, families and improvers**
- **Veterans Training**
- **Coach Training for aspiring intermediate level coaches**
- **Tutor training for current and future schools scheme tutors**
- **Seminars on various themes**

So book your Easter break now and come along to the Bonanza, it's sure to be a great social time!

The best time to do this is after the event, so as to arrive at the event fresh and to learn something for next time.

Costs:

National and D Squads will have own pricing scheme. Coach and tutor training will be subsidised (\$45 per head for whole week) Club members, veterans etc (\$90 per head for whole week in self catering accommodation and \$40 per head if camping) families get discount.

It is hoped that all clubs will send along a club coach as a gesture of appreciation for their work and to get them upskilled. If clubs don't have a club coach, here is your chance to get one!

If interested please email me the following details: Name, club, address, phone, email, grade, colour standard, area of interest ie coach training, personal training, schools scheme etc to cory-wrightj@cpit.ac.nz or post the form below to me snail mail at 38 Piko Crescent, Riccarton Christchurch. Squad and D Squad members apply to their respective managers.

There is Hillary commission and Local trust money available to assist people to get to such ventures. Get out there and apply for it! (See Jane Forsyths article on what DOC managed to do with grant money!)

Next Issue: March 2001

Editorial contributions very welcome and in fact an absolute necessity. Send them to Lisa Brooks 6 Tautari St Orakei, or email nmr@iprolink.co.nz. tel 09 521 9535

Please could I have all contributions before **5th March 2001**

Disks or email please, if you can, microsoft word, Office 95, on DOS 3.5" disks for preference.

If you can't supply on disk I can type contributions if necessary.

Distribution

If you change your address, please contact your club membership officer or Andrew Bell on 09 411 7166.

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