

Editorial

Hi folks

The big event this year in the Auckland region is the national championships hosted by the Counties-Manukau Club. Note that entries **received before** February 23 have a 10% discount.

If you are new to orienteering then enter this event as there are beginner courses and you will enjoy the occasion. In particular, the evening social is a good opportunity to meet club members over dinner and put a face to the champions at the awards ceremony.

Note that the quantity of food and speed of service at many past dinners has been problematic. However, the Wesley College chef has promised abundant supplies and given that his standard will be the appetites of adolescent boys, we should all be submerged in food.

The event is also suitable for recreational orienteers who do not travel to championship events out of Auckland. Your course will likely be about 10% longer than an OY length because of champions coming from outside of Auckland.

On a related matter, when the nationals switched from Labour weekend to Easter in 2000, the AOA responded by inserting some OY or OY type preparatory events into the established summer series and promotional events

calendar in the period prior to the Easter event. This is common practice in other regions, for example, PAPO this year has four Wednesday twilight events, two Sunday promotional events and two OYs preceding Easter.

Note that there are no preparatory events in the Auckland region of this type in 2007 as Carter Holt Harvey does not want orienteering in Woodhill forest before April because of a perceived fire risk. Nevertheless, there will be a score event in Weiti forest on March 25 and a promotional event in Woodhill in early April. Anyway, the seriously competitive will prepare appropriately irrespective of the AOA calendar.

The feature article in this edition by John Knight provides tips for beginners. I do not recall where it came from but I expect that it was from the Australian Orienteer. It is comprehensive and if you are a beginner then you could benefit from reviewing your summer series efforts against its checklist.

Note that its focus is on orienteering in forests and you will find that reading contours, pace-counting and using a compass are unnecessary in park events as there are many distinct features to assist your navigation. Photocopy it for future reference as you progress through the yellow and orange courses into your first red-course year.

John.

Notices

National Championships Entry Form

Note that Day 3 and Day 4 in the form are reversed, that is, the relay is on Day 4.



The After Match Orienteering Carnival (TAMOC) 11-15 April 2007

5 Events in 5 Days following the Nationals
including rounds of the
Senior/Junior Super-Series

- Wednesday 11 April - Sprint O at Massey Campus - Albany map
- Thursday 12 April - Middle Distance at Woodhill - White Lightning map
- Friday 13 April - Night Relay / Score - Turkey Ridge map
- Saturday 14 April - Multi day long distance at Woodhill - White Lightning map
- Sunday 15 April - Multi day long distance at Woodhill Forest - Whites Line/Beautiful Hills map

Entries close Wednesday 4 April 2007

An entry form and information is available at www.geocities.com/nwocnz

Enquiries - contact Andrew Bell ph: (09) 428 4337 email: the.bells@xtra.co.nz

Depression: Occurs after viewing results.

Dream run: Winning your course by a substantial margin due to the withdrawal of other competitors.

Elite: Orienteers that run twice as far everyone else in half the time.

Fences: Obstacles placed on courses to slow down the vertically challenged, age impeded and visually impaired.

Gaiters: Reptilian things found in Florida.

North West News

By Lesley Stone

Here we are in 2007 and one month has already gone.

The club annual dinner and prize giving was held in December and it was nice to have time to chat to friends and catch up with club members' wives and/or husbands whom we only get to see at functions like this.

Phillipa Johansen home on holiday from London looked great. Earlier in the year she had spent an exciting few months touring around South America.

Great to see Ralph as well. You may be feeling slightly frail Ralph but you still have a knowledge of orienteering that most of us can only envy. We look forward to seeing you again soon.

Andrew Bell presented all the age grade trophies to the various winners and also the Auckland Champs and OY Certificates.

The Special Awards

Most Improved Junior

Gene Beveridge, who made great progress last year and ended up beating his dad at several events.

Most Improved Senior

Nick Harris. Nick climbed the rankings in the men's elite class and

also organised several coaching sessions during the year. You obviously put into practice what you preached!

Most Improved Newcomer

Megan Officer, who has been orienteering for about four years and improved rapidly last year. She also attended Nick's coaching course.

Most Outstanding Performance

Thomas Reynolds for his superb run in the Australian Secondary School Champs held in Perth.

The "toilet seat" trophy

Rob Garden for the most embarrassingly stupid moment of the year. If you want to know what that was you will have to ask him! Bert Chapman was quite relieved to hand the award over.

The AGM will be held on Sunday, 11 February 2007, after the park/sprint event at Massey Campus and hopefully in conjunction with a barbecue/picnic at Long Bay (subject to availability). This is usually a short meeting and no-one is pressured into jobs, although it is always nice to have new people on board.

Watch out for the park/sprint events on our new North Shore maps in February – they should be a lot of fun.

Lesley Stone

Counties-Manukau Chit Chat

By Greta Knarston

Orienteering in 2007 is looking good! Having just got back from an awesome trip in Australia for D-Squad I can confidently say there should be very high hopes for JWOC this year after the results from the past two weeks. Not just from Counties members, (though there were six out of 20 on the trip) but from the whole group that went.

As that was my second time orienteering in Australia I was planning to take it easy and sussing out what level I was compared to the

Europeans. It's also quite hard to feel like you're running your fastest when it's 40 degrees and you haven't even started yet. A very new experience for me and I was very glad I had spent the last week tramping in two thermals.

Our first day was the longest for most of us as we had to get up at 5am to fly out and had a sprint race that afternoon in Orange. Despite this, the Counties members had some quite pleasing results that generally managed to be upheld for the remainder of the week.

Day 1- Sprint

60th Ciaran Murphy (Crunk Murphizzle)
65th Martin Peat
67th Jourdan Harvey
70th Andrew Peat

60th Ciaran Murphy
68th Andrew Peat

31st Nicola Peat
38th Greta Knarston
45th Frances Peat

14th Frances Peat
16th Greta Knarston
24th Nicola Peat

Day 4- Long

41st Jourdan Harvey
43rd Martin Peat
50th Andrew Peat
55th Ciaran Murphy

Day 2- Mass Start

39th Martin Peat
44th Jourdan Harvey
62nd Andrew Peat
71st Ciaran Murphy

28th Greta Knarston
31st Frances Peat
33rd Nicola Peat

30th Frances Peat
33rd Greta Knarston
46th Nicola Peat

Day 5- Middle

45th Martin Peat
57th Andrew Peat

Day 3- Middle

43rd Martin Peat
58th Jourdan Harvey

1st Amber Morrison (special mention)
18th Greta Knarston
24th Frances Peat

It was a great trip and we not only discovered what rocks can do to shoes and ankles but also what no water can do to the body, hence Nicola didn't run the last day.

Many thanks to our drivers Mark Lawson and Uncle Neil, and to Martin for organizing everything. After this trip all I can say is bring on JWOC!!

Auckland Chatter

By Craig Pearce

Happy New Year to everyone. I hope that you are all rested and looking forward to the challenges of the coming year.

Since I am sure you have all been eating and drinking to excess over the holiday period, I have just the cure for any "jelly belly" you may have developed and it's the summer series. It's your choice, 5 to 8 kms once a week. You will soon be in better shape.

Already one of our members has been overseas this year for orienteering reasons. Simon Jager has been in Australia for the 5-day event in Orange NSW and a pre-JWOC training camp. The Junior World Orienteering championships are being held in July at Dubbo NSW so this was an excellent opportunity to get some real experience in similar graphite country. As I write this, he will be in Canberra where the training camp is taking place. Simon was placed 24th overall in the 5-day event in what would have been hot and dry conditions.

Already in the New Year we have had our first "launching" in the club; we welcome a boy, Mathew to the Comer / Greenwood household.

The club is without a president at the moment. This unfortunate situation is perhaps not in the clubs best interest but it is the situation we are currently faced with. The role of the president is not only to give leadership but to take responsibility for the future direction and well being of the club. The committee will take on the collective responsibility of leadership and future direction until such time as a president is appointed. It is not too late for someone to put up their hand for this role.

Speaking of taking responsibility, we need to appoint setters, controllers and coordinators for events this year. While some events require an A grade controller, such as the Auckland Championships, all the other roles are currently vacant. If you would like to volunteer for one of these roles, please get in touch with one

of the committee members and get your name pencilled in.

It is also time that someone else takes over the role of penning this column for the magazine. Not much to it really, just write about what has been going on in the club, what's going to happen and if you feel brave enough, you can write about what you would like to see happen in the club. There is a down side of course; there is a deadline to meet, but being monthly you have plenty of time before the next one comes around again.

I have talked in the past about the history of the club being lost as the committees change over time. In business speak this would be known as the loss of corporate knowledge. Situations can arise where knowledgeable members query decisions made by the committee which may run counter

to decisions confirmed by the membership at an AGM.

This is something that I had hoped to do something about during my time as the president. Since I hold the clubs archives I needed to do something about this before they are put into storage. I have scanned to searchable PDF files all the clubs AGM minutes, President's reports and financial accounts that I could locate. There are a few missing, as not all presidents reports for example would have been committed to paper. As to the AGM and financial accounts, these would have been committed to paper and there should be a record of them somewhere.

If you have copies of any of the following missing documents I would like to hear from you so that I may add them to our corporate knowledge.

AGM Minutes	Accounts	Presidents report
1981	1980	1980
1982	1982	1982
1986	1986	1985
	1987	1986
	1988	1987
	1994	1988
	1995	1994
	1996	1995
	1997	1998
		1999
		2001
		2002
		2003
		2004

That s about all for now.



New Zealand Orienteering Federation

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NZOF NEWS – JANUARY 2007

PM ATHLETE SCHOLARSHIPS

Congratulations to the following who have been awarded Prime Minister's Athlete Scholarships for 2007, through the New Zealand Academy of Sport: James Bradshaw, Greg Flynn, Lizzie Ingham, Amber Morrison and Claire Paterson.

GENERAL MANAGER

The NZOF Council has reappointed Stuart Payne as General Manager for a further two years, until December 2008.

NZOF MEMBERSHIP

Membership of the NZOF through its affiliated clubs, as at the end of 2006, for the second year in a row, reached a new high of 1,687. While membership was down for some clubs, these falls were more than matched by others, most notably Auckland, Counties Manukau, Dunedin, Hawkes Bay, North West, Rotorua and Wellington.

The result of the NZOF's first analysis of membership retention reveals that, in 2006, clubs retained 80% of their 2005 membership.

JALAS SPONSORSHIP

NZOF, and in particular the NZOF Development Squad, continues to benefit from sponsorship courtesy of The MAPsport Shop through the sales of J alas O-shoes. The NZOF thanks Michael Wood and The MAPsport Shop for this ongoing support for orienteering.

DEVELOPMENT SQUAD

The NZOF D-Squad for 2007 is:

Men: Simon Addison (HA), Simon Bloomberg (PP), Riki Cambridge (DN), Jourdan Harvey (CM), Simon Jager (AK), Alastair Long (CM), Sam McNally (RO), Scott

McDonald (HB), Ciaran Murphy (CM), Andrew Peat (CM), Thomas Reynolds (NW), Jack Vincent (HB).

Women: Tineke Berthelsen (HA), Lizzie Ingham (WN), Sarah Gray (NL), Greta Knarston (CM), Cara McDonald (HB), Amber Morrison (HB), Frances Peat (CM), Nicola Peat (CM), Tessa Ramsden (RK), Kate Rea (HV), Emma Watson (HB), Georgia Whitla (PP).

JWOC INTERIM SQUAD

The interim squad for the Junior World Championships to be held in Australia, 8-13 July, is:

Men: Simon Bloomberg (PP), Riki Cambridge (DN), Jourdan Harvey (CM), Simon Jager (AK), Alastair Long (CM), Sam McNally (RO), Scott McDonald (HB), Ciaran Murphy (CM), Andrew Peat (CM), Thomas Reynolds (NW), Jack Vincent (HB).

Women: Tineke Berthelsen (HA), Lizzie Ingham (WN), Greta Knarston (CM), Amber Morrison (HB), Frances Peat (CM), Nicola Peat (CM), Tessa Ramsden (RK), Kate Rea (HV), Emma Watson (HB), Georgia Whitla (PP).

TECHNICAL ADVISORY PANEL

The NZOF is pleased to announce the appointment of the following, Rob Crawford and Ken Holst, to act as an advisory panel to Technical Director, Graham Teahan. A third appointment is pending. The NZOF thanks John Robinson, Mike Beveridge, Dick Dinsdale and Terje Moen for their service on the outgoing Technical Committee.

PRE-JWOC MAPPING WOKSHOP

A mapping workshop will be conducted by Queensland mapper, Eric Andrews, near Molong in central NSW on the 4-6 July 2007. The first day will be devoted to GPS mapping including a practical exercise. The final two days will be practical fieldwork in the field on photogrammetry of the "Gumble Pinnacles", which is a granite area of medium complexity. If you are interested more details can be obtained from NZOF Technical Director, Graham Teahan at gteahan@xtra.co.nz.

AGM 2007

The 2007 Annual General Meeting of the NZOF will be held on Friday 6 April at Wesley College, Paerata, Pukekohe. Clubs are invited to make nominations for annual awards.

Red Kiwi OC has submitted the following policy remit for consideration at the meeting.

“That NZOF should pay the race entry fees and purchase O suits on behalf of all competitors selected to represent New Zealand at the World Orienteering Championships and the Junior World Orienteering Championships in foot orienteering.”

And finally a reminder relating to last year’s AGM. The NZOF Council, as was requested, has completed its review of the High Competition Season remit presented to that AGM. The review was sent to clubs for comment on 12 December. If this issue is to be resolved in time for the 2007 AGM, then each club’s feedback is needed as soon as possible.

NZOF VACANCIES 2007

The following national volunteer positions are currently vacant for 2007.

- Team Manager, WOC 2007 Ukraine (August)
- Team Manager, ANZ Challenge 2007 (to be held as part of the Oceania Champs, ACT, Australia in late September)
- Media Officer
- Ampro Liaison Officer.

If you are interested in any of these positions, please contact the General Manager for a job description.

**The NZOF acknowledges the
support of Sport & Recreation
New Zealand
SILVA
David Melrose Design
The MAPsport Shop**

**New Zealand Community Trust
The Lion Foundation
Oxford Sports Trust
Pub Charity Inc.
McNally Valuation Ltd
Access Immigration NZ Ltd
Trillian Trust**

This issue of NZOF NEWS is also available at www.nzorienteering.com

Grim Reaper: Hooded guy frequently sighted towards the end of an uphill finish chute.

Half-pace: 95% of maximum effort.

Heart: Painful thing in the middle of your chest that progressively fails while competing and is the source of most of your errors.

Tips for Beginners

By John Knight

Before you start study the map and legend

Familiarise yourself with the general shape of the area: hills, depressions, ridges, valleys and which way streams flow. Study the legend to refresh your memory of the symbols used.

Don't think of the competition as a race

It isn't. It's a time trial, you against your own weaknesses. The person you are trying to outrun may be going an idiotic way or may be fresh from standing scratching his head for five minutes while you've been toiling up that hill.

Even if you do outrun him he may be a better orienteer or stronger over the whole course. So you overtook the champion on 300 metres of flat path - so what? He won't stop when he comes to the hill or the bracken or the difficult route choice.

Never run at absolute top speed

You should finish an orienteering course as you would a good meal - feeling you would have enjoyed just a little bit more. You must never let yourself get exhausted. You can waste time on the last control as easily as on the first and it's really frustrating to ruin a good run near the end simply because you just got a bit too tired. If you do finish with plenty of energy, go out again over your course and see where you wasted time making poor route choices and standing around.

Try not to stop

Take a breather if you need to, but keep moving, even at a slow walk. The difference between first and tenth is often not the actual speed of movement but the amount of time spent not moving. Add up the half minute here, the fifteen seconds there when you weren't actually moving and you'll soon realise that, like everybody else, you could have won easily!

Don't stand still if you're lost and can't work it out

The Fairy of the Forest might appear and light your way but she never has for me. Retrace your steps if you can. If you can't, decide on a direction - 'If I go east, I must hit that road' - and move, fast, but keeping your eyes skinned for any feature which you might be able to identify on the map. Get to that road as quickly as you can and

start again from there. Better to spend a couple of minutes running 400 metres than a quarter of an hour travelling nowhere.

Don't run on 'feel'

Keep your map oriented, always, even when on track and in the forest always run on compass however roughly. It's horribly easy to drift to one side or other without realising it and come out on the wrong path, even one at 90 degrees to the one you were aiming for.

Don't rush off

Don't rush off from one control vaguely towards the next thinking you can plan your route later. Move a little way and then plan. Pick a definite attack point and your route to it. You must know what you're doing or when you do think you're getting near you might find yourself confronted by a great marsh or a hill you should have been working your way round.

Count your paces

So you think you can see your attack point - well maybe you can but count anyway. It might just be a similar feature 50 metres earlier or later and even those 50 metres can leave you stranded and panic stricken if you don't know they're 50 metres and not 200. If you count and keep your map set, it's impossible to be lost.

Don't ever assume you're right and the map and compass are both wrong

It's possible but most unlikely. Our preconceptions are our greatest weaknesses. If you 'know' it's the right re-entrant, but there is no control, be humble enough to consider that it might just be you that's wrong. Look at the map to see which parallel re-entrant you have in fact rushed madly down. Forget where you thought you were. It's surprising how often you can work out where you are if you're prepared to admit that it's just possible you're not where you 'know' you are.

Don't forget to read contours

On the map and on the ground. It's easy for beginners to think of contours as those damned bits of spaghetti that get in the way of walls and streams. Even good orienteers *go* wrong surprisingly often not noticing they should have been running downhill instead of up.

Don't kid yourself you can beat-the superstars

You must accept the fact that orienteering skills have to be learned. There's nothing magical about bearings, step-counting, contouring, map memory. But the theory is not enough: to be able to use them with confidence and speed can only come with practice. If you don't train your orienteering then you must be prepared to use some competitions to experiment a bit. Don't worry that you might have come third if you hadn't tried to cut through that bit of forest. It's no good just running round the paths. For a year I rushed about, covering tremendous distances, thoroughly enjoying myself, but scarcely improving at all, learning scarcely anything except that it's not possible to beat someone who can run and go through the forest. There be no dragons except dragons of panic in your head.

Don't let them tell you fitness isn't all that important

There are those near the top who do not run particularly fast but they're all very fit. It is always the fit who tell you that fitness does not matter and they may have forgotten or never have known how easy it is to make terrible mistakes simply through exhaustion.

Finally, my only qualification for giving advice is that I have done everything I'm telling you not to do. I am my own best customer. Knowing the right things to do is relatively easy; forcing yourself to do them in the pressure of competition is different

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 secretaries, if necessary, for confirmation.

AOC: Selwyn Palmer, 625 7798, selwyn@quicksilver.net.nz

CMOC: Hilary Iles, 235 2941, hilaryiles@paradise.net.nz

NWOC: Jill Smithies, 838 7388, smifam@ihug.co.nz

The websites *mapsport.co.nz* and *nzorienteering.com* contain a more comprehensive listing of national and international event listings than listed below.

Auckland Area Events

February 2007

- Thur 8 A Park event, Western Springs, Stadium Road, 5.30-6.45pm
- Sun 11 NW Sprint + park courses as for summer series courses 2-4, Massey University, Albany Expressway, 1-3pm
- Wed 14 A Park event, Mt Richmond, Great South Road, Otahuhu, 5.30-6.45pm
- Sun 18 CM Park/promotional event, Roseville Park, Pukekohe
- Tue 20 A Farm event, Self's Farm, Tidal Road, Mangere, 5.30-6.45pm
- Sat 24 A **Night park event, 8.15pm start**, Ambury Park, Ambury Road, Mangere Bridge
- Sun 25 NW Schools/streets event as per summer series, Sunrise Ave. Murrays Bay
- Wed 28 A Park event, Alexander Park, Campbell Crescent, One Tree Hill, 5.30-6.45pm

March 2007

- Sun 4 NW Sprint + park courses as for summer series courses 2-4, Rangitoto College, East Coast Bays Rd. 1-3pm
- Tue 6 A Park event, Ambury Park, 5.30-6.45pm
- Thu 8 A **Night park event, 8.15pm start**, Craigavon Park, Connaught Rd, Green Bay
- Thu 15 A Park event, Cornwall Park/One Tree Hill, Manukau Rd, Royal Oak, 5.30-6.45pm
- Sun 18 CM Park promotional event, Totara Park, Hill Road, Manurewa, 10.00am-12.30pm
- Sun 25 NW Forest score event, Weiti forest, East Coast Rd between Silverdale and North Shore City, 10.00am-12.30pm

April 2007

- Sun 1 A Forest promotional event, SH16/Rimmer Road, 10.00am-12.30pm
- Fri 6 CM Nationals, sprint, pre-entry and Auckland Secondary Schools Championships, Hill Road, Manurewa

- Sat 7 CM Nationals, middle, pre-entry, Waiuku town
- Sun 8 CM Nationals, long, pre-entry, SH27
- Mon 9 CM Nationals, relay, pre-entry, Waiuku town
- Wed 11 A Tamoc sprint event, Massey university campus, Carrington Road, Mt Albert, pre-entry
- Thu 12 NW Tamoc, Woodhill forest, middle, South Head Rd, 30 minutes north of Parakai, 10.00am-12.30pm, pre-entry
- Fri 13 NW Tamoc, Woodhill forest, **night event**, relays or score, South Head Road, 5 minutes north of Parakai, pre-entry
- Sat 14 NW Tamoc, Woodhill forest, A level event, pre-entry, South Head Rd, 30 minutes north of Parakai
- Sun 15 NW Tamoc, Woodhill forest, A level event, pre-entry, SH16/Rimmer Road
- Sun 29 A Woodhill forest, SH16/Rimmer Road, 10.00am-12.30pm

Editorial Bits

Next Issue: March 2007

Please send your contributions to John Powell at rae.jon@pl.net to arrive February 20

Distribution

If you change your address and still wish to receive this magazine please contact your club membership officer or Stephen Reynolds at 09 358 8549, stephen.reynolds@roar.net.nz

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It is produced monthly and is available online from the NWOC homepage.

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.



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The
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